

# GREEN ENERGY HERBALS



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*Hand preparing organic herbal medicinals since 1992*



Welcome to our 8<sup>th</sup> edition, which is packed full of information to keep you on the road of natural health. Michele Slabbert, Herbalist and Counsellor, and Lois Stahl, Reiki Master and Mayan Astrologer share their knowledge on both indigenous and general herbs. This is the last in Lois' series on the Maya. We have some interesting gardening and nature tips coming over the next few months.

We've had some strange weather this past summer. Rain in February in Cape Town – wonderful stuff! Also the heavy dew brought forth 2 Haeranthus, 3 weeks out of their time. What a treat to see how nature adapts to what we're still so unsure about.

Human consciousness is like an iceberg floating on the ocean; the greater part is underneath the water. Sometimes the iceberg tilts over, revealing an enormous mass we knew nothing about.

*The unconscious knows more than the consciousness does; but it is knowledge of a special sort, knowledge in eternity, usually without reference to the here and now, not couched in the language of the intellect. (C. Jung)*

## Colour away

We sometimes feel out of sorts with ourselves, not quite sure of what is niggling away at the back of our minds. This is a good time to turn your attention to the colours you are choosing to wear. Understanding the basics of what colour represents can assist you in self analysis of many small situations you find yourself in.

So if you feel the need for speed then go with red for that extra boost of energy. Orange assists you in making changes and gently motivates. Pink shows the world you are in touch with yourself and those around you. Green should adorn you when you feel the need for balance. Yellow is the colour to use when seeking the inner light of wisdom. Purple guides you to understanding and tolerance. Even gray can bring serenity. Brown for when you need to sense the earth energy. Black is for protection – very often from self! Blue to calm our inner fears giving way to white that allows the spirit to fly free.

## Reflections

Mind is the master. What hasn't been created by thought doesn't exist. (A. Kemma)

There is nothing either good or bad, but thinking makes it so. (Shakespeare – Hamlet)



## Just a thought

Nature and all living things, including us humans, work in a very simple way to maintain balance or equilibrium. Simply by working in accordance with Nature and in keeping with the way in which we are designed to work, everything from a cell to a planet work in this simple way, yet the intellect, the mind and the ego would have us believe otherwise.

Nature works from in to out, from the centre expanding outwards, just like a pebble dropped in a pond with the ripples moving outward. We do not plant an oak and watch it turn into a seed. We plant the seed and admire how it grows and expands into the magnificence of the oak tree. This is how creation works from in to out or small to bigger, ourselves included. If the tree were to seek its origins, where would it look? Would it look externally for answers, outside of itself for answers, or would it look internally to the seed that gave it life? Today, we are like the ripple that has climbed out of the pond searching externally for answers to our origins and well-being. We have been conditioned to look externally for the answers instead of within us to the source of our creation and energy, which gives us life. This inner journey is how shamans of the past and various indigenous tribes today obtained their knowledge of the biochemistry of plants without any education or scientific knowledge.

We have stopped listening to our intuition and instead, we rely upon our mind and our intellect to guide and advise us. Perhaps this is a mistake. The word intuition comes from Inner Tuition. By looking within, back towards the source that gave us life and continues to feed us today, we are able to learn many things the intellect and the ego would otherwise deny us. We interact naturally with everything around us on an energy, consciousness or soul level; this is a natural level, not an intellectual level. It is when the intellect or ego encourages us to open up our energy fields and upset this natural balanced interaction that we begin to create major problems for ourselves.

Where do we fit in with creation and nature and how can we bring our bodies back into balance and restore health in our energy fields and physical body? There are many people today who believe and appreciate that we are made up of energy to a certain degree. It is only when we look deep into the physical body that we can begin to understand the immense energy that we all are and the potential we all have.

We are all made up of atoms, the building blocks of life. Atoms are almost completely composed of energy and light. This means that we humans are also almost completely composed of energy and light. We no longer see this because of our conditioning along intellectual lines rather than spiritual and now we perceive reality through our limited 5 senses. So is not what we are seeing the illusory reality?

## Sage - Salvia officinalis

Sage is well known for improving memory – Gerard wrote of it that “it is good for the head and brain, and quickeneth the nerves and memory.” Today research is being conducted with regard to Alzheimer’s disease.

Sage/Salvia comes from the Latin salvere, meaning “to be saved”. In ages past the herb was believed to prolong a healthy life, and was used by the Egyptians, Greeks and other cultures as a digestive and nerve tonic, a gargle for sore throats and bleeding gums.

