



# 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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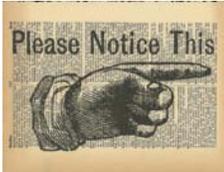
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## Listen To Your Messages



By A. Schaeffer-Pautz, M.D.

Physical and spiritual activities work in the events of life. Positive and negative outcomes such as joy and accident leave their traces on the path of life. These biographic events can be understood as messages revealing things we need to work on. We can ask what our own biography means and what the messages are trying to tell us. However, we may not always get the message or understand it fully.

Because it is fundamental, biography can play an essential role in medical treatment. With the right training, a medical doctor can assist us in understanding and working with the life events our biographies hold. With the doctor, we can take action on these messages to help us alter – or steady – our course along the path of life and healing.

How life affects us on the one hand, and how we respond on the other, form two parts of a whole. It is not just a play on words to say that “holistic” is both “holy” and “whole”. When a life event is severe enough, the whole is disrupted. For this reason, Edgar Cayce says “disease” should be pronounced as “dis-ease.” The physician can observe how biographic events, when left unresolved, may manifest as functional or physical symptoms, or go deeper into the physical body, leading to disease.

As many know from experience, the events of life often repeat until we finally “get it right.” That is, until we not

only get and understand the event’s message, but also when we learn how to work it through. When we don’t listen to and implement the message, “destiny” repeats itself. Similar circumstances are attracted over and over again if not corrected and healed. This rhythm of accident and opportunity is like a pulse of messages full of meaning.

In the holistic sense of holy and whole, the term “anthroposophy” is aptly applied here. “Anthro-po-sophy” means “wisdom of Man.” It is the wisdom we all have. That is, we have ability to consider the whole human being, both physical, where the life events manifest, and spiritual, where biography resides and functions.

As part of the medical practice, an anthroposophically-trained medical doctor listens to and evaluates a patient’s biographic messages, comparing them to the ideal whole human being. In turn, through the use of dialog and counseling, without drugs – even without nat-

ural remedies – the physician is able to intervene through awareness and participation. This helps his or her patients take active charge of life, reduces the attraction of accidents requiring medical services, and may prevent disabilities.

By applying the messages of biography, the physician strives profoundly to assist patients in their own efforts to learn, balance, heal, and live well. An anthroposophic medical doctor can also support a patient using holistic remedies from the disciplines of naturopathy, homeopathy, and nutrition, as well as with therapeutic eurythmy, which works deeply with the rhythms of life.

As in taking the heart's pulse, the doctor reads the pulse of life's events, relaying them to the patient to work on freely in healing. A balanced life takes the "dis" out of dis-ease.

Dr. A. Schaeffer-Pautz, M.D. is board certified in both internal medicine and holistic medicine. Educated in several of the original Waldorf schools, she is also a diploma graduate of a four-year eurythmy school in Europe. With training and residencies in both the European and American medical systems, she holds the German equivalent of an M.D., as well as an additional M.D. license here in the U.S. in Florida as well as New Mexico. Of about fifty anthroposophic physicians in America, she is the only one practicing in Florida. Dr. Pautz heads the Persephone Healing Arts Center in Jacksonville Beach. The center provides wide-ranging services including unique adjunctive treatments for advanced diseases, extensive counseling, as well as serving children, and those with special needs. First-time visits are two hours or more. (904) 246-3583.

As of October 2015, Dr. Pautz will be practicing medicine on a consulting level in New Mexico, where she will visit a few times during the year.

## Gratitude Starts with Noticing



By Antonia Montoya, MS, CHES

In this moment I am grateful for the sweet taste of mango sticky rice with the mango slightly green its tartness bright against the rich creamy sweetness. I am grateful for a break in my busy day sharing smiles and thoughts and plans with my mom and dad; what a blessing to be so close to them. I am grateful for capturing my ridiculous dog's awkward smile on camera.

Many of us know the immeasurable value of gratitude. Though there are countless ways to practice gratitude, today we will delve into one: a daily written gratitude practice. Simply write down 3 or more things you are grateful for each day. Answer the simple question: What are you grateful for? Answer it again and again on good days and bad. What will you discover about yourself when you are open to possibilities? What gratitude will you find? Writing down your gratitude is the main act of this practice but it is an act in three parts.

First, take notice. The most important and overlooked step is simply noticing. We can't be grateful for something that we don't notice. Slow down and look closer. What do you see that you've never noticed before? Our brains are always working to define and categorize. With your noticing practice you can see the world in a different way. See with curiosity instead of finding quick answers. This might sound time consuming but you can do this while you walk, while you play with your children, while you work, while you brush your teeth. Busyness need not be an excuse. Noticing the good in our lives takes no extra time. You might not have time to stop and smell the roses but you definitely have time to notice them.

