

# Chamomile

## Let's make friends with loneliness....

Are you too busy to think, and have no time to make friends with your own time, and are you **depending on medications to relax**? Are you advised to 'just relax' and stand in 'the line' for western medications. **What is the effect?**

- Places a big and heavy blanket over your nervous system
- Makes you dull
- Yet it reduces tension and anxiety, at the cost of creativity and joy.

If you have a reason to doubt this system, and want to connect your life force with **nature**, ask yourself why am I unwell? **Listen to your body**, what are your symptoms telling you? Think and connect.

It is really quite unhelpful to say 'just relax' as you must fix the cause of the problem so that you can do so. The change will not happen unless you change the cause and understand that **change is in fact the only constant**.

**First step: Make friends with loneliness (you and your own space)**, you are your own best company, best listener, best driver in life....

**Chamomile tea**, 1 tablespoon steeped for 10 minutes, 1 tsp honey, find a quiet place to sit and sip, where you can look at the stars, look down onto the earth and look out into the horizon. Connect with your own cycle, question when you are 'wired' and when you are 'tired', **what is your body telling you?** Relax? **Nourish?** Then **look at the cause** and remember that change is the only constant.