An infusion is used for blood in the urine, to dry up excessive breast milk and for colds and flu. It is also added to menopause mixes to reduce hot flushes, night sweats and oestrogen loss.

Gather a small handful of leaves & place in a stainless steel pot containing cold water. Cover snugly while bringing to the boil and then simmer until reduced by a third. **Use this mixture for stubborn infections of the mouth, throat and chest.** The mixture can be stored in the fridge for 24 hours.

For one cup take 1 teaspoon of chopped leaves to 1 cup of boiling water. Cover cup and infuse for 10 minutes. Strain. Cool and sip. This mixture can be used as a general tea to assist in relieving stress and anxiety, fatigue, immune boosting, and for relief of minor headaches,

Flower Essence is purifying and cleansing, assisting us in the integration of our life experiences. Helps you relax and gives general protection.

## Mullein – Verbascum Thapsus

Mullein has a long list of common names such as Aaron’s rod, Shepherd’s club, Jacob’s rod or Jupiter’s staff. The long rigid spikes of flowers resemble giant candles and indeed these plumes were used as candles where the plant was called the candlewick plant. During the middle ages the downy hairs that cover the leaves and stems were collected and dried and used to make lamp wicks. The dried leaves are also highly flammable and were used to start fires. Another practice was to dip the flower spikes into melted fat to make torches that were burnt at funerals and special occasions.

Gently remove the sunny yellow flowers from the plant. You will need about 1 teaspoon of flowers to 1 cup boiling water. Cover cup and infuse for 10 to 15 minutes. This tea can be used for colds and chest ailments, especially dry coughs. Use the mixture as a gargle for throat inflammation. The cooled tea can also be used on sores and burns.

Individually dry the flowers for later use and store in a brown paper bag in a cool spot.

The flowers can be used in a poultice to relieve varicose veins, hemorrhoids and slow healing wounds and steeped in olive oil is an old recipe for eardrops.

Only use the flowers of the Mullein plant. The leaves of the large flowered Mullein (those with hairy leaves) are not safe for internal use. Infuse the flowers for 24 hours to prepare a wonderful rinse for blonde hair.

Flower Essence is used to listen to our inner voice especially when a change of habits is required. Helps us to keep true to ourselves by creating awareness of where we have gone wrong. Helps with indecision, bringing a sense of security and protection.

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## And in the language of flowers.....

Strelitzia or Bird of Paradise flower is associated with freedom and a good perspective of life. So when you have the need for structure, meditate with this flower.

Chamomile flowers are associated with energy in action. When faced with adversity this is the flower you need at hand.

Day Lily flowers bring about an easing of worries. A vase of day lilies brings comfort and serenity.

Gladiolus flower is associated with strength, and preparedness. Meditate with this flower when you need strength of character.

Iris flower symbolizes faith, wisdom and deep friendship. A bunch of Iris’s given to a friend strengthens your friendship.

Sunflowers are all about adoration. When you feel over optimistic sunflowers create balance.



Gladiolus



Mullein

## Some tried and tested remedies:

Take handfuls of Calendula blossoms. Remove all traces of the green parts and gently place into a container (with a tight seal) until half full. Pour organic white wine to completely cover the petals. Seal and stand in a sunny spot for 10 days. Shake each day. Strain the liquid very well and store in a coloured wine bottle. Label and date. Use a teaspoon or two as a digestive aid after meals.

Use any leftover petals in a small herbal pillow which is good for those who have disturbed dreams.

Sage and Thyme together ease those niggly coughs and colds. Take a handful of each herb and place in a stainless steel pot. Cover with cold water and simmer until reduced by half. Allow to cool in the pot. Strain well. This mixture will keep in the fridge for 2 days. Take 1 tablespoon every three hours.

Hang bunches of Peppermint in a sick room. Gently press the leaves every now and then to allow the healing oils to permeate the room. Especially good for kids!

## Green Energy Herbs Give Away

*A complete set of Flower & Rock Crystal Essences*

**White Light – Crown Chakra – Spiritual Elixir**

**Indigo Star – Brow Chakra – Expansion Elixir**

**Blue Sky – Throat Chakra – Development Elixir**

**Green Earth - Heart Chakra – Protective Elixir**

**Yellow sun - Solar Plexus Chakra – Inspirational Elixir**

**Orange Flow – Sacral Chakra – Nourishing Elixir**

**Red Fire – Root Chakra – Balancing Elixir**

**Rescue Me – The Restoratic Elixir**

Offer valid in South Africa only until end May 2012

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*Hand preparing organic herbal medicinals since 1992*

### From the West Coast wild flower corner

Each year we are visited by a wondrous travelling carnival of veldt flora. Over the years, I have researched both the medicinal and food value of some of these plants. Each issue I will introduce you to them.

