

NATURE'S HERBAL HEALERS
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Enjoy the read

RESTING IN UNDERSTANDING

With Riedwaan Norodien

The Dharma remains a steadfast, compass, directing our practice.

Our journey is to align ourselves ever more deeply with its profound implications. In doing so, we discover a liberation and a restfulness that transcend ordinary experience.

The Dharma beckons us to evolve our understanding till final awakening.

This path is one of understanding. As a student to the Guru, one discovers that the relationship is unaltered by time; it is the seeker who transforms. The Guru embodies a constancy, mirroring the singular Truth of existence: there is only the One Self. The onus, then, rests with the seeker to engage intelligently and openly with the Word.

Consider the metaphor of a single finger viewed through squinting eyes—it appears as two, yet the illusion vanishes upon clarity of sight. Similarly, suffering and discord emerge from a misalignment of perception. To believe in the illusory, to give it our faith, is to empower it. Conversely, to rest in understanding is to dissolve its grip.

This understanding extends to the very fabric of our experiences. Reflect on the child who peers into a distorted hubcap, laughing at the absurdity of the reflection, knowing full well it is not real. In adulthood, we often forget this wisdom, reacting with horror to life's distortions. Yet understanding, like the child's laughter, has the power to restore balance.

We do not deny the reflections of suffering or the flatness of the earth perceived by the senses. Instead, we comprehend their nature. This comprehension dissolves fear and affirms the deeper reality. It is this understanding that liberates, transforming subjective experience into objective peace.

True discipline lies in unwavering fidelity to the One: Truth, Beauty, and Harmony. There is no room for duality or contradiction. As a house divided cannot stand, so must we remain singular in vision. To do otherwise is to deny the inherent wholeness of existence.

Our practice, then, is not in grand gestures but in quiet constancy. To see with the Spirit is to perceive beyond the limitations of the physical, to recognize the Omnipresence of Truth in every moment. It is a practice rooted not in denial but in profound awareness.

The journey is one of love—a love that is effortless and all-consuming. As lovers are drawn to each other without strain, so too are we drawn to Truth. This love, this understanding, is the Word made manifest within us, guiding us, illuminating our path.

Let us hallow this understanding in every breath, in every step, letting go of all that contradicts it. Let us embody the simplicity of the child who trusts unconditionally, who knows without doubt that they are held in the embrace of something eternal and unchanging.

In understanding, all burdens become light. It is not a complex doctrine, but a quiet invitation to see clearly, to rest deeply, and to live fully in the light of Truth.

CREATING A RESTFUL GARDEN

With Michele Slabbert

Each one of us has their own truth. This creates confusion when confronted with another's truth. However, there is the universal Truth. This Truth is something we should all live by, yet as we can see from the state of our planet, this truth is far from this universal Truth. To navigate our way through this quagmire of delusion, a quiet place to centre and find peace with ourselves can be achieved in the smallest and largest of places. If you only have a balcony, a pot planter can provide endless care, patience and love to nourish and assist in ending any confusion. A medium sized or larger garden offers just what you need to create.



An exercise is to walk through a nursery, forest, and friend's garden and take note of the plant that you are most attracted to; look at what attracted you – scent, sight, colour or the buzzing of insects. This plant would then become a central point in any garden you create.

I have used Moon gardening and harvesting of plants and herbs for many decades and have found this simple guide very useful.

During the waxing moon is the time to prepare regeneration and system enhancing herbs.

Full Moon harvested herbs are here to assist with closure and bringing ideals and thoughts to fruition.

Waning Moon is for the harvesting of purifying herbs.

New Moon is when intuition stirs and the calling is heard. Harvest herbs that allow you peace.

Colours play an important part in this creation. Here is a colour palette to assist you.

A Palette of Colour to make a choice

Yellow is clarity, wisdom, joy & happiness. Surround yourself with Acacia flowers to promote friendship and beauty. When you feel confused, nervousness gets a hold on you, studying becomes a problem or you experience digestive disorders, yellow is the colour to use. When an important decision needs to be made, wear yellow. It's also a good time to add a piece of yellow lemon rind to your water, which will remind you of your purpose. Yellow is associated with travel and movement so do wear this colour if dreaming of a holiday somewhere special.

