



Rather like the fairy on top of the tree, many of us would like to be able to fulfil our seasonal commitments with a flick of a wand. With so many demands on your energy and budget, here's how to steer a sane path through consumer excess, ensuring you integrate the spiritual importance of the winter solstice and getting together with enjoyment and a sense of community.

1) Balance time

There are four main areas that need to be kept in balance at mid-winter, and time is the first of these. With so much socialising and shopping taking place in December, it's easy to overcommit. You can reduce the money and time spent shopping by making a budgeted list and buying online. If money feels tight, consider a creative present such as an album with someone's favourite photos, a CD with their favourite songs, a fancy tin with home-baked treats or a calendar with beautiful pictures and inspiring quotes. Keep time aside for what nurtures you; business often leads to skipping exercise routines, healthy eating, meditation or sleep, yet when your diary is full you need to stick to what keeps you strong even more than usual, or your most intimate seasonal connection could be with a box of tissues!

2) Balance giving & receiving

Apart from presents, you also exchange time, money, support and, above all, love at Christmas. For social and cultural reasons many of us, particularly women, find it easier to give than receive. Get this balance wrong and you'll end up like many Christmas toys – everyone's pleased to see you, but you seem to have come without batteries! Ensure you ask for and accept the support and love you need, whether that's practical assistance with shopping or entertaining, or talking through concerns

Wave
your
winter wand

Christmas can be a stressful time, but with a little balance you can accomplish all you wish – and enjoy yourself!

with a friend. If you're likely to feel stressed, book some advance pampering such as a head or foot massage. If you're on a budget, check your local college for massage courses – students are often looking for appreciative bodies!

3) Balance outward and inward focus

In the outer world, we often use our left brain and our will to get things done. When this becomes out of balance, it can keep you in your head rather than your heart, so you end up with an overload of fiery 'yang' energy. Physically, that can manifest as headaches and heartburn, and emotionally as anger, frustration and burn-out. We're approaching the darkest times of year, when we're designed to spend more time being inward and sleeping longer to regenerate. When life gets busy, it's important to balance so much outward

focus with regular meditation, which takes us into our right brain and our heart. There we'll regain perspective, and find love, compassion and peaceful solutions. Keep a CD in the car and do 10 minutes of meditation in the car park if that's all you can manage – even that much can offset hours of feeling frazzled.

4) Balance your moods

Finally, this month is the balancing point between the dark and the light. Even though you can't always see the Sun, it's important to spend time outdoors to balance your moods. Choosing greenery to decorate your house or foraging for berries will lift your spirits and help maintain your connection with nature even on the most overcast days. Our traditions respect the seasonal cycles, and the more you do that, the more in balance you will be.

Essences for seasonal balance

Ivy

This essence works on the heart chakra, resolving inner conflict and encouraging cooperation and closeness in groups. It supports you in releasing clingy people and situations by helping you see what it was within you that first attracted that person or circumstance. Ivy helps attract compatible partners for mutually beneficial ventures. It supports the sharing of power as well as duties and responsibilities, bringing buried fears and concerns into awareness. It encourages tolerance, resilience and commitment. It connects us to Mother Earth.

Affirmation: 'I release old co-dependent ties and create interdependent relationships'.



Golden Rod

This brings spiritual guidance and greater connection to your higher self, increasing enthusiasm, abundance and cooperation. It balances your personality, either by calming a strong need for recognition and power, or by increasing self-confidence and self-worth. It's wonderful if you tend to give in to family pressure or society's values in order to feel loved and accepted. Golden Rod gives you a stronger sense of identity and personal values.

Affirmation: 'I'm clear and comfortable with my own identity. I'm true to my values'.



Pear Tree

Pear essence brings your spiritual, mental and emotional aspects into alignment, so that you see things from the viewpoint of your higher self, increasing innovative thinking. It makes you more resilient. Pear connects you to your gentle, tender aspects while creating healthy boundaries so that your kindness is not abused. It heightens awareness so you can process a pattern before it manifests into a difficult situation. Physically, it relaxes muscles and strengthens all meridians.

Affirmation: 'No matter what challenges I'm facing, I know I'm safe and all is well in my world'.



Chrysocolla

This balances the throat chakra, helping you to express yourself more authentically, as well as to understand when silence is truly golden. It relieves stress, balances emotions and brings a more detached perspective. It's calming and supportive, helping to steady and deepen the breath to aid inner work. Chrysocolla draws negative energies such as guilt from the solar plexus. It opens the heart chakra, soothing heartbreak and opening you to love. Chrysocolla increases your awareness and opens the brow chakra.

Affirmation: 'I know when to speak and when to be silent. I'm flowing and flexible – open once more to love'.



Linden Tree

This essence increases your ability to receive love from others. It strengthens maternal bonding. It brings respect and warmth to your interactions. It connects you to the angelic realms which can offer support to calm your fears. Linden tree steadies an overstimulated mind, encouraging a work/life balance so you get enough rest and recreation. It invites you to consider new possibilities and paths. Linden opens the heart chakra to love and compassion.

Affirmation: 'I open my heart to love and nurture, creating a more balanced lifestyle'.



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

You'll find these essences in the Transformation Essence Range at spiritoftransformation.com. With acknowledgement to: Ananda Apothecary, The Crystal Bible by Judy Hall, The Gurudas Essence Books, Crystal Herbs, Alaskan Flower Essences, Morningstar Essences and Green Man Essences, Star Child, Ariel Essences, Deva Flower Essences and Delta Gardens Flower Essences.