

HERBAL HEALERS NEWSLETTER

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From where each of us stand, we are at the center of the universe.

*If I am not for myself, then who is?
If I am only for myself, then what am I?
And if not now, then when?*

This is the season of contemplation, of cool days and chilly nights; the time when we tend to be more indoors than out. It then becomes vitally important to balance our indoor and outdoor time so as to ensure that we lead as hearty and healthy a lifestyle as is possible. Strenuous exercise always tends to seem a little less of an effort when the colder weather arrives. Wood smoke, the scent of the damp earth, vigorously flowing rivers and noisy skies all seem to kindle long forgotten memories; many that have lain dormant for years. Gazing at a roaring fire evokes many a strange thought and often we slip gently into our inward/outward journey. No matter how small your thoughts are, they do matter – we all matter. *If we do not understand something, then try and find something that will guide you to the way of understanding.*

ESSENCE OF SLEEP

With Michele Slabbert

In order for each of us to get a good night's rest to awaken refreshed and alive with life, we need certain vitamins and minerals that promote sleep. Tryptophan, calcium, Vitamin B6 and magnesium. These assist in the production of melatonin, a hormone responsible for keeping our sleep and awake patterns in order. When we go to sleep melatonin production increases and when we awaken this production eases.

Tryptophan, an amino acid, is converted into serotonin and then converted into melatonin.

Magnesium is a natural relaxant and is known as the sleep mineral.

Calcium assists the production of melatonin.

Vitamin B6 assists in the conversion of serotonin to melatonin.

I'm a great believer in foods that naturally aid in ensuring good sleep/awake patterns. There are foods that contain these vitamins and minerals so ensuring the correct eating habits in the evening assists with a healthy outlook on life and the enjoyment of just being.

Here are foods to consider when planning your evening meal.

Salmon, tuna, sardines.
Chickpeas, black beans.
Apples, bananas, cherries, pomegranate, peaches, goji berries, kiwi fruit and grapes.
Broccoli, spinach, onions, tomatoes, olives, cucumber, carrots, tomatoes, turnips, Rice, corn, barley and oats.
Sesame, pumpkin, mustard, flax and sunflower seeds.
Eggs.

Walnuts and peanuts.

Have a warm mug of Almond Milk an hour before bedtime.

Avoid high protein foods and caffeine laden drinks.

Herbs that contain various amounts of melatonin include Aloe Vera, coriander, fennel, fenugreek, garlic, cardamom, ginger, milk thistle, St. John's wort, sage and celery.

With all of the above there is much room for delicious creativity.

ALL THINGS MATTER

With Lois Stahl

Material substance that is the observable and, together with energy, forms the basis of all objective phenomena.

Little things matter. Don't waste your precious time on useless pastimes. Too much TV, entertainment, drinking and revelry can be harmful to your career. You need to produce to create wealth. Many Western and South East Asians nations are rich because they produce wealth, technology, new inventions, quality services and progressive leadership.

To change things on a large scale, you need to be a leader. Only leaders manage change effectively across the broad spectrum of society. Be a

leader in your field in order to make a change.

1. Look for ways to give back.

Sometimes the best way to remember the value of small things is to look for random acts of kindness you can do for others. Don't underestimate the power of delivering a meal to a sick friend, inviting a new co-worker to eat lunch with you, volunteering a few hours a week at a nursing home, or offering to drive carpool when it's not your turn but you know your friend is having a busy week.

2. Free yourself from the pressure of needing to be noticed.

It's so easy to feel like we are being overlooked at home, at work or in our community when we are doing the small, faithful things, because they are usually not the glamorous things. It can feel more gratifying to be the loudest voice in the room, but we need to remember that just because a voice is the loudest doesn't mean it's the one making the biggest difference. When we can get to a point where we find value in our contributions, no matter how small, it helps us be secure in who we are and eliminates the need to be constantly noticed.

3. Slow down.

Our daily lives move so fast. We rush from meeting to meeting, often attempting to fit 32 hours' worth of activities into a 24-hour day. This hectic schedule can cause us to overlook all the little joys life has to offer. Don't be afraid to make time to (literally) stop and smell the roses. Listen to the sound of your kids laughing and actually getting along in the back seat, enjoy the cool, crisp air of the first spring day, or take a walk around the block to clear your mind and give yourself a mental break. Work and responsibilities will still be there when you return.

