



The Carnelian Center News letter

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.

Late summer 2016



Clothed or Unclothed?

By Iluvia Lawyer Aby

Everyone has probably heard or knows first hand how great getting a massage can be. Some people however may not have tried it. A massage can be very helpful in so many ways, however, some may feel intimidated by the idea of being touched in such an intimate way. So I bring up the question, To get a massage do I have to get completely undressed?

The answer is no. Although we may have the general image of someone getting completely disrobed and laying under a sheet to receive a massage there are actually many options. So if this is keeping you away from getting help with stress, or back or neck pain it just takes some communication with the practitioner you choose.

There are advantages to direct skin contact, including benefits to the nervous system and to your circulation but this is not

the only way. You could chose just to get partially undressed or have the massage therapist work through your clothes. Most therapists are willing to work through clothing by modifying their technique. There are even special clothes that are often used in chair Massage which enable the therapist to do some traditional swedish massage through this slippery material.

There are a variety of modalities or types of body work where clients don't take off any clothes. This is true of Reiki as well as most energy work, Foot Reflexology, Craniosacral and Acutonics--which uses tuning forks to stimulate the points along the meridians used in acupuncture. Other modalities can be easily modified over clothing including Acupressure, Shiatsu, Trager as well as many others. Acupuncture can be done just on exposed skin in very effective ways. Essential oils and lotions can be used on hands or feet.

Everyone has different comfort levels and boundaries when it comes to touch. This is based on our life story, cultural background and personal preferences. It is important to find a practitioner you really feel comfortable with. It can be a good idea to start with a recommendation from a friend, family member or health care professional. If you don't find a massage therapist you like at first give someone else a try. Remember one therapist is never good for everyone. We all have people we feel more comfortable and safe with; it may be a man or a woman.

Communication is key. You need to find a practitioner you feel comfortable talking with. Someone you feel safe asking any questions you might have. It is always important to tell a bodyworker about your basic medical history

and any injuries you may have suffered. This will help them to avoid any techniques that may be contraindicated in your situation. This is especially important if you are planning to receive a treatment clothed because they will not be able to see things such as scars, varicose veins or imbalances in muscle and bone structure.

Tell your massage therapist if something doesn't feel comfortable. If they are using too much or too little pressure or if they are using some approach that you know your body does not respond well to, tell them. They can't read your mind and this is your time to get the most out of the experience. Sometimes we just need a little more focus in a certain area like the

shoulders. Some people enjoy essential oils and others don't. Let your practitioner know how you feel.

If you don't want to disrobe let your massage therapist know before hand. There are no rules here. If you are wearing clothes on the table make sure they are comfortable and soft. Most massage therapists will ask you many of these questions but if they don't remember you are the one in charge.

If you ask me everyone should receive bodywork at least four times a year. It is good for the mind body and soul and is way more than a luxury. Such nurturing touch is a way to learn about yourself and help you along your journey.



"Heads Up! for Public Health" IN DEFENSE OF YOURPRECIOUS BRAIN – part two by Galilee Carlisle

Over the course of human history there have been continual changes in what is considered important knowledge and also how that knowledge is obtained. For most of our existence, knowledge was gained through personal experience and communal/family stories. Then came religious teachings and more formalized apprenticeships. Then came "book learning" and schools. Now we are in the Internet era. With the popularization of the Smartphone, the speed and amount of change is dramatic.

You've noticed it, right? You are in a group of people and you just begin to phrase a curiosity and, before you know it, some proud person has whipped their "god stick" out of their pocket and is "googling" the "facts". "Great!" you say. "Marvelous!" she says. "Revolutionary!" they say. Pardon me for being a party-pooper, but I say, "Wait!" "Slow down!" "Put that thing away!" "Can we have a conversation?"

My plea is in honor of the value of WONDER. It is highly likely that the experience of wondering – and not knowing – is truly crucial to our tremendous human capacity for sophisticated intelligence, intuition, relationship and action.

Maybe I sound like a crabby old lady, but my sense is that there is very little pride to be had in gathering information by swiping and tapping a screen or keyboard. Going immediately from wondering to "knowing" causes erosion of our strengths, skips crucial processes and makes us impatient. Much of the knowledge that is truly useful takes time and effort to collect. When we wonder about something and then gradually gather information through personal experience and live sources, we have time to truly "own" the knowledge and put it to good use.

Also.... we don't need to know everything. Just because we can do something does not mean that we should. It is healthy to just wonder. That state of wonder makes our brains stronger and more capable, so that when we really want/need to learn something, the brain is fresh, agile, at-the-ready. Filling our minds with fast facts, daily dramas and video clips overwhelms our brains.... and overwhelmed brains don't work well.