Orange is joy, vitality & endurance. Meditate next to your Strelitzia or place Marigold flowers in a vase to promote a sense of freedom and gain a good perspective on your life, thereby ensuring happiness and endless creativity. When you feel bored or weary, have resentments or find yourself taking yourself too seriously, add orange to your day. Orange assists you in letting go of past issues. It also helps to wear orange to keep yourself balanced. Orange has such a positive energy that you can draw on this to attract towards yourself that which you desire.

Indigo is intuition, meditation, deep contemplation. Placing a bunch of cornflowers in your living area or a plumbago in your garden, creates an aura of refinement and honesty offering your inner being the chance to delicately probe that which needs working on. When you feel you need to focus on those personal issues or you have a deep need to quieten the brain and gain an inner sense of perception, indigo is the colour to surround yourself with. Indigo helps you to find the peace and relief needed to cope with the everyday.

White is transformation, purity & cleanliness. Talking and interaction with Chamomile or Elderflowers creates the energy you need to activate your inner workings. Wearing white brings a feeling of being special to you. It represents the divine, but can also represent death, which in itself is a new beginning. When you feel cluttered by both physical and mental objects, wearing white clears the vision and makes the task at hand seem a pleasure. White brings you into contact with the energies of your life force, bringing with it the confidence to make those changes.

Pink is love & beauty. The delicately hanging Fuchsia flowers promote feelings of peace and love in the home environment. Pink is confidence forming, allowing you to support yourself in your endeavours. It is a wonderful colour to wear when you feel aggressive, as pink does tend to balance out your fears, replacing them with clarity and determination. Pink is a valuable aid in mediation and meditation and used in visualization techniques this colour has the ability to calm tense situations, especially in the family environment.

Purple is dignity and releasing, magic & mystery. Gather hyssop or lavender flowers to place around your meditation area to cleanse and create the sound of silence. Wearing purple can aid the natural ability of the body to heal itself. It also assists in removing those

obstacles from your life and restores the internal balance needed to forge ahead. Purple helps with hyperactivity and placing lavender flowers next to your bed or under your pillow at night is a good recipe for restlessness and can also help with insomnia. Purple helps us in times of spiritual distress.

Green is balance, life, nature, fertility & wellbeing. Place a Fern pot plant in your meditation space when seeking the sincerity of your heart. A potted Bay Leaf on the patio or balcony brings strength to adventure further. Wear green when you fear to allow changes in your life, when you feel trapped by your inner fears and when you need to actually make that change. So if you feel restricted or trapped, surround yourself in or with greenery, and for the moment, set yourself free. Green is all about love and growth.

Red is energy, action, confidence, courage & vitality. Red Roses stimulates desire and red carnations will assist you in relieving heartache. So when you feel no interest in life, feel over tired and constantly feel insecure, then red is the colour to bring that vibrancy back into your life. Surround yourself with your red scarf of confidence and go forth to do that which needs to be done. Grab hold of life and understand what it is to be alive, but remember that red is fire and too much burns! Red brings your inner power to the fore, so do focus on using it wisely.

Blue is communication, spirituality, truth & peace. Grow a hanging basket of Lobelia to assist with the removal of negative energy in your living area. When facing chaotic situations, or when you have a need for deep reflection, wearing blue is the answer. Blue relieves the constant barrage of thoughts that accompany us each day, helping to bring relief from the excesses of daily strivings and allowing us to communicate not only with others, but with ourselves. When wisdom is needed and the spirit feels heavy, then blue is the colour you need.

We can use colour in a myriad of ways. It is that palette of endless possibilities that makes our consciousness bloom. Colours influence our emotions even when we are not consciously aware of them. This makes a colour garden a place to contemplate and find the Truth that we all seek.

Some plants and herbs to grow include –

Sage to attract clarity and wisdom.

