



The Carnelian Center Newsletter

The mission of the Carnelian Center is to provide the community with affordable holistic health care while nurturing the individual through art, education and cultural integration. Our vision creates healing in a beautiful, peaceful setting with respect for the ecosystem and the preciousness of water.

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Compassion By Lluvia Lawyer-Aby

Oxford Dictionary definition of Compassion: a strong feeling of sympathy for people or animals who are suffering and a desire to help them.

Most people agree that compassion is a positive thing, something to strive for in life, but when the rubber meets the road, how do we really give space for this instinct? We may have compassion for a theoretical person, suffering out there in the world, those in poverty or hardship, or those plagued by the realities of war. How do we become shepherds of peace in our own lives, in the day to day sense? The term shepherd here means: one who is in charge of guiding something in the moment, on the ground.

We may show compassion in many ways with beloved friends and family, or supporting an organization that is doing good work, but what about where it feels uncomfortable?

Let's start inside. How do we treat ourselves when we make a mistake or we forget something? Do we take into account the emotional pressure we are under, or do we scold ourselves? How can we break out of deep seated patterns unless we show a little compassion to the history that makes us who we are?

We may be able to feel compassion for those we like, but what about those who annoy us or make us angry. When we meet up with

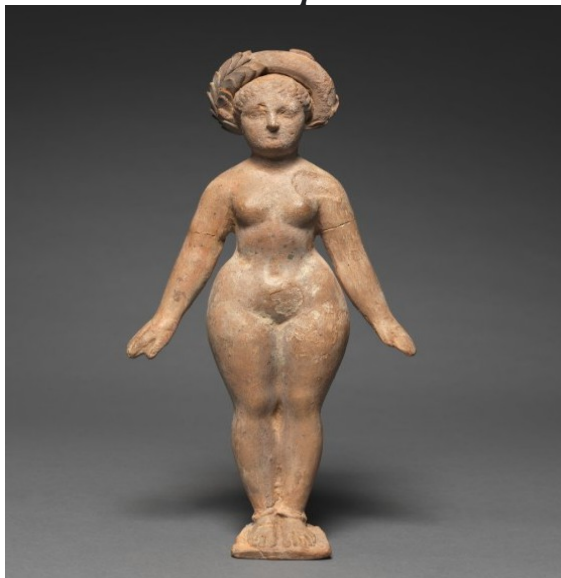


other people in the world, we are not just there with them, in the moment, but we are coming into contact with their past, their trauma history. Giving space for this fact with every interaction can make it easier to shed the light of compassion on uncomfortable situations.

Sometimes the way people are acting can seem so bizarre or shocking, but if we knew how they came to that moment, we would have more understanding. Of course we can't know all of these things, but we can try to reach for what others' intentions are or maybe just give ourselves half a chance to not be triggered, to contain the fire. There is a potential storm at many turns, so how do we give space to human vulnerability? How do we channel upheaval into beneficial action?

*I invite you to take time to ask yourself,
"What does compassion mean to me,*

and how can I practice it?"



Lipedema By Jade Weissleader

Hello, I'd like to bring awareness to a topic that has recently come to light for me through researching some of my daughter's health issues.

Thanks to the diligent efforts of Cathrine Seo, founder of lipedemasimplified.org, there is now a growing wealth of information available to women with lipedema by women with lipedema. Lipedema seems to be related to Lymphedema via the damage caused by swelling and blockage in the lymph tissues. However Lipedema affects the fat storage patterns of the body.

As one begins to unravel the mystery of this condition, it becomes apparent that this is a common occurrence among women. Ancient carvings of women who had the body shape indicative of lipedema have been found the world over, and once you know what to look for, it is clear that it is quite common. Some 17 million women seem to be affected in fact. Lipedema often goes undiagnosed and mistaken for eating disorders or lack of nutritional education. Many women are not believed when they describe their symptoms. As of yet, there are no diagnostic tests to determine the disease, and it is diagnosed through subjective/objective information and physical examination.

Some of the characteristics of Lipedema are:

1. Larger lower body. For example, size 8 torso with size 12 hips, butt, and legs.
2. Often asymmetric accumulation of fat. For

example one leg larger than the other.

3. Patient complains of leg pain, and difficulty moving.
4. Patient self reports restrictive dieting with unexplained weight gain. (Often the patient is initially not believed.)
5. Weight loss may occur in the upper body but not the lower body.

There are several stages to Lipedema each of which affects the body shape and can be difficult or impossible to correct as it advances. In extreme cases liposuction can provide some relief and help restore symmetry.

However, this is where I feel fortunate. In January of 2023 my daughter, my partner, and I tried a drastic measure to improve our different health issues. It's known as Carnivore Diet or lifestyle. It has been over 10 months now, and we have each achieved excellent results.

It was through an orthopedic surgeon (Dr. Shawn Baker) who recommends this way of eating that I came across Catherine Seo. Catherine had been experiencing and witnessing the beneficial impact that ketogenic diet can have on Lipedema when she found Dr. Baker. So she started experimenting with Carnivore Diet and sharing her experiences.

Although Catherine and many ladies have experienced positive results from clean vegetable based eating, there seems to be greater improvement with ketogenic diet. And now so far Carnivore Diet seems quite promising.

