



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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HAPPY WINTER



Spring is in the air...

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Discover The Healing Essence of Flowers with Kate McDonald



By C.J. Robison

A couple weeks after the studio tour in Dixon I had an opportunity to meet up with Dixon resident, farmer, and flower remedy healer Kate McDonald. It was the first real wintery day of the season. I arrived at the Carnelian Center a little early to turn up the thermostat in the treatment room known as Luna. Come to find out that it was hardly necessary as Kate radiates warmth, compassion, and a tempered astuteness that inspires thoughtful dialogue and encouragement for those that wish to go a bit deeper into the being of things.

What happened that afternoon was nothing short of amazing as I view the art of conversation a bit like time traveling. So rather than offer you a bio of her degrees and training which are noteworthy and can be found on the Carnelian Center web site (www.carneliancenter.org), I would like to invite you into an enchanted hour that spanned lifetimes, oceans, and more.

Kate was first introduced to flower remedies when she was 28, when living in an intentional spiritual community that was started by Sun Bear. After having received several Bach Flower Remedies from the Medicine Helpers, she was asked if she would like to practice prescribing remedies for other community members. "Of course I was very interested" said Kate. The Helpers worked with a pendulum to prescribe the flower remedies. Kate learned that method and has found it to be very accurate. "Rather than using the brain to prescribe, the pendulum offers a bit more access to subtle information as well as taking some of the pressure off the client to articulate the situation that they are seeking help with. A client does not have to share any information if they do not feel comfortable doing so. In the last thirty two years I have come to trust this method of diagnosis" says Ms. McDonald.

Kate purchased her first set of flower remedies from The Dr. Bach Healing Center in England. In 2009 Lluvia Lawyer-Aby, founder and president of the Carnelian Center gave her another set of flower remedies that were created by Robert Stevens, NTS, CCSP, ND and director of the New Mexican School of Natural Therapeutics. Kate works primarily with these two sets of flower essences. I was wondering how Flower Remedies came about as a school of medicine.

The original Flower Remedy physician was Dr. Edward Bach (1886-1936). His work emerged out of the school of Homeopathic medicine which was created by Dr. Samuel Hahnemann. Dr. Bach taught that the basis of disease was to be found in disharmony between the spiritual and mental aspects of a human being. For this reason the remedies he prepared were for the treatment of the mood and temperament of the patient, not for his physical illness. By increasing health, the remedies help the body to more easily throw off disease. Dr. Bach referred to Dr. Hahnemann:

"He saw that new illnesses might arise owing to altering circumstances of civilization, and that new remedies would have to be sought. Again his genius comprehended the fact that in Nature might be found an infinite number of remedies to meet all occasions that might arise."¹

¹ Robert Stevens' handout: Flower Medicine

Dr. Bach searched for these cures in Nature. During this time he experienced the negative mental and emotional states that he catalogued in his treatise "The Twelve Healers". This work lists all the remedies and the states they relieve. He said that while he was afflicted this system of healing was Divinely revealed to him. There are 38 remedies in Dr. Bach's remedies and a few more than that in Dr. Stevens' remedies. Dr. Stevens would search for plant cures in a similar way. When they were drawn to the plant, they would pick the plant in the morning and soak them outdoors in spring water for a short time and then add brandy or some kind of alcohol to stabilize the infusion. This infusion is known as the mother. A small amount of the mother is used to make individual remedies.

Dr. Bach believed that the ills of the heart and the spirit must be the focus of the healer's attention. "The bodily ills are symptoms." He goes on to say that it is "... our fears, our cares, our anxieties and such like that opens the path to the invasion of illnesses."² Kate explains this further. "It goes both ways: if we have a flu or some sort of physical affect it can also be expressed emotionally or mentally. It is not to say that disease originates only in the mind. It can occur on multiple levels, and they can work in either direction." She goes on to say "...that many medicine modalities are primarily concerned with the gross expression of disease. Flower remedies are suited to treat the more subtle cues of our state of health, (e.g. mental and emotional states.) that Dr. Bach believed were the precursors of disease. They can effect health pos-

itively by treating these conditions.” When having a physical condition like hypertension, diabetes, or cancer we can also, through this physical expression, look at the emotional, mental, or spiritual symptoms. The Flower Remedies can gently and positively affect all levels of health. We want to treat the whole being in how one relates to their soul or spiritual self.

