



The Carnelian Center Newsletter

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.

THANKS,

The Presbyterian Church, through The Mission in the North, has once again made itself the Food Bank's best friend. This organization has continued to support us in a humble and generous way for many years now and we just could not be more grateful. This year they gave us a donation that can bring 62 tons of food to Dixon and Ojo Sarco. In reality we already got a spare tire(!) for our little trailer and a can of fix a flat so not all of it goes directly to food, but these guys have made it possible for us to continue into our ninth year. THANKS!!!

Also, as Lluvia's Husband I want to put out my personal THANK YOU to all the *wonderful people* who have supported her in her effort to make the Carnelian Center into something as smart and amazing as she is and as fun and helpful as the Embudo Valley is at its best. Thanks for coming to our Benefits, thanks for doing treatments and classes at the Center, thanks for helping set up tables and

baking for bake sales,.....for every little thing ...Scott.



FOOD BANK EVERY WEEK

(WITHIN REASON)



Wednesday in Dixon at 2:30 at the Senior Center & At the Ojo Sarco Community Center at 1:30

Men Need Magnolia Too

There has been something going on with mysterious magnolias and me since my childhood. My love affair with *Magnolia grandiflora* began one sultry New Orleans evening. During one of our summer visits to my Creole grandmother, my mother and I had just left the "Preservation Hall," Jazz concert in the French Quarter. There was an exotic, sweet, heady, slightly lemon and pollen fragrance descending upon us from a large-leaved tree. She reached up picked a dinner plate-sized magnolia flower for me.

I buried my face into the creamy white, vast realm, and inhaled the secret world of that flower. For the first time, the peculiarly enchanting fragrance invaded my olfactory world, and lodged itself deeply into my pleasurable-fragrance memories. Later after I carried it home, she placed it in water, next to my bed like one of her spells to help me sleep. She often mixed fragrances the way she mixed up some of that old

New Orleans voodoo stuff, of which the latter did nothing for me.

Nevertheless, that bedside flower conjured dreams of that swashbuckling pirate, Jean Laffite, Magnolia in hand, seeking his paramour in the Vieux Carre—vague visions of moonlight, Spanish moss swinging in the old oak trees; and grandifloras with hovering palest green Luna moths are still coming to me. They have inspired me to design a few select magnolia essential oils, into a few adventurous fragrance blends for men and women. Now, just as other parts of our holistic beings crave what we need, I am often craving Magnolia.

However not all Magnolias are created equally. At least 200 different species within the *Magnoliaceae* family of flowering plants grace our planet. During a recent adventure through the Caucasus Mountains of Russia and Republic of Georgia, I was privileged to encounter some White Magnolias—grandiflora individuals in Batumi on the Black Sea, Republic of Georgia. Theirs' was a light and lovely fragrance; but nowhere in my

travels have I found as strong as the ‘Old South’s’ Magnolias. Through my aroma-therapeutic endeavors, I have been searching for an essential oil that is most like the Louisiana specimens, which are the *Magnolia grandiflora*.



Magnolia Grandiflora—Batumi on the Black Sea, Republic of Georgia-2013 Anastasia Savage-Ealy

In Central America, *Magnolia schiedeana* is used topically as a poultice for scorpion stings. In general, bark is harvested from *Magnolia officinalis*, while the unopened flower buds are from *Magnolia liliflora*. The common name Magnolia also includes the species *Magnolia glauca* and my favorite, *Magnolia grandiflora*.

Other Names:

Beaver Tree, Bourgeon Floral de Magnolia, Cortex Magnoliae Officinalis, Flos Magnoliae, Ho-No-Ki, Holly Bay, Hou Po, Indian Bark, Japanese whitebark magnolia, Magnolia Bark, *Magnolia biondii*, *Magnolia denudata*, *Magnolia emargenata*, *Magnolia fargesii*, Magnolia Flower Bud, *Magnolia glauca*, *Magnolia heptaperta*, *Magnolia hypoleuca*, *Magnolia officinalis*, Magnolia Rouge, *Magnolia salicifolia*, *Magnolia sargentiana*, *Magnolia sprengeri*, *Magnolia wilsonii*, Red Bay, Red Magnolia, Swamp Laurel, Swamp Sassafras, Sweet Bay, White Bay, White Laurel, Xin Ye Hua, Xin Yi Hua.

The pure essences are often expensive, and thus custom blends are rather pricey. Fortunately, a little drop goes a long way. I have found a very potent Magnolia essential oil that is over \$50.00 for 10 ml. Pure Bulgarian rose oil is far more expensive than that. I generally charge \$20-\$40 per 10 ml bottle of fragrance blends, depending on the corresponding market values of the particular essential oil components.

