

GREEN ENERGY HERBALS



Eherbalnewsletter Issue 17 – October/November 2013
Hand preparing organic herbal medicinals since 1992

Each day we are bombarded by sound. We have learned the art of switching off consciously to most of this noise but underneath our subconscious is sifting through each and every sound, alerting us should the need arise. There is an unfortunate side effect to this. We listen but mostly do not hear. Survival mechanism?

"Suffering and pain and isolation keep giving themselves up to art and artists, to be transformed. The paradox is, if artists, (which means everyone) took that offer in a full-blooded way, we would all rise to another level of life in which much of the suffering would no longer be necessary."

"What consciousness can invent is, in terms of mystery and joy and complexity, light years beyond what is said about the nature of consciousness..."

You're aware. I'm aware. That isn't a thing and it isn't "energy" and it isn't a mystical cloud.

Neither is it restricted. What the conscious-you can become aware of is unbounded.

Being conscious is a non-material situation. Physics isn't equipped to talk about it, because physics explores matter and energy, time and space. Consciousness isn't any of those things. It's, again, non-material.

(Jon Rappoport - The author of two explosive collections, THE MATRIX REVEALED and EXIT FROM THE MATRIX)

Sometimes we can't meditate and need to create

Most of us enjoy cooking and being creative in the kitchen. By harmonising with your food you create a favourable energy which is easy for the body systems to absorb. We all use condiments – make your own and as you grind over your food, impart that good vibrant energy.

Take a grinder and create your own home made nutritious natural flavourant. Mix coarse sea salt, freshly ground pepper, dried nettles, dandelions, hemp seed parsley and celery, sesame seeds or indeed any seed that adds to the general flavour. Nettles contain iron that is easily absorbed by the body and so provides more oxygen to the cells. Dandelion contains magnesium, potassium, calcium, iron, and various vitamins that help ease fatigue and depression and also increases resistance to infections.

Listening to what we hear

Many children often tell me that they know everything, but have forgotten most of it. This is a truth we should listen to. As I understand it, we have living inside us all the memories that ever were and probably ever will be. We are constantly told to listen to our inner voice for the answers. With our daily lives constantly demanding our attention it is useful to have easily found aids that subconsciously keep us on track. Most of us have our quiet space where we rebalance. Whenever I have the need to draw on that inner knowledge and call up the words heard, listened to and filed away in that endless filing system, I use a few basic herbs, incense and crystals to light the inward journey.

Cinnamon, Frankincense and Rosemary can be used either in essential oil form, incense or in a salt burner. Using a salt burner is sustenance for the journey. Place coarse

sea or rock salt in the top of your burner. Add a few pieces of cinnamon bark, a clove or two and a few drops of the above essential oils. Light the candle and allow the scent to settle over you and the space you are in. Tranquillity and stimulation.

Bloodstone, Bronzite, Dumortierite, Fluorite, Sugilite and Tigers Eye are the crystals that should be worn and having these crystals permanently in your quiet space will keep the area harmonious and enlightening.

Herb Talk

One of the herbs that I always keep on hand is Myrrh.

In the ancient world the little lumps of gum resin harvested from the Myrrh tree (*Commiphora molmol*) played an important role, both economically and medicinally. Myrrh's natural habitat is the desert areas around the Red Sea and Somalia. Myrrh was the chief ingredient in the embalming process and has been around since at least 4000BC and was regarded as one of the earth's most precious and versatile products. As a medicine it heals the body, as an incense it lifts the spirit and as a perfume it pleases the heart.

Myrrh is a powerful antiseptic and the tincture applied to fresh wounds "excites" healing action. Myrrh relieves gum and mouth ailments, and also relieves throat ulcers. I have found inflamed gums or an abscess respond well to the application of Myrrh. Before applying the tincture, it is always best to gargle with salt water. Apply tincture to cotton wool and place over the affected area. For adults the tincture can be used undiluted. The diluted tincture has proved highly effective rubbed onto teething babies gums. After bathing and drying the tincture can be diluted and gently massaged over the affected area to protect against cold. It also improves and strengthens the condition of the skin. Mixed with tincture of capsicum, it has proved effective in relieving rheumatism and neuralgia. Myrrh is used as a blood cleanser and thought to improve the intellect. This herb is not regarded safe to use internally during pregnancy and is best used in external applications.



