

GREEN ENERGY HERBALS



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Hand preparing organic herbal medicinals since 1992

The world is not to be put in
order, the world is order.



It is for us to put ourselves in
unison with this order

Welcome to the first edition of 2012 and the 7th in our series. Thank you for your support and suggestions.

We start the year with more information on indigenous herbs researched by Michele Slabbert who lives on the West Coast and Lois Stahl who lives in the Baviaanskloof.

There has also been much interest in the Mayan cycle that ends in this year. With this in mind we have created a Mayan corner, which will give insight into these cycles.



Just a thought.....

Open-air activity is a powerful corrective for both the cares of the world and for the entire digestive system.

Gardening is one of the best and oldest hobbies. It appears to have been started by a certain Adam, who got into a lot of trouble through not knowing his varieties. Noah, on the other hand, had the opportunity of leaving the pests behind, but decided that perhaps Nature knew best. We might become wiser if we all came to the same conclusion.

Much of the degenerative disease of mankind could be warded off if our food originated from a naturally fertile soil. We need the understanding that the plant together with the planet, has evolved in Nature's own soil for thousands of years before man began to impress his will upon Nature and to set up standards of his own.

Vegetables, herbs, flowers etc., grown organically at home, cooked the same day as picked are true soul food. Crops grown by inorganic fertilisers in a soil that has a lack of natural fertility are not able to repel attacks of pests and diseases and cannot pass on to either grazing livestock or us humans, the disease resistance which is the birthright of all living creatures.

If we see the planet as a living extension of ourselves, then the way we treat the natural world will be more harmonious than if we see everything as being external to ourselves. We then begin to lose the separation, the inanimate and the need for exploitation. To have a truly sustainable society we need to rediscover our own deep intuitive mystical connection with the planet.

For this issue – 10% discount on all products

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Blou Blom Salie Blue Sage / *Salvia Africana-corulea*

This blue flowering shrub was one of the earliest medicinal plants used in the Cape, introduced to the settlers by the Khoi, who had knowledge of this herb since antiquity. Blue Sage can be used in the same way as the common sage (*salvia officinalis*) we know so well. The leaves and flowers are the parts used for medicinal purposes. To treat coughs, colds, flu, whooping cough, women's ailments, abdominal troubles and chest congestion use this recipe.

1 cup boiling water to 1 tablespoon fresh leaves. Cover the cup and stand for 10 minutes. Strain. If desired, sweeten with honey. Sip ½ cup 3 to 4 times a day. Make fresh every day for at least 2 to 3 days.

Chew a fresh leaf to ease a sore throat and any voice loss.

Take a generous handful of fresh herb and add 1 litre of boiling water. Stand until mixture is quite cool. Pour this into your bath to ease rashes and stubborn sores.

This herb falls under the influence of Jupiter, ruler of Thursday, the day of expansion. The lovely tiny blue flowers are used in a flower essence to aid in strengthening and energizing. The essence assists in subconscious clearing, allows you to get out of your own way and assists in learning life's little lessons, giving a clear perception. Aids in internal cleansing, such as digestive problems and nausea. Helps with integration bringing understanding and wisdom.

Wild Olive (*Oleo europaea subsp. africana*)

The Wild Olive grows from Table Mountain to North Africa making it one of the most important trees on the continent, as it is worldwide. The Olive is considered a sacred tree, and not only for its ability to activate us humans to create olive oil!

Meditating or just relaxing under this tree brings about a feeling of peace and tranquillity and as you sit quietly, the birds you have attracted to your garden, will serenade you with their song, eternally. Olive trees are known for their longevity.

The dried leaves of wild olive are used as an effective diuretic and are also used to lower blood pressure. Fresh leaves are infused to make an effective eye lotion and the infusion is also used as a gargle for sore throats. The fresh bark is used in a decoction to relieve colic and the dried leaves can be powdered to make a snuff to stop nosebleeds.

Flower Essence of Olive is for those who are over worked and unable to relax or sleep deeply enough. It corrects the imbalances in energy levels, giving one renewed motivation and clears the path for the journey forward.

Wild Camphor Bush (Tarchonanthus Camphoratus)

This unassuming bush grows wild throughout southern Africa. As it blooms it stages a transformation with showy graceful white blooms. A member of the daisy family this bush is a veritable medicine chest. The leaves and small twigs are used for medicinal purposes either as an infusion or in a tincture form. These treat stomach ailments, headaches, toothache, bronchitis, over anxiety, heartburn and inflammation. It makes a good tonic for colds, coughs and flu. A small handful of leaves placed in 1 cup of boiling water (cover cup) should stand for 5 minutes. Strain, cool slightly and sip.