4. Treat yourself to something special.

Sometimes you need to treat yourself to something. Buy those shoes, get that new handbag, read that book, play a round of golf on a beautiful day or eat some ice cream. Life is better when you give yourself permission to take advantage of the fact that you're a grown-up and can occasionally

splurge on some little thing that makes you happy.

5. Practice gratitude.

The more thankful we are for what we have, the less inclined we are to focus on what we don't have. Gratitude helps us value the small things we often take for granted because we start paying attention to the good things in life. Some days, it can be as exciting as getting a promotion at work, and some days it might just be that your coffee tasted good that morning. I've found that my overall attitude toward life in general is better if I make myself mentally check off three things I'm thankful for at the end of each day. I used to live for life's big moments. But in that funny way life has of teaching as you go, I've learned over the years that it's usually not the big moments that make up a life as much. It's the daily commitment to stay in love. And it's not giving birth or signing adoption papers that makes you a parent, but braiding hair and kissing scraped knees and listening to someone sound out the word "cat" until you want to gnaw your arm off to make it stop. Vincent van Gogh once said, "Great things are done by a series of small things brought together," and I believe that's why valuing the small moments is the key to living a life that has meaning and significance beyond measure.

Materialism is a form of philosophical monism that holds that matter is the fundamental substance in nature, and that all things, including mental states and consciousness, are results of material interactions. According to philosophical materialism, mind and consciousness are by-products or epiphenomena of material processes (such as the biochemistry of the human brain and nervous system), without which they cannot exist. This concept directly contrasts with idealism, where mind and consciousness are first-order realities to which matter is subject and material interactions are secondary. Materialism is closely related to physicalism—the view that all that exists is ultimately physical. Philosophical physicalism has

evolved from materialism with the theories of the physical sciences to incorporate more sophisticated notions of physicality than mere ordinary matter, (e.g. space-time, physical energies and forces and dark matter). Philosophies contradictory to materialism or Physicalism include idealism, dualism, pan-psychism, and other forms of monism.

In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you.

Matter is the "stuff" that makes up the universe — everything that takes up space and has mass is matter.

HERBS FOR WINTER With Michele Slabbert

CENTELLA ASIATICA Pennywort

Centella has been used for thousands of years in the east, where it is highly venerated as a miracle herb, used for both its medicinal properties and spiritual enlightenment. It has remarkable rejuvenating properties and is known in India as the longevity herb and has been used to treat leprosy, skin ulcers and various other skin ailments. It has been in use in southern Africa for many hundreds of years and now forms an important part of our own pharmacopeia.

Centella has antibacterial, antifungal, anti-inflammatory and anti-allergic properties.

This herb tones and strengthens blood, organs and the vitality of the body. This when the immune system is weak especially after an illness or injury. Known as the blood purification herb.

Centella's anti-inflammatory effect is used to treat rheumatism, rheumatoid arthritis and poor venous circulation. It strengthens veins and treats varicose veins. Centella is a highly valued remedy for depression, blood diseases and mental weakness. Neutralises blood acids and lowers the

temperature. It acts on the circulatory and nervous systems. An herb often used for the pituitary gland. Tablets are used for vertigo.

The wound healing activity is due to the facilitated development of normal connective tissue. This process includes stimulating an increase in the development of blood vessels in the affected area, an increase in the formation of tissue structural components and an increase in the keratinisation of the epidermis.

Fresh leaves are pulped and applied to sores, wounds, varicose ulcers, burns and stings. 1 heaped teaspoon of herb to 1 cup boiling water is given at the same time. Remember to cover the cup while the herb is infusing for 10 minutes. Strain, cool slightly and sip. This brew can be used for mild fevers, acne, allergies, diarrhoea, TB and cancer. It is also used for fertility ailments and as tonic for poor digestion.

Dried leaves are powdered and used as a snuff. After ½ hour this has a calming, sedative effect relieving anxiety and stress.

The tincture can be used as a brain food, for endurance, high blood pressure, mental fatigue and poor vitality. Centella strengthens nervous function and memory, thins the blood and in large doses lowers blood sugar levels.

Tinctures teas and ointments made with centella are used to treat most forms of eczema, psoriasis and other skin ailments.

