



The Carnelian Center

The mission of the Carnelian Center is to provide the community with affordable holistic health care services while nurturing the individual through art, education and cultural integration. Our vision is to create healing in a beautiful, peaceful setting of therapeutic pools with respect for the ecosystem and the preciousness of water.

A Quarterly Newsletter

Issue #6 - Spring 2008

A Call For Tales of Health and Healing

by Lluvia Lawyer Aby



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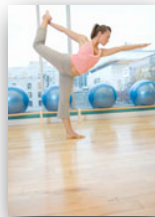
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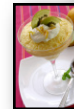


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Writers needed! Do you have a great idea for an article?! We would love to hear from YOU!

A Call For Tales Of Health And Healing



by Lluvia Lawyer

As many may know we are open to submissions to our newsletter. People have often asked me questions regarding what type of writing contributions we are looking for. We would like to make clear how we see the function of this public forum and the range of contributions we are looking for. The function of the Carnelian Center in this community is to go beyond the service of health care to encourage self discovery, interaction, and learning about physiology (the life function within the body) and our relationship to well being.

We view art and creativity as an integral part of the whole self. For

this reason we are on a search for creative contributions such as poetry, artwork, photography, and creative prose. You might have noticed that the newsletter always has visuals to go with the writing and the more of this that we as a community contribute the better.

The content of creative writing contributions is quite open. For instance, it could be a story of a time you got a cold and who took care of you, a visit to the doctor, a poem about your love of dance or music or what drew you into these arts, a tale of how drug addiction crept into your life and how it has affected you. Love stories are beautiful--there is nothing that transforms us like the heart--nothing else that makes us so willing to make change. We are searching for narratives of birth, death, or struggle with disease. Let's make this a space where we can share our tales of struggle with self-image, weight, and our relationship to food. It could be a poem that is merely an inspiring image. You are welcome to submit writings anonymously or change the names of characters in your stories.

We will almost always have a space for poetry and recipes. The contribution of childrens' and young peoples' writings/poems/art is something we want to be part of the newsletter on a consistent basis. Contri-

butions are welcome at any time of year.

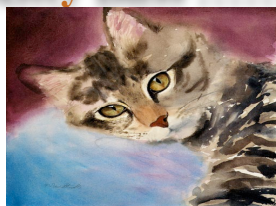
Informational articles on any subject regarding health or personal development are encouraged. We welcome and encourage many different viewpoints and consider the different types of knowledge and exposure that each person brings of great value. Let's share information on diet, food preparation and preservation, yoga, exercise, bodywork, Chinese medicine, western medicine, physiology and cultural heritage. Where do you stand? What do you believe? What have you learned?

What I'm saying is, let's share with one another in a way that stirs us up and helps us to observe and review the way we see health, health care, nourishment, and the awareness of ourselves and our bodies. To anyone who has an idea they wish to share but does not feel writing is their strength I personally offer to help you translate your thoughts into writing. The Carnelian Center newsletter is a place of sharing, open to all.

We would also like to announce we are now ready and willing to accept advertisements in the newsletter. Please contact us for specifics.



Kitty Bliss



.....Using The TTouch to Bliss Out Your Kitty

by Cindy Stone



Most everyone can appreciate the calming energy of being around a cat. They are mysterious animals and just by watching them can bring relaxation. They bring different gifts to the world other than our animal dog friends. And if we are open to it they can teach us unique lessons that only cats seem to be experts at. For instance have you noticed how cats are really in tune with knowing how to relish the moment and de-stress. Couldn't humans take some cat advice when it comes to this ethereal dance they know so well. Have you seen how cats seem to find that special place in the house or outside where the warm morning rays of light are? Their main focus for the day seems to be to follow this shifting light and do their Zen like stretches amidst it. Cats definitely know how to slow down and enjoy the moment. Wouldn't be nice if we humans could also learn how to do that more. Who needs to read, "The Power of Now", when you can just learn from your cat in no time? Cats just can't understand why us humans take everything so serious when it is so simple. One gift we can give back to them for all their wonderful teachings is the TTouch.

