



# Vibrational Alchemy

Holistic natural solutions for  
personal and planetary transformation

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## *Texas Wildflower Essences*

**Down-to-earth solutions to everyday problems**

Originally made by Nadine Parkhill Kaine, MSW, LMT, with wild and garden flowers in the traditional Bach method; preserved in distilled water. Eleven blends are made from flower essences. Seven blends are made from a combination of flower essences with gem elixirs. Definitions are provided where available. Individual essences are available in 0.5 oz. bottles at \$15, blends at \$20.

### **Complete List of Essences**

#### **Single Essences**

African Violet  
Aloe Vera  
Basil  
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Bluebonnet  
Bougainvillea  
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Columbine  
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Gardenia  
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Purple Echinacea  
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Self-Heal  
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#### **Flower Essence Remedies**

Abundance  
Broken Heart  
Codependency  
Depression  
ER-Emergency Room  
Inner Child Healing  
Forgiveness  
Procrastination  
Sacred Space  
SleepRight  
Zest for Life

#### **Flower Essences + Gem Elixir Remedies**

Abelia with Amethyst  
Clear View  
Butterfly weed + Red River Jasper  
Letting Go  
New Beginnings

## Texas Wildflower Essences

### Single Essences

**African Violet** – Houseplant, deep purple fringed in white

A remedy of infinite tenderness to touch a chord within the spirit to release nurturing and love from the soul and Higher Self. You may feel a strong sense of support from this eternal part of your being after taking this remedy. The affirmation “I am richly nourished by my higher self” works well with this remedy.

**Aloe Vera**

Increases ability to hold onto and wisely use abundance that comes to one.

**Basil** – undefined at this time.

**Bergamot** – Wild Texas Bergamot, beautiful lavender to purple

Relaxing, refreshing, lifts depression, encourages a more positive outlook. Diluted and made into a spray, soothes itchy, irritated skin. Leaves skin smooth and tingling.

**Black-eyed Susan** – Garden flower, yellow petals, black center

Balances ego, expression of individuality and conflict relating to parents, especially the father. Balances distortion in the ego, whether from low self-esteem or vanity. It is said that we must identify the “shadow parts” of our personalities in order to change. This essence gives one the impetus, courage and emotional honesty to do this examination of disowned parts of the self. And it restores great light and conscious awareness helping the soul integrate and transform these unclaimed parts of the psyche. Very useful in psychotherapy and self-improvement efforts.

**Bluebonnet** – State flower of Texas, bright blue with white

This essence helps one form a warm and grounded connection with the physical world while increasing clairvoyance. Brings greater clarity about dream life or events outside rational consciousness. Alleviates blockages related to seeing both physically and metaphysically, integration of sight with expanded sensitivity and clairvoyance.

**Bougainvillea** – Garden vine, hot pink blooms

Realigns emotions to the spirit and releases guilt and fear of reprisal by connecting with the force of love; makes us appreciative of life’s pleasures; makes us willing to aid others to feel comfortable and welcome, even in the most difficult situations; deepens breathing and encourages feelings of peace and ease; reduces local aches and pains, including chronic pain; goof for chronic fatigue. Crises are met with stillness and non-reactivity.

**Camellia** – Garden shrub – Deep pink

Relieves exhaustion through tapping into another dimension of consciousness. This essence may bring about the first spiritual opening bringing the knowledge that the physical body is sustained by metaphysical forces.

**Chrysanthemum** – undefined at this time.

**Carolina Jasmine**

Carolina Jasmine essence is for those who are not fully incarnate in their physical body and who are searching for clarity of purpose and contentment in their chosen tasks. It moves one to use time more efficiently and satisfyingly. Often helpful for those unhappy with their present employment or life situation.

**Columbine** – Wildflower, ruby and gold

For self – appreciation of your unique and personal beauty, regardless of how it differs from others. Use this affirmation with the essence, “I embrace my differences and appreciate my worth.”

**Comfrey**

This remarkable plant used for centuries for healing internally and externally is important to use following any trauma. It promotes repairing of higher vibration soul damage resulting from experiences occurring in this or other lifetimes. Further it enhances movement away from bitterness and resentment and into compassion and forgiveness.

