



Have a little... **patience**

This month our karmic expert **Nikki Wyatt** shows you the cure for impatience

Does it feel like your colleague is using the photocopier in slow motion? Do you become the devil incarnate behind the wheel? Impatience is considered so normal these days that we often don't see it as an important indicator of our mental, physical and emotional health as well as a powerful springboard for our spiritual growth.

Western society admires speed and we get approval for hitting deadlines. Impatience causes all sorts of physical problems from high blood pressure to weight gain and it can kill relationships. Nobody likes being around someone who constantly pressurises them, interrupts them and doesn't take time to explain or communicate clearly or to acknowledge them. This is one reason

why the Bach Flower remedy *Impatiens* comes from the loneliness remedy group. Partly because impatience pushes people away, but also because when we feel impatient we often prefer to be on our own, as we find other people's behaviour so irritating.

The rewards of overcoming this trait are immense. An improvement in our health, in the quality of our relationships, in the amount of love and intimacy we experience, greater emotional stability and more self-acceptance – these are just some of the benefits. So how do we start? Impatience is the tip of an emotional iceberg, so we need to delve deeper, into our childhood and family karma.

Note what triggers your impatience. The trigger nearly always hides a fear, so what are you frightened of? Follow the feelings with as much honesty as you can until you reach a fundamental fear. For instance if the amount of time your child takes to get themselves dressed leaves you frothing at the mouth, look for the fear. That you'll be late could be a fear. What were your school days like? Were you often late? What were the consequences? Are you afraid of being judged? Are you afraid your child isn't learning quickly enough? Do you fear you'll never be free of responsibility? Are you anxious that personal goals are passing you by while they learn to do up their buttons?

Finding your triggers

Dealing with impatience is like pulling at a tangled piece of wool. Unravel it by asking yourself questions and answering as honestly as you can. Sometimes a trusted friend can think of questions that may not occur to us. Our ego will do its best to blind us to the most obvious. Once you've done this on a few triggers you should notice a pattern. Usually two or three fundamental fears act as triggers, such as fear of being judged and excluded, fear of failure, fear of ageing and dying, fear of loss, fear of abandonment and fear of lack. Now see if you can trace these to your childhood. For example, if fear of loss is important, notice where loss happened to you. Write down how it felt or, if you're artistically inclined, paint or draw a picture expressing the experience.



The objective is not to wallow in the pain but simply to feel it for as long as you need to until you feel lighter. You only need to fully feel the loss once; then it's integrated and it will lose its ability to trigger fear. The fear is actually not fear of loss, it's a fear of feeling the pain of loss. Impatience is a strategy to stop ourselves from going into these difficult feelings, keeping us too busy to feel. So the only way to defuse the trigger is to take courage and feel the feelings.

Once you've considered your childhood the next step is investigating your family history. This is especially helpful if you identify an 'irrational' fear. For example if you trace a fear of your loved ones having an accident, yet you've never experienced this, it's probably karmic in origin. So look for an ancestor who experienced this. I had a client who became fearful whenever her son went near water and he had a problem with his legs that made him unsteady. Working through her family history we uncovered an ancestor who had filled a bath in front of the fire with boiling water. His son, who was just a toddler, fell in and was scalded to death.

Once you find the cause you need to acknowledge that ancestor in whatever way feels appropriate. Some people get a death, marriage or birth certificate, put up a photograph or lay flowers on a grave. Whatever you choose it's important to include not just an acknowledgement of their difficult fate but also to 'give it back' so that you can stop expressing it in your life. One way to do this is to stand in front of their photograph or something that represents them and say, 'you are my X (fill in their relationship to you such as grandmother)', 'I am your Y (fill in your relationship to them such as granddaughter)', 'I see your fate. I have carried it with love. Now it's over. I leave it with you'. As you do this, bow deeply bending your neck as you do so, feeling respect for what they endured so that you could be here now. Most people report feeling much lighter, as the karmic burden rolls away.



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

Signs of impatience

- ❖ Nervous habits such as drumming fingers, speaking and eating too fast, chewing pens or grinding teeth
- ❖ Addictions to stimulants such as coffee, sugar or chocolate
- ❖ Physical signs include a flushed face, indigestion, headache, rashes, itching, muscle tension, clumsiness and high blood pressure
- ❖ Sudden energy crashes
- ❖ Impulsive decision-making
- ❖ Finishing other people's sentences for them and not finishing your own
- ❖ Preferring to work alone

Thyme:

Thyme can be used to experience other time dimensions – the past, the future and other levels of consciousness. Thyme is a very energising essence; it's helpful when we're feeling sad and alone; it's a 'be happy' essence; bringing back humour and joy when we've become too serious. Physically it helps the lungs. Helpful if we're working under pressure of deadlines, and always trying to beat the clock, thyme enhances concentration. And it increases energy and assists those adapting to seasonal changes.



Gladiolus:

This works primarily in the crown chakra. It helps us stabilise our spiritual intent, when drawn back into ego dimensions. It teaches us the power of negotiation, teamwork, supportive and positive relationships in families, extended families and in the larger community. The gentle spirit of gladiolus brings love and patience. Gladiolus activates the kundalini and fires the soul, raising the vibration of the body simultaneously. It clears mass consciousness, facilitates transition and enables ascension. Helpful for auto-immune diseases and fatigue.

Azurite:

This alleviates anxiety, compulsive eating, lack of discipline and hyperactivity. Patience improves to the level of a spiritual quality. Emotions stabilise. Azurite releases long-standing blocks to communication and stimulates memory. It challenges our view of reality and releases programmed beliefs allowing us to move into the unknown without fear, reaching deeper insights and a new reality. Old beliefs gently rise into consciousness to be tested against truth. Azurite clears stress, worry and grief. It transmutes fears and phobias, bringing understanding of their origin.

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