

# NATURE'S HERBAL HEALERS NEWSLETTER Issue 70 April/May/June 2023

Autumn is my favourite time of year. The dry earth slowly starts its journey towards the rainy period here in the Western Cape. As the mists envelope the early morning, green leaves start appearing in abundance, almost shouting out in delight at their rebirth.

It is akin to our lives; it is when we make changes in any area that we experience this rebirth; mostly we misunderstand this entire process. As we live in a world where materialism reigns this is something that has the potential to darken or dampen the human spirit.

We need to understand that we are the spirit in consciousness and consciousness is the spirit within us. When we consciously decide with zeal and determination to make any kind of change in our lives, it takes courage and fortitude to carry this change through to self-satisfaction. It is this dedication that feeds the spirit within to grow into the flowering or flowing being we all wish to be.

We live in the time of immense change; if as is believed we all came back here to be part of that change, how is it that we dampen our spirit with ideals that are detrimental to the way of Truth and Freedom. Is it not time we took charge of our Self.

The journey each of us undertakes in this lifetime has meaning. Recently standing high up in the mountains I could feel how much a part of this vibrant, living, dynamic and flowing universe I/We all are.

Try something that is slightly out of your comfort zone and enjoy the flow that accompanies this journey.

*Healing only comes from that which leads the patient beyond himself and beyond his entanglements with ego. (C.G. Jung)*

*I really admire bees' sense of common responsibility....Although sometimes individual bees fight, basically there is a strong sense of unity and co-operation. We human beings are supposed to be much more advanced, but sometimes lag behind even small insects. (Dalai Lama)*

## SPIRIT OF CONSCIOUSNESS With Lois Stahl

**SPIRIT** refers to *“the vital principle by which the body is animated.”*

If spirit is consciousness, then spiritual refers to the expansion or deepening of consciousness.

Now what part of us is experiencing that “union and connection”? it is our consciousness, which then produces effects on our emotions. So the feeling of wonder, awe, and rapture are effects of an altered state of consciousness.

So here is what happens in a spiritual experience. Whether through drugs, meditation, or outward events, one experiences a moment of connecting with a larger reality. This connection is an expanding or deepening of consciousness, that is, it effects our awareness.

Consciousness is our individual awareness of our unique thoughts, memories, feelings, sensations, and environments. Essentially, our consciousness is our awareness of our self and the world around us. This awareness is subjective and unique to us. If we can describe something we

are experiencing in words, then it is .

Life provides us with a path to expand our awareness of the relationship between our individuality and our world. People who understand the relationship between individual and collective choices cannot ignore the issues of social justice, economic disparities, ecological disruption, and cultural conflicts.

Your conscious experiences are constantly shifting and changing. Every content of the unconscious with which one is not properly related tends to obsess one for it gets at us from behind. If you can talk to it you get into a relationship with it. You can either be possessed by a content constellated in the unconscious, or you can have a relationship to it. The more one represses it, the more one is affected by it.

If you look straight ahead into the darkness for your enemy, you won't see him. His movements give him away only on the periphery of vision where sight and intuition meet, where the senses are most keen. You either learn this, or you don't survive.

When conceptualizing the unconscious mind, it can be helpful to compare the mind to an iceberg. Everything above the water represents conscious awareness while everything below the water represents the unconscious. Consider how an iceberg would look if you could see it in its entirety. Only a small part of the iceberg is actually visible above the water. What you cannot see from the surface is the enormous amount of ice that makes up the bulk of the iceberg, submerged deep below in the water.



The things that represent our conscious awareness are simply "the tip of the iceberg." The rest of the information that is outside of conscious awareness lies below the surface. While this information might not be accessible consciously, it still exerts an influence over current behavior. We have a memory bank from which the brain draws information to form the experience of conscious awareness.

The unconscious mind is defined as a reservoir of feelings, thoughts, urges, and memories that are outside of conscious awareness.

Within this understanding, most of the contents of the unconscious are considered unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict. The unconscious continues to influence behaviour even though people are unaware of these underlying influences.

Many of our feelings, desires, and emotions are repressed or held out of awareness because they are simply too threatening. These hidden desires and wishes make themselves known through dreams and slips of the tongue.

Unconscious thoughts, beliefs, and feelings can potentially cause a number of problems including:

- Anger
- Bias
- Compulsive behaviors
- Difficult social interactions
- Distress
- Relationship problems

Therefore many of our feelings, desires, and emotions are repressed or held out of awareness because they are simply too threatening. Our basic instincts and urges are also contained in the unconscious mind. The life and death instincts, for example, are found in the unconscious. The life instincts, sometimes known as the sexual instincts, are those that are related to survival. The death instincts include such things as thoughts of aggression, trauma, and danger.

