



# GREEN ENERGY HERBALS NEWSLETTER

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Hand preparing medicinal herbals since 1992

We are the consciousness of our thoughts. Since in the world of time each of us lives but one life, it is in ourselves that we must search for the secret of the garden. Let us be reminded that truth is but the radiance of reality.

This edition focuses on The Self Power of the Universe, which is the expression of the universe that manifested as us and everything around us. That small bit of Self that we each harbour inside ourselves. The Self that we often misunderstand and abuse, as is evident by the state of the planet. It is only by changing the way we are, the way we think and the way we want to be that we will begin to find that expression that will benefit everyone.

Youth reminds us that the human species is the youngest, freshest, most immature, newest species of all advanced life forms on the planet. We have only just arrived. If we can remain resilient, if we can continue our questioning, our developing, our hoping, if we can live in awe and in the depths of wonder, we will continue moving into the only process that now matters – our authentic maturation as a species. It is in this way and only this way that we will enable the Earth to bloom once again. (Brian Swimme – *The Universe is a Green Dragon*).

The spiritual, the Zi, was that which manifested life ... the test of the manifestation of life was movement. All things that moved possess self power. (*One of the many Sumerian belief systems*)

Thank you to Lois Stahl and Michele Slabbert, who believe that it is only through shared communication that a little spark will light and one day explode into brilliant flame.

Winter creeps upon us slowly and brings along little irritations that can easily be avoided by some adaptations to your diet. Here's a few unusual ideas.

**Rely on your own eyes and your inborn intuitive abilities**

## Winter Herbals With Michele Slabbert

Winter ails can be eaten away with some interesting adaptations. Here are a few. Enjoy.

**Artichokes** (*Cynara scolymus*) stimulate the liver to produce bile, which is stored in the gallbladder. Bile acids and the bile salts they contain aid in the digestion of fats. Artichokes stimulate the production of both. It is also reputed to lower blood cholesterol. Milk Thistle (*Silybum marianum*) is another highly effective liver protecting herb. It is reputed to stimulate the regeneration of liver cells. This herb is used to treat jaundice and hepatitis and in general conditions where the liver is under any stress. This is a useful spring tonic, preparing the body systems after the winter. Milk Thistle also increases breast milk production. In 1597 Gerard's Herbal states: *My opinion is that this is the best remedy that grows against all melancholy diseases.*

### Artichoke and Milk Thistle Liqueur.

2 large fresh artichokes  
2 tablespoons milk thistle tincture  
2 large sprigs fresh rosemary  
Juice and zest of one lemon  
1 cup vodka

Peel away all the leaves from the artichokes also removing the hairy thistle in the centre. Cut each heart into 4 pieces and place in a pot. Add 6 cups of water, cover and bring to the boil. Cook for about 1 ½ hours. By this stage the liquid should have reduced. Sterilize a canning jar and set aside to dry. Strain the remaining liquid and set aside. Working in batches sieve the artichokes to extract all the juices. Discard the solids. Line the sieve with some muslin and strain the liquid again. You should have about a cupful at this stage. Pour the artichoke essence into the jar and stir in the milk thistle tincture. Submerge the rosemary sprigs well into the

liquid, add the lemon zest and juice. Add the vodka, stirring gently. Close the lid tightly and shake the jar. Leave the jar in a cool place for 2 weeks and then open and strain through dampened muslin. You can keep this mix in the fridge for a good few months.

**Green Tea** comes from the same plant as black tea but the processing is different. Green Tea is made by steaming and drying the leaves and therefore being unfermented retains much of its medicinal properties. It is an effective anti-oxidant and generally a good heart tonic. It treats high cholesterol and stimulates the immune system. Green Tea eases mental fatigue and can be used to treat digestive tract infections. It helps to promote the burning of fat in the body, making it a valuable aid in any weight loss programme. Place a green tea bag over tired eyes and an infusion can be used to treat sunburn. The loose leaves can be used in your burner to cleanse the air.

### Lemonade with a difference

3 bags or 2 to 3 teaspoons of loose green tea  
2 tablespoons sugar  
1/3 cup freshly squeezed lemon juice  
Few sprigs fresh mint  
Rum

Place the tea and sugar in a teapot. Pour 2 cups boiling water and stir to dissolve sugar. Cover and infuse for 15 minutes. Remove the tea bags and add the lemon juice. Add the mint and rum. This is delicious both hot and served over ice

**Chillies** (*Capsicum frutescens*) warm us up by stimulating circulation. In large doses chillies make us perspire, which cools us down. We usually just take these in small amounts to warm ourselves. It is said that chillies warm the heart. Chillies don't make the heart pump faster but allows the blood vessels to widen

and this lets more blood through. This makes blood flow easily through the body, warming you in the process. A pinch of cayenne pepper in the shoes keeps your feet warm for the day. A pinch in warm water makes a good gargle for sore throats. Lemon is a valuable preventative, being antiseptic and cleansing. It is used for infections and fevers related to the stomach, liver and intestines. It is a good all round general tonic and maintains good health. Fresh lemon juice squeezed into a cooled herb tea is good for colds, flu and chest ailments. It also acts as a liver tonic, eases arthritis, rheumatism and gout. Gargle with fresh lemon juice to relieve a sore throat. The juice can be applied externally on insect bites and stings.