The *Hermania multiflora*, with her graceful yellow and orange flowers tantalizes the evening air to attract all manner of insects. A cousin of this beauty is affectionately known as the yellow or red plaster bush. We are fortunate to have some of this little plant growing wild and many an insect bite or nettle sting has been effectively treated. A few leaves are rubbed together and then held around/over the wound for about a minute. The leaves adhere to the wound, healing it in the process. An infusion can also be made of the leaves and added to the bath to relieve rashes and wounds. The tiny yellow or orange flowers are excellent in pot pourri. This plant is much loved by buck that spread the seeds as they move along.

Sometimes years will pass before a flower blooms again. It's all down to climatic conditions. We observe the plants and learn. They have had millennia to know the cycles.

### CRYSTAL TALK

#### GREEN TOURMALINE

Green Tourmaline brings a joy for life. It promotes an appreciation for the many wonders that life has to offer. It encourages patience and openness, as well as sincere interest in fellow human beings. Green tourmaline (also known as Verdelite) strengthens the heart by bringing you in touch with the heart of the planet, offers detoxification effects and has a calming vibration that stimulates happiness and joy.

This is an earth energy stone par excellence! It connects you directly with the earth attuning you to the vibrations of the entire planet.



This is powerful stone for self healing – a potent heart chakra stone. The energy this stone imparts brings about a harmony with self, calming and creating strong visualisation abilities. Green Tourmaline is all about self completeness. This stone stimulates a stronger connection between the heart and the mind, bringing about an invigorating energy of growth and expansion to the emotional body. Eases away those inhibitions, smoothing the way for clear self expression and is excellent to use when confronting change.

Have an ailing plant? Place Green Tourmaline beside the plant for enhancement. Watch life grow within and without!

Wear green tourmaline when you have the need to soothe the nerves and relax the mind. The stone is energising and rejuvenating, stimulating blood flow and creating better health.

Known as the bringer of light where there was darkness.

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### Herbs of the Baviaanskloof

Lois Stahl

#### OONDBOSSIE (*Conyza ivaefolia*)

This plant has an elongated serrated leaf, shiny and darkish green of colour. It has no significant aroma. The flowers start off in tiny little berries pale yellow in colour which eventually opens up into little fluffy seeds similar to the dandelion but much smaller.

This plant grows very profusely around the gardens and is also used a lot by the indigenous people for various ailments of which fever and constipation are the most common.

For constipation they make an infusion to be drunk on an empty stomach and for fever they pack the leaves with Vaseline on the stomach or fevered area and allow it to draw out the fever.

An old superstition was that unless the outdoor oven was first swept with a bunch of this plant (hence the name oond (besem) bossie, the bread would not bake properly.



Oondbossie

#### PERDEPIS AND STINKKRUID

(*Clausena anista*/*Pentzia suffruticosa*)

The Perdepis literally smells like horse urine as its name indicates and has a very insignificant small leaf and gets little yellow flowers that are similar to the indigenous chamomile. This shrub or tree grows up in the mountains mostly. It is best identified by its pungent odour. The dried leaves and flowers are used for fevers, colds and also to fumigate male babies in order to make them strong. A potent tape worm remedy.

The Stinkkruid grows all around in the garden during winter time and also has a very strong smell that is slightly reminiscent of paraffin. It has a small leaf and gets little yellow flowers that are similar to the indigenous. The dried leaves and flowers are powdered, then moistened and used on scorpion stings.

These two plants get boiled up together in a pot and drunk against any flu or cold. It is quite common for the household to have an ongoing pot of this concoction during the winter months against all cases of flu and fever.

#### WILD GARLIC (*Tulbaghia violacea*)

It has long, thin strap like leaves that immediately give a smell of garlic when crushed. These leaves are very tasty in salads and not as pungent as ordinary garlic. The pretty purple flowers come on long stems during summer.

The leaves and bulbs get used to treat tuberculosis and they have remarkable antiseptic qualities which help against colds, coughs and flu.