Myrrh is available in resin form, which is used to prepare the tincture and steam distillation from the raw resin produces the essential oil. This oil can be applied to athlete's foot, eczema, wounds and as an additive to wrinkle creams. The oil relieves the pains of arthritis and is a good addition to mixtures that aid in the relieving of colds,

Michele Slabbert

Herbalist / Health Care Practitioner

Email: michele.herbalist@gmail.com

Web pages: www.greenenergyherbals.co.za

I do Consultations by email for convenience

The Evolution of the Ear

Some eighteen days into the development of a human embryo, even before the brain has become a complete organ, a group of surface cells on each side of the head begins to dimple. Each one of these groups forms a hollow sphere of cells in the shape of a bubble as it moves into the substance of the head. The cells then squirm and contort to create the various parts of the ear.

The human ear is a sensory organ both of hearing and balance. The balance apparatus appears to have evolved prior to the hearing mechanism. Early developing vertebrates such as fish have organs of balance, but no cochlea.

Embedded under the skin of a fish, along the length of its head and body, is a series of depressions or grooves known as the 'lateral-line'. Groups of hair cells just beneath the grooves detect differences in water pressure, which allows the fish to adjust to variations in currents and eddies, and to warn against the proximity of other fish, including predators. At the beginning of life in the oceans, even the most primitive fish possessed this simple sense organ.

Gradually, the grooves in the head evolved into the structure of the inner ear found in all vertebrates, including humans. It is easy to imagine that nerve cells in the inner ear are adaptations of earlier hair cells sensitive to the motions of liquid.

During the course of evolution, as fish became more amphibious, and finally developed into pure land animals, they required a new kind of sense organ which could detect slight differences in air pressure as a means of increasing their survival advantages, such as recognizing food, danger, friends, and enemies.

It is likely that the middle ear and the Eustachian tube evolved from the respiratory apparatus of the fish, while various inner ear structures were developed from parts of the fish jaw.

Eventually, the inner ear began to change and develop, in combination with new environmental pressures. It is probable that a small region of the inner ear partially responsible for balance evolved into the membrane of the oval window, which was flexible enough to transmit changes in air pressure to the fluid in the inner ear. At the same time, the inner ear was increasing in size and complexity. In amphibians, a small bulge appeared in the vestibular region of the ear, and as evolution proceeded, the bulge eventually developed into the spiralled cochlea which today forms the hearing mechanism of the inner ear of all vertebrates.

The range of frequencies which the ear is able to detect and analyze is likely the result of evolutionary pressure to decode complex speech sounds. Similarly, the amplitude range probably evolved in response to the loudest sounds in the natural environment. This would include the cracks and booms of a thunderstorm at close range, as well as the loud roar of predatory animals. These sounds tend to rise slowly rather than abruptly. And this may explain why the ear has no defence against extremely loud sounds which occur suddenly, without warning.

The modern cochlea, with its power to recognize the separate vibrations of each sound, has an obvious survival advantage. Since any sound which has been analyzed and transmitted to the brain can be remembered, those sounds which are associated with danger or with a promise of fulfilment can be acted upon immediately when heard again.

With thanks to John Holland web link:

[The Evolution of the Ear - John Holland](http://www.johnholland.ws/home/humanearrevolution)

www.johnholland.ws/home/humanearrevolution

LISTENING AND HEARING

By Lois Stahl

Hearing is one of the five senses of a person and it is the ability to perceive sound by detecting vibrations through an organ such as the ear. Hearing and Listening, though synonymous, are complete different things. You can listen to someone without actually hearing anything. Let's put it this way, have you ever day dreamed in class? In this, though you were listening to the noise in the classroom, you did not hear what the teacher was saying. In humans and other vertebrates, hearing is performed primarily by the auditory system: vibrations are detected by the ear and transduced into nerve impulses that are perceived by the brain (primarily in the temporal lobe). Like touch, audition requires sensitivity to the movement of molecules in the world outside the organism. Both hearing and touch are types of mechano-sensation.

