

Eco Lifestyle And Home

Offering Real Estate & Lifestyle News For Albuquerque, Santa Fe, Taos Ski Valley & Beyond

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Balance

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Balance

What is a well-balanced life? What would a balanced life look like? How does one achieve balance in the midst of all our responsibilities?

The answers evolve out of finding equilibrium. In equilibrium, there is an absence of reactivity, where one can respond to situations appropriately with ease.

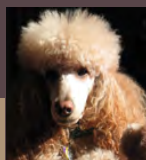
Real Estate News Pages 11,12,
13,14,15,17,18,19,20,21 & 23

Read about some of our favorite homes for sale in Albuquerque, Santa Fe & Taos Ski Valley. Each month we will feature real estate properties that we love and other pertinent real estate information.



"Dog Treats – Pumpkin Carrot
Cranberry Ginger Squares"

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Our Monthly Newsletter Theme For January - Balance



When you find balance, you are in the state of equanimity. When you reach a state of equanimity, you feel calm, grounded, clear-headed, and motivated in the midst of all the turmoil, stress or activity. There is an evenness of mind. Equanimity is something that you are not born with, but something you can cultivate and apply in your day-to-day life. Developing mental calmness, composure, and evenness of temper, especially in a difficult situation, takes practice, awareness and deep understanding.

Equanimity plays a major part of unconditional love. When we cultivate a balanced life, being in a state of equanimity, we no longer get to the point where we withhold our kindness or compassion from anyone. It doesn't matter whether we like people or dislike them, whether they are skillful or unskillful, whether we know them or do not know them, whether we admire them or not, whether they're similar to us or wildly different. The barriers that separate us from others dissolve when we recognize another person's basic humanity — their deep-rooted wish to be happy, their even more deep-rooted wish to be free from suffering. It is our compassion then that keeps us in a balanced state; compassion for ourselves compassion for our family, friends, clients, our communities, strangers and all living beings.

One way to cultivate equanimity is to cultivate a meditation practice. Meditation trains & calms the mind, so that the "normal" reaction to stress is a response, not a knee jerk reaction. Another way to cultivate balance is to take a break from your routine and go for a long walk, clear your mind of thoughts and just walk and notice, without judgment. Be present for the experience. Calming the mind can lead to balance.

Here are a few other suggestions to cultivate balance in your life:

- Take care of yourself. Cultivate mental happiness, physical happiness & ease of well-being, daily.
- Develop healthy eating, healthy living, healthy thinking.
- Maintain a positive attitude.
- Take time alone.
- Expand your awareness, learn new ways to nurture your well-being.
- Prioritize in all areas of your life: work, life, & play.
- Minimize toxic behavior, toxic situations & toxic people.

If you start cultivating balance in your life, you'll find that this experience of equanimity is a very positive and vibrant state of being.

Thank you for reading our newsletter. – Dianne McKenzie, Cecile Bodman, Aeowyn and our content contributors.

Events Around New Mexico

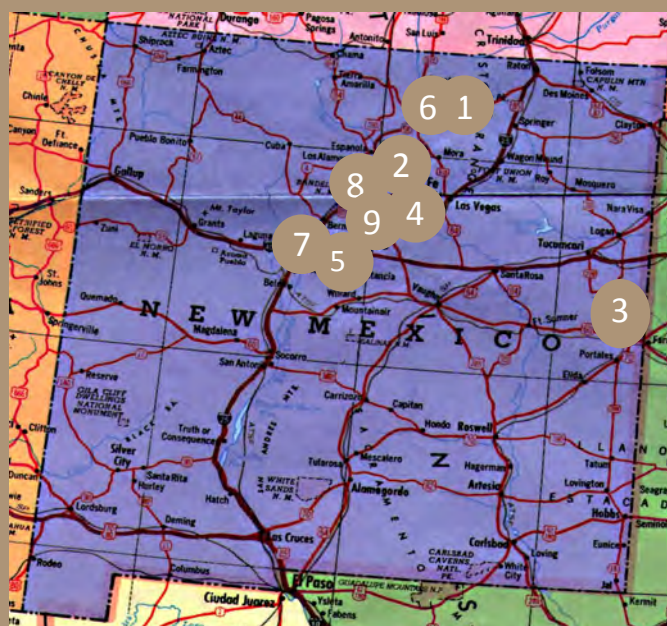
1. Winter Carnival 2015 at the Red River Ski & Summer Area, Red River Ski- January 9,10,11,16,17 Two weekends of fun for Winter Carnival 2015. We are celebrating Winter Carnival in Red River with Ice Carvings and "Race the Face", Snowmobile Hill Climb. Winter Carnival, Ice Carvings, and the Hill Climb.

2. North to South: Photographs by Edward Ranney New Mexico Museum of Art 107 W Palace Ave. Santa Fe, 87501 January 2,3,4,6,7,11- A survey of remarkable images by this master of photography whose work ranges from the southern Andes of Peru to the Galisteo basin.

3. Let it Snow Farm Day Event! January 10th, 2015 Windrush Alpacas 770 Curry Road M Clovis, 88101 January 10, 10:00 AM - 3:00 PM - The weather outside is frightful... but alpaca socks are so delightful! Open Farm Day Event and Farm Store Shopping Experience! Get yourself a pair of paca socks and then take a tour of our working alpaca farm.

4. Souper Bowl XXI Santa Fe Community Convention Center 201 W Marcy Ave Santa Fe, 87501 January 17 12-2:30 pm - The Souper Bowl is a competition where Santa Fe's top chefs showcase their soup-making skills by competing for the title of "Best Soup"! Nearly 1,400 guests will fill the ballroom, taste the amazing culinary soup creations dreamed up by Santa Fe's best, and cast the power of their vote to crown the victor. This beloved local event benefits The Food Depot.

5. Chicago - Popejoy Hall 203 Cornell Albuquerque, 87106 – January 18, 7:30pm-10:00pm - A true New York City institution, CHICAGO has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show-stopping song after another; and the most astonishing dancing you've ever seen.



