

PRICELESS— Take One

June/July, 2005

# Arizona Choices

Southern Arizona's Journal of Health, Wellness and the Environment

Including a  
directory of health  
wellness and  
environmental  
resources

*plus*

Dancing on the Path:  
local news, events  
and tidbits

## Sound Choices for Complementary and Traditional Healing:

- **Steven Halpern, Ph.D** on Healing Music and Sound Medicine
- **Wayne Perry** on Healing with the Voice
- **Melanie Grimes, R.S. Hom(N.A.)** on Resonance and Pain

# Arizona Choices Exposition

Tucson's Premier Health & Wellness Event!

**November 11th - 13th, 2005**

**Tucson Convention Center**

Free and Low Cost Health Testing by Medical and Natural Healers • Over 300 Booths • 126 Free Lectures  
90 Workshops • 9 Special Events, including:

## **SLEEP AND PAIN MANAGEMENT**

Jennifer Schneider, M.D., Ph.D.

Rubin Naiman, Ph.D.

Lewis Mehl-Madrona, M.D., Ph.D.

## **THE HEALING POWER OF AWARENESS**

Richard Moss

## **HEALTHY LIVING BEYOND 100**

Norm Shealy, M.D., Ph.D.

## **WE THE PLANET**

Julia Butterfly Hill

## **ANCIENT PATHWAYS**

### **TO MODERN HEALING**

Lewis Mehl-Madrona, M.D., Ph.D.

Melanie Grimes, R.S. Hom (NA), C.C.H.

Ken Cohen

## **VIBRATIONAL HEALING**

Richard Gerber, M.D.

## **WOMEN, HEALING AND SEXUALITY**

Caroline Muir

Joan Hartfield, Ph.D.

## **MUSICAL EVENTS**

R. Carlos Nakai Quartet *with an opening act by* Steven Halpern & Chief Sonne Reyna

Paul Horn with Christopher Hedge

**Tucson's mayor Bob Walkup has proclaimed  
November 11th-16th, 2005 as Tucson's Health Week  
in honor of Arizona Choices Exposition**

For info phone (520) 744-6603 or visit [www.arizonachoice.com](http://www.arizonachoice.com)

**AZ Choices Periodical**  
Volume 1, Number 2  
Published 6 times per year: February,  
April, June, August, October, December

**Editor:** Bob Peizer  
bob@arizonachoice.com  
**Managing Editor:** Roger Hamstra  
roger@arizonachoice.com  
**Senior Account Executive:** Shari Silvey  
shari@arizonachoice.com  
**Circulation Manager:** Manon Getzi  
mpgetsi@arizonachoice.com  
**Project Coordinator:** Belinda Berry  
bel@arizonachoice.com  
**Publisher:** Bruce Silvey  
bruce@arizonachoice.com

Copyright © 2005 and Published by Snow Lion Enterprises, L.L.C. dba Arizona Choices Periodical, 5391 West Fireopal Way, Tucson, AZ 85742. Individual contributors retain their own copyrights.

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

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

Printed on 100% recycled paper using soy based inks

Be sure to visit our Website:

[www.arizonachoice.com](http://www.arizonachoice.com)

# In This Issue

## Healing Music and Sound Medicine: An Insider's Perspective

Page 4

by Steven Halpern, Ph.D.

*The healing power of sound has been known and revered for centuries. Here is an overview from one of the most famous sound healers of our time.*

## "Sound Choices" in Healing With the Voice

Page 7

by Wayne Perry

*An introduction to, and some practical exercises for obtaining, the health benefits of vibrational energy. Excerpted from the author's new book: Overtone: The Complete Guide to Healing with the Human Voice.*

## Resonance and Pain

Page 14

by Melanie Grimes, R.S. Hom (NA), C.C.H.

*In homeopathy, resonance refers to the affinity of one note to other like notes. Homeopathy considers disease a "mis-tunement" and the author discusses how the body goes out of tune and the remedy retunes it, or brings it back to balance.*

## Dancing on the Path

Page 15

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

## Directory

Page 16

*A categorized directory of health, wellness and environmental resources.*

## Directory Index

Page 22

## About This Issue – Sound Healing

Energy, matter and consciousness are vibrational in nature. It therefore follows that a powerful, if mysterious, modality of healing comes to us through vibrational energy. Whether vocal or musical, audible or inaudible, coming to us from without or generated from within, the use of vibrational energy holds the promise of both aligning us with the great energy fields of the universe (putting us "in tune") and healing us when we are misaligned ("out of tune"). Brain waves, body chemistry, neurology – we use physics to describe their vibrational characteristics. And many spiritual traditions have long incorporated vibrational energy in their rituals: the chanting, mantras, and music of Hinduism; the mantras and overtone chanting of Tibetan Buddhism; the Sufi music and singing of Islam; the shofar and dovening of Judaism; the Gregorian chants of Christianity; African and Native American drumming, just to name a few.

