



arizona
Choices

PRICELESS— Take One
December 2006/January 2007

Health, Wellness & the Environment

Including a
directory of health
wellness and
environmental
resources



The Cosmic Clock

by Paul Reeder

Centering Pregnancy

by Maria Sara Villa

Heart Rhythm Meditation

by Puran Bair

Intuitive Communication with Animals

by Judy Young, Ph.D.

plus

Dancing on the Path:
local news, events
and tidbits



AZ Choices Periodical
Volume 2, Number 5
Published 6 times per year: February,
April, June, August, October, December

Editor and Publisher: Bruce Silvey
bruce@arizonachoice.com

Managing Editor: Roger Hamstra
roger@arizonachoice.com

Circulation Manager: Manon Getsi
mpgetsi@arizonachoice.com

Copyright © 2006 and Published by Snow Lion Enterprises, L.L.C. dba Arizona Choices Periodical, 5242 West Canyon Towhee St., Tucson, AZ 85742. Individual contributors retain their own copyrights.

The articles published herein reflect the views of the individual contributors and not necessarily those of Arizona Choices Periodical. Before you make any changes in your health care practices, always consult a qualified health care professional.

Unsolicited manuscripts are welcomed but will not be returned. Please email to bruce@arizonachoice.com. Arizona Choices reserves the right to edit for content and space.

Printed on 100% recycled paper using soy based inks.

Be sure to visit our Website:

www.arizonachoice.com

**For advertising sales
and information,
call 520-744-6603 or email us at
info@arizonachoice.com**

In This Issue

Intuitive Communication with Animals: Reclaiming Our Kinship with All Life by Judith H. Young, Ph.D.

Page 3

"...we need to reclaim our ancient birthright of a shared language with all living things that was "so simple and natural a part of everyday living as not to need explaining any more than breathing."

Heart Rhythm Meditation by Puran Bair

Page 8

Peace comes when self is in harmony with the rhythm of the heart. This is accomplished in silent meditation by entering into the life-stream in the heart. If there is any form of concentration to be used in meditation, it consists in first getting into the rhythm of the heart, by watching the heartbeats, feeling them and harmonizing with them. Then one centers all feeling in the physical heart and out of feeling selects love, and out of love, Divine Love.

Centering Pregnancy by Maria Sara Villa

Page 10

A model for prenatal care whose time has come

The Cosmic Clock by Paul Reeder

Page 12

Paul Reeder has been providing spiritual astrology services in Tucson Arizona for over 20 years. Combining the models of astrology, yoga, and depth psychology, Paul has developed his skills to serve those who wish to become more fully conscious, more fully alive.

Dancing on the Path

Page 7

A listing of news items, events and tidbits of interest.

Where to find Arizona Choices Journal Directory

Page 16

Page 17

A categorized directory of health, wellness and environmental resources.

Directory Index

Page 23

Resource Guide

Page 23

Me-owwww, Me-owwww Bruce

My cat, Magic, has been trying to speak to me for years. With Dr. Judy Young's article, maybe I can finally understand just what she is saying. If you don't have an animal to talk or listen to, pay a visit to the zoo to practice. By the way, why don't you have an animal companion? Sounds like a great self gift. The animal gets a gift of you too.

When I first learned meditation, my teacher had us follow our breath. In our second offering in this issue, by Puran Bair, we learn to meditate with the rhythm of our hearts...profound, and yet so simple. For those of you who are contemplating conception, check out a new model for prenatal care, and of course, Paul Reeder's column gives us lots of guidance that I'm sure we can all use.

This issue covers both the ending of 2006, and the beginning of 2007. It's the time to reflect on what we have brought about for ourselves, our family, our friends, and our planet. It is also the time to make plans for next year, and beyond. How many years DO we have here on Earth? One ponders; will we even be on this planet after 2012, who knows? Of course, be sure to stay in the NOW while you are doing all of this reflecting, planning and pondering. We don't want to get ahead of ourselves, do we? Hmmm! Well maybe we do. I sure don't know. You might think that since I am both the Editor and the Publisher of this wonderful journal, that I really do know it all. I used to think so too. Now, I KNOW that I do not know anything...really. It might be nice to get ahead of ourselves sometimes, just to take a peek at what lies ahead. How do we do that, and still...BE HERE NOW?

At Arizona Choices, we are also planning our next issue and our 2nd Choices Expo. We hope it will be in Tucson, sometime in 2007. (But, what do we know?) If you know anyone who would like to help us with advertising sales, please contact me. We could always use a little help from our friends. Have a great holiday season and New Year, and treat yourself and others well. You, we all deserve it! Enjoy!!! **Bruce Silvey** bruce@arizonachoice.com

Intuitive Communication with Animals: Reclaiming Our Kinship with All Life

By Judith H. Young, Ph.D., Reiki Master-Teacher

“...we need to reclaim our ancient birthright of a shared language with all living things that was “so simple and natural a part of everyday living as not to need explaining any more than breathing.”



Judy Young, Ph.D., and Alex

More than fifty years after the publication of the classic *Kinship with All Life* by J. Allen Boone, a hardboiled journalist who came to see the light through his experiences with a remarkable dog, there is still widespread skepticism regarding

intuitive communication with animals and a tendency for animal communicators to keep a low profile. And of those who do acknowledge telepathy with animals, many would have us believe that it is restricted to a select few having an inborn gift.

In an era in which we are challenging patriarchy and taking our power back on a widespread scale, this article seeks to demonstrate that all humans have an innate capacity for telepathy with animals and other life forms that has been repressed through flawed conditioning and that can be reawakened readily. As J. Allen Boone discovered with the help of Strongheart, we need to reclaim our ancient birthright of a shared language with all living things that was “so simple and natural a part of everyday living as not to need explaining any more than breathing.”¹

I will begin with a step-by-step methodology that has been consistently effective in my workshops over the last decade, followed by a discussion of some of the practical applications of human-animal communication, and ending with an overview of a new and cutting edge application that has profound psychospiritual benefits.

Methodology

(To Be Used in the Presence of a More or Less Stationary Animal)

Step One: Centering and Grounding

Close your eyes and focus on several slow, deep breaths. Pretend you are a tree, with roots extending

from the bottom of your feet deep into Mother Earth: at the surface, large, gnarly roots, then smaller rootlets, and at the deepest level, tiny hair-like structures. Imagine these structures coming upon a pool of shimmering gold, which you want to bring up into the tree's body. Slowly bring the gold up the roots from smallest to largest, and when it reaches your feet, picture it filling them from toe to heel. Continue filling the rest of your body: ankles, calves, knees, thighs, torso, arms, wrists, hands, neck and head. Now picture the luminous gold spilling out your crown so that you are both filled with it and surrounded with it.

Step Two: Asking for Help

In line with wise caveats about not relying on ego or intellect in intuitive efforts, ask a higher source of power for assistance: angels, totem animals, your Higher Self, the nondominant side of your mind — whatever feels right for you.

Step Three: Setting Your Intention

Again, follow your heart. This step can be as simple as saying “I state my intention to speak with...” or as complex as you want, e.g., incorporating your wish to be an instrument of divine will or to serve the highest good.

Step Four: Connecting

Say the animal's name, or if you don't know his or her name, just say “this animal,” three times, very emphatically, either silently or aloud. Even if the animal is asleep or distracted in some other way, this will create the connection for opening a dialogue.

Step Five: The Dialogue

Begin by explaining that you would like to ask a few simple and nonintrusive yes-no questions to help you develop your confidence in animal communication. Adapt your questions to the animal: if your nearby animal is a horse, you might ask “do you like carrots better than apples?” Trust the first answer, yes or no, that comes into your mind after asking each question.

Next ask for an elaboration on one of the yes-no questions, e.g., “aside from treats like carrots, what is your favorite thing in the world?” Again, trust whatever enters your mind. It might take verbal form, such as a

word, phrase or sentence, perhaps relating to running. It might instead take the form of a mental image of a running horse. It might be a feeling or an energy suggesting running or speed. Or it might just be an immediate knowing: this horse loves to run!

If the first response to enter your mind makes no sense to you, do not despair: trust that it means something to the animal, and simply isn't (yet!) clear to you. The point is, you got something rather than nothing. You need to trust that this something was in response to your question, and that you did not make it up.

The latter worry, that you fabricated the answer, is almost universal to newcomers.

There are ways to mitigate this worry, such as asking yourself if what you received is something you would be apt to make up. Sometimes it just isn't. Even if it is, it undoubtedly came from the animal. You will come to trust this with ongoing practice, including working with others and comparing answers with each other, or checking your answers with the animal's human. (Note that in a workshop setting you can use both these methods of validation.)

Step Six: Thanking the Animal

Thank the animal for talking with you and compliment him or her on any special quality you noticed, such as forthrightness, patience, or honesty.

