

# GREEN ENERGY HERBALS

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*Hand preparing organic herbal  
medicinals since 1992*

As we enter the last month of each year we often find ourselves making a new year's resolution. Perhaps the one resolution we should be seriously considering is making changes in our lives. Interesting how one small change can start a roller coaster ride of unimaginable adventure and discovery. This is what life is all about. It is the evolution of our consciousness that drives us ever forward. Sometimes when we sit still for too long we get that universal kick up the you know where to make us jump up and begin the next phase of our journey. Remember we all chose to be somewhere. If you love where you are, bring others into this harmony; if you don't, then find those who can assist you in turning your life around. Change can be fun, it's always your choice.

Whatever your beliefs may be, tolerance and acceptance are part of our consciousness that needs to be worked on in all of us so that we one day may all be in harmony. In that way the stars are just the start of our journey. Let's get there this time!

*With the festive season almost upon us why not make your own pot pourri to place on the dinner table. The fixatives you need are in your kitchen! Have fun!*

Thank you to Lois Stahl for her in depth look at what 2015 holds in store for us, Michele Slabbert and Riedwaan Norodien for their gifts and wisdom.

Wishing you all a wonderful summer and an adventure filled 2015. Enjoy the read.

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**TO RECEIVE 10% FESTIVE DISCOUNT  
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## LANGUAGE OF FLOWERS

*For the festive table arrange  
flowers with subtle meanings.*

Acacia yellow – secret love  
Apple – temptation  
Cactus – warmth  
White chrysanthemum – truth  
Cineraria – ever bright  
Daffodil – regard  
Daisy – participation  
Fennel – worthy of all praise  
Sage – esteem  
Oak leaf geranium – true friendship  
Pansy – you occupy my thoughts  
Juniper – protection  
Jasmine yellow – grace & elegance  
Olive – peace  
Ranunculus – you are rich in attractions  
Rose – love  
Place white and red roses together to create unity



## POT POURRI IDEAS

### *Different fixatives from the kitchen*

Use Bay Salt as a fixative – orris root can sometimes cause allergic reactions. Grind up a quantity of fresh bay leaves in a coffee grinder and add an equal amount of coarse salt. This smells wonderful and is one of the best ways of releasing the scent of bay leaves, which are one of the most suitable ingredients for pot pourri.

Other fixatives are dried orange, lemon or tangerine peel.

A few drops of benzoin essential oil  
Cinnamon sticks, nutmeg (you need to grind), cloves, all spice berries. Use these sparingly as the scent can be overpowering.

## HERBAL TALES

Here's a little bit of herb lore.....

*Horehound* – it was used as an antidote for the bite of a mad dog. Hence the name. Good for bronchial ailments

*Pennyroyal* – claimed that this would purify corrupt water on sea voyages and would cure swimming in the head

*Lemon Balm* – thought to prolong life, cure crooked necks and prevent baldness.

## SERVING SOUP MARIGOLD FISH & OYSTER SOUP

White fish, cleaned and with heads and tails on  
1 onion thinly sliced  
1 large carrot thinly sliced  
1 bay leaf  
1 tsp chopped fresh thyme  
3 black peppercorns, crushed  
1 tsp salt  
Beurre manie (2 parts flour & 1 part butter blended to paste)  
6 medium potatoes, sliced  
5 cups water  
900 ml milk  
2 tbsps. dried marigold petals  
18 fresh oysters, shelled or canned oysters, drained.

Place fish in large saucepan and add vegetables, herbs, pepper and salt. Pour the water over and bring to boil. Simmer 30 minutes or until fish flakes easily. Remove from pan and heat. Pour the mixture through a strainer over a bowl. Remove and discard all bones and bay leaf from the fish. Add the flecked fish to the stock in the bowl. Place in blender and blend until the mixture forms a puree. Return the liquid to the pan (which should be rinsed out) and bring to the boil. Add the beurre manie, a little at a time, and cook for 2 – 3 minutes, stirring constantly, until thick and smooth, reduce heat to low, add the potatoes and milk, cook for 20 minutes or until potatoes are soft. Add half the marigold petals and the oysters and simmer 2 to 4 minutes. Remove from the heat and pour soup into a tureen or directly into soup bowls. Sprinkle with remaining marigold petals and serve at once.

