



# 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 #2 - Winter 2007

## Solidifying A Collective Dream

by Lluvia Lawyer



Pages 1 & 2

## What is Macrobiotics?



by Nausika Richardson  
Page 2

## Genetically Engineered Organisms (GMO's): One of the Greatest Threats Ever to Humans and Animals

Compiled by  
Sophia Sutton  
Page 2 & 3

## Electromagnetic Energy For Healing

by Bettina Lea



Pages 3 & 4

## Ah ~ Health Is Wealth, a Gift to All

*Keeping The Whole Buoyed Up. Build up or Sustain the Whole, Allowing the Whole to Heal the Whole*

by Mark Lind  
Page 4

## Spring Cleaning

by Ruth Bowman  
Pages 4 & 5

## What Is Watsu?

by Maria Chilton  
Page 5

## Lasting Relationship Intention For Fun and Interconnectedness

by Selma Harwell  
Page 6

# Solidifying A Collective Dream

by Lluvia Lawyer

Based on the questions we have received and the answers we have given so far, we realize that clarification of our vision for The Carnelian Center is one of the first things that needs to be added for the general excitement. Through the years many different groups and individuals in Dixon have had similar ideas ranging from spa, healing center, retirement home, retreat center and even an HMO-type organization. This basic dream has repeated itself through the years and in various circles. A few years ago the picture began to solidify for a group of us. Our informal meetings slowly transformed into official 'Board Meetings'. This group is feeling the drive to bring this long-time dream to fruition. So, inspired by the dreams of many, our vision of a spa and holistic healing center is what I will describe.

The Carnelian Center will be a financially self-sustaining non-profit spa with hot pools, primarily facilitating self-awareness and resolution of health issues rather than facials and beauty treatments. This facility will provide

full-time and part-time employment to a number of people including cleaning, pool maintenance, grounds-keeping staff and office personnel.



of various arts) going toward paying for the space they use. One critical source of outside income will be workshops held and coordinated by a staff member with a portion of the profits going to the coordinator and a portion going to the facility. There will be at least one grant writer working with the center at all times as a source of additional income. A large portion of this income would provide financial assistance for holistic health care to people within the Rio Embudo watershed.

The facility would offer a place where treatments such as massage, acupuncture, etc. could be given. As you enter there will be a shop abreast the waiting area where people can purchase locally crafted items. As you waited for treatments you could browse a library of health-related, self-help, and cultural or artistically inspiring literature. Our

vision includes grounds containing edible landscaping and spaces of sanctuary. The center will include hot pools, a cooler pool for various treatments, and a stationary lap pool. Within the facility there will be a small, separate space for workout-type strengthening exercise which can also be utilized for personal training. The water treatment will be state-of-the-art and well-researched for maximum therapeutic benefit and employing the most ecological use of water resources. Classes in dance, yoga, Pilates, and other health-focused movement would be offered in a spacious room that can also house workshops. Workshop participants would stay in nearby bed and breakfasts, and Locals could cater such events.



The health-care spectrum would include cultural and self-development education, from classes in canning and herb walks

to counseling groups, poetry and art classes. The participation of a western medical doctor would be of great value in many ways.

(cont.)

## Solidifying A Collective Dream

-cont. from page 1

This would allow for valuable idea exchange, cross-referencing, and enhanced access to preventative health-care for community members. Independent midwifery and additional western medical services would add desirable independence to this rural community.

For health care practitioners the center will act as a nexus for referrals and idea exchange. We will provide them with an established place of business and an affordable working space. By offering financial assistance to clients we could make it possible for holistic health-care workers and educators to work locally.

People will enter a space that is high-class and welcoming to all people, a space in which people can have the feeling of helping the organization and other clients by being regular patrons. The facility will utilize gray-water systems, passive-solar architecture, and alternative energy support wherever possible. The initial cost of alternative energy may be greater, but its use is a matter of ethics that are worthwhile to include from the start.

We are driven by the feeling that it is time for something of this nature to happen as an additional asset for an already beautiful community.

If we could do this, it would be so good, good enough to make a great effort worthwhile.



