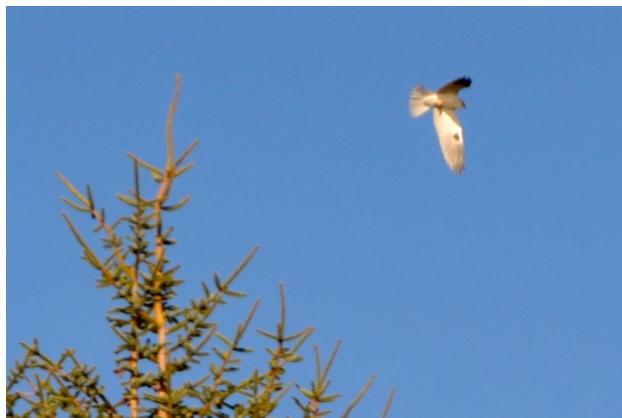


# The Carnelian Center Newsletter

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.



## MANIFESTATIONS

By Jade Weissleader

Early in life I started hearing about manifesting. There are many ways to define manifestation, and as many ways to believe in it. At first I was pretty sceptical. Really? We can create our reality? Como que? The first time I felt I really had any understanding about manifestation was when I studied the anatomy of the eye in college... amazing how the detection and refraction of light through a series of fluids and lenses can lead the brain to build a view! That solved the first mystery, and I began to develop an understanding of why there are so many conflicting perceptions of reality. No two people even see the same way.

Manifestation (as it turns out) is as complicated as you make it. You might use simple visualization, journaling, meditation, vision boards, and mantras. You can power pose, wear talismans, use tarot, write out your wishes in detail. Maybe you draw on the leigh lines of the planet or live near a sacred place of creation (like a Sipapu).

In my early twenties I had a series of epiphanies about my life and myself. For the first time I realized I wanted to do more in my life than just survive. I began by thinking about what it was I felt was important, and the reasons I felt compelled.

I began immediately to write out lists of what I wanted and what it would take to get it. The first thing I realized was where I was. I was a single mother of two with no career, no job, no education, no money, no support network, and no plan. I also began learning

more about manifesting, self-help, goal setting, planning, you name it.

My story is long and detailed... I will spare you most of the details! But here are a few important ones. My first plan was Big and involved buying land etc. I thought about what I needed in order to build my dream, and I decided 10 or 11 acres would work. I also began imagining the people I wanted to live/ work / and be community with.

At the same time I went to school, got a job and began the physical manifesting we all know as hard work. I learned about goal setting, planning and persistence. Over the last 20 years my dream has grown and evolved, and I have continued to learn and use manifestation. Some of the details have changed but the core remained the same.

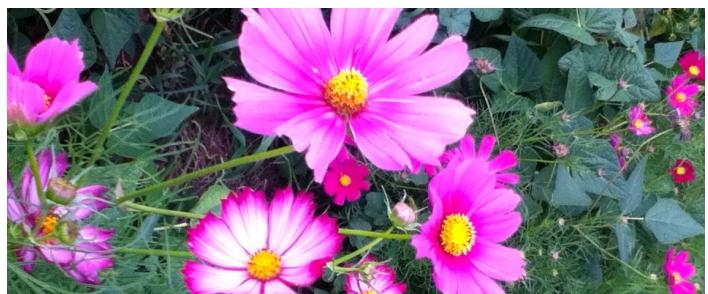
After applying hard work, dedication, flexibility, patience and persistence, coupled with constant visualization and belief I've finally achieved many of the pieces necessary to live my dream. Against many odds I now live in a community of like minded individuals, and I own land that is perfect for my purposes, and guess what? My land deed say 11 acres, more or less!

At this point i have developed an opinion about the reality of manifesting.

Between hard work and dreaming up the future... I say they go hand in hand. I think it took dreaming up plans, then working on the details.

... However! I believe that without the dream the reality would never follow.

One last thing, it took me over 20 years to get so many of the pieces together for my dream, and I've still got plenty to do! But I have recently learned a really important fact about manifestation... YOU CAN MANIFEST YOUR TIMING! No need to wait so long. So happy manifesting!





LYFE BAKK

## A FULL SPECTRUM CBD HEMP OIL.

This is a great article to either learn or brush up on the knowledge and power of CBD. My name is Rox-Anne Sanchez. I am a yoga therapist, yoga and tai chi teacher, fall prevention specialist, Community health worker, CBD specialist, health coach and grateful community member. I have been using CBD for 8 years along with other holistic and alternative regimens for my major health challenges. I completely feel that I have received my life back!! (Hence the name of this product.. LYFE BAKK). I advise, when ingesting CBD, start a written log and choose to be aware of the changes or experiences you receive on your CBD journey. Ask your-self, why am I ingesting this herb, and what do I want it to do? Have full faith in the body's healing abilities. We are all made up of cells, which is how CBD transmits the healing benefits for mind, body and spirit.