A poultice can be made of the leaves and placed on the chest to ease asthma and bronchitis. The leaves are also used as a steam inhalant for asthma, rheumatism and headaches. Burning the green branches is a cure for blocked sinuses and headaches.

The fresh leaves can be rubbed into the hair as a dandruff and nit treatment.

The San and Khoi used the dried leaves as tobacco for sedation purposes. They would chew the fresh leaves as a remedy for chest ailments, but they are quite bitter and leave a burning sensation in the mouth. Hence the need for the infusion! The hunters would chew the leaves and then mix their saliva with poison for the use on their arrows. A tradition amongst the hunters was to hold their arrows in the smoke of the camphor bush when somebody in the family died. If the hunters failed to perform this ritual, then the person's death will lead to an unsuccessful hunt. The fresh leaves were also chewed for protection on a long journey.

The camphor bush makes a good fodder tree in the more arid areas; however the milk can become tainted if the animals eat too much. It is also a soil binding bush so is good for eroded areas. It has an aggressive root system, but makes a good bonsai. The wood is fine grained and is used for musical instruments, cabinet work, boat building, makes good fence poles as it is termite proof and also makes excellent walking sticks.

The seeds can be burned to fumigate, but ensure you keep adding fresh leaves and twigs to the fire to create more smoke. Pieces of wood can be placed in drawers or in the closet to keep insects away.

Place leaves under your pillow for a peaceful night's sleep. Alternatively you can stuff the fluffy seeds into little pillows for the same effect.

Lobostemon Fruticosus (agdaegeneebossie)

This shrub like plant grows wild over large areas of the Western Cape and sports silver grey leaves amongst the mass of either blue or pink flowers. They grow easily from seed but does enjoy more shade out of its normal habitat. The nickname applies to this plants remarkable ability to heal within an 8 day period.

We are all familiar with the remarkable healing powers of the Comfrey plant (*Symphytum officinale*). The agdaegeneebossie is closely related to comfrey; both of which are members of the Borage family.

The fresh leaves and young branch tips are used to heal wounds, sores, ulcers, burns and general skin ailments. The plant is also used as an effective remedy for ringworm

A strong infusion can be made and bandages soaked in the liquid and then applied to wounds or you can grind the fresh leaves to a paste and apply this to any wound or insect bite.

A ¼ cup of fresh leaves is brewed in 1 cup of boiling water for around 5 minutes; remember to cover the cup while brewing. This can be used as a cleansing tonic and blood purifier and should be drunk in the morning. This infusion can also be taken on the first day or two of a painful and heavy menstruation.

Should you find yourself hiking in the mountains of the Western Cape and run out of suntan lotion, pound the leaves into a paste and work with boiled cooled water to a smooth consistency and apply to exposed areas.

The flowers can be used in a Flower Essence for those who are seeking truth, understanding, wisdom and knowledge. It provides the necessary grounding for future expansion.

The dried leaves can be used in cleansing ceremonies, together with Sage or any of the *Helichrysum* species.

We should remember that, along with the food consumed, the subtle layers of the unconscious must be completely reprogrammed. To make any change too rapidly usually means that the change will not last long.

AEGIRINE

Giving you the confidence to move forward



When you feel sluggish, depressed and short of temper then Aegirine is the crystal of choice. Aegirine clears those negative energies turning them into dancing beams of light that surround you with love and protection.

We tend to carry baggage from our past, often so deeply embedded in our cellular memory that it takes an unusual event to bring this to the surface. Working with this stone assists you in dealing with these emotional issues and repairs and replaces those vacuums with positivity and determination.

These feelings of inadequacy and negativity in general tend to leave disrepair in the liver, spleen, gallbladder, and weakens the immune system. Every time the bile rises it leaves traces in the body system – Aegirine assists in the processing and eliminations of any toxins left behind in this process.

Set those goals for yourself with the utmost confidence and make it your aim to remain true to yourself and follow through every avenue of opportunity that opens up for you.

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BAVIAANSKLOOF INDIGENOUS HEALING PLANTS

The Baviaanskloof, which is partially a farming community and also a nature reserve, has an amazing amount of healing plants which are not all found in other parts of South Africa. There is such a large variety that many of them are not even listed and the sad fact is that the knowledge of their usage is getting lost as the older people who hold the knowledge, are dying out with no one to document this information.

This is a rather large task and in need of botanists and horticulturists which I am unfortunately not. However when my partner and I relocated here we were fortunate in that we met with many of the elders who were willing to share their knowledge with us.

I will mention a few of the healing plants from here and their healing capacity of which some will be known and others not. Therefore in many ways I am only familiar with the colloquial names of these plants.

