



GREEN ENERGY HERBALS



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Hand preparing organic herbal medicinals since 1992



As we head slowly but surely into winter, thoughts often turn to the underworld, the world of the subconscious, that world that we tend to hide from ourselves. Lois Stahl and Riedwaan Norodien take up the challenge of this world. Enjoy the read, may your thoughts descend through the mists of yourselves and then ascend to heights you never dreamed possible. As always, enjoy the journey.

There is a way of knowing which is at once underneath and above consciousness of knowing. There is a way in which the collective knowledge of mankind expresses itself, for the finite individual, through mere daily living; a way in which life itself is sheer knowing. So life is to me a mystery in all its essentials. I accept it even gladly as much because acceptance keeps me humble, keeps me in my little place; prevents me from being caught too far out of position. And the future? It is something in the days ahead, and so indeed it obviously is.

But there is a sense in which it is also behind us, in which it is also the now.

(Laurens van der Post – Venture into the Interior)

So your child has a cold and associated flu ...

Our children are our future, so give them a future by giving them options. So the next time your child or grandchild has a sniffle or two then consider this.

When a child is ill it is important to remember not to over stimulate with TV, games and too interesting a book. This can stimulate the body which produces stress on the immune system.

And then, when the child feels well again and wants to jump up and immediately begin playing is the time to slow down. This is a stage that needs to be handled carefully as many minerals such as calcium, magnesium, zinc, iron etc as well as vital vitamins have usually been lost during the course of the dis-ease. These nutrients need to be replenished before the child should be allowed to expend any energy.

Where a child has a frequent cough or cold, it is vital to note that this is the body hinting that the immune system needs help. This is when herbs such as Echinacea, Cleavers or Nettles can be used. These herbs help prevent infection by increasing the vitality of immune system response.

A poorly nourished child lacks resistance against infections like colds and flu and can take longer to recover than a well-nourished child. Look at the food your children are eating.

Echinacea is amongst the finest herbs to assist with boosting the immune system. However this herb should not be used on a constant basis and never by anyone with an auto immune disease. Echinacea acts by doubling or even tripling the number of T cells in the body and there is no doubt that its short term use in the treatment of colds is highly beneficial. Echinacea should be used at the changing of the seasons. The child can go on a course of this herb for about 10 days to boost the system and then only use again at the FIRST sign of a cold or flu for 2 to 3 days.

A burner should be placed in the room as high up in the room as possible. Peppermint oil or even Friars Balsam can be burnt in this at night to open the airways.

Hang bunches of peppermint in the sick room and squeeze the leaves every now and then. This helps to purify the air in the sickroom.

Ensure that plenty of water is given. At least 3 to 4 times a week your child should drink a glass of water that has a pin head size of rock salt added. This is stirred for a full minute and then the child should drink immediately. This assists with inner cleansing.

If you have wild fig (*Carpobrotus edulis*) growing take ½ teaspoon of the juice and add to a wineglassful of hot water. Cover the glass and allow to draw for 5 minutes. This is used as a gargle.

Herbs for children...

Nettle (*Urtica dioica*) tea is rich in calcium, magnesium, iron and various other nutrients.

Mullein (*Verbascum thapsus*) is an excellent herb for use in colds, coughs and flu.

Horehound (*Marrubium vulgare*) is a good expectorant for children. Horehound candy may be available from health shops.

Wilde Als (*Artemisia afra*) is a good all round indigenous herb to use for coughs, colds, flu, bronchitis etc. Honey, lemon, a little ginger and a pinch of turmeric can be added to the Als.

Equal parts of Elderflowers (*Sambuca*), Peppermint and Yarrow can be made into a drying tea.

To prepare an herbal infusion: 2 teaspoons of herb to two cups of boiling water. Cover the cup and stand for 10 minutes. Strain and divide into 8. Each quarter should be diluted 50/50 and given to the child every 1 ½ to 2 ½ hours.

