



# The Carnelian Center

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

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## HEALING



by Lluvia Lawyer Aby

There are so many different ways of looking at the healing process. For some of us, due to illness or career, healing becomes something we look at closely. This leads us to drawing our own conclusions from observation, experience and the knowledge we are exposed to. We are inspired by certain mentors that strike a cord within us. Out of this our view of healing is molded and influenced by fear, triumph, the desire to see results and hopefully some common sense. We form an ever-shifting definition of healing. I would like to share with you my current view of healing.

Healing is first off a fact, a simple miracle of all living things. We see a small cut appear and heal, a cold come and go. There are real live bacteria and viruses that have their own living agenda and our bodies meet their challenge with an immune system striving towards balance and the preservation of the organism. I don't mean to give bacteria a bad wrap; many of them help keep us healthy. My point is that health is a part of life just as injury and disease are. Let us not forget death is the ultimate outcome of life.

It is our personal relationship to health and healing I am interested in. We all have the desire to feel good. But how do we try to get there? Do we go to the doctor, Chiropractor, or massage therapist and say "...fix me, understand how my body works and make me better. Tell me what to do." or do we try to look at ourselves, know ourselves, and educate ourselves on our health and our options? Do we choose to bury our heads in the sand with drugs and alcohol because, hey, that can make us feel better at least for a while or are we brave enough to think there is something to this discomfort, this pain I keep coming up against and I need to bite the bullet and face it, not just go around it? Do we run away from healing by saying we don't have the time, the money, the strength to look at it. We may be allowing ourselves to be engulfed in work or other altruistic actions leaving no time to delve into these matters. Healing is not, after all, a flowery miracle--it is work. We all could

answer these precious questions in different ways at different times. Healing is not a judgment it is a process and we all must approach it in our own, personal way.

Let's not go too deep just yet. Right now I would like to come back to a few crazy ideas of my own. I see our body as a shell for the soul. In this way I feel we carry our whole story within it. It is a concrete expression of what we are. We can see how we sit with ourselves by how we feel about being our body. We have probably all noticed someone that even though they were not the current standard of beauty they just seemed to feel so comfortable being themselves that being around them you are inspired by their personhood. I believe from many years of doing bodywork that all our emotions and memories are stored within our tissues. A long forgotten summer day may be locked inside a calf muscle. All of these points within the physical tissue are interlinked with the nervous system and both are interwoven with the more obscure 'energetic system'. These relationships form a channel between the spirit world and the physical world that is constantly coexisting everywhere. I believe every part of the body has a characteristic way of storing certain feelings, emotions, and types of memories. These characteristic connections have been mapped out in many different traditional healing modalities.

Where is this all going? Well let's say if you are, for instance, having problems with your Thyroid it may be that on top of getting the proper testing, medication, herbs and supplements you may have to deal with issues having to do with balance, grief, control, centering, self expression, communication, frustration and despair. If you get Breast cancer you may have to look at all kinds of emotional and spiritual issues. Some say issues of abuse may have a strong connection to breast cancer. So to overcome this disease one will have to also confront all the underlying emotional issues including external blame or the tendency to experience your environment from a place of fear, eventually coming back to the root: your personal relationship to spirit. In healing we must accept where we are and then move on from there. Each disease has its spiritual/emotional aspect.

As I spoke of before, our relationship to ourselves, our body and the world we move through is key to healing. So, returning to the concept of acceptance, we must strive to inhabit this body fully--not hiding from the world or pain by compartmentalizing our spirit. This type of repression, holding, or compartmentalizing energy can manifest in many different ways. When we again let this energy flow we gain access to life force we have kept tied up. Disease I see as a gift from the world to help us experience healing. It is not a gift we call up and ask for but a gift from the nature of life. If we don't pay attention to one lesson (disease) the world will hand us a new one that is more specific to revealing our pain. If we do not or cannot heal we are eventually brought back to the ultimate healing, death.

