



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

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What Is Healing?

Quite simply, healing to me means when the body, mind & spirit are working in tandem.... in aware unison..... to create the harmony & balance needed...internally & externally....to create enduring equanimity throughout a lifetime of quality...not just quantity.... in years.

~Ellen Joseph



Healing means "peace" to me . peace within.

~Christine Malcolm

"Healing is the re-unification of that which has become separate. Re-unification is not ordinarily a linear process in that most times, that which has become separate must

be recognized, heard, acknowledged, before re-integrating into the whole. In this, 'healing' is often experienced as a painful process.

In many indigenous cultures, Shamans go through various rites wherein they experience a 'breaking down' or 'dissolution' of body, mind and spirit - before the 'whole' re-emerges and unites as a cogent whole. The art and process of healing often feels like peeling an onion in order to locate the source of imbalance and to then recognize how this source has effected other cells, thought processes and physiological systems. Just as our body's cells persistently experience death & rebirth, so do we as a whole. This process begins at birth and continues on until death... (& perhaps further than that).

All one has to do is witness the cycles of nature and recognize that we each follow this same transformational process. True healing comes when our hearts and minds fully accept our individual and collective experience as seemingly endless transformational cycles, and to do so with humor, grace and compassion toward both self and other."

~Carla Friedman

Healing means bringing the body-mind-spirit back into balance or alignment with nature. To heal is to make whole. This may involve removing or recognizing the obstacles to healing or wholeness, wellness. Obstructive thoughts or patterns of behavior, bone misalignment or tissue inflammation, an unhealthy atmosphere or stressful environment can all bring on dis-ease in a moment or over time. The unbalance is often hard to recognize. We are stubborn, and like to ig-

nore the pain, hoping everything will go away if we don't pay attention to it.

Some key words in healing are space, time, attention, light, and love. By removing our obstructions and allowing the energy of life to flow through us, we are giving room for our full potential to be. This can be done with the aid of laughter and conviviality, warm friends and trusting relationships, therapists, water, a walk in the woods, anything that slows us down and allows us to hear our own heartbeat work its inevitable magic on ourselves and others. This is not rocket science. It is our innate gift on earth: to heal and help others and ourselves is what we do best.

Healing can be seen in the tending of our loving families and gardens, or serving the larger community of mankind. It can be seen in the turn of a wrench while fixing a car, or the plucking of a delicious plum on a fruit tree, a smile of sunshine lighting up the ground, a hand of encouragement to something in need. Awareness, space, love, time and light. So easy, if we turn our attention to it. Like any muscle, it grows as we develop the skill. Our patterns emerge as we look at our tendencies to judge or repetitive actions that serve to hurt ourselves and others. Being soft and quiet with these emerging patterns allows them to release without pain or holding, without judgment. Atonement can happen in an instant, and we're free to live life as God made us: a simple, joyful and essential part of Nature's design.

~Ruth Bowman

Aroma Therapy Only the Nose Knows?

By Christine Malcolm



Aroma-therapy is the revival of the art and science of healing and beautifying that began in ancient Egypt 5,000 years ago. Natural aromatics were burned in religious ceremonies, used for purifying the air and applied as an adornment for the body.

Aroma-therapy is the revival of the art and science of healing and beautifying that began in ancient Egypt 5,000 years ago. Natural aromatics were burned in religious ceremonies, used for purifying the air and applied as an adornment for the body.

In recognizing the role of the mind in the prevention and healing of physical ailments, holistic practitioners are interested in the psychological and physiological brain reactions triggered by various odorants. Essential oils affect us in a number of ways. Psychologically via the sense of smell and Physiologically by acting directly on the physical organism. In fact, they are both very interdependent. Essential oils have the ability to affect us in a number of ways, the most important of which is to lower stress and bring about balance. Also, odors may simply be enjoyed for their aesthetic beauty and the pleasure that they bring into our lives.

They can be used to relax and energize, disinfect and purify the air, aid in circulation and digestion, strengthen the immune system, alleviate inflammations, act antiseptically in first aid treatments, lower or raise blood pressure, ease muscular and headache pains and work as a treatment for skin care. This is not a complete list of the many uses that essential oils and aromatics offer us.

Olfaction is exceptional among the senses in that it is one of the only senses to have immediate access from the source of stimulation (i.e. odorant) to the brain. In fact, it has been said that the olfactory epithelium where the perception of an odorant originates, is only two synapses away from the hypothalamus. This may be a significant factor in explaining why odors have such an immediate effect upon emotions and memory.

