



PRICELESS- Take One
April/May 2008

Arizona **Choices**

Health, Wellness & Conscious Living

The Ten Second Shift

by Kalen Hammann, Ph.D.

The Cosmic Clock

by Paul Reeder

Including a
directory of health
wellness and
conscious
living

Sri Karunamayyi

"Utilize Your Energy in a Positive Way"

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In This Issue

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by Sri Karunamayi

Sri Karunamayi, venerated in India as a living incarnation of the Divine Mother, will be visiting Tucson from April 10 through April 13 to offer spiritual discourses and individual blessings. "Karunamayi" literally means "compassionate Mother," and she warmly receives all who approach her as her beloved children. For more information about her visit, please see the end of her article on page 15.

The Ten Second Shift

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by Kalen Hammann, Ph.D.

"In this article, I'll be sharing with you some startling discoveries from the field of neuroscience. These discoveries provide clear answers to fundamental questions you may have wondered about. Questions like these: Why are we – all of us - sometimes so STUPID? Why are we so blind, rigid, self-centered, seemingly incapable of cooperating with anyone or thinking our way out of a paper bag? Why do we sometimes say and do such dumb things? Why at other times are we so brilliant, creative, empathic? Why do we have such fabulous ability to see the big picture, to cooperate even with "difficult people," to find solutions in a flash to seemingly unsolvable problems? Why do we sometimes shift from brilliant to stupid in an instant? Most important, what can we do to shift back? And in as little as ten seconds?"

The Cosmic Clock

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by 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.

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Holy Ma + 10 seconds to Bliss = Eight & A Half

With the visit of Sri Karunamayi to Tucson in April, we get to rejoice in the Mother's Grace once again. Whether or not you get the opportunity to visit with her, be sure to at the very least read her article in this issue. There is also an ongoing Chant & Meditation Group here in Tucson, all year long. See Page 15 for detailed information on her visit and the ongoing group.

Kalen Hammann, an internationally recognized speaker, author, workshop leader, and personal coach, teaches us his, Ten Second Shift. Learn how to cut your stress in half, and how to double your effectiveness. That's math that we all can use.

And to really enjoy our Mother Earth's Grace, get out and enjoy spring here in "The Old Pueblo." The flowers are blooming and the birds and bugs are everywhere. I am honored to have a hummingbird nest sitting on top of my front porch chimes. What a time for living! This brings up a poem that I composed a few years ago...how times have changed?

Eight & A Half

Why is it that part of me wants to say, "I love you" to me? While the rest of me wants to destroy me? Could it be that I am crazy? Could it be that I am a fool? All I ask is love and devotion, certain smiles and lustful looks. Cancel the beats of hearts intertwining, lotion of moments to rub over my face. Forced to hide my real interventions, only a child could be so perverse. If it's real to seem so officious, fallen shadows of loving embrace. Further the odds of events never happening, fortunes of plenty, all over the place. I can choose not to be crazy; I can choose not to be a fool. Loving potions can raise up emotions, somber rushes of seasons endured. Purchase a diamond of lasting embraces; give to myself a kiss of my age. Pretend the end is never unbroken; it's all erased, so we can just dance. Why is it that part of me wants to say, "I love you" to me? While the rest of me wants to destroy me?

Hope you enjoy this issue & my poem. **Bruce Silvey** bruce@arizonachoice.com

Utilize your Energy in a Positive Way

By Amma Sri Karunamayi

“Only he who has this intense desire towards the Soul will be able to understand the inner reality. He will enjoy the play of God: “Oh, this is only God’s play. This is just a beautiful play.”

Sri Karunamayi will be visiting Tucson from April 10th through April 13th. Details are on page 15, at the end of this article.



Amma Sri Karunamayi

Embodiments of Divine Souls, Amma’s Most Beloved Children, during my last tour, in so many places I had an opportunity to speak in churches. I was so happy, because everywhere I feel everyone’s heart is very open. People have patience and right understanding about so many religions. All religions are paths to the same goal, Truth. Really, Truth is absolute. Truth is one hundred percent pure wisdom. Some meditate on the Truth in the form of Omkara, others in the form of Jesus, Buddha, so many aspects. So have faith in your guru more and more. Give your respect to your guru more and more, offer your heart lotus — the flower of consciousness — to your guru. Give respect to all the great souls, because all true gurus are only one. Solar rays are innumerable, but there is only one sun. Children, we meditate only on the Truth. So have respect, more respect, more and more respect towards your guru, and give the same respect to every religion

and all gurus also. That is our humility and humanity.

Today we will talk about energy. There are two types of energies in our life, one positive and the other negative. Spirit, atman, is beyond both these energies. If the mind is working in tamas and rajas, our energy is bound by negativity. We will have negative energy. All our energy is wasted when the mind is limited to tamasic and rajasic tendencies. We have so much energy, but when the mind is limited in this way, we never utilize that energy in a positive way.

So many people know about chakra meditation. We have chakras in the subtle body, and in chakra meditation there is a beautiful focused movement of energy through the chakras. When we say Omkara once, all the chakras in our entire body are stimulated by the power of that seed letter. Gradually after some years, we begin to have awareness in our hearts — Brahmic awareness. With this Brahmic awareness, our negative energies, the tamasic and rajasic tendencies of the mind, gradually disappear by the power of meditation.

Meditation remodels our life and elevates us to divinity. So meditation is nothing but purification, inner purification. Gradually we begin to control our anger, lust, greed, jealousy and hatred. These are the limited tamasic natures of our mind. Before the Spirit, our mind and intellect are spellbound, powerless. Spirit is absolute. You are the Soul, not this body. This body is a dress for the beautiful, self-illuminated Soul. When you achieve the fourth stage, turiya, you experience in meditation: “Oh, I am not this body!” So how can we achieve that stage? That is the question. How can we achieve this? Can we control the anger, and all these things in our life? Can we control our mind, our tamasic nature, and our rajasic nature? In these two natures, pure consciousness is working negatively. Even in our body, in the right hand we have positive force, in the left hand we have negative force. So whatever we take and give, we must give with positivity, and take also from others only with a positive feeling.

The body itself is the greatest place of energy. The soul and spirit are inside the body. Without that spirit, there is no life at all. This spirit is really wasted by our limited mind. The mind is working through all these six natures. These are the arishadvargas. You know all about these negative natures. Because of these weeds

we never attain peace in our life. We have no liberation from these little natures. When we have liberation from these negative qualities of anger, lust, greed, hatred, and jealousy, we have so much peace. We enjoy peace; we enjoy a balanced state of mind, equal vision and real wisdom. We understand reality, and the entire universe also, from the inside.

Only he who has this intense desire towards the Soul will be able to understand the inner reality. He will enjoy the play of God: “Oh, this is only God’s play. This is just a beautiful play.” So how can we achieve that state? By constant practice of meditation. Meditation balances our mind. It reduces the restlessness of our ego, ignorance and all the dark forces. It develops the virtues, the divine attributes, and gradually the buds within us bloom. These buds are inside our body. These divine attributes are in the form of little seeds in our heart. Gradually we have selflessness and we have peace of mind. We never abuse people, never criticize people under any circumstances. If others have caused injury to us, we never want to injure the feelings of others, in religion or in daily life. This is possible because you are an elevated soul. You have all the good natures and good qualities in your heart. That is forgiveness.

Forgiveness is so beautiful. Where there is forgiveness we have tolerance, patience, courage, dispassion, discriminative knowledge and real dedication towards any work. Every kind of work is also a yoga, not only meditation. All work is a form of worship. So we have that elevation and expansion. We expand and become full of cosmic, divine love.

So, children, practice meditation daily. Whatever meditation you do, have faith in your guru. Whenever you are initiated, that is like starting a new birth. All these innumerable births are like human buses, which have stops. With each bus you start a new journey to eternal bliss. So initiation is a new birth. Your guru shows you a good path. That path is permanent. The real treasure is the abode of peace and divinity that never perishes. We always enjoy that divinity and the fragrance of peace in our life. When we can see divinity in our life, we learn to perceive that divinity everywhere in the universe: “Oh, I myself am the Soul, and the entire universe is also part of the Divine Soul.” There is a full stop to this long play, the innumerable births of this long play. Your current human birth has not happened accidentally or miraculously. Innumerable births filled with prayers have given you the gift of this human life.

