

We're at the doorway into autumn, a time and space in the year that brings life back into our part of the world. As the dusty ground springs back into life it is in the sight of rebirth that we fill our souls with joy and acknowledge the enlightenment that nature continues to bring.

We see so much; our minds register; file away; forget; remember; when we see.

It was sight that possibly created language. To quote from Terence McKenna's *Food of the Gods*:

"The evolutionary advantages of the use of speech are both obvious and subtle. Many unusual factors converged at the birth of human language. Obviously speech facilitates communication and cognitive ability, but it may have had unanticipated effects on the whole human enterprise. Some neurophysiologists have hypothesized that the vocal vibration associated with human use of language caused a kind of cleansing of the cerebrospinal fluid. It has been observed that vibrations can precipitate and concentrate small molecules in the spinal fluid, which bathes and continuously purifies the brain."

It was first what the eyes could see that needed to be described. While the men (and some women) were out hunting, it was the women who saw the need to communicate to others regarding food, herbs and nature in general.

However, this process led eventually to the agricultural practice of sowing a smaller selection of food and herbs and this in turn led us further away from our own nature, which is so closely aligned with our Mother Earth. We began to see only that which we wanted to see and the bigger picture was dimmed.

*The real voyage of discovery consists not in seeing new landscapes, but in having new eyes.*

*(Marcel Proust)*

*We journey this quarter with Marcel Proust. A unique novelist and writer. Some consider his literature the best in the 20<sup>th</sup> century. When recently observing some of his life lessons, felt it apt to share in these times. May it be a window of reflection to marinate in. Bringing a different viewpoint into your own world within and around.*

*One of his laws were, "You always get what you want, when you no longer want it."*

## **10 Life Lessons**

### **1) Authenticity – How to find your True Self**

*"We don't receive wisdom, we must discover it for ourselves after a journey that no one can take for us, nor spare us"*

*"To be a true artist, is to forget yourself"*

In my own personal reflections, we come to this earth plane bringing our unique wisdom from all our previous lives. Through self enquiry, establishing and developing a relationship with your Higher Self is an ongoing discovery, the spiral of life.

As humans we dig deeper to find a common thread which weaves us all together.

### **2) Suffering**

*"Turn all suffering into art, it's an antidote to suffering"*

*"Breaking habits ends suffering, through moulding it into a beautiful piece of art"*

*"The deeper the suffering, the higher they rise, so nothing comes easy"*

We know we learn nothing through suffering, yet we have been conditioned into this delusional belief system and in some cases through genetic inheritance. *"No pain, no gain"*. Through recognising these delusions, one can overcome and replace these suffering contracts, in order to heal and fulfil one's own destiny.

### **3) Time - Taming the beast**

*"An hour is not merely an hour, it's a vase full of scents, sounds, projects and climates"*

*"Past self-lives flood in, time stands still. Past lives are still and alive within us, exists a fire or a bell that with a small trigger allows us to recapture lost time, lost self and transcend it"*

*"Making the most of your time is not the same as rushing. Time is elastic, our passion expands inspiration contracts it and habit fills up the rest"*

*"So enjoy your life like a Japanese tea ceremony. Appreciate the cup, its texture and each sip taken. Focus on the sensation in your mouth"*

Life is brief at the longest. However it is the quality of it, so break time into moments.

### **4) Work - How to work like an artist**

*"Excuses have no place in art"*

*"The artist has to listen to his instinct all the time"*

*"If here and now is when we live, the job at hand is the most important"*

*"Small can turn into big and big can turn into small"*

*"We have to take the meeting with ourselves as much or more seriously than with other people"*

*"We enjoy lovely music, beautiful paintings, a thousand intellectual delicacies, but we have no idea of their cost to those who invented them, in sleepless nights, tears, spasmodic laughter, rashes and fear of death, which is the worst that all the rest"*

Delve deep into self-enquiry and observe. Creating a new insight into oneself. Yet at the same time applying patience and gentleness. Focusing like an eagle, one thing at a time.