The cover art by local artist Stephanie Johnson ([www.acloserlookillustration.com](http://www.acloserlookillustration.com)) shows the coexistence of the "Great Vibration" of the universe with our own "inner vibration." The energy centers of the body each resonate in their own way with these vibrations, and they are in tune, or perhaps in harmony, with the vibrations of the galaxies and the source of consciousness itself. Take a "closer look" at Stephanie's website – her work is both exceptionally creative and scientifically oriented.

Hopefully this issue on Sound Healing will resonate with you, pique your curiosity about the potential of vibrational healing – and provide new choices for health, well-being and enjoyment. Stay tuned!

**Bob Peizer, Editor**

# HEALING MUSIC and SOUND MEDICINE: An Insider's Perspective

**Steven Halpern, Ph.D.**

*“The more you know, and the more you pay attention to the subtle clues your own “human instrument” gives you, the more effectively you’ll be able to harness the healing powers of music for yourself.” – Steven Halpern*



**Steven Halpern, Ph.D.**

**F**or thousands of years, virtually every culture has known of and revered the healing powers of sound and music. This was especially so in the ancient healing temples of Egypt and Greece. Virtually every spiritual and mystical tradition uses sound to elevate the frequency of our physical vibration to more effectively align and attune with the Divine.

So why is it that most individuals know very little of how to harness the healing powers for themselves?

## **Taking a Look at the Record**

During the last 1000 years or so, the role of music has devolved from its primary role in the healing arts and became limited to the realm of entertainment. Recently, however, there's been a profound revival of interest in the therapeutic potential of sound and music. Why? The answer is simple: it works!

But it's not totally that simple. Here's a caveat: only certain music works. With the mainstreaming of music for reasons other than entertainment, there's also been a flood of misinformation, disinformation and hype that has undermined the integrity and viability of the field. So how can you make sense of all the conflicting claims? I'd like to share a few insights from the perspective of my 35 years in the field that should be able to greatly accelerate your learning curve.

To begin with, let me suggest that you learn to really tune in to the feedback your body gives you. For most people, this will mean becoming more aware of their unconscious responses... so that they can take responsibility for making more healthful and effective choices. In a moment, we'll explore the key areas of rhythm entrainment, resonance and intention. First, however, let's talk about what we mean by 'healing,' and list some of what is known about the healing powers of music.

Healing is about "becoming whole." When I was starting out, the political climate was a bit different than it is now. Chakras, auras and other metaphysical concepts had not yet entered the mainstream. It was appropriate back then, as it is now, to suggest that an overall perspective include the idea that healing music assists the body to heal itself, in other words, to help it re-establish its genetically programmed inclination to balance, harmony and wellness.

Studies from around the world have shown that music can reduce stress, enhance relaxation (with all the associated benefits), enhance immune system function, slow down the speed of brain wave activity into the alpha range, reduce muscle tension, enhance the coherence of our electro-magnetic field, increase endorphin levels and evoke feelings of inner peace.

It's difficult to isolate exactly how or why this is so. For instance, reducing stress is a huge factor, because stress is a contributing factor in a wide range of diseases and conditions. These would include hypertension, heart attack, stroke, ulcers, migraine, irritability and the inability to concentrate or sleep. Almost any music can affect your heartbeat and breathing rate, but only certain music can reduce blood pressure, reduce the amount of anesthesia needed during surgery, as well as speed up the recuperative process after surgery.

According to Dr. David Eisenberg's landmark 1993 study, over 30 million individuals turned to alternative and complementary practices to help them relax and feel better. On this issue alone, if certain music were an effective resource, you can see why it could be so popular. After all, something that is effective, effortless, enjoyable and legal (not to mention something that one can use at home whenever one wanted) would seem to be "just what the doctor ordered."

