



I AM Affirmations

At the close of the description for all of our individual Flower Essences is an I AM affirmation given to us by the Angel of the Flower. Each affirmation represents the energetic keynote of the Flower and its Essence. It is a description of the divine energy of the Flower. I AM affirmations are useful to us as energetic tuning forks. The words "I AM" are used with the affirmation because these two words activate our divinity. If you work with these affirmations when you use your Flower Essences, they amplify the beautiful vibrational gifts of the Flower Essences. If it seems overwhelming to work with so many definitions and so many affirmations, zero in on the ones that really grab your attention and inspire you. We really do know what loving and wise things we need to say to ourselves!

“One of my clients typed up in small print the affirmations for each of her essences and then glued them vertically in the essence box behind each bottle. So every time you pull out a bottle to use you see the “I AM” statement. I just thought this was ingenious and wanted to pass it along!” D.M., San Jose, CA