**Confederate Jasmine** – Evergreen vine – white fragrant blooms

Gives an experience of self-contained emotional nourishment; helps to overcome feelings of neediness and emptiness. Useful in eating disorders; excellent for children and adults who are needy, over demanding, or behave manipulatively.

**Coreopsis, Golden Wave** – Texas wildflower, yellow with brown center

Addresses the type of resignation in the soul that depletes vitality. It is very good for those who linger in long-drawn-out illnesses and who recover fitfully and slowly. It nourishes the soul with renewed strength and vitality so that one may live more effectively and more joyfully in the world.

Challenges and assists one to let go of ego control; to relax and let healing occur. Can be taken orally, added to an ointment for massage for muscle spasm, applied on a q-tip dipped into essence or used in the bath.

**Creeping Cypress Vine** – Wildflower, bright, clear red

For when we feel inadequate, weak, emotionally needy or detached from the flow of vital life force. Relaxes and restores our radiant fullness and sensuality.

**Dandelion** – undefined at this time.**Eryngo** – Wildflower, exotic purple bloom resembles thistle

Encourages acting on what one knows needs to be done; overcoming confront and defy undermining influences and to overcome fear of disapproval. Helps with depression stemming from deep exhaustion. For embracing the Tiger.

**Esperanza** – Garden shrub, yellow

Making peace with one’s childhood, especially one’s mother. Making peace with life; accepting and learning from life events, letting go of emotional attachments.

**Gardenia** – Flowering shrub, waxy, white, fragrant blossoms

The flowers of this plant are traditionally connected with romance and love. Its therapeutic actions are to bring renewed interest in family relationships, especially with a spouse; bring an ability to relate more successfully to siblings, parents, children, or friends. It presents the challenge to communicate sensitively with loved ones.

**Grapefruit Mint** – Garden flower, soft, flowing sprays of deep melon

For those who ignore their own potentials even though they are aware of them at a deeper level; feeling lack of energy due to emotional resistance to one's work. To break blockages to your vision—say starting your own business.

**Heartsease** – Garden flower, purple lavender

Eases a broken or damaged heart, hurt, or loneliness. Brings comforting thoughts. May be used for gentle heart center healing. Helps one overcome the feeling that one is alone in facing overwhelming sorrow; to realize that human and spiritual help is available.

**Hummingbird Lily** – Garden flower, hardy gladiola, red

Allows women to enhance their intellect and talents and to feel independent and secure. It is for being true to one's self; fulfillment of one's true potential; listening to one's own inner guidance.

**Hyacinth, Purple Bean** – Garden flower

For those who are uncomfortable with sex and intimacy, especially the macho male. May develop the qualities of sharing, generosity, and giving of oneself to others, especially where there has been an inability to share oneself or one's possessions.

**Indian Blanket** – Texas wildflower, red and yellow

Helps one see obstacles as opportunities for growth and service to the world. For those who are cynical or blocked after some devastating failure or humiliation. Gives strength to confront and defy undermining influences and to overcome the fear of disapproval.

**Impatiens** – Garden flower, pale lavender

For those who are irritable and impatient, can also relieve irritations and inflammations on the physical level. Helps those who lack patience in the healing process, getting frustrated when it doesn't move as quickly as they want.

**Larkspur** – Garden flower, purple

Replaces self-aggrandizement with generosity and altruism. Develops positive leadership qualities and charisma without self-aggrandizement. Leads to selflessness, working for the common good, and sacrifice of personal desires. Also good for self-centered people who are wrapped up in their own troubles.

**Lobelia** – Garden flower, intense deep blue

Helps one learn the lessons behind a difficult event. Eases emotional imbalance and stress. Allows psychic healing, grace and spiritual inspiration to be experienced. Higher self assimilation is encouraged. Strong immune stimulant and antiviral.

**Mariposa** – undefined at this time.

**Mealy Blue Sage** – Texas wildflower, blue

For issues of autonomy, brings appreciation of their energies as interdependent rather than competing. Helps one find balance between dominance and dependency. It is excellent for helping one to see obstacles as opportunities.

**Mexican Heather**

An appropriate essence following the September 11, 2001, tragedy or any other overwhelming situation. For those who feel deeply depressed for themselves, but also the world and their relationship to world events. Restores faith and optimism when stretched beyond normal limits.

