

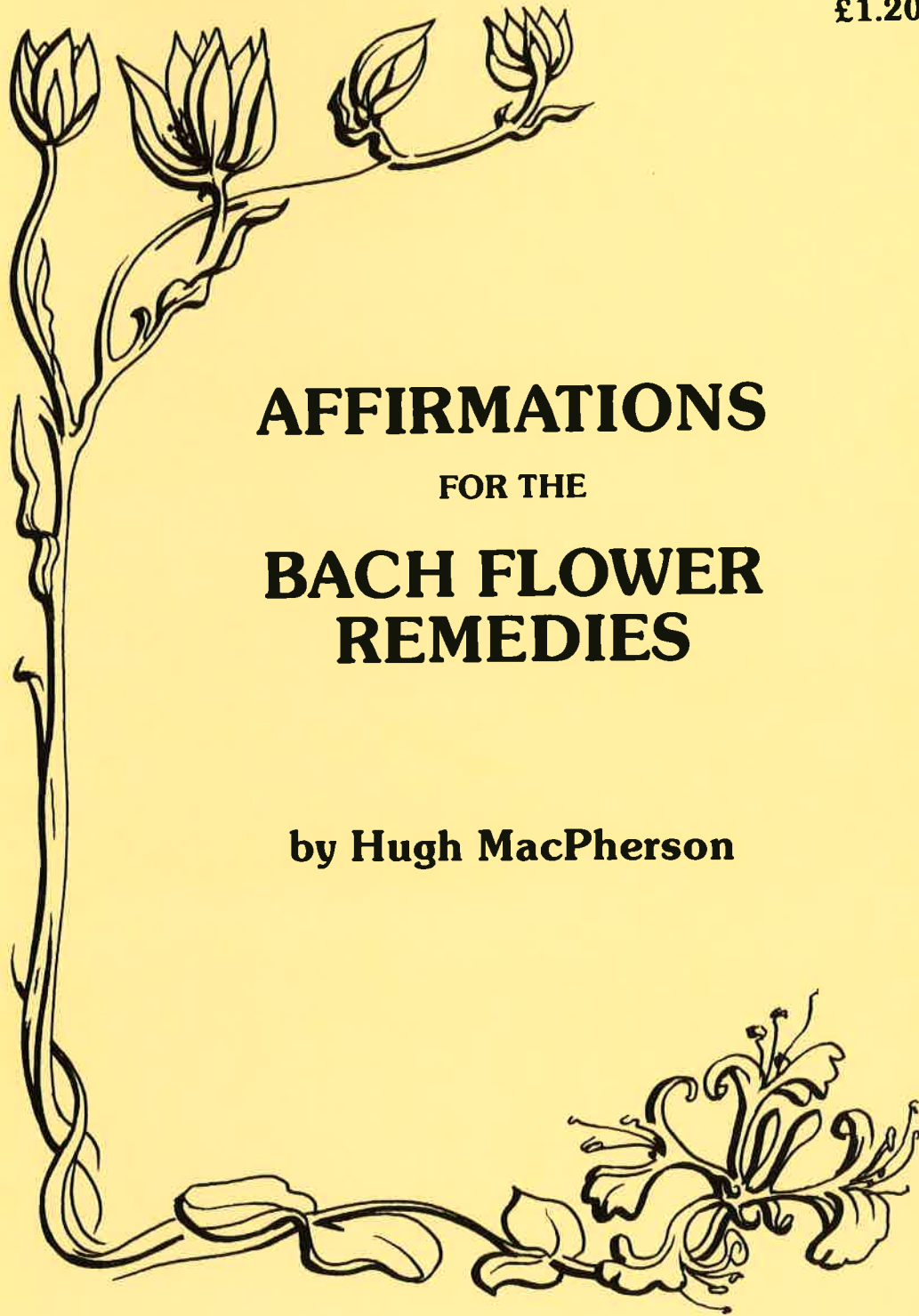
Also available:

**"POSITIVE QUALITIES OF
THE BACH FLOWER REMEDIES"**
by Hugh MacPherson

This booklet offers us a refreshingly positive perspective on the Bach Flower Remedies. Not only do remedies counteract and dissolve our negative patterns, attitudes and habits, but they also enhance our positive qualities. Hugh MacPherson presents a list of such positive qualities for each of the remedies. For completeness he also includes a more traditional list of the negative patterns associated with each remedy. The booklet suggests ways to develop these positive qualities and enhance the taking of the remedies.