Some Common Applications

Information Exchange

Many people are already at least semi-aware of animals receiving human information even when nothing is said aloud. The incident that convinced J. Allen Boone was Strongheart's fetching his shoes right after a thought about interrupting his writing to take the dog for a walk. An experiment in Britain designed by biologist Rupert Sheldrake, Ph.D., has received widespread attention, most recently in the publication of an article by Sheldrake by *The Times* on September 7, 2006:

Many...domesticated animals...seem to be able to detect the feelings and intentions of their owners beyond the range of the usual senses. For example, many dogs seem to know when their owners are coming home, and go to wait at a door. In some cases they do this when the person is still miles away, long

before the animal could have heard familiar footsteps or car sounds. In a series of videotaped tests, I found that dogs still went and waited at the door when the owners returned at times randomly selected by the experimenter, when no one at home knew when they were coming, and when they traveled in unfamiliar vehicles such as taxis.²

Exercise: Try using the methodology given above to ask an animal to show you in some way that he or she can read your mind. You might telepathically request that your dog come over to you (using controlled conditions such as not looking right at him when you ask), or that he give you his paw (using your usual command silently). Try also being the recipient of the animal's information, in areas such as the following:

- Discovering if an animal likes his or her name
- Determining if an animal's needs are being met
- Learning about a rescued animal's early life
- Addressing issues of death and dying (e.g., determining if an extremely ill animal wants euthanasia, or asking a recently departed animal what it was like to transition and where he or she is now)

• Animal-assisted therapy (e.g., discovering if and how one or more of your animals plays a therapeutic role in your life, asking a therapy animal how he or she approaches therapy, or telepathically cooperating with an animal in helping others, as in therapeutic equitation).

The Information Exchange application obviously cuts across all other applications, as evident from the above list as well as in the following.

Behavioral Issues

Modification of problematic animal behavior is a common concern, and animal communication can help enormously if used to discern and address the root causes of the unwanted behavior.

Exercise: Using the basic methodology, explain to your animal what behavior is upsetting you, and why, and then ask if he or she knows its cause. (Note that if the animal does not know the reason, you will need to consult with a practitioner skilled in more advanced communication techniques suitable for depth psychology.)

Now make this application reciprocal, exploring how an animal might like you to modify some of your

The advertisement is enclosed in a black border. At the top, the website www.Heart-Rhythm-Meditation.org is listed, followed by the text "Four classes per week in Tucson" and "Call 299-2170". Below this is a black and white photograph of a smiling man and woman. Underneath the photo is the quote "Living from the Heart for a Better World". To the right of the quote is a book cover titled "LIVING from the HEART HEART RHYTHM Meditation" with the subtitle "ENERGY, CLARITY, PEACE, JOY, AND LOVE, PLEASE". At the bottom left is a circular logo with three interlocking loops. At the bottom right is the acronym "IAM" and the full name "Institute for Applied Meditation, Inc."

behaviors. Often you will find that this is a quite reasonable quid pro quo!

Wellness Concerns

Telepathic communication can be of tremendous benefit to animal well-being, whether physical, mental, emotional or spiritual. For a case study of its central role in healing deep-seated emotional and behavioral issues in a beloved colt, see the free e-booklet *Healing Early Trauma in Premarin Rescues: The Case of Running Moon*.³

As for the myriad ways in which animals help us, similarly on one or more levels, testimony abounds both in personal anecdotes and in the longstanding professional field of animal-assisted therapy.

Exercise: Try using the basic methodology to discern if your animal is ailing on any level, e.g., physical aches and pains, mental agitation, emotional distress, or spiritual issues. Then ask if you can help in any way.

Next tell your animal the deepest concern in your life, and ask for his or her perspective. Be prepared for breakthroughs!

Please note that in using animal communication for the wellness application, it is imperative to also consult with specialized health practitioners such as veterinarians and physicians; like other holistic techniques, animal communication should be viewed as complementary to, rather than a replacement for, traditional medicine.

Please also note that as with behavior modification, advanced depth psychology techniques such as medical intuition are often critical in addressing wellness concerns. So once again a beginner in animal communication may need more advanced study or the help of an experienced practitioner.

Human/Companion Animal Collaboration in Personal Growth And Wellness: A New Paradigm

This application was foreshadowed in the last exercise on obtaining a trusted animal's perspective on an issue of concern. It was initially suggested by one of my canine friends, and I have since developed and field tested it in cooperation with all of my animals as well as with workshop participants and their companion animals.

In this modality, a person and an animal enter into a formal, sacred contract to collaborate in their personal growth work—in their respective psychospiritual journeys. At the outset, the person and animal compare notes on their Spiritual Helpers (discovering surprising commonalities!), identify their issues of concern, and decide upon methods for addressing them.

Examples of powerful transformative methods appropriate for either animals or humans include Inner Youngster Work, Emotional Freedom Techniques (EFT), and the use of oracles such as the Runes or the I Ching. With some modalities, such as EFT, the human acts as a surrogate or proxy for the animal.

The case study of my colt Running Moon is one of exquisite reciprocal healing: a few years after helping me uncover and heal some of my repressed childhood trauma, he suddenly became unacceptably aggressive as a delayed reaction to his own early trauma as a Pre-marin foal. Intuitive communication revealed that a combination of Inner Youngster Work, Reiki, Emotional Freedom Techniques and Psychosynthesis were called for, and along with sheer grace, they saved the day!

The collaborators in co-healing must have a bond of love and trust sufficient to undertake intensely personal work with each other. When the right combination is found, the results can be stunning. I have never delved as deeply into the unfinished business in my psyche with a human being or even a Spiritual Helper as I have with my equine friend Alex (pictured in the photo). This horse gives my Inner Child a sense of boundless love and safety, the criteria par excellence that mark a fruitful therapeutic relationship.⁴

Participants in workshops on this modality have had a similar experience. For example, one person received an unprecedented sense of self-esteem from her companion animal; another finally found closure for some intractable grief; and a third came to a decision to change her stressful lifestyle radically by moving to the wilds.

When Alex and I collaborated on the original design and field testing of this modality with a view to teaching it, not only did he lead me into my deep psyche, but

I in turn discovered a spiritual depth in him I had not been aware of. This included finding his intense grief over our wounding of Gaia and his use of the spiritual practice known as “the imitation of Christ.” I accordingly came to appreciate more fully than ever the profound implications of our bond with animals and other forms of life.

In reflecting on these implications in *Kinship with All Life*, Boone recalls ancient times when humans and other life forms had a common language for expressing “*their thoughts and feelings freely on matters of mutual interest,*” when they worked together for “*the common good, the common happiness, and the common fun.*” What he wrote over half a century ago has crucial relevance today:

As we live through these kaleidoscopic days when confusion, distrust, conflict and misery are so common everywhere, it is revealing to note that more and more people are finding reassurance and peace of mind in companionship beyond the boundaries of humanity...Values...essential to life and well-being...[are] flickering very low in the human species and threatening to go out entirely...Practically every animal still has these assets and is eager to share them, given opportunity and encouragement.⁵

CONTINUED ON PAGE 14

Dancing on the Path

A listing of news items, tidbits and events of interest to our readers. Submissions welcome by email to: info@arizonachoice.com

★**Friday, Dec. 8, 10–11 am MST.** Transforming sensitivity: from the canary to the Voice of the Earth. People experiencing chemical sensitivities have often been referred to as “canaries in the mine.” I introduce a new metaphor—that of being the Voice of the Earth—the bird that sings, heals, and soars! Free introductory workshop by conference call. Your only cost is your normal long-distance phone charges. To participate, call 1-712-432-2000 and enter code 86423 (VOICE). For more information, call Deborah Mayaan at 881-2534. The start times in other zones are: 9 am PST; 10 am MST; 11 am CST; noon EST.

★**Friday, January 5, 2007 at 6:30PM “INTUITION: GATEWAY TO SELF-UNDERSTANDING”** Dr. William Kautz, founder of the Center for Applied Intuition, will describe how intuition works, what you must do to activate your own intuitive ability, and how to work with intuitive information in order to enhance your self understanding, daily life and work. He will also explain how intuitive information has been usefully applied in fields such as medicine, science, archeology, history, and forecasting. A participatory exercise and group discussion will be included. Open to the Public: Donation Requested. At: The Marshall Auditorium, Tucson Medical Center Grant Road at Craycroft. For more information go to www.ionstucson.org or call 520-326-1894

Multiple Dates & Ongoing Events-

★**Thunderhorse Healing Arts Offerings:** ***Basic Workshop in Animal Communication, second Saturday in December and fourth Saturday in January. ***Human / Companion Animal Co-Healing, third Saturday in December. ***The Pendulum & Other Forms of Binary Divination, first Saturday in January.***Medical Intuition & Other Forms of Sacred Teleology, second Saturday in January. ***Basic Workshop in Emotional Freedom Techniques (EFT), third Saturday in January. Holiday Special, including gift certificates: ONE HALF OFF ANY WORKSHOP OR ONE-ON-ONE SESSION booked by Christmas; reductions on two- and three-hour packages as well. Mountain Thunder Ranch, Elgin, AZ (one hour south of Tucson). More information: 520-400-3421, or judy@thunderhorsehealingarts.com.

★**Monday, December 11th, January 8th and January**

22nd- Join us for our Sample Night and Introduction to Gentle Chiropractic Ever wonder why our gentle touches work? We will be explaining the goals, art, science, and even a little philosophy behind our work as well as giving complimentary samples (of an adjustment that is) for those who are visiting Life Gate Chiropractic for the first time that night - a great opportunity for family, friends and co-workers! Time: 6:30 PM to 7:30ish PM. Place: Life Gate Chiropractic, 6720 E Camino Principal, Suite 100, Tucson. 520-751-3888 info@lifegatewellness.com

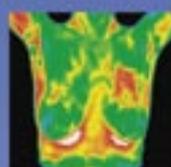
★**EFT PRACTICE GROUP** - Thursday evenings. EFT (Emotional Freedom Technique) is a powerful method for rapidly releasing and resolving fears, blocks, anger, guilt, self-sabotage, trauma, etc., simply by tapping on acupoints. EFT is also being used to improve academic and athletic performance, enhance health and well-being, help people more easily achieve their goals and outcomes, and enhance personal, professional and spiritual growth. This group is for people who wish to “get in the fast lane” for personal growth, and wish to experience DEEP PERMANENT CHANGE, in both their personal and professional lives. This group is FUN, and GOOD RESULTS ARE GUARANTEED. For reservations and NW location, call John Freedom at 241-5124.

