



The Carnelian Center

February 2020 - 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 rd 75 / carneliancenter.org



Nana's Book of Wisdom
Sylvia Ernestina Vergara

Picture by Sylvia Vergara

As Valentine's Day approaches, my thoughts are focused on issues of love; this includes self-love and love of others. I think of myself, family, friends and the world at large. I have been pondering the idea of creating a book called Nana's Book of Wisdom. It will be a document of many of the things that have worked for me in my day-to-day life. The areas it will cover is health, recipes, sayings, observations, suggestions, hopes and dreams.

It could have pictures, drawings, paintings, poems, little songs, stories, memories, practical problem solving, health suggestions, genealogy, recovery of languages, incorporating translations, and more. Being a Nana (grandmother) is what spawned this idea for me. I would give this book to my friends and members of my family.

I am so anxious to share my knowledge and at times it can look like I am telling my grandchildren what to do. A book, on the other hand is different. It can be something that a younger person might want to look at whether I am there or not; maybe even to re-read or try out certain parts that seem to fit when they feel inclined. Also, when I am long gone, my grandchild, great grandchild or a family member might look at it several hundred years from now. As a document, it could be a part of the family archive, a sort of oral history that, through printed words, the reader can create the voice of the person who wrote the book.

I do believe that a Nana's Book of Wisdom or a Tata's Book of Wisdom is something that every grandmother and grandfather could potentially create. If we all did, there would be an abundance of folk wisdom, based on what worked or what didn't work for the person

that wrote the book. One of my entries in my book of wisdom would be how to honor self-love and the joy of discovery. It's important to be able to successfully take care of one's self in a healthy way.

For example, this last harvest season I collected the Rose Hips along the west side of the farm and let them dry in the shade. Over the winter, I brewed my water in a 4 cup pot and dropped in 1 Rose Hip. When it got soft, I picked it out of the water and gently squeezed the Rose Hip to release its potent energy and then dropped it back into the simmering liquid. After two hours the water became a beautiful, amber-rose colored tea. I was very impressed at how delicious and delicate the tea was, and also how far one little Rose Hip could go. Over the days, I kept pouring water into the simmering pot without changing the Rose Hip and was so amazed at how long it provided its wonderful, potent tea.

After doing some computer research, I discovered that it is said that Rose Hip tea has 20 times more vitamin C than oranges and is very high in vitamin A. I kept a simmering pot of this going night and day and enjoyed this lovely tea without any sweetener; just plain. I did not get a bad cold this season. Was it the RoseHip tea? I would love to think so.

One day I fried garlic, fresh ginger, and onion in olive oil and started a pot of broth. Then I could create at will any sort of soup by just adding the condensed broth I had started in the pot. I put the broth in a soup bowl and added whatever vegetables delighted me, letting the simmering broth do the magic of creating a wonderful, tasty combination of edible delight. My body loved it and it made me feel healthy and happy. Very soon, I shared this idea with appreciative family and friends. I like to imagine it benefitting the health of those I shared the idea with.

How does one get their wisdom book going? Well, for me it started with my 70th birthday. My family refused my one wish; I wanted 70 candles on my birthday cake! I was so disappointed! I wanted to celebrate every year of my life in flame. In the end, I got 7 candles. For some reason, I realized that if I did not begin my Nana's Book of Wisdom, it might not happen.

So, what to do? Convince yourself this is a very simple task; don't let your doubts bully you; tell them to go away. Just start and don't try to make it perfect. Put your pictures and scraps of papers of ideas, recipes, etc. in a box all jumbled. Also getting together with others who want to write their own book of wisdom could be fun. Take your boxes to your gathering and encourage each other. Then, just start to put it all together. You can make it beautiful later or as you go along.

You can give it as a gift on special holidays, birthdays, or as parts of a family newsletter. You can also share parts of your wisdom book in handwritten letters that can be saved by your loved ones. By sending out your book of wisdom, there is a sense that you are no longer silent, or alone. You have opened up your heart and said in your own special way, I love you.



