

## Enlightenment Consultations

The Reconnection™  
Reconnective Healing  
Distance Healing  
Portal - Karmic Cleansing  
Vortex - Medicine Wheel  
Energy & Space Cleansing  
Crystal Healing Classes - call for start dates

**250-337-5211 Beryl Thielmann**

## Stinging Nettle's Message

### *Moving Beyond the Duality of Truth*

The recent eclipses gifted us with a time to witness both the light and darkness of the moon and the sun. It is an ideal time to move beyond the dramas of our own light and darkness, to move beyond the duality of our 'story' and connect with our deeper truth, our divine interconnection with all things.

It is most appropriate that we should also find the young shoots of stinging nettle rising up in damp and disturbed places challenging and supporting us as we face the nature of our 'truth'. Stinging Nettle embodies the passage from ego story to divine truth ... moving from stinging hairs to the deeper green nourishment within its leaves and stem. Stinging Nettle supports our journey within the light and shadow of ourselves.

The latin root of Stinging Nettle comes from the word "uro" meaning to burn, and anyone brushing against her hollow quills with their bare skin will remember the burning sensation left behind. And yet this is only one part of Stinging Nettle's story as she also provides deep nourishment on a physical, emotional and spiritual level. Her use is prescribed in cultures around the world to transform life's passages from birth to death.

The young shoots have long been used as a restorative food source more powerful in nutrients than spinach, and the leaves of the pre-flowering plant are still dried as a healing tea with many uses, including supporting childbirth. Fibres of mature plant stalks were woven into fabric ranging in texture from silky softness to coarse canvas and Nettle fabric has been found in burial sites dating back to the Bronze Age. The Tibetan ascetic and saint Milarepa (1012-1096) was known as the "Green God" because of his exclusive use of Nettle to sustain him during decades of intense meditative practice. It is said that his hair and skin turned green because of his consistent use of Stinging Nettle.

There is value in every part of Stinging Nettle ... even her burning sting has been used by some as a remedy for arthritis. So while our first reaction to this plant may be one of avoidance, we can come closer to seeing her gifts.

In this way, our relationship with Nettle mirrors our relationship with 'truth'. At an ego level, we all have our truths, our beliefs that filter our conversations and perspectives. These truths are often based on personal experience and act as a rock beneath our feet. At their best, they provide a supportive foundation until we progress to transcending our personal truth and connecting with our divine truth. The

Pat Stawski

www.innerodyssey.ca  
gifts@innerodyssey.ca

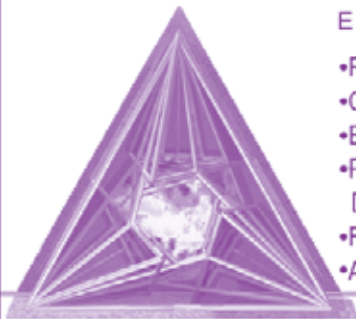


990A Shopper's Row ~ Campbell River ~ V9W 2C5 Ph/Fax: 250-286-1401

## Reiki Wellness

Enhance Your Life...

- Reiki Treatments or Training
- Chakra Balancing
- Electromagnetic Field Balancing
- Platinum Energy Systems™  
Detoxifying Foot Spa
- Far Infrared Sauna
- Amethyst Bio-Mat



**(250) 743-1733**

Debbie Shkuratoff - Usui/Karuna/Komyo Reiki™ Master-Teacher  
Valleyview Centre, #39-1400 Cowichan Bay Rd Cobble Hill, BC V0R 1L0  
[reikiwellness@shaw.ca](mailto:reikiwellness@shaw.ca) ~ [www.reikiwellness.ca](http://www.reikiwellness.ca)

## The Alden Clinic

**Janet Foster,**  
MCPSP, MCPA, CAFCI, CMAc

Physiotherapy, Cranio Sacral  
Therapy, Medical Acupuncture  
Quantum Biofeedback Specialist

697 Wentworth St., Nanaimo, BC  
Ph/Fax (250) 753-7771  
[www.aldenclinic.com](http://www.aldenclinic.com)



dark side of truth comes when we judge others through this filter . . . at that point, we have taken the rock from under our feet and firmly placed it on top of the other person. What results is a wounded relationship where they struggle under the weight of our judgment and we can no longer see their true nature. At that point they are no longer people, but instead become 'roles' in our life's story.

No one is immune from the light and darkness of our personal truths. The protection comes from our awareness, just as our awareness of what Stinging Nettle looks like and the gifts she brings to our lives, allows us to shift our perception of her and avoid being stung.



Stinging Nettle energy can be very healing in the space of a relationship where truth has wounded. Just as with Stinging Nettle's hollow spines, there is a way to move beyond the sting and access the gifts. By steaming or drying nettle leaves we can remove the burning element and take in her nourishment. In our own lives, this access comes from distilling the issue down to a knowing that our wounded truth has nothing to do with the other person and everything to do with what we wanted to learn in this life. When we let the rest go, we can accept that when truth is viewed through ego, there are as many truths as there are people on the planet. It is not our job to 'correct' another's truth, but to transcend our own.

By consciously working with Stinging Nettle energy we can shift beyond attachment to our story, beyond the drama of right and wrong, to achieve a transcendence or rather an 'inscendence' where our truth emanates from the Divine source within ourselves which connects us to all things. A good question to ask is "does this truth I hold in my heart deepen my connection to all things or create a

sense of separateness?" This will tell you immediately whether you are viewing the issue from ego story or Divine truth.

Interestingly, Stinging Nettle's sting is fast and painful, but her nourishing medicine is deep, slow and healing, so take the time you need to look at what your reaction tells you. Where the 'welts' are will guide you to places that are still under ego's control and require healing to shift from your personal truth to your Divine truth. To work with Stinging Nettle energy is to look at a painful encounter that will eventually bring a shift from victimhood to gratitude, as you begin to recognize an opportunity to clearly see areas of yourself hidden behind ego's shadow.

One remedy for Stinging Nettle's physical sting is to wrap Burdock's large leaf around the area. Energetically, Burdock guides us to ground in elements that nourish us and release aspects of our lives that are draining our energy. Interestingly, another folk remedy for the Nettle's sting is our own saliva, guiding us to look for the answers from within, from our own emotions and creative juices. Using art therapy to work through these emotions may also be beneficial.

All of this healing is focused on ourselves and not on the other person. With Stinging Nettle energy, the source of transformation is from within, from aligning our spirit with Spirit, our nature with Nature, our heart with Heart. With Stinging Nettle, the word "divine" can be re-membered into the word "dive in"!

*Asha Croggon is a spiritual herbalist passionate about living an inspired, sustainable life in harmony with the earth. She can be reached at [www.gaiatree.ca](http://www.gaiatree.ca).*

Metaphysical  
Clairsentient &  
Palm Reader



Catherine Whittall  
250-752-8310



[cathywh@island.net](mailto:cathywh@island.net)

Therese Young RRN, CRM



"Retired"

Still Available for Reiki Hugs



250 338-8877

Reiki Master Teacher

Asha Croggon

Spiritual Herbalist  
Ayurvedic Practitioner

We each have special connections with the plants we share our lives with every day.

Reconnect with the wisdom of these wild green spirit guides and your divine purpose.

clairvoyant readings  
chakra clearings

(250) 244-1521  
[www.gaiatree.ca](http://www.gaiatree.ca)