

GREEN ENERGY HERBALS



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Hand preparing organic herbal medicinals since 1992



Herbalism is not just about herbs. It encompasses every aspect of life. From the plants in the ground, to the air we breathe, the colours we see, the sounds we hear and the noises we make. Our environment shapes us. It makes us who we are, but not necessarily who we want to be. Herbalism assists in maintaining that balance. Sometimes it is only in walking through a garden, or ambling along a forest path that healing arrives to embrace us. There are times when we need to physically exert ourselves in order to achieve that balance. Then there is the way of stillness or the way of endless sound. We live in a time of immense change. It surrounds us, curls itself around every corner to confront or rejuvenate us; always ensuring life continues.

December is the month of year end, the month when many of us are on holiday and enjoying the friendship that summer brings. January is all about new beginnings – the time when we feel rejuvenated and ready to embrace the New Year with determination, motivation and an adventurous spirit.

From all of us to you – may the spirit of this time of year hold you throughout 2014. Many blessings for abundance in all that you do. We have a bumper read for you this edition – enjoy.

Quote corner

In the depth of winter, I finally learned that within me lay an invincible summer (Albert Camus).

Love all the seasons, because every season has its own treasures! Winter does not own the treasures of the spring; the spring does not own the treasure of the winter! If you know only the autumn, you are poor; if you know only the summer, you are poor! To be rich, love all the seasons and live the seasons! Wise and rich is the one who knows all the treasures of the seasons!. (Melmet Murat Ildan).

Come, behold this world, how it resembles an ornamented chariot, in which fools flounder, but for the wise there is no attachment to it. (Dhammapada)

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Centella Asiatica

Also known as gotu kola or pennywort

When no other ground creeper will venture in my garden, the centella boldly goes. Where there is a patch it doesn't enjoy it just shoots over it and creates another little plant on the other side. Now isn't that adaptability and uncanny instinctive behaviour, the energies of which can only enhance us in our time of need.

Centella has been used for thousands of years in the east, where it is highly venerated as a miracle herb, used for both its medicinal properties and spiritual enlightenment. It has remarkable rejuvenating properties and is known in India as the longevity herb and has been used to treat leprosy, skin ulcers and various other skin ailments. It has been in use in southern Africa for many hundreds of years and now forms an important part of our own pharmacopeia.

Centella has antibacterial, antifungal, anti-inflammatory and anti-allergic properties. It is a vital part of tonification therapy when we strengthen blood, organs and the vitality of the body. This when the immune system is weak especially after an illness or injury. Known as the blood purification herb. Centella's anti-inflammatory effect is used to treat rheumatism, rheumatoid arthritis and poor venous circulation. It strengthens veins and treats varicose veins. Centella is a highly valued remedy for depression, blood diseases and mental weakness. Neutralises blood acids and lowers the temperature. It acts on the circulatory and nervous systems. An herb often used for the pituitary gland. Tablets are used for vertigo.

The wound healing activity is due to the facilitated development of normal connective tissue. This process includes stimulating an increase in the development of blood vessels in the affected area, an increase in the formation of tissue structural components and an increase in the keratinisation of the epidermis. (*People's Plants – Ben-Erik van Wyk & Nigel Gericke*)

The leaves are used fresh or dried and make an excellent spring tonic. Fresh leaves are pulped and applied to sores, wounds, varicose ulcers, burns and stings. 1 heaped teaspoon of herb to 1 cup boiling water is given at the same time. Remember to cover the cup while the herb is infusing for 10 minutes. Strain, cool slightly and sip. This brew can be used for mild fevers, acne, allergies, diarrhoea, TB and cancer. It is also used for fertility ailments and as tonic for poor digestion. Dried leaves are powdered and used as a snuff. After ½ hour this has a calming, sedative effect, relieving anxiety and stress.

The tincture can be used as a brain food, for endurance, high blood pressure, mental fatigue and poor vitality. Centella strengthens nervous function and memory, thins the blood and in large doses lowers blood sugar levels. Tinctures teas and ointments made with centella are used to treat most forms of eczema, psoriasis and other skin ailments. Centella should not be used while pregnant or breast feeding. It has been noted that centella can interact with other medications that cause drowsiness, cholesterol lowering medications, antidiabetic medicines and corticosteroids. (Readers Digest).