## WHAT IS MACROBIOTIC?

By Nausika Richardson

Translated from the Greek, "macro" means large or great, and "bios" signifies life. The earliest use of the word dates back to Hippocrates to signify healthy and long lived. George Oshawa who was the modern day initiator of the macrobiotic movement studied in Japan with teachers who cured many ills by adopting a simple diet of brown rice, miso soup and vegetables. Michio Kushi is a student of George Oshawa and brought the macrobiotic way to the United States in the early sixties. Macrobiotics is a philosophy and a way of life, the diet being just one component. The diet received much attention when Kushi and a group of his students testified before a congressional committee on its benefits of curing chronic disease, including cancer. Rep Kucinich, who practices the diet, was one of

the people who testified as well as a number of people who were cured from various cancers.

In a nutshell the diet consists of 50-60 % whole grains, 20-30 % vegetables, 5-10 % beans and sea vegetables, 5-10% soups and 5% condiments, fish and fruits and seeds. Preferably these should be organic and locally grown whenever possible. Within this framework there are many variables depending on one's basic health status, geographical location and season. In addition, macrobiotics teaches proper cooking methods to preserve nutrients, increase absorption and enhance natural flavors in foods.

Michio Kushi and his wife Aveline have been pioneers in the natural and organic foods revolution. We live in an age in which the mass-production, mainstream-food industry has produced "convenience" foods, which have contributed to a major outbreak of disease worldwide. Finally, nutritional scientists are finding out that heart disease, High blood pressure, diabetes and many others are being greatly increased by improper diet. High sugar, meat, refined flour, fats and alcohol consumption being among the worst culprits. People who practice macrobiotics have cured themselves of many ailments caused by consumption of harmful foods, by simply substituting whole, fresh foods.

As you can see from the above percentages the macrobiotic diet is based on complex carbohydrates derived from whole grains. Many people nowadays avoid starches because they find them fattening. In reality, complex natural starches found in whole grains such as brown rice, barley, millet and wheat and in vegetables are the best foods we can eat. These are energy foods. Compared with proteins and fats complex carbohydrates provide the body with more easily usable fuel for energy and leave behind fewer waste products. Small amounts of fish and soy-derived foods are eaten with the grains.

Macrobiotics is a way for anyone wishing to improve their health and outlook on life. Unlike most diets, macrobiotics has continued to grow and expand its sphere for over fifty years and has benefited many who have lost hope of regaining their health.

For more detailed information and recipes I would recommend THE MACROBIOTIC WAY by Michio Kushi (3rd edition). 

## Genetically Engineered Organisms (GMOs):

### One of the Greatest Threats Ever to Humans and Animals

Compiled by Sophia Sutton



Six years ago, Americans began eating genetically engineered food. Surprised? That's because no one told you. While other countries require mandatory labeling of these food ingredients, our FDA has decided we don't need to know.

#### What is a genetically modified organism (GMO) or genetic engineering?

A genetically modified organism (GMO, also called "genetically engineered") is a man-made organism created in a laboratory and patented by a corporation or the USDA. The process, called genetic engineering refers to a new set of molecular techniques that have only really been developed over the last 20 or 30 years. With these molecular techniques, scientists are able to take DNA from any species – bacteria, viruses, insects, animals or even humans, and engineer them into another organism. For example, genes from arctic fish have been inserted into strawberries and tomatoes in an attempt to make it frost resistant.

Why are companies spending billions on this crazy idea? Because they want to own copyrights on genes that no one else 'owns' - so that they can make billions of dollars from them.

#### Hasn't the FDA said that genetically engineered food is safe?

In 1992, the US Food and Drug Administration published a policy statement on genetically engineered foods, which stated that it "is not aware of any information showing that foods derived by these new methods differ from other foods in any meaningful or uniform way", yet their own scientists reported that, "the processes of genetic engineering and traditional breeding are different and... they lead to different risks."

Monsanto's director of corporate communications told the New York Times, October 25, 1998, "Monsanto should not have to vouchsafe the safety of biotech food. Our interest is in selling as much of it as possible. Assuring its safety is the FDA's job."

Scientists worldwide now admit that the rush to sell genetically engineered products has put people's health, property, and the environment at risk. This is why 30 countries have banned, or propose to ban GMO crops, including Japan and many European countries. (cont.)

**Genetically Engineered Organisms (GMOs):**

*-cont. from page 1*

In the U.S., Gerber baby foods, Trader Joe's, even McDonald's and Burger King, are now refusing GMO corn, potatoes, and other ingredients.