During inhalation of a pure essential oil, you are inhaling the very essence and perhaps even consciousness—dare I venture to say the ‘spirit’ of the plant? The intelligence or rather the energetic vibration of the plant unites with the intelligence

within each of us. It is perhaps through this energetic unification that healing takes place.

The various species of magnolia are believed to possess similar therapeutic properties.

A few of magnolia’s benefits include: anti-depressant, aphrodisiac, anti-spasmodic, antiseptic, stimulant, euphoric.

The whole magnolia tree is a medicinal plant. The bark and flower buds are used to make medicine.

Magnolia is used for weight loss, problems with digestion, constipation, inflammation, anxiety, stress, depression, fever, headache, stroke, menstrual cramps and asthma. Magnolia bark can be a sleep aid, but has been known to slightly elevate blood pressure in some individuals.

The magnolol found in magnolia actually stimulates acetylcholine levels in the brain, which is what amyloid plaque in the brain can reduce. Honokiol is another of the active organic compounds in magnolia that is linked to increased brain function and neural activity, thereby reducing memory loss and increasing cognition by preventing oxidative stress.

The magnificent flower bud is used for stuffy nose, runny nose, common cold, sinus pain, hay fever, headache, and facial dark spots. Magnolia flower bud can be applied directly to the gums for toothaches.

The waxy flower bud can be extracted for use in topical skin care products, as a skin whitener and to minimize or counteract skin irritation caused by the other ingredients.

Champaca or champa is the name of a white or yellow far eastern variety of magnolia. Champa is native to India. The champaca attar, or essence, is a clear and light weight liquid, which is mainly rendered from the champaca flowers by the process of steam distillation. The sweet and exotic fragrance of this oil is used in the temples of India, and is a favorite of many people. This flower is also referred as “flower of flowers.” This oil is also known for its excellent therapeutic properties.

Somehow magnolia’s magical flower essence even works for wintertime blends, waltzing the waft well with Amber, Frankincense, and even a bit of Balsam Fir.

My mother had an instinctual sense of aromatherapy that she passed on to me; although she was not aware of the growing therapeutic movement with holistic and alternative/natural medicine. Over fifty years later, I am running with that ‘baton.’

I recommend that men should, for holistic health benefits, intentionally, and more frequently include the therapeutic uses of magnolia essences, and pure rose, lemon myrtle, bay, sweet bay (Caribbean) orange blossom, and jasmine. A side benefit

will be the attractive, soothing, sensual, and euphoric—perhaps even attractive—aphrodisiac effects that wearing these essential oils will have on their loved ones. Of course, women and children need more of these essences in their lives as well.

The intricate and interactive ‘system’ of plants and animals is a never-ending source of wonder for me. I believe that we have been ‘Intelligently Designed’ for innumerable fragrance interactions; as well as inter-species, and inter-botanical interactions. Masculine and feminine olfactory responses to fragrances are fascinating to study. Pheromones and their properties are also intriguing. I have found through studying the history of perfumery that during the course of history, fragrance trends have changed, and so called modern men have been cheated out of their flower fragrance needs for various



What would you do if you knew you couldn't fail?



Every creation – from the Great Pyramid of Giza to the Peace Corps to the worldwide web – began as an idea, a dream.

We too can bring our dreams into creation. Sometimes, though, we allow day-to-day responsibilities to use up our time and energy or spend hours watching mind-numbing TV or YouTube to unwind because we're so stressed out. That's when we create our lives by default and lose touch with our dreams.

So here's the question: What would you do if you knew you couldn't fail? Think about it.

Here's what I dared to dream: that I could rejuvenate my life and grow younger. Sound like a pipe dream? Actually, it's not – because I've done it! Once I was clear about what I wanted and set my intention, all kinds of ideas showed up for fulfilling my dream. But let me back up. The desire to grow younger wasn't just a thought I had one day when looking into the mirror. No. It wasn't vanity that started me on this path.

It happened one fateful day in 2004 at age 67, ten years after my mother died of Alzheimer's and several years after I started following in her footsteps, unable to remember recent events and having my tongue trip on words – if I could even find the words. I had noticed other changes, too. My body and energy level were also caving in to what I believed was an inevitable outcome of old age.

It was part of my belief system that growing older included progressive deterioration of mind and body that could never be reversed. That's because I had never *seen* anyone grow younger; I had never *heard* of anyone growing younger. So it didn't occur to me to use mind/body/spirit practices to reverse aging until that day thirteen years ago. That's when I became aware of what I was doing to myself: my thoughts and beliefs about growing old were creating a debilitating life for me.

