

Clear your **karmic** conflict



This month the Karma Coach shows you how to strike a healthy work/life balance

Is there a conflict between your family and work lives? If so, it's never truer than in the school holidays, is it! Karmic conflict can sabotage our best intentions for a good work/life balance if we haven't investigated the roots of our views on family and work.

Most of our attitudes to work and life stem from childhood. How we interact with the outside world is usually influenced more by our fathers than our mothers. So if your father loved his work and socialised with colleagues you might grow up

with expectations of this for yourself. If, however, he came home each day joyless and weighed down with responsibility you may internalise the idea that work is a necessary evil. This is not meant as a blaming exercise, but simply to understand that what was true for one generation doesn't need to be true for the next. Once aware of our internalised attitudes we can decide if we want them to 'run' us or if it's time to change. Unless, of course, you love the voice which tells you to stay in the office until you've finished your report, or that living your

dream is a self-indulgent fantasy!

To find your inner conflicts, read the check list opposite. First write M next to all the sentences which you feel are (or were) your mother's beliefs; then write F next to the ones which you feel are true for your father. Sometimes opposite views are true for the same person; your parents may have inherited conflicting views from their parents and send you mixed messages as a result.

Now, notice where your parents hold/held opposite views. This is where your inner voices will conflict.

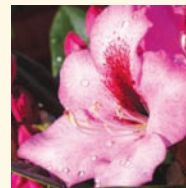


For example, the sun is shining and our father's voice suggests a walk but we spot the pile of laundry and unpaid bills and our mother's voice kicks in saying 'duty first'. If we haven't integrated these views we either go to the park feeling guilty or we load the washing and settle down to the bills, eaten up with resentment and pricklier than a porcupine. A third option is to rebel: we procrastinate so long that the sun goes in; we follow neither joy nor duty and end up watching TV, phoning a friend or some other displacement activity.

Now look for points on your list where both parents hold the same view. This is where you'll have a particularly strong belief or a strong need to rebel against it. Let's say both our parents believe that a job means working hard for someone else for little reward, but we want to start our own fulfilling, prosperous business. Our internal belief

guides us to stay with the safe option but our creativity is desperate for expression, which requires emotional risk. We can still take avoiding action with watching TV, going out and socialising, or staying busy, but we won't feel happy, just empty. Or, we can investigate our inner struggle, as when we take risks, it's scary. Sometimes our fear comes from simply challenging our family's beliefs but sometimes it's telling us something important. This is where self-awareness is essential, and a neutral coach or therapist can be help a great deal, helping you weed out what is useful inner feedback and what is karmic conflict, including an unhealed, self-sabotaging need to rebel. Remember, you will be passing on the same attitudes to your own children unless you investigate your beliefs and where they're from. Then you can decide which ones to keep and which ones you're ditching.

TRY THESE REMEDIES...



Rhododendron:

Excellent when we're trying to 'push water uphill', force-feeding solutions rather than trusting the flow. When things break or refuse to

budge we may blame others in our desperation and frustration. The idea that every problem has a solution can be a fixation. Rhododendron allows us to detach from our beliefs so we lighten up and see how we've created the situation. The fixed ideas creating these states usually stem from childhood conditioning and the expectations of others. This often develops in adolescence when we try to live up to parents' expectations. This flower is excellent for workaholics, promoting a more relaxed, flexible approach to life.

Karma Coach

A HIGH SALARY MEANS:

- High expectations you'd rather not meet
- Being able to afford wonderful perks and holidays
- Becoming an object of envy and losing your friends
- Being able to help others from a strong, abundant position
- Becoming a target for burglars, salespeople and hangers-on

WEEKENDS ARE PRIMARILY MEANT FOR:

- Relaxing lie-ins, retail therapy and chilling
- Doing household chores, maintenance and DIY
- Getting outdoors and exercising
- Socialising with friends and family

WORK IS:

- A way to power and status
- A place where you feel insecure, judged and sometimes bullied
- An exciting means to fulfil your potential
- Boring but necessary
- Full of confusing politics and nasty gossip
- The key to financial security
- Long hours and sacrificing time with family
- A place to socialise and network
- A place of hard work, duty and responsibility
- Best when you work for yourself
- More secure when you work for the public sector or a large organisation

HOLIDAYS ARE:

- Quality time with family and friends
- An opportunity to tackle a big DIY job
- A chance for romance and great sex
- Usually spoiled by stomach upsets, travel delays and heat rashes
- A chance for more sports and outdoor activities
- Earned by long hours beforehand and catching up afterwards
- For exploring and new experiences
- A chance to volunteer and give something back

This article is based on ideas from the Hoffman Process. Find out more about family patterning at hoffmaninstitute.co.uk.



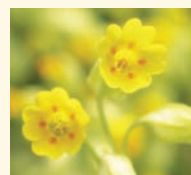
Thyme: The ancient Greeks used thyme as a source of invigoration; the Romans to help melancholy. Thyme is a 'be happy' essence, bringing back humour, joy and energy when we've

become overly serious or are feeling sad and alone. Psychically it can be used to experience other dimensions in the past and future and other levels of consciousness, as well as to better remember dreams. It's also great when we're juggling commitments under time pressure. It enhances concentration and helps us adapt to seasonal changes.



Aragonite: Aragonite grounds and centres physical energies during times of anger, emotional stress and oversensitivity. It encourages those of us who push

ourselves too hard to delegate more. It promotes discipline, reliability and a practical approach. This crystal essence helps us concentrate on the matter in hand, bringing flexibility and tolerance and giving insights into the causes of problems. It helps remove envy, teaching patience and acceptance. Psychically it takes you into childhood or beyond to explore the past. Physically, aragonite helps you feel comfortable in your body. It calms muscle spasms which come from inner conflict. It stabilises out of control spiritual development and regulates physical processes which are moving too fast.



Cowslip: This helps parents understand children. It's a joyful essence restoring a feeling of being nurtured and the enjoyment of life's simple pleasures. It strengthens the

solar plexus, comforting and uplifting our emotions. Good when we're feeling vulnerable, it brings clarity when life feels too complicated and when it's hard to receive love. It allows us to feel safe enough to play and enjoy ourselves.

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