An Ode To Dung Beetle
Lluvia

Oh Dung Beetle, please take out all the words and beliefs that do not serve me, Define my true person, Reflect the reality of who I know myself to be in my heart of hearts. I am purified by your tireless efforts. Because of you the Chimpanzee in me can speak freely of my true self. Some of these falsities are proclaimed even in my own thoughts. Roll these away my beetle. Roll away the shit plastered to my brain. Leave me clean like a desert stone. The words and statements written on glossy pages, can no longer touch me, due to your persistence. My beauty is born of my true self and you help me clean the slate. The wrong doing that marred the little girl spirit in me, setting up a deep feeling of shame in my bones, You my friend, have agreed to clear out the vault. Even this shit ton you work on day and night, Rolling these dank balls into the light- KA. To be purified, fuel for transformation. The tangled words that come out of the human mouth of my love. Are artfully rolled away by your small legs. That I may hear his true meaning, That I may respond to him with clarity and compassion, From the naked purity of myself. All the images that come from screens telling me how to think of myself are no match for your shiny shell and small beating heart. You stop them from marring my self-reflection. Before they even touch my eyes. Your attention never falters. No wave of sound can even reach my soul. Because you roll it away in the caverns of my ears, Before they ever reach my vestibules. Time folds itself, that you may do your work of self determination. My malleus, incus and stapes ring true, that I may translate the sound into just what it is. A story of the world in all its complexity. Within my coclea you clear all the residuals, Purifying the fluid, that I may find balance. The chambers of my heart are clean and radiant. My arteries are pure channels for blood to flow, For you have rolled away all the plack (a misunderstanding between me and the world). I am effortlessly nourished by life and my hunger is satiated in the knowing of who I am. The very tissues of my thyroid are clear of scarring and foreign bodies. Due to your superpowers, my dear Dung beetle. Thank you for your eternal friendship, Knowing that we are all forever burning with the light of our KA. May you befriend your own dung beetle and employ his companionship. That we may eradicate the feces from this world, Providing fertile soil for a new way of being. Amen, A-man, Hey Man! And with great devotion.

ONGOING EVENTS:

MONDAY

- Yoga with Gabi, 9:00-10:30 am
- Drumming Meditation February, 6:30-7:30 pm

WEDNESDAY

- Ojo Sarco Food Bank
- Ojo Sarco Community Center, 1:30 pm
- Dixon Food Bank
- Dixon Community/Senior Center, 2:30 pm
- Stretching and Strengthening, 4:30-6:00 pm

SATURDAY

- Yoga with Gabi, 9:00-10:30 am

SUNDAY

- Abaya's wakening Joy, 11:30-1:00 pm



My Eyes to the Skies
David Rigsby

As I have gotten older, my eyes have gotten less resilient, less sharp, and needed reading glasses some years ago, although my distance vision had remained fairly good. One day, as I was driving near power lines, I noticed that rather than looking taught and straight, they appeared a little kinky. A trip to the optometrist showed how old I was really getting: He told me I had Macular Degeneration. My Dad had lost his sight to this some years ago, it seems to run in families, and I had both kinds; Wet and Dry varieties...wet in the right eye, and dry in the left. Dry AMD involves the accumulation of Drusen, a deposit between the retina and the blood vessels behind it. Large deposits inhibit the flow of nutrients to the retina, eventually causing that portion of the retina to die, causing a blind spot. This accumulation can often be retarded by vitamin and nutrient supplements. Wet AMD is the abnormal growth of blood vessels between the retina and supportive web which can leak, again separating the layers, and causing blindness. It is often treated with an antiangiogenesis drug injected directly into the eyeball on a regular basis, usually once every month at a current cost of nearly \$2500.00 per injection. Both conditions are currently diagnosed by a non-invasive machine called an Optical Coherence Tomography scan, or OCT scan.

