



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.

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www.carneliancenter.org

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Chop Wood, Carry Water



By Ruth Bowman

A friend of mine was complaining the other day about how rich and lazy Americans are. "After working all day at some desk job (with plenty of time for carmel mocha double lattes and chatting with friends on their mobile phones while squeezing in some serious number-crunching at a tiny windowless cubicle)..." I had to let out a long sigh as the litany of abuse started feeling more like artillery against my ears.

Maybe our population in general is more fat, fortunate and insular than most. Some would argue that the opposite is true. Stress in the form of heart disease, diabetes, cancer, alcoholism and motor vehicle accidents runs rampant in our communities. While the pace and cost of living increases, salaries and time with our most precious beloved friends and families decreases. Some would say that right there is a recipe for disaster and unhappiness. Balancing a thoughtful life with meaningful work and loving relationships can be very difficult if earning a living means traveling far from home, drowning in debt and working in an environment that strips a per-

son of their beliefs, integrity and choice. That is, if one is even "lucky" enough to have a job!

Most people today are raised with the idea that to live you must eat, and to eat you must earn a living, in other words, work for someone else who can pay or support you, or figure out how to run your own business or company, i.e. chasing the almighty dollar. Yet, spend some time reading any religious or illuminated text inspired by divine guidance, and the focus is to be found way beyond and within. "Be a lamp unto yourselves" (said the Buddha on his dying breath). "For what does it profit a man if he gains the whole world and loses his own soul?" (Jesus) "He who knows others is wise. He who knows himself is enlightened." (Lao Tzu) "People suppose that their wealth and families belong to them. But nothing belongs to us, and having such thoughts only leads to suffering." (Buddha)

In the smaller isolated communities nestled among the rivulets of the Rio Grande and tucked in the skirts of the Sangre de Cristos, people have found a simpler way of living out of hardship, necessity, faith and endurance with a focus on family, friends and neighbors helping each other to get by and get along. Knowledge of how to dig a well, build a house, work the land, and honor the ancestral ways has been honed here for centuries. You can still see families and friends riding their horses and herding sheep, goats or cattle into the mountains for summertime ranging, taking long walks up to hidden springs, gathering herbs, and swapping stories about the old days when the Apache fires could be seen dotting the hills below La Jicarita.

However, life is rarely so simple anywhere, any more. Where there is more poverty in rural communities, there is often higher unemployment and drug abuse. There is also more time to sit and appreciate the sunrise and sunsets, the way the light reflects on the sage-covered hills right before it's time to put down the shovel and go inside to light the stove, gather the kids, and start dinner. It's a temperamental thing this land with its changing climate, and neighbors who sometimes

nowadays don't know how to grow things, who may or may not have the time or wish to learn. The beauty of living a good life seems to be distilled in the ability to slow down and relax when it's important to do so, to not be running around in a cotton-picking hurry all the time, to be able to sit with your friends or children and visit, to work at something you believe in, to eat home-grown food and to honor your spiritual beliefs and physical capabilities. To be able to help your neighbors and fellow beings get through hard times and to celebrate, too. And yet living in the modern world such as it is, maybe it is also not such a bad thing to occasionally fly to Hawaii, have a sesame-tofu burger to go, drive an SUV while saving the planet, either. Inshallah (God willing)! Honor your life and all that it holds. It is a plate of richness that has been placed before you, from your very own hands. How you live it is your choice and dearest task, with every breath you take.

Divine Mother



By Marlene Engleman

Divine Mother Gaia has given me the gift of healing. I'm communicating with her in this quiet field beginning to work on the organic farm. I'm crouched on hands and knees, 'one tiny' seed at a time, so small I can barely see it on my finger, it's the same color as the

soil. I proceed to put it into the soil, and cover it up. Then I pray.

Going down the long, long rows planting one seed at a time, praying and giving thanks for such a wonderful adventure, opportunity to feel the Earth Mother, to relax. My mind is still. No-thing, No-thought, just plant the seed, prayer and then gratitude.

I stop every now and then, I look up and around me, such beauty and stillness. My heart just expands with thanks and gratitude having so many new sensations within the heart that bring tears and immense joy to the surface. I'm in awe of where The Divine Mother has brought me. Awareness is so heightened in me, all the senses are pulsing, colors, sounds of silence take over my consciousness.

