Shift your focus

Find out how your thoughts directly affect your reality, and how you can go about manifesting a better life, starting right now! Our ***Karma Coach*** shows you how

Summer is usually an exuberant, sociable season, whereas autumn is when we prepare to journey inward through the colder months, harvest what we have learned throughout the year, and reflect on what we'd like to manifest when the growing season comes round again next spring. Each season has something very different to offer, and these contrasts are important because if we pay attention to them they can give us the key to what we really want.

We'd all love to create the life we desire but sometimes we're so much better at focussing on what we don't want rather than that which we do.

Since like attracts like, you'll probably find that you're most out of alignment with your real desire where you're most negative. Unfortunately the more we focus on what we don't want, the more we get what we don't want!

Take a look at where you have the most negativity: is it your health, romance, finances or work? An honest inventory will give you the opportunity to find your heart's desire. Negativity is the contrast between how you view things now and how you'd like them to be. For example, if you complain endlessly about a boss who monitors your every movement, then your true yearning is to be responsible for your own work.

Once you have your wish-list, the question arises: how do you bridge the gap between what you have and what you want? For many of us, staying in our comfortable rut can be easier than experiencing the possible discomfort of moving into the unknown. The Law of Attraction states that the more you tell a negative story about your present, the more it will unfold negatively. On the other hand, the more you talk about the positive direction in which you're going, the more the universe will bring that experience to you. If you plant seeds for beautiful flowers, that's what will come. So although the details of the path ahead may not be clear, the general outline is one that you can create from the contrasts in your own life right now. One effect many people notice when they start telling a more positive story about their life is that the people they attract change. If you practise this consistently you may find yourself part of a much more upbeat crowd!

The Law of Attraction also states that you cannot receive something if you aren't a vibrational match for it. So if you're feeling negative, it's difficult for you to attract positive experiences; even though everything you desire is waiting on your path, your negative vibration keeps the gate closed. It's not the strength of your desire that will bring your dream to you, it's the genuine expectation. Sometimes we can want something desperately but we're also full of fear that it won't happen; that fear will keep it out of reach.

So to attract what you want, you need to visualise your desired life; take action based on that life so you're truly experiencing the feelings you would have if it were true. You need to release any doubts or fears that you won't get what you want. So only share your dreams with people who support you; find positive role models. Monitor what you read and watch and use essences to keep you uplifted. You don't have to deny your current reality but you can give it a more positive emphasis, talk more about the positive changes you're looking forward to, and about how much you'll enjoy them. Like attracts like!

Checklist for a brighter life

- Monitor what stories you tell about your life. Are they happy and optimistic or do they perpetuate storylines where you are hard done by, in sacrifice or working too hard?
- Be aware of what stories you tell about others. Are they critical or do they celebrate the good in the other person? Gossip has a powerful, negative effect.
- Check what you're reading and what you're watching. Does it uplift you and expand your consciousness? Do you finish reading or watching and feel excited about life's possibilities or depressed by them?
- When you think of the future, is it with anxiety or a sense of delightful expectation?
- When you reflect on the past, is it to regret misjudged actions and missed opportunities or is it to revel in joyful moments that you'd like to experience again?
- Are you consciously creating your life with your thoughts or do your thoughts control you?

Essences for positivity

Strawberry: This essence draws sweetness and playfulness into your life. It helps lighten your energies so that you're fruitful in all your endeavours. It helps you to remember who you really are: perfect Source energy incarnated to manifest experiences through a physical body. Affirmation: *"I allow myself time to be playful, I treasure the fun that has come into my life today."*

Cherry: This shows you the lighter, more humorous side of life, enabling you to laugh at your mistakes. It allows you to accept greater happiness and brings a feeling of freshness and renewal to daily activities. Very uplifting and inspiring, excellent when you have a strong creative bent and need to find a new direction or complete old projects. Affirmation: *"Each day I remind myself to focus on simply feeling good!"*

Apricot: Emotionally, apricot infuses you with light-heartedness and joy. It eases mood swings associated with a woman's monthly cycle and helps release sugar and chocolate cravings. It calms the nervous system and supports you in not taking on more than you can reasonably handle but to focus on the most fulfilling things. Affirmation: *"Life is sweet and fulfilling for me!"*

Plum: Increases self-worth and self-motivation and effective use of personal power. A strong prosperity essence to work with when embarking on a new project where financial support is needed. When you have difficulty in allowing your creative work to support you financially, this essence is invaluable. It's also helpful when you feel the money supply has dried up. Affirmation: *"I see and feel myself with all the money and resources I need in my life right now; it is so."*

Orange: Brings clarity and calm to highly charged emotions. Releases deep emotional tensions stored in the subconscious. Anyone taking this essence with fears of unknown origin will often have a dream offering clues to the cause of the problem. Helps with despair and hopelessness. Orange brings you joy, renewed interest in life. It gives you the power to endure difficulties and an awareness of the 'light at the end of the tunnel'. Affirmation: *"I calmly understand and release this situation, feeling renewed enthusiasm for my life."*

* With acknowledgement to: Morningstar Essences, Crystal Herbs and to *Flower Essences and Vibrational Healing* by Gurudas

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