



# 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

Issue #17 - Winter 2011

[www.carneliancenter.org](http://www.carneliancenter.org)

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## Ring



By Lluvia Aby

A few years before I was born my mother spent two years living in a cave in a wilderness area Called Sycamore Canyon just west of Sedona in central Arizona. She started out as a cook for some miners hoping to strike it big in the search for gold on an old claim but after the first season they left due to a shaft collapsing and bad luck. My mother stayed on enjoying the solitude of the canyon and having made herself very cozy in her little cave. She hauled water from the spring down by the creek and bathed there in that constant-temperature water of 50 degrees through the cold winter months. Every once in a while she would find her way into Cottonwood, the nearest town, to stock up on

supplies where an anonymous person had left her a tab of \$10 a month at the local COOP. She gathered wood and cooked on a small stove she fashioned out of mud, rock and a small piece of sheet metal. The smoke traveled up through a handy crack in the cave roof that carried the smoke to an opening in the ground on the mesa above the canyon wall some 200ft above. ( My mother discovered where her smoke was going once on a morning hike.) She had a thick canvas she hung across the cave entrance to keep the cold air out in the winter and using her San Francisco Art Institute skills she painted it to blend in with the rock so that the rangers could not find her. A couple times she had to hold it up there, standing spread eagle while the Forest Service helicopter flew by (but that is another story).

This is the story of an animal friend she made while living in the cave. Of course there was a lot of wild life in the canyon including plenty of rattle snakes and some mountain lions. "Ring" started coming by to try to break into her trunk of food at night. Ring-tailed cats are an intelligent, primarily nocturnal animal closely related to raccoons and their southern relatives the Coati. She coaxed him in with bits of beans and tortillas she would leave just outside the cave. She brought him in closer and closer till he was eating out of her hand. He lived in a small cave up the cliff from her but it was not long before he spent a great

deal of his time with her. He would sit in her lap and sometimes crawl into her bed to snuggle. Ring became a nice friend in all that majestic solitude. Like all pets he was not beyond begging and when she came back from town he would always stop by to see if she had brought him an Avocado which was his favorite.

By and by the Forest Service hired a retired ranger who used to work in the Canyon to come out and find her. He came up to see what had happened to that cave he remembered having been there. She made him some tea and soon packed all her stuff out to reenter the outside world where she entered a friend's house and watched the first man landing on the moon.

A few adventures later after meeting my dad they returned to Sycamore canyon together. This time they lived in a little rock dugout on a ranch down stream from the cave. This is where I was born and a few adventures later, when I was two they moved to NM. When I was eleven, many adventures later, my mother and I returned to Sycamore Canyon to camp out for the weekend. She wanted to share this place with me where she had spent "the happiest time of her life". We slept in her old cave.

In the middle of the night she woke me up "Lluvia! Lluvia! Wake up I think it might be Ring!" She had told me stories of this wild

companion and now here we were, the cool moonlight streaming in to the front of the cave and the soft outline of a silvery creature with a ringed tail searching about. "Ring is that you?" my mother called out hopefully. Some small throaty sounds came from the cat sized creature and he marched right up our bed covers over our feet and slinked himself against my mother's open hand like a cat would do.

"Ring it's really you! I can't believe you are alive after all these years. This is my daughter Lluvia." He sniffed my face, nose, my ears carefully with his cold little nose. Then with no hesitation he crawled right in bed between us. As we petted him he made soft little breathy happy noises not quite like a purr. His fur was soft and silky but underneath you could feel the bony structure and tight little muscles of an old creature. I fell back to sleep like this with my hands buried in this soft wild fur. In the morning he was gone and we went down stream to see the place I was born.

I don't know how long ring-tailed cats are supposed to live but this one was fifteen at least. What an honor it was to meet him and share in my mother's magical life. When I was 18, when her life was over, I brought some of my mother's ashes back to that cave of red rock under blue sky with a green band of Sycamore trees and a crystal clear river down below.