HOW DO I FEEL

Some days we feel emotions we are unable to deal with or just have that flat feeling. A simple way to entice yourself back into balance is to do this simple exercise. From A to Z do an I exercise. In other words I am, I began, I can etc. Number each letter from 1 to 26. Choose 5 words that speak to you in any way, whether it be positive or negative. Tot up the numbers and reduce down to one digit. Hereunder is a simple explanation sure to get you wondering/wandering.

0	<i>This is the all seeing eye that encompasses everything but cannot act. Reflective. Withdrawal from life to take stock before embarking on the next adventure.</i>	<i>Your choice Connection with earth mysteries and the underworld Brown, rust Agate</i>
1	<i>Initiative and independence. Leader Goal setting and ambition</i>	<i>Mars Improving strength, power & authority Banishing conflicts Red Garnet, bloodstone, haematite</i>
2	<i>Nurturing and relationship Balance Mediator</i>	<i>Mercury Communication Study and learning Opal, carnelian, beryl</i>
3	<i>Creativity Self expression The birth of ideas Aspirations</i>	<i>Saturn Clearing obstacles Releasing self restrictions Black Jet, onyx, obsidian</i>
4	<i>Structure and order Material structures Self discipline</i>	<i>Jupiter Prosperity, opportunity, justice, wealth Amethyst, lapis lazuli</i>
5	<i>Breaking free from limits set by structure leading to growth and change Restlessness Self discovery by exploring new possibilities</i>	<i>Mars Improving strength, power & authority Banishing conflicts Red Garnet, bloodstone, haematite</i>
6	<i>Emotional harmony and sensitivity Perfection and ideals of family life Love of heart and home</i>	<i>Sun Good fortune in all areas of life, health & success Gold / orange Amber, topaz / citrine</i>
7	<i>Spiritual transformation Meditation Mysticism Spiritual learning and development Life and spirit in combination</i>	<i>Venus Love, friendship, beauty, harmony, creativity Green Peridot, jade</i>
8	<i>Strategy and organising Regulation of relationship between spirit and matter Connection with the cycles of life</i>	<i>Mercury Communication Study and learning Opal, carnelian, beryl</i>
9	<i>Wisdom gained through experience Becoming the teacher Completion and a new cycle begins</i>	<i>Moon Psychic ability Moonstone White, silver, blue</i>

The 0 is in for those days when nothing comes to mind!

CRYSTALS AT YOUR TABLE

I love stones. From childhood I have had a fascination with all types of rocks and have been collecting ever since. When it comes to dining why not impress your friends with an array of crystals, flowers and food that speaks volumes.

Side plates can be adorned with a single flower and a crystal. If you have seating cards then a clever touch is to make mention of the meanings of the flowers and crystals.

Place a large chunk of **amethyst** as your centre piece. Amethyst clears the air, lightens the atmosphere and brings vibrancy to the table. Amethyst sings a silent song of comforting welcome.

Create a blissful state with either pieces of **Yellow or orange Calcite**. These stones project an aura of calmness, peace and joy so are ideal for the festivity table.

Rose Quartz can be placed in your wine or punch decanter. Place a medium size piece in each decanter and fill with white wine or light coloured punch. The decanter looks stunning when filled with ice cubes, rose quartz and liquid. This is the stone of peace, goodwill, love and deep friendship.

Place **clear crystals** near lights so that they catch the warm glow and reflect the light around the room.

A lovely touch is knowing each person's birthday. A gift of their birthstone always goes down well. Here are a few suggestions and meanings for herbs, crystals and flowers..

The Language of Herbs

Bay wreath	Reward of merit
Basil	Love
Balm	Sympathy
Chamomile	Initiative, energy
Coriander	hidden worth, concealed merit
Elder	Zealousness
Fennel	Force, strength
Hyssop	Cleanliness
Lavender	Sweetness
Marigold	honesty
Marjoram	loyalty, friend
Mint	Virtue
Nasturtium	Patriotism, optimism,
Parsley	Feasting, festivity, useful knowledge
Peppermint	Cordiality
Rocket	Rivalry
Rosemary	Remembrance
Sage	Esteem, wisdom
Sorrel	Affection
Spearmint	Warmth of sentiment
Sweet basil	Good wishes
Thyme	Energy, affection
Verbena	Confidence

To preserve cut flowers

A bouquet of freshly cut flowers may be preserved alive for a long time by placing them in a glass or vase with fresh water, in which a little charcoal has been steeped or camphor has been dissolved. The vase should be set upon a plate or dish, and covered with a bell glass, around the edges of which, when it comes in contact with the plate, a little water should be poured to exclude the air. (from *The Book of Days*).



