

# herbalnews from Green Energy Herbals.

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## Welcome

Every **two months** we will be sending out an article, which we know you will enjoy reading. Written by Michele Slabbert, a practising **Traditional Herbalist** since 1992, they cover a wide range of interesting topics designed to uplift, confuse, and delight your being. The first article is just that: - **Being Into You**. Without all the baggage that goes with living on this planet of ours! We are faced with many challenges ahead, so this is the time to strengthen ourselves to face the future with a clear mind and an unbiased attitude.

Easy to copy and paste onto your own document to be read at your leisure- Have you got a scrap book of herbal "stuff".

Each issue we'll introduce a friend; this month it is Carol Werth

Please [email](#) me with your thoughts, challenges and response to this idea. Happy to take queries regarding challenges you may be facing. Contact details are at the end of the articles.

Enjoy the read. And at the end a giveaway!



## BEING INTO YOU

Change is the most inevitable truth we face. It is not only around us but within ourselves that this endless change is taking place.

**Change is one of the most positive energies we are blessed with**, yet many of us find change an unacceptable form of advancement and become out of sorts at the prospect of taking the necessary steps needed to fulfil our personal destiny.

The beginning of the 20<sup>th</sup> century saw an overturn of many, in fact most, preconceived ideas, unique to the Victorian era. Throughout this century huge advancements have been made, changing our lives forever. What many of us fail to realise as we embark into the 2<sup>nd</sup> decade of the 21<sup>st</sup> century, is how much of the past we have buried within us. All of it, right back to that first beginning. **As we open our minds each day, we don't necessarily awaken**. It is when it is time for each of us to wake up, that the internal challenge reminds us that the first port of call to be addressed is our past, our present and how we move into the future. For most of us this causes a storm within.

**To begin the quieting of the mind** a daily dose of around 10 minutes of meditation can be incredibly uplifting. **At first it is the testing of self that requires quietening** and it will be highly beneficial to first prepare an area where you will be doing your daily meditation.

Your first few sessions can be in the preparation of this space; photographs of dear friends, a bunch of flowers – **do use a single colour as a riot of colours could prove distracting**; herbs for burning, rocks or crystals; indeed any object of value can be used.

**Lavender and Sage** or **Rosemary and Sage** as an herb combination is an excellent aid to cleanse and infuse your area with a sweet scent, which always attracts the mind in a beneficial way.

The South African **Helichrysum known as imphepho** is a good way to return to self, but do mix this with some **dried garden sage and lavender** flower heads so as to minimise the sometimes overpowering scent. **Don't put too many herbs in to burn as you don't want to smoke yourself away before you've begun!**

Alternatively if you're a spicy person then place **rock salt** in the top of your burner and place 1 or 2 star anise and cloves, a little cassia and a small crumbled stick of cinnamon on top of the salt. Oils of **frankincense, patchouli or sandalwood** can be added.

Place fresh Herbs in small vases or glasses.

*African Potato flowers to ease the mind,  
Basil for protection,  
Bulbine flowers to bring in the sunshine,  
Chamomile relaxes,  
Dandelion brings visions,  
Hyssop removes negativity,  
Jasmine gently raises you up,  
Lavender purifies,  
Marigold brings sunshine and vitality,  
Sprays of Olive leaves bring peace of mind,  
Thyme brings confidence,  
Flowers of Wild Garlic offer protective guidance  
Violet offers contentment.*

Should you have a **willow tree** in your garden then a spray of this guardian tree should always have a place in your space. **Make sure you place those scents in your area that you are comfortable with, as an unfamiliar scent could cause a sidetrack.**

**On the bright side of this, an unfamiliar scent could also open doorways to a whole new you. There's always a balance.**

**Rosewater** can be sprayed before and after your meditation and as you do so, concentrate on the period before you and set into your mind that which it is you wish to accomplish. **Fresh rose petals** are always a good addition to enhance your quiet time.



