



# 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.

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## Hanging Up The Dirty Laundry



By Lluvia Lawyer Aby

Pages 1 & 2

## SEASONAL HOLISTIC HEALING SPICE SOUPS

By Anastasia Ealy, RN, of El Valle NM



Pages 2 & 3

## Snow Walking Meditation



By Lluvia Lawyer Aby

Page 4

## Autumnal Muse

By Carla Friedman



Page 4

## More Poetry!



Page 4

## The Carnelian Center



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# Hanging Up The Dirty Laundry



By Lluvia Lawyer-Aby, Board President

I can contemplate what has taken place in the last year but it seems like a dream and I am not sure of the conclusion.

I have been having this fantasy the last couple of years about a certain screen play which would revolve around the clothes line. Telling the story of wives, mothers, children and their men. The possibilities are endless. At my clothesline lately it has been my man who has been hanging up most of the clothes in a valiant gesture to preserve my sanity. What a

breath of fresh air to see this handsome man out there hanging the family duds in the sun.

I have always admired cloths lines, in photographs, along the Talpa highway, or perhaps behind a run down trailer. They stretch over time hanging behind the scenes, out in the open to be purified by the breeze. And yet this becomes a rarer sight, an endangered plumage. Our clothes now tumbling secretly in some dryer, in a garage with its empty smell of lint and motor oil. But I am grateful to those brave souls who still stretch their underclothes out on the line for all to see. Letting the magic of the sun drink up the water. It is an honest and low impact way to approach day-to-day life. Of course it is not all a fairy tail. There are the cold winter nights where jeans become frozen boards that have to be thawed on the stove before school. There are thunder storms and the occasional devastating attack by a giant teething puppy. But that is life, it is honest.

Hanging laundry has always been an activity for which I am grateful. It is a meditative time, a slowing down, a time to contemplate where I am at. That is also the drag of it, its time-consuming nature. But I enjoy the self expression this activity offers. The craft of hanging the laundry. The way towels come out best on a windy day, or how to hang shirts so that they don't get marked by clothespins, how to hang without making wrinkles, or to use fewer cloths pins. One thing about my secret life at the cloths line is that I see it as an art

piece. When I am hanging out my blue and green load with all the socks, underwear, and washcloths in there own section. Everything has its place and connection. Clothespin to clothespin, connecting two pieces of fabric that have some relationship in my mind. It is a game, an occupation, in fact a preoccupation.

I remember my mother telling me with devastating seriousness the importance of keeping my hands far away from the wringer washer we had as a child. The washer sat in a small clearing behind the house surrounded by sage and a tall pinon. These are the sort of memories that stick with you, becoming part of your internal dialog. A parable of our approach to danger and safety. That voice inside that tells us whether we are good or bad, whether this is success or failure.

This brings me back to the story of my year, to the early spring when I realized I had to stop. I had to do something to preserve myself. In recent years I had began to doubt my basic goodness and at that time this feeling came to a head. How life can push us to our limits and beyond! I gave up doing my work (doing treatments on people). Helping those I work on has always been of great value and benefit to me but something had to give. My own energy was feeling so scattered and negative. I was doubting the benefit of my effect on others. My eyes began leaking when least expected and I did not wish to be out in the world where someone might ask me how I was. The

depression, confusion and inability to think straight were consuming me. I felt I was going crazy. I spent time sitting outside with my hands on the earth and my eyes focused on the beauty that surrounded me. Just holding on to goodness.

In May my husband made a doctor's appointment for me. Some blood was drawn and it became clear that I was quite hypothyroid (low thyroid). The thyroid is a gland located in the neck just beneath the Adam's apple. Its primary function is the regulation of metabolism and hormones. Here a learning curve began for me. First was the news and the idea that I would have to be on synthetic thyroid medication for the rest of my life. By the time I was ready to get my prescription I had found out that there is an alternative natural thyroid. My doctor had said that someone might suggest this but she felt it would be harder to regulate. I began taking Armor (a brand of natural thyroid) made out of desiccated pig thyroid.

I have always avoided soy for the most part due to its estrogen mimicking properties. Before I learned my thyroid was the problem I started showing a strong allergic reaction to soy. It started giving me headaches, skin rash, and numbness under my skin. Later I learned that soy should be avoided by those with thyroid problems or those taking thyroid replacement. Soy blocks the absorption of thyroid hormones as well as the amino acids which are its precursors. Some studies have shown people with healthy thyroids put on a high soy diet then develop thyroid problems. To me this seemed like a good example of my body telling me what it needed.

