



# GREEN ENERGY HERBALS



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*Hand preparing organic herbal medicinals since 1992*



Health is a continuing process of change. Positive, constructive habits such as eating, drinking responsibly, exercising, dancing etc., all contribute to a healthy state of being. Stressful living is a way of doing these same things in such a way that it has a negative impact on the being.

If we approach life in a way that taps into the thought that each living organism has intense, dynamic, vital energy in and around itself, we would firstly begin to heal ourselves and as a follow on to this vibrant positive self, Mother Earth will also be able to heal.

This issue has ideas on herbal gifts to make and as we enter 2012 with all its potential, Mayan expert Lois Stahl shares insight into the Mayan Way and explains aspects of the Mayan calendar. Enjoy the read.

## Just a thought....

The hand is the active agent of the human system. As antennae, the fingers on the hand are at the forefront of responsibility for our evolution. It is associated with human behaviour and has been called the visible part of the brain. Just look at what we do with our hands – we build houses and then cities; carriages and then motor vehicles; kites to airplanes – the list is as endless as the imagination. A fascinating theory is that ancient Neolithic peoples were so intrigued with the whorls on the fingers that it inspired many labyrinth carvings, which may also have been seen as a form of magical identification.

There are now again more people with the ability to send out powerful radiant and healing waves of energy. From the scanty records left behind from the truly ancient ones we are becoming aware that the body is so much more than what is seen. There was respect for each aspect of the body system which created resonance between the healer, the patient and the Divine.

This is the goal of many of us today as we explore our own unique trilogy.

The winner of our Pamper Kit giveaway is Yvonne Fletcher of Pietermaritzberg.. Your herbals will be on the way to you shortly.

Each issue we offer our readers the chance to win a hamper of medicinal herbals.

## Enter our herbal hamper giveaway here

### Green Energy Herbals Summer Give Away

Rose Refreshing Lotion instant cooling & calming  
Comfrey Healing Cream for all those skin irritations  
Comfrey Aloe Elderflower – psoriasis, sunburn  
Antiseptic Wash – rashes, wounds, disinfecting  
Reliever Mix No 1 for sinus & hay fever  
Happy T – Adrenal Support  
Red Fire - the balancing Flower & Rock Crystal Elixir  
Green Earth –protective Flower & Rock Crystal Elixir

Give away only valid in South Africa until end January 2012

We seldom notice the impact that the seasons have on us. The longer days and after the coming summer solstice, the shorter days also have a significant impact upon our silent inner being. We are now at summer's door; most people are on holiday, personal expression pours forth and generally a festive mood prevails. For thousands of years ceremonies were held to honour each of the four doorways that lead into each season; as they are still today.

Each one of us starts the day in our own fashion. It is the time we spend sleeping, allowing our bodies to heal physically and emotionally and strengthen spiritually, that can be used to enhance the day ahead.

Dreamtime has meaning for many cultures. A delightful manner in which to bring about certain desired effects was to place certain herbs and oils into an Herbal Sachet and place this under your pillow; it would aid in seeking answers during sleep time. Have you ever tried asking yourself a question before going to bed, and on waking in the morning, had the answer? Or perhaps you have some challenge you find difficulty in accepting?

*Here are a few ideas for creating your own Dreamtime Herbal Sachet This sachet can also be used in your handbag to keep you focused throughout the day.*

*Listed are both the spiritual questing and a few generalities that enhance the entire dream quest. This also makes a good gift idea, as the combinations inspire you as you go along!*

It is easy and fun to dry your own herbs but you can purchase small packets of dried herbs at most health outlets. Have fun!

It is simple to make a small Dreamtime Herbal Sachet that can be inserted in or under your pillowcase, or placed in your pocket or handbag

A piece of cotton or hemp cloth will do. Place 3 to 4 tablespoons of dried herb of choice in the middle; add 5 to 8 drops of your chosen oils onto the herb. With a small stick of cinnamon gently turn the herb and oil mix a few times. Draw the corners together and tie with a piece of ribbon. Leave enough space between the herb level and the top knot to flatten out the sachet as much as possible.

Leave this for 10 days and then place the crystal of your choice within the sachet



Try Lavender, Rosemary and Amethyst together - to calm & bring clarity.

