

# Rewrite YOUR LIFE story

This month, our Karma Coach talks about unearthing subconscious beliefs inherited from your family, and how to rewrite – or ‘re-seed’ – a new script for your life

**N**ovember is traditionally when we gather round a fire to tell stories – often ghost stories, especially at Halloween. If someone were to tell the story of your life so far, would it have scary moments, unsolved mysteries and elements you’d rather it didn’t, or would like to change? If so, then autumn offers you a great chance to prepare for those changes: the Earth is composting its fallen leaves ready for new growth in the spring, making it the perfect time for you to seed a new story for your life.

Our stories begin at conception, and it’s believed by some that messages about what to expect in life are absorbed in the womb. We usually live predominantly in the emotional atmosphere of our mother for our first few years, which sets the stage for how we’ll react to events or emotional triggers, for what expectations we’ll have of ourselves and others and for whether we’ll see the universe as essentially benevolent or as a fearful place.

By the time we’re adults, the family script is running ceaselessly – and usually subconsciously – inside us unless we explore where our prompts are coming from. If we don’t realise what is driving us, then we risk writing life stories like those of our ancestors, which may not have had a happy beginning, middle or end!

Here’s a useful exercise to discover what beliefs are running your life in any area you want to change...

## *Identifying your beliefs*

- 1)** Choose what you want to change. We’ll call it X.
- 2)** Write down the phrase ‘X is...’ and complete the phrase intuitively without reflecting, as many times as you can. For example, if you want to change something regarding work, you may finish with a dozen phrases such as, ‘Work is a way of paying the bills’, etc.
- 3)** Write down the phrase, ‘People who are or have what I want are...’. So, let’s imagine what you’d really like is joyful, satisfying work. You could end up with a dozen phrases such as, ‘People who do joyful, satisfying work are poorly paid’, ‘People who do joyful, satisfying work aren’t found in my field of expertise’, and, ‘People who do joyful, satisfying work are talented and creative’.
- 4)** Write down, ‘My father believed/believes that X was/is...’ and complete the phrase as quickly and intuitively as many times as you can.
- 5)** Write down, ‘My mother believed/believes that X was/is...’ and again, complete the phrase quickly and intuitively as many times as you can.

You can do this revealing exercise with a trusted friend who asks you the same question over and over again and notes your answers, or you can do it on your own. What you'll discover are the beliefs that keep you from the life you desire and where those beliefs originated. For example, if you'd really like to work from home but you discover in step two that you believe 'work is way to meet new people', in step three that 'people who work from home are lazy', in step four that your dad believes 'work is separate from home life' and in step five, that your mum believes 'work is something you're lucky to find, so accept the conditions you're offered', then you're not aligned with beliefs that create your desired reality. The good news is that now you know why, you can do something about it!

This is not to blame your parents for the beliefs they passed on; we all do the best we can with the awareness we have at the time. It is now about you taking responsibility for writing your own script with greater awareness.

There are many ways to release the beliefs you've identified. Emotional Freedom Technique (EFT) or 'tapping' can be useful, as can finding positive sentences to affirm the opposite of your negative beliefs. Visualising yourself giving negative beliefs back to your parents and ancestors can be very freeing; be sure to thank them with love and respect, as they also gave you things that serve you. You can also write down beliefs and burn them or place them in swift-running water – whatever ritual feels most meaningful for you. Then step into your new life story and start sharpening your pencil!

## Essences for releasing limiting beliefs

### Joshua Tree

This opens your crown chakra, connecting you to a new level of self-awareness and independence of thought. Joshua Tree facilitates the unfolding of your own wisdom and values, allowing you to find your own identity within your family, culture and other outside influences. The discovery of your unique individuality brings the strength to face challenges that may have felt impossible to overcome. The conscious

transformation of past conditioning brings freedom and compassionate insight for your family and culture. Joshua Tree rebalances generational karma, which limits your soul's potential and makes it impossible to let go of negative family or cultural patterns such as alcoholism, addiction, depression, violence or hereditary illness. It's an excellent essence for facilitating a new future, free from your karmic past.

**AFFIRMATION:** 'I totally release my old way of being with great joy and peace for I know only good awaits me'.



### Dandelion

Dandelion increases awareness of the importance of family, helping you release family issues. It heals abandonment or lack of parental love. It teaches you to persevere through challenges and to complete projects. It releases emotional tension, trauma or strong feelings such as hatred or resentment held in the body. It can help connect you deeply to the Earth, so you can draw on hidden resources and inner resolve. It's useful if you're driven, with mental tension trapped in your muscles. Dandelion brings profound peace and relaxation with the realisation that you're protected by the universe. It can release buried feelings of frustration, so you're clearer about your next steps and make choices with more self-awareness. It may also encourage you to respond to emotional and physical messages. As emotions release, Spirit flows effortlessly through your body and tension disappears.

**AFFIRMATION:** 'I relax into spiritual connection, allowing release, forgiveness and healing of family karma'.

### Lobelia

This brings courage to own and speak your truth. It's helpful for shyness or shame around sexuality. It strengthens self-confidence, even when you feel unsupported. It helps develop clear, healthy boundaries in relationships as well as greater self-love. Lobelia refreshes your vision and connects you to basic instincts, living in harmony with your physical cycles and Earth rhythms, honouring your needs. It brings appreciation of lessons learned. It

brings clarity and release around belittlement and limiting beliefs, and can help you understand the consequences of shame-based patterns. It encourages you to value all your experiences, not just socially-acceptable ones. Many of you with shameful secrets have life-scripted this trauma not only to resolve karma but also to be available, once healed, to help others.

**AFFIRMATION:** 'I release the past and step into a powerful new story full of joy, which inspires others.'



You'll find some of these essences in the Transformation Essence Range at: [spiritoftransformation.com](http://spiritoftransformation.com). With acknowledgement to: Crystal Herbs, Hummingbird Remedies, Kaua Healing Energies, Delta Gardens, Flower Essences, Green Man Essences, Alaskan 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. 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)