



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 #4 Summer 2007

Mother's Morning Song

by Lluvia Lawyer



Page 1

Yoga For Everyone



By Ellen Joseph
Page 2

Using The T-Touch To Calm An Animal



By Cindy Stone
Page 2 & 3

The Body



By Talia Maria Flaherty
Age 6

Page 3

The Sun and the Skin



by Elizabeth Riedel

Page 3

Citrus Sunrise Bread



Pages 3 & 4

Mother's Morning Song

by Lluvia Lawyer



The cool, summer morning air clears my mind.

The heat of the rising sun still held at bay by the silhouette of the hill.

As I collect the yet slow-moving grasshoppers for our young birds,

I am thinking of the connections between things.

The way we are affected, and affect, the world and the beings around us.

I reflect on the times when my girls were infants, drinking breast milk freely from breast:

That strong connection.

That concrete nurturing.

Yet, I remember the turmoil of mind that comes with hormonal shifts; the tidal wave feeling of loving so much and of being the mother bird.

Every thing is open here in this place with mother and babe.

I carry the weight of the artist (sculptor of persons), and the helplessness of the creator (these daughters with their own beings coming up against the world).

They bring their own baggage. Walk in their own footsteps.

I have pondered studies that tell of the physical effects of metals and toxins which bond easily to the fat in mothers' milk.

How the physiological shifts of mood and hormones statistically shape the mind of the child.

For a moment, I am riddled by fear, for like most of us I am surely crazy and the world is surely polluted beyond stepping back.

So I hold on again and again to love, trust and faith.

For these are the remedies that heal.

Heal all the confusion that takes place in the parent-child saga. In the world at large.

Forgiving ourselves, them and the world for being so imperfect.

Waking up to each new moment in which we touch each others' lives.

Knowing we do not know each other as we are unfolding, though we think we know each other inside and out.

Are we predictable? No.

Is the world predictable? No.

So I say meet each other on your paths gently. Make space for the moment.

Do not expect an open book or that someone's shell will remain unhatched.

Leave yourself open to bloom yet be naturally mistaken and misunderstood.

Be as you are yet become all you can be.

These are my prayers for you and for myself in a world where so much is fragile.

In an existence where reflection, resonance, and reverberation are a constant.





Yoga For Everyone

By Ellen Joseph

A well balanced fitness & wellness program unites the needs of both body & mind - yoga fulfills many of those needs.

Yoga incorporates stretching to remove tension in the muscular-skeletal system, breathing techniques to create body awareness & reduce stress, incorporates a full range of physical postures to lengthen, strengthen & tone muscles & simple meditation....(quiet time)..... the critical element missing in most peoples' busy lives today.... to help achieve desired inner peace & calm.

The results always amaze first timers to class. Yoga is a 'practice' that is at the same time physical & mental.....can be easy or intense.....yet has none of the negative effects of high impact aerobics or overtraining in the weight room that can cause fatigue.

People walk away lighter, refreshed & revitalized - not sore & drained of energy. Yoga dramatically improves cardiovascular & fitness levels if practiced regularly while increasing the ability to concentrate, reduce chronic & acute tension, helps to manage high blood pressure & some heart problems & boosts the immune system to resist common illnesses, chronic pain....especially low back pain.... & aging maladies such as arthritis & osteoporosis.

Yoga's mind/body approach changes the way we live in our bodies & in our everyday lives. It's no wonder that yoga & yoga based stress management programs have been incorporated into the mainstream medical & corporate communities.

Holistic approaches to wellness which focus on the very important mind/body connection, quality of life & integration of all facets of a person, has been & will become more utilized within

mainstream medicine as well as our culture in general. In fact, we can expect scientific research to continue to further our knowledge & understanding of the mechanics of mind/body health, validate the significance of mind/body health & continue to provide more tools for medical practitioners so that they can teach & treat people as a 'whole' rather than a 'symptom' or a series of 'body parts' that need repair.

Integrative Yoga Therapy, now widely being used in medically based wellness programs, is a bridge between the ancient wisdom of yoga & the latest advances in mind/body health. It's goal is to serve as a catalyst to bring the underlying insights & principles of both these modalities into mainstream awareness.