Copies are available from Hugh MacPherson, 13 St. Saviour's Place, York YO1 2PJ, England at £1.50 a copy. Send an A5 sized stamped addressed envelope (or an extra 25p for postage and packing). For orders of 10 or more the cost is £1.00 per copy with an additional 10% for postage and packing.

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AFFIRMATIONS

FOR THE

BACH FLOWER REMEDIES

by Hugh MacPherson

WORKING WITH AFFIRMATIONS

Affirmations are positive statements that are used in conjunction with flower remedies to enhance their effect. They work simply by counteracting the negative behaviour or attitude associated with the remedy. The affirmations are statements based on what is inherently true and right about our essential selves. For example we are, all of us, inherently good whatever it may feel like or look like. When saying the affirmations, say them in a way that reflects this inherent reality. In other words, say them because they are already true and not as if they might be true.

Each flower has associated with it a number of affirmations. Choose only one affirmation for each remedy prescribed with a maximum of three or four. There are many ways to use them. As a minimum, say each one when taking the remedy drops. Be creative and make them your own. Say them loudly. Sing them. Add them into meditation. Use creative visualisation. Write them on the wall. We may well feel uncomfortable saying them. However what they are offering is not contrary to our natures but rather opening up choices and possibilities where we have been stuck. As an example, if we think we need Centaury, then "I stand up for myself" offers us a new possibility instead of operating inside the old pattern of being weak-willed and easily imposed upon. Quite simply, we will find standing up for ourselves becomes more and more of a choice. Work with the same affirmations for at least a week and preferably longer. Over time they will come to feel true and right.

AGRIMONY

I am at peace with myself.
I show others who I really am.
I am honest with myself and others.
I enjoy my own company.
I hold firm when in conflict.

ASPEN

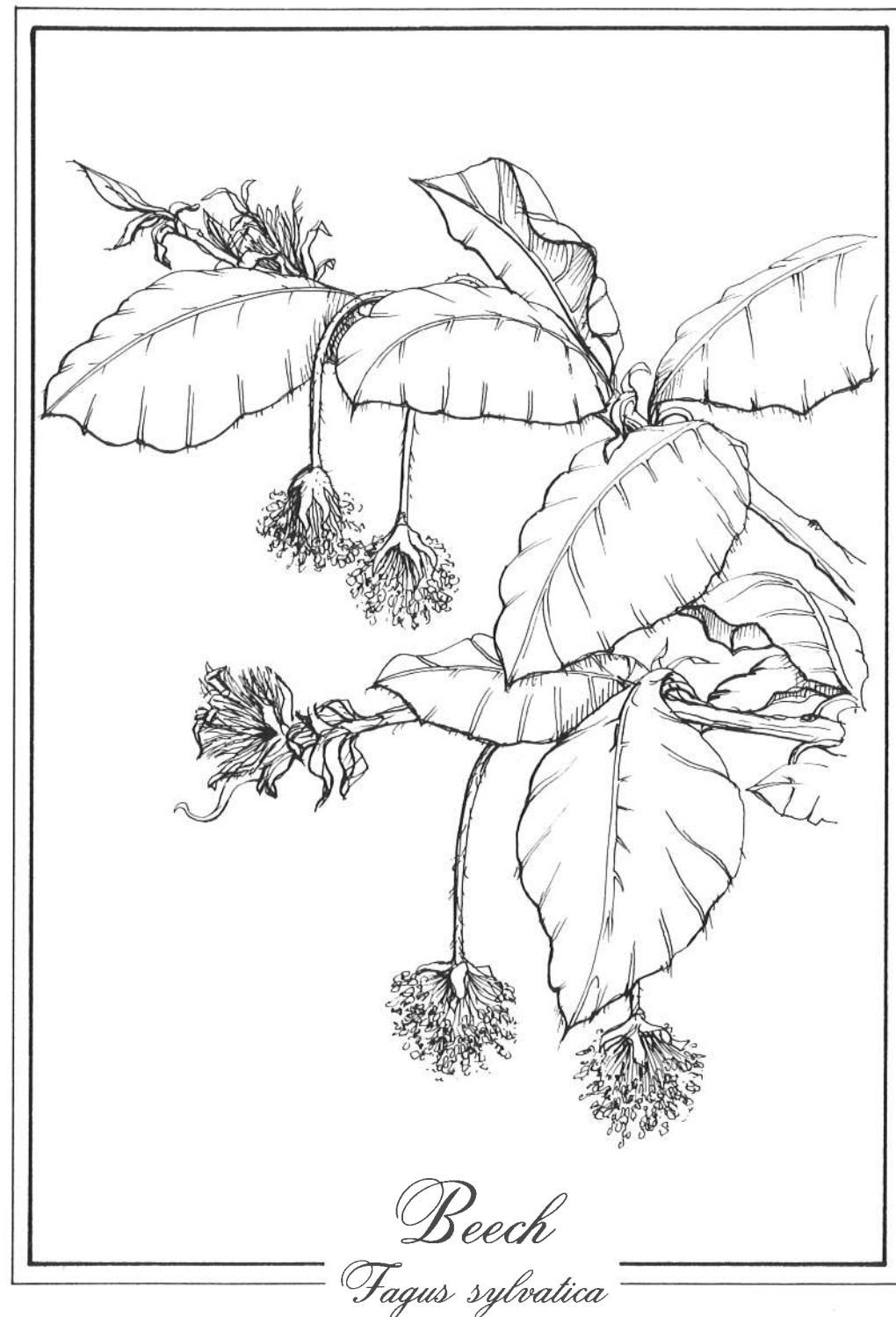
I have all the courage I need.
I open myself to life's experiences.
I have the inner strength to face the future.
I know my world is a safe place.
I am ready for excitement and adventure.