Such urges are kept out of consciousness because our conscious minds often view them as unacceptable or irrational. In order to keep these urges out of awareness, people utilize a number of different defense mechanisms to prevent them from rising to awareness.

Bringing the contents of the unconscious into awareness is important for relieving psychological distress. More recently, researchers have explored different techniques to help see how unconscious influences can impact behaviours.

There are a few different ways that information from the unconscious might be brought into conscious awareness or studied by researchers.

### The Conscious Mind

In Sigmund Freud's psychoanalytic theory of personality, the conscious mind consists of everything inside of our awareness. This is the aspect of our mental processing that we can think and talk about rationally.

The conscious mind includes:

- Fantasies
- Feelings
- Memories

- Perceptions
- Self-awareness
- Sensations
- Thoughts

Essentially, it is anything that is in your current awareness. The thoughts and feelings you are experiencing at the moment, and your awareness of your current environment are all part of your conscious experiences.

### How the Conscious Mind Works

It isn't possible to keep every thought, memory, or feeling inside of conscious awareness at all times. So instead, certain information is maintained in awareness, other information remains outside of immediate awareness but still accessible, and other information is hidden from awareness.

Freud's topographic theory was a "map" of the different systems that make up the human mind. According to Freud, the mind is made up of three systems: the conscious, the preconscious and the unconscious.

These systems are controlled by what Freud identified as the primary and secondary processes:

**The primary processes** are a way to discharge unacceptable urges that arise from the unconscious mind. It often involves creating a mental image to act as a substitute for acting on an unacceptable urge.

**The secondary processes** are how the mind deals with conscious urges through delayed gratification. For example, instead of acting immediately on a thought you just had, you wait for a more appropriate time to take action.

The subconscious mind is the part of the mind that is not in the state of awareness. This part of mind contains the memory banks, thought generators, emotions generators, a sensory input controller, and a dedicated storage for habits. The subconscious mind is basically responsible for recording events gathered through five sensory organs, producing thoughts or emotions, and providing habits or autopilot programs to the conscious mind.

The subconscious mind has the following five basic parts:

### Memory Bank

This is the place where the information you gathered through your sensory organs and thoughts generated from realizations/emotions are stored.

The memory bank can remember information when it is **extreme emotion, divergent information, relational information**, and through **repeated actions** or rehearsal.

Among the four ways of remembering, extreme emotions and divergent information get remembered easily by the mind. Because of the involvement of the mind-body in extreme emotion or divergent information, which leads to deep attention and visualization, you remember easily.

You may remember only a few childhood incidents; try to recall what you remember from your childhood.

I hope all of the incidents involve certain kind of extreme emotion, whether it may of happiness, sadness, nervousness, or excitement.

## Autopilot Storage

Autopilot programs are developed through repeated actions or rehearsal. Autopilots are also called habits, which may be good or bad. Only the conscious mind can discriminate between good or bad habits, for the subconscious mind, habits are just habits; there are no good or bad habits.

You might not be able to read Chinese, but you can read English. You have trained your mind to recognize English letters, then recognize words, and then sentence over a period of time. That's how you developed the habit to read English through rehearsal.

The default life controlling programs are also autopilot programs. These are mapped to the conscious mind for some time to run your consciousness knowingly or unknowingly.

In the journey of life skill development to make yourself conscious intelligent, you have to erase the corrupted default programs of your subconscious mind by doing following tasks:

Task One: Identify corrupted default programs

Task Two: Develop a filter program to reject the corrupt programs.

Sometimes it takes years for the separate points of light in our own dark unconscious to constellate into a meaningful pattern.



Our feelings are a deep, important part of our lives and they need to be respected and honoured. None of our emotions are intrinsically bad or negative. We call things negative because we don't understand them, and so we fear them.

Emotions are a significant aspect of our human experience, and they all exist for a reason. Rather than rejecting or avoiding them, we need to discover the gift each one brings us. They are messages to us, letting us know something we need to pay attention to.

Fear is an emotion that many people strive to get rid of or at least hide. Yet fear has an important function; it warns us that something may be dangerous or difficult, so that we pay attention, evaluate the situation, and choose the appropriate action. If we completely eliminated fear, we would do many dangerous and, most likely, fatal things. Of course, some people are overwhelmed or controlled by fear; the solution is not to eliminate fear entirely, but to bring it into proper balance. We need to love our fear, that is, learn to accept our fear as a valid aspect of our being. When we can truly accept ourselves with all our emotions and feelings, we experience real unconditional love for ourselves, which allows us to feel compassion and love for others.

