



# 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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## The Carnelian Center's First Treatment Room



By Lluvia Aby  
Pages 1 & 2

## Love's Choice



By Aiya Horne  
Pages 2&3

## La Visita

(Synergy, Trust and a Healthy, Culturally Diverse Community)



By Sylvia Ernestina Vergara  
Pages 3 & 4

## Heroes Lighting My Way...



By Ruth Bowman  
Page 4

## Book Review

By Ruth Bowman



Page 4



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## The Carnelian Center's First Treatment Room



By Lluvia Aby

We broke ground in late August, in the sunny orchard under the blue skies. We tried to do as much work together as we could squeeze in the time for around the rest of our schedule. When I say 'we' I mean Scott and me, Lluvia, and sometimes our daughters tagging along.

Near the spot up in the mountains where we first met around a campfire 16 years ago we cut posts, beams and vigas for the structure. Hauling them down to the site in the back of our little Toyota pickup. Our plan, discussed at our last board meeting, was to build a 12' x 14' straw-bale structure with two windows

and a double pane door on the south side. We figured on a \$ 2,000 budget for supplies with all volunteer labor. In the end it cost us about \$2,300 to put it all together—about \$13 per square foot.



*Under Construction: We crawled out of the space to the left of the door when we got stuck inside.*

Our little red truck and us brought in all the fill dirt we needed to raise the structure to protect it from irrigation and sand for all the concrete and adobe work as well as clay for plaster. After the piers were poured and we raised all our posts I felt so accomplished, seeing them stand vertically the height of the walls. Scott reminded me that was just the beginning. Next came the horizontal beams outlining the rectangle where the roof would sit. Then came the vigas, their straight lines framing the sky and making the passing

clouds look like they were marching across a glass roof while their shadows made stripes below. I love that stage.

In the spring we had been up in the San Luis valley, in Colorado, to visit the sand dunes and noticed a number of very nice old roof lines on some Mormon-built structures. We wanted to try to capture the beautiful proportions we had admired there. I think in the end we did pretty well.

With most straw bale structures it works like this: a post and beam structure, then comes the roof and ceiling so when you put the bales in the walls the roof is already up there to protect them. Number one with bales is keeping them dry. Putting in the bales always reminds me of building with big golden marshmallows.



*The Heart ♥ Room Finished!*

All the roofing tin was donated and the roof of the attic was insulated with recycled fabric inside of 5 mil trash bags with borax to protect from insects and as a fire retardant. After the straw bales were up and wired together, we had a plaster party, getting the first coat of mud plaster on--inside and out. We had a great day with a bunch of good people playing in the mud.

On the south side of the building the two double pane windows and doors were framed and installed. Our first volunteer help came from our children and Brissa and Evan Chilton helping us to remove the paint from the windows their father Chalako had donated. The windows had been spray-painted. Scott and I had been trying to figure out how we were going to take it off and scrapping on it pessimistically . The kids came along and figured out that if you poured water over it the paint then scraped off easily. They made it into a fun game. We felt kind of silly but it was super worth it watching them laugh while scraping all that paint off in like 30 minutes.

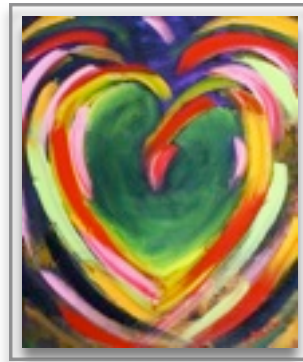
Between the windows and door I filled in with adobe and cob (a thick straw-and-mud mixture used to build up walls in a free-form manner). The adobes were donated by Alessandra of the Peñasco theater, from a place in the wall she had torn down to install a window. It felt good to put a little theater magic in the building and good to see 60+ year old wheat straw in the adobes that looked perfectly fresh and was maybe grown right up there in Peñasco. As I got to the top of that front wall Scott was installing the door handle that had been donated by Jeanie Cornelius. The strike plate was a little off so when he shut the door we got locked inside. Luckily the kids came back from school just a few minutes later and passed the screw gun over the wall to Scott. He still had to squeeze out through the last little open space at the top of the wall and take apart the door nob to get the door open.

We added a lot more plaster and put in a veneer plywood floor on top of the donated joists. Galalie Carslile lent us the perfect little air-tight stove to keep the room toasty. Below the rock work that Scott did around the stove, in the wet cement beneath the stove, I pressed in one leaf from every apple tree on the property.



Thank you to everyone who made this perfect little massage room come into being and to my husband Scott for all the time and soul he put into this project and for his belief in me. I think it is the cutest treatment space ever and I encourage you to come visit us soon.