Stand back from *your canvas*, then go back and forth, witnessing the huge emotions and sensations it brings. Be still and listen.

### **5) Change**

*"See your being as a process"*

*"Gradually our desires change and we do not remain the same"*

Impermanence, the series of self, sometimes is too incremental that

we do not notice the process of becoming.

So embrace change and think of yourself as a work in progress. Be loving and kind to yourself. There is no rush for the "end goal", if fact what is that, exactly?

### 6) Books

*"Nourish your imagination. A book is like a window into our inner thoughts and feelings. Each chapter telling a story. As we read book, we read ourselves".*

This is an awakening which inspires ourselves. Now we write and tell our own story for the world to hear and ourselves to heal.

### 7) Creativity

*"How to have new eyes"*

*"Our sensory experiences change us. It can't be forced, it strikes you unexpected"*

By awakening our creativity and imagination, we go with the flow of life. With each stitch in time we begin weaving all the threads together. Creating a magical tapestry of colours and hues, filled with stories and memories creating our masterpiece for lifetimes and generations to come.

### 8) Fear

*"Where times we become paralysed, leave the future worries to your future self".*

Fear of being "mediocre", expectations of the mind etc. we create our blocks. We can learn to de-programme and remove these blocks from within our nerves. From this starting point we can observe the subconscious and their objections which have been lodged there. One layer at a time, we remove the "Holy Cows", replacing them with positive loving in the NOW affirmations.

### 9) Possession

*"Own nothing"*

*"We sometimes grieve over the loss of self we once were and at some point we lose everything and learn not to own anything"*

Everything is fleeting! We are constantly bombarded by media and live in a consumerist nightmare. This brainwashing leads to desires of greed and hoarding.

*"In Buddhism: you avoid possessions and attachment in order to ease your suffering. When we have nothing, it's easier to detach. The less you own, the more freedom it gives you to observe life".*

*We are born and die naked!*

Nurture every-thing and live from your heart. For "Home" is where the heart is.

### 10) Meaning

*"We experience our death many times in our life, this is not something new".*

Make the most of your life, find meaning in the *PRE-SENT*, for *NOW is the GIFT*.

We spend lifetimes of learning, unlearning, changing perspectives. As we awaken within, we return "HOME" to the pathways of our hearts.

### PEACE & THE EARTH

On a global scale, the Earth is asking for our participation: What are you *CONSCIOUSLY CHOOSING*, another and completely different reality.

A world that is abundant, safe, co-operative, peaceful and nurturing.

So face what needs to be faced - and then receive the blessings of new beginnings that are right here in front of your eyes!

May you find your "*Proustine moment*" ...your unique "*Madeleine moment dipped in tea*"



### Blessings upon Blessings to you all - Gogo NomVuka

#### From Natures Cabinet *Silene belledoides*

English : Dream-root  
IsiXhosa: Ubulau ; Notolano  
guaiano

**Usage:** The root of this plant has been used traditionally by the Xhosa people in 3 day healer initiation ceremonies where it is drunk with little food and much song and dance to stimulate connection and dreaming of ones ancestors.

### Description and diagnostic features

It is from the genus *Silene* that has representatives worldwide. The leaves are broad like tobacco leaves but much smaller. The 5 petaled flowers have the petals split like the soapwort from Europe.

**Uses** - Dream herb. The root is dried and pounded in a pestle and mortar to split the fibres apart so the powder falls out. About a level teaspoon of the powder is placed in a 3 litre can of water and stirred with a forked stick to produce foam. This has to be stirred for three days and two nights intermittently to keep the water covered in foam. The foam is then sucked up into the mouth, after every stirring, where the bubbles break up and the air is breathed into the lungs. You do this on your knees with your hands preferably held behind the back. Before taking in more foam it is stirred again. A single herb can also be added to the water and this soapy water extracts the content of the herb making it into a picture medicine similar to a homeopathic medicine. The extreme dilution and serial stirring creates a serial increase in potency just like classical homeopathy. With the air of the bubbles being breathed into the lungs it also is possible to absorb the diluted and potentised medicine directly into the body without digestion.

