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Choices

PRICELESS - Take One

August/September 2006

Health, Wellness & the Environment

Including a
directory of health
wellness and
environmental
resources

plus

Dancing on the Path:
local news, events
and tidbits

The Cosmic Clock

by Paul Reeder

Following Yourself Back

by Dorje Gyaltzen

Digital Infrared Thermal Imaging

by Lynda Witt

Ayurveda

David N. Russell, Ph.D on

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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.

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Are You Healthy Yet?

This issue as many issues before, has many offerings to help you get and remain healthy. From Ayurveda to Thermal Imaging, and from OM to Astrology, Arizona Choices gives you the tools you need to BE HEALTHY!

Take our Enlightenment Quiz to help you see, just how enlightened you really are. HINT: Reading Arizona Choices on a regular basis will help!

This month's cover, a blue Tao symbol and Chinese characters meaning: Strong, Health, and Longevity, are to remind you that we are to take responsibility for the body that we dwell in.

On September 27th, join us for our next Networking Event and a presentation and discussion on how to publicize what you do, whatever that is...beyond advertising. It starts at 7pm, and will be at the Synchronicity Center. Our presenter will be Wendy Oden, a very creative Tucson Public Relations expert. For more information see our ad on page 7 of this issue. As usual, it's only a suggested donation of \$5.00 to the Synchronicity Center. Join us to learn and have fun!

Our special surprise guest article's author, Dorje Gyaltsen, lives in Tucson.

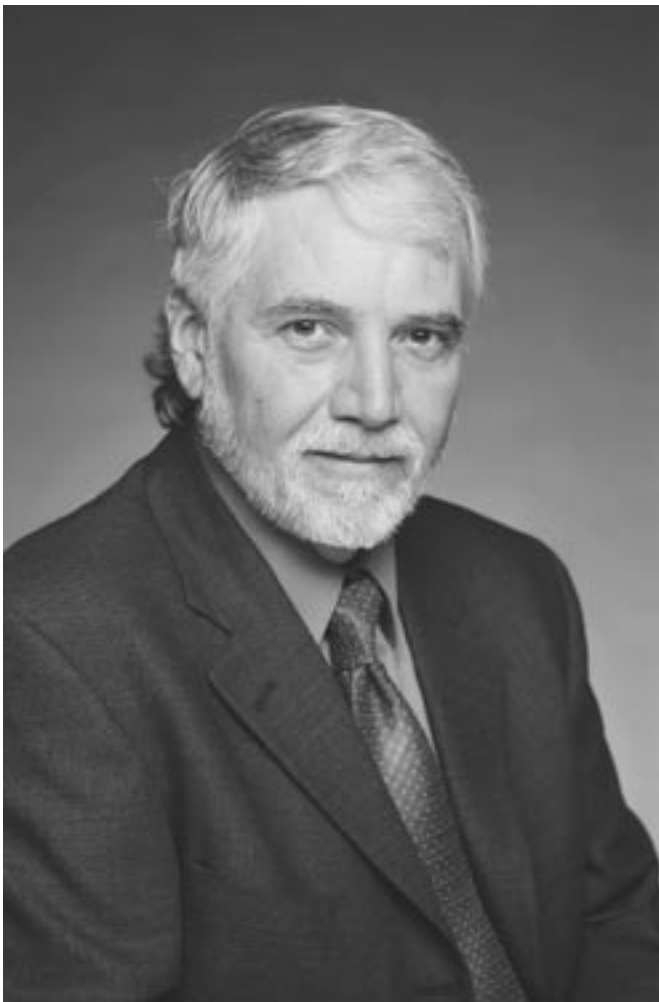
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Ayurveda and the Language of Scientific Metaphor

By David N. Russell, Ph.D., M.F.A.

When you first explore the scientific metaphors of the Ayurvedic tradition, you may feel that they are awkward, uncomfortable or perhaps even a bit impractical. How can metaphors, which often sound poetical, explain disorders ranging from simple sore throats to complex heart disease?



David N. Russell, Ph.D., M.F.A.

Our word “science” comes from the Latin root *scire*, which means “to know.” All traditions of medicine are based on science, the way of “knowing” things. Each scientific tradition, be it Ayurvedic, Chinese, Tibetan or Islamic, has developed its own methods of knowing along with a way of using lan-

guage that conveys knowledge and is compatible with its culture and practices. By exploring the metaphors in the science of Ayurveda, we can gain a greater understanding of what we in the West refer to as physiology and its related pathologies.

When you first explore the scientific metaphors of the Ayurvedic tradition, you may feel that they are awkward, uncomfortable or perhaps even a bit impractical. How can metaphors, which often sound poetical, explain disorders ranging from simple sore throats to complex heart disease? We are more accustomed to the way in which Western science “knows” things and the language it uses to express this knowledge. Our scientific language reflects a science that uses *reductionist* methods. The research protocols of conventional medicine, for example, take things apart and analyze them, reducing biological functions to smaller and smaller parts and components. The history of modern Western medical science began with the discovery and naming of the organs, then tissues, cells, chemical compounds, and finally DNA and genes. Our science is based on the belief that we can best understand how the body works by finding all of its parts and seeing how they fit with one another in order to function.

A Classical medical science like Ayurveda is more concerned with describing and identifying the *universal* forces and *natural laws* that determine the activities within the body and mind than in identifying their individual parts. When an Ayurvedic doctor treats digestive disorders, for instance, he will speak of *agni*, a biological energy that enables and determines the functions of the digestion, but an energy that can’t be weighed or measured through the instrumentation of conventional medicine. In order to understand energies, an Ayurvedic physician uses *metaphors*.

Ayurvedic medicine propounds that knowing about

and understanding how fundamental, universal forces work in all parts of life - what they mean, how they act, and how they determine the functions of an organ - is more important than knowing about the parts that make up the organ's structure such as its cells or the chemicals it produces. Metaphors are an invaluable tool in science due to their ability to stimulate the creative response of the mind to a deeper understanding of the relationship of one system to another and their resulting mutual functions. We should not feel too uncomfortable using metaphors. In fact, we do it all the time.

Consider the intimate theme of love, which is so meaningful to us all, whether portrayed in the world's great literature or whispered to a loved one. We know of love through the many beautiful metaphors we use to describe true relationship and feeling. We don't say, "I love you, you cause secretions in my hypothalamus, increase my endomorphins and reduce stressful adrenal activity." Life and its foundation love will always be the greatest mystery and it affects every aspect of our being. Why should we assume that it can only be described by the names we give its separate parts?

