



Welcome to the autumn season, the time of year when inner thoughts begin to manifest bringing us closer to the source of creation.

Here in the Western Cape the brown earth is slowly bursting forth in its autumn glory as each little area comes alive again. The flowers are just like us; they just vibrate at a different rate to ourselves.

Some years plants stay underground, sleeping, awaiting for that spark of consciousness that drives them to creative splendour and continuation. So it is with each of us. Asleep in the corners of Self are the tools we each need to progress and expand every horizon we face.

This edition focuses on rebirthing the creator within. That spark that makes us who we are and how we are. Riedwaan Norodien takes you on a journey of discovery to embrace rebirth.

Bees live in harmony within their hive. Structured societies that work for the benefit of all. Thank you to Lois Stahl for her insights into these very valuable members of our planet. We need to eat.

It's time we remembered how to dance on the wings of our dreams.

Michele Slabbert

There are certain trees that really grab your attention. The Moringa tree is one of them. As the population expands we need options to GMO foods and Moringa appears to be one of Nature's gifts that should be growing everywhere climatically possible. Years ago I got a call from Northern Namibia where the Moringa grows wild asking for recipes. The information about the tree had been long forgotten. Let us ensure that this does not happen again. Here's a taste of Moringa, a wholefood provided by Nature to sustain us in every way. Perhaps in the future it will become more affordable to the people who need the nourishment this tree provides the most.

Researched by Michele Slabbert

TRADITIONAL HERBAL TREATMENTS

MORINGA OLEIFERA

LEAVES

The powdered leaves are reported to provide an energy boost when included in the diet. It seems to provide stamina. This is probably due to the many minerals, vitamins, carbohydrates and proteins available in the leaves. You can eat the leaves fresh or dried, as powder. The fresh leaf of course is readily available and can be eaten at any time. The tree is very prolific and is ready to harvest after only several months. It grows quickly and once cut back the tree will shoot up new branches, so harvesting is perpetual.

The dried leaf is more concentrated and contains more of these valuable nutrients per gram than the fresh leaf. One to three teaspoons can be added to any food. I like it sprinkled on all my meals. It is great in yogurt, on rice or in soups. When using the fresh leaf, just drop them in at the very end. You do not have to cook them for long.

It is easy to process the leaves. Just cut some branches from your tree, and set them into a basket or mesh bag for a few days. Keep them out of the sun and in a dry place. In a few days the leaves will be dry and will easily fall from their stems. By simply shaking them, they will fall off. Remove the twigs and branches and let the leaves dry for a few more days until they feel slightly crispy. These can then be stored in a clean jar and powdered as needed.

In India, the leaves and juices of the leaves are used for stabilizing blood pressure, fevers, bronchitis, eye and ear infections, scurvy and inflammation of the mucous membranes.

In Senegal, an infusion of the leaf juice is used for lowering blood glucose levels.

Mixed with honey and followed by a drink of coconut milk the leaves

are used as a diarrhea, dysentery and colitis remedy.

Leaf juice with carrot juice to increase urine flow.

In India and the Philippines, a poultice from the fresh leaves is used to reduce glandular swellings.

In the Philippines it is used to increase milk production after birth and to increase the iron content of the blood.

FLOWERS

Flowers are traditionally used as a tonic, diuretic and abortifacient. **(CAUTION: DO NOT USE WHEN PREGNANT).**

Flowers are considered anthelmintic (kills worms), used to cure inflammations, muscle disease and enlargements of the spleen. *In India the juice is pressed from the flowers and taken to alleviate sore throats and increase mucous production.

The flowers are aromatic and a tea can be made that is soothing to cold symptoms or just plain refreshing and relaxing at any time. Bring water to a boil and then drop a cluster of flowers in and let them steep for 5 minutes. You can sweeten, if needed, with honey, stevia or agave syrup. You can also dry flowers and store for future use.

In Puerto Rico an infusion of the wet flowers is used as a wash for the eyes.