RAMBOS (*Pelargonium papilionaceum*)

This plant has an incredibly strong smell which is very difficult to describe as I don't know of anything that smells remotely like it and just a brush on the leaves releases this aroma. Rumour has it the smell is that of a he-goat! This plant has a medium size leaf with a serrated edge and with very fine, almost imperceptible hairs on it. It grows in the veldt where there is water or damp patches.

The local people use it for earache. They roll a leaf into a tube and insert this into the ear for any ear trouble and especially if they are working in a strong and cold wind. Having tried it myself I was rather amazed at the efficacy of the plant and the speedy way it remedied the earache.

KIESIEBLAAR (*Malva parviflora*)

This is a most common plant in all the farming lands and veldt and grows in many places of South Africa. It has no distinguishing smell and its leaf is similar to a miniature pumpkin leaf. Flat with slightly serrated edges with obvious veins running across the leaf and also fine little hairs. The size of the leaf depends on the area it is growing in and when it gets lots of water it can grow fairly large. So the leaf can vary from about 4 to 8 centimetres in size.

The kiesieblaar tends to die down quite radically in winter after it has sprouted some little white flowers which end in clusters of seedpods.

This plant is locally used to draw out thorns and anything else that could get stuck in the fingers or feet or wherever. It has strong drawing abilities and eventually draws out the most stubborn of splinters or thorns.

The leaf or even a couple of leaves in a small pack together get placed on the area where the thorn is and then tied up with plaster or a bandage. Repeated use is sometimes necessary if the thorn is very deep but eventually it has the desired result.

It has also been used as a poultice for neuralgia, sore throats and abscesses.



Rambos



Kiesieblaar

KATTEKRUID (*Ballota Africana*)

This is also a very pungent and bitter tasting plant which mostly likes to grow in more shady areas and in particular underneath the Acacia trees. It has small little mauve or pale pink flowers and the leaves are smallish, also serrated on the edges and fine hairs.

It is easy to recognize from its odour and just a small taste of the leaf will identify its bitterness very quickly.

This is an extremely useful plant for various ailments from haemorrhoids to skin problems and is particularly good for liver ailments due to its bitterness.

The local people also use it for throat infections, pneumonia as well as heart and lung ailments and is a good antidote against sleeplessness.

An infusion is made of the leaves for the various ailments. Tinctures are used for colds, flu and insomnia.

BULBINELLA OR BALSEM KOPIEVA

The leaves are juicy and succulent with a jelly-like juice in the leaves which ooze out with a mere squeeze. The plant has yellow or orange flowers that grow on a stick-like stem out of the centre of the plant. This plant can be found in a variety of places as it can survive with little water and in fairly drought situations. Needless to say that it grows bigger and fatter leaves if it has adequate water.

The uses are multitudinous and are used against insect bites, particularly mosquito bites and also for various skin rashes and eczema. The local people are prone to getting a skin rash that comes out in little blisters which then in turn makes septic sores. The Balsam Kopieva is excellent against these conditions and help tremendously for the itchiness. Just squeeze the juice from the leaves and apply.

SCELETIUM

Sceletium has large bulbous water cells on the surface of the fresh leaves. The leaves dry out to become like skeletons. This plant does well in the dry Karoo environment and has been used by pastoralists and hunter-gatherers as a mood-altering substance from pre-historic times.

The traditional way in preparing the dried plant material is to squeeze out the juices, and then the dried plant material is chewed or smoked or inhaled as a snuff. The succulent plant material is crushed with a rock, and then put into closed black plastic bags to sweat for eight days. Leather bags were traditionally used. The material is then spread out in the sun to dry and stored for smoking.

Sceletium elevates the mood, decreases anxiety, and enhances physical endurance. It can also induce euphoria which is followed by sedation.

In certain cases it is used to decrease thirst and hunger, and can be used as a local anaesthetic for extracting teeth from the lower jaw. It is also used effectively to wean alcoholics off alcohol. The local people call it: "onse droe drank".

ACACIA GUM

This gum sometimes flows from a damaged branch of the Acacia Karroo Tree. It is a defence mechanism of the plant to stop wood-boring insects, and to seal off wounds so that wood-rotting fungi and bacteria are kept out.

It is also known as Cape gum. It can be eaten raw as it is the same carbohydrate as cane sugar, although it is not sweet. It has the property of sealing ulcerated tissues in the mouth and throat. Locally the people say the gum is the medicine if your "heart is leaking" and the children suck it like sweets. The bark and leaves are used to treat diarrhoea. The gum, bark & leaves are used for colds.

