



The Carnelian Center

The mission of the Carnelian Center is to provide the community with affordable holistic health care while nurturing the individual through art, education and cultural integration. Our vision creates healing in a beautiful, peaceful setting with respect for the ecosystem and the preciousness of water.

A Quarterly Newsletter Issue #25 - Fall 2013

www.carneliancenter.org

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The 'As Above, So Below' Way Of Being



By Celine Kayser-Scherman

The end of the Summer foreshadows the coming of the second Solstice and often the need to reshape the inner self during the colder months of the year. Though there is just more than an ending cycle going on, intuition is also flying higher as the influence of the ever waxing Aquarian Age is gaining momentum.

It seems as if signs to initiate an energy cleanse are everywhere these days. Perhaps have you too noticed this ongoing trend indicating that more and more people look for different ways to redefine the meaning of happiness and seek out answers that ring truer

with their hearts – haven't you? "...Who am I and what is the purpose of Life itself?..." When asking such questions, which are as old as Humanity itself, too often we feel torn apart as we know that the core issues to resolve our daily stress or frustrations go well beyond the 'Conscious'.

Unfortunately, when we give into whatever blame game, we also engage in 'linear thinking' because we are attached to the past to explain the present and project the future. There is an inherent paradox with 'linear thinking' as it is the very cause that makes us apprehend any kind of daunting changes or think in circles.

To end most undesirable habits and negative thoughts there is a shortcut called 'meditative imagery or hypnosis' designed to re-program our emotions, hence our beliefs. Indeed, the science of Epigenetics (led by the renown biologist, Bruce Lipton among others) has recognized that our emotions are encoded in our DNA and therefore intervene in the programming of the latter. Thus healing from stress (its consequences) becomes a key aspect as its reduction helps overcome many psychological and physical conditions.

What a thrilling prospect: Epigenetics has finally confirmed the link between Body, Mind and Spirit - and by extension proven that macrocosm (Above) and microcosm (Below) merely mirror one another. Isn't it wonderful that in each of us lies a potential hero

capable of reshaping his/her surroundings by just allowing the inner self to become more centered and emphatic?

'Meditative Imagery or Hypnosis' focuses on diminishing stress generated by beliefs that hold us back and causing a negative train of thoughts or/and habits. Please don't hesitate to send any questions you may have to: healing.in.focus@gmail.com as group and individual sessions will begin the 2nd week of October at The Carnelian Center.

Planting Rainwater



By Elizabeth Browne

Water is extremely abundant on this planet, yet only three quarters of one percent is fresh water in lakes, rivers, and aquifers, according to the United Nations Website. Due to modern technology, such as pumps and deep wells, the aquifers (which contain nearly all of the .75%) are being drastically depleted. Earth's population is expanding every second demanding more water than ever from the planet's dwindling

supply. Meanwhile, toxins are spilling unchecked into water everywhere. Global reeducation needs to change this quickly or a host of potential disasters may ensue.

Typically, in modern infrastructure, rainwater is shed and channeled away through storm drains. If rainwater is instead encouraged to meander and linger, it has time to seep into the soil replenishing aquifers and raising the water table. Before the industrial revolution, rainwater was the primary source of water for many societies. There is evidence of rainwater catchment around the globe dating back centuries: Egyptians, Romans and Chinese just to name a few.

There are numerous ways that our water supply is being squandered. Due to modern plumbing there has been a seemingly endless supply of water coming from taps. This has disconnected society from the reality of the water situation, and over time, water-wasting habits have become deeply ingrained. In addition, water is being polluted at an alarming rate. The UN Water website states, "In developing countries, 90% of waste water is dumped untreated into waters where they pollute the usable water supply." Even high-income countries that have the resources to avoid contamination, contribute 40% of the planet's agricultural water pollution (World Water Assessment Program). To counteract this there are plenty of things we can all do to help conserve this limited resource. Grey water systems, repairing plumbing leaks, installing low flow toilets, and landscaping with native, drought resistant plants are just the tip of the iceberg.

While many people believe that harvesting rainwater is expensive and complicated, it can be done with nothing more than what you are likely to find in your own yard. Simply modeling the soil and rocks to slow rainwater and direct it into carefully placed depressions is an inexpensive way of replenishing our water supply. In his bestselling book, "Rainwater Harvesting," Brad Lancaster speaks in depth of the necessities of this concept. He also gives clear and concise directions and diagrams on implementing these principles. While it can be virtually free and immensely effective, it does take careful observation to plan, or time and labor to enact.

