

HERBAL HEALERS NEWSLETTER

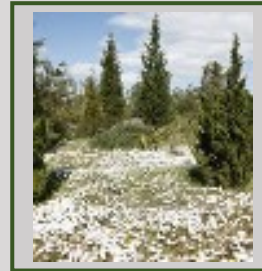
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There are times when I despair for the human race, and then there are times when the human heart reaches out to touch us all. It is this duality of our nature that we need to address; it is the route of consciousness that we do so. Hindsight is a remarkable ability; such a pity we do not always heed the lessons this great gift gives us. Our history has made us, moulded us into the beings we are today. We are the generation that can make a difference, however only when we begin the task of understanding. I call this a task as it takes a tremendous amount of internal (and external) debate to reach here.

A number of years ago I read a book by Jeremy Narby titled "The Cosmic Serpent". On opening it read "Those who love wisdom must investigate many things". (Heraclitus). This appealed to me as the road to understanding takes many twists and turns. In this book Jeremy Narby (he has a PhD in Anthropology) discusses his time in the Amazon with shamans and tribesmen. He was trying to get an understanding of how these people had obtained the information of the many medicinal plants in the jungle. The answer was always the same. "The plants told us". He took his time to understand this concept but sitting under a tree for months on end he finally understood what they had been saying.

This is something we all need to try and do, at least once in our lifetime. It is something I do on a daily basis. The plant universe can teach us so much when we understand what it is they are saying.

A reported conversation between Einstein and Chaplin in 1931



NATURE AS TEACHER – WATCHING GARDENS GROW AND FLOW

With Michele Slabbert

Our gardens grow so much better when we show them off. Last edition I spoke about some showy indigenous plants

we grow here. To me all the trees we selected and planted, have a resonance that harmonizes with my own. To stand amongst trees in the wind is soothing and mysterious and reminds me that life is fleeting; allowing me the understanding to enjoy the simple energies that abound in nature.

When choosing a shrub, flower or tree to plant, look at the colours; do you like creepers – try a creeping rose or wisteria; small or large plants; showy or shy. Take time to resonate with plants; allow them to interact with your Self.

"Our bodies are our gardens, to which our wills are gardeners; so that if we plant nettles or sow lettuce, set hyssop and weed up thyme, supply it with one gender of herbs or distract it with many....why the power and corrigible authority of this lies in our wills" – Othello (Shakespeare)

I love the acacias; they attract so many birds and the bright yellow flowers echo the sunshine beams. Then there's the red milkwood, under which brown sage is growing. The Rhus lancea in the front garden that sweeps elegantly in the wind bending its bows in honour of the day. These are just a few of the trees growing; each of them a power point of energy to exchange when needed.

There are properties these trees have that benefit those who hear their call. Listening to the song of the trees puts us in touch with the universe. They are nurturing; reminding us of the past, bringing into perspective the present and enable us to move confidently into the future.

Acacia (*all varieties*) - Standing, sitting or even exercising under the protective branches of this tree is an uplifting and balancing experience. In the language of flowers a yellow acacia means secret love.

Wild Fig – Listen to the whispers of all the people who have sat beneath this trees shade and conversed, dreamed or just sat silently. In the language of flowers the fig tree represents prolificness.

Wild Jasmine (*Jasminum multipartitum*)

Although only grows as a small shrub here it always makes me stop so as to show off the delicately scented white flowers. Awakens our sense of self-love. Releases feelings of alienation, isolation and separation. Brings spiritual attunement.

Agdaegeneebossie (*Lobostemon Fruticosus*)

When you are seeking truth, understanding, wisdom and knowledge. It provides the necessary grounding for future expansion. The dried leaves can be used in cleansing ceremonies, together with Sage or any of the Helichrysum species.

Although we call it the Cape Spring show many exquisite flowers bloom from July onwards. Our wild gardens are graced with carpets of daisies in hues of white, yellow and orange throughout these 3 months. It is always such a gift to wander through the gardens to welcome old friends and new. Every few years a long dormant bulb peeps through the ground to show off for a day or two; others for a few days longer. Here are a few to share.