There are three main components of the human ear: the outer ear, the middle ear and the inner ear.

The outer ear includes the visible part of the ear (or the pinna), the auditory canal and the eardrum. The eardrum is made of an airtight flap of skin. Sounds travel in waves, and when these waves arrive at the eardrum, they cause it to vibrate, following the waveform of the sound. The eardrum simplifies incoming air pressure waves to a single change with a certain amplitude. This allows for the differentiation of sound.

The middle ear consists of a small air filled chamber that is located behind the eardrum. Within this chamber are the three smallest bones in the body, known collectively as the ossicles. They aid in the transmission and amplification of the vibrations from the ear drum to the inner ear.

The inner ear contains the cochlea, which is a spiral shaped, fluid filled tube that is considered the organ of auditory transduction. It is divided lengthwise by the basilar membrane, a structure that vibrates when waves from the middle ear propagate through the cochlear fluid-membrane system. The basilar membrane is tonotopic, so that each frequency has a characteristic place of resonance along it. Characteristic frequencies are high at the basal entrance to the cochlea, and low at the apex. Basilar membrane motion causes the movement of the hair cells, specialized auditory receptors located within the basilar membrane. The space-time pattern of vibrations in the basilar membrane is converted to a spatial-temporal pattern of firings on the auditory nerve, which transmits information about the sound to the brainstem.

Hearing can be measured by behavioural tests using an audiometer. Electrophysiological tests of hearing can provide accurate measurements of hearing thresholds even in unconscious subjects. Such tests include auditory brainstem evoked potentials (ABR), otoacoustic emissions (OAE) and electro-cochleography (EchoG). Technical advances in these tests have allowed hearing screening for infants to become widespread.

Listening also known as 'active listening' is a technique used in communication which requires a person to pay attention to the speaker and provide feedback. Listening is a step further than hearing, where after the brain receives the nerve impulses and deciphers it, it then sends feedback. What we hear and what we listen to is not necessarily always the same. Often times we hear things but it is not often that we listen as this takes concentration and focus and mostly when someone is talking to us we are already thinking about answers to what they are saying. A valuable exercise to practise is to just listen and not think of any answers or reply and then see the difference to what we hear.

Defence mechanism

The hearing structures of many species have defence mechanisms against injury. For example, the muscles of the middle ear (e.g. the tensor tympani muscle) in many mammals contract reflexively in reaction to loud sounds which may injure the hearing ability of the organism. The idea that the acoustic reflex is a defence mechanism has been a topic for debate in recent years. Commonly cited ^{counter} arguments include:

The types of sound that produce hearing loss (impact and continuous noise), were not present during the evolutionary history of mammals.

The muscles that kink the ossicles are among the smallest in the body, and fatigue too quickly to be useful in the capacity of protecting against continuous noise.

The reflex is too slow to protect against impact noises.

Hearing loss

There are defined degrees of hearing loss:

Mild hearing loss:

People who suffer from mild hearing loss have difficulties keeping up with conversations, especially in noisy surroundings. The quietest sounds that people who suffer from mild hearing loss can hear with their better ear are between 25 and 40 dB SPL.

Moderate hearing loss

People who suffer from moderate hearing loss have difficulty keeping up with conversations when they are not using a hearing aid. On average, the most quiet sounds heard by people with moderate hearing loss with their better ear are between 40 and 70 dB SPL.

Severe hearing loss

People who suffer from severe hearing loss depend on powerful hearing aid. However, they often rely on lip-reading even when they are using hearing aids. The quietest sounds heard by people with severe hearing loss with their better ear are between 70 and 95 dB SPL.

