

Welcome to 2025. To start this year, it's all about change. As we move, we change.
Enjoy the read.

LIVE FOR A CHANGE
by Riedwaan Norodien

'Change': such a small word, but with manifold facets of meaning, implications, and challenges. The Buddha identified impermanence, change, as one of the three characteristics of existence; but Truth, Being, That which we must awaken to, is immutable and transcends change. It is Wisdom to discern the immutable essence of Being from the impermanent, ever changing flux of the world, and our conditioned egos.

The Buddha taught that all constituted things are impermanent and subject to change; we suffer because we become attached to, and identify with things, that change, like our bodies, which undergo the process of change, i.e. birth, duration, death.

Similarly, Jesus taught that before all else, we must seek the Kingdom of God (The realm of immutable Truth), which is everlasting, because eventually the moths, and rust, get to consume our worldly possessions.

Change means time, and we need time in order to grow, to develop; hence the Buddha said, "I teach two truths, the relative truth, and the absolute truth". We must grow in our understanding of the relative truth, of our conditioned ego, of the world, and nature, so that in time with the practice of mindful discrimination, we mature in wisdom – able to discern the unconditional immutable, absolute, from the ever- changing; beautifully expressed in the Bhagavad Gita,

" To man's frame

As there come infancy and youth and age,
So come there raisings-up and layings-down
Of other and of other life-abodes,
Which the wise know, and fear not.

This that irks-

Thy sense-life, thrilling to the elements-
Bringing thee heat and cold, sorrows and joys,
'Tis brief and mutable! Bear with it, Prince!
As the wise bear. The soul which is not moved,
The soul that with a strong and constant calm
Takes sorrow and takes joy indifferently,
Lives in the life undying! That which is
Can never cease to be; that which is not
Will not exist. To see this truth of both
Is theirs who part essence from accident,
Substance from shadow. Indestructible,
Learn thou! the Life is, spreading life
through all;
It cannot anywhere, by any means,

Be anywise diminished, stayed, or changed."

So we must learn to live with and in change, for as G B Shaw said, "Progress is impossible without change, and those who cannot change their minds cannot change anything."

There are people who resist, and even fear change, and the worst of them are those 'with minds hardened like leather'; they are tied to their opinions, dogma, and social indoctrination, which in their minds become like weeds that inhibits their natural and organic growth. Buddha referred to them as growing like oxen, only in body, but not in mind.

"He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery."- Harold Wilson.

People suffer stress, worry, frustration; some resort to medication to manage these, while others think that they just need a change of environment, go away on a holiday, to settle it all; but because they are hooked into viewing their life situation, others', or their own, from a narrow, negative, or distorted view which is the cause of their distress, none of those measures can alleviate their condition,

" No change of circumstances can repair a defect of character."- Ralph Waldo Emerson

The only release from that, is a change of mind, what is needed is a change in attitude, a different interpretation, a new angle: we may not be able to change the minds of others, or circumstantial situations, but we are always able to change our own mind, we are able to grow into new and broader, healthier attitudes.



In the Bhagavad Gita the two truths are depicted like this:

"See! As the shoreless airs
Move in the measureless space, but are not space,
[And space were space without the moving airs];
So all things are in Me, but are not I."
Though we be living in a world which constantly
changes, we can become aware of the changeless,
the essence of Being.

When we are settled, and integrated in understanding it like this, we enter, then, into aesthetic appreciative perception: we see that change within ourselves, and change in the world and in nature is essential, and is involved in our sense of beauty, and in this aesthetic attitude we 'grow like the lilies in the field'.

However, just as we must flow around circumstances we cannot change, and change our minds when we have found a new understanding that negates the previously held one, so, too, we must at times guard our minds from changing, from steering off the course intended, and prevent deviating from a resolution we made.

Over time, we develop habits, and settle into lifestyles, which at one stage of our life may have been fine to pursue, but at another, later stage become deleterious to our wellbeing; we realize and feel the need to change them. That is why on some crucial birthdays, and around this time of the year, the closing of the old, and dawn of the new, we take stock of our habits and lifestyle: that sense that we need to change, is our urge to grow - and that is good.

