



The Carnelian Center

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.

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Spring Will Soon Be in the Air



By Sheri Kotowski

Yes! the weather is warming- but gradually, and we will still have some volatile snowy spring days just to keep us on our toes and just to make sure hay fever and allergy season get off to a great start by watering everything really, really well. In case you have noticed some runniness and itchiness, the juniper is in bloom; and it is only going to intensify for a while because soon many other things will start their boom. Some typical hay fever or seasonal allergy symptoms are:

- * Runny, itchy nose
- * Itchy, watery eyes

- * Sneezing
- * Scratchy throat

While none of these symptoms are serious, they can develop into an infection if they last for a long period of time. So it is good to work towards some relief.

The edge of winter is a positive time to do some preventative medicine; and the sooner the better. In order to give everyone a jump, I am going to mention some tried and true helpful ideas that might tone down seasonal allergy reactions.

The first is to keep your immune system strong. Take your vitamin C; 1000 milligrams (mils) daily to build the system and 3000 – 5000 mils when symptoms are acute, say the experts. In addition to boosting the immune system, vitamin C is also reported to have a drying effect on the mucus membranes without producing fatigue. Blue-green algae- chlorella or spirulina will help to keep toxins from building in the system, which will in turn keep the immune system running strong.

Many people also have very good results through inoculating themselves with local pollens by using local bee products. The easiest and tastiest would be eating honey-yum! Bee pollen and royal jelly are also very good. But as a precautionary note, please do not use bee products if you are allergic to bee stings.

Another very helpful tip might be what not to put in your body when seasonal allergies are getting the best of you. Seasonal allergies are also the result of the immune system overreacting. When the immune system

is weak, it causes an overreaction to certain foods, pollen or dust, and can also make other allergy symptoms worse.

Refined sugar can intensify allergy symptoms because it has been proven to suppress the immune system, especially in quantities in the typical American diet.

Dairy and dairy products can also play a role in the weakening of the immune system. Casein, one of the proteins found in dairy has the ability to weaken the immune system. In many body types limited quantities are beneficial. However, the high amounts of casein found in dairy products can be too much for some people to properly digest. This causes excess proteins to float around the body, which in turn can worsen allergies. Another problem with dairy stems from certain types of acids causing a chemical reaction that restricts the bronchial tubes making it difficult for air to get through. This can bring on the production of phlegm and mucus, which can worsen the symptoms of allergies.

That said, yogurt may be the only dairy product that will not worsen your allergy symptoms. It contains high amounts of probiotics, which many studies have shown help to strengthen the immune system so that it will not overreact as easily. So eat your yogurt!

An important part of feeling good and having our bodies work well has to do with listening to how our bodies respond to everything from the food we eat to the daily pollen count. Any of these recommendations alone probably will not keep you from developing seasonal allergies. But when combined with your own attention and

other holistic forms of therapy, you might just find a way to make yourself a happy and healthy person able to really enjoy this magnificent time of the year! This is an ideal time to take advantage of all the wonderful therapies available at the Carnelian Center that can enhance your life. Please call 505-579-9630 and let us help you find a therapy that may help.

Everyone has their personal remedies, how about sharing what works for you? The Carnelian Center would love to share how you stay well during allergy season. You can send your own proven family or otherwise remedies to the Carnelian Center Newsletter at: carneliancenter@yahoo.com. Please put "Allergy Remedy" in the subject line.

SPIRITUAL TRANSFORMATION WITH FOOD AS DIVINE ENERGY
(Otherwise known as "Weird"!)



By Aiya Horne

Hello Spring!! Your blustering winds precede you, announcing your arrival. Your essence speaks of new life and wild unbridled joy as you herald this year of "2012".

"What do you want, you Children of the living light? What do you want to LIVE," you laughingly ask as you scatter these seeds of words across the Universe.

"Oh Spring, we want to feel ALIVE and Connected to each other and to the Earth and to the plants and the animals too!" cried out the Children of the Light above the roar of Her winds.

"Yes, I see you do," She replied gleefully. "I've noticed many of you are acting weird and doing weird things realizing that "normal" isn't working very well. It's a sure sign you are "waking up".

"But, is there anything we can do to help our biggest dream come true?" asked a small Child named Twinkle.

"What is your biggest dream, Child?" She asked.

"Well, I guess you could say we want to live in Heaven on Earth. You know, like so many of the songs say, like that one we sing at Christmas that says, "and Heaven and Nature sing".

"Oh yes! I know that song very well. I was one of the Ones who inspired that song. It came straight from our Heart. Well, let's see. There are many things that you are already in the midst of creating. But since I am here and the planting of seeds for food and the eating of the food is on your minds, I do have something to share with you that might help."