Profound hearing loss

People who suffer from profound hearing loss are very hard of hearing and they mostly rely on lip-reading and sign language. The quietest sounds heard by people with profound hearing loss with their better ear are from 95 dB SPL or more.

Hearing loss that occurs gradually as you age (presbycusis) is common. According to the National Institutes of Health, an estimated one-third of people in the United States between the ages of 65 and 75 and close to one-half of those older than 75 have some degree of hearing loss.

Doctors believe that heredity and chronic exposure to loud noises are the main factors that contribute to hearing loss over time. Other factors, such as earwax blockage, can prevent your ears from conducting sounds as well as they should.

You can't reverse hearing loss. However, you don't have to live in a world of muted, less distinct sounds. You and your doctor or hearing specialist can take steps to improve what you hear.

Hearing takes place when something disturbs the atmosphere and that disturbance takes the form of pressure waves that strike our ear drums as sound. It's the way we perceive sound.

Listening is different. It expands on hearing when we pay attention to the meaning of what we hear. For example, a truck just rolled by on the road in front of your house. You heard the noisy rumble, knew what it was, and after that paid no attention whatsoever. We do that when we're merely hearing the words someone else is speaking. They're just vibrations in the atmosphere.

We nod, smile, perhaps even respond, but are we listening? Hardly. Listening requires that we open to the meaning of the other person's words, that we — in a very real way — enter into the experience those words are meant to convey.

Listening is not automatic. It takes practice. It takes intention.

The most important quality of listening is that you allow yourself to **step aside and be mindful of the other's experience**. That doesn't mean you have to abandon your own point of view. You merely **set it aside for the time you are listening** so you can be available to what wants to be communicated.

When you listen, truly listen, the rewards are immediate. Because the better you listen the better you are appreciated. The better you appreciate the other. The better you are connected. The better your relationship.

Relinquishing your defences:

One simple and effective way to practice listening is to relinquish your defences. It goes like this: When you feel like you need to protect yourself from something your partner is saying or something your partner wants from you **that's the time to relax your point of view and listen**. We know that sounds counter-intuitive. But it works.

We're not saying you have to abandon what you're feeling or thinking. Not at all. In fact you shouldn't, because that would mean an abdication of self which leads to resentment and usually blaming the other. What you do is relax and just listen to your partner's point of view.

What you will find is that he or she has some truth to what he or she is saying or wanting. Also, because you're feeling defensive, some part of your position is flawed. If it weren't, you wouldn't feel vulnerable and under threat and needing to defend yourself against you partner. After all, if you were in the right, there would be no need for concern.

But defensiveness is always an indication that something about your point of view is not quite on point.

When you open to your partner, you can discover what it is about your position that needs to change — for your own empowered growth AND the betterment of your relationship. And that's the reward.

You haven't lost — even if your partner gets what he or she wants — because the change benefits you and it's for the betterment of your relationship. **Listening is about dialogue.** And dialogue is about connection. And connection fosters deeper intimacy and a closer bond. And it's ultimately very romantic.

COMMUNICATION

There are four types of communicators, a 'non-listener' is a person that is preoccupied with his/her own thoughts and though he is hearing he is not paying attention; 'passive listeners' hear the words but do not absorb the meaning and only provide vague answers; 'listeners' hear and listen, but they only grasp the meaning of talks that interests them, this is most common for people who do not want to listen to a topic on which their views differ and will cease to listen to that and start providing their own ideas.

Finally 'active listeners' are the best listeners, not only do they hear the person speak, but they also listen with patience and an open mind. They are completely focused on the speaker.

It is said that a good listener becomes the best communicator as he/she understands the value of the words and emotions. They take in importance of speaking in a clear manner to remove chances of misunderstandings. An active listener has lesser chances of misunderstandings and misinterpreting ideas and words as they also pick up on emotions that are attached with the words.

So the main difference between hearing and listening is, while listening only refers to your ears picking up noise, listening means to interpret the noise, understand it and provide an adequate response to it. Listening also uses other sense in order to be receptive to the other person's body language.