The Five Elements

As mentioned, all Classical medical traditions use metaphoric language or "images" to describe the qualities in events and to describe how things work. One set of metaphoric images found in the Classical medicine of Ayurveda is the concept of *The Five Elements* called the *mahabhutas*. The Five Elements are Space, Air, Fire, Water and Earth. Remember, these Elements are not literally things; rather they are descriptions of fundamental *qualities* and *events* that are inherent in nature and are the primal cosmic forces that shape and determine how the body, mind and spirit function. In this sense, the Elements describe the fundamental energy patterns of the universe.

In the original texts of Classical medicine, the teachings were often done in poetic language that may at first seem difficult to comprehend. Yet, wisdom permeates this language. Just as a painting or a poem often reveals something new and essential about life, so the metaphors and language of Ayurveda reveal the patterns and relationships upon which life is based. We must remember that science means "seeing," not just seeing with our eyes and our instruments, but seeing with our minds and hearts as well.

So let's explore the language of the Five Elements.

The Element of Space

Listen to the silence. You can hear it just behind every word, in the little pause of calm stillness between your every word. It is the emptiness and space out of which all things arise. It carries you; you are surrounded by it and are completely present in it.

The Element of Space is the container of our being. It is the field within which all events occur, and is the limitless call to life. It has no visibilities, no boundaries or form, only a silent Emptiness, penetrating the vast reaches of Creation. It is this space that contains all that occurs, will occur, and has occurred. It is the Place that holds all things. It is the womb of time and matter, the container from which all things emerge and makes all things possible, the place where all things can be conceived, grow and develop. It resists nothing and can therefore hold all things and conceive of all things. It is the birthplace of the energies that are the life of the universe.

The Space Element is represented by the *ear* and *hearing*. When we confront the Element of Space, this feeling of Emptiness, our reaction is one of total bewilderment. Here though there is no true threat, no fear nor anxiety, no enemy.

The Element of Air

In the all-embracing container of Space, there are stirrings and yearnings for becoming, for Creation is filled with the divine presence and the irresistible desire for Being, which is the origin of all forms and all events. This Element is full of the whisperings and callings to become form and event, to be born out of the vastness of the universe. It invites us to reach out for life with both hands, with a willingness to receive all that life brings to us. Reaching out to life and its intention to be, it is our first and most important step in becoming Self. It is the impulse to create and be created, not by *making*, but by *receiving*--to fulfill one's destiny as body among other bodies, as identity among other identities. We must allow ourselves to be *created* by life before we can create life ourselves. The Air Element is the *primary energy of life*, which makes it possible for all things to move and function. It is the force behind relationships allowing them to move into new patterns and communicate. It is the energy behind growth and change.

The Air Element is represented by the *hands* and *touching*.

The Element of Fire

Creativity is alchemy of the soul. It transforms impulse to vision and impregnates the fecundity of the Space element and the creative energies of its womb with the birth of *intention*. Like the seed with its greening power, it burns away the husk of the outer shell and reveals the essence within. It is the crucible in which the heat of our passion melts away appearances and allows the heart to be one with its vision. It is the *transformation*, the *spirit* behind our senses, seeing, hearing, touching, and the body's metabolism. It brings the light of vision, wisdom, and compassion into every act, every moment of giving and receiving, which is our spiritual, emotional, and physical foundation of life. It is the heat that makes creativity an expression of the universal, burning away the limitations of unclear and half-seen images that cloud the vision and reduce revelation to mere information.

The Fire Element is represented by the *heart* and *Self*.

The Element of Water

The watery realm of life is its fertility, providing nourishment and growth to all that can be conceived. It is the water surrounding the infant of the womb, a slow gracefulness that brings comfort and peace to the body and mind. It is the *bond* of relationship and sharing that connects all forms, and all events throughout the universe. It is the *communion*, the root of communication that touches the heart with new, all-embracing life. It reveals that which is shared in common, allowing the common to reveal the universal, and the universal to be revealed in the common. It touches all things, seeks all things, and joins all things in the unity of life.

The Water Element is represented by the *reproductive organs* and *fertility*.

The Element of Earth

The earth is the solidity of form, the way in which the swirling nebulous of Creation reveals its identity. It is the clay from which energy becomes matter and impulse clothes itself in being. It is the new form, the new child, that which is always unique and personal, carrying its own identity into a new way of seeing and a new way of being. Yet every new child is a continuing revelation of the whole, of that which is universally real and true. The solidity of form makes the cosmos visible. It is a new and unique way for the divine imperative to reveal life as identity, as function within form,

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as worthy of being.

The Earth Element is represented by the *digestive tract, cells, and digestion*.

The Doshas

The Elements are the fundamental principles of the universe. They provide the template for all that occurs in life. In Ayurveda, Elements are qualities that are grouped into categories called *doshas*. The term *dosha* refers to the actions and events that occur within the Elements. The Elements themselves are passive while the doshas are descriptions of how the Elements act within all life processes. *Doshas* are tools for classifying by qualities everything around us. They create a point of reference from which we can judge and understand the complexities of our world.

There are three main *doshas*: *Vata*, *Pitta*, and *Kapha*. The *Vata dosha* is a description of the actions within the Space and Air Elements; the *Pitta dosha* describes actions in the Fire and Water Elements; and the *Kapha dosha* in the Water and Earth Elements. Like the Elements, the doshas are metaphors that describe activities and give us insights into the forces at work within us and how life functions.

In Ayurvedic medicine, the *doshas* are used to understand functional relationships in the physiology of the body and mind and to identify ill health and pathologies. In the classical texts of Ayurveda there are lists of the specific qualities of each *dosha* as they relate to disease, but to understand the *doshas*, we need to visualize them and be able to identify their actions.

We experience the *Vata dosha* wherever we see movement, *Vata* itself is invisible - it is the wind blowing in the trees, the hand reaching out, the movement of time affecting all things, the blood moving through the body, the breath moving in and out, the seasons coming and going. Movement creates instability. It is the “quickness” of every change and is the energy behind change itself, it is drying as the wind and fragments all that has hardened in relationships, in functions, and the resistance of matter to change. *Vata* is the energy that allows unfolding and evolution; it is the energy in matter and the point at which matter returns to energy. *Vata* is the energy of life.

