



The Carnelian Center

Spring 2022 - Newsletter

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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WHAT'S UP WITH THE CARNELIAN CENTER? by Lluvia Lawyer-Aby

Many years ago a small group of people gathered at a casita in downtown Dixon, to talk about the idea of forming a healing center. I was at that meeting, bringing my youngest daughter, still in her carseat. I had no idea the path I was embarking on. Through countless meetings of inspired minds and diligence this shared dream became the Carnelian Center. It was woven by so many, and continues to evolve. This is, and always will be, a creation of the community, both by those who serve and those who receive through this organization. We can all be the hands on this clay as it continues to take on a life of its own.

Many people have heard the name Carnelian Center, or they may know it is tucked away in the heart of Dixon, between our beloved Library and the Post Office. What people may not know is just what The Carnelian Center is. The name was initially inspired by an exquisite, rose cut carnelian necklace that my mother always wore, until her last day. The word was thrown out into the circle at one of the early group meetings. Carnelian solidified itself as the center's name after learning about the stones' proclaimed mystical properties. Carnelian is known for creating ease in relations of working within large groups of people. For example, the relationships can be thought of as the board of directors, the community as a whole, the individual relationships that happen within treatment rooms or children at play under the willow tree in the backyard. We take pride in creating a joyous atmosphere even in our board meetings.

The Carnelian Center is a holistic health care non-profit, run by a five member board of directors. At present the board consists of: Maria Chilton (President), Jean Zitting (Vice-President), Roxanne Sanchez (Secretary), Lluvia Lawyer-Aby (Treasurer) and Jade Weissleader (Public Relations). It could be described by the Mission statement diligently created, word by word, by a previous generation of board members "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." But what I want to share is what happens at the Carnelian Center, right now.

The Carnelian Center has three treatment rooms. I am among the practitioners who get to use this beautiful space for our private body-work practices. Our practitioners go through a board approval process and must be of high quality in their field in order to work at the Center. We currently have two acupuncturists, Sarah Grant and Phillip Elie Kline. We have five massage therapists, who are talented in integrating various modalities, tailored to suit the client's individual needs: Lluvia Lawyer-Aby, Maria Chilton, Cathy Robison (CJ), Jenny Rizzo and Susan Prins.

There is more than massage and acupuncture offered at the Center. Many of the above listed Practitioners as well as Montse Serra and Roxanne Sanchez practice energy work, Reiki and more. Roderick Oknich is trained in Acutonics, which uses the same meridians as in acupuncture but with tuning forks, in case you are shy of needles or attuned to sound. For the spiritual and mental aspects of your balance and healing process, Montse Serra is available with different kinds of healing. The website, carneliancenter.org, provides more in depth descriptions of what each practitioner specializes in. For inquiries or to schedule an appointment, contact the individual practitioners directly. Contact information is on the website and on the back page of this newsletter. Many clients have told me how refreshing it is to receive a treatment close to home without having to drive afterwards.

The discount treatment program subsidizes our practitioner's rates, making it possible for us to offer a variable sliding scale for massage, acupuncture and other treatments. These discounts are available for people in our service area, which is defined as the Rio Embudo watershed as well as the villages of Truchas and Pilar. Reduced rates are reflective of the client's need and ability to pay. This program is based on integrity and privacy. Susan Prins is certified to offer therapeutic massage, free of charge, for Veterans, through the VA Community Care Network. Contact her directly to learn more.