## Why Energy Healing Works



By Shirley Atencio

Most of us are familiar with Reiki, Pranic Healing, or other energy healing techniques. With most techniques the practitioner places or moves the hands along the body to clear illness, move energy, or energize the body. It is important to note that the practitioner does not give his energy to others. Instead, he is aiding the body's own healing. Energy healing also involves mental activities like clearing the mind, focusing or visualizing. But how can thoughts or hand movements aid

in healing? The following may help clear up some of the mystery.

Our true essence is nonphysical energy. If you consider yourself to be religious or spiritual you are probably comfortable with this statement. Even if you are not particularly spiritual these words may hold meaning. Perhaps you marvel at the intangible forces that drive the natural world. Or you might believe the feeling, thinking, creative nature of man stem from unseen life force energy.

Even science is catching on. Through powerful microscopes, science has discovered that solid matter (including the human body) is not solid at all—it is 99% empty space. In addition, scientific experiments with a vacuum (isolated from all outside influences) reveal that some unseen force is present when none should be. This force is called Zero Point Energy. Other experiments suggest that a living, changing, nonphysical energy underlies and connects all things.

Nonphysical energy causes illness. People from virtually every field of human study have begun to acknowledge that stress and emotions can contribute to illness. Perhaps you can remember an instance when a physical condition worsened during a time of emotional challenges.

Emotions trigger the release of neuropeptides (proteins) such as adrenalin, hormones, and endorphins in our bodies. Negative emotions produce neuropeptides that can damage certain areas and weaken the body over time. Energy healing can help the body adjust these negative effects. And it can do so without the practitioner knowing about the emotional cause.

Our bodies are electromagnetic systems. Have you ever noticed that electrical things like computers seem to malfunction when you are frantically working toward a deadline? Sometimes malfunctions just happen. But it is also possible for the body's electrical activity during times of excitement to affect the electricity around us. This is because our bodies are actually complex electromagnetic systems.

The human body has 75-100 trillion cells. Most cell membranes have millions of tiny electromagnetic receptors that act as exchange windows. Add the constant electromagnetic impulses moving information and substances (like neuropeptides) along the cells of the brain and body. We begin to see that the human body is a complex electromagnetic system containing an incalculable number of tiny electromagnetic fields. Many holistic practitioners theorize that illness begins when the positive and negative poles in our bodies

become reversed because of trauma or emotions.

Energy vibrations can easily affect electromagnetic fields. Each thought and feeling vibrates at a specific frequency. For example anger vibrates at a frequency of 6.5Hz while unconditional love vibrates at a much higher frequency of 100Hz. Energy healing subtly raises the frequency of the body and allows the electromagnetic systems to balance themselves so the healing can begin.

Health is the natural state of being. Western society is experiencing a huge trend toward illness. The fear of disease is broadcast into our living rooms each day as loved ones are diagnosed with new illnesses. Yet, illness is not the way of nature. The natural world is filled with examples of self-healing and self-balancing processes.

If we were to remove all harmful influences such as poor diet, negative thought patterns, and pollution, many illnesses from diabetes to heart disease could begin to heal themselves. (The same is true of nature: Many ecosystems would heal themselves if left alone.) This shows us that sometimes a gentle, noninvasive approach is all that is needed.

Simple logic suggests we treat our bodies with "like energy." Since unseen energy can contribute to illness, it can also be the best remedy. Logic also suggests that the most effective treatment would reach the roots of illness buried deep within the thoughts and feelings. Energy healing has a sort of intelligence. It knows where to go, how to heal, and even how to work in combination with traditional treatment. Given this understanding of how the human body interacts with unseen energy, it may be easier to see why more people are choosing alternative treatments such as energy healing.

### Optional Tips You Can Use

Tip: If you have trouble sleeping, move all electrical objects at least five feet from your bed; remove unnecessary electrical items such as TVs from your room; and cover electrical outlets with childproof protectors. You might even unplug the WiFi and cable for a few nights to test their effect on your sleep.

