

HERBAL HEALERS NEWSLETTER

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Self nurturing has been a vital part of the past year. We've had to look deep within and without in order to become becalmed. The normal order of life's flow has been interrupted to bring about change. Whether this change be a positive or a negative only time will tell. There is so much information that it's now time to listen to that inner voice we all have that tells us what is right and what is wrong. Although it may take time, Truth will prevail.

We're heading into peak summer; the days are hotter and in some parts drier, in others wetter. Wherever you are, take time out to listen to the birdsong, to watch the sunset and to see our planet in all her glory. We live on a beautiful sphere, spinning with its own shining light. Behold the beauty that is our home and remember that it is in the eye of the beholder that beauty manifests, and the Truth be known.

THE POWER OF PLANTS

With Michele Slabbert

Living on the West Coast we are privileged and awed by the magnificence of the spring flower displays each year. This past year with the lockdown and change of lifestyle it was as if Nature knew we needed to be blown away by the beauty that she embraces us with. Our wild gardens bloomed for weeks longer than usual; the flowers that bloomed were in a contest to please the eyes, nose and everything else that makes us, us. The riot of colours flowed with an energy that almost shouted to be absorbed by those passing by; being tempted to stay a little while longer, and reflect. Many of the plants that grow along our coasts are medicinal and easy to grow; just remember the conditions that they grow naturally in and they will bloom for you.

There is beauty in everything. Listen to the symphony of the earth and heal through her resonance.

Wild Camphor Bush

(*Tarchonanthus Camphoratus*)

Leaves and twigs are used to prepare infusions, tinctures for stomach ailments, heartburn, headaches, toothache, bronchitis, asthma and inflammation. Tonic for colds, coughs, flu.

6 leaves to 1 cup boiling water. Infuse for 5 minutes. Strain, cool and enjoy.

Prepare a poultice – place on chest to ease asthma and bronchitis.

Steam inhalant for asthma, headache, rheumatism.

Even though the bush has a camphor smell it only contains a small amount of camphor.

Put leaves under pillow for peaceful nights rest. Fluffy seeds can be used to stuff pillows where headaches & sleeplessness are issues.

Fresh leaves can be rubbed into hair for dandruff & nits treatment.

Place pieces of wood amongst clothing and blankets for use as an insect repellent.

Seeds can be burned to fumigate – keep adding fresh leaves & twigs to fire to create more smoke.

Use when you feel your space is crowded with too many thoughts. A fragrant firewood that awakens the senses.

Wild Garlic

(*Tulbaghia violacea*)

The 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.

You can 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.

A wash can be made by soaking the bulb and leaves in cold water for 24 hours. Use this as a body wash to ease arthritic pains.

Confetti Bush

(*Coleonema pulchellum*)

Part of the buchu family this shrub is lovely in any size garden. When you feel tired and drained of energy a good soak is just what you need. A large handful of leaves and flowers should be soaked in 1 liter of boiling water (cover the container). Leave this to cool, strain and add to your bath water or to a spritzer you can use in the shower.

Combine a few leaves of the confetti bush with a few leaves of wilde als and a leaf or 2 of the Wild Garlic to make an effective cold, cough and flu remedy. Infuse for 5 minutes, strain and sip slowly when cool.

This shrub can be used as an effective insect repellent. Use twigs and leaves to place around sleeping areas.

Wild Jasmine

(*Jasminum multipartitum*)

Jasmine is a herb that stills the mind, aids digestion and ensures a good night's rest. While there are teabags available it is best to use the dried flowers. 1 teaspoon in a cup of just boiled water (remember to cover the cup) left to infuse for around 10 minutes. Allow to cool slightly and sip. This brew helps with a sore throat, eases tension after a tiring day.

You can also make a relaxing bath preparation with the dried flowers. Take a 1 cup of fresh flowers, add to 1 bottle of white grape vinegar. Allow to mature in sunshine for 10 days, changing the flowers every few days. Strain and use ½ cup in your bath. Store in the refrigerator.

Wilde Dagga

(*Leonotis Leonurus*)

A wash can be made of the leaves and flowers to ease skin rashes. Use around 2 large cups of plant material to 1 liter of boiling water. Cover and allow to cool completely. Strain and apply to affected areas. Store in refrigerator for 24 hours. You can also add to the bath to ease muscle aches.