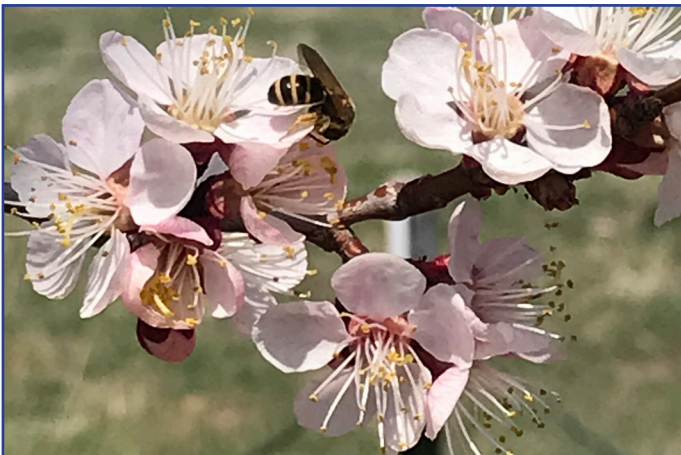
It is not just locals who come to be treated by our excellent practitioners. Those of our clients who pay full price and tip well, make it possible for us to more easily provide discounted treatments. The discount treatment program is one of the main reasons we have our Fundraisers and we are so grateful for the generous support the community has given us over the years. No, Fundraiser is not a misprint although it is funds we are raising, we think it is important to create a healing atmosphere at every level of the organization. Anyone who has ever attended one of our tea parties or Valentine's Day fundraisers, hopefully, can feel this.

In addition to all of this one on one work, we currently offer online yoga on a weekly basis. You can find these yoga classes on our Facebook page, where you can enjoy them at any time, or join live on Thursdays. The links can be found on our "free classes" page. There is currently one in person Yoga and Drumming class, the 4th Sunday of each month. This combines Roxanne's lovely yoga class followed by a savasana accompanied by a relaxing drumming journey with Montse. After which, you can choose to share thoughts or feelings with the group, or not, depending on your preference. Attendance for in person classes is still limited, please RSVP to Roxanne or Montse, if interested. In the past (and hopefully in the future) other classes were/will be hosted by The Carnelian Center. We, as a board, encourage the development of new classes and workshops by new contributors. We are here to hold space, for all things healing, for community members. If you are interested in getting involved in any way to help further our programs please contact any one of us, be it through financial

support, directly or indirectly, such as grant writing, or being on a steering committee to create new services, or just to help pull weeds in the flower bed.

Speaking of programs I have yet to discuss one of our main programs. Perhaps some of you have become aware that in the past couple of years some of us (volunteers) are seen bringing boxes to a long line of cars every Wednesday. The food bank began thirteen years ago last fall. Scott Aby was receiving a massage from a local Curandera, who said to him "You should start a food bank" and as she helped his shoulder to relax he said "Okay." Coincidentally only a couple of days previous, our board at the time, had just celebrated receiving the award of our 501C3 (non-profit status). To become a distribution agency with the Food Depot of Santa Fe (big shout out to them and all the work they do) you need to be a non-profit. Thus, started our years of running the food bank. It's been an amazing adventure, indeed.

I cannot tell you just how many valuable people are behind the creation and continual maintenance of the Carnelian Center, but there are many. I am thankful to each and every one of them for giving their time and energy. Many of these faces can be found circulating around the tea party. If you come, you may hear some entertaining stories. I will leave you with a few words from some of the practitioners: CJ "The Carnelian Center is a gathering place that connects people to food, art and wellness"; Susan Prins "The Carnelian Center is a place of healing - a place of connection, of collaboration, of creativity, and community"; Maria "The Carnelian Center is for everybody."



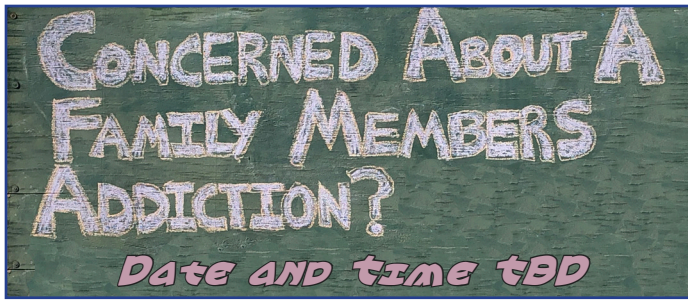
SPRING **By Gennys Moulton**

When I started to wonder
If my thick wiry roots would not grow
His warm breeze comes dancing over hard soil
Spring breathes kisses
like new life Roots softening from rainwater
Blue blossoms
He cradles me in soft hands
Replants
Nurtures
Heals bruises with butterfly wings
Birdsong to silence the violence inside me
Spring is barefoot in the grass
Cradling me



