



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

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## HAPPY FALL!



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# Silence



By *Lluvia Lawyer Aby*

### Reader discretion advised

What words come now? I am driven to speak about something all of us would rather not hear, not talk about. The subject is child sexual abuse. First I pray for healing for all of us, that our eyes can truly see, and that our hearts can find a safe place here and now in this moment.

I will start with a poem dedicated to those tender souls in the midst of a very personal struggle. Knowing that for all that have

experienced molestation the feelings and the path to wholeness are unique.

A journey from shame to worthiness

*I know with every part of my being there was nothing that you wanted more than to see me grow up WHOLE.....So why did you break me? Why did you take your great sorrow and stabble me with it like a knife? Why did you cut me in half with your carelessness, your experiment with deepest pain? I hate you! I pound against you with my fists. I take back my power! I battle with all I have for wholeness. My path is tainted, defiled, my sacred story spit upon. Yet I will live. I will breath defiance, grace, love. Shaking off the pain, screaming off the discomfort. Fighting for wholeness. Folding memories, kneading them like bread into something new and alive. Building myself a heart shelter for the butterfly of worthiness to emerge from its crystalline shell and solidify.*

Through my experience I have come to hate more and more the silence that surrounds the issue of child sexual abuse. Yet privacy is a treasure and I feel strongly that our focus should not remain on things dark because we are all trying to travel towards the light. So I have decided to talk about this in terms of facts pulled out of research.

**1 out of every 4 girls and one out of every 6 boys experiences child sexual abuse.**

Think about that. I hate that statistic but it means if you have been a victim you are not alone your story is shared out there in the silent masses. There is always compassion to be found for those around us knowing we all have our life stories.

**1.3 million children are assaulted in America each year. There are 60 million sexual abuse survivors living in the USA.**

That is a big deal! How do we change this? Awareness is the first step. Lets hope for generations of healing, protective parents. Love and support for all.

**Between 250,000 and 500,000 molesters reside in the USA. When I am in a store sometimes I think, with this much abuse going on, you know the perpetrators are everywhere. But then, before you become jaded and suspicious of all, molesters usually have more than one victim.**

**Male offenders of girls average 52 victims. Male offenders of boys average 150 victims.**

Scary, right? How did these people become so evil?

**73% of abusers claim to have been abused as children**

But many people are breaking this cycle. It is also a fact that most victims of child sexual abuse do not grow up to abuse. A lot of tough people who know wrong from right in their heart. The next step though is to know how to protect our children. Know where they are and the adults around them. So who are these abusers?

**10% of those that commit child sexual abuse are strangers.**

That makes sense, they are the bad guys.

**60% of those that commit child sexual abuse are acquaintances.**

This means friends, neighbors, teachers, coaches, ministers, priests, babysitters. This is our community. The greater family we interact with on a daily basis. This is enough to make anyone uncomfortable. These are supposed to be the people who have our back. Our compadres. Not all molesters are "creepy", in fact it is more common for these offenders to have a friendly, likable personality. One statement I found disconcerting is the following: in fact it

is more common for these offenders to have a friendly likable personality. One statement I found disconcerting is the following:

**According to the FBI 1 in 10 men have molested a child. Other sources put this number at 1 in 20.**

Now I feel this paints a bad picture. There are a lot of great guys out there. Where would we be without all the good gentlemen in this world? Good male role models seem like an important part of breaking the cycle of abuse and promoting respect for and the honoring of the women in their lives. Not all perpetrators of child sexual abuse are men.

1 in 3,300 women or teenage girls are child molesters.

Much less likely but it does happen. Also not all perpetrators are adults.

23% of perpetrators of child sexual abuse are under the age of 18.

So who is the other 30%?

**30% of those that commit child sexual abuse are family members.**

How sick is that? This means there is a lot of generational healing to be done. As you can imagine this makes things way more complicated and difficult for a child. This is supposed to be their place of safety. How do we know if a child is experiencing this type of abuse? We need to pay attention to our children. Pay attention to behavioral changes. A return to bed wetting after long since having been toilet trained, night mares, fear of certain people or places. Follow your instincts but don't read too much into everything, remember children are children.