In my daughter's case, the level of improvement is truly remarkable. Her whole body shape has changed. Her legs are nearly symmetrical after her left leg having been chronically swollen for years. Her energy level is markedly improved. She is clearly happier.

But the point here is that, if you or someone you know is suffering from symptoms such as those listed above, there is hope, and there is help. You are not alone, and it is not your fault.
lipedemasimplified.org

Lament Of A Light Based Creature

The light has shifted seemingly overnight.
Not long ago we rocked birthday suits
by the riverside & retreated with the midday Sun
But now seek out its short lived glory
Our bare skin will shiver too
as the trees release their growth
Giving thanks for thick walls & mourning
the warmth that we now have to work for
We will soon lug wood through snow

And every step will feel impossible
And days will pass with nothing "done"
Home can feel like a trap these days
The trick I've heard is to
contemplate the end
Throw some roots & bones &
herb in the pot
And stir it up
Little darlin
Stir it up

By Roslyn Wise



Grief By Aurora

Grief. It's heavy, painful, and transformative. It comes me a lot. It's a living ghost story, he's the missing piece.

The loss of Curtis is probably the hardest grief I've dealt with. When he died a huge piece of myself died with him. I couldn't pick up a book, I couldn't write, I felt like I couldn't breathe. His body was left sprawled on the highway for nine hours. He was eleven days from his twentieth birthday.

It was a battle bringing him home. It was hard to have to ask for help digging a hole, in the frozen ground, or getting his coffin made. The hardest part was seeing him for the last time. The grief that



in many shapes and forms. It's been two and a half years since I saw my brother for the last time. Losing my younger brother Curtis has certainly taught

came with this loss, felt all encompassing, like it would never let go. It still hasn't let go. I've learned to survive through this grief. I certainly, wish I'd gone to more of his basketball games.

It's little things that can set me off, seeing phish food ice cream, (a Curtis favorite) or hearing a favorite song. Losing Curtis has made me, a more compassionate person, more forgiving, more loving. It's made me warier of those around me, as well as more cautious.

It's a living ghost story, no dramatic endings, no jump scares, just a missing person. There's an unfairness, to knowing I can never hug my brother again.

A Word From Our Practitioner Montse Serra

Hi everyone

I am a practitioner of the Carnelian Center and I would like to share some information about the healing I do.

I have many years of experience practicing different healing modalities. My first training was in Art Therapy, which allows our Soul to show us where we need to focus our healing through transformation. At the same time, I wanted to know how our mind works: our beliefs, capacities, resources, etc. For this reason, I trained in NLP (Neuro Linguistic Programming) and Coaching. I was also involved and interested in exploring alternate states of consciousness through Holotropic Breathwork. I am a Master in Reiki Usui, Reiki Karuna and Akashics Records. I integrate all of these techniques into my healing work, but the foundation of my therapy is Family Constellations.

Family Constellations is a therapeutic work, leading to a very deep level of healing and liberation at the level of the Soul, and was created by Bert Hellinger. It is an effective method to understand the dynamics and implications in the family system.

The four pillars of Family Constellations include:

- We belong to a system and there are not exclusions
- There exists an order, called the order of love
- How to identify your loyalties to the system so you can belong
- And how to balance the compensation of giving and receiving.

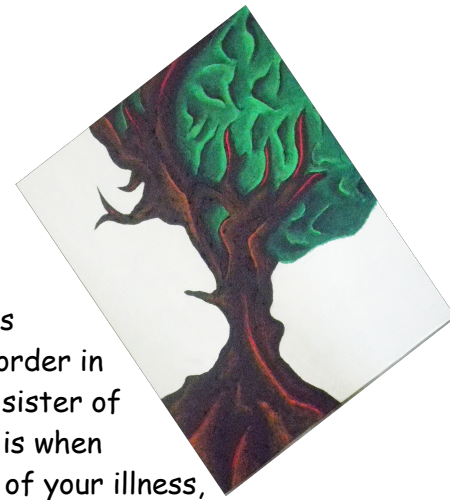
In my own experience, Family Constellations had a huge impact on my life and my understanding. I had a very deep comprehension of why my soul chose its particular path and the reason for it. In my case, at the level of the Soul, I was helping my mom take care of 7 siblings. This should not have been my place or order in the family. I am not the mom of my siblings, and definitely, not the partner or sister of my mom. This is what our Soul does for love, but it is a "blind love"... Blind love is when at the level of the Soul, for example, we tell our mom: "I will carry the burden of your illness, or I will die for you." With the support and guidance of a trained practitioner, we can gain a deeper understanding of the dynamics of our place in our family system, and come to a healthier balance.

When you do a Family Constellation session (in group or individual session) it can help you in the same way. The most important goal is how to move in your life with more harmony and peace, more freedom and order, and without judgments. This method of healing is for everyone who is looking for more understanding. We will discover the dynamic of your original family system, and find a new final image to move forward. When you do your Family Constellation it affects your Soul and all your system. It's like the game of Chess: if you change your move, all the system needs to move in different way.

I was a little skeptical about writing this article because it is not easy to write about this method of healing. The best way is to try it. I hope that you might have some curiosity and interest in working with me to help your Soul to be in a better place.

I'm planning to do a talk about Family Constellations on November 17th at 4pm. For more information: 402 515 2791

Montse Serra, a practitioner at the Carnelian Center.
Light and Peace



Carnelian Center Practitioner List

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