Pitta is the transforming and unfolding of all existence; it uses *Vata* as its energy. *Pitta* is the activity behind all metabolic process; it is our digestion and what allows us to digest our food, our emotions, and our mental concepts. It is the fire that consumes and transforms what it burns into matter and light; and is the way one thought gives birth to another. It is attraction, and attraction that turns to love and love to ever unfolding compassion. *Pitta* transforms knowledge and facts into the light of encompassing wisdom at the very heart of Self. It is the domain of beauty and creativity on every level of activity and recognition. *Pitta*, like fire, is hot passionate, and penetrating, and oily from its heat.

Kapha is what our senses register in the physical world, what we see and sense of “things.” It is the flesh and bones, the body and forms of Creation. *Kapha* is the matter that carries the energies of life - the cells and tissues, atoms and molecules. Because *Kapha* is the realm of form it is that which makes identity possible. All forms, whether mere patterns of events or physical things, have identity. Every form, every event is unique in time and space and this is what defines relationship and what makes relationship possible. Being the ground of form, *Kapha* is heavy, cold (in order to limit the heat of transformation), solid, slow, and secure. It resists change and promotes stability in its forms and patterns.

The Gunas

In the practice of Ayurvedic medicine, the doctor understands the universal parameters of the Elements and their actions in the *doshas*. However, to deal with the complex nature of the human body and mind, each *dosha* is broken down into five separate categories. There are five specific types of *Vata*, five of *Pitta*, and five types of *Kapha*. In addition each *dosha* in all of its five categories is evaluated by another metaphor called *guna* or “quality”.

The *gunas* describe how the *dosha* is affecting the body/mind by the particular state the *dosha* is in. There are three primary *gunas* : *Sattva*, *Raja*, and *Tamas*. The doctor refers to the *dosha* in terms of the *guna* or quality of its actions in a specific individual at any given time. This is done to determine the therapy that will be administered to the patient.

The *sattva guna* is the quality of dynamic equilibrium in any event or process. It promotes what we might call “harmony” and integration. The *raja guna* is “action” and kinetic energy. It is the energy of “doing.” It is the energy behind all change. *Tamas guna* has the quality of immobility and resists change. The *gunas* are a very important part of Ayurvedic science in evaluating whether or not a *dosha* is “in balance” and integrating well(*sattva*); whether a *dosha* is depleting or damaging the organism through too much or altered activity (*rajas*); or is resisting the optimal functions of biological processes (*tamas*). In reality, the *gunas* are complimentary to one another and all events and processes contain components of all three *gunas* for life processes to occur and unfold properly. By knowing the nature of the Elements, understanding their activities in the *doshas*, and evaluating their qualities as *gunas*, it is possible to prescribe the appropriate therapy and restore health to its greatest potentials. Indeed, the metaphors of the Classical medicine provide us with deep insights on how to support our healing processes and maintain our health.

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David Russell, Ph.D. is the author of the new book Healthy Solutions: A Guide to Simple Healing and Healthy Wisdom. He has practiced and taught classical medical disciplines and spiritual psychology in Europe, the United States, and Nepal for thirty years. A founding member of the Danish Society for Integrated Medicine, he currently maintains a practice in Tucson and Denmark. For information about his upcoming booksigning at Antigones Boostore in Tucson on September 1st, 7 pm, and the September 9th workshop at Pocket Sanctuary, Tumacacori call 520-575-8302 or visit www.davidrussell.com.

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

53rd International Babaji's Parliament of World Religions and Yoga: Join us for a joyful two day festival of the spirit, and wonder at the beauty and diversity of the myriad paths that lead us to the One. We'll see our unity inspiringly demonstrated by leaders of many paths: yogis and swamis, ministers and rabbis, shamans and wiccans, occultists and healers. We'll hear lectures, see demonstrations and films. We'll hear music, chanting and laughter. Saturday, August 26, 2006, 8:30 am to 3:30 pm, and Sunday August 27, 9 am to 5 pm in the Great Room at Sedona Creative Life Center. Free vegetarian lunch 12:30-1:30. Admission is FREE. Donations are welcome. For more information visit www.kriyayoga.org. For info before Aug. 6th: 831-722-3301. After Aug. 6th: 928-284-1465

Universal Sound Healing Circle: Presented every 2nd and 4th Friday 7-9 pm at 1941 E Lind Road. You will be guided in ancient breathing techniques, singing, chanting, and healing sounds, blending the golden nectar of Eastern and Western spirituality to create a spiritual and mystical connection with the Divine. For more information, see www.darrellhicks.com or call Darrell 971-3255. Donation.

Music at the 17th Street Market: August 19th, Sruti-Music of India: From 11:30 am to 3:30 pm will perform music of India from classical to Qawwali, and from Folk to Bollywood!; Sept 9th, Matt Mitchell: The Klezmopolitans:, Matt is an accomplished jazz guitarist; Sept 23rd, Molehill Orkestra, A caravan of eight wandering gypsies. No other band in Tucson sounds like the Molehill Orkestra you will enjoy their show. Located in the Armory Park Warehouse District at 810 East 17th Street. Map with directions is on our website: www.treasureshidden.com, or call 624-8821

Manage Your Muscle Tension: Trigger Point Workshop featuring the Thera Cane self massage tool. This workshop is presented by Carrie Hasley. You will leave this FREE one hour workshop with the knowledge and power to recognize and self-treat muscular pain and restriction caused by Trigger Points. This is for those with and without a Thera Cane. For more information on dates and locations of upcoming workshops, call 520-247-4110.

Networking and Learning Event Open to All



Join us for a Networking Event and a Presentation and Discussion on how to Maximize Your Publicity Potential: September 27th, 7pm at the Synchronicity Center. Sponsored by Arizona Choices.

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Public relations can be a cost-effective marketing tool for building your business, if you invest in the right groundwork to lay a solid foundation. All it takes is a little research, honing your message and a good plan to guide implementation. Learn tips for tackling the media at the next AZ Choices Networking Event, September 27th. Presented by Wendy Oden, Your Marketing Resource with 20 years experience in communications, public relations and events.

The Synchronicity Center is located at: 1701 East Lind Road. (Lind Road meets Campbell Avenue on the West side, just one block North of East Fort Lowell Road) See: www.synchronicitycenter.com.