## SERVING VEGETABLES ANISEED CARROTS

1 tbsp. soft brown sugar  
4 tbsps. butter  
1 ½ tsp aniseed  
Salt and pepper  
700g baby carrots

Place sugar, butter, aniseed and salt & pepper into a large saucepan. When melted add the carrots. Stir well and reduce heat to low. Cover the pan. Simmer for 15 minutes or until the carrots are tender.

### Did you know -

*Consuming plenty of whole grains, fish, veggies, dark chocolate, nuts and seeds can help lower your risk of developing diabetes*

## ASTROLOGICAL INSIGHTS FOR 2015

WITH LOIS STAHL

I think we all focused our attention on 2012 regarding major changes and although nothing catastrophic as such happened the changes that are happening are slowly manifesting and mostly from within us.

### JANUARY CAPRICORN INTO AQUARIUS

All the outer planets [ Uranus – Pluto and Neptune ] and Saturn included are moving forward which means the energy of these planets are manifest outwards in our lives. Jupiter however is retrograding and this is not a time to do big spending or extravagant gestures. As Jupiter governs the principle of expansion and outreach in the social sphere when direct, its retrograde condition signifies an apt time to be more inspired to search within for opportunities for growth. Widen your horizons from a more subjective point of view and experience inwardly a fuller sense of protection, well-being, and inner peace. Then the benevolent expression of this planet is more psychologically realized. On the 21<sup>st</sup> of January just after the sun has moved into Aquarius the planet Mercury also goes retrograde. This can create frustrating conditions, delays, setbacks, or last-minute changes of plans according to the individual's degree of susceptibility. When Mercury goes retrograde, it is not the best time for making important decisions or signing documents and papers that are expected to finalize a long-range commitment or contract of some sort. This is because the normal communication emphasis of Mercury (along with its capacity for clear-headed perception, cool logical analysis, and objective reasoning ability) is temporarily turning away from expression upon the level of daily routine activity and it is instead urging for mental expression upon less tangible, structure realms.

### FEBRUARY AQUARIUS INTO PISCES

With both Mars and Venus in Pisces relationships go through some changes as the urge to merge and be unified is intensified. This blissful period or in some cases confusing time, lasts until the 20<sup>th</sup> of February when they both move into Aries and action

kicks in and the desire for adventure and new things is strongly highlighted.

The planet Mercury goes direct again on the 11<sup>th</sup> of February and now is a better time to deal with communication issues and have those things fixed that seemed to be in disrepair during the retrograde period. Awareness, thoughts, and anticipation not only select or filter probable futures, but help you deal with them should they happen anyway. Be aware of possible problems and know how to counter them without losing your positive attitude. Awareness is the greatest protection you can have; always seek to expand your understanding and realization. The two risks to avoid are allowing something negative by being ignorant, and drawing it in by being aware but emotionally obsessed.

### MARCH: PISCES INTO ARIES

*The equinox is on the  
21<sup>st</sup> of March.*

This can be an intense period as Venus firstly and then Mars conjunct and square Uranus and Pluto respectively. Venus is our expression of how we want to be loved and appreciated and when it conjuncts Uranus the love facet of our personality can be liberated and freed from previous ideas or structures. However the square with Pluto is a frustrating aspect and changes have to happen. Inherited ideas get thrown out when Pluto is involved and although there is a desire for control and manipulation of circumstances, during this time we will not be able to do so.

Where Mars is concerned the forces of the unconscious, and the need for manipulation or control or obsession relates to our actions. People react to this transit very differently. Some have to learn about anger, for the Pluto transit combines the anger of Pluto with the anger that is potentially tied to Mars. Some people become obsessive, some become preoccupied with sex, some become preoccupied with accomplishing some career goal. On the 14<sup>th</sup> of March Saturn also goes retrograde and slows down the normal rate of current activity and due to both the innate nature of Saturn plus the normal dynamics of retro-gradation, worldly enterprises or expectations may undergo postponements or unaccountable setbacks.

### APRIL: ARIES INTO TAURUS

Mars moves into Taurus and you tend to triumph through your own determined and persistent efforts. Your vitality may be a slow and steady force that drives you on to success. Success mostly means money, material possessions, and true love and the firmness of your nature can become downright obstinate.