6. Not Forgotten Outreach "Military Appreciation Ski Weekend" Taos Ski Valley 2nd Annual Not Forgotten Outreach "Military Appreciation Ski Weekend" for Surviving Families, Veterans and Active Duty Military & Their Families January 23, 24, 25, 2015 Taos Ski Valley, New Mexico February 20, 21, 22, 2015 Angel Fire, New Mexico

7. Electricity: Spark Your Curiosity National Museum of Nuclear Science & History - 601 Eubank Blvd SE Albuquerque, 87123 January 31, 2015, 9:00 AM - 5:00 PM Science and the history of electricity to life through an engaging, interactive special exhibition

8. Classical Weekend Orchestra Concert - Santa Fe Pro Musica The Lentic Performing Arts Center 211 W San Francisco St Santa Fe, 87501 January 24, 4-6pm Mozart's Magic! Haydn's Symphony No. 92 in G Major, "Oxford", Stravinsky's Concerto in E-Flat "Dumbarton Oaks", and Mozart's Piano Concerto No. 24 in C Minor, K. 491

9. Winter Brew 2015 (Craft Beer & Comfort Food Festival), 1607 Paseo De Peralta, Santa Fe, 87501, January 23, 4:00 PM - 9:00 PM - 3rd Annual Winter Brew festival featuring 15 New Mexico craft breweries and comfort food by your favorite brewpub chefs.

Take A Hike: La Luz Trail with Cecilie Bodman



This is such a popular hike. Lets do it again and meet at the trail head at 9am on January 17th 2015.

La Luz trail gives you panoramic views of Albuquerque.

After hiking up the trail we will take the tram ride down and drive back to the trail head.

At the crest we can also have a meal, snack or drink at the High Finance restaurant.



How to get there:

Take Tramway to the Juan Tabo turnoff. Turn right and follow signs to the parking area. There is a parking fee of \$3 per car. (bring cash)

About The La Luz Trail

Trail Length: 8-9 miles

Level of difficulty:

Strenuous. Bring plenty of water and high- energy food.

Altitude range:

7,000 to 10,378 (At the junction of La Luz and Spur Trail 84, you can choose to go left to the

Sandia Crest House, the highest point in the Sandias at 10,678 feet.)

Be prepared for unexpected weather changes and a full day of hiking if you plan to reach the crest. Dress in layers. We could hike part way and turn around if you do not want to hike the entire trail.



with Carol Olmstead

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Feng Shui For Real Life®

The **Feng Shui For Real Life Blog** is back, and what better way to start than to examine what's in store for 2015, the Chinese **Year of the Sheep**. Will it be a good or bad time to start a new relationship? Will your career or business thrive? Will conflicting countries reach their boiling point? The lunar year doesn't start until February 19 (great omen, that's my birthday!), but I like to take an early look at the predictions so we can prepare with some Feng Shui adjustments.

The **Sheep** is the eighth sign in Chinese astrology and number "8" is considered to be a lucky number because it symbolizes wisdom, fortune, and prosperity. Some call this year Goat or Ram, but the predictions are the same whichever animal you use.

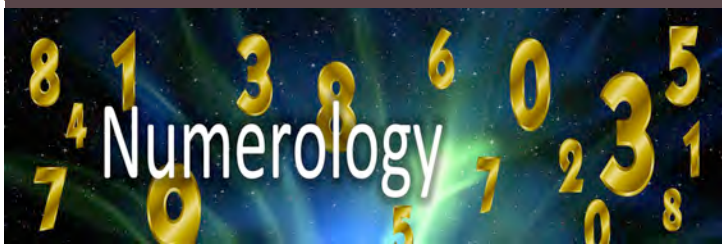
According to Asian Feng Shui masters who follow these things, 2015 is going to be better than 2014 because we'll experience the unusual phenomenon where all Five Elements are present – **Fire, Earth, Metal, Water, Wood** – instead of one predominating. That means the year will bring more balance. Last year was an aggressive one because of the extreme Fire Element, but the balance of Elements in 2015 will help everyone move forward.

Here are some of the general Feng Shui recommendations for this Wood Sheep year:

- Wear the color green to attract wealth luck. Some masters are suggesting that you need to wear green underwear. I'm not sure where that comes from but I guess it can't hurt.
- Add green accents to your office to boost your career or business. (What a perfect opportunity to plug my new online class, "Grow Your Business with Feng Shui.")
- <https://www.udemy.com/grow-your-business-with-feng-shui/?couponCode=CMOCareer45>
- Other lucky colors are pink, red, orange, and yellow to enhance influence and power.
- Businesses that are expected to boom are real estate, fashion, food and restaurants, and electronics and technology, but not industries that involve water like shipping.

Since this is a year of balance, my main Feng Shui suggestion is to conduct a home and office audit to assure you have a combination of the Five Elements in each room. You can use the color or shape of each Element, or an object that represents the Element's characteristics. Read about the Five Elements on my website: <http://fengshuiforreallife.com/Detailed/212.html>.

Which Chinese Zodiac signs will be lucky this year? People born under the **Horse** and **Monkey** signs are predicted to get the blessing of the "prosperity star" that is associated with good fortune. Other animal signs that are predicted to be fortunate are the **Rat**, which will have the "wealth star," and the **Tiger** and the **Ox**, which will receive "unexpected gifts" in 2015. That works fine for me because I'm an Ox and my husband is a **Rat!** The **Rabbit** is also expected to have a great year ahead. But Roosters might be more likely to experience misfortune in the coming year, and Dragon and Snake signs might be more vulnerable to illness. But hang in there - these are just predictions, and instead of focusing on the negative of what might happen, my Feng Shui recommendation is to move forward by making adjustment to balance your surroundings.



Life By The Numbers

- Cecilie Bodman

January Numerology

January 2015 is driven by the number 9.

The energy is focused on completion and fulfillment. Do not start anything new. Release all that no longer benefit you: things, habits, relationships. Number 9 is about being a Humanitarian. What you give out comes back to you, so only give your best. It is also a wonderful time to clean out your closets and drawers, give things away. Be creative and artistic. As the cycle is completed, meditate on the miracles of your community showing up as great love and abundance.