So utilize this life, children, and develop all the divine attributes. The seeds of these divine attributes are all inside already. Small, little weeds cover all

the seeds, so that we have no peace, dispassion, or discriminative knowledge. Sometimes we lose all these good qualities and instead we have anger, restlessness, and selfishness. We become so thirsty for meaningless things. Our thirst, our hunger, must always be towards the Divine only. Divinity is only one, although the paths are so many. Through innumerable billions and billions of births also, your question need not be, “What is my path?” There is a permanent aim and destiny for you. That destiny is absolute peace. So achieve that destiny. That is the essence of humanity and spiritual life.

Practice meditation daily in the early morning. Why in the morning? We have rest for five hours, eight hours in the night. After this long rest our mind is so fresh, and with our fresh mind we pray to God with tears, from the bottom of our heart, “Give me purity, O God, give me wisdom, give me real liberation from all these natures of my mind. Control my negativity.” Negativity is always in the form of tamasic and rajasic behavior.

If we have a sattvic nature, our life is so beautiful and marvelous. We never curse other people; we never cheat any person in this world; we never expect anything from anyone if we do any service also. We are very humble, noble, and our life is full of the fragrance of sattva. In sattva, energy is working in the form of positivity. Yet spirit and soul are beyond even sattva. So reduce these natures, *tamas* and *rajas*, and tune the *sattva* more and more. Develop yourselves and elevate; expand and achieve your destiny of divinity. If we have not that definite aim, our life is meaningless. From the age of five to the age of sixty, for a period of fifty-five years, spontaneously we have in our mind twenty-five thousand million thoughts—positive, negative, ordinary, spiritual, meaningless, useless—so many thoughts. Meditation is freeing the mind from thoughts. In Sanskrit, this is “*dhyanam nirvishayam manah*.”

In meditation, we even free the mind from good thoughts. You may ask, how is it possible? Imagine all the ants coming out from an anthill. Gradually that anthill becomes empty. When we meditate, all these thoughts—the poisonous thoughts, normal thoughts, negative thoughts, good thoughts, highly spiritual thoughts—come out from the source, from the anthill, and after some time this anthill becomes calm. So we must send all these thoughts permanently away from our heart through meditation.

Meditation is a ladder from mortality to immortality. This is one world and that is a separate world. So be always in that world. That world is inside. The external world is unhappy, full of misery. You know about all those things more than Amma. So be always in happiness. Be always in Truth. Be always in honesty. Honesty is the greatest wisdom.

I saw a billboard once, a beautiful sign which said: "This world is yours." Really, this entire universe belongs to your soul only. In spiritual terms we express this differently. This entire world consisting of the animal kingdom, bird kingdom, rivers, oceans, humanity, everything, belongs to your soul only. Your soul is absolute. The nature of Soul is peace. Soul is happiness: boundless happiness. And every soul is everywhere. Soul is never bound by a little frame. This body frame is just like a dress for our soul. So your soul is limitless truth and wisdom-attributeless.

When we meditate we are in our natural state, that is, peace. Now we are so unhappy because we are not in our natural state. When we elevate to our natural state, our happiness can never be destroyed under any circumstances. True happiness is boundless and it is a real treasure-the treasure of a yogi. So be a yogi. Yogi means one who has control of his mind. We have no control of our mind; we are on a low level. So control your mind. Control this wild horse and ride on that horse. Limit all these little, little things. Gradually send all these snakes from the anthill and be always in beautiful silence. That is the language of the Divine.

In our lives, already fifty years, forty years, thirty years are over. Our body may not be able to sit in meditation for longer than half an hour. Padmasana is the best posture to stimulate our nervous system. In padmasana we have a lot of concentration and our energy has direct tracking to the sahasrara kamala, the thousand-petal lotus. From the root chakra to the entire nervous system, all the energy is beautifully tracked. When we say Om just once, it reaches all the way to the sahasrara.

So have inner vision, develop the inner beauty, understand the value of silence and do not break that silence under any circumstances. Here Amma is not referring to verbal silence. Amma means mental silence, the thoughtless state. So you ask, "Amma how can we silence our mind?" By praying to God mentally. Concentrate on a particular chakra: the heart chakra or throat chakra. All these dark forces will be burnt up by our concentration and we will develop immense strength and concentration. Our willpower develops more and more, and we enjoy meditation as part of our life. Enjoyment simply means we have peace. All of these qualities like jealousy and lust come from our mind. Once we have peace of mind, we develop a balanced state of mind and gradually we want to sit more and more and more in meditation. We want to see God not only in the body but also in this entire cosmos, because that is the highest state of spirituality.

So children, have a beautiful awareness in your spiritual life. You already have that awareness.

Develop the intense desire one hundred percent. Have a definite aim and send egoism and the little natures permanently away. Tune into the sattva energy more, reduce the tamas and rajas, beautify your heart and divinize your thoughts with beautiful divine attributes. Have compassion, forgiveness, and dispassion. Discriminative knowledge is very important, as is mental renunciation-not physical renunciation. Mental renunciation is much more important than physical renunciation. So renounce all these selfish natures and have the good aim of realizing the Self. The main aim of human life is to realize Truth. Have wisdom in life.

So how can we achieve that state? So very little time is remaining in our life. We have twenty-four hours in a day. Spend one hour in the morning. Use the other twenty-three hours for your other activities. Spend one hour for God. Spend it for yourself, for your elevation. Attain God-Realization at least in this birth. Open the third eye. The third eye means knowledge, divine knowledge. We have knowledge about so many things in this world. That knowledge is not enough to attain God-Realization, because before Spirit, our knowledge is mute, our mind is spellbound. Soul is very, very powerful. It is the self-illumination of billions and billions of rays of sunlight. In front of that divinity we are spellbound, in silence.

So reduce this limiting anger, jealousy, greed, selfishness, lust, and all these things. Send them permanently away. Say to yourself, "Oh, it is not good for me. I will remove all these weeds from my life because I want wisdom and liberation from these weeds." Pray to God with tears, "O Mother! Give me wisdom! Give me liberation! Please accept my prayer-whether it is one or five minutes long-and grant me a grand life." And you know that a grand life means wisdom.

Where there is no wisdom, there is no truth. Where there is no truth, there is no peace. Where there is no peace, there is no divinity. These are connections with divinity. Where there is discriminative knowledge, we have faith. Where we have faith, we have real understanding; we have inner vision. Only he who has this vision will be able to understand this entire universe: "Oh, this entire universe is nothing but my Self only. It is my Self that I love in all of nature. I love only my Self. I love everyone in this world. There is no duality at all; only oneness is here in this world." That is the spiritual feeling in that highest elevation.

Be elevated to the highest peak of purity. Our main enemies are our egoism and our desires. We can counter these enemies with the beautiful virtues of humility and real devotion. So where there is true devotion and humility, we have correct understanding and knowledge about the Divine immediately-not after

seventy-five or eighty years. We enjoy our entire life in peace, in permanent peace, which is the most beautiful, greatest treasure. It is hidden in our life.

So elevate to this highest peak, children! You are already on a good path. Continue, continue on your path. Examine your progress: “How is my heart? Am I selfish? Do I have any boundaries to my heart?” Because we are bound by our limited intellect, we like only a very limited number of persons. If we have true elevation, we understand that everything in this entire cosmos belongs to us. We never limit ourselves to a particular frame. If we have selfishness, our viewfinder is very, very tiny. If there is no selfishness at all, we are without bounds, without attributes. We are everywhere in this universe with our subtle body, but Spirit is not visible to the naked eye.

Children, we are the greatest Spirit in this body cage. Meditation elevates the human life from the physical body to the mental body and from the mental body to the intellectual body. From these three cages we are elevated to the spiritual body, the subtle body. That is the effort we have to make to come back to our sweet home. This is not our home. This is a place of so many diseases, unhappiness, miseries, so many questions and suspicions: always crying, craving for something. We are working, working, working harder than machines for a very, very, very, little, tiny

happiness. We are so tired.