Difficulties tend to arise because you are unwilling to see anyone else's point of view but because of your tenacity, you have the power to create almost anything you can envision.

On the 8<sup>th</sup> of April Jupiter goes direct and through a reconsideration of ideals previously overlooked or underestimated, you have the capacity to broaden your vision of what could be. Belief in your self could be reinstated. You may find it easier to develop greater faith and a more hopeful outlook due to self-inspired contemplation,

### MAY: TAURUS INTO GEMINI

Venus moves into Cancer and makes aspects to Uranus and Pluto which is a repeat of events during March but with a different flavour. Then Mars moves into Gemini and squares Neptune. This may bring about that your concept of action changes and as Neptune brings insidious energy and subtlety draws energy away it can create a feeling of being disorganized and forgetful. This can also be indicative of the desire to retreat into a world of fantasy rather than taking action.

Mercury goes retrograde again so one can expect all types of minor but irritating disruptions when dealing with any and all forms of communication or transportation channels. The more mercurial the activity is, the more vulnerable. And since Mercury rules so many little and seemingly incidental things in our daily life, trouble can crop up from many diverse areas at once during this period.

### JUNE : GEMINI INTO CANCER

The planet Neptune goes retrograde on the 12<sup>th</sup> of June which inadvertently will create that things move slower and the tendency will be there to turn inwards towards your own fantasies and dreams. Mercury goes direct again on the 11<sup>th</sup> of June and sometimes errors made in the past can now be

brought to one's attention and corrected. Even objects lost or hidden can be found during this period. The general advice here is to never assume anything or take anything for granted. Venus moves into Leo and towards the end of the month will conjunct Jupiter. There will be something so magnetic, so irresistibly *likeable*, about you that you enjoy great popularity. You are extravagantly affectionate and generous, but of course, what you want have back is intense devotion, loyalty, and lots of attention.

#### **JULY : CANCER INTO LEO**

Mars is now in Cancer and Mars's power turns subtle in Cancer. You may have great strength of will, but it is never thrust into the open. Like the tides, you wear down opposition by repeated assault. Each wave may accomplish little, but the accumulated effect is overpowering. You react only in outbursts of temper and nervous irritability. What you may require is an outlet for your pent-up energies. On the 25<sup>th</sup> of July Venus turns retrograde. This period most likely alters conditions involving your love impulses, attractions, conscious emotional response, personal values, and partnership considerations. It can also tie in with attitudes concerning current financial conditions and personal possessions. It is usually a time when there are circumstantial affairs enforcing changes in close associations. You may be better able to get in touch with deeper, subjective feelings about such matters, although these feelings are less able to be directly shown upon the surface. This is a time of emotionally mulling things over in an attempt to feel more comfortable "and balanced with affairs emphasized at this period. You are advised to carefully deliberate and weigh out all sides before making firm commitments in current unions.

#### **AUGUST : LEO INTO VIRGO**

Mars moves into Leo on the 9<sup>th</sup> of August and Mars's fire is accentuated in this position. You may want to make grand plans and possess the force and drive to put them into action. You will be hot-blooded and impulsive, and successful in sex relationships because of your dynamism. You will need to dominate in affairs and demand a great deal of attention,

but you are also warm, expressive, ardent, and affectionate. Jupiter moves into Virgo on the 11<sup>th</sup> of August. The power of Jupiter will surround you in intellectual pursuits, but the difference between other intellectual signs is that you will have an uncommon amount of *common sense*. You will also be superb at handling detail and doing your best work a step at a time. Your ability to grasp facts and then apply them systematically will be very much enhanced.

#### **SEPTEMBER : VIRGO INTO LIBRA**

Venus goes direct on the 6<sup>th</sup> of September and the state of imbalance, and constant flux, that could have caused misunderstanding due to misinterpretation is now likely to be resolved. Misinterpretation of intentions is less likely, and assumptions concerning the feelings of others are more accurate. Once again Mercury goes retrograde and then Saturn moves back into Sagittarius. Saturn has the effect of delaying success until the lessons of patience and perseverance are learned. You may encounter adversity and setbacks and often must work hard and long to receive what is due you. Mars moves into Virgo on the 25<sup>th</sup> of September and this gives for a prodigious worker who finds the best success in a systematized approach. You may be ambitious and proud, though this is not always apparent on the surface. Your passions are strong but kept under tight rein.