Tip: Anyone can learn to do energy healing. Begin by placing your palms together. Next move them slowly apart and together for a minute to "warm them up." Then place your hands on the sides of your waist (fingers in front and thumbs in back) as though you are angry. Soon you should feel heat or tingling. This is when the healing begins. Hold your

hands in place as long as you can. Use this technique for physical or mental energy, during meditation or before making tough decisions.

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and 1/4 tsp of pepper, 3 cups or 12 oz of shredded cheese (I wonder if goat feta cheese would go good here?) and 1/2 cup of Parmesan cheese.

Saute onion and garlic in oil till soft. Add zucchini and cook another 3 min. In a large bowl mix eggs, bread crumbs, salt, basil, oregano, cheese and zucchini. Spread in a greased 9x13 pan. Sprinkle top with Parmesan and sesame seeds. Bake at 325 for 30 minutes or until 'set' when touched lightly in center. Serve warm or cold.

"Simple Zucchini and Eggs" serves 1

1 medium Zucchini, 1 small red onion, 4 cloves garlic, 2 eggs, small handful of feta cheese. Brown onion, add garlic and brown, add zucchini and brown. Whip up eggs with a fork in a bowl and add to onion, garlic, and zucchini and cook eggs till lightly firm. Mix in feta just before serving and sprinkle with Chipotle pepper and a little salt. Yummm!!!!

"Stuffed Zucchini" 6 medium zucchini, 1 slightly beaten egg, 1-1/2 cups soft bread crumbs, 1/2 cup finely shredded Cheddar or Parmesan cheese (2 oz), 1/4 tsp salt, 1/8 tsp black pepper. In a Dutch oven, cook whole zucchini covered in boiling salted water for 5 minutes. Drain and cool slightly. Cut a lengthwise slice off the top of each zucchini. Remove pulp with spoon leaving about 1/4 inch shell. Chop enough of the pulp to measure 2 cups, place pulp in medium bowl. Stir the eggs, bread crumbs, 1/2 cup cheese, onion, parsley, salt and pepper into the chopped pulp. Fill zucchini shells with pulp mixture. Place in a shallow baking pan. Bake in a 350 oven for 20 minutes; sprinkle with remaining cheese. Bake for 20 minutes or until heated through.

"Grilled Zucchini" Mix your choice of oil with pressed garlic and tamari, to taste. Brush on zucchini strips and grill.

There you have it. No longer will you feel you have to put your extra zucchini in strangers cars' in the parking lots of grocery stores.

If you want to explore more about healing with food, join the "Food Initiative's" movie night at Dixon Community Center, October 8th, 2011, from 4:00 p.m. to 6:00 p.m. to watch "Fork over Knives". There will be short commentaries from guest speakers, healthy snacks and a little time for discussion

## Preparing Our Bodies for the Coming Season



By Sheri Kotowski

This summer in New Mexico we experienced crazy amounts of wild fires. From the middle of June through July we were all inundated with profuse amounts of smoke from these forest fires. While fire concentrates natural radiation such as found in Jemez Mt. volcanic rocks, contaminants in forest fire smoke are also the consequence of the industrial age and include contaminants from the local and international nuclear weapons research, development and testing. The Las Conchas Fire that burned in and around Los Alamos National Laboratory (LANL) is of particular concern because of the likelihood of contaminated land and vegetation having been burned. We may never know what was burned at the LANL site, however we do know that smoke from all forest fires contains higher amounts of radiation and toxins than we are exposed to on a regular basis. This is because the act of burning vegetation condenses these materials reducing them to fine particles of smoke that we can breathe into our body.

With the change of the season upon us, and temperatures going from warm to cooler there is natural stress on our bodies. This year may prove particularly taxing because of the extra exposure to toxins from heavy metals and radionuclides. Another added burden on the body is the Fukushima Dai-ichi accident this spring, which melted down the cores of three nuclear reactors in Japan. The site continues to emit radiation. The rise in radiation levels in our part of the world are predominately from radioactive cesium. While doses of radiation were not extreme here, there was and continues to be an increased exposure. Long term low level exposure strains the immune system which, in turn, can make us more vulnerable to cold weather illnesses like colds and flu, and other more serious diseases and conditions. It might be a wise investment now to take care of the immune system by ridding the body of these toxins and radiation before illness sets in.