Proactive Health Solutions

“Redefining Health”

NO radiation NO compression FDA approved

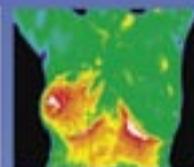
Digital Infrared Thermal Imaging (DITI) aids in EARLY detection of breast cancer.



Ductal Carcinoma



Actual Procedure



Inflammatory Cancer

The Power of Glyconutrients!

Glyconutrients are a specialized type of nutraceutical. Clinical studies prove that glyconutrients stimulate the body's own production of healing stem cells and restore cellular communication allowing your body to heal/repair itself.

Lynda Witt

(520) 235-7036

lynda-phs@cox.net

www.proactivehealthsolutions.org

Heart Rhythm Meditation

By Puran Bair

Peace comes when self is in harmony with the rhythm of the heart. This is accomplished in silent meditation by entering into the life-stream in the heart. If there is any form of concentration to be used in meditation, it consists in first getting into the rhythm of the heart, by watching the heartbeats, feeling them and harmonizing with them. Then one centers all feeling in the physical heart and out of feeling selects love, and out of love, Divine Love.



Puran Bair

So you exercise and you're careful about what you eat. What else can you do to keep your heart healthy? The most valuable thing may be to think about your heart. I know a surgeon in Boston who discovered that his patients heal faster from heart surgery if they listen to their heart with a stethoscope, so he gives one to every patient and tells them to spend 30 minutes a day plugged into their heart. You don't have to wait until after your heart surgery; you can help prevent heart disease by listening to your heart now, and you don't need a stethoscope. You've got a built-in sensory system that will do fine, in a state of meditation.

You've never heard of "listening to", that is, feeling, your heartbeat in meditation? It's a very old method. Primitive people must have discovered that when sitting still, there are only two inner sensations: breathing and heartbeat. What would happen if you were to coordinate those two rhythms? They found out long ago - you get a very stable breath rate, and a slower heartbeat that cycles exactly in time with the breath. The feeling is very grounded and stable, and powerful. Emotionally, you feel integrated and confident as the two sides of the heart and the brain become balanced; integrity results.

Perhaps you associate meditation with ancient eastern religions. Well, meditation on the heart has been a part of Christianity since the time of the Apostles - it was called the "Prayer of the Heart" by the desert fathers - and in the last ten years it has received extensive scientific study. Research shows that meditating on your heart speeds learning, decreases stress, lowers blood pressure, improves immune response and eliminates arrhythmia. Of course, the early Christians wouldn't have known about these physical effects; they did it for emotional and spiritual benefits. Heart meditation is known in Jewish and Buddhist traditions too.

The method of meditating on the heart has been refined, tuned by feedback from medical instruments and the experience of mystics worldwide. The current version of the method is called "Heart Rhythm Meditation", and it's used to enable people to live from their hearts. The method is easily learned, and here in Tucson there are three classes for beginners in various parts of the city. Call 520-299-2170 or go to www.AppliedMeditation.org for information.

Through Heart Rhythm Meditation you will be able to tune your attitude, approach and actions to express the qualities of heart, especially love, creativity and courage. You can learn this by yourself or with a group,

and apply it to your health, relationships and accomplishments. Success in what you choose will then come more easily, allowing you to take on larger challenges with less stress.

First, HRM will expand your concept of who you are and the scope of your awareness. You will have done something that you didn't think was possible, and that will lead you to challenge other limitations.

Second, it will create a profound state of stillness with alertness, filling you with peace and contentment. This is excellent therapy for the stress of life which is so hard on one's heart. Because awareness of your heartbeat physically strengthens your heart and stabilizes its rhythm, because the relaxation opens your circulation system, and because the full-breath pattern creates much greater oxygenation of the heart, Heart Rhythm Meditation will give you much of the cardiovascular benefit of exercise without having to leave your house, change clothes or break a sweat.

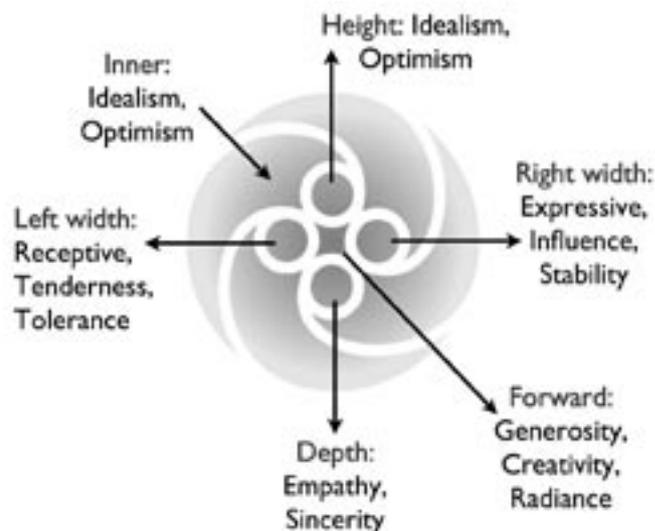
Third, it will create brilliance in your mind, producing frequent Ah-Ha flashes and peaks of insight. This is a by-product of linking the conscious and unconscious mind. Once the door is opened to your inner consciousness, inspiration begins to flow both ways. The images of the creative and intuitive faculty of the unconscious can then be seen in your conscious mind, and they are exciting!

Fourth, feeling the incessant beat of your heart gives you an unstoppable self-confidence, and thinking about your heart will make you heart-centered. This will transform your health, relationships and accomplishments. Keeping your attention on your heart increases your magnetic field, producing personal magnetism, or charisma. You will learn to project your heartbeat into the space around you, which makes your atmosphere into a presence that harmonizes, heals, and facilitates growth. Success at whatever you choose will come easily, with less stress, when powered by your heartbeat.

You can do this without buying any equipment, and without any monthly fees. You can do it at work, even during a meeting, and everyone will be able to see the effect (without knowing the cause) because you'll be more self-confident, inner-directed, open and helpful to others, insightful and courageous. You can do this with your heart, using the rhythm of your heart.

I think we each have a mission in life, and that mission includes and requires learning about ourselves, in

depth. Why do we feel the way we do; what is the relationship between our attitude and life's events; where is the limit of our influence and vision; how can we contribute to the larger mission of humanity? If you share this aspiration of self-knowledge, you will de-



The Four Dimensions of the Heart

light in using your heartbeat to probe your depth and height. Conveniently, the heart has a beat that you can feel clearly and dramatically, to make it clear when you have really directed your thoughts to your heart instead of somewhere else.

The questions about your purpose can't be answered with your logical mind, but you can feel the answers rising out of the depth of your unconscious mind, especially that part of the unconscious called the "heart". The great spiritual search — the journey to your Self — begins with the discovery of the heart. The practice of heart-rhythm offers a simple guiding principle: you can find your heart by meditating on your physical heart.

While your physical existence receives most of your attention, you also exist as a non-physical field of energy and light which is both radiated by the physical body and also focused into a continual re-creation of the body. You can begin the experience of the interchange between the matter and energy aspects of yourself by becoming aware of your magnetic field. The body has a measurable magnetic field, and that magnetic field pulsates with the heartbeat. So the heartbeat shows

CONTINUED ON PAGE 15

Centering Pregnancy

By Maria Sara Villa

A model for prenatal care whose time has come



Have you ever been pregnant? Has your partner given birth at some point in her life? Do you know any one that has had a baby? Ask any woman who is a mother today how she felt about the prenatal care she received and the most likely answer will be that it was fine in medical terms, but that she often wished she had had more time with her provider to discuss concerns and to have questions answered. With our current health care system, where providers have to rush their patients through to make their time profitable, it is no wonder that women feel as if they have just gone through a cattle run. Pregnancy is perhaps the most magical time in a woman's life. During these months a woman prepares to become a mother. She is indeed laying the foundation upon which our

society is based, that of a healthy baby who will grow up to be a valuable adult. How could it be that the care for these women during these critical months is often so hurried and without a heart?

Sharon Schindler Rising, MSN, CNM, FACNM, a Yale University School of Nursing graduate and former faculty member, a midwife of many years, was also feeling the pinch of the present health care system. Despite the fact that midwifery care gives women longer and more caring prenatal appointments, the pressure of cost-effectiveness in health care had also reached her. Neither was it time-effective for her to repeat pregnancy-related information to each patient on an individual basis. Women were going through their pregnancies alone. Mothering and parenting of the baby was no different. Why would we be surprised to see a rise in the incidence of postpartum depression? If a woman was not being offered an opportunity to create a supportive community to guide her through the pregnancy, how could we expect her to have an easy go of mothering?

