



# The Carnelian Center

## February 2026 - Community

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.

The Carnelian Center - PO Box 452 Dixon, NM 87527 / 505-579-9630 / 219 State Road 75 / [carneliancenter.org](http://carneliancenter.org)



### Unexpected Pathways by Susan Lewis

Sometimes life leads you down an unexpected path.

It began in 1981, and ended in 1998. The journey of epilepsy led to a discovery of a natural way of life that never would have occurred to me growing up in The Bronx/NYC. From that first seizure to the last, I knew I needed to find a way that felt natural for my body and being.

After being on meds for the first (9) years, I questioned the taking of that medication. Was I supposed to take this forever? I sought out a second neurologist who said that seizures could very well continue if I went off the medication. I walked out of his office and gradually weaned myself off...and found my own path forward.

**Yoga:** It was in 1987 that I gravitated to yoga. It offered a calm refuge and a sacred place for my soul. It took many years, actually decades later, till I finally did yoga teacher training. When I went to a class in Taos, it was that breath-centric practice where I knew this was what I was looking for. Svastha Yoga. Shortly after that class, I enrolled in Yoga Teacher Training in that practice. Later that year, in 2015, I did additional training in Restorative Yoga, which soothes and deeply relaxes one's being in a sea of tranquility. This became another area of life that I wanted to share.

**Herbology:** Then there was the health food store, right next to the yoga studio (in the late 1980's). After asking questions about herbs that might help, I felt called to ultimately study Herbology in 1990. The plant world seemed to breathe wisdom, and my body and entire being felt a natural connection. That led to apprenticing with an herbalist a few years later. The natural world around us offers so much. The plants and their sacred medicine have been a part of my life all these years.

**Reflexology:** After moving to Massachusetts in 1992 to study Herbalism, massage school took the journey even further. While in massage school, we had to do an assignment: a presentation on a different healing modality. I don't know why I chose Reflexology, but I did. That ancient practice took me on a journey that has been so fulfilling and fascinating ~ the ability of our feet to bring equilibrium to every part of our bodies, giving us the opportunity to balance all that lay within. I graduated massage school in 1998 and then did full training in Reflexology in NYC. In 2001 I became Board Certified in Reflexology. I believe that whatever we are currently experiencing can be temporary. What is the body trying to convey to us? If we get to the root cause and understand it from that level, then we can shift it. Often, it's the vibration that can be transmuted or released, whether it's emotions or otherwise.

Reflexology, Restorative Yoga, Sacred Chanting. All these sacred practices are available to nourish you from within, to bring a sense of well being to your path and are now offered at the Carnelian Center, from my heart. If you'd like to make an appointment or join a yoga class or a sacred chanting circle, please feel free to reach out ~ (505) 795-9061. May these offerings support your sacred journey of life.

Reflexology ~ by appointment

Restorative Yoga ~ 2nd Sunday of the month (afternoon hours - call/text for time)

Sacred Chanting ~ 1st & 3rd Sunday of the month (afternoon hours ~ call/text for time)



## In Tribute to Kate by Selma Harwel

On the Day of the Dead, I woke up knowing I wouldn't be in New Mexico for the community gathering honoring Kate and Henry McDonald. The realization unsettled me deeply. I felt disoriented around the time the ceremony began and found myself unable to think about anything else. I had been carrying thoughts of Kate for days, still grieving her death, which felt impossibly recent—only a month before.

Henry's death followed soon after, his body found in the fire that destroyed the home he lived in, along with belongings we had stored there. What once would have felt devastating—the loss of our things—now seemed insignificant. His death also reopened an older grief: the loss of his dear sister Arwen, who died tragically decades earlier.

Grief moved through me in waves, and I allowed it to ebb and flow as it needed to, knowing that emotions can only move on once they are fully felt.

Kate and I were bound by many threads. Our daughters were born six months apart and became best friends, playing together almost daily. Watching them grow side by side was one of the richest parts of our friendship. Kate was a wonderful mother, and because we were both artists, we could talk for hours while our girls played nearby.

