

Unleash your **Soul's** gift

If life was an orchestra and you were an instrument, what would be your tune? Not certain? It might be time to get in touch with your soul, says Karma Coach *Nikki Wyatt*, and prepare to steal the show



All of us have soul gifts – ones we've developed over many lifetimes. When we resist expressing them, we become frustrated or resentful because our spirits know exactly what we're capable of and yearn to share it. You're a vibrational being so try thinking of yourself as a keyboard upon which you can play a variety of different harmonies and tunes. Some might be exuberant, others may be sad; a few could be dance songs, others will be more romantic and tender.

When you're born, you play with a full set of keys; but, as you grow older, you quickly realise certain expressions of yourself are not encouraged by those around you. You may be told to 'pipe down' and 'stop wasting time', for instance, or instructed to 'do as you're told'. Suddenly, you're reading the music someone else has written for you and have forgotten how to improvise from the spontaneity of your soul.

Often, the journey to spiritual maturity involves releasing the parts of yourself

restricted by old, conditioned responses and fully expressing them in their natural state once again. As you do this, you allow yourself to experience your emotions in all their colour and intensity, without judgment or resistance, and feel more alive and part of your life – something that puts you in a very powerful place creatively.

So, what are your karmic gifts? Are you psychic, artistic, empathic, or in tune with nature, colour, beauty or music? Think about activities you enjoyed as a child or pastimes that relax you as an adult, and use them to identify your particular talent. For example, you may have been an avid reader who loved writing when you were younger, or perhaps you now love burning different oils and experimenting with scents.

Find your instrument

Remember, this is about creating the right way to express your gift, so relax and allow your mind to conjure up some of your most pleasurable memories. As you

ESSENCES TO HELP YOU EXPRESS YOUR SOUL GIFTS

Copper-Shouldered Oval Sedge

Thought to help you become more attuned to your heritage and recognise the talents that have been passed down through each generation of your family, this is an ideal essence to use during times when you feel you have very little sense of your roots or background, and will allow you to stimulate any genetic gifts you may have previously forsaken, while feeling the loving support and presence of your ancestors.

USEFUL AFFIRMATION: 'I can lean into the support of my ancestors, feeling their blessing, strength and support.'
From the Soul Gifts blend.

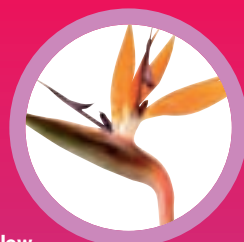


Pic: Elean Luthman

Bird of Paradise

Said to free the physical expression of blocked creativity and encourage you to express yourself with ease, this will allow you to flourish when you're afraid of being seen and help you direct your creativity more effectively. Believed to encourage greater perspective in relationships, it's particularly useful for women trapped in limiting partnerships and promotes action.

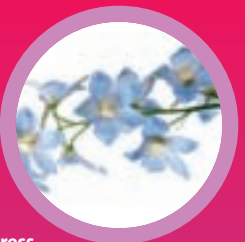
USEFUL AFFIRMATION: 'I fully connect with my dramatic creative energy, and regain my confidence to boldly express this without reservation.'
From the Soul Gifts blend.



Blue Beard Iris

Working through all your dimensions to clear blockages in the throat chakra and therefore allowing you to express yourself through your higher self, this essence activates inspiration and creativity in those who wear it, particularly those interested in dance, music, painting and sculpture, and eliminates barriers in the sexual chakra preventing the flow of artistic expression. It is also thought to help you use your causal body to release artistic talents from your past lives.

USEFUL AFFIRMATION: 'I acknowledge and express my artistic and musical gifts with joy.'
From the Soul Gifts blend.





“When you express your unique vibration, the orchestra of humanity can play uplifting, harmonious music, so step out of the audience and prepare to take your place on stage!”

reflect on moments of creative joy, you're likely to notice common themes.

If a passion for colour and texture seems to be a recurring pattern, for instance, why not consider painting, decorating or dressmaking? You could also try hairdressing or experimenting with make up or body art. Alternatively, if the thought of getting green fingered and growing your own veg really gets your heart racing, why not invest in your own little space – an allotment, for example – where you can put your skills to good use, or offer to volunteer in a local community garden or tend to the outdoor area of a less enthusiastic friend?

Or, perhaps experimenting with different flavours is more up your street, but you find yourself dutifully preparing the same-old meals from your tried-and-tested repertoire? If so, why not reignite your interest in cooking by incorporating some new or slightly more exotic ingredients into your dishes? You could also try enrolling on a food course or attending events where you're likely to meet other like-minded enthusiasts who'll help you put the soul back into your cuisine.

If music's more your thing, but you currently lack the confidence to pursue your interest any further, start by playing or singing in a group that doesn't require an audition – a community choir or drumming circle where you can subtly blend in until you feel more comfortable, for instance – or ask for some individual tuition from someone you trust.

It's now time to acknowledge and awaken your gifts. When you express your unique vibration, the orchestra of humanity can play uplifting, harmonious music, so step out of the audience and prepare to take your place on stage!

Delphinium

Creating feelings of freedom and expansion, while uplifting your spirits, this essence

encourages you to recognise and appreciate your gifts and helps you take the next step on your creative path, while releasing your resistance and increasing the respect you have for what you've achieved. Increasing your need to be authentic and express your uniqueness, it works in the throat chakra and increases your sense of healthy personal power, while opening your mind.

USEFUL AFFIRMATION: 'I fully and joyfully express my true self.'

From the Soul Gifts blend.



Himalayan Poppy

Helping you connect with your ancestral and past life gifts and spiritual heritage, particularly if you've performed spiritual initiations that remain in your cellular memory, this essence gives you strength and healing, while helping you deepen your meditations and heighten your psychic skills. Encouraging better understanding of other realms, it facilitates communication with nature and animals, and helps develop your gifts.

USEFUL AFFIRMATION: 'I activate my soul talents for my own fulfilment; knowing that they will be used in service to others.'

From the Soul Purpose and Soul Gifts 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