Sharon Rising began to bring pregnant women out of the exam room and into groups. The isolated office visit was turned into a time when not just the woman, but her partner, could hear from other couples, and sense that they were not alone in all of this amazing process called pregnancy and becoming parents. Concerns about nutrition for the child-bearing years? Questions about tests and procedures during pregnancy? Need to practice relaxation skills for labor? Want to prepare for breastfeeding? As a father, do you feel left out in this pregnancy thing? Do you need to discuss contraceptive methods for after you give birth? All of these concerns and so much more, bring it all to Centering! Come have comprehensive prenatal care! Not just comprehensive care that is medically complete, but care that is comprehensive in that it understands the heart of each woman and her family. The model of Centering Pregnancy Group Prenatal Care was born, a model now offered all around the country.

Women begin their care by having a initial intake appointment. They are then invited to join a group of 8 to 12 other women or couples with similar due dates. Starting around their twelfth to fifteenth week, the group continues to meet throughout the pregnancy and into the early postpartum period. Centering is a model of care that believes in women getting empowered by pregnancy: a time when women learn to take better care of themselves and get to know their bodies. During the sessions women engage in the self-care activities of weighing themselves, taking their own blood pressure and measuring their growing bellies. They record all of this in their charts. The two-hour session flows easily in and out through group discussions; structured by a plan, yet flexible enough for the needs of the participants. Each woman has a chance to meet quietly and individually with the practitioner as they listen to their baby's heart beat, check for uterine growth, and talk individually about specific problems and concerns which the woman might not feel comfortable sharing with the group. Time is valuable to these families too. When

they come to their sessions they know the starting and ending time. Instead of waiting perhaps a whole hour or more and then spending ten minutes with the provider, every minute of the two hours is well used in the Centering model.

As women and their families walk through pregnancy they are accompanied by others living the same concerns and joys. Strong friendships are built and a community of support, where families do not feel alone, are created. As Sharon Schindler Rising has written: "The Centering Pregnancy Program is a model of empowerment: empowerment to women to take control of their bodies, their pregnancies, and their families, and empowerment to health care providers to share their care-giving with their clients." Centering Pregnancy is indeed a model of care for our times.

Maria Sara Villa is a birth doula. She also does Community Outreach for the Birth and Women's Health Center. If you are interested in finding out more about the many wonderful services the Birth Center has to offer women and families, please call 795-9912.



Brenda Morgan, PhD
Spiritual Teacher & Catalyst

Contact Person:
David Leavitt, MD
520-795-0449
leavitt_david@hotmail.com

Location:
Synchronicity Center
1701 E. Lind Road, Tucson, AZ
For directions: 520-32-SYNCH
www.synchronicitycenter.com

**EVENING MEDITATION & DIALOGUE
FOR THE GENERAL PUBLIC
Saturday, February 3rd, 7 - 8:30pm**

Opening to the Living God can occur while one is actively engaged in life. The quickening of Brenda's spiritual evolution occurred through connecting to a new frequency of expression for the human race as shared by Michael Silverman, her spiritual teacher/Innocent Catalyst. Beginning with **Inner Enlightenment/No Mind Within** in 1989, the state is evolving and deepening. During silent meditation the **Witness Position** is sustained and shared. This evening is set aside for those who wish to explore their connection with someone who has gone through a Spiritual Transformation. Others may come on a more regular basis, continuing to deepen their understanding of life and spiritual evolution, learning the Feeling gesture of Surrender and intensifying the ability to Respond to the Living God while remaining active in the world. DVDs, CDs available for purchase. DVD study groups available or are forming in various areas of the country. Suggested love offering: \$15

**A PREPARATORY SPIRITUAL PRACTICES SEMINAR BY TOM EGAN,
AN ADVANCED PRACTITIONER OF BRENDA MORGAN**

**QUANTUM LEAP:
TAKING YOUR SPIRITUAL
PRACTICE TO THE NEXT LEVEL
Sunday, February 4th
9am - 4pm \$85 / person**



Tom Egan

In 2004, Tom's spiritual state permanently stabilized into **Inner Enlightenment/No Mind Within**

The Cosmic Clock

by Paul Reeder

After the very interesting months of October and November, you might think December and January would be mellow. And in some respects, you would be right. On December a grouping of planets concentrated on Scorpio progressively moves into Sagittarius. One of the principles in astrological timing is that the more often a configuration forms the less we notice it when it does. Or, the less often it occurs, the more weight and significance it has when it does form.

It would be difficult to exaggerate the significance of the times we are moving through at this time in history. Lots of things are happening in the sky that are uncommon, rare even. For example, last month we had a day with 5 planets and the Moon in the sign of Scorpio, with the 5 planets hanging out in this sign of intensity, facing the dark and hidden aspects of ourselves and one another we usually avoid looking at and dealing with. It's been pretty intense. Now, one by one, these planets are moving from Scorpio to Sagittarius.

The archetype of Sagittarius is much more palatable than that of Scorpio. Sagittarius is fun and playful, adventurous and optimistic. Be warned - the dark side of Sagittarius is excess. This being the holiday season, a natural time of excessive consumption, at least here in the states, all these planets in Sagittarius sets the stage for overdoing things, food and drink, gift buying and spending in general, making big plans for the new year, and so on. Very well and good. After the crazy weeks of last month, we all need to blow off some steam, have a good time. But in truth we do not need to overdo things in order to have fun and be fulfilled.

When planets gather in close proximity to each other in the sky, we have a concentrated period of conjunctions - one after another. The conjunction, by transit represents the end of a cycle, a time of closing out activities and businesses of the previous cycle, followed by new beginnings, a pushing off away from the familiar and into the unknown. While there is nothing inherently bad about a conjunction, it does bring a certain

amount of stress with it. It's easier for me to write about letting go and starting anew than it is for us to do it.

Ok. Let's get into the transits.

December 2nd features a square between Sun and Uranus. This day is filled with restless impulsiveness. This can be used to break out of ingrained patterns of living and thinking as a result of unplanned or unexpected encounters.

December 4th Mercury squares Saturn. This can mean a breakdown in communications, and broken agreements, or for those willing to face difficult issues, a resolving of conflicting ideas between folks who work together or otherwise are in each other's lives.

Then **December 5th**, Saturn goes stationary retrograde. That's big. If you have internet access, check out my blog article "Saturn in Leo." It was written almost a year and a half ago, but still has legs and will fill you in as to why this station is significant. In short it is a foreboding of things to come in April.

December 7th Venus squares Pluto auguring a time of intense attractions and repulsions between friends and lovers. Often there is a clearing of the air of things we have avoided looking at and resolving. Without everyone on board for win/win results this can mean a confrontation and power struggle. Thankfully its affects last only a few days.

December 9th and 10th feature one of those sets of conjunctions happening in rapid succession. Generally this is a pretty good time. High spirits, optimistic possibility thinking make these days an excellent time to set new projects into motion, with Mars, Mercury and Jupiter all conjunct. This vibe of new possibilities and cunning genius continues through the 15th.

One of the biggest players in Sagittarius for the past more than a decade has been Pluto. Pluto represents death and rebirth, metamorphosis and transformation

that comes from deep core levels of the psyche. We must deal with very old karmas when Pluto is active. Sagittarius symbolizes international affairs and interactions between foreign ethnicities or religious groups. At a primal level the rising of these karmas from the depths to the surface can mean an impulse to vengeance and retribution. At a more conscious, creative and healing level, the same energy that produces vengeance can facilitate forgiveness. We see that since the mid 90's vengeance has been in the air. Question is, can we, in our individual lives and collectively turn vengeance into healing?

Over the next 2 years Pluto will be leaving Sagittarius and entering Capricorn. That is a subject for another day. But for the present we must know that Pluto is moving over the Galactic Center and no doubt setting the stage for the 2012 action at the Galactic Center that the Mayan Calendar described from so many thousands of years ago. Whatever 2012 will bring, we have been on the countdown to it since 1999, and so far it doesn't look pretty. More than ever we need to tighten our communities as we will need each other in the years to come. Sun is conjunct Pluto at the Galactic Center December 18th triggering this potential into manifestation. Pull together!

January is technically much quieter than December, so we will have some time to mop up then. This mopping up process has its own stresses, but in general we will begin to get a break from these relatively uncommon gatherings of planets squeezed into small slices of the heavens.

January 13th is another red-letter day however, as Mars conjoins Pluto, again at the Galactic Center. The Mars/Pluto combination awakens sleeping ambitions that may be groggy and grouchy at first. It can be a time where our actions threaten those around us even though its not our intent. Power struggles may result. Can you in a spirit of mutual trust and worthiness of each others trust create a power sharing exchange – a win/win result? If not this will be one of the more trying times in January.

The last half of January again is relatively quiet. **January 22nd** features a Venus/Saturn opposition

which dampens relationships that are not working and seem not to have a hope of working, or for those whose relationships after being tested are deemed to be valid and valuable, it can be a time of commitment, a deepening of intimacy including setting mutually meaningful goals and objectives. That very same day, Jupiter squares Uranus. Both of these planets are intellectual and freedom loving. This combination brings a magic, a genius to solving challenges and a rash impulsiveness, and urge to break free of situations that really aren't working.

Finally **January 26th through the 28th** features Mercury conjunct Neptune and opposite Saturn. In effect, Mercury is triggering a need to face reality, overcome illusion and ideals that cannot work here in the material plane. If you are ready to rethink and redefine your ideal in terms that are more realistic, then this is a good time to do it. If not, it may signal a time of spaciness and confusion.