#### **OCTOBER : LIBRA INTO SCORPIO**

On the 9<sup>th</sup> of October Venus moves into Virgo and Mercury goes direct. The planets Mars, Jupiter and Venus are in Virgo. With Venus in Virgo you tend to be cautious about falling in love. You sometimes avoid involvement by taking small defects in a person and blowing them up out of proportion as major character flaws. You fear that your feelings will be exploited by someone unworthy. Mind over matter is actually a reality if you can only believe it and you can indeed help yourself by manifesting other people to help you along. Some people simply call it coincidence, and think nothing more of it. But if

you start noticing how some people tend to make much more sense even though you've only met them once or twice, you'll be sure to pay attention next time! Improbable and unprovable stories may reach you. It is just that whatever you truly believe, you get!

#### **NOVEMBER : SCORPIO INTO SAGITTARIUS**

On the 9<sup>th</sup> of November Venus moves into Libra and on the 13<sup>th</sup> Mars moves into Libra. With Venus in Libra you are in love with love. However, you are much more romantic than sensual. You skate gracefully over the profundities of love. Anything coarse, crude, vulgar, or earthy repels you. To you, true love is of the spirit. Mars in Libra seems to fluctuate. You are impulsive and sensuous.. A great deal of your energy could be spent forming emotional relationships. You are inclined to be idealistic and aesthetic; crudeness of any kind turns you off. You prefer liaisons with cultivated, sophisticated people. If you go looking for something, you're bound to find it, as knowledge is no static thing, but a highly dynamic fabric on which all relies, powered by an ever-increasing flow of information.

#### **DECEMBER: SAGITTARIUS INTO CAPRICORN:**

Mars will make on opposition to Uranus and a square to Pluto. Experience is merely there to help you learn or remember that lesson in the deepest way possible. No one encounters information he or she wasn't actually ready for. Your conscious mind may reject it, but sub-consciously you have been expecting its arrival in a timely fashion. It isn't only the amount of information you store that is growing, but that growth into more connectedness turns more of that info into even more knowledge. But even that is a process of discovery rather than invention: the knowledge is already there, regardless of who discovers and uses it! We are all helped along by feedbacks of all types, which give us back what we put out. But quite often, the widest feedbacks are hardest to detect, yet have the most subtle impacts. Their results are by far the most potent, just because the feedback loop is larger!



**"HEALTH IS ALKALINITY."**  
Guidelines with Michele Slabbert

TO BUILD AND MAINTAIN OUR  
"ALKALINE RESERVE"  
WE SHOULD EAT 80% ALKALINE  
FORMING FOOD AND 20%  
ACID FORMING FOODS.

**ALKALINE FORMING**

Moderate exercise  
Relaxation exercises, i.e. deep  
breathing, yoga, etc.  
All vegetables especially green leafy  
vegetables  
Most all fruits including citrus fruits  
Millet, Quinoa  
Drink several glasses of spring  
water daily  
Ripe olives  
Raw almonds  
Lima beans, Soy beans  
Fresh green peas & green beans  
Avocado  
Goat milk (Contains lactose)  
Low protein/low fat diet  
Whey (contains milk sugar, lactose)  
Ghee (clarified butter, a cholesterol-  
free saturated fat)

**ALKALINE EFFECTS**

Two or three well-formed bowel  
movements daily. Calm focused  
energy. Clear thinking. High  
resistance to colds, flu, infections.  
Retention of calcium. Strong bones  
& muscles. Higher athletic  
endurance. Sound sleep. Healthy  
teeth, gums, & skin. Increased  
spiritual awareness.

**ACID EFFECTS**

Hyper-stimulation resulting in  
restlessness, irritability, insomnia,  
aggressive behaviour, fatigue, or  
depression. Low resistance to  
infections & degenerative  
diseases. One or more colds or  
flu per year. Loss of bone mass,  
joint or muscle pain, arthritis,  
osteoporosis, tooth decay.  
Constipation loose stools. Acid  
indigestion, heartburn, ulcers,  
gastritis. Ammonia odour in sweat  
or urine. Excessive mucus. Dry  
skin. Difficulty concentrating,  
scattered thought. Lower athletic  
endurance. Decreased spiritual  
awareness - increased materialistic  
attachment. Allergic reactions.



