

GREEN ENERGY HERBALS



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Hand preparing organic herbal medicinals since 1992

This year we celebrate 20 years of Herbal Preparations



Winter into Spring is always such a rejuvenating time. The plants are blooming away and the mind is alive with new possibilities. Throughout the last days of this in between time I spent reading two books which stimulated new thoughts and chided some old ones! We assume to be civilised by the mere fact we live in cities, yet.....

Enjoy the read

Reflections on Trees

Trees are the lungs of our planet

Perhaps what follows helps us to understand why we tend to lose touch with something so vital

Colonial enterprise (and territorial expansion by one nation over another is nothing new) by the Romans found an under exploited frontier in the forested regions of Europe. Under the guise of reclaiming for God, forests were torn down to remove the terrain of paganism from the land. The forest was where the demons lurked, alongside fairies, elves, wood sprites and pixies and of course the enigmatic Green Man. This is where giants sprang from oaks and where trees were alive with evil. It was thought that trees could walk on their roots and watch you with invisible eyes. The forest was stained with pagan sensuality and the pagan groves grew sacred trees, which Christian evangelists chopped up for churches and crosses. In the middle ages the wild man of the forest was seen as the knight's adversary – *in fact the forest was seen as the enemy of civilisation.*

Forests represented raw nature and teased the civilising instinct. You could only escape it by chopping it down. The forest was the domain of wild tribes where man and nature alike were deadly to the Romans.

Pagan thought held that Trees shared signs of life and experiences of danger to which rocks and mountains were indifferent. They had to be renewed, but as they died and revived with the seasons, or fertilised the earth they stood on with layers of mould, they proclaimed a life cycle which promised immortality to humankind.

Most forest peoples are reluctant deforesters. To outsiders forests are oppressive and to those from cities and cultivated fields, forests are dangerous environments which invite you to fight back with fire and axe, because they hide your natural enemies, lose you and starve you.

The antithesis of the forest and the ideal for which trees were sacrificed, was the city. Although cities shrank with the decline and fall of the Roman Empire in the west, the ideal was never forgotten or forgone – it was merely Christianized.

The way nature's builders – birds and beavers – use wood in their construction can suggest to forest dwellers possibilities of reshaping their habitat which are hardly paralleled in other environments. It is encouraging to see how this trend is gaining momentum today. It is up to us to teach our children well.

Quoted from Civilization by Felipe Fernandez-Armesto

MEMORIES – OUR IMMUNE SYSTEMS

All the pieces of human bodies fit into eleven systems – endocrine, musculoskeletal, cardiovascular, hematologic, pulmonary, urinary, reproductive, gastrointestinal, integumentary, nervous and immune.

There's a limited number of places where someone could hide something inside a human being. And as far as we know, only 2 of the body's systems – the immune and nervous – store memories.

Most of us don't associate immune systems with hopes and fears or emotions and recollections. Most of us don't imagine anything other than lymph is stored inside of thymuses, spleens and lymph nodes. The business of immune systems is, after all, not hope, but immunity – protection against things like measles, mumps, cholera etc. But immune systems do remember things, intricate things that the rest of the body has forgotten. And the memories stored inside our immune systems can come back at unexpected moments, with sometimes startling consequences.

Human skin is like nothing else in the universe. It tastes of sea salt and iron. Skin is what keeps us apart from everything else on this planet, especially everything that might infect, infest, pollute, putrefy and possess us. It is our skin that allows us to be here as individual men and women in a hungry world. Skin keeps things out – things that would eat us for lunch. And skin keeps everything in – things we couldn't live without. But skin breaks down, gets punctured by knives and needles. When that happens, if it weren't for our immune systems, we'd die abruptly. Immune systems deal with the things that crawl through the holes in our skin. Immune systems label the intruders as dangerous, round them up and destroys them. And immune systems remember the things they've seen beneath our skin, because immune systems believe that one day those things will be back. That's why we get to be adults – immunological memory.

