



Affirmations

I am giving myself permission to embrace my pains and to release them so that I may feel inner peace.

"I am willing to be transformed, restored, and rejuvenated and to claim all parts of who I am."

"I am free and whole. I have the power to believe in myself and to feel at peace with who I am."

I am stirring the power within me to create loving and peaceful thoughts.

Quoted from or inspired by *Voice of Flowers: Learning to Use the Essence of Flowers to Heal Ourselves*, Rhonda Pallas Downey c. 2006, Weiser Books

Black-eyed Susan

PRIMARY QUALITY: INNER PEACE

Energetic Properties: Releasing old emotions and toxins, healing past relationships, lifting depression, increasing self-esteem, and cutting ties to the past.

Associated Chakras: Solar plexus and heart

Healing Description: Black-eyed Susan helps release negative energy from the past. It tells you it's time to banish baggage and move forward into your future. Free yourself from the old emotions and heaviness. Black-eyed Susan helps correct your past relationships so that your future ones can be beautiful, two-way exchanges of energy that involve equally giving and receiving love. You will notice the profound difference this process of releasing has on your body.

Source: *Flower Therapy: Welcome the Angels of Nature into Your Life*, Doreen Virtue and Robert Reeves c. 2012, Hay House, Inc.



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Essences
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