**ACID-FORMING**

Excessive consumption of starches  
All seafood. Fish, fowl & all flesh  
foods  
Yoghurt, butter, eggs. cow's milk,  
cheese  
Wheat, oats. barley, rice, corn,  
bread  
Kamut, amaranth, teff, buckwheat  
All beans except lima and soy  
beans  
High fat meals (more than 20% of  
calories from fat)  
High protein diet (over 25 grams  
per day)  
All pastas, macaroni, and noodles.  
Crackers, chips  
Overeating  
Cooked tomatoes, pasta & sauce  
Refined Sugar, corn syrup. honey,  
soda pop  
Cookies, cakes, pies, sweets, etc.  
Blueberries, cranberries, currants,  
plums, prunes  
Carob  
All nuts & seeds (except almonds)  
Tobacco  
Margarine, lard, hydrogenated oils,  
corn & olive oil  
All fried foods  
Coffee, tea, alcohol, chocolate  
Low water intake  
Over exercise, lack of sleep  
Anxiety, anger, worry, stress



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**TALKING CRYSTALS**  
With Michele Slabbert

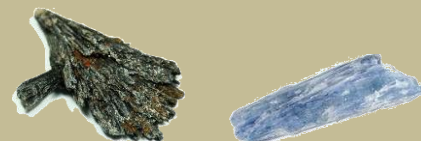
**KYANITE**

Imagine a stone that never needs  
cleansing. Kyanite will not  
accumulate or hold on to negative  
energy or vibrations. A wonderful  
attunement stone. But do  
remember that once or twice a  
year setting Kyanite in the full  
moon's glow will be most  
beneficial.

Kyanite is a stone of channeling,  
altered states, vivid dreams, dream  
recall, and visualizations. It gives  
protection during these states. It  
brings loyalty, honesty and  
tranquility, and diminishes anger  
and confusion. It does align and  
balance all chakras, often very  
suddenly. Kyanite can remove  
energy blockages.

Blue kyanite is associated with the  
throat chakra and is a boost to  
meditation

Black kyanite is also a boost to  
meditation, and is associated with  
the root chakra. Black kyanite is  
also very protective and deflects  
negativity.



Green Kyanite is particularly good  
for balancing the heart chakra and  
maintaining heart balance. It is also  
used to reduce anger with love.

Orange Kyanite is an excellent  
energy tool. While it will align all  
the chakras, it is particularly good  
for working with the Sacral Chakra.  
It can help us perceive the root of  
our pleasures and desires and  
bring light and creativity into our  
lives in a positive manner. Orange  
Kyanite is a good tool to enhance  
all types of creativity whether it be  
in creating art, the way you work  
with people, or any other place  
creative thinking is used.



Kyanite stimulates the higher  
mind, increasing the capacity for  
logical and linear thought. Kyanite  
also stimulates psychic abilities  
and intuition. Enjoy using these  
gentle stones.

**LIVE FOR A CHANGE**  
**by Riedwaan Norodien**

‘Change’: such a small word, but with manifold facets of meaning, implications, and challenges. The Buddha identified impermanence, change, as one of the three characteristics of existence; but Truth, Being, That which we must awaken to, is immutable and transcends change. It is Wisdom to discern the immutable essence of Being from the impermanent, ever changing flux of the world, and our conditioned egos.

The Buddha taught that all constituted things are impermanent and subject to change; we suffer because we become attached to, and identify with things, that change, like our bodies, which undergo the process of change, i.e. birth, duration, death. Similarly, Jesus taught that before all else, we must seek the Kingdom of God (The realm of immutable Truth), which is everlasting, because eventually the moths, and rust, get to consume our worldly possessions.