When we are not battling ourselves internally, trying to overcome certain emotions, we can develop an attitude of peaceful self-acceptance, which allows us to open to our spiritual essence and integrate it into our human existence.

Life is made up of paradoxes. In order to completely feel anything, we must be able to experience the

fullness of its opposite. To feel real strength, we must accept our weaknesses. To feel truly powerful, we must allow ourselves to acknowledge our vulnerability. To feel profound joy, we must embrace our sadness.

Our emotions are like the weather, constantly changing, and as with the weather, it's fruitless to try to control your feelings. Instead, we can learn to appreciate all our different moods and emotions. Just as we can enjoy a sunny day and a stormy day in different ways, we can learn to find the beauty in joy and in sadness.

Our emotions are what we feel as the life force moves through us. When we don't experience our feelings fully and allow them to move through us in a natural way, the life energy in those feelings becomes lodged in our bodies. This causes many problems on all the levels: emotional, mental, spiritual, and physical. In my experience I have found that blocked emotions are a primary cause, or a contributing factor, in many or most physical ailments. So emotional healing can be an important part of physical healing.

The Swiss psychiatrist Carl Jung also believed that the unconscious played an important role in shaping personality. However, he believed that there was a personal unconscious that consisted of an individual's suppressed or forgotten memories and urges as well as what he referred to as the collective unconscious. The collective unconscious was said to contain inherited ancestral memories common to all of humankind.

## The Essential Matters of Life

Spirituality is focusing on "the essence of something". And "to have spirituality" is to be concerned with the larger, deeper and essential matters of life and to apply ourselves consciously toward them in a committed practice or walk.

Spirituality should be about breaking the hyper-individualism that is destroying our environment and our society. Hence, the importance of connecting with a larger reality. Spiritual Naturalism is about cultivating an expanding and deepening awareness of our connection with and interdependence on nature, and hence, holding nature as our Ultimate Concern and therefore as sacred. Nature is sacred, and you are nature. You don't live in nature; you are an interdependent part of nature. Feeling this interconnectedness and sensing that you belong – that you are home, is the basis for natural spiritual experiences.

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## PREPARING FOR WINTER

With Gogo Nomvuka – Lynne van Zyl

We pray that you are vibrant and finding peace at this time. Time to reflect.....

Ancient cultures focused on the cosmos, sun and moon as they believed it to influence our experience of life here on earth - especially a solstice or equinox.

As we enter into this new season, we honour this ancient knowledge and intentionally connect with the cosmic energies around this powerful time of the year. It's also that perfect time to make your own remedies for those simple ails

Take this time to sit in prayer connecting to your Higher Self and Ancestors for guidance, support in your own way, and allow the flow. Remain open. When you feel yourself closing, observe and stay open. Strengthen your root, stay grounded. It's a time for releasing and planting of new seeds. Ending patterns of "madness". In the maize, breathe into the next step. Now is the time to bridge human and Divine. Trust the soul knows the way through.

### Vuka – Nature's Cabinet

**MAKE YOUR OWN CLEAN COUGH SYRUP!** Almost all cough syrups at the grocery store are full of artificial of refined sugars, preservatives, and dyes. With season changes, we need to tend to our immune systems.

This is an anti-inflammatory and antioxidant rich concoction that can help alleviate coughs with real ingredients!

- 1/4 tsp. cayenne pepper
- 1/2 tsp. grated ginger
- 1/2 tsp. cinnamon
- 3 tbsp. raw honey
- 2 tbsp. apple cider vinegar
- 3 tbsp. fresh lemon juice
- 1/2 cup water

Instructions:

1. Grate the ginger
2. Add all of the ingredients into a 12 oz. glass jar, seal it and shake it to mix together well.
3. Store the jar in the refrigerator for up to a week in a sealed container.
4. Take 1 teaspoon at a time and repeat every couple of hours for 2 days; break a week, and repeat if needed.

**Tongue Cleaning** - Cleaning the mucus off your tongue. Add a few drops of freshly squeezed lemon juice directly onto the tongue.