As I learned about the symptoms of low thyroid I realized how many of these symptoms I had, low blood pressure, hair loss, bad breath, low body temperature, dry skin, orange color in the hands and feet, constipation, fatigue, trouble sleeping, high cholesterol, tendency toward postpartum depression, tendency toward panic attacks, depression, nervous system and brain function issues, irregular menses and early menopausal symptoms. Then there were the symptoms I didn't have like excessive weight gain, painful menstruation, poor immune function, head ache and joint pain. The lack of these other symptoms may be due to my overall health, the quality of my diet, and the amount of exercise I get. I learned of at least four other family members on my dad's side of the family who also had thyroid problems. These four included my father even though Hypothyroidism is less common in men.

As I looked around and talked to people I was amazed to realize how common thyroid problems are. Causes can be genetic, autoimmune, or environmental. Exposure to radiation or common chemicals such as fire retar-

dants or stress can throw off the thyroid. Many mild cases of thyroid dysfunction can be put back into balance by alternative therapies alone but should not be ignored and should be monitored carefully. Seaweed and other sources of iodine are very helpful to the thyroid. Some thyroid imbalances may not be found on the most routine blood test (known as TSH for Thyroid Stimulating Hormone) but must be looked for more carefully.

Due to fatigue and the chain of effects on the endocrine system it is important to support the adrenal glands as one begins to treat a thyroid imbalance. This can be done with herbs or well prescribed cortisone shots (The use of steroids can be damaging to other systems in the body such as the kidneys). I was able to do this with herbs due to quality advice from a number of different practitioners. Because of this adrenal gland connection it is important to start someone on thyroid replacement gradually. For me this meant that I continued to feel awful from May till August. I don't know if it had to be like that but I also recognize that all of our health issues are also part of our spiritual-emotional journey. Like everything else we are dealt in life they are an opportunity for a lesson we can choose to learn or take as another excuse to fall deeper into our old patterns.

In October after recovering from a small cold my thyroid crashed again and after some more blood work I found out my hypothyroidism was of the autoimmune type (meaning my immune system is attacking my thyroid with antibodies). This is also known as Hashimoto's thyroiditis. I had heard nothing but negative things about this type of hypothyroidism (that it is harder to regulate, for example). However, my doctor told me that in her experience the immune system can suddenly decide to stop its attack and then you are left with a healthy thyroid. This is true of other types of autoimmune reactions such as allergies.

The thyroid makes a number of different hormones including three types of thyroid (T4, T3, and T2) and cystine. If you are taking standard thyroid replacement you are getting plain T4 which your body must then convert into T3 in the liver. If you are taking a natural thyroid replacement (like Armor) you are getting a balance of these different hormones. T3 is needed by every cell in the body for its metabolic process. Sometimes a little extra T3, which comes in a synthetic form, can be helpful to alleviate remaining symptoms and 'clear out' T3 receptor sights in cells.

I am currently feeling fairly symptom free while taking Armor but am getting ready to look at adding some plain T3. I have started a counseling regime to deal with the mental/emotional aspects of low thyroid. We shall see what happens but I am hanging this laundry out there and waiting to see what breezes life

blows my way. I feel I have suffered from low thyroid for many years if not all my life. If these symptoms seem familiar look into it because it could be treated. I offer out a prayer of great healing for all in 2010

## SEASONAL HOLISTIC HEALING SPICE SOUPS



By Anastasia Ealy, RN, of El Valle NM

Shalom Beloveds, here are a few excerpts from the soup chapter of my cookbook in progress.

These "Seasonal Winter Soups" are warming and vasodilating. Invigorating for all body types, is this trio of savory soups; with especially liver cleansing and soothing "guest appearances" by Fresh Turmeric, Fresh Ginger and Toasty Pepitas, those full of flu-fighting zinc, pumpkin seeds! Wonderful are these when combined with the other medleys of spices, enhancing immune system, boosting energies and life forces. These healing spice soups are comforting to the mind and soul as you savor the complex flavors in rustic or fancy bowls on a chilly day or frosty evening. These soups can be frozen in large or single servings to save for another snowy day if so desired. For the brave and sensual of summer these soups can be blended with cream and served chilled, like some sultry, belly-dancing version of a vichyssoise!

### Creamy Sweet Potato Soup

After being inspired by my delectable and healthy dining experiences during my pilgrimage to the Holy Land, May I present an edible tribute to Israel's wonderful chefs: Here's a "Joy Soup" with a Holy Land Feel!" Yum Yum, for our "Temples of the Holy Spirit!"

