



**Everyone invited,
TEA PARTY
FUNDRAISER
August 20th**

The Carnelian Center

Spring & Summer 2023 - 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.

The Carnelian Center - PO Box 452 Dixon, NM 87527 / 505-579-9630 / 219 State Road 75 / carneliancenter.org



Embudo Valley Summer of 1970 by Joe Ciddio

Clovis sits where the kerosene pump was that provided fuel to household's that were not yet electrified. There were seven businesses located in the area between present day Fire Department and Zuly's, providing groceries, hardware, household & kitchen utensils, dry goods, shoes, gas & oil, chuchulucos, and a hot chimichanga.

Feed corn was grown where the library sits. The Post Office and a small dry goods outlet were located where Winston now lives. El Bambino bar served booze from the structure across the road from present day La Chiripada. There were two elementary schools with a combined enrollment of upwards of one hundred and fifty students. Eleven cattle growers in the valley produced sixty to seventy market ready animals for sale, trade or family consumption. Pig growers were many, a few sheep, and egg producers. Large mills of blue, white, sweet and chico corn. Siembras of melgas de chile were planted along with vegetables for summer and winter use. Wheat grown and harvested, thousands of bushels of apples and a full variety of fruits, was the norm of the time.

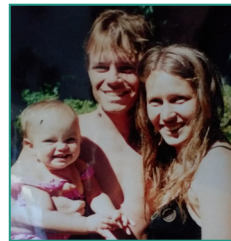
Doctor and hospital services just three miles from the heart of the village. Valley residents came together to stop a copper mining interest and a forty unit HUD proposal; La Academia (Chicano organization) stood up to the BLM for fair settlement of lands in "trespass".

The health of the community was good and a cross representation of residents strived to be on the same page and in communication with one another.

The call of the Primavera tells us it's time to do what has been done in these parts for centuries (there's men & woman)....doing it as these words go down.... one shovel at a time....This community is fortunate/blessed to have the many services and resources provided by numerous giving individuals, (too many to list). The health of our community remains good.

With my 'Black Bird of Doom' hat on, I offer: The changing climate around the world and in our own community is upon us and the lands we occupy. The events of last summer gave us an indication of what may be on the horizon. All mutual aid systems that are used and in place in this community need to be adjusted and tailored to today's situations. There is much that can be done to prepare. Communication and familiarity with the neighbor is vital! People knowing each other helps so much.

REACH OUT in GESTURE, WORD, TOUCH and ACTION
YOUR COMMUNICATION IS THE RESPONSE YOU GET. — PaZ



the Good times were real by Scott Aby

So many perfect moments
Preserve my hope and my romantic notions
The light on teeth
That shines without connections
Your breast, my chin, my clothes grown worn with age

The sea silhouettes our blue, white and scarlet hypocrisy
While 'what can I do' say a powerless few
You laugh, on the sand, and plant your feet like shining
Like the spirit of the fire that burns when the fighting
and the hypocrisy end

I lay there naked in the past, no chance of knowing
The twists and the turns our hearts will know
Sated and lost in a lost, sweet sometime, grinning
So young and so unaware of the presence of sin

Old shots of shots and wrecks and romance blooming
Old flames burn off the stink, in time, sometimes
It's impossible to know what you are doing
Till it's too late to curse or command the tide

My god I am so blessed and the images prove it
Do I thank the clouds or do I thank the long, hard drive?

Take me back, in the past
It keeps on moving
Take me back, in the past, just a little today

Give me all the old hugs worn to ribbons
Give me kith and kin and give me pain
Give me young ones still too young for sinning
Let us all feel like that again

Those old, sunny days we spent there, reading, in that sunshine
The sunshine hit the spot in every way

I hope when I die they'll say
He wasn't totally full of shit
Because that seems to be as good as it is getting
Between The lies that lie inside
And the things we try to hide
Between the storm of waste
And all the blood we're letting



Current Cycles of Pluto: The Deepest Call to Transformation

by Jen Leigh Antill

Whether or not we are tuned in to the astrological cycles of our galaxy, many of us can feel that we are in the midst of big changes. If we pull back the curtain on the cycles of Pluto (currently, our outermost planet), we can begin to understand some of the collective cycles we are in the midst of.