Some are concerned about possible negative effects of rainwater collection. The city of San Diego's Water Branch of Public Utilities website warns, "If not installed correctly, [catchment systems] may attract mosquitoes (i.e., West Nile Disease and other waterborne illnesses). Certain roof types may seep chemicals, pesticides, and other pollutants into the water that can harm plants." Most tanks manufactured for this purpose have lids with inlet screens to stop debris and insects from entering. Another concern is that children or animals could drown in underground

collection tanks. Precautionary measures are relatively simple to install. Fencing around tanks can prevent mishaps. Mindfully placed above ground tanks can also double as privacy and provide shade.

Regulations on collecting rainwater differ from state to state, but many states are enacting laws that promote rainwater catchment. Colorado has the strictest regulations regarding this issue, believing that catching rainwater is actually stealing water from its rightful watersheds. National Council of State Legislatures states, "In 2007 the Colorado Water Conservation Board and Douglas County conducted a study that found that only 3% of rain actually reached a stream." Consequently, Colorado has amended its regulations to allow rainwater catchment under certain circumstances. Many states are even offering tax incentives to relieve the costs of installing catchment systems.

There is a reason that plants look greener after a rain. Lancaster explains how rainwater can deliver soluble nutrients, "During storms, lightning strikes enable atmospheric nitrogen to combine with hydrogen or oxygen to form ammonium and nitrate, two forms of nitrogen that go into solution in atmospheric moisture and can be used by plants," (7). Due to its natural distillation, rainwater also is very low in salt that inhibits photosynthesis.

Lancaster traveled to the driest region in Zimbabwe in 1995, and visited the home of "water farmer" Zephaniah Phiri. In 1964, Phiri was fired from the railroad because of his political beliefs, and blackballed from finding another job. Phiri's only resource, then, to raise his family of eight was a barren piece of land. Inspired by the biblical story of the Garden of Eden, he set a goal to make his land provide everything his family needed to survive.

Watching the way rainwater flowed over his land, he began to move the earth to slow the water. This quickly turned into building diversion swales with rocks and digging "fruition pits" in order to encourage the water to seep into the earth in key locations. "Fruition pits" are hollowed out areas that retain water giving it time to percolate down into the soil. The largest pits are at the highest point on his land; Phiri calls this the immigration center. He then plants a wide variety of food and fiber crops. Roots stabilize the dirt, while leaves that drop decompose, enriching the soil. The crop diversity ensures a harvest in spite of nature's unpredictability, and helps retain nutrients, such as fixing nitrogen in the soil. Over the years his piece of land has grown into a lush and vibrant garden, sustained solely by rainfall. It takes only three good rains to support the farm for two years! Phiri's hand dug wells also maintain water during droughts, when all of his neighbors'

wells are dry.

Phiri has begun planting the seeds of "water farming" in the community. Teachers in the local school were threatening to leave due to dry, dusty conditions, and students too malnourished to learn. Phiri offered to help them learn to "plant water" if they would stay. He assured them that if they left, they would take their problems with them. Half of the teachers left, while the other half agreed to Phiri's plan. The school grounds are now thick with vegetation, providing food, shade, and even a wind break for the students and teachers. When some of the teachers returned to visit, they were amazed at the difference. They confessed having taken their problems with them and asked Phiri's to teach them to "farm water."

The same human ingenuity that has helped to create this problem can also work to solve it. Rainwater harvesting techniques range from simple and inexpensive to costly and complicated, but are all deeply satisfying. "Planting water" allows life to flourish, making the Earth more inhabitable for this generation, and generations to come.

Susto



By Ruth Bowman

As one who has worked in the health care field many years, I have seen interesting symptoms of illnesses which sometimes surprised me considerably. One of these has repeatedly struck me over the years, often more noticeable at this time of year when the leaves are falling, holiday expectations build, and the memory of lost loved ones becomes a more frequent happenstance.

Susto ~ or soul loss, is characterized by lethargy, insomnia, muscular tics, sadness and diarrhea. According to the Segen's medical dictionary, it is pervasive among Latin cultures days to years after a traumatic event or illness has caused fright to an individual. Also known as 'perdida de alma', this loss (very similar to PTSD or post-traumatic stress syndrome) is treated by a curandera who might use a crucifix or egg, traditional herbs, ritual blessings and prayers to help cleanse the affected person, sweeping away

the bad spirits through a process called "barridas". Certain teas may also be taken, such as basil, rosemary or purple sage, and the ceremony would be repeated every three days until the person is cured. The effects of susto can be so pronounced as to manifest in anxiety or a vague lingering depression, into more complex illnesses such as liver disease and diabetes.