Crystals through the year

Garnet (Constancy) - January

Said to ward off depression and treat arthritis, anaemia, and when green, for sinus ailments eye sight and soreness of the breast. The Garnet was extremely popular with the Victorians and is the main stone related to Aquarius, but Amber, Amazonite and Hematite can be found to provide healing functions for those born in this month too, the Capricorn and the Aquarian.

For Capricorn the Diamond will bring confidence in personal abilities in this month with the White Sapphire providing much needed support in work, and the Falcon's Eye providing that creative spark.

Amethyst & Aquamarine (Sincerity) - February

The Amethyst protects from accidents, excess and disease, and used to treat upper and middle back pain, diabetes and fatigue. Preserves affection. The Holy Grail was believed to be made from this stone whilst the Aquamarine promotes examination of the 'life-force' within the wearer, often used for the Egyptian Eye of Horus to promote inner vision. The Aquamarine is used to treat laryngitis, nerves, hypoglycaemia, menstruation, constipation, asthma and anorexia. Jade, Pearl, and the White Opal can provide healing functions for those born in this month too. The Amethyst also is closely associated with the house of Pisces. The Aquamarine has close associations with the house of Aquarius and in this month brings emotional release whilst the Amazonite brings inspiration, and Amber will soothe anxiety.

Bloodstone (Courage) - March

Used to treat many conditions and illnesses including lower back pain, anaemia, baldness, diabetes and blood pressure. The Diamond, the Ruby, the Emerald and the Amethyst bring healing functions for those born in this month in the house of Aries. The White Opal brings strength to visions and ideas, Jade calms fears, Pearl brings consolation and the Amethyst will bring protection from illness for Pisces in this month.

Diamond (Purity) - April

Symbolic of love and affection, strength in men and pride in women. Believed to ensure longevity and protection against mental illness in ancient times. Once known as the Philosopher's Stone by alchemists. This is the stone most closely associated with the house of Aries. The Diamond brings confidence, the Emerald aids communication and the Amethyst will alleviate headaches in this month for the Aries.

Emerald (Hope) - May

Once believed to ensure fertility, symbolic of resurrection, indicates inner vision. Egyptian Eye of Horus often portrayed with this stone. In ancient Egypt the Emerald symbolised resurrection and reincarnation. Reputed to protect against eye infections, stress and diseases of the blood. Once used like the Turquoise to promote passion and arousal. The Emerald is the stone most closely associated with the house of Taurus. Here the Rose Quartz and Lapis Lazuli bring further positive qualities of imagination inspired and strengthens action. The house of Gemini lays claim on the end of the month and is associated with the Citrine, Amber, and Tourmaline.

Pearl & Agate (Health) - June

Pearl engagement rings can bring misfortune due to the changing energies of the moon upon the person, but embodies feminine innocence, purity and sweetness. Agate reputed to ward off negative energies, and once believed to provide invisibility. Agate used as an aid to water divining. The Agate has close associations with the house of Gemini and at this time the Citrine, Amber and the Tourmaline are important for Gemini Communication, imagination and concentration are aided here by these three stones.

Ruby & Moonstone (Contentment) - July

Changes of colour in a Ruby said to indicate the health of the wearer, and channel energy. The stone has also been used to treat headaches. Moonstone was believed to cure lunacy, yet could also bring mixed fortune due to its associations with the changing forces of the moon upon the wearer. The Moonstone and the Pearl have close associations with the house of Cancer which also brings the Peridot. Associations with the Yellow Topaz, Tiger's Eye, Ruby, and Milky Yellow Amber are important for those born in the house of Leo in this month. Relief from inner stress, received vitality, strengthening of the heart and a firm base of thought are provided by these stones.

Sardonyx (Fidelity) - August

Said to provide courage and protection against attack, and drive out sadness. The name of the stone translates as 'conjugal felicity'. The Ruby has close associations with the house of Leo in this month. Virgo brings associations of Amethyst, Carnelian, Pyrite to this month. Freedom from worry, stress, and the strengthening of energies are provided here by these stones.