**Sore Throats - *Carpobrotus edulis*** [Gogo NomVuka Channel Sour Fig - YouTube](#)

(Khoi – ghaukum ; IsiXhosa – igcukuma ; Afrikaans – Hottentotsvy ; English – Sour Fig)

This water-wise succulent is Indigenous to the Western Cape. Flowers are pale yellow to pink in colour. Whole fresh leaves can be chewed or sucked for local effects in the mouth for a sore throat. Or you make an infusion of crushed leaves to gargle with or apply topically. Tincture leaves/and/or roots can be crushed up, extracted to be taken orally.

### Heavy Metal Detox Smoothie

Ingredients:

- 2 bananas
- 2 cups wild blueberries
- 1 cup cilantro
- 1 cup orange juice
- 1 tsp barley grass juice powder
- 1 tsp spirulina
- 1 small handful of Atlantic dulse

*Optional: water or coconut water or fresh orange juice to blend.*

Directions: In a high-speed blender, blend all ingredients until smooth. If a thinner consistency is desired, add up to 1 cup of water. Enjoy!

### Neutralise Acidity with *Turmeric Golden Milk*

Ingredients:

- Heat a bit of coconut oil in a pot, at low temperature
- Add 3 x tablespoons of Turmeric powder
- Add black pepper
- 1/2 cup of water

Directions: Stir thick consistency with a wooden spoon. Allow to cool and place into a glass jar, then refrigerate.

Add 1 teaspoon daily into a cup of hot milk. Enjoy!

### Arthritis / Inflammatory Mix

- Glass of pure water
- Thin slice of fresh lemon
- Thin slice of fresh ginger
- Pinch of Turmeric (organic if powder or fresh a small tip)
- Pinch of Cayenne Pepper
- Pinch of Pure Cinnamon

Drink daily, early am prior to breakfast 3 days on, day off and repeat. Gives body memory timings this way.



## The Nature of the Rainbow & its Colour Healing Spectrum.



Nature's Food have different colours and each colour holds a different Energetic Signature. Much like the human chakra system and how each chakra is connected to each human gland. Everything is Connected.

### NATURE IS MEDICINE – FOODS BY COLOURS and BENEFITS

White - Immune  
Yellow - Lymphatic / Immune  
Orange - Muscular-skeletal  
Red - Reproductive / Endocrine  
Green - Digestive  
Purple - Circulatory & Respiratory  
Black - Nervous System

***“The tree grows well & strong.  
Oh children mine, that hath its roots deep in the  
native earth;  
So honour always thy ancestral line”.***  
***Indaba My Children –  
O'Tata Vusamazulu Credo Mutwa***

Blessings upon Blessings

Camagu

**Gogo NomVuka**

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**[Gogo NomVuka Traditional Healing - YouTube](#)**

### MEET THE SAN With Kgara Kevin Rack

San, Sa'an, Bushmen, Sonqua...so far through all my travels, the different groups/clans I have been most fortunate to encounter so far, self-identifies in different ways depending on their experiences and outlook. It is hard to pinpoint or place these ancient people into boxes and labels, people who shun possessions, free people who do not know fences or borders. For just when you think you are getting to understand the identity or religion, the trickster's card is played with the twinkle in the eye and everything your enquiring western mind as though it has understood, is left in tatters like a plastic bag hooked on a Kalahari thorn tree in the wind.



The trickster is ever present, always looking for a way to fool you or lead you in the wrong direction, and they know and are aware of it. How do you know what is right, how do you know what to say? You don't know, you must feel, be humble and present to fully grasp what is instinctual to some while your western mind will wrestle you into logical processes. You can only manage what you can measure and here is how and when we are tricked. How does one even measure these spiritual healers, they don't prescribe a medicine or a pill rather they see what needs healing and bring down arrows (tchisi) of n/om and pinpoint them to the areas needing healing. The healer can see feelings and emotions, it is like people who hear colour and see music, trying to explain what they experience. If you think you are right or "know", you will discount any other possibilities...



It is the unknown, the trickster that gets our western romanticism fired up for these ancient peoples, creating myth and legend, as we find it tricky to create a label or term that sticks, to help us navigate the unseen in the seen. How can one explain shape-shifting, trans healing dances or that the shaman (n/om-kxao) knew you were coming. How does one fully let go of all your indoctrination to be able to fully experience the culture and life of the most ancient of humans, so connected to the living world, the longest single living cultural groupings? They have no visual books, no texts and the legends vary between people and distances, moreover, storytelling is key as spoken word brings through feelings and emotions and that cannot be fully understood in written text. A nod of a head, a frown or a smile are subtle queues that complete the storytelling making you feel rather than comprehend.

The only 2 knowns I have of my experiences; don't try to understand what you cannot see and when you finally believe you have arrived, the trickster is waiting for you.