Each August we welcome the delicately scented flowers of *Babiana Ambigua – Bobbejaantjie*. The corm of this flower is used as a nutritious food source, which can be baked, also dried and then powdered to form a sweetish flour and used to make small cakes. The corms should always be harvested in the wet season, they are not considered edible in the dry season. Many of the *Babiana* species can be used in this way.

The little flowers create a healing just by glancing at them, turning back to look again, stopping, kneeling down and then inhaling this delicious scent.



The *wild irises (moraee species)* bloom from early on in August through to November in most years. In some years they lie dormant in others they shout out their presence. Sitting and meditating next to these flowers allows the free flow of inspiration raising the level of consciousness to beauty. It can be very helpful to those out of touch with creativity. A variety of colours greets the eyes.



The carpets of *Heliophila* entrance me every season. They create a harmony, the blue to indigo shades, and if we listen carefully, assists us in increasing or decreasing the vibrations of the universe, within ourselves; if we allow ourselves to be swept up in the beauty these delicate blooms exude. The Biedouw Valley is exquisite in the late afternoon when the *heliophila* start turning the fields into an endless sea of blues.



PELARGONIUM TRISTE

Kaneelbol / Naelblom/Night scented Pelargonium

The flowers are yellow with purple-brown blotch on each segment. In the evening the flowers emit a cinnamon or clove like scent. The plant emerges during the early part of May and depending on weather/rain patterns will flower early August.

The tuber is dried and pulverized for use in a decoction for diarrhoea and dysentery, nausea and digestive ailments, and is also used as a vermifuge.

A tincture or tea to assist with bronchial and digestive problems can be made using the leaves of *P. Triste* with other indigenous herbs such as, Wilde or Klip dagga, Wild Rosemary, Wilde Als and Cape Mistletoe.

In the veldt the leaves can be used to dress sores, when no other aid is available. The leaves should be lightly chewed by the person affected, and applied to the wound.



Winter Warmers – something different but oh so tasty and healthy

Shitake Onion Soup – thinly slice all vegetables

- 1 cup shitake mushrooms
- 1 red onion
- 3 white onions
- 1 leek
- 1 celery stalk
- 1 carrot
- ½ cup fresh parsley
- 1 clove garlic
- ½ teaspoon thyme
- ¼ teaspoon pepper
- Salt to taste
- 2 tablespoons soy sauce
- 1/2 litres water

Combine all ingredients except cabbage. Bring to boil and set to simmer for 30 minutes. If using cabbage add and if needs be a little more water. Simmer for 15 minutes. Serve hot and garnish with cheese.

Date syrup. A sweet alternative

Place dates in a container and just cover with boiling water. Cover container with a clean cloth and leave overnight. Blend the dates and water together to a smooth consistency. Bottle. Lasts 2 weeks in the fridge. Try this with oats, a pinch of turmeric and cinnamon to start your day. Use as a sweetener when making pickles, add an apple and delight in the taste.

BEYOND UNDERSTANDING

With Gogo NomVuka

I pray you're finding moments of spaciousness amidst the density and uncertainty of life, remembering to resource with the Ancestors and good Earth who after everything we're wrought, continues to hold us unconditionally.

Let's talk about vibes and manifestation

David R. Hawkins, MD., Phd., a widely known authority within the fields of consciousness research and spirituality, has written and taught from the unique perspective of an experienced clinician, scientist, and mystic.

In his Logarithmic scale of vibration of manifestation, **Power vs. Force.**

1 representing consciousness of becoming alive, or being born to 1000 representing a fully conscious being. Totality of embodiment.

Emotion of understanding holds a frequency of **400** on this scale, while love holds a frequency of **500**, the revelation of Angels. So love is beyond understanding. We can all relate to this vibrational energy, as we cannot understand love. Western conditioning and indoctrination has put so much emphasis into understanding with little said into developing higher states of consciousness and capacities into a fully conscious being. As humanity begins to awaken, so the rise in consciousness.

Raising consciousness is very important, as we meant to listen to the guidance from Heaven, while mother earth gives us a home to live out our intentions.

Freedom is a unique *hue-man* experience. When we make decisions, the world changes to accommodate our decisions. In order to make decisions, it's our individual responsibility to hold a frequency of 200 or more.

