



The Carnelian Center

Fall 2021 - Newsletter

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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Masters of the 5 Arts by Phillip Eliezer Klein

"What do you do?" We have all undoubtedly been asked this question, and felt the pressure to reduce the vastness of our lives and experiences into a sound bite in order to define our role within society. But what are we as people truly meant to do?

There is an old Irish tradition that teaches us to develop ourselves fully. We are meant to dedicate ourselves to the practice of 5 arts: Agriculture, Medicine, Astrology, Music, and Movement.

Agriculture

"To forget how to dig the earth and to tend the soil is to forget ourselves." Mahatma Gandhi.

People have actively cared for the land since time immemorial, and the land cares for us back and provides us with sustenance and abundance, as if to show gratitude for receiving the human touch. The practice of agriculture is a sacred pact made by people to the earth, promising to care for the earth and all its beings, and in exchange receive food, shelter, and all the blessings the earth bestows. We have seen the ill effects of conventional agriculture on the land, resulting in dust bowls and deserts. We must develop resilient local food systems and make the transition to regenerative forms of agriculture to heal the earth, protect biodiversity, create healthy habitats for humans and all beings, and to restore our sense of place and fulfill our rightful purpose as stewards of the earth.

Medicine is much more than promoting health, treating disease, dressing wounds, and healing injuries. Medicine is that thing you need at exactly this time to restore your life to balance. Whatever it is, that's your medicine. It's grandma's chicken soup, time spent in nature, a good book, an inspirational idea. It's also the bad times too. The difficult things we face can provide us with precious opportunities to transform our lives. Medicine is a form of transformation, to bring about a change from a state of disharmony into one of ease. It is also deeply personal, in that each of us will know best what our medicine really is. This inner knowing is at the root of medicine. A skilled medical practitioner is one who develops their inner knowing and faculty of observation. They can distinguish the roots and branches of their patient's disease, and apply the correct remedy at the proper time.

Astrology helps us to understand our place in space and time, and connects us to the infinite and unfathomable, something greater than ourselves, and the eternity-long series of events and circumstances that happened to align just right to make of all things YOU! We know that the minerals that comprise our bodies come from the far reaches of the universe so we are literally stardust. No wonder people have always had such a deep relationship with space, the celestial bodies, and the materials that are found there. What were those events, those circumstances that resulted in me being born in this particular place at this exact time? I may come to know myself better if I study this constellation of quantum chance, this archetype given to me at my birth and how it grows and changes through time as we circle the center of the galaxy on this spinning blue rock. Astrology can help us to know when it is favorable to act, when it is wiser to wait, and when it is time to perform the ceremony of each season, and honor the cycles of time.

Music is all around us. From the beating of our hearts, to the sounds we make when we speak to one another, sound is a vital component of our human experience. In many traditions, the creation of the universe is attributed to sound or speech. Music is able to convey and transform emotion in a way that almost nothing else can. Wherever people are, music is never far. It was born from the rhythms of daily life and is an essential way we preserve and pass down culture from generation to generation. Music also serves as the audible backdrop to work and play, prayer and ceremony; helping us stay in time, coordinate complex tasks amongst a group, mark important events and rituals, and set the tone of our celebrations. Sound can also be used as a tool for healing, as sound vibrations of healing frequencies can stimulate the liquid which is 3/4 of our being and create ripples of peace, much in the same way that listening to your favorite music can bring you to a state of harmony.

Movement is life. The earth on which we stand is itself in a state of constant motion. Even when we rest, we are still moving on the inside, the lungs expanding and contracting as we breathe, the blood flowing through our veins, the transformation of food in our digestive systems, all of this like an internal dance, renewing life through movement. Our work and activities of daily living contain this element of movement as well, each activity possessing its own unique dance that gets the job done. Good health and vitality are the direct result of performing the dance that is your life with grace, symmetry, and mindful awareness. When we practice movement, our bodies undergo changes on the interior and exterior- the muscles become more toned, the circulation improves, and toxins are released from the body through sweating. Therefore, we can say that the movements of the external body support these internal motions that life depends on, and come to understand the dance of life as a daily practice of self-healing.



Golden Torch by Maria Chilton

Mullein (*Verbascum Thapsus*) is a common biennial plant, lining roadsides or holding court in gravelly fields. Everybody sees it, but many do not realize its multitude of virtues. Growing close to the ground, its large rosette of leaves is soft and fuzzy. In its second year it sends forth a sturdy stalk, reaching 6-8 feet tall that produces a steady offering of delicate golden flowers throughout the summer months. Some common names include Punchón, Velvet Plant, Gordo Lobo, and Candlewick, (historically the stalks have been used as torches for light. Dipped in resin or tar, they will burn for many hours. The original "Roman Candle.")