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Following Yourself Back

By Dorje Gyaltsen

The OM vibration permeates and sustains all of creation on all levels—it is the core vibration behind the oscillations of subatomic particles on the physical level, it is the heart of light on all planes of creation, from the physical to the astral, to the mental to the causal.

One thing I say to people is “*follow yourself back*,” but I’ve come to realize that it’s not really clear what I mean by that. I want to attempt to describe what I mean by “*following yourself back*.” All I can do is describe my own experience, but I hope that what I describe will be relevant to others, or at least give someone a loose framework to hang things on.

Please bear in mind that even though I’m writing about things to sound like separate sections, layers, planes, etc, what I’m really describing takes place as a unity, and that unity is completely contained *within* the field of the pure presence and pure consciousness of I AM as the field of pure consciousness. Read that last bit again just to make sure you get it: *as the field of pure consciousness*.

Similarly, all *identities*, all “*I am this*” or “*I am that*,” “*I am Light*,” “*I am Darkness*,” even “*I am Everything*” and “*I am Nothing*,” are the manifestation of the pure presence of I AM: “*I am Joe*,” “*I am Michael*,” “*I am Yvonne*,” “*I am Ann*,” “*I am Oscar the cat*,” “*I am Muskog the dog*.” Further, “*I am hungry*,” “*I am lonely*,” “*I am happy*,” “*I am loved*,” “*I am unloved*,” “*I am proud*,” and so on—all are manifestations of the pure presence of I AM—all individuality and all egos are that manifestation, and are not separate from the pure presence and pure consciousness of I AM. You do not have to overcome individuality or ego to become one with the I AM. All you need to do is follow yourself back.

So, with these things in mind, I’m going to describe the process going in two directions: first, from the top down, so to speak, and then from the bottom up, so to speak:

From the I AM to my physical body (I should perhaps add here that I use my physical body as a reference point, but this could be to anything on the physical plane. There is really only one physical body): as the

I AM I experience myself as pure presence and simultaneously as pure consciousness. I think of the field of pure consciousness as an ocean of suns through which I, as pure presence, move. And yet I don’t move— an analogy would be the way electricity flows through a wire: we say that the electricity *flows*, borrowing the idea of water flowing from one place to another, and yet electricity doesn’t flow like water, rather it moves by induction—one atomic particle inducing its neighbor to vibrate at a certain frequency (sorry if this isn’t quite correct and I offend any physicists or electrical engineers).

As pure presence I can feel myself interacting with the ocean of suns (of pure consciousness) and I can also feel myself interacting with each “individual” sun in the ocean (note the quotes around “individual”). If I focus my attention on an individual sun I can see that it has a field of blue around it, and that this field is made up of an infinite number of blue stars or blue pearls. As pure presence my presence causes the sun’s light and warmth, and this light and warmth causes the blue stars or blue pearls to vibrate. The vibration rate of the blue stars/blue pearls is the OM vibration, and this OM vibration gives rise to all creation, to all that is. All creation is contained in the field of the blue stars/blue pearls and all creation arises from the OM, which arises from the blue stars/blue pearls vibrating in response to the sun’s warmth. The sun’s warmth is love. (A side note: this vibration effect also takes place between person and person. If one of the people has an awakened kundalini, meaning that their vibration rate has been raised, that vibration rate will awaken the kundalini in another person if the other person is at all receptive, consciously or unconsciously. This vibration effect from person to person is frequently called *shaktipat*.)


The OM vibration permeates and sustains all of creation on all levels—it is the core vibration behind the oscillations of subatomic particles on the physical level, it is the heart of light on all planes of creation, from the physical to the astral, to the mental to the causal.

As pure presence I follow myself through the blue star/blue pearl into creation, into the causal, into the mental, into the astral, into the physical—and yet I am always the same, I am always pure presence. I follow myself from the individual blue star down to this individual human body on this planet, and yet I am always the same, I am always pure presence. As pure presence I experience myself sitting here at my computer, feeling the room warm up (it's going to be hot here today), hearing my cat snoring under my desk. I take a drink of iced tea and I am still always I AM as pure presence.

Now, going in the other direction: it's early morning and I'm awake because my cat, Oscar, has decided it's time for me to be awake even though it's barely daylight (typical!). He's sitting on the floor beside my bed looking at me; I can see my clock behind him. I'm looking at Oscar, and the clock, and I'm annoyed that I'm awake and that the clock says it's 4:10 in the morning. At the same time my entire body is full of the OM vibration, not only that, but I can hear it fill the entire room and everything in it; I can hear it in my head, in my arms and legs, in every cell of every part of my body. I close my eyes and I can see it in the form of an infinite number of tiny bright blue/white lights in every cell of my body, all vibrating with the OM. I open my eyes and Oscar is looking at me: he is filled with tiny blue white points of light, all vibrating with the OM, and Oscar the OM cat meows at me and the primary vibration of his meow is OM. I follow myself back to the source of the vibration, to the vibrating blue star/blue pearl and I become the source of all creation as the blue star vibrating with the OM, and yet at the same time I'm still lying in bed looking at

Oscar and my clock. I am still pure presence. I go back farther to the sun and I feel myself as the life of the life of all creation, and I feel myself causing all the blue stars to vibrate and in their vibration to give birth to all creation. And yet I'm still lying in bed, looking at Oscar and my clock, and being the blue star vibrating the OM, giving birth to all that is. I then go still farther back and I am pure presence moving through an ocean of suns, an ocean of pure consciousness. And yet I'm still lying in bed, looking at Oscar and my clock, being the blue star vibrating the OM, being the sun and the sun's warmth causing the blue star to vibrate and give birth to all that is. Finally (for now anyway—who knows, there could be more) I move back to being pure presence and only pure presence: I AM. And yet I'm still lying in bed, looking at Oscar and my clock, being the blue star vibrating the OM, being the sun and the sun's warmth causing the blue star to vibrate and give birth to all that is, and pure presence moving through the ocean of suns. Actually, I suppose there's one more step, but it's really the same as the first step, which is experiencing myself as one continuous presence, present before the beginning and after the end.

Dorje Gyaltzen lives in Tucson.



The graphic features a stylized human silhouette with a grid overlaying the head and torso, set against a dark background. Below the silhouette are two rectangular boxes with arrows pointing towards each other, suggesting a process or flow.