UNDERSTANDING THE MAYAN CALENDAR

The sacred calendar called the TZOLKIN was calculated on the cycle of the SUN, MOON and VENUS as they moved through our solar system; therefore they incorporated in their daily consciousness the FEMININE principles which are personified in the Moon and Venus.

The SUN embodies the male principle of our solar system and was calculated according to the Mayan calendar in the 20 glyphs – the day signs. Their numbers were up to 13, which is the number of feminine consciousness.

The Maya saw the universe as one vast inseparable whole with all the parts interwoven into an intrinsic relationship that every part is affected by every other. Our projected beliefs determine our reality and the Mayan star glyphs describe this process of transformation.

This calendar gets operated through a Day keeper of the sacred symbols – this can be compared in a way to the modern day astrologer operating in society in our western culture.

The absolute accuracy and precision of the Tzolkin is astounding after such a lengthy period and we are faced with the tantalizing question – WHY DID THEY STOP AT THE SOLSTICE OF 2012? Considering that they looked to the heavens of our solar system to tune the calendar, we should see what is happening in the astrological heavens at that point in time.

In 2012 we are finishing a 26,000 year precessional cycle which equals 5 suns or 5 world ages of which each is a little less than 5200 years long – 5125 precisely. The Mayan and other North American tribes call these periods of 5200 years “suns” hence the saying that we are now in the 5th sun cycle. The change in the frequency of the galactic beam corresponds in nature to the different forms of life.

Our sun rotates around the Pleiades every 26,000 years, hence our cycle of this length of time. The central sun for this part of the galaxy is located in the Pleiades and is called Alcyone. Our star – the sun – is called Ahua kin and is related to Alcyone.

According to the Maya, the “future” which lies beyond this end date is literally “a new world age”.

One of the major events happening in the zodiac on the 4th February in 2012 is Neptune, which moves into its own sign, Pisces, of which it has ownership. Neptune has a 164.8 year cycle so this is in itself a monumental happening. Neptune governs the pineal gland, which is the connection to the crown chakra. It relates to our physic awareness and higher levels of perception. The present effects of Neptune are mostly subliminal and its prime manifestation is through our dreams, fantasies and illusions. Our imagination is the link within each of us to our subconscious mind and the seat of inspiration and creativity. Unfortunately very often this part of ourselves gets buried in the cement of “reality and pragmatism” and the imagination delegated to an area of unimportance. “It is after all ONLY your imagination” are words we are only too familiar with.

The opportunity now arises for each of us to tap into the imagination, which make us unique and it is through this inimitableness within us that we are able to be inspired and creative. It is also our vital link to the cosmos and unseen spheres of life.

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The effect of the planet Neptune is to defuse and blend our rigid viewpoints and like a wave breaking, will dissolve the boundaries of reality we cling to like lifeboats. Our idea of veracity will stretch like the ethereal filaments of a spider's web and truth will enlighten our vision. What is still tantalising, illusive and residing only in our imagination, will become viable and possible.

Mayan Waveforms

Finding ourselves in the polystyrene and plastic wasteland of our technological supermarket lives, we are receiving a wakeup call regarding our responsibility to the earth. Everything we know of the universe comes through our infinitesimally minute being and this being is our gift. It's our life and existence itself and when we are completely accepting of it we are in our integrity.

Zuvuya is the Mayan term for the big memory circuit and works individually and collectively and connects equally to the future as well as the past as it is the inter dimensional thread. We are inter dimensional beings.

The sun and the earth are a hologram of each of us and what we experience as certain thoughts and premonitions or optical flickers, is our brain translating a solar memory.

The 3rd dimension is the physical plane and consists of everything we can weigh, measure and experience through our physical senses – touch, smell, taste, hear and see. Obviously there are other dimensions and the 4th dimension being the next one up, deals with dreams, premonitions and synchronicities.

The Zuvuya is a wave that interfaces our 3rd dimensional physical reality with the reality of the 4th dimension, which is also the dimension of our dream bodies, energy bodies and light bodies.

Biologically we are the result of a particular set of DNA programs and this set of programs is our waveform. DNA has its own distinct vibratory structure because we are electro-magnetic. Our wave form is the sum total of our programs, our genetic program as well as our electromagnetic vibrational frequency. By its nature a vibration is a frequency wave and each has its form and can therefore be mapped. All geometrical forms are mappings of different frequencies – a circle is one frequency pattern and a square another and a hexagon still another. Although each waveform is slightly different from every other there is a common denominator that is encoded in the Tzolkin – the galactic constant.

When our planet Earth phases out of the beam in 2012 AD we should, hopefully, have created a unified global civilization, living in harmony with nature and the next evolutionary cycle will commence.

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