



# The Carnelian Center

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.

A Quarterly Newsletter

Issue #21 - Fall 2012

[www.carneliancenter.org](http://www.carneliancenter.org)

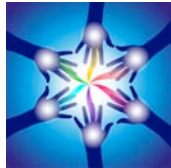
## Are You Ready For A Healthy Change?



By Jean Zitting

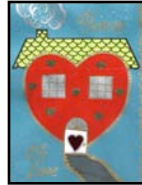
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### Disclaimer

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!

## Are You Ready For A Healthy Change?



By Jean Zitting

It's surprising how difficult it can be to make a change even when it is something we really want. We all want to feel great and yet we can find ourselves stuck in old habits which we know are not healthy for us. A lot of times, what keeps us stuck is feeling like we should be able to do it on our own. "I know what I need to do. I just need to do it." It's true that we are all strong and capable of doing it on our own. It takes strength to recognize when we could use help and to ask for it. Creating healthy new patterns in our life involves first making the change and then keeping the new behavior going. Some find it easy to get started but hard to sustain it. We start out excited about a new diet or new exercise plan and do really well for the first week or two (maybe the first day or two) and then run out of steam and backslide into old habits. This leads to a feeling of failure which keeps us from getting back on track.

How great would it be to have someone to work with on these challenges? Someone who listens to

what you want, helps identify what is working and what is in the way; works with you to set goals and helps you to be accountable for those goals? This support, along with powerful questions to help you get to the core of what motivates you, is what a Health and Wellness Coach can provide. Health coaching has been around for many years and is now being accepted by the medical community and the public as a highly effective way to increase the chances of people getting healthy and staying healthy.

I developed an interest in Wellness Coaching 5 1/2 years ago after experiencing an amazing training that opened my eyes to what motivates me and what was standing in the way of what I want and most importantly... what I really wanted! I realized there were a lot of changes I wanted to make in my life which felt overwhelming. Luckily the program also paired me with a coach who really listened to me and with her I was able to work toward having what I want, one step at a time. I went on to volunteer as a coach for the training and really felt that I was doing something valuable. Since 2010 I have worked as a contractor for Change Is Yours providing wellness services to Albuquerque businesses. We've seen a trend in the services that clients are requesting that leans toward more personalized work with employees and employers. There seems to be a realization that a lot of the changes that need to take place in a workplace need to start with the individuals in the business on a very personal, individual level. I recently attended an intensive training to become certified as a Wellness Coach and a Health Coach. The training was wonderful and I came away with some useful tools and a great respect for the role of a coach as a partner, following the lead of the client, exploring the motivation behind the change and breaking it down into "baby steps" that are achievable – providing success to build on. Through this program I also had the opportunity to be coached again and I was reminded of how amazingly valuable it is to take the time to look at what I want and set goals and know that I would be reporting back to my coach on our next call. The accountability was just what I needed to make some much needed changes in my life.

Some of the things that set coaching apart from other forms of "help" and make me excited to be a coach are a positive, strength-based approach that puts the client in the driver seat. We focus on your past successes to come up with strategies that work for you. Coaches ask powerful questions instead of telling you what to do – this allows you to find your own answers which then guide your journey to health. Here are some questions you can ask yourself:

Think of a time that you felt really good about your energy levels.  
What were you doing to feel so energetic?  
What did you do as a result of feeling so good?  
What steps can you take to do more of that every-day?

Another useful tool is setting S.M.A.R.T. Goals. This means that when planning your path to wellness you set goals that are:

- Specific – what, exactly are you going to accomplish
- Measurable – how will you measure success, how will you know you've accomplished your goal
- Attainable – with your current situation, can you realistically succeed or do you need to break down the goal into easily achieved "baby steps" - success leads to more success
- Relevant – is this in line with your values (is this really what you want), are you READY to take it on

Timed – when will you have this done, pick a specific day and time, short-term for “baby steps”

Health coaches are one tool for getting you going in the direction you want to go. There are also many online resources for setting goals and tracking them. Here are some free sites that I like:

sparkpeople.com – diet plans, fitness plans, tracking tools, recipes, motivational community support

fitday.com – free diet and weight loss journal, goal tracking

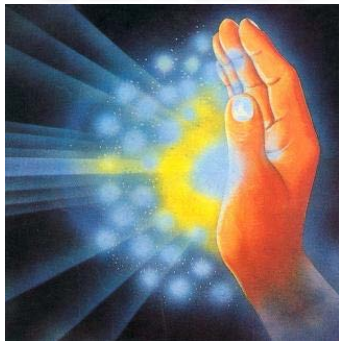
changeisyours.com – sign up for daily questions, daily gratitude posts, quarterly newsletters

mapmywalk.com – map a route that you walk/bike and get useful info.(mileage/altitude gain – fun stuff), track workouts, meals

There are so many resources available and I strongly believe in finding the method that works best for you – we are individuals with individual needs.

