



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.

A Quarterly Newsletter

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A Thread Of Hope



By Lluvia Aby

In the last number of years I have come to practice a particular kind of meditation, but that is not what my story is about it is only where it started for me. It began when I was doing this particular practice and I would think of all the other people who had learned this same meditation all over the world. I thought of how most of them would be doing this as they got up in the morning and this would happen all over the world, passing through different time zones. I had had the experience or concept of this prayer or energy passing out into the world like a ripple. Its energy spreading out on a cosmic level of blessing. One of the strongest times I sensed this was in a hotel in El Paso TX. It seems that the need for positive energy in a given place draws it, welcomes it. I could feel the ripple of love and light spreading out like a beautiful shock wave. But of course I was not the only person focussed on prayer this day or any other day in that border town.

Now you may be one who does not believe in God, you may call this magic by a different name but I say we as humans are all prone to hope: To hope, to wish, to dream, to pray, to hold a great heartfelt need close to your heart. You may have the image of children saying their prayers at the bed side. A monk in seclusion deep in prayer. That time you wished so deeply you could take someone's pain away. We know these moments where from the center of the heart comes a deep wish followed by a deeper sense of contentment and a great longing for this feeling to stay with us. In the essence of all these prayers is a hope for joy, love, peace, or an ease of suffering. Good things... When we put out these prayers that strike our innermost being in this way we are tapping into a positive place. The great golden light on one side of duality.

Of course there is the other side of duality and we all know that too. We have all felt it within ourselves at some time. The world is walking a tightrope and maybe what we are praying for is balance. There are no clear answers but when we ask real questions of ourselves and the world around us I think we are one step closer to our path. Many people see the greater world, the world of people, and the natural world as currently in a state unhinged from balance; teetering out of control. When we see or feel this it is easy to get discouraged, I mean really down. Sometimes it feels like there is a smoldering fire right inside my very own self. So where can we find PEACE. Good question!

Then I was thinking some other day a couple years later as I was doing my practice, of all the other prayers going on in the world. Just think of it: people from every country and all walks of life laying their souls on the ground trying to put their hearts into it. Into that wish for goodness. All those prayers in Pentecostal churches, Lutheran churches, Synagogues, Jehovah's witnesses, Cathedrals in Europe, in the Santuario de Chimayó, in Teepees, in hogans, deep within the jungle, in the car, in front of the mirror, watching the sunset, in temples steeped with incense, on the tops of hills, at funerals. Masses of people pouring it out there, every moment of every day. Hopes and dreams getting undivided heart-felt attention in Brussels, Las Vegas, Beijing, Shanghai, Connecticut, Buenos Aires, Bolivia, Angle Fire, Española, Notre Dame, Calcutta, Paris, Taos, Tahiti, São Paulo, Reykjavik, Long island, Cape Town, Islamabad, Canoncito "To the North, to the South to the East and West" Thats right folks, everywhere. But of course we all forget this kind of powerful realization just as we can't always remain in prayer. That is what I did, for the most part, until about six months later again recalling this concept in my meditation practice, people are slow like that, one beautiful human being put it something like this "Human spiritual growth must be viewed in evolutionary time, we must not let ourselves get disheartened." Anyway now I was thinking of the novel idea in recent history of group prayer where people get together in different places and pray for something all at the same time. Think Hands Across America, World Peace

Prayer days and the like. Then I was like, "Hey we are already doing this every day". Think of all the Muslims praying 5 times every day to be better people, for their families, for peace (for the light).

I feel that each time we are able to connect to this really heartfelt place, desire for positivity, which, grant it, doesn't happen every time we pray, we are reaching out toward each other and allowing a little of the essence of the positive side of duality to flow, to come alive more fully. I am holding also the Hundredth Monkey concept, I'm sure you have all heard of that one. I am putting my intention on the idea of all these powerful little prayers reaching out to one another through time and space, I am visualizing them creating a web of positive energy that may then inspire more of the same. Little sparks inspiring one another and feeding, nourishing the big spark that burns away suffering with its primal power, sending the world back into balance. Then I remind myself to look and see the great balance that is now in the beauty of the red sun sinking into another smoky sky. There I see and taste the great mystery and know all is as it should be.