Colors: Pastels

Gems: Opal and Gold

Oils: Frankincense, Myrrh, sandalwood: diffuse or apply diluted oils to acupressure points.

Yoga Pose: Child's Pose, Supported Bridge

Affirmation For December:

"The world is my family and we are all one with the divine, loving source."

Affirmation for the Month January

"Why am I able to balance my life, my work and play with ease and grace?"



"Affirmations", ask empowering questions that cause your mind to focus on what you REALLY want and what you HAVE, and stop focusing on what you don't want and don't have.



Creating Clarity

Balance

by Lainie Grimmer

When I was in seventh grade I discovered gymnastics, and fell in love with the balance beam. That long, narrow beam of wood hovering several feet off of the ground seems so solid. At the same time, that solidness floating in the air tested all of my skills to stay on it. I soon discovered it took focus, determination, dexterity and desire as I learned how to balance confidently and master routines.

Life isn't all that different from a balance beam: Each of us is constantly balancing the facets of our lives, and striving not to fall off. For me, balance is the different elements of my life being in the correct proportions. I know I'm in balance when I feel calm, grounded, clear-headed and motivated. And I definitely know when I've fallen off my balance beam!

While the formula varies from person to person, all of us work on balancing two areas: Internal and external. Internal elements include your mind, heart and health. External elements encompass work, relationships and activities. Some of us tend to focus on the external, paying little attention to what is happening in our hearts and minds. On the other hand, being too self-reflective (internal) might cause a person to miss out on the experience of living.

How do you step onto your balance beam of life, and stay centered? Try this simple routine:

- ***Begin by acknowledging you will fall off.*** In the beginning, you'll be breaking old habits and forming new ones. You will fall off of your balance beam. And you will climb back up, with learning from the fall to guide you;
- ***Identify what is important to you.*** Take some time to really examine your life, your state of mind, how you're feeling. Then make a list of the elements of your life, both internal and external;
- ***Set goals.*** Referring to your list, envision your balanced life. How much time a day, a week, a month, do you want to spend in each of the areas that are important to you? Ask yourself: What this will look like, feel like? What will creating more balance bring me?
- ***Make a plan.*** Create a list of daily, weekly and monthly tasks you'll need to do to reach your goals. Note them on your to-do list or calendar;
- ***Begin.*** Clamber up on your balance beam, take a breath, then take the first step. Now another. And another. With a little time and determination, you'll find yourself stepping into a more balanced life!

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Your Inner Rock Star

by Patty Walters



Balance For 2015

I want balance! Balance in all areas of my life!!

That's what I want in 2015. *What exactly does that mean??*, I ask myself.

Balance in my work life, as I tend to focus more there than anywhere, seems like a good place to start.

An Ah-ha moment...what if I create a Vision Board for my Life Balance?? Now that sounds fun as I like Vision Boards.

Ok, so hmmm, what tips could I use to create this??

I know, I'll start being playful and just use my intuition in the process.

Another tip, remember to use only positive terms in the present tense. Now, that is a good one and feels good just thinking about it.

Oh yes, this one really works for me. Use lots of pictures and be easy with the words. Put my imagination to work!

Ok, Ok...Put ME as a priority in the mix of imagery. Because after all – everything does revolve around ME and taking care of ME!

Yes, and stay open to possibilities – that means ALL possibilities! Be unlimited with images.

Something really cool is to always look at the back of images you take out of magazines. Many times I like those images better than the one I cut out first.

And I want to consider ALL areas of my life, stay open to this or something better.

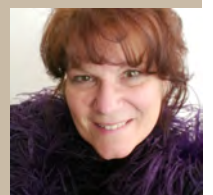
I love this process and I can't wait to get started on my vision board for 2015!

What I wish for you is that you create things which are beyond your current vision, that fill your heart, and to remind you that you are powerful beyond your imagine.

Let's Rock 2015!

Patty Walters
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Facebook: <https://www.facebook.com/ImprovPatty>



Pamela Cornish, D.O.M.

BALANCE

by Dr. Pamela Cornish, NP, DOM

"Small amounts are manageable. Large amounts are confusing. Subtly arrange the outcome and nothing more. Do not use force." Lao Tzu (Chinese Taoist Philosopher)

BALANCE is the central concept governing my entire career! I am a Natural Physician and a Doctor of Oriental Medicine. I grew up in Durango, CO, where, since early childhood, I learned how to use herbs and bodywork as a hobby, to treat friends and family. Decades later, while I was teaching in the Orient for 4 years, an 80-year-old Chinese Doctor of Oriental Medicine showed me how to heal my own 15-year case of Rheumatoid Arthritis (RA).

Using natural remedies, I BALANCED myself, and have now been RA-free for 29 years. If I were still taking anti-inflammatory drugs and prescription pain pills, I would be in a wheel chair now. I know of no one in our western culture who *ever* healed RA with drugs and surgery. After this healing miracle, I switched my hobby and my profession. So now, instead of being a Shakespeare professor, using herbs and bodywork to treat friends and family, I am a Natural Physician and a Doctor of Oriental Medicine, teaching Shakespeare on the side! I've been in private practice in Albuquerque since 1987.

My great passion is to empower patients to BALANCE, by exploring the 6 branches of Oriental Medicine: acupuncture, herbs, deep internal energy exercise, bodywork, feng shui and food as medicine---to bring them back to NATURE---from which we are so separated in this culture. Plus, our bodies are insulted daily by more toxic substances and influences than our grandparents absorbed in a lifetime! Our 7 daily insults include 3 polluted elements: air, food and water; and 4 electromagnetic insults from constant exposure to: TVs, microwaves, cell phones and computers.

The yin/yang icon symbolizes BALANCE in Oriental Medicine. The black portion represents the feminine, and the white portion, the masculine. So, black and white, up and down, day and night, sun and rain, in and out, good and bad exist, always catalyzing each other to achieve BALANCE. Look at your "To-Do" list. What needs BALANCE? Your home? Finances? Sleep? Business? Skin? Digestion? Spirituality? Solitude? Energy? Relationships? Pain? Meditation? Community Service? Gratitude? It's simply about cultivating the natural BALANCE---the yin and the yang---orchestrating each of us.