### Why is Full-Spectrum Hemp Oil Important?

The health benefits of full-spectrum hemp go beyond it being a source of CBD. "Full Spectrum" means it contains the whole SHABANG!! =). The array of cannabinoids and other natural components found in full-spectrum hemp oil have been shown in studies to work together in what scientists call the "entourage effect." Together, these compounds work harmoniously to magnify their therapeutic properties. The complex mix of cannabinoids, essential nutrients, protein, and healthy fats work synergistically to encourage homeostasis and balance our spiritual, mental, emotional, and physical health.

CBD may be something you will want to try because of all the advantages it brings your body. It is no wonder so many people use this oil to help them achieve health and wellness with their lifestyles. When you purchase CBD oil, one would mistakenly think that anything with the label "CBD" is going to consist of the entire set of benefits one can expect from CBD. While there are no negative results from CBD as a whole, there are some

differences between the full spectrum CBD and products which are limited to CBD only. Again, don't get me wrong, CBD in its entirety is still something worth having in your daily routine, but there is an upside to full spectrum CBD oil.

Our whole body's constituency is made up of cells. CBD is a liaison communicating with all the cells and sharing the light, nourishment and health!! It is all about that homeostasis function. While working together, this entourage stimulates the Endocannabinoid System more effectively. When the ECS is stimulated, healthy body functions are promoted and advocated for.

Your health situation will determine your intake amount. Full Spectrum CBD Hemp oil has significant results in ailments like sleep disorders, anxiety, pain management, inflammation, Diabetes 1 and 2, Epilepsy and overall health. Unlike pharmaceuticals, where a prescription is written out and a precise dosage should be followed, CBD is an herbal remedy and our bodies and cells each receive the medicine differently. Listen to your own self and be mindful and open to how you are responding to it. One foundation that I can share for any health challenge you start adopting a CBD regimen, is to take it at night before you go to bed with 1000 mg of any kind of Omegas. Nighttime slumber is the most important part of our day because this is the space where we rest, restore, reactivate, rehabilitate, regenerate...etc. You can take another dose in the morning or a few drops throughout the day.

Full-spectrum hemp oil contains dozens of cannabinoids. The most abundant cannabinoid found in hemp oil is cannabidiol (CBD), a non-psychoactive compound shown to have many benefits in studies. It can be hard to understand what you are getting when purchasing CBD OIL ... Full-spectrum hemp oil is the purest of the CBD oil out there. It is extracted from the hemp plant and contains all the cannabinoids and compounds found in the original hemp plant. Unlike isolated or synthetic cannabinoids, full-spectrum hemp oil contains an array of cannabinoids, as well as a variety of many essential vitamins, minerals, fatty acids, protein, chlorophyll, terpenes, flavonoids, and fiber.

### AILMENTS>

There is still so much to learn about how CBD produces its calming, pain reducing, anti-inflammatory and other wonders in the body. However, current research shows that CBD interacts with many different receptors, proteins and other chemicals in the brain. This creates changes in the activity of neurotransmitters, hormones, and other cells. This has a major affect on the functions of sleep cycles, regulating emotions, pain, inflammation, seizures,

PTSD, neurodegenerative disorders, mental disorders, addiction, and more. Our bodies are born with cannabinoid receptors (the endocannabinoid system). This natural system is connected to the physiological processes that help regulate mood, pain perception, appetite, and cognitive functions. Studies are finding that CBD plays a big role in producing new brain cells. CBD is getting to be known as a promising therapy for a wide range of ailments, from neurological disorders to autoimmune diseases to chronic pain and depression.

In Conclusion, this is not medical advice but it is information you can utilize. It is recommended that if you are just starting CBD you should continue with a consistent regimen for a month in order to start seeing the benefits from it. Remember, this is a long -term strategy in your health and wellness lifestyle. Maintaining a CBD regimen is one of the reasons many people are living a better life - in a natural and more wholesome way! Last but not least... maintaining a healthy diet and activity regimen is also very important to living a better way of life. You can contact Rox-Anne Sanchez (CBD Specialist) for more information on learning more and/ or purchasing local Full Spectrum Hemp oil. 505-417-6135. You can also find Lyfe Bakk CBD oil at The Carnelian Center in Dixon, NM.