Very difficult to explain sounds of silence. You hear your own heartbeat and it seems to be coming from the earth as well. I get down closer to the earth and smell the beautiful fragrance of her and I can hear, it's the same as within my chest where the physical heart is, yet it's much more.

How can I express these sensations so new and loved. The silence is loud, a roaring in my ears. Ravens fly overhead, talking and laughing to each other. I stop and listen, there is a "welcome, welcome welcome" with each caw. They alight in the tree tops that are across from me, looking up at them, I say, "hello", they 'caw' back. We observe each other for a few minutes communicating from our hearts.

I keep stopping and observing more than that, I 'feel' everything. Electric energy flowing from the sky, the trees, you can hear the ravens pass overhead by the sound of the wings and air connecting as they push pull through the currents.

I just sit and take it all in, looking up and I see how much work is to be done, I cannot believe this is what I'm actually doing now on this life journey. There is a song that crosses my mind, "If they could see me now, my old friends", oh what a laughing session there would be from family and friends who have known me, they would ask, "your doing what"? Especially after the last ten years of my life, caring for elders, seniors who are sick and dying. And all the tasks that are involved in such work, only those who have done it would understand.

What it takes to be a farmer is so hard, its hot, dirty, wind blows dirt into your eyes, nostrils, ears, and mouth. Bugs so small you don't see them, till later you have little 'bites' all over your face, and you blow your nose and, well, I won't go there! How could something so small sting, or bite you and it hurts so bad and lasts so long? My body aches and its stiff, I try to stand up, and it's a very slow movement, cause my back has locked up, 'oh, mamma mia' what am I doing??

Then I just look up and around me and give thanks to my Divine Mother! She has given peace, beauty, quiet, being-ness to me. I know I'm very blessed.

Beginning my life in a whole new everything! Just living in an adobe casita was a big change. A very rural community, a library, co-op grocery store, one small little restaurant. Don't know anyone. I'm in heaven. I'm having fun. I'm in joy.

I notice I have a hard time hearing people talk to me, is it the silence? I hear that roaring in my ears and then don't understand some of the verbiage. I do this every day, plus pick and carry boxes to trucks and load everything for the farmers market, unload, set up, sell, meet people, so many things all at once. All I can say is 'wow' what a journey, that's after going home and stripping off every thing and getting in the shower, and then to bed in exhaustion. Topping it all off with great prayers of gratitude and thanks.

What a hoot. I'm having the time of my life. I've never been so happy and filled with joy. I am amazed at myself.

Four months into this lifestyle change. My body has changed and I am aware I need to get into shape.

A friend of the landlady tells us of an exercise class in Española called silver sneakers for seniors. We go.

I fall in love. Love with life, fun, joy... happiness takes ahold of my heart and we fly. I've never liked to exercise, dance was my thing. But this, this was fun! The owner/instructor is amazing, great teacher, and easy on the eyes! I think the expression is "good eye candy"!

The participants are mixed Spanish and Anglo. Age in 70 and 80 range. They are working out, moving, I'm amazed at them and myself, I'm all over jumping up and down, moving so fast stretching, cardio workout, breathing hard, feeling wonderful.

Having the time of my life. My mind is having a hard time comprehending all this action, when all the people I've been around are sick and dying! They were in late 50's and older. Now I've been there a year, two times a week, the class and owner talk me into becoming a trainer. I get certified, getting the experience of teaching exercise blows my mind. Now this is one of my major loves and goals of life. Getting really fit, and having fun, teaching others to open up and have fun, teaching the mechanics of the body with each movement and stretch.

I went to several senior centers with the New Mexico health department, and under silver sneakers to introduce this program, to get this into all the centers. Still working on this avenue.

At the Dixon senior center a woman is doing a demonstration of massage, well of course, I must take advantage of this since I never get an opportunity to get work on me. She is lovely, talented, and relaxes my neck and upper back and I'm feeling good. When she is finished, I ask her name...Lluvia! "I met you when I first came to Dixon" we are both shocked, we had not recognized each other. But the Divine Mother is working her magic. Another chapter begins with the *Carnelian Center*. My mantra is, "Live, Love, Be."

Tap Tap Tap...



By John Freedom

While leading a Level III EFT Training in Albuquerque (how to use EFT, or Emotional Freedom Technique, for health issues), I noticed one lady in the class had an allergy to cats, and another to flowers. After muscle-testing them, we all did several rounds of 'tapping' while they attuned to their sensitivities. Five minutes later, one lady was happily rubbing cat hair on her face (another student had three cats!); the other was sniffing the flowers we had in the break room, with no reaction.