That day I *woke up* to the fact that I could apply mindfulness techniques I had practiced successfully for decades in other areas of my life. I had used them to magnetize what I wanted, like happier relationships, less stress and more income.

When I decided – and set my intention – to grow younger, techniques for increasing my body's strength and energy also came to my attention and I began practicing them too. Soon a whole anti-aging program evolved.

It worked! I have more energy, more vitality, more stamina, more flexibility than I had even thirty years ago. My body is much stronger and my mind is much clearer and sharper than before I began my program in 2004. And my fingers don't hurt anymore! Even though several years ago I tested positive for the Alzheimer's gene APO-e4, I now have the tools to keep that gene in the “off” position.

reasons. Yet men still wish to wear ‘attractive’ fragrances. Modern culture has defined which scents are ‘masculine’ and ‘feminine;’ nevertheless, there is a shift and elevation in consciousness that is bringing man back to the ‘flower garden’ again. Perhaps there is more to the sixties’ term, ‘Flower Power,’ than we realize. Even the plants have a role to play in helping perpetuate our Creator's intention of peace and love for the whole world!

For custom fragrance-type assessments, and aroma therapeutic essential oil blends for humans and horses, contact Anastasia Savage-Ealy, RN at: anastasia4jc@gmail.com, or at Sangre de Cristo Ranch Natural Alternatives, El Valle, NM. 505 689 1360.

Best of all, I discovered that my daily practices have another benefit: I am happy. Regardless of what life throws at me! As a result, it's my passion to share the techniques that produced such profound changes in me.

Want to laugh more? Want to respond lightheartedly to stressful challenges? What to have more fun?

On Sunday, April 30 from 2 to 5 pm, please attend my workshop at The Carnelian Center in Dixon, titled "Live Happy! 7 Habits for Less Stress and More Fun." If you're 14 or 94, or any age in between, I promise you'll laugh heartily out loud plus learn techniques to fulfill your dreams. It's a beautiful kind of magic that changes what we used to think was impossible to the possible.

It's free and refreshments will be served.

Ellen Wood of Questa NM is a humorous inspirational speaker and award-winning author who shares techniques to re-energize your life and live happy. Her website is www.ellenwoodspeaks.com.

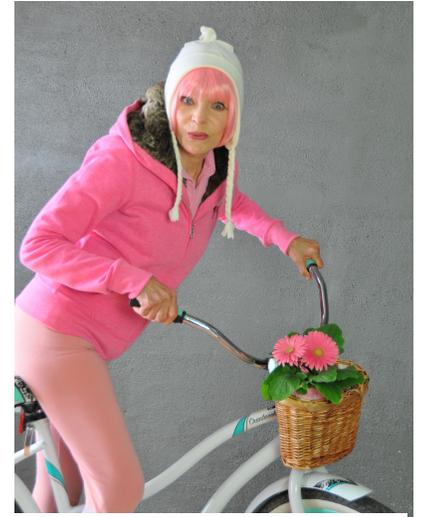
"Live Happy! 7 Habits for Less Stress and More Fun"

The Carnelian Center
219 Route 75 in Dixon, NM

Sunday, April 30

2 to 3:30 pm

Appropriate for high school students
and older



Carnelian Center Practitioner list

Lluvia Lawyer Aby (License #1902) Massage therapist and Core Synchronism blended to meet your needs. Infants through end of life. **Contact:** 505-689-2641

Sarah Grant (License #1038) practices Japanese style Acupuncture
Contact: 505-992-1963 or sarahg@farmersmarketsnm.org

Cathy J. Robison, (License #6599) is a licensed massage therapist who offers anatomy based therapeutic massage for health. **Contact:** 505-670-6124

Maria Chilton (License #1830) Massage Therapist since 1995 including hot stone massage also the owner and operator of *Little River Remedies*, a small herbal apothecary.
Contact: 505-579-4321 or mariachilton@hotmail.com

Rodrick Oknick, Acutonics® Meridians stimulated with tuning forks and other sounds
Contact: (575)613-3245 or rodrickkok@hotmail.com

Elizabeth (Liza) Carson (License #2206) Massage Therapist since 1995, comprehensive understanding of human anatomy. Her specialties include, Lomi Lomi (traditional Hawaiian Massage and Prenatal Massage).
Contact: 505-579-9131

Cindy Stone, TTouch® Animal Therapy and Western Herbalism using locally wildcrafted herbs. Teas, salves, oils, eye pillows and creams.
Contact: 575-613-0211 or www.wildearthcreams.com

James (Hal) Dyer, (License #6329) Treating acute and chronic pain issues using combinations of Manual Therapeutics (as taught by Jan Sultan), deep tissue.
Contact: 505-689-1226 or jhaldyer@gmail.com

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!

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