

Affirmations

To affirm means to “make firm”. An affirmation is a strong, positive statement that something is already so. “says Shakti Gawain, in her book Creative Visualization.

Affirmations allow us to replace some of our negative inner chatter with more positive thoughts. Affirmations can be said out loud, written down, or chanted silently.

With flower essence therapy the affirmation should link the properties of the essence with the client’s goal.

For example: a client using white chestnut to quiet their mind chatter might say:

My mind is clear and quiet.

Affirmations should be said when the client take the essence. This is generally four times a day, when there is a regular, quiet time. Morning just after awakening and evening just before getting into bed are two ideal times.

The following points for creating an affirmation are summarized from Shakti Gawain’s Creative Visualization. Pg. 25.

1. Phrase affirmations in the present tense, as if the concept already exists. I.E I have a wonderful new apartment.
2. 2. Phrase affirmations in a positive way, reflecting what you want.
i.e. Do not say- I am no longer flabby. Say I am now svelte and fit.
3. Keep the affirmation short and simple. It should be a clear statement that reflects a strong feeling. “The more feeling it conveys the stronger the impression it makes on your mind.” “Long heady affirmations lose their emotional impact.”
Shakti Gawain
4. Affirmations should be personal and feel totally right for you.
(With flower essence clients, I usually have them write their own, with my help or supervision. I don’t want to distort their personal meaning.”
Shakti says that it is normal to feel emotional resistance to any affirmation when you first use it. This is the ego’s resistance to change and growth.”
5. Remember when doing affirmations that you are creating something new instead of just fine-tuning something old. Approach it as a new opportunity to create exactly what you want.
6. They are not meant to try to change your feelings or emotions. Shakti notes, “it is important to accept and experience all of your feelings. Affirmations can help you create a new point of view, which will enable you to have more satisfying experiences.”
7. Say affirmations with as much passion and belief as you can muster. Temporarily suspend your doubts and hesitations. Shakti says, “ Try to get the feeling that you really have the power to create that reality.”