



# The Carnelian Center

The mission of the Carnelian Center is to provide the community with affordable holistic health care services while nurturing the individual through art, education and cultural integration.

Our vision is to create healing in a beautiful, peaceful setting of therapeutic pools with respect for the ecosystem and the preciousness of water.

A Quarterly Newsletter

Issue #10 - Spring 2009

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## The Carnelian Center



P.O. Box 452  
Dixon, New Mexico 87527  
505 / 689-2641  
[www.carneliancenter.org](http://www.carneliancenter.org)

## Spring Update



By Lluvia Lawyer-Aby,  
Board President

Spring is passing by once again and the Carnelian Center Board would like to let you know what that means for us.

First of all, our thanks to those of you who participated in our Valentine's fundraiser. Thanks to everyone we raised \$1,300 despite bad weather that day. We feel fortunate to enjoy so much on-going community support even though we still find ourselves a

homeless organization. That is, not yet the nexus of holistic health care we want to become.

That brings me to our second issue which is the search for a Carnelian Center home. News flash is we are still on the search--and very actively I may add. We are going to buy a small piece of property or building and have been reviewing various possibilities. Things haven't fallen together yet but we foresee having a home by the end of summer (any suggestions?). This does not mean, however, that we will have a functional space by then. If we buy a parcel without a structure we plan to start right off with a yurt large enough to do yoga classes or to host our ongoing Pilates support group as well as a space to start offering treatments. (That Pilates support group still meets every Thursday morning at 9:00 am. Experience is not necessary, just the desire for exercise, and the ability to listen to your own limits. Come join us if you want. It's fun. I mean it, it really is. Call for details. 689-2641.) If you are someone with a currently functional space you would like us to use in the mean time let us know.

Many of you have probably caught wind of the not-quite-free-food program we have had going weekly at the Ojo Sarco community center since the fall. It happens every Wednesday at 1:30 and we bring up as much food as we can fit in our car and distribute it to anyone who shows up. In exchange, we ask for any donation people want to give that week. The next week we use that

money to get more. We get this food for about 16 cent a pound. We are great full to The Food Depot of Santa Fe, for all the great work they do and for making this effort possible. We have received a lot of good feedback and we are glad to be able to help put nutritious food on so many tables. Since last September we have brought up about 16 tons of food. Thanks to everyone who comes for making this possible.

The food distribution has been a little wild but a constant lesson in how to share more effectively. We went from between 15 to 20 people in the fall to now where there are around forty each week. The SPOT office in Penasco has now started a food-bank program of their own. The Carnelian Center will soon start another distribution out of the Dixon Community Center, Thursdays at 4 p m. We are hoping to get this going as soon as next month. To get food people only need to fill out a quarterly report containing some basic and anonymous information. Donations to this project are greatly appreciated.

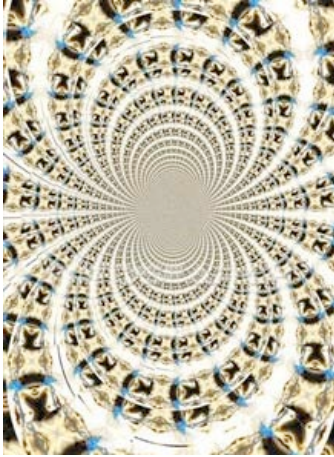
Last but not at all least, if you find yourself intrigued by our organization please get involved. Become an active part on some level. You can do anything from making a donation to putting in some volunteer time. We always need new energy (doesn't everyone?). There is research to be done, fund raising to be planned and calls to be made. Especially if you have knowledge in the art of business plans (this is our big completion goal for the summer).

We look forward to seeing you at the farmer's market where you will again find a weekly practitioner from the Carnelian Center to offer treatments by donation and information. Check out our website @ [www.carneliancenter.org](http://www.carneliancenter.org). Have a healthy spring!

## LIGHT: THE MEDICINE OF THE FUTURE

By Ruth Watson

Imagine an advanced healing technology that



combines the discoveries of modern biophysics with ancient esoteric wisdom. Imagine a powerful holistic system that offers a unique new way to address the root of many health problems. Imagine a therapeutic modality that effects psychological and spiritual healing while simultaneously supporting physical healing. This is Light Medicine—a pain-free, non-invasive therapeutic alternative with no side effects.

The healing properties of light and color have inspired a variety of therapeutic modalities, from ancient solariums where patients could absorb sunlight passing through colored glass, to NASA's light emitting diodes (LEDs) used aboard the Space Shuttle to regenerate tissue and heal wounds five times faster than normal.