Healing is therefore both joyful and hard. We are facing our demons our blind spots and regaining health, balance, sensitivity (both within ourselves and to the world around us) energy, and life force. These gains are joyous yet leave us more vulnerable and also open to receiving the next level of healing which may come in the form of another physical malady or from a circumstance in the outer world. Here I am connecting my view of disease as something that is offered by the nature of life to induce healing to its extension of outer circumstances that are offered by the world to trigger spiritual healing. I do not feel that in speaking of healing we can escape from looking at our spiritual nature for we are beings of spirit or life however you want to call it. Inevitably the way we relate to spirit is a deeply personal one. Faith is inexorably related to healing: faith in the chosen method or medicine, faith in the process of healing, faith in the incomprehensible nature of life, and faith in yourself. We move through the process of healing in cycles and, naturally, sometimes existing at the pit of despair, at times feeling hopeful and feeling that we are finding a good path, the right

remedies. Later we may return again to desperation and here we must remember, healing is a cycle.

I Feel I must speak of the physical challenge of healing. When we are not feeling well we can come to that place where even the things you know might help are lost to you in the fog of your unhealthy state. Here healing calls not only for the outside support of specialists, friends and community but also for a pledge of determination to get better from the individual. The universe is asking you "Do you want to heal?" and you can chose to say "Yes!" by making this pledge by pressing through that impossible feeling to find what you need to heal. That may be going to the doctor, researching your disease, taking herbs, accepting help, going on walks, any number of other things. But it is you who must press through that invisible barrier each time it shows itself to you.

Some diseases or tendencies are hereditary. From a scientific perspective we inherit these genetic propensities. We may feel bound by what is written in our genes. When we begin to exhibit a disease such as breast cancer or diabetes we may see this as a sentence already written within our genetic code. Here I am brought to the concept of generational healing. This concept can be found in many cultures. The idea here is that we have the ability to heal not just ourselves but the energetic footprint of past generations and the burden of healing on future generations. From this perspective healing can feel like a grand responsibility but one that has benefits for those to come. We see social issues such as racism ease over time and through generations. We learn more healing tools through science and medicine over time. As we face genetic diseases we can draw from those tools that are present for our healing and hand those possibilities for a new way of approaching these diseases to those who come after us.

Be careful in choosing your medicines. The food and medicine we take into our bodies are of the utmost importance. By giving ourselves quality foods we are saying that we as individuals deserve access to healthy food. Listen to your instincts and your heart and if you feel you lack these things search them out within yourself. Fight for happiness and balance with everything you have. Remember there are endless possibilities and remedies on the path to healing and part of your journey is to seek them out. If you know someone going through a healing crisis remember as you are helping them, each person approaches this process in a highly personal way. Those in crisis are not always easy to be around. Healing takes space, time and rest. Try to reach out to others and help one another on this path to healing which we are all on at every moment. Try to be gentle, kind, and forgiving to

yourself and others as forgiveness is a powerful medicine for the soul. Blessings to you on your healing journey.

## WIRELESS FACTSHEET



*Compiled by Galilee Carlisle*

**How does radiation from wireless devices differ from nuclear radiation?** Nuclear radiation and x-rays are categorized as ionizing radiation and are at one end of the electromagnetic spectrum (EMS). They have short wavelengths and very high frequency and cause direct damage to individual cells. The forms of radiation used by microwaves and wireless devices are termed non-ionizing radiation are close to the other end of the EMS. They have long wavelengths and low frequency and cause indirect damage by interfering with intercellular communication

**What is inter-cellular communication and how does radiation interfere?** The cells in our body communicate with one another all the time for three main reasons: cell proliferation/replication, nutrient/hormone transfer and information relay/storage. This cellular communication is largely accomplished through a "language" that is electromagnetic, a marvelous evolutionary development. Because wireless technologies use the same part of the electromagnetic spectrum that our bodies use, they cause harmful interference into many aspects of our health and vitality. An analogy for you: Say you are a parent (old cell) trying to pass on your full story to your child (new cell), so that s/he can function with all that you have learned. If you are sitting on the porch and the languages of the sun and birds and grass are all going on in

much with the story you have to tell and your child has a good chance of receiving the crucial information. If, on the other hand, you are surrounded by people or gadgets that are speaking the same language you are, the interference will be so much that the child will go away without the complete story. Such is the case when cells are trying to communicate with one another when awash in a technologically-induced electromagnetic stew...leading to DNA breaks, mutations, hormone imbalances, nutrient deficiencies and more.