Once again, these are difficult times are witnessing and participating in. Yet the biggest dramas are yet to come. It is now time for some visionary consideration of the world we want to live in for the next several decades. Imagine the change you want to see in our collective, imagine the role you would play in that world, and be the change you want to see.

Paul Reeder has been providing spiritual astrology services in Tucson Arizona for over 20 years. Combining the models of astrology, yoga, and depth psychology, Paul has developed his skills to serve those who wish to become more fully conscious, more fully alive. See Paul's directory listing on page 18.

CONTINUED FROM PAGE 6

In our collaboration Alex also gifted me with an extraordinary poem, one that I view as a perfect work of love and as a perfect ending to this article:

All My Relations

By Alex

The wind talks to me.
The trees talk to me.
The moon talks to me.
There is nothing in creation
that doesn't talk to me.
We are all related.

The stones tell me secrets, ancient wisdom.
The flowers blow me kisses, pure enchantment.
The sun warms my body, beloved Grandfather.
These are the blessings of connection.
I wish the same for you.

*Mountain Thunder Ranch
February 2003*

Energize * Relax * Focus
 Accomplish More
 With This Modern
 Thought Power System
PEP Thoughts!
 Positive, Energetic, Practical
Thoughts!
 A Book & System by *Bruce Silvey*
 Available at *Antigone Books*,
 411 North 4th Avenue, and
 online at:
www.pepthoughts.com
 For More Information On Lectures &
 Classes, Call (520) 744-6603

Notes

1. Boone, J. Allen. *Kinship with All Life* (San Francisco: Harper Collins, 1954), p. 8.
2. Sheldrake, Rupert. "Gosh, I was just thinking about you." *The Times*, September 7, 2006. Online link: <http://www.timesonline.co.uk/article/0,,1072-2346084.html>
3. Young, Judith H., Ph.D. "Healing Early Trauma in PMU Rescues: The Case of Running Moon." May 2005. Online e-booklet: www.thunderhorsehealingarts.com/. Also, "The Gift of Running Moon," Horse Tales for the Soul, www.thunderhorsehealingarts.com/publ.html
4. For published stories of co-healing between some of my therapy horses and people in need, see: "She Touched Our Hearts Forever," "These are the Blessings of Connection," "The Gift of Running Moon," and "His Spirit Roams in Our Hearts Forever." All in Horse Tales for the Soul, www.thunderhorseequineandnaturecenter.com/publ.html
5. *Kinship with All Life*, p. 8.

Judy Young is a holistic healer and educator who recently relocated to Arizona with a menagerie of animals who have worked with her for many years as colleagues in her healing work. She has a B.A magna cum laude in Philosophy from Vassar College , an M.A. in Philosophy from Brown University , and a Ph.D. in Political Science from Brandeis University. Judy's work has had wonderful media coverage, including written publications and radio and television appearances. In April 2003 her work with animals, children and families was featured on WMUR TV's New Hampshire Chronicle , which named her "the Granite State's Doctor Dolittle." In April 2004, she was Phyllis Winslow's guest on Access Tucson TV's Alternatives in Healing, where she discussed the role of animals in promoting well-being as well as her other integrative healing modalities.

Judy can be reached at 520-400-3421 or email judy@thunderhorsehealingarts.com. Or visit her web site at www.thunderhorsehealingarts.com.

See Judy's directory listing on page 17.

CONTINUED FROM PAGE 9

you where to look: narrow your search for the magnetic body to that which pulsates as the heart does. The discovery of yourself as a magnetic field is one of the great breakthrough experiences of life. It brings your conception of yourself closer to reality.

The heartbeat is strongest in your chest, but you can feel it anywhere you direct your attention in the body: the hands, the face, the feet, etc. Wherever you look there is an echo of the heartbeat, and the quality of the echo tells you about the state of that part of the body and of the circulatory and nervous system. The circulatory system carries your heartbeat to all parts of your body and your nervous system carries the subtle echo signal back to your brain. So the heartbeat you feel is a built-in self-diagnostic signal revealing the health of your whole body.

Your heartbeat also tells you a great deal about your emotions. As you listen to your heartbeat and then think of people and situations in your life, you'll notice that the beat changes. These changes tell you which relationship needs attention, which situation needs more priority. This technique can also help you decide when to speak and when to listen, when to act and when to watch, when to reach out and when to draw in. It's most comforting and reassuring to listen to your heartbeat. It's a simple and natural method for diminishing anxiety and fear.

Why learn a technique to listen to your heart without a stethoscope or an electronic heart monitor, which would be so easy to use? First, using a device gives you only half of the information that comes from listening to your heartbeat within. When you listen internally to your heartbeat, you're observing your nervous system as well as your circulatory system. The way your heartbeat feels is an important part of the information you gain. In what areas of your body do you feel your heartbeat and how strong does it feel? This is a sign about your consciousness, reflected in your nervous system.

Second, the state you must be in to listen to your heartbeat conveys great benefits in itself. It is a calm and clear state, centered and comforting. In that state, you think differently, you feel differently, and the world appears to be a different place. Anxiety and fear subside and the stream of thoughts and emotions that come from those feelings just evaporates. The harmony that you feel within allows you to experience the harmony

CONTINUED ON PAGE 16



Thunderhorse Healing Arts
ALTERNATIVE HEALTH
for Adults, Youth & Children
In-Person or Remote Sessions



Energy Healing & EFT
Medical Intuition
Animal Communication
Human / Animal Co-Healing
Classes in all of the Above
Riding & Ecotherapy
Certification Programs:
Reiki, Animal Communication,
Ecotherapy (See Directory Listing)

Judy Young, Ph.D., Reiki Master-Teacher
Mountain Thunder Ranch, Elgin, AZ
judy@thunderhorsehealingarts.com
520-400-3421
www.thunderhorsehealingarts.com
www.thunderhorseequineandnaturecenter.com

CREATE A CULTURE OF LIBERATION



UPCOMING WORKSHOPS

- Live-Food Organic Café
- Awakenings Day Spa
- Awakened Living Shoppe
- Day Passes!

SPIRITUAL FASTING RETREAT
10-DAY FASTING DETOX
ZERO POINT PROCESS
CONSCIOUS EATING INTENSIVE
SACRED RELATIONSHIPS
WHOLE PERSON HEALING

Gabriel Cousens, M.D., Diplomate Ayurveda
*Author of **Spiritual Nutrition: Six Foundations For Spiritual Life and the Awakening of Kundalini***
Shanti GoldCousens, Senior TriYoga® Instructor



2006 RETREATS
DETAILS & CALENDAR:
www.treeoflife.nu
Toll Free 866-394-2520
The Tree of Life Rejuvenation Center
Mountain Oasis for Awakening

Where to find Arizona Choices Journal in Tucson

17th Street Farmer's Market	Hookah Lounge
Adobe Hearing Health	Hush Salon
Advanced Energy Therapeutic	Immune Recovery and Wellness Office
Antigone Books	Medicine Wheel Dental
Aqua Vita	Metaphysics World
At Ease Chiropractic	Millie's Pancake Haus, Tanque Verde
Bentley's Coffee	Mountain View Retirement Community
Blue Willow Restaurant	New Life on Ajo
Bookmans Bookstore on Grant	New Life on Broadway
Bookmans Bookstore on Ina	New Life on Oracle
Bookmans Bookstore on Speedway	New Life on Speedway
Borders Bookstore on Broadway	Pima Heart, on St. Mary's Road
Cafe Diva	Rainbow Planet Coffee House
Cafe Pariaso	Reed's Compounding Pharmacy
Casa de La Luz Hospice	Rincon Market
Casa Video	Scooter's Cafe at La Placita Village
Casbah Tea House	Shop Natural Cooperative
Coffee House@The Springs	Spirit's Child Metaphysical Center
Coffee Vein	Steve Lui, L.Ac.
Congress Hotel	Stone Gallery
Create Cafe	Sunflower on Broadway
Dark Horse Media	Sunflower on Speedway
Delectables Restaurant	Synchronicity Center
Desert Mountain Healing	The Coffee X change on Grant
Discovery Chiropractic	The Cottage Bakery & Café
El Rio Dental Office on W. Congress	The Eclectic Café
El Rio Immunology Associates	The Loft
El Rio Main Clinic	The Providence Institute
El Rio Northwest Family Clinic	Time Market
El Rio Northwest Pediatrics Clinic	Tooley's Cafe
EL Rio OB/GYN Associates at 225 W.	Tucson Soundings
Ivrington	U of A Visitor Center
El Rio Pediatrics Office	Village Bake House
El Rio Southwest Medical Clinic	Wild Oats on Oracle
El Rio Southwest Pediatrics	Wild Oats on Speedway
Epic Café	Winterhaven Health Center
Food Conspiracy Co-op	

"Devotion in principle means recognising that it is the one and the same God who manifests in all living beings and in all the deities, in all names and forms. It means surrendering selflessly to Him. That is the kind of devotion we should have."

~ Ammachi

CONTINUED FROM PAGE 15

of the world around you and with you. Sensing that harmony gives you the ability to move with it, which creates success in life's affairs. In this way, the heartbeat is a beacon that guides you to a state of being that is most desirable in itself. We're going to use the heartbeat as part of a technique for developing the meditative state and conversely, the state of meditation will allow the heartbeat to be felt.