Every living thing makes its living by drawing energy from its surroundings and converting that energy into useful things like protein, fat, nucleic acids, and hope. That's life!

The patter of the sun is tightly woven into the flesh of humans and other animals. Our immune systems strengthen and weaken as the sun rises and sets; our bodies warm and cool to the rotation of the earth and our hormones surge and ebb as the planet spins.

We are creatures of the sun.

Gerald N. Callahan –

Faith, Madness & Spontaneous Human Combustion

COMPETITION CORNER – CELEBRATING 20 YEARS

Congratulations to B. Pook of Stanford
the winner of our Spring Cleansing Kit give away
Mrs. R. Kusch of St. Helena Bay was the winner of
the 20th order and got her herbals free.

DISCOUNTS OR GIFTS ON ALL ORDERS FOR
HERBALS FROM NOW UNTIL END DECEMBER 2012

MORE TREE TALK

Apples do have an interesting history and it is still good health to eat an apple a day! No other fruit is as exalted as the apple. If you were a god you could eat an apple to retain your immortality; and Troy was brought to her knees through a golden apple. Three Olympian goddesses wanted Paris to be the judge of who of the three was the most beautiful. The prize to the winner was a golden apple and Aphrodite offered Helen to Paris as reward should he choose her as the most beautiful. History tells the rest of this tale. It is not surprising to find then that in the language of flowers, the apple represents temptation! Yet apples seem to represent the beginning of the end of an age or cycle. Most myths surrounding apples speak of radical transformation and moving on towards a new stage of being. **When you feel down and unworthy, perhaps a decision you have taken that you know is right, but goes contrary to what your own personal beliefs are, then sitting under an apple tree is where you can open your life force energy and rid yourself of any blockages.** This tree has the ability to help us trust ourselves when we find it hard to do so. As with the oak a branch of the apple tree makes an exceptional energy rod. When we find ourselves missing those that have departed or wanting to gain spiritual knowledge, this is where an energy rod from the apple tree can aid us in our quest. It is important that when selecting your piece of wood you keep your thoughts directed to the wise energies of this tree and by so doing you will store a part of your identity that will enable you to make contact with other realms. The bark of the apple tree is a tonic and stimulant, and assists in lowering the temperature in a fever. An old cure for rheumatism has one rubbing the affected area with a rotten apple. In the absence of other herbs, apples can be rubbed, or the juice squeezed out over wounds to promote healing.

If you are lucky enough to have an apple tree growing in your garden, or know someone who does, then a lovely recipe for a revitalizing face wash can be made. Just before full moon, on a morning full of dew, collect as much dew as you can, gather apple blossoms and place in the liquid collected. Using untreated wood prepare a fire and gently heat the mixture, not allowing it to boil. Remove from the fire and allow to cool. Then apply to your skin, allowing this mixture to dry naturally. It is important not to dry your face with a cloth. Apple flower essence keeps you healthy! The apple is a sign of beauty and eternity and brings abundance towards us. In the language of flowers apple blossoms represent preference. Apples are the symbols of love, youth, beauty and happiness.

WEST COAST FLOWERS

The leading photo is Hemimeris, otherwise known as the Happy Faces. They flower on our property from mid August to September.

These flowers bring sunshine and creativity into your life. They love to grow in patches and their bonny outlook always brings a smile to everyone's faces.

Flowers heal in many ways and these precious dainties impart a warm strength that stays with you long after they have returned to the earth to await their next awakening.

On the subject of awakening have a look at this very interesting website –

www.illumind.co

A TALE OR TWO OF HERBS

Herbs have always been the subject of myth and legend never more so as the healing properties began to spread into everyday life. It was believed that the herbs physical appearance pointed to the part of the bodily system the herb would cure. Walnuts look like skulls and so were used to cure headaches. Yellow flowers were used to sure liver complaints as liver ailments tend to make one yellowish. Garlic and onion leaves are hollow, allowing air to pass through so these were used as decongestants.