PODS

Pods can be eaten whole when they are young, they look like a string bean and taste like asparagus. Once the pods are too woody to snap easily they can be cut into pieces and cooked until tender with or without other vegetables and spices. New trees will bear pods in about 6 – 8 months from planting.

The pods are believed to be anthelmintic and helpful to the spleen and liver.

Used to treat joint pain.

ROOTS

(NOT RECOMMENDED FOR THOSE WITH HIGH BLOOD PRESSURE).

In India the roots are used as a carminative (promotes the expulsion of gas from the stomach and intestines), as a laxative and for intestinal pain and spasms.

Juice from the root is used externally as a skin tonic. The bark will also have the same effect.

Used to treat epilepsy, nervous disorders and hysteria.

Root juice mixed with milk is considered useful against hiccoughs, asthma, gout, lumbago, rheumatism, enlarged spleen and liver, internal and deep-seated inflammations.

In India, Indo-China, Nigeria and Nicaragua, a poultice from the root is used to treat inflammations, especially pedal oedema (swelling in tissues in the foot)

In India and Indo-China also used to treat scurvy, the stem bark is also used for this purpose.

A powder made from the roots is inhaled to relieve earaches and toothaches.

Roots have abortifacient qualities and can induce the termination of pregnancy. **NOT TO BE USED WHEN PREGNANT.**

Roots, flowers and leaves are used for various tumours.

BARK, ROOT BARK AND STEM

In Senegal the root and stem bark is used to treat sores and skin infections.

In India the stem and root bark are used as an appetizer and digestive.

In Senegal, a decoction of root bark, roots, leaves and flowers is used to treat epilepsy, hysteria and intestinal spasms,

In India, stem and root bark are considered aphrodisiacs and anthelmintic.

In India, the root bark is used to prevent enlargement of the spleen and tuberculous glands of the neck. It is believed to destroy tumours and heal ulcers.

In the Philippines, chewed roots are applied to snakebites to keep the poison from spreading.

GUM

Used with sesame oil to relieve headache.

In Java given for intestinal complaints.

In India used for dental caries.

In India the gum is used to treat syphilis, rheumatism and can be abortifacient.

In India and Senegal the gum is considered useful in treating fevers, dysentery and asthma.

Gum is considered diuretic, astringent and can irritate skin.

SEEDS

Once the pod gets too hard to eat as a tender vegetable you can open them to utilize the seeds within. Once the pod has gotten hard and brown you can use these seeds inside for planting new Moringa seedlings.

Used the seeds to treat fevers and abdominal tumours.

In Aruba a paste of the crushed seed is spread on warts.

SEED OIL

In India the seed oil is externally applied to relieve the pain and swelling of gout or rheumatism and to treat skin disease.

Seed oil is also used for prostate and bladder problems, as well as, scurvy and hysteria.

Seed oil is considered to be tonic and purgative. The extraction of the fatty seed oil, called behenic acid, known commercially as Ben oil from the seed dates back more than 200 years ago. It was useful as a culinary oil and had value as a lamp oil, said to provide a clear light without smoke. It has value as a lubricant as well and was used before sperm-whale oil took its place.

Two watch making businesses in Kingston Jamaica said it was equally as good as the more expensive watch oils.

It is also useful in the enfleurage process of extracting fragrance from flower petals.

The seed kernel contains an average of 40% oil by weight and has a high melting point and similar composition as olive oil. In

1993 an analysis revealed it was composed of 72.9% oleic acid, 7.3% behenic acid, 5.9% pamic acid, 5.1% stearic acid, 3.6% arachidic acid, 2.3% eicosenoic acid, 1.1% palitoleic acid, 0.6% linoleic acid, 1.0% lignoceric acid, 0.1% linolenic acid and 0.1% myristic acid.

WATER PURIFICATION USING MORINGA

The powdered seeds of the Moringa have been found to be as effective as Aluminium Sulphate to solidify impure particles in water. The seeds are peeled and the inner part of the seed is powdered. The powder is poured into the dirty water and stirred a few minutes. Let this mixture rest for a couple of hours and the mud and dirt will settle to the bottom of the receptacle. Take the clean water from the top and let it stand in the sun for a few hours.