The height of the practice is done in a retreat setting where, after days of continual meditation, you can reach a state where you sense the earth's heartbeat beating in your own chest. (You probably sense a harmonic of the slow, periodic shifts of the earth's magnetic field.) Your heartbeat, radiating as a pulsing life, will seem to create the waves of the ocean, the shimmering rays of sun light, the gusts of wind and the fertility of the earth. In this state, there is no boundary between the self and the world, the inner and the outer. This is the mystical state of unity, and the heartbeat leads the way. This experience of unity is the real aim of this method; listening to the heartbeat is the path. Along the way, you will learn a great deal about rhythm, vibration, energy, emotion and your self.

You may gain the state that results from Heart Rhythm Practice by other methods; it may even occur spontaneously. A life-changing moment has occurred for many when they experienced a single moment of the heart. The reason for adopting a particular practice, such as Heart Rhythm Practice, is to make this most valuable experience reliable. When you can reproduce this state at will, then living in the heart really begins. Many different methods work: there are many paths to essentially the same experience. When you go deeply into one method, repeating it every morning month after month, it works within your unconscious to prolong the meditation state long into your day. Then the state of meditation is your home: you own it and can live in it whenever you wish.

Puran Bair is the author of Living from the Heart, (Random House) and a co-founder of The Institute for Applied Meditation, an international school that has developed Heart Rhythm Meditation. For a class schedule in Tucson, call 520-299-2170, or go to www.applied-meditation.org. See his directory listing on page 21.



Arizona Choices

Directory Listings

Directory Listings as well as color or black and white quarter page, half-page, full page and cover page display ads are all available, (most with frequency discounts and accredited agency discounts).

**For more information, please contact Arizona Choices:
(520) 744-6603, or Email us at: info@arizonachoice.com.**

Alternative Health Adults & Youth



Judy Young, Ph.D

A joyful path to well-being on all levels: remote or in-person energy healing, EFT, medical intuition, inner child work, ecotherapy, animal communication, and a powerful modality known as human/companion animal co-healing. On-site healing sessions, workshops and certifications are held at Mountain Thunder Ranch, twenty acres of high desert grasslands in the stunning Sonoita valley. Home to an assortment of horses, llamas, goats, dogs and cats experienced in animal-assisted therapy, this breathtaking setting provides a magical experience in ecotherapy.

Drawing on 12 years as Director of two equine & nature centers, Judy has developed a unique hands-on training in ecotherapy, which is affordable and customized for each candidate. Certification can be completed within six months. **See our display ad on page 15**
Judith H. Young, Ph.D., Reiki Master
Thunderhorse Healing Arts
Thunderhorse Equine & Nature Center
520-400-3421
judy@thunderhorsehealingarts.com
www.thunderhorsehealingarts.com

Astrology



Paul Reeder

Paul Reeder has been providing spiritual astrology services in Tucson Arizona for over 20 years. Combining the models of astrology, yoga, and depth psychology, Paul has developed his skills to serve those who wish to become more fully conscious, more fully alive. His work is empowering and uplifting even in our most challenging situations.

Paul is on the faculty of the Providence Institute Yoga Teacher Training program, and is an inspiring teacher of spiritual psychology and mysticism. Classes

in beginning astrology and horoscope synthesis are held weekly for those who wish to learn to read astrology charts.

Chart calculation services are provided freely to all who wish to have a copy of their natal astrology chart and consultations are provided on a sliding scale basis.

See Paul's column on page 12

Paul Reeder
Phone: 520-903-2913
E-mail: paul@paulreeder.com
Website: <http://paulreeder.com>

Beyond Talk Therapy



Damaris Drewry, Ph.D.

Quantum Leaps in Personal Growth: Do you have an issue that feels too difficult to resolve? Are you in a crisis and need fast results? Do you feel that “talk” therapy doesn’t work? Beyond Talk Therapy is an integrative, alternative client-centered approach. The goal of every 90-minute session is to help each person identify core issues causing unwanted patterns and limiting beliefs - and eliminate them in that session!

Dr. Drewry has 20 years experience and has presented hundreds of workshops internationally. Private client comments and Emotional Freedom Technique suc-

cess stories are found on her web site. pioneer in the areas of Sound and Vibrational Medicine. “We don’t have time for long-term, traditional therapy anymore; fortunately we have new tools like Emotional Freedom Technique to achieve true transformation in minimal time.” For workshop schedule see website.

Dr. Damaris Drewry
Ph.D. Psychology
Fort Lowell and Alvernon
520-320-6366
www.damarisdrewry.com

Breast Cancer Screening



Lynda Witt

Early breast cancer screening *without* radiation or compression is now available in Tucson. Digital Infrared Thermal Imaging is a non-invasive test of physiology. It alerts your doctor to changes that can indicate early stage breast disease. It offers the opportunity for earlier detection than has been possible through self/doctor exam or mammography alone. DITI detects the physiologic changes that accompany breast pathology, whether it is cancer, an infection or a vascular disease.

Early detection and immune system support are critical for survival to those

with cancer and other diseases. Glyconutrients are a specialized type of nutraceutical. Clinical studies prove that glyconutrients stimulate the body’s own production of healing stem cells and restore cellular communication allowing your body to heal/repair itself. Our proactive approach of combining DITI with glyconutrients is the most cutting-edge method available today for health and wellness. **See our display ad on page 7**

Lynda Witt
520-235-7036
lynda-phs@cox.net
www.proactivehealthsolutions.org

Chiropractic Neurology



Nathan Conlee

Dr. Conlee, clinic director of Winterhaven Health Center has implemented many new modalities and treatments for health and pain management. Being a chiropractic neurologist his focus is on the neurological imbalances in health, pain, and physical problems.

Licensed as an acupuncturist and skilled metabolic nutritionist he also implements different alternative modalities. Physiotherapy, massage, exercise physiology and the cutting edge technology of low level laser therapy are some of the many other treatment options.

“Our goal is to evaluate each patient’s

problem holistically and use any or combination of procedures to solve their health crisis. Alternatives in pain management are in great demand. Our many treatment choices, give our patients a significant edge in reaching their healthcare needs. We pride ourselves in friendly, caring and professional service and look forward to helping you with any healthcare problems.”

Dr. Nathan S. Conlee
3020 N. Country Club Road
Tucson, AZ 85716 520-322-6161
www.performanceneurology.com

Chiropractor



At Ease Wellness Center

Dr. Tivoli and Dr. Norton provide a revolutionary healing approach called at-Ease Care. This gentle approach unleashes the self-healing power of the bodymind by releasing deep-seated stresses and traumas from the nervous system, empowering you to create greater health, happiness and fulfillment in all areas of your life.

At-Ease Care is a natural yet profound method that is a synthesis of ancient healing systems, traditional chiropractic, Network Spinal Analysis and new vibrational healing techniques.

“Dr. Nicholas and Dr. Joan do, in my mind, the most advanced form of chiropractic wellness available today. Their work is amazing and I highly recommend it to anyone lucky enough to live in Tucson” - Dr. Candace Pert, Ph.D.

We can help you change the way you experience life.

At-Ease Wellness Center
310 South Williams Blvd, Suite 110
Tucson, AZ
520-325-4881
www.at-easewellness.com

Chiropractor



Dr. Jonah Yakel of Life Gate Family Wellness Center is a chiropractor new to the Northeast Tucson area. Drawing from many complex sciences including quantum physics, molecular biology and chemistry, and from chiropractic techniques including Flow and Network Spinal Analysis, Dr. Yakel helps to empower individuals to make better life choices allowing them to unfold their potential. His services can be especially useful when a person is experiencing physical discomfort or stress. Dr. Yakel has worked with people from all walks

of life including families, seniors, and newborns. He has also assisted people and pets with all types of physical and emotional conditions. Join Dr. Jonah Yakel at Life Gate Family Wellness Center and experience the unfolding of your potential through a lifetime of healing.

Jonah Yakel, D.C.
Life Gate Family Wellness Center
520-461-3433
www.lifegatewellness.com
dryakel@lifegatewellness.com

Jonah Yakel, D.C.

Communication



Nonviolent (Compassionate) Communication is a powerful practice where speaking comes from the heart without blame, shame and criticism and listening comes from a place of curiosity and connection. In this way, even when the message comes in a package you do not enjoy, you will hear the feelings and needs of the speaker without taking the message personally or attacking back. This process is both a spiritual practice which focuses our consciousness on living in a world where your needs and mine are equally valued and a language of compassion.

Compassionate Communication is a simple 4 step process yet it may take considerable practice to shift from the paradigm of power over to power with others; a habit which our culture has embraced for centuries. In the world of Nonviolent Communication, your needs and mine are the same. From this place of universal needs, enemy images of ourselves and others can be transformed into rich personal human connections helping to spread seeds of compassion.

Sylvia E. Haskvitz, M.A., R.D.
520 572-9295 silgiraffe@aol.com
www.nvcaz.com and cnvc.org

Sylvia Haskvitz

Creative Writing Workshops



Eleanor Kedney, a poet from New York and Tucson, has introduced the first live Writers Studio Poetry and Fiction Workshops outside of New York City. The Writers Studio is founded on the belief that when the desire to write is strong enough, anyone can learn the craft necessary for full creative expression. The Writers Studio is a technique-oriented program that supports fiction and poetry writers through a series of exercises designed solely to help writers discover and nurture their own voices. Writers learn the elements of craft and

develop the skills to make stories and poems interesting to other. In a supportive community, writers receive technical guidance and professional critique. Eleanor offers ten week, Level I and Level II workshops, and an Online class.