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The Cosmic Clock

by Paul Reeder

The months of August and September will feature some aspects of great interest. A T-square is forming between Jupiter in Scorpio, Saturn in Leo, and Neptune in Aquarius. This configuration involves tension between the principles of expansion and opportunity (Jupiter), stability and responsibility (Saturn), and the principles of dreams, ideals and escapism (Neptune). These planets are all meeting around the sensitive point of 18° Leo 21' created by a solar eclipse August 11, 1999. That eclipse has proven to be connected with the wars and other conflicts we are experiencing at this time. For more detailed information check out an article written a year ago on my blog at paulreeder.com/index.php entitled "Saturn in Leo", and another published January 17, 2004 entitled "Tidal Waves in the Ocean of Time".

On August 2nd Sun squares Jupiter as it enters the T-square. An expansive time, with an impulse for freedom and travel, take care not to overdo it this day. Then on August 7th, Sun is conjunct Saturn. This is a more difficult and restrictive energy pattern, one where we may need to make some tough decisions. It will either be a day of accomplishment and fulfillment or a day of bringing things that are not working to an end. On the 9th of August is the full moon with Sun conjunct Saturn and Moon conjunct Neptune. On the low side, this could aggravate depression and excesses in addictive behaviors, while on the upside, our personal and collective creative – musical, artistic and humanitarian energies are at a high level. The Sun leaves the T-square August 10th when it opposes Neptune. This entire period is stressful to the petroleum and pharmaceutical industries, and any other business having to do with chemistry.

On August 13th, Mars is opposite Uranus. This is a high energy, volatile day when personal drives are at a maximum. This is an accident prone combination so we will all need to pay good attention and take our time. Patience won't come easy so we will have to work at it. The nervous system is stressed. Take time for yoga, pranayama, and be good to your nervous system in other ways.

August 18th marks Mercury's entrance into the T-

square with its square to Jupiter. This day may involve travel that leads nowhere in particular, and conversations that do the same. There is a flighty quality to this day. On the 20th Mercury is opposite Saturn. This is the day when destinations become important and agreements can be forged or broken. Finally on August 21st Mercury opposes Neptune. This spacey energy is perfect for creative writing and other artistic pursuits, exchanges of romantic ideas, and misunderstandings.

Next it is Venus' turn to move through the T-square which she begins on the 22nd of August by squaring Jupiter. This is a combination that produces abundant goodwill between folks – perfect for celebrations of all sorts. Some care must be exercised to prevent over indulgence in food and drink or excesses of any kind of pleasure. On August 26th Venus is conjunct Saturn a combination which is not so pleasant. Facing reality within relationships and cooperative ventures is the game of the day, and dealing realistically and skillfully with challenges and obstacles is required. Venus opposes Neptune on the 27th. Unfortunately, those who did not get good news on the 26th, or failed to navigate the obstacles successfully may feel inclined to escape through intoxication or other forms of denial. However, artists, musicians, poets, or those with a strong spiritual life may find alternative ways of expressing this energy.

Backtracking just a bit, on August 22nd the Sun enters Virgo and on the 23rd is the Virgo New Moon. Virgo rules cleanliness and this is the ideal time for clearing out the clutter in our homes, our lives, and our bodies. Internal cleansing begins in the bowels which Virgo rules. In order for the cells of the body to cleanse properly, a path must be cleared through the lymph to the large intestine so we can dump toxins efficiently. Attention to diet and other practices of internal cleansing are very useful to this process.

Mars squares Pluto on the 29th of August. Here we are fighting with our demons in an effort to turn them into angels. Power struggles of all sorts could ensue as we confront petty tyrants and our own tendencies to play victim, submissive, dominant roles.

CONTINUED ON PAGE 16

Digital Infrared Thermal Imaging: Breast Health Screening

By Lynda Witt

Thermography has a proven detection rate of more than 90% and one study showed a 97% sensitivity in identifying breast cancer with single examinations and limited views...

Imagine a present day breast health screening procedure whose beginnings actually date back to around 480 B.C. A painless, no contact, no radiation, non-invasive technology is being used to visualize the physiologic changes that accompany breast cancer and that translates into early detection and a better chance for a positive outcome. Hippocrates may have been the first to understanding the importance of thermal patterns as he spread mud over his patients and watched to see which areas dried first. It was in those regions that he found the underlying pathology. However, the first modern application of Infrared Thermal Imaging came in 1957 when it was discovered that the skin temperature over cancerous lesions in breast tissue was higher than in the healthy areas of the breasts. By 1982, the FDA approved thermography as an adjunctive diagnostic screening procedure for the detection of breast cancer. So why haven't you heard about this technology?

In the 1970s, in a large, multi-center, nation-wide study called the Breast Cancer Detection and Demonstration Project (BCDDP) the researchers examined the use of all current tools as well as the benefits of thermography in detection of breast cancer. Since thermography was in its infancy at the time, there had yet to be strict guidelines and protocols for patients having the scans, technicians taking the scans and doctors interpreting them. Combine the lack of regulations with first-generation technology – the first cameras had to sit in vats of liquid nitrogen to keep cool and didn't yield definitive images – and thermography fell out of favor with the medical community very quickly. During this study, another perceived problem occurred in that

the thermograms were yielding many false positives, meaning that these images indicated disease that could not be verified using the standard technology available. (It is now understood why this occurred so watch for it later in this article.) Once a technology or procedure has fallen from the medical community's good graces, it is a long road back to acceptance. Now in place are patient protocols and guidelines for the technicians who perform the scans. Additionally, in clinics certified by the American College of Clinical Thermology, all breast scans are read by highly skilled board certified medical doctors.