**What do the studies show?** Doctors and teachers are the ones most likely to acknowledge the epidemic we are entering. 25% of studies funded by industry and government show significant health effects from wireless radiation. Meanwhile, 75% of independently-funded studies show significant health effects from wireless radiation. The most-documented health risks are cancers, memory loss, impaired cognition, leukemia, sleep disorders, hypersensitivity and decreased immunity. Read the Bio-initiative Report (2008) for more information.

**Why are cell phones more harmful to children than adults?** All of us have cells in our body reproducing themselves all the time to keep us alive and well. Children have more cells replicating at any given time and they replicate faster than in adults. Since radiation interferes with this process (see above), children have a much greater chance of being damaged. In addition to the fast and numerous intercellular exchanges going on in a child, many of them contain entirely NEW information for proper development (especially in nervous and endocrine systems), so interference has serious long-term consequences. Also, children have thinner skulls, so cell phone radiation penetrates to brain tissue more easily.

**Are cordless phones just as harmful?** Yes and no. The cordless base station (cradle/charger) emits harmful radiation all the time, so it should never be placed within 10 feet of where you spend significant amounts of time (bed, stove/sink, desk, etc). The phone itself is not as harmful as a cell phone, but calls should still be kept short to minimize your radiation exposure. Cordless phones are better than cell phones because they are left at home, so they do not encourage a hectic lifestyle and expose

the public to unwanted radiation and disconcerting half-alogues.

**Who are some reliable researchers in the field of wireless radiation?** Read anything by Henry Lai, Magda Havas, Olle Johanssen, Cindy Sage, Libby Kelly, George Carlo or Alice Stewart. Nick Begich, Evelyn Savarin, Arthur Firstenberg and Jeffrey Fawcett are other interesting writers on the topic.

**Why should I keep my land line?** Keep your land line (and your CORDED phone, of course) because you care about a healthy, sane future. When you are away from home, you can use your intuition and telepathy first. When you need more than that, use your work phone, a pay phone (don't let them go extinct), or drop in on a friend or business and ask if you can use their phone - radical!

**What about emergencies?** In case of a large-scale catastrophe, the call volume would be so high that cellular phones would not work. In case of an accident or injury, the people right nearby are going to be the best help. Ironically, many of the "emergencies" people now use cell phones to "solve" are ones that would never have happened had cell phones not existed. People now go into the hills without a map and extra clothes. They don't make lists or solid plans or stay organized. They don't have an address book.

**Where should I keep my cell phone?** If you have determined that you absolutely must have a cellular phone, keep it at least 12 feet from all bodies. Just check it like an answering machine. Keep calls to under two minutes. Organ tissue is the most sensitive to damage from wireless radiation, so if you believe you must have it on your body, your sock is the safest place to keep it. Never use it while in a car or large building (the metal frameworks make the phone have to work "harder" to communicate – exposing you to more harmful radiation).

**Never** expose anyone under 15 to the phone. Do not use it in public places, like restaurants or stores.

**Is it dangerous to use a cell phone while driving?** Some people think that using a cell phone or other wireless device while driving is dangerous because it is a mental or physical distraction... just like eating, putting on make-up or tuning the radio. That is true, but there's much more to it than that. There are studies that

show that a single short cell-phone call alters brain-wave activity for a full 20 minutes after it ends. Some of the effects are disorienting and addictive.

**How are cell phones addictive?** The wireless wavelengths stimulate neurotransmitters in the brain that release dopamine and endogenous opioids, both of which are connected with the "rewards" center of the brain and pain-reduction. Frequent release of these hormones is not at all natural and has long-term affects on mood, sleep and attention. There is also a social component to the addiction: being constantly "in-touch" partially fills people's need to be important/loved/safe. It becomes something people do not know how to live without because their whole life gets shaped around using it and they forget how to use other resources.

**Why do wireless technologies contradict a healthy lifestyle?** Surely, we all have our moments of hypocrisy, but yoga-going organic-eating hip-parenting, filtered water-drinking cell phone users take it to a new level. Cell phones incur huge toxicity and unethical practices in both their manufacture and disposal. They harm your body and mind and those of others. They diminish intuition and other magical spiritual potentials. They make life more complex, hectic and dependent on technologies that are contradictory to a sustainable, natural future.