What works for one person does not necessarily work for another. The bottom line, as I see it, is to find what you love doing and do it. If there are people in your life that can support you, be courageous and ask for their support – be specific in letting them know what they can do to support you. Ultimately, the path is yours to travel so it's up to you to do what it takes to be on the path that makes you happy! Have fun!

## Reiki ~ Healing Energy Of The Universe



By Ruth Bowman

I had the great honor and pleasure of traveling to Boston this month to meet Inamoto Hyakuten Sensei, a Japanese Buddhist monk who practices the Komyo Reiki Kai system of Reiki energy healing developed in Japan. Starting with meditation then prayer, our group simply sat in chairs in a circle around the Sensei while Reiki energy was transferred via “attunements” by the gentle healing hands of Sensei’s fellow Reiki practitioners.

The Reiki “energy of the universe” was discovered and developed by Mikao Usui

in 1922, after the awareness of this universal life force was transferred to him during a period of meditation, fasting and prayer on Mt. Kurama, Japan. Amazed by his experience, while on his way down the mountain, Usui stubbed his toe. When he bent down to grab his painful foot, he noticed his hands were emitting a startling warmth, and the hurting in his foot went away. Noticing this, he later tried applying his hands on or over his family members who were ailing, and saw that they too showed remarkable healing improvements.

After an earthquake and fire devastated Tokyo in 1923, Usui started a school and began training other practitioners. Word spread rapidly of this wonderful healing technique until World War 2, after which for a time Japan was no longer allowed to use any public methods of healing besides western medicine. Fortunately, trained Reiki practitioners who had received attunements from the lineage of Mikao Usui continued to practice in secret. One Mrs. Hawayo Takata carried her Reiki healing practice to Hawaii in 1937, and continued to spread this healing technique and knowledge to new students in the west.

Today, Reiki is practiced worldwide. Its gentle, effective and non-intrusive transmission of the energy of the universe continues to be used gently and effectively for the health and well-being of others. It is practiced in hospitals, cancer centers, burn units, on friends, family members, and animals. It can be transmitted over distances, and is considered “one of the leading safe Energy Medicine approaches” (C. Norman Shealy, MD. Ph.D. Founder, American Holistic Medical Association). According to the National Center for Complementary and Alternative Medicine, more than 2.2 million U.S. adults have used Reiki. Benefits range from the relief of anxiety, PTSD, fibromyalgia, chronic and acute pain, to rapid healing of cardiac, tissue and other physical injuries. Plus, it imparts a wonderful and beneficial overall sense of well-being during and after the treatment.

Classes of Reiki I, II and III (master level) are taught by master practitioners usually over a series of weekends in the U.S. to year-long training programs in Japan, with practice and reverence to the gokai (or five virtues) encouraged: For today only ~ do not anger ~ do not worry ~ with thankfulness ~ work diligently ~ be kind to others .

\* \* \* \* \*

For those who wish to participate in a Reiki session or class, they will be offered through the *Carnelian Center* on an ongoing basis. Please call the Center for details. \*\*\*R.Bowman

“There is a light in this world, a healing spirit more powerful than any darkness we may encounter. We sometimes lose sight of this force when there is suffering, too much pain. Then suddenly, the spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways.” ~Mother Teresa

## Sanctuary of the Heart



By Marlene Engleman

February 2011, 2:30 3:00am. Awakened with this message, “It’s time to move”.

“Oh” I say, “Where?” “South-West.” I ask, “South-West Colorado,? Denver?”

There is the message. No response to any questions.

Then the message, “Sanctuary of the Heart”. That’s it.

My Journey begins, I make all necessary arrangements, get belongings in storage, had already downsized, after all the happenings in 2008. I was preparing for all that down-sizing at work as well. June 30, 2011 was last day of work with Jewish Family Services, as a Certified Nurse Assistant, in home health care.

I began the physical journey in my car traveling all the south-west of Colorado.

