

Clear your karma

Ever wondered where your irrational fears or long-standing beliefs have come from? If so, it could be karma from your past life coming back to bite you, says Karma Coach *Nikki Wyatt*

We all arrive in this world with a curriculum we've agreed to follow – one that has nothing to do with GCSEs, I'd like to add, unless the term stands for 'Greet Challenges, Seek Enlightenment'!

Each lifetime has its own special tests regarding compassion, as well as retakes in forgiveness. As such, the people you meet aren't brought to you through some random accident – in fact, even the errors you make aren't without purpose!

At certain points during your last life review, you'll have realised there were certain scenes you'd need to replay again, so you could achieve a different outcome – one that would aid your soul's evolution.

You can spot whether a person or situation is of karmic importance if you sense a feeling of déjà vu or inexplicable recognition at the sight of them – you may find yourself becoming incredibly comfortable in someone's company after a very short time, for instance, or experience an intense emotion to something, one that's often disproportionate to the situation. For example, I once felt immediately drawn to a lady I'd met at a local retreat centre. After we'd become acquainted,

Essences to release past life karma:

Clementine:

Wonderful for promoting feelings of joy, prosperity and optimism, this essence clears destructive past life energies and helps you release unhealthy cords and entanglements in your present lifetime. Encouraging you to eat a more nutritious, well-balanced diet, so you focus on consuming things that promote your health and wellbeing, rather than fast or processed foods, it is synonymous with looking after yourself and does wonders for your body, soul and mind.

USEFUL AFFIRMATION: 'I let go of unhealthy past and present attachments, opening myself to receive the nourishment that best serves my wellbeing on all levels.'

From the Past Life Release blend



Cuprite:

Ideal for those who've had difficulties getting support from masculine energies in their childhoods or ancestral lines – fathers or grandfathers, for instance, or with those who've played a large part in their early childhoods – which may have made it hard for them to form healthy, balanced relationships, or assert themselves at work in their adult lives as a result. This is commonly used to help individuals overcome problems with over-controlling parents and often requires you to have faith in Mother Earth and allow yourself to relax in her embrace.

USEFUL AFFIRMATION: 'I feel accepted and supported by the Earth. I'm free to move forward with confidence and strength.'

From the Past Life Release blend



Image: Mekal Teveri

TIPS FOR SPOTTING PAST LIFE KARMA:

- Experiencing an intense emotion completely out of proportion to what's happened or been said.
- The same pattern being re-enacted repeatedly in your life.
- A sense of recognition when you arrive somewhere new or meet a stranger.
- Discovering you have an unexpected talent for something.
- Realising you have an opportunity to make a big difference to someone's life.
- An obvious crossroads. Which road will you choose this time?
- Major losses, tragedies, betrayals or injustices; how you deal with them this time is key.

we'd often go and sit together in the building's tranquil garden; I later discovered we'd been nuns at the same convent in a past life, during which we'd, no doubt, frequently sat together in the convent garden, caught up in quiet contemplation.

Of course, other past life dynamics might be much stormier and require a great deal of understanding and support to resolve and learn from. Generally speaking, issues regarding relations with close family members or romantic partners tend to be the most challenging and where past life karma can play out most strongly. However, it might be worth remembering that the situations you find yourself in now could be a good opportunity for you to learn how to behave differently; for instance, your bullying boss could be teaching you how to be more assertive, while a cranky neighbour may be giving you the chance to brush up on your compassion.

The beliefs and memories you have, particularly those you may need to heal, are also an important part

of past life karma; you may have made vows of poverty or chastity, which you've never rescinded, for instance, or have memories of being in a position of power and abusing the status it gave you. Recollections such as these are often subconsciously embedded in the mind and triggered at various stages along your life path – ones relating to religious persecution, for example, may cause a seemingly irrational fear of developing

your spiritual gifts and psychic talents. This is by no means a cue to stop, however, but merely a sign you need to heal that past life memory.

Viewing your life through a karmic lens and looking for the lessons it's teaching you will allow you to regard the challenges you face in a more detached way, and therefore

help you find a way forward, rather than allowing you to stay as you are. What's more, karma doesn't always have to be difficult – it can send you wonderful friends, past life gifts, unexpected guidance and even the occasional miracle.

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Easter Lily:

Helping you release any beliefs you may carry about sex being immoral, sinful or unclean – vows of celibacy from a past life, for instance, or thinking your sexual and spiritual sides can't co-exist at the same time, without one compromising the other – this allows you to combine the two perfectly and allow new gifts to emerge as a result. Enabling you to connect your sexual energy with your soul, it expands your creative potential and prevents you from misusing, distrusting or suppressing your sexuality.

USEFUL AFFIRMATION: 'I express my sexual energy as an aspect of my spiritual being; relaxing into blissful union with the Divine'.
From the Divine Union blend



Rutilated Quartz:

Releasing any blocks you, or others, have placed upon you, particularly during the first 12 years of childhood, this essence allows you to bring these beliefs into awareness and forgive yourself for the past. Increasing clairvoyant and channelling abilities, it can relieve anxiety, lighten heavy spirits and help you connect with your past lives and let go of old issues. Facilitating change, it enables you to see the lessons you've learnt and recognise the life plan you've chosen.

USEFUL AFFIRMATION: 'I accept and forgive the past and allow the future to unfold according to my soul's Divine plan'.
From the Karmic Healing blend



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

