

# GREEN ENERGY HERBALS



Eherbalnewsletter Issue 16 – August/September 2013  
*Hand preparing organic herbal medicinals since 1992*

It is an interesting thought that the extreme violence and general intolerance that we are experiencing today is the real motivation behind our next evolutionary step. Although we sometimes cannot understand why we have been so full of animosity towards each other, and this is of course due to our detachment from the planet, it is only because of this that we are able to see another path. I wonder how many civilisations have come and gone without a trace because of their failure to adapt. What we find difficult to comprehend is the extraordinary amount of time that has elapsed since the first stirrings of life all those millions of years ago. We live short lives, a blink in cosmic time – yet each blink is a necessary link in this seemingly unending chain.

What is important is what we leave behind us. History tends to favour the notorious, which is why today many activists resort to extreme measures to get their message across – there is major difference to their actions – they are preventing lives from being taken – they are not taking lives.

As with each revolution it takes time. This revolution is the one where we begin to understand who we are and how we interact with everything around us. What is important is to remember how to react. And it is this information that we need to be passing on for future generations. The information of sustainability; of population explosion control; of education for all; of eradication of poverty and the need to preserve our wild life and the plants around us. Much is starting to happen beyond the lecture rooms and this is very encouraging.

This is the process of time. That road that takes us ever forward; the road that we can either pave with gold or scar with lead. The choice is always ours.

This issue is about our interaction with Time. How through Time we have travelled a great highway in order for you to read this in the here and now.

Thank you to Lois Stahl, Gerrard Chaiken and **Riedwaan Norodien** for their contributions. Enjoy the read.

## Just a thought

Why do we need intermediaries to find the universal spirit? Why do we allow ourselves to be dictated to by those whose ideals are not quite our own? Surely it is time that as a collective we awoke as individuals to the immense power that we each have within us. It is Time that we accepted responsibility for our own actions and learn to use that power wisely for the good of the being within and those without. Only time will tell if the seeds we have planted today will be watered enough to grow into fruitfulness for the generations to come.

***Reality is established only in the interaction of a consciousness with its environment.***

***"A thought ruled by time can be expressed only in myth."***  
--De Santillana

***"Only time (whatever that may be) will tell."***  
--Stephen Hawking

***He is never born, nor does he die at any time, nor having once come to be will he again cease to be. He is unborn, eternal, permanent and primeval. He is not slain when the body is slain."*** -Bhagavad Gita

## MOON TIME

We start our working week on Monday, the day of the moon; the planetary hour for the moon on a Monday is the first hour from sunrise; so no wonder we often feel so negative about it all! However, on Fridays the planetary hour from sunrise for the moon is from the 10<sup>th</sup> to the 11<sup>th</sup> hour, just the time the work week finishes and most of us don't feel too negative about this, do we!! It's all a state of mind!

In moon speak, each 24 hour day is divided into planetary hours, starting from sunrise to sunset and from sunset to sunrise. ***Should you sometimes feel an increase in mental activity towards either the new or full moon mix a blend of Lemon Balm, Hyssop/or Cypress and Eucalyptus oils in your burner; this channels those energies in a constructive manner.***

**TimEternity:**  
**by Gerrard Harris Chaiken**

Time: for some, destructive, ultimately, a murderous medium-

For some in vacant vacuum, they must endure a tawdry tedium-

Others are fear filled with tremors, trembling and trepidation,

At its swiftly engulfing encroaching depredation:  
Frenetic, flaunting, taunting with subtle manipulation,  
Or overt oppressive, terrorist tactics, threatening degradation

And despair: the wasting away of skin deep beauty, of brittle bone:

The weak, resigned to seeming mortality, abdicate their throne:

And yet, this strange familiar, how merciful and compassionate,

Accompanying us, from forgotten births to certain death:  
The backdrop to every act: life's rhyme and rhythm to last rattling breath

That bids us awake from its magic spell: and arise reborn, passionate

And full of fire, phoenix from the axe-axis of ashes `and soar

Beyond the sun, where in silence, Eternity like a lion does roar.