Sapphire (Repentance) - September

Considered to be a stone which brings wisdom and strengthens intuition encouraging depth of thought. Also seen as a protection against negative forces. Has been used to treat headaches. Sardonyx also has close associations with the month of September as it is the main stone for the house of Virgo as well as Leo. Pyrite is particularly important to Virgo at this time.

Opal (Loveable) - October

Believed to be able to encourage the 'third eye', often used by mystic's. Also known as the 'stone of hope and justice'. To be worn with Diamond if not born in this month. Seen as a stone to indicate health and bring good fortune in the East. The Opal has close connections with the house of Libra. The Opal will bring energy and clear decision making in this month for Libra with Jade strengthening the inner self and the ability to understand the impact of one's actions with care and compassion.

Topaz & Malachite (Cheerfulness) - November

Topaz brings good fortune symbolising the sun in financial terms and in relationships. Said to promote courage and wisdom. Malachite provides the ability to understand the speech of animals, and promotes spiritual well being in times of depression. The Topaz and Malachite have close associations with the house of Scorpio. The Ruby will bring inner strength this month, and courage, whilst the Garnet will exert balance on passionate whims in the material, spiritual and physical realms. The Carnelian will make sure you keep your feet on the ground at this high point in your year, whilst the Black Pearl will calm anxieties.

Turquoise (Unselfish) - December

Brings happiness, and prosperous relationships between friends when given as a gift, and can also indicate changes in the health of the wearer. Once used to promote love and arousal! The Diamond, the Falcon's Eye and the White Sapphire can provide healing functions for those born in the house of Capricorn. For Sagittarius, the Turquoise brings protection against any form of problem this month, whilst the Amethyst will develop understanding of self and others, And the Citrine providing a channel for communication

Crystal Kit for Relaxation

Rose Quartz - calms

Smokey Quartz - draws off negativity

Clear Quartz - draws in energy

Amethyst - quietens thoughts

Citrine - security

Blue Lace Agate - reduces anxiety

ASTROLOGY FOR THE YEAR 2014

With Lois Stahl

Brief insights to the year ahead:

As we stand on the threshold of 2014 and look back at this past year it is with a certain feeling of relief that nothing very drastic happened on a global scale although I noticed that most of us had a few glitches and difficulties on a personal level. Some bigger than others.

The year ends with Venus going retrograde and disappearing from the night sky to eventually change into the morning star; an event that always brings about subtle changes in the psyche of everyone.

From May 2014 onwards the Planet Uranus moves ahead of Pluto and emphasizes the rebellious urge to be free and to exercise our freedom of choice which will be strong and overpowering in many ways. Sometimes even blinding us to others need for freedom.

This is an on-going process of a very intense period of learning about ourselves in order to be free of the conditioning and obligations to others to seek our own truth, and it is surely and certainly preparing us for some major changes that are essential for our survival and the quality of life for all beings on the earth. We have to discover a way of loosening the bonds, which requires firstly a close look at them. We can be social activists on a small or great, an individual or collective scale. Contradictory this may sound but we need to be motivated by goals for the common good which can include benefiting all forms of life, not just human.

Yet we each have to discover our own act and align our interest with the interest of the common good. Then at some stage we will begin to appreciate that certain goals can only be obtained through teamwork.

Structuring, controlling and bringing into the tangible world the subliminal and hidden aspects of ourselves is required in order to express our creativity.

There will only come stress if we resist the process and refuse the growth.

On a spiritual level this will be the awakening of our psychic and spiritual powers. We propose a more intense and creative involvement within ourselves and communities through sharing of dreams and feelings aimed at earth healing. Our human habitat needs to become at once a reality and dream as each time that this relationship between human culture and nature is broken the latter becomes deeply threatened.

ARIES

You can sparkle and shine and have a good time or you can choose to be in a bad mood and sit and brood. Tensions in your relationship/s comes from the undefined boundaries in your sharing. Your liability lies with yourself and you are responsible for your own actions and satisfaction. A correct understanding of selfishness enables a cultivated presence of self-preservation and requires clarity of mind to act with decisiveness.