The rate of infection is lowered by 80 - 90 % with this method. Use 30 - 200 milligrams of Moringa powder per litre of water. The information about water purification was provided by Victor Essou Faguon, a United Nation's volunteer in Africa. Programs to educate villagers about the benefits of Moringa have been sponsored by the Church World Services and other local organizations. Programs were set up in hospitals and clinics, as well as out in the field.

(Excerpts from
"Moringa: Nature's Medicine Chest",
by Sanford Hoist)



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REBIRTH AND CHANGE

By Lois Stahl

Emotions and feelings are no more and no less than movements of bioenergy accompanied by particular thoughts and/or patterns of muscle tension which distinguish them. Emotions can be stored as potential energy in muscle tension under certain conditions, but generally they are evoked on the spot by a mental physical, or environmental stimulus. In such a case, the stimulus causes a subconscious association with a memory that evokes one of four primary energy response patterns, or a blend of two or more. On the physical level the energy for such responses comes from adrenalin-glycogen release in the body, but it may also involve bio field channelling through the meridian system, and possibly energy exchange with the environment.

The four primary energy response patterns are fear (withdrawal), anxiety (attack), joy (expansion), and action (mental or physical activity).

Fear or fear and anger combined, can get emotional energy locked up in muscles or even cellular tension. The few/anger combination also produces various levels of depression.

All of these responses and their combinations are released because of associations stored in the subconscious memory, and they will continue to be released by the same associations until the memorized patterns are changed by conscious or superconscious intervention.

HABITS

Like emotions, mental and physical habits are learned responses stored in subconscious memory and released by associated stimuli. The energy response pattern is that of action, mentioned previously, and it may or may not be accompanied by emotion. When you jump out of the way of sudden danger, there is no emotional reaction during the jump; there is only action and energy in play. Any emotion comes afterward when the mind has had time to replay the event and consider what might have been. Most of our habits are "unconscious," meaning that our

conscious mind is not paying attention to what our subconscious mind is doing. If a habit no longer serves a viable purpose from the subconscious viewpoint, it will change automatically without the need for conscious awareness. However, if the habit still serves a need of some kind even though it is consciously undesirable, then it will take conscious attention to change the habit. But attention alone won't do it. In addition, the subconscious must be given a viable alternative.

The length of time that a habit has been engaged in is unimportant. The subconscious is only interested in end results, and if a new habit will produce as good or better results than an old one, the subconscious will allow change to take place easily. If the subconscious is not convinced of that, however, it may be impossible to change an old habit.

The important point here is that there is no vacuum in the subconscious. The only way to get rid of an old habit is to replace it with a new one. Even becoming a non-smoker requires the learning of new habits of not smoking in various circumstances.

Also, beliefs are considered as habits, as subject to change and replacement for greater effectiveness as any other habit.

The world is what you think it is.

This means that you make your own personal experience of reality through your beliefs and expectations, attitudes desires fears, judgements, feeling and consistent or persistent thoughts and actions. This principle also contains the idea that by changing your thinking you can change your world.

There Are No Limits

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

Energy flows where attention goes.

Attention is the focus of awareness on some aspect of your mental or physical experience. It is the noticing of something more than other things at any given moment. The thoughts and feelings that you dwell on, in full awareness or not, form the blueprint for bringing into your life the nearest available equivalent experience to those same thoughts and feelings. Directed attention is the channel for the flow of biological as well as cosmic energy.

Now Is the Moment of Power.

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

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

It all comes from within: As mentioned above, there is no power outside of you because the power of *God* or the Universe, works through you in your life. You are the active channel for that power; your choices and decisions direct it. No other person can have power over you or your destiny unless you decide to let him or her have it.



The measure of Truth:

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



Beekeeping – An Essential Part of Permaculture.

By Lois Stahl

Beekeeping can be labour-intensive during certain times of the year. Working with bees requires a gentle touch and calm disposition. It also requires a basic understanding of the honey bees behaviour during the various seasons and during handling and moving.