- 1) *What are you thinking is part of the order?*
- 2) *Then the world produces your order and consequences thereof. Freedom gives you your creation.*

However, we need to consider that there are certain well established diseases which give you attitudes, genetic inheritance, parasites, bacteria etc, just to name a few. These can be treated with homoeopathy once you identify it in your body. Knowing to we are not our senses; it could be something external. Happenings of trauma creating lost soul fragments, as well as beings of trauma spreading, causing havoc. All this is extremely important and useful to know what we carry within us. This is the understanding of it all.

"Live your life like a prayer" David R. Hawkins, MD., Phd.

Surrender your WILL completely to God. Whatever happens in the future, is the future. To truly let go of the past and change the future at a profound depth, you realize you are safe. Spiritual realization through contemplation is a complicated matter... *Who am I? What am I to life and the relationship thereof? Living out your destiny and purpose here on earth.* Reverence all that is beautiful and Divine as a reference, you then walk about in a different state. This arises a conviction of safety. Of course the mind will start periodically when it needs to tell you something. Spirit will see to it that it's all handled by the nature of life itself. While the ego always wants to take all the credit. So it's important to identify the ego identification, in order to overcome these issues. There

are 17 virtues and issues to work through.

This is the development of self; we observe our aggressive and defensive reactions and the virtues that creates the adult response. Through overcoming and practicing these virtues we develop maturing. Now able to develop mature balanced qualities, residing within us.

Foundation: Becoming the witness

By being with the feeling without resistance, just observe. What you looking at? Allowance without resistance, relax and release. Relax while watching. Notice where the block is sitting in your body. Using your warm your

hands place them on the area, breathe into the memory the body holds. Listen and see what the picture message is showing you. Your body knows and carries all memories.

Stay with it, as the observer

When we experience stress, there's something showing up we don't want. Resisting what shows up is the source of stress. What you resist, persists.

When we stop identifying with our body of who we are and the events outside us, we stop giving it authority. The Solar Plexus can then relax. Transcending your inner world. Noticing the energy field fighting our own projections in the world. What are you projecting out there? Having the courage and willingness to go with it as well as the courage to let it go the deep conditioning and have the opportunity to learn more deeply.

Step back and see the big picture and marvel at the complexities of life. Your happiness does not rely on any external experience or situation. See the blessings.

Giving space in allowing to see it as our own creation and just *be* in life. Noticing the impermanence of it all.

To find the silence source is to go deeper into observation. Voice of God, is silence. Becoming aware of the silence and realizing it's there. Ever present in the midst of catastrophe, below it all...it's there.



As you go about your daily life, check in regularly with self and hold your conscious awareness as a centering prayer. Therein lies the infinite silence. What are you holding in the silence? Observe what is potentiality manifesting, deep inside.

Laughter & Humour

This frequency is at **550**, a higher vibrational state to love. Having the capacity to laugh at ourselves and see the comedy of it all. Hold it lightly. Expose the paradox.

Look at our attitudes, we ourselves determine our life. The willingness to go with it. Easy going, is acceptance. Feeling adequate and solid within yourself. That which is unaffected by that. I am the experience. That's where we live, in our consciousness. Enjoying your own inner aliveness, in each moment.

Take a look at a sunrise an AWE-inspiring moment, to be fully appreciative with a real connection made, between the experience and the observer.

Get rid of the gum under your shoe

All our thoughts are totally worthless and really not worth much. Hours are spent in the looping mind, exhausting and depleting ourselves. As we begin to modify the inner-voice and pay witness to ourselves and our responses to others. Therein lies a key to another level of awareness. Try it out...notice listening to our responses.

Source of self is underneath the field of thoughts. Like the sea, the waves are always coming and going. Stillness is below the surface of the ocean. Dive below the mind, below "thinkingness" to the energy field of silence.

Take a trip to the water's edge and emerge yourself in the water. Allowing the waves to flow in, over and around you. Cleansing and purifying the body, mind and spirit.

Listen to a song or a symphony in-between the notes...therein lies the real music.

Profound Buddha nature, is field of consciousness itself.

Everything is happening spontaneously. You see a world moving, without your help. Detach and witness. Letting go the self-indulgence...nothing is causing anything, only consequences. Let go of the linear. Reality is non-linear, remove yourself from *out there* and move into condition of humility. From this place we receive everything through *Grace*.