TAURUS

Relationships that are not grounded in mutual respect will tend to be blown away through conflicting ideas. Bend and sway with the winds this year and don't cling stubbornly to your own opinions. All things can shift and change.

GEMINI

Stay buoyant but keep control of your emotions and temper as everybody shuts their door if the wind is blowing too strong and fiercely. Your awareness of the non-tangible or psychological qualities of life is encouraged and forced to develop and you are now inclined to need to say what you think and to express yourself.

CANCER

Personal nurturing needs discipline and staying power. This is a time of learning and knowing what your own needs are. You should try to look at what you are attracting in your life. If it is negative and disruptive you can avoid this by being methodical and careful in your dealings and relationships with others.

LEO

You need to take into account that your enthusiasm can miss the point and the things in which you invest your time, money and feelings have certain qualities, requirements and limitations that can be easily overlooked by you. From the middle of the year you will find yourself expanding into new horizons however your actions need to be tempered and directed in a way that will not be to your detriment, which means also that you need to pay as much attention to your admirers as to your critics.

VIRGO

You tend to get fixated on a particular outcome of events and failing this expectation you relegate the experience to the dustbin as 'bad' or negative.

Deep down you are afraid of failure. You need to see what is failure in your life – to understand it and where it comes from – and see where this fear of not being good enough and acceptable to others, originates from. Life is an experience and through living you learn.

SCORPIO

Your eye is the mirror of your universe and reflects yourself back to you. Expansion comes through the seeking of truth – truth is like love and you have to find your own interpretation of these issues. Quite possibly you'll move forward in leaps and bounds and find that your diligent applications of the past show benefits now when you apply your skills. You will be rebellious but keep a lid on it so that you don't blow up.

SAGITTARIUS:

Going from a placid, uneventful period into a hub of activity makes you feel life is bouncing you up and down like a yo-yo and you can expect some exciting, alternative happenings. In your magnanimous moments you created extra tasks for yourself. Now you find the time has come to do the actions that will verify your boastful expostulations as you apply yourself to the task.

CAPRICORN

Is it the time of the BIG TALK or TALKING BIG?

Communication and ideas flow so take notice of the finer details and illusions on the periphery of your vision. Control issues bring about strife and a demanding attitude makes others hackles rise. Communicate clearly what your needs and wishes are.

AQUARIUS

A year when you're burning with the fires of passion and there is an unusual amount of fireworks in your life and your creative fervour should be at an all time high. It's time to soar the heights and achieve your most way out dreams. The rebel in you steps to the fore, so rather than get embroiled in arguments, channel your energy in a creative direction.

PISCES

Water needs the containment of the earth and knowing your own boundaries helps to prevent the emotions from overflowing. Dramas come about when you lose sight of your creative goals and pretend you can forever swim in the confines of a fishbowl. Break out, swim out and make things happen.

Venus is the focus for the New Year and
“**EARTH CONSCIOUSNESS**”.

This recipe is called: BHAJI LAGAN.

It can be made with various vegetables but traditionally it is made with spinach or cabbage, however I have converted it to be made with plants from the garden which are mostly called weeds. The weeds I have used are: Shepherds purse, purslain and Spekboom. These three blend well together.

INGREDIENTS:

700 grams of vegetables (or weeds) chopped finely.
2 large eggs – beaten up
10 ml masala
1 teaspoon of coriander and cumin powder mixed
1 ½ teaspoon turmeric
2 teaspoons salt
1 ¼ cup of flour... wholewheat – cake flour or if you are adventurous Spelt flour.
1 ½ cup of maize flour
¾ cup of milk
1/3 cup of oil – preferably olive oil.

The finely chopped vegetables get placed into a baking dish. Mix the oil well into the flour and then add the spices and beaten eggs and mix all this into the vegetables. Bake in an oven of 180C degrees for 40 minutes. Sprinkle sesame seeds and some finely chopped dhunia on the top.
This dish can be served cold or hot as a meal or with cocktails.



GARDENING THE SOUL SEED by RIEDWAAN NORODIEN

'In the beginning was the word...' (Bible: John 1:1)

The universe is vast, and filled with amazing and spectacular wonders, but upon considering ourselves, we behold – the wonder of wonders!

The human being is as a seed, planted here on planet Earth. This seed, in its present form, in no way resembles the final marvellous splendour into which it can blossom: here is a seed, indestructible, capable of either remaining dormant for a very long time, or of growing in diverse ways through diverse cultures.

