



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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POWER OR



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IS MAKING THE
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HAPPY SUMMER



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or

YOUR REFRIGERATOR IS MAKING THE PLANET WARMER

By Scott Aby

You can find different estimates for the amount of energy produced in New Mexico by different methods (coal, nuclear, wind, etc) and these numbers change in different parts of the state because different electric companies buy their power from different places. In the end you can break down things like this: lots of electricity from coal, about a fifth from nuclear, some from wind and about 1% solar.

Not only is burning coal messing with the atmosphere it is also, of course, causing health problems out there on America's largest reservation. They use huge amounts of water to move the coal as a slurry while people haul water for drinking. This is clearly an extension of the disrespect that Native Americans have been shown for centuries.

Nuclear power disasters make parts of Earth deadly to live in for longer than civilization has yet existed. Also, the generation of nu-

clear waste is arguably the single most evil legacy we are leaving to at least the next ten thousand generations of humans. The USA currently has NO high-level waste dump and no real proposal for a place to put one. The government has rules for how much radiation can escape from a site (once one is built) for one million years. This is ten times longer than modern human beings have existed. There is no realistic way we can expect to regulate anything for that long. Figuring this out has taken me quite a while. So, I would like to share what I have learned in order to make it easier for conservation-minded people who are on grid power to burn less coal and create less nuclear waste.

Your refrigerator is probably the single biggest user of power in your house. That is, unless you are heating your house with electricity. Heating anything with electricity (air and/or water) is wasteful. We have spent many years looking for a fridge that works well and uses little power. We even bought a \$1500 "super efficient" one. Unfortunately, it was on all night and the meter I have said it was using twice what the company claimed it would use. It was pretty. What you need to know if you want to save power is HOW MANY AMPS IS THE MOTOR IN YOUR REFRIGERATOR? Since all devices in your house use 120 volt power, the only thing that changes is the amps so you can use this number to compare different devices.

The last candidate for a permanent high level waste dump (Yucca Mountain, Nevada) was abandoned for political reasons after 15 BILLION dollars was spent studying it. The only permanent low-level waste dump ever opened (WIPP near Carlsbad, NM) almost immediately began receiving high level waste—after years of promises that this would not and could not ever happen. This dump is now closed indefinitely because someone put the wrong kind of cat litter in the barrels of waste (I am not making this up).

On the other hand, conserving energy can sometimes be less convenient than not conserving energy. Having lived with a home solar electric system for the last 15 years, my reasons for conserving electricity are simple. I either save it or I sometimes run out. The first thing you have to know before you can conserve is which things are using the most power.

Absurdly enough, after years of trying different things we figured out that the most efficient refrigerators are "good-old", generic upright ones without ice makers. What you want to find is one that has a motor that uses 5 AMPS OR LESS. There is a sticker on every electronic thing—by law—that tells you how many amps it uses. Look at the sticker on a few things and you will start to get an idea how much they use. BUT, the sticker tells you only what it is supposed to be using. Better yet.....

You can get a device called a KILL-A-WATT that will measure how much power things actually use for about \$20. There are other brands, this is just what I have. It plugs in the wall, you plug a thing into it, and it tells you how many amps it is using. Even better yet, it will add up how much a thing uses over time. This kind of measurement is important because the total power used is a combination of how much a thing uses and how long it is on each day. For example, a normal well pump uses 10 amps of power but is only on for about one minute for every ten gallons of water you use. This is why refrigerators use so much power. Most of them are on for way longer than the "Energy Star" rating says they will be. This is a whole other subject but for now I will just say that the Energy Star rating system doesn't really mean much.

One of the simplest things you can do to save power in your house is to clean the radiator on your fridge. A fridge sucks heat out of the inside and spits it out into the room. If its "spitter" is dirty it can't get rid of the heat.

It also can't get rid of the heat if it is too close to the wall. Many times when you think a fridge is broken it just needs to be cleaned. Seriously, I have revived a few over the years by just washing off the back. Unplug it first and let it dry before you plug it back in.

The second easy thing to do is put your fridge where it is already cold. The colder the room the less work the fridge has to do. If you have a cold room in your house this is ideal. Don't put heaters or stoves right next to the fridge. Or, you can keep things outside when it is cold. If you think about it, it is a bit absurd to heat a room and then use electricity to cool off a small part of it. We all know that New Mexico is extremely wealthy when it comes to cold air in the Winter.