It's no longer just about sound but about the thoughts, feelings, point of view, expectations, memories, sensations, beliefs — the whole of the other person — or at least as much of the whole as is available in the moment.

Wanting to be understood

One simple way to understand listening is to ask yourself — what do I want from the other person when I want to be understood? **What we want most is to be appreciated.** Not just heard, technically, but to feel like the other person gets us.

Hearing, auditory perception, is the ability to perceive sound by detecting vibrations and changes in the pressure of the surrounding medium through time and through an organ such as the ear. In hearing, vibrations are detected by the ear and then converted into nerve impulses and sent to the brain. Sound may be heard through solid, liquid, or gaseous matter. It is one of the traditional five senses. The inability to hear is called deafness.

Hearing occurs even in sleep, where the ear processes the sounds and passes them on to the brain, but the brain does not always react to the sound.

ACUPRESSURE AND ACUPUNCTURE

The ear is not only for hearing with but the body is represented on the ear in a foetal position with the pressure points that are relevant to the various organs.

These ancient systems of treatment have been part of the Chinese medicine for many thousands of years and can be dramatically effective in many conditions which at times have not responded to conventional approaches.

The ancient Chinese considered that energy circulated in the body along specific channels which they called meridians. This flow of energy has a specific direction and it is of great importance when using acupressure that the massaging of the relevant points are applied in the direction of flow of the meridian. The Chinese considered that the balance of energy from side to side, top to bottom and from the inside to the outside of the body was of great importance. They expressed this idea by using the principle of Yin and Yang. This considers that everything is an amalgam of opposites.

Yang was associated with activity, fire, and the sunny side of life and the male principle of life.

Yin was associated with physical substance, water and the darker element of life and the feminine principle.

The balance between these two opposites was considered to be constantly fluctuating. If a person was out of balance in an energetic sense then the principle of treatment would be to re-establish that balance.

This is essentially a vitalistic approach to the body and its physiology and is in keeping with many ancient system of medicine.

Not only has the body to be in balance but the energy or life force has to be able to circulate freely around the meridians. If there is a break in its circulation anywhere then illness would result.

For instance the traditional idea of backache is that the chi circulating the bladder meridian which runs along the back, has got stuck somewhere. The way to remedy this is in the simplest of possible terms by either insert a needle at the point of discomfort or to put pressure on the point thus encouraging the flow to re-establish itself.

Each meridian refers to a particular organ and the energy flow in that meridian should be taken as indicating the functional state of the organ. In other words inserting a needle or putting pressure on the liver meridian could be expected to affect liver function, the effect depending on the state of the patient at the time of treatment and on the actual point used.

The use of acupressure allows you to stimulate points at which energy flow is blocked simply by applying deep massage to this point in the direction of flow of the channel.

Acupressure is not always as effective as acupuncture but on no account should you proceed to put needles into yourself as this requires a qualified practitioner, whereas acupressure you can apply yourself.

Acupressure stimulation of ear points is of some importance and is best done with a blunt object such as a matchstick covered with some cotton wool or a finger nail.

It is particularly important in the case of the ear to search round very carefully with the thumb nail for a period of about 2 – 3 minutes until a tender spot has been located. Invariably the right point on the ear will be slightly tender. If it is not then it is almost certain that you have chosen the wrong point. Absolute accuracy with point location is essential on the ear.

Lois Stahl

Reiki Master / Mayan Astrologer

Email: masonwaspstudio@telkomsa.net

Follow Lois on Facebook at Astro Readings

Advertisers Corner:

**Contact Skip Wright on 0833888027
Acupuncture without needles**

Cape Town Area

**Acugraph Assessment / Auriculotherapy /
Electronic Acupuncture / Light Therapy**



The winner of our Spring Herbal Hamper is

Janet Burmeister of Somerset West

Your herbals will be on their way to you shortly

Enjoy the Spring into Summer