However, you might also intuit that, for the same reason, the pharmaceutical industry (for example) may not be so thrilled with music's healing potential. The emerging field of sound healing covers a wide range of applications, far beyond the classically-based (and biased) framework of many music therapists. In addition to instrumental music recorded on CD or other formats, we have the ancient science of mantra (vocal sounds, but not generally including songs with lyrics. That's what pop music is, with entertainment as the focus). Non-musical tools are also available such as tuning forks, crystal bowls, metal singing bowls, sound beds and one-on-one interactive sessions with healers who work with the voice and vocally-generated sounds. As you can see, there is a huge range. Were you to attend a sound healing symposium, you might be surprised to find that there are many approaches, conflicting theories and dogmas... and yet each may have success.

It is exactly this phenomenon that has kept the field from becoming more organized (in contrast to, let's say, the massage/bodywork field) and thus enhancing its public profile. You may find that one approach works better for you than others. From this perspective, is

this really any different than one's experience with different massage therapists, or dentists, or other health practitioners? Suffice it to say there are a lot of variables. How can you tell what's right for you?

## Rhythm Entrainment and the Beat of Your Heart

In every lecture or workshop I've ever presented, I demonstrate the universal phenomenon known as rhythm entrainment. It appears to be a law of mechanical physics as well as a biological reality. Entrainment describes how a stronger rhythmic pulse or oscillatory system forces a weaker system to synchronize with its pulse.

If there's no music or TV on in the background, become aware of your natural pulse. Turn on almost any music and your pulse and heartbeat will speed up to match the beat of the music. Since the tempo of most music is much faster than your heart beats in a relaxed state (about 40-60 beats per minute), it's not surprising that most music would therefore not be a wise choice if you were seeking relaxation.

It's also true that different kinds of rhythms have different effects on our nervous system. Some support our basic biological rhythms, some oppose it. See John Diamond's classic book on muscle testing, "Your Body Doesn't Lie" for further insight.

## Resonance

Everything in the universe is vibration. It's been said that the main difference between manifestations of matter and spirit are differences in the frequency of vibratory rate (think of ice, water and steam). Every atom, molecule, cell and organ in the body vibrates at its own specific frequency.

Anything that vibrates is naturally able to respond (resonate) to incoming vibrations to the frequency, or a harmonic thereof. Our cells can be considered to be little receiving antennae, that are tuned to specific frequencies. (This fact is rarely taught in any music or complementary/alternative medicine curriculum - and it should be).

Music vibrates in the same frequency range as our cells and organs. This is why music can be such an effective healing modality. (Of course, for the same reasons, certain sounds and music can knock us out of tune and greatly "increase" our stress.)

## Melodic Inevitability and the “Hear” and Now

A third major factor that comes into play is what I like to call the “anticipation response.” Not surprisingly, this is an opposite response to the relaxation response so ably articulated by Dr. Herbert Benson. We’ve been culturally conditioned to respond to familiar patterns of melody and harmonic progressions. This is generally a good thing, except when it comes to relaxation. By setting us up in a tension-resolution paradigm, our bodies are unconsciously being stressed when we listen to most music. Let me give you an example. Imagine I am singing a standard major scale. Hear in your mind’s ear the familiar DO-RE-MI-FA-SO-LA-TI... and STOP RIGHT THERE!!!

Become aware of your breath. Notice if you are holding your breath, waiting for the final note, the DO that completes the scale. If so, you are like 99% of everyone I’ve ever shared this with in my workshops. It’s like waiting for the other shoe to drop. We unconsciously project into the future, where we think the music is going to go, or what it’s going to do. This only adds to our stress, which would not seem to be the proper course of action when we want to assist ourselves to relax and create an optimum environment for healing. I call this condition “scalus interruptus.”

From a healing perspective, we may need a music of be-ing, rather than do-ing. After all, we are human beings, rather than human do-ings. Everyone’s body responds to sound in universal ways, but we also respond to music based on our personal history, upbringing and familiarity. These factors comprise the filter through which the universal is processed, and helps explain why “different stroke for different strokes” holds true for one level of our response to sound.

Another, less obvious, level than rhythm and resonance is that we are sensitive to the energy of the composer or performer that comes through the music. This is not a matter of simply playing the right notes. Once again, John Diamond deserves credit for popularizing the validity of the role of intention and life force in music. Another way of expressing this is, in terms of quantum physics, is that “music is a carrier wave for consciousness.”

