

Eherbalnewsletter

From Green Energy Herbals

Issue 5 - October/November 2011

Here we are nearly at the end of 2011. This year has flown past bringing with it the usual ups and downs of life. A hearty thank you to all those who have sent me feedback over the past few issues.

The winner of our Winter giveaway of hand prepared organic herbals is Marina Barker of Tableview. Your herbals will be on the way to you shortly.



Michele Slabbert and Lois Stahl have again partnered in this issue to bring you more herbal and astrological information. This issue Lois discusses the Body as Astrology.

Just in time for year end this issue's giveaway is a Pamper Kit of our hand prepared herbal products. Details at the end of the newsletter.

Just a thought....

In ancient Babylon there were strict rules for physicians. As stated on Hammurabi's stele Code a doctor could lose his hands if he opened a wound with a metal knife and his patient died afterward. A slave who died had to be replaced with another slave. Even a veterinary surgeon could fall foul of this Code if a wounded animal died under his care. Herodotus in one of his works stated that *"when a man is ill they lay him in the public square, and passersby come up to him and if they have ever had the disease themselves, or have known anyone suffering from it, they gave him advice, recommending him to do whatever they found good in their own case. No one is allowed to pass the sick man in silence without asking him what his ailment is"*. Yet when it came to magical practices, there were only 2 paragraphs that dealt with this. It was in this way that many folk obtained the services of magicians. As most folk believed they were possessed by demons the magician first had to decide what particular demon was working evil and then a certain ritualistic ceremony would take place.

Aren't you glad you live now.

Trees are one of the most important beings on our planet. They ensure that our carbon waste is recycled and have for aeons provided sanctuary, housing, fuel and splendour for each and every one of us. Trees are the lungs of our planet. They represent life. Without them, what would we be, or would we even be. With each wind, comes a new and exciting symphony; the music of the spheres. Naturally each tree had a guardian spirit and as knowledge grew of the medicinal and food value of the trees, so the persona of the guardian grew. Here's a small selection.

Enjoy the read.



THE WILD FIG (*Ficus natalensis*)

The wild fig is a comforting tree and one of the few that grows fast and strong enough so that small children can enjoy climbing and be held amongst the energetic growing branches. The soft wood of this tree makes it ideal for fire-sticks, especially for the sacred fire. The wild fig has an extremely adventurous root system so care should be taken in placement when planting this tree. Wherever I travel and see this tree I hear the whispers of all the people who have sat beneath its shade and conversed, dreamed or just sat silently. In the language of flowers the fig tree represents prolificness. Root and bark used as an abortion preventative and for Constipation.

CABBAGE LEAF TREE (*Cussonia spicata*)

A magical tree that often gives me insight into the people I am due to meet. Either the roots, stem, leaves or bark are used to treat a variety of ailments such as nausea, uterine pain, stomach ulcers, backache and muscular pain. The roots are succulent and can be eaten for their moisture content and this tree is also highly prized for its ability to calm intense emotion. It is easy to see why this tree is considered magical and it is not always necessary to imbibe parts of this tree; all it takes is meditation, reflection or contemplation beneath its umbrella like canopy to achieve a sense of calmness.

Chew and spit out to obtain moisture.

Add to fresh agapanthus leaves and use as poultice to reduce inflammation, muscle spasm and cramps.

SWEET THORN (*Acacia Karoo*)

The sweet thorn is steadily swaying its way skywards, often reminding me of the tree of life. So many birds nest in between the long thorny branches, which affords them good protection. "The tree yields a clear, golden or red gum which is edible and suitable both for confectionery and for use as an adhesive" (K.C. Palgrave – Trees of S.A.). Medicinally the bark, leaves and gum are used in decoctions to treat ailments such as diarrhoea, colds, bleeding and conjunctivitis. Esteemed as a powerful tree entity a decoction of the bark is taken to eliminate negative influences that tend to build up within us. The bark can also be used to make splints. There is a mould that grows on this tree that is traditionally used as a poultice for abscesses and splinters. (E. Palmer). Standing, sitting or even exercising under the protective branches of this tree is an uplifting and balancing experience. In the language of flowers a yellow acacia means secret love.

Bark, leaves and gum used for diarrhoea, dysentery, colds, haemorrhoids, conjunctivitis, oral thrush

WILD OLIVE (*Olea europaea subsp. africana*)

The Wild Olive grows from Table Mountain to North Africa making it one of the most important trees on the continent, as it is worldwide. The Olive is considered a sacred tree, and not only for its ability to activate us humans to create olive oil!