We have a small "closet" built into the north wall of our kitchen that is our refrigerator for six months of the year and uses zero power. We adjust the temperature by moving a towel that covers or uncovers a hole in the back of the fridge that leads outside. If you are building a house it is a simple thing to do this—I suspect you could build an old fridge into the wall rather than making a closet like we did. Such a thing could also be retrofitted to an existing house. If that is too much you could just keep some things outside in a dog-proof cooler or an old refrigerator. You would have to experiment with where you put the cooler so things did not freeze.

The second thing I want to mention briefly is your home computer. There is approximately one computer for every person in America. My own computer uses a little over one amp while turned on and about a fifth of this in "sleep" mode. If half the computers in America are then on (the real number is probably higher) then they are using 150,000,000 amps of power per hour every day or 3.6 Billion amp/hours per day. If they were all in sleep mode this would be only 720 million amp/hours each day.

I grew up hearing, and keep hearing, that "conservation alone won't do it". I don't think this is true, but even if it was, conservation will reduce your personal contribution to the generation of nuclear waste and the burning of coal.

Wholeness Restores to Wholeness: HealingBees

By Valerie Sol
HealingBees.org



Testimonial:

I received a call recently from a woman who asked me how to use the HealingBees CDs for herpes. Creation and Fall Harvest popped into my mind. Herpes manifests as a sore and is a virus. The Fall Harvest CD seems to beneficially affect the physical body while the Creation CD seems to work at the cellular level. I suggested using them both in the evening and morning until the Herpes cleared. She called me the next morning and said the sore dried up; no more pain.

Case Study:

Clare (not her name) would have foot surgery on February 10. She has a bipolar illness and is obese. Fear and anxiety seemed to be her constant companions. She was very afraid of the anesthetics because of her prior experiences with them. During surgeries and for a couple of days afterwards she goes into psychotic states. Her husband had quintuple heart bypass in August and had not fully recovered mentally. Who would take care of her during six weeks of recovery and who would care for him?

I downloaded the HealingBees CDs (Creation, Beings & Fall Harvest) on an iPod Shuffle for her to listen to during the surgery. On February 10th she went "under" effortlessly and came out clear as a bell as if there'd been no surgery at all. She said she felt like she'd had a deep restful sleep. The anesthesiologist and attending nurse were amazed. They too were concerned about her mental illness and obesity. The doctor said the surgery went perfectly.

She was scheduled for a 2-hour recovery. After 30 minutes she was released. She insisted on going out for lunch and then for coffee. On our way home she asked to stop and see a friend. She kept saying, "This is a day to celebrate!"

Her doctor told her she needed to walk every couple of hours. He said she'd experience inflammation and pain for several days. The afternoon and evening of the first day she took pain pills. She never stopped listening to the HealingBees Healing Beings CD. Her countenance remained bright and lucid. Her concerns about her mental health and her husband's health no longer triggered anxiety attacks.

She has the Shuffle ear buds draped around her neck at night and throughout the day she's plugged in. Her attitude continues to be very positive and bright. The CDs seem to keep her from going into depression. Occasionally she does have an episode but it is short lived. We talk about it and she says she's feeling balanced.

Since the first day her inflammation and pain have been minimal. On the 3rd and 4th days she stopped listening to the CDs. Pain shot up and she took pain pills. This caused ripping pain in her stomach. She called to tell me about it. I asked if she was listening to the CDs. She said no and immediately put in the ear buds.

Later she called and said the pain had greatly reduced in her stomach and toe after about 15 minutes. Later she called and said she did not have to take the pain pills again.

Her family calls her regularly and comments on her clarity and attitude. There are many more details that amaze me but the biggest one is her lack of bipolar symptoms with prolonged listening to the bees. I downloaded for her the new HealingBees CD, Nature's

1st Harvest. It is a 15-minute recording of each of the five HealingBees CDs. She called back the next day with a dream. She experienced herself coming down from the cross of persecution. On Easter day she said, "I'm not broken anymore. My sister doesn't speak to me as broken anymore." She is amazed. She added that she thinks the Blue CD, Bees Healing Beings is the most efficient for pain.

Nature's 1st Pattern:

The structural matrix of the universe is sacred geometry that expands into infinity from germ, to seed, to flower to fruit. The hexagon is the central geometric germ from which all sacred geometric forms arise. The hexagon is the creation and home of the honeybee. Nature's 1st Pattern is the title of the HealingBees CD that contains five 15-minute tracts from each of the CDs as they progress through the bees' year.