HAPPY NEW YEAR TO ALL

HERB / OILS / CRYSTALS	DREAMTIME QUEST	GENERAL
Aloe / Carnelian	Protection. To increase luck and optimism. Protection.	Use either a drop or 2 of oil or crushed powdered aloe.
Basil / Green Aventurine	Assists in astral travelling; provides protection for the journey	Cleansing. Calming. Brings clarity.
Bay / Agate	Purification. Strength. Creative inspiration.	Calming.
Borage / Lapis Lazuli	Enhancement of psychic power. Courage to do what has to be done.	Environmental cleansing. Use fresh flowers in your sachet
Buchu / Milky Quartz	Prophetic dreams. Enhancement of psychic power.	To counteract excesses.
Camphor / Smoky Quartz	Good health. Divination.	Reduces emotional stress.
Cedar / Prehnite	Purification. Healing. Psychic work.	Lifts the veil on our perceived reality.
Cinnamon / Opal	Spiritual awareness. Balances inner power. Protection.	Increases circulation. Relieves colds and flu. Use either the oil or crush a stick.
Comfrey / Jade	Safety during travel. Stimulating.	Protection while travelling.
Eucalyptus / Clear quartz	Protection. Healing.	Strong healing & purifying.
Fennel / Celestite	Purification Strength & courage	Protection for the journey.
Ginger / Hematite	Restores confidence to be successful	Soothing. Aids on the astral journey.
Hemp / Merlinite	Healing. Meditation. Vision.	Environmental cleansing.
Jasmine / Topaz	Prophetic dreams. Stimulating, reviving	Stress relieving
Lavender / Amethyst	Purification. Protection. Relaxation.	Manifestation.
Marigold / Sunstone	Protection. Enhances inner power.	Touches the inner feminine.
Marjoram / Moonstone	Health. Brings about an understanding of happiness.	Means joy of the mountains. Soothing.
Mint / Pearl	Assists in dealing with inner shadows.	Cleanses the air. Creates a healthy environment.
Parsley / Coral	Purification. Protection.	Blood cleanser.
Rose / Rose Quartz Diamond	Divination. Brings a sense of luck to life. Enhances psychic power.	dried scented petals to create a protective & calming environment.
Rosemary / Lepidolite	Encourages the exploration of inner shadows. Protection. Liberating.	Stimulant. Eases depression.
Sage Moss Agate	Wisdom. Understanding.	Stimulant. Purifying & cleansing.
Sandalwood Petrified Wood	Meditation. Protection. Healing.	Anti depressant. Purifying.
Thyme / Shaktukite	Purification. Brings confidence & courage to move forward.	Cleansing. Purifying. Enhancing.
Wintergreen / Obsidian	Confronting the inner shadow. Healing. Purifying.	Use a few drops with 1 to 2 drops of Thyme to open closed air passages.

**Thyme** – Always worn around the neck for luck, and was used to scare away terrifying and poisonous sea creatures! It was used by the Egyptians as one of the ingredients in the embalming process. And most importantly it was used to see the little people. Ancient Greeks considered Thyme symbol of style, elegance & courage & they used this in ceremonies to cleanse their holy areas. Indeed, today Thyme is an important herb used in ritual fires to cleanse spiritual areas. Thyme was believed to bring courage to the wearer and many a knight would be seen sporting a thyme scarf, lovingly sewn by their women. It is also known that fairy beds are made of Thyme. Thyme was used in burial rites as it was believed that the herb would take the departed through the passage into the next life.

**Rosemary** – Was once thought to heal the plague as well as prevent forgetfulness. A tale is of the flowers once all being white, then Mary spread her cloak over the bush sheltering the baby Jesus, whereupon the flowers miraculously turned blue. Brides always carried Rosemary to ensure the fidelity of the groom. Scholars in ancient Greece used to wear garlands of the herb to remember their lessons. Rosemary mixed with Juniper Berries was burned in sick rooms to kill off unwanted germs. We know today that Rosemary makes an effective antiseptic wash.

**Aloe** – brings good luck. Aloe was used by Cleopatra as a cosmetic aid, and was said to be the source of her legendary beauty. Alexander the Great was said to have preferred to conquer places where Aloes grew in abundance so that his army could avail themselves of the medicine this plant produces. Have an Aloe growing in a pot in your kitchen to avoid burns and other incidents while cooking. Aloes have been used in healing rituals all over the world and are still hung over doorways to drive away negative forces and draw luck into the home.

**Borage** – Women would place Borage flowers in their partners drink to invite marriage. The flowers were also used to ward off melancholy. A tea prepared before retiring, either for meditation or sleep was said to aid psychic power. The Romans made an elixir of the flowers to lighten their spirits. The leaves were carried either fresh in clothing or dried and carried in a little bag to ward off spells and for general protection. Borage was always mentioned as the courage giving herb.

