

Spring

The rising energy of the season makes it a great time to put positive changes into practice, says our Karma Coach. So, like a flower bud, learn how to open up to your full potential

into action

Time for a change? One of the most powerful Bach flower remedies, I believe, is Chestnut Bud because when a flower is in the bud stage it contains the most energy and the greatest potential for growth. Chestnut Bud is the Bach remedy of choice when we repeat the same experiences over and over because we cannot see or integrate their lessons. Thus, we remain forever in this stage, never unfolding into the beautiful bloom we were born to be. Some of us spend one lifetime after another without blossoming, staying with what is familiar rather than awakening to our infinite possibilities.

It's time to change if you feel heavy hearted at the

thought of the day ahead. If life is full of predictable tasks, then you're probably on autopilot. Yet, life is created by the choices you make in every moment, so to manifest the life you desire it's vital to wake up to your reality. It's rather like starting a new job or moving into a new house; for the first few weeks, everything is new so you make decisions at every level, from what you'll keep in a particular kitchen cupboard to your route to work or how you set up your computer. After a while, this becomes part of the wallpaper, yet it contributes to staying stuck if you never review those daily choices. Not only that, but your mental patterns become rigid, which reflects physically in a stiff, stuck, slightly compacted body – just like a tight, sticky chestnut bud.

River oats

This essence helps you let go and move on. It's easy to believe that if you pursue something long enough it will come to fruition, but this might not be in your best interests.

To find out, let it go and allow the river of life to lead you where it will. River oats helps you do this easily, so you can be flow to the wonderful manifestation beckoning you.

AFFIRMATION: 'I allow the river of life to carry me to my greatest joy'.

From the Let Go and Flow blend.



Morning glory

This beautiful essence gives you 'get up and go' and supports steady energy through the day. It may help if you find it hard to ground yourself into the body, eat erratically or enjoy late-night activities that make it difficult to sleep. It could be useful if you tend to live in the rose-tinted past because you don't want to face changes.

AFFIRMATION: 'I engage with the present, integrating past lessons to create an exciting future.'
Found in the Healthy Choices, Financial Flow and Graceful Release blends.



Make the change

- **VARY YOUR ROUTINE:** For example, take a different route to work or cycle rather than take the bus or car. If you go to bed late, try doing so a little earlier and appreciate waking up feeling refreshed.
- **FLEX YOUR BODY:** Your body holds patterns and habits; activities such as yoga, dance or tai chi will help you physically let go.
- **EXPOSE YOURSELF TO NEW THOUGHTS AND OPINIONS:** Whether this is by changing the TV programmes you watch, reading new books or joining an interest group, it doesn't matter as long as it's enjoyable and opens you to new ways of viewing the world.
- **KEEP A JOURNAL:** You can either do this when you wake up or go to bed; the important thing is to keep a record so you notice changes, and open a space for your inner guidance to speak to you.

Some people think transformation and growth has to be a struggle – a kind of spiritual test – but how you experience change depends on your beliefs. You can learn through joy as well as pain. If you believe it involves a leap of faith, which feels beyond you, then take the simple steps above and you might be surprised. Every bud unfurls at its own pace; just make sure you water yourself with regular inspiration, and are growing in fertile soil – nature will do the rest.

Compass barrel cactus

This essence helps you lighten up and let go, trusting in your inner wisdom to point the way forward. It's helpful when you have patterns of resentment, yet are unwilling to change, and can be useful when you judge your feelings and take life too seriously. It encourages you to move beyond an emotionally stuck space. When you fear change, this essence can offer support.

AFFIRMATION: 'I always know what changes I need to make and how to easily bring them about'.
From the *Moving Forward* blend.



Red bottlebrush

This flower may calm anxiety and help if you're overwhelmed by major changes or moving into a new phase, such as retirement or leaving a job. It may be helpful for the ending of any cycle: menopause, pregnancy, parenthood or old age. At the end of a relationship, it can help you move on as it brushes away the past.

AFFIRMATION: 'I lovingly release the past, creating space for a joyful new phase'.
Found in the *Healthy Rhythms and Graceful Release* blends.



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