



GREEN ENERGY HERBALS



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Hand preparing organic herbal medicinals since 1992



Looking back over the past century it struck me that the changes wrought have been phenomenal. We started off in a horse and cart and by the end had landed men on the moon, sent robots into space, renewed our belief systems and our communication abilities soared to heights never dreamed possible. We have to learn to live within all of this immense change and indeed in many cases become the change we wish to see.

It is this change that brings various emotional responses within us and in this edition we discuss the role of the amygdala in this process. By understanding what triggers our responses we are better able to deal with each situation, however pleasurable, sad or dangerous it may be.

This month we feature an article by Carol Werth a reader who shares her personal journey with us. Please send us your story. It is in the sharing that we learn to grow.

JUST A THOUGHT

What you think upon grows. Whatever you allow to occupy your mind you magnify in your life. Whether the subject of your thought be good or bad, the law works and the condition grows. Any subject that you keep out of your mind tends to diminish in your life, because what you do not use atrophies. The more you think of grievances, the more trials you will continue to receive; the more you think of the good fortune you have had, the more good fortune will come to you. (Emmet Fox).

FROM THE GARDEN

Nasturtiums are so versatile, creeping everywhere in such a jolly way. From Peru, this plant eaten raw is antiseptic and also diuretic. The leaves, flowers and flower buds are delicious in salads. When toasting cheese, place a good sized leaf on the bread before adding the cheese.

A tea of the flowers and leaves makes a good blood cleanser and aids digestion. To treat catarrh take a handful of leaves and pour 500 ml boiling water over them. Cover the container and infuse for 30 minutes. Strain and cool. Drink a ¼ cup 3 to 4 times a day.

This is who we are

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This months' journey of Self discovery

written by **CAROL WERTH**

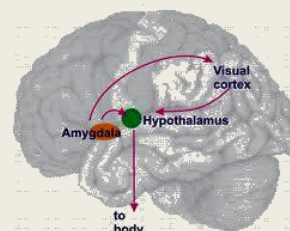
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RESPONSES - ALL ABOUT FEAR

What makes you jump at the thought the garden hose may be a snake? Well amongst other organs in the brain, it is the amygdala that is responsible for the fight or flight survival intuition we have. The amygdala is involved in a kind of primitive emotional memory, one that is likely preserved by evolution.

According to modern evolutionary theory, different emotions evolved at different times. Primal emotions, such as fear, are associated with ancient parts of the brain and presumably evolved among our pre-mammal ancestors. Filial emotions, such as a human mother's love for her offspring, seem to have evolved among early mammals. Social emotions, such as guilt and pride, evolved among social primates. Sometimes, a more recently evolved part of the brain moderates an older part of the brain, such as when the cortex moderates the amygdala's fear response. (Wikipedia)

The Amygdala originally developed from our most primitive sense--the sense of smell. As the brain grew more complex, additional layers formed to enable these cells to be more sophisticated in differentiating the various types of smells. Deep sexual urges also developed in association with this olfactory function. This leads to more specific knowledge for the brain to react with in any given situation.



Fear producing visual stimuli is quickly processed by the thalamus and this information is passed to the amygdala producing a quick response to danger. The thalamus also passes the information to the cortex so that more careful judgments can be made about the real potential danger. What does the amygdala actually do? It is strongly connected with almost every other structure in the brain. It is actually important for all emotions, social interaction and face recognition. The amygdala's job is to signal the rest of the brain when something is uncertain.

The amygdala is involved in several functions of the body including –

- Autonomic Responses associated with fear
- Emotional responses
- Hormonal secretions
- Memory and Arousal

The amygdala seems to respond to severe traumas with an un-erasable fear response (post traumatic stress disorder). In some individuals it seems to be genetically wired for a higher level of fear. It has recently been shown to be larger in some people with bipolar disorder, though what that means is still a mystery.

(Quoted from an article by Anthony Wright, Ph.D. Dept Neurobiology & Anatomy – The UT Medical School, Houston)

HOW DOES THE BRAIN GET 'HIJACKED?'