Change means time, and we need time in order to grow, to develop; hence the Buddha said, “I teach two truths, the relative truth, and the absolute truth”. We must grow in our understanding of the relative truth, of our conditioned ego, of the world, and nature, so that in time with the practice of mindful discrimination, we mature in wisdom – able to discern the unconditional immutable, absolute, from the ever- changing; beautifully expressed in the Bhagavat Gita,

*” To man's frame  
As there come infancy and youth  
and age,  
So come there raisings-up and  
layings-down  
Of other and of other life-abodes,  
Which the wise know, and fear not.  
This that irks-  
Thy sense-life, thrilling to the  
elements-  
Bringing thee heat and cold,  
sorrows and joys,  
'Tis brief and mutable! Bear with it,  
Prince!  
As the wise bear. The soul which is  
not moved,  
The soul that with a strong and  
constant calm  
Takes sorrow and takes joy  
indifferently,  
Lives in the life undying! That  
which is*

*Can never cease to be; that which  
is not  
Will not exist. To see this truth of  
both  
Is theirs who part essence from  
accident,  
Substance from shadow.  
Indestructible,  
Learn thou! the Life is, spreading  
life through all;  
It cannot anywhere, by any means,  
Be anywise diminished, stayed, or  
changed.”*

So we must learn to live with and in change, for as G B Shaw said, “Progress is impossible without change, and those who cannot change their minds cannot change anything.”

There are people who resist, and even fear change, and the worst of them are those ‘with minds hardened like leather’; they are tied to their opinions, dogma, and social indoctrination, which in their minds become like weeds that inhibits their natural and organic growth. Buddha referred to them as growing like oxen, only in body, but not in mind.

*“He who rejects change is the  
architect of decay. The only human  
institution which rejects progress is  
the cemetery.”- Harold Wilson.*

People suffer stress, worry, frustration; some resort to medication to manage these, while others think that they just need a change of environment, go away on a holiday, to settle it all; but because they are hooked into viewing their life situation, others’, or their own, from a narrow, negative, or distorted view which is the cause of their distress, none of those measures can alleviate their condition,

*“ No change of circumstances can  
repair a defect of character.”-  
Ralph Waldo Emerson*

The only release from that, is a change of mind, what is needed is a change in attitude, a different interpretation, a new angle: we may not be able to change the minds of others, or circumstantial situations, but we are always able to change our own mind, we are able to grow into new and broader, healthier attitudes.

In the Bhagavat Gita the two truths are depicted like this:

*“See! As the shoreless airs  
Move in the measureless space,  
but are not space,  
[And space were space without the  
moving airs];  
So all things are in Me, but are not  
I.”*

Though we be living in a world which constantly changes, we can become aware of the changeless, the essence of Being.

When we are settled, and integrated in understanding it like this, we enter, then, into aesthetic appreciative perception: we see that change within ourselves, and change in the world and in nature is essential, and is involved in our sense of beauty, and in this aesthetic attitude we ‘grow like the lilies in the field’.

However, just as we must flow around circumstances we cannot change, and change our minds when we have found a new understanding that negates the previously held one, so, too, we must at times guard our minds from changing, from steering off the course intended, and prevent deviating from a resolution we made.

Over time, we develop habits, and settle into lifestyles, which at one stage of our life may have been fine to pursue, but at another, later stage become deleterious to our wellbeing; we realize and feel the need to change them. That is why on some crucial birthdays, and around this time of the year, the closing of the old, and dawn of the new, we take stock of our habits and lifestyle: that sense that we need to change, is our urge to grow - and that is good.

Both, changing of our minds, developing new attitudes, and changing our lifestyle, require effort; once our mind has been changed because of a broader, and deeper understanding, then we must guard it from changing back again: our intention and resolve to change must be strong and firm, for our habits would otherwise lead us to fall back into the old grooves; therefore the Bhagavat Gita motivates:

*“But, as often as the heart  
Breaks- wild and wavering- from  
control, so oft  
Let him re-curb it, let him rein it  
back  
To the soul's governance” .*

At one time or another, each one of us find ourselves in situations, or conditions which are not ideal; which we experience as tough and challenging; yet it is not inevitable that we have to suffer on account of them. These situations can be opportunity for us to learn, to cultivate virtues, as we encounter both our potential to create change, and our impotence to make a difference to a situation, our limitation to influence others, or to change the world. It is this that makes the following prayer of St. Francis so appealing: *"Lord, grant me the serenity to accept the things I cannot change; courage to change the things I can, and wisdom to know the difference."*

When we encounter a situation which we cannot change- it may even be that we desire to change someone we love, who has fallen into unwholesome attitudes and ways - our child, our brother or sister, or a friend, then we can become aware of the valuable virtues needed, that would insulate us against negative, destructive thoughts and emotions.