BROKEN HEART **By Lluvia Lawyer-Aby**

The broken heart
sits precariously
In the chest
A chasm surrounds it
A depth that one could
Fall into
Tumbling forever
The sorrow is so real
It is like iron
Morbidity in its density
I hold on and let go
Alternately
The rhythm of grief



FAMILY EMPOWERMENT PROJECT
using CRAFT model
Roxanne L. Sanchez

In New Mexico, family is everything. We stick together, we want to protect those we love from harm, and we work hard to provide a good life. Yet, when a family member is struggling with addiction, we are unsure of where to turn and we feel scared, helpless and at times alone. At Roxy Wellness LLC we empower families by teaching them real practical skills to support and guide their loved ones who are struggling from addiction. Professional help is available for families just like yours. We know how important your family is and we welcome you to the Family Empowerment Project.

I am here to support and help families by teaching the CRAFT approach to get their loved ones the help they need. This model was developed by Dr Robert J Meyers right here at UNM in Albuquerque. It is a positive, proven and practical way to help you help your loved ones with their addictions. This evidence based practice is rooted in and supported by the strength of the family. CRA (community reinforcement approach) is a way of treating substance abuse by helping the substance abuser to change his/her environment in such a way that sobriety is more rewarding than substance use. FT stands for family training.

CRAFT, then, is to train family members how to become CRA counselors or practitioners within their own homes and families. CRAFT is a balanced approach which focuses on eliminating positive reinforcement for drinking and/ or (drug) using behavior and enhancing positive reinforcement for non-drinking and non - using behavior. Too often, families engage in enabling behaviors or tough love which is a harsh emphasis on boundary setting only, and oftentimes in tough love the emphasis is not on the love it is on the tough. So, with CRAFT we try to do both things, increase a positive interaction and connection between the family and the substance abuser, while, at the same time keeping the family safe through the use of boundary setting and being strategic in what they reward and how often. When discussing CRAFT, we use terms like CSO and IP so that we can distinguish between who is the concerned significant other and who is the identified patient or substance user.

If you are concerned about someone you know who is struggling with addiction, this is a phenomenal class to take advantage of.

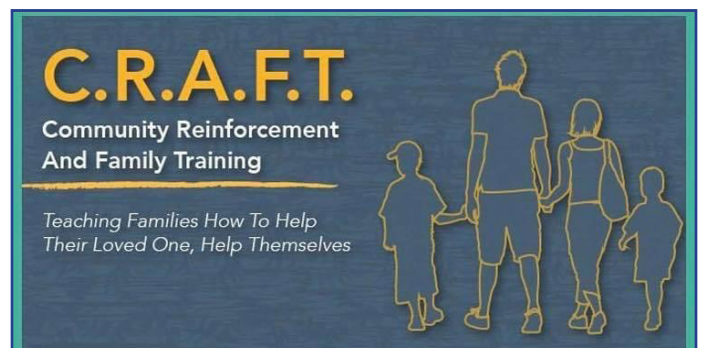
Oftentimes family members get little or no attention from the medical community, as far as having a vital impact on the health and recovery of patients. We understand that family members are going through some very real and very difficult circumstances and they need some support and help to improve their quality of life. The primary reason an addict seeks recovery is legal involvement, secondarily is by family pressure to do so. So, using family to help guide someone into treatment is happening already although in a very un-skillful way, and a lot of the time it is based around nagging, threatening, pleading etc. What we want to do is empower families to guide someone into treatment or into making healthy behaviors in a more skillful way that actually strengthens the family unit and