Both, changing of our minds, developing new attitudes, and changing our lifestyle, require effort; once our mind has been changed because of a broader, and deeper understanding, then we must guard it from changing back again: our intention and resolve to change must be strong and firm, for our habits would otherwise lead us to fall back into the old grooves; therefore the Bhagavat Gita motivates: "But, as often as the heart Breaks- wild and wavering- from control, so oft Let him re-curb it, let him rein it back To the soul's governance" .

At one time or another, each one of us find ourselves in situations, or conditions which are not ideal; which we experience as tough and challenging; yet it is not inevitable that we have to suffer on account of them. These situations can be opportunity for us to learn, to cultivate virtues, as we encounter both our potential to create change, and our impotence to make a difference to a situation, our limitation to influence others, or to change the world. It is this that makes the following prayer of St. Francis so appealing: "Lord, grant me the serenity to accept the things I cannot change; courage to change the things I can, and wisdom to know the difference."

When we encounter a situation which we cannot change- it may even be that we desire to change someone we love, who has fallen into unwholesome attitudes and ways - our child, our brother or sister, or a friend, then we can become aware of the valuable virtues needed, that would insulate us against negative, destructive thoughts and emotions.

The first virtue we need when faced with the inevitable situations and persons we cannot change, is humility: to bear one's cross, with grace; that feeling is inspired in me whenever I look at art depicting Jesus carrying the cross, and him nailed to the cross; being peaceful within the situation because one understands there are forces at work greater than one's own individual power; and that

people have karmas and destinies isolated and independent of one's own will.

The second virtue, induced by the first, is equanimity: to be the same, even- minded, while facing any situation: to be in touch with an inner sense, that is beyond the current situation, an attitude that serves as an anchor during stormy times.

The third vital virtue is faith: that rest in the confidence that all things work together for the good of all; that all is whole, all is good, and all is well - even though one cannot comprehend how, and even while one is experiencing the very opposite: the feeling of the ideal accomplished, even when surrounded by circumstances that seem to negate that ideal.

When imbued with those three virtues we can face the various vicissitudes of change as adventurers: never intimidated, but ever ready for a challenge,: not over confident, but burning with zeal to triumph!

And, fortunately those virtues can be consciously cultivated, and deliberately practiced. Just as adventurers can prepare themselves for an adventure by working on their fitness, and other required skills, and attitudes - so we can, through the practice of meditation (conscious sustained concentration of the attention on an ideal, or virtue) and faith (feeling the ideal realized; imaginatively seeing and emotionally sensing ourselves live the virtues) - through regular practice of those two disciplines, we render ourselves stronger, and more supple in the three vital virtues: through the practice of meditation and prayer, we can deepen our humility; stabilize our equanimity, extend our faith .

Contact

Riedwaan Norodien
"Teacher of Dynamic Wisdom/Zen
zenectar@gmail.com



FLOWER ESSENCES

With Michele Slabbert

Flower essences have been with us since we first recognized scents. As various tribes migrated worldwide, they brought with them the scent of home in the form of seeds. These were planted, always with some of the rocks from the original home site in the new places where people settled. As plants are so highly adaptable, they quickly learnt how to change their coding to receive their energies from the surrounding rocks.

The earliest European recorded use of flower essences was by Abbess Hildegard von Bingen in the twelfth century, who would place muslin sheets over flowers at night to absorb their dew, which would be collected in the early morning, rung out and used to treat people with emotional imbalances. As a visionary and mystic she spent most of her life investigating the natural world, herbal remedies and sacred spaces.

Flower Essences and Crystal Essences are a rediscovered 21st century toolkit for change, transformation and spiritual growth. Thanks to Dr. Bach and his Flower Remedies. The unique and beautiful energies of nature encapsulated within each essence provide a positive balancing force, which gently helps to release the old thoughts, attitudes and emotional issues that no longer serve us. This offers us the powerful opportunity to bring harmony and balance to all aspects of our being, building a bridge of light between spirit and matter.