After four years of treating the dry AMD with supplements, and putting up with the Eylea injections; the last year being double dosing in my right eye, which was not responding well to the medication, I decided to try a different approach, and visited Doctor Sam Berne who told me that the shots were traumatizing both my eye and me! I changed my diet, began using MSM (methylsulfonylethane) eyedrops with N-acetylcarnosine (topical anti-oxidants) and doing several eye exercises to help my eyes focus in concert together, rather than my stronger eye (the left) overpowering the weaker one, which developed eyestrain, leading to more need for oxygen, and the resultant abnormal growth of thin, leaky blood vessels of wet AMD.

Dr. Berne suggested I cut all sugars except fruits, all gluten, (wheat, rye and barley products) and all casein (cow's milk products) from my diet, keep on having the diagnostic OCT scans, and slowly add back some of these foods as long as the scans indicated improvement. I found this surprisingly easy to do as I don't live to eat, but eat to live anyway. There are many substitutes available. Sweetness by stevia extract, gluten with a remarkable variety of gluten-free foods now available, and cow's milk products with goat's milk, cheese, etc. and soy or rice milk.

My OCT scans have shown continued improvements in both eyes over the nine months of recovery. My sight is improving too, even as I "cheat" on the diet! The ophthalmologist who had administered all those shots right into my right eyeball at Eye Associates has expressed amazement at my progress, and asked me for my 'recipe' which is why I am writing this lengthy explanation of this exciting venture. Unfortunately, their business model is too good for their bottom line profits for them to suggest Dr. Berne's approach, and when I have told other wet AMD sufferers of my success, all have told me they would rather have the shots than change their diets! If Medicare weren't picking up the bills, they might reconsider!

I find the regimen and exercises well worth the trouble as I have also lost weight, have more energy and less general health problems. I am available to speak with anyone about this and other health issues I have learned about. My email is Turkeyguy48@yahoo.com, telephone (505) 579-4314. Sincerely, David Rigsby.



Embodiment of Goals and Intentions Gabrielle Szafir

It's that time of year when the deeper challenge and practical reality around the goals and intentions that we made at the beginning of the new year becomes quite apparent (if they haven't already). Studies show that around 80% of the people that signed up for a gym membership at the beginning of the year have stopped going to the gym regularly by the first week of February. Other research shows that the average amount of time a person is able to sustain a new goal or intention, before reverting back to old behaviors and patterns, is only 2 weeks!

The good news, if you're dealing with this issue, is that you're not alone. On the other hand, what this information is really showing us is that there is something wrong with not only how we think about goals and intentions, but also how we are taught to integrate them into our lives.

Goals and intentions are not just actions and activities we want to do, they are qualities of vibrancy and consciousness we seek to embody. I use the word 'embody' a lot in my work and research because it gets at the heart of an aspect of our experience that most self-improvement and productivity approaches neglect completely.

Embodiment is effortless being, embodiment is presence, embodiment is flow. The term 'embodiment' takes into account that sustainable change takes much more than just virtuous ideas about who we want to be, combined with a prescriptive set of actions to correct our behavior, which is the most common methodological approach of even some of the more progressive goal setting and self-improvement programs and approaches. Embodiment is about making a shift from the root of what drives our behavior into more conscious ownership of why we do what we do. Most approaches to goal and intention setting place almost all of the emphasis and focus on coming up with clear goals, and suggesting mental will-power-based techniques to creating external structures such as routines and habits to create change in people's lives. It is these types of approaches that are letting us down. Here's the thing, behavioral research and psychological approaches to understanding behavior will tell you the same thing: "There is always a reason behind why someone does something."

Two very different parts of our brain govern where we conceptualize what we want and where we actually act from. The first is our cognitive brain, which is in charge of coming up with our goals and also where we are able to create short term behavioral changes. The change that originates from this part of our brain is connected with willpower and can only be sustained for short periods of time (aka why you were able to follow a goal for a few days or a week before failing to keep it up). The other part of our brain is our instinctual brain, which is where we anchor long term habitual patterns and behaviors. Importantly, it is our instinctual brain where we store our beliefs, cultural/social programming, unprocessed emotions, and trauma. When it comes to long term behavior, the instinctual brain rules over the cognitive brain and determines how we act.