does not drive a wedge between family members. Families are often experts in their loved ones' addictive behavior, so they have a lot of expertise, but just don't know how to use it. We want to acknowledge those skills and put them to use. Quite frankly these family members are the victims of many forms of abuse, be it violent, verbal, emotional, physical, financial and more. They are under-resourced and not equipped with the tools necessary for how to handle their situation. Oftentimes it is the families of addicts who are blamed and pathologized for their loved ones' addictive behavior. Traditional interventions for CSOS are the Twelve-steps, Johnson Institute Intervention and mental health counseling. Ninety-nine percent of the time the message to the CSO is to do nothing and wait until their loved one hits "rock bottom." This is a very dangerous game to play because we never really know what rock bottom looks like.

Not even people in recovery know what rock bottom looks like until they are beyond their bottom and they can point to their past and say that was my bottom. But nobody knows what the bottom is on the front end of it. And for most cases and most folks, they don't hit a bottom they simply overdose or some other tragedy befalls them before they hit bottom and they don't even get a chance to hit some kind of a bottom and make some changes. So we cannot be telling people to wait for their loved ones to hit bottom cause they can lose their loved ones. We know this is especially true in New Mexico where we have led the nation in overdose death rates, alcoholism and chronic conditions attributed to alcohol. We lead the nation in a lot of these very alarming statistics, and now NM is leading with methamphetamine death rates. We cannot wait until our loved ones hit the bottom. We need to help these families NOW!

CRAFT is a skill based program and support group which is different from ALANON, which is only a support group. Unlike CRAFT, ALANON does not teach skills to better interact with your loved ones with addiction. Intervention does not always make for meaningful change in the family either. There was a study done in Albuquerque, NM at UNM through research arm CASAA and funded by NIAAA. They recruited 130 families and randomly assigned them to ALANON, intervention and CRAFT for 12 weeks.

The results were 7/10 families that used CRAFT were by far more successful in improving the family cohesion and their quality of life and decreasing the unhealthy behaviors and getting their loved one into treatment. Problem solving skills, functional analysis skills, communication skills, positive reinforcement, pattern interruption, and allowing natural consequence are just a few of the skills we will teach you and how to utilize this approach to improve your quality of life, and get your loved one help with treatment or decreasing use. If you feel you have tried everything to help your loved one with their addictions and have been unsuccessful, there is still hope. It is never too late to help someone you love. Please contact us now at Roxy Wellness LLC. 505-417-6135 OR roxywellnessllc@gmail.com to learn more about a full 12 week CRAFT program in your area for your family.





CURANDERISMO: Medicine for The People by Roxanne Sanchez

It is truly amazing what the power of intention/prayer does when it is in communion with belief in a Great Divine Source. More and more the traditional ancient ways of health, medicine and living with the lands of New Mexico are surfacing to the top. Many times, in rural villages these local traditions and modalities are unfortunately suppressed due to the high demands of modern medicine and state licensure requirements.

My name is Tho'tch' OH- Lone (baby hummingbird) Sister of The Wolf Clan, and Wisdom Keeper of The Earth, Roxanne Louise Sanchez. My great grandmother was known as a "curandera." My grandfather was known as a "steward of the medicine on earth." My mother is known as a "holistic practitioner." Now, my mission is to improve, restore and promote health, wellbeing and quality of life in underserved villages and to empower people through culturally traditional healing practices, including practices by a curandera/o, sobadora, partera, medica, consoltura, and healing traditions, using plant medicines, mindful movement, foods, prayer, ceremony, and song. I also use evidence based programs to promote and model positive attitudes and behaviors through a lifelong commitment to wellness."

I was born and raised in Southern NM and the wind blew me North and planted me in Vadito, NM. I am here to empower others to ignite their own healing gifts and to take their health into their own hands. With that said, I would like to do what I do best, tell you a little story. One of which I have had the honor to be a part of, and have been entrusted to share. A story that inspires me to continue this work and share the hope with our present, and future generations.

