

# Keep the faith

Are you going through turbulent times? If so, it's time to let go of the past and trust that the universe is helping you manifest your dreams, says Karma Coach **Nikki Wyatt**



**T**here are moments when life is like renovation work; the plan is drawn up, you're full of excitement, then the builders move in and create apparent chaos. During these periods, you can fall prey to anxiety. It's therefore important to remind yourself about the creative nature of disorder.

As a human being, you're here to create, it's in your nature and, if you don't allow yourself to do so, a feeling of 'stuckness' can creep in and result in life becoming humdrum and grey. Yet, being this way means riding change through all its many stages; if you resist, it will feel incredibly uncomfortable.

Designing your vision, whether it's a physical renovation or new career, is exciting; it fires your imagination and the result – when

you walk into a new house or see your first client, for instance – can be equally thrilling. There is a moment, however, between letting go of the past and welcoming the future, when you're in no man's land; your vision has not yet materialised and you no longer have the old familiar structure to fall back on. This is the time when you need the greatest faith in yourself, and the universe, that all is unfolding as it's supposed to.

## Ways to stay on track

Ask for signs that your vision is manifesting. These might be physical messages, such as a book opening at a certain page or meeting someone with important information, or from an inner prompting – the urge to make a call,

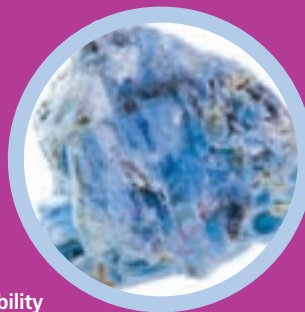
## Kyanite

This essence helps you maintain an awareness of yourself as a spiritual being with free will, encouraging you to be and express who you truly are.

Heightening your ability to tune in to your intuition, it has a particular affinity for high-frequency vibrations and therefore allows you to connect with your personal guides and ascended masters. A good tool for energy work, it allows rigid ideas to be illumined with a higher truth.

**USEFUL AFFIRMATION:** 'I receive the highest wisdom possible for me.'

From the 2012 Preparation blend.



## Mullein

This essence makes you feel safe enough to be truly close with others, showing you how to be strong, yet gentle. Bringing clarity and spiritual connection when you feel confused and encouraging you to listen to your inner guidance, Mullein increases awareness of the messages and signs around you, helping you trust that you will receive them loudly and clearly. It also heightens your sense of inner power and strengthens your self-worth.

**USEFUL AFFIRMATION:** 'I allow myself to be still and listen.'

From the Aries-Mars blend.





turn on the radio or attend a particular event, for example. Make time to listen to your inner guidance.

- If you feel discouraged at the lack of apparent results, affirm, 'It's on its way'. You aren't yet in the vibration of instant manifestation and need greater mastery over your thoughts before that can happen. Enjoy the delay; use it to tweak details, develop skills and reach the vibration needed to live your vision.
- Keep a picture or representation of your goal in view, knowing it's unfolding. Thank the universe daily for all it's doing to make it happen.
- Remember, chaos contains possibility. Old patterns, connections and structures dissolve to create space for new ones. If you panic and hold onto that which needs to go, you block the flow of change and slow the creation process.
- Get professional support if you need to and reach out to friends when you feel yourself wavering. Inspire yourself with books and podcasts that affirm your dream.
- Create a board with thank you cards, photos, testimonials and other representations of love and gratitude. On days when you feel alone or full of self-doubt, they will uplift you.
- Regularly review the steps you're taking towards your dream. Tune in and consider whether there's anything practical you need to do, such as contacting someone or ordering something, then leave the rest to the universe, knowing your list is unfolding, even if you can't yet see the results.
- Remember, there are more ways for you to reach your vision than you could imagine. Don't get attached to how – that's the role you give the universe. As a spiritual being, your job is to follow the signs, while enjoying the journey.

## Bloodstone

Helping users deal with the chaos that accompanies change and trust that meaning will become apparent, bloodstone is ideal for times you're feeling indecisive or anxious. Bringing clarity and presence so you're able to make quick decisions, it helps you adapt to unfamiliar situations and connect through your heart. It also raises awareness of where your values aren't in harmony with your actions and increases your ability to trust that the universe will respond to your intention.

**USEFUL AFFIRMATION:** 'I release inherited patterns and trust I'm supported at all times'.  
From Karmic Lack and Karmic Relationships



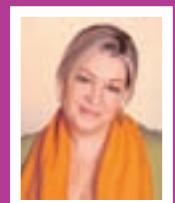
## Ragged robin

Ragged robin's gift is to teach you to value the present and appreciate the beauty of each moment, allowing it to pass, richer for the experience, yet not trying to hold on to it. It helps you see Divine order in apparent chaos and, even when things may appear without hope, reminds you it is always darkest before dawn and that new light is coming to illuminate the situation. In the depths of despair, this essence brings faith and hope.

**USEFUL AFFIRMATION:** 'I live in the moment with faith that all is unfolding in Divine order.'  
From the Confidence and Trust blend.



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 reading and more information, visit [spiritoftransformation.com](http://spiritoftransformation.com)