Herbs are comforting and the practice of hanging certain herbs in the home is still something we do today. Aloe is hung for good luck and removing negativity. Clover hung above the bed was said to enhance clairvoyant powers. Basil hung all around the house brings peace and happiness (and also helps to drive away the flies!).

Angelica was said to have received its name when this herb was introduced to humans by an angel as a cure for plague. Liquorice soaked in milk was said to have given warriors enough stamina that they could go without sustenance for 12 days!

CRYSTAL TALK SERAPHINITE

Creating the connection

Seraphinite is a rare, dark green mineral from eastern Siberia in Russia. Known as the premier healing stone of our time, *This is the stone of self healing.*



When you are ready to release that old baggage and take on the challenges that the future holds, Seraphinite is the stone that is ideal for the task at hand.

Seraphinite cleans/clears the aura and chakras and assists in receiving messages from the galactic realm bringing the energy of cooperation that is abundant in the universe. It will assist with that feeling of being disconnected. Place seraphinite on the crown chakra to bring alignment.

When hiking, cycling or just meandering around in nature, wearing seraphinite connects you to the sound of the spheres. It brings clarity of thought and gives you direction. Seraphinite brings the sunlight directly into your body flooding you with light and showing you where to remove that lingering negativity.

Seraphinite is a useful tool for cellular regeneration helping to direct nutrients to the cells. It is an ideal stone to wear when you embark on any weight loss programme, helping you to keep to your own commitments.

Protection, love, growth and harmony.

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Consultations by appointment and also by email for convenience

GARDENING THE NATURAL WAY With Lois Stahl

NATURE DOES NOT CHANGE:

An object seen in isolation from the whole is not the real thing. To the extent that people separate themselves from nature, they spin out further and further from the centre. At the same time, a centripetal effect asserts itself and the desire to return to nature arises. But if people merely become caught up in reacting, moving to the left or to the right, depending on conditions, the result is only more activity. The non-moving point of origin, which lies outside the realm of relativity, is passed over, unnoticed. I believe that even "returning-to-nature" and antipollution activities, no matter how commendable, are not moving toward a genuine solution if they are carried out solely in reaction to the over development of the present age. Nature does not change, although the way of viewing nature invariably changes from age to age.

CONSCIOUSNESS IN GARDENING:

Upon investigating the habitat, the balance between insects and their natural enemies, were found to be just as scarce in my fields as in the fields, which are sprayed countless times with a variety of deadly chemicals. While the harmful insects were few, their natural predators were far more numerous in my fields than in the sprayed fields. I realized that my fields were being maintained in this state by means of a natural balance established among the various insect communities. If my method were generally adopted, the problem of crop devastation by leafhoppers could be solved.

Four Principles:

The first is **NO CULTIVATION**, that is, no ploughing or turning of the soil. For centuries, farmers and gardeners have assumed that the plough is essential for growing crops. However, non-cultivation is fundamental to natural gardening and farming. The earth cultivates itself naturally by means of the penetration of plant roots and the activity of micro-organisms, small animals, and earthworms.

The second is **NO CHEMICAL FERTILIZER**.

People interfere with nature and, try as they may, they cannot heal the resulting wounds. Their careless farming practices drain the soil of essential nutrients and the result is yearly depletion of the land. If left to itself, the soil maintains its fertility naturally, in accordance with the orderly cycle of plant and animal life.

The third is **NO WEEDING**: (BY TILLAGE OR HERBICIDES.)

Weeds play their part in building soil fertility and in balancing the biological community. As a fundamental principle, weeds should be controlled, not eliminated. Straw mulch, and ground cover inter-planted with the crops, dense growing and temporary flooding provide effective weed control.

