



# 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.

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## Apitherapy- Bees as Medicinal Midwives



By *Melanie Margarita Kirby*

Pharmacology is the branch of medicine dealing with the actions of drugs in the body—their therapeutic and toxic effects. Our ancestors were the original pharmacologists; developing drugs from plant and animal sources. The word pharmacy originated from an Egyptian word, pharmaki, and the Greek, pharmakon. It is also related to the Egyptian word pharagia, which means “the art of making magic”. The ability of organisms to make medicine and to self-medicate plays key roles in the development of pharmacology AND in the making of magic....

Making magic with plants and flowers has its roots deeply entwined in inter-spatial relationships over millennia with insects as pollinators. Pollinators procured the sweet and tangy nectars and the rich and robust pollens for their own nutrition and self-medication. In so doing, they have helped to fertilize flowering plants and

thus, have served as midwives to blooms across the globe producing food and medicine for varied species. The foraged food from flowers that bees collect is indeed magical in that it not only feeds them and their developing young directly, as well as other critters and humans, but also serves as medicine to their super-organismal health network. This ability to transform flower power into sweet elixirs and other potent hive products provides medicine for the one --- and the many.

What is it that the bees have been eating and sharing with other organisms that leads to health? Bees visit numerous flower blooms and the mixtures created through biological processes of chemistry and physiology keeps them healthy and provides healthy products which they share with humans as pharmaceutical (plant derived) medicines. As super-organisms, honeybees have evolved as an efficient and productive species. More recently, they, along with other pollinators have been experiencing increasing challenges from climate fluctuations, habitat encroachment and industrial agricultural development. Yet, there are pockets here and there around the globe, where the natural landscape and topography is helping to nurture stronger and healthier species, whose subsequent generations-- like seeds, carry their genetic story to unfold over time while providing pollination for growing food, feeding life, and making medicine, and magic. And, when bounties are plentiful, their products can be shared.

Our Land of Enchantment is one such place. NM plays host to 7 out of the 8 climatic zones- from desert to tundra, only lacking the tropical. Enchanted landscapes chisel and sculpt challenging and unique circumstances living under our emblem of Zia. Father Time tests and Mother Nature encourages. Plants and organisms that have adapted to the diverse and adverse conditions of our enchanted lands have unique and creative healing properties, as is evident in the traditional and cultural practices of both our Native Indigenous and Hispano societies. Early pharmacologists focused on natural substances, mainly plant

extracts. It wasn't until the 17th century that botany and medicine went hand in hand, and then it changed: Science diverged from its natural foundation to controlled laboratories. The industrialization of agriculture and “conventional” societies changed perspectives and approaches. We are now becoming more conscious and returning to integrative approaches that our ancestors have known and applied generation upon generation.

Pharmacology developed in the 19th century as a biomedical science that applied the principles of scientific experimentation to therapeutic contexts. Today, pharmacologists harness the power of genetics, molecular biology, chemistry, and other advanced tools to transform information about molecular mechanisms and targets into therapies directed against disease, defects or pathogens, and create methods for preventative care, diagnostics, and, ultimately, personalized medicine. But, for millennia, other organisms have been serving as pharmacologists and have helped to harness the power of healing from their natural surroundings. In turn, this has helped to challenge and enhance their health through selective pressures authored by Mother Nature. Over time, these organisms have developed diets and ways of being that have integrated into the very context of nutrition and health for a myriad of other creatures. This includes humans, via our diversified fruit and vegetable produce options, grains, and other forage. By pollinating animal forage, pollinating organisms also help to produce meat and fiber. Such fantastic feats for such small beings.

It is this miraculous and magical energy that is bestowed by bees into their stored foods. Historical folklore AND modern medicine both recognize and share the benefits of honey and other bee products. Ancient cultures developed and refined methods of application including honey; bee bread (pollen mixed with honey and stored in honeycomb); propolis (antibacterial and antimicrobial resins harvested by the bees from various woody plants, shrubs and trees); royal jelly (a secretion by young nurse bees fed to all

of the hive's progeny for their first few days of life, and to the queen for her entire life); and venom from the bee sting. Individually and collectively, in various proportions, these hive medicines have served as beneficial therapies for various conditions and cultures.

