



The Carnelian Center

August 2025 - 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



**Getting Along with Others
is Highly Possible
if Certain Steps are Followed**

Reign Snell

Many studies consistently show the vast range of ideologies we carry as human beings. While diverse opinions aren't inherently problematic, they can create tension in our work relationships, community groups, and friendships—both new and established.

Here are practical ways to foster harmony in our relationships:

Recognition

Building harmonious relationships begins with recognition. We must trust our instincts when meeting others while avoiding hasty judgments. Everyone is shaped by different environments and life experiences, making us naturally diverse in our perspectives.

When we approach conversations with less judgment, we create space to truly know someone and treat them with respect. Finding people who completely align with our worldview is rare—like discovering a precious gem. Most relationships require understanding and recognizing through careful listening when interactions might become contentious.

Listening

Listening serves as a foundational tool for building harmonious relationships. Once we accept that others won't handle situations exactly as we do, we can move past this hurdle and genuinely hear what they have to say about issues, creative ideas, or new ventures. You might be surprised by the value in their perspectives.

Even when you discover fundamental differences in how you both view life, you can still find areas of agreement to build upon. Listening holds tremendous value in community relationships and is essential for simply getting along with one another.

Finding Common Ground

Common ground is a phrase we use frequently, but do we truly understand the openness it requires? Finding shared understanding with someone who doesn't share your feelings about important concepts represents perhaps the most challenging step in this process.

During difficult conversations about politics, business, or family dynamics, we must practice restraint and respect. Sometimes this means simply allowing others to speak without feeling compelled to respond. This approach softens tense moments, enabling us to set our egos aside and flow with harmony's natural rhythm.

Instead of engaging in unwinnable arguments, we can ride the wave of true consciousness—awareness that any other action creates unnecessary stress. The old saying "If you have nothing good to say, don't say anything at all" can be modified: "If you don't have a helpful, harmonious response, don't say anything at all."

Many of us enjoy being heard and seen, which isn't inherently negative. However, this presents an opportunity to embody the awareness we often discuss rather than merely talking about it. In my intuitive practice, I use listening daily because moving my ego aside ensures I share messages meant for my clients, not for feeding my own ego.

Setting Boundaries

Creating harmony in potentially explosive interactions is never simple, but it's certainly achievable. We all need specific boundaries that protect us while preventing heated discussions from escalating.

The key is practicing recognition, listening, finding common ground, and boundary setting in a conscious, deliberate manner. For example, we can ask someone to step aside for a short walk or cup of tea to discuss our thoughts on mutual respect.

We can acknowledge our disagreements on personally important matters while making a pact not to try changing each other—recognizing this as contrary to peace and ultimately impossible. Our energy must align with our words to avoid being disingenuous. Boundary setting loses power when delivered unkindly, but when we show up with kindness and authenticity, our words will be received as honestly given.

When people understand our temperament and character, they may not fully comprehend us, but they're likely to respect us—and we must offer the same in return.

When Distance Becomes Necessary

We should never expect others to do everything as we would. When collaborating with colleagues, partnering on projects, or even deciding on a lunch menu, it's time to walk the talk—to embody the consciousness and awareness we strive for daily.

Speaking to others through the heart makes this process easier. Sometimes, when situations become extremely uncomfortable and neither person feels safe, distance may be the only solution—but only if the previous steps haven't been utilized.

However, let's remember that harmony remains our goal. Not everyone will become our best friend, but seeing everyone as relevant provides a significant jump-start toward learning how to get along with others, whether required by circumstances or by choice.

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Dust In the Wind

Lluvia Lawyer-Aby

It was in the fall of my 17th year, on a beautiful, quiet, and snowy night, after walking from the Taos plaza to a friend's house (who died later that year), that I found out my mother had died on her way back from work to Dixon. Something so final changes your life forever and yet, death is as much a part of life as birth. We weave in and out of this life in an instant in relationship to the breath of time. I had enough childhood trauma to make me feel like a fish out of water in this world. At some point, it can be helpful to know this is true of many people, and we are not alone in feeling out of place. Even having been left shaken by these experiences, I moved on. I was lucky to have a strong pull towards personal growth, a lot of good teachers and support along the way. Many are not so fortunate..

The following summer, sitting near to Amma(a spiritual leader and humanitarian from Kerala, India) in a large tent full of hundreds of people finding peace in her presence, I was wailing like a wounded creature. My heart was full of anger and grief. Some people tried to remove me from the otherwise tranquil space, but she told them to "leave her be" because she knew what was on the inside. As regular humans we can not know what is going on inside someone without asking, without being told. Sometimes we think we know, and that can be a dangerous trajectory. Some people that night thought I was being so disrespectful but Amma knew this was part of my healing journey. We all know what it is like to be misunderstood.

