

# Karmic confidence

You know what you want but are you too afraid to try? Learn how to find inner courage and strength to work towards your dreams with advice from our Karma Coach



**H**ow many times do you take a step towards a dream and for a few weeks or months all goes well, then somehow you're derailed? Instead of ending up at 'dream central' with your new figure, job, wardrobe, home or partner, you end up at 'where-did-it-all-go-wrong' junction. Usually, somewhere on the journey your courage and confidence decided to disembark, fear and doubt hitched a lift and finished up in the driving seat.

Nothing worthwhile is achieved in life without confidence and courage, which isn't to say that fear and doubt aren't also present, just that your confidence and courage are strong enough to beat them. So how do you best nurture those qualities in yourself? A clue lies in the origin of the words. Confidence literally means 'with faith', whereas courage means 'the ability to stand by your heart' (the French word for heart is *coeur*). Courageous people pay attention to what's in their heart. So the answer, therefore, is to feed your faith and stay aware of what you are feeling in your heart chakra, allowing it to guide you.

Many of us had our confidence knocked and our dreams ridiculed as we grew up. We settled for our life being the size and shape that offended the least number of people and got approval from the most. The question is, does it please us? If not, then let's start some serious visioning. Living without a vision is like driving with no idea of your destination. Create a vision board illustrating your goals for the next stage of your journey. Keep going until it really excites you. If you think it's nice – start again! It needs to be more than just pretty – it has to get you out of bed on cold frosty mornings; it has to make you take action even when you're scared or under the weather. Any time your vision board loses that ability to excite you, choose new goals and pictures. You're in charge, and it's important to change direction in response to your changing desires.

Next up – are you worthy of such delights? This is usually where confidence starts to deflate.

Find the triggers that bring up self-doubt for you and write down the reasons you think you don't deserve your dream. Then answer each one with a reason why you do deserve it. If any of your reasons are because of perceived past failures, write, 'I forgive myself; I've grown from this lesson. I move on with greater wisdom and compassion'. If you struggle to deserve happiness, write, 'as I feel happier, I transmit more happiness to those around me.' Repeat your 'deserving list' out loud everyday. Stay connected to your heart with a short daily meditation and stand by its messages – your courage and confidence will soar. Remember there's no such thing as 'wrong' – there's just feedback from the universe, so stay alert and keep adjusting your course.

## Top tips on increasing your confidence

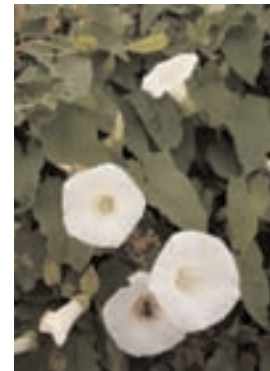
- **Connect with your purpose daily:** put your vision board somewhere you will see it daily
- **Affirm your worth:** create appropriate affirmations, record them, listen to them and repeat them when driving, travelling or jogging. Create a self-appreciation scrapbook of messages from loved ones, certificates and photos of achievements of which you're proud
- **Be grateful:** use beads as a counter, making each bead a thank you to someone, or a specific quality or action that you appreciate in your life
- **Identify areas of self-doubt and take action:** if your confidence plummets around culinary or financial matters, for example, enrol in an evening or weekend course to learn more
- **Connect with groups of like-minded people:** we all need cheerleaders from time to time!
- **In moments of self-doubt go within:** start a journal, meditate and ask for guidance. Identify inner conflicts that may be giving the universe mixed messages about what you need

## Essences for confidence and courage

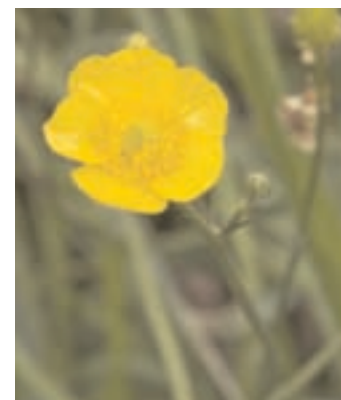
**Aventurine:** Increases independence and individuality. Releases anxiety and buried fears especially in the first seven years of childhood. Develops emotional tranquillity and opens the heart and throat chakras. Alleviates psychosomatic illness. Is good for the thymus. Increases interest in meditation and visualisation. Reinforces leadership qualities. Promotes compassion and empathy and encourages perseverance. Relieves stammers and enhances creativity. Calms anger and irritation, stimulating emotional recovery. Aventurine heals the heart, gently easing emotional pain. It releases negativity, activating self confidence and an optimistic view of life. It's very helpful for stress, particularly when this is internalised in the solar plexus. Physically it is said to alleviate lower back pain and skin diseases.



**Bells of Ireland:** Emotionally, this essence helps when we feel inferior, anticipate and fear failure, suffer self doubt and despondency. We can indulge in feelings of inadequacy and feel we need the company of stronger people. We have no clear ego image and cannot handle change easily. This essence brings determination, confidence and perseverance, together with the ability to take risks, have new adventures and feel enthusiasm about life. It also helps when we're ungrounded as it strengthens the connection between our physical body and the Earth. It promotes harmony and relaxation – helpful when we're unduly tense and stressed by everyday events. Physically it increases fertility and revitalises vaginal fluids. It increases receptivity to light and colour therapy.



**Buttercup:** Strengthens the understanding that self worth comes from within, not from others' perceptions. Buttercup comforts us when we're overwhelmed, bringing adaptability, self-confidence and resilience. It relieves stress and pain. It helps us re-establish boundaries and appreciate life's riches and to feel pleasure and joy in the moment. It brings a settled state, allowing us to patiently wait for the next phase of development without forcing things or becoming despondent at a perceived lack of movement. It also helps you see your hidden talents and to share them with others. It's useful to overcome shyness, especially in groups where we'd like to contribute. Buttercup encourages us to open up and let the sunshine in. Often if we need buttercup we have a sunny nature that has been suppressed. We may have been badly treated in the past and our confidence in others has been severely shaken. Buttercup is for when we've lost trust in others, it allows us to open up without prejudice, putting us in touch with the flame of loving kindness that lies within each of us.



**Californian poppy:** This cleanses our emotional body, working on the throat, heart, solar plexus and sacral chakras. It releases karmic patterns and past life information in a balanced way. Used to maintain emotional and mental balance during the process of opening up psychically, which can sometimes be quite overpowering. It gets us back on our true spiritual path, when we're being pulled in the wrong direction or being misled by psychic deception. It gives us a strong sense of inner knowing. It assists in communicating our truth and honouring each step of our development. It gives us courage to express our core essence with confidence. It balances attitudes around abundance.



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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](http://spiritoftransformation.com)