Thyme brings forth the inner courage needed

Chamomile brings comfort on your journey

Parsley for the gratitude of creation

Roses to create love for Self

Fennel to remind yourself you are worthy

Rosemary to bring the insights gained to assist when needed

Lavender to promote purity of thought

Basil and Holy Basil to create the atmosphere for a successful seeking by gently relaxing the soul

Chrysanthemum brings acceptance of Truth

Daffodils creates within us the honesty and understanding of how forgiveness works

Spekboom removes negative energy, reminding us that we have need to water our inner being with love
Helichrysum to grow for burning to cleanse our being before and after meditation
Sceletium to aid in our spiritual quest
Aloes which bring strength to purpose
Buchu or Wild Buchu creates a healing aura in your garden
Plumbago with its blue flowers brings serenity and rejuvenation



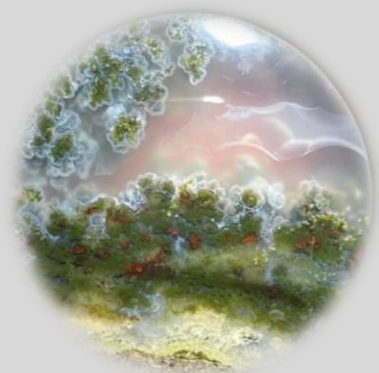
CRYSTAL CORNER

With Michele Slabbert

Moss Agate is inspiring and spiritually uplifting. It alleviates stress, brings about self-trust and is a valuable aid when internal communication is required. When you feel emotionally out of sorts then wearing this lovely crystal will alleviate many of those issues, bringing about an inner strength you forgot was there. This in turn helps you to view with clarity the inner and outer world we all live in. Ideal to have in your garden as moss agate can open your heart and mind to the sound of the natural world.

Moss agate is revered as a stone of abundance, prosperity, and new beginnings, bringing wisdom, understanding while stimulating, cleansing and purifying.

Moss agate is connected to the heart chakra, imbuing us with an aura of protection while we mediate, pray or introspect. Once our heart chakra is balanced, moss agate assists us in developing a deeper sense of self-love and compassion, thus encouraging self-expression enabling you to be you.



SPICING UP YOUR LIFE

Cooking or adding spices to your early morning water, is an excellent way of improving any digestive issues. These challenges can make you feel lethargic and uninspired, so adding them to your daily routine is very beneficial.

Here is a list of everyday spices most of have in our kitchens.

ALLSPICE
ANISE
BASIL
BAY LEAF
CARAWAY
CARDAMOM
CAYENNE
CINNAMON
CLOVES
FENUGREEK
GARLIC
GINGER
JUNIPER BERRIES
KELP
MACE
MARJORAM
MUSTARD SEED
NUTMEG
ORANGE PEEL
OREGANO
PAPRIKA
PARSLEY
ROSEMARY
SAGE
SESAME SEED
TARRAGON
THYME
TURMERIC

A pinch of **cayenne**, a **sliver of ginger**, a **pinch of turmeric** and a **slice of lemon** in your morning water is a good way to start your day.

Oregano and **paprika** are stimulants.

Mace is a sedative.

Sesame seeds are rejuvenating.

Tarragon is a liver stimulant.

Cloves are an adrenal stimulant.

Marjoram is calming.

Turmeric is a stimulant, is antibacterial, increases circulation and intestinal flora

All spice is a stimulant.

Cayenne increases circulation

Fenugreek is a liver stimulant and antibiotic

Parsley is a blood cleanser

Thyme is antispasmodic, assists in drying up phlegm and increases breath

LOVE IS BEYOND UNDERSTANDING

Gogo NomVuka

My prayer is that you find yourselves connected to earth magic and inspiration.

Humanity is evolving in a global shift in consciousness, may it be a celebration of your innate calling.

A meaningful future here means correcting course on how we are with our many other-than-human relations. This includes recognizing that authentic culture arises from and is accountable to the Earth.

Our Higher Selves called to be here in this monumental "time".

Each of us are born with an invisible passport inscribed with the words "You are brilliant, gifted full of Grace. You are here to be part of the astonishing co-creative dance of manifestation. It is your birthright to live freely, fully, consciously in abundance and you're invited to serve and nourish all life. You are more than qualified for the job, and life is hiring".

Brendon Bays

We forget or loose grip of this Divine inscription and now it's the re-mem-ber-ing. Humanity's true greatness is being called upon. Imagination, creativity and our wisdom depends on it. On a soul level we know a different way forward, living authentically and on purpose. Destiny is calling us. Marinade in the stillness of pre-sence. You are already whole, beyond limitations and old belief systems begging you to remove your shackles of doubt/fear-consciousness that immobilizes you. A call to observe and adjust your sails.

In the NOW "time" to uncover and embrace an era of abundance consciously aligned to all life.