One uses Nature's 1st Pattern differently than the other five CDs. For meditation and penetrating work the longer versions of the HealingBees CDs are preferable. However, when one is facing trauma, surgery or a reluctant participant, then it seems to be the one of choice. It takes the listener from physical to spiritual restoration. A reluctant participant is a person who would be unwilling to go deeper with the other CDs or switch from one to another in their healing progression. Better to give this listener the "Reader's Digest" version. It can also be used to find which CD would be most effective in the moment. It is available on the shopping page at HealingBees.org.

Root Canal:

Clare's experience taught me that healing comes on many levels. As such it is not necessarily one HealingBees CD that is going to restore the body/mind field. She also taught me that it wasn't a 10-minute fix on the CD that would clear the imbalance, injury or both.

During a root canal procedure, I listened throughout to Nature's 1st Pattern. When the work was done, I switched to Fall Harvest and Creation. The pos-root canal pain was pretty intense. I decided against pain pills. Propping myself up on pillows I set headphones on both sides of my jaw.

In the evening I felt piercing pain where the dentist had given me a shot in the jaw, moments later that pain completely disappeared. I took the phones from my jaw and listened to them to hear which CD was playing. Spring! What a surprise. Previously I only used it for meditation. Lesson: Don't limit the CDs. I was listening to the playlist of HealingBees on my Shuffle.

A Scientific Perspective:

Now I'd like to journey into a thought on the effectiveness of the HealingBees CDs. I will build a case for this using the following three scientific studies.

TED Talk given by Dr. Mina Bissell (Harvard bacteriology (PhD) and chemistry degree from Radcliff) was highly informative and entertaining. She proved that phenotype can dominate genotype in normal development. This means that phenotype (characteristics, traits, behavior) has greater influence on an organism than genotype (inherited instructions carried within genetic code). Her work was based on the study of cancer cells. She demonstrated that diseased cells (cells that have lost their spin and become chaotic) can be restored to their natural spin through reestablishing the structure around the cell: the extracellular matrix or the cell's environment.

Aspirin is another case in point of inclusion (content, environment) and exclusion (isolated chemical extraction). A stone tablet of a medical text from the Third Dynasty of Ur (area located between modern Iran and Iraq), dated ca. 2000 BC, lists willow among other plant- and animal-based remedies. When the bark of the willow tree is chewed it relieves pain, inflammation and fever.

Chemists isolated the salicylate substance from the willow bark that apparently relieved these symptoms. In its isolated form it has generated substantial negative side effects from Reye syndrome to kidney problems. Conversely, in its complete contextual (bark) form, salicylate is wholly beneficial.

The final example is from a review of work done on lab rats and heroin. A lab rat in a cage had two water bottles: one, pure water and the other laced with heroin. The rat chose the heroin-laced water consistently unto its death. Next rats were placed in a cage set up as a rat-heaven with toys, delicious food and rat friends. Two bottles of water were available; one pure, one heroine-laced. Although the heroin-laced water was sampled none of the rats became addicted and it was not the bottle of choice.

We've seen that from the cellular to organic to environmentally whole, natural structural organization prevails over functional parts. The conclusion being, only a whole contextual container reestablishes wholeness to disturbed parts. Furthermore, the organic structure surrounding the unique compound, be it intracellular material, salicylate acid or rat's heaven, is the factor that restores imbalance, disease, or mal-adaption of the segregated elements.

How does this relate to HealingBees? Simply put, for more than 10,000-years ancient people celebrated the WHOLE beehive colony in its capacity to heal, clear and restore the environment and its people. Using bee products, such as propolis, pollen, venom and honey or any extractions have their benefits. When combined with the HealingBees CDs over time our environment and our mental/physical/spiritual bodies can be restored to peak potential: perfect spin.

LISTENING



By C.J. Robison

How does one listen?

Like you are walking through a haunted house and the stillness is building.

or

Like you are sitting on the edge of a meadow at sunrise witnessing the culmination of light.

or

Like you are on the edge of the grand canyon and whistling wind is singing such audible sounds and you don't know why but you are whispering.

or

Like you are standing on the iron shores of the ocean, feeling their grip on your ankles, holding.

or

Like you lying on a warm beach and you hear the gentle lapping, of a loyal friend.

or

Like the principal who has seen your face too many times and wonders what you'll possibly say next.

or

Like the student who refuses to speak since no one ever understands a still point.

or

Like the babbling brook whose murmurs turn to white noise in no time.

or

Like a fish in the ocean that doesn't know air, though nothing is lost in translation.

or

Like the teapot that listens to the crescendo of fire.

or

Like a conductor of an orchestra that hears all the parts as one.

or

Like a mother who listens so carefully in order to cease the pain.

or

Like a father who learns while flying high, offering a simple truth that the sky is reliable.

or

Like a disciplined student that knows the value of time.

or

Like a dancer that absorbs each note in order to express it's meaning.

or

Like a mountain that has stood the test of time.

or

Like your heart is open.