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## THE POWER OF TREES

With Michele Slabbert

Trees hold a special meaning for me. Their constant symphonies in the wind, the many birdsongs in the stillness all combine to form a communication that is ancient and enduring. There are times when tiredness, anger or frustration creep in to thought; this is the time to stand or sit under a tree and exchange energies to create clarity and direction. A walk through a forest is so calming when standing or sitting still is not possible at first. If you take the time to observe you will find a particular tree that you are drawn to, unknowingly. This is the way of nature, the way she draws you back within her sphere.

The tree has long being considered as a symbol of humankind. We first exist within the body of the world tree and later bloom into objective manifestation upon its branches. Seeds were highly regarded in ancient times as it was believed that the growth of the universe was from a primitive seed.

*"The breath of life"...of course that is its name. We breathe, and the trees breathe. We breathe in what the trees breathe out. So we breathe each other into existence: We, and the galaxies, and the arrays of science and the codes of law and the plays of music, we are breathing each other into existence. And the breath, or course, goes in a cycle. (Rabbi Arthur Waskow – quoted from "The Lights of Kabbalah")*

The Tree of knowledge - "...the fruit of the tree which is in the midst of the garden" is a reference in the Old Testament to that tree which has become known as the "tree of knowledge." In the Garden of Eden humans were given a choice between this tree, which conferred mortality on mankind, and the tree of life, which granted immortality. Given no other indication, artists and writers have envisioned the tree of knowledge as an apple, a fig, a pear, dragon's blood, and a banana tree! The most bizarre interpretation comes from a 13th century cathedral in Indres, France, which contains a fresco showing Eve encountering a female serpent entwined around a giant branching mushroom common in Europe - the slightly toxic and hallucinogenic *Amanita muscaria*.

The tree is the grand configuration of all the paths, created in such a way that it enables a being from whatever tradition to still use it. It works from a physical perspective to an emotional, mathematical, energetic, light, force, expansion, contraction, creative, destructive, and infinitely many other different forms of perspectives.

We planted many trees, not all of them survived, but those that did are thriving and each day I chat to them, thanking them for the beauty they each exude and the many symphonies they send out to entertain, myself and those who visit.

Healing doesn't always mean taking medication. It is often meditation or reflectiveness that heals. There are some birds that brave the long thorns of the Acacia tree in order to build their nests away from predators. This comes from intuition, which is a consciousness that is ancient and survives through the millennia. They taught, we saw, copied and adapted. Thorn branches became an excellent method of protecting herds.

Lightning struck, burnt crops and animals – nature taught, we tried, found tastebuds we didn't know we had, and learnt. Each step towards a consciousness potential to all living beings.

If you have the space, try planting one of these indigenous trees. If you don't have the space then a walk on the wild side would do your soul the utmost good. Most public gardens have some, if not all of these trees.

*Sweet thorn – Acacia Karoo* The wood of the acacia tree is used for protection, and to stimulate psychic powers. It is placed on sacred fires, and to banish negativity, place a sprig of acacia above your bed. Burn some acacia and sandalwood to stimulate your intuitive powers.

*Wild fig* - Esteemed as a powerful tree entity a decoction of the bark is taken to eliminate negative influences that tend to build up within us.

*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.

*Cape Ash – Ekebergia capensis*. This is a tree that wraps you in the embrace of protection from your own dark thoughts. The female tree bears an edible fruit that can be used when red ripe in sauces and pickles as they have a somewhat onion taste.



*Yellowwood - Podocarpus falcatus*. We planted a small tree about 27 years ago. It is now a magnificent tree that offers a beautifully relaxing protective sphere around you. Often as I hurry past, a branch gracefully reaches out to touch my shoulder, asking why there is a need to hurry past. Reflect a while. Smile.

*Wild peach – kiggelaria Africana* - has a potent energy to assist with putting you in touch with your personal power. Brings to the fore the courage, confidence, self-worth and the clarity needed to move in the right direction.

*Wild pear – Dombeya rotundifolia*. - this is such an uplifting tree. Walking past, when in flower, the white flowers bring me a sudden rush of joy at the beauty and resilience of nature. This tree inspires confidence.

*Boer-boen - Schotia Brachypetala* – when in flower this bush is covered in vibrant red cluster flowers that bring an immense calming and strengthening energy to Self, creating an inner joy that nourishes the soul.

These trees were planted many years ago; most are medicinal; most are spiritual; most of all, they envelope those that hear, with their endless wisdom.

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