Pluto is a slow mover and when Pluto changes signs, it's a BIG deal. Pluto is currently in the midst of changing signs and we are in that gangly, awkward, in-between stage where Pluto is not fully in Aquarius but is beginning to dip its toe in and out of this new sign. For the last 14 years, Pluto has been hanging out in the sign of Capricorn. On March 23, 2023, for the first time as humans, we consciously experienced Pluto moving into Aquarius. Meaning, the last time Pluto was in Aquarius, we did not yet know it was a planet.

As we experience Pluto in Capricorn for the last time in our lifetimes (Pluto takes 250 years to travel around all the signs and so I'm guessing most of us will not be around in this form the next time Pluto makes its way into Capricorn) we can reflect on a couple of ideas: • **What structures, roles and beliefs have I taken on in order to stay safe, in order to do what is expected of me? Am I ready to let them go? Are these roles and structures keeping me from standing in the truth and power of who I am? If so, what would help me let them die?**

These are not light questions, nor is Pluto a light planet. Pluto brings us right to the doorstep of The Underworld, ready to take us down so we can explore our pain, trauma and deepest fears. Sounds fun right? But Pluto is not our enemy nor is it out to do us wrong. Pluto is here to clear the way for us, to bring us down into the depths so we can then feel our highest joys. Ultimately, Pluto wants to align us with our power and it seems to have a message for us: **our power comes from facing our pain.**

As Pluto begins to move in and out of Aquarius for the next year and a half, we are offered a fresh start, an innovative start. Pluto in Aquarius brings new energy, new ideas, new creations and new ways of caring for one another as well as forging new communities. As Pluto makes its way into Aquarius, we can begin to ask ourselves these questions: • **Where am I being asked to create something new? to become inventive? How can I begin turning my attention toward thinking collectively and letting go of individualism? Where and how am I inspired to build community?**

Currently, Pluto is in a retrograde period (May 1st, 2023 — October 10th, 2023). Every year, Pluto spends about 6 months retrograde so we have experienced this many times before. When Pluto goes retrograde, we have the opportunity to begin new healing journeys and adventures, to look at issues surrounding our relationship to power and powerlessness, and to be honest about ways of relating that do not serve us such as manipulation, abuse, violence, coercion, etc. Pluto urges us to let these hurtful ways go and to engage in the support we need in order to do so.

I encourage you to look and see where Pluto is hitting your particular birth chart in order to see even more clearly how this transition will impact you. Look to the house placement to understand where the story of Pluto is going to play out in your life. If Pluto is going over any planets you have in Capricorn or Aquarius, know that these realms will be worked and challenged as well. Go slow. Be gentle. Give Pluto time to do its work. That's why it moves so slowly — we cannot rush alchemy nor would we want to. Sending you all the love.

Jen lives on her farm in Ojo Sarco, New Mexico with her wife and eighty chickens. Jen works as an astrologer, writer and depth counselor with clients in New Mexico and all over the world. *For more information about Jen and her work, or to book an astrological reading visit: www.jenantill.com* You can also follow Jen on Instagram @jen_leigh_antill.



Meditation and its benefits to our health

by Kristin Taff

Beginning a daily practice of meditation can profoundly change our health and well-being. Absolutely nothing has passed the test of time like meditation. If it didn't offer any benefits, it would not have been such an integral part of the human consciousness for more than 6000 years.

The interesting thing about meditation is the difficulty of committing to a daily practice and the expectation most of us are grasping for that prevents us from seeing the value it offers our lives. We can overcome many obstacles with our work accomplishments, but committing to daily five-minute meditation practice is challenging for most people.

The definition of meditation is also confusing. It simply means to sit and ponder. It's slowing down and realizing that thoughts are like clouds that drift by. We start to witness the thoughts rather than be in the thoughts. Telling our thoughts they have value is healthy; in that realization, you are dissolving the thoughts, and pure consciousness is rising to the surface.