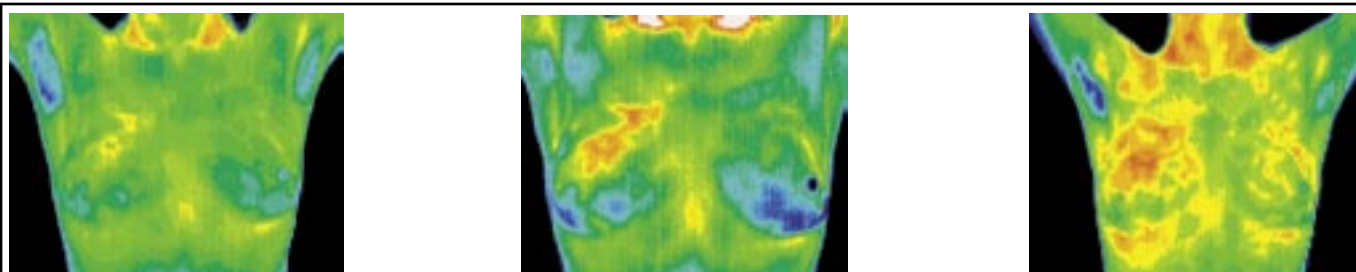
Perhaps due to these strict guidelines, thermography (as with all digital technology) has exploded in its techniques and capabilities. The advances in digital and infrared technology that moved thermography to a new level were a result of the Strategic Defense Initiative or the "Star Wars" program of the 1980s. Once military technology was declassified, companies making thermal imaging equipment utilized that information to manufacture more sophisticated equipment. Couple this with advances in digital and computer technologies and the scans taken today give more precise temperatures and images for the doctors to interpret. Skin temperatures can now be recorded to within 1/100th of a degree Celsius. Thermography has a proven detection rate of more than 90% and one study showed a 97% sensitivity in identifying breast cancer with single examinations and limited views (American Journal of Radiology, 2003). This means that thermography is not diagnostic in and of itself. Clinical correlation would be required following an aberrant thermographic result.

So how is this different from mammography, which also is not a stand-alone diagnostic procedure and why all the fuss over a slight temperature change?

What Does Early Detection Look Like?

Digital Infrared Thermal Imaging works by having an extremely sensitive camera read the heat your body emits. Remember, no contact, no compression and no radiation; nothing comes out of the camera. Because we emit infrared heat away from our bodies in symmetrical patterns that are unique to each individual and remain stable over time, the camera reads and records these patterns as images on the computer screen. It is these images and temperatures that show asymmetrical patterns that may relate to cancer, infections, fibrocystic syndrome, Paget's disease, etc. It is the nature of common types of breast cancers to start out in the earliest stages of the disease as a series of tentacles or "spider webs" before it grows in and becomes a hard sphere or "pea shaped" tumor. The chemical make up of common types of breast cancer do not allow for the blood vessels feeding it to constrict thereby allowing increased blood flow and increased heat. This is why there were so many "false positives" reported by thermography during the BCDDP. Because mammography needs a structure to cast a shadow on the x-ray film, it was not able to confirm the thermographic findings. Many studies in the United States, France and England have been published showing that the patients who were in the false positive group and were told that the

thermographic findings were wrong were determined by long-term follow up studies to have developed breast cancer five to ten years later in the exact location thermography had detected a "hot spot." Mammography is also limited by dense breast tissue. The younger the woman, the more collagen-rich and dense the breast tissue. Dense breasts make it more difficult for x-ray to penetrate and reveal a clear image. Therefore, most women do not have a mammogram until approximately age forty. The risk is apparent once you realize that the leading cause of death in women ages 40-44 is breast cancer (American Cancer Society, 2003) and that most breast cancer tumors have been developing for up to 8-10 years before they are found with typical breast cancer screening procedures (mammography and/or self and clinical breast exams). That means that a woman diagnosed with breast cancer at age 40 may actually have had the onset of cancer around age 30-32, yet there are no traditional screening tools offered to this particular age group. On average, by the time a tumor is found with main-stream procedures, the number of cancer cells has doubled more than 25 times. By offering the screening tool of thermography, the benefit is now obvious. Being able to visualize the increased heat at the beginning stages (and throughout all the stages) of breast cancer, gives women an increased chance for a positive outcome. With the advances in the technology of thermal imaging, early stage breast cancer can be detected at about the year *2 mark when the patient has less than 300 cancer cells on average



Baseline

3 months

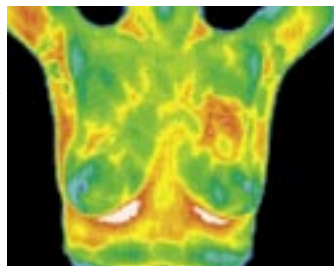
12 months

This patient was age 37 when her first baseline thermogram showed a slight hyperthermic asymmetry in the upper right breast. The follow-up study showed the pattern had become more well defined and clinical correlations found nothing remarkable. It was decided to repeat the exam in 3 months when again significant changes were seen. Mammography was performed at this stage with the thermographic guidance of the locally suspicious area at 1 o'clock to the right nipple. Mammographic findings were again inconclusive and patient was referred for a repeat mammogram in 12 months. Thermographic monitoring was continued and at the 5th comparative study (12 months) significant changes were still evident with increased temperature differentials. Immediate further investigation was recommended despite a scheduled mammogram in 6 months and at the patients insistence a repeat mammogram was performed and showed a small calcification (1mm) at 1 o'clock. Within one week a lumpectomy was performed with good margins and confirmed as malignant carcinoma (DCIS). Patient has had stable thermograms for the last 2 years and is expected to remain healthy.

(cancer cells develop more rapidly in younger women).
(See chart below)

ACTIVE CANCER CELLS DOUBLE IN NUMBER EVERY 90 DAYS	
90 days	2 cells
1 year	16 cells
*2 years	256 cells →
3 years	4,896 cells
4 years	65, 536 cells
5 years	1,048, 576 cells (still undetectable)
6 years	16,777,216 cells
7 years	268,435,456 cells
8 years	4, 294, 967,296 cells (doubled 32 times)*
*Normally detectable by Mammogram at this stage	
40 doublings (approx. 10 years) considered lethal	

(remember, the average, active cancer cells double every 90 days) for the first year. As long as the patient's thermal patterns are stable, the patient will then re-



turn annually from that three month follow up mark. All other annual scans are used with this baseline in a comparative study. Since thermal patterns are unique and stable over time, this

baseline is the best record of one's physiology and the patient can be alerted as soon as possible should any changes be determined on future images. No one procedure is 100% accurate, but combining thermography and mammography greatly improves the detection rate and gives those who fall into the age group of 25-40 a desperately needed option.