One more thing. I see this desire for goodness everywhere even in the worst choices that we make that aline us with the very negativity we are trying to run from and keep us from finding our way. Even these choices come from our fear of feeling bad and our desire to feel good, from our desire for things to be right and for things to come back to balance. Remember to hold on to the thread of hope that connects us all together. Blessings... Lluvia Aby....

The Penasco Theatre

Summer Season



Looking for volunteers for Penasco theatre summer season!

A great way to make sure you make it to the show, and help out the theatre!

We need 3-4 people for each sat night to help sell tickets, and work in the concession booth.

Please email me the shows you want to help with and the best way to contact you to remind you! (email or phone). All the shows are listed below!

Thanks!!!

Alessandra

Summer at the Peñasco Theatre 2011

Peñasco Theatre invites you to experience fabulous live performances every Saturday night at 7:30, June – September beginning June 4, 2011.

Nationally renowned performers will light up the stage in a NEW show each week, featuring: Aerialists, Tightrope Walkers, Dancers, Singers, Acrobats, and Performers on the cutting edge of new circus and theatre.

Ticket and Schedule Info:

Show admission starts at \$10 a ticket for adults and \$5 for children*. Season tickets are available. Check our website for calendar and ticket info.

www.wisefoolnewmexico.org/penascoor
call: 575.587.2726

ALL SHOWS are at 7:30 pm

July 9

Music In The Park

Nacha Mendez

Singer/songwriter whose music was aired on the first annual Latin Grammy Awards on CBS and who has performed locally, regionally, nationally, and internationally. She was recently voted Best Female vocalist in Santa Fe, New Mexico in both 2009 and 2010. She performs under her grandmother's name, Nacha Mendez, touring regionally with her band, playing her original, eclectic pan-Latin-style songs. Mendez currently sings with the Madreselva Tango group, performs solo acoustic at restaurants/clubs El Farol and La Boca where she performs weekly at these Spanish Tapas establishments as well as the resort and spa La Posada.

<http://www.myspace.com/nachachamusica>

July 16

Little Tainted Blood

Inspired by the lies I could not keep.

Join Little Tainted Blood on a journey of self-discovery and reclamation. From Transylvania to Texas, over four generations and sixty years, this is the true story of how shame snakes through a family's bloodstream until it gets called into the ring and challenged to a fair fight.

Using live music, song, video, memoir and more, award-winning New York playwright, Julia Steele Allen, debuts her most recent and compelling work.

July 23rd

Performers from *New England School for Circus Arts* bring us their new show "Alcyone" named after the greek goddess of the sea, the moon and tranquility.

July 30

Apprentice Singers Program of the Santa Fe Opera

Four singers from The Santa Opera's world-renowned Apprentice Singer Program (the first of its kind in the United States) will bring operatic arias and songs from musical theater to Peñasco. These young singers are recruited from all over the United States – 1,560 applied, 39 were chosen – and they form the backbone of The Santa Fe Opera's five mainstage productions as members of the chorus and in supporting roles, all the while receiving incomparable training from the world's finest artists. Don't miss this opportunity to see the stars of tomorrow today!

Aug 6

Ricochet

Aug 13th

Music TBA

Aug 20th

Sarah East Johnson from LAVA

Sarah East Johnson directs a collaboration with friends and colleagues. In the spirit and vibe of her work with LAVA, using acrobatic and dance based movement as a performance form that offers virtuosity, accessibility, innovation and physical rigor, and using a process that is grounded in a love of group dynamics and a connection to geology and time.