The TTouch is a form of non-verbal communication that activates cellular intelligence in the animal. It is harmonious gentle work that works on the nervous system. The TTouch was founded and developed by Linda Tellington Jones over 30 years ago, with her original work being on horses. The TTouch is now being used worldwide with the latest addition of a human program being taught and used by nurses and other health practitioners. Through certain touches, body wraps and exercises the TTouch can help animals to overcome behavior problems and recovery from injury along with just feeling better in their bodies. There are dozens of different touches depending on what the problem is.

When I first meet a cat and before I begin the work I like to use a feather to build up to the touches in a gentle non evasive way.

This is where the Bliss begins. Working with a feather is a wonderful magical healing tool. Feathers are symbols of balance and connect us with the natural world. Most cats really respond to the light strokes of a feather with either a calming reaction or they will want to play, either response is good for breaking the ice and bonding with the cat. I have not yet met a cat that does not love being stroked by a feather. And a feather is the perfect tool for the elusive cat that is very unapproachable or hiding under the bed. Start by letting your cat get to know the feather and let them sniff and explore it a little at first. A good feather to use would be a turkey or pheasant feather, one that is fairly large and has a long stem to give you some distance from the cat. Start by doing long soft strokes from the top of the head to the tail working the sides. Carry your stroke slow and soft to the very tip of the tail and the ends of all other extremities like the feet and nose. Visualize connecting all the dots and acupressure points on your cat. Explore this and see what areas they liked being stroked the most. Being quiet, open and observant to body posture will help. Always honor the cat's decisions and you will find you will be friends quickly which opens up to growth, progress and inter-species communication. As you are using the feather think soft and light, slow down and be with them. You will start to notice subtle changes in their openness to be with you and usually they will start to relax more, be more responsive and enjoy the journey.

After a little feather play we are ready to begin the TTouches. When working on cats you want to think light as their nervous systems are much more sensitive than dogs. With a cat we want to use a very gentle touch with a 1 – 3 pressure. Pressure 1 is just enough to move the skin around. The TTouch is done in a circular clockwise motion. We are pushing the skin around when we do the touches, starting at 6 o'clock and going one full circle and a quarter to 9 o'clock. The timing is about the count of 2 seconds to complete a circle. We want to cover as much of the body as possible when doing the touches. Begin if you can from the head and work down to tail. It is important that you are relaxed when you do the touches and breathing nicely – big breathes from

your belly. A cat will feel any tension. So it is important for us to relax when we do the work. Sometimes, as an animal starts to feel more comfortable around you, they will tell you in subtle ways where they would like the touches and need them most. Different touches and combinations of touches can solve different problems. One touch, the Ear TTouch actually can take an animal out of shock. The touches will activate 4 brain-wave patterns in you and the animal you are working on. Both of you actually go into this nice healing state.

The Laying Leopard TTouch is one of my favorites for cats and dogs. It almost always will instantly bond you to the animal you are working on. So it is a good one to start with. It involves using your whole hand. The length of your fingers and the palm of your hand should all be touching the animal. Peacefully rest your hand on the cat on his upper back and making a full circle and a quarter. Push the skin around and release and work down the body to continue the circles until you have worked the cats whole body. Your other hand can rest on the cat and work as an anchor and give support as your other hand does the circles. Any comfortable place on the body will do for the support hand. When doing the circles be sure you are relaxed and taking nice big breathes. Again, visualize your clock and make your circle starting at 6 o'clock and make a full circle back to 6 and continue up to 9 going in a clockwise direction and release. The Laying Leopard TTouch will offer a sense of security and relaxation for your cat. Be sure your pressure is super light, just enough to move the skin around. This touch will strengthen confidence, relieves fear and nervousness, calms hyper-activity and is great for relaxing tension. It is a good tool to use before the cat's nails are trimmed or going to the vet, also good for introducing a new animal into the household or any major food or environment changes.

It is nice to break up the touches with one of the feel good touches. There are several, but one simple one that cats really like is called Hair Slides, and it is not a circular touch. This touch feels good and deepens trust between you and the animal. The Hair Slides are also good for a cat that is unwilling to sit on your lap, resists brushing or suffers from neurological disturbances. They are also relaxing for the person who is doing the slides. To do this, take a small bunch of hair be-

tween your index finger and thumb and slide up the hair from the roots to the tips. Slide up at an angle and go against the lay of the hair, pulling upward. Be sure to pause and breath nice breaths in-between each pull. This will also greatly help circulation, which promotes healing. If your cat carries a lot of fear do this touch on their shoulders and the back of their neck. It will help release any anxiety, stress or any tension. This touch also helps with body awareness and increased flexibility. Try to do the Hair Slides all over the cat's body concentrating on the areas they seem to like most.