**RISKS? WITH FOOD???**

Don't believe the people who say there is no evidence of the harm they do. To give just a few examples:

1. The lifespan of ladybugs (ladybirds) was reduced to half when they ate aphids that had fed on genetically altered potatoes in Scotland, according to a London Times article (10/22/97) by Science Editor, Nigel Hawkes. The ladybugs also laid fewer eggs. Note that the ladybirds did not even eat the genetically modified food directly, as we are doing now. They ate something ELSE that had eaten the GMOs. The danger lived on in the food chain.

2. A recent TV Show by PBS (Public Broadcasting) on GMO's showed how people have now created salmon that is several times bigger than normal salmon, and grows faster. Thankfully, these salmon are currently being farmed inland. However, to save a few dollars the salmon farm is currently seeking permission to farm the salmon in fenced off sections of the ocean. The problem is that if even a couple get away, they could cause the extinction of salmon, because wild salmon prefer the larger salmon because they assume they are better mates, and the resulting offspring have much less chance (if any) of surviving and reproducing.

3. The danger to many humans who are allergic to certain foods is guaranteed, because no one will know what they are eating. For example, say someone is deathly allergic to peanuts. A GMO may have a gene from a peanut in them. The allergic person could get a reaction from eating ANYTHING that contained the peanut gene. They wouldn't even know what caused it - because there are no labeling laws about GMOs.

4. In many GMO foods pesticides (like Roundup) are now INSIDE the seeds of the food you eat.

**What are the GMO foods on the market in the US?**

The following genetically engineered plants are approved for sale in the US: herbicide-resistant canola, radicchio, corn, cotton, and soybeans; insect-resistant corn, cotton and potatoes; virus-resistant papaya, potato and squash; canola designed to produce high concentrations of lauric acid; and tomatoes engi-

neered to delay their ripening, or have thicker skins.

The most common genetically engineered crops are corn, soybeans, cotton and canola. There is also a genetically engineered hormone, BGH, which is commonly injected into dairy cows in the United States.

Please learn all you can on this incredible threat to life as we know it, and do your bit to stop it. Once the genie is out of the bag, there is no putting it back in!!!

At least find out which foods have GMOs and boycott (stop buying) them!!

This article was compiled from information taken from the following websites:

[www.relf.com](http://www.relf.com)

[www.gmofreemendo.com/whatgmo.html](http://www.gmofreemendo.com/whatgmo.html)

**MORE INFORMATION AT:**

**50 Harmful Effects of Genetically Modified Foods**

[www.cqs.com/50harm.htm](http://www.cqs.com/50harm.htm)

**List of Many Foods with GMOs**

[www.truefoodnow.org/shoppinglist.html](http://www.truefoodnow.org/shoppinglist.html)

**And now we have Genetically Modified Trees!**

"GE trees are the greatest threat to the world's forests and forest-dwelling indigenous peoples since the invention of the chainsaw"

**Genetically Manipulated Food News**

[http://home.intekom.com/tm\\_infoindex.html](http://home.intekom.com/tm_infoindex.html)

**GM Crops Breeding with Wild Weeds - Suppressed Report**

[www.rense.com/general33/gmcorp.htm](http://www.rense.com/general33/gmcorp.htm)

**Insects THRIVE on GM Crops!**

<http://www.rense.com/general36/gm.htm>

Secrets of the Soil

Peter Tompkins & Christopher Bird

This is one of the most amazing and important books you will ever read! And now it is back in print! It explains how many of our farmers' problems with soil and production are due to modern farming methods, instead of using the "Secrets of the Soil". We DON'T NEED genetically modified organisms.



**Electromagnetic Energy For Healing**

*by Bettina Lea*



"To Heal Is To Make Happy" *A Course In Miracles*

My interest in the Healing Arts began many years ago after an epiphany on the beach in Maui, Hawaii where I had been living. How was I going to take my interest and

education in Art and combine it with an interest in helping others to feel better? It took years to follow of exploration, on the job training and technical research to come up with an answer.

Through my experiences working with several particular enlightened healers and having worked in some of the finest Alternative Healing Centers in Los Angeles for over a decade, the answers came. I decided to focus on one system of the body, the lymphatic system. This important system of the body helps to eliminate toxins through a network of glands and vessels that drain interstitial fluid from body tissues and return it to the circulatory system. The lymphatic system is a major part of the immune system and essential to function properly for good health.

I was fortunate to have access to several innovative and cutting edge tools in order to start my own practice. The first was a neon argon photon particle-beam generator known as the Lymph-Tech machine. A Star-Wars light saber looking device which penetrated the body 3-5 inches deep with a laser like light. I used this machine on all of the lymph points to break up stuck areas inhibiting the flow of lymph matter. I had much success with this device and it is still used today all over the world.

