

## Australian Bush Flower Essence Affirmations

### **Alpine Mint Bush**

*+ revitalisation + joy + renewal +*

The Universe now provides me with all the joy and strength I need to do my work.

My life is rich and exciting.

I am divinely guided in all my decisions.

I choose everything that happens in my life, and I am never given anything I can't cope with.

### **Angelsword**

*+ attaining spiritual truth & protection + access to gifts and knowledge from past lifetimes + repairs whole energy field +*

I am now free of all negative energies, which have ever been a part of me.

I have clear communication with my Higher Self.

### **Banksia Robur**

*+ enjoyment of life + energy + enthusiasm + interest in life +*

I enjoy vitality in all aspects of my life now.

I now feel joy, energy and enthusiasm for life.

### **Bauhinia**

*+ acceptance + open mindedness +*

I am now able to embrace new concepts and points of view.

I willingly accept new people and situations now.

### **Billy Goat Plum**

*+ sexual pleasure and enjoyment + acceptance of the physical body + open-mindedness +*

I now acknowledge my body with more affection and respect.

I now delight in all aspects of my sexuality.

### **Black-eyed Susan**

*+ability to turn inward and be still + slowing down + inner peace +*

I am now able to achieve all that is necessary in a calm and peaceful manner.

I am divinely guided to my Inner Self and I discover my own rhythm.

### **Bluebell**

*+ opens the heart + belief in abundance + universal trust + joyful sharing +*

I am now able to give and receive love in abundance.  
I am now transforming the walls of my heart into bridges.  
I now open my heart to giving and receiving love.

### **Boab**

*+ releases past negative actions within families, abuse, prejudice + releases negative thought patterns + releases deep-held emotion + engenders positive personal growth +*

I now release and clear all negative conditioning and family traits from my psyche.  
I create my own reality, which is now free of all persecution and abuse.  
I now choose to fulfil my own destiny and not my family's.

### **Boronia**

*+ Clarity of mind and thought + serenity + mental calmness +*

I now release others to be who they are.  
I now release persistent, unwanted thoughts and replace them with inner peace and serenity.

### **Bottlebrush**

*+ Serenity and calm + ability to cope + ability to move on +*

I now break all links that have been hindering my growth.  
I now move easily with life's changes.  
I now welcome the new responsibilities my pregnancy will bring.

### **Bush Fuchsia**

Use in : dyslexia, poor learning ability, stuttering, nervousness in public, ignoring gut feeling

*+ Courage to speak out + clarity in speaking + in touch with intuition + balancing and integration of left and right hemispheres +*

I now trust and follow my intuition.  
My true voice flows freely, clearly and effortlessly now.

### **Bush Gardenia**

*+ passion + renews interest in partner + improves communication +*

I now create time to communicate with my loved ones with sensitivity and understanding.

I now discover new ways to strengthen my relationship with my partner / child / parent.

**Bush Iris**

*+ awakening of spirituality + assists dying in their transition + clearing of blocks in the base chakra & trust centre +*

I am now attuned to my awakening spirituality.

I now accept death as only another change.

The universe always protects me.

**Christmas Bell**

*+ helps one to manifest their desired outcome + assists one with mastery of the physical plane +*

**Crowea**

*+ Peace & calm + vitality + balances & centres the individual +*

I am now releasing worries and opening myself to more vitality and inner peace.

Peace of mind is now mine.

**Dagger Hakea**

*+ Forgiveness + open expression of feelings +*

I am now able to express my feelings honestly and openly.

I now release all buried resentment and bitterness and am learning to forgive.

**Dog Rose**

*+ confidence + belief in self + courage + love of life +*

I acknowledge my own magnificence and feel confident in all situations now.

I now enjoy the company of others.

**Five Corners**

*+ Joyousness + celebration of own beauty + love and acceptance of self +*

I am now celebrating my unique strengths and beauty.

I am becoming more loving and accepting of myself.

**Flannel Flower**

*+ Gentleness and sensitivity in touching + openness + expression of feelings + trust + joy in physical activity +*

I now enjoy expressing and sharing my feelings.

I am open to physical gentleness and sensitivity now.

**Freshwater Mangrove**

*+ Openness to new people, experiences and perceptual shifts + healthy questioning of traditional standards and beliefs +*

I now let go of expectations.  
I never close my mind to something /I have never experienced.  
I am now open to new ways of perceiving.