² The Bach Flower Remedies: Heal Thyself by Edward Bach, M.D. 1931

Kate had a very interesting explanation of the immune system:

The immune system is the communication between our physical body and our spiritual self, or our true being, not just the mental chatter but who we really are. Our immune system responds to our wishes, to our thoughts, to our beliefs, to the people that are around and how powerful their effect on us is. One thing that is true in our culture (USA) is that we always try to push through when we start to experience signals such as tiredness, or being “off”. We say “When I finish this I will rest”. The immune system is communicating to us that something is not right and instead of saying “I will take care of this later”, we should immediately attend to what the request is. What happens when we continually ask our immune system to wait to be supported is that its functioning decreases. Then when we come into crisis we want our immune system to work really well. But we have been telling it to wait for so long, how can we expect it to suddenly leap up and be there? The more we listen to our body in the moment and give it what it needs, even if it is just a sip of water and a rest for a few minutes, really helps to foster clearer communication internally. If we do this then when we do become sick we can ask with our intention: “What is it that will support me?”

The flower remedies help to support this communication within ourselves. Sometimes this means that we may not gain specific mental understanding or direction but will have a greater feeling of ease. People oftentimes can have an immediate, positive response to their remedy. Kate is always there for the first dose.

Kate is a graduate from Southwestern College's Grief counseling program. Though she has never worked as a grief counselor in a “grief house” or program, the awareness of what she learned is there. She studied with Janet Schreiber, PhD who started the program at the school.

Kate offers this observation of grief:

I would say that in our culture grief is one of the most feared and disrespected states that we go through. Now we can get maternity leave but can we get death leave? If you lost your father after years of battle with cancer can you get time off for that with pay? Often times the advice that we receive is that of denial. Buck up, and get over it. In Hamlet there is a dialogue that takes place that raises the issue that since death is natural isn't it a sin against God to have undue grief? So in this culture we are asked on almost every level to suppress our feelings. Of course we know that suppressing our feelings is not healthy and can lead us on a path to a health crisis. We can

have grief over many kinds of losses, not just the death of a person.

Sometimes people come to her for a remedy to help them deal with the feelings that they are having around grief. Perhaps feeling guilty for crying, for being short tempered, or for being unable to concentrate at work. “The thing about grief is that it is a non-linear experience that marks us, and to the degree that the grief is conflicted marks us more and more heavily” says Kate. Conflicted grief is usually a result of unresolved issues or of experiences that didn't feel right, that we didn't clear with that person. An example that she gives of this is “Let's say that perhaps we are abused physically by our father and we love him. We may experience this conflict internally because these experiences are incongruent. Maybe he did not abuse us all the time only when he was in a “state”. Another example is being relieved that you do not have to visit your sick relative in the hospital when they die. That can make us feel guilty. These experiences can really set us up to compromise our immune system. “ We are speaking of our internal experience to such a degree that it really says how complex our experiences are. So finding a way to clear our emotional bodies is very important.

Our culture encourages us to be positive but Kate reminds us to accept all our experiences. Learning to recognize the negative judgments we place on our emotions can help us pass through these experiences. Her advice for those who may be experiencing grief is to share where it is safe and acceptable and maybe get professional help with a therapist that has had some training in the grief process. Every feeling we have is authentic. The Flower Remedies are there to help us bring all parts of ourselves into alignment; we can be gentler with ourselves without the need to defend our experience. Often times these states will then pass more quickly. Everything changes. It is when we are in a rigid mental space that things persist. The remedies can give us the spaciousness to help us see another way of looking at things.

Flower remedies work on any sentient being. They can be taken internally, topically, or in a spray bottle, and in conjunction with smudging. Children seem to benefit quickly from the remedies because they have less filters; similar with pets. Plants can also be treated. The dose is four drops several times a day. If you quit taking your remedy you will not lose ground. You will not become dependent on the remedies and when you stop using one your gifts will remain.

Kate also makes rose water, rose tincture, rose infused oil from Dixon roses, and other herbal products at her farm, Singing River Botanicals.

I want to thank Kate for being such a generous soul and offering such a wonderful conversation for this season's newsletter.

For more information about Kate please visit our website at www.carneliancenter.org.

To schedule an appointment with Kate, contact her directly at 505/579-4296.

Emotional Enlightenment



~Approaching The Inner Sanctuary of the Heart~

By Paul Shippee

Peeling away the protective layers of our habitual patterns of thinking and reacting we come to vulnerability, soft spot, the inner sanctuary of the heart. Things are no longer black and white, either-or, but we enter the tender areas of felt experience and glimpse previously unknown realms of our being. Compassion and empathy can now come alive as felt experience.