**Girls are more likely to disclose abuse than boys.**

**23% of perpetrators of child sexual abuse are under the age of 18.**

The experience of this kind of abuse has many long term effects on those children throughout their lives. Along with mental effects such as depression, panic attacks, inability to enjoy a healthy relationship, there is also physical effects. In young children who have experienced sexual abuse the left hippocampus and Corpus Culosum (in charge of right/left brain communication) fail to grow and are reduced in size. Children who have been sexual abuse victims are way more likely to have learning disabilities.

When children do disclose abuse it has been shown that they have less severe side effects if they are responded to in a supportive manner. Action is not likely to be taken on the first disclosure of a child, they most likely have to tell a professional before anything is done.

### Ending Poem

Wee wondering dream,  
Escaped from sustained damage  
By way of the starry soul.  
Oh innocent soul redeem yourself.

## Walking in Two Worlds



TEWA  
WOMEN  
UNITED

By Elizabeth Browne

Kathy Wan Povi Sanchez, a founding mother of the non-profit organization Tewa Women United, was born in 1950 on San Ildefonso Pueblo. She and her husband, J. Gilbert Sanchez, and their four children, Corrine, Gilbert, Liana, and Wayland respectively, still live on the pueblo today. Sanchez is the great-granddaughter of famous traditional black on black potter, Maria Martinez, and became a Master Potter herself. She also has a Master's Degree in Special Education but gave up teaching in order to devote more time to the traditions of her culture. Additionally, becoming aware of the dangers of living in close proximity to Los Alamos compelled Sanchez to protect her people. As Project Manager for Environmental Health and Justice, Sanchez is fulfilling this aspiration. Tewa Women United offers community support for a variety of issues facing indigenous peoples.

When I arrived at Tewa Women United in Española, I was greeted at the door by a warm smile and escorted into Sanchez's modest yet comfortable office. I took a seat across from her and felt my nerves about the process of a formal interview melt away thanks to her calm and soothing presence. With smooth skin and only a sprinkle of gray in her shiny brown hair, Sanchez looks young for her age.

I began by asking Sanchez what it was like growing up on the Pueblo when she was a child. She described a nurturing village filled with communal events. Elders farming, taking care of livestock, women cooking together, feast days and traditional dances are some of Sanchez's fondest memories. She also shared that this sense of security was constantly being shaken by the sounds of sirens and detonations from the city of Los Alamos.

The city of Los Alamos resulted from the U.S. Government taking over a boy's camp to house scientists in 1943. World War II was raging, and the sole intention of the "Secret City" was to develop nuclear bombs. Since the 1940s, Los Alamos has released large amounts of radioactive contaminants into the environment. In the 1993 New York Times article titled, "Trying to Build Secret Weapons, U.S. Spread Radiation in 1950s," Keith Schneider writes, "A spokesman for the Los Alamos National Laboratory said the blasts there might have been part of a research program involving some 250 experiments in which radioactive materials were deliberately released into the atmosphere from 1944 to 1961." Fencing surrounded the town, and a locked gate closed off the only entrance. It wasn't until 1950, the year of Sanchez's birth, that the fences were taken down and public access was allowed.

"Whom did you live with as a child?" I ask.

"My aunt raised me, but I spent time helping my grandparents with the pottery process as well. When I was old enough for school I first went to a BIA school. Then I moved into public school, and was moved ahead from 5th to 7th grade. For high school I went to boarding school at St. Catherine's in Santa Fe, but we weren't allowed to come home to the Pueblo until summer. It was very hard on me to be separated from my community," Sanchez responds.

"Did you face racial difficulties in school?" I inquire.

"Oh yes! Especially since I was placed in '7-1', which is the class for all the 'brains'. They were the privileged white kids, and I was two years younger," she continues. "I was very curious as a child, and my aunt always called me precocious. As a child I asked a lot of questions about the labs, but the adults couldn't give me answers. This was part of my motivation for the work I do now."

"Did you start Tewa Women United?" I ask.

"That is a common misunderstanding," Sanchez replies. "I am among the co-founding women. The organization started in 1989 as a support group for Pueblo women concerned with the traumatic effects of colonization leading to issues such as alcoholism, suicide, domestic and sexual violence. That was the year my aunt who raised me passed away from brain tumors. I really needed support at the time, and I have stayed with them ever since," she explains.

"Do you think Los Alamos's contamination had to do with your aunt's brain tumors?" I ask.