1. A sensory signal comes into the body in the form of a sight, smell, touch, or sound, or any combination.
 2. The signal travels to the thalamus, which decides whether the stimuli should be allowed any further into the brain. (The thalamus acts as a filter to the entire world's input. If it didn't filter out most of the sensations around us we would be overloaded beyond belief. We should also remember that if the patient is acutely oversensitive to the environment, then the real culprit may be the thalamus and not the amygdala. It may be that the thalamus is not filtering correctly and needs to be treated specifically.)
 3. From the thalamus the signal goes to the amygdala, which quickly processes the signal by searching through its memory bank.
 4. The amygdala then decides whether the signal is an emergency by comparing to past experiences.
 5. If the amygdala declares an emergency, it triggers the hypothalamus and the limbic/reptilian brain into the survival mode.
 6. In the meantime, the thalamus also sent the same signal to the cortex for processing but because that pathway is slower than the pathway to the Amygdala, the survival reaction has already started before the cortex can have a say.
- Hence the brain has been *hijacked*, the emotions are in charge, and rational thinking is swamped
- (Quoted from an article by The Well Spring Therapy Group)

FOOD AS HEALERS

Edgar Cayce had some good advice on various foods. He shares a few with you –

Beans. A few simple rules to eating beans are not to eat them with bread or pastas with cheese sauce. He recommended that fresh cooked green beans be used when recovering from injuries, for nerve building, for children who are nervous, colds and general congestion, anaemia, to improve the eyes and for general system cleansing. He also recommended that dried beans should not be given to cancer patients and that they should partake only of fresh green beans. For arthritis it was beans cooked in a little water and should be taken for a period of 6 months up to 1 or 2 years. TB patients were advised to eat each season's beans. One recipe of Cayce's that I use constantly is green bean water to control blood sugar levels. It is important not to add salt to the small amount of water placed in with the beans. These simmer gently for about 15 minutes and then left to cool. The liquid is then drunk each day. Asparagus water can be used in the same way.

Carrots. A caution was that for diabetics carrots should be eaten in moderation and his advice to cancer patients was to combine carrot juice with plantain tea. Carrots were called the brain, nerve and muscle food. They are good for general debilitation, improve eyesight, help prevent arthritis and is a good tonic for the adrenal glands. One of his remedies for constipation was to combine cooked carrots with a little mashed potato. The general consensus was that the juice of the carrot was what is needed to obtain maximum vitamin potential. Carrots are blood purifying, but please ensure that when drinking carrot juice you don't overdo the intake. For the first week drink a glass around midday and then from then just 2 or 3 glasses a week should suffice. Once in "food tune" with yourself, your body will tell you what it needs!

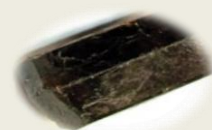
Cayce's rule on vegetables for blood building, arthritis and bronchitis was to mainly use foods that grow above the ground, although for arthritis this rule did not apply when it came to carrots. And for relaxation, Cayce recommended eating raw cauliflower twice a week!

CRYSTAL TALK

DRAVITE (Brown Tourmaline) Connection with Self

A while ago I was strolling through the Crystal shop and winking at me from the bottom shelf was this lovely brown stone insisting that it needed to come home with me. Dravite is a simply complicated stone. When you feel down and your energies are low, working with Dravite enables you to clear your aura and allows Self to begin the process of alignment. In other words this stone brings those dark emotions to the surface and allows you to connect and understand what is causing them and then enables you to gently work through your issues.

It's all about acceptance. Dravite grounds you, but at the same time opens your heart to the issues at hand, keeping you calm and in tune with the earth and universal connection. For those who are challenged by irritable bowel syndrome, keeping this stone close, assists in the healing process.



Dravite is all about grounding yourself; taking the knowledge learned and giving you the strength to put it into practice. It is a self esteem builder. Dravite balances out the positive ego with the negative ego, enabling you to see the path ahead with clarity, determination and compassion.

Enhancing creativity, the love of Self and others, grounding when you fly too high is what Dravite is all about. Enjoy working with this lovely stone!

THE LANGUAGE OF FLOWERS

For the next dinner or tea party you have try using some of these flowers as silent expressions of friendship and love. The greenery speaks volumes!