For emotional healing to take place we move from exclusively head-thinking to the open fields of heart-thinking. As Rumi said, “Somewhere out there beyond ideas of right and wrong there is a meadow; I'll meet you there.” We discover unexpected aspects of ourselves that feel strange but good. We would like to claim these aspects because we sense the power of truth in them. As we let go of automatic and familiar judgment and blame reactions we discover hidden adversaries that are termed shadow and shame and blame. Those names point to all the conditioned ways we have covered over our heart, pushed the world away, sabotaged relationships and condemned ourselves with limiting beliefs by suppressing unwanted emotions like fear, sadness, hurt, grief and joy.

There is always some ambivalence in working with emotional healing. As we uncover, see and own shadow aspects of ourselves we also glimpse the authentic aspects and begin to feel the power of befriending both of these.

Emotional healing is a lived and felt experience full of wonder, sadness, grief and joy. It is not an easy journey but is rewarded with delicious empowerment and a grounded satisfaction with who we really are. We find we can see through and abandon deception, confusion and hiding as we discover the raw directness of liberating honesty. Things become real and vivid and true as we learn ways to deal with uncertainty and change.

Working with emotional healing often feels like trying to catch the wind with our bare hands. The experience of transformation, transition and change feels elusive and slippery as we expose our old obstacles to authentic presence and true compassion. As the hidden fortresses of blame and shame and judgment begin to crumble and slide away from our grasp we may feel alternating mixtures of relief, surprise, fear, open-heartedness, tenderness, fresh air and homecoming.

Suddenly, the old fixtures of defense, aggression, impatience and fault-finding reveal their mask – their superficial lack of authenticity- and we begin to see the world in a new brilliance and also to feel the presence of nowness in our body. Even deeper and more subtle, we begin to touch the profound inner sanctuary of the heart. Strength and courage flow from somewhere in our being as fear and lack of confidence melt away. With this freedom comes a responsibility to stay connected with our feelings and needs and to enjoy an empathic presence with all beings.

Where Science and Intuition Unite: Exploratory Review of Sensei Joyce Durling-Jones and HoShinDo- Japanese Meridian Apitherapy



By Melanie Kirby &
Joyce Durling-Jones

Ho indicates the law or method **Shin** denotes the core, the heart and spirit.

Shindo describes the science of bee vibration **HoShin** is the vibrating stinger of the honey bee **Do** is the way or the path **Hoshindo**, the Way of the Bee.

Science. Health. Intuition. Healing. These words reflect, through different perspectives, varied apitherapeutic foundations. More recently, science has come to support and expound upon what others, in countries across the globe, have found to be healthy and healing apitherapy practices. Hoshindo is a Japanese word composed of several ideograms. HoShinDo evolved from the historical and cultural exchanges between China and Japan which began during the Tang and Sung Dynasties.

For many moons, man has been intrigued by the mystery and marvel of honeybees and their gifts. Some of us become so enchanted with honeybees that we chose to become their keepers. And for some of us, this attachment penetrates deeper as we find ourselves wanting to also be their guardians. This article is an exploration of one path to being a Guardian of the Honeybees and also its inclusion scientifically, and intuitively as a viable and profound healing practice.

The mysticism that may arise need not be ridiculed, for science complements its physicality. But spiritually...and emotionally, what does the HoShinDo Japanese Meridian Apitherapy path provide that takes us beyond the scientific and how is it inherently different from what is commonly known as ‘apitherapy’?

I first met Joyce Durling-Jones in 2006 at the inaugural Santa Fe, New Mexico bee club meeting. At that meeting, there were 20 of us who all responded to an ad in the back of the local weekly Reporter inviting those interested in keeping bees, and those who are keeping bees to converge and socialize. Few of us knew each other. We each took turns introducing ourselves and our interest in honeybees. Joyce’s story stood out and to this day, her history, and her introduction to HoShinDo, are unforgettable.

Voyce transcended the meeting with not only her story, but with her radiant and youthful presence. She is 78 years old. But to me, and everyone who meets her, you would think she is barely approaching 50. She used to be an art ambassador abroad. Her job took her around the world. And on one such trip to Japan, she had the unfortunate mishap of twisting her knee right before her trip. She did not cancel but was sure to tell her escorts that she had a badly injured knee and was concerned that she wouldn’t be able to visit all the shrines lest climb all the steps up to them with her injury. Her concerned hosts led her to a woman...and not just any woman, but a woman healer, a HoShinDo practitioner.