When walking along the beach or through a beautiful garden, your emotions are usually aroused in a pleasant manner. The smell of a rose, perhaps, conjures up images of lush rose gardens you have seen in the past, reminding you of a dear friend or perhaps an amusing situation. One of the ways we remember the past is by scent.

Flower Essences are scent for the brain. Each essence is formulated to gently push open doors to rooms within our very beings and in so doing, flood us with emotions we need to deal with in order to continue our personal growth. The beauty of Flower Essences is that the action is gentle and as you are reminded of the rose garden, so each situation, with which you are dealing, will come to you in stages.

Flower Essences complement many forms of healing, enhancing effectiveness and speeding up the recovery rate. Flower Essences are ideal for all age groups. Each flower has its own unique healing qualities, infusing you with healing properties that support you in a subtle, yet powerful way. Think of them as your plant guide always by your side supporting you on your journey as you change and grow.

Each Flower and Crystal is placed in pure water in a glass bowl and left in the sun for several hours. Using the natural power of the four elements - Earth, Air, Fire and Water - the life-force or energy of the flower or crystal used is transferred to the water. This unique positive energy is then preserved in brandy or vodka, creating a mother tincture.

FLOWER AND CRYSTAL ESSENCES FOR THE CHAKRAS

For the Base Chakra is when creative forces are at an ebb, and when balancing is required, an essence for this chakra brings a sense of renewal and rejuvenation. For those who feel cut off from others, alone in the world. Attunes to our inner knowledge empowering the inner potential to succeed beyond previous boundaries. Makes us aware of our own aggression and assists in removing base issues enabling us to move forward with joy. Helps the emotional and physical structure to get back into harmony. Nervous system is stimulated. Insights stored in the heart are activated. Assists in cases of self centeredness and reclusiveness.

For the Sacral Chakra when self nourishing is required, an essence for this chakra brings about a softening and sensitizing energy towards self. Brings about clear thought and focus on our own innate abilities and strength by assisting us in learning life's little lessons giving a much clearer perspective. The soul becomes more in touch with its own spiritual meaning and purpose. This gives us the ability to counsel and heal others. Awakens the heart chakra, allowing the spiritual quest within ourselves to be explored; enabling us to work on what needs to be changed so that we can live in harmony, especially with Self. Helps us, instead of being victimized by the events of our life, to see our higher purpose and learn our lessons, allowing us to realize that emotional issues can lead to mystical experiences.

For the Solar Plexus chakra when inspiration to unleash those creative energies is needed. This essence assists us in listening to our inner voice and aids us in the ability to be true to ourselves and helps to show us where we have gone astray. Allows us to see our self-deception and brings about the ability to create our own reality, thereby releasing the creative and strengthening the inner resolve to succeed. When we need to wrestle with our conscious, when we feel weak and disillusioned, this essence enables us to hear that inner guidance. So when facing self-doubt, confusion and lack of creative direction, this essence provides us with valuable insight in how to follow our true path. This, in turn, rekindles confidence, greater control over emotions and activates the fusion of mind, body and soul.



For the Heart Chakra this gentle essence creates an aura of protection around self thus allowing the free flow of inspiration, which in turn raises our level of consciousness to beauty. This is a calming essence, inviting beneficial energies and attracts those to us who can aid us in realizing our goals. A grounding essence strengthening the mind and body and enhances the effects of other essences, especially the sacral chakra, allowing those creative endeavours to flourish. Eases depression, developing confidence and security. Heals emotional wounds of the heart, especially from childhood, restoring self-love and healing the inner child. Dispels fear and negativity and is a source of strength while we deal with life's challenges.

The Throat chakra is all about development allowing for an exchange of energy to occur between the intuitive nature within us and the nature that surrounds us. This is a powerful ally in promoting self-healing, created by a harmony that increases or decreases the vibrations of the universe, within ourselves. This essence absorbs negative energy, and then dissipating this energy. Nurturing and creating goodwill while balancing energies, thus creating clearer vision in order to see the bigger picture before making decisions. This essence is calming and uplifting, allowing painful or irritated energy to leave us in more positive frame of mind.