There are many varieties of bees of which about 5% are more familiar to us and the ones that produce the honey. All bees spend a large part of their lives collecting pollen and nectar and cross-pollinate at the same time. Bees form an indispensable link in the food chain and their service as pollination agents is essential to plant in the wild as well as to certain agricultural and horticultural crops. Bees play such a great part in balancing and increasing the fruitfulness of the planet that we need to ensure their protection.

The honey bee belongs to the genus *Apis* of which there are four known species with this genus and they all build wax combs, store surplus honey and pollen and live in large colonies.

The best known and most common honeybee is the *Apis Mellifera* which includes the

Scutellata and *A.m capensis*.

They are well known for their egg-laying abilities and are indigenous to the south-western Cape of South Africa.

How Bees communicate:

Pheromones:

These are chemicals produced by glands and secreted on the outside of an animal's body. Hormones are released inside the body. These pheromones govern a bee's life and are one of the most basic forms of communications. Bees can receive pheromone messages by direct contact via their antennae as well as via their mouthparts. They can also transmit and receive airborne pheromone messages.

The Nasonov gland releases a pheromone which keeps bees together while they swarm, guides forager bees to food sources and brings stray or lost bees back to the hive. To release the scent the bee raises her abdomen, opens the gland chamber and fans her wings to disperse the pheromone into the air.

Alarm pheromones are released when a worker bee exposes her sting sheath and secretes a drop of venom. The pleasant floral scent evaporates and alerts other bees in danger. Once a person has been stung they may be stung over and over again as the scent from the pheromone triggers the attack response in other bees. Guard bees can detect the pheromone scent particular to their own colony. Guards at the entrance of the hive touch and smell each incoming field bee to check if they belong to that hive.

Dances, Movement and Attitude:

The dancers, known as scouts act as recruiting officers for food-collecting bees and make up about 5% of field workers. The majority of field bees waiting inside the hive for scouts to bring back information about the location of forage. By touching a dancing scout bee with her antennae, recruit bees can work out the direction and distance of the food source as well as its aroma. During the dance, newly found nectar is offered to recruits. Having relayed information to

several field bees, the scout may continue to dance on a different part of the comb in an effort to recruit more bees. The amount of enthusiasm display by the dancer indicates the quality and quantity of food she has discovered.

Different dances convey different information and the three best-known are the 'round' dance when the bee goes around and around which indicates nearby forage. The 'wagtail' when the bees wag their tails which indicates forage further afield and the 'sickle' dance which indicates the amount of forage and the direction.

Touch:

The hairs visible on all parts of the body of the bee are touch receptors. Also known as *sensillum trichodeum*. Impulses are sent to the brain as these hairs are depressed and then spring back to their original position. The antennae and mouthparts are well-endowed with touch receptors. The antennae are used for palpating the queen bee's body to encourage the release of queen substance, the queen's particular pheromone scent. Once the antennae have received sufficient queen substance they are used to distribute it to other bees throughout the hive. The tips of the antennae are used to gauge the thickness of cell walls when building beeswax cells. Transfer of food from bee to bee involves mutual touching of antennae. Included in the many signals given by the antennae are signals for offering food, acceptance, rejection and completion. The hairs that sprout from between the lenses of the compound eyes are thought to monitor wind speed when the bee is airborne.

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Rebirthing the Creator

A narrative by
Riedwaan Norodien

"In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him; and without him was not anything made that was made."

John 1:1-3

Every creative act is initiated by an idea, i.e. 'the Word'; and the creator, as he dwells on that idea - is further inspired and led to work it out to its completion, to the finished creation. Edison, the father of many creative inventions, tells us that creative work, genius is 1% inspiration (the idea) and 99% perspiration (working on and exploring the idea). Whatever our notion of God, one thing that we cannot deny, is that there is a transcendental creative principle at work, responsible for the birthing of nature.

