

Where there's a will **THERE'S A WAY**

The best way to stick to your resolutions is to steer clear of sacrifices, and stay inspired, says the Karma Coach

Are you determined to make a change in the New Year but are worried that your resolve will fail at the first hurdle? We often start off with a vision of ourselves fitter, wealthier or more desirable but, rather like a runner, we can leap from the starting block and then run out of energy. Here's a guide to help you follow through to the finish line.

Keep it fresh

It's easy to slip back into familiar ways, so remind yourself of your vision with a photograph, a regular meditation or an affirmation. Whatever it is, it needs to evoke the feeling of reaching your goal. The universe responds to feelings not words, and so do we. Secondly, pace yourself. By all means have a big inspiring goal, but create small achievable steps to get there. Do you have the time and energy to clear your house out? Probably not. Could you clear out a drawer today? Yes! Can you lose a stone this week? Unlikely and unhealthy. But could you lose a pound? Definitely. Celebrate each step as you make it. Rather than getting discouraged at how much further you have to travel, stay focussed on how far you've come, and the fact that you're heading in the right direction.

Say goodbye to deprivation

If your goal involves giving up something such as unhealthy food, caffeine, abusive relationships, gossiping, negative self-talk or impulse buying, it leaves a void, which can provoke feelings of sacrifice and deprivation – fertile ground for temptation! There are two ways to guard against it: firstly, fill the void with something positive; if you know you give in to cravings most easily in the evening, for example, sign up for a more interesting activity such as dancing, singing, arts and crafts or tantra. An activity that helps you release your old habit is even better. For

example, if you want to love your body try doing something sensual and fun such as belly dancing or massage. If you want to beat cravings, creative work will keep your hands busy.

Secondly, the void can represent something you don't want to face. We often develop self-sabotaging habits to distract ourselves from emotional pain. You can bring these unresolved emotions into awareness by journaling when you feel like giving in to a craving or when your thoughts start down a familiar negative path. Write down what triggered that response and you'll begin to notice a pattern. There are many emotional release tools that can help, from EFT ('tapping') and essences to hypnotherapy and rebirthing. Choose one that suits you.

Make it easy on yourself

Doing anything alone is more likely to fail, so get support. Whether that's a friend or a group with the same goal, online or in person, the important thing is to inspire and encourage each other.

Make your willpower your friend. Many of us fail because we see our willpower as a taskmaster who will tell us to 'get down and give me five' if we skip a gym class or give in to chocolate. So, we feel ashamed of our lapses and in the end we give up. It's important to love yourself as you implement change, to know that you won't maintain it every day; sometimes, you'll even feel like you're slipping backwards. When that happens, see your willpower as a loving angel supporting you with compassion and understanding. This angel won't indulge you but it will encourage you to learn from setbacks and to see them as gifts rather than reasons to beat yourself up or give up. Having a deep spiritual connection adds to this loving support, so regular meditation is an important ingredient for success. Signing up for an inspiring 'thought for the day' email or choosing an angel card can also help start the day in the mood for success.

Apple blossom

This essence purifies your energy field, helping to release unhealthy habits. It offers great support when you want to establish healthier habits such as taking daily exercise and eating more nutritious foods.

Excellent if you're on physically demanding spiritual paths.

AFFIRMATION: 'I make the choices that contribute to my splendid good health.'

From my Healthy Choices blend.



Wild coffee

This essence lifts the cellular resonance of caffeine, transmuting its harmful effects from your energy field, which can reduce the effectiveness of vibrational remedies. It assists in breaking caffeine cravings, whether the source is coffee, tea, chocolate, coke or energy drinks. It stimulates and sharpens the mind.

AFFIRMATION: 'I feel calm, clear and alert. My thoughts are focused on the now.'

From my Healthy Choices blend.

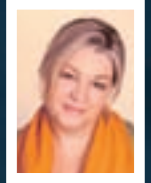
Blue lotus

This essence helps you formulate goals for your future even while you remain open to taking a new path if the universe offers you something even better! It enables your outer life to reflect your inner changes.

AFFIRMATION: 'I feel safe and secure in the new life that I'm creating for myself.'
From my Graceful Release blend.



You'll find these essences within Nikki's different blends at spiritoftransformation.com. With acknowledgement to: *The Crystal Bible* by Judy Hall, The Gurudas Essence Books, Crystal Herbs, South African Flower Essences and Morningstar 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. For your free soul flower reading and more information, visit spiritoftransformation.com



Cayenne

This essence mobilises you out of complacency or resistance to move forward with courage and joy; it can push you out of a rut, and act as a catalyst for change and growth. It ignites your soul when it has become stuck in its growth cycle.

AFFIRMATION: 'I'm willing to change and grow in ways that are perfect for me. I'm totally free to move forward now.'

From my Moving Forward blend.

Coconut

Helps release stubbornness, enabling you to meet challenges head on. Encourages the release of negative patterns that seem especially difficult to break free from.



AFFIRMATION: 'I easily release old patterns and replace them with ones that help me reach my goals and manifest my dreams.'

From my Let Go and Flow blend.



Ruby

Releases procrastination, fills you with courage and urges you to follow your bliss. For protection, decisiveness, assertiveness and realistic goal setting. It comforts you, boosts your self-esteem and ignites your passion, opening you to receive greater love and abundance.

AFFIRMATION: 'I open my heart to give and receive love and experience passion in all areas of my life.'
From my Moving Forward blend and Stability, Clarity and Protection blend.