Spring drew in Her breath a little which quieted the Winds down. Twinkle and Her people listened attentively as she spoke.

"First, as most of you know, you have forgotten that you are Children of the Light though many are beginning to remember. You have been playing a game that you are not in Heaven. Maybe now, in this year of time called, 2012, you'd like to play another game. How about playing the game called, "I Am living in Heaven and I Am The living Light!" You could play this game every day as many times as you want to. It's fun! You'll See!!"

The Children of the Light smiled at one another and Twinkle pointed to a magnificent multicolored Butterfly who was dancing on Spring's breath above their heads. He was having all kinds of fun with his loopy loops and rather showing off his aerobatics.

Then, Spring went on like this. "To get good at this game, I want you all to say to yourselves, 'I am the living Light and I'm living in Heaven.' And of course it's important to believe it, feel it, even if you don't SEE it everywhere yet. Your FOCUS and your feelings mean everything in this game. Also, instead of saying, 'Hi, how are you?' to each other, you could say, 'Hi, I'm the living Light. How are You?' and the other one could say, 'Hi, I'm great! I'm the living Light too and I live in Heaven!!' You see what I'm getting at? Now that you have that concept here is how you play, Planting Time.

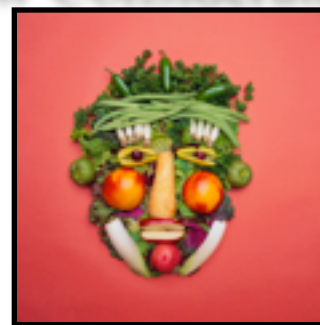
You hold your vegetable and flower seeds in your cupped Light Hands and claim them to be the 'Seeds of Transformation'. Stand and be very quiet as you feel your feet on the Earth. Feel my breath, hear everything around you. Be patient. You'll find its fun too!! Place your

attention on the Living Potential of your seeds and bless them and bless Earth. Thank them for your relationship. Lovingly share with them your Decree, 'I am the living Light and I am living in Heaven'. You will hear them, at the same time, declare this same Truth. Then plant your seeds, watch the Living Light grow them and then harvest them with thankfulness and joy.

Now its time for the next really fun part called, EATING!! As you are preparing your gifts of food to eat from Earth and Heaven, take a few moments and hold each one. Close your eyes, feel it, smell it, and imagine where it came from. Imagine that it came from a Living Light called, "Tree" or "Earth", then thank and bless it and its living parent, where it came from. As you take a bite of your scrumptious creation, chew it slowly with the intention of communion. Feel yourselves as The Children of Living Light taking into your Divine Body Temples, the Food of Divine Energy.

Some might watch you and say, 'WEIRD!' But you will just smile with great satisfaction because you will know your biggest DREAM is coming true. And pretty soon, in the Spirit of 2012, everywhere you look, you will be experiencing, Heaven and Nature, singing!!" By the way, this game is contagious.

Raw Considerations



By Carmen Fasheh
Certified Raw Food Chef
Raw To Go Restaurant, Taos, NM

Another delightful spring is upon us and it's time to look out your window and see what is popping up from the ground after winter's hibernation. Slow down and look. What do you see? I am from Massachusetts and the first thing we find there, to our continued amazement, is the Crocus, pushing its lovely flower through the snow to reach sunlight. It's a prelude of what is to come in the warming weather.

Not far behind is the ubiquitous Dandelion. Starting with the young rosette of leaves that you may not even see at first, so close to the ground are they. Here in New Mexico, a more tolerant view is held toward the Dandelion since its life cycle is cut short by the arid summer. In New England, it is a scourge that needs to be obliterated in any way possible. It supposedly ruins the appearance of lawns and all manner of folks, especially golf course managers, use toxic chemicals to kill the Dandelion. The first time I looked at the Dandelion in a completely new way was when I caught my husband in the yard picking the young leaves and stuffing them directly into his mouth. Me: What are you doing? Him: Eating Dandelions. Me: What? Are you nuts? Him: Why am I nuts? Me: I don't know, but don't let the neighbors catch you doing that or they will think you are crazy. Him: Who is crazier, me eating Dandelions or them eating potato chips? The potato chip lover that I am took a moment to think about this. I'm still a potato chip lover, but I have learned to love the beleaguered Dandelion too. To recognize that all its various parts are good not only for the body, but even for the soul.

We are so habitual in what we eat. If we grow up eating eggs every day, most of us will continue to do so. The opposite is true too. If we have grown up believing the Dandelion is a blot on our otherwise pristine horizon, then we believe that all our lives...until something epiphanous happens. For me, it was my son who introduced me to raw and vegan food, and the concomitant healthy modes of thinking and behaving that can be so difficult to accept. However changing one thing at a time is possible. The easiest change for me was to include a raw Kale drink in my daily schedule which I call a roughie because I drink the roughie, not throwing it away as one does in juicing. You can get 5 servings of fruits and vegetables in the first drink of the day. It is filling and if you add a bit of raw nuts to it, it will last till lunch or beyond. Another new habit was to buy Dandelion greens and make a raw coffee substitute in order to have the benefit of the enzymes and vitamins that are mostly destroyed in the cooking process.