Kate and I also made magic together. Once, during a summer when fires burned nearby, she called me and said, "Selma, we have to do something about this fire." I knew it was time to tune in. We decided to meditate together, and during that meditation I saw an upside-down tornado drawing the fire upward until it extinguished itself. I shared the vision with Kate. The next day, the newspaper reported that the fire had, in fact, put itself out that way. Neither of us had known fires could do that. Kate called me, amazed, after reading the article.

Another time, after I had moved to California, Kate called to say how dry it was—how everyone and everything was suffering. Raised on a farm, Kate seemed to know how to do everything, and she did it all meticulously. She was an herbalist, a wise elder, rooted in tribal and medical traditions. I deeply admired her knowledge and skill.

We meditated together again, clearly seeing rain. A few hours later, it began to rain—and it kept raining. My daughter Alena later told me, "Mom, you should see New Mexico. It looks like Ireland." After living there for 25 years, that felt unimaginable. She explained it had been raining for weeks.

I called Kate and joked that maybe we needed to stop the rain now. After another meditation, the rain began to diminish. We never planned these things; we simply shared that kind of magic, always with the intention of helping others. I still love playing with the weather, and I will always include Kate.

Once, when I returned from Los Angeles to teach an Aka Dua Energy Medicine class at Liz and Shel's cave, Kate was the last to leave. I asked her what she wanted to create in her life. Without hesitation, she said she wanted land—by the river. When I asked when, she initially said three years. I encouraged her to choose a time that year. After a moment, she said September. By September, she had her dream property by the river.

Kate lived on credit cards while she built her landscaping business in Santa Fe, driving there and back every day, working tirelessly. She paid off her land before she died. Her determination, integrity, and devotion to her vision remain an enduring testament to who she was.

Kate's life was rooted in love, service, and quiet miracles. I carry her with me still.



## Carnelian Center Bio by Cat Shank

Cat Shank is an inner ecologist—a tender of soil and soul—exploring the complex and ever-evolving terrain of the body-heart-mind. Through mindful movement classes, embodiment coaching, and eco-somatic mindfulness\* experiences, Cat brings people into connection with themselves and with life beyond their skin, be it fellow humans, other animals, elements, or Spirit. Cat understands our collective neurosis, the dis-ease of our bodies, the closed-heartedness and closed-mindedness, and the destruction of our Earth to be rooted in our dominant culture becoming increasingly disconnected—living a sedentary and sheltered indoor existence; isolated yet “connected;” and excessive screen time. Our culture promotes external, consumptive solutions to most of our challenges. The solution, however, most often lies within.

In turn, Cat aspires to reweave humans into the web of Life by attuning to our inner landscape. Returning to our wise animal bodies, we shift from solely dwelling in the mind. By uniting all of who we are, we may remember the innate interconnectedness of our experience and thus find greater ease in this precious and fleeting life.

Cat, with formal dance training in ballet, modern, and jazz, recognizes the significance of proper alignment. Dance continues to serve as a powerful form of expression and source of empowerment as she explores the diverse ways her body can move. Since receiving her YTT 200hr in 2020 from Bhava Yoga in ABQ, NM Cat has been teaching yoga asana. She is also a certified Awake in the Wild Nature Meditation teacher. Over the last six years, Cat has dedicated significant time to silent Vipassana meditation retreats. Through turning inward, she feels profound connection, refuge, healing, and inspiration. This February, Cat is attending a month-long silent retreat and awaits the restoration of this container.

If we understand yoga to mean “to yoke”—to unite mind, body, and spirit—then all of a sudden, the life of yoga grows far larger than the corners of our mat. Our practice becomes woven into the fabric of daily life. The supposed “mundane” becomes fertile ground to grow mindful presence and somatic awareness, i.e., brushing teeth yoga! Cat invites clients to experience and contemplate interdependence—how posture influences our thoughts & emotions and how our minds and hearts manifest in the physical body. How we harvest lettuce matters; how we stand in moments of fear matters; how we experience anger matters; how we listen to, or ignore, our body’s communication matters; how we sit at the computer matters—everything is connected as this moment conditions the next.