In another Level II Training in Santa Fe there was a woman who'd had a stroke 11 years previously. In addition to the left side of her body being disabled (she walks with a noticeable shuffle), she often stammered and experienced what she called 'a delay' in her speech. She described it as "having a thought, knowing what I want to say, but not being able to express it in words....." This issue was disconcerting for her, because she had been a public speaker prior to the stroke.

Over the course of the weekend, I tapped with her a couple times, for perhaps 15 - 20 minutes each time on emotional issues: her fear and guilt about her disability, self-consciousness about her speech, disappointment in herself, comparing herself to others, etc. By the time we finished the weekend, she was speaking as freely and easily as you and I. Results like this do not happen every time for every person, of course. Yet they occur often enough that we have a name for them in EFT land: "one minute wonders".

You may have heard about 'tapping' from friends, on the internet or YouTube. EFT is an innovative method for rapidly re-

solving emotional distress and trauma, by tapping on acupuncture points. Tapping does several things: it desensitizes 'negative' emotions; it stimulates the relaxation response; it lowers cortisol (stress hormone) levels; it releases endorphins, our natural feel-good chemicals. It triggers profound energetic, perceptual and cognitive shifts, so that we start seeing, thinking and feeling differently, leaving us feeling calm, relaxed and peaceful.

Traditional therapy can be expensive and time-consuming. EFT has been called 'the people's therapy.' It is a self-healing and empowerment tool that people can use for themselves, their friends and families. Thousands of people around the world are tapping to free themselves from fears, blocks, anger, shame, cravings and self-sabotage, as well as 'negative' behaviors such as smoking, nail biting, and addictions. It is also being used to improve school and sports performance, enhance intuition and psychic abilities, improve confidence and self-esteem. Teachers are tapping with kids in classrooms to relieve stress, improve focus and do better in school. It is a 'broad spectrum' technique that can be used to improve virtually any aspect of human behavior.

Dawson Church, author of 'The Genie In Your Genes', has pioneered a program using EFT which can sometimes effectively heal PTSD in six sessions or less. Tapping is spreading rapidly throughout the world because of its simplicity and effectiveness. ~ J.F. "We make the path by walking it."

The Carnelian Center is sponsoring a Level One EFT Seminar, Be The Best You Can Be... With EFT! on Sunday, April 7. To sign up, please register at www.meetup.com/EFT-Support-Network/ or call (575) 779-9215 before 3/23/13.

The Healing Spirit: Chiropractic Work with Other Species



By Hilary Handelsman

When Sherry Gaber was a small girl, she took her dying parakeet to her father, a chiropractor, pleading, "Can't you do something?" Influenced by the power she saw in her father's work, Gaber followed in his professional footsteps.

Some two decades later, Gaber, then a young chiropractor, was out for a run when she came upon a paralyzed squirrel. She examined him, finding that he could only move his head back and forth. She ran the three miles home where she spoke to her roommate, had a cup of tea to calm down, and ran all the way back to the spot, accompanied by her roommate. The injured animal was still there. Gaber examined the squirrel again, determining that the first vertebra was severely twisted. She proceeded to adjust the animal's spine, correcting the anatomy to where she felt it should be, based on her work with humans. Within a minute or two, the squirrel scampered up the nearest tree.

This was Gaber's first glimpse that she could successfully combine her love of animals and her passion for chiropractic work. Although she maintained a human clientele for the next eighteen years, she gradually began, under strict veterinary supervision, to treat animals she encountered, ranging from dogs and cats to billy goats and roosters. She has since treated an enormous array of beings, including hawks, eagles, and owls; jack rabbits; llamas; alpacas; and even a buffalo.

Gaber's specialty, which she developed in her chiropractic work on humans and which she has continued to explore in her work with other species, is the upper cervical area. Also known as the brain stem (because it includes the area at the base of the skull where the first vertebra is), it contains the body's life support systems. It is the center that controls the heart, respiration, appetite, and sexuality; in addition, two paraspinal muscles run down from the upper cervical area into the buttocks. As a result, Gaber explains, if you can understand the upper cervical area biomechanically, you can get a whole-body effect. Indeed, Gaber's chiropractic adjustments alleviate an astounding range of symptoms, including not only difficulty standing up or walking but also poor appetite, constipation, listlessness, incontinence, sleep problems, ear infections, excessive licking, and lack of desire for play.