Voyce did not realize what this woman was preparing to do. But her healing experience in the care of this practitioner would change her life, and her professional calling forever. This practitioner, had had a dream: a very vivid and intuitive dream that spoke to her of a foreigner apprentice who was meant to take the teachings of HoShinDo to the west and to share this knowledge of health and healing. Voyce reminded her practitioner that she had a profession already and was quite busy. But as she boarded the plane home to the U.S. and settled into her seat for her return flight home to New Orleans, she opened the letter that her practitioner had gifted her. Inside was an invitation to return to study HoShinDo and also a paid ticket to return. How could Voyce decline?

“The practice of HoShinDo is based upon the concept that within the cultural code of this healing art which uses the medicines of the Honey Bee, lies a great power to heal and to unfold health. The Practitioner follows this Path, becoming a Keeper and Guardian of the Bees and the dispenser of a unique method of therapeutic healing with the medicines and foods of the tiny honeybee.”¹

A “Great Power to heal and unfold health?”. What is this power? And who is eligible to become a practitioner? What exactly is this unique method of therapy? Is it strictly scientifically based? Or do its roots lie in our cosmic connection to the universe and to our fellow beings on this planet we call Earth?

The answers to these questions are worthy of discussion for this is where intuition comes in. And this is where HoShinDo Japanese Meridian Apitherapy branches off from standard apitherapy. It is also where science unites with intuition through a particular cultural perspective and protocol. This union manifests into a unique method of therapeutic healing.

This unique method is particular to Japanese custom and is also influenced, in part, by the person and personality of the practitioner. Voyce is very American – ethnically. She grew up in Louisiana of German and Cherokee descent. Her life exposure has sculptured her to be diplomatic, and quietly regal. She recalls her first memory of honeybees as being in her grandmother’s kitchen and her uncle bringing in a large tub that was sticky and oozy and had bees swimming around in it. When she asked her grandmother about it, her grandmother said, “the bees bring light and magic.”

This imagery lingers and in all knowable sincerity, is indeed truth. Apart from candles for lighting, the bees indeed have brought more magic. Their purpose here on this Earth we call Mother, may not be of immediate recognition, but all the more mysterious and alluring. Humans in numerous cultures have deciphered some of the magic and created means and methods of applying bee products for health and wellness.

In HoShinDo- pollen, honey and royal jelly supplements may be prescribed along with bee venom therapy. However, as conventional apitherapy applies the whole bee when administering stings, HoShinDo utilizes only the stinger and applies B-TAPS which are multiple taps applied with a single stinger in distinctive acu-points along the body.

We cannot say that this form of apitherapy cures any particular disease. Yet, Voyce has volumes of evidence from the various patients that she has been serving for the past 12 years indicating positive effects from their HoShinDo therapies. Japanese HoShin is a painless therapy in the treatment of degenerative diseases and other ailments with an inflammatory or auto-immune nature, as well as being useful in preventative medicine, acute health injuries, and issues of longevity and anti-aging. From those with allergies and blindness to cancer and lyme disease- HoShinDo-Japanese Meri-

an Apitherapy has been able to complement treatments and to offer a holistic, and reverential approach to conventional apitherapy. The Master (Sensei) and Practitioners (Ryoho) of the Hoshindo Healing Arts Institute, as Guardians and Keepers of the Bees, honor the ancient tradition of Hoshin under the guidance of the Hoshindo Society of the Americas. Sensei and Ryoho follow Hoshindo within a cultural code of fine art, sound, mantra and ceremony. They practice this healing art, observing the interplay of the phenomena of nature and the Honey Bee, while deepening their understanding of the art of life and the art of death.

¹ Taken from <http://www.hoshindohealingartsinstitute.org/bio.html>

In following the tradition of Hoshindo, practitioners learn to focus attention, creating a listening attitude that permits tenderness to manifest. This can lead to fearless mind, profound composure, and compassion – all important qualities in the successful practice of Hoshindo.

The Hoshin Protocol is as follows: Honey Bee venom activates the immune system as administered through the delicate skills of a HoShin Ryoho, who first takes the Health History Akashi, followed with a discussion of current symptoms. Next comes a simple preliminary test for venom sensitivity.