Centella should not be used while pregnant or breast feeding. It has been noted that centella can interact with other medications that cause drowsiness, cholesterol lowering medications, antidiabetic medicines and corticosteroids.

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CIRCLE OF LIFE With Lynne van Zyl Gogo NomVuka

'God is a circle whose centre is everywhere and whose circumference is nowhere' (Hermes Trismegistus).

As we shift our awareness deeper into the new earth, we create our new reality from inside out and ask ourselves how do we proceed to stand? We continue to reflect and review our inner truth. Realising we have come a long way to tell this story and there is no turning back now.

As we continue to walk, our crazy dreams become manifest. Angels cross our paths when you least expect them.

Another chapter, we are one step closer to dropping the tortured warrior. We are reminded by the scars we carry and lessons learnt, as we journey deeper into the heart.

Grandmother pays us a visit, bringing evidence and clarity. We continue listening, we look deeper...

Shadow returns, another opportunity to review what we thought was long last healed. We purge the remainder, while continuing to awaken the inside. Each encounter, we are reminded to live from our heart, in a child-like peaceful, playfully loving and unified way.

Then suddenly, we crack! Crack open...new life is born!

Today we are greeted by the Guardians of the Threshold.

We go beyond borders, beyond manifestation of embodiment and beyond the nebula. Entering into the awareness of the in-between.

Inside the Divine Masculine and Divine Feminine resides. We recognise them and great them in love. Equally they descend from the mountain tops. Each step taken rhythmically, gracefully synchronized. As they walk towards one another with the inner knowing, they smile. True communication, requires no words. Residing in the unconditional heart.

They extend their greeting arms to meet one another. Here they dance together, in the awakened heart. Swirling and spiralling into a speed through the aether's. A rainbow welcomes them there. Reminding us to live in the moment.

The love of the earth aether's supports us, giving us freedom of independence, by separating us from other particles. We feel lighter here.

We welcome in, greeting of the water aether. Recognition of self acceptance, is where our true intimacy resides. Here we notice ourselves deeply as the observer.

Allowing space for all to shine, we are felt by the air aether.

The Cosmos is ever expanding for the stars to shine brightly. We are the stars, we shine.

Gazing in wonder in the warmth aether, we meet every-being from our hearts and extend the warm invitation, greeting one another.

Deeper and deeper, we merge as one realising there is no separation, no attachments, expectations, nor ownership. Finally, we've learnt to overcome sorrow. The dread of always looking back, kept us falling off the rope for so long and crashing into a pillar of salt.

After we feel the big love for God, then we have to conquer fear. We overcome! As we lift our heart, it holds our mind. When our heart is full of God, everything flows in Divine order and will walk together in a good way.

Tightening our God ropes, correcting our past. Letting go of what we thought we once knew and looking forward, with mature focused intent. Knowingly the wisdom that was once only understood, as residing behind us, we knowingly carrying within. A doorway...

Now we have become those aether's for others so they can progress, to the in-between awareness. Only by going on the journey ourselves, can we guide others.

What bliss, when we walk in the in-between, equally balanced. Unity and oneness, operating from Divine Consciousness.

We see each other as mature equals, carrying unique gifts.

We thank one another for sharing the wisdom, and continue our dance for humanity.

Walking the road less travelled, is a responsibility. We are preparing our way in community, as our forefathers did, grooming those before us into Elders.

We rise up through our chakra's, following the golden thread, in preparation of the creation of the ascension body.

This sacred journey now becomes a quest, in evolution of humanity.

Blessings and Peace to All Beings

Gogo NomVuka



Credit: Peter von Maltitz; Journey into the aether's. Entering into the awareness of the in-between.

*So God created mankind in his own image, in the image of God He created them; male and female He created them.
~ Genesis 1:27*

TREES IN MY GARDEN RHUS SPECIES

Karee / Taaibos / T'Kunie Bush
Rosyntjebos / Jqarra njarabessie

Growing so well in our wild gardens are various Rhus species. The Rhus undulata features prominently and has some very interesting uses. The leaves, bark and roots are used medicinally. Leaves can be chewed to relieve chest colds and the roots are used in decoctions in the treatment of disorders of the gastro-intestinal tract. Several of the Rhus species have edible, sour berries which are used traditionally to make honey beer or mead. In fact the common name is derived from the original Khoi word for honey beer. The berries are pounded (they are shiny brown when mature), mixed with water and then allowed to ferment. Either the Rhus undulate or Rhus lancea can be used.