If one believes that early detection is truly the key for the best possible outcome, then one must begin adopting a more proactive approach to breast health screening and not wait until a tumor is formed and then found at a later stage of breast cancer. DITI's role in breast cancer and other breast disorders is to help in early detection and monitoring of abnormal physiology and the establishment of risk factors for the development or existence of cancer. When used with other procedures the best possible evaluation of breast health is made. Often, patients utilize thermographically-guided mammography to help with diagnosis and determine if more invasive procedures are necessary. Mammography and thermography are not in competition with one another. They are two very different tools in our tool box for breast cancer detection. It is also true that many women today are refusing mammography because of the compression and radiation risks. Therefore, they participate in no breast cancer screening procedures with the possible exception being self and/or clinical breast palpation. With thermography now available, women of all ages now have a choice in breast health screening alternative/adjunctive procedures.

So who are the best candidates for thermography? All women and men (male breast cancer is on the rise) can benefit from thermal imaging. However, is it especially beneficial for women ages 25-50, women for whom mammography is impossible or who are concerned about the risks, and women with breast implants or who have had surgical procedures and don't want the compression. Thermography is a safe, adjunctive screening procedure that looks at the changes in physiology over time that occur should the patient develop breast cancer, an infection, fibrocystic syndrome, Paget's disease, etc. While thermography is not typically covered by insurance, it is surprisingly affordable for most.

One can think of DITI as a smoke detector doing its job. If the alarm sounds at the first waft of smoke, it gives the individual the most time to respond and the best chance for a positive outcome.

During the first imaging session, a complete breast health history is recorded and sent to the doctors along with the standard breast views. At clinics certified by the American College of Clinical Thermology, a required follow up is performed three months later

Lynda Witt is a Certified Clinical Thermographer and owner of Proactive Health Solutions in Tucson, AZ. Her website is www.proactivehealthsolutions.org and she can be contacted by e-mail at Lynda-phs@cox.net or phone at (520) 235-7036. See Lynda Witt's ad on page 7.

Enlightenment Quiz

By the staff of Arizona Choices

The following is a test of your level of enlightenment. Score one point for each correct answer; subtract one point for each wrong answer. Add your total number of correct answers to your total number of wrong answers, divide by the total number of questions on the test, then wonder why you've tried to follow it this far.

Select the answer which best completes the following statements:

1. Yin and.....
 - a) Yout
 - b) Tonic
 - c) Yenta
 - d) Yang
2. A Zen Koan is.....
 - a) A Jewish Buddhist
 - b) All of the above
 - c) None of the above
 - d) All and none of the above
3. Just before total God-realization I would see.....
 - a) A blue pearl
 - b) Nothing
 - c) Everything
 - d) How would I know?
4. Lao-Tzu is.....
 - a) Shrimp with fried rice
 - b) A Japanese word for "sneeze"
 - c) What comes after Lao-One
 - d) One of the above
5. Jivatman and Atman merge to become.....
 - a) Jivatmanatman
 - b) Jivatman & Atman, Inc.
 - c) The Atman Brothers
 - d) Mr. and Mrs. Atman
6. The word or words which best describe the relationship of God, Guru and Self is.....
 - a) Oneness
 - b) Twoness
 - c) Penpalness
 - d) Just good friends
7. Which of the following is not a name of the Lord?
 - a) Jehovah
 - b) Elohim
 - c) Yahweh
 - d) Charlton Heston
8. If you cross a Swami with a Yogi, you get.....
 - a) A Swogi
 - b) A Salami
 - c) Yogurt
 - d) Heartburn
9. Carlos Castaneda is.....
 - a) A flamenco dancer
 - b) The 2nd baseman for the Los Angeles Dodgers
 - c) A resort near San Juan
 - d) The guitarist for Santana
10. Om Mani Padme Hum means.....
 - a) Oh Manny, pardon my home
 - b) If u cn rd ths msg u cn gt a gd jb
 - c) "Money talks, nobody walks" in Sanskrit
 - d) Never having to say you're sorry
11. The Sound of One Hand Clapping is:
 - a) Very quiet
 - b) Similar to smiling with one lip
 - c) A Zen record store
 - d) Like the "p" in swimming
12. Linguine is to fettuccini as kundalini is to.....
 - a) Eenie-meenie
 - b) Halloweenie
 - c) Harry Houdini
 - d) Pepto Bismal (this is the silly answer)
13. The Tao Te Ching is.....
 - a) The new premier of China
 - b) I Ching's older brother
 - c) A new CD by Cheech and Chong
 - d) A massage parlor in Tokyo

14. You arrive at a party and your host says, "Welcome, I want to take responsibility for creating space in your universe so you can experience your experience." He means.....

- a) "Have a good time"
- b) "Don't eat the Swedish meatballs"
- c) "I recently completed a great new training"
- d) Nothing anybody would understand

15. If three devotees can meditate for a total of nine hours, how many devotees would it take to mow the lawn?

16. If three devotees can mow the lawn in one hour, how many intoxicated devotees would it take to meditate until nobody cared?

17. If shakti was rising toward the fourth chakra at a rate of 3.5 pranayams per second, and at the same time an energy force was traveling in the opposite direction at a rate of 4.8 pranayams per second, what time would it be in Chicago if we wake up in Los Angeles?

True-False:

Ramakrishna is a cereal made with rice and maple flavoring.

Satori is better than nirvana and samadhi except on weekends and holidays.

Sufi Dancing is like square dancing only rounder.

The Tibetan Book of the Dead is a novel by Harold Robbins.

Brain Teaser:

An enlightened being was locked in a closet with only a baseball bat. How did he get out? (See answer below...DON'T PEEK!!!)

Score:

0-5 points- You are hopelessly attached to the wheel of life and death. Try again next time!

6-10 points- You are largely unconscious and stuck in worldly desires.

10-15 points- You are so-so on the enlightenment scale. Keep reading Arizona Choices.

15-20 points- You are a very conscious being, with a little good karma you could go all the way.

20-25 points- You are very close to God-realization...early November at the latest.

Answer to Brain Teaser:

He breaks down the door with the baseball bat.