By far, the most wide-ranging modern system of Light Medicine has been developed by Dr. Peter Mandel, a German naturopath and acupuncturist. He has conducted over 35 years of intensive empirical research, drawing widely from insights in energy healing, Chinese medicine, and modern science, as well as esoteric healing philosophies.

Dr. Mandel has worked extensively with Dr. Fritz Popp, a biophysicist who studies the role

of light in intercellular communication. Dr. Popp found that "...light can initiate or arrest cascade-like reactions in the cells, and that genetic cellular damage can be virtually repaired within hours by faint beams of light...the function of our entire metabolism is dependent on light." Dr. Mandel combined Dr. Popp's discoveries with the knowledge that acupuncture points conduct light along meridian pathways and carry it deep into the body. He began to use light as medicine, infusing selected points on the skin with precise frequencies of colored light delivered by a hand-held light pen.

Dr. Mandel's Light Medicine is based on the philosophy that illness and pain are important signals of deeper disharmonies in the psyche and spirit that have gradually disturbed the physical body. In order to really heal any health issue, the client must be helped to uncover and listen to the deeper signals of their souls. He says, "Any kind of disease should be considered an alarm signal for disharmonies in the spirit and soul... We have to turn away from our suffering and sickness, because they are the hindrances on our path toward the inner. We have to bid farewell to those frustrations and fears which prevent us from progressing and coming into contact with our higher selves."

Besides relieving physical symptoms, many Light Medicine treatments gently unwind and release traumas, emotional scars and negative beliefs that are held in the subtle energy body and contribute to a constant state of imbalance and ill health. Other treatments support the brain in clearing and processing traumatic imprints. Clients often report dramatic improvements in their psycho-emotional state and sense of life purpose, even as their bodies are supported in healing.

For example, Dr. Mandel has developed a therapy to clear traumatic imprints from the prenatal period of life. He believes these imprints often set the stage for health problems later in life. Another example is conflict resolution therapy which is designed to bring up and release the unprocessed emotions of past conflicts. These conflicts are often imprinted in the lower recesses of the brain and can, over time, severely weaken the immune system.

Among Dr. Mandel's many innovations is the use of Kirlian photography to assess a client's energetic profile. A photo of the energy emissions of the fingers and toes is taken before treatment and analyzed according to a sophisticated system which reveals the mind/body background and causal history related

to the client's present complaints. The photo enables the practitioner to select the most effective therapy, and after each treatment, another photo is taken to assess the effects of the treatment. This is an ideal tool for helping both practitioner and client observe the progress of the healing work.

I became fascinated with Dr. Peter Mandel's Light Medicine system while practicing as a licensed acupuncturist and Chinese herbalist. I have studied and practiced extensively in the US and Europe, including a special practicum with Dr. Mandel at his clinic in Bruchsal, Germany.

Almost anyone can benefit from Light Medicine, including children, spiritual seekers, people with chronic illnesses, post-trauma, post-surgical or stress-related issues, to mention just a few examples. If you want to experience the medicine of the future, I look forward to sharing Light Medicine with you!

**Ruth Watson, CCP, EEA**  
505.579.4577  
[ruth@ruthwatson.com](mailto:ruth@ruthwatson.com)

## Dixon Food Distribution Program



On May 14th, 2009, The Carnelian Center sponsored the 1st Dixon Food Distribution Program at the Dixon Community Center. David and Simon volunteered to supervise these weekly events that are on Thursdays at 4 pm.

Fritz and Fran joined with their vehicles to bring the food from The Santa Fe Food Depot. When they arrived at the Community Center at 3 pm, more volunteers were waiting to help unload & organize the food onto tables and help the patrons as they arrived.

Thanks to Simon & David for such a pleasant and easygoing event. Everyone involved enjoyed the experience. Thank you to all the volunteers and we will look forward to seeing each of you on Thursdays at 4 pm.

This is the 2nd Food Distribution Program sponsored by the Carnelian Center and Aye, Care Foundation, the first one was started in Ojo Sarco this past fall on Wednesdays at the Ojo Sarco Community Center at 1:30 pm. Thank you to Scott and Lluvia Aby and Isabelle "Lilly" Cordova for starting this popular program there.



Here is a photo of Thea and her baby chickling having a bite of something yummy! A perfect picture that says "Spring is Here!".

## A Path Towards Natural Ways of Healing

By Aiya Horne



Thirty or so years ago I was hospitalized for over a week and given the maximum dose of antibiotics every day. Finally my good, kind allopathic doctor came in to my room to talk to me. The antibiotics weren't working and I needed a hysterectomy. For some odd reason, I told him thank you and that I wasn't going to do that and walked out of the hospital.