Although the neurology and biomechanics for people and nonhumans are the same, Gaber sees differences in working with these two populations. The biggest difference, in her experience, is that other species do not carry emotional baggage with them. They don't get in the way of their own healing, she comments, explaining that they just "get with the program" of getting back to who they are. They don't act like victims, she says; they just want to express their spirit.

This may be a valuable lesson to those of us humans who are trying to heal our physical bodies and fulfill our spiritual and emotional yearnings. It may be incumbent upon us to examine the relationship of our emotional states to our physical states, as well as the ways in

which we express our emotional and spiritual discontents through our bodies and hold on to physical maladies for emotional reasons.

As someone who has witnessed the stunning ability of other species to heal, sometimes almost instantaneously, in the skilled hands of Sherry Gaber, I hope to strive toward emulating the purity of other animals' wish to live, to flourish, and to embrace life, without allowing the tangles of emotion and the complexity of existence to get in the way.

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 505-982-7045

The Journey



By Mary Oliver

Dear Readers,

Take heart, gather your courage and keep moving into your authentic life.

The gratification carries more weight than the struggle; you'll see...

"One day you finally knew what you had to do, and began, though the voices around you kept shouting their bad advice-- though the whole house began to tremble and you felt the old tug at your ankles. "Mend my life!" each voice cried. But you didn't stop. You knew what you had to do, though the wind pried with its stiff fingers at the very foundations, though their melancholy was terrible. It was already late enough, and a wild night,

and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do--
determined to save
the only life you could save”.



By Jean Zitting

Working hard to feel worthy
Is my worth worth the hectic mess?
Am I more than what I do?
Who I am deep inside
buried by all of my plans.
Painful ideals set by pained folks
who no longer know who they are.
When did we lose sight of all that is real?
When did we decide we were separate
from one another?
99% and 1% - doesn't that add up to 1?
Any way you divide us
Together we are 100%
We are ONE
All parts of one longing to be whole
All feeling the missing pieces that are our
fellow humans
All seeking to fill in the gaps
with possessions and righteousness
Can we get back to remembering that all
that is missing
is our connection one to another?
Can we get back to remembering
All that matters is LOVE?
I believe we can.



The Carnelian Center
Representative
Practitioner List:

Sarah Grant, Japanese Style
Acupuncture, **505-992-1963.**

Lluvia Lawyer Aby, Massage
Therapist, Core Synchronism,
etc., **505-689-2641.**

Marlene Engleman, Sound Vi-
brational Healing to release
blocked energies, Holistic Health
Therapist since 1986, Contact:
505-579-4382.

Elizabeth Carson, Massage
Therapist, focusing on anatomy
and prenatal, **505-579-9131.**

Maria Chilton of Little River
Remedies, providing Massage
Therapy and Hot Stone Massage,
505-579-4321.

C. J. Robinson, anatomy based
massage, **505-670-6124.**

Rebecca Mueller Ph.D., provid-
ing individually based clinical
psychology, Contact her at *Non
Violence Works of Taos* to sched-
ule your appointment at *The
Carnelian Center*, **575-758-
4297.**

Bettina Lea, *Electro-Sculpture
Body Wraps*, (Tone, Rejuvenate,
Relax) **505-366-9913.**

The Carnelian Center
Weekly Events:

Free Tango Practica, Tuesday
nights from 6:00 to 7:30 pm.

Free Pilates practice, Thurs-
days at 9:00 am.

Marlene Englman on site, Tues-
day, Wednesday and Saturday
9 am to 1 pm. *Group Vibrational
Healing*: 6-8 pm 2nd & 4th Satur-
day each month & 3rd Wednesday.

**Free Family Literacy Program/
Play Group** for infants, toddlers
& young children with their par-
ents, Wednesdays 10:00 am.

AHORA After School Program
Tuesday & Thursday till 5:00 pm.

Food Banks:
*Dixon Community Center/Senior
Center*, Thursdays at 4 pm.
Ojo Sarco Community Center,
Wednesdays at 1:30 pm.

*For those in need of food in the
service area. Please limit yourself to
one food bank per week.*

**The Carnelian Center wishes
you a Happy Spring!**



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!