

Eherbalsnews

From Green Energy Herbals

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Welcome to our second edition. So many of you enjoyed the first issue and a big thank you for all the positive response.

The first give away has been won by Anne Hawtrey of Stellenbosch. Your Flower & Rock Crystal Essences will be on their way to you shortly.

In addition to the articles written by Michele Slabbert, Herbalist, in each issue we welcome an article by a friend and this issue we introduce Suzanne Whitehead.

We are all on a journey. Each one of us finds our pathway and treads along as we can. On the way we meet many people who influence our lives and guide us or beguile us. It is when confronted with the White Light of Truth that we truly begin to blossom into the radiance that surrounds us all.

How's your herbal scrap book getting along! Herbs, Flower & Rock crystals and mindful matters in this issue. Contact details are at the end of the articles as well as our bi monthly giveaway of organically grown, hand prepared medicinal herbals. Preparing herbals since 1992.

Enjoy the read.



The Healer within - A Journey for All

***You are not alone in your inner confusion;
you always have your truth as a companion
and it is to this voice that you need to attune.***

We have always assumed that there must be something that is greater than ourselves. We all aspire to be greater than we are as this is built into our survival as a species mechanism. It's just that some people need to feel better by preying on our humanity to further their own ambitions. It is in this way that inequality was born. Each one of us has the same bodily functions; we are able to interbreed with each other; we communicate with each other; therefore the only difference between us all is in the mind. It is this that the wounded soul is addressing. Again it is in the finding of your truth, that core of being that makes our individuality the common factor between us all.

This is the journey that each one of us undertakes in this life time. Do you wish to be bound by the fetters of a society that is on a road to self destruction or do you feel the need to centre yourself in order to undertake the joyful task of rehabilitating and redirecting towards a sustainable future?

If we feel good even in the face of despair, if we can remain calm in the fiercest storm; then all of us will evolve and not devolve. Evolution is just revolution without an r in front of it.

It is to take that first step beyond the veil of outer consciousness that is the great leap forward.

This is the point at which we begin to take control of our own destiny and disallow others to interfere as we traverse the infinite roads.

We are fortunate to live in a world that does allow us a fair measure of free will and thought. Just a short while ago your thought system was under the total control of an outdated religious ideology. We are in the throes of changing bended will to free will and all that goes with this great responsibility. The large cities that we live in today are a new feature in the human story. Never before have so many different peoples had to attempt to live together in what is really just a small space. This is just the beginning of a great and exciting adventure, albeit one that is going to take time to manifest.

These are some of the real issues we deal with unconsciously every day; the ones I call real truth. Working is a wonderful way to express a different aspect of yourself. So is playing and all forms of recreation. We are multi faceted beings, challenged constantly by each other and Mother Nature. We sometimes forget our needs amidst the myriad wants that confront our consciousness.

The first step is to recognise that you are the mistress or master of your own destiny; that you have the power to do what is right for you. We instinctively know what is good for us and this reflects in the inner glow we radiate when we follow what is truly in our hearts and minds. How often we tend to forget about this inner glow; instead we should be harnessing this energy for when we need our power to stay within what is right for us. Appreciate and enjoy your own diversity within an ever expanding diverse society. Always remember that it is when we do that spontaneous positive something for someone else, is when the inner glow illuminates the entire being and recharges our power; and this recharge is vital for the individual to prosper completely.

To be a part of everything that is requires a certain amount of concentration on our part. From what I understand ultimately the planet we presently occupy will cease to exist and it therefore becomes necessary for science and us to step in and find a way to evolve further into the depths of internal and external space, but the good news is that we have an incredibly long time to do this in. The earth has been around for a good few billion years and it took all that time for us to arrive, with our consciousness, which is also in a constant state of evolution. From the moment we began to really see and gazed into the infinite space around us, was when we started on this long road of self discovery.