For registration and information:
Eleanor Kedney
520-743-8214
eleanor@writerstudio.com
www.writerstudio.com

Eleanor Kedney

Energy Bodywork



Jin Shin Jyutsu and Zero Balancing are elegant, hands-on therapies that promote the harmonious flow of life energy throughout the body. Jin Shin Jyutsu is an ancient art that supports our total being. It utilizes 26 energy centers along the energetic pathways of our bodies. When these paths become blocked, the resulting stagnation can disrupt the local area and eventually disrupt the complete energy flow. Holding the energy centers in combination can restore us to balanced, profound health. Zero Balancing aligns the physical structure of the body with the

energy moving through it. The practitioner works gently with specific bones and joints to establish a clearer relationship between energy and structure. This allows for the dissolution of limiting, uncomfortable patterns, and reinforces integration and wholeness.

Miriam graduated from Stanford University and has been a Bodywork Therapist since 1982. She is a licensed Massage Therapist and Certified Practitioner of the arts in which she now specializes.
Miriam Bloomfield, LMT
Tucson Medical Square
Bilva33@hotmail.com 520-743-7577

Miriam Bloomfield

Energy Healing/EFT



Phyllis Winslow Floatation Therapy



Still Waters Health Foods



Aqua Vita

Health Foods



Food Conspiracy Co-op

Are you ready to experience...relief from pain, better relationships and increased confidence? Are you tired of suffering from depression, anxiety, doubt, phobias, grief, physical ailments and trauma?

As an Energy Healer and EFT Practitioner, Phyllis has had amazing success with rapid relief of both physical and emotional pain. EFT is an exciting new technique, called the emotional version of acupuncture – without the needles. With EFT Phyllis can get to and resolve subconscious roots of a problem. Phyllis also uses the LIFE System, the ultimate

Still Waters float spa offers complete R.E.S.T. (reduced environmental stimulus therapy). Imagine floating effortlessly in a spacious float room. Imagine laying back, your whole body supported by mineral enriched water, the warm silky solution soothing your muscles. Imagine the joy of connecting with your deep self under a friendly blanket of darkness, listening to crystal bowls, bamboo flutes or affirmations. Then, sound, sight and self quietly fade away... still waters hold you in a peaceful field of serenity. Imagine your mind clear,

Aqua Vita has served the Tucson community with the purest water and exceptional natural foods for over 15 years. Our mission is to empower the individual to attain vibrant health. We strive for this by providing the finest Organic Produce, the Purest Water, Natural Foods, a wide array of Supplements and Herbs, Experienced and Friendly Staff, and a Reference Library to explore alternative health issues.

Our mission to provide clean vibrant food started with Aqua Vita water: its steam distilled, micron and carbon filtered, exposed to UV light and spun

Food Conspiracy is a not-for-profit natural foods market, owned by its members and open to the public. Since 1971 we have been committed to providing the highest quality natural and organic foods and products to the Tucson community. Our produce department is entirely organic, and we don't carry any products known to contain genetically-modified organisms (GMOs). We are committed to offering certified organic products whenever we have a choice, and we have the most extensive bulk selection in town. In alignment with our commitment to environmentalism, social

in Biofeedback Technology. It feeds back corrective, balancing, energetic frequencies to your body.

"The day after my visit with Phyllis, I met my wife." J.R.

"I felt fearless during my presentation." L.M.

"Take it from a once skeptic, she's awesome." D.S.

Phyllis Winslow
EFT-Advanced, LMT Grad
Barbara Brennan School of Healing
A Healthy Balanced You
520-909-3455 or 520-323-9325
www.energytherapyaz.com

your spirit expanding...

R.E.S.T. is proven to decrease stress, release endorphins, relieve pain, speed healing, enhance immunity, diminish depression, produce alpha or theta brainwaves and balance brain hemispheres. Still Waters is in a private desert setting near the Tucson Mountains.

Still Waters
Teresa Oved, BFA, CYT
(520) 777- 4842
still-waters@cox.net
www.tucsonstillwaters.com

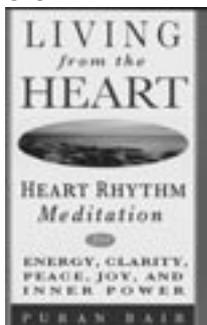
through magnets to produce the sweetest and cleanest water in the southwest. Our Produce reflects our commitment to support organic practices: we hope to sustain Mother Earth, improve the human condition and to promote vibrant living. Store Hours: Monday-Saturday 8am-8pm Sunday 10am-6pm

Aqua Vita Natural Foods
2801 North Country Club Rd.
Tucson, AZ 85716
520-293-7770

justice, and education, we are constantly expanding our line of local, fair trade, and independently produced items. In particular, we care very much about cultivating our relationships with local farmers, and have an unrivaled selection of produce from the greater Tucson area.

Food Conspiracy Co-op
412 N. 4th Avenue
Tucson, AZ 85705
(520) 624-4821
www.foodconspiracy.org

Heart Rhythm Meditation



IAM

Heart Rhythm Meditation (HRM) is a body-oriented, heart-centered, practical method that creates physical heart health, emotional heart health and spiritual heart health simultaneously. Physically, it reduces heart arrhythmia, promotes immune function, lung vital capacity, and restful sleep. Emotionally, HRM improves concentration on work and understanding of others while relieving stress. Spiritually, you will find the meaning and purpose of your life, build connection to others and develop the guidance of your heart with a magnetic presence. Heart Rhythm Medita-

tion is easy to learn, even if you have not been able to meditate before. IAM is an international school now centered in Tucson, founded by Puran and Susanna Bair. Their book was published by Random House. Four weekly, evening classes are available in Tucson.

See our display ad on page 5

Institute for Applied Meditation, Inc.

PO Box 86149, Tucson, AZ 85754

Phone 888-310-7881

www.Applied-Meditation.org

Holistic Medicine



When was the last time you had the opportunity to get ALL your health questions answered in a relaxed and supportive atmosphere? As medical physicians who embrace time-honored healing philosophies, we meld the best of all worlds with Western, Alternative, and Mind/Body/Spirit Medicine. Join us for a comprehensive evaluation of your physical, nutritional, emotional, and spiritual health. Learn to tap into your own treasure trove of deep healing ability.

Dr. Bruce Roberts, MD, is certified in Family Practice, Psychiatry, Holistic

Medicine, Mind/Body/Spirit Medicine and Shamanic Healing Arts. Dr. Molly Roberts, MD, MS, is certified in Family Medicine, Holistic Medicine, Mind/Body/Spirit Medicine, Shamanic Healing Arts, and is a Psychotherapist and non-denominational Minister. Yes, you can have the best of all worlds!

Synchronicity Center

1701 E Lind Rd

Tucson, AZ 85719

327-9624 (32-SYNCH)

www.SynchronicityCenter.com

Synchronicity Center

Hospice Care



“Our Mission is to provide superior care to patients and their loved ones, so that they may complete their mission on this earth in comfort, dignity and harmony.” At Casa de la Luz Hospice, we affirm life and believe that death, like birth, is a natural and sacred time of transition. Hospice seeks not to hasten or postpone end-of-life, but to assist persons to live fully with the maximum quality of life. While most hospice care is at home, Casa also offers care in our hospice home Kanmar Place and our Inpatient Unit. Both have private, beautifully ap-

pointed rooms and gardens. At both locations, we offer a music thanatologist and body worker to enhance comfort, healing and peace. Call to find out about how our comprehensive services can help you and your family.

Casa de la Luz Hospice

400 W. Magee Rd.

Tucson, AZ 85742

520-544-9890

www.casahospice.com

Casa de la Luz Hospice

Life Coach Plus



Life may be short, but you can make the decision to start right now to unleash your gifts and let wonders happen in your life: Find your purpose; Enhance your financial situation; Enrich personal/professional relationships; Attain personal fulfillment and well being; Gain spiritual fulfillment; Find balance in your work and family life; Rid yourself of emotional and physical clutter; Challenge your health, pain and disability issues; and Resolve aging issues with dignity, passion and serenity.

Dr. Susan Ricketson is a highly effective Personal Life Coach, a Professional

Counselor and a published author with 35 years of her own Personal Life Wisdom. She has studied many body and energy modes and is a 3rd degree master in Radiance/Reiki.

Dr. Susan Ricketson

Personal Life Coach

520-577-3730

Email: tonkissue@comcast.com

www.livefromyourheart.com

Dr. Susan Ricketson

Metaphysical Spiritualist Chapel



Chapel of Light Fellowship approaches spiritualism from a metaphysical point of view. An adventure of self-discovery awaits each of us willing to take responsibility for our futures and create them the way we want them to be.

Pastor Aki Bolle Airth began her spiritual studies in 1965 and for the last ten years has taught self-empowerment through the understanding of the law of cause and effect.

contained and are especially useful to develop psychic ability. Each class is followed by a guided meditation and a time of sharing.

Sunday services are offered at 10 A.M. and 2 P.M. They include a guided meditation, laying-on-of-hands healing, a talk, psychic messages and prayer. Welcome.