The Following are poems written by students at Taos Academy:

It Gets Better

By Beth, age 15

I wish I had written in my old textbooks
that I had forever cataloged hope
in the war filled pages of a history book

In the bindings of binomials

Be strong

Written just big enough to see

to read and reread

written over block letters of the superman symbol and initial
filled hearts

Be strong

"It gets better."

Three words made me hold on

my salvation

the saving grace of me

In a biology textbook

I wish I had been brave enough
to leave my mark in history
to give another eighth grader hope
where there is none
To inspire the uninspired problems in a workbook
To become a magic filled world of possibilities

I wish I had written in my old textbooks
even if it meant a day of detention
I wish I had written in my old textbooks
Spread hope and kindness if only for a moment
to a person just like me

Ode to My Darkness

by Noah Gantz, age 14

Darkness,
In my head
there lies an idea
darkness shrouds it from my consciousness,
protecting me from it's horrors,
my darkness is my protection from the world around me,
allowing me to escape,
from the hurt,
from the evil,
from the desire
My darkness is my friend,
helping me through tough times
It is my companion,
along the road I walk
It is the place,
from which my ideas come from
it is my creativity,
the budding flower within my head,
becoming a nightshade of beautiful and dark thoughts
it is my guide,
helping me see through all that is masked with photoshop,
with a airbrush,
allowing me to see things for what they truly are
it knows everything about me,
even things i have yet to find out
It helps me see,
everything that goes on,
it helps me separate right from wrong
It keeps me in check,
while still allowing me freedom
It is what makes me different from the others,
like a wall dividing me from normal
My journey,
my way,
my life,
is all influenced by the inky blackness that shrouds my mind
During my darkest times,
it is my light,
my warmth.
It is a cloak,
hiding me in a void,
allowing me to become truly alone with myself,
defending me from the loss,
the pain,
the suffering
It is my way of coping,
with everything
My warm blanket to wrap myself in, during the coldest points
of my life
My pillow,
for me to rest my head after a long day
My bed,

upon which I dream,
 The darkness is my peace,
 my tranquility,
 my wonder
 The cloak that allows me to disappear and become unnoticed,
 by all the horrors in the world
 When most see darkness I see light,
 guiding me along my path
 Without my darkness,
 I would know joy nor pain,
 for they would feel the same,
 and yet my darkness is my joy,
 and my pain
 It is the hand that helps me up when I fall,
 and then pushes me down again
 It is my medicine,
 keeping me from becoming sick,
 with greed,
 with anger,
 with envy.
 It keeps my feet on the ground,
 my ego in check
 It helps me see myself in ways that no one else can
 It is a cage,
 holding all my inner demons inside
 It is a box,
 holding all the thoughts that I shall never use
 It is the stitches,
 holding me together
 My darkness,
 is me...

An Ode to My Depression
 by Eugene Dicks, age 14

Oh my depression, when I use your name
 others see only sad grey colors and rainy days,
 but not me,
 for I welcome you my old friend as you clear my mind and
 allow me to freely think and
 observe my surroundings with more detail,
 for without you, my depression-I would never know true joy.
 Nor would I have other traits, such as creativity, imagination
 and kindness,
 for i would always be too distracted with the comforts and
 problems of this world,
 for you banish them both and although
 you make me feel hurt and sad, you also give me the strength
 to go on and
 try new things.
 In a way I suppose you give me my courage as well.
 Oh my depression.
 Although I have other traits: Imagination , joy, intelligence
 and courage
 You are the one who will always be behind the curtain, off
 stage silently, and
 subtly driving me, Coming out when i feel sad or hurt, just to
 allow me to
 see the world in a new way and
 to push me back up onto the stage of life.
 My depression, I do not see you as a looming grey sadness.
 I see you as my motivation, my teacher, the one who always
 pushes me to keep going, who motivates me not to fall, and
 catches me when I do.
 Although you reside in many peoples hearts, they fear you,
 and keep you locked away
 Not me.

I embrace you and let you run free in the vast cavern that is
 my soul.
 For you, I will never forget, my depression.