Smell takes place when a surprisingly small number of molecules of an odorant are sniffed into the nostrils and come into contact with about 10 million thin hairlike cilia that are

projected out of two small mucous bathed patches, no bigger than the size of a dime. This area is part of the olfactory epithelium, and here is where the initial message is transmitted one synaptic jump the impulse ascends into the oldest part of the brain once referred to as the 'rhinencephalon' a Greek word meaning nose brain. This area is also where the regulation of motor activities and primitive drives takes place and is called the 'limbic system'. The limbic system plays a major role in many emotions. Some smells cause the limbic system to activate the hypothalamus which in turn signals the pituitary gland to stimulate the production of hormones that control digestive, sexual and emotional behavior. It basically influences the entire endocrine system of hormones that regulate body metabolism, stress, fight or flight, insulin production, etc.

According to Robert Tisserand, noradrenalin is probably triggered by stimulating oils such as rosemary and basil, which are purported to arouse memory and concentration because they act as stimulants to the central nervous system. Serotonin may be triggered by sedative oils such as chamomile and ylang. Endorphins and enkephalins act indirectly to ease pain by stimulating the release of the body's own analgesics. Essential oils have a molecular structure which is small and simple which allow them to pass easily through the skin and into the interstitial fluid which bathes all the cells of the body. They penetrate through the thin walls of the lymph ducts and capillaries and circulate throughout the body.

Essential oils also evaporate on contact with the air, so when inhaled some are carried through the nose and into the lungs to circulate throughout the body. Both methods of introduction bypass the digestive system and thereby prevent any irritation that can occur from oral consumption. There are medical centers and pharmaceutical companies developing a number of medicaments that can be administered nasally specifically for this reason. Some products that have been or are being developed include a nasal flu vaccine, nasal insulin delivery system and a vitamin B-12 supplement that would be applied to the inside of the nostril.

Essential oils are able to penetrate the blood brain barrier. This is the layer of capillaries that surround the brain and is very selective to what it allows in. There are some things however that do get through such as the fumes of glue, cocaine and an ingredient in a class of tranquilizers that are known as benzodiazepines. Benzodiazepines have specific binding sites on the olfactory sensing cells. So from a molecular viewpoint one researcher regards odorant molecules as a special class of mood-modifying chemicals which act on peripheral parts of the limbic system.

According to an article in the International Journal of Aromatherapy, two Oxford hospitals are currently making use of lavender and other essential oils, in place of minor tranquilizers. It has been speculated that these receptor chemicals did not evolve over millions of years so that they could bind to

pharmaceutical tranquilizers and that they may be there in order to bind to pharmaceutical tranquilizers and that they may be there in order to bind with some of the things that occur in nature such as essential oils. In fact, aromatics were used as sedatives on the nervous system 2000 years ago by Dioscorides, long before synthetic chemical compounds were invented.

In a recently published study that was also referred to in the latest edition of the U.A. findings concluded that it only took fifteen minutes of inhaling essential oils during an aromatherapy bath to reach levels that would be considered therapeutically active. Furthermore, it was found that practically all essential oil constituents were eliminated after 3-4 hours which the author concluded proved that there was not a cumulative effect.

During the seventeenth and eighteenth centuries there was a major perceptual revolution in olfactory tolerance. Natural fragrances that had been used and sometimes over used for centuries as a means of disinfecting, medicating and perfuming suddenly became the target of great political, scientific and social controversy. Prior to this, therapeutic functions of "odors" strengthened their aesthetic value. Very little distinction was made between wearing a pleasure perfume of burning sweet-smelling pellets to stem infection.

Shortly after doctors and moralists had stressed the dangers of animal perfumes, pneumatic chemistry began to challenge the therapeutic value of odors and aromatics. And so in 1818 the French code of medicines and pharmacopeia was published. The authors confirmed the loss of confidence in the effectiveness of aromatic fumigation, denied the therapeutic property of odors, and sounded the victory of chemical medicaments. Odoriferous substances were relegated to the role of secondary aides and since then, there has been a separation between pharmacy and perfumery.

A smell renaissance is taking place and because of this revival of interest in odors and olfactory perception. A proliferation of new research is being conducted by academic institutions, pharmaceutical and fragrance companies as well as interested individuals. We have always known that the sense of smell has the power to influence us and recent research has confirmed this through scientific investigations. Once again, in history, the science of odors and their ways in which we perceive them is getting its deserved recognition.

Christine Malcolm is the owner and botanical perfumer of Santa Fe Botanical Fragrances for the past 21 years, with over 37 years experience in the business. She conducted research in 'Olfactory Perception' at Ohio State University in 1984. She studied at Dr. Sherers and is licensed in Massage therapy for 22 years. Freelance journalist for aromatherapy publications and magazines.

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Sunscreen?



By Marta Chilton

Sunscreen, should you use it? And if so, what kind? I don't have the answers, but I do have some information that may help you get started on your research about it.