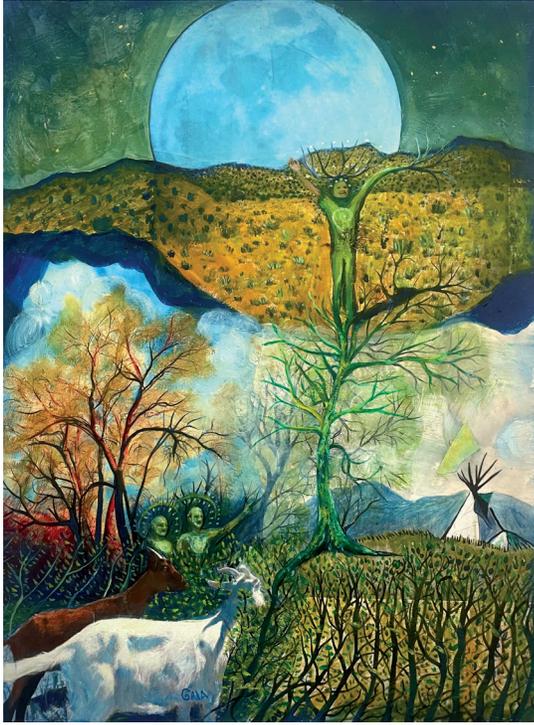
Cat lives in Peñasco with her husband and furry friends, dances in the kitchen, is an avid gardener, and skis out the front door when snow blesses the ground!

Movement classes commence at the Carnelian Center in April! Cat will be offering Restorative Yin Yoga on Mondays 5:30-6:30PM. & on Fridays 8:00-9:00AM Strengthen & Stretch and 9:30-10:30AM Hatha Yoga. All ages and levels are welcome to join! Come create greater ease and intention in your daily experience.

Connect with Cat for class info and offerings via email [connect@TheEternalExchange.com](mailto:connect@TheEternalExchange.com). Her website will be launching soon... [www.TheEternalExchange.com](http://www.TheEternalExchange.com)

May we all embody the wise willow—one who stands tall with strong roots, relaxed branches, and responds to the breeze with ease.

\*Eco-somatic mindfulness is a dynamic blend of kinship ecology, psychological biomimicry, nature-based sensory awareness practices, and intuitive mindful movement as a means of connection.



This painting is on display in Taos in the show presented by Las Damas; Women in Existentialism. Opened on January 30th, the show runs until March 22, 2026 at the OmniHum gallery off the old plaza, right next to the Harwood Museum of Art.

## Emergent ~ Awaken by Yeshe Gaia Khan

Beneath the wide blue breath of the Moon,  
the land remembers how to dream.  
Roots grow upward, rising, becoming arms, branches of  
the World Tree.

A green-bodied guardian crowned by  
and reaching for the Stars~  
Seasons speak all at once here—  
gold and ash, leaf and bone—  
Time folding into itself like a prayer, a promise.  
Animals move quietly through the knowing Trees~  
their hooves tracing the old stories  
that the Earth never forgot.

Figures emerge from foliage and shadow,  
not born, not buried,  
but grown out of the Land Herself~  
The observant Ancestor Spirits  
woven from breath, branch, and green-DNA.  
A Spiral glows at the heart of the Tree~Child  
a promise that life does not end,  
it only changes form.

This is a place where the Land feels each presence,  
where Spirits wear bark and Trees wear skin,  
and everything—  
everything—  
is Alive

# Carnelian Center Practitioner list

### Lluvia Lawyer-Aby (License #1902)

Massage and Core Synchronism for all ages  
Contact: 505-803-1476 / lluvia@carneliancenter.org

### Maria Chilton (License #1830)

Transformational Massage, Hot Stone. Owner - Little River Remedies  
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### Montse Serra

Spiritual Healer, Family Constellations, Reiki & Akashics Master  
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### Katalina Olivia Gurulé

Herbal Consultations. Reiki. Limpias. Licensed Practical Nurse  
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### Sarah Grant (License #1038)

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### Bianca Correa

Therapeutic Touch, Sacro Craneal, Curanderismo, Herbology  
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### Kaycee Hinkley (OT License # 3187)

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### Jenny Rizzo

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### Roxanne Sanchez

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### Reign Snell

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