Nothing was in resonance with my heart.

I went to Arizona, Sun City West, a dear friend lives there, spent time with her almost a month. All I found there was total relaxation. So hot, all a person could do was go to the pool and sit in

the water, work out in the water, look at the environment. I realized how tired and worn out I was. I was here to "Be". Then three different trips to New Mexico, each time was 2 or 3 weeks, traveling, seeking, feeling, nothing, Attempting to work at the mineral spa in Ojo Caliente...

The last trip, the last day, meeting a couple from Santa Fe, at the Bed and Breakfast, I shared my story. "You need to go to Dixon". So after directions, I drove up the curved road, and as it began to widen, my 'heart' also opened. I found myself in front of the Library, store, and community center. There were lots of people at their Farmers Market.

I felt at home. Wow. And just began to introduce myself, talk, laugh with everyone. It was so wonderful, everyone so nice, open. Several people gave me information where to stay, introduce me to others that could help me. And 11 days later, I was on my way back to Colorado to get belongings. Had a Casita to stay in, a place to work, and learn all new things.

Today, October 02, 2012 is my first anniversary of living in Dixon, really Cañoncito.

What a year!

After so many lessons, cleansing, ups and downs in my emotional body, People coming in and out of my life so fast, but each were "mirrors" of me, what I needed to do, see, release, forgive, let go of, receive, open up to all new ways of being. A reconstruction of my whole self. One most important aspect, the main reason of the coming to Dixon: it was shown to me that I was sick. I'd had a mini-stroke. And I could not get brain activity together in speech, memory and language. Then I knew. I'd taken care of so many stroke and heart attack victims.

The conscious work began. Once I knew, everything made sense to me. Why I could not find work, or even work the things that I love, and have such passion for. I was asked to go work out with friends in Española. Well that was great. I became an instructor of this Silver Sneakers class. I then began the healing, which was extremely hard. I could not believe that I'd been that sick, and walking around not knowing.

But everything happens for a reason. This I believe very strongly.

The instructor of this class, and all the participants were so encouraging and supportive to me, I kept going, even in the days I would just have my brain stop. I would get so judgmental with myself, but people were compassionate with me. If this had taken place a couple of years earlier, I'd have left and never shown my face again. But, compassion was in the hearts of so many of these wonderful people, who I now call friends.

I found the Sanctuary of the Heart. First of all, it resides within me. This was shown to me on arrival by a very special person who shared his experiences of growing up without love and acceptance. A wonderful mirror to self healing.

Then the place I live is known as the "Heart of the Valley". Many signs given to me from the Great Spirit, Creator. With my faith and trust the journey brought me here, my home.

And there is so much more happening. I don't want to jump ahead. But another great message has recently been given to me. That will be shared later.

Thank you Dixon.

I love... being here in the "Sanctuary of the Heart"

## KOMBUCHA TEA!



By Sheri Kotowski

Kombucha tea is a fermented drink traditionally made with black tea, sugar, bacteria and yeast. The bacteria and yeast part live together as a colony that looks like a pancake or a "mushroom" Although it's sometimes referred to as a mushroom, it is not a fungus. Kombucha tea is made by adding this "pancake of yeast and bacteria" to a brew of sugar and black tea, then allowing the mix to go through an aerobic (exposure to air) fermentation process. While the drink is fermented, it contains less than .5% alcohol. The

resulting liquid contains vinegar, B vitamins and a number of other chemical compounds including amino acids. The "yeast and bacteria" part may sound a little yucky, but it is really very delicious and satisfying beverage once a taste is acquired for it. And the bonus is super health benefits!

It is thought that Kombucha tea, originated in Asia during the Chinese Tsin dynasty in 212BC. When trade routes spread to India and Russia, and subsequently Europe, Kombucha and it's reputation for restorative power was along for the ride.

Kombucha literally bubbles over with probiotics and other healthy amino acids. Probiotic means "for life". Unlike antibiotics, which kill ALL of the bacteria in your body, including beneficial bacteria, probiotics re-establish the natural ecology of the intestinal flora. Drinking Kombucha, also known as the Remedy for Immortality or the Tea of Immortality is purported to promote better health by detoxifying and improving the efficiency of the digestive system, stimulating the immune system and de-acidifying body chemistry. These improved functions aid in enhanced mood, the prevention of cancer, reducing allergies, general detoxification and ridding the body of disease.