Last year I had more than 5000 requests from the American devotees, “Amma, try to build a Peace Village in India. We want to spend our entire life in that Peace Village leading a simple and high-thinking life. We want to stop making a living. We are so tired of this life. We want to realize that wisdom. We want to meditate.” So, the building of the Peace Village is in progress now.

Everyone in this entire universe wants only peace. Who talks with us affectionately and freely in this world? Who has the time? Everyone is hurrying, hurrying, running, running after work, running after money. Everyone has so many desires. So children, give your boundless love to this universe. Elevate yourself more and more and more and more and expand your heart, your soul and work along with the Spirit. Think: “This is my responsibility: to love this universe.” Reach that highest state through meditation.

Meditation remodels our life. If the home is not proper, you remodel the home. We have beautiful flower vases and furniture in the home. In the same way, exchange a beautiful heart for this little heart which is there now. Remove all these tamasic and rajasic natures, and in their place keep a beautiful peace and immense willpower. Our strength must not be the strength of money and power. It must be the strength of wisdom only. It must be always the strength of wisdom only. Where there is faith you have immense strength in your life.

So have faith, pure faith, a hundred percent faith, not even ninety-nine point nine percent faith. That faith is your strength. Where there is faith, you have a lot of willpower and mental strength: “Oh, I have God! God, save me!” So you solve your problems with the grace of God. Gradually you are elevated more and more with faith, and one day you attain God-Realization. This does not happen miraculously or accidentally but by the intense practice of meditation, together with our burning desire.

Intense desire is important. Sometimes our bhakti is only on the surface. We may sing some bhajans, but we are restless and we watch the time. If we feel we have no time, we stop meditation and all spiritual activity also. If you just pray to God sincerely for only a fraction of a second, from outside the meditation room even, that fraction of a second of real prayer is enough. If you sit eight or nine hours in prayer, but you are restless during that prayer, really, it is meaningless. Physically we are there, but mentally we are not in prayer at all. Mentally, if we truly pray even for one second also, immediately it reaches the Absolute.

You have the knowledge; decide what is good. One

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second of prayer is enough. If you have no time and you are in a hurry to go to work or somewhere else, okay. Just pray for one second before going outside. Pray for only one second or half a second, but that prayer must be from the bottom of your heart. Prayer purifies our life. Prayer gives immense strength. Prayer gives more and more and more and more peace. Prayer gives us much happiness. All the misery and unhappiness inside disappears by the power of real prayer.

So devotion must be real devotion. Do not show off your devotion under any circumstances. Pray with real devotion, pray for more and more devotion, for realization of the real Truth in this birth, and to put a stop to the cycle of births in this birth itself. If one desire is remaining in our heart, again we will have one more birth. Do not expect more and more births. So imagine, children, what about the twenty five thousand millions of thoughts and innumerable billions of previous births? Calculate how much meditation and prayer is needed, and how much help is needed from God in this birth.

You are already on the good path of spirituality. So you do not have such a karma load. Children, it is a good way, a very good way. In the beginning, on the path of spirituality, there are so many thorns, slippery places, and ups and downs. But after some time, the way is strewn with the fragrance of rose petals. In general life, in the beginning we have colorful flowers; life is very colorful. But after starting the journey, everything is emptiness. No doubt. Everywhere our life is so colorful in this entire universe. But inside, without spirituality, there is only one hundred percent emptiness. There is no destiny at all. There is no definite aim at all. So we have emptiness and feel emptiness.

"What is my destiny?" people often ask. So many people want to commit suicide because they do not know their destiny at all. What can we do? We can have the aim to attain the Truth. We must give service to the universe. Living on this Earth is a boon from God. Utilize this boon; give selfless service to this universe. Give your service to Nature. Mother Nature gives you so much. You never repay anything to your Mother. You must pay something — at least one percent if not a hundred percent. So that is the responsibility of humanity. When you love Nature you will become so wise.

Have satsang with the Divine and in the presence of divine people. You will be elevated, even more than through your meditation. They will give you the essence of love, and will elevate you to the highest peaks by their presence, touch and love. So go everywhere. Give more and more respect to all holy people and have their darshan, have their blessings and

have contentment in your life.

Contentment is the greatest treasure. Contentment is the greatest happiness. When we have contentment, we feel our life is so smooth and we enjoy so much. Contentment is like a jewel for a true yogi. Silence, contentment, compassion, dispassion, real mental renunciation — these are the ornaments of a true spiritual aspirant. This does not belong to a particular religion. Truth is absolute for everyone. So children, go accordingly on your spiritual path. Have a particular aim and destiny in your life and attain God-Realization. Our body is a limited frame, a mortal frame. Merge in the immortal. That is the aim; that is the essence.

The spirit and essence of our human life is selfless service. It is mentioned in the Bhagavad Gita very beautifully. But how many people understand the selfless service explained in the Bhagavad Gita? It is very easy to say, "Be like this and do like this." But in practice it is a hundred percent difficult. So have real mental renunciation. That mental renunciation will give you real bhakti, real devotion.

We have to understand spirituality and wear the real ornaments of truth, purity, knowledge, love, dispassion and all these things. When these divine virtues are in our life, we will feel contentment. These are the main pillars for contentment. How can we get contentment in our life? By gaining knowledge, divine love, and truth. With contentment gradually comes elevation. From our mind, body, and limited intellectual cages we attain Spirit in this birth. This depends upon our practice of meditation.

Meditation is not a blind belief. So many people think, "Oh, meditation is an escape from life!" In reality, it is no escape. It can never be so. The meditator works with a thousand hands in this universe because Spirit is working through his body. This is not the power of man. Humans have only two hands, while the Spirit has the power of a thousand hands, millions of hands, more than a million hands. Working through Spirit is very powerful. Working through Spirit is much more powerful than working as an ordinary human. All human natures are spellbound before Spirit when it is working in the body. So this body is the temple for the Spirit.

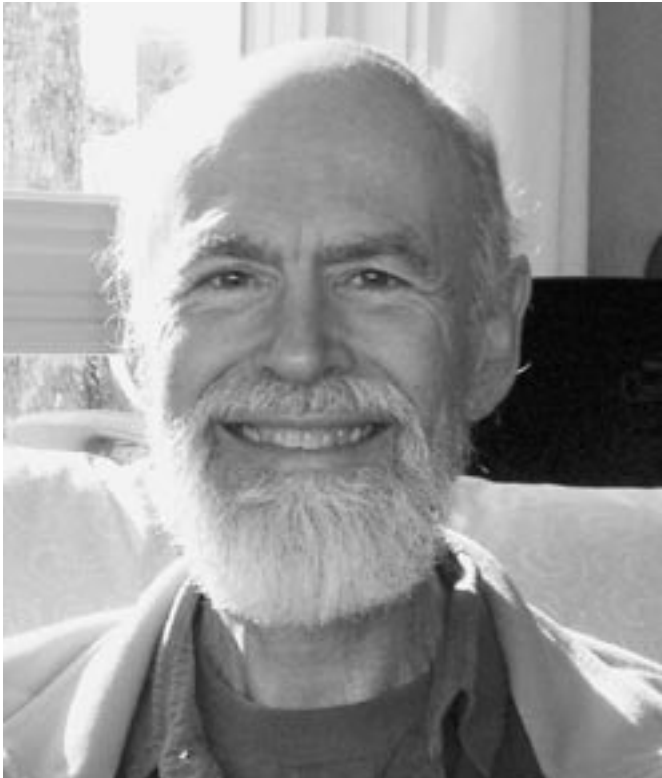
In Sanskrit, it is said that "*deho devalayah jivo deva sanatana.*" Every soul is sanatana, divine. The body is a temple for God. This was mentioned innumerable ages ago in the Vedas. Seeing divinity everywhere is the highest level of spirituality. Seeing divinity only in particular places is limited. We limit ourselves to particular things. Seeing divinity everywhere is limitless. That is our destiny. Attain that God-Realization in this birth.

continued on page 15

The Ten Second Shift

By Kalen Hammann, Ph.D.

What you can do in just ten seconds to double your effectiveness, cut your stress in half – or even change your life forever!



Kalen Hammann, Ph.D.