BEECH

I create well-being.
I accept differences in others.
I see everyone's fundamental goodness.
I let go of all feelings of judgement.
I am gentle and good to myself.

CENTAURY

I meet my own needs.
I am true to myself.
I am in charge of my life.
I stand up for myself.
I value my strength of will.



CERATO

I trust my own thinking.
I know what is right for me.
I trust my intuition.
I hold myself in high esteem.
I have the courage of my convictions.

CHERRY PLUM

I remain strong under extreme stress.
I am calm and courageous.
I choose to be balanced and stable at all times.
I am as solid as a rock.
I do what is right for me.

CHESTNUT BUD

I learn something new from everything I do.
My past is a source of strength and energy.
I watch and learn from others.
I see things as they really are.
I learn from my mistakes.

CHICORY

I love unconditionally.
I respect the independence of others.
I am worthy of everybody's love.
I have all the attention I need.
I give without thought of return.



Chicory
Chicorium intybus



Crab Apple
Malus sylvestris

CLEMATIS

I am here now.
I am involved in everything I do.
I live every moment well.
I bring my plans to fruition.
My feet are firmly on the ground.

CRAB APPLE

I cleanse myself of unwanted substances.
I deserve to be healthy.
I treat myself with tenderness and care.
I encourage my body to heal itself.
I love myself.

ELM

I have total confidence.
I let go of being a perfectionist.
I am only responsible for the things I choose.
I have the help I need.
I let go of having to do everything.

GENTIAN

I confidently continue to do what is right.
I know each experience is a valuable lesson.
I create my own reality.
I believe in ultimate success.
I am determined to persevere.

GORSE

I have faith in life itself.
I decide to be optimistic.
I believe in myself.
I have hope and confidence in the future.
I look on the bright side.

HEATHER

I take care of all my own needs.
I am a willing listener.
I am always ready to help out.
I love spending time on my own.
I let go of being needy.

HOLLY

I am at one with the world.
I open my heart to others.
I radiate love, joy and happiness.
I love to see others succeed.
I deserve the love of others.

HONEYSUCKLE

I let go of old memories that hold me back.
I come from my past and move to my future.
I live in the present.
I plunge into life.
I welcome the future.



Honeysuckle
Lonicera caprifolium



Mimulus
Mimulus guttatus

HORNBEAM

I have the energy I need.
I am strong and fulfilled.
I live my life effortlessly.
I am awake and fresh.
I get my life how I want it.

IMPATIENS

I have patience and understanding.
I have all the time I need.
I take time to appreciate others.
I live my life calmly and gently.
I take things slowly when I choose.

LARCH

I act with total confidence.
I always expect to succeed.
I am excited by every new challenge.
I act with boldness and determination.
I express myself creatively.