Every part of the plant, it's roots, leaves, and flowers, has medicinal properties. Mullein can provide a demulcent, to moisten and smooth; an expectorant, to help expel mucus; a bacteriostatic, to inhibit bacteria; an analgesic, to reduce pain; an emollient, to soften; an anti-inflammatory, to reduce inflammation; and absorbent, to absorb.

Mullein is famous for treating upper respiratory infections, especially in the early stages of a dry cough, used as a tea, syrup or a tincture. Mullein will help to moisten dry phlegm in the lungs causing a productive cough, thus helping to expel mucus. Mullein has no known side effects, but its tiny hairs can be irritating for some people. When making a tea out of the leaves or flowers, strain well through a coffee filter or cotton cloth.

Inhaling a little bit of mullein smoke from burning the dry leaf can help to expel mucus from the lungs. But not when the condition is already hot and dry. Mullein leaf is commonly added to herbal smoking mixtures for its flammability, body and mild flavor.

Mullein is said to benefit the lymphatic system by moving and absorbing congested lymphatic fluid. The leaves or flowers are taken internally as a tea or a tincture, as well as externally, by making a decoction (tea) of the mullein and then dipping a whole leaf into the tea (as in a compress) and laying the moistened leaf directly over swollen lymph glands.

For earaches and ear infections, an ear oil can be made by steeping mullein flowers in olive oil, straining well and then pouring a small amount of the warmed oil into each ear. Massage around the ear to make sure the oil goes in deep and to increase lymph flow for healing. Never put anything in the ear if there is a chance that the eardrum is perforated. Other herbs can be combined in the ear oil, including garlic, calendula, hypericum, or poplar bud.

The lowly mullein root has been gaining attention in the herbal world. My teacher, the late **Michael Moore** (the herbalist, not the film producer,) taught that the root helps to strengthen and tone the triangular shaped muscles (the trigone) at the base of the bladder, and that mullein root tea or tincture can be taken long term for incontinence for people of all ages. Clinical Herbalist, **Christa Sinadino** (herbaleducation.net/articles) shares in depth about the use of mullein root in treating frequent UTIs, interstitial cystitis, and benign prostatic hypertension.

From a more esoteric perspective, **Jim McDonald** (herbcraft.org) and **Kiva Rose Hardin** (enchantersgreen.com) speak from personal experiences where mullein root plays a major role in proper alignment

of the skeletal structure, making it a valuable herb in treating misaligned or dislocated vertebrae, and even straightening broken bones. Since, after mullein's first year, the plant's intelligence builds up immense energy in the root preparing to send up a most impressive, erect and sturdy stalk. This analogy is a powerful one.

On an energetic level, flower essences may be prescribed to treat the mental and emotional aspects of a person. Mullein flower essence helps us in times of internal darkness. It guides us back to our own inner light, reminding us how to be honest with ourselves and others. Mullein helps us to stand tall in integrity and let our light shine.



Bringing it Home by Maria Chilton

Until Covid stopped me in my tracks, I had been working in the spa world in Santa Fe. Although I helped to found The Carnelian Center, I was uncertain that this little village dream could financially sustain me. During the pandemic, massage was not considered essential or safe, so my colleagues and I were laid off. At first I felt devastated, like a part of my identity had been stolen from me. "Who am I now, what is it that I do?" But with time, like many others whose stories I've heard, I found the gift within the great disruption. I came to realize how much my talent had been compromised, doing massage like a machine on an assembly line, without the time or freedom to truly honor my skill or my clients potential healing processes.

When things started to open back up and I was invited back to my old job, I had a new perspective. As tempting as the offer was, I declined. Now I work less. I only say yes, when I want to. My heart is filled with gratitude to be sharing my talents within my hometown community again, with people who know me and choose me.

Without the commute and being on call, I now have more time to get back to the other things I love, including working with medicinal herbs. Admittedly, I have a fear of calling myself an herbalist, what if I don't have the answers or the right remedy? But then again, there is much that I have to share, it's not fair to keep it all "bottled up" in my memory and in my pantry; herbal tinctures, oils and teas, that could help to ease someone's pain or malaise.

I was introduced to using plants as medicine from childhood. When we were sick or injured, we were treated with the local remedios growing outside our door, the way our family was taught by the local elders who welcomed us.

I developed a passion and a lifelong love for working with healing plants. I read herb books, asked questions, apprenticed with local herbalists, and had the honor of studying with the infamous, late Michael Moore. Though I'll always be learning, now is the time to put my herb craft to use.