The Brow or Third Eye chakra is about expansion and refined awareness. This essence has the ability to make us get out of our way in order to create consciousness of our spiritual journey, affording protection while we each discover our own path. Here is where serenity and emotional balance can be achieved, assisting those who feel lost and have a desire to be found. This is a transformational essence that assists us in how we absorb new spiritual information; as we often take in too much in eager anticipation this can affect us physically. Headaches, neck tension or insomnia are side effects of too much knowledge received in too short a time frame. This is all about spiritual rejuvenation, releasing outdated emotions and thoughts, creating a sense of strength and ability while increasing personal expression.

The Crown Chakra is where our spiritual gateway resides. This essence harmonises a greater attunement to the universe within and without ourselves. This attunement develops in us in order to absorb energy though the feet, also stimulating the throat and brow chakras, which then creates a deeper understanding of one's life and circumstances. This essence assists when there is a blockage in receiving information. Once this blockage clears, the ability to restore emotional balance, the release of anger, the increasing of personal expression and creativity, enhances our ability to self-heal. This essence stimulates a sense of practicality and mental clarity, stimulating the "god spark" or permanent atom that resides in the Heart Chakra.

**Green Energy Herbals, formulated by a
THP / Herbalist
Growing and preparing
Flower and Rock Crystal Essences/Elixirs
From indigenous plants and
carefully selected crystals.**

**Red Fire for the Base Chakra – Balancing
Orange flow for the Sacral Chakra – Nourishing
Yellow Sun for the Solar Plexus – Inspirational
Green Earth for the Heart Chakra – Protective
Blue Sky for the Throat Chakra – Developmental
Indigo Star for the Brow Chakra – Expansion
White light for the Crown Chakra – Spiritual**

A set is priced at R434.00 or R65.00 each.

**Contact Details on last page of newsletter
Green Energy Herbals preparing herbals since 1992**

USING A LEAF OR THREE With Michele Slabbert

Most of us drink some form of beverage each day, either produced from beans, leaves or flowers. Often neglected is the use of fruit leaves for a variety of issues.

Guava leaves are beneficial for a host of challenges that occur in this fast paced era we reside in. They are loaded full of antioxidants, they are good for digestive issues and boost the immune system.

Applied after infusing, they are used topically to treat skin infections, is an aid in wound healing, when massaged into the scalp can assist with hair loss and can be used as a cleanser for the face. As a tea guava leaves aids with weight loss, is good for menstrual cramping, eases stress, and is a valuable addition when respiratory issues are present.

You can use either fresh or dried leaves.



To prepare a tea of guava leaves put the leaves in cold water and bring to the boil and then let simmer for 15 minutes, lid on. If using as a topical remedy then leave to cool completely before straining well and storing. As a tea to be imbibed, strain after 15 minutes and allow to cool slightly before drinking; twice a day.

The dried leaves can be pounded to a powder and mixed with cooled boiled water to a paste and applied to skin infections, wounds or used as a hair mask. They can also be added to your smoothies. Versatile indeed!

EMBRACING CHANGE

With Gogo Nomvuka

We welcome you with open arms, gratitude and divine grace as we step fully into 2025.

May this turning usher in NEW awakened love, peace and respect for all nature and all of life itself. Our prayer for humanity is to be free in our sovereignty.

Continue showing up for yourself and taking the necessary time for reflection. Acknowledging how far you've come and all the life lessons that have shown up in your unique Classroom.

Life offers experiences that are challenging and experiences that are nourishing, yet over time you strike the balance. It's a balancing act and a graceful dance.

This is a time of self-realization and evolution. Are you ready to Pivot?

Create the things that you are a channel for, don't dismiss your gifts or curiosity or the beauty that is trying to find you. Pay attention to what reaches for you in this life and reach back. Send the message, be the person with a compassionate heart and who cares. Leave people better than you found them. Forgive, let go and not make your heart a cage. Live and let live. Love tenderly and live from your heart.