Namaste

Roxy the yoga gypsy



## I used to know you

By: Lluvia Lawyer-Aby

I used to know you.  
We used to be like mirrors of each other's laughter.  
We both like to dance,  
So the rhythm kept us in time,  
But now we are strangers.  
I remember I told you once

"I can't imagine the desire to feel out of control".  
You said to me "I understand it only too well.". You began to wear alcohol and drugs  
Like makeup and stockings.  
Pulling them close to you.  
I watched you fly.  
Admiring your free spirit,  
Your bravery, your brilliant potential.  
But then you turned down the alley,  
Clinging to darkness and fell on your face  
Bone hitting concrete,  
Even when you thought you were in the light.  
You did it to protect yourself  
From that time he touched you with his filth.  
You did it to shield yourself from the world  
That has too many squares and sharp edges.  
Too many empty lives-  
So you filled yours with emptiness,  
But it looked like bravado at first.  
There were so many reasons  
And it looked like a crystalline path.  
You were too fast for anyone to really see you.  
Smoothing the hardship that rots the hopeful mind  
But in time the dullness took over.  
The craving coating your every cell like plastic.  
There is an invisible line between my world & yours.  
We pass,  
You on the curb, and  
Me focused on the next thing on the checklist.  
The radio on and children laughing.  
I see your torrent of empty fervor,  
Whirling around your still form.  
I want to reach out  
But you're too far away and I know it.  
Now I'm not sure if I should let you in  
Next to my family,  
To steal things casually,  
Taking them into your bag of shame.  
Now my image of you  
Is made up of gossip and hearsay  
Even though I know  
for you it is minutes, hours and days  
Of tangled tragedy.  
I too hide myself and hold it together  
Only instead through structure  
I imagine holding your star in my hand  
Like the last piece of fantasia.  
I wish we could go back to that moment  
When the sun from the window  
Shown in on your round belly  
And your mother first made you smile.  
But that was before,  
Before you fell asleep in the car and never woke up.



## Meet Jenny Rizzo

Hello friends, I'm so happy to be a part of the team at the Carnelian Center. Available offerings include massage, craniosacral therapy, and yoga.

My massage work blends myofascial, energetic and Swedish techniques, as well as fire cupping for deep tissue stagnation. Sessions emphasize bringing us out of fight-or-flight

mode and into our bodies and our breath where balance and release can be found.

This same approach is applied to the craniosacral work, where the focus is on the fluid and energetic bodies, rather than soft tissue. Craniosacral can be particularly effective for migraines, insomnia, sinus problems, TMJ dysfunction, trauma (including birth trauma), digestive problems, and just generally over stimulated nervous systems.

I'm particularly passionate about providing accessible bodywork to the pregnant and postpartum parents out there. Feel free to contact me about sliding scale or trade options.

I currently don't have any yoga classes on the schedule, but am considering offering a restorative, yin or family yoga class. If you are interested in one please let me know.

If you see me around town with an exuberant two-year-old named Raven, please say hello. We both love making new friends in the Dixon community.

Xoxo

Contact info: [zarizzo@gmail.com](mailto:zarizzo@gmail.com); 816-716-9358

## Carnelian Center Practitioner list

**Luvia Lawyer Aby** (License #1902) Massage therapist and Core Synchronism blended to meet your needs. Infants through end of life. **Contact:** 505-689-2641

**Cathy J. Robison**, (License #6599) is a licensed massage therapist who offers anatomy based therapeutic massage for health.

**Contact: 505-670-6124**

**Maria Chilton** (License #1830) Massage Therapist since 1995 including hot stone massage also the owner and operator of *Little River Remedies*, a small herbal apothecary.

**Contact:(505) 579-4321 or**  
[mariachilton@hotmail.com](mailto:mariachilton@hotmail.com)

**Rodrick Oknick**, Acutonics® Meridians stimulated with tuning forks and other sounds **Contact:(575)613-3245 or**  
[rodrickkok@hotmail.com](mailto:rodrickkok@hotmail.com)

**Valerie Gonzales** specializes in deep tissue massage also experience in prenatal massage, geriatric massage and Swedish massage. My goals are to help my family and community live healthier lives. **Contact: (505)692-3565**

**JoAnne Dodgson** has over 30 years experience as a teacher, healer and published author. She holds a doctorate in Counseling Psychology with a specialty in Holistic Health. She offers spiritual counseling and guidance in times of transition. Among her influences is Ka Ta See, a tradition from the eastern Andes. **Contact (505)579-0074 email:**  
[joanne@joannedodgson.com](mailto:joanne@joannedodgson.com) or  
[www.joannedodgson.com](http://www.joannedodgson.com)

**Cynthia Fulreader, MA, LPC**

**Holistic Integrative Counseling for Adults, Couples, Children & Teens.**

**For appointments call 505 473-4420. Now available in Dixon weekly.**

**Sarah Grant** (License #1038) practices Japanese style Acupuncture **Contact:505-992-1963 or**  
[sarahg@farmersmarketsnm.org](mailto:sarahg@farmersmarketsnm.org)

**Jenny Rizzo** (License #8019) specializes in craniosacral therapy for any body (infant to elder) as well as gentle postpartum and prenatal massage.

**Contact: 816-716-9358**

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

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