## Love's Choice



By Aiya Horne

**Poetry, whether spoken or sung, can be so inspiring. As 2011 ends and 2012 heralds a huge shift, I offer sentences and phrases of, what I consider, Love songs that help to keep my sight and heart on the growing Light in our beautiful, dynamic world.**

But first, I want to explore Love. What is It, really? I started asking this question in my early 20's and here are some of the satisfying answers I am

discovering thus far and that have me a bit excited about the year 2012. Some say that 2012 is the last year recorded in the Mayan calendar which marks, "the end of time". To me, the end of time is "timelessness" or "God Consciousness", or "Love Consciousness"....creating our world in every "Now" moment from our Heart only. It marks the end of duality, of something "other" than Love, or God or Life. Another way of saying this would be "The New Heaven and the New Earth" or "The newly manifested Garden of Eden".

As I write this, we are approaching Christmas, celebrating Jesus-- the Christ's birth in our suffering world. Humanity desperately needed His powerful message then as we need it now. Basically his first and foremost teaching is, "Seek first the Kingdom of Heaven within and all else will be added unto you". And I think the Kingdom of Heaven must be the pure LOVE that IS us, ALL of us, with no exception.

Many believe there is a great awakening in Humanity's consciousness right now. Since Jesus' birth His teachings , His example has caught momentum and that , "narrow door", is becoming wider as more and more peoples' hearts are opening and they are SEEING differently. Judgements are disappearing and only LOVE is present everywhere they look!!! The more people that this happens to the easier it is for the rest of us, ALL of us to have this experience.

Can you imagine, with an open Heart, free from all fear, what Humanity will be creating? The vibration of an open Heart will manifest only like vibrations! Walla! Heaven on Earth, Peace on Earth and good will toward All. Imagine each one of us being a Child of the Universe , being Love's Voice! And that Love is HERE, NOW, awakening to Itself!! All we have to do is look around at the most amazing, beautiful events that are happening around the world!

Here are some of those phrases in inspirational songs that I bet most of you know.

Love's Voice

Look over yonder, what do you see? The sun is arisen, most definitely. A new day is comin', people are changing. Just look to your Soul and open your mind. It's a new vibration, Crystal Blue Persuasion.

Stop hey, what's that sound, everybody look what's goin' down.

Limitless... undying love... which shines around me like a million suns on and on across the Universe.....

Dear Humanity, won't you come out to play, Dear Humanity, it's a beautiful day.... The sun is out, the sky is blue, its beautiful and so are you....

Imagine no possessions, I wonder if you can. No need for greed or hunger, a brotherhood of man. Imagine all the People, sharing all the world.... YOU may say I'm a Dreamer, but I'm not the only one. Maybe someday you'll join us, and the world will live as One.

I'm gonna camp out on the land and get my Soul free. We are stardust, we are golden, and we've got to get ourselves back to the Garden. And I dreamed I saw the bombers riding shotgun in the sky and they were turning into butterflies above our Nation.

Love is but a song we sing, fears the way we die. You can make the mountains ring or make the angles cry. If you hear the song I sing, you will understand, you hold the key to love and fear in your trembling hand. Just one key unlocks them both, its there at your command. Come on people now, smile on your sister and brother, everybody get together, try to love one another right Now.

Born free, as free as the wind blows..... BORN TO BE WILD!!!!!!

Be it silent, sound, smell or touch. There's something inside that we need so much. To fly to the Sun without burning a wing, to lie in a meadow and Hear the grass sing.....

Flying high Butterfly..... A-U-M.....

H-E-A-V-E-N.....

To be who we are is a living decision, we daily make a choice,

of love over fear, lets sing it out clear, we've such a beautiful voice. We're changing our world to a heaven on earth, that's beyond our wildest dreams. I don't know how but I'm feeling it NOW, it already seems... that the air is so pure we can breathe it again, water so clear we can jump right in, and the sun is warm on our naked skin. On the wings of our Dream we sail high in the sky, wild as the wind yet as calm as the eye, of a hurricane, Love Will Reign.

When the sky and earth, woman and man, touch each other with folded hands, this I know will be, this I know. Where the Love and the Lover, rest in each other, becoming the One, becoming One another, this I know will be, this I know....

Love is the opening Door. Love is what we came here for. No one can ask for anything more. Do you know what I mean? Have your eyes really seen?

Good, good, good, good Vibrations.... la la la la la la, la la la la la la

O come all ye faithful, joyful and triumphant!!!!

Peace on Earth and mercy mild....

Joy to the World!!!!. Let Earth receive Her KING!! And Heaven and Heaven and Nature sing!!

And faith hold wide the Door. The dark night wakes, the glory breaks and Christmas comes once more.

Do You See what I See? A star, a star, shining in the Night..... Do You hear what I hear? A song, a song, high above the trees, with a Voice as big as the sea!!!

All we need is LOVE!!! All we need is LOVE!!! All we need is LOVE, LOVE, Love is all we need. Love is all we need. Love is all we need.