**Warning** - On the third day the can of liquid is poured out over the body and it is rubbed down. If needed a clean fresh batch can be started again.

**Habitat** - Grows best in semi shade under trees.

**Propagation** - Grows from seed. Comes up after rain has fallen on the seed in the ground.

### Ref & Copy-write: Zanemvula Traditional Healing



## CONSCIOUSLY USING HERBS

With Michele Slabbert

Throughout history herbs and plants have been used to feed and heal us. Enjoying your food herbs as simple herbal remedies can ward off a variety of common ailments, before they have a chance to take hold of our systems. Herbal washes or teas are simple to make and assist us in the process of self-healing.

It is when we consciously choose a herb, fruit or vegetable to add to our smoothies or foods we begin the process of becoming our own healer.

There are so many herbs available to us today, but we need only keep the basics around us in order to maintain a healthy state. Sometimes we do pick up more challenging ailments, but by keeping herbs in our diets either in cooking or in self-healing, will make a difference to our general well-being.

Please remember that herbs are potent healers and that they should only be taken for a few days when self-healing. If the condition is not improving please seek the aid of a Health Care Practitioner.

To make a herbal tea to drink take 1 teaspoon of dried herb or 2 teaspoons of chopped fresh herb. Place in a cup and fill with boiling water. Cover the cup. Infuse for 5 to 10 minutes. When lifting the cover ensure that the condensation is allowed to drip back into the cup. Then strain, cool, sip and enjoy!

To make an external infusion, take a handful of herb and place in a bowl with a snug fitting lid. Fill the bowl with boiling water. Cover. Allow to infuse until cool. Strain. Pour a little into another container and use this to clean the area affected. This strained liquid will last in the fridge for 24 hours.

Add the following to your smoothies or salads when you feel out of sorts.

*Lemon Balm* (Melissa Off.) is a calming and restorative herb.

*Parsley* is a gentle detoxifier and helps to speed up the healing process.

*Peppermint* calms the muscles of the digestive tract.

*Borage* is also a good herb to use to ward off depression and bring clarity to the situation.

*Calendula Flowers* ease menstrual cramps and mild muscle aches.

*Basil* is cleansing and will ease an upset stomach.

A tea of *Stinging Nettle* leaves is cleansing and detoxifying as it flushes toxins from the liver. It is also a good tea to have when menstruation is heavy as it eases the blood flow. I add fresh nettle leaves to stews, which adds a subtle peppery flavour.

*Moringa Leaves* are full of essential disease-preventing nutrients: Vitamin A, which acts as a shield against eye disease, skin disease, heart ailments, diarrhoea, and many other diseases. Vitamin C, fighting a host of illnesses including colds and flu. Calcium, which builds strong bones and teeth, and helps prevent osteoporosis. Potassium, essential for the functioning of the brain and nerves. Proteins, the basic building blocks of all our body cells.

Some of the common ailments Moringa is used for are skin infections, anaemia, respiratory ailments, headaches, blood impurities, arthritis and rheumatism.

*Ginger* is always a good additive to smoothies, stews and refreshing water drinks. Warm ginger tea breaks up mucous and reduces high fevers. Ginger is a natural antioxidant. Stimulates circulation through the digestive system and helps to detoxify the body, relieving muscle aches caused by colds and flu. Ginger relaxes tight muscles.

*Blue Sage and common garden sage* are useful additions, a leaf or two is all that is required when respiratory challenges need addressing. Our indigenous Blue Sage is a valuable asset in any garden.

Bloublomsalie (as Blue sage is known here) Red Sage or Brown sage are potent space cleansers and are as powerful as imphepho.