For surely time, its ebb and flow, its fevers, and fickle fluctuations,

Its visions and versions, its dance of veils, its spectral imaginations,

Is the nursery of the immortals: the womb, chrysalis-christ does dwell

Full grown, resolute and resolved, consummate, redeeming from hell

Of hallucinations, of memory's magic box of tricks, its mirrors that mock

And mimic: Mind is firmly rooted in the immutable: it is itself that rock

That binds the roots of the Tree of Life: and each moment, each instant

Is a flower upon that tree: a new born lotus, an avatar, a Saviour infant...

## DIFFERENT ASPECTS OF TIME

### CIRCULAR TIME

**"What is eternal is circular and what is circular is eternal." --Aristotle**

Some cultures such as the Greek saw time as cyclical - everything was re-born, every event would occur again. There was no ending. For this reason, their idea of "eternity," where the gods resided, is entirely different than the Christian idea of "heaven." Heaven is the termination of life, as we know it, the shift to an eternal location of reward for the soul. A believer in Christianity is not re-born - he or she stops existing entirely on Earth. Also, the opposing location of Hell eliminates the concept of punishment as a part of life.

Eastern religious beliefs deserve special mention, not only because are they still practiced, but also because they are beginning to have attraction and influence on certain circles of the Western culture. The concept of "great time" receives even more emphasis due to the massive scale of their historical mindset. Unlike the individualist ideology to which were accustomed today, these believers are individually insignificant next to the lives they had been and would become. This can be demonstrated through the story of a Hindu myth. It is the story of Indra, who is the King of the gods. Indra becomes consumed with pride and vanity, but is put in his place by a small boy who says, "I saw the ants, O Indra, filing in a long parade. Each was once an Indra. Like you, each by virtue of pious deeds once ascended to the rank of a king of the gods. But now, through many rebirths, each has become again an ant. This army is an army of former Indras..." It is interesting to consider the effects this mindset might have -- for example, an emphasis on the continuation of the species rather than on the exceptional status of an individual.

### LINEAR TIME

**There is Eternity, whence flowed Time, as from a river, into the world." --Plutarch**

With the inevitable rise of Rome and Christianity, the dominant Western idea became that of time as a straight line. This theory made possible the conception of history, as we know it.

The two primary mythic figures of Christian time are Father Time and Father Christmas. Father Time is most noticeable as a presence in paintings and stories in the 17th century. He usually holds an hourglass, which can represent his relation to technology and progress, as opposed to earlier time gods (such as Cronos), who hold agricultural tools. Father Christmas, a modern version of St. Nicholas, marks the end of each year, the progression of time. Like past time gods, his presence represents the progression of the years, and makes us think of our mortality.

In his book *Patriarchs of Time*, Samuel Macey points out the interesting combination of this figure of time with the materialistic holiday that Christmas has become. He justly observes that "in an increasingly bourgeois society we recognize that time is money, and that we must value both for our material well-being." In his opinion, this is what time has come to represent.

Linear time is carried out into modern beliefs. However, it differs slightly from Christian time, because it extends before and beyond the human. The image of time has become the marching on of minutes, hours, and days. The mass production of clocks occurred at the same time as the Industrial Revolution in England, between 1660 and 1760. Since then, we have become aware of increasingly smaller and smaller divisions of time

## TODAY'S TIME

**"What then is time? If no one asks me, I know; if I want to explain it to someone, I do not know."**

**--St. Augustine**

Myths are not just stories. They affected people's thoughts and actions. An example of this can be drawn from colonial Peru. There, the major rebellion against Spanish rule took the form of the Taki Onquoy movement. Drawn from anti-Catholic sentiment, the native ministers of the new religion preached that the circles of history dictated that time had come for a return to the native deities (wak'as). Because the people believed the circular time mythology, the rebellion reached a massive scale before its destruction. This is just one example of a general principle. Myths affect ideology and, in turn, action. So what does this imply about today? In a media-driven nation, is the myth bound to be more complex? Or is it more marginalized in the search for true information?