This herb added to wild garlic, wilde als, confetti bush and wild camphor bush make a good remedy for those colds, coughs and flu ails.

BEAUTY IS IN THE EYE OF THE BEHOLDER

With Lois Stahl

We have all heard the phrase **'beauty is in the eye of the beholder.'** Beauty is all around us. It surrounds us in different ways and forms. We can find beauty in a graceful swan gliding away in a pond or a mother taking care of her child. The planet is filled with beauty and magic, if only we take a step back to seek and cherish it.

More often than not, the phrase **'beauty is in the eye of the beholder'** is misinterpreted and understood according to one's own convenience and ease. The world would be a much better place if we could learn to appreciate the beauty that surrounds us in all its glory. Any judgement of beauty is subjective. This applies not just to issues of physical beauty but also to anything proposed as perfect and desirable.

Whether or not beauty is **subjective or objective** has been argued since at least ancient Greece and everything has its beauty, but not everyone sees it. Beauty is no quality in things themselves: It exists merely in the mind which contemplates them; and each mind perceives a different beauty

Beauty Can Be Intrinsic As Well As Extrinsic

Beauty can be both intrinsic as well as extrinsic. People often think that only the outer facade of something or someone can be beautiful, but more often than not, it is **what lies within** that is the most beautiful. The world is filled with misery, poverty, war, disease, and crimes. In such uncertain times, it is important for each and every human being on the planet to have empathy. A little child looking after an injured pigeon is a beautiful sight as it shows the deeply embedded empathy and compassion in the child for the wounded bird. Therefore, we can find something as minute as a butterfly sitting on a flower to be beautiful while someone else might not find that sight as impressive as you do. This does not change the sight in the least. Only the perspective of

humans differ. Therefore, if we could look for a deeper meaning of beauty, the world could be a much better and more beautiful place for everyone.

However, we must not always take beauty at face value as something that strikes you as beautiful at face value might not impress you as much when you dig deeper and find more nuances in it. More often than not, we look at people and things in black or white when the truth is that the world is largely grey. Nothing is beautiful, and nothing is ugly. It all depends on our perspectives and how we view something or someone.

How to seek beauty in Life

Humans are habitual creatures. We often find a routine we enjoy and stick to that routine for months. This allows us to move and work efficiently. We're able to get through our day without expending too much energy on things we don't find important. Unfortunately, these routines don't come without their own pitfalls. When we do the same things repeatedly, we tend to start missing small, yet important, moments during our day. We don't realize it, but we've conditioned ourselves to avoid being present. We're slowly dulling the vibrant experience of life. In other words, we usually do just enough to get from one day to the next.

We Cannot Be Perfect

We're never going to be perfectly present during every moment of our day. Even the select people with razor-like focus lose their sense of presence now and then. There will always be those moments that seem unimportant compared to the rest of our day, and during this time it's highly likely that we'll shift our focus to something more pressing than what we're currently doing. We're always filling in the quiet periods with our own thoughts and expectations. It's unrealistic and counterproductive to expect ourselves to be perfect, but there are ways to improve our ability to be present.

For some people, meditation is their go-to practice. Others focus on flow states by picking tasks that challenge them and force them to concentrate. Another

method is trying to hang out with present-minded people that hold us accountable. These can all be very productive endeavours that are worth giving a try.

Finding Beauty

I'm a firm believer that anything can be beautiful if you look at it in the right way. Even the most damaged objects are unique in ways that no other object can replicate. The problem is we get used to overlooking the amazing pieces of life around us each day. Finding Beauty is a very simple process. Wherever you are, try to see the things around you in a new way. If there is a beautiful park on your way to work, take a moment to fully appreciate it. If you're on the subway into work, take a moment to acknowledge the different people around you. If you're leaving the office, find one thing that's cool or inspiring. Maybe you want to examine the vast architecture of your city. Or, maybe you could take a few seconds to appreciate the small intricacies that allow you to use the pen in your hand. Either way, there is an opportunity to really savour the objects and people in your life.

Beauty is Everywhere

Once you start looking for beauty, I think you'll find there is a lot more of it than you first thought. I still find new things every day to appreciate. This simple act of searching for beauty has helped reduce the number of things I take for granted.