The other high tech healing machine which I was certified to use and still do to this day was called the *Electrosculpture* machine.

Originally designed to soften scar tissue after surgery, the designer, a Physical Therapist in Paris, France found added benefits after years of testing. Because the body is made of energy, applying energy to the body had a pleasant and calming effect. Not unlike other electrical therapies, a subtle amount of electrical energy applied to the body has been found to be healing! Doctors use electrical current to heal bones and not unlike light energy, like that of Reiki or Magnetic Energy like that of Magnets applied to areas of pain, a subtle dose of electricity has many benefits in healing and health. With this machine, I was able to "Sculpt" the body into its perfect potential.

The *Electrosculpture* system has numerous benefits both physical and esoteric. Through electrodes and current conducting material which covers specific areas of the body, electrical energy is applied to the body on an alternating polarity of 5 minute intervals (cont.)

## Electromagnetic Energy For Healing

-cont. from page 1

of positive and negative current. This alternating current creates a magnetic field around the body which in turn strengthens the immune system. The largest eliminative organ of the body is the skin and by magnetizing energy and matter outward through the skin the body is able to detoxify. Current stimulates circulation and promotes healing and well being. Electromagnetic Energy when applied to the body in subtle doses, protects and heals the body, rejuvenates the elasticity of the skin, facilitates in lymph drainage and reduces joint pain to name just a few benefits.

Through testing on my own with divining rods, the aura field was intensified and expanded through such a treatment. Aura is the electromagnetic field, the psychic field of energy surrounding all beings, human or otherwise. Its size can vary from a few inches to many feet in all directions. It is associated with the health of the physical body, and all the organs impact the strength and the size of the aura. It includes and is impacted by all the elements, and its colors vary and change depending upon the mental, emotional and physical states.

After years of working with Electromagnetic Energy in healing the body, I decided to take this one step further and went back to school for training in Multimedia. I hope to one day combine my experience in Electromagnetic Energy Healing with Multimedia. I hope to take my knowledge to the next level and combine my healing "Suit" with the computer in order to create a more complete sensory environment for healing of body, mind and spirit!

For more information about *Electrosculpture Therapy*: [visionaryarts@windstream.net](mailto:visionaryarts@windstream.net).



### Ah ~ Health Is Wealth, a Gift to All

*Keeping The Whole Buoyed Up. Build up or Sustain the Whole,*

### Allowing the Whole to Heal the Whole

by Mark Lind



Heal the mind, the body will follow, will follow well, then mind can heal. Healing can come in Many Different Forms. Health consists of a balancing act, actually quite

easy: A balanced state of: the biological humors -glandular secretions, of organs and fluids moved by diet and mind activity (anxious or calm, angry or lustful), the skin and tissues - water and mineral balance, the wastes and gastric fires, together with clarity of mental function (awareness of states of mind, senses, desires, appetites, etc.), and allowing inner happy self to sustain the whole in harmony, evenness and equilibrium.

Healing is in the air ~ we are divided again at this time, for many of us, resolving to further heal ourselves, our culture, our world. Many of us are engaged in our inner and outer work, seeming to have so much to do. What can we heal first; what needs healing? Heed now to stepping aside our thoughts, so the whole can be healed; we slow the process as much as urge the proceedings. This process involves allowing the higher intelligence of the cells and organs to do their thing. Most of us are not in touch with our innate whole self, which never needs healing (in fact, that which heals), that resides within all these precious bodies which can become misaligned, energetically imbalanced, physically injured, or mentally slow.

Thus, our ill health is brought on by ourselves ~ through imbalanced diet, uncontrolled thoughts, emotions, imbalance of work-sleep-exercise-rest patterns, improper breathing, and not enough connection to the Earth, her healing energy - "barefooting it" (briefer in winter if need be).

There is no distinction between physical healing, mental healing, atmospheric or planetary healing. The work of 'spirit-higher-mind-light' pervades all equally. Its essence is whole, complete and conscious. It is this subtlety that sustains and heals us - as we give in to a healing process. Physical and mental applications can all be useful and in harmony with each other and all organisms. Love is also the essence of this essence - the voice of love itself is the greatest of healers. Taking love consciously, one is held in healing and whole mode. Mother holds us, feeds us, hugs us, murmurs to us ~ we feel comforted, we feel healed.