Yoga therapy is now being used in a wide variety of settings including hospital programs, corporate stress management programs, senior citizen community programs, nursing homes & rehabilitation facilities, etc.

Practitioners are using yoga techniques to treat people with heart disease, eating disorders, infertility, anxiety & depression as well.

Learning to live a more conscious life using yoga & stress reduction techniques helps to provide clarity, insight & the awareness needed to explore all the dimensions of our lives as well as influence the choices we make. Plus....it just makes you smile & FEEL good!

Ellen Joseph has been a practitioner of yoga for the past 20 years & teacher of many forms of yoga for the past 15. She is a Certified Integrative Yoga Therapist, Vedic Conservatory Level 1 & 2 Thai/Yoga massage practitioner & a Yoga Alliance RYT yoga teacher now in private practice in her eclectic studio/gallery in Embudo.

She offers a variety of yoga classes, one on one yoga therapy for special needs, Thai/Yoga bodywork, meditation & stress management workshops, or on a one on one basis. She offers Custom Blended Aromatherapy for health & healing & workshops in Yoga & Authentic Writing while working on her first book titled "Sensual Alchemy". Ellen can be reached at 505-579-4540 for more information & appointments..



Using The T-Touch To Calm An Animal

By Cindy Stone



Don't animals and pets elicit joy and wonder in our lives? Do you ever wish you knew what your animal was trying to communicate to you? Think of the TTouch as a form of non-verbal communication. The TTouch is vast work that helps to solve animal behavioral problems and promote recovery from ill health or injury. One of my favorite tools that I like to do or teach pet owners, mainly because it works so quick, is how to calm a hyper or stressed animal. There are many ways to accomplish this depending on the situation and the animal's demeanor.

Almost all dogs still remember the ancient communication of their wolf ancestors. If you observe dogs they naturally will try to calm one another by looking away when they walk near each other, blinking their eyes, licking their lips, yawning and stretching to name a few. And if you do these subtle signals to your dog they will actually respond to you as if you were part of the pack too. Try it for yourself and see. This is a nice way to approach an animal especially before you are going to the TTouch. They will already be in a state of acceptance.

The foundation of the TTouch is based on many different touches that work on the nervous system and awaken the animal's ability to use his own healing capabilities. We are actually opening neuro-pathways when we do the work, a little like turning on the lights in the cells and connecting all the dots. This therapeutic, subtle, hands-on healing work has a life changing and transformative effect. Animals heal on many levels. Studies have been done that show the Touch actually awakens the 4 brain wave patterns in the pet and the person performing the touch. The touch is based on pushing the skin around in circular movements. To be exact you want to make a full circle and a quarter moving the skin around gently when doing the touch. Visualizing a clock you want to start your touch at 6 o'clock and go all the way around one full circle and a quarter to 9. Strange, but studies show that ending a little more than the full circle brings more optimum results. When you are doing the touches you push the skin around very lightly. Most touches are in a 2-4 pressure with 1 pressure barely touching the skin. Be sure you are relaxed and breathing properly. While one hand is doing the touches the other hand should be resting on the animal to give support.

Two of my favorite Ttouches that I use often for calming a pet is the Laying Leopard TTouch and the Ear TTouch. With the Laying Leopard TTouch you will use most of the surface of your hand on the animal. Flatten your whole hand softly and allow the palm of your hand and the full length of your

fingers to move when doing this circular touch. This touch creates a lot of warmth and is used for bonding, stress reduction, relaxation, and calming just to name a few. For most pets this is their favorite and they usually melt right into it and relax. Many times even asking for more. Start on the upper back area of your animal and work towards the tail area. Remember the circle and a quarter, pushing the skin around. Your own breathing and comfort is important. It is fun to watch the animals' breathing change into long, relaxed, slow breaths as you do the work. Some animals are very shy or traumatized and it may take time to build up to the touches. Try first with the back of your hand in that situation. It is just like for us humans, if someone was coming at us with their hands it could feel threatening where with the back of the hand has a completely different energy to it. You would use the same circle and a quarter with the back of the hand.