Keep the balance in the fridge to be used as needed and make fresh each day and administer for not more than 3 days at a time.

Diet for children–

Keep portions of food small and cut down on fat and protein intake, as well as junk foods. A mixture of Aloe Vera Juice and Black Grape Juice, will assist the immune system in defending the body.

Organic carrot juice, perhaps mixed with 1) a little orange juice or 2) pineapple and papaya.

Rich broths or soups which contain pulses and root vegetables. Stewed apples.

It is vital to ensure that lots of water or herbal teas are used. We need to feed the soldiers of the immune system so at least ¼ to 1 cup of liquid should be given every 1 ½ to 2 ½ hours.

Rooibos tea - add a slice of lemon or lime and honey – no milk.

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Mastering Your Hidden Self

By Lois Stahl

Our universal tendency to fragment the world and ignore the dynamic interconnectedness of all things is responsible for many of our problems, not only in science but in our lives and our society as well. For instance we believe we can extract the valuable parts of the earth without affecting the whole. We believe it is possible to treat parts of our body and not be concerned with the whole. We believe we can deal with various problems in our society, such as crime, poverty and drug addiction without addressing the problems in our society as a whole and so on. Our current way of fragmenting the world into parts not only doesn't work but may even lead to our extinction.

The World Is What You Think It Is. This is the truth that you create your own personal experience of reality through your beliefs, expectations, attitudes, desires, fears, judgments, feelings, and consistent or persistent thoughts and actions. This principle also contains the idea that by changing your thinking you can change your world.

There Are No limits or no real boundaries between you and your body or you and other people, you and the world, or you and God. Any divisions used for discussion are terms of function and convenience. In other words, separation is only a useful illusion. An additional meaning of this principle is that there are unlimited potentials for creativity. You can create in some form or another, anything you can conceive.

Energy flows where attention Goes. The thoughts and feelings that you dwell on, in full awareness or not, form the blueprint for bringing into your life the nearest available equivalent experience to those same thoughts and feelings. Directed attention is the channel for the flow of biological as well as cosmic energy.

Now is the moment of Power: You are not bound by any experience of the past, nor by any perception of the future. . You have the power in the present moment to change limiting beliefs and consciously plant the seeds for a future of your choosing. As you change your mind you change your experience and there is no real power outside of you, for God is within. You are free to the degree that you realize this and act upon it.

To love is to be happy: . The universe exists because of love, in its two aspects of being and becoming. Human beings exist because of love, even when they don't acknowledge it. When they do acknowledge love, they are happy as they are and happy in becoming more., as love involves the creation of happiness. It is not just a side effect. Everything works better. is better, when this principle is followed consciously. For very practical reasons, then, love is the only ethic needed in life.

All Power Comes From Within. As mentioned above, there is no power outside of you because the power of God, or the Universe, works through you in your life. You are the active channel for that power, your choices and decisions direct it. No other person can have power over you or your destiny unless you decide to let him or her have it.

Effectiveness Is The Measure of Truth: In an universe, there cannot be an absolute truth. Instead, there must an effective Truth. This principle is an utterly practical one which allows you to organize and act upon information in the most suitable way for the purpose at hand, so that "facts" do not get in the way of effectiveness. Any organization or system of knowledge is seen as convenient, not factual, because a different organization of the same knowledge could be just as valid for other purposes. Another way of saying this is that all systems are arbitrary, so feel free to use what works.

YOUR THREE SELVES

We are each unique. Each of us experiences life a little differently, and no two of us express quite the same combination of talents and skills. Yet, for all the differences, we all share the same basic urge toward mastery of ourselves and of the world around us. The urge is called by many names and clothed in many forms, but it is present in every human being.

Each of us has three selves: a subconscious self, a conscious self, and a super conscious self. All three are aspects of a whole, yet they have separate functions and must interact as a team in order for a person to have a healthy, happy, fulfilling life. When for some reason there is disorder or conflict between them, the result can be physical or mental illness and disrupted social or environmental conditions.