To be become the witness is the spontaneity of evolution. No beginning no end. Witnessing the involvement of creation.

If you had to look at the human skin under an electron microscope you could not tell between where the human begins and ends. There is no fine barrier between the person and the universe, it's just a flow from one to the next. We are not our thoughts, senses or even feelings. There is no separate you. Only deep inter-connectedness. We are infinite beings of potential.

There is a difference between loneliness and aloneness. Loneliness causes suffering and aloneness recognizes others, as yourself. We are one with everything. You are not your trauma or circumstances. Your true nature

cannot be hurt. Nothing can touch the true you. Space, conscious awareness is eternal and unchanging. True self-realization. You are life, carrying lifetimes of wisdom. Every moment is a miracle.

All of live responds to what you have become. *What is your life prayer whispering in the winds?*

Embrace nature with all her gifts let her mirror back your true nature. Enjoy the season of hibernation, warm fires, tenderness and gentle reflections.

May we cultivate a heart-shaped world. Camagu 🌸🌸

Blessings and peace to all-beings, Gogo NomVuka

THE MAYANS AND THE CONCEPT OF TIME: THE TZOLSKIN With Lois Stahl

This is the oldest and most used Mayan calendar today. It's unsure exactly its purpose in ancient times, but here are a few popular possibilities:

- ***The number of days, 260 also follows the period of gestation in a human pregnancy after the last missed period.***
- ***It could represent a planting or some other cycle, but some believe it wasn't tied to agriculture.***
- ***It was also used for timing rituals.***
- ***Most likely, it was used for a similar purpose as astrology today, but using calendar signs instead of constellations.***

The Maya Concept of Time: to the Maya, time was cyclical; it would repeat itself and certain days had characteristics. This notion of cyclical as opposed to lineal time is not unknown to us.

MAYAN GYROSCOPE – The galaxy, like a giant body, consists of a complexity of star systems, which is co-coordinated by the galactic core (called Hunab Ku by the Mayan) cycling energy/information in clockwise and anti-clockwise directions simultaneously. This is a gyroscope. The purpose of the galactic masters was to leave a legacy, The Tzolkin: that would aid in the retrieval of galactic information to assist in the alignment to the whole which leads to conscious operation within the greater community of galactic intelligence.

Looking through the galactic telescope of vibratory lenses, (rather than an atomistic world of space and time, distance and separateness,) it brings into focus a world of coherence and unity, a resonant matrix within which information transmission is virtually instantaneous. Any communication implies an exchange of information. Information is the form vehicle of qualities of energy passing between 2 parties. Resonance is information and reverberation which implies give and take. The essence of information then is not its contents but its resonance. Sensing the resonance of incoming information co-creates a resonant field. Trying to conceptualize experience before we have actually resonated with it breaks the resonance.

Speaking of resonance, one also speaks of frequencies and tones. Frequencies refer to the rate of vibration. There are higher and lower rates of vibration and all vibrations are pulsations of waves. A frequency held for a single wave (or beat) is a tone. A tone is any sustained frequency whose level determines which of our sense organs may be affected.

The dense pulsing galactic heart emits a continuous series of signals, which we call radio emissions. Actually, these radio emissions correspond to a matrix of resonance. A vast galactic field of intelligent energy whose primary on/off pulsation provides the basis for 4 universal wave functions.

A transmitting or informational function

A radioactive or electromagnetic function

An attractive or gravitational function

A receptive or psychoactive function

The sole purpose of the continuous emission of intelligent wave-information from the core, is the superior coordination of the star systems.

To divine is to know directly the harmonic frequencies of a level or stage of being. Because of the attainment of such knowledge the Maya had the powers of resonant transduction. This is the knowledge to pass directly from one condition of being to another and consequently from one star system to another. All energy possesses trans-ductive wave properties. All wave properties are susceptible to being transmitted resonantly as frequency overtones. Realization of the whole implies direct communication via our earth with the galactic core.

The purpose of the galaxy as a template of the code governing the functioning of the entire spectrum of radiant energy in its simplest terms, is the finite components of the Tzolkin – The Sacred Mayan calendar - reduced to an easily remembered set of constants. These constants form a coherent system of symbols and numbers and have but a single and all-encompassing purpose, which is to assist us in the retrieval of galactic information and in the attainment of a condition of galactic alignment. The galactic constant: 13 numbers – 20 symbols and 4 rotating directional positions always coming back to itself, repeating and pulsating endlessly.