What changed for me after years of struggling to build a daily practice was focusing on my heart chakra, which is the portal to pure consciousness. I started to see that my head was where my self-doubt existed, and my heart was where my compassion and kindness lived. I realized the world is pure kindness, my resentments dissolved, and my life completely transformed.

Many other proven benefits of meditation are lowering blood pressure and decreasing stress, anxiety, and depression. It can also help reduce body weight as we begin to make better choices in our diet and lifestyle. We are consciously living rather than allowing emotions to drive our decisions. I recently worked with a client who came to me for the early stages of type two diabetes, and rather than starting with changing his diet, I encouraged him to begin a daily meditation practice and lighten his work calendar. As a result, over time, his weight lightened, and his health significantly improved.

How to begin a practice is to first lose the attachment of expectation and lean into the thoughts that arise. Let them come and let them go. Over time you will expand the mind and experience subtle shifts. Your thoughts dissolve into thin air, and you will awaken to a higher consciousness.

Here are my five golden tips for developing a practice:

- 1- Commit to a daily practice of at least two to five minutes. Commitment is key here, but start small.
- 2- Designate a space in your home that feels sacred to you. I simply have a stool that sits in front of a big window. My view sets the tone.
- 3- Find a comfortable meditation posture. Maybe sitting in a chair is best with your feet planted on the floor or a firm cushion on the floor. Good posture allows for proper breathing.
- 4- Pick an easy technique that works for you. I focus on breathing into my heart, or you can put your awareness into nostril breathing.
- 5- Have fun and let go of perfection and judgment. Laugh and smile when silly thoughts arise. Meditation should have an innocent or childlike pleasure.

I hope you find this helpful and delight in developing your meditation practice. You'll experience self-discoveries that have been hiding for years, and your health will improve as a result. I wouldn't be living in Dixon today if I weren't led through my meditation practice. It taught me to trust and live where I should lead my wellness practice. I'm excited to be a part of this heart-centered community, and I ponder in meditation over the many opportunities that lie ahead.

Kristin is Holistic Health Coach, Yoga Teacher, and Educator in the Ayurvedic Lifestyle. Contact her at: www.womenontheremake.com



Common Benefits of Massage by Cathy Robison

Our skin is our largest sense organ, which makes touch a valuable tool to effect change in our bodies. Massage therapy is a practice of utilizing touch to give the recipient a greater sense of ease. Various techniques are applied that increase circulation, stimulate lymphatic flow, invoke relaxation and to alleviate musculoskeletal pain. Massage Therapy is considered a traditional medicine.

There are many different modalities when it comes to massage. This article focuses on the benefits of massage therapy in general. You may have heard that our bodies are made up mostly of water. Keeping the fluids of our body circulating restores our own access to health. When the body's water becomes stagnant or impeded we may feel uneasy or emotionally at odds with what is happening or overwhelmed. Massage therapy is a way to restore our sense of being relaxed.

Touch stimulates circulation. Increasing circulation supports the body's effort to bring healing nutrients to the tissue and joints and removes any waste that is in those areas. A massage therapist can use different strokes such as effleurage, petrissage and tapotement to help release stagnation in the muscles. When our muscles are able to move freely, there is greater ease and full range of motion may occur.

In the parietal regions of the brain, is a map of the body, and over time this can become skewed due to trauma, repetitive activities or injury. A skilled massage therapist can help to inform that map, allowing a new version to emerge. The nervous system tracks all the sensations that are happening. I often say that my clients are sensing their bodies through my hands. It is a profound example of mind-body connection. It is quite common that when we are relaxed after a massage we may actually see challenges in a different way.

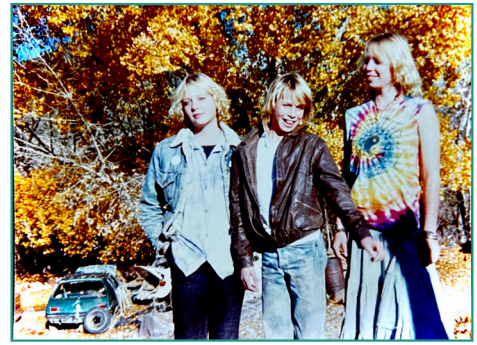
Pain relief is a very common reason people choose to receive a massage. Licensed Massage Therapists are required to complete a course in anatomy and physiology. We learn what is beneath the skin and how those parts relate to one another. There are many tools that massage therapists use to help reset the tension of the muscles to alleviate joint pain. Compression, cross fiber friction, trigger point therapy and acupressure are common tools in a massage therapists' kit.