**Morning Glory** – undefined at this time.**Obedient Plant** – Texas wildflower, pale lavender

This lovely pale lavender-pink flower brings an essence which is for people who are determinedly cheerful and would never complain, but inside are tormented and suffering deeply. Often helpful for the person who drinks or uses other substances to forget the pain and to maintain this façade. May help those in mourning who are “taking it so well.” Try this for sleep disturbances also.

**Pin Clover** – Texas wildflower, pink or light lavender.

Keyword: Lust for Life. Restores joy to the glands, bone marrow and interior organs. Some things cannot be healed in the short-term of one lifetime; this essence helps with taking the long view that helps us restore wholeness and good sense to life. It is especially useful to the groin as a connection to the earth. Anoint feet and “the wounded groin” with this essence. Bathe in it.

Useful for men where emasculation on any level has taken place. Modern man has few acceptable places for expression of Blood Lust or Sexual Lust. These are No-No’s. This limits their Lust for Life. Supports men in finding new ways to express their masculinity.

Useful for women where dismissal or invalidation (invalidism) has occurred, they will be supported in standing up for themselves and anchoring into the earth in new ways.

**Pink Magnolia** – Garden Shrub, pink

Mobilizes the will, overcoming inertia, particularly when feeling stuck. Encourages healthy self-assertion, especially for speaking up and projecting oneself. Discourages attitude which impedes ability to see a positive outcome.

**Prairie Verbena (Vervain)** – Texas wildflower, lavender

For restoring a consciousness of will; helps to responsibly create our life experience while remaining true to ourselves. Knowing no outside influence can overpower one’s deeply held intentions.

**Purple Azalea** – Garden shrub

Helps us to focus on our true potential for service; useful for anyone who doesn’t know what they want out of life. Helps clarify what you really need.

**Purple Echinacea** – Garden flower

Enhances core integrity. Promotes contacting and maintaining an integral sense of self especially when severely challenged. Helps when shattered by severe trauma or abuse which has destroyed one's sense of self; or when one is threatened by physical or emotional disintegration. Strong immune stimulant.

**Purple Vinca** – Garden flower

Helps us realize that nourishing yourself spiritually can bring healing to your physical body; good for the materialistic or those who are obsessed with money worries; helps to integrate spiritual and material values; good for those who make the excuse that they don't have time for attending to their spiritual needs, and also for those who give and need acknowledgement—it helps them see, with gratitude, that they too are receiving the blessing of the divine giver within.

**Red Salvia**

Develops the quality of empathy sensitizing one the suffering of others. Diminishes self-centeredness and opens one up to sharing. Helps one give up greediness and stinginess which often cover feelings of unworthiness and lack. Develops feelings of peace and healing calm for self and others.

**Red Yarrow** – Garden flower, red

Extremely useful for psychic shielding and strengthening the inner light. Protects from bombardment by other people's needs and feelings. Good for those who are too easily taken advantage of or have a history of victimization.

**River Primrose** – Texas wildflower, yellow

Useful for those rigid and resistant to change. Helpful for those who unconsciously cling to a difficulty because it gets them attention and nurturing they wouldn't get otherwise. Also those who have difficulty putting thoughts into action; resisting doing what one knows needs to be done; self-doubt and invalidation.

**Rock Rose** – undefined at this time.**Rose #1 Eclipse** – Garden flower – Sweetheart Rose – Pale Pink Dwarf

Promotes acceptance and insight. Enhances the individual's appreciation of his own inner knowing. Supports the mechanism that allows the body to receive the soul's input.

**Rose #2 White** – undefined at this time.**Rose of Forgiveness** – undefined at this time.**Scarlet Pimpernel** – Texas wildflower, orange to red

This low-growing plant with its tiny flowers is an indispensable healer for those who have been powerless. It helps raise self-esteem and acceptance of the shadow self. It encourages contact and release of feelings from an unhappy childhood. May also be helpful to those suffering whiplash.

**Self Heal**

This is an important essence for those who have lost faith in their own capacity to be well or who have surrendered this responsibility to others rather than dealing with it directly themselves. It brings soul healing and balance and honors the capacity of the Self to take responsibility for its own healing.

**Sensitive Briar** – Texas wildflower, pink puff

For the person who creates barriers to making contact with others. Restores grace and innocence to the sexually abused. Promotes sexual harmony between partners. (Both may take.)