#### Lemon & Chilli Tea

Want to keep your nasal passages clear, try this warming brew.

1 teaspoon cayenne (use less if you're not brave enough!)  
2 to 3 tablespoons freshly squeezed lemon juice  
1 teaspoon chopped fresh mint leaves  
1 tablespoon grated ginger  
1 tablespoon honey

To 1 litre water (in a stainless steel pot) add cayenne and lemon juice. Cover and bring slowly to the boil. Remove immediately from heat and stir in the other ingredients. Drink while still pleasantly warm.

#### Flaxseed Lemonade

Good for those who need strengthening.

4 tablespoons whole flaxseed placed in 4 ½ cups of boiling water. Simmer for approx. 1 ½ hours. Strain and cool slightly. Add 4 tablespoons of honey (raw honey if possible) and the juice of 2 lemons. Drink slowly while hot.

A tea made from wild rosemary, wild mint and wild garlic eases digestion, colds, and coughs and boosts the system

#### Carnation Brandy

1 bottle brandy  
3 cups red or pink carnation petals  
Washed (dry carefully)  
6 cloves, lightly crushed  
225g sugar.

Pour half the brandy into a clean bottle. You now have 2 bottles.

Carefully remove the petals and divide between the 2 bottles. Add half cloves and sugar to each, cork and shake well. Place in a dark dry space for around 3 months, shaking them once a day or as often as you can. Strain, pressing out as much liquid from the petals as you can. Pour into a clean bottle and have a tot with food to avoid digestive woes.

#### A few reminders

Chest ailments do well with **Sage and Thyme**. Take a good handful of each and simmer in a stainless steel pot under reduced to half. Cool. Strain. Keep refrigerated or in a cool spot. Take a dessertspoon full every 3 hours for 24 hours. If prone to chest ailments make a smaller dose once a week.

Place a pinch of cayenne pepper in your shoes to keep your circulation in shape. This is especially good if you work outdoors (but please only a pinch – this is between your socks and shoes).

*"The body's forces are on short-term loan and required for mobility. They have to assemble, transform and accumulate all that is required for the build up of higher quality substances from the remnants of earlier organisation of raw materials."*

#### THE POWER WITHIN US Journey with Lois Stahl

*The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.*  
Albert Einstein

We are now used to hearing about 'right brain' and 'left brain' processes. However, before the localisation or lateralisation of certain brain processes were discovered, there were many references, in philosophy, religion and psychology, to the *intuitive* mind versus the rational, analytical or *discriminating* mind. Because of the discriminating mind (which is also called the thinking or intellectual mind) that an objective world evolves. The discriminating mind is portrayed as a dancer and a magician

with the objective world as his stage. The intuitive mind, however, is the wise jester who travels with the magician and reflects upon his emptiness and transience

The intuitive mind (now associated with the non-dominant right brain) partakes of the universality of a 'universal mind' and is one with this universal (non-local) mind by reason of its participation in 'transcendental intelligence' and at the same time is one with the *mind-system* (the local mind) by its comprehension of differentiated knowledge (generated by the discriminating mind).

Everything conscious has an unconscious preliminary stage. The intuitive mind sits between the universal mind and the individual's discriminating mind.

Therefore we must be careful to distinguish between the perception of our eyes and the intrinsic perception of sight by our enlightened mind that is conscious of the fallible perception of the eyes.

When you're feeling down, you're feeling down. The biggest problem is that unjustified negative emotions limit perception, meaning you fail to recognize, remember, or observe the positive side of things. Your decisions and train of thoughts are affected and you create negative consequences that stick you deeper in the mud. This creates a vicious cycle whereby a negative attitude creates negative experience that further reinforces the negative attitude.

What makes a negative emotion unjustified is that it either outlasts the event that provoked it and no longer serves purpose in motivating you to resolve the problem, or else it descends upon you without an external triggering event. One example of the latter would be lunar influences: on certain days you might feel very irritable or depressed, but these feelings arise by themselves. Only after you let it steer your train of thoughts does the feeling then *seem* to have justification. Maybe after a feeling of gloom comes over you, you start thinking about all the things wrong with your life, which only deepens your melancholy. Or maybe you feel irritated for no reason, but

because of this someone innocently rubs you the wrong way and after snapping at them a verbal fight breaks out, making you *really* feel irritated. But all these start with an unjustified negative attitude, and if you can nip them in the bud then you won't be creating the mental or physical consequences that would further reinforce them.