The berries can be rubbed to remove the tough skins and either eaten fresh or soaked overnight in milk to form a curd.

Bring 500 ml milk to the boil and remove from heat. Gradually add 750 ml fruit, stirring continuously until thickened. Remove pips by sieving. This can be eaten hot or cold.

The crushed leaves of these trees can be applied to stings to reduce pain and swelling.

These trees are held in high esteem in Namaqualand for their wood which imparts a sweet spicy scent. They are also a traditional source of tannin in the area. The straight stems of many of the Rhus species are ideal for arrow making.

A valuable shade tree, resistant to both drought and frost, the Rhus lancea, with its willow like appearance stimulates our ability to follow our intuitions and assists us to move out of a negative state and make us aware of our place in the grand scheme of the universe.

HEALING POWER OF NATURE

With Michele Slabbert

Winter is the time of planning, of preparing the soil of the mind to interact with the soil of the earth. Gardening must be one of the oldest professions in the world. People have been fascinated, inspired and totally de-stressed from the fulfilment attained by the simple act of watching their gardens bloom. Nature provides therapy by you simply enjoying the fruits of your hobbies, rather than the fruits of your labours. In changing climate conditions the need to rethink many gardening ideas can be very stimulating.

The world is changing day by day and one of the basics which we cling to is our gardens, whether indoor, patio or large. Prayer, meditation or reading in the midst of beauty brings us closer to the divine essence of the universe.

A balcony greenhouse - There are some small greenhouses that can be purchased that would fit on a medium sized balcony; check online and even better, a visit to your local nursery.

Before you start check the prevailing winds, high trees or shrubs that hamper both light and shade.

A good idea is to work with colours. We all have days when a specific colour appeals to us more so it makes sense to plant a variety of

flowers, herbs or shrubs of the same colour in one area and then another colour of the same, and so on. This depends on the size you create. If a small area there are many punnets at your local nursery that have different hues in them.

Colour is a living energy. Flowers use colour to attract insects; fish use vibrant colour to warn off prey; people give off colours all the time, although most of us do not see these colours. Colour has always been used to uplift the spirit as we guide ourselves through the path of life.

An area should be set aside for seedlings and if possible some shelving for your various tools and any other necessities.

The healing power of Nature helps you put your own house in order. Creating something from an idea, working through the making and realising the dream, this is what life is all about. We cannot change where we have come from, but we can change where we are going.

Herbs for cooking and healing can be grown very successfully and do well in between other flowering plants.

Aloe Vera, Bulbine, Wild garlic, Pelargoniums and Pennywort or Centella are good herbs for fairly small spaces.

Drink Aloe Vera juice a few times a week for a liver cleanse which is so healing for your entire system. Chop, blend, strain.

Rose, Peppermint or Cinnamon Geraniums make good teas for digestive upsets. Use 2/3 leaves.

Wild Garlic is good as a system cleanser and booster. Wild Garlic should be eaten raw in salads and on sandwiches especially when fevers, colds or asthma rear up.

*When we understand
We are at the center of*

The circle;

*And there we sit
While Yes and No*

Chase each other around

*The circumference.
(Chuang-Tzu)*

CRYSTAL TALK

With Michele Slabbert

The violet and golden colours of Ametrine are very helpful in getting rid of depression which leads to inner peace and tranquillity.

Ametrine is a mixing of Amethyst and Citrine containing the properties of both stones. A stone to enhance equilibrium and provide a clear connection between the physical form and the ultimate state of perfection. Provides for a balancing of the male/female qualities and for an intellectual synthesis of spirituality. Stimulates the intellect to reach beyond the worldly aspects towards the development of the consciousness. In meditation and attunement, Ametrine can help one to reach higher states more quickly; the expanded clearing effect bringing in the higher mental openings, leading to peace tranquillity and cooperation. Disperses negativity from the aura and negative personal programming can be released via Ametrine. Enhances all aspects of compatibility. Ametrine works quickly in all areas; the amethyst raising the clearing quality of citrine to a higher level of vibration while expanding the extent of the energy. *Love Is In the Earth by Melody*



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