## INDIGENOUS SHOWY MEDICINAL HERBS

I often sit and listen to the songs that resonate through the trees and shrubs in our gardens. When clarity is needed, breathing with the life of the garden brings delight to all the senses. Healing with our eyes is a gift we often ignore.

If you don't have a garden, there are so many public spaces to meander in and renew your friendship with our home, planet earth. If you do have a garden consider planting a tree or shrub that delights in showing off for a while. Long after the blooms have faded, the show is still held fresh in the mind's eye of the beholder and it is when we hold beauty within that we are truly able to see.

We live in a part of the country that has extremes of weather. Sometimes very hot during the day and cold at night or just plain hot or cold most of the time. In the heat of summer many plants wilt and express their unhappiness by just not returning. So we set up basic shade cloth houses so that both plants and ourselves could enjoy each other's company.

***Tetradenia Riparia or Ginger Bush.*** The sprays of tiny pink/lilac flowers attract a variety of insects and birds that are mostly a delight to watch.



*A feature shrub that showers beauty in its space.*

Medicinally the leaves are used in very weak infusions for respiratory ailments and the crushed leaves are inhaled to treat headaches. (*Van Wyk, van Outsdhoom, Gericke*). A weak leaf infusion is used for fevers and gingivitis. (*Van Wyk, Gericke*).

A more traditional remedy is to combine 1 teaspoon each of powdered (you can do this in your blender) leaves of *Artemisia afra*

(Wilde als) and *Tetradenia riparia* (ginger bush). Pour 1 litre boiling water over the powder and use as an inhalant for 15 minutes. Repeat 4 times a day.

For stuffy and runny noses, coughs, colds try this herbal. Take a ½ teaspoon powdered tetradenia leaves and bring to the boil in 1 litre of water. Boil 10 minutes. Cool, strain and bottle. Take 2 tablespoons 3 times a day. (Both remedies are from the S.A. Primary Health Care Handbook).

**CAUTION – THIS REMEDY IS NOT TO BE GIVEN TO CHILDREN and ADULTS NOT TO TAKE FOR MORE THAN 4 DAYS.**

Also growing in our greenhouses is a variety of **Wild ginger** which has the most exquisite flower and heavenly scent.

We do not harvest the ginger from this plant as it is grown for the delight of the senses. The ginger is a light purple and weak in flavour. I have seen stressed patients calm almost immediately when they see and smell these delicate blooms. Sight plays a vital part in the healing process.



The delicate flowers can be used in a flower essence to allow creativity to flow. It is best done on the night of the full moon.

Floating flowers on water for upliftment is another cog in the wheel of consciousness. Flowers can be floated either in your garden pond or in a glass bowl inside your home.

*Chamomile flowers* are associated with energy in action and resonates when you are faced with adversity.

*Day Lily flowers* bring about an easing of worries and brings comfort and serenity.

*Gladiolus flower* is associated with strength, and preparedness. Meditate with this flower when you need strength of character.

*Iris flowers* symbolize faith, wisdom and deep friendship.

Promotes understanding of the friendship of Self.

### SEEING WITH NEW EYES with Lois Stahl

"The real voyage of discovery consists not in seeking new lands but seeing with new eyes."

A pair of wings, a different respiratory system, which enables us to travel through space, would in no way help us, for if we visited Mars or Venus while keeping the same senses, they would clothe everything we could see in the same aspect as the things of the Earth. The only true voyage, the only bath in the Fountain of Youth, would be not to visit strange lands but to possess other eyes, to see the universe through the eyes of another, of a hundred others, to see the hundred universes that each of them sees, that each of them is; and this we do, with great artists, with artists like these we do really fly from star to star.

