



Make miracles in your life

If you let go of effort, and trust in the process of life, you'll soon see miracles occurring, says our Karma Coach *Nikki Wyatt*

Miracles come in all shapes and sizes; some days just getting up and making it to work on time can feel like such a miracle – it's as if several Ascended Masters deserve a day off for their support! Other days, in moments of dark despair, something so unexpected and amazing happens it's like the celestial emergency service has shown up.

When I suggested writing about miracles, the response was 'yes, we could all do with creating miracles in our life'. What a great way to see it! Miracles are often viewed as moments of divine intervention, but Spirit can't influence our lives without our permission, so every miracle is actually an act of co-creation. The real miracle occurs when we allow Spirit to act through us rather than instead of us. Miracles often happen at the point of surrender, when we give up trying to fix the situation. The big miracles happen when we step the furthest away and allow the greatest space for inspiration and 'magic' to happen. In karmic terms, it's when you cash in your spiritual ISA, which stands for Instant Spiritual Action account!

Ten years ago my two-year-old niece Suzy was rushed into intensive care with meningitis. The infection was aggressive and diagnosed very late; the outcome was not looking hopeful. I knew my brother and his wife would have followed up every practical solution. I felt desperate and helpless. I had only experienced healing myself for the first time the week before, but I'd been so impressed that I'd taken the lady's card. I phoned and asked her to send healing to my niece. At her suggestion I also asked for Suzy's name to go on the distant healing list at the National Federation of Spiritual Healers where I discovered that there's a healing minute around the world at 10am and 10pm each day. When I got to the intensive care unit Suzy was lying pale, limp and unresponsive, like a little blonde doll covered in tubes. It was 9.50pm so I sat and held her hand and silently asked for help. At 10.15pm she moved, her eyelids fluttered and the doctors confirmed that she had finally started to respond to the medication. She had decided to stay with



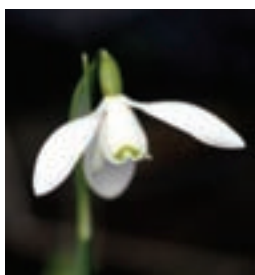
"The real miracle occurs when we allow spirit to act through us rather than instead of us"

us, and her journey to full recovery began.

Like many miracles, the one in the hospital that night contained the two hardest things for us to do: the ability to let go and the willingness to receive what is for our highest good. Crystal and flower essences, the most powerful spiritual remedies available to us now, deal with these two issues more than almost any others. So if any situation or person is bothering you right now, ask yourself if there is anything you need to let go of. This could be a need to feel in control, to be right, to be angry, any limiting beliefs, fear of other people's judgement or your attachment to a particular outcome. Then ask yourself, 'what do I need to be willing to receive?' This could be forgiveness (often from ourselves – we are usually our harshest judges), honest feedback, unconditional love, a new level of responsibility or the ability to live with the unknown or a temporarily chaotic situation.

Miracle essences to try ...

Snow Drop: This gently eases the pain of bereavement and loss, helping hope and joy return. Snowdrop eases grief, bringing inner strength and an ability to surrender peacefully to transitions, including a spiritual rebirth. It brings optimism and hope, symbolising the light at the end of the tunnel, and allows us to plan practically, energising our thoughts, bringing insight, discernment and healing wisdom. Snowdrop encourages us to let go of past attachments and events, to find new vision and direction. It's the essence of inner awakening after a long period of darkness. It promotes courage and tranquillity, enabling us to see our challenges as part of a bigger picture. It's very helpful in situations that feel threatening, where the heart and sacral areas have closed down. It sheds a new light on the situation and initiates forgiveness and trust so energy can flow freely, allowing us to be more open and creative.



Useful affirmation: *'I awaken to a new life vision'*

Purple Flowering Raspberry: This essence is for when we feel spiritual paths must be heavy and difficult, when we're reluctant to see that our path can be light-filled and joyous, with us moving effortlessly along it. We may also feel we're being awarded spiritual gold stars for insisting on making our path so challenging. This essence helps us understand that this is not so, and that the only influence on how our spiritual path plays out in our lives is through our chosen belief systems, so we may as well enjoy the journey!

Useful affirmation: *'My spiritual path is a delight!'*



Toadflax: This helps you find your inner warrior so you can move through experiences with courage and strength. It helps you tap into the strength of the Earth. This essence assists in releasing deeply impacted beliefs or patterns of fearful expectancies. It encourages you to expect a miracle, to transform what you've projected into the future based on limiting beliefs. It supports you in what brings you pleasure and joy; in creating a firm foundation from which to birth a new vision and live your miracle. It affirms that your truth goes beyond what is commonly found.

Useful affirmation: *'I step courageously into a miraculous future'*



Miracle Fruit: This essence allows your guides and angels to propel you through life with greater joy and ease rather than feeling you always have to be in control. It helps you to connect more strongly to guidance and to be aware of signs, messages and intuitive promptings. Miracle Fruit is perfect if you want to try a more intuitive approach to life and decision-making; it encourages you to let go of being managing director of your life, allowing an opening for the miraculous to happen. This essence is fabulous when you feel you have tried everything; it allows you to finally 'let go'. It's for when life feels full of obstacles and you feel unsupported or when it's difficult to make an inner connection. Particularly helpful to take before meditation.

Useful affirmation: *'I follow my inner guidance and allow it to clear the path ahead for me'*



Ragged Robin: This is a bright star of inspiration, so fulfilling and so soon gone. Ragged Robin's lesson is to enjoy every moment yet be willing to release it as it passes. It also brings order amidst chaos, helping us see the connective thread of light linking all things. Imagine a dark night of difficulty and how birdsong just before dawn can herald new hope. This essence resonates with that song. Consider Ragged Robin for helping with those dark nights of the soul. It brings a strong vibration of faith, reminding us of the divine rooted in each event and being.

Useful affirmation: *'I move towards the light knowing all is well'*



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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