The Belly Lifts is another touch that also eases tension along with relaxing the stomach muscles and helps your cat with digestion. This touch is best do when your cat is preferably lying on its side, but you can also do them when they are standing or in most any position. Reach gently with your full hand under the cats belly and pull up slightly and hold briefly then release even slower. The power of this touch is the release and doing it very very slow. Pull up and slowly let down. Up to a count of 5 and back down to a count of 7. Much slower going down taking nice big breaths. A lot of times a cats stomach will gurgle when you do this. It can move things in the stomach and give relief if there is tension here. This touch also helps to alleviate any back pain and is great for preparation with pregnancy. Try to do 3 or 4 lifts on each side of the stomach.

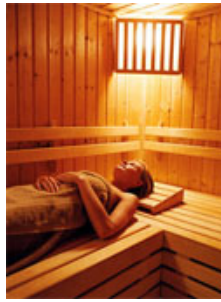
When ending a session on your cat it is nice to do long strokes and visualize connecting the dots and acupressure points again, integrating all that has been done. Going back to the feather can be nice. Just 20 – 30 minutes of work total is enough for the cat's sensitive nervous system. It is fun to keep a journal on the pets changes that you notice once you start the TTouch work, especially if you are trying to over come a specific problem. As you do these touches have fun, relax and talk gently to your cat. You will find it is relaxing for you too and gives you the opportunity to heal, bond and bliss out with your cat.

If you would like to learn more about the TTouch, have questions or would like to schedule a TTouch session for you animal please feel free to call Cindy Stone at cell #505-613-0211 or e-mail: azureksy@cybermesa.com.



Live Like You Want To Live

By Lluvia Lawyer Aby



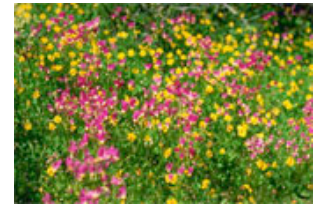
I recently got into a certain habit which I have been enjoying and even find moderately helpful, so I would like to share it with all of you. We all have ideals and we all, most likely, spent a good deal of time pondering over how we might like our life to be. Generally the way we wish things could be has a certain flavor to it. It might be that when we were children or at other optimistic times we may have pictured our lives some certain way. Now there is the present and we are perhaps living some very different life than we pictured. It may even be different in quite positive ways. Maybe it just feels different to be you than you wish it would.

There is always ways we wish we could reach some ideal in this life. The question is how do we get from here to there. That is undoubtedly the hard part. My idea is just a little exercise to help us asses where we are and let us know that we are actually making some progress toward being in that space we would like to see ourselves. Try this fun little daily analysis and see if it doesn't teach you something about yourself.

No matter what, we humans seem to find plenty of time to wander through our thoughts. Daydreaming. Some time during each day's daydreaming I try to assess the past twenty-four hours and decide which moments I felt most in the groove with the way I would like to feel. I focus on various happenings and look at them in terms of which ones had this special quality. It might be just petting the dog or a few minute interaction with one of my daughters. The main thing is that it is a time that has that certain feeling of things as they should be. Of course it would be defeatist to hope that one day every moment would have that same quality. That's not for me to know, but I do know that if I try to rank these moments some days I have a hard time knowing which one to put first and second; at times there are too many ideal moments to chose from. I find this true sometimes even on days I would have rated as, overall, fairly dismal.



This Poem



By Isabell Cordova

Are you depressed, under high anxiety, unable to sleep through the night?

Try this poem. Have you not been yourself lately, worried about the future as you know it? This poem can give you the hope you need to carry on, if taken as directed.

Do not take this poem if you are not ready to heal, be happy with the chaos or are not looking for a new path.

This poem may make you want to change, see the prettier sides of life, or expand your horizons.

This poem is not for everyone. If you think that only you are right that there is only black or white and no gray, and your beliefs are the only way into heaven. You may need a stronger poem.

Warning, this poem is subject to change without a moments notice. It should only be taken lightly and with humor.

This poem should be used slowly during the day as it may cause the reader to go off in tangents of the mind causing creativity to increase and feelings of joy.