Healing is a feeling. Feel the essence of the medicines, feel the essence of love and light in all foods and herbs, feel the healing energy of touch or etheric positioning of your healers' hands, feel the healing touch of a mother's hands - from the healing heart whole love center that is present in her, yourself, everyone.

Words, chants, prayers, ritual incantations with food, herbs, exercise, walking in joy in the sun and moonlight. Partake in all these places of holy healing, all the many modalities that are offered. Acknowledge such great healing. Acknowledge this whole loving space within, somewhere inside and out,

keeping us in balance, harmony and health. Keep one's mind at ease at all times - breathe deep to avoid and release dis-ease. Take rest when needed, allow others to rest, allow our world to rest. This also regenerates and re-heals. So healing and sustaining health and wholeness is an ever-constant ongoing process. Ever going, ever maintaining, ever whole.

This is what we tap into every time we access the notion of 'healing ourselves' - exercising the balancing agents in our herbs and food, the healing rhythms of water, air, bird songs, movements of dance, music and love.

Heal ourselves. Heal our adversaries. Let another's energy help bring you back to balance. Hug a tree - - then hug an enemy. Help bring healing to whole this way also. For inner and outer are fully interconnected. This awareness further facilitates all healing.

Keep healed. Keep Whole. Share Joy. May all our actions afford joy and healing. Say, "We are all whole." Let us all share in this gift of healing and feeling healed. Be Well.

OM. 

## Spring Cleaning

by Ruth Bowman



Love is in the air, no? The change of season from winter to spring has us feeling the primary urges of snowfall and melt, rain and the first signs of renewing growth. Usually there is an early period of warmth and brightness, the eye on what is to come, surrounded by lengthening days, mud and contemplation of garden seeds. Why make mountains out of molehills? Get going on your projects, let the surges of inspiration and creativity flow, let the muck go...

Our bodies feel these glorious shifts often as early morning grunts and twinges, zealous daytime energy spurts followed by nights of hibernation. It is wise to start planning a period of cleansing, not just of the house but for yourself too! Choose a time when there is a stretch of sunny days with nothing too arduous going on in your world.

Some nice teas to drink in preparation for the coming cleanse are nettles and burdock (to clean the blood), dandelion root and milk thistle (for the liver) or red clover ( a nice overall tonic). Drink a few cups of these throughout the days and weeks instead of coffee (cont.)

## Spring Cleaning

-cont. from page 1

(go on, be brave!). You'll see some skin eruptions or maybe experience headaches if you drink coffee regularly, then you will notice your skin start to glow as your energy lifts.

When the weather is nice and you feel up for a fast, start by omitting alcohol, caffeine, nicotine and processed foods plus sugar for a few days. Rest whenever you need to, and feel the effects of your body's adjustments. Then eliminate meats, fish, fats and dairy from your diet on Day 4. (Please remember to drink plenty of water throughout every fast and to make time for yourself to contemplate and dream.) On Day 5, forego nuts, seeds and grains from your selection of foods. Over the next two days indulge in fruits and vegetables, either fresh, lightly steamed or made into salads with a squeeze of lime or lemon, if you like. If your energy is still going strong and your health allows for it, take the next day or two to drink only water. Keep a journal and notice the differences in your body, emotions and spiritual connections. Take walks in nature; revel in the stars .

When you are ready, begin day by day to reverse the process. Reintroduce fruits and vegetables one by one into your diet. Let an hour or two pass between each different item, and savor the taste and reaction you have to each. This is a good time to look for potential allergens in your foods. Watch your skin and pay attention to your digestive reactions in each holy meal you partake. Keep notes as you savor every new food. The next day, take in small meals of grains, then seeds, then nuts.

Chew thoroughly with care. The following day you may reintroduce dairy, fish and meats, one at a time. Continue adding foods to your diet in their most simple form, so you can pay attention to your responses. Consider giving up old regulars (like coffee, sugar and alcohol) which often do more harm than good if overdone (overstimulation depletes the adrenals eventually) . Recognize that your fresher, cleaner self may have stronger reactions to things than when you began to fast. Even smells may seem intolerant to you that were okay before. Impressions may also strike you as more vivid, and dreams may reflect the inspiration and change going on inside of you. Congratulations! It will probably be one of

the most simple, rewarding, health-strengthening gifts you can give yourself until the next season, when it becomes "time to cleanse" again!