J.B. Priestly, the author of *Man and Time*, states that the myths of today take place within the realm of science fiction. One of the themes most consistently represented in science fiction is that of time travel. Today's myth, then, presents the story of escape from and rebellion against the modern progression of time. This can be beneficial, as it allows a sort of mental return to circular time, in which the individual does not die, but is immortal. It can also be dangerous, if we lose motivation to use the time we have in a beneficial way as we instead search individually for removal from it.

Chronos, the Greek god of Time, is a parallel deity with the Roman's Saturn. Both represent Time in all its manifestations - past, present, and future. Time can be a blessing with the progression of seasons and moving on from hardship. However, for the human it also represents mortality of the individual and, inevitable, the species. Chronos was supposedly the first god to exist, in existence even before Zeus.

With thanks to: [www.umich.edu/~engtt415/myth](http://www.umich.edu/~engtt415/myth)

### Green Energy Herbals

#### Spring Well Being Herbal Give Away

Balm of Comfrey Nettle Wintergreen for chest & sinus  
Tincture Reliever Mix for sinus and hay fever  
Infection Fighter to boost the immune system  
Happy T to rest those adrenals  
Blue Sky Development Flower & Rock Crystal Elixir  
Rescue Me to soothe away the fears and anxiety  
Comfrey Orange Blossom rejuvenating treatment

[Email here](#)

Give Away only valid in South Africa and closes 30/9/2013

### Contact Details

**Michele Slabbert**

**Herbalist / Traditional Health & Wellness**

Email: [michele.herbalist@gmail.com](mailto:michele.herbalist@gmail.com)

Web pages: [www.greenenergyherbals.co.za](http://www.greenenergyherbals.co.za)

**Lois Stahl**

**Reiki Master / Mayan Astrologer**

Email: [masonwaspstudio@telkomsa.net](mailto:masonwaspstudio@telkomsa.net)

## THE TIME OF YOUR LIFE ASTROLOGICAL TRANSITS With Lois Stahl

Although people are very different they are also very similar in that we all live through the phases in life that encompass growing up. We each respond to life differently and the symbolism in our natal chart shows us the potential for the differences between us.

The transits of the planets which means the journey the planets make through the zodiac show us our timing and by knowing this we can observe the normal crisis periods as well as our own personal crises. This enables us to better work with these crisis periods by understanding what causes them, how long the pressure will last and they allow us to comprehend what we are learning about ourselves so we can begin to use the energy constructively. Transits basically signify important periods in life.

As different planets move through the zodiac they activate planets in your own birth chart which brings energy to some part of the personality and causes a change in consciousness to take place within which then often manifests in your world outside of you. A transit can also set of natal complexes or aspects bringing attention to certain parts of your personality. This focus of attention can be either easy or difficult but that depends on the birth chart as well as how you've worked with it up until that point.

Transits signify periods of growth. The sextiles (60 degrees angle) and the trines (120 degrees angle) are easy aspects and we go through these with relative comfort but it is the oppositions (when a planet is opposite another planet) and the squares (a 90 degree angle) that are intense and they force growth and changes. The timing factor in life becomes something you have some control over and this eliminates the feeling of being victimized which can make it something exciting rather than something to fear and dread.

The sun, moon, Mercury move so quickly and Venus is also too close to the sun to really do more than reflect the mood of the moment. However Mars transits are mostly about two weeks and bring about anger issues and some people are prone to doing rash things during this time. Knowing your birth chart and when these transits are due to happen can assist you in channelling the anger issues into productiveness.

Jupiter brings about 2 months of pressure and Saturn about a year whereas planets like Uranus can affect you for about 2 years and Neptune and Pluto even up to 5 years. This does give you plenty of time to work with these energies represented by the transits. You have a chance to understand them and utilize the concept symbolized by the transit and this helps you to grow and you can make adjustments and changes in your life.

The hero's journey or the process of individuation is one that requires that you be tested and your life experiences and reactions are tested too. The Saturn transits test the various facets of your personality in order that you become conscious of what you know and that process takes about a year.