In the case of setting goals and intentions to live in greater alignment with our truth, what this means is that there is programming or a

belief in your instinctual brain that is overriding your cognitive desire to make a change. This is because the instinctual awareness actually believes something different than perhaps what your cognitive awareness believes. The trick with the instinctual brain is that it operates on the subconscious level and therefore it's nature, beliefs, and states is not always easily accessible or evident to us. The key to sustainable change is to work with the instinctual brain to understand the deeper causes to our chosen behaviors. Because, I guarantee you, there's a good reason why you're not able to follow through with your goals, and it probably has nothing to do with being lazy or not planning well enough.

Here's what I want you to do: write down the goal that you have for yourself and rather than writing about how you're going to achieve it, I want you to write a detailed account of how you live in the present-time in relationship to that part of your life. I want you to be brutally honest with yourself. Say your goal is to eat healthier – I want you to write out exactly how you know you're acting in the present that makes you feel the need to even set the intention to eat healthier. Talk about the practical aspects of it such as, "Sometimes the family gets home so late that I don't have the energy to cook good food." Also talk about the emotional aspects that you're aware of such as "I often crave sugar when I'm stressed and give into the craving time and time again." It's important that you also write about contextual realities related to your past such as "I grew up in a family where healthy food wasn't much of a priority and I still struggle to really know what it means to eat healthy." Perhaps you're already aware of some of the deeper causes to an action, for example, "I store a lot of pain in my body and when I eat healthy and exercise I find I have to confront that pain – junk food is a numbing agent for me." Write about where you're putting your energy instead of the things that feel like living in alignment with the goal. Write all the excuses you tell yourself and others, or actual blocks you encounter. The goal is to lay out all that which you already know (and probably use to beat yourself up) about that area of your life and how you're living. Immediately, it's clear that it's actually a lot more complicated than simply "eating healthier" – we owe it to ourselves to be realistic about what we're facing.

The real power of this exercise is that you're actually showing yourself what your instinctual brain believes. Only when we bring consciousness to what is, can we come up with an appropriate plan to make space for present-time truth and action. But most importantly, there is no greater teacher of what our instinctual brain is holding onto and believes than our current behavior! Remember, there's always a reason someone does something.

The second part of this exercise is to go over what you wrote about how you're living in present time line by line, and write a practical and intuitive answer of what the beliefs are of your instinctual mind.

For example, "I eat sugar when I'm stressed." The practical belief could be: "I believe that sugar helps me cope." The deeper intuitive awareness that comes forward might be: "I am choosing to continue my family's pattern of turning to food for comfort. I watched my parents deal with their stress and disempower themselves by focusing on food and I am afraid of confronting what that brings up."

Go as deep as you can and what you'll begin to understand is that there is a reason why you're not able to make the change – because a whole deeper part of you is invested in other beliefs, patterns, and trauma from the past. Take your time, be gentle with yourself and be prepared to process the emotions that come up along with the new awareness. You might be revisiting things you haven't thought about in a long time but this is the key to creating space for the new!

The beautiful power of this exercise is that you're clearing out the unconscious patterns to bring in present time YOU and you're giving yourself something tangible to work with. The goal "eat healthier" doesn't give us any real sense of what to confront, nor does it give us detailed understanding of where we're out of alignment, where we need to heal, process etc. But now you know what you're really working through and can take steps to meet those spaces so that you actually begin to embody your truth.