That’s why I am usually amused and disappointed when I read an article or book suggesting that, for instance, simply playing some Mozart music will make you smarter. Not only has the so-called Mozart Effect been disproved with subsequent research (another

entire discussion), but in my opinion making such a general recommendation without specifying “which specific composition” and the “specific version” of that recording is disingenuous at best and sets up the listener for failure.

Listen to three different versions of the same classical selection and you’ll see, hear and feel what I mean. All version of the same song are NOT created equal. (Unless one happens to be a composer and recording artist with his own label, as I am.) In that case, there is only ONE “correct” version, which simplifies that level of choice.

When I began hearing the uniquely beautiful healing music in my meditations and dreams in 1969, I noticed that the music did not have the familiar guideposts of steady rhythm and melodic inevitability and harmonic progressions that most music has. I’ve always know that this was part of the secret of its effect. I invite you to apply the criteria I’ve covered as you listen to my Inner Peace series of recordings, like Chakra Suite or Gifts of the Angels, as well as any other recordings in your collection or while auditioning samples online or your favorite store. That way, you’ll be tuning in to the wisdom of your own body, mind and soul, and not relying on what may be written on the liner notes.

Sound healing is destined to take its rightful place in the ever-expanding field of energy medicine and in holistic, integrative approaches to health and well-being. The more you know, and the more you pay attention to the subtle clues your own “human instrument” gives you, the more effectively you’ll be able to harness the healing powers of music for yourself. After all, why wait for “research” to prove what people have known for thousands of years? I encourage you to bring more healing sound and music into your life. Sound-condition your personal and professional environments: use them to set an uplifting ambience for meditation, yoga and massage.

Listen with headphones, at least occasionally, giving the music your total attention. You may be amazed and delighted at how much the music will give to you. It’s a wonderful way to make a “sound” investment in your Self. So stay tuned and enjoy!

**Steven Halpern** *is an internationally-acclaimed composer, recording artist and pioneering sound healer who has touched the lives of millions. A recognized authority on the healing powers of music, he is currently celebrating his 30th anniversary at [www.stevenhalpern.com](http://www.stevenhalpern.com) with special gift collections. 1-800-909-0707 [www.stevenhalpern.com](http://www.stevenhalpern.com) [innerpeacemusic@innerpeacemusic.com](mailto:innerpeacemusic@innerpeacemusic.com)*

# Sound Choices in Healing With The Voice

**Wayne Perry**

**“If the eyes are the windows to the soul, the voice is surely the door to the heart.”**



**Wayne Perry**

**T**hrough the experience of researching and writing my book, ***OVERTONING: The Complete Guide to Healing with the Human Voice***, I have come to the realization that the extraordinary power of the principles described therein are not based on a belief; it is a true knowing. I know that we all have a spiritual and vibrational power within us, but that for most this may be virtually unexplored because of our beliefs and conditioning. And I know that if you practice the methodologies I describe, you can begin to immediately experience the benefits and resonant results in your daily life. You will discover the remarkable healing capacity of

your own voice. You will dramatically enhance health and wellness with the transformative power of sound. You can even, ultimately, transcend the limitations of mind and matter and experience the liberation of the soul with the discovery of the “Inner Overtone.”

## **Sound Healing**

Before discovering the natural and profound healing capabilities of the human voice, I invested time and money in developing my skills with sound machines in hopes of achieving vibrationally therapeutic benefits. For five or six months, I freely offered my services to anyone desirous of exploring some “sound alternatives” to wellness. Many received improvement with their health issues and I learned much through this experience.

## **Sound Therapy**

*All pain and disease is self-created dissonance that assists us in hearing the harmony of the soul.*

For decades, sound researchers have explored, tested, developed, and used an assortment of various sound machines, tone generators, and electronic devices to improve health and sustain wellness. Some of these include: Rife generators, Tesla coils, radionics machines, frequency modulators, quartz generators, ultrasound, brainwave synchronizers, and self-management auditory devices.

In 1992, as a result of exploring available sound research—and due to my concern over the potential ill-effects of electronic sounds that I discovered during the course of that research—I decided to abandon my experimentation with sound machines and began using the natural sound frequencies of the voice exclusively in my sound therapy practice. One of the most revealing and inspiring sound studies that contributed greatly

to this decision was conducted by some bio-acoustic researchers in the late 1980s and examined the body's responses to various types of sounds. The means of determining these responses was the evaluation of brainwaves and fluctuations in blood pressure.