- Ivy – friendship, fidelity, marriage
- Sweet Pea – delicate pleasure, happy journeys
- Tulip (Red) – declaration of love
- Sweet Basil – Good wishes
- Orange Blossoms – pure love
- Parsley – festivities
- Pansy – you occupy my thoughts
- Jasmine – joyous friendship



Michele Slabbert is registered with The South African Traditional Healers and Herbalists Association (WC) under the guidance of Prof. Philip S. Kubukeli.

Throughout the year I hand prepare medicinal herbals, according to moon and sun phases. My remedies are specific and at the same time, general. I adapt them to suit the individual. Many are harvested from our wild gardens. Part of our property is reserved to encourage wild flowers that would otherwise be lost due to grazing and other farming activities.

*It is the children who hear the song of the
crystals that bathe the maturing
Tinctures and Flower & Rock Crystal Essences.*

A consultation with me is an experience you will find adventurous, emotional, uplifting and enlightening,

Email me to set up a consultation either by email or by venturing into the countryside. Receive 10% on all herbal products via post until the end of May 2013.

CAN PLANTS READ OUR MINDS?

By Lois Stahl

As plants have no evidence of eyes, ears, nose or mouth and have not by botanist been credited with a nervous system, the conclusion is drawn that their perceiving sense is more basic. Possibly the five senses in humans might be a limiting factor, overlaying some kind of primary perception common to all nature.

Plants react not only to threats from human beings but also unformulated threats from animals or insects. When a plant is threatened with overwhelming danger or damage it 'passes out' in self-defence a bit like a human does.

Another amazing aspect of plants is the special bond of affinity they develop with those that are their keepers. In the same way as domestic animals develop such a bond. This affinity is not limited to the keeper being in close proximity either. They can pick up on thought patterns over amazing long distances so even if you are away on holiday you can send your plants positive vibrations to which they will respond. Once attuned to a particular person, plants appear to be able to maintain a link with that person wherever they may be. No matter even if the plants are enclosed in metal containers or any holding device their carrier waves of communication somehow operates beyond the electromagnetic spectrum and from the macrocosm down to the microcosm.

These are not just arbitrary statements but proven facts and experiments done by a man called Cleve Backster in the sixties. He was a foremost lie-detector examiner who invented what he termed a galvanometer to further his experiments.

Another research scientist, Marcel Vogel was interested in storing psychic energy in different objects and forms. He, with the help of a friend named Vivian Wiley, took two leaves from a plant. The one Vivian placed next to her bed and every evening and night time she would concentrate her will on the one leaf and 'will' it to live, although it was severed from the main plant and had no access to water or food. The other leaf she placed in her living room and totally ignored it. After a month the leaf next to her bedside table was radiantly vital and green, whereas the other leaf was flaccid and turning brown. In such a way she was able to store the psychic energy that gives life. Marcel Vogel's experiments were not only related to plants but he also did some amazing investigation into crystals. He had reached the conclusion that crystals are brought into a solid or physical state of existence by preforms or ghost images of pure energy which anticipate the solids. Since plants could pick up a human intention to burn them, for example, there was no doubt that intent was one kind of energy.

The conclusion of his experiments were that plants were able to communicate with humans and they were extremely sensitive instruments for measuring man's emotions. They radiate energy forces that are beneficial to man. These energy forces feed into one's own force field and then in turn feeds back to the plant.

Work with nature not against it

A living soil is a vital and essential element in developing rich, healthy gardens. The key is to increase the organic matter in the soil. There are different ways to restore the soil condition on your land depending on the scale of your gardening activities. In nature, dead plants return to the soil and contribute to making it nutritious for other plants. After you harvest plants put back all the parts you don't use. Stop the unnecessary burning of grass and paper. Rather put these back into the soil. Try to use species known to the area you live in, or naturalized species that are known to be beneficial. Use plants that suit specific local weather conditions.