When we consider our own existence, it becomes self-evident that we didn't create our body; we did not create our consciousness: we are part of a greater creation, or greater creative act of which we are a continuation; like a fractal, where we - on a micro scale - contain and replicate the creative macro scale. This is how we can understand that we are created in the 'image of God' or the cosmic, super creative force; and what is the primary attribute of the super Creator? He *creates*: the creative principle is constantly and continuously at work, and as it is out there, so it is within us; the creative force operating the creation is also operating through us - we are individual centres for the operation of the creative principle, we are micro creative forces in the macro universe.

"In Art, man reveals himself and not his objects."

-Rabindranath Tagore

The essential aspect that separates us from the rest of Creation, is our sharing of that primary attribute of the cosmic creative intelligence - we can create; we can think; and so can other animals too, but the one thing that is indisputable is that

what is unique about us is our ability to think creatively: to invent technology, to create art. Creativity is a deliberate act, a conscious individual initiation of creation, bringing something into the phenomenal world that would not have been there if it were not for the artist who conceived or created it, for instance, a Beethoven symphony or Shakespearean sonnet.

"Poetry is when an emotion has found its thought and the thought has found words."

—Robert Frost

So, the creative process begins with an inspired emotion around an idea ('... in the beginning was the word...'), and as we brood and work on the idea, it becomes flesh, a material reality in the world.

"Neither man nor nation can exist without a sublime idea."

- Dostoevsky

But what- or where- is the womb of the idea? Ideas are born within our *mind*; Our mind is the tool, and medium for creativity. So to appreciate the genesis of creativity we must come to understand the basic nature of our mind. To understand ourselves as creators, we must understand the mechanics of our creativity: the constitution of our mind, which enables us to be creative. What differentiates us from other animals, and from each other, is the unique way each one of us can operate our mind.

"The beginning of wisdom is to call things by their proper name."

- Confucius

How is it that we are so creative? To answer that, let us briefly explore the mechanics and the dynamics of our mind. It is constituted or composed of 4 faculties: Intellect, Imagination, Emotion, Will. With our intellect and our imagination, we are able to conceive ideas; then with our emotion and our volition, our will, we are able to focus our energy and orchestrate whatever materials we need to complete or fulfil the idea we are inspired to create: inspiration (the 1%) comes from the idea, formed by imagination (subliminal or conscious) and intellect; then the work part, (the 99%) is to use the will to maintain the creative mood (emotion), to consistently

use the will to direct all the other faculties (including the body), to do whatever it takes to complete the inspired idea.

"Imagination means nothing without doing."

- Charlie Chaplin

Emotion is the movement of the energy; it gravitates around ideas; volition determines the direction that I steer the energy in. Creativity is like a symphony or dance of the faculties: it can begin with an intuition, a feeling, which crystallizes as an idea in the imagination, which is elaborated and adumbrated by the intellect, and the will keeps you at it until it is completed in expression.

"Get a good idea and stay with it. Dog it, and work at it until it's done right."

—Walt Disney

We cannot properly speak of the creative mechanics of our mind, without mentioning that our mind operates in two phases or modes: conscious and unconscious. With the conscious part of our mind we are aware of the 'outside' or objective world; with this phase of the mind we do our thinking, it operates the intellect and the will; it's the locus of our ego. The unconscious mode or phase of our mind is the reservoir of our power, it extends beyond our ego - the imagination and the emotion activates it. There is a constant interplay, or back and-forth communication between the conscious and unconscious modes.

"The highest possible stage in moral culture is when we recognise that we ought to control our thoughts."

- Charles Darwin

The mind is creative because of this interplay; and this is also how we create our experience: whatever we conceive in our conscious mind and believe to be true (even if it is not), we impress upon our unconscious mind, which manufactures it as our experience. By this principle we create our karma.

"It is not in the stars to hold our destiny but in ourselves."

- Shakespeare

It is easy to show our creativity in the way we operate our mind

negatively: today, worry and anxiety is rife amongst people, and what is it to worry? It is to zone the attention of our mind onto a scenario that we imagine, we engage our emotion around it as if it is real; this impresses and activates the unconscious mode of mind, which causes us to experience it as if it as actual and real. For example, if you are constantly anticipating that something bad will happen to you, or that you will fail at something you must do, then you are using the law of karma to create that experience: this is how we create our failure and our success – by operating the faculties of our imagination, intellect, emotion, and will upon the two modes (conscious/unconscious) of our mind.

