

# Sit back and relax

This month, our Karma Coach shows you how to achieve more in life by doing less

Summer is associated with the element of fire and the planetary energy of Mars – a driving, expansive force, reflecting the heat of the season and the extrovert phase of the year when we tend to travel and be more outgoing. However, all that yang energy can lead to burn out, so we instinctively turn to the yin, water energy to balance it, as we cool off at the seaside, or with long, refreshing showers.

Managing yang energy is vital for our happiness and wellbeing. Too much, and our nerves are stretched taut and our mind is whizzing round like a washing machine on spin cycle, making it hard to sleep; too little, and we tip over into the damp yin energy of winter where we may become slow, lethargic, obsessively introspective and sleep excessively.

Western society encourages yang energy, which is why so many of us suffer from stress and live a life that leaves no time for contemplation or appreciation. Eventually our system rebels and yin energy reasserts itself, leaving us apathetic, overwhelmed by our 'to do' lists, and struggling to get up and face the daily marathon. Physically we may become unwell enough that we are forced to slow down.

## *Listen to your soul*

- 1 Check in regularly with your true desires, especially when you notice signs of struggle and stress. The more you commit to personal growth the more often those desires will change. In the same way that changing a compass bearing only slightly will bring a ship to a whole new destination, changing one small aspect of your life can lead to very different outcome over time.
- 2 Stay alert and present for signs sent to support you, then follow them. Sometimes those signs may not seem logical in taking you towards what you want but the more you have faith, the more signs appear. For example, I once attended one of Doreen Virtue's workshops and she told us of how she wanted to manifest a partner, and as soon as she set the intention, messages about yoga began to appear. She took notice and joined a yoga class, at which she met a gorgeous guy on her second lesson and ended up marrying him!

## Maintain balance

Two practices can help balance this yo-yoing of modern life. The first is to use the creative force of the feminine yin. We're often conditioned to believe that the only productive energy is action, but this isn't so if it doesn't spring from the wisdom of intuition. If we don't take time to check in with our guidance, our initial inspired action can lead to struggle and confusion. We move forward because it feels better to be doing something than nothing, but actually we aren't clear or productive because we've lost connection to our initial vision. When that vision is clear, decisions are easy because we know whether something is in line with our vision or not. The second practice is to be directed from an internal, not an external focus. We're often racing around because we believe that what we want is outside of us and if we try hard enough we can make our ideal life appear. But the reverse is true; the longer we focus on external messages about what will make us happy, and on 'efforting' to get what we want, the more we lose touch with our real needs and desires. Not only that, but we lose our connection with the creative force

of the universe, which can help us manifest our desires with minimal effort.

Sometimes we worry that surrendering to the flow means that we drift aimlessly, achieving nothing. But this ignores the role of free will and our creative power. Imagine you're sailing through life in a ship on an ocean. Yes, you need to go with the current and take advantage of the wind direction but your hand needs to be on the tiller and your compass bearing needs to be set to ensure that you arrive at the destination you desire. If you're caught in excessive fire energy, you need to take the time to check whether the destination or vision you have for your life is still in alignment with your desires. Having your hand on the tiller means you're alert for signs around you, so you use the support of the universe to get to your destination rather than fighting against the current. Knowing when to open your sails and spotting when there are reefs ahead is only possible if you stay in the now. We need to be inwardly connected to our vision as well as fully present in the moment.

## Essences for staying in the flow



### Edelweiss

This essence connects us to our soul and spirit, bringing understanding of our eternal aspect. It expands our crown chakra allowing us to access the highest vibrational alignment we can sustain. It stimulates creativity, bringing spiritual inspiration to support us in carrying out our soul purpose. It's useful when we feel confused and are uncertain of how to tackle challenging situations. Helps us feel clear and decisive with the flexibility to formulate new goals according to universal feedback. It's an excellent essence for when we have a clear life vision but are struggling to ground it into action. Helps in working towards a goal with strength, confidence and clarity. Encourages faith in the universe and our inner direction. Edelweiss also deeply cleanses the auric field.



### Harebell

Harebell helps us understand how to work with vibrational energies for healing and manifestation. It helps us know how much energy to expend to attract what we desire. An excess of energy can actually repel what we desire because we're trying to force it into being rather than allowing it to manifest. When taking this essence, we may feel a sort of inner 'click' that tells us we've sent forth enough energy for our desires. If we try to go beyond this, we immediately sense that we're trying too hard so we can let it go and move on.

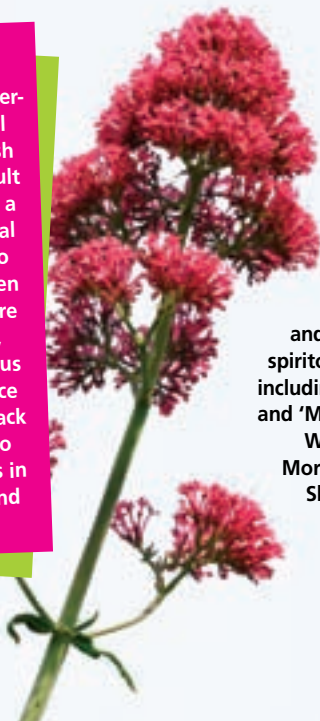
### Love in a mist

This essence allows us to respond to information from all chakras. It encourages us to be more authentic in relationships and banishes romantic illusions, as well as calming and releasing old emotional traumas. It helps with repairing damage to our energetic bodies and aligns heart and spirit. It can purify the auric field, and clarify etheric and auric boundaries. It gives a strong sense of self and ability to follow through and allows for confident intentions. Love in a mist creates openness to loving and being loved. It brings clarity about our real motivations and encourages us to finish projects. It may ease frustrations, allowing clearer choices to be made from our inner guidance. It increases energy flow in the legs.



### Red valerian

This essence calms and cools a hyper-active base chakra. Often we feel under huge pressure to accomplish more in life. We find it very difficult to ease up on ourselves and take a break. This is often due to survival issues that we've been unable to address. The base chakra may then respond by pushing us to do more and more until burnout occurs, which can leave us feeling anxious as well as depressed. This essence helps to bring the base chakra back into balance while helping us to work through our survival issues in ways that are much healthier and more positive.



You'll find these essences in the Transformation Essence and Planetary Essence Ranges at [spiritoftransformation.com](http://spiritoftransformation.com), including blends for 'Let Go and Flow' and 'Mars-Aries'.

With acknowledgement to: Morningstar Essences, Aziz Shamanism, Hummingbird Remedies, Elemental Energies, Green Man Essences and British Wild Flower Essences



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)