CELLULAR CONSCIOUSNESS

Some sort of cellular consciousness must be common to all life. Sperm cells turned out to be surprisingly canny in that they seemed to be capable of identifying and reacting to the presence of their own donor, ignoring the presence of other males. This must imply that some sort of total memory may go down to the single cell and by inference the brain may be just a switching mechanism and not necessarily a memory storage organ. Sentience does not seem to stop at the cellular level but goes down to the molecular level and beyond.

This does mean that all sorts of things that we labelled 'inanimate', may have to be re-evaluated.

Life force, or Cosmic energy, surrounding all living things is shareable among plants, animals and humans and in such ways all becomes one which makes it possible that a mutual sensitivity that allows an intercommunication to take place.

NATURAL PEST AND DISEASE CONTROL.

With Lois Stahl

BEAN FLY -- OPHIOMYIA PHASEOLI

These maggots or bean flies attack beans of various species and also other leguminous plants.

The young plants can be seen wilting and dying off and investigation will reveal decayed and hollow stems at ground level with a small maggot inside. The leaves of the plants may show yellow spots where the adult fly has laid her eggs. On mature plants the grub may be located higher upon the stem.

Life Cycle

The female is a tiny black fly which pierces holes in the leaves of the plants and lays eggs inside the tissues. The eggs hatch in 2 – 4 days and the maggots eat their way down the stem to just above the ground level. There they complete their development and then the grown maggots pupate and become adult flies in about 20 days.

The greatest damage is caused from November to January inclusive. From February onwards a parasitic wasp called *Opius liogaster* can suppress the pest from February onwards.

The best way to identify the insect causing the damage is through the type of damage as mentioned above. However early warning of this pest is given by the presence of yellow blotches on the leaves, forming around small punctures made by the fly when it laid its eggs.

Recommended Remedies

Prevention is better than cure and companion planting or routine spraying with aromatic herbs is the first approach to this problem.

Remedy against the maggots and pupae

Because the maggots burrow into the plants material as soon as they have hatched it is not possible to treat it directly, however future numbers of the fly can be reduced by removing the infected leaves where the eggs have been laid.

Fly stage repellents'

You can make a spray repellent from:
Garlic, tomato leaves and marigolds.

Fly stage predators:

By encouraging birds in your garden the fly numbers can be drastically reduced. Free range chickens, especially Bantams, also will contribute. Sprinkling ash around and dusting the plants with wood ash can help a lot.



CUTWORMS: NOCTUIDAE.

Cutworms attack young seedlings and this greyish caterpillar emerges from the soil at night, encircles the plant with its body and cuts through the stem of young plants just above the ground level, leaving the wilting top to die. They are general feeders and will attack almost any kind of plant and a single caterpillar may cut down several seedlings in one night. They are identifiable where a young seedling is lying severed just above the ground. A small hole may be found in the soil near the severed plant, which when excavated will reveal the curled up smooth greasy-grey caterpillar.

Life Cycle

They emerge in spring and a single female may lay 600 – 800 eggs which hatch approximately thirteen days later into tiny black caterpillars. The young initially feed on plant leaves for 10 days before burrowing into the soil where they then live during the day, lying in a curled up position about 25 cm to 30 cm below the surface, to emerge at night to feed.. The fully grown 30mm long caterpillar burrows about 25mm and turns into a smooth reddish-brown pupa. It remains in the soil for 2 – 3 weeks before emerging as a moth.

Recommended Remedies

One of the simplest and most effective control measures is to concentrate the hens or Bantams on to the beds before planting as they will scratch the soil and eat the worms.

Mulching also deters the moths from laying eggs and liming acid soil is also a deterrent

The squashed ripe fruit of the Sodom apple steeped in water and then dug into the soil controls cutworm too.

For small infestations you can dig the cutworm out with a sharp stick and carefully search around the base of the damaged plant to find the small entrance hole to its hideout. Then dig along the tunnel to find the grub.

Also recommended is watering around the plants with a mixture of grated turnip that boiling water has been poured over and then cooled.

DIAMOND-BACK MOTH: PLUTELLA XYLOSTELLA

This moth is detrimental to all plants like the cabbage, cauliflower, broccoli and Brussels sprouts.