Once when gazing at the smooth flowing water I realized although the river looked the same day after day it was no more the same from even a second ago. It was constantly changing, always moving, always different. Which is just like us and our thoughts and feelings. What we are thinking now instantly becomes a past thought. Can you remember what you were thinking that seemed so important as recently as an hour before, let alone yesterday? Who we are now is not who we were last year, last week, even a few minutes ago. Already we have changed, we have moved to a different place inside ourselves.

Seeing how the river was constantly changing it was like looking with new eyes, free of the clutter of our own ideas, projections, judgments, or conceptions. Normally we are looking through the lens of our habitual patterns, conditioning and prejudices, through past regrets or future hopes, but without these we find everything is constantly new and unknown. No longer the same boring sameness, each moment is infused with uniqueness. This can be experienced by imagining you have never been here before so that everything is

completely new to you, unknown, waiting to be explored and discovered. Whether you are brushing your teeth, washing the dishes, or doing anything equally mundane, you can see it through new eyes.

All you have to do is be aware, pay attention, and look without any labels, preconceived ideas or expectations. When you pay attention then a tree is just a tree, a mountain is just a mountain. Yet the tree and the mountain is also filled with its own unique beauty. Being aware extends us beyond ourselves. It takes us out of the ego, out of the fixed way we believe things should be, out of self-centeredness, and into awareness of connectedness, of our relationship with everything and everyone.

#### ***A Walk On The Wild Side***

Try taking a walk in nature, whether in a city park, through a wood, on a beach, by a lake. Make this time an opportunity to see with new eyes: the colours and shapes, the smells and sounds, all unknown. Open yourself to the beauty of this world. If it is raining then enjoy the feeling of water on your face, appreciate how it is nourishing the earth and the plants; if it is windy then marvel at the power of nature, a force that is beyond our control; if it is cloudy then observe the subtle colours and the softness of the air. Be aware of each footprint.

When we see with new eyes the world becomes the greatest of all gifts.

#### **Creating Your Own Positive Reality**

Perception is a fascinating subject. How do we know what's real? It might seem like a foolish question because we can see and touch and interact with the world around us – so there can't be any question about its reality. Can there? We're obviously surrounded by the real world. So why do we develop such different views about what we perceive?

Because reality might be more accurately described as an artefact of our minds.

*Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work,*

*determination, and dedication. Remember all things are possible for those who believe.*

Our view of the world is heavily conditioned by our early upbringing and we easily accept its contours and limitations as absolutes. But what if our perception is really a lens? What if it provides a way to see the world by distorting the picture and bending the images to suit our expectations? What if our perception excludes most of what's happening around us because there's just too much information for our conscious minds to absorb?

Let's think about this startling revelation for a moment.

It's estimated that we're exposed to something like nine to eleven million bits of data – *every single second*. That's an unimaginably large amount of anything! Yet research indicates that our conscious minds can only handle a maximum of six or seven subjects at any one time. Clearly, we are completely unaware of the vast majority of things that are happening around us. That might seem like a scary proposition but that's the way we function. We filter out almost everything. Yet we firmly believe that we're fully aware of the reality around us. It's why witness statements are so unreliable. Our perception distorts the facts. This phenomenon has been thoroughly researched by behavioural psychologists and reminds us to be very careful when offering a definitive view of anything.

When we add the counter-intuitive conclusions that are suggested by the study of quantum physics, we know that our senses are only offering an interpretation of the world. A convenient and mostly practical interpretation that helps us to function in a very busy and challenging environment. But an interpretation nonetheless.

*The mark of your ignorance is the depth of your belief in injustice and tragedy. What the caterpillar calls the end of the world, the Master calls the butterfly.*

The question now is to ask ourselves how our particular view of the world is influencing our lives. Look at the outcomes.

Consider where you are right now. How closely do your circumstances match your needs for a happy, successful and fulfilling life? Once we appreciate that our beliefs – our particular way of seeing the world – are directing many, if not all, of the outcomes in our lives, we can make adjustments that can transform every aspect of this great adventure we call life.

So, how can we take better control of our perceptions and develop belief systems that supports our best interests.