Gaia, our hOMe is asking for this awareness to come into be-ing. Understanding interdependence of all living systems and love of diversity. Expanding our capacity and living from the heart. Love is beyond understanding and when we operate from a higher frequency, the eagle's perspective we align with the Higher Will.

We've just embarked on this monumental quantum leap of Cosmic Alignment. An ultimate transformation and cosmic constellation. Divinely orchestrated to awaken, guide and transform us, should we choose!

The invitation is to turn your gaze inward into your multi-verses, for therein lies the answer. Turn the key, unlocking infinite possibilities. No-thing is outside ourselves. So keep a close watch on the mind. It's a clever trickster that stops you from being aware of your true nature, the self. Letting go and fully surrendering from the unhealthy past. Be open to boundless potential moving through us. Listen to what's showing up. Pay attention to the synchronicities, recognizing you are the co-creator of your reality. For we are responsible for our own energy. As your consciousness expands, so does your ability to attract relationships and experiences that mirror love, passion and purpose, that already exist within.

We and the universe are one.

In this heart frequency a new language is born and full alignment which can only show up in truth and consciousness of the spoken word. This love language is felt in action with little to no words at all, for love is a doing word.

The Chalice of love is inside your heart. It takes courage to give your heart away. True self-worth can only emerge when you empty out and give of yourself again, again. Be that resource for others. Herein the heart opens and blooms and the Divine Mother comes to live with you. When your heart is so wide, it has the capacity to take in the entire world, for love is the greatest guide and compass. The essence of your soul is to guide you. You are what you are looking for.

As the seasons change, the leaves turn, so do we inwardly. Tend to your vulnerability and use this opportunity to heal and re-evaluate your connection, both with other and your innermost. Let go of the limitations beyond all the stories which have kept you small. Trust what shifts or ends now is creating space for healthier, more authentic connections. Approach with patience and compassion.

As something within stirs, welcome the ancient re-mem-ber-ing of your inner knowing. You slowly begin to realize the light you were chasing always stemmed from within you. You are LIGHT.

Trust in your unique journey, allow yourself to receive. Keep your heart open, stay humble. Each stage is part of your soul's expansion and alignment.

This timeline is all about Thriving; a new way of living and co-operating in accordance with nature, a full integration. Observe our earth's natural internet, the mycelium network. It's a sustaining organic ecosystem far beyond understanding. Fungi play an essential role in maintaining health and well-being, vital for our physiology and immunity. Let's continue to learn from nature and keep nurturing our connection to the land wherever you find yourself and to realities beyond just this tangible world. When conditions are more turbulent, it can be especially helpful to root in inter-connection and the long-term perspective.

May our lives be lived as a never ending prayer of connectivity, gratitude to the infinite Grace that pervades all of life.



Do You Know How To Talk to Plants?

Billions of years before humans existed on this planet, there were other beings who paved the way. Who made this ball of rock and water inhabitable. First came bacteria (3.7 billion years ago!). Simple cellular formations that most-likely evolved from chemical compounds emitted from hydrothermal vents in the ocean.

Then came the first green organisms. Beginning as algae in lakes and swamps and then evolving into land-dwellers. Plants adapted quickly, learning how to transmute the sun's light, soil nutrients, and water into sustenance.

Plants, bacteria, fungi, and mould set the stage for us and some say that we are working for them, not the other way around. Only recently in our brief history as a species have we forgotten the intelligence and energetic radiance of our photosynthesizing brothers and sisters.

Learning how to connect with this forgotten majesty of plants is an essential part of the healing path.

Simple daily practices:-

Earthing (or grounding) – walking barefoot on the earth

- Absorbing earth's electrons
- Potential physical and mental health benefits
- Rebalancing the body's electrical energy
- Lowering stress levels
- Calming nerves
- Improving sleep

Breathwork

- Regulating the nervous system – 4-4-4 breath (box-breathing) Breathe in for 4, hold for 4, exhale for 4, release for 4.

Daily Tree Communion

- Connecting in silence with your favourite tree. Sitting at its roots, grounding and anchoring.

Place your palms along its trunk and connect with your breath. Visualize the exchange of energy. Trees are experts in anchoring cosmic energy into earth and they can teach you how to hold steady in the storms. When kneeling, you connect to your earth star chakra, 0,5m below the earth. This is your daily vitality unconditionally supplied by mother earth. Opens your heart.