Below are two easy raw recipes to help you on your way, a Kale roughie and a Dandelion sun tea. You can start right now because I see the grocery stores are beginning to stock Dandelion, and Kale

is available all the time. The Red Willow at Taos Pueblo stocks the best Kale, so beautiful, and better for you in that it's locally produced and hasn't spent time in transport. Or you can start your program when local wild plants or the plants you have helped grow become available. It's always better to create healthy habits sooner rather than later. Start to be the healthy person you know you are with these drinks.

Kale Roughie

You'll need a blender. It is a 'roughie' after all, so some bits of produce will add texture and interest and make you slow down to chew rather than guzzle.

- Kale leaves, chopped
- 1 Orange
- 1 Apple
- 1 Banana
- about 1 inch of fresh ginger, peeled and chopped
- 1 Handful of raw nuts, such as walnuts, pecans, or cashews (Optional)
- (Any other fruit, avocado, berries, greens but all raw. The more greens the better, but the mix most people prefer is ½ Kale and ½ fruit mix.)
- Filtered water

The best method I have found is to place the Kale in the blender before the fruit, keeping ratio correct as stated above and bringing the water level to the bottom of the fruit or the top of the Kale and then whirring the roughie. Correct the taste by adding a bit more of the fruit you desire. It's preferable, health wise to not add any type of sugary filler, such as agave, honey or sugar.)

Dandelion Sun Tea

- A large bunch of Dandelion greens, washed
- A large glass jar (gallon) of filtered water with a lid

Fill the jar almost full with filtered water but with room for the Dandelions
Cut up the Dandelions, add them to the water and .let it rest in direct sunlight.

In 24 hours, you can start drinking the tea. It is a might better than just water, since the enzymes and vitamins of the Dandelions have seeped into it.(Dandelions are known as a blood cleanser and helpful to the liver)
After you have finished, you can eat the Dandelions raw, adding them to a salad or a raw soup.

Something Called Spring



By Lluvia Lawyer-Aby

Spring
It moves swiftly through my bones
pulling at sinew of heart strings
rising up in a gust of thoughts
spinning freely alongside
dreams, fear, longing and doubt.
I reach out desperately
for a grip
of laughter and joy.

Breathing into this time
which moves rapidly
with magical wings beating
against the great sky.

I am
returning to center
with healing breath,
churning into belly.
I hold
gallant bravery
in it's furious gaze.

Something called Spring
illuminates the dry surface
of my cracked soul
and from just beneath its pale shell
comes the sweet smell of mud

“This is the stuff that soil is made of.”

I cry out in the spirit of hope
Scrambled thoughts become loam.

I pray.
Dreams are like seeds.

Fear
is but the pent up rays of the sun.

Longing
is the life force that surges through
our blood,

the warm wet pulsing in the gut.

While Doubt
watches the weather
begrudging frost and seeking April
showers.

Doubt, but another prayer.

And here
as the green tendrils
break through the Earth,
as the flowers open to the Sun,
as the birds sing into the fresh air,
is laughter and joy

Something called spring is a part of me.

Quenching my soul
as the first Acequia water
spills over the land
carrying the parched old leaves
of winter's struggle
on the crest of its little wave.

I say to the breathy air,
“We are ready to grow!!”.

The Dripping Springs Road



On the eve of my destruction, before all else failed with nothing left to lose, I took a walk. A gentle, traveler's kind of walk, not the suicidal maniac kind. The sort of saunter where you're sick of the stuff spinning around in your head and you almost can't stand your own company; open to beauty, raring for adventure!

Stirring things up a bit when the status quo starts to implode is in my nature. I see people creating drama, having health problems, niggling with their loved ones; well I do that too. But all that's really needed is a little mirror upon oneself for reflection, and thus transformation, to begin. Many do this with meditation and prayer, outings in nature, discovery through contemplation. I take walks, and the magic unfolds.

A friend once noted that places, like roads and condos, are named after the thing they've destroyed, e.g. Aspen Grove Villas. I wonder about this while shedding layers while climbing higher and higher, wading through snow-melting rivers, breathing in deep scents of pine layered with early springtime blossoms nestled between moss-covered stones. The scenery is sublime, indescribable. Am I part of the problem or the cure? The question is instantly moot.