**What about quitting?** First of all, CONGRATULATIONS for wanting to take this important step! Many people have just given in to the costly convenience. Going against the norm, even when you know you are right, can take a lot of courage and resolve. Make a team of at least three other friends and/or family members who also want to quit. Give yourself goals spread over a 6-8 week period. Sometimes you may find it difficult. That is OK. Know that you are doing yourself and the future a great service by freeing yourself from the wireless life. Prove to yourself and others that you can live a better, more-productive life without it.

Feel free to contact Galilee for ANY more information or support on the subject. She has abundant resources and ideas to share. [galilee71@yahoo.com](mailto:galilee71@yahoo.com) or (360) 915-7900

# Morning Glory Muffin Story



By Maria Chilton

It's August again and each day is greeted with the show of morning glories climbing vigorously up my greenhouse windows. Smiling brightly and always reaching for something else to embrace. This brilliant blue spectacle never fails to lift my mood. What better time than now to share with you my recipe for Morning Glory Muffins? Your guess is as good as mine as to how they got their name. I can only share the part about how I got the recipe.

It was August, thirteen years ago. I had recently lost a very dear friend and was inspired to hit the road. I drove all around the Pacific Northwest, visiting long lost friends and making new ones along the way. One of them was an older gentleman who had recently lost his wife. We met on the docks in Port Townsend, WA, where he invited me out on his crabbing boat. We shared much in the following days. This new friend and I felt comfortable sharing our grief and our memories of loved ones lost. We also let go of some of our emotional burdens and remembered to lighten up and laugh. One night he invited another friend to join in a crab feast. This friend was a beautiful, wise

woman. She and I also hit it off immediately. This friend suggested we make muffins while waiting for the crab water to boil. I was impressed with how delicious, healthy and easy these muffins are to make. My version varies depending on the ingredients on hand. Most of all I enjoy the memories that they conjure up. I hope someone tries them.

## Morning Glory Muffins

Ingredients:

- 2 1/2 cups flour (A combination of white and whole wheat.)
- 1/2 cup oat bran
- 1t baking powder
- 1t baking soda
- 1t salt
- 1t cinnamon
- 3/4 cup safflower oil
- 3/4 cup to 1 cup sugar (if substituting honey, use half the amount)
- 3 eggs
- 1 1/2 cup grated carrots
- 3/4 cup chopped apples
- 1/2 cup walnut pieces
- 1/2 cup raisins
- 1/2 cup coconut

**Combine all ingredients; add milk or water to make good consistency, somewhere between pancake batter and cookie dough. Lightly oil and flour muffin tins or use muffin paper. Fill about half way and bake in a preheated oven @350 degrees for approx. 30 minutes or until done. Best eaten fresh!**

# Spicy Dal & Carrot Soup



~Cindy Stone

- 6 oz split red lentils
- 5 cups vegetable stock
- 12 oz carrots, sliced
- 1 onion chopped
- 8 oz can chopped tomatoes
- 2 garlic cloves chopped
- 2 tbs vegetable ghee or oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 fresh green chilis, seeded and chopped
- 1/2 tsp ground turmeric
- 1 tbs lemon juice
- salt
- 1 1/4 cups milk
- 2 tbs chopped cilantro
- Unsweetened yogurt, to serve

Place the lentils in a strainer and rinse well under cold running water. Drain and place in a large saucepan, together with 3 1/2 cups of the stock, the carrots, onions, tomatoes, and garlic. Bring the mixture to a boil, reduce the heat, cover and simmer for 30 minutes or until the vegetables and the lentils are tender.

Meanwhile, heat the ghee or oil in a small pan. Add the cumin, ground coriander, chili, and turmeric and fry over a low heat for 1 minute. Remove from the heat and stir in the lemon juice. Season with salt to taste.

Process the soup in batches in a blender or food processor. Return the soup to the saucepan, add the spice mixture, and the remaining 1 1/4 cups stock and simmer over a low heat for 10 minutes.

Add the milk, taste, and adjust the seasoning, if necessary. Stir in the chopped cilantro and reheat gently. Serve hot with a swirl of yogurt. Serves 6.