I am often asked about the energetic qualities that may be expressed in a massage. Tingling release along meridians, a deepening of consciousness, referral or reflex sensations e.g. I touch your small toe joint and you feel it in your shoulder. This is absolutely normal, our bodies are amazing. Tension in the body can occur in any of our tissues, including fluids and in the nervous system. We can create harmony, by offering our awareness, skilled touch and deeply listening for when the tension has shifted.

Sometimes people do have an emotional response during a massage. This is normal and doesn't happen often. As a massage therapist we are trained to encourage our clients to breathe and allow their breath to make them an observer of the body. I like to encourage folks to silently thank their muscles, and all that supports their health. I also invite them to give permission to the muscle or area of tension to let go. The work is already working, no story needed. Developing a language for your body is a profound way to develop understanding to the many sensations we have. We are all processing the isolation of the last few years. Being touched can be a valuable way to heal the vulnerability that we have felt. We do not judge people for their emotions, in fact each of us as practitioners have experienced meeting our own vulnerability on a massage table and with that comes a deep respect for others.

People seek out massage because it is affordable and does not require us to take medications. It is a holistic approach to health and gives people a relaxed sensation that can just make the world feel a little more wonderful from the inside out.

Thank you for taking the time to read my thoughts on the common reasons why people seek out massage. Stay tuned for the next article on the art of reception.



Bake Your Own Cake by Maria Chilton

I am only partially joking when I say the reason that my siblings and I learned how to cook at an early age, was because the alternative would have been to starve. It was no secret that our mother didn't like to cook and didn't have much patience for the energy that food preparation or cleanup takes. She'd prefer to be out in the garden growing it. Our father also had more important things to be doing than getting creative in the kitchen. But he taught us the basics, like how to clean the rocks out of beans and soak them overnight, how to cook a perfect pot of rice, measured only by the eye, or whip up a batch of dough for fresh whole wheat tortillas, cooked straight on top of the Ashley wood stove, a sprinkling of salt to keep them from sticking. We learned about miso, how it is a live culture so turn off the heat before adding to the soup so as not to destroy the beneficial bacteria. He also baked bread for our sandwiches, during school. Once in awhile he would bring bacon in to the house and we would fight over who sneaked the extra piece. Tacos were another rare treat.

We weren't truly hungry though, because in the pantry there was always a 25 pound bag each of pinto beans and organic Lundberg brown rice; rotating gallon jars of alfalfa sprouts by the kitchen sink; a ball of homemade tofu wrapped in cheesecloth hanging over the kitchen table; there were things like carrots and beets buried in big steel troughs of sand in the root cellar and last year's apples wrapped in newspaper in cardboard boxes; quart jars of various years of unsweetened and oftentimes unrecognizable and unlabeled, home canned fruit on the pantry shelves.

During the summer, of course there were veggies to harvest from the garden. Once a month buying club came in on a big truck from The Tucson Co-operative Warehouse, and we would help the grown-ups down at the Old Nucoa Ranch or The Mission Building, to divide up bulk orders of staples, to share among families, like big boxes of nuts, five gallons of soy sauce or malt syrup and big bricks of sharp cheddar cheese.

Our family always had a menagerie of animals milling about. Most were pets, but of course we had chickens, ducks, geese and turkeys too.

One day when it was my little brother's chore to collect the eggs from the two story adobe brick roosting house, that we helped to build, he had to first get past the very mean rooster in the chicken pen. As usual the ferocious cock came at him, all beak and talon and colored feathers flying. In defense my brother went to kick the creature, but the rooster ducked and my brother ended up kicking the adobe hen house. This led to just one of the numerous broken bones he'd already experienced in his young life.