The HoShin Ryoho then takes the Pulse Akashi, the twelve pulses on the wrists, and an initial healing plan is determined based on the traditional Five Elements Theory and the patient’s symptoms. A treatment session begins with the Ryoho gently tapping a Honey Bee stinger directly onto specific Tsubos (vital meridian points on the body). This procedure allows maximum control with little or no discomfort for the patient.

While HoShin is a painless form of bee venom therapy it may produce a slight tingling sensation. As the hour-long Hoshin session proceeds, the body begins to release soothing endorphins, creating a sense of well-being and relaxation. The homeopathic effects of bee venom are associated with the mobilization of the body’s protective forces. The Honey Bee has a minuscule stinger which catches only on the epidermis - the outer layer of skin. As this occurs, a micro drop of venom is emitted onto the skin surface, which acts like a blotter, absorbing homeopathic amounts of the medicinal properties of the bee venom.

The immune system perceives the venom as a foreign protein, instantaneously triggering its defenses, and breaks down the venom at the site of the sting, creating a warming sensation. Thus, by making an acute condition of a chronic problem, a complex but gentle sequential reaction is created by the body. The therapeutic properties of the bee medicine stimulates the body to heal itself by waking up its defenders. It is a way of quietly guiding a perhaps compromised immune system to find its way home again.

Hoshin also creates a rapid healing response to physical traumas and injuries, and sends regenerative signals throughout the body’s energy channels. Research in East Asia has found that certain Tsubos are strategic conductors of electronic signals. Stimulating these points along the meridian channels enables these signals to be relayed at a greater speed than under normal conditions.

The Hoshin technique appears to trigger the flow of pain-reducing biochemicals and of immune system cells to specific sites on the body. Hoshin therapy also releases four different neuro-transmitters, critical in improving cognitive brain functions. The Bee Venom contains many therapeutic properties including Mellitin which is proving to be a more powerful anti-inflammatory than cortisone, and without the side effects. This makes it very effective in conditions such as arthritis, and other inflammatory and auto-immune disorders.

Hoshindo presents a unique scientific system in modern healthcare based on traditional practices in Japan and the Americas. The HoShinDo Healing Arts Institute (HHAI) is the first private institute of its specialties and kind in the West. It provides a special niche within the field of East Asian and Oriental Medicine in the Americas. Recent graduates are the recipients of a unique healthcare approach that is perfectly formatted to fit in with other independent complementary practices in both oriental and western medicine. Visit www.hoshindohealingartsinstitute.org for more information.

In Memory Of Estevan Arellano



He was born in a time when people worked the land
 Into a world where the sun rose and set with simplicity
 An existence where the heart was dedicated
 And family was everything,
 Inside an adobe nest
 Under the turquoise sky
 Where sheep were brought up to graze in the summer
 Where children learned how to plant the seeds of chile
 and corn
 in the natural course of growing up
 Where things were real and hard

Here the acequia was the treasure, the source
 Spreading pathways, veins of community
 Bringing life to the parched land
 Spreading like silver over the fields and down the rows
 Where the metal blade of a hoe became a caring tool
 directing the water, blending the smell of mud, soil,
 plants and sweat
 with the sound of water and the breeze through the leaves
 He followed the water down in the spring heaving out
 leaves and branches from the chill water
 Letting more flow back into the river when the rain fell
 heavy

He went out into the world to gather knowledge
 And in his youthful wisdom, he brought it back to his
 valley
 he worked with it, nurtured it, sculpted it
 he was a cultural icon
 And an everyday person
 Sitting and sharing the food
 The rich smells from Elena's kitchen

Why is his loss so great?
 Because we need someone who cares that much
 Someone who has the ability to pull others in
 To purpose, to dialogue
 Who doesn't get lost in the tide of society
 Someone who remembers
 Who carries the stories.

A man with great character
 who colors the world around him
 As this simple heart-felt life becomes another history
 May we harvest something from his story
 Remember to treasure this way of living
 Remember to grow.

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 sarahg@farmersmarketsnm.org

Luvia Lawyer Aby is a massage therapist who blends Deep Tissue, Swedish, Visceral-Somatic Shiatsu, Treager and Polarity in her work. She also use 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. Luvia 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: mariachilton@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 *Electrosulpture 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 TTouch practitioner, helping animals heal from injury, illness, behavioral problems or trauma, through various touches and wraps. The TTouch 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, or to find out more about the TTouch 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 resource 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

Disclaimer

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