Stop swimming in puddles when you are the ocean. Look up, it's time to shine! You have always been complete. I'm here to remind you, that you are the greatest love story that's unfolding.

Embracing Change

Let's talk about Yang energies. Yang represents the power of action, the energies that propel the world forward and manifesting thought and desire into concrete form. NOW is the perfect time to act for you can easily build momentum - ride the wave and make headway!

What you want will come to fruition if you proceed confidently. We are constantly co-creating. You are the shaper of your destiny, weaving into the eternal NOW. The ever Pre-sent. For it's only in pre-sence that we surrender into the NOW, that's all there truly is.

Remember if it's meant for you it will come to you regardless, if not trust something better always shows up! *"Surprise me Universe. I'm ready and open to receiving!"*

For me change represents relocating to Hogsback, in the Eastern Cape.

Co-creating in Community **The Beelnn**. We extend the invitation for those wishing to RESET and Reconnect in Nature. Offering various holistic modalities, retreats and wellness packages. Free Online Womans Circles and more.

Should you feel called to join our WhatsApp **BeelnnCommunity** and stay close to the buzz.

Contact me, 082 277 785 or Suzie-Mae – 082 955 3644

Together lets co-create with Spirit for a world in need of healing, activism, and change...

Nature's Cabinet

This quarter we sharing indigenous herbal teas, a delicious smoothie recipe, immune tonic & aromatherapy feel good enhancers;-

Receptive to change - This indigenous herbal infusion mix assists with breaking through the division of what you think is real seeing the reality. To find out more, contact us.

Psoralea Pinnata/Bloukeur/Humility
Wilde Als/Artemisia Afra/African Wormwood
Rose
Leysera
Searsia Undulatum

Stress-Be-Gone Smoothie Recipe - Ingredients:

1/2 cup chamomile tea - chamomile relaxes tense muscles and calms your central nervous system
1 tablespoon chia seeds - chia eases digestion and is great for heart health and circulation
1/2 cup almond milk - healthy fat that allows you to hang onto energy from carbs
1 frozen banana - nutrient dense and supports good brain health
2 cups mixed berries - antioxidant-rich goodness

Instructions - Add all ingredients to a blender (solids first) Blend to desired consistency and enjoy!

Adaptogenic Immune Tonic - Serves: 2 – Ingredients

1/4 tablespoon dried holy basil (tulsi)
1/4 tablespoon dried ashwagandha root
1/4 tablespoon dried shatavari root
1/2 tablespoon fresh ginger, minced
2 cardamom pods
1 star anise
1 cinnamon stick
2 cups water
Honey, to taste
Milk (I use oat or coconut), to taste

Preparation - In a saucepan, combine 2 cups of water with holy basil, ashwagandha, shatavari, and ginger and heat on medium. Once liquid comes to a slight boil, reduce heat to low and simmer for 15 minutes.

Add cardamom, star anise, and cinnamon and simmer for another 5 minutes. Strain out herbs.

Pour into two mugs, and allow it to cool a bit.

Add honey and milk to taste.

Voila! Sit back and enjoy this cup of delicious healing goodness.

Longevity & Youthful Skin

Medicinal Teas Youthful Skin Tea for Oily Skin

For oily skin, use the following cleansing and cooling herbs.

- Lemon balm
- Yarrow
- Burdock root
- Hibiscus
- Tulsi

Youthful Skin Tea for Dry Skin

For dry skin externally, add juicy herbs to help support the skin.

Marshmallow root
Alfalfa
Vervain
Rosehips

Invigorating Natural Mood Enhancers

Few drops of grapefruit aromatherapy has a bright, fresh aroma that's naturally uplifting.

Peppermint is refreshing and can help boost energy.

Blessings upon Blessings Makhosi AmaKhulu

Gogo NomVuka

Traditional Health Practitioner

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CRYSTALS FOR CHANGE

With Michele Slabbert

AMAZONITE

This lovely semi opaque blue green stone is calming and balancing, assisting energy flow when a change is needed in life. This crystal is helpful in alleviated fear and anxiety, bringing clarity and harmony. Amazonite calms that mental chaos that arises when decisions need to be made, easing any stress that occurs when change is called for. It enables truth to peek through the illusion.