We are going through times of immense change. As an avid reader of history both cultural and geological there is one message that towers over the rest of known history. The French Revolution. As societies developed there were those small groups that imagined themselves better than the rest and started the process of enslavement. This today encompasses just about everything. For millennia the ordinary person was subjected to the whims of the few and then we had enough. However the revolution did not happen overnight. It took a long, long time for the people to rise up and act in true human barbaric fashion. In a way that is what is happening in the world today. Not much has changed. In the past food security was only for the few, today we are led to believe that food needs to be genetically modified to meet the needs of the entire planet. If this is so, then why is there still mass starvation?!

We have been driven away from our individual reality into a forced reality and it is this untruth that is besieging us at the present time. Within each and every one of us lies the truth and when we are constantly told untruths, we start entering a stage of confusion. And this is when we need to access the healer within. Is it not time that we focused on the sacral chakra of the earth.

With the advent of a “restricted” freedom, many spiritual paths beckon. Whether you belong to a conservative or alternative ideology, the core of everything is in the belonging. I belong to Nature, that part of the universe that has manifested herself in so many brilliant displays of beauty and violence. We are so much a part of this dual process, this beauty and violence; it makes us wonder whether we will ever get out of this cycle. We can, if we start by teaching first ourselves and then our children that there is a better and cleaner way for us to move into the future. In order to balance the violence or anger that is within, we first need to acknowledge that it is there. You don’t have to do this on your own, if you feel overwhelmed at the prospect of finally facing yourself. But then, what’s the problem. What aspect is it that you find unappealing or appealing? Find the positive and work on that. And if you cannot find a positive, join a yoga, drama, Tai Chi or choir group because in the act of doing, you enter into being.

There were from the start people who understood the speech of the universe and were able to tap into the vibrations of whatever was around them. The knowledge of plants was and is still there for all of us to access, when and as we need to. Not all of us are called to the art of healing, however each one of us has the ability to speak within and communicate directly with every aspect of our being.

The art of self healing is as old as life itself. Today we are able to make the choice as to what method we choose to heal any ailment that challenges us. Together we can embrace everything that the natural world has to offer.



Speaking of offerings, here’s some ideas with herbal teas. When making a herbal tea you can use either fresh or dried herbs. Use 1 teaspoon of herb to 1 cup boiling water. Cover the cup and infuse for 10 minutes. When removing the cover ensure that the liquid caught underneath drips back into your cup. Allow to cool. Sit back, relax and enjoy the choice of herbal tea you made.

A refreshing cup of **Basil** (2/3 leaves of either sweet or wild will do) reminds us of how courageous we truly are.

When you are feeling a little blue and need upliftment, then a little glass of **Borage** tea is just what you need to cheer you on your way.

A wineglass of **Buchu** tea before going to bed aids in sweet dreaming and a good night’s rest.

If you find drifting off to sleep a challenge place a handful of **Celery** seeds in a small bag and place under your pillow.

2 or 3 small leaves of the **Elder** tree are just what you need if you find your mind racing around in your head and are in need of slowing down in order to catch up with yourself.

When you find yourself in a state of uncertainty a glass of **Gotu Kola** will assist in creating order.

Jasmine is another herb that stills the mind and ensures a good night’s rest.

Nettles aid in self healing of past trauma, which prevents us from moving in any direction.

Peppermint aids in cleansing dark thoughts paving the way for positive self motivated movement.

Sweet Violet (viola odorata)

Violets are an herb that has been in use for thousands of years. The ancient Britons used them for cosmetic purposes, steeping them in goat’s milk to increase beauty. The Greeks used violets to control anger, ensure peaceful sleep and strengthen the heart. The roots were soaked in vinegar and used for gout. The flowers, leaves and roots are the parts used. Please note that the large unscented flowers grown locally are not the ones we use medicinally.

Violet is from the Latin Viola, the Latin form of the Greek name Ione. Legend has it that when Jupiter changed his beloved Io into a white heifer for fear of Juno’s jealousy, he caused these gentle little flowers to spring from the earth to be sweet food for her, and gave them her name.