Cognitive Behavioural Therapy invites us to question our feelings, thoughts and reactions before we respond to whatever's happening around us. We ask ourselves the simple question 'What if...' and begin to consider the alternatives. This is a powerful method for interrupting our old, conditioned habits and opening up new choices. It's a way of moving our perception into a new focal plane. And the world appears in a different light.

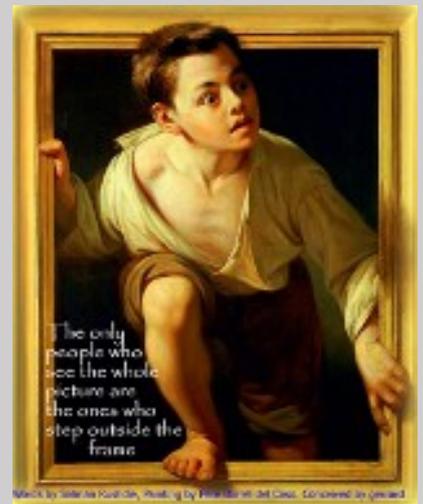
*My belief is that we were put into this world of wonders and beauty with a special ability to appreciate them, in some cases to have the fun of taking a hand in developing them, and also in being able to help other people instead of overreaching them and, through it all, to enjoy life - that is, to be happy.*

There are other methods we can deploy in the quest for better outcomes in our lives. It's incredibly helpful to create a clear vision of your future and to invest the image with all the emotional energy you can muster. By imagining yourself fully immersed in your beautiful vision of the future, enjoying the experience and feeling wonderful, you invite your subconscious architecture to adapt to the new version of reality that you've created for yourself. And your vast subconscious resources will actively seek out ways to bring your emotionally-charged vision into reality.

This shift in your perception will produce changes in your mind's filtration system, causing it to scan for data from the nine to eleven million bits of data that are bombarding your senses every

second that will serve to bring your vision into manifestation. It's a powerful way to bring your beliefs into alignment with your aspirations for a happier, healthier and more fulfilling life. And, as the lens of your perception shifts its focus, the world will change before your very eyes.

*Don't underestimate the power of your vision to change the world. Whether that world is your office, your community, an industry or a global movement, you need to have a core belief that what you contribute can fundamentally change the paradigm or way of thinking about problems.*



## CRYSTAL TALK GREEN TOURMALINE

Green Tourmaline brings a joy for life. It promotes an appreciation for the many wonders that life has to offer. It encourages patience and openness, as well as sincere interest in fellow human beings. Green tourmaline (also known as Verdelite) strengthens the heart by bringing you in touch with the heart of the planet, offers detoxification effects and has a calming vibration that stimulates happiness and joy.

This is an earth energy stone par excellence! It connects you directly with the earth attuning you to the vibrations of the entire planet.

This is powerful stone for self healing – a potent heart chakra stone. The energy this stone imparts brings about a harmony with self, calming and creating strong visualisation abilities. Green Tourmaline is all about self completeness. This stone stimulates a stronger connection between the heart and the mind, bringing about an invigorating energy of growth and expansion to the emotional body. Eases away those inhibitions, smoothing the way for clear self-expression and is excellent to use when confronting change.

Have an ailing plant? Place Green Tourmaline beside the plant for enhancement. Watch life grow within and without!

Wear green tourmaline when you have the need to soothe the nerves and relax the mind. The stone is energising and rejuvenating, stimulating blood flow and creating better health.

Known as the bringer of light where there was darkness.

### Remedies from the past With Michele Slabbert

Here's a bathing recipe from 1623 from *Country Contentments*, a general bath for clearing the skin and comforting the body.

*"Take rosemary, feverfew, oregano, fennel, mallow, violet leaves and nettles; boyle all these to-gether, and when it is well sodden put to it two to three gallons of milke; then let the Party stand or sit in it an hour or two, and when they come out they must go to bed and beware of taking cold"*.

