



## **Flower Essences for Healing and Supporting our Feminine Energy**

Flower Essences and my work with nature is the glue that holds me together - the foundation of who I am and what I do. Essences have shifted me into a more positive, more courageous and more expansive version of who I am - enabling me to now support myself and my family in our new life in South West France. I could not have done this without the support of nature.

It is therefore a huge passion of mine to pass this energy on to those with eyes to see and ears to hear. I hope you enjoy this short e-book of essences that can support you ReClaim your True Feminine Energy.

The examples given are from 4 different ranges of essences - all different in their energies. This is what I love about using different ranges of essences - as we can choose the essence and energy that is most needed by us at different times and phases of our lives.

If you are new to essences and are not sure which ones to choose, connect with your heart and the visuals (rather than the words) - in my experience this is one of the most accurate ways to choose essences for our own self-healing.

Enjoy the gifts of the nature kingdom to your heart!

With love

***Sara Estelle Turner***  
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## [Bach Flower Essences](#)



### **Five Flower Remedy**

This is an example of a “Rescue Remedy” created by Healing Herbs. (The most famous Rescue Remedy is the yellow label Nelson’s one and if this is all you can find, then please do use - however I tend to prefer other ranges due to their vibrational frequency).

There are many different producers of “rescue remedies’ - each of them a little different depending on the country it is made in and the overlighting energies and intentions of the producer.

My Go To flower essence has to be **Five Flower Remedy by Healing Herbs**. I love the ethos and the purity of this range and carry a bottle of this everywhere I go.

The purpose of a “rescue remedy” is to bring us back into alignment when we encounter challenging circumstances in life. This can be day to day e.g. a visit to the doctor or dentist or a larger challenge e.g. such as upsetting news or an accident.

These rescue remedies can also be taken after the event - even if it was years ago and is a first port of call for anyone who is looking to recover from trauma, big or small.

<https://www.healingherbs.co.uk>



## **[Star of Bethlehem - Healing Herbs](#)**

Star of Bethlehem is one of the flowers in Five Flower Remedy (or the Nelson's Rescue Remedy).

Her purpose is to literally return us to our bodies following shock or trauma. It's really hard to heal if we are somehow still disconnected from the physical. Star of Bethlehem - taken alone - or via Five Flower Remedy is a beautiful friend for helping you feel safe enough to return your earth, your body, your home.

Star of Bethlehem is also one of my own range - MoonFlower Essences. You can find the MoonFlower version via this link - it is made in sunlight (as are the Healing Herbs essences) but also has lunar charged water added.

[Visit the MoonFlower Star of Bethlehem Essence HERE](#)

## **[Alaskan Essences](#)**

A gorgeous range of essences known for their purity and ability to work on a soul level.

<https://alaskanessences.com>



### **[Purification Essence](#)**

Purification is a combination essence made from different essences in the Alaskan system. We can use Purification anytime we wish for cleansing or energies in our system - recent or long ago. One of the essences in this combination is Portage Glacier - made from this Glacier in Alaska.

I love to use this particular essence in a mister. Put a pipette of essence in a mister, top up with pure mineral water (and some clearing essential oils if you wish) and mist yourself, and your personal space, visualising all old energy leaving and being returned to the earth.

## **Australian Bush Essences**

This range of essences are native to Australia and are one of the more physically felt ranges. Loved by many and used with a little caution by the super sensitive.

To find out more, visit <http://ausflowers.com.au>



### **Billy Goat Plum**

Healing for feelings of self-loathing and shame. This beautiful flower helps us to find more self-love and self-acceptance and to open ourselves to pleasure and enjoyment of all aspects of life.

Works really well in face and body creams too.



### **Wisteria**

For fears of physical intimacy, lack of enjoyment of sexual intimacy and sensuality. Wisteria helps us unwind any limiting beliefs and let go of past experiences so that we can open ourselves once more to the physical aspect of love and relationships.

*Wisteria is the Bush Sexuality Essence*



### **Boab**

This stunning flower is from the Boab tree, a sacred tree for the Aborigines. Boab helps us let go of any patterning that has been passed down through the generations, leaving us free to be truly ourselves this lifetime.



### **Five Corners**

The Australian Bush Flower for self-love - helps raise self-confidence, self-esteem and an ability to celebrate our own beauty.

## **MoonFlower Essences - my own range of essences made in moonlight / or with lunar charged water**

For more information, visit

<https://www.saraestelle.com/moonflower-essences-welcome/>



### **Pink Camellia**

Pink Camellia is all about self-love and can be used when we wish to unfurl our true potential into the world. She helps us know deep inside that it is safe to unfold into who we truly are and to share our original soul blueprint with the world.



### **Gold**

The best selling essence of my MoonFlower range - Gold Essence balances the solar plexus chakra and the heart meridian, anchoring self-worth, courage and strength into your energy system.



### **Silver**

A sister to our Gold Essence and made in moonlight - enhancing her lunar qualities. Silver is a master cleanser of discordant

energies - yet gentle and loving. She is an ally for fluid “protection” and feminine self worth and strength.

## About Sara Estelle Turner



I am an experienced Flower Essence Trainer and have been teaching and training groups and individuals for over 30 years and have owned my own Training school since 2011.

I created and facilitate a very successful, accredited **Diploma in Flower and Vibrational Medicine** and am the **Chair of the British Flower and Vibrational Medicine Association.**

I am the Founder of **Create a Magical Business, Essentially Flowers Training and**

**MoonFlower Essences** and have my own series of podcasts called [\*\*Nature Connections\*\*](#)

I am an international bestseller co-author of ***Cultivating Joy - Inspiration for a Woman's Soul*** and ***Gratitude and Grace***

I work with healers and heart-centered business owners who are experts in their field, feel called to transform their lives, serve many people yet have little idea or confidence of how to translate their gifts into practical steps

What makes me unique is that I work with the nature and celestial kingdoms and entwine this connection with practical business-building processes, including running a professional accredited qualification in Flower and Vibrational Medicine.

As a result, my clients are supported as their Source Selves, feel safe to express their fears and self-doubts and are given the practical steps to lay the foundations of a secure and sustainable business all the while staying true to themselves and their unique soul gifts.

**Flower Blessings on your journey ahead**

***Sara Estelle***