**Calming herbal teas** are a good way to begin or end your sessions so do prepare this before you start your meditation or quiet time; it is then ready to be savoured when your reflections are complete. **Lemon Balm, Centella/Pennywort/Gotu kola, Chamomile, Lavender, Lemon grass, Passiflora, Catmint, Rose petals, Marjoram, St John's wort, Wilde dagga flowers, and Dandelion** are just some of the herbs that can be used to soothe, calm and gladden the heart. 1 tsp of herb to 1 cup of boiling water. Cover the cup and infuse for 10 minutes. Strain. Sip, relax and enjoy.

The **rock crystals** you may choose to harmonise with in your area are also important. If you don't have a crystal then a trip to your local mineral shop might be just what you need. Allow the crystal to attract you; in fact you are only responding to the energy the stone has stored within itself for possibly millions of years. Everything is of the creation. A few good choices are Amethyst, Rose Quartz, Obsidian, Turquoise, Spirit Quartz, Agate, Amber, Angelite, Aventurine, Chrysocolla, Citrine, Jade, Lapis Lazuli, Moonstone, Pyrite, Tiger's Eye, and Tourmaline (green or black). If you feel a little more adventurous try working with Aragonite, Celestine, Dioptase, Dumortierite, Epidote, Fluorite, Galena, Hematite, Hemimorphite, Kunzite, Kyanite, Lepidolite, Larimar, Merlineite, Malachite, Obsidian, Onyx, Opal and Vesuvianite. **And if you don't know many of these stones, then it's time to get acquainted!**

**A delightfully satisfying way of dispelling internal negativity or destructive thoughts is to write them onto a piece of notepaper and then after meditation just burn the note. Like a river flowing to the sea, thoughts become one with the eternal ocean and when you see the bigger picture, part of the veil of mystery is lifted.**



As you begin your journey look at why you respond to certain situations, whether they be responses of joy, stress, peace or depression. Look at what puts you at ease, what makes you enjoy your own company and what makes you focus on the important issues in your life. When we are stressed we place strain on our immune system and meditation can enhance the functioning of this vital human system. It provides a way to improve our lives by changing the way we think. We begin to train our mind in order for the mind to be in a state of calmness, joy and clarity. Meditation teaches us to be happy and how to love not only ourselves but each other. It teaches us to turn inward and listen to the silence and stillness rather than being lost in a sea of uncontrolled emotions.

Practice being at peace with yourself, and learn to see through the anger that has possibly been lurking around for too long. Very often these processes bring forth a great deal of anger. **Instead of being angry at the anger, embrace it and be joyful that it has at last surfaced in order to be dealt with and finally let go of.** There is sometimes a fear we have of not being able to cope with what has been brought forth so a good idea is to do this in a small group of either close friends or really make a definite change and begin a group with complete strangers.

Many people have told me that they find it hard to meditate and give up before even starting. Yes, what comes easy to some is far more challenging to others, but start an hourly mantra stating that **you, yourself want to start being the change.** There are many ways to meditate and sitting in one place may not work for you, so don't give up before you start, be as nature intended you to be; adaptable! Bonsai is an example of becoming in tune with the universe, so a good start would be to prune a tree or bush or even purchase a bonsai and start a new hobby. A walk in silence along a secluded beach or forest trail where the beauty is deeply drawn within brings a quiet conscious determination to achieve whatever you aim for. This is change in action. It's like climbing a mountain; the challenge is to get as far as you can, and then a little more. Move your own goal posts a little at a time. It's all inside you, waiting to be released into the full potential that is you.