Imagine this scene: You're in the middle of an argument with your spouse, your boss, or your intimate other. You go back and forth, back and forth, back and forth, getting madder and madder. Finally you can't take it any more. You're completely furious! Then, just as you're about to do something you know you'll regret – but you can't help it! – the telephone rings.

Shaking, you answer the phone. It's your best friend, full of enthusiasm, inviting you to an event you've been dying to go to – an amazing sporting event, or a terrific concert, whatever - but you had heard it was sold out. You'd just about given up on being able to go.

Now your friend is calling – and your friend has gotten FREE TICKETS! This is AMAZING! You excitedly make sure your friend isn't joking, then start making plans about when and where you'll meet. . .

Let me ask you a question: WHAT HAPPENED TO THE ARGUMENT?

If you really understand and make use of what I'm

about to tell you, reading this article could be one of the most important things you ever do in your life.

I know that sounds like a very bold statement. Almost unbelievable. But let me explain.

In this article, I'll be sharing with you some startling discoveries from the field of neuroscience. These discoveries provide clear answers to fundamental questions you may have wondered about. Questions like these:

- Why are we – all of us - sometimes so STUPID? Why are we so blind, rigid, self-centered, seemingly incapable of cooperating with anyone or thinking our way out of a paper bag? Why do we sometimes say and do such dumb things?
- Why at other times are we so brilliant, creative, empathic? Why do we have such fabulous ability to see the big picture, to cooperate even with “difficult people,” to find solutions in a flash to seemingly unsolvable problems?
- Why do we sometimes shift from brilliant to stupid in an instant?
- Most important, what can we do to shift back? And in as little as ten seconds?

Imagine what it could mean to your life if you could drastically cut down or eliminate or reduce the impact of common situations like these:

- Fights and exasperating dealings with your loved ones.
- Trouble getting along with people at work
- Your own off-balance reactions to frustrating, exasperating, or threatening situations that often make things worse
- Mistakes you make because you're upset or not thinking clearly, and then have to clean up after.
- Other people's dumb mistakes and bad judgment screwing up what you are trying to accomplish.

What I'm about to share with you can, indeed, help you make things like these a lot rarer in your life, and cut the damage way down when they do occur

Imagine eliminating even HALF the problems caused by your own and other people's emotional reactivity and lapses in judgment. Can you begin to see how reading this article could be a turning point in your life?

Our Evolutionary Potential

As species evolve, each evolutionary step makes wonderful new capabilities available. Cells gain the ability to band together and form tissues, new organs or capabilities, and ultimately new organisms. Organisms gain the ability to survive in an atmosphere of oxygen-rich air, to walk on the land, to stand erect, to cooperate with others.

But evolution is conservative – it often leaves old structures and abilities in place, just in case the new ones don't work out. That's why human embryos develop through so many stages, recapitulating our evolution as a species while we're still in the womb. At one point, briefly, we all even had gills like the fish somewhere way back on our ancestral tree.

Some of these old structures stay with us even AFTER we're born. Including structures in our brains.

Look, Ma, I'm a lizard!

You may have heard of the "reptilian" brain. A set of structures in your brain are called that because they look — *and function* — for all the world like pretty much the WHOLE brain of your average salamander or frog. With just your reptilian brain, you could do quite a lot.

Those structures – and the "neural chassis" they sit on - enable you to do the things a lizard can do: keep your heart beating and your breath going and your digestion and other systems functioning. You can lie in the sun and find food and procreate and defend your territory and recognize hierarchies and engage in fairly stereotyped, habitual behavior. When our reptilian brain is dominant, we act a lot like reptiles.

Have you ever been happily driving along on an expressway, and then noticed that you passed your exit ten minutes ago? Or started off in your car to drive to work, only to realize halfway there that it's Saturday and you won't be going to work today? That's your reptilian brain in action.

Now I'm a chipmunk! Now a Tiger!

Surrounding your "reptilian" brain, you've also got a "mammalian" brain that looks and functions a lot like the whole brain of your average chipmunk or cow or dog or cat.

Your mammalian brain gives you the ability to do many things a reptile can't. You can feel emotions and bond with and care about others of your species, learn more varied kinds of activities, and enjoy doing things just for the fun of doing them – like most mammals.

Most people don't find reptiles very satisfying pets, because reptiles don't play. Nor do they ever learn to care about you, like a cat or a dog.

When your mammalian brain is dominant, you feel love – and hate! You feel connected to members of "your" group, and suspicious of others you classify as "them." You're much more flexible about learning new ways to do things than when your reptilian brain is in charge.

Let's monkey around!

If you added the neocortex – the outer part of your brain that mammals have a bit of but we share especially with other primates, you could go a lot farther.

With your neocortex in charge, you can create complex social systems. You can even make tools and begin to use language. You can learn highly complex new activities, and even solve pretty complex problems.

What makes us HUMAN?

I call the combination of the reptilian and mammalian and more limited neocortical brains the "**old animal brain.**" As we've seen, with just your old animal brain, you can do a lot.

What you CAN'T do with just the old animal brain (or at most in very rudimentary ways) is any of the things that make us recognizably human. You can't:

- Use your imagination to plan what you will do in the future, and imagine what the impact of different courses of action will be.
- Come up with truly creative abstract ideas.
- Make use of a wide variety of complex symbols and use them to guide your own behavior.
- Empathize with others: take their point of view and understand how they see things and feel how they feel when it's different from how you see and feel about things.
- Experience the joy of teaching someone else to THINK a new way.
- Create new social forms and new "rules of the game" on purpose, to achieve something specific.

These distinctively human capacities come from combining all the parts of the old animal brain with a new part that acts kind of like an orchestra conductor, calling on the parts of the old animal brain in creative new, synergistic ways.

What is this new part? A set of structures I call the "**new human brain.**" The new human brain includes a lot of additional neocortex – what makes it possible, for example, for us to go way beyond other animals (even other primates), in our use of language.

But some creatures – dolphins, for example - have more neocortex for their body size than we do. So what makes us human isn't just that we have additional neocortex. Far more important, the new human brain includes a part of the neocortex that no other animals

seem to have developed to nearly as great a degree.

You can see the difference in the shape of our heads. About 40,000 years ago, after at least 100,000 years during which Neanderthals were the only early human or human-like creatures on earth, the Cro-Magnons appeared. And suddenly there was a “great leap forward” in human culture. By 30,000 years ago, the Neanderthals were no more.

What made the Cro-Magnons so much more successful? Remember pictures you have seen of their skulls and see if you can guess.

How do the Cro Magnons look different – more like “modern” humans? Well, they seem to have had smaller noses than Neanderthals, and maybe smaller eyes. But you’d think that, if anything, those would be competitive disadvantages.

What about the part of the skull above the eyes?

Right! Like modern humans – like us - Cro Magnons have high foreheads. And it’s what’s behind those foreheads that makes all the difference.

Why do we have high foreheads?

The reason we have those high foreheads is that the skull has to be bigger in that area to make room for our “prefrontal lobes.” These very specialized parts of the human neocortex were a mystery for a long time.

When brain researchers first started mapping what different parts of the brain did, these prefrontal lobes didn’t seem to do ANYTHING. If they were damaged, people could still walk, talk, eat, make love, do pretty much anything the researchers could think of testing them for.

Then someone noticed that without large parts of their prefrontal lobes (as a result of a gunshot wound or other accident), people who had been totally miserable seemed to stop being so unhappy. As a result of that observation, in the 1930’s and 1940’s thousands of people had parts of their frontal lobes cut out or destroyed – frequently with ice picks!

After their lobotomies, patients often didn’t seem to be suffering as much and became more “manageable” than before the operation. So far so good. But something more subtle was going on. Doctors who hadn’t known the patients before the operation might not notice the change, but their family members often found it devastating.

One mother described how “My daughter is no longer herself since her lobotomy. It is as if her soul was removed during the operation.”

People who had experienced prefrontal lobotomies frequently seemed to have undergone major personality changes. In many cases they seemed to have lost most or all of their sense of purpose, their ability or desire to plan for the future, and a good deal of their impulse control. They were less able to solve problems, less flexible and adaptive.

