



Sacred Stones for the Soul

Highlights

- ॐ St. John's Eve
- ॐ Plant therapies
- ॐ Energy vampires



Gather Ye Rosebuds while Ye May by John William Waterhouse

<http://thebittersweetgourmet.com/st-johns-eve-remedies-rituals-you-should-have-performed-last-night/>

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Midsummer's Eve

Soul Coaching Flows

Learn Page 1

Reflect Page 2

Apply Page 3

St. John's Day

The feast of John the Baptist coincides with the Summer Solstice. In Northern Europe, it was celebrated traditionally on the eve of Midsummer, but could fall anywhere between June 21-26. In Sweden, Midsummer festivities occur on the Friday night closest to Midsummer. Midsummer is marked by a bonfire near

a body of water in many locations. Some believe it was a fertility festival with the dance around a symbolically phallic Maypole. Girls wore floral wreaths and picked flowers or beans to put on their pillows to dream of future husbands. Boys would jump the bonfire.

Herbal Harvest

On St. John's Eve in Europe, women gathered medicinal herbs. Herbs picked on this sacred night would be especially potent at warding off evil. Yarrow, mallow, rue, mint, fennel, rosemary, wormwood, and, of course, St. John's Wort were collected.

In Italy, green walnuts were harvested on this night to create a liqueur called Nocino to ward off witches, as it was believed they gathered around walnut trees. In Denmark, on *Sank Hans Aften*, a witch effigy is prepared by the children and burnt on the fire. The Russian composer Modest Mussorgsky wrote music about St. John's Eve and dispelling a gathering of witches on a bare mountain. His inspiration was Russian folklore. Sadly, his composition was never performed during his lifetime, but was later made famous by Walt Disney in the 1940 movie *Fantasia*. You can view the creepy scene for *Night on Bald Mountain* here: <https://www.youtube.com/watch?v=SLCuL-K39eQ>.

Disney, for better or for worse, has become a key modern purveyor of mythology for recent generations. Joseph Campbell said each new generation has to reinvent the basic archetypes of the human experience to make it relevant to their own culture.

In North America, there are still post-colonial remnants of Midsummer St. John's Eve. Christopher Columbus originally named Puerto Rico the island of San Juan Bautista. Marie Laveau, the renowned Creole Voodoo priestess is said to have attracted thousands to her Bayou St. John Midsummer rituals in New Orleans. Saint Jean was officially declared the patron saint of French Canadians by Pope Pius in 1908; however celebrations for the saint first occurred almost 400 years, and really became popular as a Gallic response to Montreal's Irish St Patrick's Day celebrations two hundred years ago. La fete Saint-Jean-Baptiste is now more of a secular provincial holiday in Quebec.

*"St. John's Wort doth charm all
witches away if gathered at
midnight on the saint's holy day.*

*Any devils or witches have no
power to harm those that gather
the plant for a charm.*

*Rub the lintels and post with that
red juicy flower No thunder, nor
tempest will then have the power
to hurt or hinder your houses: and
bind round your neck a charm of
similar kind."*

17th century poem
<https://www.cloverleaffarmblog.com/healing-benefits-of-hypericum-and-st-johns-wort-herb/2013/05/>



TressAgatePendant

Rock Star of the Month-Tree Agate

Tree Agate helps us connect to the natural world. It is a good stone to wear to melt away the human ego tendency to think we have dominion over nature. This is a compatible stone for conservationists, gardeners, and those with environmental ambitions. It is said to be the stone of Druids, who created the Celtic tree calendar and the Ogham tree alphabet. It opens our awareness to the Devic kingdom and communion

with nature spirits. Tree Agate connects the root and heart chakras. Some say it helps in relationships with one's children and is useful for those seeking their roots. It has a peaceful balancing effect and is said to provide relief of neuralgia and capillaries. Like all Agates, it works slowly and steadily on states of imbalance. It is composed of Chalcedony with iron and magnesium inclusions, which give it its green splotches.