"Only by restoring the broken connections can we be healed. Connection *is* health. And what our society does its best to disguise from us is how ordinary, how commonly attainable, health is. We lose our health - and create profitable diseases and dependencies - by failing to see the direct connections between living and eating, eating and working, working and loving. In gardening, for instance, one works with the body to feed the body. The work, if it is knowledgeable, makes for excellent food. And it makes one hungry. The work thus makes eating both nourishing and joyful, not consumptive, and keeps the eater from getting fat and weak. This is health, wholeness, a source of delight. And such a solution, unlike the typical industrial solution, does not cause new problems."

From *The Unsettling of America - Culture and Agriculture*

by Wendell Berry (1977)



## What is Watsu? by Maria Chilton



Imagine yourself in a warm pool. Your body, buoyant near the water's surface, is supported by hands under your neck and sacrum while you are gently rocked, held, stretched, massaged and floated through the water. The warmth of the water helps your muscles to relax and increases blood flow to the entire body, carrying with it nutrients for tissue repair and improved immunity. The absence of gravity takes the pressure off of all the joints, increasing flexibility, freeing the spine and reducing pain. Your respiration slows down, creating a deep state of relaxation. While in the water, the outer world disappears. You

become light, free, limitless, supported and open to receive healing on all levels, physical, emotional, psychological and spiritual.

Watsu (Water Shiatsu) is a form of bodywork which is practiced by a specially trained therapist in a pool of water about four feet deep and 94 degrees. The pool is at least thirteen feet in diameter, large enough to accommodate the movements of both the practitioner and the receiver. Watsu was created and introduced in 1980 by Harold Dull at Harbin Hot Springs in Northern California.

Harold had studied Zen Shiatsu in Japan. Shiatsu is an ancient Eastern form of bodywork/massage that is based on the meridian and five element system. Meridians are considered the pathways which life energy(chi) flows throughout our bodies, these meridians are keys to health. By stretching, pressing or holding specific points on the meridians which relate to the different five elements, the entire body is helped to return to a state of balance and health. While teaching Shiatsu at Harbin Hot Springs, Harold began to explore giving Shiatsu treatments in the warm pools. Profound results were experienced and he continued to explore. Watsu emerged.

Watsu is now taught and practiced around the world. The main school is in Middletown CA, near Harbin Hot Springs where it originated. To find out more or to contact the school go to [www.waba.edu](http://www.waba.edu) (Worldwide Aquatic Bodywork Association) or call them at (707) 987-3801. For information on local Watsu call (505)579-4321 and speak with Maria.

There is no limit to the number of people who can benefit from receiving Watsu; the handicapped, addicted, stressed, depressed, those with AIDS, cancer, diabetes, MS, PTSD, insomnia, ADD, couples in troubled relationships, etc. Watsu is great as a preventative or just for relaxation and enjoyment. Watsu is beneficial for pregnant women, older people, babies and everyone in between. As Harold says "Watsu is as unlimited as the water it is done in." Not only are we made up primarily of water, water has always been used for it's healing properties. We begin our lives in water. Water is life. Watsu brings us home to our true selves.

Every Watsu session is unique. A healing journey for the receiver; who should feel safe, nurtured, relaxed, rejuvenated, rehabilitated and even reborn.

Coming soon to a spa near you



## LASTING RELATIONSHIP - INTENTION FOR FUN AND CONNECTEDNESS

by Selma Harwell

When Jake and I got married July 3, 1971 it was because he had gone away to basic training, we were in love and we wanted to be together. Now I see how my Catholic upbringing influenced me so it never occurred to me to leave the state and live with him in Georgia without marrying him. After 37 years together, including the time before marriage, we have gone in and out of being friends, in and out of living together, AND in and out of many other emotions as life will always bring to us whether we are in a relationship or not, married or not, OR ready or not. At this point I say we are more than friends, we are PARTNERS in our lives.



Jake never cared about getting married, or being married and he still doesn't. He says it has nothing to do with being together. We have both simply been willing to do whatever it takes to be together.

While, I believe that is KEY to being in any relationship, it seems like it would have been completely easy to leave so many times without committing to marriage and each other.

I love recalling a Newlywed asking Paul Newman (when he was 80 years young) for advice about having a successful long term relationship. His answer is surprising yet so real and deliberate:

long thoughtful pause...

"In the beginning... it was impossible"

(pause)

"And in the middle... it was impossible"

(longer silent pause)

"And now... it's impossible- sorry honey, I'm sure that's not what you wanted to hear.