Your Definition of Beauty Might Change

As you take the time to really see and contemplate the things in your surroundings, you might realize that your definition of beauty begins to change. Maybe you thought your house was falling apart, but now you've started to recognize some of its charming aspects. You used to think the workplace always felt dark and dreary, but now you're starting to see it's actually pretty lively and colourful.

You Begin to Enjoy things More

When we can truly appreciate things for what they are, we're able to enjoy them more. It's really hard to enjoy something when we're constantly focused on them.

This simple shift to looking for bright spots might lead to a realization that we like something as it is. Sometimes, we get so focused on the imperfections of an object that we forget how wonderful its other qualities are.

Being Present with Our Perspectives

The only requirement for recognizing the beauty around us is paying attention to the thoughts and emotions we're using to look at the present moment. If we're in a state of anger, we're probably going to see things in a way that brings us more anger. However, we have the power to make a shift. All it takes is the search for one beautiful thing. That one beautiful thing might be the reminder you need to be present for our wonderful universe and all its precious moments.

As is evident, the sheer nature of beauty is such that there can be absolutely no objectivity in it.

Beauty is in the eye of the beholder because we all see the beauty in things and people from a thoroughly prejudiced lens of our own experiences and lessons through life.

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TRADITIONAL HEALING TRAINING

With Peter von Maltitz
and Lynne van Zyl

Traditional healing is based in tribal tradition and has probably existed for about 120,000 years, since tribal structures are thought to have existed before the first city states appeared about 7,000 years ago. It is founded on the

experience of the human as part of his/her family and clan (the ubuntu concept). The clan experience goes beyond the physically living and includes the ancestors of the group. Keeping in contact with these ancestors and following their guidance contributes greatly to the health of the individual because it imbues him/her with a sense of belonging, purpose and identity within the community.

A traditional healer is a person who has maintained or re-established his/her contact with the **ancestors**. Through this contact he/she has access to all the knowledge they impart. Because the ancestors are also part of another world they have contact with other beings to whom they can introduce the healer. A traditional healer also communicates with plants which divulge their healing secrets. Just as any western student needs to learn how to gain access to the knowledge of his civilization through libraries, so the student of traditional healing has to learn how to gain access to information through interaction with the spirits. The spirits only speak when all other avenues have been explored.

In western society one is taught that only the physical world exists. Visions are seen as a hallucinatory product of the psyche in which it is inappropriate to indulge. Failure to conform to this norm could result in institutionalisation. But consider that what so called insane people see and hear might in fact exist, or that when someone says that he/she can feel the pain of others he/she is probably telling the truth. Should one experience these phenomena and decide to ignore them, one might successfully suppress their direct meaning.

Instead of a clear message one suffers from a throbbing **headache** as if someone were knocking to get attention. In other cases intuitions may express themselves as a **pounding of the heart**. These symptoms usually manifest when one considers acting against the wishes of the ancestors. In Nguni society this condition is known as thwasa.

The cure for this illness lies in accepting ancestral messages, best achieved by the study of traditional healing. This acceptance marks the start of a traditional healer's training. First the **thwasa** (new student) needs to find his/her own teacher. Often he/she dreams of this teacher before meeting him/her. In other cases the thwasa will meet the teacher, as if by chance, and will feel an immediate sense of recognition.

Ukuthwasa (initiation) is a process undergone by someone who has Ubizo (The Calling) from their Ancestors to become a healer.

In South Africa, as in so many other parts of Africa, the start of formal training is demonstrated by the wearing of **white beads** presented to the student by the teacher. These are visible signs that the student has accepted the call of the ancestors and are named **incinbi** (chains) since the student is now chained to a new path, cannot leave it and must obey the ancestors. The thwasa also is given an arm length stick that they have to carry with them everywhere they go. It is quite a challenge in the beginning to remember the stick all the time. Soon the trainee is taken to meet the water spirits, and later the forest spirits. **Light blue beads** and **green beads** respectively can now be worn with the white. After much work with people and plants under the guidance of his/her teacher and having learned how to dream and to interpret these dreams the student is ready to demonstrate new abilities. Clan, friends and the local community is invited to a festival in celebration of what the ancestors are making known. During this celebration a goat is slaughtered in honour of an ancestral line. Here the student displays his/her ability by explaining his/her latest dream or diagnosing the condition of a bystander simply by looking at him/her and listening to the ancestors advice.