For those that want to work with understanding the natal chart the transits tell you which part of personality is up for growing. This system gives you advance notice about your life what needs to be learned and what the changes are all about. Life is not experienced for nothing or just and accident, it is a process of becoming aware.

To be familiar with the system you firstly need to know your birth chart and then to familiarize yourself with the timing of the transits. Then you can become your own counsellor and advise yourself and this enable you to let go of the tendency to approach the future with fear and gloom. You are not born to be hurt or lose, but to work with what you have and grow and experience life in its fullest sense.

The planets Sun, moon, Mercury and Venus move through the Zodiac very rapidly and therefore the effects are not all that noticeable. Naturally it helps to know where the moon is as this indicates the emotional condition of people in general and yourself as well. It is only with the cycles of these planets that the effects are notable. The cycles of these planets are when they return to the point where they were when you were born which of course with the sun is at your birthday and it takes a year and the same with Mercury too and Venus as they always travel in close proximity to the sun but can sometimes take a bit longer if they go retrograde during the year.

### MARS TRANSITS:

Now the planet Mars takes 2 years to travel through the Zodiac and return to its starting point which means it stays approximately 2 months in any particular sign except when it retrogrades.

When it transits through your natal horoscope it emphasizes the action principle which relates to your energy potential and how you assert yourself in life. It also accentuates your sexual life in some way or other. Reprogramming sexual energy is the beginning of the creative experience and as we learn to reprogram our creative energy the anger shown by the previously unhandled energy will disappear and the constructive activities can emerge. It is a time when we need to take responsibility for handling our energy in a mature fashion. Any attempt to change these transiting effects helps us grow more aware.

When the planet Mars comes together with the sun in your natal chart it is a high energy time and the focus is very much on the Self. We also can be more easily angered during this time. Naturally it will always depend on how your Sun is aspected in your chart and how Mars relates to this.

As the planet Mars makes an aspect to your natal Moon then you could be inclined to be supersensitive and more emotional than other times. In fact it will be due to emotional build up that you will express anger issues.

### JUPITER TRANSITS:

Jupiter is a planet that symbolizes how you relate to others as well as how you expand your consciousness, react to opportunities that come your way and express your generosity. With the easy aspects like the sextile (60 degrees) and the trine (120 degrees) you will find that there is an easy flow of energy and expression but it is the more difficult transits that really create the changes that make you grow. The difficult transits are the opposition, which is when a planet is opposite another planet. The square is a 90 degree angle to another planet and this creates the greatest tension. When a planet is conjunct it is together with another planet.

Jupiter always brings expansion in some form or other and will over-emphasize whatever planet it is affecting. This could bode well for you or it can be difficult and taxing but in the long run it will help you to grow and become more than you were.



## SATURN TRANSITS:

Saturn is the great teacher and tester. Testing our skills, values, philosophy and our very being. The testing happens so we can become more conscious and ideas that have crystallized can change as we mature. In fact Saturn always brings about responsibility and maturity as it happens.

Saturn represents the part of ourselves that we approach with caution. We each have choices. We can go to the school of life and learn or we can play truant but at some or other stage the lessons you need to learn will catch up with you.

Saturn is also referred to as the Lord of Karma and now that it is in the Zodiac sign of Scorpio we can expect hidden issues come to the fore and have to be dealt with.

Saturn's biggest gift is that of crystallization and as we experience the transits of Saturn we begin to learn what it is we know. That is a personal truth and it varies for each of us. In order to become self-confident we must know what we know. This is a private internal process that can only be shared with someone who has reached a similar plateau.



## The Gift of Time By Riedwaan Norodien

*"To everything there is a season, and a time....."*  
(Ecclesiastes 3, 1)

You have heard it said "time is money"; but it is a fallacy to equate time with money, simply because time is worth so much more than money; one needs time even to make money. Money gives us purchase power, however there are things not even a billionaire can buy, but can only be acquired through investment of precious asset, time. Now just imagine you win the Lotto but you have only one week of time to live.