The only way to break out of a negative state is to *choose* a more positive alternative out of your own freewill. Freewill implies choosing what you prefer for the future, not what you feel justified in continuing based on the past. So if you were stuck in a negative attitude justified by all the thoughts, memories, and consequences created by it, you could easily think, *Why should I feel positive? Look at all this misery I am surrounded by*, but that is choosing to perpetuate the past, not initiate a new future. The proper response would be, *I understand that emotionally I am not sober right now, therefore I choose to turn things around.*

By turning around your emotional state you then see things more clearly and realize that the only reason your negative attitude felt justified before is because your awareness was constricted. The first step is to become aware of yourself while you are still overcome by a negative emotion. If instead of blindly obeying the emotion you catch yourself and simply observe your own internal sensations for a minute (racing pulse, knot in your throat, throbbing face, heaviness on your head and shoulders...) then that helps to disengage you from the impulse so that it may subside. After becoming aware of the situation, you can then choose a technique to pull yourself out. The external quick fixes for emergencies involves taking several deep breaths, eating something (especially chocolate), going for a walk, or taking a nap, but these are just temporary solutions that border on being cop-outs.

Another solution is to talk it over with someone you can trust; often when a negative attitude is externally imposed by dark forces seeking to get you into a fight, mentioning it to the other person

(if they are open minded to that possibility) stops the attempt and causes the negative pressure to suddenly lift.

The ideal technique is an internal one whereby you transform your negative emotions into positive, degree by degree.\* One such method is called a *lifeline*. When you are drowning in negativity you need a lifeline to pull yourself back to shore. Something must lead from your drunken state to sober state in order for you to follow. Without it, you are not equipped to make that transition.

During states of what ultimately turn out to be unjustified negativity, rather than reasoning your way out, simply pull yourself up a "rope" leading toward a more balanced state. This rope can be an affirmation, a meditation, or an inspirational book— something that guides you internally toward regaining emotional balance. As mentioned earlier, negativity clouds perception and subjectively rearranges, distorts, and blots out the perceived facts.

But meditation, or a sequence of spiritual facts coming from a place of sobriety and anchored in print or memory survives any transition you make into negativity and serves as a lifeline back out toward clarity and balance.

### Contemplation

Contemplating is where the magic happens. Food is useless unless you digest it, and the same with ideas that are not contemplated. To contemplate means to ponder, put the puzzle pieces together, come up with questions and possible answers, turn ideas over in your mind and see what fits, to sit and think. It is journeying into your mind on a thought safari, hunting for new insights. The easiest way to do this is with pen and sketchbook. Start by jotting down what's on your mind, the main points of what you have gathered, some question or problem that you are still wondering about.

Then brainstorm some ideas, think about the possibilities and work things out. You will discover that as you do this, key insights will pop into your head. When they first appear, they are in the form of thought-balls, which are tangled

packets of ideas that you can *feel* but maybe not know how to express in words right away. Sketch these thought-balls out in phrases and pictures before you forget them, then you can more easily turn these into clearly written explanations.

What's really happening when you contemplate is that you are opening yourself up to messages from the deeper levels of your mind, sometimes even the higher self. It is your job to unravel these thought-balls into understandable explanations and check that they make sense and feel right.

### Meditation

Meditation is where you take a few minutes to still your mind. It also means quieting and focusing your mind so that you are aware of yourself in the present moment. Normally you might have random thoughts, conversations, memories, and songs going through your head all day like some crazy circus between your ears. That is not good because your mind never gets a break from the chaos. And like trying to drive with people jumping around and yelling in their seats, you're distracted and not all there. Done daily it helps you be more aware, improves your energy and calmness, heightens your ability to concentrate, and makes you a clearer thinker.

Here is a simple way how to meditate: Find a quiet spot and relax, then close your eyes and focus your attention on one thing only. When your mind wanders, don't try to fight it but bring it back to that one thing. Keep this up for between five and thirty minutes. If you fall asleep, choose a less comfortable position, like sitting with your back straight.

Here are some suggestions what to focus on:

- 1] Starting with your toes, pay careful attention to what each small part of your body feels like, then work your way to the top of your head and repeat.
- 2] Mentally feel the presence of the room around you, then your house, neighbourhood, planet, and outer space the feel yourself surrounded by the whole universe.



3) Silently observe your thoughts as though you were watching the mind of another.

4) Keep your mind centred on the "here" and "now" with full alertness and readiness.