Practitioners of the method (now rare) consider the deterioration in personality and behavior to be less important than the elimination of suffering in severe cases. Not everyone would agree.

In any case, now we know: *the prefrontal lobes* — the new human brain — are not a “quiet, nonessential part of the brain.” *They are the seat of what makes us most human* — our imagination, our adaptability, our judgment, our ability to plan creatively and feel empathy for others who see and experience the world differently, even our sense of purpose and the desire and ability to create a better future and a better world for ourselves and others.


It’s no wonder that once Cro-Magnons appeared with their high foreheads, human culture took off, developing relatively quickly into a true civilization.

The amygdala - evolution’s tripwire

But as we’ve seen, evolution is conservative. Right behind your prefrontal lobes, about an inch in from each of your temples, are two little almond-shaped structures called amygdalas.

It was the amygdala’s task to make sure early hu-

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mans weren't lost in thought, daydreaming about lovely possibilities, when a saber-toothed tiger was bearing down on them or they were in some other deadly danger. The amygdalas function like a tripwire: when something dangerous sets them off, they ring alarm bells in the old animal brain.

*As soon as your amygdala gets a hint of danger — especially a situation where you feel **threatened and powerless** — it shifts the center of operations from the new human brain to the old animal brain, and you're suddenly in what I call **danger mode**, engaged in **old animal stress behavior: fighting, fleeing, or freezing**.*

In his book *Emotional Intelligence* Daniel Goleman calls this process an “emotional hijack.” He describes how an emotional hijack can result in a tragic killing, as when a burglar meaning to commit his last burglary panicked and brutally murdered two women he had not intended to harm.

I'm sure you've heard of the “fight-flight” response. More to the point, you've experienced it: the speeding up of your heart, the clenching in your stomach, the impulse to lash out or get away that gets stronger and stronger until it's almost uncontrollable.

Actually, there's a third way the response can go, and you've probably experienced that too. You can feel like fighting or fleeing, or you can freeze, like a deer in the headlights, virtually unable to do anything – evolution's way of making it less likely that a predator will see and attack you.

In any case, you've probably noticed that *when you're in danger mode, your ability to THINK goes way down. That's because it's suddenly your old animal brain, not your new human brain, that's running the show.* Under the amygdala's command, your brain is programmed to jettison all that higher thinking stuff and go for the kill (fight), or get the hell out of there (flee) - or shut down and don't do anything rash (freeze) until the danger has passed.

That's why, when we're in danger mode, we suddenly seem to become so STUPID.

It's when we're in danger mode – when we've shifted into our old animal brain's fight-flee-freeze programming - that we walk out of perfectly good (but momentarily exasperating) marriages, quit perfectly good (but momentarily frustrating) jobs – and kill perfectly wonderful (but temporarily impossible or threatening) people. We burn bridges we shouldn't burn, hurt people we really care about, and make a mess of our lives (and the world!).

I believe that virtually all human-caused misery, both in our personal lives and on our planet, is caused by people acting when they're in danger

mode, with their old animal brains running the show.

Because even though the old animal brain is in charge, it doesn't have access only to old animal abilities.

A lizard, a tiger, and a gorilla – with a human's capacity to do damage!

It's not that the new human brain goes completely off line during an amygdala hijack. We don't lose the ability to talk, but suddenly all we think of saying – or shouting - are really dumb, counterproductive things. Things like “You're a @#%\$@#!”

When your old animal brain is in charge, you can still talk, have ideas, and make plans to carry them out. You can still, for example, manage to climb in an airplane, take control of it, and fly it into one of the World Trade towers. You can still build weapons systems, calculate trajectories, and push the button to fire the missiles.

It's just that *the ideas you can have and the plans you can make are run by – in the service of – your rigid old animal programming to fight, flee, or freeze.*

So the ideas you have are rigid, stereotyped, and uncreative. The plans have little subtlety and less wisdom informing them – so they're almost guaranteed not to work the way you think and hope they will.

Are we doomed?

If our amygdalas can rob us of our new human judgment, imagination, empathy, and sense of purpose just when we need them most, are we doomed to go on doing stupid, destructive things, as individuals and as a species, every time our amygdalas feel threatened and powerless and shift us into danger mode?

You can probably guess that I don't think so. Why not? It's because I know that the amygdala acts almost faster than you can think. *But not quite.*

Evolution's biggest gift

Evolution put the amygdala in place to make sure the new human brain wouldn't keep us from responding fast enough in times of danger. But it didn't put all its bets on the old animal brain.

Evolution gave us another gift. In times of danger, while the amygdala will make sure we're primed to pull the trigger quickly if we need to, the new human brain still has a window of opportunity – a tiny window, but a window – to make sure the trigger doesn't get pulled by mistake.

When the amygdala is about to send a signal to activate the old human brain, a signal goes *first* to the new human brain. Then the new human brain has about a

tenth of a second – not long, but enough – to stop the chain of events in the old human brain that the amygdala is setting in motion. To tell the fight-flee-freeze system to stand down.

During that tenth of a second, you can make a decision that may change the course of your life.

You can decide to put your new human brain back in charge

Even when your amygdala has just shifted you into danger mode, your thinking is shutting down, and you're on the verge of reacting destructively, all is not lost!

You can regain your presence of mind, your perspective, your imagination, your ability to empathize with even “difficult” people, your ability to find creative solutions to whatever situation you find yourself in and create a far better future for yourself and for everyone else. You can shift back.

You can shift back even before the fight-flee-freeze programs have done much or any damage. *In fact, you can shift back in as little as TEN SECONDS. That's the Ten Second Shift.*

You've already done it!

You've probably made a Ten Second Shift at least a thousand times.

- Remember a time when you were upset – and got over it. Remember how you were all emotional, could hardly think – then a while later (maybe the next day) you were fine, as if it had never happened? Somewhere in there, you did a Ten Second Shift without knowing it.

- Recall a time you were in an argument – like the situation at the beginning of this article. The phone rang, and suddenly you were talking about something else, feeling entirely different, with your full human capacities intact. Another Ten Second Shift.

- Remember a time you were on vacation all stressed because nothing was working out as you had planned, then rounded a bend, saw an absolutely beautiful scene – and forgot about all your stress. Another Ten Second Shift.

Up to now, though, you didn't know what was happening. So *you were dependent on changes in external circumstances to create the shift.*

This is one of the reasons we get so addicted to trying to arrange the circumstances in our lives so they're “just right.” In fact, as long as we think we have to do that in order to create a Ten Second Shift and be at our best, our inability to control the circumstances in our lives is itself a major source of stress.

In fact, though, making *the Ten Second Shift does not depend on anything in the circumstances around you changing.*

You can make a Ten Second Shift any time, anywhere!

When you notice signs that you're in danger mode - upset, not thinking clearly, feeling a strong urge to lash out, get away, or having a hard time doing anything - here's all you need to do:

Each of these steps is based in solid research. The position of your body, the direction of your gaze, the expression on your face, your breathing – all have a direct, immediate, measurable impact on your mental state. (Smiling even changes the blood flow in your body to direct more blood into your frontal lobes!)

How to make a Ten Second Shift

1. Sit, or even better, stand erect, solidly balanced, with your head up so your gaze is directed a bit above the horizon.

2. Put a broad grin on your face, and make sure the smile crinkles the corners of your eyes. (If you prefer, a subtle, “Mona Lisa” smile will work, if the smile crinkles the corner of your eyes.) You don't have to FEEL like smiling – just smile!

3. Take three deep breaths, each with a long, full exhale.

4. While you're doing that, picture energy flowing through your amygdalas into the front of your brain, lighting up your frontal lobes brighter and brighter. Remember your ability to think clearly, to care about people, to be at your best. Think, “I can DO this. THIS is who I AM!” and smile more broadly. Enjoy the feeling, and let it build.

That's it! You've made the shift!

5. Now turn to the business at hand: Immediately ask yourself two questions: “What do I really want in this situation?” As soon as you have an idea, whether or not it seems realistic or even possible, ask yourself the second question: “What is one thing I can do right now to move toward what I want?”