"Every man is where he is by the law of his being; the thoughts which he has built into his character have brought him there, and in the arrangement of his life there is no element of chance, but all is the result of a law which cannot err.

This is just as true of those who feel "out of harmony" with their surroundings as of those who are contented with them."

- James Allen

Ideas that we dwell upon, create a gravitational field for our emotion, which causes an impression, or template, in the unconscious, and thus the law of creation or creativity is activated – what we ideate becomes real. In this way, the primary creative act is constantly rebirthed through us; we replicate the primal creative process.

This is how we can understand the profundity of Jesus saying, 'I and the Father are one ': in that we are sharing the same creative process as the Absolute cosmic Mind or God; as it is in the macro, so it is with us in our micro. Also, Jesus went on to add that, 'the Father is greater than I'; by which he meant to emphasize that we did not create ourselves, that there is a greater creative process of which we are participants, and an extension of.

*"What a piece of work is a man!
How noble in reason! How infinite
in faculties!*

*In form and moving, how express
and admirable!*

In action how like an angel!

In apprehension how like a god!

The beauty of the world!"

- Shakespeare

Our ultimate fulfilment is to understand our mind, to be conscious of the creative law, to experience and express what we are intrinsically:

Spirit-Mind-Soul; to shine in our fundamental attributes of Light, Life, Truth, Love, Beauty, Peace, Joy. This is the flower of the primal creation.

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Riedwaan Norodien

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Water

Thales of Miletus held that the Earth floats on Water and that all originates from it. This view may have been derived from Babylonian traditions, which placed the Watery Deities **Apsu** and **Tiamat** at the beginning of all things. In the story of Eridu, **Marduk** builds a raft on the primeval Waters and a hut on the raft which becomes the Earth.

In the Babylonian creation epic, **Marduk** creates Heaven and Earth from the Watery body **Tiamat**. Psalm 136 states that God "stretched out the Earth above the Water", while the Koran says that Water is the origin of all life. A Greek myth makes **Okeanos** and **Tethys**, two Water deities, the original divine parents.

This image of Earth emerging from the Waters, evokes the emergence of life from the sea, of the baby from the Watery womb, of Jungian islands of consciousness from the sea of the unconscious. It refers to the dimly-remembered past where there was no separateness, fitting the watery signs of the zodiac, and best the Moon's sign, Cancer. Water baptizes, like a second emergence from the womb. It refreshes us and it washes us clean.

Heraclitus likens life to a river into which we cannot step twice. Water, the element which most

readily evokes **impermanence, change, flux, instability**. Verbs capture its essence better than adjectives or nouns: flowing, surging, merging, dissolving, sprinkling. It is sensitive to the slightest movement. Essentially chaotic and lacking inherent form it was less favored by the orderly **Confucius**, whose genius lay in perceiving and prescribing structure, and want of definition and its power to deceive the eye connects it with states confusion and psychosis.

To Lao Tzu, the mystical poet and philosopher of the Tao, however, "Highest good is like Water" because it is noncontentious and settles in the lowest spots, follows the path of least resistance, flows effortlessly into every available space and makes itself at home. Water might rather fill the role of lowest element for it is as deep as depth itself: sea-level is the bottom line from which we measure all geographical altitude.

Though there are some male Water deities, Water and moisture have mostly feminine associations, Lao Tzu's high estimation of Water goes with a philosophy which counsels us to "keep to the role of the female." Water moves downwards like Earth. They share the feminine, negative or yin signs of the Zodiac. Traditionally the Moon and Venus are moist. Like the Watery Signs and their corresponding Houses, Water has often has deathly connotations. Heraclitus said "to the soul it is death to become water" and "it is delight, or rather death, to souls to become wet."

From The four elements in the western tradition **By: V.H. Frater I.C.L.**