The fourth is **NO DEPENDENCE ON CHEMICALS**

From the time that weak plants developed because of such unnatural practices as ploughing and fertilizing, disease and insect imbalance became a great problem in agriculture. Nature, left alone, is in perfect balance. Harmful insects and plant diseases are always present, but do not occur in nature to an extent, which requires the use of poisonous chemicals. The sensible approach to disease and insect control is to grow sturdy crops in a healthy environment.

Cultivation

When the soil is cultivated, the natural environment is altered beyond recognition. The repercussions of such acts have caused the gardener and farmer nightmares for countless generations. For example, when a natural area is brought under the plough very strong weeds such as grass and docks sometimes come to dominate the vegetation. When these weeds take hold, the farmer is faced with a nearly impossible task of weeding each year.

In coping with problems such as these, the only sensible approach is to discontinue the unnatural practices, which have brought about the situation in the first place. The gardener and farmer also have a responsibility to repair the damage they have caused.

Cultivation of the soil should be discontinued, if gentle measures such as spreading straw or mulch is practiced, instead of using man-made chemicals and machinery to wage a war of annihilation, then the environment will move back toward its natural balance and even troublesome weeds can be brought under control.

Coping with Weeds

Here are some key points to remember in dealing with weeds:

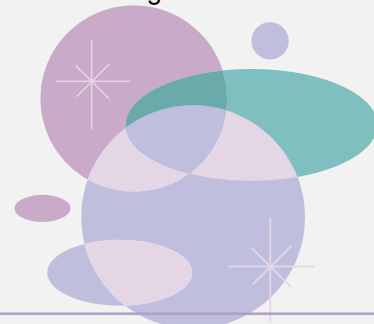
The usual way to deal with weeds is to cultivate the soil. But when you cultivate, seeds lying deep in the soil, which would never have germinated otherwise, are stirred up and given a chance to sprout. Furthermore, the quick-sprouting, fast-growing varieties are given the advantage under these conditions. Therefore, you might say that the gardener who tries to control weeds by cultivating the soil is, quite literally, sowing the seeds of his own misfortune.

As soon as cultivation is discontinued, the number of weeds decreases sharply. Also, the variety of weeds in a given field will change.

Directly after the harvest, if the whole field is covered with straw, the germination of weeds is stopped short. If seeds are sown while the preceding crop is still ripening in the field, those seeds will germinate ahead of the weeds. Timing the sowing of the seeds in such a way that there is no interval between succeeding crops gives the chosen crop a great advantage over the weeds.

Fertilizer:

If you want to get an idea of the natural fertility of the earth, take a walk to the wild mountainside sometime and look at the giant trees that grow without fertilizer and without cultivation. The fertility of nature, as it is, is beyond reach of the imagination.



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HERBS OF THE BAVIAANSKLOOF SPEKBOOM - PORTULACARIA AFRA:

The Spekboom is a close relation to the Purslane but indigenous to South Africa. It grows on rocky hillsides and is an attractive succulent scrub that roots easily and is very drought, heat and frost resistant. It is also very much loved by the bees and most wild animals in particular the buffalo and Kudu.

The Spekboom has leaves that are astringent and lemony tasting and very thirst quenching and the Khoi and San people used to chew it whenever they went on a long walk. The leaf is held in the mouth and sucked and helps wonderfully against heat exhaustion and dehydration.

The juicy leaves rubber over blisters or corns on the feet will quickly soothe and heal. The leaves of the Spekboom are very edible and can be used in many dishes.

Medicinally the leaf is chewed against sore throats and mouth infections and the astringent juice is soothing and antiseptic for skin spots, pimples, rashes and insect strings. The leaves are also used as a poultice for sores and infected bits and the juice squeezed onto the area is very effective as a sunburn treatment.

KAREE BARK: *Rhus Lancea*

This tree can grow very tall and can spread its branches very far. The leaves are variable but characteristically has three leaflets arising from a narrowly winged leaf stalk and they have pointed tips and a distinctly wavy margin. The young leaves are usually shiny and resinous. The greenish yellow flowers are not very conspicuous and these form into berries that are slightly reddish.