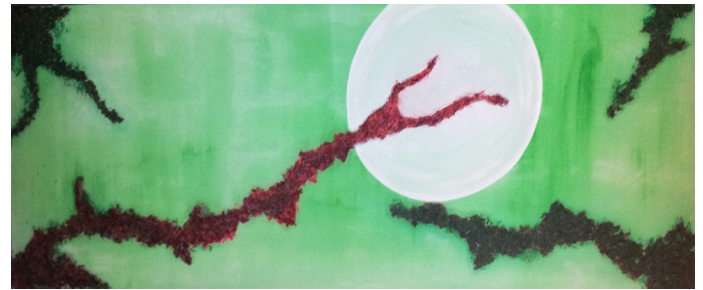
The final step is to create a strategy for how you're going to deal with what's really going on for yourself. Keep it simple, create a routine and structure that is going to constantly bring you back to the deeper awareness of what's really going on (maybe it's that you read what you wrote each morning to align yourself again!). You will be amazed how your behaviors begin to align with what you want – not a change you have to will yourself to do -- an embodied presence that is alignment with the best YOU!

There is always a reason behind why we do things – so if you're ever feeling stuck or unable to bring the goal or change into your life that you want for yourself – meet yourself in the present and do this exercise! For more information or for coaching guidance, you can write to theillumecollective@gmail.com



Meet
Montse Serra

Some of my art



Hi everyone. It's an honor and a pleasure to be in NM and more now that I am part of this beautiful healing center.
 I am from Barcelona, Spain where I studied different modalities of healing.
 I am an artist and my paintings are an expression of my Soul. I allow my Soul to speak with me through the movement of the brushes in my hands.
 I studied Art Therapy with Jean-Pierre Klein, studying various modalities of Art: visual, dance, writing, drama, and clown.
 I have completed courses in Nero Linguistic Programming and Coaching: learning about beliefs, capacities, how to use our language and consciousness to open our "map".
 Family Constellations is a deep healing and transformation, it is one of my big foundations: belonging, loyalties, compensation and the order of Love. It creates huge healing in the level of the Soul.
 I am a Master in Reiki and Akashics Records, which allows for expansion of intuition. Understanding, feeling and communication with our Soul assists in knowing that we are not alone.... Ancestors, Masters, Spirits, and more, are here we us.
 It was an amazing journey and it's still gorgeous. I am hoping to share with you my knowledge and love through this practice.
 Light and Peace
 Montse

Carnelian Center Practitioner list

Lluvia Lawyer Aby (License #1902)

Massage, Core Synchronism. Stretching and strengthen.

Contact: 505-689-2641

Cathy J. Robison (License #6599)

Massage therapist anatomy based therapeutic massage.

Contact: 505-670-6124

Maria Chilton (License #1830)

Massage, hot stone. Owner of Little River Remedies.

Contact: 505-579-4321 / mariachilton@hotmail.com

Carl Wagner, DOM

Japanese style Acupuntuer. Weekly on Wednesday.

Contact: 575-779-5228

Rodrick Oknick

Acutonics® Meridians with tuning forks and other sounds.

Contact: 575-613-3245 / rodrickkok@hotmail.com

Jenny Rizzo (License #8019)

Craniosacral therapy, postpartum and prenatal massage.

Contact: 816-716-9358 / zarizzo@gmail.com

Cynthia Fulreader, MA, LPC

Holistic Integrative Counseling for Adults, Children.

Contact: 505-473-4420.

Montse Serra

Spiritual Healer, Art Therapy, Reiki & Akashics Master.

Contact: 402 5151 2791 / momos.spai@gmail.com

Sarah Grant (License #1038)

Practices Japanese style Acupuncture

Contact: 505-992-1963/ sarahg@farmersmarketsnm.org

Gabi Vollbracht

Prana Flow Yoga classes.

Contact: 765-749-6879

JoAnne Dodgson

Spiritual counseling, healer. Ka Ta See tradition.

Contact: 505-579-0074 / joanne@joannedodgson.com

Roxana Sanchez

Kundalini, Hatha, Vinyasa, Trauma and Sacred yoga.

Contact: 505-417-6135 / roxannesanchez54@gmail.com

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