



February 2012

The Herb Corner

277 N. Babcock St., Melbourne, FL 32935
(321) 757-7522 <http://www.herbcorner.net>



Saturday, February 11th 10 am-3 pm



PLANNED EVENTS:



- * Chair Massage *
- * Energetic Body Work *
- * Reiki * Detox foot baths *
- * Medical Intuitive * Crystal Counseling *
- * Cross-over Readings * Angel Card Readings *
- * Channeled Readings * Spiritual Readings *
- * Crystal Energy Card Readings*

**\$15 for 15 minutes * Walk-ins welcome.
Appointments preferred * 757-7522**

Interested in an Aura Class or Pendulum Class?
Let Us Know!!! Call for more details!
Can't Make This Fair - Next One Is March 3rd!

"Reclaiming Our Roots" Herbal Classes

LOOKING FOR HEALTH CARE OPTIONS?

Plants have been, and still are, the back bones of our modern medicine.

As a Master Herbalist it has always been my desire to educate people concerning the medicinal uses of herbs and foods so that they can be a part of, and take charge of, their healing. I have seen more and more of you in the shop with the desire to learn, but the cost of my classes were holding you back. Because it is my desire to teach as many as I can about herbal health, I will be offering my classes at a 33% discount, charging \$20 per class (pay as you go).

Reclaiming Our Roots will start you "on the road" to herbalism, providing the options of health-promoting herbal skills nearly lost to our "modern" world. In this 7 month journey, you will learn how to treat non-emergency health problems, and gain an excellent grounding in the basics of herbal medicine making including teas, tinctures, salves, syrups, compresses and more.

This is an in-depth study of the healing properties of herbs for women, men, children and pets; covering all of the systems of the body, the conditions that

are associated with that system; and the herbs that are of benefit to these systems and conditions.

Included in these 15 classes are herbs for kids, herbs for pets and 2 planned herb walks.

If you are ready to take your health into your own hands because you are tired of the many side effects and the outrageous costs from your medicines, then I hope you will join me in these classes.

Classes run from February 2012-August 2012, on alternate Saturday Mornings.

Pre-registration is required. A \$20 non-refundable deposit is required for your books and due by February 20.

Call 321-757-7522 for more information.



Herb Classes Begin February 25th!



Reiki Level 1 Sunday, February 26, 2012

REIKI (RAY-KEY) is the Japanese word for Universal Life Energy.

It is an ancient form of Holistic Healing modalities and/or techniques given to restore harmony and balance to the human energy field. It has been reported by people who have experienced Reiki that they have felt more relaxed, less stressed, and a decrease in pain after receiving a Reiki session.

Throughout the course of the day our vibratory levels can be disrupted, causing us to become ill. Reiki rebalances our energy levels creating a positive energy flow helping you to achieving a sense of wellness through stress reduction and relaxation, improving health and enhancing your quality of life.

In Reiki Level 1: You will learn the history and traditional teachings of Reiki meditation techniques, the series of hands on techniques/modalities for giving a session to yourself as as for another person.

You will receive the 4 Reiki Level 1 attunements as taught and required in the traditional Reiki teachings.

Pre-registration is required.

Reiki II and III classes are available as well. Please call for more information or to register: 321-757-7522.

Energy Work/Reiki Channeled Readings Spiritual Guidance Cross-over Readings



Not only does Maria have the gift of healing and is medically intuitive, but she also has the ability to see into your past and present, enabling her to provide you with accurate guidance for the future. She is also able to connect with friends and loved ones who have passed (similar to John Edwards), otherwise known as Crossover readings.

She is known for her down-to-earth, straightforward style, where, via channeling and her own intuitive energy, she clearly conveys accurate and precise information with integrity and sensitivity.



Whether you need clarity and guidance, healing, or wish to connect with a departed loved one, Maria can help you. Her readings are conducted one-on-one in a safe and gentle environment. She is also available for group readings. Please call for details 321-757-7522.

The Amethyst Bio Mat - If you need a stress-reducing change to your life (and who doesn't?), why not schedule an Amethyst Bio Mat session. This FDA approved, cutting edge technology facilitates your body's natural healing abilities. It is said to: ease pain of work related-injuries to neck or back, bring relief from joint pain and stiffness, improve your immune system, reduce stress and fatigue, allow a more restful sleep, it even burns calories!

So what happens while you are on The Bio Mat?

You stretch out on the mat the far infrared rays begin to warm your body six inches from within. While you get warm the mat stays cool. Your body's temperature slowly rises inducing an artificial fever enlivening and strengthening the immune system causing toxic organisms and pathogens to be destroyed or eliminated through waste removal. After you have "cooked" for a few minutes Maria begins her specialized "energetic body work" (a unique mix of Reiki, Quantum Touch and a form of energy work she learned from her Grandmother). Alone these are powerful modalities that allow the deep relaxation a body needs. Together they are synergistic and dynamic.

Spring Detox

It's hard to believe that winter is almost over. Where did that time go?

This is the time of the year that I enjoy cleaning and sprucing up the yard, and if I am really ambitious, I'll go through the cupboards and remove all of the unnecessary things that have accumulated over the winter.

Do any of you do the same thing or is it just me?