Carnelian Center Practitioner's List:

Sarah Grant practices a Japanese Acupuncture in the style of Kiiko Matsumoto. This style involves gentle touch of various areas, predominantly the abdomen, to get information about where to place needles. The needles are thin, and inserted to shallow depths, making the treatments quite painless. Treatments last 1 to 1 1/2 hours. Acupuncture is good for a variety of bodily imbalances including pain, headache, insomnia, allergies/asthma, fatigue, hormonal issues, and autoimmune disorders. Acupuncture treatments can be used to maintain good health. It has no negative side effects! To contact Sarah for an appointment or for questions, 505-992-1963, or sarahg@farmersmarketsnm.org.

Lluvia Lawyer Aby is a massage therapist who blends Deep Tissue, Swedish, Visceral-Somatic Shiatsu, Treager and Polarity in her work. She also use the energies of Reiki and Aka Doa. Her specialty is Core Synchronism which is a deeply relaxing, safe and gentle bodywork method. 'Core' is based on the philosophy of natural therapeutics, cranial osteopathy and polarity therapy combined to form a new approach. It works by balancing the tissues, bones,organs and fluids of the body with the energetic self thus bringing the person back into a stronger, more centered state where healing takes place naturally. Lluvia enjoys working on children and infants as well as adults. Lic.# 1902 Contact 505-689-2641

Elizabeth (Liza) Carson has been a Licensed Massage Therapist since 1995. One of Liza's strong points is her comprehensive understanding of the human anatomy. Her specialties include, but are not limited to: deep tissue and Lomi Lomi (traditional Hawaiian Massage, involving long fluid strokes using lots of hot oil). Although her body work tends to be deep and physical, she also brings a gentle sensitivity to her treatments. Liza loves doing Prenatal Massage and is a midwife intern soon to be a licensed Midwife. To schedule a massage or for information regarding pregnancy and/or childbirth call: 505-579-9131

Maria Chilton has 16 years practicing massage therapy. Her forte is her ability to spontaneously incorporate various modalities to suite the individual's needs in the present moment. The techniques she calls upon include traditional Swedish massage, deep tissue, polarity therapy, shiatsu, Reiki, reflexology and craniosacral. For the past ten years Maria has made hot stone massage a specialty. "Bodywork is an art form. The client is the canvas while the body worker's hands, heart and intuition are the medium. The healing experience is the finished piece". Maria is also the owner and operator of

Little River Remedies, a small herbal apothecary. For a massage appointment or an herbal remedy contact Maria @ (505)579-4321 or e-mail: mariachilton@hotmail.com

Cindy Stone, T-Touch Animal Therapy, Herbal Products, Dixon. Western Herbalism, based on the philosophy that what medicinal plants grow in your area, are the ones most likely that you will need for your wellbeing, is what my herbal skin care, healing salves and teas represent. It is a philosophy and way of life and is here for all to experience. I am also a TTouch practitioner, helping animals heal from injury, illness, behavioral problems or trauma, through various touches and wraps. The TTouch works on the nervous system and awakens the animal more to it's own intelligence through cellular communication. To learn more about Wild Earth Remedies check out www.wildearthcreams.com, or to find out more about the TTouch or schedule an appointment you can contact Cindy Stone at 575-613-0211.

Kate McDonald, Flower Essences, Offering appointments with Bach Flower Remedies, Robert Stevens Remedies, Reiki, and a graduate of Southwestern College Grief Counseling Program in Santa Fe. I have been working with Bach Flower Remedies since 1981. These flower preparations are made using homeopathic practices. They work with the person rather than focusing on a disease, bringing us back to our true nature, helping to free us from negative internal states. In 2009, I began using the Robert Stevens Remedies. Stevens is the Director of The School of Natural Therapeutics in Albuquerque, and also the developer of Core Synchronism. His remedies are an evolution of flower healing addressing our more modern stresses and their manifestations. These Remedies can produce many positive internal shifts, from subtle to dramatic that create greater ease and wholeness. Flower Remedy appointments may include only prescribing the Remedy or the Remedy with a consultation. Contact Kate @ 505-579-4296.

Cathy J. Robison, #6599 is a licensed massage therapist that offers anatomy based therapeutic massage for health. Often times when we are recovering from injury or insult it is a challenge to sense the inherent health of our bodies. Through therapeutic touch we are able to access states of relaxation that resource our creative connection. Holistic restorative services include nurturing massage, deep tissue massage, and reflexology. call C.J. at 505-670-6124 to schedule. an appointment.

Disclaimer

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