Most modern psychologies accept the idea of a conscious and subconscious mind, though few have yet gotten as far as the super-conscious. The super-conscious is not God in the sense of a Supreme Being. It is more like God Within, the Christ Self, or the Buddha Nature of the individual. Another way to think of it is as a sort of guardian angel.

Besides the three forms of consciousness and, of course, a physical body, each person has two other components: an *aka* body, and *mana*. Aka is a Hawaiian term that is somewhat equivalent to astral or ether in English. Plasma could be another English equivalent. It is the stuff of which the physical universe is made; another term is "universal substance." An *aka* body. is a quasi-physical field that surrounds and interpenetrates the physical body.

Mana is the force or energy behind life thought and practices termed magical for lack of understanding.

AN ANALOGY

Let me try to bring this rather abstract explanation down to a concrete level through the use of analogy, remembering that analogies are never perfect.

You have probably seen and heard the televised account of the astronauts walking on the moon. Try to recall in your mind an image of one of those space- suited men. The space suit could be likened to the physical body. From the outside it seems to have a life of its own, but all activity and purpose leave it when the man inside takes it off and hangs it up. In effect, it is dead, lifeless, without the inner man. The physical body of the astronaut, in this context, can be likened to the subconscious mind. It moves the arms and legs of the suit/body in a more or less automatic way. The mind of the astronaut plays the same role here as does the conscious mind and it gives direction and purpose to the entire physical being.

Aka is something like the air inside and outside the suit (you may remember the bright glow around the astronauts that looked like an aura), and the power pack on the back of the suit supplies the energy (mana) that both operates the suit and provides life for the two inner selves. The power pack also furnishes the energy to maintain contact with the super-consciousness. The super-conscious, gives encouragement and advice and knowledge, but never helps unless it is asked for or unless there is danger that the mission will not be carried out.

THE SEVEN ELEMENTS OF THE INDIVIDUAL

1 -- The Subconscious

This is frequently called "the Lower Self". The subconscious reasons like a computer, drawing conclusions from a given premise or experience. Contrary to some popular thinking, the subconscious is never illogical, irrational, or unreasonable. Everything it does is according to strict logic, but often we are not conscious of the premises that it uses to draw conclusions and undertake action. Also, the subconscious reasons both deductively (which means it can take a general principle or belief and apply it to specific situations) and inductively (which means it can take a specific experience and derive from it a general principle or belief). An example of the former might be a belief learned in childhood from one's parents that sex is bad. Unless the belief is changed, the subconscious would act accordingly in every specific sexual situation for the rest of one's life. An example might be a woman who had a bad experience with the first man in her life, and her subconscious acts as if all men are rotten from then on.

Memory is a function of the subconscious, in fact its only function, since all of its other functions derive from memory. When we consciously decide to remember something, we are actually eliciting the cooperation of our subconscious. If for some reason it doesn't cooperate, then we have that common experience of being unable to recall something that we are sure we know. The subconscious is constantly communicating with the conscious mind, but our society has not put a high priority on this type of communication, so most people can't take advantage of this valuable resource. It "speaks" through dreams, imagination, feelings, physical sensations, and slips of the tongue.



2 -- The Conscious Mind

"Middle Self" is another term used. This contains meanings of awareness, communication, desire, thought, and achievement and also contains the idea of giving life and spirit, or direction and purpose.

One of the most important functions of the conscious mind is that of giving direction to the subconscious. It is amazing how many people believe that they are supposed to take orders from their subconscious. A feeling arises or a sensation occurs, and they think they must act on it. All that is happening, though, is that the subconscious is giving a message and waiting for direction. If no direction is forthcoming, the subconscious will act out of habit or according to someone else's direction. The conscious mind was intended to be the master, but seldom is. An important practice is to regain this natural order.