MIMULUS

I act with courage and inner strength.
I recognise each difficulty as an opportunity.
I meet each challenge with my sense of humour.
The world is my oyster.
I can do anything.



Oak
Quercus robur

MUSTARD

I am a source of light and strength.
I have serenity and peace of mind.
My heart sings.
I reclaim my radiance and joy.

OAK

I am strong and energetic.
I always give myself a break when I need it.
I rest deeply.
I am open and spontaneous.
I let go of struggling so hard.

OLIVE

I use my energy in the best possible way.
I recognise my own needs.
I restore my own vitality and strength.
I know my priorities in giving to others.

PINE

I let go of guilt and self blame.
I take responsibility for all that I do.
I forgive myself for blaming myself.
I always did the best I could.
I am already completely good enough.
I accept and approve of myself.



Rock Rose

Helianthemum nummularium

RED CHESTNUT

I radiate peace and calm.
I protect myself from the problems of others.
I maintain my own psychic space.
I expect positive outcomes.
I send calm loving thoughts to those in need.

ROCK ROSE

My spirit lives.
I'm ready for anything.
I have unshakeable courage in a crisis.
I am in touch with my inherent power.

ROCK WATER

I flow with my own natural rhythm.
I always stay relaxed.
I am adaptable and flexible.
I look after myself well.
I enjoy the pleasures of life.

SCLERANTHUS

I know what is right for me.
I think clearly and decide easily.
I act on my decisions confidently.
I am clear and consistent.
I always find elegant solutions.

STAR OF BETHLEHEM

I recover from a past trauma.
I am calm and soothed.
I have inner peace.
My energy flows smoothly.

SWEET CHESTNUT

I trust in life itself.
I ask for all the help I need.
I come out of the darkness and into the light.
I open myself to changing and growing.

VERVAIN

I live my life effortlessly.
I am relaxed, open and balanced.
I am moderate in thought and action.
I have tolerance for the opinions of others.
I am free and spontaneous.
I achieve much with quietness and gentleness.

VINE

I believe in the strength of my example.
I respect the rights of others.
I trust myself as I trust others.
I encourage others to become strong
and powerful.
I am sensitive and compassionate.
I am in touch with my inner self.

WALNUT

I free myself from all negative influences.
I follow my inner guidance.
I'm ready for a change.
I break through to fulfil my potential.
I am blossoming.

WATER VIOLET

I enjoy being with others.
I open myself to giving and receiving.
I can have warm close loving relationships.
I share my thoughts, my visions and
my dreams.
I express my love for others.

WHITE CHESTNUT

I am calm and serene.
I bring myself to calmness and tranquility.
From my quiet mind, answers emerge.
I am at peace with myself.
I develop my intuition.

WILD OAT

I create the opportunities I need.
I have a strong sense of purpose.
I have definite ambitions to fulfil.
I follow my life direction.

WILD ROSE

I am alive with interest in life.
I have my enthusiasm for everything I do.
I sparkle with vitality.
I have the spirit and joy of adventure.

WILLOW

I forgive others as I forgive myself.
I let go of blame and bitterness.
I see things in their true perspective.
I take responsibility for my relationships.
I see the best in others.
I give my unconditional love and support.

The affirmations presented here are not the only ones. Take them as a starting point, but then add to them or alter them so that a better one can be chosen for a particular person. When designing new affirmations remember that they need to be positive rather than negative. For example for White Chestnut use "I am at peace with myself" rather than "I no longer have unwanted thoughts". Use the present tense. And "I am strong and energetic" as in the Oak affirmation, is better than "I feel strong and energetic" because how we are is permanent while how we feel is transient. Designing new affirmations is a creative process which not only enables us to offer more appropriate help but also deepens our understanding of the remedies themselves.

The idea and inspiration for the above affirmations came from Richard Katz of the Flower Essence Society of California. Much help has come from Sarah Hamlyn, Sara Robin, June Tranmer and the many people who have been prescribed remedies and been given affirmations at the Ch'ien Clinic.

Hugh MacPherson works as an acupuncturist and herbalist at the Ch'ien Clinic in York. He lectures and runs regular workshops on aspects of the Bach Flower Remedies. If you'd like further information write to him enclosing a stamped addressed envelope at 13 St. Saviour's Place, York YO1 2PJ.

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