5) Vividly visualize a blooming plant and feel its aliveness.

6) Focus on a positive emotions like peace, goodwill, joy, love, or compassion and steadily maintain that feeling.

It is important to stay sharply aware while meditating to avoid falling into mindless daydreams, hypnotic trances, or unconscious sleep. The goal is to take charge of your mind and achieve *elevated* awareness and *heightened* focus. In the long run, meditation helps to strengthen the connection between lower and higher self. It may also activate your psychic powers, but only when you least expect it and are ready to use those powers responsibly.



Contact Lois Stahl

Reiki Master / Mayan Astrologer

[masonwaspstudio@telkomsa.net](mailto:masonwaspstudio@telkomsa.net)

### A little something different

#### Marigold Pudding

150 g self-raising flour

100g soft margarine

100g caster sugar

2 eggs, beaten

Grated rind and juice of 2 small oranges

4 tbsp. marigold petals

Marigold flowers to decorate

Sift flour, beat in margarine and sugar, eggs, orange rind and juice. Stir in the marigold petals. Grease a 900 ml heatproof bowl and spoon in the mixture. Cover with greased greaseproof paper (leave a little fold in the paper to allow for expansion) and a cloth and steam for 1 ½ hours. Turn out and decorate with flowers. Serve hot.

### The four elements in the western tradition

Air - By: V.H. Frater I.C.L.

Air suggests the principle of height. Astrological Air looks down on things from above, detached, in contrast to the personal and often deep involvement of Water, seeing things in perspective, with clarity and sharpness. It enables a broad overview, connecting it with the role of Jupiter. It offers a sense of freedom. From detachment can arise abstract thought in the pure realm of idea. When **Anaximenes**, another 6th century BC Greek philosopher, declared that Air was infinite and divine, the principle from which all things came into being it seems that he regarded Air as "the breath of the world." Air shares with Fire, the other masculine element, notions of soul and immortality. The Greek Spirit, "pneuma", and Soul, "psyche", and the Latin "spiritus" and "anima" all etymologically mean breath. *Pneuma* is the word used for the Holy Spirit which descends through the Air on the wings of a dove. Similar to the Sanskrit prana and Chinese chi it implies the life-giving and life enhancing force that enters the body with the breath. Prometheus in fact *breathes* life into his men of dust. Artists sometimes portrayed the soul as a butterfly (in modern Greek *psyche* also means Butterfly) leaving the lip of a dying person. How often to the winds blow from the lips of semi-divine beings, like a global extension of the breath of life. Galen attributed to the sanguine or Airy type "simplicity bordering on foolishness." But later the Airy temperament took on superior qualities. In the 12th century, William of Conches identified Air as the element proper to man, distinguishing humanity from the beasts who consisted only of Fire, Water and Earth.

Animals presumably breathed then as now, but lacked souls. William believed all **human beings were originally created with the blessed sanguine** temperament. He felt that since the majority of people suffered from temperaments other than sanguine merely testified to mankind's degenerate state. Although Gemini, Libra and Aquarius were not yet firmly

classified as the Airy trigon, they were represented by image of the human form and a man-made object rather than by images of beasts. In William's day, the sanguine or Airy person, good-natured, good-looking, cheerful and nearer to good, had the natal blessing of the Greater Benefice Jupiter.

**Alchemy** similarly implied that Air was the supreme element, connecting it with the final, most spiritual of the four phases of the opus, the *sublimatio*, the stage of the *hieros gamos* the holy marriage or ultimate *conjunctio*. Psychologically the *sublimatio* corresponds to the power of abstract purpose and meaning from concrete reality; to experience joy relief, bliss. A partial explanation of the elevation of the Airy type lies in the doctrine of the four humors defined in the Hippocratic writings. **Hippocrates**, the great physician of the rich 6th century BC, identified four basic humors or bodily fluids. However, while yellow bile, black bile and phlegm were considered "surplus humors", blood was obviously a vital substance. Hippocrates had already begun tentatively to link physical characteristics to the psychological and moral realm, but it was Galen, in the 2nd century AD, who "emphasized more clearly than anyone else the direct causal connection between bodily constitution and character."

### A Healers Reflection

The people who come to me for healing are mostly drowning in negativity. This has pervaded their lives to an extent where swimming to shore becomes a monumental task. The fact of life is that many of us do have more negative experiences than positive ones. It is the ability to take those positive moments and hold them close that aids healing in every way. It is the ability to make your Self the way you want to be and not to bow down to others perception of how you should be. Write down what you do not wish to be to find exactly who you are.

Contact Michele Slabbert

Herbalist/Traditional Healer

[Michele.herbalist@gmail.com](mailto:Michele.herbalist@gmail.com)

Tel: 0727693387