The conscious self communicates through speech, writing or drawing, physical action, dramatization, and thought. It has the same reasoning capability as the subconscious, but it can also "jump" reason by creative insight. Probably the greatest talent of the conscious self is that of being able to imagine what isn't. The subconscious can only imagine what has been and create new combinations out of old experience, but the conscious self can create completely new ideas and experience.

3 -- The Super-conscious

"Higher Self" is a term often used. This is a dual entity, both male and female in a special way. It is the source of individual life, purpose and expression. In that respect it is the God Within. For the individual it gives guidance, information, and inspiration, but does not give orders. It is sad to see someone waiting for his Higher Self to tell him what to do, because it just won't happen. Once the person decides for himself what to do, however, the super-conscious makes available an abundance of ideas, knowledge, and energy to carry it out and there are many ways of enhancing this inspirational contact.

The super-conscious communicates through the channels used by the other two selves, as well as through direct inspiration. When this happens, you suddenly know something, and the knowing is accompanied by a deep sense of peace, or a peaceful kind of excitement.

Calling the three selves low, middle, and high causes many problems in understanding because these terms have so many different connotations. Even the common association of the subconscious with the body, the conscious with the brain, and the super-conscious with some kind of spiritual essence floating way above your head really isn't justified either physiologically.

4 -- The Soul

For the sake of simplicity and practicality the soul is not often discussed because it doesn't have a function and it can't be trained. It simply exists. It is the essence of your being, your personal identity, your awareness of being aware. The most useful thing to be said about the soul is that it can expand, contract, change location in space or time, and even be multi-dimensional.

In English we often use the Latin word *ego* to mean the self (in Latin it means I), but the concept has become very distorted because of a mixture of other meanings from different sources. Freud used the term in psychoanalysis to mean the part of the mind that resolves conflicts between a storehouse of impulses he called the *id*, the environment, and a kind of conscience he called the *superego*. In addition, many religions and philosophies which hold that there is something inherently sinful or bad about humans have used the same term to mean self as opposed to others. Often they advocate diminishing or even destroying the *ego*, and as a result many people end up hating themselves and all their natural desires and urges.

Far from seeking to diminish it, we should seek to expand it as much as possible because the more we experience the Universe as our self, the more harmony and love we can create in it. Conflict always comes from a belief in separation. Let us diminish the separation, not the self.

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5 -- The aka body of the individual

The aka body is close to the physical, but more tenuous than air, so that it completely penetrates the physical body and surrounds it like an atmosphere or aura. The most trouble in explaining the aka body is due to orthodox science and psychology which don't accept it as real yet. For a correlation we have to turn to "psychic" science or parapsychology and the theory of ectoplasm, also called bio-plasm by the Russians and psi plasma by some American parapsychologists. Astral and/or etheric bodies are other metaphysical terms for the same thing.

To those who can see it well, this body is more or less bright and glittering, changing shape and colour with every thought and emotion. The aka body holds the pattern for every cell and organ in the body, so that growth, repair, and maintenance can proceed smoothly. The aka body is very sensitive to thought, however, so that distorted thoughts held for any length of time may distort the pattern and eventually the physical body as well.

One working theory has it that everything that we come into contact with through any of our senses is forever linked to us by an aka "thread" between the object and our aka body. Another working theory that might be considered more "modern" is one that suggests a universal field of aka in which individuals, locations, and objects are differentiated only by their unique frequency vibration. By "attuning" your mind to the right frequency, you can make contact with anything in the universe, and your subconscious retains the frequency memory of anything you come into contact with through your senses. Neither of these two theories is more true than the other for truth is what works for the individual.

6. -- The mana of the individual

Mana is usually equated with terms like *ch'i*, *prana*, *orgone*, and others which refer to life energy, bioenergy and even emotional energy. By learning to increase and direct mana as energy, you also increase your skill, your confidence, your authority, your power in general.