From a very early age, my life circumstance led me to appreciate the value of time. I was taken out of primary school to go and work, Monday to Friday, from 8-5. During this time my existence was owned by someone else, and I had hardly any free time; and this was during my formative years, when I needed to have time more than I needed money; when I needed to be in school to exchange my time for practising learning skills, and acquiring knowledge. But alas, at the end of the week, my wages- which the employers deemed my time's worth- was a mere 25 rand. I could endure that for only one month - then I left home, chose to become a street kid, to rather enjoy the luxury of ample free time than trade my priceless commodity. The city became my class room, and my bedroom. I grew to cherish time.

Now, in hindsight, I see the wisdom that guided me to sacrifice money and the worldly luxuries, and comforts it could buy.

Each one of us has a very fixed duration in our physical incarnation: it could be short, or long, but one thing is certain, it ends. When considering the value or the worth of our life, it is the same as asking ourselves what did we do with our allotted time. So, what is the highest and best application of our precious time?

All cultures and all religions, the world teachers from chorus their answer in unison: to understand and appreciate the value of time, that it is a gift, a blessing: which we should choose to use in the highest and best way Jesus urges us to use our time in the wisest order,

"But seek ye first the kingdom of God, and his righteousness."; while Muhammad motivates us to , "seek knowledge from the cradle to the grave"; and Solomon spurs us to , "with all your seeking, seek understanding, with all your getting get Wisdom." Buddha reminds us that, "he who grows, but grows not in wisdom, grows as an ox, only in body."

If we are fortunate, we would be blessed with a long life, wherein we could grow organically through various stages, phases or seasons. Each one of these must be lived thoroughly, wholeheartedly, because each season is conducive to aspects for our development and growth, "each stage is right, each stage is necessary".

It is clear, what the gifts wrapped up in time are , and the opportunity that time holds out to each one of us:

Enlightenment or the awakening to the light of Wisdom; finding the meaning and purpose of our existence, our talent or vocation; and completing ourselves through others, in healthy, creative relationship.

When, in relationship, we share the gift of time, the medium and soil for all association. Without this intersection here, there cannot be a rooting, a blossoming or a sprouting of our potential in relationship.

In time our association is revealed to be rosy and fertile, or weedy and moribund; In time, we can build a rich mutual personal history together, our unique time-niche or 'chronosphere': during which we can use the opportunity to nurture a culture of intimacy: for working, playing, collabArting i.e. to be creative and productive together.

It is this, our sharing of time that allows us to render all our experiences together as golden green culture, or rusty dross. When we spend time with each other, are we engaging each other creatively, turning our shared time into an investment to spend even more time together; or are we spendthrifts of time, just engaging each other superficially, never taking time to address and resolve the inevitable differences and issues that arise between us, and wasting that opportunity for growing the relationship?

Are we having a truly good time together? The seasons come and go: we spend time, we expend it; we use or abuse it. I could use that time we spend together to play around, to engage in superficial and futile pursuit of pleasure; I could spend that time enjoying nature in solitude, but instead I choose to spend it with you, just as you do with me. What is it that engages and delights us both; what do we make of the occasion: are we turning this privilege of time -intersection, its uniqueness and particularity, into a boon, so that we become more intimate, more potently connected, more spontaneous and freer with one another ?

Or do we, as time flows by, allow our familiarity, to turn into noxious weeds between us, alienating us, so that we end up in rancorous separation and irrevocable divorce?

Time together is the opportunity to cultivate our relationship, and to enrich it, ensuring its flourishing and flowering. It is what we each do within ourselves with our accumulated history which determine whether we grow apart, toward divorce, or whether we grow toward integration, a true marriage of minds.

*"Let me not to the marriage of true minds  
Admit impediments..."* (William Shakespeare, Sonnet 116)

Contact Riedwaan on email:

[riedwaan@upwardspiral.co.za](mailto:riedwaan@upwardspiral.co.za)

web pages: [www.illumind.co](http://www.illumind.co)