There are 4 major stressors: Nutrition, Activity, Environment and Inner Feeling. Most of our illnesses are caused by im-BALANCES among these four categories. The holidays are OVER. Most of us overspent, overate, overplanned, and overstuffed our feelings---sacrificing our health, energy and common sense. Now, it's time again to BALANCE! We begin to recover from weight gain, exhaustion and credit card bill shock. Time to tighten the budget, walk often, eat more sensibly. BALANCE.

BALANCE is fleeting, illusive, ever changing. Keep it simple. Focus on ONE of the 4 major stressors, or ONE of the 6 branches of Oriental Medicine mentioned above. Reduce exposure to ONE of the 7 insults highlighted earlier. Change is constant. Strive for BALANCE, again, and again, *ad infinitum*.

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Attracting Perfect Customers

The #1 Strategy for Creating Lucrative Loyal Raving Fans



Coaching . Training . Speaking

Attracting Perfect BALANCE by Jan Stringer

Happy New Year, Happy New You! This month is about **Attracting Perfect BALANCE** and after several weeks of being 'off' our schedules, you might be ready to put a few things into perspective and get in-sync with your new start.

*If you could Attract **PERFECT** Balance what would be **PERFECT** for you?*

Start by listing all of the categories that are important to you. In a Goals Retreat I attended on January 1st ...there were several areas of my life that I identified where I will be setting goals and made a list of categories. Such as: **Spirituality, Health, Money, Business Travel, Vacation, Business, Personal Development, Romantic Relationship, Community, Car, Family, and Home.**

These categories of my life are not listed in any particular order ~ they are ALL vitally important to me! In fact, I am **Attracting Perfect Balance** in each one.

Without the component of BALANCE added to my goals, I could spend too much time in one area, say "Business" and totally wreck my "Health" or my "Romantic Relationship". Attracting Perfect Balance in each area requires daily focused attention and I write goals each day to impact all of the major categories to move them forward simultaneously. I also have a STRATEGIC ATTRACTION™ PLAN that sets it all into motion.

Attracting Perfect Balance, impossible as it seems, can become a fun game to play and the end result is more personal harmony, inner peace, and outward fulfillment. Now that's ATTRACTIVE!

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Creating Balance & Well-Being with Eco-Community Permaculture

Regeneratively-sustainable human settlements known as "Eco-Communities" provide a harmonious balance of ecological and cultural health, prosperity, well-being and stability that collectively offer an abundant, civilized and meaningful way to live. Sustainable Eco-Communities are created with thoughtful community planning and management, starting with community education and involvement that a Permaculture Science based Eco-Community planning system can introduce and provide. Permaculture offers the best solution for this purpose, because it provides the only community planning process that fully integrates all of the disciplines needed to create healthy successful Eco-Communities. This important goal can only be achieved and maintained with continuous community education and involvement that assures community interests are equitably represented. Such planning needs to be provided by professional planning expertise - not by community managers who lack the necessary education, credentials and experience.

A successful Eco-Community planning program starts with a comprehensive Eco-Community Master Plan forum that identifies and prioritizes realistic community planning and management goals and objectives, based on the real interests, issues and needs of the whole community. This forum provides the basis for Eco-Community master planning and policies that successful communities use to effectively direct responsible community action and management.

In the absence of proper community involvement and education that Eco-Community planning can provide, communities can get out of balance, fragmented and dysfunctional. Community management starts operating without necessary community oversight and involvement. And costly mistakes occur, such as management's wasteful creation of expensive infrastructure that later has to be removed when disgruntled community members demand its removal. Or when management is allowed to wrongfully introduce eco-community projects without first providing necessary Eco-Community Permaculture education and planning, the community is provided with management's self serving misconceptions and myths about Permaculture that unfortunately have little or nothing to do with the real opportunities that Eco-Community Permaculture has to offer. Such mistakes can be easily avoided by creating and implementing a thoughtful Eco-Community master planning program that restores community confidence by directing management to act in the best interest of the whole community that management is ultimately hired to serve.

Applying lessons successfully learned by many other communities around the world, GaiaQuest introduced a certified Eco-Community Permaculture opportunity for Aldea, starting with an introductory Permaculture class and the creation of the Aldea Permaculture Group. This group is now exploring time-tested Permaculture Science based solutions and practices primarily as a means of fixing Aldea's failed commercial plaza and restoring Aldea's coveted Pinon/Juniper woodland eco-system into a much healthier sustainable landscape.

To learn more about what Permaculture can offer to our Aldea community, interested Aldea residents and owners are encouraged to get involved by visiting the www.GaiaQuest.com website and by joining the Aldea Permaculture Group with an email request sent to gaia@gaiaquest.com



By Francis Phillips

2015 May Be Your Best Investment Planning Year

Ah, New Year's Resolutions. So easy to make, so hard to keep. There are many strategies you can employ in 2015 that have the potential to significantly improve your net worth. Don't procrastinate. What you do in the next month may have long-lasting impacts.

Refinance. Don't wait any longer. Be proactive and get your refinancing done now! Get the low rates while you can. Many people assume that they cannot qualify for a home loan. They think they don't have enough income, or their home is underwater, or they don't have enough equity. Don't assume. Check with your lender this month. You may find that there are ways to lower your payments or pay off your home faster as you take advantage of Annual Percentage Rates (APRs) in the 3's and 4's, even for JUMBO loans. If you can't qualify right away, find out what you need to do to position yourself to get approved later this year.

Convert an Adjustable Rate Mortgage to a Fixed Rate Loan to take advantage of fixed, stable rates.

Consider if moving credit card and other debt to your home loan is a good option for you. Maybe you think you don't want to borrow more money. But guess what? You already have borrowed the money and chances are your credit card rates are in the double digits. If you feel you are not disciplined enough to over-pay your new lower rate mortgage to pay off the old credit card debt, then segregate the new debt with a HELOC to pay it off and get your financial house in order. Either way - refinancing and paying off the existing debts you have may end up saving you more in the long run.