This year why not spend some time cleansing your body as part of your Spring Cleaning Regime. Over the past few months we've all been to a few holiday gatherings and over indulged in those heavier and more fattening foods than we normally would have had. Now it's almost bathing suit season and we're not ready for it.

Drinking plenty of good clean water (at least 64 oz per day) is a good place to start.

If you chose to use herbs for your Spring Cleaning Regime you will want to use herbs that target the liver (your bodies' master detoxifier) and the digestive system. Clearing these will help to remove built up toxins that have been stored in your body. When you clean your liver and digestive system you also clean up your blood and in the long run your heart, lungs and kidneys not too mention a few other places.

From the 64 ounces of water per day, you can make some spring tonic teas using herbs like Dandelion, Red Clover, Burdock, Chickweed, Plantain, Rooibos or Pau d' Arco.

Dandelion is by far the best spring cleansing herb for the liver, digestive system, the kidneys and the blood. It helps to remove built up fluids from within the cells and the sludge from the blood. The root of the dandelion helps to clear up the garbage from the liver and the bowels.

Burdock, Red Clover and Plantain are also excellent choices for cleansing the blood, kidneys and your liver.

A simple Spring Tonic Tea would be 1 quart of boiling water 1 ½ oz. Dandelion root, ¼ oz. Dandelion leaf, ½ oz. Chickweed and ½ oz Red Clover.

Using 4 teaspoons of the herbal mixture to one quart of boiling water, let this steep for 15-20 minutes, strain off and drink throughout the day. (That one quart of water is ½ of the water you need for the day)

Another tea you might try is our Weight Loss tea. It helps to remove excess fluids, it gets the bowels to work and it helps to flush out the build up of fats we've accumulated from over the winter. The herbs that are in this blend contain saponins, which form little bubbles around fat molecules so that they are not as easily absorbed into the body. I like this one with a little extra peppermint in it. I've found that this one works best if you drink it just before meals.

Before you know it we'll be back at the beach and barbecues, why not be prepared this year?



Product of the Month - Amethyst!



Amethyst is a member of quartz family. The major sources for this gemstone are Sri Lanka, Brazil, Canada and East Africa. Amethyst is the modern, traditional, ayurvedic, hebrew, roman, arabic, polish, russian, zodiac birthstone for the month of February. Amethyst is the talismanic birthstone for the month of October. It is the daily gemstone for the Thursday. It has a numerologic number of 3.

The main metaphysical property of Amethyst is the connection to the divine and listening to Spirit. It aids in meditation and helps concentration. Amethyst stimulates the crown and throat chakras to work in tandem aiding in communication. It balances and calms the emotions which in turn enhances intuition. Amethyst helps to draw your attention beyond the mind to the realm of pure spiritual knowledge. It helps you let go of all that is old, and all that holds you back, so you may fully embrace your spiritual destiny. This gemstone encourages selflessness and transmutes negative energy into pure love. It also balances the physical, mental, emotional, spiritual and energetic bodies and aids in cleansing the aura.

This purple stone will calm, tranquilize or stimulate the mind as needed. It quiets an overactive mind in order to bring on sleep. It protects from nightmares as well. Have insomnia? Place it under your pillow at night.

This is a stone for aiding the student, young and old alike, with concentration, memory, clarification and decision making. Combine it with Sugilite to boost these effects.

On a physical level, Amethyst is an overall healer. It balances the hormones, endocrine system and metabolism. It strengthens the cleansing & elimination organs & systems. Amethyst helps to relieve pain & stress, eases headaches & tension, reduces bruising, injuries, swelling, hearing disorders. Amethyst helps to heal the lungs, respiratory tract, skin conditions, digestive tract, removal of parasites, absorption of water, insomnia. It is an excellent stone to use during asthma attacks when holding it and concentrating on your breathing .

This stone is said to aid in removing addictions, blockages, or overindulgences. It is beneficial in psychiatric conditions but not for paranoia or schizophrenia.

Amethyst can be cleaned in all methods and can be used in an elixir by the direct method. However - DON'T EXPOSE IT TO DIRECT SUNLIGHT! It will lose its beautiful purple color and turn gray causing the stone to weaken.

It is an excellent stone for decorating or using in Feng Shui. When using in a healing layout remember that having it point towards you draws in energy, while pointing it away from you draws out negativity. The same applies when using in a Mandala layout.

Combining Amethyst with other stones can enhance its own properties as well as those of the other gemstone. For instance amethyst alone is good for spiritual protection but when combined with Chlorite, it is a very powerful protector against psychic attacks or energy vampires. You can also combine it with Moldavite for spiritual protection. When combined with Sugilite it will enhance the removal of addictions.

Don't worry about size, raw or tumbled, dark or light when it comes to gemstones as their vibrations still work for us whether in our pockets, under our pillows or just in the room.

February/March 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9  Reiki Circle	10	11  Physical/ Metaphysical Fair 10 am-3 pm
12  Reiki II with Antoinette	13	14	15	16	17	18
19	20	21	22	23	24	25  Herb Class Nervous System 9-11 am
26  Reiki I with Maria	27	28	29	1	2	3  Physical/ Metaphysical Fair 10 am-3 pm
4	5	6	7	8	9	10  Herb Class The Liver 9-11 am