**Basil** – The Greeks and Romans believed that Basil would grow only if curses and insults were hurled at the seeds while sowing. The plant was associated with hate and misfortune and was known as the devil's plant. Alexander sent Basil plants back to Greek while conquering India. Shortly thereafter he died and serious rioting broke out after his death. It is thought that this could possibly be the reason behind this myth. Dioscorides stated that "some do avoid it and do not eat it, because that being chewed, and set in the sun, it breeds little worms". The French physician Hilarius warned that a friend of his had simply smelled the Basil, and consequently a scorpion bred in his brain! What is interesting here is that Basil is dedicated as an herb of Mars, the scorpion! Yet later in history we find that Basil has become the passport to paradise. Today we know that Basil is a versatile herb used worldwide. Take pesto as an example. And Basil makes an excellent fly repellent. Try a little tea made of equal parts of Basil and Borage to revive lowered vitality.

## DIGESTIVE SYSTEM HERBS AND VEGETABLES

**GINGER** reduces intestinal gases and prevents nausea. Relaxes the muscles of the intestines.

**PEPPERMINT** calms the muscles of the digestive tract

**GARLIC** promotes digestive activity

**STINGING NETTLE** is cleansing and detoxifying. Also heals skin ailments. Flushes toxins from the liver. A good blood tonic.

**LEMON BALM** is a restorative for the nervous system.

**PARSLEY** is a gentle detoxifier that helps speed the healing process.

**SALAD BURNETT** is a cleansing herb that helps to eliminate toxins from the body.

**CELERY, PARSLEY AND FENNEL** stimulates healing in the body.

**ONIONS, GARLIC AND LEEKS** are all immune boosters.

**RADISH, ASPARAGUS, CAULIFLOWER** helps to eliminate toxins, boost circulation while cleansing the system.

**STRAWBERRIES** are high in anti oxidants. If space is at a minimum try a hanging basket of this delicious fruit for a daily intake of nutrients.

**ROSEMARY, SAGE, TURMERIC, GREEN TEA, GRAPE SEED EXTRACT** are good sources of anti oxidants.

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Herbal Remedies available via post to everywhere!

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## OBSIDIAN

The Ancient One



The manufacture of obsidian tools by humans dates back to the Stone Age. At some locations, tons of obsidian flakes reveal the presence of ancient "factories." Some of these sites have enough waste debris to suggest that many people laboured there for decades producing a variety of obsidian objects. Making arrowheads, spear points, knife blades and scrapers from obsidian might have been the world's first "manufacturing industry".

**Black Obsidian** is a powerful stone that is used to remove negativity within the individual and their environment. It has been described as a psychic vacuum cleaner. For those who wish to communicate with those inner memories of loved ones, then gazing into the polished surface of this stone brings forth hidden thoughts.

When you need to break down old habits that are self imposed sleeping with Obsidian under your pillow gives you the courage to move forward.

**Black Obsidian, Snowflake Obsidian, Mahogany Obsidian and Rainbow Obsidian** can all be used for healing the inner being, allowing you to move into a bright and rewarding future. (Picture – Rainbow Obsidian)

## THE MAYAN ASTROLOGICAL APPROACH:

### Part 1 -

By Lois Stahl

The Maya, early inhabitants of Meso-America, were a civilization known for astronomy, mathematics and builders of great pyramids. They impeccably carved their legacy in enduring stone before they left their cities uninhabited in about 830 AD.

In western astrology we get born during a time period of thirty days when the sun moves through a particular Zodiac sign, for instance Aries. Likewise the Mayan's had a system where each day is represented by a specific sign – called a glyph – which indicates what and who we are in life.

**The Maya saw the universe as one vast inseparable whole with all the parts interwoven into an intrinsic relationship where every part is affected by every other. Our projected beliefs determine our reality and the Mayan star glyphs describe this process of transformation. Their cosmos embodied the understanding of the cycles of time and like every major ancient culture, they had systems of symbols and numbers that served as keys to understand the universe as well as to be used for divination purposes.**

The Mayan sacred calendar is called the Tzolkin by the Maya, or Tonalpohualli by the Aztecs and is calculated like a circle within a circle with the numbers 20 and 13. It is made up of 20 glyphs called day-signs and numbered from 1 – 13 which was calculated on the cycle of the *SUN*, *MOON* and *VENUS* through our solar system. Therefore they incorporated in their daily consciousness the FEMININE principles as well, which are personified in the Moon and Venus.

The Tzolkin like the DNA structure is a representation of a fundamental pattern of nature and not a human invention or contrivance. Nature presents itself and man follows and learns. These glyphs are descriptions of the order of nature manifested to the minds of men as we are dealing with an intuitively perceived celestial pattern.

The glyphs of the sacred calendar are encoded with deep wisdom and the day of birth of that particular sign emanates throughout one's life.