Culpeper states that when “the plants are fresh and moist they are used to cool any heat of the body either internally or externally, inflammation in the eyes, and eases pain in the head” the dried leaves “purges the body of choleric humours and eases the heat”. His recipe for piles is as follows: fry violet leaves with the yolks of eggs and apply thereto!

Violet flowers contain laxative properties and can be added to salads for this purpose. Violet treats inflammation of the intestines. Violet is diuretic and mixed with other herbs alleviates rheumatic pain.

The flowers and leaves induce light sweating. An infusion is used to treat coughs, colds, bronchitis, whooping cough and head colds. Sweet Violet has the ability to dissolve mucous, loosen phlegm and ease pain. Take 1 teaspoon of the herb to 1 cup boiling water. Cover the cup and infuse for 10 minutes. Cool slightly and enjoy 2 to 3 times a day.

Made into an ointment the flowers ease and repair cracked nipples. An old recipe states to take an equal part of fresh lard to an equal part of violet leaves. Place in a glass jar in a saucepan and stew for about an hour. Strain and when cool store in a jar in the fridge. Do take a tea of violet flowers 3 times a day for a few days, whilst you are treating yourself with this ointment. Flower & Rock Crystal essence of Violet is used for those who feel lonely in a group. Known as the social essence for strengthening of self.

Today Violets are used as a colouring agent and in perfume, as well as the medicinal Syrup of Violets. To make the syrup:

To 500g freshly picked Violet flowers add 1 litre of boiling water. Place in a porcelain container, securely covered, and allow this to infuse for 24 hours. Strain the liquid well and weigh. To this liquid add a double weight of fine sugar. Allow to heat without ever boiling until it forms a syrup. Store in a cool place out of sunlight.

**A plant of Libra ruled by Venus
Harvest in an Air Moon or Earth Sun**



**Rhodocrosite
Positive Self - Love
Spiritual guidance**

Rhodocrosite energy brings self knowledge and protection. This gentle pink stone helps to reduce inner

This is part of the journey, the opening up of the pathway that beckons in the shadows before you. It is only as you walk the path that the way begins to radiate with sunshine, and the shadows that you meet along the way are there only as reminders of where you are going.

stress, paving the way for self exploration and universal love. Protective and healing where digestive problems are encountered, where Rhodocrosite strengthens the digestive organs. A piece of this stone in a glass of water overnight and drunk first thing in the morning on an empty stomach cleanses and purifies the system.

Meditating with this stone clears the way to our understanding of our own personal needs and sensitivities that lie hidden deep within ourselves. Any depression, negativity about self, repressions and lack of energy are gently addressed when you wear Rhodocrosite.

The strength of this stone lies in its ability to allow self to recover, relive and release memories of past woundings. It brings compassion and wholeness to the wearer. Recover the gifts you have been given and let your spirit flow with the loving energy of the universe.

Clean Rhodocrosite after each session under clear running water. Leave out on Full Moon each month to recharge.

Rhodonite **Protective guidance** **A stone for travellers**

Rhodonite is used when you need to activate the Inner Healer. When dealing with changes and the need to accomplish the task at heart, wearing a little piece of Rhodonite aids you in this process. When life gets you down and you need a little cheer, then the comforting presence of this stone glows all around you.

When using rhodonite for a physical healing meditation start with the Heart Chakra and work slowly through to the Earth Star Chakra, directing your energy through the joints in your body, such as knees, elbows, hips etc. In deep meditative practice, Rhodonite brings clarity, understanding and deeper meaning to the messages you receive from your inner voice.

A piece in your pocket when learning or writing for a test or exam assists in reducing the stress of the situation. This makes it an excellent choice for children.

Once you have activated your inner healer then Rhodonite assists you in processing and enables you to use your new gifts to the benefit of all. Do remember to place your stone outside on Full Moon every month to keep the energy flowing and after each use place with Amethyst



GREEN ENERGY HERBALS GIVEAWAY

To herald in Autumn with all her mists and mellowness we are giving away a hamper of hand prepared herbal medicinals to one reader.