Try this poem for thirty days and if you do not find your life is better discontinue use and go to other poems by this author.



Macaroons



Pre-heat oven to 350 and have buttered baking sheet ready.
 1 bag shredded coconut (8oz or 2 2/3 cup)
 ¼ cup heavy cream
 2 eggs
 ½ cup honey
 1tsp almond extract
 2tsp vanilla

Take eggs and separate- set aside whites in bowl for whipping. In bowl with yolks add honey, cream, vanilla and almond extract. Mix this combination well with rubber spatula. In a wide based mixing bowl spread coconut out with valley in middle. Pour yolk mixture into coconut valley and fold in liquid. Continue to mix till well blended. Next whip the egg whites till they form nice peeks. Fold whites into coconut mixture. You will end up with a mushy blend. Take a nice sized pinch and press into a little mountain on baking sheet. Expect unruly crumbles to try to get away- don't worry your consistency is perfect-just press them into their mountain. Make rows of little mountains then bake for 15 minutes. Macaroons will not rise so make them the desired size. They will come out a crispy golden brown on the bottom. Eat them up yum!!! serves about eight.

Orange Mousse

A desert sin azucar



1 can frozen orange juice concentrate (thawed)
 2 pints heavy whipping cream
 1 packet plain gelatin
 ¾ cup hot water

Have defrosted and waiting in blender orange juice concentrate.

Dissolve gelatin in hot water.

As soon as gelatin has dissolved add to orange juice concentrate in blender and blend on high for 60 seconds. Let stand.

Whip the cream until it forms stable peeks.

Fold together cream and the blender contents with rubber spatula

Spoon into glasses or cups and place in refrigerator for 3 or four hours before serving.

A jello mold could be used for parties.



The Carnelian Center gladly accepts donations towards achieving the goal of a home for the healers and wellness practitioners of the Embudo Valley to be able to work together under one roof. Your charitable contribution is greatly appreciated. We are seeking either land to build on or an affordable lease or tax deductible rental in the Embudo Valley area.



Disclaimer

The ideas and opinions expressed in this newsletter are not necessarily the opinions of anybody. These articles are for entertainment purposes and we hope you enjoy!

Blessings,
 The Carnelian Center



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Lluvia Lawyer was born in the Verde Valle of Arizona in 1973 and moved to New Mexico (with her parents) when she was two. She has lived in the Embudo Valley for the last twenty years except for a few years in Albuquerque where she studied Massage at the New Mexico School of Natural Therapeutics (graduated 1995) and Pre-med at TVI (Degree awarded 1996). She has been a practicing Massage therapist ever since. Lluvia lives in Ojo Sarco with her husband Scott and daughters Loralie, Salome, and Hannah Aby.

Maria Chilton graduated from the School of Natural Therapeutics in 1995 and The Southwest School of Botanical Medicine in 1996, and has been a Licensed Massage Therapist and Certified Clinical Herbalist ever since. For seven years she has specialized in Hot Stone therapy. Maria is currently in the process of becoming a Certified Watsu Therapist. She resides in Dixon where she is rebuilding her private practice. She also provides massage therapy at Ten Thousand Waves in Santa Fe.

Cindy Stone studied Art History at the University of New Mexico and CU Boulder. She is an animal TTouch Practitioner and has her own business called Animal Wise. The TTouch is vast work that emphasizes solving animal behavior problems and recovery from injury in a gentle non threatening holistic manner. She is also certified in Reiki level 1 and is always ever expanding her knowledge through workshops and education.

Bettina Lea has been involved in the healing arts for over 15 years. As a chiropractic assistant in Los Angeles, she began her quest for alternative certifications. Having practiced Massage Therapy and with her degrees in Art and Multimedia, Bettina was naturally drawn to cutting edge therapeutic technologies and became interested in the European "Electrosculpture" system, an electromagnetic body detoxification, rejuvenation and body sculpture system.

Aiya Horne

Hi. My name is Aiya Horne and I have lived in Penasco, NM for 15 years. One of my great joys in life for the past 30 years, is by using natural ways of healing not only for myself but also with others including many animals. Natural healing modalities are gentle, nurturing and fun. I am honored and excited that I have been invited to be on the Carnelian Center Board of Directors, to be a part of a dedicated team whose vision is to bring affordable nurturing and natural healing to all in this area. thank you!