The Ear Ttouch is a little different in that you will still do the circle and a quarter touch but only with your thumb. Hold the ear lightly with one hand while you take your thumb and forefinger and use your thumb to do the tiny circles at the base of the ear and pull down gently to the tip. The forefinger used mainly for support. On most ears you can do this about 4 times until you reach the end of the ear. If you can do the full ear a few times on each side you will get optimum results. The Ear work is amazing and has been proven to take an animal out of shock. The ear has corresponding acupressure points throughout the animals' whole body. So by working the ear you are working most everything - the circulatory system, digestive system, Limbic system etc. etc.. The Ear touch is great to use before any stressful event for the animal whether it be riding in the car, going to the veterinarian, or during a thunderstorm. It can also be used in a daily routine for optimum health. It is a simple and wonderful tool to know.

There are also body wraps that we use to help calm animal with the TTouch. A wrap will enhance your animals connection and sense of their own body. To make a wrap, an ace bandage is wrapped in a figure eight starting with your center point around the chest, crossing over the back, and then under the stomach and back on top of the back again where it can be tied or pinned with a large safety pin. Start by folding the ace bandage in half at the chest, and work each side equally from there. A T-shirt can bring similar results and also works wonders to cover an injury that is healing. The wrap should be very light on the skin and give sensory input only. It works on the fascia below the skin's surface, where intercellular communication takes place. The wrap is great for calming especially before a thunderstorm or any place an animal is fearful or unsure of their environment. It also helps older dogs with arthritis and a wrap can help the animal drop any protective posture they may have developed while injured.

I have only touched on briefly how these healing methods can help. To see a demonstration of the touches or the wrap I will be at the Dixon Farmer's

Market on September 5th. I will be available to explain in more detail how some of these tools can be used. To learn more or schedule a TTouch session for your pet you can call Cindy at cell# 505-613-0211 or e-mail me at Azuresky@cybermesa.com. Many blessings to you and your animal friends.



If you talk to the animals
They will talk to you
And you will know each other.
If you do not talk to them,
You will not know them,
And what you do not know
You will fear.
What one fears one destroys.
----- Chief Dan George



The Body



By Talia Maria Flaherty
Age 6

This is what I learned about the body.

I learned the brain is at the top of your body.

It lets you think and helps your body function right.

Your skeleton helps you walk. The knee has a kneecap. The muscles move your bones. The blood cells are made in the bones.

The heart pumps blood and the blood runs all over your body in arteries and veins. The blood gets oxygen from your lungs.

Food is digested in the digestive system.

Epidermis is another word for skin.

Your eye is in front of you. The iris is different colors on different people.

I think the body is neat.



The Sun and the Skin



by Elizabeth Riedel

The sun gives us warmth and comfort, photosynthesis, seasons, day and night and life itself.

With exposure of the skin to the sun we synthesize Vitamin D3 (sunscreens can interfere with Vitamin D synthesis, but brief sun exposure is enough).

Ultraviolet light is electromagnetic radiation having wavelengths of 200-400 nanometers (nm). UVB, which causes the most skin damage is 290-320 nm. UVA is 320-400 nm.

The ozone layer of the atmosphere filters UV light, especially the shorter, more harmful rays of UVB. Chloroflourocarbon released into the air has thinned the ozone layer.

Ultraviolet light can evoke immunosuppressive responses and cause genetic changes, increasing the risk of skin cancers.

Rough, irregular weather-beaten skin is a result of sunlight exposure, especially in fair skinned people.

What to do? Sunscreen, clothes, hats and sunglasses and staying out of the sun altogether, especially during the peak hours of 10-4, protect us from overexposure to the sun.



Citrus Sunrise Bread



If you are not someone who has made bread in the past or finds the idea intimidating it's time to start. Make bread because it is so much fun. It's like being a kid again. Don't be intimidated by the process. Making bread is all about keeping our friends the little yeasts happy. They like to be kept warm, treated gently and like many other little things, they like to eat sugar. Of course after treating them with care, we mercilessly set them in the oven to be cooked alive! Oh! Always read through a recipe before you start and don't expect to use all the flour a yeast bread recipe calls for. It will always be a little different. Chose to make bread on a day

you are hanging out at home. Children love to get involved although this may take some of the relaxation out of the process for the adult.