I then searched for my first experience with a naturopathic doctor. He took about an hour to find out about me personally as well as my medical history. He then gave me a

small list of herbs to take as well as a certain diet to follow, which I did explicitly. To my relief and joy, I healed completely.

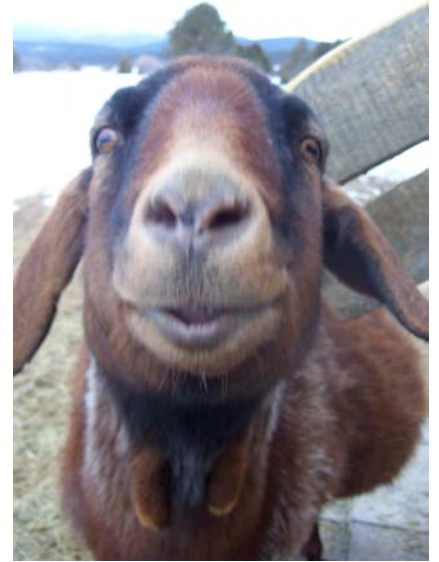
Since then, numerous maladies have come and gone in the lives of my animals, children, and myself. Ninety percent of them were treated holistically. One simple remedy was given to me for the brown recluse spider bite. For those who have not experienced this, it starts out just like any itchy, slightly painful spider bite. Gradually a hole appears and gets bigger and bigger. Many people have lost whole limbs to this toxic bite.

At that time I was living in the wild Superstition Mountains in Arizona. The community was called Reevis. When I showed this unusual bite to Peter, who founded the community, he informed me it was the brown recluse spider and he gave me the natural remedy. He told me to chew some plantain and tape it to the festering wound. I did this and it healed completely within days. Soon after I experienced another bite of the same kind and followed the same procedure and received the same results immediately.

I'll just give one more example of what could have ended up an amputation but didn't. During that same time period, Peter's friend was in a hospital in Globe, Arizona with his leg painfully swollen from a rattlesnake bite. The anti-venom wasn't working and the doctors were going to amputate. Peter heard this and headed straight for the hospital and packed his friend's leg in mashed, wet plantain. Within hours, the swelling started going down and the leg ended up healing completely.

I love natural gentle ways of restoring our bodies to wholeness. Now my passion is to experience the "Peace that passeth all understanding", healing directly from our source and from the touch of pure love. All things are possible when one believes!

## Aiya's Pig Heaven Farm



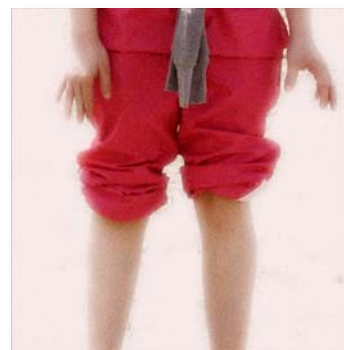
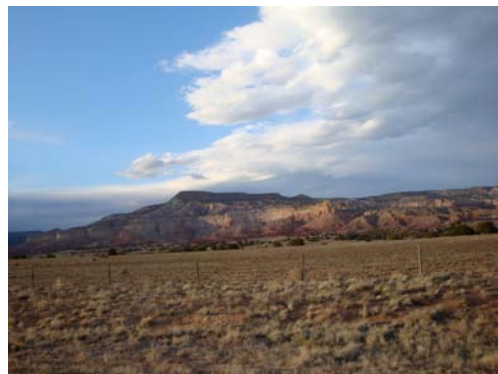


# Blue Sky

By Lluvia Lawyer Aby

# Tulips Bloom in Austria

By Carla Friedman



Oh beautiful blue sky  
I surrender myself to you  
Standing here on the ground  
I see..

**An old man in a hat walks  
through glass.**

**In his eyes, two small ghosts  
are dancing.**



High in the sky  
A winged game is being  
played,  
The Red Tailed Hawk  
and the raven  
Dance for territory  
Telling an ancient story...

**But what do I know of the  
streets where any have  
walked**

**or of the ghosts in any  
man's eyes?**



We are here cupped  
against the sky  
Held in god's palm  
Spirits drift across the  
fields  
Living in their world  
Just beyond my vision...

**I know that the throat in-  
voluntarily swallows,  
tulips bloom in Austria,  
teeth fall out**

**and hats fall from the heads  
of men,  
unable to steady themselves  
against the wind.**



From your depths  
I see the sun's light  
Reflected through the  
very breath of the Earth  
The magnetic mist of  
your majesty  
Holding us together...

Oh deep blue sky,  
I surrender myself to  
you...

## Disclaimer

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