Meditating or just relaxing under this tree brings about a feeling of peace and tranquillity and as you sit quietly, the birds you have attracted to your garden, will serenade you with their song, eternally. Olive trees are known for their longevity.

The dried leaves of wild olive are used as an effective diuretic and are also used to lower blood pressure. Fresh leaves are infused to make an effective eye lotion and the infusion is also used as a gargle for sore throats. The fresh bark is used in a decoction to relieve colic and the dried leaves can be powdered to make a snuff to stop nosebleeds.

Flower Essence of Olive is for those who are over worked and unable to relax or sleep deeply enough. It corrects the imbalances in energy levels, giving one renewed motivation and clears the path for the journey forward.

The Wild Olive is associated with the symbol of summer ever returning. An ancient belief was that as the summer peaks this tree reminds us that there is always an everlasting summer in the spirit world, and that the colder season is only here for a while.

MARULA

An indigenous tree, the Marula (*Sclerocarya birrea*), sometimes has woodroses forming on the wood. These are flowerlike growths of the wood of the host tree and are formed in response to the mistletoe. The branch is cut off and the woodrose carefully cleaned and then mounted on a wooden stand. It is interesting to note that as with the oak, the Marula is highly venerated, and not only for the intoxicating drink made from the fruits! A Feast of the First fruits is celebrated each year by pouring a fresh infusion into the ground. The powdered bark or a tincture of the bark has been used to treat malaria. The pulp is said to contain 4 times more vitamin C than orange juice.

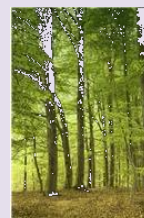
It is said of the Marula that if you want a boy drink an infusion from the male tree and for a girl from the female tree!

The Marula provides nourishment for larger animals, such as elephants and various species of buck, as well as providing for the smaller birds and rodents. The Marula represents protection, strength and contact with the divine.

MISTLETOE

And then there's the Mistletoe which sucks sap from the ridges of the oak's high branches. Mistletoe has quite a history with one legend stating that mistletoe enables one to see and talk to ghosts! This herb, together with the Oak was the most sacred plant of the Druids who regarded it as a powerful cure-all and was celebrated with ritual sacrifice to welcome in the New Year. Mistletoe was only cut from the oak trees at a particular phase of the moon, always using a golden sickle. At the other end of the scale we have another legend, this one from Scandinavian lore that Mistletoe formed the arrow by which Balder, the son of Odin, was killed by the wicked spirit Loki, although by agreement of the other Gods, Balder was restored to life. The mistletoe, to be kept out of harms way, was entrusted to Frig, Balder's mother, on condition that she never let it touch the earth, which was the empire of the evil Loki. So entrusted to the Goddess of love, Mistletoe was then established as a symbol of love and anyone passing beneath it should receive a kiss. So now it remains on the tops of trees and people who meet under it kiss in peace and love, in

the assurance that the mistletoe can do no more harm. Mistletoe is associated with the Saturnalia festival, celebrated at the time of the summer solstice. Medicinally it is used to lower blood pressure and heart rate, eases anxiety and promotes sleep. This herb should always be used under strict supervision. In the language of flowers, Mistletoe represents "I surmount difficulties".



PETRIFIED WOOD

Patience, Growth, Inner Peace, Transformation

This ancient and transformed wood has long been regarded as having divine power and enhancing connection to the natural world. The wood has over the millennia been transformed by various minerals into its present state.

This is an excellent stone for meditation. It is grounding while allowing you the freedom to explore your inner and outer consciousness without destabilising you in the process. Petrified wood is a stone of strength and just carrying this is in your pocket and touching it when you need to take a deep breath, helps to calm and assist you in regaining presence of mind. Whenever you need to make a change in your life that requires transformation, then this stone becomes your best friend.

When seeking ancient knowledge this is one of the most powerful of guides.

Change takes time to manifest in our life. This stone allows us to remain steadfast as we slowly and surely evolve.

THE BODY AS ASTROLOGY

By Lois Stahl

Looking at it from the perspective that the **BODY DOES NOT LIE** – each part of it has information for us to eventually understand and know our bodies. This cannot happen from reading one book but hopefully it can set you off on a journey of further exploration and discovery into who you are through befriending your body.