## Healing With Food



By Aiya Horne

Is it possible that the old statement, "we are what we eat" is true? Certainly there seems to be enough evidence to confirm this and, in fact, it is literally true. Take Zucchini for instance. I'd like to introduce just a few of the healing properties of this prolific summer squash. Health experts say it aids in digestion, prevents constipation, lowers cholesterol, helps prevent cancer, and promotes prostate health. These are only a few of its attributes. There's much more to be found on what this one giving plant has to offer, but I'd simply like to share some yummy recipes for the awesome but often under-appreciated Zucchini.

This first one was offered at the Dixon Cop's, Food Initiative, "A Night of Tasty Bites" about a month ago and is delicious and the rest are from tried and true recipes of the community.

### "Zucchini Appetizer Squares"

1/4 Cup toasted sesame seeds, 1/4 cup olive oil, 1 small onion chopped, several cloves of garlic, minced or pressed, 2 and 1/2 cups of shredded zucchini, (frozen zucchini will have shrunk so be sure to measure), 6 eggs lightly beaten, 1/3 cup of fine bread crumbs, 1/2 tsp each of the following: salt, dried basil, dried oregano

Many health care professionals are urging people to take care from these exposures. Some recommendations follow.

For smoke exposure, liver tonic and detox are particularly important. The liver processes and filters toxins so it is under a lot of stress because of the metals released by the fire. Locally, Artemisia Herbs makes a Heavy Metal Detox formula. Dr. Christele Semaille recommends using this along with chlorella and chlorophyll daily. Chlorella pushes the radioactive particles out and chlorophyll oxygenates the entire system. Oxygenation will help to keep the body functions strong. Both will help the body to eliminate heavy metals.

Chlorella, spirulina, and blue green algae are three natural, green, super food-based detoxifiers. They contain high levels of specific proteins that bond with heavy metals and chemical toxins, helping to eliminate them from the body.

You can find chlorella and chlorophyll supplements at Taos Herb or other local natural pharmacies, as well as liver detox and tonic, and immune system support. Or you can contact Dr. Semaille in Taos at 575.751.1616 or Española at 505.505.753.9296 for further assistance.

Some other things we can do to protect and clear our bodies of these exposures is to choose foods that will help us eliminate toxins and radionuclides. Some of these foods might seem a little adventurous but there are simple ways to incorporate them into your diet. There are also many foods that we grow locally that are very helpful in taking care of our bodies.

Chlorophyll rich foods are highly recommended because radiation causes large losses of magnesium. Chlorophyll rich foods are high in magnesium, which maintains a protective action against radiation exposure. Dark, leafy greens like sprouts and cilantro are especially high in chlorophyll.

Miso is known to protect against radiation exposure and accelerate chelation of toxins from the body. Chelation is a chemical process that unbinds and mobilizes the toxins making them easier to pass. A 1990 Hiroshima University study concluded that people who eat miso soup regularly may be up to five times more resistant to radiation poisoning than people who do not.

Miso can be found at the Dixon Market and at local supermarkets. It is very easy to prepare and eat. A tablespoon of miso in a large cup of boiling water (but do not boil the miso directly) makes a delicious snack or breakfast drink. It is also great mixed with tahini and lemon juice- thin a little with water or olive oil for toast or

crackers, or thin a bit more for salad dressing or add to soups.

Sea vegetables are also very good for radiation and heavy metal exposures. The sodium alginate in sea vegetables pulls heavy metals, radioactive materials, and some chemical toxins out of your body by chelation. Sushi rolls are a great way to eat sea vegetables, but it is also very easy and tasty to just crumble Nori sheets on top of rice, baked potato, salads or other savory foods.