The sources of sound generation used in the study included a variety of tone generators, sound machines, electronic devices, recorded sounds, musical instruments and the human voice. The study revealed that when one's personal frequencies are sounded, of all the sounds tested, those created by the naturally present overtones and harmonics of the human voice are the most supportive and beneficial to the body. A distant second place in this study went to the non-amplified sounds of acoustic musical instruments, with the third in effectiveness being an electronically based auditory device designed to mimic the frequency wave patterns of the human voice. My conclusion: No machine, instrument, or recording can do all that the human voice can do. No tone generator possesses intuition. No computer has a soul. The conclusion of the study: Our own voice is our greatest healing sound.

Upon entering into the healing world of the voice, I was blessed to discover some principles and exercises that enabled me to heal myself of several chronic conditions including release of a kidney stone, reactions to environmental allergies, and pain issues.

Being inspired by the results and benefits that I, and others, received from sound healing, I entered professionally into the field of sound therapy and vibrational healing. Shortly thereafter, deciding that my healing experiences might help others—and feeling more comfortable using my voice than my pen—I recorded “The Ultimate Healing Instrument: THE HUMAN VOICE,” an educational CD containing the most effective practices I developed in my own healing process.

You have within your voice a sonic means to vibrationally activate, heal and harmonize body, mind and spirit. When generated with intention from the heart and soul, the voice can be a miraculous and transformative tool of sound, light and love. So the voice is not only the “door to the heart,” but can also express the song of the soul.

## Toning: An Overview

The nonverbal process of using the voice to assist in the harmonizing and healing of the body is commonly

referred to as “toning.” The practice of toning uses various sounds created by the voice—without reliance on the structural patterns of speaking or singing—to generate vibrational energy. Toning can be used as an extraordinary tool for healing and transformation.

Belief in the healing capacity of the voice has existed for ages within numerous cultures and throughout many parts of the world. Mystics and shamans use the sound of the voice to commune with higher consciousness. Primitive healers and medicine men used vocal sounds to stimulate spiritual and emotional cleansing in restoring health to the physical body.

## Overtoneing

The most significant and profound facet of toning is “overtoneing,” because it involves the creation of simultaneous, multiple tones referred to as vocal overtones and harmonics (the two terms may be used interchangeably). These innate “sounds within sounds” give the voice its timbre and tonal colors, but more important—they effectively concentrate and activate the vibrational energy in the sound.

Overtoneing is a remarkable vocal technique that requires no singing or musical experience, only a dedication to properly learn the practice involved. Overtoneing can also be a very useful method for extending and expanding the unique vibrational capabilities of the human voice. For example, when we focus our attention on the expression of overtones, they may be vocally projected into particular areas of the body—or the body of another—for healing. This intention and process is the essence of overtoneing. The principles and techniques involved in this potent, vibrational healing methodology are addressed in more detail in my book, *OVERTONING: The Complete Guide to Healing with the Human Voice*.

Of the many useful toning exercises available to us, one of the more interesting and powerful, yet easy to learn, is the practice of name toning.

## Name Toning: What's In A Name?

*There is a great secret hidden in a name, be it the name of a person or thing, and it is formed in relation to the past, present and future conditions of its object....*

*All mystery is hidden in name.*

—Hazrat Inayat Khan

*The Mysticism of Sound*

The specific auditory sound that identifies each one of us, and distinguishes us from one another, is commonly referred to as our name. Great vibrational power lies within our name—particularly, our given name, or first name—because we hear it repeatedly. But are we aware of it? Can we feel it? How are we affected by it? What is its secret and significance? These questions may be answered by taking a new perspective on how we view our name.

We usually hear our names more than we say them, so we are constantly receiving this vibration. Hearing our name spoken or called by others has a powerful effect because vocal sound is a carrier wave for consciousness. This repetition of our name is one of several ways in which the name has a vibrational influence. Another is the way in which we receive the sound of our name.

Do you like your name? Does hearing your name trigger certain feelings and emotions? How are you influenced and affected by the feelings and the intentions of a person saying or calling your name? When you hear your name spoken by strangers, do you feel the same way as when hearing it from family members? Are we affected by the consciousness of our parents or those who named us? And if so, how?

The practice of “name toning” may lead you to some surprising answers to these questions. It may also assist you in healing any vibrational toxicity held within your mind-body.