Second, appreciate. Once you've noticed, now you choose how you will respond to it. Will you complain, appreciate, or some other response? Appreciation isn't always the easiest choice especially for life's challenges but the more you choose appreciation the easier that choice will come the next time. Choose gratitude. But don't choose gratitude platitudes. Speak from the heart and let your authentic gratitude shine through. One tip I have for authentic gratitude is to share many details. The more details you write, the truer your gratitude is in that moment. You might think about what you are grateful for each day but I challenge you to take this one step further by writing it down. We have hundreds of thousands of thoughts each day. Writing down our gratitude helps to give it more importance than just a passing thought.

Finally, share. There is nothing as beautifully contagious as genuine gratitude. Share your gratitude and others will naturally think about what they are grateful for. What a positive way to inspire and help others. Many of us have people we want to help whether our clients, our loved ones or the entire world. As a health coach, with many years of non-profit work and volunteerism, I have strived to help others. In that time nothing I have done has positively impacted more people than sharing my own personal authentic gratitude. I choose to share my gratitude on Facebook and I have done so well over 1600 times. In that time I have had exhilaratingly blissful days and devastatingly sad ones and everything in between. Sharing authentic gratitude is the ultimate gratitude inspiration. It shows people a path forward and also gives them a few topics to focus on. It is a great way to connect with others. It draws people near.

These beautiful connections, happiness, an increased sense of wonder and even better sleep may be the results of your gratitude practice. But don't aim there. Be present. Be fully here in this moment; noticing, appreciating and sharing, come what may.

About the author: Antonia Montoya, MS, CHES, is a health education specialist with well over a decade of experience including presenting her work to international, national, and state conferences. Not only is her work evidence-based, it is meaningful and brings people together. Great things happen when you notice, appreciate and share your gratitude. All of us interconnected, fulfilled, full of wonder,

healthy, wealthy, and well. Join us. <http://ourgratitudecollective.com>

## Fascia



By James "Hal" Dyer

Fascia? What is it? What purpose does it serve? Can this be what is causing me pain? Can it be fixed? These questions and a few others I will try to answer as best I can. My name is James Dyer, LMT 6329 (commonly known as Hal) and for more than 5 years now I have been studying about and working with fascia. I work in the traditions established by Ida Rolf as taught to me by Jan Sultan who has more than 45 years experience in the field.

Tabors Medical Dictionary defines fascia as "A fibrous membrane covering, supporting, and separating muscles (deep fascia); the subcutaneous tissue that connects the skin to the muscles (superficial fascia).

The muscle-bone concept presented in standard anatomical description gives a purely mechanical model of movement. It separates movement into discrete functions, failing to give a picture of the seamless integration seen in a living body. When one part moves, the body as a whole responds. Functionally, the only tissue that can mediate such responsiveness is the connective tissue (Schultz L, Feitis R. The endless web. 1996).

Ida Rolf, developer of the technique of Rolfing Structural Integration, describes fascia... "verbally, fascia is often confused with muscle. Muscle is enclosed within the fascia, as the pulp of an orange is contained within its separating cellular walls. Just as it is possible to extract the juice and pulp of an orange and still have a shell that retains its shape, so it would be possible (in theory, at least) to remove the muscular pulp in a

body from its fascial envelope, leaving its external form relatively intact. Muscle is a highly contractile and responsive unit: fascia is less so. As a protective layer, it must be more stable. In the myofascial system as a whole, each muscle, each visceral organ, is encased in its own fascial wrapping. These wrappings in turn form part of a ubiquitous web that supports as well as wraps, connects as well as separates all functional units of the body. Finally, these elastic, sturdy sheets also form a superficial wrapping serving as container and restraining support for the whole body- this is the so-called superficial fascia, lying just underneath the skin." (Rolf, 1977).

An analogy once used by Jan Sultan to describe fascia was to imagine a full body, fascial stocking with slits/pockets into which you pour muscle tissue. Put the bones in to act as spacers along with tunnels for fluids, place organs in their own pockets/cavities, add the nerves and voila! A human. And in much the same manner as a run in the foot of the stocking can distort the entire article, trauma in one area of the body may cause fascial lines of tension that affect areas of the body far from the original trauma site.

Another Jan-ism is "Fascia is the mob boss, muscles are the hoodlums and bones are slaves to all." Meaning the fascia is in control, the muscles do the work and the bones comply with the forces exerted by the muscle/fascia (myofascial) continuum.

Fascia is the suspension matrix upon which everything else relies. It can be influenced by genetics, trauma, and exercise and can change and adapt over the entire lifespan.