*The living spirit grows, and even outgrows its  
earlier forms of expression;  
it freely chooses the being in whom it lives  
and who proclaim it.  
This living spirit is eternally renewed and  
pursues its goal in manifold and  
inconceivable ways throughout the history of mankind.  
(C.G. Jung).*

**Green Energy Herbals are giving away one set  
of Flower & Rock Crystal Essences.**

**Red Fire to Balance**  
**Orange Flow to Nourish**  
**Yellow Sun to Inspire**  
**Green Earth to protect**  
**Blue Sky for Development**  
**Indigo Star for expansion**  
**White Light to access the Spiritual**

**Closing date: 31<sup>st</sup> March 2011 –South Africa only!**  
**Entries by email – subject line Energessence give away**

**Email us**  
**[herbalist@greenenergyherbals.co.za](mailto:herbalist@greenenergyherbals.co.za)**  
**Enjoy our web page at**  
**[www.greenenergyherbals.co.za](http://www.greenenergyherbals.co.za)**



**Lavender** is a herb we all know and use in a variety of ways.

It is calming, energising, uplifting, purifying, cleansing and restores of our sense of well being when we allow the scent to flow through our homes. A foot bath with a few drops of oil and a few gently crushed flower heads is a dream treat for your feet.

A few sprigs around the house keeps a balance in the home. So when you're upset, angry or just over tired take a few minutes with your plant friends – they're really eager to exchange some of that energy you have that they need, and in return there is a release of tension and emotional balance is restored. This is a plant that brings ecstasy into your life, just from the scent! Connect with your universal awareness; this plant is one of the best for meditation.

**Chrysocolla** is part malachite and part azurite. Used together with lavender purifies the home and calms emotional stress. This stone also gently reduces hatred and anger. Strengthen your intuition by having a small piece in your pocket or around your neck. This is an excellent stone for little children, helping to calm them in time of fever. Place a piece under the pillow so it can be touched as often as needed. Easy to cleanse – just place under gently flowing water every 2 weeks or in the case of a fever, immediately.

**In combination a perfect pair!**



## Article by Carol Werth Introducing Laughing Yoga

Laughing Yoga has been around for a while now and has proved to be a winner. It feels seriously stupid to perform in the beginning but once you get into it you will find that you can laugh at just about anything. Laughter after all, is the best medicine!

**Laughter is simple yet powerful and potentially life-changing simple form of exercise. Your body can and knows how to laugh. regardless of what your mind says.**

From practicing laughter yoga I find myself sitting at my desk at the office and smiling to myself and smiling at my colleagues who are talking to me about their problems or just simple work issues. Working in a stressful environment and the recession has certainly not helped matters but I am being asked now how I can laugh in the face of adversity? In fact, I have started to aggravate them. Before laughing yoga, I was, in all honesty, the office grump.

Here are a few exercises to try. If you have a group of friends who feel like a good laugh, round them up or try them on your own in front of a mirror if you feel a little awkward. It does get easier, promise!

**Wind up Laughter:** Pretend you have a handle at your hip and wind it up. Start winding slowly and speed it up, laughing to match the speed. ☺ (This one is a classic and kids love it!)

**I don't know why I am laughing Laughter:** Shrug, pull a face, laugh, turn hands up in air, you really don't know why you are laughing, but you are.

**Vowel Laughter :** Make vowel sounds in place of laughter.....A A A A ....E E E E.....I I I I.....O O O O.....U U U U....if you are a control freak or perfectionist you might get the whole lot out but you may only manage to the E and pack up laughing!

**No Money Laughter:** Laugh as you turn your pockets inside out looking for money that isn't there. Brilliant for recession...takes the edge off reality for a while :-). When someone does ask you for money remember this feeling, it will put a smile on your face and the person requesting money cannot possibly be angry with a smile!

**Mental Floss Laughter:** Move your head from side to side as if flossing your brain... and laugh as you do so.

**Greeting Laughter:** Greet everybody the way you normally do (shaking hands etc), but laugh instead of words.

**Find your laughter centre:** Probe your head as if looking for a laugh and imagine that each spot triggers off a different laugh.

**Note:** Laughing until your tummy aches or you start crying from laughing, is NOT the goal! Just have a good old comforting, stress releasing, and healthy laugh!