What I loved about it most, was how it was

the most practical and truthful advice possible. And because of how he establishes the impossibility- it strengthens the individual possibilities we must create for ourselves. That is to say it is ALWAYS up to what we want for ourselves and each other.

We tend to behave like we do not have a choice and just wait "to see what happens". Then we are surprised, disappointed, devastated etc. when it doesn't work out. Any other area in our life, we could probably recognize the "victim" mentality in that attitude and actually what happened is WE did not HAVE IT WORK!

BEING RESPONSIBLE FOR HOW OUR INTERACTIONS GO IN EACH AND EVERY INTERACTION MAY NOT SOUND FUN OR ROMANTIC, BUT IT REALLY CAN HAPPEN WITH EASE AND FUN, IF THAT IS WHAT WE WANT.

WHEN WE ARE CLEAR ABOUT WHAT WE WANT, WE THEN HAVE A TARGET AT WHICH WE AIM OUR ARROW (INTENTION) AND THE MORE WE PRACTICE THE MORE WE HIT THE MARK. NO MYSTERY!

The first recommendation in starting a relationship is Being Friends. Combine that with a commitment (marriage or not). That commitment may have you notice when communication is no longer working, which can re-occur from time to time. It can be a time to reconsider and possibly re-commit and review and reinvent your needs, wants and intentions. It is as much a reminder to you as an individual as to your selves as a "unit".

And that brings you back to Partnership.

I was privileged to hear and Aztec Healer sharing healing wisdom that had been protected in his lineage for 5000 years. (It was now the time for it to be shared). He too, had an interesting response when asked about love in his culture: "The Aztec do not have a word for love. Unlike American culture, which seems to have many many words (interpretations) for love. In a marriage we simply RESPECT one another" It simply says it all, doesn't it?

It is a wonderful quality to hold with me throughout my day, even though I also forget it. Try it and see.

Have a wonderful Valentine's Day filled with love for one another-whatever love means to you.

Selma Harwell  
Reiki Master  
Relationship Coach 



The Carnelian Center

P.O. Box 452

Dixon, New Mexico 87527

505/689-2641

[carneliancenter@yahoo.com](mailto:carneliancenter@yahoo.com)

## Our Board of Directors

**President: Lluvia Lawyer - 689-2641**

[nmaby@zianet.com](mailto:nmaby@zianet.com)

**Vice President: Maria Chilton - 579-4321**

[mariachilton@hotmail.com](mailto:mariachilton@hotmail.com)

**Secretary: Ruth Bowman - 579-4622**

[aztecanm@yahoo.com](mailto:aztecanm@yahoo.com)

**Treasurer: Bettina Lea - 579-9166**

[visionaryarts@windstream.net](mailto:visionaryarts@windstream.net)

**Lluvia Lawyer** was born in the Verde Valle of Arizona in 1973 and moved to New Mexico (with her parents) when she was two. She has lived in the Embudo Valley for the last twenty years except for a few years in Albuquerque where she studied Massage at the New Mexico School of Natural Therapeutics (graduated 1995) and Pre-med at TVI (Degree awarded 1996). She has been a practicing Massage therapist ever since. Lluvia lives in Ojo Sarco with her husband Scott Aby and daughters Lorali, Salome, and Hannah.

**Maria Chilton** graduated from the School of Natural Therapeutics in 1995 and The Southwest School of Botanical Medicine in 1996, and has been a Licensed Massage Therapist and Certified Clinical Herbalist ever since. For seven years she has specialized in Hot Stone therapy. Maria is currently in the process of becoming a Certified Watsu Therapist. She recently returned to her native home of New Mexico. She resides in Dixon where she is rebuilding her private practice. She also provides massage therapy at Ten Thousand Waves in Santa Fe.

**Ruth Bowman** has worked in the fields of nursing, herbalism and massage since 1987. She is currently training toward an RN certification, and works in education, home health care, holistic healing and environmental awareness.

**Bettina Lea** has been involved in the healing arts for over 15 years. As a chiropractic assistant in Los Angeles, she began her quest for alternative certifications. Having practiced Massage Therapy and with her degrees in Art and Multimedia, Bettina was naturally drawn to cutting edge therapeutic technologies and became interested in the European "Electrosulpture" system, an electromagnetic body detoxification, rejuvenation and body sculpture system. Bettina is available for "Electrosulpture" sessions by appointment.