Mana has three basic meanings which sometimes causes confusion among students. The most fundamental meaning is "power," whether divine or not. The other two basic meanings deriving from that are "authority/confidence" and "energy."

"Power" means "to be able," and this applies equally to skills, attitudes, and energy that can do work. In the history books it is recorded that King Kamehameha, who united the Hawaiian Islands, had a great deal of mana. Now some have taken this to mean that he had an abundance of divine energy flowing through him, but it is more likely that those who said it were referring to the fact of his absolute authority as ruler, or even to the unshakable confidence that enabled him to achieve his goals.

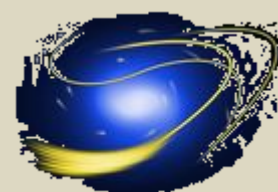
Mana is not just ability, just confidence, or just energy, but actually refers to all three working together.. A healer uses mana in the process of healing, which means he uses mentally directed energy, confidence, authority, and skill. This is his "power."

In the same way, everyone has mana to some degree or 'another, which can be increased or diminished according to circumstances.

7. -- The physical body

The condition of your body—its appearance and state of health—can to a very large extent be altered by changing your attitudes and habits, in other words your self-image and your behaviour. Your body responds instantly on a cellular level to your every thought and feeling. Most often this takes the form of muscular or organic tension or release. By learning to master (i.e., direct) your thoughts and feelings, you can thus exert tremendous influence on your body. If you attempt to control or repress your thoughts and feelings, however, your body will rebel, instantly or eventually, with pain and/or dysfunction.

Your physical body is *kino*, but so is your physical world. That is, your personal world, your particular environment as you experience it, is not only perceived by you... it is formed by you, especially by your thoughts, feelings, beliefs, expectations, fears and judgments about it. One of the most significant "secret facts about you is your ability to form—and reform— your personal world experience.



TREASURES OF THE MIND- by RIEDWAAN NORODIEN

Human suffering abounds, and most people spend their lives from womb to tomb in the chaos of changing conditions, in illness and loneliness, blundering along in an ignorance of their heritage, the treasures of Mind, the wealth and wisdom which lies within each one of us, unknown, untapped, unused.

The journey of Siddharta, from prince to peerless healer, is in part, an inspiring allegory of an individual, determined to solve and resolve the problems of suffering. Though he grew up as a prince, heir to worldly power and wealth, he left this all behind, his princely status, his beautiful young wife, and child, the luxury of the palace, and an entire kingdom, with a firm resolve to find a cure to the ubiquitous ailing human condition, to discover an elixir of eternal happiness, an antidote to the suffering that he came across, that he had been previously sheltered from, in his privileged youth.

He committed himself to every known conventional method of the time, (from following various teachings, from rigorous prayer and fasting, but none delivered any satisfying result - until, in meditation, he was struck by a liberating insight, and awoke to the Truth. It was this awakening insight that transformed him from Siddharta, prince, to Buddha, the 'awakened one'!

What is this 'awakening' insight, that each of us must access, so too to become Buddha, awake, aware, mindful, joyous? It is the insight into our mind, its nature, its processes and potentials, its dynamics: this is what the Buddha taught: that we suffer because we are ignorant of that which is most fundamental, and closest to us. It is only when we understand our mind, and the way to discipline and master it, that we can be truly happy.

Understanding our mind, its nature, its levels, shades and subtleties, and the discipline or the Way to follow and manifest this understanding, is the golden thread that runs through all the ancient Wisdom cultures of the east, and the west; it is the foundation of modern psychology, of which Freud and Jung were the pioneers.

But what is the essential understanding about our mind? It is this: that though our mind is one, indivisible, it functions in two phases, the one phase is the *conscious* aspect to our mind, the other is the *unconscious* phase. The unconscious Mind is the mystical and the powerful dimension to our being, variously alluded to by sages and mystics:

*The Tao that can be described
is not the eternal Tao.*

*The name that can be spoken
is not the eternal Name.*

The nameless is the boundary of Heaven and Earth.

