



Karmic bodytalk



Find out how to keep your physical, emotional and spiritual bodies healthy and in balance with crystal and flower remedies, as suggested by *Soul&Spirit's* Karma Coach

Louise Hay, renowned author of self-help book *Heal Your Body*, discovered more than 25 years ago that our body speaks to us constantly – we just need to listen and learn how to read its language. Repeated thought patterns or emotional reactions eventually manifest physically, she discovered. For example, suppressed rage may result in an angry boil, fear as an upset stomach, grief as the streaming eyes of a cold, and resistance as a stiff neck.

In my work, I see that each chakra (the energy centres of our body) contains particular lessons. Feet, for example, represent our Earth connection. If we aren't sufficiently earthed we feel faint, dizzy, forgetful or have poor circulation. Feet are also our point of support and balance, so problems with feet and ankles can mean we're inadequately supported or out of balance.

Our base chakra is where our sense of safety and security lies. Blockages here are often survival fears. People with such issues lack a sense of belonging and have difficulty with groups or crowds. As well as fears stemming from an insecure childhood, many karmic fears are carried here. These could be past life memories of being ostracised by family or society or of being killed for our beliefs, race or actions. Physical symptoms include varicose veins, piles and constipation.

Our sacral chakra is linked to the pelvis and reproductive organs and is like a saddle. We should be able to sit in it comfortably, feeling balanced, inspired and ready for adventure. It's the place from which we initiate our relationships and express our creativity. Physical symptoms include impotence, and any problems with fertility, reproductive organs, hips, lower bowel, lower back, adrenals and abdomen.

Our solar plexus is where we feel our sense of identity and self-worth, emotional balance and healthy boundaries. From here we express our will; we control and can feel controlled. Blocks often manifest as digestive problems such as irritable bowel syndrome and blood sugar imbalances.

The heart chakra is our body's balancing point. Our seat of intimacy and connection, blockages include heart disease and problems with the thymus and circulation. The throat chakra is our vehicle for self-expression, creativity, truth, and expression of our emotional needs. It is also the release point for the lungs which hold our grief. Blockages manifest as thyroid imbalances, problems with hearing, ears, sinuses, lungs, neck and shoulders.

Our brow chakra gives us inner vision and a sense of inner knowing. Problems manifest as headaches, difficulties with eyes, vision or the pituitary gland. Finally, the crown chakra is our connection to spirit and regulates the nervous system. Blockages manifest as alienation, apathy and an inability to learn.

CHAKRA-BALANCING REMEDIES



SOLAR PLEXUS – GARLIC: Garlic releases fear, opening the liver chakra and the gall bladder. It eases tension in the solar plexus related to fear, anger or stress. It gives clarity to emotional outbursts. Even if we're afraid of hidden fears, these can be gradually released and faced as we take this essence. Garlic is useful for apprehension such as stage fright, or to relax when facing a difficult therapy such as surgery or deep

transformational work. It calms rage or hysteria arising from subconscious fears. Physically it cleanses the system of parasites, particularly those embedded in skin and muscular tissue. It eases inflammations and strengthens the liver. The blood is purified and invigorated as is the immune system.



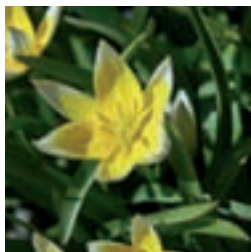
SACRAL – ORANGE CALCITE: Orange is the colour of intense healing. This essence supports and speeds emotional development. It uplifts the spirit, bringing joy and vitality. Orange calcite carries a fiery healing energy, amplifying our body's ability to assimilate light at the cellular level. It balances sexual energies, increases creativity and clears negative energies in

the sacral chakra. It heals the reproductive system and is useful for intestinal disorders, irritable bowel syndrome or kidney complaints. It relieves fear and is used in cases of breakdown, depression, accidents, rape or divorce. It restores balance by releasing fears and phobias. It is very soothing and especially helpful if we're undergoing changes or challenges related to our home and family. *Affirmation: 'My life and relationships are changing for the better on all levels.'*



THROAT – PRIMULA: Primula helps us understand life's lessons and to grow from that knowledge, finding solutions within ourselves. It clarifies life direction and is useful for blocked throat energies. It helps us heal a broken heart. We may want to feel something but we're numb and can't connect to joy. Primula allows us to feel happiness again. It also dissolves blocks to abundance,

transforming attitudes of scarcity into ones of worthiness and willingness to receive. *Affirmation: 'I open my heart to give, trust and receive love.'*



BROW – STAR TULIP: This essence works on the brow chakra. Physically it stimulates hair growth and testosterone production. It improves eyesight and hearing and strengthens the inner ear, associated with balance. It allows greater contact with spirit guides and more vivid dreams. Star tulip develops inner awareness, representing the unfolding of the mystical path, when we turn away from the

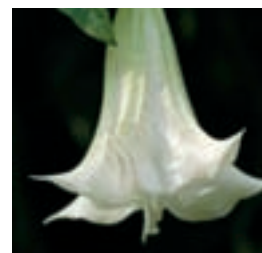
world to listen to the voice of a higher world. Star tulip is useful when we need to leave the 'conventional' world or bring something to fruition. It helps us start projects that we've kept deep inside. Helpful on the threshold of death, it assists the soul in deciding to stay or leave and eases a prolonged or uncomfortable passing. Star tulip embodies feminine sensitivity, developing the capacity to listen and receive from others.



BASE – RED VALERIAN: This essence calms a hyper-active base chakra, which occurs when we feel under pressure to achieve. We find it difficult to ease up and take a break. This is often due to unhealed survival issues. The base chakra may respond by pushing us to do more and more until we burnout. This essence balances the base chakra while helping us work through survival issues in healthier ways.



HEART – GRAPE: Opens the heart chakra, allowing us to forgive ourselves and others. Grape is excellent for family members or colleagues who find it difficult to get along with one another. Grape essence brings peace, cooperation and release from anger, jealousy and fear. It also eases a 'sour grapes' mentality. *Affirmation: 'I love and forgive myself.'*



CROWN – DATURA: This remedy opens higher chakras above the crown, as well as the crown and brow themselves, bringing clarity to dreams. Sacred datura facilitates seeing beyond reality to a more visionary state. It supports us in letting go of a familiar reality, such as a relationship or job, without feeling threatened. It also shows us what is reality and what's self-deception.



EARTH/FEET – EARLY SUNFLOWER: Early sunflower eases fears of leaving our parents' protection. They may have encouraged us to stay in numerous ways. We can find ourselves still living at home because we can't find the courage and strength to move on. This essence also helps if we constantly turn to our parents for advice rather than finding our own solutions. *Affirmation: 'I know I'm more than capable of standing on my own two feet.'*

As The Karma Coach and a vibrational medicine practitioner, Nikki Wyatt releases family conditioning and ancestral patterns causing current problems with relationships, work, money and health. She uses a variety of techniques including flower and crystal essences, hands-on healing, emotional release, channelled information and coaching. For your free soul flower report and more information, visit spiritoftransformation.com