The most powerful element is your INTENTION to make the shift. That's because the very act of having that intention – of recognizing the need for a Ten Second Shift, imagining yourself doing it, planning and carrying out a way to make the Shift – in itself requires and powerfully activates your new human brain.

Of course, this isn't the only way to make a Ten Second Shift.

Once you know what you're trying to accomplish – to shift out of the befuddled, agitated, reactive fight-flee-freeze state into a state of easy, flowing, intelligent perspective, empathy, and purposeful, creative intelligence -- you can discover your own ways to do it. Just try different approaches and see what works best for you.

continued on page 23

The Cosmic Clock

For April and May 2008

by Paul Reeder

The month of April begins with the Pluto archetype dominating the cosmic choir's voice. After crossing the Galactic Center and entering Capricorn for the first time since its discovery, Pluto goes retrograde April 2nd at 1° Capricorn 8'. Entering into Capricorn, Pluto is crossing one of the cardinal points, power points, of the zodiac. Any sign change of a slow moving outer planet marks a significant change of season historically. The cardinal points, summer and winter solstices, spring and autumnal equinoxes are the most powerful. Pluto last changed signs from January 1995 – November 1995 when it entered Sagittarius. Pluto's entrance into Capricorn is from January 2008 – November 2008.

Pluto, the planet of metamorphosis, of the destruction of the established form and its regeneration in a new form enters into Capricorn, the sign of structure, order, tradition, how the collective solves the challenges of winter, of living on the earth in an annual cycle of lack. In the modern world Capricorn is our complex governments, the banking industry and capitalism, but if we were a hunter-gatherer community, the archetype of Capricorn would manifest a bit differently. As Pluto enters Capricorn this year and transits through Capricorn the next 16 years, we enter a period of cultural metamorphosis for capitalist and hunter/gatherer society alike.

Pluto is 1) death, 2) incubation, 3) rebirth, or 1)cleansing and purifying, 2) nourishing, and 3) strengthening and rebuilding through use, always a Pluto period can be divided into 3 phases where different but essential parts of the metamorphosis take place. The world we share will be a considerably different place in 2024 as Pluto enters Aquarius than it is now. Differences in global banking and economics are already beginning to show. World governance and local governance will likely go through budget crises and streamlining to say the least.

Mercury enters Aries on the 2nd and squares Pluto on the 3rd. Venus enters Aries on the 5th of April and squares Pluto on the 6th. So in addition to the Pluto

vibe there is a sharp sense of spring bursting out all over. At the beginning of spring (late March) we had a powerful full moon, a Grand Cross, with Sun in 1° Aries 31' opposing Moon in 1° Libra 31', squaring Pluto in 1° Capricorn 6' which in turn opposed Mars at 6° Cancer 20', that set the stage for the coming month.

Spring is a time when the innocent nature of Life springs forth. Like the young, we all fall in love again, or at least want to. But Pluto's energies are not so innocent as it is the archetype of power. In the midst of innocent desire we face circumstances that evoke our karmas and skills where power based interactions are concerned. So here in early April we find our innocent efforts to reach out, connect, interact and exchange, sometimes meet highly charged, concentrated emotions that are rooted in past, sometimes very old difficult to recall, sometimes quite fresh experiences and memories. In this sense, Pluto is associated with core issues, deeply held convictions which are in effect hypnotic spells cast upon the psyche in past experiences. This spell is one in which we anticipate re-experiencing the past experience with more faith than we have in the unlimited possibilities this world offers. Its a form of psychological bondage and applies equally to pleasant and painful memories. Pluto in this sense is both obsessive attraction and obsessive aversion which keeps us in bondage recreating or re-enacting our old stories.

Modern astrologers consider Pluto the ruler of Scorpio while traditional astrologers ascribe Scorpio's rulership to Mars. Some suggest that Pluto is the higher octave of Mars even as Neptune is the octave of Venus and Uranus the octave of Mercury, the inner planets representing individual motivations and the outer planets representing collective concerns and energies. Mars is the strength of an individual which springs from personal interests. Pluto is the power that is created when individuals link their individual strengths and resources together for the sake of shared interests.

When we link our individual wills and strengths together, the creative force producing change is much greater than our individual strengths added together.

Receive the Divine Mother's Blessings

Thursday, April 10

7 pm

Spiritual Discourse & Darshan

Four Points Sheraton

1900 E. Speedway (Campbell)

Saturday, April 12

8 am – 6 pm

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Four Points Sheraton

"Come one foot towards me and I will come a thousand feet toward you."



Sri Karunamayi

Friday, April 11

9 am – 1 pm

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The creative force involved in power exchanges is more like our individual strengths multiplied times each other. This is excellent, desirable, creative when done well, with awareness and skill, and can be terrible, undesirable, and destructive when done poorly, without awareness, by habit or by mimicking poor role models.

When these energies interact as dynamically as they are now, great things can be accomplished, things that require great will, trust and endurance. Such effort and accomplishment will produce results according to the level of development of power skills and resources of all involved. Depending on the psychological resources – attitudes, beliefs and behaviors – we take into our power exchanges in the world, we will wear different masks, play different roles and produce different results.

From an evolutionary perspective, we go from the skills that produce lose-lose, to lose-win, then on to win-lose before we learn to produce win-win results, which is the only level of character development where the power exchange is satisfying results. The developmental process can be pretty messy.

Because development begins from ignorance, there is a lot more abuse of power than there is skillful creative expression of power. The developmental process could also be described as the movement from victim roles to submissive roles to dominant roles in order to reach power sharing roles.

For all the immense possibilities for achievement

this time offers, it is fraught with dangers too. At its best Pluto is power sharing where by combining skills and resources of many things can be accomplished that are beyond the reach of any individual, win-win. At its worst, lacking trust or the resources needed Pluto can manifest as power struggle, loss and destruction. Between these extremes of creative accomplishment and destructive betrayal of trust is quite a spectrum

By mid-April a new vibe begins to set in as Mercury sweeps by the Sun and leads it into the sign of Taurus on the 17th, the Sun to follow on the 19th. Then on the 23rd of April, Venus squares both Mars and Jupiter as Mars perfects its opposition to Jupiter on the 24th. This T-Square of Jupiter in Capricorn, Venus in Aries and Mars in Cancer marks a peak in exuberant Beltane preparation, or perhaps impatience. Venus finally enters Taurus on April 30, just in time for May Day celebrations.

Mercury enters Gemini May 2nd but Saturn turns stationary direct from 1° Virgo 40' May 2nd, the first of 4 planetary stations in the month of May. May 3rd Mercury is exactly square Saturn. This day would not be a good day for leisure travel for many, though business travel may work out. I would avoid entering into a significant new contract if I could, although this is just the time when a renegotiation of terms of an agreement or its manner of execution may become necessary. Some agreements need to be broken and left behind.

May 9th Jupiter turns retrograde at 22° Capricorn 22'. Some numerologists will have a field day with that! Jupiter will return back to 12° Capricorn 32' in early September. This marks a new phase in Jupiter's affects, more underground, laying the groundwork for its return to direct motion in September. May 9th also marks Mars' entry into Leo and a great need for play, for displays grandeur, where good taste is called into question!

May 20th Sun enters Gemini, joined by Venus on the 24th livening up the social schedule a bit. On the 26th however, Mercury turns retrograde at 21° Gemini 32' and Neptune turns retrograde at 24° Aquarius 15' completing our 4 planetary stations in May. Mercury's retrograde will last well into June and Neptune will return to direct motion next November.

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 7

Have forgiveness, kindness, and compassion. You may feel, "I have little compassion." Develop your compassion billions and billions of times, more and then some more. Willpower is based on our devotion and our faith. Have faith, more faith, and purify each and every cell of your body with pure devotion. Always pray to God for purification, for real wisdom: "Oh God! Grant me a grand life of wisdom. Now I have no liberation. I still have anger and these limited natures in my heart. When will I have all those divine virtues of forgiveness, equal vision, inner beauty? When will I attain these positive natures? Please grant me a grand life of honesty."

Where there is honesty and truth, that is the main entrance gate for true wisdom. So, children, be always in that wisdom. Be a practical person, not just one filled with the passive knowledge from books and lectures. That is not enough. Practice the knowledge you have gained: give your selfless service to humanity, develop your cosmic love more and more, and love all of Nature more than anything. Be boundless and try to observe silence mentally.