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Bookmans Bookstore on Ina	New Life on Speedway
Bookmans Bookstore on Speedway	Pima Heart, on St. Mary's Road
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Casa Video	Rincon Market
Casbah Tea House	Scooter's Cafe at La Placita Village
Congress Hote	Shop Natural Cooperative
Create Cafe	Stairway of Light
Dark Horse Media	Steve Lui, L.Ac.
Delectables Restaurant	Stone Gallery
Desert Institute of the Healing Arts	Sunflower on Broadway
Discovery Chiropractic	Sunflower on Speedway
El Rio Dental Office on W. Congress	Synchronicity Center
El Rio Immunology Associates	The Cottage Bakery & Café
El Rio Main Clinic	The Eclectic Café
El Rio Northwest Family Clinic	Tooley's Cafe
El Rio Northwest Pediatrics Clinic	Tucson Soundings
EL Rio OB/GYN Associates at 225 W.	U of A Visitor Center
Ivrington	Village Bake House
El Rio Pediatrics Office	Wild Oats on Oracle
El Rio Southwest Medical Clinic	Wild Oats on Speedway
El Rio Southwest Pediatrics	Winterhaven Health Center
Epic Café	

"All that is has me — universal creativity, pure and total presence — as its root. How things appear is my being. How things arise is my manifestation. Sounds and words heard are my messages expressed in sounds and words. All the capacities, forms, and pristine awareness of the buddhas, the bodies of sentient beings, their habituations, all environments and their inhabitants, life forms, and experiences are the primordial state of pure and total presence."

~ Longchenpa

CONTINUED FROM PAGE 10

Power sharing in a spirit of trust is what is required to avoid the troublesome potential of this day. Doing so makes it possible to achieve great things.

On August 31st, Saturn is opposite Neptune. This is not an easy combination. While Neptune rules idealism, Saturn rules reality. It is common for this combination of energies to produce disappointment and disillusion. However, if we can look at it as an opportunity to improve our ideals by making them more realistic, and a chance to sharpen our skills of handling reality in a way that reflects transcendent values, then we can use this time to create beauty and uplifting circumstances.

September 3rd Mercury opposes Uranus. Communication breakdowns and breakthroughs are possible this day as previously unknown factors, or factors not yet discussed push their way into our lives. Lots of nervous energy present so a restless quality will be felt. On the 4th, Pluto turns direct after 5 months of retrograde motion still in pretty close orb square to Mars.

On the 6th of September, Sun opposes Uranus, and while still close in orb, on the 7th we have a lunar eclipse conjunct Uranus. Uranus rules enlightenment, and always requires that we let go of the familiar to encounter the unknown. What we already know will never serve to enlighten us. The potential for sudden and significant change this first week of September is real.

Things quiet down a bit until the 22nd of September when we have a solar eclipse in the last day of summer. This eclipse will be visible on the east coast of the US, but not here in Tucson. This eclipse is square Pluto, again bringing up power issues which may get started as early as the 16th of September.

These are exciting and troubling times, there can be no denying. It is important that we stick together, treat one another with a supportive respect to make the best of things. We must try to resist the temptation to space out or ignore problems that seem overwhelming and do what we can each day to manage the energies ahead. With so much destructive energy in the air, we really do not have time for self-sabotage.

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 17.



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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.

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**See Paul's column on page 10
Paul Reeder
Phone: 520-903-2913
E-mail: paul@paulreeder.com
Website: <http://paulreeder.com>**

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

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Breast Cancer Screening



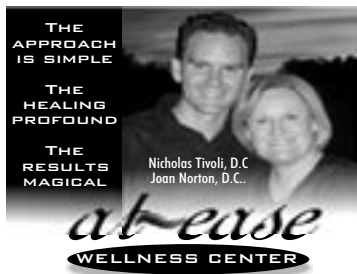
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Communication



Sylvia Haskvitz

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Eleanor Kedney

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**

Energy Bodywork



Miriam Bloomfield

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**

Energy Healing/EFT



Phyllis Winslow

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

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**

Floatation Therapy



Still Waters

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, 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**

Health Foods



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

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

Aqua Vita

Health Foods



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

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

Food Conspiracy Co-op

Hearing Health



Hearing impairment may be impacting your relationship with others at home and at work. Do people seem to mumble? Do you have difficulty understanding the television? Do you misunderstand what is being said?

Staff at the Adobe Hearing Center has the experience and commitment to accurately assess hearing loss and to offer individualized solutions. We work with a variety of hearing aid manufacturers and make a recommendation tailored to your communication needs.

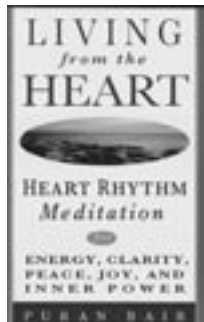
We know that listening is an active pro-

cess that involves the listener, the speaker, and the environment. At Adobe Hearing Center we match the technology to the patient. Call to schedule a hearing evaluation which includes a communication needs assessment.

Adobe Hearing Center
2102 N. Country Club Road, #12
Tucson, AZ 85716
Phone: 322-8211
www.adobehearingcenter.com

Adobe Hearing Center

Heart Rhythm Meditation



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

IAM

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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



Do you respond to your current life with symptoms of fatigue, chronic pain, depression, restlessness, low self esteem, or an overall sense of dis-ease? Do you outwardly function, but inwardly feel stuck? You may need a life coach. A life coach is a person who supports you on your quest for the happier life. As your personal life coach I have unlimited faith in your potential and worthiness as a human being. I do not judge your personal struggles, but I see beauty and opportunity in them. By listening to your story, asking the right questions,

and –at times caringly yet insistently challenging you, I help you reach the goals you are longing for. In helping you, I rely on my academic background, my training and experience as a Find Your North Star Life Coach, and most importantly on my intuition and my own personal, extraordinary life experiences.

Claudia Russell, MHR
Personal Life Coach
520-760-2329
claudia@russellcoaching.com

Claudia Russell

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 effec-

tive 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

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

Chapel of Light Fellowship
6723 North Prairie Drive
Tucson, AZ 85743 (520) 682-7306
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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.
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Tree of Life

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

Transformational Journeys



Do you want to find your passion and joy, manifest your dreams, unleash your creativity, and stimulate your intuition? Through experiential hands-on art, energy work, movement and creating body energy shifts, we will transform shadow into light, fear into courage, and inaction into focused inspired intent. In addition to working indoors, we will go outside for a guided journey to unlock the mysterious portals to unseen dimensions and heal with nature. Learn to focus this powerful energy and become the channel for manifest-

ing your dreams! Shari travels extensively around the U.S. to sell her artwork, facilitate her visionary playshops and Transformational Journeys and wilderness retreats for groups, as well as custom journeys for individuals.

Shari Silvey
520-744-6328
www.artworkbyshari.com
shari@artworkbyshari.com

Shari Silvey

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 great-

er 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

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Resource Guide

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EL RIO

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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