Aug 27th

TBA

September 3rd

BIRD BRAINS

ANNA JACOBS IN COLLABORATION WITH C. RYDER COOLEY AND GRETCHEN HILDEBRAN

Bird Brains weaves stories about the animal world to investigate the human condition. Using trapeze, video, live music, stunts and physical comedy the sorted web of human life unravels as Slinky Man, a wildlife survivalist, with his own reality TV show sets out on an exciting adventure. Narratives of survival and extinction related to whales, birds and humans form the center of this circus influenced multi-media show.

September 10

music in park tba

September 17

Rachel Schiffer presents a new original solo show in the tight wire.

Rachel Schiffer caught the circus bug when she was only seven years old and has been circus-ing in some way shape or form ever since. Rachel began as a gymnast and went on to perform with the international youth circus, Circus Smirkus as a wire dancer, aerialist and acrobatic flyer. Rachel went on to study performance based ritual and dance at Middlebury College and upon graduation returned her full focus back to the circus arts. She has trained at the San Francisco Circus Center and at the New England Center for Circus Arts in Vermont where she is also a coach.

September 24

Closing out the Summer Season with a high flying, exciting cabaret with some of the best circus and dance performers in NM!

Thoughts and Action on Global and Local Nuclear Events



By Sheri Kotowski

Over the last months we have had troubling news about nuclear events and activities in other parts of the world as well as here in our own back yard. Some news is of real events as in the case of the earthquake and tsunami that occurred in March of this year disabling the Fukushima Daiichi nuclear power plant in Japan. And some are looming on the horizon as in the proposed Chemical and Metallurgy Research Replacement -Nuclear Facility (CMRR-NF) currently under construction at Los Alamos National Laboratory (LANL) located 35 miles upwind from us living in the Rio Embudo Watershed.

The Fukushima Dai-ichi catastrophe is an unprecedented nuclear accident affecting the entire world. My heart goes out to the Japanese people as well as to all life world wide. An update on June 6, 2011 tells us that all three reactors, which are the nuclear heating element, have melted down and at least one has broken its' containment wall. The site continues to emit extremely dangerous levels of radioactive toxins into the air, groundwater and the ocean. If you would like to learn more, some very good websites are: <http://www.fairewinds.com/updates>, <http://www.guardian.co.uk/world> and <http://www.nirs.org/fukushima/crisis.htm>. I especially recommend listening to the video casts by Arnie Gunderson at Faire Winds. Not only does he speak honestly about the extent of the accident, he also addresses how these issues affect the nuclear industry here in the U.S.

You might question what this means to us here on the other side of the globe. Well, because our planet is a biospheric-closed system, all of our air and water intermix throughout the planet. The contamination, whether it's the radioactive particle or the radioactive energy, may disperse as it goes further away, but depending on the half life

of the material, it can continue to irradiate anywhere from 8-days for iodine-131 or 24,000 years for plutonium. Particles of radioactive contaminants, such as cesium, strontium, plutonium or iodine accumulate in the natural elements and also accumulate in biological life, including our own bodies. This is called bioaccumulation. A similar thing happens with exposure to radiation. Our biological bodies remember and build on each and every exposure. This is called the "linear-no-threshold" effect. The Biological Effects of Ionizing Radiation VII (BEIR VII) report by the National Academy of Sciences confirms this effect, and also demonstrates that there is no safe level of radiation exposure to biology. This report also identifies that women and children are much more likely to develop cancer from exposure to radiation than men. Additionally, the U.S. Environmental Protection Agency states:

Stochastic effects are associated with long-term, low-level (chronic) exposure to radiation. ("Stochastic" refers to the likelihood that something will happen.) Increased levels of exposure make these health effects more likely to occur, but do not influence the type or severity of the effect.

Radiation exposure can break chemical bonds in atoms and molecules producing cancer, which is uncontrolled cell growth, and cause genetic mutations (reproduction of damaged DNA) that can also be passed on to offspring.

See http://www.epa.gov/rpdweb00/understand/health_effects.html for the entire statement.