## Vibrational Toxicity

As our basic essence is vibrational in nature, it is inevitable that the sound of our names has some sort of impact on us. Because conscious intention is encoded within every word and sound that is uttered, the extent to which we are affected by the sound resonated to us through our name is in proportion to our receptivity and openness. Since we are the most open and receptive during our early childhood, it is usually during this time of life when we are particularly vulnerable to emotional and vibrational toxicity. This toxicity inhibits the body’s overall resonance and may create dissonance within your signature frequency.

Because we have such a strong personal identification with it, our first name may store these unhealthy energies. Many are unaware of these vibrational influ-

ences and unconsciously carry them in their minds and bodies for their entire lives. Others are sensitive to them and may change their names to free themselves from the uncomfortable energies they experience. While this may be helpful, it may not be necessary if we can redefine our names, and reprogram our attitudes and reactions to them.

## Childhood Influences

We may all recall incidents in our childhood when we were scolded by a parent or family member for something we did (or didn’t!) do. Remember the ways that your name was expressed and emphasized: “Wayne, put that down!” “Wayne, what did you do?” “Wayne, sit still!” “Wayne, be quiet!” “Waaa-aaayne!!” Just fill in the blanks with your name: “\_\_\_\_\_, stop hitting your sister!” “\_\_\_\_\_, take your finger out of your nose!” “\_\_\_\_\_, if I have to come over there, you’ll be sorry!” “\_\_\_\_\_, go to your room!” You get the idea. It’s no wonder that we may want to change our name, or may have difficulty loving ourselves!

Our parents may have meant well in their caring and concern for our well-being, but may have been ill-equipped to always respond to our every action with the optimal patience, equanimity, nurturing support, and loving guidance that we may have needed at the time. The results of these often threatening, angry, judgmental expressions by our parents (or guardians, family members, teachers, etc.) are an emotional and vibrational toxicity that becomes unconsciously infused into our name. Throughout our childhoods, and frequently, into our adult years as well, we have absorbed the negative effects of this toxic residue, which may greatly affect our mind-body health and wellness.

## Name Toning

So how can we overcome these “old” frequency patterns and negative influences? Changing our name is one option, but it may be just a bandage. While a name change may shift a frequency and help us to feel better with ourselves, it doesn’t change or release stored frequencies from the past. How do we redefine and reprogram our name without changing it? How can we facilitate the necessary frequency shifts to free ourselves from the bondage of past influences and vibrational toxicity? The answer to these questions is: Name Toning.

## The Name Toning Exercise

Begin by recalling any names, name derivatives, or nicknames that you were called by family or friends. Unless you were routinely called by your last name, always refer to your first name when doing this process. Notice which names felt hurtful or uncomfortable. Notice the way they sounded or were pronounced and emphasized. Who spoke them? Recall who may have said your name in the most impactful or derogatory manner. Was it primarily friends or family? Was it your parents? One parent? An older brother or sister? All of the above? After you've recognized the most significant people and issues involved, close your eyes, sit comfortably, and prepare to go deeper.

Remember what thoughts and feelings came up for you when you heard your name called or spoken. Without repressing or negating your feelings, create the intention to sincerely learn from and release the past and any pain associated with it. In most cases, our parents and others who we felt hurt us were simply insensitive or unconscious of their actions and their effects on us. It's always the healthiest choice to bless and forgive them.

## Childhood Names

Recall any childhood names you were given that have an "emotional charge" in them. This includes any odd pronunciations of your name, derivatives or nicknames. How many are there? Identify and sound them out, one at a time. For example, some derivatives of the name "William" are: Will, Willy, Bill or Billy. Derivatives of the name "Patricia" are: Pat, Patty, Trish, or Trisha. A nickname could be almost anything; i.e., Spike, Bubba, Buddy, Shorty, Slim, Bony, Chubby, Squirt, Stinky, Pokey, Missy. Keep in mind, you're looking for names that you were routinely called, and that had a "negative charge" for you, not nicknames of endearment.

If you don't recall any nicknames or derivatives of your name, simply focus on your name as you heard and felt it, and proceed with the exercise as indicated. The principles and practices are the same.

## The Charges

Once you've completed this identification portion of the exercise, with your eyes closed, begin sounding the negatively charged name. Don't rush through this.

Whether you're toning one name or five, spend at least a couple of minutes on each name. Methodically tone each syllable of each name, emphasizing the vowels and volume in the same way that you recall hearing and feeling them when you were a child. Begin with the names that are the least comfortable to hear, sound and feel. Tone through each name and sound, noticing which emotions come up for you, and being careful not to resist feeling any of them.