The application of bee hive product medicines is called Apitherapy. "Api" is Latin for bee and *Apis mellifera* is our beloved honeybee. There are numerous races of *Apis mellifera*- the majority of which originated in Eastern Europe, Africa and Asia. Thus, it is these cultures that have developed elixirs and concoctions of bee hive products for their apitherapeutic properties. It is with current scientific documentation that much of what these ancient cultures already knew is now being better understood. Integrative Apitherapeutic applications can help various conditions and bodily systems including allergies, cardiovascular diseases, blood diseases, respiratory, digestive, kidney, musculoskeletal, nervous, eye, ENT (ear, nose and throat), skin, endocrine, nutrition and metabolic, genital, sexual, immunological, viral, cancers, oral, parasites, systemic, mental and pediatric conditions. In fact, there is research being conducted right now in northeastern NM on the benefits of NM honey to treat antibiotic resistant staph (MRSA) infections in children through a grant from UNM- Pediatrics by Farmington Pediatrician and beekeeper, Dr. Stephen Rankin.

**About the author:** Melanie Margarita Kirby is a native New Mexican and has been keeping bees professionally for 17 years. Along with partner Mark, she established Zia Queenbees 9 years ago which provides pollination services, locally produced bee & bee products and outreach. She serves as the Lead Facilitator for the RMSQB Cooperative- a grassroots, educational based service organization established in 2011 promoting capacity building for sustainable pollinator stewardship.

## THE BENEFITS OF NON-DUALISM



By Celine Kayser-Scherman

As a matter of fact, we live in a society glorifying materialism that is therefore out of whack, meaning very Left Brain oriented. Our Brain, as you know, has two hemispheres. The Universal Neutral Mind devised itself to create Life. Life cannot be perceived without its counterpart, Death. Happiness wouldn't exist if misery didn't. And so are the functions of the Brain. Its left side (male) dictates rationality, materialism and is mainly motivated by the need for power, while its right side (female) governs intuition, emotions and nurturing.

Metaphysically speaking, since Human Consciousness

must achieve balance to avoid (inner) conflicts, the two sides of the Brain are somehow doomed to synchronize emotions. I use the word 'doomed' because the 'Laws of Balance' are inescapable. When they break down, we suffer. Too much Right Brain activity makes us depressed. Too much Left Brain activity makes us aggressive.

Although very rare are those who attain perfection, it does help greatly when we are aware of the origins of our inner conflicts; their prime cause, without which there is no inner evolution. In our physical reality, without the understanding of non-dualism, human interactions often translate into disappointments and resentments and thus will manifest the metaphysical 'absence of Love', which makes it easier for Fears to take over.

The Greater Reality, also called 'The Whole That Is', is composed of multiple-layers of subjective realities themselves subjected to their own paradigms, which can be changed. While we have the ability to fathom The Greater Reality if we truly want it, observing everything through our own subjective lens is hard to resist. Being a fractal of The Greater Reality, we often are taken aback when realizing that that very one piece of the puzzle we held dear reveals its uselessness. This is because subjective views are interchangeable. What held true yesterday no longer matches our current expectations because all of sudden, paradigms have shifted. The growth in Awareness leads to the understanding that paradigms just offer another perception of the same 'Big Picture' as they are ruled by non-duality principles.

Paradigms do not oppose one another but exist to help balance ourselves. So this means that all experiences are 'worth it' as long as they lead to the acknowledgment of what 'The Whole That Is' is about. Each paradigm has its own positive and negative aspects which can only expand to a certain point. They have their own boundaries which collapse when the paradigm is changed or no longer serves its purpose. It is the resistance to changing a paradigm that causes Drama when we are unable to see the upside of a downside and otherwise. The 'Laws Of Balance' make breakdowns happen every now and then, because Equilibrium wouldn't exist without them. Without negative thoughts, no positive ones either. But what is exactly positive and negative if negative leads to positive and otherwise?

That's where we need our Awareness to kick in to find our way through the 'Maze Of Human Consciousness' and quit the blame game habits that make us think in circles. It is only when the Left Brain surrenders to its Right Side, and otherwise, that the 'Inniverse' can finally begin to heal itself. The ultimate conclusion here, is that we should welcome less pleasant thoughts and situations as they always offer new solutions, and we should regard more enjoyable ones with the potential they could lead to intellectual and spiritual stagnation, with the risk of being sent back to square one.

In short, remain open to your emotions at all times and you will be amazed to discover that your 'Free Will' becomes increasingly unlimited!