Beginning with the first explosion of the atomic bomb in New Mexico 66 years ago there has been a consistent blanket of radioactive pollution raining down on Earth. On the mountain peaks of our watershed soil samples show exceptional levels of plutonium, strontium and cesium, all dangerous by products of the nuclear weapons industry. As long as the melted reactors at Fukushima Dai-ichi are emitting radiation there will continue to be long term low level exposure and a steady build up of contamination through out the world, in our bodies and in all of life.

While the nuclear catastrophe unfolds in Japan, in New Mexico, the CMRR-NF at LANL is under construction. The proposed nuclear facility in it's current rendition will increase manufacturing of the radioactive trigger of the atomic bomb, called the pit, from 5 per year to 80 per year. The building sits on an active earthquake fault. This fault line is capable of producing an earthquake equal to the one in Japan. While there is no danger of tsunami here, the number one

hazard in Northern New Mexico is wild fire. An earthquake of that magnitude is highly likely to set off a wildfire.

With Fukushima Dai-ichi on our minds, we hold an opportunity to reject this nuclear factory that would pose equally devastating and disastrous effects in the event of an earthquake. There are also many other outstanding issues not addressed by the Department of Energy (DOE) in the current Supplemental Environmental Impact Statement (SEIS) for this nuclear facility. The SEIS is an abbreviated Environmental Impact Statement (EIS) that is meant to reflect only minor changes in any EIS. Since the initial EIS in 2004, the project cost alone has multiplied ten times from \$600 million to \$8 billion, the facility has increased in size by 50%, and plans now include storage for 6 metric tons of weapons grade plutonium. Additionally, concerns about climate change and drought mount.

In the current SEIS there is no recognition of socioeconomic impact on agriculture or environmental impacts to prime farmland. As traditional agricultural communities there is need to be especially watchful about the direct impact to growing food in a time when food scarcity is becoming a greater issue. Concerns are not only about downwind contamination and public safety, but also over the amount of water it takes to produce these "pits". Demand for water per year to operate this factory is 16 million gallons. However, the current SWEIS clearly states that the facility will have access to 153 million gallons per year. So, not only is the nuclear pit factory guaranteed 16 million gallons for production, it can also claim an additional 137 million gallons if in the future plans change. The DOE may also claim water up stream to operate this facility as a "national security issue", which should make us all ponder what "national security" means when we are faced with water and food scarcity. As the effects of climate change unfold over the next decade and if operations begin as planned in 2022, we may wish we had been more thoughtful and outspoken about what we make out of our precious water, food or bombs.

Seems we have much to contemplate, many choices to make, many lessons to learn and even wisdom to gain. Below you will find a sample letter to the Department of Energy to make comments on the CMRR-NF at LANL. Please feel free to send it as written or to change in any way that reflects how you feel about this matter. This is only a guideline to inspire your participation.

Comments are due June 28, 2011. Should the comment date expire, please send anyway!

For additional information and access to CMRR-NF documents please see:

<http://www.federalregister.gov/articles/2011/05/16/2011-11909/extension-of-the-public-review-and-comment-period-and-announcement-of-an-additional-public-hearing#addresses>.

And for local information:

<http://www.nukewatch.org>

Submit in writing to:

U.S. Department of Energy, National Nuclear Security Administration, Los Alamos Site Office

3747 West Jemez Road

TA-3 Building 1410

Los Alamos, New Mexico 87544

Attn: Mr. John Tegtmeier, CMRR-NF SEIS Document Manager

By facsimile:

((505) 667-5948

By email:

NEPALASO@doeal.gov

If this email address bounces back, please send try:

JTegtmeier@doeal.gov

RSnyder@doeal.gov

Today's date

Dear Mr. Tegtmeier,

I live in the Rio Embudo Watershed located about 35 miles directly down wind from Los Alamos National Laboratory. I have many concerns about the CMRR-NF currently under construction.