The perfect sunscreen would:

1. Protect your skin from the radiation of both ultraviolet A (UVA) and ultraviolet B (UVB) since both have been linked to various types of skin damage including skin cancer.
2. Not break down in the sun.
3. Contain only ingredients that have been proven to be safe.

All sunscreen products protect you to at least some extent from UVB, but only some of them also protect you from UVA. It is the UVB that causes sunburn, so using a sunscreen that only protects you from it, can give you a false sense of protection, allowing you to be exposed to more of the damaging UVA that you normally would be.

The Sun Protection Factor (SPF) of a sunscreen only indicates the amount of protection against UVB, so even if a sunscreen has UVA/UVB protection, you have no way of knowing how much protection you have against UVA.

Many sunscreens break down in the sun. According to Environmental Working Group, 1/2 of the sunscreen products that they have researched have unstable ingredients in them.

Nearly 90% of the ingredients found in sunscreen products have not been tested. More than 1/3 of all personal care products contain at least one ingredient linked to cancer.

Then there is the question of nanoparticles.* Some sunscreens use nanosize zinc oxide, titanium dioxide and/or aluminum. A nanoparticle is very, very small. To get an idea of how small, think of the size of the cell of a human hair and then realize that this cell is 80,000 nanometers wide. There has been very little research done on the possible dangers of these man made particles. Because they are so small they are able to cross biological membranes. Then they can possibly get into cell tissues and organs that larger, normal sized particles could not. Some have been known to be absorbed into the blood, some to affect the immune system and some to disrupt the hormone system. Some build up in the body. Nanosized zinc oxide and titanium dioxide are photoactive. They produce free radicals when they are exposed to ultraviolet light. (I think that means you should stay out of the sun if you are going to use a product that contains them.) There are conflicting studies regarding them. Some studies indicate that these nanoparticles are relatively safe when they are in a product that is applied to a healthy, unbroken skin.

The FDA has no regulations on required labeling or set standards for marketing claims so you can't put much trust in the labels of sunscreen or other personal care products.

My sources for this article were www.ewg.org and www.foe.org. I recommend them as good places for you to begin your research.

*Nanoparticles are also found in a variety of products including some deodorants, soaps, toothpastes, shampoos, lipsticks, eye shadows and aftershave lotions..

Thoughts



By Selma Morales Harwell

So, a thought that you think causes you to offer a vibration. And when you offer a thought because of the vibration that you are thinking,

Law Of Attraction responds to that thought soon enough, not immediately but soon enough, within in seconds, within 17 seconds, the thought that you are thinking then begins to bring other thoughts of vibrational equivalency to it. When you get focused upon a thought, and you begin to let that thought be something that is often thought, a sort of chronic thought, the place you always go, you know how when somebody brings up that person you've never liked? And as soon as you hear the name or even think about that person in some way, you immediately go to your pre-decided, pre-determined, well practiced thought, chronic thought, belief about that person. And what we want you to begin to understand is you don't have to do that, nor is it a good idea to do that because, bless your hearts, you've picked up all kinds of thoughts that serve you, but you've picked up of thoughts that don't serve you.

So we want to help you decipher this arena of thought and understand that there is a thought that you think that is just a thought that you think. It's not a very important thing; you're just thinking this thought. Unless you think this thought a little longer. And as you think that thought a little longer, until another thought has joined it, and another and another and another and another, soon, this thought that you are thinking is not only a thought, it becomes a chronic thought, or you could say, a dominant thought. Once you have trained yourself into a thought to the point that we are calling it dominant, and you might call it belief, now Law Of Attraction is responding to that. And, you can't create outside of that vibrational patterning. You just can't do it. You can't practice thoughts and set up that vibrational pat-

tering within yourself, and then expect Law Of Attraction to make you the exception to Law Of Attraction. Law Of

Attraction is responding to how you think, and an easier way for you to hear it is Law Of Attraction is responding to how you FEEL about everything. How you FEEL about everything is what you are living 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.

Selma Harwell Reiki Master, Energetic Work for 30 years, Founder: Transformative NRG, Nutritional & Regeneration Guidance, USANA-cellular based nutritionals, skin health, Yoga, Reiki, Qigong, Bach Flower Remedies, Jin Shin Jyutzu & more. inquire about Life Coaching, Journeying,

My commitment is to eliminate degenerative diseases from the planet by 2020. I stand for a world where it is the norm that people are empowered by being responsible for their own health. We work in partnership with doctors for our body's care. Doctors are free to take care of emergency situations-as originally designed and emergency rooms are a calm environment for treatments. Out of that- pharmaceuticals are no longer needed and we allow people to age naturally, gracefully until death without decline. To find out more call: 818-761-8433 or email kelmananda@yahoo.com with the title of Transformative NRG

Invite Italy



Gather children, animals and priests, those who come to mend the broken pipes of winter, and the ghosts of six orphans who fit aglets onto shoe laces for thirty-five years.

