

# BE YOUR OWN psychic

Would you like to know if your inner promptings are really higher guidance or just mindless chatter? Follow the Karma Coach's advice on tuning out the noise and listening to your real intuitive voice

**A**s vibrational beings we're broadcasting all the time. To hear guidance, you need to turn off the transmit button and take time to receive, to relax your mind and allow your thoughts to wander without trying to control them. Your mind needs regular rest as much as your body; perhaps more so, since most of us think too much! Spirit can drop fully formed thoughts into your mental body, which you experience as moments of inspiration, but only if your mind is relaxed enough to receive them.

## Is it really higher guidance?

Sometimes you can be unsure whether you're hearing inner guidance or not. One way to differentiate is to work out whether messages are coming from love or fear. True guidance is based on the understanding that:

- The universe is loving and benign.
- You are perfect and beloved just as you are now; you need no improvement.
- You can choose a different outcome at any time simply by changing your belief and desire.
- True guidance is for the highest good of you and those involved.
- Guidance is in alignment with your truth; it's not influenced by the opinions, reactions or judgements of others.
- True guidance may stretch or challenge you; it may not be what you want to hear – it may require soul growth and faith.

## Boost your psychic communication

**1** Clear a space before you start with incense, oils or music, and do this again at the end. Use protective and grounding crystals such as smoky quartz, turquoise, obsidian and hematite.

**2** Ground and protect yourself. When opening your upper chakras you must open your lower ones as well, so that the energy can flow into the Earth; otherwise, psychic energy becomes blocked in the upper chakras and you can get stiff shoulders, jaw and neck, headache or constipation.

**3** The easiest way to ground yourself is to visualise opening your chakras one by one, and when you reach your feet, imagine roots sprouting down to the Earth's core. To open your heart, visualise a rose opening its petals one by one inside that chakra. For protection, visualise silken light spinning around you until you are surrounded by it; picture it closing off at a point below your feet and above your head.

**4** Affirm your intention to work only for the highest good of all, and to work with the highest vibration you're capable of receiving at the present time. Have a glass of water by you and some emergency essence. If you feel difficult energy come in, focus on your protective light shield and recite any words that have deep spiritual meaning for you. Ask any heavy energy to go to the light.



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)



**5** You may sense colours; you may feel hot or cold or both; certain parts of your body may feel heavy, tingly or you may feel dizzy. Some of us connect more easily through physical sensation, others may hear voices or see images or symbols.

**6** You might find writing an easy way for Spirit to communicate. If you do, then relax your mind (don't try and clear it, that's like trying to stop the tide coming in!), write your question or just 'hello' on a blank page; when you feel prompted, start writing without stopping to punctuate or reflect – you may be surprised. If the flow stops, write another question and sit quietly until the urge comes to write again.

**7** Whichever pathway you choose will grow clearer with practice. The more you commit to listening the more you'll hear. You may find the Transformation Essence Opening to Guidance or 2012 Preparation Blend useful tools. Both are available from the Spirit of Transformation website (see box opposite).

## Essences for increasing psychic abilities

**CELANDINE:** This increases the ability to transfer information. It affects the throat chakra and the thyroid, and stimulates the metabolism. It is an exceptional remedy for singers and lecturers for articulation and telepathic transference of information. It activates lucid dreaming and receiving of information from spirit guides. Any problem with the throat, particularly the vocal chords, can be treated with celandine. Celandine benefits people unable to receive information clearly, such as autistic children, stubborn people and individuals with short attention spans.

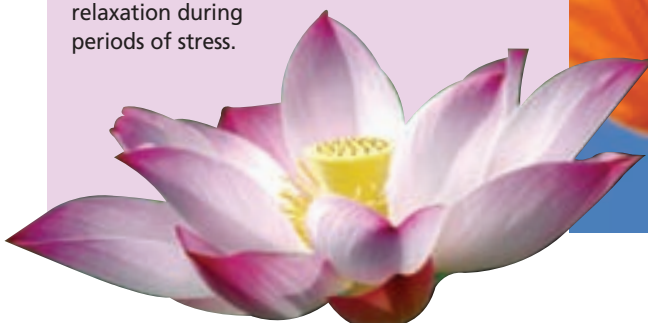


Lotus balances nearly all negative astrological influences.

**JUDAS TREE:** According to legend, this is the tree on which Judas hanged himself after betraying Jesus, after which the white flowers turned red with his blood and shame. This essence releases suppression of spiritual guilt. It helps release feelings of being betrayed or 'stabbed in the back'. Also helps if you have a tendency to betray others. It's a great essence for channelling. It gives access to completely new thought patterns and ideas. It brings openness and acceptance of subtle levels of energy and the ability to communicate it to others. Enables you to discriminate and discern the validity of given information.

**JET:** This awakens you to your higher self and increases clairvoyance. Souls with a long history of Earthly incarnations benefit from Jet. It makes you receptive to psychic experiences and supports

**LOTUS:** Powerfully transformative, lotus may be the most evolved flower essence on the planet. It aligns all the chakras and opens the crown, promoting healing. Easing emotional imbalances, obsessive behaviour and releasing buried emotions, it particularly heals any tendency toward spiritual pride. It rids the body of toxicities that block vibrational remedies from working and aids the assimilation of nutrients. It bridges the kingdoms of air and water. Lotus eases any fear of attuning to future lives. It helps develop psychic powers and telepathy and helps distinguish between the soul and delusional messages. Past life information is released from the genetic code and longevity is increased. This essence aids relaxation during periods of stress.



**CALIFORNIAN POPPY:** This cleanses the emotional body releasing karmic patterns and past life information in a balanced way through the solar plexus. It maintains emotional and mental balance when opening up psychically, which can sometimes be overpowering, aligning heart with spirit, giving a strong sense of inner knowing. It can help if you are pulled in the wrong direction, to return to your true spiritual path, rather than be taken in by psychic deception. It assists in communicating your truth giving courage to confidently express your core essence.

your search for enlightenment. It opens the base chakra and balances the spinal column, coccyx and pancreas. It eases irrational fears and depression, especially manic-depression. It empowers you take positive action and balances mood swings. It's extremely protective against negative energies. Practically, it brings financial stability and protects your business dealings. Physically, it eases migraine, menstrual cramps and colds.



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