"I am sure of it. My aunt's source of income was cleaning the scientists' houses in Los Alamos," Sanchez says. "The labs have been a constant challenge in my life. One of our campaigns right now at Tewa Women United is to protect the most vulnerable: pregnant women, children, and farmers. We are worried about the future generations, and we want the labs to be more accountable for contaminants in the air and water. Because they are an Active National Military Weapons Complex Chain they are allowed to be self monitoring," Sanchez explains.

In the article, "Downwind from Los Alamos," the lead organizer for Embudo Valley Environmental Monitoring Group, Sheri Kotowski writes, "These explosions release plutonium, cesium, and strontium into the environment. Much of this radioactive, poisonous material remains on the ground, and can easily be spread through seasonal high winds in our semi-arid climate."

Sanchez got married during her junior year of college and returned to the Pueblo. When Sanchez was pregnant she decided not to work off pueblo and began making pottery for income. She later returned to college and made her family proud by being the first in her family to get a Master's degree. She taught on the Pueblo for years, but the elders getting older made Sanchez fear the loss of ancestral knowledge. She once again decided to devote time to her role as an indigenous woman instead of working.

"Was the pay as a teacher enough to support your growing family?" I ask.

"Work for me wasn't whether the money was adequate. It is just to maintain the viability of how I want to live: slow, easy, calming, going with Mother Earth, taking care of family, children, plants, and animals, not necessarily going for a bigger paycheck, trying to please the boss, and get the next opportunity," Sanchez shares. "Balancing the American values that

are a career oriented, fast paced life full of deadlines with my life ways being guided by traditional values and beliefs have always been a challenge.”

“How is Tewa Women United funded?” I ask.

“We get grant money and have private donors. The federal grants require a lot of accountability. My daughter, Corrine, started helping with this, and now she is the executive manager. America might call this nepotism, but it is traditionally appropriate to hire someone grounded in the community. This means they are invested in seeing the organization thrive,” Sanchez says.

“We offer trauma informed services for the negative effects of alcoholism, violence, but mainly sexual violence since another organization offers support for domestic violence, environmental health and justice, and what America would call teen pregnancy prevention. This is another area where our cultural values differ from American values. We focus more on body sovereignty and healthy sexuality instead of preventing teens from having sex. This includes doula services, and the local midwives helping indigenous women to go back to home birth,” she explains. “We also have our circle of grandmothers for praying, guiding, and blessing to support our culture. We have begun to offer support for men, but only after the women are strong enough. We carry soul-wounding lingering from the genocide to present. The effects of genocidal practices are historical trauma and generational trauma, and it is still going on with the way the educational system is set up, the labs being here, our lack of a voice, and being forced into the American culture that doesn’t allow time for our traditions.”

“Have your children maintained an interest in their traditional culture?” I ask.

“I believe they are doing their best to balance the two worlds we live in. As I said, Corrine is the executive director of Tewa Women United, Gilbert is former War Chief, and both he and Wayland are Master Potters. My daughter, Liana, is co-owner of Avanyu LLC, General Contracting,” Sanchez beams.

Speaking with Kathy Sanchez opened my eyes to the challenges of living as a sovereign nation within a culture that has differing values. The education system separates the Native Peoples from their community, both physically and by not allowing time for traditions. This, along with being forced to speak English, undermined the ability of the tribes to uphold their ancestral traditions. LANL continues to pollute the land, water, and air. Alcoholism and violence permeate the tribes, likely fueled by the deep pain stemming from genocide. Organizations like Tewa Women United are indispensable in healing and uniting the communities of the Pueblo People.

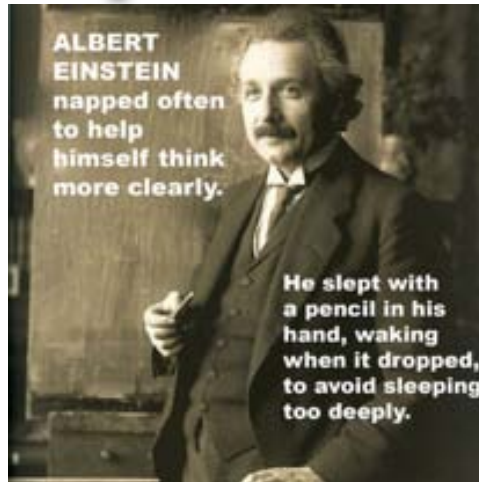
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# Nap Time!