The 13 numbers represent primary patterns of radiant energy called radio-pulses.

The 20 symbols represent the cycle of possibilities for transformation or evolution that each of these radio pulses undergo.

Our senses possess a “form receiving” capacity. The sense organs function as reverberating receivers.

Western science bases itself on an investigation of matter – scientific materialism whereas Mayan science bases itself on “mind” as the foundation of the universe. Universe is mind. What we call matter represents different tones holding together as a harmonic frequency spectrum, perceptible to our senses. The universe is mental in nature and the notion of the material is derived from the mental. Everything is alive and nothing is

without feeling. The field of reality is saturated with purpose. The form of things is the shape of consciousness at a particular resonant frequency juncture.

Humans are the atmospheric instruments galactically utilized in a process whose objective is the transformation of the material field of the planet. The end of this transformation is to raise the overall planetary field to a higher more harmonic level of resonant frequency.

Here are some inspiring words from Albert Einstein - With thanks to Gogo NomVuka for sharing

“I didn't arrive at my understanding of the fundamental laws of the universe through my rational mind.”

“Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses.

Matter is spirit reduced to point of visibility. There is no matter.”

“Time and space are not conditions in which we live, but modes by which we think.

Physical concepts are free creations of the human mind, and are not, however it may seem, determined by the external world.”

“Time does not exist – we invented it. Time is what the clock says. The distinction between the past, present and future is only a stubbornly persistent illusion.”

“I think 99 times and find nothing. I stop thinking, swim in silence, and the truth comes to me.”

“The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, the solution comes to you and you don't know how or why.”

“A human being experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

“Our separation from each other is an optical illusion.”

“When something vibrates, the electrons of the entire universe resonate with it. Everything is connected. The greatest tragedy of human existence is the illusion of separateness.”

“Reality is merely an illusion, albeit a very persistent one.”

“We are souls dressed up in sacred biochemical garments and our bodies are the instruments through which our souls play their music.”

“When you examine the lives of the most influential people who have ever walked among us, you discover one thread that winds through them all. They have been



aligned first with their spiritual nature and only then with their physical selves.”

“The true value of a human being can be found in the degree to which he has attained liberation from the self.”

“The ancients knew something, which we seem to have forgotten.”

“The more I learn of physics, the more I am drawn to metaphysics.”

“One thing I have learned in a long life: that all our science, measured against reality, is primitive and childlike. We still do not know one thousandth of one percent of what nature has revealed to us. It is entirely possible that behind the perception of our senses, worlds are hidden of which we are unaware.”

“I’m not an atheist. The problem involved is too vast for our limited minds. We are in the position of a little child entering a huge library filled with books in many languages. The child knows someone must have written those books.”

"The common idea that I am an atheist is based on a big mistake. Anyone who interprets my scientific theories this way, did not understand them."

"Everything is determined, every beginning and ending, by forces over which we have no control. It is determined for the insect, as well as for the star. Human beings, vegetables, or cosmic dust, we all dance to a mysterious tune, intoned in the distance by an invisible piper."

“The religion of the future will be a cosmic religion. It will transcend a personal God and avoid dogma and theology.”

“Energy cannot be created or destroyed; it can only be changed from one form to another.”

“Everything is energy and that is all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.”

"I am happy because I want nothing from anyone. I do not care about money. Decorations, titles or distinctions mean nothing to me. I do not crave praise. I claim credit for nothing. A happy man is too satisfied with the present to dwell too much on the future."



Natures Cabinet – Winter Remedies

With Michele Slabbert

The following mix is a good all-round pick me up.

Equal quantities of **echinacea, peppermint, lemon balm, elder flowers and yarrow** are a mix that is

highly effective against colds and flu. You can mix these together and store through the winter season.

1 heaped teaspoon of herb to one cup of boiling water. Cover cup and infuse for 10 to 15 minutes. Strain, let cool slightly and sip slowly. A pinch of turmeric will aid that sore throat and a little honey and lemon can be added if so desired.