St. John's Wort



<http://www.care2.com/greenliving/10-reasons-to-love-the-herb-st-johns-wort.html>

St. John's Wort (*Hypericum perforatum*) has been documented as a therapeutic herb going back to Ancient Greece. In the Middle Ages, this was a battle remedy for sword wounds. In oil form, it is used for massage for sciatica or neuralgia. Applied as a warm compress for bruises, wounds and aching muscles, its anti-inflammatory properties are of benefit. It can be taken in capsule form to relieve symptoms of mild anxiety and depression. Some take it as a tea for incontinence or in a tincture as an overall nerve tonic. Medicinal herbs are still medicinal, so

it is best to use under the supervision of a practitioner. St. John's Wort has many of the same properties as anti-depressants and can interfere with their impact on the serotonin levels in the brain. It can also interact with MAO inhibitors and oral contraceptives. France has restricted it as an ingredient in products. It is an herb native to Eurasia originally. Now, it is found on other continents. In fact, it is considered invasive in some regions because it expands prolifically. Livestock that forage on St. John's Wort too much can be adversely affected. Australia introduced beetles to counter its spread.

Phytotherapy

Plant based therapies are far from new. However, in our modern world, the pharmaceutical industry relies on synthetic solutions in order to make money off of patents. You can't patent Mother Nature. Most of us grew up believing in the power of a pill and the omnipotence of science. Herbal remedies were considered folklore or quackery. Fortunately, the balance of the scale is starting to tip again towards phytotherapy. People are beginning to return to botanical based healing. Our overreliance on antibiotics and antibacterial cleansing agents led to the good bacteria in our guts being depleted while bad

bacteria rallied and morphed into more resistance strains. Did you know that in the human microbiome there are actually more bacteria than human tissue? One factor in the epidemic of allergies in North American children is over-sanitized living. In his book *Eat Dirt*, Dr. Josh Axe writes about how our bodies need both internal gut flora and external local soil bacteria to thrive. He recommends eating organic unscrubbed locally grown root vegetables. Honey experts also promote locavorism as consuming locally produced honey exposes us to local pollens and build immunity.



www.draxe.com

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<http://www.sacredstonesforthesoul.com>

Practice makes Progress

Maybe we do not have witches to banish nowadays, but we all experience negative people who can suck the energy right out of us. Dr. Judith Orloff calls them emotional energy vampires. Here is an "ultra-quick" summary of five types and how to deal with them.

1. **Narcissist/passive-aggressive**-lacks empathy. Do not place your self-worth in their hands. If you ignore them, they will punish you or find other ways to get your attention.
2. **Drama queen/victim**-histrionics, needy 24/7, no interest in solutions. Limit amount of "venting time" permitted in your presence. Bring them firmly back to the present activity and don't react to their latest crisis.
3. **Constant talker**-misses non-verbal clues. Tell them you have to be somewhere else, even if it is only the bathroom for a break.
4. **Constant blamer/criticizer**-guilt trips. Let go of your own need to please or be perfect.
5. **Controller**-dictates what you do/feel. Say "thanks for the input, but I can do it."

Centre yourself. Take a deep breath. Imagine a force-field of protection around you. Speak calmly in a tone of confidence. You have to train some people how to behave in your presence. You decide what to invite in.

Coaching Questions

- How do you mark the change of seasons in your life?
- When do you get down and dirty with the natural world?
- What do you do to ward off negativity?

Are you an energy vampire?

-People avoid you or glaze over during a conversation

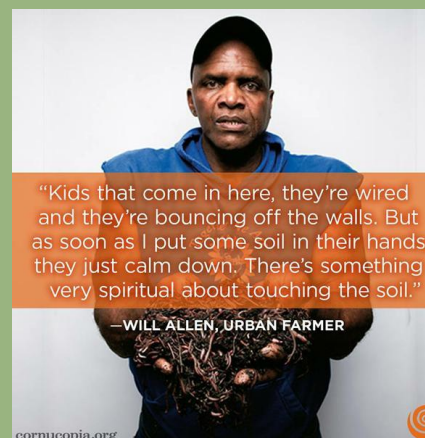
-You're self-obsessed

-You're often negative

-You gossip or bad-mouth people

-You're critical, controlling

<http://www.fastcompany.com/3028393/work-smart/how-to-defend-your-productivity-against-energy-vampires>



"Kids that come in here, they're wired and they're bouncing off the walls. But as soon as I put some soil in their hands they just calm down. There's something very spiritual about touching the soil."

—WILL ALLEN, URBAN FARMER

cornucopia.org

<http://www.katebarnes.com.au/3-reasons-to-eat-dirt-how/>

 Words that Heal
High Five Vibe Collection
Affirmative Inspiration Wear
www.sacredstonesforthesoul.com

In-spiral-ations Jewelry
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Note: vibrational healing therapies, including the use of crystals, are not intended as substitutions for proper medical treatment, but rather as complementary holistic supports for conscious living.