*By C.J. Robison*

Often times the change that offers us the greatest effect is the one that uses the least amount of energy. This certainly is the case when it comes to napping. When I was younger, I seemed to have limitless energy and was so captivated by this beautiful life that I didn’t care to allocate a single moment on navel gazing. Our modern American Culture tends toward encouraging people to go go go, and some may even think napping is a sign of laziness, while other cultures around the world observe nap time by closing all businesses between the hours of 2-4pm. There is plenty of research that suggest that napping is not only a healthy way of moderating the effects of stress, but it boosts cognitive function and physical response times.

**There are three basic types of napping, according to the National Sleep Foundation:**

- Planned napping (also called preparatory napping) involves taking a nap before you actually get sleepy. You may use this technique when you know that you will be up later than your normal bed time or as a mechanism to ward off getting tired earlier.
- Emergency napping occurs when you are suddenly very tired and cannot continue with the activity you were originally engaged in. This type of nap can be used to combat drowsy driving or fatigue while using heavy and dangerous machinery.

- Habitual napping is practiced when a person takes a nap at the same time each day. Young children may fall asleep at about the same time each afternoon or an adult might take a short nap after lunch each day.

What I have discovered is that a 20-30 minute (short nap) in the middle of the day boosts my cognitive performance without leaving me groggy. Find a comfortable quiet place to assume a reclining position, draw your attention inward and gently notice any areas of muscular tension and breath into those areas. If any phrases enter your mind allow them gently float on by. If you have had adequate amount of sleep you are more likely to stay within the 20-30 minute range. I find that after lunch time is a great time to take a nap as napping and digestion both engage the parasympathetic nervous system. This general technique can be use in all types of napping.

Emergency napping when indicated usually happens while driving a vehicle in which the operator is overwhelmed by sudden fatigue. This is a dangerous situation and requires the driver to demonstrate prudent responsibility for the safety of themselves and others on the road. So stop the car and follow the advice of multiple sleep researchers. They recommended that you should drink a caffeinated beverage immediately prior to the nap. Caffeine will take about 45 minute to have it’s effect on the body. Assume a reclining or comfortable position and begin relaxed breathing and gentle observation of thoughts for about 20-30 minutes. The combination has been proven to increase cognitive abilities and as well as enhance reaction time in military pilots.

The negative side effects of napping are sleep inertia, the groggy feeling one feels after a nap and interrupted night time sleeping. Both of these can be avoided by limiting your nap time to no longer than 40 minutes, by avoiding late in the day naps and by having healthy nighttime sleep habits.

There is tremendous restorative potential in the 20 minute nap, and by including it on our to do list, it may be the boost that you need to meet the day in a clearer healthier way.

~C.J. Robison is state licensed and board certified massage therapist, who practices at the *Carnelian Center* in Dixon, New Mexico.

# Medical Marijuana in New Mexico



Steve Jenison, M.D.

New Mexico has had a medical marijuana program since 2007 when the Legislature passed the Lynn & Erin Compassionate Use Act and Governor Bill Richardson signed it into law. The Program provides three benefits to patients who qualify for enrollment: 1) it protects them from criminal liability under New Mexico law for the possession of a defined amount of medical marijuana (i.e., 6 ounces); 2) it allows patients enrolled in the Program to obtain a Personal Production License (PPL), which lets them have 4 mature marijuana plants and 12 immature plants under cultivation at one time (as well as previously harvested marijuana up to 6 ounces); and, 3) it allows them to access one of the 23 larger Licensed Non-Profit Producers (LNPP) around the state. The medical conditions that currently qualify for the Program include cancer, HIV/AIDS, epilepsy, glaucoma, multiple sclerosis, spinal cord injury with intractable spasticity, amyotrophic lateral sclerosis (Lou Gehrig's disease), Huntington's disease, Parkinson's disease, painful peripheral neuropathy, severe chronic pain, post-traumatic stress disorder (PTSD), hepatitis C infection currently undergoing antiviral treatment, inflammatory auto-immune arthritis (rheumatoid arthritis, for example), Crohn's disease, intractable nausea and vomiting, severe anorexia and anyone in hospice care. A person with one of these conditions must submit an application to the Medical Cannabis Program at the New Mexico Department of Health together with a certification from a clinician. The clinician (anyone with prescribing authority in New Mexico: MD, DO, Physician Assistant, Nurse Practitioner) must verify that the patient has the qualifying condition, that the condition is debilitating and that it has failed to respond adequately to conventional treatments. Applicants who seek to qualify under PTSD must have a diagnosis made by a psychiatrist. Severe chronic pain requires a second certification from a clinician with subspecialty certification in pain management. Glaucoma requires a diagnosis by an ophthalmologist. Inflammatory arthritis requires a rheumatologist's diagnosis. Hepatitis C patients must provide confirmation that they are currently undergoing antiviral treatment. Once enrolled, a person must renew their application yearly and the same rules apply (including obtaining a new certification from a clinician). There is currently no fee for applying (although the Department has submitted a rule change that would impose a \$50 application fee) but you do have to pay for the clinician visits. Patient must either grow their own marijuana or purchase it from one of the large licensed producers. To my knowledge, no insurance company currently covers medical cannabis in New Mexico. Details regarding the New Mexico Medical Cannabis Program can be accessed through their website at: <http://nmhealth.org/about/mcp/svcs/info/>