Amazonite balances the yin and yang energies, working with the heart and throat chakras, thus bringing the ability to communicate not only with others, but with Self. This makes Amazonite ideal worn as a necklace enhancing the love and understanding needed for the changing emotions felt.

So when you feel fatigued, low on energy and becoming traumatized, then this lovely stone is for you.



THE FIRST PEOPLE

With Kgara Kevin Rack

'n Boesman, hy ken nie van sulke dinge soos heinings, drade en reguit leine nie. Die Boesman is van die land, hy is regtig egtig organig. Boesman loop nie in reguit lyne nie, hy is nie soos die draad wat vas sit in die grond nie. Nee, hy is soos die water en die wind.

I would like to acknowledge the First Peoples whose lands we now occupy today.

I used the term SAN Bushmen for those who identify with either term, more specifically in the context of the ≠Khomani San. It is foolish to limit such diverse and ancient cultures to base terms.

The Paradox of Progress: The Western Roman-Dutch Legal System versus the SAN Bushmen's Natural Law.

I had the profound honour of serving as a Community Mediator and Peacebuilder for the Dustlands Project, where we sought to untangle a dispute between ≠Khomani San hunters and their political leadership of the trust land. At its heart, the conflict was a collision of two worlds: the imposition of colonially-rooted industrialized legal systems upon the timeless ways of the ≠Khomani San Bushmen. This dissonance is more than a disagreement over land; it is a philosophical rift, a testament to the incongruence between natural law and the mechanized logic of industrialized law.

South Africa's constitution is often lauded as a beacon of human rights, enshrining principles like freedom of movement, equality, and property rights. Yet, it is also a product of its ancestry—a descendant of Western Roman-Dutch legal traditions. These laws emerged from a worldview where land is owned, resources commodified, and the march of industrial progress sanctified. For the colonisers, the world was a grid to be commodified, fenced, and traded. For the SAN Bushmen, it's a seamless, living tapestry without boundaries, one that weaves together all beings in a shared rhythm of existence.

In the arid embrace of the Kalahari Desert, where the sun blazes and mirages shimmer, the SAN Bushmen carry an ancient understanding of life's interconnectivity. For millennia, they moved with the rains, followed the migrations of animals, and gathered nature's bounty. Their laws were unwritten but profound, inscribed in the shifting sands and painted on the walls of caves. They did not own the land; they belonged to it. Yet, this sacred balance now buckles under the weight of fences, deeds, and an industrial ethos alien to natural law.

The Tyranny of Property Rights.

Property rights, so central to the industrialized capitalistic worldview, are an existential threat to the SAN Bushmen. Fences do more than delineate ownership; they sever the lifeblood of ecosystems, blocking animal migrations, altering river flows, and erasing gathering grounds. These borders, backed by constitutional guarantees, enclose the SAN Bushmen in a shrinking world where ways of survival is a crime.

"How can we own the clouds that bring the rain, the rivers that flow, the earth that gives life?" they ask.

CHAMELEONPOET GERRARD..
(a golden meanwhile ago)

“Outpourings of light” from Berlusinging.
“Chameleon” (From “EarthHeaven...”)

For the SAN Bushmen, ownership is not a right but a sacrilege—a cage that locks the living world into lifeless parcels to be commodified, sold and traded on some stock exchange 1000s of miles away.

Before the advent of industrialization, the SAN Bushmen were nomadic and deeply rooted in the rhythms of nature. They followed the seasons, guided by a wisdom that modernity struggles to comprehend. Yet, this harmonious existence is shattered by the machinery of industrial progress. Land, once a shared sanctuary, is parceled into private property. Watering holes become fenced reservoirs, hunting grounds are declared off-limits, and the ancestral plants that healed their wounds are razed for monoculture farming and what is left sold on the ever-growing black market.