Row row row your boat, gently down the stream, Merrily merrily merrily, Life is but a Dream.

Blessings to All, and to All a Good Night.



# La Visita

(Synergy, Trust and a Healthy, Culturally Diverse Community)



By Sylvia Ernestina Vergara

The beginnings of a healthy, culturally diverse community are when trust is establishing itself in an ongoing way. Trust is nurtured by the development of friendships. What I define as a friendship is a mutually beneficial, synergistic and trusting situation established between two people. In order to have friendship, there must be an ongoing dialogue over time that continues to enhance the bond.

## The Agenda

The agenda is a directive that will impact a group of people whether they are in agreement or not. When groups create an agenda and then ask people to participate after they have created an agenda, then an unequal situation has occurred. The primary benefit will go to the creators of the agenda and an imagined benefit will go to the servers of that agenda. This is where a community can break down and become unbalanced.

The word "community" suggests that every one is living and acting together as one. It is imagined that there is consensus among all about the identity of the community; that may be so geographically, but a healthy, vibrant community goes far beyond its geographic definition.

## La Visita

How does one participate in creating a healthy, vibrant way of life in a culturally diverse community? The answer is very simple. An example of establishing positive energy would be to get to

know your neighbors. There is something very healing about "la visita" which translates into "the visit." One can even take part of the summer harvest to share or some cookies.

In past times la visita was very important. The purest form of la visita is to not have an agenda, to not have a motive for convincing people of anything. The true visita is when you go purely to visit your neighbor. The only objective is the visit: to learn about your neighbor: to listen and to allow for space in which to share through listening to each other, not what we want to hear, but beyond, to simply hear maybe laughter, experience a smile, or maybe there is a sad time when there are tears.

With time I like to imagine thriving diverse energies that sustain a network of evolving innovation, renaissancing and creating continual possibilities for self actualization and simultaneously a cosmic consciousness expressed singularly and also through a group experience of being diverse yet sharing profound values that enhance all individuals irregardless of age, social and economic class, culture or religion.

When there is trust there is a mutual respect that is alive amid a climate of diversity. There is room for diverse values, opinions and self expressions. There is the beauty of hearing and learning each other's languages and perhaps even allowing our languages to meld into a unique self expression that is particular to our area. In past times that occurred. A passionate willingness and curiosity about each other's ways, languages and belief systems, art, creative approaches to problem solving should seem exciting and wonderful. Narcissistic arrogance gives way to enjoyment of each other's company and the feeling of extended family.

Diversity can create its own resonance which naturally reveals that there are core values that a culturally diverse community shares. A shared agenda reveals itself on its own terms and becomes obvious to all. La visita can lead to a deeper experience of what community can be. It is possible to participate in a synergy that helps all persons discover a meaningful way of life and be together without compromise.

## Heroes lighting my way ...



By Ruth Bowman

**Heroes lighting my way ...  
He who binds himself to a joy  
Does the winged life destroy;  
But he who kisses the joy as it flies  
Lives in eternity's sunrise.**

~ William Blake

So many heroes and heroines have walked through the doors of the healthcare facility where I work; too many to count! Startling me with their humility, vigor and radiance again and again. Such magic touches and fulfills, breathing on us their blessings.

When I encounter such monumental folks, I feel compelled to ask, "how do you do it? What's your secret?" How do they get such boundless energy, strong muscles, good teeth, glowing skin and great humor at their age?

Many of these heroes are ninety-plus. Some just wink and laugh at my impertinent questions. Some don't hear or pretend not to, anyway. Some offer practical advice, like "I do these exercises every day!" and proceed to show me some simple isometric workout of arm and leg bends. This is the answer to the fabled fountain of youth?

Isometrics?

Another fresh-faced pixie of a pushing-92 grandma kept insisting she didn't need anything for pain following hip surgery. Nada. Nope, wouldn't have it. Finally, she allowed me to give her 1/2 a Tylenol, "but only half, young lady, ya hear!?" Wow.

Cranky, maybe, resilient, tough and amazing, absolutely. Sometimes it seems like everyone has their crosses to bear, and then there are these people who come along and just defy gravity right before your eyes,

Thank you to all you heroes and heroines out there who keep us going, shining your strong beautiful lights among us!

## Book Review



By Ruth Bowman

**"Conscious Dreaming"**  
by Robert Moss, (Crown Publishers, Inc. 1996).

This book review came out of the blue, as I had just picked up this reads-like-a-novel literary gem of a practical and easy-to-read true life adventure story. Robert Moss uses his skills as a successful novelist and professor of philosophy to weave a wild and wooly account of workshop dream veterans, delving into the amazing world of dreaming, how to unlock the keys to the subconscious and find answers to the big and small questions we grapple with every day.

~ A must read!