We have to face our emotions to move through them. In seeing suffering, injustice, needless death, and environmental destruction in the world, we can be left wondering how to move forward. We can feel it in our bones, whether we connect with the source of the wound or not. There has to be a way through this because time moves on. It can not be "shouldered" because we would end up flat on the ground. We can choose to do what we can to effect change in each precious day we are gifted. Some people do this in heroic ways that seem superhuman, but for many of us, a simpler approach might be helpful. What is right in front of us? The people we bounce off of, how can we create peace right here, right now? We may notice that some people who long for peace are involved in major conflicts in their own lives. How do our purchases affect the larger picture?

We live in a small and precious community where we can not afford to let ourselves be divided. There is so much momentum to division, it is like a force unto itself in these times. How can we create our own minute peace talks or allow space for those we cannot interact smoothly with? How do we do this and stay centered? These are not easy questions.

I feel strongly that our health and well-being is tied to how we "feel" in our lives. In many cultures, working on these issues has been associated with spiritual principles. Many practices have been created to help develop more inner peace to help people deal with these kinds of pressures. From a practical perspective, we all know that a stressful life leads to disease, literally. How do we let all that go? It is a key to well-being, and I would argue that we owe it to the gift of life to try to focus on positive things so as not to give power to darkness. That is not to say that negative emotions don't have their place, but they are something to move through. It is such a relief to let the pressure off if we are gifted tears or find accurate self expression. It can be as simple as what our thought patterns do to our neurotransmitters. What we think and feel creates chemical reactions within the body, patterns of tension.

I was recently watching a montage of disaster relief. All the massive destruction and the faces of those suffering and receiving compassionate care struck me. It was like on that larger time scale, these tragedies appeared like a sloughing off of layers, and the mere moment of showing compassion, creates so much healing on such a deep level. Each act of kindness, even a smile or acknowledgment of others, can create a shift. Recognizing the humanity in others in the face of this great storm we are all facing is of value.

Even as we all live in a world of industrial toxins and environmental imbalance, we can choose how we move through this in our hearts. Nature is a great example of resilience in the face of hardship. It is there to guide us. Keep Growing.



Maya Abdominal Therapy

My name is **Roxanne Garcia**, and for the past three months I have been beginning my practice at the Carnelian Center as a Maya abdominal therapist.

My friend Jenny Rizzo asked me to share my offerings with the parent circle back in May of 2025. Years ago, when Jenny and I had small children, we and another mom we knew would gather at my house in El Prado to cook food and share modalities.

I currently live in the San Pedro Mountain range, a little ways south of Madrid, with my husband and daughter.

In 2023 I took a 9 month postpartum training called Innate Traditions Postpartum Care. In the second module titled "Uterine Health in Relation to Whole Health" we learned about the late Don Elijio Panti, Masewal Maya H'Men (spiritual priest and healer) of Belize and his traditional healing of the belly and womb. He said that if the womb is out of center for a woman, then so is her life. Our teacher of Innate Traditions, Rachele Seliga, gave us several resources for traditional healing of the womb; this led me to The Arvigo Institute, which is now called Tul'ix Indigenous Arts.

The Tul'ix school first taught us a criteria for self-care, which we were to apply to ourselves. This included upper and lower abdominal strokes, dreamwork, the use of medicinal plants and castor oil packs, hip swaddles (faja), pelvic steams and an understanding of Ix Chel the Goddess and her place in this work. In the second training we learned to help others using these same practices and also tend to the lumbar, sacrum and hips, as well as techniques for supporting the lymphatic and nervous systems. Perhaps the most important part of our sessions is that we teach our clients to care for themselves with their own creative capacity utilizing abdominal strokes, medicine plants, steams and so forth. That's the beauty of this work. This collection of methods is culturally referred to as sobada, which is a massage of the uterus and belly in Central America.

I recently continued my education with Tul'ix, and completed their "Pregnancy Training" course. This course gave us an understanding of how to care for mothers through preconception, early pregnancy, mid to late pregnancy, birth prep and postpartum care. We were taught to tend to grief and pregnancy loss, and to all the many emotions that can come up throughout this time for the mother and family. There is a pregnancy self-care skill set that I can teach to my clients, which is gentle and helps the growing uterus to stay centered.

My heart's work is giving this massage, while also staying attuned to the needs of the family that Don Elijio Panti still has in Belize. They are going through horrendous shifts right now, with proposed logging around their homelands that threatens all life. They are asking for urgent prayers.

If you have questions or would like to make an appointment, I can be reached at 575-999-5266; my website is www.ancient-body.com. I am currently asking for a \$10 room fee and donations as I create my practice.

Carnelian Center Practitioner list

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