If you see or know of someone suffering from these or any similar symptoms, perhaps sit and spend some time with them. As a friend, family member or neighbor, to help someone in need can make all the difference to their and your life. Just listening, or offering a hand, showing you care is often so needed in this fast-paced busy world. Much love be with you all, please have a safe and beautiful autumn...

Potato Squash & Corn Chowder

Keeping your heart warm & feet tingly through the change of seasons.

Braise an onion in medium-high heat oil until opaque. Add 3chopped potatoes, 2 cloves minced garlic and 1 large chopped carrot, squash and cup of sliced celery to the pan and braise with 2 tsp cayenne or cup of medium-heat, chopped green chile. Add 1/3 pot of boiled water to this mixture with salt, pepper, bay leaves, mixed chopped herbs like basil, oregano or parsley and cilantro. Simmer for 1/2-1 hour until ready. For a richer broth, may add meat stock. Enjoy with homemade bread, biscuits or crackers. Yum !!

The Sweetest Life: Love, Illness and Sugar Addiction



By Therese Wolfe

An Evening of Reading, Discussion, and Treats!

Do you have a Sweet Tooth? Have you tried time and again to extract it? Is it one step forward, five steps backwards? Are you aware there's just a little too much sugar in your diet and are struggling with that despot, The Sweet

Tooth?

Join me, Therese Wolfe, for an evening of reading from my book in progress, a memoir, *The Sweetest Life: Love, Illness and Sugar Addiction*, with discussion, Q&A, and snacking on treats with NO sugar.

From falling in love at the same time as I was being tested and eventually diagnosed with Multiple Sclerosis, to eloping to Italy for two years, then back to America, my journey has been one of discomfiting hilarity to sobering truths about my addiction to sugar.

Excerpt from the Introduction:

"Everyone has to start somewhere--O Sweet Beginnings. But where to start? That seems to be the question, perhaps contrary to the melancholic Dane's assertion, 'To Be Or Not to Be'. For 'To Be' is 'To Begin'. And beginning is not easy.

For anyone facing a blank canvas, blank page, clean slate after a divorce, an empty bed after a death, where to begin is filled with doubt and fear, and if we're lucky, curiosity and wonder. So, begin we must, even as it might mean temporarily stumbling in the dark. Believe me: there is light at the end of the tunnel.

When it comes to giving up sugar, our first thought is, "I can't", or, "That's impossible."

Yes, it does at first feel like a scaly endless mountain designed to make it near impossible to climb. There were times I was sure I would never be free of sugar in my diet, always slipping backward whenever there was the least hint of moving forward. It took twelve years. That is the magic number forever lodged now in my cells. I am proud of that number because they were hard won years of beginning again and again and again, each beginning strengthening my resolve to keep on up the mountain, even when I felt myself slip at times.

But why climb that mountain in the first place? "Why give up sugar at all.....?"

WHEN: Sunday, November 17th, 4pm
WHERE: The Carnelian Center

DISCLAIMER:

I am NOT a medical doctor. I am NOT giving nutritional or medical advise, and in my book I in NO WAY claim that Sugar is the cause of Multiple Sclerosis. This is my personal story of what it took to eradicate sugar from my diet once I was diagnosed with MS, in order to feel a greater sense of wellness, vitality and vibrancy living with this condition.

ALSO: This is a free event. Donations will be accepted at the door to cover utility costs for the free use of the center for the evening.

Thank you.

My Name Is Maria Chilton



My name is Maria Chilton. I was born and raised in Dixon. Although I have lived in other places I continue to return to my home town. With this last return, I built myself a home on the family property; this is where I now live with my partner and our small child.

In this life I have always been called to learn about various forms of natural healing. I grew up in a household where we used herbs, massage, reflexology and fasting when we were sick. Instead of going to the "Doctor" we went to the acupuncturist; the hospital visit was reserved for broken bones. As a child I was always asking: "what is this plant and what is it used for?" It was perfectly natural for me to continue these studies and use my knowledge to help others. When I was sixteen I received my first "full body massage," it was transformational, I knew right then that I wanted to be able to help people feel that way. I had the privilege and honor to study at The NM School of Natural Therapeutics in Albuquerque and also at The Southwest School of Botanical Medicine with the late Michael Moore. I later lived in Northern CA in a community of aquatic body workers, where I learned Watsu. I long to be back in the water doing healing work, but for now I am land based.