The named is the mother of creation. (from the Tao te Ching)

*The body, its functions, vital energies, the thinking mind,
etc., and all forms, objects, enjoyment, etc. the physical
elements such as the ether, in fact everything up to this
Inexpressible are not one's true nature.*

(from the Viveka Chudamani- The Crest Jewel of Wisdom)



How beautifully this mystery and majesty is celebrated by ancient sages and poets:

*By Me the whole vast Universe of things
Is spread abroad;- by Me, the Unmanifest!
In Me are all existences contained;
Not I in them!*

*Yet they are not contained,
Those visible things! Receive and strive to embrace
The mystery majestic! My Being-
Creating all, sustaining all- still dwells
Outside of all!*

*See! as the shoreless airs
Move in the measureless space, but are not space,
[And space were space without the moving airs];
So all things are in Me, but are not I.*

(from the Bhagavad Gita- The Celestial Song of Joy)

*The Purusha, not larger than a thumb, the inner Self,
always dwells in the hearts of men. Let a man separate
Him from his body with steadiness, as one separates the
tender stalk from a blade of grass. Let him know that Self
as the Bright, as the Immortal—yea, as the Bright, as the
Immortal. . (from The Upanishads)*



In such passionate, profound and beautiful ways, cultures, ancient and modern and celebrate our hidden, or unconscious Mind. There is one aspect they all make clear: our mystical identity cannot be found or experienced within the functioning of senses, or even in our conscious thinking mind, hence to experience our ineffable self, our unconscious mind, we have to 'be still'

Our frustrations, our limitations, come about because we bind ourselves to the conscious part of our mind – and even identify our self with it- , while we are unaware of the role and the power of the more subtler unconscious phase. Our mind can be compared to an ice-berg, with the conscious mind the protruding tip, and the unconscious phase, a vast concealed part beneath the water.

This image also helps to explain our apparent experience of separateness: on the surface we all, while confined to the ice-berg surface tips of our awareness, look out and see other disparate ice-berg tips, while beneath the water we are one connected vast mountain, a collective unconscious, as Jung referred to it.

Another way to visualise the relationship between the conscious and the unconscious mind is to contemplate the image of a midget (representing the conscious mind) sitting on the shoulders of a blind giant (representing the unconscious mind); the midget is in touch with the objective world, while the giant is blind (unconscious) to it: it is the midget who has the ability to draw on the power of the giant, and direct it in whatever way he desires: the blind powerful giant (our unconscious mind) will manufacture as experience whatever the midget (our conscious mind) whispers (thinks with conviction) into his ears!

There is no way to awake to our hidden Bright Immortal Mind, but *through* the faculties of our conscious mind: Intellect, Imagination, Emotion, and Volition. These faculties transmit and direct the innate Intelligence and power. Intellect (our ability to think systematically, generalizing, isolating Principles), Imagination (our ability to see what we understand and to sense beyond our experience) Will (that which determines the intensity and direction of our energies) Emotion (that faculty that moves us, the subjective atmosphere in which we live).

Just as the body has limbs and muscles that may be undeveloped and- but for constant exercise, would atrophy – just so the Faculties of the Mind can remain undeveloped and if not exercised, can atrophy

Similarly, just as our bodies can be systematically trained and developed to conform to a norm of health, beauty, suppleness and flexibility, fitness and strength, all these can also be attained with our mind, but is achieved only through commitment and dedication and zeal

To awaken to the unconscious, we must be conscious; to uncover the unknowable, we must have knowledge; to arrive at the unthinkable, we must think – to experience our mystical self we must be still, but to get to this stillness we must move. Paradox? Yes, but the paradox, the seeming contradiction, is resolved by, as the Buddha expressed, Right understanding, Right thinking, and moving in the Right direction.