Ingredients:

3-4 TB Madras Hot Curry powder  
2 TB Mild Yellow Curry powder  
(With or without the Madras Hot Curry Powder, or even mild curry powder--As Georgian Banov, Apostle of Joy, and Cook for the Multitudes says:

"There's Freedom in the House! And the Doves say: Coo Coo Coo!")

3-4 Large peeled sweet potatoes, cubed  
2 Large cartons/Quarts- of non MSG Chicken Broth/or veggie broth  
2 TB Cumin powder  
1 tsp. Coriander powder  
1 Large red onion diced  
1/2 bunch chopped Cilantro  
1 TB Garlic powder  
1/2 TB ground white pepper  
1/2 -3/4 cup organic plain yogurt—Non fat or regular  
Organic heavy Cream (yahoo)  
Toasted pumpkin seeds-Pepitas (optional)  
Organic Butter for sautéing/Coconut oil/or Sesame oil  
3 large peeled sweet potatoes, cubed

Sauté in soup pot with oil of choice, onion, cumin, curry powder, pepper, when onions are soft, add broth, sweet potatoes, bring to boil, & simmer until tender/approximately 30 minutes—Slowly grind in blender (Preferably glass as they are not toxic.) with yogurt, and cilantro-

Save a little Cilantro for the garnishing of each bowl

Drizzle some cream over the top of soup in each bowl— (Optional but way too much fun to avoid)Yippee! Then garnish with Cilantro & pumpkin (Pepitas) seeds sprinkled on top!! Wheee!

Serves about 6

## MORE HEALING SPICE SOUPS

### Creamy Yukon Yellow Potato-Leek Curly Kale Soup

There's Freedom in the Kitchen! "Feel Yippee-Free Cowgirls"

To Add To or Delete from These Recipes Ad Lib!

2 Quarts Organic Chicken or Veggie Broth-Or water with natural bouillon added  
3 Large leeks thinly sliced-without bitter large green ends  
1 Large bunch Curly kale-or any other firm greens-Like Chard or collards- Chopped loosely with Center stems removed  
8-10 Organic yellow potatoes diced  
Ground Black Pepper  
Red Curry Powder To taste-  
Mild yellow curry powder  
1 ½ -2 TB Celery seeds  
1 Piece of Fresh Ginger root, diced- Approx. the size of an apricot  
1 Piece of Fresh Turmeric root, diced-Approx. the size of your thumb (Available at Cid's Taos and various health food stores)  
Organic butter 3-4 TB

Sesame oil  
Organic Half and half /or heavy cream, or preferably your own grass-fed, non-pasteurized creamy fresh goat or cow's milk or skimmed cream!

Bring potatoes to boil in broth or water, and down to simmer, covered tightly in a heavy enameled iron soup pot—Creative crock-pot alternatives are always an option.

Sauté in butter, thoroughly washed leeks, black pepper, celery seeds, curry powder to taste, when starting to soften, add kale a shake of good sea salt, or a few grinds of pink Himalayan salt, and a bit more sesame oil, toss and turn while browning for about 6 minutes.

Add to potatoes in soup pot, bring to boil then cover and simmer until kale is tender: 25 minutes or less.

Ladle into bowls and drizzle cream over soup. To taste.

Serves 6-8 depending on serving size

## SEASONAL SOUPS

### WINTER RED CABBAGE ROOT VEGETABLES & CHIKEN-LENTIL SOUP

*Inspired By Penasco's Roselyn Eichwald's Delicious Dinner Soup*

3 Large fresh or dried Bay leaves (Three for the Father Son and Holy spirit in prayer to make this a good soup!)

6-8 Organic Chicken thighs-skin removed-(Or, If vegetarian-use Curry marinated Tempeh, Curry marinated Tofu, so it won't be so boring, or vegetarian Chicken meat substitute, like "FriChik.")