Comfrey Healing Ointment for all skin irritations
Calendula & Hemp Balm for dehydrated skin
Comfrey Capsicum Comforter for painful joints
Reliever Mix of tinctures No 1 for Sinus & Hay fever
Reliever Mix No 5 for Stress & Trauma
Infection Fighter for Immune Boosting
Happy T tincture blend for adrenal support

Closing date: 31st May 2011 –South Africa only!
Entries by email – subject line Autumn Hamper give away

Old Dutch Remedies

By Suzanne Whitehead

My fascination in Old Dutch remedies started when I went to work for a Pharmaceutical Company situated outside Cape Town in Atlantis 23 years ago, GR Pharmaceuticals celebrated their Centenary in 2005, what a history and they had reference books and formulations that went back to the turn of the century and further. They specialized in Dutch Remedies, which originated when the Dutch settlers came to the Cape in the 1600s and were mixed with our own Indigenous History. These home remedies have origins to the time of ancient Greek and Egyptians, like Absinth Herb which we know as "Groen Amara"

Some of the modern medicines have their origins from herbal plants such as Aspirin / Disprin, which is a derivative of salicylic acid, a compound found in willow bark which is known for its analgesic properties and is now synthesized in bulk for mass production. The Native Americans called these trees the Wise one; if not feeling well one would go and lie under the tree and chew on a piece of bark.

The Dutch remedies are natural herbal preparations to treat a number of ailments at home. They are still used today by many people, before consulting the doctor.

There are many remedies in the Old Dutch

medicine collection: i.e. Balsem Kopiva, Balsem Vitae, Borsdruppels Duiwelsdrek, Entress Druppels, Groen Amara, Haarlemensis, Helmonts Herbs, Jamaica Ginger/ Gemmer, Rooi lavental, Kramp Druppels, Tooth Ache Drops, Earache Drops, Peppermint Druppels, Turlington/ Friars Balsem, Lewensessens, Wonderkroon Essens *To name a few*

Groen Amara (Absinth Herb and Cardus Benedictus Tincture; bitter for stomach ailments, used for bile production for cleansing the liver for indigestion) which is a substitute and derived its name from for local bitter plants used as a substitute alias "Amarabossie" (Geranium incanum) and "Groenamarabossie" (Vernonia oligocephala)

Quassia Amara as a bitter tonic and to treat minor stomach ailments. The name "Amara" came into use from some local bitter plants used as a substitute alias "Amarabossie" (Geranium incanum) and "Groenamarabossie" (Vernonia oligocephala)

Peppermint Druppels (peppermint oil Tincture) to treat colic and winds. If one feels bloated after meal one would take a few drops in water, Chinese would drink peppermint tea, westerners a peppermint (after Dinner mint) our fathers were wise, and locally as a substitute for "kruisement" (Mentha longifolia) Jamaica Gemmer (ginger tincture) for nausea, stomach ache, colic, winds or as a "Hot Toddy" for winter colds and flu (5ml in warm water with a teaspoon of honey and the juice of lemon with an Aspirin before bed) and locally as a substitute "Wilde Gemmer" Siphonochilus Aethiopicus Zingiberaceae. Most of these have ingredients from your herbal garden or kitchen cupboard but can be conveniently bought at your local supermarket.

They treat a number of ailments, but like any sickness if it persists for longer than a week with no relief then one should consider going to your Doctor or Health practitioner as there may be an underlying cause.

The similarity between all the world's ancient indigenous peoples natural medicine's and how they interconnect is the

Email us
michele.herbalist@gmail.com
Enjoy our web page at
www.greenenergyherbals.co.za

most fascinating as we still use them today in some form or other ,Dutch medicine, Herbalist, herbal teas, tinctures , cooking etc.

For more information on Dutch Remedies contact Suzanne on email whiteheadsuzanne@yahoo.com