First and foremost of my concerns is the complete inadequacy of the Supplemental Environmental Impact Statement (SEIS) that is meant to reflect the changes that have taken place since the original EIS completed in 2004. The DOE must go back do a complete EIS that addresses:

1. Currant and pending Seismic Reports.
2. Emergency Preparedness both at the LANL site and regionally in the event of a magnitude 8 earthquake.
3. Negative socioeconomic and environmental impacts to agriculture, that include water usage and national security.
4. Impact to Prime Farmland.
5. Climate change extending into the year 2025

Additionally, I question the wisdom in risking the condemnation of future generations from a nuclear accident at this facility or the wisdom in squandering water and life to make money from something we have no use for.

Thank you for your consideration.

Sincerely,

Your Name

Address

Email

Pig Tale



By Aiya Horne

Animals have always been a good source of goooooo feelings for me and those "good" feelings bring endorphins which is said to be very healing to our body and mind and I have to add, Soul.

Once upon a time, I was living in the Sonoran Desert near Tucson. My nearest neighbor was 2 miles away. I had the pleasure of encountering so many wild Animals there, more than anywhere else I traveled. One of the species that shared this home with me were an abundant of Rattlesnakes, which I love. Never was I ever threatened by any of them and twice they were in the house!!

One "Hot" summer day, I walked down the narrow dirt path to the garden that was fenced in with chicken wire and found a rattle snake caught in the wire as she had woven herself back and forth in the holes. She was trapped and would have died but I called to my two beloved friends who were there to come and help me free the snake. Being adventurous animal loving folks like myself, they came right away, wire cutters in hand.

So, my plan was, I asked Todd to stand in front and keep the snakes attention any way he could, while Lila cut the wire and I held onto the snake's back part. How delicious it was to hold this Snake!!!! It was all going well. Rattlesnake knew we were helping and did not fight at all. As Lila finally cut the last piece of wire, she called out to let us know to be ready. Tod was trembling as he had the side with fangs and as soon as Lila hollared, "O.K."!!!!, I let go and Lila and I moved back a few steps.

However, all we could see of Todd was the dust flying and 2 long legs FLYING up the small wash as Todd undoubtedly envisioned a giant MAD Snake out for pure revenge. He didn't stop until he was way out of sight. OH HOW WE LAUGHED and LAUGHED!!!! RattleSnaike just slowly made her way under the brush headed for home.

That was such a great day!!

Poetry Corner



Lady Love

In the sweet tempestuousness of a hot mid-summer's day,

lounging gratefully under sweeping willow branches she spied a fish arcing out of the water right before it smacked her in the face.

Unusual perhaps, but true
how quickly love in the afternoon
(in the form of a flashing fish now) can strike!

Be warned, fair friends, it can happen to you,
any time of day, week or month
she comes creeping, swimming, sashaying forth.
There are dances to attend to, rhythms to obey
here on this creek with nary a paddle.

~ eponymous branch

* * * Hot * Summer * Daze * Sweet * Summer
* Nights * * * *

By Ruth Bowman

In the cool shade of an adobe house, the entire guts of a glorious summer's day breeze spills in through the window with sound and heat and fury, cracking wood against wall with a blast, then collapsing back on itself like the tide reconsidering, beckoning part of the lace curtain to come with. "Join me for a cup of tea in the higher lands, of cloud steps toward heaven, where rainbows and lightning play together", she sings.

Pulled forward by fairy fingers of delight promising everything, yielding every thing, the wind picks up my will and plops me into hammock with unwanted book, eyes watching afternoon patterns flutter through blended trees of light, sound and tidal dreamsz....

Waking slowly back into this long twilight of heaven, flies floating lazily on bended wing and droning logic, there's an ant on my arm exploring like it's the Sahara ; such curiosity, such thirst! And there, first star! Make a wish or more as one-three-four fireflies appear in the soft oncoming magic of evening's sonorous palette of sweetgrass and violets' scent.