Get free and clear! Even a loan with a rate in the mid 4's with 28 years remaining could be moved to a 20 or 15 year fixed rate loan, cutting many years off the mortgage and potentially saving your net worth tens of thousands of dollars over the life of the loan.

Consolidate your 1st and 2nd mortgages into one new low fixed rate loan. Check with your loan originator to see how you can merge two mortgages on your home into one.

Cash out equity in your home to buy an investment property or second home for retirement. How? Refinance your current primary residence and take extra cash out for the down payment on your additional home purchase. We are seeing a combination of low rates and low home prices, but it won't last forever. Rent your new purchase and let the payments from your tenants help pay your mortgage.

Grow your investment for retirement using short-term rental properties. Use rental payments from vacationers as a resource for monthly mortgage payments on investment properties. For as little as 20 percent down you may be able to own the property free and clear in 15 years.

Address family matters now while the market is in your favor. If you are divorcing or need to take former partners off a mortgage loan, or need to remove yourself as a co-signer on a loan, refinancing now may be the right move for you.

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You've heard it for a couple of years now: Refi Refi Refi. Even if you refinanced a few years ago, Annual Percentage Rates in the 3's and 4's warrant one more look as you plan your finances for the next 10-30 years. Don't wait and be sorry later. Contact your local lender to see if you may qualify.



Francis Phillips, NMLS #193642, is a Senior Mortgage Loan Originator with **First Choice Loan Services Inc.** and resides in Santa Fe, NM.

He has served as National Director of Business and Branch Development for national mortgage companies. He and his mortgage partners have funded and built three homes for Santa Fe Habitat for Humanity. You can reach him at fphillips@fcbmtg.com or 505.982.3400.

First Choice Loan Services Inc. is a wholly owned subsidiary of First Choice Bank (First Choice Bank NMLS # 177877, First Choice Loan Services Inc. NMLS # 210764) and is registered or exempt from state licensing in the states it originates mortgage loans.

Special Offers & Discounts

A Gift For You From Your REALTORS® - Cecilie & Dianne

Lowe's Home Improvement has offered our real estate clients a special discount for 10% off any purchase up to \$10,000. Limit 1 coupon per transaction.



For Our Buyers

With a few updates your new place can really start to feel like home. By participating in a special program for REALTORS®, we are able to offer you this discount from Lowe's to help you make those small updates. Enjoy your new home! And thanks for trusting us with your real estate needs.

For Our Sellers

A quick refresh can make almost any home more appealing. By participating in a special program for REALTORS®, we are able to offer you this discount from Lowe's to help you make those small updates. Thanks for trusting us to serve your real estate needs.

Lowe's only requirement is that we provide them with your email address & full mail address: email address, street number, street name, city, state & zip so email us with your information and Lowe's will send you our 10% discount card. So please contact us and we will sign you up!

Shared Dreams Design

with Karen Klavuhn



Balance

When I think of BALANCE I think of equilibrium. Balance or equilibrium can be static or fluid. In nature there are always things coming in, going out, growing, etc. When something in the system is out of balance changes take place to bring it back. Balance in your space can refer to many things such as:

- What is placed where (is it all on one side or around the edges?)
- The size of things (does the couch take up most of the room?)
- The amount of things (are there so many pictures on the wall there is no open space left?)
- Is there enough general lighting for the tasks you want to accomplish or is it limited to certain spots?)

What sort of changes might you make to bring your space into better balance?

One challenge that may occur with trying to achieve balance is when two or more people decide to share a space. This could be a home, an apartment, a work, or a creative space. Each party wants to feel welcome and as a represented part of a collaboration. So it is important to have honest discussions about what is essential for each member to be happy in the function and aesthetics of the space.

Let's say one party already has the home and another is moving in. To create balance in the relationship as well as the space decisions have to be made about "stuff". Whose "stuff" is going to be used or displayed where? Can you come to an agreement about which furniture to use? Can't agree which couch? Then perhaps it is time to sell both and purchase another that works better for everyone. Disharmony can result when one party does not make room for the other's stuff. The question to ask is are you equally represented and feel comfortable?

When thinking of BALANCE, remember to always tip the scales in favor of what brings joy and happiness.



Karen Klavuhn - Shared Dreams Design "Making your environment work for you"
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ENVIRONMENTALLY CONSCIOUS PLANNING, DESIGN & DEVELOPMENT



Balancing Architecture with the Environment

At Comet Studios, we believe in creating Architecture in balance with nature, as a form of Fine Art where it thoughtfully embraces its site physically, ecologically and culturally with compelling sculptural content, form and materials. Modeled, chiseled and honed by our design team's digital sculptors, many Comet Studios projects represent explorations in content and form more typically found in the studios of fine Artists and Sculptors. In addition to the 3 dimensions and qualities offered by other forms of fine art,

architecture offers a 4th dimension of livability we experience as we move around and through buildings, gardens and the surrounding environment. This "stage set" quality of ever changing human drama embodied with dreams and experiences is perhaps the most unique and special quality that architecture has to offer as an art form.

Globally, we believe humanity is evolving toward the indigenous Native belief and understanding that "nature is not inanimate, but imbued with one common life-force." The living water, earth, air, mountains, trees, plants animals, man, etc. are all bound together, in an indivisible unity of biological and spiritual ecology. Acknowledging a need to consciously support and nurture the delicate balance of global biological, energetic and spiritual ecology, Comet Studios only embraces project opportunities that are environmentally conscious, energy efficient, and cost effective regardless of project size and scope. All of our projects encourage and embrace principles of Permaculture Science, enhanced biodiversity and regenerative sustainability in a manner that helps build regeneratively-sustainable Eco-Communities, global health and well-being.

Considering ourselves "Dream Makers", we strive to help our clients manifest their dreams and lifestyle goals into regeneratively-sustainable solutions. We believe that "the Dreams which accompany all human actions should be nurtured by the places in which people live and work". To promote this possibility, we encourage our clients to develop and share their dreams and lifestyle goals with us as part of the process of programming every project. With this information, Comet Studios endeavors to develop our clients' programs into Permaculture-based environmentally conscious Architectural solutions as exciting "stage sets" for our clients' lives and lifestyles.