Verbal silence is also good because we commit so many mistakes with our tongue alone. This is very poisonous. We are always abusing others, telling lies and speaking useless words. If we make our words like rose petals and jasmine flowers, the fragrance of our words will cover the entire universe with truth like the tulasi, the sweet basil—our words will be sweeter than honey.

When you elevate yourself through meditation, you attain vishuddha sattva with one hundred percent purity. This is very beautiful. In this vishuddha sattva we have no desires. We are in the highest peak of desirelessness. It is very beautiful. Desire is the main force behind our emotions. It is impurity of the mind. Desire leads us to hell. Only true devotion, desirelessness, and your thirst towards God or Realization leads you to the Absolute. So understand reality. You have the knowledge. Divine Mother already gave you the knowledge. You have the intellectual power.

Use that power to elevate yourself more and more, and attain peace in this birth. We have peace of mind sometimes, but it is not permanent. Sometimes we enjoy peace also in the presence of satsangs. In meditation, sometimes we are so restless because of the thoughts which come spontaneously from our heart. If the thoughts are negative, we are especially restless. So send all these snakes from this anthill, burn all these enemies permanently and have a grand life, a good life, a peaceful life. At the very least, we need peace of mind. Peace is not available anywhere in this universe. It is only in your Self. If you feel peace in holy presence, in

prayers, in meditations, that is also temporary. Have permanent peace. This permanent peace is attained by God-Realization only.

Practice silence daily for half an hour. Saraswati burns our negativity and gives us real knowledge. She opens the seeker's heart, and gradually his faith is developed more and more and more. With that faith he develops a lot of willpower, and gains immense strength in his life. With this willpower he opens the gates of wisdom and attains Realization. This is very easy to describe in words, but difficult in practice. So be a practical seeker.

Your faith is your greatest protection. If you have faith you have everything. If you lose your faith in your God you lose everything. The one who loses faith loses everything. The one who has faith has everything. The one who has Truth in his life has one hundred percent contentment and inner joy. So enjoy the joy and peace inside your life and attain real Spirit in this birth. That is Mother's only wish for Her babies.

Hari Om Tat Sat

Sri Karunamayi, venerated in India as a living incarnation of the Divine Mother, will be visiting Tucson from April 10 through April 13 to offer spiritual discourses and individual blessings. "Karunamayi" literally means "compassionate Mother," and she warmly receives all who approach her as her beloved children.

Before Karunamayi's birth, the great saint Ramana Maharshi told her mother she would give birth to the Divine Mother. In her childhood, Sri Karunamayi delighted all who met her with her intuitive understanding of holy scriptures and her deeply compassionate nature. At the age of twenty she withdrew to a sacred forest in southern India, where she meditated in silence for ten years on behalf of all humanity. When she emerged from this period of silence she began her mission to share her divine wisdom and love with the entire world.

Sri Karunamayi has said that she has not come as a guru, but rather as a loving mother who wishes to provide spiritual sustenance to her children in their quest for self-realization.

On Thursday, April 10, at 7pm, Karunamayi will be giving a spiritual discourse and darshan at the Four Points Sheraton, on the corner of Speedway and Campbell Ave in Tucson. On Friday, April 11, from 9am to 1pm, there will be individual blessings and Saraswati Diksha, at the Four Points Sheraton. On Saturday, April 12, from 8am to 6pm there will be a one day silent meditation retreat, again at the Four Points Sheraton. And on Sunday, April 13, there will be a sacred fire ceremony. All events are free, with the exception of the meditation retreat.

For more information about the Tucson events, and for directions to the sacred fire ceremony, please visit www.karunamayi.org/tour/2008Tucson.shtml.

Every Monday evening from 6:30 to 7:45 there is a Karunamayi Chant and Meditation Group that meets at the library of the Ada Peirce McCormick Building, 1401 East First Street, on the U of A campus. There is parking in the library parking lot at the side of the library.

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

★**Wednesday, April 9, 7 PM. "Turning Point: The Next Generation"**: Public Lecture and Conversation with Prescott College President Dr. Daniel Garvey. A Free Event, Sponsored by Tucson Association of Realtors and Sustainable Tucson." Dr. Garvey will lecture and open discussion on opportunities available to citizens and leaders to imagine and create the future they would like to live in, and creatively brainstorm how best to support younger generations. At the Tucson Association of Realtors Conference Center, 2445 N. Tucson Blvd. More information: 780-9416, www.prescott.edu/imagene.

★**April 10th – 13th, Sri Karunamayi in Tucson!** Revered by many as the embodiment of wisdom, peace and unconditional love, Sri Karunamayi will be giving discourses on the fundamental truths that support all faiths as part of her fourteenth World Tour in 2008. All are invited to hear her inspiring message, join with her in singing devotional songs, and receive the blessings of her divine knowledge and love. The dates for Mother's programs in Tucson are: April 10th, 7PM – Spiritual Discourse & Darshan; April 11th, 9AM - Individual Blessing Day; April 12th - One day Meditation Retreat; and April 13th, 8:45AM – Sacred Fire Ceremony. More information: 760-0364, or www.karunamayi.org

★**Saturday, April 12th, 7pm, Damaris & Friends Concert**, Come and experience a revival of Damaris Drewry's Tucson tradition of Showcase Concerts: Where music more than entertains you....it transforms and Inspires You! You'll hear a wide variety of musical genres: soft & ethereal; indigenous and a cappella; familiar vintage jazz; 50's rock n' roll; with a bit of Celtic, folk, and devotional music. At the Unitarian Church, 4802 E.22nd Street, just east of Swan. Fee Charged. More information: 320-6366.

★**Sunday, April 13th, 5-8 pm, Festival of Lord Rama.** Join us at Govinda's for an evening under the stars with Dance by internationally acclaimed artist Sivani; Live Music on two stages; Original Drama Performance; and Chanting. There will be a children's activity area and delicious vegetarian food available throughout the evening. A Feast will be served at 8 pm for a \$3.00 donation. At: Govinda's Natural Foods Buffet, 711 East Blackledge Drive, Located just East of 1st Avenue, and 2 blocks South of Ft. Lowell. More information: 792-0630, or www.govindasoftucson.com.

★**Saturday, April 19th, 10am-4pm. Quantum Spirituality!** What do the quantum sciences have to do with Spirit? Join us as we question, explore, integrate, and then experience Spirit on the Quantum Level. If you've seen or read "The Secret" and "What The 'Bleep Do We Know?", sign-up NOW for this all-day intensive workshop to live beyond with fervor and passion! Facilitated by Rev. Melinda Nay, CHT, NLP. At Center for Joyful Living, 4641 N. 1st Ave., S. 3. Fee Charged. More Information: 444-4766.

★**Saturday, April 26th, Laughter Yoga Tucson Workshop** 1 - 2:00 pm, with Scotty Johnson and Janelle Weakly. No preregistration necessary. Fee charged. At

Tucson Yoga, 150 S. 4th Avenue, Tucson. More information: info@breathworks.org.

★**Sunday, April 27th, Dr. Mary Manin Morrissey**, Acclaimed author/speaker presenting "Dare To Have Your Dream". From 2 - 4 PM, 6245 E Bellevue (one block North of Speedway at Wilmot). Fee Charged. Tucson Center for Spiritual Living (520) 319-1042. More information: Ron Graham at 721-7424, or rongraham3@msn.com

★**Friday, May 2nd, 6:30pm**, The Tucson Community Group of The Institute of Noetic Sciences (IONS) presents Puran and Susanna Bair. The talk, "Energize Your Heart in 4 Dimensions" by Puran and Susanna Bair, is based on their new book Energize Your Heart. They will describe a powerful, authentic method to reduce stress, lower risk of disease, anxiety and fatigue. Puran and Susanna Bair are the founders of the Institute for Applied Meditation, which is celebrating its 20th anniversary this year. They have taught Heart Rhythm Meditation around the world. Presented by The Institute of Noetic Sciences Tucson Community Group (IONS) 798-6300 www.ionstucson.org Open to the public, \$5.00 donation per person requested. Marshall Auditorium, Tucson Medical Center, Grant Road at Craycroft. More information: www.ionstucson.org or 520-798-6300.