The first virtue we need when faced with the inevitable situations and persons we cannot change, is *humility*: to bear one's cross, with grace; that feeling is inspired in me whenever I look at art depicting Jesus carrying the cross, and him nailed to the cross; being peaceful within the situation because one understands there are forces at work greater than one's own individual power; and that people have karmas and destinies isolated and independent of one's own will.

The second virtue, induced by the first, is *equanimity*: to be the same, even- minded, while facing any situation: to be in touch with an inner sense, that is beyond the current situation, an attitude that serves as an anchor during stormy times.

The third vital virtue is *faith*: that rest in the confidence that all things work together for the good of all; that all is whole, all is good, and all is well - even though one cannot comprehend how, and even while one is experiencing the very opposite: the feeling of the ideal accomplished, even when surrounded by circumstances that seem to negate that ideal. When imbued with those three virtues we can face the various vicissitudes of change as

adventurers: never intimidated, but ever ready for a challenge; not over confident, but burning with zeal to triumph! And, fortunately those virtues can be consciously cultivated, and deliberately practiced. Just as adventurers can prepare themselves for an adventure by working on their fitness, and other required skills, and attitudes - so we can, through the practice of meditation (conscious sustained concentration of the attention on an ideal, or virtue) and faith (feeling the ideal realized; imaginatively seeing and emotionally sensing ourselves live the virtues) - through regular practice of those two disciplines, we render ourselves stronger, and more supple in the three vital virtues: through the practice of meditation and prayer, we can deepen our humility; stabilize our equanimity, extend our faith .

Explore with  
Riedwaan Norodien

web pages: [www.illumind.co](http://www.illumind.co)

Flowers, shrubs, trees and everything that goes together to make up a garden, forest, wilderness or coastal region, have fascinated all that lives on our beautiful planet, for eons. We have created through interaction with plant life, a multi communication thoroughway, with which to grow together in universal consciousness. Stones are also an integral part of the garden, for stones are of the earth and are alive with spirit, and slowly we are hearing the heartbeat they emit. Planting precious stones amongst your flowerbeds produce sanctuaries of peace and goodness as the plants absorb the vibrations from the crystals. The flowers you then cut for the house from these beds, bring their strengthening energies into the home area.

**ST JOHNS WORT** - In order to avoid having the flowers picked it was believed that this plant could move about! Hanging bunches of these flowers though once caught would ward off evil spirits if placed above a door. It is a golden flower and was the emblem of the sun god in pagan times (particularly at Midsummer). Originally known as the 'sun god's flower' the Christians

dedicated Midsummer to St. John the Baptist and renamed the plant St. John's Wort.

**SAGE** - Seen as a lucky plant generally. Eating this on nine consecutive mornings was said to relieve the ague but only if you were also fasting so it was believed in southern England. It was also once believed to provide a cure for asthma when the dried leaves were smoked in a pipe whilst fresh leaves rubbed on the gums would clean and strengthen the teeth and gums. The herb comes in many colours and has a spicy fragrance and purplish flowers. Reputed to have many healing properties its botanical name comes from the Latin 'salvere' meaning 'to save'. Used to relieve sore throats, gums, typhoid fever, measles etc...you name it, this plant was believed to have extremely powerful magical qualities that most ailments were treated with it (which were also reputed to work successfully).

#### BIRTHSTONES FOR DECEMBER & JANUARY

##### Turquoise (Unselfish) – December

Brings happiness, and prosperous relationships between friends when given as a gift, and can also indicate changes in the health of the wearer. Once used to promote love and arousal! The Diamond, the Falcon's Eye and the White Sapphire can provide healing functions for those born in the house of Capricorn. For Sagittarius, the Turquoise brings protection against any form of problem this month, whilst the Amethyst will develop understanding of self and others, and the Citrine providing a channel for communication.

##### Garnet (Constancy) January

Said to ward off depression and treat arthritis, anaemia, and when green, for sinus ailments eye sight and soreness of the breast. The Garnet was extremely popular with the Victorians and is the main stone related to Aquarius, but Amber, Amazonite and Hematite can be found to provide healing functions for those born in this month too, the Capricorn and the Aquarian. For Capricorn the Diamond will bring confidence in personal abilities in this month with the White Sapphire providing much needed support in work, and the Falcon's Eye providing that creative spark.