A proposal -- when you wonder something, allow yourself to "sit" with it for 24 hours. You will discover one of the following: 1. it becomes unimportant or 2. it gets answered by your day-to-day activities or someone you come across , or 3. that you still want to know.

If you still want to know --- do what I call “OOGLE IT”. This means – ask a real person (neighbor, relative, teacher, community expert, business owner...). This also means look at reference materials (books, magazines, dictionaries, atlases, phone books...). There are so many resources for learning all around us. I suggest that we use the Internet only as a last resort, when we cannot find the information any other way. I encourage us all to live “google-free” as much as possible.

How “SLOW and old-fashioned”, you might say. Maybe....but when we pursue information in this way, we respect the learning process and human connections. This helps us cultivate a skillful, empathic brain and live up to our precious human potential.

It may be FAST to do an Internet search, but I WONDER if all that speed adds up to anything we are

going to be comforted by as the years go on. I suspect not. To a large extent, we get to decide who we become by how we behave. We are not sheep, jellyfish or robots. We are human – to the extent that we cherish our humanity. Our brains are more amazing and sophisticated than computers and deserve to be treated as such. I call upon us all to practice the art of wondering. I posit that we will be happier, smarter and more WONDERful people if we do.

Galilee Carlisle is a teacher, farmer, epidemiologist and public health advocate. She has a Masters Degree in Education and lives near Olympia, Washington. She does not use any wireless devices and helps others to see that “popular” does not equal “good”. You can reach her at galilee71@yahoo.com or (360) 245-3993.



The World Can Feel Heavy

by Cynthia Fulreader

There are a lot of things weighing us down these days, emotionally, mentally, and physically. Around the globe, and here at home, concerns for our neighbors, children, and whole nations in distress. It's not necessary to list all of the things we face as a human race, you know what they are already, we read about them everyday.

So what is the best response? Taking positive action, absolutely. Saying prayers, or wishing the best for others, I know that helps too.

But what about our own state of mind, our emotions? Is it helpful to humanity for us to be

depressed, hopeless, lost? That we should care, definitely.

But I believe that the world, and our children and families and partners, need us to have hope. Hope, enthusiasm and optimism, are the states of mind, heart and consciousness that give rise to triumph, creativity, love, and joy.

So how do we convert our suffering into joy, our hopelessness into hopefulness? Usually not in a vacuum, alone and isolated. Usually we are most able to lift ourselves up when we connect. When we reach out, share, comfort, join hands, sing, play, and smile.

When it has become challenging to turn towards love and joy and light, for whatever reasons, we often need to seek help. We can turn to our wise, compassionate elders if we have them, or to writers who inspire rather than depress. And sometimes we turn to healers, friends or professionals, who have made their life work to care for and console, rejuvenate, counsel, and heal.

The Carnelian Center was designed for this very purpose. And we welcome you to our healing home. We are human beings who understand the challenges that we all face, who have suffered ourselves, and who have found an assortment of keys to help unlock big doors. Opening the doors of the heart, the body, and the mind is our work and our joy.

Join us, call, we welcome you with open arms. You will not find judgment or criticism, instead you will find a smile. An understanding ear, a soft healing hand.

Welcome to our family, and be well. For a full list of Carnelian Center services and names, please see the list below. Sliding Scale Available!by

Carnelian Center Practitioner list

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

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

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

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

Cynthia C. Fulreader, MA, LPC
Santa Fe Counseling & Consulting
1919 Fifth St., Suite O, Santa Fe, NM

Southwestern College, Adjunct Faculty
Children's Mental Health Certificate Program,
Director
Southwestern College, Santa Fe, NM

Acequia Madre Elementary, School Counselor
Santa Fe, NM

The Carnelian Center, Therapist
Dixon, NM

"Choose a path that benefits others and serve with selfless love" - Amm

Elizabeth (Liza) Carson (License #2206) Massage Therapist since 1995, comprehensive understanding of human anatomy. Her specialties include, Lomi Lomi (traditional Hawaiian Massage and Prenatal Massage).
Contact: 505-579-9131

Kate McDonald, owner of Singing River Botanicals, Rose products and consultations using Bach Flower Remedies and Robert Stevens Remedies. Reiki and graduate of the Southwestern College Grief Counseling Program in Santa Fe. **Contact:** 505-579-4296

Cindy Stone, TTouch® Animal Therapy and Western Herbalism using locally wildcrafted herbs. Teas, salves, oils, eye pillows and creams.
Contact: 575-613-0211 or www.wildearthcreams.com

James (Hal) Dyer, (License #6329) Treating acute and chronic pain issues using combinations of Manual Therapeutics (as taught by Jan Sultan), deep tissue.
Contact: 505-689-1226 or jhaldyer@gmail.com

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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