The older people tie the root into a little sachet of cloth and put this into hot water to ease rheumatism and general aches and pains. It also helps to bring down high fevers.



## RENOSTERBOS (*Elytropappus rhinocerotis*)

A very tough, resinous, bushy scrub that grows to about a meter in height throughout the veldt and on the mountain slopes. It has clusters of tiny leaves on long switch like branches. Its aroma is interestingly different but very faint and insignificant, but it is very bitter tasting.

A few twigs get boiled up, sometimes in milk but mostly in water and taken against flatulence, colic and heartburn and also to bring down high temperatures. It is also used very effectively against heatstroke and flu. For those that can afford it they keep some twigs soaked in a bit of brandy which is then taken as needed.

They also dry out the tips of the twig, powder it and then a teaspoon of this gets given with a little warm water to children that have diarrhoea.

## DAWIDJIESWORTEL (*Cissampelos capensis*)

This grows a bit like dense hedges as it twines around other plants like a perennial climber and the leaf is pale green, almost bluish in colour that grow in clusters and it has small orange berries.

This plant is used for a variety of ailments and the root is used. They dry the root out and whenever needed they chop up little pieces to make an infusion. The common ailments it is used for is urinary problems and the powdered root is made into a poultice for boils. It is commonly known as a blood purifier.

## PLAKKIES OR PIG'S EAR (*Cotyledon orbiticulata*)

This is found all over the veldt in dry areas as well as on hills and in scrub areas as it is a very tenacious plant and if a section falls to the ground it very soon roots itself and makes another plant.

It has large thick, smooth, succulent leaves with a fine red edge and pinky-red, drooping flowers that look like bells.

It is used for getting rid of warts by placing a small section on the wart for a period of time and eventually the wart disintegrates. It is also used as a drawing poultice over infected wounds and sores. Warmed leaf juice is used for earache and toothache.



Plakkies



Wild Garlic

## SORREL (*Oxalis* sp.)

It has a triangular lobed leaf that has a sour taste with pretty little yellow flowers. The leaves get used as dressings on burns and wounds and when warmed can be applied as a poultice to boils, abscesses and suppurating sores.

It has high oxalic content and should be used sparingly in the diet even though it is very nourishing. Too much of it can cause digestive disorders and heartburn.

The corns are a very good vermifuge and a dessertspoon on an empty stomach first thing in the morning is the usual dose given to household pets.

## MAYAN CORNER

### CYCLES OF TIME

Everything on our planet and in our galaxy has habitual cycles that we call "time", which is the repeat of a particular pattern.

Such is our own birthday, which is the recurring pattern of the sun when it returns to the sign and degree it was, when we were born, which indicates our Zodiac sign. In the Mayan system we also have a sign for our birthday, called our "*day-sign*" and this has a cycle of 52 years.

It is notable that this 52-year cycle is predominantly related to our spiritual journey and growth.

Therefore at the age of 52 the cycle returns to its beginning which is the sign and number under which we were born. The same as the planet Saturn returns to the point of beginning when you were born and is called the Saturn return. Jupiter and every other planet have these cycles but varying time frames. These cycles depend on the time it takes for these planets to travel through the full spectrum of the Zodiac, which is 360 degrees and return to the point of beginning.

Therefore in the same way our 52<sup>nd</sup> birthday is a return to the point of beginning but as everything works on a spiral we find that 52 years later we have accumulated growth and life experience, which gives us a view from above. Now the halfway mark between 52 is of course 26 and that is the time when we reach the opposition. At this age there is a point where we have to start moving into our own "*sense of self*" and take upon our own shoulders our destiny in life and responsibility for reaching our spiritual goal. Sometimes these events are indicated through some major happening but it is also not uncommon that the changes are internal and eventually manifested in one's life.

Then the half of 26 is of course 13 and in many cultures this is the age of initiation and in particular a spiritual or religious initiation. However this is also a time when the body starts undergoing changes and the development of our sexual organs start manifesting changes. Needless to say the sexual development in any species, be it human, animal or plant, is of vital importance, as this is when one becomes fertile and awakened to procreation – the preparation for the flowering of the species.

Then of course 26 plus 13 makes up 39 and this too is a vital point of growth. This is the point where the flowering has occurred and the seed is forming to bring about the stage of completion. At this point one reaches the age of manifestation.

After the age of 52 the spiral continues and each 13 years we reach further up on the spiral and having been the pupil we now enter the phase of the teacher and we as the elder should by rights be teaching the younger generations.

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