½ Large red cabbage coarsely sliced

2 Carrots sliced round or diced

2 Parsnips, large sliced & or diced

1 Red onion large diced

1 ½ Large cartons organic chicken broth or 1 ½

Qrts. Homemade chicken broth (Or Veggie Broth)

1 lb. Bag green lentils

Sesame oil for sautéing

Tri-Color fresh ground pepper corns to taste

Hot Madras Curry Powder to taste

Mild Yellow curry Powder to Taste

20-30 whole garlic cloves sliced in ½ lengthwise

Fresh chopped cilantro or parsley as topping

Organic Yogurt or sour cream as potential toppings

4 TB Fresh Ginger Root finely diced to taste.

Sea Salt to taste

1 Whole Orange- A BLOOD ORANGE when possible,(peel included) washed then peeled in quarter sections. Leave peel in large pieces to be seasoning in the pot but not to be eaten. Then the orange sections cut in thirds -Or a large can of Mandarin Oranges in an orange-less emergency situation.

Wash and sort lentils in colander. In large heavy (I like cast iron enameled pots for soups and stews.) soup pot with tight fitting lid, bring chicken broth up to light boil, add lentils, and turn down heat to simmer, and cover. Let simmer while you:

Brown in a non-stick skillet in sesame oil, 6-8 lightly peppered and coated in curry powder chicken thighs. Save "brownings" for onion sautéing. Add to soup pot.

Sauté In same skillet where thighs were browned: In sesame oil, red onion, bay leaves and a few twists of ground pepper, add approx. 2 TB of the curry powders. When soft add to the soup pot of lentils.

Sauté next or at same time in extra large skillet: In sesame oil, the red cabbage, and another 3 TB of both curry powders, and a few shakes good Sea Salt if so desired. Add garlic when cabbage has started to get soft. Let brown for a few more minutes turning cabbage over a couple more times; then add to the soup with root vegetables.

Allow lentils to remain on bottom of pot at this point, pushing down below surface, all vegetables. Possibly add some water, and/or some white wine if so desired- more liquid is better. Cooking wine has added salt so keep that in mind. Simmer for 30 minutes. Stir completely then simmer for another 10-12 minutes.

Serve with toppings of fresh parsley, and even a spoon of organic yogurt or sour cream!

Serves 4-8 possibly.

## R u m P l u m S n o w

1 mixing bowl of snow (the clean non yellow variety)

Add plum jelly to taste

2 Tbs. of rum

Mix all ingredients with a chopping motion until the color and consistency are smooth.

Serve immediately and share with family and friends by the fire and don't eat so much you get too cold.

Also try snow with cream, sugar, and lemon juice or just maple syrup. Be inventive with your snow but don't get carried away and give yourself a brain freeze.



## Snow Walking Meditation



If you have heard of or done a walking meditation here is a fun winter variation.

The idea of a walking meditation is to go to a special place and walk very, very slowly. Like each step can be given 20 or thirty seconds. As you slowly shift the weight from side to side you soften the focus in your eyes and don't let your gaze shift rapidly either. You open up to your senses, especially to hearing. Experiencing every little sound you can hear. This simple exercise is amazingly powerful if you are patient and give it ten or fifteen minutes. You won't make it very far in that time but it will leave you feeling amazing- even ecstatic.

So back to the winter version. Find a snow covered area in a nice spot with little or no tracks. Walk with small steps in one circle about 16 ft. in diameter. When you get back to your foot prints begin again. Starting your meditation here you slow down and walk in your own footsteps. Like a child following their mother through the snow. I got this idea when my children were following my footprints in the snow and I led them in a sneaky circle. This footprints in the snow thing adds a whole new dynamic of weight shift and beauty to the walking meditation. I hope you try this some time and it is so fun for you.

Enjoy the sacred snow while it lasts.

Lluvia...

## Autumnal Muse



1.

Squeeze destiny by the throat.

Wring it's little neck and demand that it fess up.

Insist that it unfold like a sparkling red carpet in a field of Poppies.

Threaten to break it's fingers if it refuses to cooperate.

2.

Autumn leaves  
Become delirious women  
Shedding their skins  
In wind.

~ Carla Friedman

## Santa Fe In Winter



*By Deborah Ager*

The city is closing for the night.  
Stores draw their blinds one by one,  
and it's dark again, save for the dim  
infrequent streetlight bending at the neck  
like a weighted stem. Years have built  
the city in layers: balustrades filled in  
with brick, adobe reinforced with steel,  
and the rounded arches smoothed  
with white cement. Neighborhoods  
have changed the burro trails  
to streets, bare at night—  
no pedestrians, no cars, no dogs.  
With daylight, the houses turned galleries  
and stores turned restaurants open—  
the Navajos wrapped in wool  
crowd the Palace of the Governors plaza  
to sell their handmade blankets,  
silver rings, and necklaces  
to travelers who will buy jewelry  
as they buy everything—  
another charming history for themselves.

### 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!*