Til Luchau, in one of his Advanced Trainings DVD's, describes working on his 90+ year old grandfather's hammer toes. Even at such an advanced age with toes that had been malformed and painful for many years with persistence and time he was able to manipulate and improve his grandfather's toes.

The body functions as levers (bones) pulleys and ropes (tendons sliding over joints) with fascia providing the anchors as well as the ropes.

Fascia may be physically manipulated by pressure, heat, direction of force, pushing, pulling, and stretching.

Fascia encases muscle and attaches muscles together in groups (aponeurosis), attaches muscle to bone (tendon), and attaches bone to bone (ligament).

Individual organs, needing to move independently of all surrounding tissues, are contained in what is basically a double sac, or a fascial sac inside a fascial sac with lubricating fluid all around.

All body tissues need adequate hydration to remain properly functioning. Think of a playground slide. It is much more slippery wet than dry. Adequate hydration allows the muscles and tissues inside our skin to slide and move with minimal friction.

When the body experiences trauma (blunt force, strain, sprain etc.) the injured areas flood with fluid (swell) which serves to immobilize or splint the area to prevent further damage. After the swelling goes down the injured tissues myofascial layers have not been moving and sliding/lubricating since the injury. This lack of movement causes the fascial layers to become tacky or sticky and the layers develop adhesions between the affected tissues. These adhesions between muscle layers or between skin and muscle will not allow the now healthy muscles the range of movement necessary. We experience this as pain.

Fascial adhesions may develop lines of tension over time that can serve to distort the posture and cause pain in the individual. Hammer toes and stooped posture for instance.

Adhesions may present as taut bands, trigger points, sore muscles, regional pain, and impaired movement among other possibilities.

Myofascial (muscle/fascial) work involves locating and releasing restrictions of movement to improve functional mobility and reduce pain.

This is fascia and myofascia as I have come to understand it.

James “Hal” Dyer works as a licensed massage therapist specializing in medical massage. He works at The Body Wise and GRD Health Centers in Espanola and by appointment at the Carnelian Center in Dixon. For more information please contact at 505-689-1226 or jhaldyer@gmail.com.

## We Have Come to be Danced



By Jewel Mathieson

We have come to be danced  
 Not the pretty dance  
 Not the pretty pretty, pick me,  
 pick me dance  
 But the claw our way back into  
 the belly  
 Of the sacred, sensual animal  
 dance  
 The unhinged, unplugged, cat is  
 out of its box dance  
 The holding the precious  
 moment in the palms  
 Of our hands and feet dance.  
 We have come to be danced  
 Not the jiffy booby, shake your  
 booty for him dance  
 But the wring the sadness from  
 our skin dance  
 The blow the chip off our  
 shoulder dance.  
 The slap the apology from our  
 posture dance.  
 We have come to be danced  
 Not the monkey see, monkey do  
 dance  
 One two dance like you  
 One two three, dance like me  
 dance

but the grave robber, tomb  
 stalker  
 Tearing scabs and scars open  
 dance  
 The rub the rhythm raw against  
 our soul dance.  
 We have come to be danced  
 Not the nice, invisible, self-  
 conscious shuffle  
 But the matted hair flying,  
 voodoo mama  
 Shaman shakin’ ancient bones  
 dance  
 The strip us from our casings,  
 return our wings  
 Sharpen our claws and tongues dance  
 The shed dead cells and slip into  
 The luminous skin of love  
 dance.  
 We have come to be danced  
 Not the hold our breath and  
 wallow in the shallow end of the  
 floor dance  
 But the meeting of the trinity, the  
 body breath and beat dance  
 The shout hallelujah from the top  
 of our thighs dance  
 The mother may I?  
 Yes you may take 10 giant leaps dance  
 The olly olly oxen free free free  
 dance  
 The everyone can come to our  
 heaven dance.  
 We have come to be danced  
 Where the kingdom’s collide  
 In the cathedral of flesh  
 To burn back into the light  
 To unravel, to play, to fly, to pray  
 To root in skin sanctuary  
 We have come to be danced  
 WE HAVE COME.

## Generous Donation to Food Bank



**The Carnelian Center's two food banks continue to thrive, thanks in large part to the donations provided by the Missions in The North--a charitable arm of the Presbyterian Church in Northern New Mexico. We have received several donations over the last few years from this group. They helped us buy a small trailer that has now hauled many, many tons of food--and saved our truck. This year--in partnership with the Westminster Presbyterian Church of Santa Fe-- they gave us enough money to buy over a ton and a half of food and they gave the same amount to the food bank run by La Jicarita at Picuris Pueblo!**

## Hurray Missions in the North!

**Food Bank happens every Wednesday at 1:30 at the Ojo Sarco Community Center and at 2:00pm at the Carnelian Center in Dixon. ALL ARE WELCOME**

## 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!