This is an excellent combination of herbs – nettles stimulate circulation; fennel tones and tightens the skin; violet leaves and oregano are good herbal antiseptics; mallows are soothing; rosemary soothes aching muscles.

And for sunburn from year 950. *"That all the body maybe of a clear and glad bright hue, take oil and dregs of old wine equally much, put them in a mortar, mingle well together, and smear the body with this in the sun"*

Going back even further we read Plato's words.

*"The cure of the part should not be attempted without treatment of the whole, and also no attempt should be made to cure the body without the soul, and therefore if the head and body are to be well you must begin by curing the mind; that is the first thing....For this is the great error of our day in the treatment of the human body, that physicians separate the soul from the body."*

### IN PARTING

With Michele Slabbert

When you feel out of sorts (we do live in challenging times) there are paths you can take to make you feel alive and part of something much greater...

You can sprinkle fresh *rose petals* around the house for their calming and nurturing effect. The scent is most helpful in dispelling anger and creating a relaxed atmosphere. *Rosemary* refreshes the spirit, lightens depression and boosts confidence. *Thyme* is invigorating, inspirational and purifying. *Chamomile* is calming and soothing. *Nettles* are extremely effective in ceremonies as they strengthen personal resolve and purify. *Borage* flowers can be sprinkled around the house while the leaves smoulder, restoring by removing negative energy. Should you have some *liquorice roots*, break a few into your mix for their strengthening and soothing properties. *Basil* opens the heart and mind, bringing clarity.

Infusions of strong scented herbs, such as any of the *Agathosma species (buchu's)* can be made and placed into bowls in any area you feel needs added cleansing or even in your bath water. You can also make a mix of *Helichrysum* mixed with fennel seeds to either burn or infuse.

Nature works from in to out, from the centre expanding outwards, just like a pebble dropped in a pond with the ripples moving outward. We do not plant an oak and watch it turn into a seed. We plant the seed and admire how it grows and expands into the magnificence of the oak tree. This is how creation works from in to out or small to bigger, ourselves included. If the tree were to seek its origins, where

would it look? Would it look externally for answers, outside of itself for answers, or would it look internally to the seed that gave it life?

We are unique in our similarities, but galaxies apart in our minds. These are the times of the bringing together. It can be pleasurable or painful. However, this is a journey we all have to undertake, by choice or by circumstances

We need to remind ourselves that there is one spirit that runs through everything and that there

### CONTACT

#### Lois Stahl

Reiki Master / Mayan Astrologer  
[masonwaspstudio@gmail.com](mailto:masonwaspstudio@gmail.com)

#### Lynne van Zyl

Traditional Health Practitioner  
Gogo NomVuka  
[info@nomvukatraditionalhealing.co.za](mailto:info@nomvukatraditionalhealing.co.za)  
[www.nomvukatraditionalhealing.co.za](http://www.nomvukatraditionalhealing.co.za)

#### Michele Slabbert

Traditional Health Practitioner  
Herbalist  
[Michele.herbalist@gmail.com](mailto:Michele.herbalist@gmail.com)  
<https://tinyurl.com/GreenEnergyHerbals>

Gerrard Chaiken - Poet  
[gerrard@upwardspiral.com](mailto:gerrard@upwardspiral.com)

is no separation.

### POETS CORNER

With Gerrard Chaiken

*Miraculous newness is what  
Now reveals,  
What past preoccupations conceals  
In memory's fossilised fragments,  
Reflections, refractions and  
recollections,  
Of imaginary fair or fearful figments  
Buried in the web of thoughts  
That unfolding time does unwind-*

*But those fiery arrows of the past  
Disarmed, fall flat, cannot last  
Against the buttress of the beauty  
Of beginner's mind that in  
each moment  
Finds inspired momentum,  
Breathing new life, new vision  
Of the good -the beautyfull- the true,  
As clear insight yields illuminated  
view.*