So why medical cannabis? Anecdotally, people have reported that cannabis relieves nausea and vomiting, increases appetite, relieves chronic pain, decreases seizures, improves glaucoma and lessens the symptoms of PTSD. We now know that humans naturally produce substances (endogenous cannabinoids) that are biochemically similar to the compounds found in marijuana (exogenous cannabinoids). These human endogenous cannabinoids are chemical signals that act upon cannabinoid receptors on cells, mostly in the brain and immune system, affecting nerve transmis-

sion and modulating immune responses. The major exogenous cannabinoids in marijuana (THC and cannabidiol, or CBD) act on the same cannabinoid receptors as the human endogenous cannabinoids but have different effects. The observation that most of the conditions for which people report improvement with medical cannabis are either neurologic conditions (multiple sclerosis, epilepsy, ALS, Huntington's disease, Parkinson's disease, spasticity, nausea, peripheral neuropathy, PTSD, etc.) or inflammatory diseases (arthritis, inflammatory bowel disease) makes sense because the major activity of marijuana cannabinoids is on pathways in the nervous system and in the immune system. The two major cannabinoids in marijuana have different effects when compared to each other as well. THC has psychoactive properties (widely known) and significant effects upon nerve transmission; cannabidiol (CBD) has no psychoactive effects and has significant effects upon inflammation, especially within the nervous system. There has been a flurry of media attention around the apparent benefit of cannabis oils containing high concentrations of CBD on childhood epilepsy syndromes. There are now strong human clinical trials data that support the effectiveness of medical cannabis in the nausea and vomiting associated with cancer chemotherapy, painful peripheral neuropathy and anorexia associated with HIV/AIDS, pain and spasticity associated with multiple sclerosis, and spasticity associated with spinal cord injury. Unfortunately, the Federal Government has systematically obstructed research on medical cannabis, in part by maintaining marijuana as a Schedule I narcotic, so there is limited information for other diseases for which patients report significant relief (PTSD, for example). It is hoped that, in a regulated medical cannabis environment like New Mexico's, patients, clinicians and producers will be able to learn better which strains of medical cannabis have the best mix of cannabinoids for a certain condition and a particular patient. And in time, I believe that the genuine and profound experiences of people who have gained relief from medical cannabis when conventional treatments have failed them will be substantiated by medical research, allowing a better understanding and a broader acceptance.

I'm happy to answer questions about medical cannabis and the New Mexico Medical Cannabis Program.

Steve Jenison, M.D.  
stevenjenison@windstream.net

Steve Jenison is an Internal Medicine physician and Infectious Diseases specialist who served as the first Medical Director of the New Mexico Medical Cannabis Program from 2007 to 2010 and as Chair of the Medical Advisory Board to the Medical Cannabis Program from 2010 to 2013. He continues to advocate on behalf of over 10,000 New Mexicans currently enrolled in the Program

## Carnelian Center Practitioner's List:

**Sarah Grant** practices a Japanese Acupuncture in the style of Kiiko Matsumoto. This style involves gentle touch of various areas, predominantly the abdomen, to get information about where to place needles. The needles are thin, and inserted to shallow depths, making the treatments quite painless. Treatments last 1 to 1 1/2 hours. Acupuncture is good for a variety of bodily imbalances including pain, headache, insomnia, allergies/asthma, fatigue, hormonal issues, and autoimmune disorders. Acupuncture treatments can be used to maintain good health. It has no negative side effects! To contact Sarah for an appointment or for questions, 505-992-1963, or [sarah@farmersmarketsnm.org](mailto:sarah@farmersmarketsnm.org).