The leaves, bark and roots are used for medicinal purposes and the indigenous people used to chew the leaves for chest colds. Leaves were also made into a concoction for post-partum problems. The roots are good against infective disorders or the gastro-intestinal tract. This bark is a very good tonic but is mostly used for prostrate problems.

DOSAGE: This bark is best made into tinctures of 1 gm. bark equal to 1 gm. wine. Made into a tea it needs to boil for at least 10 minutes and 1 spoon of bark with 1 cup of boiling water.

WILD WILLOW: *Salix Mucronata*.

This shrub or tree grows up to 12 meters in height and can be found all along the riverbeds. It has drooping branches like the known willow tree but the leaves are different and a darker green with minute teeth along the margins. The bark is dark brown, rough and fissured.

The male and female flowers occur separately on the tree. They are both small, a greenish yellow and not very noticeable. The fruits are like small brown capsules that split open to release the white woolly seeds within. The tips of the branches and leaves are mostly used and also the bark. The most common use is used for rheumatism and fevers. The bark is also very helpful as a pain reliever as it has anti-inflammatory properties.

DOSAGE: Decoctions or infusions are made or taken as a tea or you can make tinctures of it. 1 Cup of plant to 1 cup of boiling water is about the right mixture if the fever is high. Otherwise you can add more water.



ASTRO NEWS

With Lois Stahl

FROM THE EQUINOX TO THE SOLSTICE:

From the Solstice on the 23rd of September the planets **Pluto and Uranus** are forming a square (this is 90 degrees apart) to one another in the political signs of Capricorn and Aries. When the sun moves into Libra this forms a T-square created by the opposition of the Sun to Uranus and making a square to Pluto. Due to this the second combination of influences describes more aggressive energy. We live in times of rampant insecurity and uncertainty. Systems once perceived reliable are now floundering, and many of us are transformed into social or political activists cheering solutions and pointing fingers in an attempt to foster the change we feel is needed. Waves of protests have swept nations and continue to confront the status quo.

We live in times of purging, where systems are deconstructed and leave a vacuum. This has the tendency to make us edgy and agitated because we know things must change, and this second period of planetary influences adds fuel to this fire. In fact, this period sees an increase of radical destruction combined with confrontational and defensive stances. This bursting energy needs an outlet—and at worst, there can be war.

The energies of these two planets ultimately bring tremendous progress and radical shifts, but their movement leaves nothing standing. Such meeting of forces will undoubtedly bring tremor and intensity—people may feel this influence by breaking away from present life situations, leaving their job, relocating, changing plans, or being high on the defensive. In positive ways, new pathways will be created as a result of the converging of forces.

The planet is braving powerful forces which means we can go very far, but which direction is left to be seen. The first period brings tremendous inspiration, a call for freedom, and courage to create an alternative reality. The second period will be a rage of titans: This inspires radical action in ways that bring destruction in one way or another. Both periods are about change, but in very different ways. Initially it is about letting go and moving forward blindfolded and trusting, the second calls for action and force, to forge a way through old belief systems that are solid like concrete.

Moving forward wisely requires first that we accept the challenge and embody courage. Some of us will be more involved than others, but we are all part of this journey. A great deal of physical and psychic energy is needed to navigate these strong waters, and so we must proceed with care with the use of our resources. It is important to try to diffuse unnecessary drama or conflict. Acting selfishly and reactively will deplete our energies fast. The pathways we create must serve collective betterment.

The second period now around and after the Equinox (23rd September) is a rage of titans: it inspires radical action in ways that brings destruction to one degree or another. Both streams of influence are about change, but in very different ways...the first is about letting go and moving forward blindfolded and trusting, the second calls for action and force, wearing an armour to forge a way through solid resistance.

Stepping forward wisely requires first that we accept the challenge and embody courage.