Chapel of Light Fellowship
6723 North Prairie Drive
Tucson, AZ 85743 (520) 682-7306
chapel.of.light@earthlink.net

Chapel of Light Fellowship

Mindful Design/Build



Metaphysical classes are offered each Wednesday at 7:30 P.M. They are self-

DesignBuild Collaborative is a passionate group of architects and builders who are committed to creating mindful environments that reflect the native beauty, climate, geological environment and culture of the Southwest. Through a thoughtful integration of locally occurring native materials, including rammed earth, adobe, scoria, native stone, masonry, oxidized steel, weathered concrete and timber, and an award winning design expertise in sustainable water and energy technologies, DBC is committed to the creation of meaningful built environments intended to nurture

and reinforce personal well-being. Founded in Tucson, Arizona in 1984 by architect/builder, Paul Weiner, DesignBuild Collaborative offers complete architectural, construction, consultation, project management and sustainable technologies design services. The scope of our work ranges widely from cultural, spiritual, historic and residential, to multi-story mixed use and institutional development.

DesignBuild Collaborative
1202 East Broadway Blvd, Studio 110
Tucson, AZ 520.792.0873
pweiner@dbcarchitectbuilder.com
www.dbcarchitectbuilder.com

DesignBuild Collaborative

Rejuvenation Center



CREATE THE CULTURE OF LIBERATION - THE TREE OF LIFE REJUVENATION CENTER, Mountain Oasis for Awakening. Visit us for Spiritual Fasting Retreats; Zero Point Process; Conscious Eating Intensive; Sacred Relationships; and Whole Person Healing. Gain your Masters in Live-Food Nutrition, and Apprentice in Spiritual Farming, Live-Food Instruction, and Spiritual Sprouting. Come for the Awakened Living Shoppe, Awakenings Spa, and the gourmet cuisine at the Tree of Life Cafe! Facilitated by Rebbe Gabriel Cousens, MD, Dipl.

Ayurveda, Board of Holistic Medicine. Details & Calendar: www.treeoflife.nu.
See our display ad on page 15

Tree of Life Rejuvenation Center
Patagonia, Arizona, U.S.A.
Toll-free, 866-394-2520.
info@treeoflife.nu

Tree of Life

Zero Balancing



Zero Balancing is a unique hands-on body work system that aligns the energy body with the physical body by working gently and subtly with the bones and key joints in the body. While addressing specific needs, the focus of Zero Balancing is the whole person. With roots in osteopathy and acupuncture, this work combines western approaches to the body with eastern concepts of energy and healing. Its benefits include: relief of symptoms of stress, a feeling of core well-being and balance, a reduction in physical, emotional, and chronic pain, relief of musculoskeletal tension, a

greater capacity to manage difficult transitions in life and live more fully.

Dorsett Edmunds is a licensed physical therapist who has been practicing Zero Balancing for more than 17 years and teaching it for 10 years in the southwest and northwest. Her goal as a teacher and as a clinician is to empower the self-healing process and awareness in her clients and her students so that they can live and practice from their own core well-being.

Dorsett Edmunds, M.A., P.T.
2612 E. Drachman St.
Tucson, Arizona 85716
520-326-5221 dorsette@gmail.com

Dorsett Edmunds

Directory Index

A

Alternative Health 17
Astrology 17

B

Beyond Talk Therapy 18
Breast Cancer Screening 18

C

Chiropractic Neurology 18
Chiropractor 18-19
Communication 19
Creative Writing Workshops 19

E

Energy Bodywork 19
Energy Healing/EFT 20

F

Floataction Therapy 20

H

Health Foods 20
Heart Rhythm Meditation 21
Holistic Medicine 21
Hospice Care 21

L

Life Coach Plus 21

M

Metaphysical Spiritualist Chapel 22
Mindful Design/Build 22

R

Rejuvenation Center 22

Z

Zero Balancing 22

Resource Guide

6 ines, 30 words, 250 characters for \$50.00 per issue, two months coverage. Phone 744-6603 or email info@arizonachoice.com

ALTERNATIVE HEALTH

JUDY YOUNG A joyful path to well-being for adults, youth and animals: remote or in-person energy healing, EFT, medical intuition, inner child work, ecotherapy, animal communication **Thunderhorse Healing Arts** 400-3421 www.thunderhorsehealingarts.com

BREAST CANCER SCREENING

LYNDA WITT Early breast cancer screening without radiation or compression is now available in Tucson. Digital Infrared Thermal Imaging is a non-invasive test of physiology. 520-235-7036 lynda-phs@cox.net www.proactivehealthsolutions.org

CHIROPRACTIC NEUROLOGY

NATHAN CONLEE Dr. Conlee, clinic director of Winterhaven Health Center has implemented many new modalities and treatments for health and pain management. 3020 N. Country Club 322-6161 www.performanceneurology.com

CHIROPRACTOR

AT EASE At-Ease Care is a natural yet profound method: a synthesis of ancient healing systems, traditional chiropractic, Network Spinal Analysis and more **At-Ease Wellness Center**, 310 South Williams Blvd, Suite 110 520-325-4881 www.at-easewellness.com

EARTH-FRIENDLY WATER SYSTEMS

GENERAL PLUMBING PLUS WATER SYSTEMS: Softeners, Filtration, Gray, Solar Heating, both Passive & Active, Recirculation, all done with the Earth Friendly touch!. 520-808-6950 **Aquarius Plumbing**

ENERGY HEALING/EFT

PHYLLIS WINSLOW Are you ready to experience relief from pain, better relationships and increased confidence? As an Energy Healer and EFT Practitioner, Phyllis has had amazing success. 520-909-3455 www.energytherapyaz.com

HEALTH FOODS

AQUA VITA Aqua Vita has served the Tucson community with the purest water and exceptional natural foods for over 15 years. 2801 North Country Club Rd, 520-293-7770

FOOD CONSPIRACY CO-OP Since 1971 we have been committed to providing the highest quality natural and organic foods and products to the Tucson community. 412 N. 4th Avenue 624-4821 www.foodconspiracy.org

HOLISTIC MEDICINE

SYNCHRONICITY CENTER Medical physicians who embrace time-honored healing philosophies, melding the best of all worlds: Western, Alternative, and Mind/Body/Spirit. Drs. Bruce & Molly Roberts 1701 E Lind Rd 327-9624 www.SynchronicityCenter.com

MEDITATION

THE INSTITUTE FOR APPLIED MEDITATION offers courses in Heart Rhythm Meditation and training for teachers and mentors in the method of the heart. Four classes weekly in Tucson. Call toll free 888-310-7881.

NUTRITION

JUST RELEASED, A BRAND NEW AND IMPROVED VIBE! Promotion #191140. Pure concentrated liquid nutrition for rapid absorption and rapid results. Benefits: (1) immune system; (2) cardiovascular system; (3) anti-aging, antioxidant (4) cellular health, hair, skin, and bone. Hurry: the one day one ounce sample travel pack (a \$3 value) is FREE to the first 20 callers. Call Marie RN 578-3260 or check www.eniva.com

REJUVENATION CENTER

TREE OF LIFE REJUVENATION CENTER Create the culture of liberation - the tree of life rejuvenation center, Mountain Oasis for Awakening. Visit us for Spiritual Fasting Retreats, plus. **Patagonia, Arizona, U.S.A.** 866-394-2520 info@treeoflife.nu

ZERO BALANCING

DORSETT EDMUNDS Zero Balancing is a unique hands-on bodywork system that aligns the energy body with the physical body by working gently and subtly with the bones and key joints in the body. 2612 E. Drachman St. 326-5221 dorsette@gmail.com

WANTED: SPIRITUAL SALES MANAGER

JOIN THE ARIZONA CHOICES TEAM. Help us help people and businesses to get the exposure they need to succeed. Work your own schedule, meet great people, have fun and serve us all. The next Arizona Choices Expo will be held in Tucson in 2007, be part of the team that makes it happen. Call Bruce at 744-6603

EL RIO

COMMUNITY
HEALTH CENTER

more than
just medicine

El Rio Community Health Center is proud to celebrate 35 years of caring for Tucson.

El Rio Community Health Center is passionate about providing the highest quality health care. Our doctors and nurses are some of the best in the country, and we've been nationally recognized for our innovative approach to medicine. But it isn't the recognition that drives us to give exceptional service to each and every one of our patients. It's the lives we touch every day.

With 11 sites in Tucson, El Rio is a part of your neighborhood. We offer comprehensive internal and family medicine, including women's and children's services, for everyone. We accept AHCCCS, Medicaid, Medicare, KidsCare and most private insurance



plans and our mission is to care for everyone – especially the uninsured and underserved members of the community.

Our diabetes specialists have helped many Tucsonans take control of this life-threatening disease, and our HIV/AIDS clinic offers compassionate guidance and care.

We also operate the largest nonprofit dental clinic in the state, with three offices to keep your family smiling. And, if you need a prescription filled, we have three full-service, computerized pharmacies to meet our patients' needs.

Let us
care for
your family.

EL RIO
COMMUNITY
HEALTH CENTER

MAIN MEDICAL CLINICS

Appointments: (520) 670-3909

Main Clinic
839 W. Congress

Southwest Clinic
1500 W. Commerce Court, *Valencia just west of I-19*

Northwest Clinic
320 West Prince Road, *Prince & Oracle*

DENTAL CLINICS

Appointments: (520) 670-3758

Main Dental Clinic
839 W. Congress

Southwest Dental Clinic
1530 W. Commerce Court, *Valencia just west of I-19*

Northwest Dental Clinic
4009 N. Flowing Wells