**Sunflower (Common)** – Texas wildflower, yellow petal, black center

Calms and soothes the nerves; helps the release of tension, anxiety, and fear; supports deep relaxation, helps to turn frustration into acceptance. The challenge is to be renewed every day, like the sun, with healing and calm for the self and for others.

**Sweet William** – Garden flower, purple edged in white

Dissolves blocks that get in the way of abundance and transforms attitudes of scarcity into ones of worthiness and willingness to receive.

**Thistle** – Texas wildflower, lavender

Encourages the restoration of self-esteem, enthusiasm and zest for life. Works well for folks who are shut down and isolating and feel that caring has too high a cost. This may reflect a frozen heart center caused by early-life disappointments and limiting beliefs.

**Twist Leaf Yucca** – Texas wildflower, cream

Improves communication with all devic spirits, particularly of the water. Greater understanding of relationships to plants, animals and the land are enhanced. Improves abilities in landscaping. For those who work too much with numbers, this will be balancing. An essence for accountants.

**Zinnia** – Garden flower, dwarf purple

For the person who has forgotten how to have fun. Restores sense of playfulness, laughter and joy; letting go of the things that do not truly matter and bringing balance to our lives. Helps to contact the child within. May be especially helpful to persons who have where abused as children. Brings lightness and returns optimism and acceptance of present.

## Texas Wildflower Essence Blends

### Flower Essence Remedies

#### **Abundance** – Physical, Emotional, Spiritual

*Tropical Sage* – Opens the heart to receive abundance and creates an attitude of gratitude.

*White Rose* (ground cover type) – Changes the mind set that says I am not worthy to experience abundance. Allows person to feel humble yet worthy.

*Aloe Vera* – Increases ability to hold onto and wisely use abundance that comes to one.

*Morning Glory* (wild) – Gives courage and vitality; wakes-up to possibility, take risks, and thus open doors to manifesting and abundance.

*Hummingbird Lily* – Allows one to feel secure following inner guidance.

#### **Broken Heart Remedy**

*Heartsease* – Eases a broken or damaged heart, hurt, loneliness.

*African Violet* – A remedy to release nurturing and love from the soul and Higher Self.

*Rose #1* – Promotes acceptance and insight.

*Black-eyed Susan* – Releases resistance to and avoidance of looking at emotions; helps raise self-esteem.

*Hummingbird Lily* – Allows women to enhance their intellect and talents and feel independent and secure.

*Purple Hyacinth Bean* – For those who are uncomfortable with sex and intimacy; especially good for the “macho” man.

#### **Codependency**

*Abelia/Amethyst* – For emotional neediness especially the tendency to manipulate either for self benefit or out of possessiveness.

*Grapefruit Mint* – Living in the psychic aura of family blood ties and unable to act for self.

*Creeping Cypress Vine* – Overly possessive and clinging in relationships; letting go of emotional dependency on others; helps one meet crises with stillness and non-reactivity—stop rescuing!

*Sunflower* – Developing a healthy sense of ego; ability to feel more radiant and assertive.

#### **Depression**

*Creeping Cypress Vine* – For those who feel inadequate, weak, and emotionally needy. Restores flow of vital life force.

*Basil* – Strengthens the psyche allowing movement from depression to vital positive attachment to life.

*African Violet* – Releases nurturing and love from the soul and Higher Self; lifts spirit.

*Scarlet Pimpernel* – Raises self-esteem and acceptance of shadow self.

*Heart's Ease* – Helps one know one is not alone; human and spirit helps is available.

*Prairie Verbena* – For responsibly creating our life experience while remaining true to self.

Knowing no outside influence can overpower our deeply held intentions.

#### **ER – Emergency Room** – For stress, trauma, accidents, shocks. Helps restore balance.

*Lobelia* – Strong immune stimulant; eases emotional imbalance and stress.

*Purple Echinacea* – Strong immune stimulant; helps when shattered by severe trauma/abuse.

*Texas Thistle* – Encourage restoration of self-esteem, enthusiasm and zest for life.

*Purple Hyacinth Bean* – Helpful when shattered by stress or a crisis situation.



*Bergamot* – Relaxing, refreshing, lifts depression, encourages positive outlook.  
*Holy Water from Chimayo, N.M. “Lourdes of the Southwest”* – Invokes Spirit to comfort and nurture.