### **Fringed Violet**

*+ removal of effects of recent or old trauma + re-integration of physical & etheric bodies + psychic protection +*

My life force now radiates good health & vitality.  
I am balanced & integrated & have universal protection now.

### **Grey Spider Flower**

*+ Faith + calmness + courage +*  
Divine power protects me now.  
Faith, calmness and courage are now mine.

### **Gymea Lily**

*+ Humility + allowing others to express themselves and contribute + awareness, appreciation and taking notice of others + reaching great heights +*

I am now passionately following and fulfilling my life destiny.  
I am now expressing strong leadership that acknowledges and utilises the help of others,  
I am now expressing equally my power and humility.

### **Hibbertia**

*+ content with own knowledge + acceptance, ownership & utilisation of own knowledge +*

I now accept and integrate my inner wisdom.  
I am flexible in all life situations now.

### **Illawarra Flame Tree**

*+ confidence + commitment + strength + self-reliance + self-approval +*

I am loved and accepted in all life situations now.  
I now accept responsibility gladly.

### **Isopogon**

*+ Ability to learn from past experiences + retrieval of forgotten skills + relating without manipulation or control +*

I now learn from my experiences.  
I now relate to others with understanding and flexibility.  
I now have access to my skills whenever they are needed.

**Jacaranda**

*+ Decisive + clear-minded + quick thinking + centred +*

I make decisions quickly and easily.

I am now clear-headed and quick-thinking.

**Kangaroo Paw**

*+ kindness + sensitivity + savoir-faire + enjoyment of people + relaxed +*

I now relate with poise and sensitivity to other people.

I now feel comfortable with other people and enjoy their company.

**Kapok Bush**

*+ Willingness + application + gives it a go + persistence + perception +*

I am now willing to respond positively to life's challenges.

I now take control of my own life.

**Little Flannel Flower**

*+ Carefreeness + playfulness + joyfulness +*

I am now free to express joy and playfulness.

I now flow spontaneously wherever the universe take me.

**Macrocarpa**

*+ energy + vitality + endurance +*

I am now experiencing a renewal of energy and vitality.

I am now tapping into the unlimited energy source within me.

**Mint Bush**

*+ smooth spiritual initiation + clarity + calmness + ability to cope +*

I am now navigating my spiritual initiation with clarity and smoothness.

I am letting go of all confusion and chaos in my life.

I am now lighting any darkness in my life with the dawning light of my new spiritual emergence.

**Monga Waratah**

*+ strengthening of one's will+ reclaiming of one's spirit+ belief that one can break the dependency of any behaviour, substance or person+ self empowerment*

**Mountain Devil**

*+ Unconditional love + happiness + forgiveness*

I am now open to universal love.  
I am forgiving in all situations now and always.

### **Mulla Mulla**

+rejuvenation + feeling comfortable with fire +

I now face life with vitality and confidence.  
I now release my fears.

### **Old Man Banksia**

+ *Enjoyment of life + energy + enthusiasm + interest in life +*

I now cope with all aspects of life.  
I now feel joy and enthusiasm for life.

### **Paw Paw**

+ *improved access to Higher Self for problems solving + assimilation and integration of new ideas + calmness + clarity +*

I am now gaining greater access to my Higher Self.  
I now easily assimilate and integrate new information.

### **Peach-flowered Tea-tree**

+ emotional balance + follow through with projects + trust in and responsibility for one's own health +

I now feel a sense of purpose and conviction.  
I am now confident about my emotional and physical health.

### **Philotheca**

+ able to receive love & acknowledgement + ability to accept praise +

I now acknowledge myself for who I am .  
I am deserving of the love and support offered to me and am now gracefully accepting encouragement and praise.

### **Pink Flannel Flower**

### **Pink Mulla Mulla**

+ Deep spiritual healing + trusting and opening up

I am now passionately and fearlessly following my spirit path.  
I am now trusting and opening up to myself and others.  
I now know myself to be, and live my life, as a radiant being of light.

### **Red Grevillea**

*+ boldness + strength to leave unpleasant situations + indifference to the judgements of others +*

I am now finding the strength and courage to leave unpleasant situation.

I am a powerful, poised individual acting out of strength and courage.

### **Red Helmet Orchid**

*+ male bonding + sensitivity + respect + consideration +*

I now express greater care and gentleness in my relationships.

I am now able to communicate easily with those in authority.

### **Red Lily**

*+ grounded + focused + living in the present +*

I am focused and living in the here and now.