A hush falls. Dampness and thrill goad me further as the twin spirits of curiosity and inertia meet the resistance of last October's Little Debbie's binge stuck somewhere in the arteries between heart and lungs. Finally dislodged, my feet sprout wings carrying us deeper into the mystery of wilderness primeval. The great spring dance is upon us. Obeisance to cosmic forces overcomes. All former notions of comfort and couch-potatoedom fall by the wayside. The exhilaration of freedom on tireless legs carries us onward into twilight's dusky promise.

Spring Cleaning



By Ruth Bowman

It's that time of year again when sluggishness and putting off things no longer flies. If you find yourself spending overly large amounts of time examining your navel or watching DVDs, you could be getting ready for a spring cleanse!

Not so long ago, the time of melting snow would portend hitching up the mule, piling all the old rugs and family into the wagon, and heading to the nearest river for a campout, some fishing, washing, wood and food gathering. The returning warmth makes our blood move faster, as the sap in the plants and trees starts to thaw. We feel the urge to move faster, get things done, to throw out the old and make way for the new.

Throughout every culture and major religion, spring is also traditionally when we celebrate the return of greenery and flowers, a time for spiritual, mental and physical renewal. The coming heat and activity of summer necessitates the birth and preparation of strong reeds sown by spring's gentle hand.

Here we are emerging from our snow-freshened retreat, ancestral dreams having percolated through the long, quiet winter days. We feel our bodies pulled to move more lightly. Temptations to eat strange things like bitter greens and strong tea emerge. Maybe we yet hesitate to run out onto the cold morning earth with bare feet to hear the first returning birds' song, snatching deep whiffs of the new season's stirrings. We smell it; we feel it returning on bear paws, shaking off winter's scratchy coat with tremulous glee and mysterious joy.

Besides hankering for greens, maybe you too feel the urge to submerge your body in hot and cold waters. One day we want to burrow, the next to run and play outdoors. There's no telling which way the wind will blow from moment to moment. Spring! Don't resist. It's as useless as trying to curb a baby's impulse to crawl, walk, and grow.

The cleanse. If you are ready to shed some of the accumulated sludge from imbibing in winter's heavier fare, try cutting down for a week or two on sugars, caffeine, alcohol, nicotine, and all processed foods. Just gradually remove them from your diet. Simplify your fluids to water, herb tea or the occasional pure juice. The foods you eat should be approximately 80% vegetables and fruit, with some low-fat dairy, and 20% protein and complex carbohydrates. Avoid white flour products, like noodles.

After these weeks of elimination, consider doing a 3-day cleanse (from 'Staying

Healthy with the Seasons': Stanley Burrough's Master Cleanser):

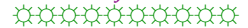
Drink 10-16 cups of pure water a day with 1 to 2 Tbsp organic lemon juice, ½ teaspoon cayenne powder and 1 Tbsp organic maple syrup added. This will give you energy and hydration throughout the day. If you start feeling groggy or your tongue gets coated, this is a sign that toxins are being eliminated. Rest if you can, and try drinking some peppermint or ginger tea. Do some journaling or gentle activity. The feeling usually passes quickly. If you continue to feel "out of it", reintroduce fruit juice, yogurt or bland rice in a small quantity, and rest awhile. When you feel back to normal, you may continue with cleanse until your body naturally says it's time to start eating again.

Fasting can last from several hours to weeks. This is a period of time without food to help enhance clarity and balance. Some people prefer a form of fast that involves drinking water, herb teas or clarified fruit/vegetable juices. Others may choose to include fruit/vegetable smoothies as well. Whichever appeals to your lifestyle and intuition is the route you may want to try. (Those with medical conditions or unstable constitutions should be supervised by a qualified health care practitioner for any nutritional or lifestyle changes). During a fast, pay attention to your dreams and intuition. Fasting helps dispel toxins and increase internal immune support, improves the circulation and attunes physical, mental and spiritual stamina.

When you are ready to finish the cleanse/fast, add individual foods back into your diet one at a time, letting several hours pass between each portion. This is a good way to determine if you have an allergy to some food you've been questioning. After 2 days you can reintroduce small quantities of high-quality complex carbohydrates and proteins. Try to keep to the 20-80% of carbs/protein to vegetable, fruit, low-fat dairy combination (see above) keeping acid/alkaline balance optimal for the body's pH system. Have fun, rest and enjoy! ~ Walk in beauty ~



From San Juan Pueblo



This sacred water of O.yi.ke

Mother of us All

You take it your body

Will grow stronger with it

And we're praying

That you be loved and liked

Have your dream of life come true



And I pray too

My body growing stronger

Going on in being

Loved and liked

A life of all good things

I wish for

From: Rothenberg, J. (ed.).

Shaking the pumpkin;

traditional poetry of the indian north americas.

Doubleday & Co.; Garden City, NY, 1972.