The desire for an answer is essential to the understanding of a problem.... J.Krishnamurti

## New Environmental Opera to Premier in Dixon!



By Sheri Kotowski and Sylvia Ernestina Vergara

Sylvia Ernestina Vergara has written a new opera/musical drama titled: **The Ancient Language of the Cranes (an Environmental Tale Expressed through Japanese Origami)**. It is set to premier in Dixon, NM, Spring, 2014. The production is sponsored by the Embudo Valley Library.

The Cranes opens with a miracle. A 1,000 year old cherry tree in Miharu, Fukushima, Japan called the Miharu-Takizakura cherry tree survives. The blossoms of this tree are a cultural symbol of spring-time renewal and a fresh start to the multitudes of pilgrims that continue to behold and honor this tree every year. Although The Cranes opera touches on subjects of dire seriousness, its' fantasy approach is colorful, lyrical and surrounded by the beautiful, natural habitats of our Earth. In this opera it is revealed that our Earth bears many of the solutions we can use to bring our human race back into compatible balance with nature.

The Cranes opera is an affirmation that the world's most serious environmental problems can be solved. This new work by Vergara is designed to encourage creative, life affirming approaches to solving environmental problems. On the dark side, her primary inspiration for this opera are the tragic nuclear disasters with origins in Japan; the bombing of Hiroshima and Nagasaki with atomic war-heads and the acute radiation disaster at Fukushima that after three years continues to spread unprecedented amounts of radioactive contamination. Closer to home she considers that the legacy contamination of the Manhattan Project in North central New Mexico, our local geological volcanic activity and the world-wide effects of climate change have all worked to shape this new operatic piece. On an uplifting note, through this work we are able to find inspiration in the mystical and natural beauty of the ancient cranes and in the delicate and fanciful origami cranes created in Japan for world peace. Vergara's wish for us, the viewers, is to open up to peace as a tool for problem solving and to strive for balance between humans and the natural world. Her perspective of the "miraculous" opens up all possibilities and an attitude of never giving up.

Many characters show up in this work. We see children and ancient ones; goddesses, earth creatures, a nature chorus, a "nay sayer" and of course CRANES. And as follows with Vergara's style, a diverse array of acoustic sound and musical

instruments to compliment The Cranes opera and an opportunity for the audience to view multiple environmental exhibits as an educational component.

Sylvia Ernestina Vergara is the creator of Earth Day (Weekend Commemoration) held in Dixon, New Mexico. Vergara is the author of two other environmental operatic works, Raindrop and The Great Salmon Run (Songs of the Fishermen). Both works address major environmental issues of our time. Production and exhibits have been and continue to be funded by gracious donations from the community and the author.

Community will be invited to work with Sylvia to bring this beautiful opera to life. This stage call, along with time, location of performance and days will be announced soon.

**Contact Person:** Sylvia Ernestina Vergara  
**email:** sylvia\_vergara@hotmail.com  
**Tel:** 505-579-4358

## Introducing Cindy Stone



Life for me began in Minnesota, land of 10,000 Lakes. After high school, a friend and I, received full ski scholarships at UNM. This started a whole new adventure living out West. Spending time between Colorado and New Mexico, I fell in love with the Mountains, the land, and the diverse cultures and not to mention no mosquitoes. Life felt richer here in so many ways.

Growing up I spent a lot of time in Nature with my mother being avid fisherwomen. Summers were spent on a remote Island in Lake Superior or canoe trips to the rivers of Northern Minnesota. My winters were spent outdoors skiing.

For me, Nature has always been a place of learning, sanctuary & healing. I feel my practices today reflect that with the animal & herbal work that I do. Being connected with nature is a way of life and sanctuary for all. I

recently watched a movie about Saint Francis's life and I feel that is what he was doing. His presence seems to be so alive in New Mexico. How many times do you see something in NM named after him? I want to be a part of what he taught. Promote more compassion & awareness of the natural world.

When I was young I always knew I wanted to work with animals but was not interested in being a Vet. The TTouch founded by Linda Tellington Jones, now taught all over the world, is gentle work that works on the nervous system. The TTouch helps animals be more balanced, healthy and solves behavioral problems. Based on simple circular touches that help the animal awaken to its own cellular intelligence. It is like an ancient language they quickly understand. Interesting, and important part of the work is the Pause between touches. This slows us down, gives space for absorbing new information. This work also uses various body wraps to help integrate the nervous system and sensory awareness. These wraps add comfort and teach cellular communication through the fascia. Wraps help with trauma, fear of thunderstorms; going to the Vet, new home etc... Etc.. They can be very calming for hyper animals. With an injury it can bring total body awareness, so the body is a more integrated whole again, and can bring balance to the part of the body that needed to compensate. It does not replace veterinarian care but can compliment it. A session can be structured to teach pet owners how to do these touches so they have their own toolbox of solving various ailments with their pets or I can do the work directly. New, I also now offer support to owners and their animals in time of their pets passing.