### SYMBOLS AND GLYPHS:

Our world speaks to us in the form of symbols. If we for instance read a sign that says: "To the beach" this is a symbol as the sign is not the beach but it conjures up an image of the beach and it gives directions – therefore it informs us.

Our alphabet and numerical system is also made up of symbols, which we can arrange in various ways to convey information.

Symbols are metaphors that are easier described by images than words and easier to experience than to describe. Jung likened the form of the symbol and archetype to the axial of a crystal, which performs the crystals structure even though it has no actual physical existence itself.

The symbols are universal, existing at the level of the collective unconscious and these symbols, energies and images are available to all humankind, distinct from the personal unconscious, which is particular to an individual. Although the symbols are universal, their expression is personal, they come into existence through personal experience.

As we are living increasingly more in a materialistic culture both the sacred and the inner become ignored. These symbols relate to our inner world and are a bridge to the sacred.



## THE STORY OF THE GLYPHS:

Amongst the ancient North American Indian tribes the story of the glyphs is related in this way as the story of all creation:

- 1 -- **Imix** the dragon is the primordial, nurturing mother that offers the potential of all possibilities during a state of expectancy and waiting --
- 2 -- **Ik** the wind, and as the Spirit breath moves across and stirs the tranquil waters with inspiring ideas and thoughts --
- 3 -- **Akbal** the night time and realm of dreams and an inner sanctum preparing the womb for the future seed --
- 4 -- **Kan** the seed ready to be given to the earth as a receptacle to sustain growth --
- 5 -- **Chicchan** the Kundalini and life force energy that unfolds like the sprout out of the shell of the seed towards new growth --
- 6 -- **Cimi** death and surrendering of the initial stages of growth in order to expand -- death does not end it but moves forward --
- 7 -- **Manik** is the hand -- or first two leaves of a seedling -- that stretches out to grasp and learn what is necessary for survival.
- 8 -- **Lamat** is the reconnection and remembrance of our star-seeded self -- born out of the earth we stretch towards the heavens --
- 9 -- **Muluc** is the raindrop, water that falls from the heavens and brings awareness of our nurturing mother, who accepts our tears and emotional needs
- 10 -- **Oc** our totem animal teaches us about loyalty and bonding with our pets which are our teachers in the ways of other earthlings --
- 11 -- **Chuen** the trickster readily trips us up if life has become devoid of laughter and playfulness --
- 12 -- **Eb** is the harvest when abundance and plentiful is apparent in the crops that are brought in --
- 13 -- **Ben** is fragmentation after the harvest when a gap is being created for a new cycle to begin --
- 14 -- **Ix** is the Sorcerer, magician, In the realms of magic all things are possible and magic often comes in subtle unseen ways that we are too busy to recognize --
- 15 -- **Men** is the eagle that has a view from above and when one gains a higher view it alters one's perspective and enables one to reach greater awareness --
- 16 -- **Cib** is the galactic diplomat where one learns exclusivity and how to communicate and interact with all beings --
- 17 -- **Caban** the Earth-keeper becomes aware of the need to take care of the earth as the Giver and nurturer of life --
- 18 -- **Etnab** is the mirror that reflects back to you all that you see --
- 19 -- **Cuac** is the Storm-bringers, which speak of the shedding and letting go of what is unnecessary and redundant in life in order to reach for their higher destiny --
- 20 -- **Ahau** is the Solar Lord and our connection through unconditional love to our Higher Self and ultimate State of Being to return to the beginning -- a new cycle ....

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## Four functions of these glyphs:

To impart a sense of awe about the mystery of being.  
To explain the shape of the universe and its cosmological dimension. Sociologically these myths support and validate a certain social order and they also have a function of teaching us how to live while pointing the way to a spiritual life.



Starting from the left hand corner going down and then across:

- 1 = IMIX– the dragon
- 2 = IK - the wind
- 3 = AKBAL – The night time
- 4 = KAN – the seed
- 5 = CHICHCHAN - Life force
- 6 = CIMI – surrender
- 7 = MANIK – the hand
- 8 = LAMAT – The star-seed
- 9 = MULUC = The raindrop
- 10 = OC – Totem animals
- 11 = CHUEN – The trickster
- 12 = EB – The harvest
- 13 = BEN – Fragmentation
- 14 = IX – The sorcerer
- 15 = MEN – the eagle
- 16 = CIB – the galactic diplomat
- 17 = CABAN – The Earth keeper
- 18 = ETZNAB – The mirror
- 19 = CUAC – The storm bringers
- 20 = AHAU - The Solar Lord

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