'Once upon a time there lived a powerful, bright, young woman who had a passion for helping people. She had a thirst for a certain kind of educational experience that was about truly helping people and an opportunity to learn the ways of curanderismo. She knew her Abuelo did not cross that river several times and go back across the border to

help more people for nothing. She knew in her Corazón that there was something back on the tierra across the border that was the answer to her becoming who she was born in this world to be. Her mother's friend of a friend came back from church one day and said "Luzero, we have found the person. We are going back to Mexico to support you in your studies." Her Abuela y Abuelo went out for a few weeks with her. It was medicine for them all to bond on the lands. She knew her path was to continue sharing and practicing the traditional ways of these lands as she got older. When she met the woman of her prayers, Doña Nely, Luzero's Maestra (teacher), she felt her heart pumping, breath slowing, and her spirit at peace. Dona Nely took her in as her long lost daughter. None of her own children ever wanted to learn all that she had to offer and the wisdom that came from her mother and her mother's mother. Luzero states "That is why I practice and help others with great honor, to know that I am also the living link to the past, bringing traditional healing to our present day, so that someday, I too will have the honor of passing this wisdom down to the next generations." She spent weeks in Mexico, following Doña Nely's every move, observing the way she swept the front portal every morning, and how she made her bed. She got to meet and visit with all the gente who her Maestra visited and helped to heal. No college or massage therapy school or holistic institution was going to teach the simple little things that matter, daily, for this way of life: The fruit, the jungles, the wind's message, the aromas in the casita, the spirit of a teacher who walked the path of living with nature, at its most authentic self. It was now time for Luzero to offer her exchange for her Maestras teachings. After her journey in Mexico, she knew the hardest part was now just beginning. There would be a lot of tests on what she must learn in developing faith and what was true for her journey.'

The wind blew and planted Luzero right in the center of Dixon, NM. You can call that wind Mr. Joseluis Muniz y Ortiz, (wink wink) our local mayordomo of Acequia del Llano. I have a powerful story about his journey as a wisdom keeper of the medicine ways also, but I have to get his blessing first. So, 'til next story time... and for now ... Ladies and gentlemen, I would like to introduce you to mi amiga and spiritual little sister, Luzero Velasquez. The woman who goes to work every day at the Dixon Co-Op. Blessing the burritos and all the healthy food she makes in the kitchen just for you. As she moves forward on her path she continues to share the medicine ways from her teacher, with whomever is meant to cross her path. I fortunately have been blessed to cross this path.

Luzero and I share the belief that it is an innate human right to heal! We hope this article inspires all who seek wellness, of mind, body and spirit, to find empowerment and freedom to be a part of a larger movement to bring change to the model of health care provided in our community. May we empower each other with awareness about health justice and our inherent right to heal and may we be cared for during times of illness and transition. It is up to us to create a sacred space where these necessary gifts can be shared with one another for transparent community health and wellness.

In comunidad
Roxanne Louise Sanchez y Luzero Velasquez

Carnelian Center Practitioner list

Lluvia Lawyer Aby (License #1902)
Massage and Core Synchronism for all ages
Contact: 505-803-1476

Maria Chilton (License #1830)
Transformational Massage, hot stone. Owner - Little River Remedies
Contact: 505-579-4321 / mariachilton@hotmail.com

Montse Serra
Spiritual Healer, Art Therapy, Reiki & Akashics Master.
Contact: 402 5151 2791 / momos.spai@gmail.com

Cathy J. Robison (License #6599)
Massage therapist anatomy based therapeutic massage.
Contact: 505-670-6124

Rodrick Oknick
Acutonics® Meridians with tuning forks and other sounds.
Contact: 575-613-3245 / rodrickkok@hotmail.com

Sarah Grant (License #1038)
Practices Japanese style Acupuncture
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Jenny Rizzo (License #8019)
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Roxanne Sanchez
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