However, unless this seed is planted and nurtured in its appropriate culture it will not grow, it will not manifest its innate beauty and splendour, its creative potential will not fruit: we will not express what we are meant to be, our true innate form remains unrevealed: we cannot experience the meaning and fulfilment of our existence.

'When we return to the root we gain the meaning...' (Zen)

Culture is the nutriment and the nurture the seed of the soul needs to grow, to flower and fruit the creative functioning of its innate faculties or centres of power: Intellect, Emotion, Imagination and Will.

To mature into a solid flourishing tree, redolent with blossoms of happiness, of beauty, the seed needs to grow roots, that penetrate deep into the culture of its native soil, to tap all the nurturing goodness it needs.

But who is to be the gardener, who will sow the seed in its culture, who will ward off weeds, who will nurture and nourish the seed till it fruits and blossoms?

It is our *own* intrinsic Intelligence itself, that is the gardener: when the seed sprouts the desire to grow, the dormant intelligence becomes activated, and initiates and orchestrates the entire growth process: the cosmic marvel of evolving what is involved, unfurls.

As the gardener studies his soil, considers the climate of his region and plants the seed in exactly the right season, in just the right place, so too, the aspirant to growth in happiness and fulfilment learns to understand his own individual temperament and tendencies, and commits himself to that particular and unique culture that suits and satisfies his peculiar needs at his present phase of growth, thereby ensuring the harmonious development of all the consequent stages.

As the plant needs light and water, so the soul seed needs the light of understanding, and the water of the emotions of aspiration and faith.

"When the ten thousand things are viewed in their oneness, we return to the origin, and remain we always have been (Zen)

We grow in the direction of our vision (what we see through insight and understanding) and our faith (what we feel to be true). When we aspire earnestly to experience and manifest Truth, we are inspired and led to find that path of learning which will lead us to the vision of Beauty (the sense of our wholeness): the understanding of who we are in Truth (able to discern our ego from our unsullied identity)

"There is a time for everything, and a season for every purpose under heaven" (Bible: Ecclesiastes 3: 1)

As the gardener loves his garden, as it changes throughout the passing seasons, just so, understanding the process of organic growth, he plants the seed in the right culture, and nurtures it – all the while waiting and resting, observing and enjoying all the changes of the seed at each stage of its growth.

Though it sometimes appears as if nothing is happening, he knows that the process of growth is continuous, uninterrupted and spontaneous, so he does whatever needs be done; then, he rests, waits and watches in appreciation and joy,

Patience is the fundamental virtue that secures graceful, spontaneous and simple growth! The patience of the gardener lies in his knowledge of the reciprocal partnership existing between his own creative initiatives (his dreams and visions, his talents, skills and resources, his energy and time) and Nature. He accepts that once he has played his part, plied his 50%, he must allow Nature the time to complete the process with her 50% contribution.

*'Whoso performs- diligent, content-
The work allotted him, whate'er it be,
Lays hold of perfectness!' (Bhagavad Gita)*

Planted in soil of wholesome attitudes, the aspirant to Wisdom subjects himself to all that is necessary; he pursues and immerses himself in the culture for growing: he acquires knowledge; he learns; he thinks and reasons; he meditates on his understanding; he contemplates his insights, and he prays; also, he exerts himself in the rigorous discipline of weeding his mind from distractions and unwholesome habits. Fulfilling his part, he can do no more but wait upon Grace to complete and fulfil his growth.

'Lord, Grant us the courage to change the things we can, the serenity to accept the things we cannot change...' (St. Francis)



It is this very understanding of the interplay and balance between our own willing, and the acceptance of those processes beyond our control - that is the secret of patience: a calm and confident acceptance of certain results or events being assured!

We can neither will nor command patience, even as the gardener cannot will the fragrance of the rose, but we can cultivate it, through working on our attitude, and broadening our perspective. Patience is one of the flowers that blossoms forth from clear understanding.

The gardener sows the seed in the soil, while clearly understanding the invisible organic and dynamic process of growth: patience lies in our right understanding and perspective of what needs be done, in our attitude of confidence that everything is growing as it ought to.