Comet Studios offers a full professional spectrum of Environmentally Conscious Planning, Design and Development with Permaculture Science based services and solutions for Residential, Commercial, Municipal and Real Estate Development projects. Our dynamic interdisciplinary Project Teams specialize in providing innovative regeneratively-sustainable solutions that meet and fulfill our Clients' needs, dreams, timeline & budget.

For more information about Comet Studios, please contact:

John Edmund Halley, CometStudios.com Email: comet@CometStudios.com Cell: 505.231.1454

Studio: 19 Plaza Nueva, Santa Fe, New Mexico 87507



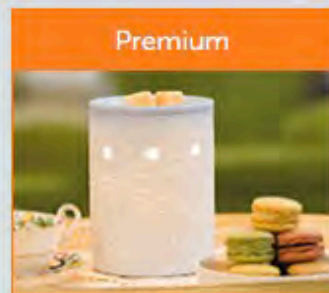
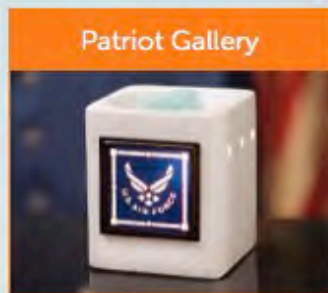
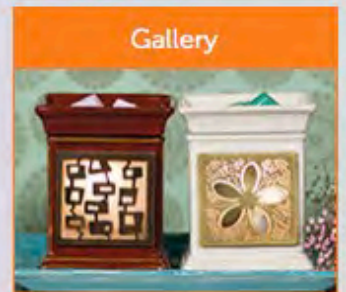
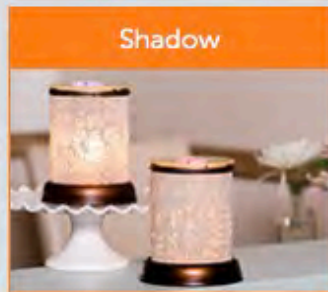
Scentsy Fragrance Wickless Candles

What is Scentsy? Scentsy wickless candles are decorative ceramic warmers that use a light bulb to heat and melt highly-scented wax bars. Scentsy is the authentic, innovative wickless, flameless candle. No wick means no smoke smell, no soot, and no open flame. The light emanating from these warmers transformed my living & workspace. Enjoy your Scentsy products and transform your world and create magic in your home or office environment! I know the magic that Scentsy can bring into a room and once you experience it for yourself, you too will want to share Scentsy with those you care about and create your Scentsy story.



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Monthly Market Report Albuquerque

Monthly Market

REPORT

Nov 2014



Green Sheet

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<p>Active Listings</p> <p>Detached: 4,331 Attached: 410</p> <p>One year ago Detached: 4,255 Attached: 402</p> <p>% Change (Detached) +1.79%</p>	<p>Pending Sales</p> <p>Detached: 738 Attached: 81</p> <p>One year ago Detached: 729 Attached: 53</p> <p>% Change (Detached) +1.23%</p>	<p>Closed Sales</p> <p>Detached: 601 Attached: 57</p> <p>One year ago Detached: 566 Attached: 51</p> <p>% Change (Detached) +6.18%</p>	<p>Average Sale \$</p> <p>Detached: \$215,899 Attached: \$161,952</p> <p>One year ago Detached: \$207,986 Attached: \$149,266</p> <p>% Change (Detached) +3.80%</p>
<p>New Listings</p> <p>Detached: 980 Attached: 94</p> <p>One year ago Detached: 1,091 Attached: 96</p> <p>% Change (Detached) -10.17%</p>	<p>Days on Market (average)</p> <p>Detached: 67 Attached: 76</p> <p>One year ago Detached: 61 Attached: 62</p> <p>% Change (Detached) +9.84%</p>	<p>Sales Volume (in millions)</p> <p>Detached: \$129.8 Attached: \$9.2</p> <p>One year ago Detached: \$117.7 Attached: \$7.6</p> <p>% Change (Detached) +10.28%</p>	<p>Median Sale \$</p> <p>Detached: \$175,000 Attached: \$152,000</p> <p>One year ago Detached: \$170,000 Attached: \$150,000</p> <p>% Change (Detached) +2.94%</p>

Closed Sales By Market Area for November only

MLS Area	City/County	2012	2013	2014	% Change (from 2013)
Areas 10-121	Albuquerque	403	386	401	+3.89%
Area 130	Corrales	7	6	11	+83.33%
Areas 140-162	Rio Rancho	78	99	106	+7.07%
Area 170	Bernalillo	7	9	10	+11.11%
Area 180	Placitas	6	1	8	+700.00%
Areas 210-293	East Mtns./Estancia	18	18	31	+72.22%
Areas 690-760	Valencia County	33	47	34	-27.66%

SOURCE: Greater Albuquerque Association of REALTORS® - based on data from the Southwest Multiple Listing Service. Data is deemed reliable not guaranteed. The SWMLS market areas include: City of Albuquerque, Corrales, Placitas, Rio Rancho, Bernalillo, East Mountains/Estancia Basin and most of Valencia County. The green sheet contains the same information reported on the full monthly report.

Albuquerque Real Estate

News with Cecilie Bodman

1200 SIGMA CHI Road NE

Albuquerque, NM 87106 MLS 826606



Original refinished oak floors, all one story and original. New windows, roof, remodeled kitchen & master coolers. Huge master bedroom with California closets. Located 2 blocks from UNM in Historic Spruce Park.

Frank Lloyd Wright inspired home w/ fir beams & knotty pine wall paneling in the family room. Country kitchen w/granite counter tops, stainless appliances. Custom Chaco stone fireplace, formal dining & living room. Large covered patio draped w/grapevines.

Lush landscaping and Pristine pool. Elegant, graceful living. Close to hospitals and easy access to I25. **Appraised at \$599.**

Deals of the Decade:

I specialize in helping clients increase their wealth through Real Estate. I invest in real estate and have rental properties that create cash flow. I always find "deals of the decade" which are three bedroom, two bath, two car garage in great school districts you can rent for more than the mortgage.