As you allow yourself to patiently go through this process, you will gradually be able to resonate easily with the names, sounds and feelings, and experience a natural release of the "charged" or blocked energy associated with the past. Let any feelings of childhood pain, grief, shame or anger flow through your body and be released without resistance. Many people carry this resistance and "old pain" in their names and bodies all of their lives. This need no longer be necessary with the practice of the transformational name toning exercise.

### Childlike Faith in Childhood's End

*"Should be seen  
and not heard,"  
A child in fear  
can't feel assured.  
Sound your truth  
my little friend,  
Have childlike faith  
in childhood's end.*

*Through lives & times  
we have roamed,  
Now it's time  
to journey home.  
To heal our hearts  
and spirits mend,  
Takes childlike faith  
in childhood's end...  
—Wayne Perry*

## Healing Your Name

After you feel complete with the release portion of this process, it's time to move on to the final stage of Name Toning—healing your name. With eyes still closed, slowly sound out the name that you prefer, or are presently using. Being fully present in the moment, allow yourself to truly feel the vibrational energy in your name. Honor it. Celebrate it! Note the difference

in your feelings, compared to what you felt during the release of the charged name(s).

Complete the exercise by using your current name within the following self empowering affirmation: “(Your Name), I unconditionally love, trust and support you, just the way you are, in body, mind and spirit, and in sound, light and love.” Repeat as needed.

Since each individual has their own unique experiences, results to this exercise may vary. You may have an extraordinary release and healing in doing the name toning process only once or twice, or like other release work, you may need to regularly return to the exercise and continue to “chip away” at old programming and feelings. Either way, your intent will dictate your results. I encourage periodic name toning until you feel completely clear and free of past issues. This simple exercise can be a fun and easy way to “own your tone” and better tune your signature frequency. Prize your name, and name your prize!

## Conclusion

The intention I held in writing OVERTONING: The Complete Guide to Healing with the Human Voice is to assist, guide, and inspire you to look deeper within yourself to recognize and appreciate the wondrous vibrational energies of the voice, sound, light, love and Spirit that resonate within you. It is my sincere hope that you enjoy the ideas, thoughts, feelings, experiences and exercises shared here and in my book. I encourage and support you in utilizing whatever you find to be resonant and useful for your life’s repertoire of soul songs, truth tones, life colors—and in “owning your toning.”

Keep in mind, however, that for the total healing of body, mind and spirit—along with the liberation of the soul—we must learn to be an open conduit for the transformative “inner sound:” the Word, Logos, Om, Kalma, Shabd, Nam, Nada, Celestial Melody, Inner Voice, and other names for the Infinite Overtone. As you learn more about toning, as you develop your “healing voice,” listen to your body, listen to your heart, listen to your intuition, listen to your soul, listen to your sound, listen to the silence, listen . . .

**Wayne Perry**, founder and director of the Sound Therapy Center of Los Angeles, is renowned as a speaker/lecturer, teacher, consultant, overtone singer and recording artist. His unique sound healing work has been featured on CNN, CBS News, The Roseanne Show, Strange Universe, America’s Talking, Alive and Wellness, TBS and Health Watch-CLTV Chicago. He will release his new book: *OVERTONING-The Complete Guide to Healing with the Voice*, in June 2005.

1-800-A SOUND HEALER; info@wayneperry.com

# Food Conspiracy Co-op



- Certified organic and GE-free foods
- All-organic produce department
- Huge bulk selection
- Co-op Advantage Program special pricing
- Community-owned and open to all since 1971

## Food Conspiracy Co-op

Tucson's Neighborhood Natural Grocers  
412 North Fourth Avenue • (520) 624-4821  
www.foodconspiracy.org  
Open Daily 8 am to 8 pm



— BEST OF TUCSON WINNER (3<sup>rd</sup> year): BEST BULK TEA SELECTION —

# Soul Guidance

through

**Life Between Lives Regression, Past Lives Regression, and Shamanism**  
with Drs. Earl and Linda Backman



*A Weekend Workshop in Tucson, AZ*

OCT 21-22, 2005

Friday: 7-9pm

Saturday: 9am - 4pm

1701 E. Lind Rd.

\$125

Pre-Registration is Required

- **Gain perspective on your soul’s mission**
- **Expand your intuitive ability**
- **Connect with your Higher Self**

For directions contact:

Drs. Bruce and Molly Roberts: 520-327-9624

For information/registration contact: Earl at 303-818-0575 or ebackman@earthlink.net

Visit [www.RavenheartCenter.com](http://www.RavenheartCenter.com)

for online registration.