Multiple Dates & Ongoing Events-

★**Wednesdays in April, Downtown Lunchtime Laughter Group**, from 12:15 PM to 12:45 PM Free to the public. The group is sponsored as a community service by the Breathworks Institute. Meet in the La Placita Plaza Conference Room # 4293 (110. S. Church Avenue). Take stairs in the plaza by elevator next to Scooter's café, Go to 2nd floor; turn right, first room on your left. More information: scotty@breathworks.org.

★**The 3rd Wednesday of Every Month at 7:00 p.m.**, at 3 Jewels Tucson, 314 E. 6th Street (b/t 4th and 5th Avenues), experience: Intenders of the Highest Good. Easily learn the Intention Process and bring that which you desire into your life, your community and the world. Parking is on 4th/5th Aves. Free, but donations to 3 Jewels are appreciated. Bring healthy snacks to share. More information, call Tom, 400-4489; or Taza, 250-7539; or email harmonyandhealth@hotmail.com; or www.intenders.org.

★**Every Wednesday, 7-8 pm, a Meditation/Healing Circle.** Using guided imagery along with silent meditation, Rev. Melinda Nay is your escort to the You Who You Really Are. After sharing the gift messages of Spirit, we then share healing energy with which we are all endowed. Center For Joyful Living, 4641 N. 1st Ave., Suites 3&4, 1 block south of River Road. All are invited! More Information: Rev. Melinda, 444-4766.

★**Self-Realization Fellowship - Tucson Meditation Group** has been meeting in Tucson since 1975. The group follows the teachings of Paramahansa Yogananda, author of "Autobiography of a Yogi" who brought Kriya Yoga to the west. We meet for meditations at 1702 E. Prince Road #140 on Wednesdays 6-8 pm, Fridays 7-8:30 pm, Sundays 6-8 pm, and on Sundays we have a mediation from 9-10 am followed by a reading service from 10-11 am. There is no fee, donations only. More information: 792-6544, or www.tucsonmeditationgroup.com



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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.

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 13

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

Paul Reeder
Phone: 520-903-2913
E-mail: paul@paulreeder.com
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Damaris Drewry, Ph.D.

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Chiropractor

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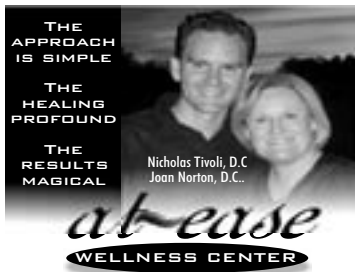
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“Dr. Nicholas and Dr. Joan do, in my mind, the most advanced form of chiropractic wellness available today. Their work is amazing and I highly recommend it to anyone lucky enough to live in Tucson” - Dr. Candace Pert, Ph.D.

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Rev. Melinda Nay, for classes, movie night, workshops, or for more information, 444-4766. Located at 4641 N. 1st Ave., Suites 3&4, 1 block south of River Road.

Sundays: 10-10:30 AM Healing in Suite 4
Meditation in Suite 3

10:30-11:30 AM Joyous Meeting, Suite 3

Wednesdays: 7-8 PM, Meditation/Healing Circle

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Bruce Silvey

Transpersonal Grace Community



Randall Rex Harrison

Zero Balancing



Dorsett Edmunds

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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

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What if I try to make a Ten Second Shift and it doesn't work?

Making a Ten Second Shift is kind of like using a muscle. If you haven't developed the muscle much, you can't lift a lot of weight. If you try to lift something too heavy, you won't be able to do it. At first. Until you've developed more muscle. Similarly, if you don't have much practice with intentionally making a Ten Second Shift, there's only a limited amount of emotional "weight" you can lift. At first, you may find some challenges just too difficult to handle. Even then, if you keep trying to Shift, you'll still be able to limit the damage.

Fortunately, developing the emotional muscle to make a Ten Second Shift isn't hard. It just takes practice. And it gets easier and easier to handle tougher and tougher situations.

Now it's up to you!

You now know something tremendously important:

Whenever you find yourself in danger mode, with your thinking shutting down, about to lash out, run

for cover, or freeze, **you now have a choice.** *You can go along with your old animal brain programming, or you can make a Ten Second Shift and put your new human brain back in charge.*

Every time you choose to make a Ten Second Shift, you will increase your capacity to make the next one. Every time you do, you'll take another step toward the future you really want to create.

And every time you tell someone else about what you've just learned, you'll help build a world in which all of us are using our new human brains more and more consistently to bring about the future we all want to see!

Kalen Hammann, Ph.D. is an internationally recognized speaker, author, workshop leader, and personal coach. His ground-breaking work on the Ten Second Shift offers the real possibility that we can take the next step in our evolution as a species right now, by choice – and just in the nick of time! You can contact Dr. Hammann at www.KalenHammann.com . For free tips on how you can use the Ten Second Shift in your own life and share it with others, go to www.TenSecondShift.com .

Resource Guide

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DORSETT EDMUNDS 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. **2612 E. Drachman St. 326-5221 dorsette@gmail.com**

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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 2008, be part of the team that makes it happen. **Call Bruce at 744-6603**

Support "Reservation Preservation" and the Havasupai Tribe of the Grand Canyon

The Fruit Tree Planting Foundation (FTPF) is an award-winning international non-profit charity dedicated to planting fruitful trees and plants to alleviate world hunger, combat global warming, and improve the surrounding air, soil, and water. FTPF programs strategically donate orchards where the harvest will best serve communities for generations, at places such as public schools, low-income neighborhoods, international hunger relief sites, and Native American reservations. FTPF's unique mission, which has been featured in major publications such as *The New York Times* and *The Hindu*, benefits the environment, human health, and animal welfare — all at once!

FTPF's "Reservation Preservation" program provides fruit and nut orchards to low income communities on Native American Indian reservations. Fruit trees create habitat for wildlife, clean the surrounding air, sustain valuable water sources, improve soil quality, ultimately healing the environment, as well as provide nutrition and a potential income for the benefiting population.

In April 2007, the Fruit Tree Planting Foundation was able to donate over 250 fruit trees and two community orchards to the Havasupai Tribe in the Grand Canyon as a result of generous donations from individuals who want to promote global solutions to the environmental and social challenges facing our world today.

The spiritual leader of the tribe called the event, "a dream come true".

**A return visit is planned for this spring, May 8, 2008 with the hope of donating 1008 more trees!
Every household will be offered 5 fruit trees to plant in their yard.**

The 2008 "Supai Project" can benefit from your support. Many of you have probably heard about this paradise in the Grand Canyon that is home to the Havasupai ("people of the blue green water.") The Havasupai people were confined into this remote region of the Grand Canyon known as "Supai" today through government relocation. The Havasupai once observed a tribal clan system hunting and gathering along the rim of the Grand Canyon and growing foods in the canyons below in the summer season. Now the tribe lives 7 miles into the southwest rim of the Grand Canyon in the town known as Supai, Arizona which is a favorite vacation spot for many nature lovers who enjoy the beautiful waterfalls and blue green pools of sparkling water. The Supai waters originate from a spring just north of the village. The water flows through the village and the deep red rock canyon forming waterfalls and sculpting travertine pools. Approximately 9 miles from the village the waters meet the Colorado River. Because the reservation has no roads leading in it is difficult for the Havasupai people to be supplied with consistently fresh produce. The village is often referred to as the most remote in the country and it has the only four-legged powered mail delivery in the United States. The mail is brought in by a mule train.

Supporting the Reservation Preservation Supai Project will provide the Havasupai people with nutrition, potential income, and environmental health. All Havasupai visitors who journey to see the mesmerizing beauty of Mother Nature will also be able to see and taste the abundance of your support.

Here's what you can do:

Call and make a credit card donation over the phone by calling 831-621-8096

Visit the FTPF website for more information, and to make a donation at www.ftpf.org

Write a check to FTPF and mail it to the following address. Please designate the gift to the Supai Project and mail to: The Fruit Tree Planting Foundation (FTPF), P.O. Box 632, Mill Valley, CA 94942