At this ceremony the student adds seven black stripes to his/her previously unadorned ceremonial white skirts. A broader band of white beads, the bladder,

gall bladder and tail of the goat is added to the head-dress. The string of white beads around the neck is lengthened and have bits of the chin goatskin sown onto the ends. Now the student usually receives a special traditional **healer's name**.

Later (sometimes even years) a second goat is slaughtered to celebrate the other ancestral line. At this ceremony, pieces of skin are added to the skirts and the thwasa now wears a band of fox skin around the head to show that he/she is becoming clever. The student is also awarded a **digging stick** to collect roots and other medicines. It is important that the student should have found his/her own ancestral colours by this time so that the spirits can reveal themselves through the colours he/she wears. These are usually revealed in a dream.

In the final graduation ceremony a cow or bull is slaughtered, a cow for a female student and a bull or ox for a male. The tail skin of the beast is pulled over a stick, beaded and carried as a symbol of having completed the training process. This is the **tshoba**. The qualified healer now also wears a closed cap made of the skin of the family totem animal and many more beads. Now the new healer reveals the medicine that has helped him/her become whole again. The ceremony is performed at the home of the graduate's family. It is a homecoming and the whole community is invited to witness a display of the graduating student's knowledge and abilities on the students return from his/her teacher's kraal.

The above ceremonies indicate the traditional way, while today some initiates undertake not to slaughter. A three day fire ceremony is held instead. Whereby the initiate attends to the fire for three days. The "sacrifice" is him/herself, i.e. the Hero's Journey (see Red Beads) The whole training lasts anything from 2 to 15 years.

Igqirha

(I = Person ; GQI = Life force energy ; RHA =Full of)

White beads

Igqirha: Indicate the commitment to listening to the guidance of spirit. The beads show that the thwasa recognises his mother's and father's ancestors. It is the tribal community into which the thwasa is born in this life. His ability to focus inwardly and listen makes it possible to start this journey.

Blue beads

This indicates that the thwasa has been to the ocean or river and met the spiritual ancestors of the water. It implies that the thwasa has overcome arrogance and developed humility. He has found the observer self inside himself. He overcomes his self importance and anger and is relieved of fear. He has had the opportunity to experience that in water we are all one. We are part of the one life. One becomes soft and insistent.

Green beads

Wearing the green beads indicate that the thwasa has been to the forest and experienced the ancestors of the plant kingdom. He has had the opportunity to experience how in the plant kingdom there are protecting beings and that we are held in a web of consciousness. He now has to meet many plants and learn from them how they can help heal. He recognises the awareness of the plants by observing their light and having conversations with them. By recognising the great variety in plants we can also recognise the great variety of conditions that can be treated in people. The threads of connection are actively formed by intent. Disconnection causes pain. Reconnection is the healing of this element. He can recognise his intents.

Red beads

These beads are a sign of fire. There is the open fire that burns wood and the inner animal fire of digestion and the burning fire of the heart and blood. The fire of the heart of the home or the fire of community is what pulls people of heart together in compassion. Using this fire awakens the consciousness of compassion and experiencing the enactment of the stories of others. Through the destruction of form by fire the awareness arises of the

experience of others. You have to become the hero through whom others can access experiences that they are not ready to face. The experience of carrying out your intent give you self respect and contributes to your wisdom. This is the world of power and learning how to control it and not be controlled by it. Now you can sow bits of skin on your clothes to represent their fire of desire and hunger.

Brown beads

The earth below us needs recognition. If you have spent at least an hour buried in the earth so you cannot move, you can start feeling the presence of the earth and it lets you detoxify your different organ systems. Once you have removed your blocks in the body the energy can move freely and you no longer get cold in the earth. Your identification with mother earth becomes so strong that you feel like stroking her all the time. In connecting to the earth we can connect and absorb the vitality she sends us every day. We absorb that energy through our earth Chakra. When standing in the earth with our legs we become centred in the heart. To get your imaginary legs into the earth quickly you can stand on your knees.

The dreams

The worlds behind the physically visible one can be reached by going inside. Some call it the spirit or dream world. We can journey or dream in that world. For the modern man it is the unconscious world. When he enters that world he falls asleep and becomes unconscious. If one has gathered and stored enough power he can enter that world consciously.