South Africa’s constitution, forged in the spirit of liberation, embodies a bitter paradox. It promises freedom, yet its foundation in Roman-Dutch legal principles enshrines dispossession. It speaks of equality but excludes those who live beyond the pale of industrial logic. The SAN Bushmen, with no seat at the drafting table, were left voiceless. Their way of life—fluid, sustainable, and deeply interwoven with the natural world—was dismissed as anachronistic, incompatible with the march of progress.

This tragedy is not unique to South Africa. Across the globe, industrialization has displaced humanity’s first custodians. In the Amazon, hunter-gatherers are driven out by loggers. In the Arctic, pastoralists are pushed aside for oil rigs. Progress, a god of iron and gears, tramples the quiet wisdom of the earth’s first peoples.

The winds of the Kalahari still carry whispers of an older truth, one that no constitution can systematize. Beneath the veneer of progress lies a question that modernity cannot answer: What does it mean to live in harmony with the earth? For the SAN Bushmen, the answer is not in laws or fences but in the timeless dance of life—a lesson the industrial world has yet to learn.

In the clash between Western legal systems and natural law, the SAN Bushmen embody a resistance to forgetting. They remind us that the earth is not a chessboard of ownership but a living web of interconnection. To truly honour freedom and equality, we must learn to see the world through their eyes—not as property to be owned and commodified but as a sacred trust to be shared.

SA Constitution & Bill of Rights.

Section 21: Freedom of Movement and Residence.
Everyone has the right to move and live anywhere in South Africa and to enter and leave South Africa as they choose. They also have a right to a passport.

Dustlands | Richard Wicksteed Dustlands explores the impact of COVID19 on the lives and livelihoods of the San – South Africa’s First People - through the experience of #Khomani San traditional leader Oupa Petrus Vaalbooi, 76, whose heartfelt and fascinating vision drives our story.

Watch Dustlands here.

<https://www.youtube.com/watch?v=tp-KqO3eWk8>

I am
Chameleon:
Hiding
And flaunting
My beauty
Simultaneously.
I do not lie.
But blend and meld
And melt
Into myriad
Colours
So inimical eye
Becomes blind
To the miracle
Of me.
I am dull dolt,
Then dazzling
Molten hues.
If you could see me
In the flash of an eye
It takes for me
To catch my fly,
I would trap you
In my beauty.
You use me
As a metaphor-
Flexible, changeable
Adaptable
Even cunning-
A creature
For all seasons-
And yes, I
Am all these;
But this, too, am I
Lost in the love of Being-
Being
In the miraclemaze
Of changing sky
Whence I drop
Upon net of leaves;
I am the patience
Of the hunter,
And the patience
Of the sufferer;
I am the colours
Of the rainbow
That grows
In the eye of love:
I am mirromind:
I, chameleon,
Am You...

Contact Gerrard Chaiken
gerrard@upwardspiral.co.za

WhatsApp 0725502443 – text only please

FOODS & HERBS for CLEANSING & CLEARING with Michele Slabbert

Enjoy artichokes – here's a recipe with a tangy twist.

Artichokes (*Cynara scolymus*) stimulate the liver to produce bile, which is stored in the gallbladder. Bile acids and the bile salts they contain aid in the digestion of fats. Artichokes stimulate the production of both. It is also reputed to lower blood cholesterol

Milk Thistle (*Silybum marianum*) is another highly effective liver protecting herb. It is reputed to stimulate the regeneration of liver cells. This herb is used to treat jaundice and hepatitis and in general conditions where the liver is under any stress. This is a useful spring tonic, preparing the body systems after the winter. Milk Thistle also increases breast milk production. In 1597 Gerard's Herbal states: *My opinion is that this is the best remedy that grows against all melancholy diseases.*

Artichoke and Milk Thistle Liqueur.