All are priced under the market and could be rented for the mortgage payment and more. I may be able to write agreements on many of the homes with the owner paying the down payments and/or most of the closing costs. I would love to empower you to make educated decisions on your investments. Interest rates are still at historic lows!

Featured Listings in Albuquerque



Find out what your homes is worth! Call me.

2014 Aldea Stats: Sold, Pending & Listed
Sold: 31 Homes, DOM 137, 7 Lots, DOM 268
Pending: 5 Homes, 0 Lots
Listed: 22 Homes, avg \$519,131, 5 Lots

Tessera, Aldea's Neighbor

Homesites are selling above anticipated expectations. Only 2 Lots left in this first release!

I SOLD Lot #9, 50 Via Summa in Tessera with a Sumac model Homewise home.



realestatepropertyessantafe.com/about-santa-fe/tessera-aldeas-neighbor/



PUEBLO

Santa Fe Report - Aldea

Real Estate News from Dianne McKenzie

LISTING COUNT: DAYS ON MARKET:

TOTAL	HIGH	LOW	AVG	MED
22	714	18	165	93

ALDEA RESIDENTIAL LISTINGS AS OF 01-03-2015

Address	Ask	TotSF	\$/TotSF	BD	Total	MLS #	DOM
4 Vista Precioso	\$194,500 0			2	2	201402039	276
22 Camino de Vecinos	\$325,000 1,912		\$169.98	3	3	201401552	268
32 CALLE LEMITA	\$399,000 1,811		\$220.32	3	3	201403176	192
31 Camino de Vecinos	\$413,900 2,025		\$204.40	3	2	201405047	72
4 CAMINO DE VECINOS	\$425,000 2,147		\$197.95	3	3	201403722	163
13 Arroyo Privado Lot 475	\$435,000 2,140		\$203.27	3	3	201300198	714
11 Calle Festiva	\$479,000 2,200		\$217.73	3	3	201404758	94
23 Vista Precioso	\$495,000 2,368		\$209.04	3	3	201405600	18
7B W Via Plaza Nueva	\$499,000 2,500		\$199.60	3	3	201405182	59
5 Arroyo Privado	\$525,000 2,440		\$215.16	4	4	201404806	93
23 Camino Barranca	\$525,000 2,672		\$196.48	3	3	201404497	115
8 Calle Amistosa	\$545,000 2,223		\$245.16	3	2	201405017	73
85 Avenida Frijoles	\$549,000 2,650		\$207.17	3	4	201405404	39
1 Altura Vista	\$559,500 2,159		\$259.15	3	3	201404051	147
13 Avenida Aldea	\$565,000 2,350		\$240.43	3	3	201404717	98
17 Plaza Nueva	\$565,000 3,176		\$177.90	2	3	201300933	667
1 Camino Barranca	\$575,000 2,706		\$212.49	3	3	201405314	49
150 Avenida Frijoles	\$599,000 2,391		\$250.52	3	3	201404858	88
138 Avenida Frijoles	\$599,000 2,494		\$240.18	3	3	201404801	91
16 Camino Botanica	\$600,000 3,103		\$193.36	3	3	201405411	39
37 Camino Botanica	\$699,000 3,279		\$213.17	3	2	201403302	185
62 E VIA PLAZA NUEVA	\$850,000 4,527		\$187.76	4	5	201403897	92
	HIGH	LOW	AVERAGE	MEDIAN	TOTAL PRICE		
LIST PRICE:	\$850,000	\$194,500	\$519,131	\$535,000	\$11,420,900		

Aldea Construction has started on 145 Avenida Frijoles. I sold the Lot and John Halley of Comet Studios designed the house!



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Over 4.1 billion text messages are sent each day in the U.S. alone. Apples App Store surpassed over 40 billion app installs with over 20 billion earlier this year**. Googles Play Store has over 1.5 billion app installs every 30 days*.

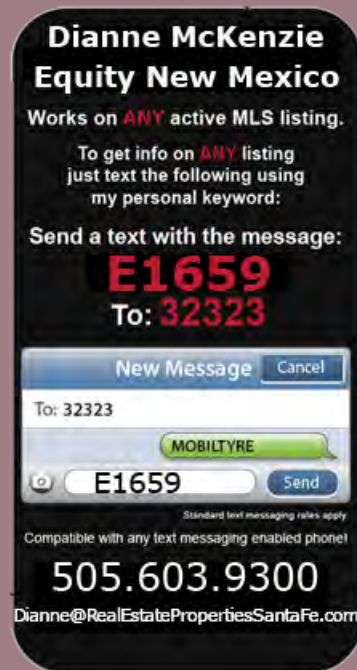
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Taos Ski Valley Report

Real Estate News from Dianne McKenzie

KML

Kachina Mountain Lodge - a Wilderness Eco-Resort Community **Mountain Home Site Investment Opportunity** *Private & Peaceful - Phase One Luxury Wilderness Home Sites are now available in Taos Ski Valley*



Eco-Community Features:

- Kachina Mountain Lodge & GaiaQuest are creating an exciting alpine wilderness eco-community filled with vitality and amenities that include restaurants, commercial conveniences, cultural arts facilities & programs, full-service boutique hotel, affordable euro-style hostel accommodations, private homes, open space parks, trails, year-round recreation opportunities, nature center, camping facilities, community food gardens & greenhouses, permaculture landscaping and GaiaQuest's unique university-style campus.
- Adding year-round vital business and prosperity for Taos Ski Valley, GaiaQuest's main campus center will enhance our community experience with a wide variety of Global Health and Well-Being lifestyle programs, related education programs, products, services and resources that no other alpine resort community has to offer.
- Sustainability features include localized green building solutions, onsite renewable energy farm and tertiary level waste treatment.