The small greenish caterpillars are about 8mm long and eat numerous holes into the plant leaves which seriously affect the vigour of the plant and it is active particularly in the dry season. The small green caterpillars can be seen on the underside of the leaves, lying in a protective web. When the moth is resting a pattern of three diamonds can be seen along the line where the wings meet over the back. The ash-grey female moth lays her tiny yellowish –green eggs either singly or in small groups on the upper surface of the leaves. They hatch in a few days into small green caterpillars which move to the underside of the leaves to feed. They grow rapidly, attaining full growth in about 10 – 30 days, depending on the temperature.

The 12mm long caterpillars spin silk cocoons under the leaves in which they pupate. The adult moth emerges about one week later. They can multiply rapidly if the conditions are favourable as the female lays about 50 eggs at a time.

Recommended Remedies

Summer rains and frequent irrigation reduce the mating of the moths and wash off young caterpillars and the pupae. However strong sprays of water need to be directed on the underside of the leaves.

Repellent sprays

Sprays made out of African marigold, black jacks or khaki weeds, chilli, garlic, tomato and basil can be very effective. Adding a teaspoon of cooking oil to the spray helps it adhere to the leaves for a longer duration.

Thoroughly spray the underside of the leaves to clear the pupae.

A READERS PERSONAL JOURNEY CAROL WERTH

Today I am a confident and assertive woman, totally the opposite of who I was many years ago before I embarked on my journey, which has taken me to many workshops including Reiki, Lords of Karma, Crystal Healing, Angel work, Tellington Touch, Meditation and Dance.

I sit back and ask myself where all these courses (and certificates) have actually gotten me....as I sit here writing thisand I come to the conclusion that it's all to do with SELF and that the journey is to find the way to open up the SELF to see who you really are. Sure, the courses I have undertaken have given me the tools to guide me but at the end of the day, when I sit still with my breath as my companion or simply make myself aware, that voice within in me, is the one I listen to.

An example. A few years ago I was offered to go horse riding. I was quite okay with riding in the enclosed area but the person "in charge" of me and my horse (at the time), decided to take me out the gate into the open space. Not too long afterwards I was thrown from my horse. The reason I am telling you this is because as this person opened the outside gate I already had misgivings. I said that my instructor had said NOT to go out the gate as my horse was not ready but she would not hear, she said she had everything under control. Now this woman is a brilliant rider and horse handler so I relaxed and decided to go with the flow. Had I listened to my intuition though, I would have been saved a broken wrist.

I communicate with animals on the odd occasion, for other people. Until recently I was full of self doubt. I mean how can I tell the person that her cat was chewed up by a wild animal in the wild just outside her land in Hout Bay? So I didn't, I just said I could not get a connection. Weeks later they came across her body in the forest, all this time they thought their cat was alive and were continuing their search. I could have saved them quite a lot of heart ache and money had I just relayed what came through to me.

Manifestation and the Law of Attraction play huge parts in my life, as they do in yours too. Where my attention goes, so I create, whether good or bad. This has got to be the most amazing part of my journey, is learning this. I still need to master it but it does work! The Universe makes things happen in their own sweet time and they have a wonderful sense of humour! I live today, in a two-bedroom cottage in the country, with my horse. About 8 years ago I placed a shopping order in my crystal box for a cottage in the country where I could see horses. I did not expect to be an owner of a horse but he also came from the Universe, as a gift.

Some time back I was talking to a friend about a dog. I said my favourite dog is a cream labrador. I promise you I was not looking but I had written to a friend saying the perfect dog would be a cream labrador who gets along with all my cats (12 and counting)...and along came this dog, a cream LabxBoerboel, who had just had a hip operation. A perfect match because I have had a hip operation so we walk skew together.

Last but not least, what has helped me grow into who I am, is a group of likeminded people and someone, or a few people, that you can be sure they will support you. I am indeed blessed to have found such a group of people. They buoy you up when you are down and they cheer you on when you up. In closing, my message to you, someone may have stolen your dream when it was young and fresh and you were innocent. Anger is natural. Grief is appropriate. Healing is mandatory. Restoration is possible. Never give up on a dream and remember to play.