Ingredients:

- 1 package (or two tablespoons) baking yeast
 - ¼ cup very hot water + 2 tbs orange juice concentrate
 - 2 cups milk
 - ¼ cube butter
 - 1 tsp almond extract
 - 1 dash salt
 - 2/3 can frozen orange juice concentrate
- Set aside remaining orange juice for glaze.
- 1 tsp or more orange zest (otherwise known as finely grated rind—any organic citrus can be used.)
- Have 11 cups of spelt flour ready (Other flours can be substituted)

Begin by adding your spoonfuls of frozen orange juice concentrate to very hot water. Check their temperature to see if it is right (113 degrees--or luxurious hot bath temperature if you don't have a thermometer). Pour the yeast in to wake it up and get it excited about eating and breeding. The O.J. is our sugar here.

Now let that stand while you scald (heat to an exuberant simmer) your two cups milk. Beware and don't get distracted during this process for milk loves to boil over. Milk can be cow, goat, or buttermilk. Sour milk tastes lovely when put into bread. Add butter as soon as you take the milk off the stove. As soon as it has melted add the 2/3 can frozen orange juice, almond extract, orange zest, and salt.

Now it is time to mix in only 4 of your cups of flour as well as the yeast mixture. Do this in a large mixing bowl and mix vigorously switching off hands until both arms are ready to fall off --about 7 minutes - this is a great outlet for aggressions. With an electric mixer, mix for 3 minutes at medium speed. Now keep adding flour 1 cup at a time until dough begins to separate from the side of the bowl.

Now with very clean hands turn out dough onto a very clean surface with a dusting of your flour. If you are not familiar with kneading, you are taking your dough and folding it gently into itself then pressing it further into itself with a rolling press of your open palms. This is a nurtur-

ing, meditative and aggressive activity all at the same time. Enjoy this relaxing and tactile activity for about five minutes, adding more flour to your board as needed.

Now your round ball of dough can be returned to the bowl to rise in a warm place until doubled in size (about an hour).

Now take this pregnant belly of dough and punch it down. Yeah, really punch it-this makes a pleasant, airy, releasing sound. Return to clean floured surface for more needing. If you would like, separate dough into 3 portions for a braid. Mold into three long snakes then braid as hair, attaching ends with a bit of water or orange juice concentrate. If you're not excited about braiding, shape into loaves and place in greased pans to let rise once more. It can make two or three standard loaves depending on how happy your yeast is. Remember the dough will nearly double in size once more plus grow a tad more in the oven. After about 45 minutes of rising pre-heat oven to 325 degrees.

When dough has doubled in size, place in oven and bake for 40 to 45 minutes. OPTIONAL After 30 minutes you can take it out and brush some of the remaining O.J. concentrate on the hot surface of the bread. If you don't have a pastry brush this can be done with a scrap of cloth, some firm leaves, or even your fingers. This gives the bread a smooth, shiny surface. Return to oven for remaining baking time. When bread is ready it should be a candy coated golden blond and the kitchen should smell like fresh baked bread. Enjoy.....



The Carnelian Center gladly accepts donations towards achieving the goal of a home for the healers and wellness practitioners of the Embudo Valley to be able to work together under one roof. Your charitable contribution is greatly appreciated. We are seeking either land to build on or an affordable lease or rental in the Embudo Valley area.



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

**Blessings,
The Carnelian Center**



The Carnelian Center

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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 resides in Dixon where she is rebuilding her private practice. She also provides massage therapy at Ten Thousand Waves in Santa Fe.

Cindy Stone studied Art History at the University of New Mexico and CU Boulder. She is an animal TTouch Practitioner and has her own business called Animal Wise. The TTouch is vast work that emphasizes solving animal behavior problems and recovery from injury in a gentle non-threatening holistic manner. She is also certified in Reiki level 1 and is always ever expanding her knowledge through workshops and education.

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 "Electrosculpture" system, an electromagnetic body detoxification, rejuvenation and body sculpture system.

Aiya Horne

Hi. My name is Aiya Horne and I have lived in Penasco, NM for 15 years. One of my great joys in life for the past 30 years, is by using natural ways of healing not only for myself but also with others including many animals. Natural healing modalities are gentle, nurturing and fun. I am honored and excited that I have been invited to be on the Carnelian Center Board of Directors, to be a part of a dedicated team whose vision is to bring affordable nurturing and natural healing to all in this area. thank you!