We are 500 x stronger in our hearts than our heads. Connecting the invisible thread to both father sky and mother earth. Maintaining the conscious connection to heaven on earth throughout your day.

Hogsback, (Eastern Cape) recently celebrated The Mushroom Festival, it felt only appropriate to share some of these Mighty Mushrooms with you.

6 Mighty Mushrooms For Immune Health

Shiitake “The elixir of life” (*Lentinula edodes*)

Shiitake mushrooms are not only delicious when sautéed in garlic, they possess serious antiviral and antibacterial properties. Shiitakes build your immune system and are shown to boost the production of white blood cells, strengthening your body's resistance to harmful germs and toxins in your environment. Beneficial anti-inflammatory effects,

particularly on the digestive system – which is where much of your immune system lives. Also shown to reduce cholesterol and promote heart health. Stack on the number of B- vitamins, amino acids and fibre that shiitake contains and you've got yourself quite a mushroom!

Reishi “The mushroom of immortality” (*Ganoderma lucidum*)

Among all the mushrooms in Traditional Chinese Medicine, the Reishi is perhaps the most cherished. Thought of as the “king of herbs” (even though it's not a plant), Reishi belongs to a special class of herbs and fungi known as adaptogens. Not only is Reishi able to modulate (or rebalance) your immune system for optimal health, it is also used to bring your emotions and overall psyche into balance as well.

From an immunity perspective, the triterpenes found in Reishi boost the production of your immune system's natural killer cells, which are able to detect and destroy cancer cells and viruses. Including health benefits, including lowering blood sugar, reducing inflammation and regulating the immune system.

Lion's Mane “The brain booster” (*Hericium erinaceus*)

This mushroom has most recently been hailed as a remarkable brain booster, because it contains a plethora of compounds that are highly beneficial for cognitive function and the health of your nervous system.

Shown to stimulate the growth of new brain cells. A big deal...Beneficial to bacteria in your mouth and gut, which make up a large portion of your immune defense. These bacteria help to neutralize the harmful germs and chemicals that often enter your body through the mouth or nose, as you breathe in.

Maitake “Dancing mushroom” (*Grifola frondose*)

A favourite Chinese edible, the Maitake has a peppery flavour that is a wonderful addition to any stir fry. This mushroom also goes by the nickname “hen of the woods” because some feel it resembles a hen sitting on her nest. Maitake's special power is helping to ease physical and mental stress, while also fortifying your immune system with its host of vitamins, nutrients. Maitake is also being studied in Asia for its anti-cancer effects.

Turkey Tail “The cloud mushroom”

(*Trametes versicolor*, *Coriolus versicolor*)

Turkey Tail contains a variety of natural compounds that improve energy levels and promote a healthy microbiome – which is the heart of your immune system. Now an approved anti-cancer prescription drug in Japan.



**Let's have a lekker mushroom latte...
Chaga Latte Elixir**

Ingredients:

- ☐ 1 tsp Chaga mushroom powder*
 - ☐ 1/4 tsp Cinnamon
 - ☐ Sprinkle of Nutmeg (optional)
 - ☐ 1 tbsp Coconut butter
 - ☐ 1/2 tsp Vanilla extract
 - ☐ 1 cup Hot water
 - ☐ 1/4 cup Almond milk (warmed)
 - ☐ 1 tsp Raw honey (More to taste if desired)
- (*If you're using chaga mushroom chunks, brew chaga tea per the brand's instructions in place of powder and hot water.)

Directions:

1. Blend all ingredients in a blender until smooth and frothy.
2. Pour into a mug and top with an extra sprinkle of cinnamon, if desired.
3. Enjoy!

*Note: Make sure to prepare each mushroom correctly for proper consumption – and if you go with supplements, it's best only to use those that contain actual mushrooms and not mycelium.

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**POETS CORNER
With Gerrard Chaiken**

" Dandelion" Sonnet,



The hoary moonlit frost of age,
Reflecting (on) youth's golden face,
As one with the other (self) doth engage:
With snow white seeds, expectant, sage,
That wait to write upon the empty page
Of fleeting time, and its fluctuating pace-

Whilst the forgiving mirror,
Beholding no mark, no error,
Contemplates change without terror
In faith's face of an eternal spring
That transformations do bring:
And in silent admiration of one another
Self, of self, friend, sister and brother –
The present claps its hands, and doth sing.