Each body part is ruled by a specific zodiac sign and its ruling planet. Therefore it is useful to see what part of the body is afflicted or alternatively to know when for instance your knees are giving trouble you are aware that you are experiencing a transit of the planet Saturn. This is particularly helpful if you actually know your birth chart and you can look at the corresponding body part with the planet that is affecting the change or blockage.

It is important to also look at the sign that is opposite your birth sign as this works in polarity with each other. In other words they are the two opposite sides of a coin... one thing but two viewpoints. So if you are, for

instance an Aries you would look at Libra as well to see the corresponding areas of the body that is prone to getting afflicted in times of stress. When the body is holding too much weight and water, or any form of dis-ease, it is giving you specific information as to where there is a buildup of stress.

CORRESPONDING SIGNS:

ARIES -- LIBRA
TAURUS -- SCORPIO
GEMINI -- SAGITTARIUS
CANCER -- CAPRICORN
LEO -- AQUARIUS
VIRGO -- PISCES.

A transit is when a particular planet is moving through the zodiac and making an aspect to one or other planet in your chart. An aspect is the degree the planet is on and the geometric angle that they form which can create harmony and balance or tension and stress.



THE HEAD -- ARIES -- RULED BY MARS:

Being born under the sign of Aries, which is ruled by the planet Mars one can look at issues regarding the head. Aries people are especially prone to injuries about the head and face as they often leap before they look. They are quite susceptible to high fevers during the course of any illness. Headaches and migraines will at times of stress be dominant and if one is going through a Mars transit, then you will also be prone to headaches or jumbled and chaotic thoughts.

Aries are mostly prone to gaining weight when their sense of self is distorted due to negative thinking patterns.

THE NECK/THROAT -- TAURUS -- RULED BY VENUS:

Being born under the sign of Taurus, which is ruled by the planet Venus one can look at issues around the neck, the throat, and the ears. They also have an affinity with the lymphatic system of the body. The thyroid gland also comes under its influence. Due to this gland being closely allied to the human metabolic processes, many Taureans find that they have difficulties in converting their food into usable physical energy. This, as well as their sensual appetites, can make them susceptible to gain weight.

THE ARMS -- GEMINI - RULED BY MERCURY:

Being born under the sign of Gemini, which is ruled by the planet Mercury one can look at issues regarding the arms, hands and lungs as well as the nervous system. Gemini also stands for the bilateral structure of the larynx for individuals born during this astrological sign are gifted and animated orators. Gemini's are eager for experience and are prone to suffering from nervous exhaustion and if they don't control the direction of their energy they could find themselves in a restless and dissatisfied state. It is not often that a Gemini carries too much weight but they are more prone to eating disorders

due to not expressing themselves and keeping things locked inside.

THE BREASTS -- CANCER -- RULED BY THE MOON:

Being born under the sign of Cancer, which is ruled by the moon one can look at issues around the breasts. The breasts signifying nurturing and sustenance are indicative of these issues to the Cancerian and it is often that they have fears regarding not having enough food. Just as the moon has its many phases Cancerians have numerous moods. Due to Cancerians being so receptive to the vibrations around them they have difficulty in maintaining one feeling for long and they generate a lot of emotional activity. When the emotions are blocked then the water element is disturbed and Cancerian people are very prone to water retention which can manifest in overweight.

THE HEART -- LEO -- RULED BY THE SUN:

Being born under the sign of Leo, which is ruled by the sun one can look at issues relating to the heart. As the heart is the center of our being it stands to reason that Leo people need to feel confident and secure. The lack of confidence is detrimental to the Leo and this can lead to over indulgence in too rich food, which inevitably causes overweight.

THE STOMACH -- VIRGO -- RULED BY MERCURY:

Being born under the sign of Virgo, which is also ruled by Mercury, one can look at issues relating to the stomach. Virgo's are very fussy when it comes to their diet and their health in general and if they are worried or upset their mental pain manifests in their stomach and they are prone to dyspepsia, colitis, acidity etc. When the mind is troubled they should not take food into the body as food and worry seem to be close allies in the Virgonian psychology, which then can also cause weight problems or various eating disorders.

THE KIDNEYS -- LIBRA -- RULED BY VENUS:

Being born under the sign of Libra, which is also ruled by Venus, one can look at issues around the diaphragm -- the portion of the body that divides the upper part of the body with the lower -- as well as the kidneys, bladder and urinary tract.