2 large fresh artichokes
2 tablespoons milk thistle tincture
2 large sprigs fresh rosemary
Juice and zest of one lemon
1 cup vodka

Peel away all the leaves from the artichokes also removing the hairy thistle in the centre. Cut each heart into 4 pieces and place in a pot. Add 6 cups of water, cover and bring to the boil. Cook for about 1 ½ hours. By this stage the liquid should have reduced. Sterilize a canning jar and set aside to dry. Strain the remaining liquid and set aside. Working in batches sieve the artichokes to extract all the juices. Discard the solids. Line the sieve with some muslin and strain the liquid again. You should have about a cupful at this stage. Pour the artichoke essence into the jar and stir in the milk thistle tincture. Submerge the rosemary sprigs well into the liquid, add the lemon zest and juice. Add the vodka, stirring gently. Close the lid tightly and shake the jar. Leave the jar in a cool place for 2 weeks and then open and strain through dampened muslin. You can keep this mix in the fridge for a good few months.

Lemon & Chilli Tea

Want to keep your nasal passages clear, try this warming brew.

1 teaspoon cayenne (use less if you're not brave enough!)
2 to 3 tablespoons freshly squeezed lemon juice
1 teaspoon chopped fresh mint leaves
1 tablespoon grated ginger
1 tablespoon honey

To 1 litre water (in a stainless steel pot) add cayenne and lemon juice. Cover and bring slowly to the boil. Remove immediately from heat and stir in the other ingredients. Drink while still pleasantly warm.

PARTING WISDOM With Riedwaan Norodien

Beneath the enlightened understanding, there may linger a multitude of shadows: patterns woven into the tapestry of our psyche, shifting from level to level.

The ego, that old and restless companion, stirs still, resonating in ways both subtle and bold. In the mirror of relationships, it finds its spark, more eager in some encounters, more tempered in others. This is no error, no failing; it is the human condition, the interplay of light and shadow.

When these echoes arise, let them not displace your still center. See them, name them, and place them rightly, for they are like clouds passing across the sun. They do not obscure its radiance, nor do they mar the horizon for those who see them with clarity.

To witness the ego's tempest without being swept away: this strength is gained through the unwavering practice of Mindfulness

Consider, then, how life graciously conspires to reveal these shadows through challenge. Each situation, every entanglement, is but a teacher drawing us toward higher ground.

What is an obstacle if not an invitation to elevate, to graduate from the narrowness of self into the vastness of Being?

Problems, rightly understood, are not burdens but thresholds. They bid us ask, What is this before me? What can I do? And if nothing can be done, then they teach us to lay them down, with intention, until the moment comes to pick them up again.

In simplicity, there is strength; in surrender, wisdom. To meet life with this quiet resolve, to treat its trials not as foes but as gateways – this is the practice, the Path.



**“A poet is someone who can pour light into a cup,
then raise it to nourish your beautiful parched mouth
“Hafiz”**

Contact details

Riedwaan Norodien
"Teacher of Dynamic Wisdom/Zen"
zenectar@gmail.com

Contact Gerrard Chaiken
gerrard@upwardspiral.co.za
WhatsApp 0725502443 – text only please

Lynne van Zyl / Gogo NomVuka
Traditional Health Practitioner
Intuitive Healer/Reiki Master / Holistic Therapist
(Complementary & Alternative Medicine
Science Institute of S.A.)

<https://nomvukatraditionalhealing.co.za/>

Email: info@nomvukatraditionalhealing.co.za

082 327 7785



Beelnn Community and stay close to the buzz.
Contact Lynne 082 277 785 or Suzie-Mae – 082
955 3644

Kgara Kevin Rack

Animist, eco-therapist, Mediator Indigenous
Communities & Infrastructure Projects,
Environmental & Social Activist

Event and Festival Assessor (AGF)
Digital Content Creator, OSINT
Net Positive Co-Ordinator

kevin_rack@hotmail.com

Green Energy Herbals

Formulated by a
Herbalist / Traditional Health Practitioner
Michele Slabbert

Naturopathic training 1969 – 1970 Dr. Andre Nel
Aromatherapy 1999

Indigenous Plants Training 2004 and 2010
Under Prof. Philip Kubukeli and Mama Kusch

Email: Michele.herbalist@gmail.com

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