My first class in Herbalism I fell in love with this Traditional method of healing and knew that this is something I want to be dedicated to and help others. Plants are Pure and like Spiritual Helpers, work on many levels, and having a longer evolutionary life than humans they have a lot to teach us. They help clean our air, rivers and bring balance to our bodies in wholesome holistic ways. The skin being our largest organ absorbs so much. That is one reason I feel the skin care line of my herbal products is important for those who want to nurture themselves in this way. To get fresh products made from your backdoor Wild Lands is a rare a gift! It is not about having them shipped long distances from other countries where they are possibly irradiated on the plane and are not freshly picked. New Mexico, what a great place to harvest medicinal plants with our diverse ecosystems. We have some of the oldest unique geology anywhere, which enhances the properties of the plants, not to mention the rich cultural history with the use of herbs in healing.

It is exciting to be able to offer this work through the Carnelian Center.

Be Well,  
 Cindy

## The Rocky Mountain Survivor Queenbee Cooperative and the 2014 North to South Pollinator Benefit Lecture Series



The United States is home to a mixture of honeybee strains. But over time, their gene pool has bottlenecked, and one environmental crisis after another is afflicting their health and productivity. Contamination and compromised resources have created unhealthy habitats. These are historic and challenging times for pollinators and their stewards. It indeed takes a community to help raise pollinators to support healthy habitats, food and medicine production. The mission of northern NM's Rocky Mountain Survivor Queenbee Cooperative (RMSQBC) is to help build capacity through professional development opportunities, honeybee stock improvement programs, rural entrepreneurship, native/alternative pollinator promotion and apitherapy.

The RMSQB Cooperative began as an out-of-pocket pilot project in the spring of 2011 by three northern NM beekeepers in Rio Arriba, Taos and Mora counties. In 2012, the RMSQB Cooperative received funding from the Western Sustainable Agriculture Research Education organization ([www.sare.org](http://www.sare.org) Project #FW12-096) and spanned from Santa Fe to Fort Collins, CO, working with 9 beekeepers across 500 miles. In 2013, the cooperative's efforts were recognized with the Climate Adaptability award from Sustainable Santa Fe. In 2013-14, the cooperative was awarded an Agriculture Advance and Product Promotion grant from the New Mexico Department of Agriculture. Funds from this grant helped to further the establishment of honeybee stock improvement mating apiaries in northern NM for regional fortification. It also supported professional development opportunities for participants-- including a trip to Apimondia: The World Beekeeping Conference which was attended by over 10,000 beekeepers, apitherapists, scientists and industry enthusiasts from around the globe in Kiev, Ukraine.

This spring, RMSQB Cooperative objectives include the 2014 North to South NM Pollinator Benefit Lecture Series featuring world renowned pollinator scholars. Cost is \$15/lecture or \$40 for 3 lectures. First to visit is Dr. Thomas Seeley- conservation biologist from Cornell University and author of "Honeybee Democracy." Dr. Seeley's scientific work has primarily focused on understanding the phenomenon of swarm intelligence

(SI): the solving of cognitive problems by a group of individuals who pool their knowledge and process it through social interactions. SI is a means whereby a group can overcome some of the cognitive limitations of its members. SI has relevance to other animals, including humans. Wherever there is collective decision-making— to better understand---we can examine natural systems that have evolved sophisticated mechanisms for achieving SI. In recognition of his scientific work, Dr. Seeley has received the Alexander von Humboldt Distinguished U.S. Scientist Prize, been awarded a Guggenheim Fellowship, received a Gold Medal Book Award from Apimondia for The Wisdom of the Hive, and has been elected a Fellow of both the Animal Behavior Society and the American Academy of Arts and Sciences. His most enduring honor is having a species of bee named after him: *Neocorynurella seeleyi*.

Dr Seeley will be presenting the keynote address for the Northern NM Rocky Mountain Sweet Spring Sting Symposium on Pollinator and Human Health starting on Saturday, May 3rd, 2014 in the Great Hall at St. John's College. Saturday's symposium will run from 10am-1pm. On Sunday, May 4th, 2014, Dr. Seeley will offer another keynote address at a Taos presentation from 1-4pm. Featured at both lectures is a special screening of "The Art of Mayordomia" on acequia traditions connecting biodiversity with habitat and stewardship. Additional guest lecturers include presentations on May 24th and 25th by Dr. Juliana Posada-Rangel, Associate Professor from Texas A&M and President of the American Bee Research Conference and the American Association of Professional Apiculturists. She will be giving a lecture on May 24th at NMSU-Alcalde and May 25th at the Alamogordo County Extension Office.