Librans need balance in their lives in order to create a sense of harmony and often they need to address their emotional issues in order to deal with water retention and blocked kidneys. When a Libra person is out of balance and the emotions put aside instead of being addressed, then this too can manifest in eating disorders.

THE REPRODUCTIVE ORGANS -- SCORPIO - RULED BY PLUTO:

Being born under the sign of Scorpio, which is ruled by the planet Pluto, one can look at issues regarding the reproductive and excretory systems. Scorpio's can often suffer from constipation due to their natural retentive traits and should be cautious of ailments of the generative organs. Their inability to release negativity can manifest in weight problems due to holding on to that which should be eliminated.

THE HIPS AND THIGHS -- SAGITTARIUS -- RULED BY JUPITER:

Being born under the sign of Sagittarius, which is ruled by the planet Jupiter, one can look at the thighs, hips

and buttocks. Very often a Sagittarian person will have a large body as Jupiter rules them, which is the largest planet in our constellation. Therefore everything pertaining to the Sagittarius person is prone to being large or big. Even their appetite and it is difficult for them to keep a thin body. However healthy eating patterns will assist them in weight problems.

THE KNEES AND SKELETON - CAPRICORN – RULED BY SATURN:

Being born under the sign of Capricorn, which is ruled by the planet Saturn, one can look at the knees as well as the skeleton. The knee is that important joint that enables man to be agile on his upward climb for only limited locomotion can be generated when the legs are stiff and unbending. The skeleton as we all know is the structure and fundamental framework upon which the body is built. As the Capricorn person is serious and responsible by nature they also tend to be cautious about what they eat however they have a tendency to ignore their bodies needs and this in itself can manifest in over weight as they get so hungry that they then stuff themselves instead of eating moderate portions. So they are particularly inclined to go without food and then binge and eat too much.

THE ANKLES AND CIRCULATORY SYSTEM- AQUARIUS – RULED BY URANUS:

Being born under the sign of Aquarius, which is ruled by the planet Uranus, one can look at the ankles as well as the circulatory system. That network of arteries, veins and minute capillaries which makes sure that each of one's billions of cells receive the water of life – the blood. Aquarians can easily become excitable as they have sensitive nervous systems and have a tendency to pour their energy out like the water in their urn. They will often exhaust themselves through their mental gyrations. They need a strong heart and a firm centre and it is usually their difficulty in processing emotions that can cause them to carry too much weight. Unprocessed emotions disturb the water element in the body.

THE FEET – PISCES - RULED BY NEPTUNE:

Being born under the sign of Pisces, which is ruled by Neptune, one can look at issues relating to the feet. The feet are the only part of the body which are in constant physical contact with the Earth and they therefore absorb the vibrations of the planet. As Pisceans are such super-sensitives they are acutely aware of the total spectrum of the human condition. The feet support the weight of the entire body so it is often that Pisceans feel wholly responsible for the well-being of those they love or involve themselves with. It is also the sign most prone to taking drugs, alcohol or excessive eating disorders, for through these often self-destructive methods they find freedom, which is often denied in the material world. It is their tendency to be unconscious and ignorant of their body needs so they would do well to stick to a diet where they are aware of their input and how much they eat.

Always remember to ask for advice before starting any herbal programme. Your conventional medication can interact negatively with alternative therapies, so do some research and if in any doubt seek the assistance of a health practitioner.

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*Send us an [email](#) to win a hamper of our
organically grown medicinal herbal products*

**Green Energy Herbals
Pamper Kit Give Away**

***Give away only valid in South Africa
until end November 2011***

Lemongrass & Grape Seed Mask/Cleanser
Rose Refreshing Lotion – Instant cooling & Toning
Comfrey Orange Blossom – Rejuvenating Treatment
Calendula & Hemp – For all those dehydrated areas
Cream Lily Bulb – Anti wrinkle Treatment
Comfrey Lavender Chamomile – Moisturiser/Curative Balm
Reliever Mix 2 – Herbal Tranquillising/detoxifier
Indigo Star Flower & Rock Crystal Essence – expand horizons

**Added to this giveaway is a beautiful Hemp twine &
crystal bracelet sponsored by JewellerybyJewelz**

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***Hand preparing organic herbal medicinals
since 1992.***

For each action that we take,
first a seed was planted deep within.
Our manifestations come from the manner in which
we have watered and tended those seeds.
The word seed can mean kernel, stone, pit, germ,
spore, pip, source, beginning, start, starting point,
nucleus, germ, sow, plant, broadcast, and scatter.



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