I offer full body, therapeutic massage at The Carnelian Center and make herbal preparations in my home apothecary here in Dixon. For more information or to schedule a treatment with me, find my contact info on the back page.

Blessings and good health to you and yours!



Massage as Self-Help for Peripheral Neuropathy by Susan Prins

With between 20 and 30 million people in the US suffering from peripheral neuropathy, it is very likely that you or someone you care about has been affected by this dysfunction of the nervous system. While rarely life-threatening, the condition can have a profound effect on a person's quality of life. What is peripheral neuropathy (PN from here on)? The peripheral nervous system is the network of nerves that serve the areas outside your brain and spinal cord (the central nervous system), and neuropathy refers to the disease or damage of one or more of these nerves. PN can either be hereditary, or develop due to injury or illness (diabetic neuropathy being one of the most common). It is also a frequent side-effect of the strong chemotherapy used to treat cancer. Up to 30% of cases have no clear underlying cause.

Because there are more than 100 different types of PN, symptoms can be wide-ranging and confusing, and depend upon which type of peripheral nerves have been damaged. These can be sensory, motor, or autonomic nerves. Sensory nerves tell us how things feel, such as texture, coldness or pain. You might feel numbness, "pins and needles," shooting pain, burning pain, or not being able to sense cold or heat. Motor nerves stimulate muscle contraction and initiate movement. You might feel weakness, have trouble walking or feel off-balance, have difficulty buttoning your shirt, or experience twitching or restlessness. Autonomic nerves control functions that our bodies don't consciously regulate, such as breathing and heart rate. They can affect our internal organs (heart, bladder, intestines and blood vessels). You might feel constipation, dizziness, or difficulty swallowing. Do any of these symptoms sound familiar to you? These challenges can range from merely frustrating to extremely debilitating, and are often progressive, starting at the extremities and gradually developing further up the legs and arms. Because of this, it is important to speak to a physician if you are noticing a change in sensation or dexterity. An early diagnosis and treatment can often prevent more severe or long-lasting nerve damage.

The first step in treating PN is to address any contributing causes such as infection, toxin exposure, vitamin deficiencies, autoimmune disorders, or repetitive motions like typing that can compress and irritate the nerves. While many patients are treated with medication and/or chiropractic adjustment, there is a wide variety of holistic approaches that can also help bring relief, including therapeutic massage. This article introduces some practical approaches to massage (of yourself or a friend or loved one), with the goal of providing symptom relief and embodied self-awareness. It is offered with the fundamental acknowledgement that you are the expert of your own experience, and encourages you to attend to your sensation today with curiosity and non-judgmental noticing.

What type of massage is most helpful for treating PN? Most people might be familiar with Swedish massage, deep tissue, or sports massage. However, in the case of PN, a gentle yet firm touch is most appropriate (although not "light," random, or feathery). Due to loss of sensation, it is extremely important to use caution with pressure and joint movement. A distortion of sensation signals to the brain might make it difficult to give accurate feedback. If you experience a sharp, stabbing pain, stop what you are doing and contact a doctor, physical therapist, or professional massage therapist for support. Also, it is important to remember that while massage can reduce pain and increase well-being, it can also aggravate certain conditions such as: infection, edema, or arthritis. Some patients find that massage can "activate" the nerves and cause discomfort – in this case, a simple full-handed holding of the hand or foot can be more comforting than stroking or kneading. Make up for a desire for deeper pressure by working more slowly and with full attention and patience. When receiving bodywork from a licensed massage

therapist, be sure to communicate your need for slow, detailed, gentle touch, in the areas of impaired sensation. If working with a friend, or your self, follow these guidelines:

Guidelines for Massage at Home

- Make time for massage – 15-20 minutes, one or two times a day, is optimal
- Choose a comfortable place
- Have pillows, blankets, towels, and lotion within reach
- Position recipient comfortably on back, front, side or in chair
- Communicate – touch with permission, and give feedback.
- Quality of touch – ease in gradually and gently, use soft hands, and take your hands away gently. Always work within your comfort zone.
- Take your time – "listening" hands, noticing, and being present
- Less pressure helps – think of the pressure used to apply or rub in lotion

This suggested massage protocol for the feet is based on recommendations by MD Anderson Center for Integrative Medicine. It can be adapted to massage for the hands, as well:

1. Begin each session by inspecting the feet. You are looking for discoloration such as bluish purple spots, redness, or anything else that stands out as abnormal, that you might not be able to feel. Avoid touching any open sores or cracks in the skin. Experiment with holding the feet with gentle, yet firm pressure while you are inspecting them.
2. Next begin some light compression, using the full surfaces of both hands. Spend several minutes on each foot lightly compressing the bottom and top surfaces and all tissue from the toes to the knee. Take your time to notice any sensation. Press gently between your palms, making a "hand sandwich," or "tortilla."
3. Now spend several minutes on each foot with gentle, slow stroking, using your whole hand. Include the soles and tops of feet, and all surfaces from the toes to the knee. Work from distal (furthest from center) to proximal (closer to body).
4. Next focus on gentle kneading, using gentle pressure to squeeze each toe from the tip to the base of the toe. Work on all toe surfaces, front, back and sides. Spend several minutes on each foot, working from the toes towards the ankle. Knead the ball of the foot, the arch and the heel, and continue firm kneading up to the knee.
5. Begin light stretching, by performing a full range of motion on every toe joint, at the base of the toes, and at the ankles. Continue methodically, bending and straightening and circling each toe.
6. Follow with whole hand stroking from the toes to the knee of all front and back surfaces, making several passes.
7. Finish with full hand holding of the feet, molding your hands to the contour of the foot. Take some time to notice sensation, and to imagine a clear pathway from the periphery to the brain, where sensory mapping takes place.
8. If you'd like, spend a few moments noting down your sensation – what felt good, or different, and what didn't. Take some time to share your responses with your partner.
9. Thank yourself (or your partner) for the opportunity to connect in this way.

There are many known benefits to massage. Some may include enhanced relaxation, reduced stress, improved sleep, relief from muscle pain, greater ease of movement, and healthier skin. An important benefit to patients with PN is an increase in overall body awareness and the stimulation of sensory mapping in the brain. This simple massage protocol, when practiced regularly, has the additional advantage of empowering you to connect and communicate with yourself or with someone you care about. Wishing you all the best in your healing journey!

Two wonderful sources for further information about PN can be found here:

The Foundation for Peripheral Neuropathy

<http://www.foundationforpn.org>

National Institute of Neurological Disorders and Stroke

<http://www.ninds.nih.gov>

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Disclaimer: The author is not a doctor and does not give medical advice. The content of this article is not intended to be a substitute for professional medical diagnosis or treatment. The author does not claim to diagnose, treat, cure or prevent any condition or disease. The information offered in this presentation is for educational and informational purposes only. There is much new research taking place regarding neuropathy and complementary/integrative treatments such as massage. Always seek the advice of a physician before starting any form of therapy.

MEET OUR NEW PRACTITIONERS



PHILLIP ELIEZER KLEIN, DOM#1256, Dipl. O.M. (NCCAOM)

Dr. Phillip Eliezer Klein ("Dr. Elie") graduated from Southwest Acupuncture College in 2019 where he received his Masters of Acupuncture and Masters of Chinese Herbal Medicine. In 2013 he was certified as a Tai Chi and Qigong instructor by his Sifu Dug Corpolongo. Dr. Elie has always been motivated to nourish his community, and so began his professional career as a bread baker. He then went on to become the manager of Erda Gardens and Learning Center, a Biodynamic CSA (Community Supported Agriculture). He is currently growing an urban homestead at his home in Albuquerque, NM and teaches classes on Biodynamics, Qigong, and Tai Chi. Dr. Elie currently comes to Dixon once a month where he offers his services at the Carnelian Center.

Services Include: Acupuncture, Cupping, Moxibustion, Tuina (Medical Massage), Herbal Medicine, Guasha, Qigong, Biodynamic Gardening Consultations, Nutritional Coaching, and more!
For more information please visit www.goodearthmedicine.com



SUSAN PRINS (LMT) uses a gentle, non-aggressive, yet focused approach while working with massage clients to relieve pain, reduce stress, and improve range of motion. She has in depth experience working with people of all ages, from childhood to end of life. Susan specializes in working with people who have complex medical histories. She is a member of the Oncology Massage Alliance. She is also certified in Manual Lymph Drainage.

Later this year, Susan will begin providing therapeutic massage through the Veterans Affairs (VA) Whole Health program. If you are a veteran, or know of a veteran who might be interested in receiving this benefit, please contact Susan for more information.

Carnelian Center Practitioner list

Lluvia Lawyer Aby (License #1902)

Massage, Core Synchronism. Stretching and strengthen.
Contact: 505-689-2641

Maria Chilton (License #1830)

Massage, hot stone. Owner of Little River Remedies.
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Montse Serra

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Cathy J. Robison (License #6599)

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Rodrick Oknick

Acutonics® Meridians with tuning forks and other sounds.
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Sarah Grant (License #1038)

Practices Japanese style Acupuncture
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Gabi Vollbracht

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Jenny Rizzo (License #8019)

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