Last guest speaker to visit our Tierra Encantada as part of the 2014 Lecture Series is Dr. Wyatt Mangum- Professor of Mathematics from the University of Mary Washington, columnist for The American Bee Journal and author of "Top Bar Hive Beekeeping: Wisdom & Pleasure Combined." Dr. Mangum will be conducting a presentation and hands-on workshop on Saturday, June 7th at Tapetes de Lana and Mora Valley Apiaries in Mora, NM. For more info on registration and scholarship opportunities, please visit [www.survivorqueenbees.org](http://www.survivorqueenbees.org) or email [rmsqcoop@gmail.com](mailto:rmsqcoop@gmail.com).

Honeybees and their stewards are indeed midwives helping to pollinate wild and cultivated forage for the one and the many. As community-minded, super-organismal makers, honeybees and their stewards have been sharing their efforts with cultures and peoples across varied lands for many moons. We honor them and their efforts for our communities, now and for future generations. We hope that interested community members will continue to participate in mindful pollinator promotion and production...for it does indeed take a community network to support local production of food, fiber, and medicine through positive stewardship of our Tierra, Aire y Agua- Land, Air, and Water.

Somos Agradecidos/We are Thankful.

## The Mother's Day Rio Grande Whitewater Festival



by Steve Miller, New Wave Rafting Co.

The annual Rio Grande Mother's Day Whitewater Festival will be taking place this year between May 9 - 11. This event has over a 50 year history, having begun as the "Mother's Day Regatta", organized by the Los Alamos Explorer Scout Post. Whitewater races are still at the heart of the event, which now draws participants from all over the region. Downriver, slalom and rodeo events are scheduled for kayaks and canoes, rafts and stand-up paddle boards (SUPs), and even include a mother/daughter category. The Bureau of Land Management, private boaters, the New Mexico River Outfitters Association, equipment retailers/manufacturers (e.g. Four Corners River Sports, Colorado Kayak Supply) and local businesses (e.g. Pilar Yacht Club, Taos Mesa Brewery, Blue Heron Brewery) all cooperate to put on the events and provide prizes. Last year's women's rodeo winner, Sarah Van Gelder, won a Jackson kayak at the raffle, which was held at the Blue Heron Brewery, and Anthony Leon and the Chain provided the music for a great party at the Taos Mesa Brewery. The Festival is headquartered at the Rio Bravo campground in Orilla Verde, part of the newly-designated Rio Grande del Norte National Monument. The race venues are on the Rio Grande, from Pilar downstream to Embudo. The weekend is led off, on Friday, May 9, by the 35th Annual Rio Grande Guides Rendezvous, to which the public is invited. Come help us celebrate the Rio Grande Wild and Scenic River and the Rio Grande del Norte National Monument. High water or low, a good time will be had by all!

Here are some links:  
<http://www.abqjournal.com/198193/north/festival-a-hit-despite-drought.html>. <http://raftnewmexico.org/>  
<https://www.facebook.com/mdrgwf>  
 (photo courtesy of Britt Runyon)

### 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 1/2 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](mailto: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 uses the energies of Reiki and Aka Doa. Her speciality 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](mailto: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.wildearthremedies.com](http://www.wildearthremedies.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, Offering appointments with Bach Flower Remedies, Robert Stevens Remedies, Reiki, and a graduate of Southwestern College Grief Counseling Program in Santa Fe. I have been working with Bach Flower Remedies since 1981. These flower preparations are made using homeopathic practices. They work with the person rather than focusing on a disease, bringing us back to our true nature, helping to free us from negative internal states. In 2009, I began using the Robert Stevens Remedies. Stevens is the Director of The School of Natural Therapeutics in Albuquerque, and also the developer of Core Synchronism. His remedies are an evolution of flower healing addressing our more modern stresses and their manifestations. These Remedies can produce many positive internal shifts, from subtle to dramatic that create greater ease and wholeness. Flower Remedy appointments may include only prescribing the Remedy or the Remedy with a consultation. Contact Kate @ 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 Non-Violence Works 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.

### 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!