How many of us realise that the familiar story of Aladdin and the magic lamp is a powerful allegory, depicting the relationship between the conscious mind(Aladdin) and the powerful unconscious mind(the genie), with the rubbing of the lamp and the wishes representing the invocation of the law that governs our experience - or the principle of karma. The Principle, or the Law of Karma, determines our experience: This was a profound insight of the Buddha, who urged us to understand this law as one of the fundamental matters of the mind: this was an insight into suffering- that that we suffer because we are ignorant of the causal dynamics, the karmic field, which occur in our unconscious mind, and that we mistakenly identify with as a self, our self, which has been but constructed by our conscious mind.

"We are what we think.

All that we are arises with our thoughts.

With our thoughts we make the world.

Speak or act with an impure mind

And trouble will follow you

As the wheel follows the ox that draws the cart.

We are what we think.

All that we are arises with our thoughts.

With our thoughts we make the world.

Speak or act with a pure mind

And happiness will follow you

As your shadow, unshakeable."

It is the same Law of Karma, that Jesus taught as the basic principle underlying prayer:

"Whatsoever you ask for when you pray, accept that you have it – and you shall have!"

Our mind is the index to our true identity; the source of our happiness; and the basis of our unity: surely this makes it worth our effort to make this journey to discover the treasures of our minds. As a Chinese proverb succinctly says, "When we are facing in the Right direction, we simply keep on moving..."

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CRYSTAL TALK WITH MICHELE SLABBERT

BORNITE

(Peacock stone, Blushing copper)

Astrological connection - CANCER

Chakra - Throat/Third eye

Vibrates to Numbers 2 and 4

The Rebirthing Stone –

One of the most powerful in the mineral kingdom
As a race we tend to destroy the image of perfection –
Bornite renews the joyous experience
This stone brings to us a feeling that the way it is, is the way it is supposed to be. It brings the ability to see and enjoy in any moment. It helps us to transformation that removes negative energy and replaces it with a strong, beneficial positive energy.

THIS IS A STONE WE USE ON ITS OWN.



METAPHYSICAL PROPERTIES

called the stone of happiness and rebirth.
inspires the inner spirit to advance to higher spiritual realms
keeps the chakras in balance. use to activate a particular chakra
aids in letting go of things that we no longer need
brings freshness into life. allows you to enjoy the happiness of being in the moment.
protects from negative energy by teaching us to identify the cause of the negativity.
teaches us to recognise and understand and then accept the differences between grief and relief.
allows us to see the obstacles we place in front of ourselves hampering us from reaching our goals. brings about consciousness of new opportunities or possibilities that we may need to accomplish our goals.

HEALING PROPERTIES

controls the flow of adrenaline in the body. Activate by chakras above the navel. This is in response to an over acid state, bornite will increase alkalinity.
Use below the navel to treat alkalinity and increase acid levels.
Here it also helps to lower the sodium content of the body.
helps to reduce fevers and swellings\promotes hydration of the body
effective in balancing the ph of the body
stabilises the absorption and preservation of sodium in the body.
Lowers calcium levels in the body – this treats arthritic conditions
For long distance healing have the patient place the stone over the thymus. You can programme the stone before sending or giving to the person concerned

GENERAL

Assists us in integrating and bringing into unity the existing separation of emotions and intellect.
Casts out the thoughts that are no use to us.
Place on the crown chakra when meditating on rebirthing
Good stone for storytellers, to impart creativity to others.
Strengthens the throat chakra.
Bornite connects you visually with the energies of happiness and joy just by looking at the colours of the stone. It helps us understand that life can be easy, even during times of sadness and grief.

Most of all Bornite is a stone that protects against negativity, which it transmutes, it identifies the source and filters out that which is no longer relevant.

The energy within Bornite creates a circular, clockwise motion. Even though it is placed on one particular chakra, it will affect the others.