Leonotis Leonurus, commonly known as wild dagga. This is a wonderful winter herb offering itself to assist in relieving and curing many winter ailments. An infusion of the stems, flowers and leaves is a good remedy for colds, flu and headaches. This infusion can also be used externally as an eye wash and

stubborn sores benefit from a good soaking. The leaves and flowers are also a remedy for tape worm.

A strong infusion of the leaves can be used to treat haemorrhoids. The leaves can be dried and crushed for smoking purposes to relieve asthma and bronchial ailments (this does not make you high!). The recommended dosage is 1 teaspoon of herb to 1 cup boiling water. Cover cup. Stand 10 to 15 minutes. Strain, cool, sip and enjoy.

A good herb to grow for all round health is Holy basil (*Ocimum tenuiflorum*)

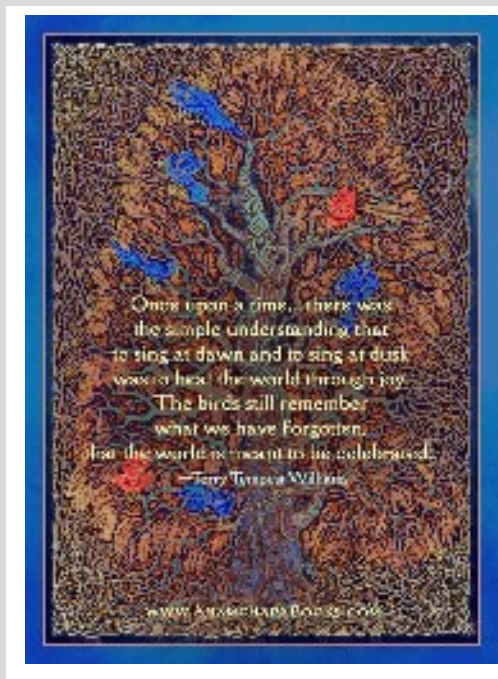
From the leaves to the seed, holy basil is considered a tonic for the body, mind, and spirit. Different parts of the plant are recommended for treating different conditions.

Fresh flowers for bronchitis.

The leaves and seeds, with black pepper, for malaria.

The whole plant for diarrhea, nausea, and vomiting.

Ointment form for eczema.



An alcohol extract for stomach ulcers and eye diseases.

The essential oil made from the leaves is used for insect bites.

Reduces stress and anxiety.

Stimulates and revitalizes the body.

Protects against infections.

Aids in wound healing.

Reduces blood sugar levels.

Eases inflammation and joint pain.

Many studies support the use of the entire plant of holy basil for human use and its therapeutic value.

The nutritional value is also high, containing vitamin A and C; calcium, zinc, iron and chlorophyll.

CRYSTAL CORNER with Michele Slabbert
DRAVITE / BROWN TOURMALINE
Connection with Self

Dravite is a simply complicated stone. When you feel down and your energies are low, working with Dravite enables you to clear your aura and allows Self to begin the process of alignment. In other words, this stone brings those dark emotions to the surface and allows you to connect and understand what is causing them and then enables you to gently work through your issues.

It's all about acceptance. Dravite grounds you, but at the same time opens your heart to the issues at hand, keeping you calm and in tune with the earth and universal connection. For those who are challenged by irritable bowel syndrome, keeping this stone close, assists in the healing process.



Dravite is all about grounding yourself; taking the knowledge learned and giving you the strength to put it into practice. It is a self-esteem builder. Dravite balances out the positive ego with the negative ego, enabling you to see the path ahead with clarity, determination and compassion.

Dravite inspires courage and persistence. It calms and soothes, grounding and stabilizing the inner self.

Enhancing creativity, the love of Self and others, grounding when you fly too high is what Dravite is all about. Enjoy working with this lovely stone!

Just a thought -

Youth reminds us that the human species is the youngest, freshest, most immature, newest species of all advanced life forms on the planet. We have only just arrived. If we can remain resilient, if we can continue our questioning, our developing, our hoping, if we can

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live in awe and in the depths of wonder, we will continue moving into the only process that now matters – our authentic maturation as a species. It is in this way and only this way that we will enable the Earth to bloom once again. (Brian Swimme – The Universe is a Green Dragon).