Alpine Wilderness Home Features:

- Beautiful Euro-Alpine style eco-home design, custom tailored to accommodate each buyer's unique needs & specifications.
- High Performance Active & Passive Solar Heating and Majestic Mountain Views provided by Expansive South Facing Windows.
- Open Living Area with built-in day bed, efficient Native Rock Fireplace Stove, Gourmet Kitchen with Inglenook, Powder Bath, Custom Built-ins, separate Entry Vestibule and Private Patio Deck.
- Spacious Master Suites with Sitting Area, Luxury Bath with Tub & Shower, Generous Storage and Private View Terrace.
- Rentable Lock-off Suite with Separate Entrance, Fireplace, Luxury Bath & Private Outdoor Patio.
- Direct Ski-In/Ski-out access to Taos Ski Valley's world-class ski runs.

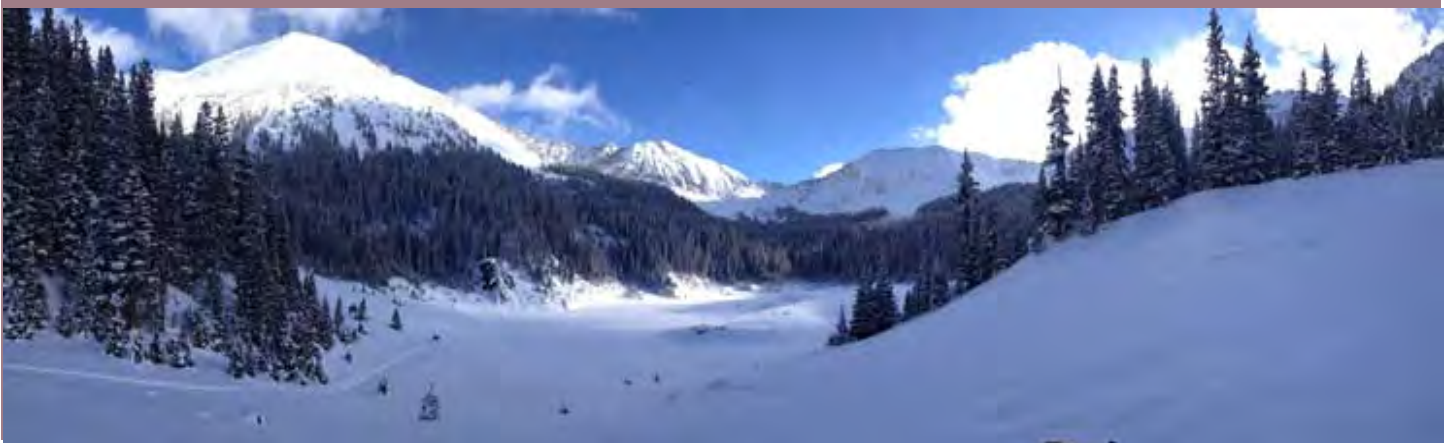
Community Investment Opportunity:

- Purchasing a beautiful custom home site in our unique wilderness eco-resort community at Taos Ski Valley also provides an important investment in the non-profit GaiaQuest Center for Global Health and Well-Being. As soon as investor commitments are in place for all 8 home sites, our Phase One commercial site will be deeded from developer to GaiaQuest for the first Healing Center building.

Don't miss this rare chance to own a Luxury Wilderness Residence your family will treasure for generations!

For more information - visit www.KachinaMountainLodge.com and www.GaiaQuest.com or Call 505.231.1454

We invite you to join our alpine eco-resort community, where you and your family can enjoy one of the most coveted lifestyles available in the Rocky Mountains. We are experiencing a growing interest in the phase one properties offered at Kachina Mountain Lodge, GaiaQuest's alpine eco-community located in Taos Ski Valley, New Mexico.



A E O W Y N's Dog Treats



Pumpkin Carrot Cranberry Ginger Squares

Ingredients:

- 2 cups of rice flour (you can use any flour)
- 1 cup oatmeal
- 1 cup dried cranberries
- 1 can organic raw pumpkin, 15oz
- 2 cup grated raw carrots
- ½ wheat germ
- ½- cup of chicken broth (low sodium) or water as needed
- ½ cup flax meal
- 1.5 tablespoons apple cider vinegar
- 1 tablespoon coconut oil
- 1 tablespoon ginger

*Parchment paper for rolling out the dough, pizza cutter, ruler for cutting straight lines & a dog to snoopervise.

Method:

1. Preheat oven to 350° F.
2. Mix the carrots, canned pumpkin & dried cranberries in a bowl. Wait to add the chicken broth or water.
3. Mix dry ingredients in a large bowl. Stir in the wet ingredient mix & add in small amount of the liquid, as needed.
4. Mix all ingredients until thoroughly combined, then mix with hands. Add more liquid or flour, if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper, use for next baking tray. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines.

Bake 35 minutes slightly brown, not burnt. If you prefer a softer treat, bake for 20-30 minutes. Remove from oven and cool. This recipe uses 4 baking sheet/trays. These treats are a crunchy, thicker treat & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep treats in tins at room temperature in an airtight container for up to 1 week or in the refrigerator for up to 4 weeks. Aeowyn loves these treats!



Free Reports

Free Information Request Form

Please complete the box below and place check marks next to the

free reports and information you'd like to receive.

Send us your request:

Dianne McKenzie, Call: **505-603-9300**

19 Plaza Nueva – on Aldea Plaza Santa Fe, NM 87507

Email: Dianne@RealEstatePropertiesSantaFe.com

Cecilie Bodman, Call: **505-250-1356**

Email: ABQGold@ymail.com



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- How To Stop Wasting Money On Rent
- How To Sell Your House For The Most Money In The Shortest Possible Time
- The 10 Dumbest Mistakes Smart People Make When Buying Or Selling A Home

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- Send me information about your free, no-obligation HomeFinder service.
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 the _____ area.

- Please let me know the listing price and features of the home at the following address:

 City _____.

- Please let me know the selling price of the home at the following address:

 City _____.

- Please call me to arrange a free, no-obligation market valuation on my house.

Our Real Estate Team

As real estate consultants, we are 100% focused on consulting, marketing properties, negotiating, & overseeing the transactional details for our clients. We are committed to making the home buying / home selling experience the best it can possibly be. Our purpose is making sure our clients are so outrageously happy with the help we provide that they gladly introduce us to the people they care about, not because they feel obligated but because they truly believe they will benefit.



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Apricot Standard Poodle
& Service Dog

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