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From now on – and for the next few hundred years – the Universe is going to boycott all those who hold preconceived ideas.

Earth's energy needs to be renewed, New ideas need space. Body and soul need new challenges, The future is knocking at our door, all ideas – apart from those based on pure prejudice – will be allowed in.

Whatever is important will remain, and whatever is useless will vanish, but we must each judge only our own successes, not the dreams of our fellow humans.

In order to have faith in our own path, we do not need to prove that another person's path is wrong. Anyone who does so clearly has no confidence in his own steps.

Quoted from Maktub by Paulo Coelho

The Matrix of Perception: How Our Reality is Shaped by Programming and Propaganda

With Riedwaan Norodien

Humanity exists within a constructed reality—an invisible matrix of beliefs, ideologies, and perceptions. This matrix is not a physical structure but a mental and social one, shaping how we interpret the world around us. The way we experience reality is not purely based on objective facts but on how we have been programmed to interpret those facts.

From childhood, our minds are shaped by what we are taught, what we see, and how society structures our experiences. Once we internalize a certain worldview, we begin to perceive everything through that lens, believing it to be the absolute truth. But in reality, our beliefs are often the result of programming—social, political, and ideological conditioning reinforced by education, media, religion, and cultural narratives.

How Programming Shapes Perception - The human mind does not passively absorb information; it processes it based on pre-existing beliefs. This is why two people can witness the same event but interpret it in completely opposite ways.

For example, if someone has been conditioned from childhood to believe that a particular race, religion, or group of people is inferior, that belief becomes their framework for interpreting reality. When they encounter someone from that group, their perception is already filtered through this preconception. They do not see the person as they truly are, but as they have been conditioned to see them.

This phenomenon explains why, in times of war or conflict, some people can witness horrific suffering yet feel no empathy, while others react with outrage and sorrow. Their reactions are dictated by their programming—the ideological matrix in which they have been immersed.

The Power of Propaganda - Propaganda is one of the most effective tools used to maintain and reinforce this matrix. It is not just about spreading lies; it is a calculated mixture of truth and falsehoods, carefully designed to shape interpretation. Even when it presents facts, it manipulates their context, exaggerating or downplaying significance to fit a specific agenda.

A clear example of this is how apartheid South Africa used propaganda to maintain racial superiority. White citizens were consistently exposed to messages reinforcing their dominance—through education, media, and everyday social structures. Everything around them affirmed their privileged position, reinforcing the belief that Black people were inferior. They saw Black people in subservient roles on television, read biased history books, and experienced a society built for their benefit. Over time, this programming became their reality.

This method is not unique to apartheid. It is used in many societies to justify oppression, war, discrimination, and economic inequality. The goal of propaganda is not just to make people believe a certain narrative, but to make them incapable of experiencing reality outside of that narrative.

The Battle for the Mind - The real struggle in any society is the battle for perception—the fight over how people interpret reality. If those in power can control the way people think, they do not need to control them by force. Instead, they shape how people experience the world, ensuring that their power remains unchallenged.

Religious dogma, political ideologies, and cultural narratives all play a role in constructing this matrix. These systems continuously reinforce certain beliefs, making it difficult for individuals to think beyond them. This is why propaganda is so effective: it does not just provide information—it shapes how people conceive of reality itself.

Breaking Free from the Matrix - Escaping this ideological matrix requires conscious effort. It means questioning what we have been taught, critically analyzing media and history, and being willing to see the world through different perspectives. Education, open dialogue, and exposure to diverse viewpoints can help dismantle rigid beliefs and expand perception.

Only when we recognize the mechanisms of programming and propaganda can we begin to see the world as it truly is—not as we have been conditioned to believe it is. True freedom is not just the ability to act but the ability to think independently, beyond the constraints of imposed narratives.

Conclusion - Our perceptions are not always reality; they are shaped by the beliefs we inherit and the narratives we are exposed to. Recognizing this is the first step in reclaiming our ability to think freely. The question we must ask ourselves is this: are we experiencing reality as it is, or as we have been programmed to see it? The answer determines whether we remain trapped in the matrix—or break free.

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