Invite scientists, the mailman with one leg
And the entire third grade.

Invite Italy.

Turn my bones into an orchestra.
Play Vivaldi.

String my ribcage with horse-tail,
carve the tibias into Shakohache flutes.
Fit mirrors into the places that cradled my eyes.

Pour wildflower and sea glass into my skull.
Then turn me slowly over to mirror the sound of rain.

Play me in a forest.
Sing at the top of your lungs.

~ Carla Friedman

I Am I



I am I.
I walk with a mountain of past behind me
A field of future ahead.

I am I.
I see with eyes of hawks
Of eagles and doves.

I am I.
I love with a heart of a lion
and with that of a lamb.

I am I.
I speak with words of hope
Of joy.

I am I, and you are you.
We both walk with a mountain of past behind us.

A field of future ahead.

By Lorali Luna Aby

MORE GIVE MORE TAKE



THE CLAY IS MY HEALER
THE CLAY IS MY FRIEND

I CENTER AND LISTEN BEGINNING TO END.
THE VESSEL SHOWS ME MYSELF FROM
WITHIN.
INTENTLY WATCHING AWAKE AND AWARE
LOVE, THE CLAY RECEIVES BY MY GLARE

ABSORBING BAD FEELINGS, DISSOLVING
STRESS.
IT'S MY MEDITATION I'VE COME TO REQUEST.
THE POT I'M HOLDING
MY BREATH I'M HOLDING

TIME TO BREATHE AND RELAX, IGNORE
WAYS I DISTRACT

"BE FLEXIBLE WITH GIVE AND TAKE" THE
CLAY WHISPERS TO ME

I LISTEN TO THE SHAPE THE POT WANTS TO
BE
I ALSO TELL THE POT THE SHAPE I HAVE IN
MIND
TOGETHER WE WORK IN THE SYMMETRY WE
FIND

CREATING VESSELS, LIKE CREATING MY
OWN LIFE
SEARCHING FOR BALANCE, HANDLING THE
STRIFE
I'M GENTLY ACCEPTING THE SHAPE IT BE-
COMES
TRUSTING THE EMERGING...UNTIL DONE!

MY FOCUS HEIGHTENED CREATING MY
SPACE
THERE'S A DEAL BETWEEN US-WE'VE NO
TIME TO WASTE

WORKING QUICKLY, ANXIOUS FOR COMPLE-
TION
RELAXING IS ACCESS TO "NO COMPETITION"

MORE GIVE MORE TAKE
MORE CENTERING AND AWARENESS

THIS KIND OF RESPECT IS FAMILIAR YET
FRESH
THANK YOU FOR SHOWING ME HOW TO
TRANSFORM THIS MESS!

AWAKE AND AWAKE-MORE GIVE, MORE TAKE
AWAKE AND AWARE, LIKENED TO PRAYER
THE REVERENCE I'VE LEARNED I'M READY
TO SHARE.

MORE GIVE MORE TAKE.
I COMPROMISE

MORE GIVE MORE TAKE
NOW GROWING WISE
FINDING MY WAY TO BE FREE
ALLOWING MYSELF TO SIMPLY BE.

By Selma Morales Harwell



Once you have held the
knife,
In angry hands,
Pointing towards the black
cavern within your heart,
It is hard to go back.

When the flesh has mem-
ory of your own
mal intent,
The wrists holding back
their blood,

Shielding it below skin whose cells have felt
your own self-destructive thoughts,
The scars etched in the back of your mind,
It is hard to go back.

When you have wondered, if only briefly,
How to accomplish this dreaded thing.
This desire for removal from existence,
With all its wrongs,
Is it hard to go back?
Yes, the knowledge is always there,

The irreverent desire for this thing which is
wrong for every reason,
It is surly painted over by the life's desire for
life,
By sanctity and miracle of the spirit formed
in flesh.
It is never healed until you go back.

Go back to that cavern and explore the
pain,
Sit within its depths,
Holding only on to faith.
That it will not swallow you whole,
Until from somewhere light slowly grows
from a pinpoint,
That is healing,
That is going back.

It is hard to go back.

~ unanimous

No Me To No I



Eyes peer.
Crazy wisdom limps & bows.
History floats to the bottom.
Dissolves into the azure sea.
Cracked walls hum.
There is pink sugar in place of tumble-
weeds.
Conrad's liquid skin.
There is a miniature Bahamian
crawling from sea to sand,
a pod of Dutch women
turning dangerously brown,
and two onyx lovers
entangled for three hours.
I glide through God's belly,
write without writing in wind that blows
from no place to no place.

No me to no I.

~ Carla Friedman

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!