Most of my career as a body worker has been spent working in Santa Fe at some well known spas and resorts. This has given me a wealth of experience with a lot of different body types as well as different health issues. I continue to work part-time at Ten Thousand Waves where I have been a massage therapist for ten years; but my most creative and genuine work is saved for therapeutic sessions with people in my local community. I find that the nature of The Carnelian Center offers the freedom to explore what it is that my clients really need without the constrictions of a spa setting. Every single session is different. I learn with my client, as we work together. This is what I love. This is what feeds my soul and keeps me doing what I do.

Nothing replaces the feeling of knowing that I can make a difference in individual lives for having touched them with unconditional love and a healing intent.

Call to Action for Communities for Clean Water



By Sheri Kotowski

Communities for Clean Water (CCW) is a grassroots network of diverse community groups, individuals and technical experts uniting in 2004 to address issues of water contamination from Los Alamos National Laboratory (LANL). CCW's common goal is to preserve and restore clean water. The CCW council is comprised of four groups – Amigos Bravos, Concerned Citizens for Nuclear Safety, Honor Our Pueblo Existence, and the New Mexico Acequia Association.

The Cerro Grande Fire, 2000, burned 45,000 acres of land in Northern New Mexico including 7,500 acres of land contaminated with toxic and radioactive materials generated by activities at Los Alamos National Laboratory (LANL). For over 80 years, beginning with the Manhattan Project in 1942, the US Government has used the Pajarito Plateau to research and develop nuclear weapons. The practice of dumping and discharging polluted water and burying contaminated materials continue to violate the earth. To this day, contamination washes into the Rio Grande and poisons migrate toward our sole source drinking water aquifer in the Española Basin System. (To read more about the Española Basin please see <http://www.nuclearactive.org/news/011808.html>.)

Right now you might be thinking what does this have to do with me, I live way far away and upstream from these problems. First, those living in the Rio Embudo Watershed share the Española Basin System for ground water with LANL. Studies show that contamination is migrating through the earth, into the water table and slowly and surely dispersing. Second, are you from Albuquerque or Santa Fe or have your children moved to Santa Fe or Albuquerque; is part of your family from San Ildefonso, Nambe or Tesuque? These places are all directly downstream from LANL, with Albuquerque and Santa Fe drinking from the Rio Grande.

For those of us up north, downwind, we share the air we breathe, as does our watershed. Think about all the smoke and ash that rained down from the Cerro Grande Fire. Any and all plant life growing in contaminated soils concentrated that contamination in their plant bodies. Studies developed by the Embudo Valley Environmental Monitoring Group and the New Mexico Environment Department implemented 2005 – 2008 found that higher concentrations of contamination specific to the nuclear industry exist in our area. They are relatively low and “not harmful” according to EPA standards- at lower elevations, however, concentrations are significant in our peaks and are slowly but surely migrating downward through the surface water flowing system called the watershed. If it's in the air it is in the earth and the water. Additionally, in studies on impacts of contamination on plants and animals, there are many ways to be exposed and repeated exposure can stay in all biological bodies. This is called bioaccumulation

There is a concern for all of us that rely on clean water. (Please see: <http://www.nuclearactive.org/LANLWW/Waterwatchindex.html> for Shared Values Statement) Any industrial pollution is a concern, whether it comes from LANL, burning coal, gas and oil “fracking”, pesticides and herbicides, arroyo dumping; or how to preserve the quality of our very precious water during drought. Early in October I have been invited to participate in a planning session for CCW. Those attending will assess strengths and identify challenges in order to determine how CCW can make a difference over the next three years.

I would like to take your thoughts, concerns and priorities to this and future planning sessions in order to give our communities a voice. Please don't wait to respond, call or send me an email now.

Sheri Kotowski
serit@cybermesa.com
575 758 7029

Carnelian Center Practitioner's List:

Sarah Grant practices a Japanese Acupuncture in the style of Kiiko Matsumoto. This style involves gentle touch of various areas, predominantly the abdomen, to get information about where to place needles. The needles are thin, and inserted to shallow depths, making the treatments quite painless. Treatments last 1 to 1 ½ hours. Acupuncture is good for a variety of bodily imbalances including pain, headache, insomnia, allergies/asthma, fatigue, hormonal issues, and autoimmune disorders. Acupuncture treatments can be used to maintain good health. It has no negative side effects! To contact Sarah for an appointment or for questions, 505-992-1963, or sarahg@farmersmarketsnm.org.