The health benefits of Kombucha have been extensively studied and applied for several medical uses in Russia, Germany, China and many other places. That said, Kombucha in itself is not a cure all. Kombucha works to bring the body as an organism back into balance, which in turn builds good health. The benefits you experience will vary from individual to individual.

If you are interested in tasting and testing the powers of Kombucha, you can find several bottled varieties at the Dixon Cooperative Market. After you have developed an insatiable thirst for this magic elixir you can begin to prepare your own brew at home with the simple recipe that follows.

**Kombucha Tea**  
This recipe came from Kathy of Kombucha Marimba fame.

One Kombucha Mushroom\* (which is not really a mushroom)  
3 teaspoons of unadulterated black tea (I use 3 "PG Tips" bags)

1 cup sugar (I use organic raw sugar, but you can use any kind)  
1 gallon of water

Bring the water to a full boil. Turn off the heat and stir in the tea and sugar. Let cool to room temperature. Put your "mushroom" in a clean glass jar with about a cup of left over tea. DO NOT use bleach to clean the jar. If you feel like you must kill some lingering bacteria, rinse with standard white vinegar to disinfect. Add the cool sweet tea. Cover with a towel and secure with string or a rubber band. This is to keep out dust (and pesky little fruit flies that will spoil your Kombucha,) while letting the brew breath. Remember, Kombucha is an aerobic fermentation process so it must have air. Do not seal the jar with a screw down lid. Allow the tea to sit at room temperature (65-83 F) for 10 – 14 days. Start tasting at about 10 days. When the Kombucha loses its "sugary taste" it is ready to bottle. Decant the elixir into clean small-neck bottles up nearly to the top to keep as much air as possible from touching the tea. Close with caps. I use old wine bottles and corks. Let stand for a few more days to develop some fuzziness. Chill, drink and enjoy the benefits. Salud!

\*Anyone who makes Kombucha on a regular basis will have the "mushroom" to give away periodically.

If you need more information or a mushroom give me a call:  
505 579 4076  
serit@cybermesa.com

## Dear Ones



*By Lluvia Lawyer Aby*

Where have all those dear ones gone?  
Long time passing.  
Where have all those dear ones gone?  
We only know too well.  
Since we saw them slip and dip

Into the sweet inebriate  
Whether it be bottle, pills, needle or smoke

Dipping behind the veil  
That separates us from them.

At first it was just a game.  
A thing to do, so cool, so fine  
Bringing them closer to the divine.  
Then down the road it took its toll  
An evil trick upon the soul

Dear one finding yourself  
A prisoner, with walls of dependence  
Bars of fear  
Keys locked up in fog  
Numbness dumbness  
Replacing your brilliance.

Where have our dear ones gone?  
They became strangers to themselves  
Knowing only the dance with failure  
The masking of lies, broken dreams  
Justified with high times, sweet moments  
To balance out  
The down, Down  
Down...  
Falling down  
On solid, un-solid ground

They have stolen you from us dear ones  
Your great bravery  
The sparkle in your clear eyes  
That unique heart and mind  
Ready to fight for what's right

But now you are here and gone  
And we wonder how  
"We shall overcome!"  
Without you...  
The words becoming like a cruel joke  
As you sway in your bondage masquerade

They caught you just when you thought  
You were so free

Dear Ones  
When can you come back to us?  
Should we start to dig your grave now?  
Should we build a padded cell  
To house your damaged soul?  
Should we look the other way?  
Our love for you is great  
Our sorrow a clear pool that lies in waste.

--Your Friends and Family

## Grief



*By Marlene Engleman*

My eyes watered today  
as the heart began to break

loose from the confines  
of the box  
that memories had been placed.

There is no such thing as 'time'  
where pain is..

It's as real now as it was so  
long ago,  
in the past  
When it first moved into its  
storage chest.

The water seeped through my  
fingers and broke loose and  
fell onto  
the tiles and crashed like crystal  
balls...  
my heart rolled across the  
floor in pieces.

Where did all this come from?  
hidden from sight, not felt, in  
residence.

Just been inside waiting to  
move  
today.

I was not ready for such a  
shocking revelation.  
Surprise hit me,  
my Love so strong, so long,  
been smothered in that dark  
dark place.

Love trapped in anger, frozen  
like cubes of ice,  
breaking 'gems' of crystal,

Pain screamed out my mouth,  
that had been buried in the  
dark

How could you have left and  
taken all the promises?