The new beads that are put on now can be any colour but they are determined by the indications of your ancestors. You are representing them. Now all your clothes can be beaded. With time your ancestors move deeper and deeper into the spirit world and it becomes more difficult to reach them. You have to make more effort and focus to follow them deeper to levels where they are also more pure spirit and then you meet your pure spirit and your consciousness inverts. You see

from the outside inwards and not any more from inside out. Having accessed your ancestors of your present body and seen the members of your present family it is time to see who you and they were in previous incarnations. You can see what you did then and where you lived and what sort of body you had and what gender you had. Now you see the bigger picture of what you owe others and what they owe you. It is time to overcome your hang ups and your assumptions. Now it becomes time to recognise the patterns of your struggles even through lifetimes. Then you need to see what promises and contracts you made with others to create the traumas. Cleaning up these contracts to stop the traumas are essential before you can reunite your soul fragments. There are 17 virtues you can practice to overcome the traps of trauma.

Taking responsibility for the integration of all your fragments becomes essential. At last you can receive your soul gifts with which you can help others. Now the real work begins. It is time to align yourself with your destiny. It is what you decided in heaven that you were going to do on earth when you incarnated. Going back to heaven in a capable capacity in full energy and awareness you can remember what you came down to earth to achieve. Then you can go to the angelic heaven to see the bigger picture of human development and how your effort will contribute to the bigger picture.

In carrying out your destiny the right capacities you need to do the work will automatically come to you. While going to the angelic heaven you will meet your higher self.

Online Healers Workshops
<http://www.zanemvula.co.za/index.html>

Reference & thanks to **THP Peter Michael von Maltitz**

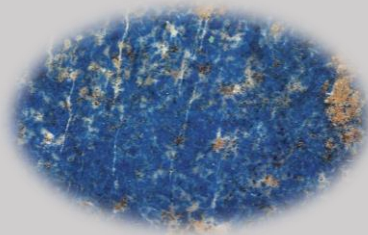
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CRYSTAL TALK

With Michele Slabbert

NUUMMITE - Reconnectivity

This is an ancient stone found only in Greenland and is estimated to be about 3 billion years old. Nuummite is known as the metaphysical talisman. Whenever I feel a disconnection with the earth Nuummite rescues me, grounding my energy and starting the process of interaction. This opens the pathway to inner power, thereby allowing self discipline, motivation and personal magic to flourish. As a meditation tool nuummite is exceptional. This is the stone to bring light into your inner world, lifting and dispersing deep seated negativity, allowing you to feel free within yourself. Nuummite brings a clear vision of Self. It allows us to reach our full potential, bringing understanding of the balances within ourselves that consist of both light and darkness. Nuummite activates all the chakras, balancing and removing any blocked energies, while creating an aura of protection around you. Wear Nuummite when you are feeling down and discomforted. This stone brings relief from stress and anxiety and allows your thoughts and speech to flow freely. From the time of the creation, Nuummite reconnects us all.



LAPIS LAZULI - enhancement

This stone has a strong and unique energy that may challenge many people... and this makes Lapis an amazingly powerful stone for spiritual growth and spiritual health. The vibration of Lapis Lazuli aids you to develop a profound conviction and depth of faith... and along with this you experience trust in yourself, and an understanding of your own spirituality, and the challenges that come your way. From this comes enlightenment ... an

immediate and often startling discovery of your own understanding of *your* spiritual journey... and self-confidence and belief in this discovery. Lapis Lazuli Stones resonate with the vibration of truth and enlightenment, and are powerful intense blue stones for opening the third eye and stimulating the pineal gland. Lapis lazuli is regarded by many people around the world as the stone of friendship and truth. The blue stone is said to encourage harmony in relationships and help its wearer to be authentic and give his or her opinion openly.

VESUVIANITE - energy in motion

Vesuvianite is all about you. This lovely stone travels your inner pathways opening your thoughts to determination and manifestation. It brings about a balance – the physical, mental and spiritual. It brings connection. It is transforming. Vesuvianite has long been used in powder form to relieve chronic illnesses. Living in a rural area as I do, I often wear this stone when travelling into the city as it forms a protective barrier around me – relieving the unseen effects of inner city pollution. It is also very useful as an aid to depression and assists us in assimilating the nutrients from the food we eat. Vesuvianite stimulates action! A powerful heart chakra stone. It can help to create a sense of inner security, can open the mind and stimulate our sense of inventiveness and the urge to discover and find out about things.