Lluvia Lawyer Aby is a massage therapist who blends Deep Tissue, Swedish, Visceral-Somatic Shiatsu, Treager and Polarity in her work. She also use the energies of Reiki and Aka Doa. Her specialty is Core Synchronism which is a deeply relaxing, safe and gentle bodywork method. ‘Core’ is based on the philosophy of natural therapeutics, cranial osteopathy and polarity therapy combined to form a new approach. It works by balancing the tissues, bones,organs and fluids of the body with the energetic self thus bringing the person back into a stronger, more centered state where healing takes place naturally. Lluvia enjoys working on children and infants as well as adults. Lic.# 1902 Contact 505-689-2641

Elizabeth (Liza) Carson has been a Licensed Massage Therapist since 1995. One of Liza's strong points is her comprehensive understanding of the human anatomy. Her specialties include, but are not limited to: deep tissue and Lomi Lomi (traditional Hawaiian Massage, involving long fluid strokes using lots of hot oil). Although her body work tends to be deep and physical, she also brings a gentle sensitivity to her treatments. Liza loves doing Prenatal Massage and is a midwife intern soon to be a licensed Midwife. To schedule a massage or for information regarding pregnancy and/or childbirth call: 505-579-9131

Maria Chilton has 16 years practicing massage therapy. Her forte is her ability to spontaneously incorporate various modalities to suite the individual's needs in the present moment. The techniques she calls upon include traditional Swedish massage, deep tissue, polarity therapy, shiatsu, Reiki, reflexology and cranio- sacral. For the

past ten years Maria has made hot stone massage a specialty. “Bodywork is an art form. The client is the canvas while the body worker's hands, heart and intuition are the medium. The healing experience is the finished piece”. Maria is also the owner and operator of Little River Remedies, a small herbal apothecary. For a massage appointment or an herbal remedy contact Maria @ (505)579-4321 or e-mail: mariachilton@hotmail.com

Bettina Lea has been practicing the Electro-Sculpture Body Wrap System for over 20 years. Immerse yourself in the rejuvenating and invigorating experience of the *Electrosculpture Body Wrap System* which tones and tightens your skin, promotes weight loss and reduces stress and tension. A unique and healing experience like no other! Santa Fe location or specific days at The Carnelian Center. Contact Bettina @ 505-366-9913

Cindy Stone, T-Touch Animal Therapy, Herbal Products, Dixon. Western Herbalism, based on the philosophy that what medicinal plants grow in your area, are the ones most likely that you will need for your wellbeing, is what my herbal skin care, healing salves and teas represent. It is a philosophy and way of life and is here for all to experience. I am also a TTouch practitioner, helping animals heal from injury, illness, behavioral problems or trauma, through various touches and wraps. The TTouch works on the nervous system and awakens the animal more to it's own intelligence through cellular communication. To learn more about Wild Earth Remedies check out www.wildearthcreams.com, or to find out more about the TTouch or schedule an appointment you can contact Cindy Stone at 575-613-0211.

Kate McDonald, Flower Essences, Dixon, 505-579-4296

Rebecca Mueller, Ph.D., is a clinical psychologist, licensed in the states of New Mexico (License #1137) and Nevada (License #PY0343), with 20 years of experience providing assessment and therapy for individuals facing a broad range of psychological challenges including depression, anxiety, posttraumatic stress, grief and loss, substance abuse, interpersonal conflict, and self-esteem issues. Rebecca has worked previously for Northern Nevada Adult Mental Health Services in Reno, NV; the Department of Veterans Affairs Medical Center in Reno; and the Brothers of Charity in Co. Galway, Ireland. Currently she works for NonViolenceWorks in Taos, under whose auspices she now offers counseling services as a representative of the Carnelian Center to residents of Dixon and surrounding area. Rebecca can be reached at 575-758-4297 Ext. 208.

Cathy J. Robison, #6599 is a licensed massage therapist that offers anatomy based therapeutic massage for health. Often times when we are recovering from injury or insult it is a challenge to sense the inherent health of our bodies. Through therapeutic touch we are able to access states of relaxation that resource our creative connection. Holistic restorative services include nurturing massage, deep tissue massage, and reflexology. call C.J. at 505-670-6124 to schedule. an appointment.

The Carnelian Center wishes you
a Happy Fall!

Disclaimer

The ideas and opinions expressed in this newsletter are not necessarily the opinions of anyone in particular. These articles are for entertainment purposes and we hope you enjoy!