**Inner Child Healing** – Healing with mother. It’s never too late to have a happy childhood.

*Zinnia* – Restores sense of playfulness, laughter and joy; helps contact the child within.  
*Scarlet Pimpernel* – Indispensable healer for those who have been powerless. Encourages contact and release of feelings from an unhappy childhood.  
*Texas Obedient Plant* – For those who never complain but inside are tormented and suffering deeply.  
*Purple Echinacea* – Helps when shattered by severe trauma/abuse which has destroyed one’s sense of self.  
*Rose #1* – Promotes acceptance and insight; allows the body to receive the soul’s input.

### **Forgiveness**

A proprietary blend to aid in opening the heart to accept the learning that has been received. This blend plants seeds of forgiveness in the person who takes it; like little time released capsules. These seeds of forgiveness ripen over time and when ripe flow into the blood stream. Soft and gentle, there are no sharp edges or implements involved. Each seed explodes like a milkweed fluff bringing lighthearted insights of forgiveness for self and others.

### **Procrastination**

*Eryngo* – Acting on what one know needs to be done; overcoming lethargy and deep emotional blockages to one’s true energy.  
*Grapefruit mint* – To break blockages to your vision—say starting your own business or artistic endeavor, opening to a new relationship.  
*Abelia/Amethyst* – Indecisive daydreamers become focused, grounded; live in the present.  
*Mealy Sage* – Excellent for helping us to see obstacles as opportunities.

**Sacred Space** – Supports you to accept the truth of your spiritual nature; wherever you stand is sacred space.

*Purslane* – To bring your spiritual goals into focus; enhance awareness of spiritual guidance; assist you to identify and fulfill your Divine Mission.  
*Wandering Jew* – Deepening meditative experience, encouraging you to take time to experience to joy of life; to experience life at a comfortable pace.  
*Chrysanthemum* – Overcoming resistance of the soul to significant soul transitions. Increase ability to shift to true spiritual life purpose and direction; sacrificing personal desire for the common good.  
*Mexican Heather* – Protection when opening to spiritual experience; ability to sense benevolent forces from a higher realm, guiding and guarding one’s life.

**SleepRight** – An aid to ease sleep and rest, so you can wake alert and energized.

*Obedient Plant, Morning Glory, Camellia, Bergamot*

**Zest for Life!** (Bah Humbug Remedy) – Packs a healing wallop to the impatient, rigid personality.

*Impatiens* – For those who are irritable and impatient.  
*Texas Thistle* – Encourages zest for life; letting go of limiting beliefs.  
*Texas River Primrose* – Useful for those rigid and resistant to change.

*Zinnia* – For the person who has forgotten how to have fun.

*Larkspur* – Good for self-centered people wrapped up in their own troubles.

## **Texas Wildflower Essence Blends** **Flower Essence + Gem Elixirs**

### **Abelia with Amethyst – Garden Shrub + Precious Stone**

For people over 30 who feel scattered, disconnected, split and lacking focus. Indecisive day dreamers who take this essence become grounded, focused and live in the present. Good for procrastination.

### **Clear View (Denial) – Mexican Oregano + Red Quartz**

This remedy is useful for dispelling illusions and should be used with extreme caution. Useful as an adjunct to psychotherapy, but must be given with a clear explanation of what the remedy is for and what may happen. A healing crisis may occur.

### **Butterfly Weed + Red River Jasper, a semiprecious stone**

For those who deny their own mortality; are attached to their identity, fame, or possessions; and are resistant to developing awareness of the spiritual self.

### **Letting Go – Esperanza, Malachite, and Bloodstone**

*Esperanza* – Garden shrub – yellow

Making peace with one's childhood, especially one's mother. Making peace with life; accepting and learning from life events, letting go of emotional attachments.

### **New Beginnings – Sunflower (Maximilian, yellow petals with yellow center) + gem elixir, moonstone**

Helps us to forgive and let go of past hurt in relationships and to find a new future with faith; on the physical level, temporarily helps soothe intense localized pain in muscle or soft tissue; helps to keep the body relaxed when you anticipate future pain because of past experience; for back pain, it can be rubbed over the outer ear with a Q-tip that has been dipped in the stock essence.