**Lluvia Lawyer Aby** is a massage therapist who blends Deep Tissue, Swedish, Visceral-Somatic Shiatsu, Treager and Polarity in her work. She also uses the energies of Reiki and Aka Doa. Her specialty is Core Synchronism which is a deeply relaxing, safe and gentle bodywork method. 'Core' is based on the philosophy of natural therapeutics, cranial osteopathy and polarity therapy combined to form a new approach. It works by balancing the tissues, bones, organs and fluids of the body with the energetic self thus bringing the person back into a stronger, more centered state where

healing takes place naturally. Lluvia enjoys working on children and infants as well as adults. Lic.# 1902 Contact 505-689-2641

**Elizabeth (Liza) Carson** has been a Licensed Massage Therapist since 1995. One of Liza's strong points is her comprehensive understanding of the human anatomy. Her specialties include, but are not limited to: deep tissue and Lomi Lomi (traditional Hawaiian Massage, involving long fluid strokes using lots of hot oil). Although her body work tends to be deep and physical, she also brings a gentle sensitivity to her treatments. Liza loves doing Prenatal Massage and is a midwife intern soon to be a licensed Midwife. To schedule a massage or for information regarding pregnancy and/or childbirth call: 505-579-9131

**Maria Chilton** has 16 years practicing massage therapy. Her forte is her ability to spontaneously incorporate various modalities to suite the individual's needs in the present moment. The techniques she calls upon include traditional Swedish massage, deep tissue, polarity therapy, shiatsu, Reiki, reflexology and cranio-sacral. For the past ten years Maria has made hot stone massage a specialty. "Bodywork is an art form. The client is the canvas while the body worker's hands, heart and intuition are the medium. The healing experience is the finished piece". Maria is also the owner and operator of Little River Remedies, a small herbal apothecary. For a massage appointment or an herbal remedy contact Maria @ (505)579-4321 or e-mail: [mariaachilton@hotmail.com](mailto:mariaachilton@hotmail.com)

**Bettina Lea** has been practicing the Electro-Sculpture Body Wrap System for over 20 years. Immerse yourself in the rejuvenating and invigorating experience of the *Electrosculpture Body Wrap System* which tones and tightens your skin, promotes weight loss and reduces stress and tension. A unique and healing experience like no other! Santa Fe location or specific days at The Carnelian Center. Contact Bettina @ 505-366-9913

**Cindy Stone**, T-Touch Animal Therapy, Herbal Products, Dixon. Western Herbalism, based on the philosophy that what medicinal plants grow in your area, are the ones most likely that you will need for your wellbeing, is what my herbal skin care, healing salves and teas represent. It is a philosophy and way of life and is here for all to experience. I am also a T-Touch practitioner, helping animals heal from injury, illness, behavioral problems or trauma, through various touches and wraps. The T-Touch works on the nervous system and awakens the animal more to it's own intelligence through cellular communication. To learn more about Wild Earth Remedies check out [www.wildearthcreams.com](http://www.wildearthcreams.com), or to find out more about the T-Touch or schedule an appointment you can contact Cindy Stone at 575-613-0211.

**Kate McDonald**, Flower Essences, Offering appointments with Bach Flower Remedies, Robert Stevens Remedies, Reiki, and a graduate of Southwestern College Grief Counseling Program in Santa Fe. I have been working with Bach Flower Remedies since 1981. These flower preparations are made using homeopathic practices. They work with the person rather than focusing on a disease, bringing us back to our true nature, helping to free us from negative internal states. In 2009, I began using the Robert Stevens Remedies. Stevens is the Director of The School of Natural Therapeutics in Albuquerque, and also the developer of Core Synchronism. His remedies are an evolution of flower healing addressing our more modern stresses and their manifestations. These Remedies can produce many positive internal shifts, from subtle to dramatic that create greater ease and wholeness. Flower Remedy appointments may include only prescribing the Remedy or the Remedy with a consultation. Contact Kate @ 505-579-4296.

**Cathy J. Robison**, #6599 is a licensed massage therapist that offers anatomy based therapeutic massage for health. Often times when we are recovering from injury or insult it is a challenge to sense the inherent health of our bodies. Through therapeutic touch we are able to access states of relaxation that reauthorize our creative connection. Holistic restorative services include nurturing massage, deep tissue massage, and reflexology. call C.J. at 505-670-6124 to schedule. an appointment.

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