Not long after, my brother went to chicken coop to the collect the eggs, this time his leg in a cast and walking with crutches. Here came the mean rooster just as before. This time my brother swung at the flying bird with his crutch and a thirst for vengeance, breaking the rooster's neck. It was a quick death and a relief to us all. But my mother had taught us that if we killed an animal, we were responsible for preparing its body and eating it.

The next image I have is of my little brother, sitting on a chair, in between the house and the chicken coop. His broken foot propped up on a block, a huge pot of boiling water on an outside fire behind him, and holding the body of the limp rooster by its feet with one hand, and gleefully plucking wildly with the other. Blood and feathers everywhere. He looked so pleased with himself. He cooked that mean old rooster even though the meat was just about too tough for anybody to eat.

The best thing we can do for our children is not to "do" too much for them. Give them space to experiment and make messes, and provide them ingredients to bake their own cakes.



**Meet
our new practitioner
Kaycee Hinckley**

Let's Hook You Up!

There is no such thing as a "typical brain"; neurodiversity makes our world go around.

Neurodiversity is both an idea and a social justice movement that believes that the diversity of neurological experiences should be considered natural variations of humanity rather than a medical issue in need of diagnosis and cure. Judith Singer, an autistic sociologist originated the concept and it has proliferated in disability justice movements globally. Our society generally favors "allistic" (non-autistic) brains and sometimes when our brains don't "fit in", our world can make us believe that there's something wrong with us. People with brain injuries, impacts from lived trauma, mental health challenges, ADHD, autism, learning disabilities, to name a few, often go through life feeling that they aren't "measuring up". As an occupational therapist practicing in Northern New Mexico for the last 10 years, I have seen tremendous creativity, problem-solving abilities, and emotional skills from people who would be considered to have "atypical" brains and ways of experiencing the world. In my clinical practice, I truly value the neurodiversity of my community, and I move from that place in the ways that I offer support.

That said, sometimes our brains get stuck in patterns of activity that are not supportive for the things we need to do in our lives. I know that when people are able to do the things that are most important to them at work, home, and leisure (occupations) they have better health outcomes (physical, mental, spiritual, social). I am excited to offer occupational therapy services

through the Carnelian Center here in Dixon. I can provide consultative and coaching models of occupational therapy for adults and children. Consultation and coaching means that I'm going to provide you with support and counseling to make changes in your daily life to support your health and well-being, using my depth of experience, education, and research skills.

I AM excited to present a new offering that I have been building skills around for the last 2 years called, Neurofeedback or Neurotherapy.

There is a lot of evidence supporting the use of neurofeedback in treatment of symptoms related to ADHD, addiction, brain injury, sleep issues, depression/anxiety, and brain-fog to name a few. Neurofeedback uses electrodes to observe the brain and notice patterns of activity that may be more or less supportive to a person's life-- for example anxiety or depression symptoms. Once we know what the patterns are, we make a brain training plan that will help you to access more parts of your brain with greater efficiency and ease, and break up neural patterns that are making things challenging or difficult. It is similar to weightlifting, but for the brain. Just like weight training, we can all benefit from a brain "tune up" and strength training. The therapy feels lot like assisted meditation, and is done while you are relaxing in a chair.

When you come to see me for neurofeedback you will be connected to my computer system using electrodes and then either music or video feedback will be used to encourage the brain to adjust its responses. This is all by measuring electrical activity and brain waves. I am so excited to begin offering this therapy and to continue to serve the community as an occupational therapist. I really believe this type of therapy can be useful for a big range of challenges that people face: from brain injuries to postpartum depression, to unexplained patterns of depression or anxiety. Give me a call to learn more or ask questions.

For the time being I am unable to accept insurances, but I am committed to making this service accessible- in particular to people who have deep roots in Northern New Mexico such as local elders, children, Hispanic, Black and Indigenous people. Please see my website for my payment scale and more information about how I can make this accessible to you and don't hesitate to get in touch to ask questions about how to access care. I look forward to seeing you!

Carnelian Center Practitioner list

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For fees and scheduling contact practitioners directly

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