Potassium containing foods can be particularly helpful to minimize uptake of radioactive cesium. Some very good sources of potassium are winter squash, potatoes, watermelon, bananas, turnip and collard greens, Swiss chard, apricots, cucumber, oranges, and grapefruit. Two of my favorites are pinto beans and beets. Because most of you probably know how to cook pinto beans and because 1/2 of my DNA is from Poland, I'm going to give you a delicious recipe for Polish Borscht using fresh beets. Beet greens are also very high in potassium, so be sure to save them for another dish.

#### Umm Borscht – Beet Soup

- 1 1/2 pounds (6 medium) beets- washed, peeled and grated
- 1/2 pound (5-6medium) carrots- washed, peeled and grated
- 1 large onion- sliced thin lengthwise
- 1 small apple- grated
- 1 Tablespoon fresh grated ginger root
- 3 Tablespoons olive oil
- 5-6 cups vegetable broth or water
- Salt 1/2 teaspoon- or to taste
- Black pepper- to taste
- Sour cream- optional
- Fresh cilantro
- Fresh scallion

Heat up a heavy stockpot over medium heat. Add olive oil, onions, grated ginger root and salt to heated pan; sauté until soft. Add grated beets and carrots; sauté for about 7 or 8 minutes until they soften up a bit. Add grated apple and cook for an additional 5 minutes. Now add 5 cups of water or stock and simmer covered for 20 minutes or so; the vegetables should be soft and a little creamy. Add a little more liquid if you want the soup thinner. Check the salt and add black pepper to your taste. If you like a smother soup you can puree half the soup and add it back to the pot. Or you could get out the potato masher and mash it a little to thicken the soup up. Serve the soup as is, or with a spoonful of sour cream.

I prefer to top with a couple of spoonfuls of cilantro and scallion and maybe a little more freshly ground black pepper.

Enjoy!

## A JAGUAR'S PACE



By Selma Harwell

GOING WITHIN  
TO THE ESSENCE OF WHOM WE HAVE  
ALWAYS BEEN

INNERMOST BRILLIANT LIGHT  
EXPANSIVE  
OUTERMOST SHINING BRIGHT

WE CATCH A GLIMPSE OF OURSELVES  
AS STARS,  
A FLEETING SIGHT OF OUR GLIMMER-  
ING CELLS

FROM MOMENT TO MOMENT  
BRINGS JOY-BRIMMING & POTENT

HUMBLING OURSELVES IN AN IN-  
STANT  
TO SURRENDER & TRUST  
RATHER THAN BEING SO DISTANT

WE RETURN FOR A LITTLE "BITE"  
OR A TIGHTENING, OR BEING TRITE

JUST A PULL BACK TO STRUGGLE WE  
TEND TO CALL LIFE

SO MUCH DRAMA WE HAVE CHOSEN  
AND CHOSEN  
WHY? SIMPLY TO KEEP OURSELVES  
FROZEN

ALL WE REALLY CRAVE IS OUR BRIL-  
LIANCE SO DIVINE...  
TIME AFTER TIME

REMEMBER THAT BRILLIANCE THAT  
WARMS US AGAIN AND AGAIN AS WE  
PRACTICE

CALLING JAGUAR-ADD YOUR QUICK-  
ENING

USE YOUR MIGHT

QUICKLY SEVER THAT FIGHT  
AND UNCOVER OUR LIGHT

LIKE MICHAEL DRAWING HIS SWORD  
WE USE JAGUAR AND HONOR OUR-  
SELVES  
AS OUR WORD

NO LONGER SAYING  
I AM TIRED  
I AM WEAK  
I AM SAD  
I AM A FREAK

MISUSE OF POWER  
WITH EACH WORD: BROKEN

WITH JAGUAR'S PACE  
INSTANTLY RE-AWOKEN

I AM CREATION  
I AM GRACE  
I AM EASE  
WITH EACH BREATH THAT I BREATHE

ALL FROM WHAT WAS SPOKEN

LIKE MICHAEL DRAWING HIS SWORD  
WE USE JAGUAR TO HONOR OUR-  
SELVES  
AS OUR WORD

### Disclaimer

The ideas and opinions expressed in this newsletter are not necessarily the opinions of anybody. These articles are for entertainment purposes and we hope you enjoy!