Any negative emotion or movement of anxiety about the rate of growth we see is a weed – an impediment to spontaneous and healthy growth: patience is our joyful anticipation of flowers and fruit in the right season!

This perspective induces the appropriate attitude: earnestness, authentic aspiration and certainty that we are planted in the right culture. We are able to remain simple, enjoying ourselves at every stage of our growth and self-cultivation – rejoicing!

Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. (Bible: Luke 12:27)

The apple tree will blossom and give rise to fruit in its own season. Even now as we behold its bare branches, the laws are ceaselessly at work to produce the apple – everything is in order. It is the cultivating, the culture that is all-important – the care, the nurturing - sheltering the tree from excessive sun, or exposing it to enough light, that is what we can and have to do to produce the optimal conditions; but the law operates spontaneously *without* our concern or anxiety!

Similarly, with our own self-cultivation and growth: as we candidly review and assess ourselves in terms of our ideals and values, we may find that we are still far from actualizing them: the juicy, red, rosy and ripe apple may still not yet be visible. Our intelligent response now is to maintain our clear perspective, to remain objective - to stand outside ourselves, and to watch and wait patiently, even as the gardener, understanding Nature's seasons and processes, waits patiently, with appreciation.

Nurturing patience implies the subtle knowledge that enables us to discriminate between when we can make a difference to a particular situation, and when we have to accept that we cannot change the situation, for whatever reason; while we are acknowledging and acting on those factors necessary to effect and promote growth, such as knowing that there are still certain conditions that we can secure and fulfil: a plant that is not as green as it could be might need more water, or moved to a spot with more light.

'The Tao gives birth to all of creation.

***The virtue of Tao in nature nurtures them,
No one tells them to honour the Tao and its virtue,
it happens all by itself.***

***So the Tao gives them birth,
and its virtue cultivates them,
cares for them,
nurtures them,***

***gives them a place of refuge and peace,
helps them to grow and shelters them' (Tao Te Ching)***

In this attitude we blossom in joy throughout the various stages of our Self-Cultivation and growth. We understand the secret of patience rests in the humble and joyous acceptance of the certainty of inevitable manifestation - sure fulfilment. This confidence, this faith stands us in good stead when we are faced with situations, relationships or incidences that may appear as insurmountable obstacles, but which we turn into compost, using each to foster our growth. We rest assured that each stage of our growth is right and necessary.

***'One world is aware and by far the largest to me,
And that is myself,***

***And whether I come to my own today
Or in ten thousand or ten million years,
I can cheerfully take it now,
Or with equal cheerfulness, I can wait.'*** (Walt Whitman: from "The Song of Myself")

The soul's gardener works, and accepts with serenity, the "things that he cannot change" - knowing Grace to be the partner that complements the work he wills. Patience sprouts humility and humbleness: we work, we wait - and before we know it – our soul garden is complete: blossoming in creative expression of the harmony and beauty of its Being.

***'My foothold is tenon'd and mortis'd in granite,
I laugh at what you call dissolution,
And I know the amplitude of time'*** (Walt Whitman: from "The Song of Myself")

In parting – Understanding Moon Phases And how they affect your life

Each phase of the Moon is associated with a particular power or purpose.

The New Moon is a time to begin new things, to be spontaneous.

The Crescent Moon phase is an information-gathering phase, and a time to implement initial plans. The First Quarter Moon is a confrontational period when problems should be addressed, and laying of the foundations of plans is favourable.

The Gibbous Moon phase is a time to make adjustments and refinements.

The Full Moon Phase is a time for fulfillment. It is a point of unveiling and revealing.

The Disseminating Moon phase is a social period and a time when sharing and understanding is highlighted. This appears 3 to 4 days after Full Moon and is an active time for the active power of consciousness.

The Last Quarter Moon is a time of letting go.

The Balsamic Moon phase is a time of rest and reflection. This is when the moon is a slim crescent and when our instincts and intuition re at their peak.

Advertisers Corner

Green Energy Herbals are offering a 10% discount on all orders until the 15th December 2013.

Our Rose refreshing Lotion makes an ideal gift. Packed in a 50 ml spray bottle this delightfully fragranced herbal is perfect for cooling and refreshing on a hot summers day. Contains blends of Rose Oils, Rose waters and magnetised water. Priced right at R37.50 per bottle.

Contact Michele @ michele.herbalist@gmail.com