I am now grounded in the physical plane.

### **Red Suva Frangipani**

*+ Feeling calm & nurtured + inner peace and strength to cope +*

I am now full of inner peace and serenity.

I am never given anything in life I can't cope with.

I now have peace and harmony in my life and my relationships.

### **Rough Bluebell**

*+ Compassion + release of one's inherent love vibration + sensitivity +*

I am now fully expressing the love within me.

I am now acting with compassion and sensitivity.

I can now give and receive love in honest and direct ways.

### **She Oak**

*+ hormonal balance + conception + fertility +*

I now release all emotional blocks preventing conception.

I am now becoming more and more confident about my ability to create.

### **Silver Princess**

*+ Motivation + direction + life purpose +*

I am now aware of and follow my true life path.

My actions now reflect my life plan and purpose.

### **Slender Rice Flower**

*+ Humility + group harmony + cooperation + perception of beauty in others +*

I now express my love and acceptance of all people.  
I now perceive the unique beauty in all human beings and myself.

### **Southern Cross**

*+ personal power + taking responsibility + positivity*

I am realising more and more that I create my own reality.  
I am growing with each life experience.

### **Spinifex**

*+ Empowerment through emotional understanding + physical healing +*

I am now seeing the nature and effect of my deeper emotions.  
Increasingly, I understand the emotional causes of my physical problems.

### **Sturt Desert Pea**

*+ letting go + diffuses sad memories + motivates and re-energises +*

I now release the pain in my past.  
I am now able to express my feelings of sadness and grief.

### **Sturt Desert Rose**

*+ courage + conviction + true to self + integrity +*

I am now releasing all feelings of guilt and regret about the past.  
I am now true to myself in all areas of my life.

### **Sundew**

*+ Attention to detail + grounded + focused + living in the present +*

I am focused in the here and now.  
I am now grounded in the physical plane.

### **Sunshine Wattle**

*+ Optimism + acceptance of the beauty and joy in the present + joyful expectation +*

I am now releasing my past and seeing the joy and beauty in my life  
I live fully and joyously in the present  
I now feel optimistic about life and the future.

### **Sydney Rose**

*+ realising we are all one + feeling safe and at peace+ heartfelt compassion+ sense of unity +*

### **Tall Mulla Mulla**



*+ feeling relaxed and secure with other people + encourages social interaction and room for discussion +*

I am at ease and enjoy being with people.  
I now breathe in deeply of life and life's experiences.

### **Tall Yellow Top**

*+ sense of belonging + acceptance of self and others + knowing that one is "home" +*

I am now able to express the feelings in my heart.  
I am now opening my heart and connecting to other people and to Mother Earth.

### **Turkey Bush**

*+ inspired creativity + creative expression + focus + renews artistic confidence +*

I am now tapping into the universal well of creativity.  
I am becoming more confident about and enjoying my ability to create.

### **Waratah**

*+ courage + tenacity + adaptability + strong faith + enhancement of survival skills +*

I have courage, tenacity and faith in all situations now.  
I am now finding the courage and strength to face the challenges of life.

### **Wedding Bush**

*+ Commitment to relationships + dedication to a goal or life purpose +*

I am now able to commit myself to whatever I choose to undertake.  
I am now dedicated to the fulfilment of my life's purpose.

### **Wild Potato Bush**

*+ Ability to move on in life + freedom + vitality*

My body is now full of energy and vitality.  
I am releasing all restrictions on my ability to move forward.

### **Wisteria**

*+ Sexual enjoyment + openness + gentleness +*

I am now comfortable with and enjoy my sexuality.  
I am now open to intimacy in my relationships.  
I now release that I have a gentler, softer side to my nature.

### **Yellow Cowslip Orchid**

*+ Humanitarian concern + impartial – can step back from emotions + constructive + ability to arbitrate +*

I am now releasing all judgement and criticism.  
I am now able to see the forest and the trees.

### Companion essences

Autumn Leaves  
Green Essence  
Lichen

\*\* Green Essence I have not the specific affirmation for, but feel free to make up your own 😊

Affirmations needed for:

### Christmas Bell

### Monga Waratah

+ strengthening of one's will+ reclaiming of one's spirit+ belief that one can break the dependency of any behaviour, substance or person+ self empowerment

### Pink Flannel Flower

### Sydney Rose

Grey spider orchid  
Dog rose wild forces  
Companion essences

Autumn Leaves  
Green Essence  
Lichen