A MEDLEY OF REMEDIES

With Michele Slabbert

With more time spent at home here are a few simple ideas to keep you in balance. Some you eat, some tempt the eyes and some simply heal.

Basil prepare a tea by placing 3 leaves in a cup of boiling water. Cover the cup and infuse for 5 minutes. Strain, cool and sip slowly. This alleviates an upset stomach and can rid you of a bad mood. Add a leaf of **Rose Geranium** for extra effect.

Brown Sage – the flowers and leaves are dried and used to relieve colds and flu either in a

FLOWERS and COLOUR

With Michele Slabbert

Lapeirousia anceps/Chabi

This modest little plant pops up all over our gardens. The *Lapeirousia* species is found from Namibia and along the west coast of South Africa. The corms are used. The brittle outer layer is removed before use. They can be baked in hot ash, either eaten then, or the corms can be pounded and stewed with either milk or water. They have a sweet taste.

Always remember to correctly identify a plant before consuming.



I have found certain colours most rewarding when life becomes a little challenging. In spring Nature provides such a riot of colour, yet if you look, there are carpets of single colours everywhere. If you don't have a garden try the flower sellers and allow the flowers to speak to you in order to choose the colour that is just right for you. The colour you choose makes a difference to your mood, and in turn, the ability to change.

Red – This is your earth ID (magnetic locator). Activates & strengthens the will, Assists us to live on this plane. Stimulates life sustaining energies.

Orange – wisdom, creativity, benevolence. Here is where we grow from the roots of our childhood and develop our own abilities. Creative energy motivates us to become productive.

Yellow - meditative analytical thought / Intellectual activity
Most influential over our ability to create a happy and satisfied life. This is the center of believing in ourselves. Frees fear.

tea or as a steam inhalant. The dried leaves can be burnt to clear those thoughts that refuse to surface and assists in integration and being part of life's lessons. Aids in clear perception and understanding. This plant can be grown successfully as long as it is not overwatered. Birds and bees love this shrub!

Violet should be placed in a sick room to give good cheer to the patient. Violet flower tea is a mild sedative. Mix with Vervain.

Vervain is another effective healing herb. Vervain water was sprinkled around rooms to dispel gloom and ease depression. Vervain makes a soothing and calming tea when moods try to swamp you.

Yarrow is given to the new born baby as protection in the life ahead. A leaf dragged through boiling water and rolled into a small ball then placed on a sore tooth will give great relief. Yarrow reduces fevers and is a valuable aid when dealing with colds and flu. Adding a little mint to the infusion enhances the fever reducing properties. Yarrow is a diuretic and is used to treat circulatory disorders. It is also used for stomach ailments, menstrual cramps and rheumatic aches.

I'm a huge fan of preparing my own **flavoured water**. After filtering the water and pouring into a jug, slice up a lemon, removing each end, and add the herb of your choice. A goodly sprig of mint, with smaller pieces of marjoram, parsley, tarragon and a leaf or two of sage is a good mix. If you have fresh ginger and turmeric add a sliver of each. Keep cool but not ice cold.

The autumn equinox is due in March and this is a good time to collect **full moon dew**. In the very early morning, take a cotton cloth and drag over the plant/herb/tree of your choice until saturated. The moment the sun rises, stop. Wring this into a glass bowl and add a quarter of what you have in dew, in filtered water. Creating a vortex while pouring the mix before using it as a wash is highly effective in clearing the veil of blurriness that sometimes surrounds us.

Pink – softness in strength, compassion, empathy, unconditional love. Recognize our own spirit in every other person and learn to love our neighbour as ourselves. Acts of service bringing about personal transformation.

Blue – knowledge, oneness with divine guidance. Centre of choice & consequences. Helps us keep our word & to fulfill our promises.

Indigo – attainment, search for spiritual purpose. Centre for outside guidance. Purifies negative energies. Combined interaction of pineal and pituitary glands activate this center.

White – perfection. Allows inward flow of wisdom. Allows us to experience self awareness & conscious detachment from personal emotions. Cosmic consciousness

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<https://tinyurl.com/GreenEnergyHerbals>

*Truth is the property of nobody.
Truth is not the property of any
particular sect, creed or religion.
It is the property of everybody.
Truth stands even when there
is no public support.
Truth is the gateway to the
kingdom of the Divine.
Be truthful.
(So Says Sivananda)*

POETS CORNER

With Gerrard Chaiken

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