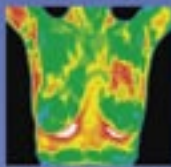
**Private life between lives regression sessions available: email Earl (ebackman@earthlink.net)**

# Proactive Health Solutions

## "Redefining Health"

NO radiation NO compression FDA approved

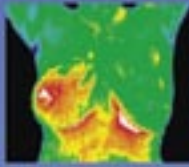
Digital Infrared Thermal Imaging (DITI) aids in EARLY detection of breast cancer.



Ductal Carcinoma



Actual Procedure



Inflammatory Cancer

## The Power of Glyconutrients!

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

**Lynda Witt**

(520) 235-7036

lynda-phs@cox.net

www.proactivehealthsolutions.org

# THIRD EYE ARTS

Visionary & Healing Arts

421 N. 4th Avenue  
Tucson, AZ 85705

R. Hannon/M. Seri  
Co-Creators

Ph: (520) 304-5150  
Msg: (520) 219-6524

## Where to find Arizona Choices Journal in Tucson

17th Street Farmer's Market	El Rio, Southwest Medical Clinic
Advanced Energy Therapeutics	Epic Café
Albert F. Seng MA.	Food Conspiracy Co-op
Antigone Books	Holistic Animal Care Stores
Aqua Vita	Immune Recovery and Wellness Office
At Ease Chiropractic	Ironwood OB/GYN
Beach Combers Hot Tubs	Linda Johns
Bentley's Coffee	Lynda Abbaraxus
Bookmans Bookstore, Broadway	Medicine Wheel Dental
Bookmans Bookstore, Ina	Metaphysics World
Bookmans Bookstore on Speedway	Millie's Pancake Haus, Tanque Verde
Borders Bookstore on Broadway	Mountain View Retirement Community
Casbah Tea House	New Life on Ajo
Coffee XChange Campbell/Grant	New Life on Broadway
Congress Hotel	New Life on Oracle
Cope/El Rio, on Broadway	New Life on Speedway
Create Cafe	Phyllis Winslow
Curves, Ajo and Kinney Rd	Pima Heart, on St. Mary's Road
Curves on Glenn	Reed's Compounding Pharmacy
Curves, Houghton Rd	Rincon Market
Curves, E. Broadway	Scooter's Cafe at La Placita Village
Curves, E. Speedway	Shop Natural Cooperative
Curves, E. Tanque Verde	SOS Health
Curves, Irvington & I-19	Stairway of Light
Curves, Oracle and Wetmore	Sunflower on Broadway
Dark Horse Media	Sunflower on Speedway
Delectables Restaurant	Synchronicity Center
Desert Institute of the Healing Arts	The Cottage Bakery & Café
Discovery Chiropractic	The Eclectic Café
Dr. Rubin Naiman	The S.P.A.C.E.
El Rio Dental Office on W. Congress	Tucson Soundings
El Rio, Immunology Associates	U of A Visitor Center
El Rio, Main Clinic	Village Bake House
El Rio, North West Clinic	Wild Oats on Oracle
EL Rio OB/GYN Associates at 225 W. Ivrrington	Wild Oats onSpeedway
El Rio Pediatrics Office	Winterhaven Health Center

# CAMCON 2005

*The 2005 Complementary  
& Alternative Medicine Conference*

**November 14th - 16th, 2005**

**The Radisson Hotel/City Center, Tucson, Arizona**

Be a part of a Healing Adventure in warm and sunny Tucson  
this November and learn from the BEST!

Kokoman Clotey

Ken Cohen

Richard Gerber, M.D.

Melanie Grimes, R.S.Hom (NA), C.C.H.

Richard Grossman, L. Ac., O.M.D., Ph.D.

Steven Halpern

Sylvia Haskvitz, M.A., R.D.

Paul Horn

"Beauty" Henry Peterson

Joseph Pizzorno, N.D.

Chief Sonne Reyna

Marilyn & Tohmas Twin Trees

Diamond & River Jameson

Lewis Mehl-Madrona, M.D., Ph.D.

Richard Moss

Caroline Muir &

Joan Heartfield, M.D., Ph.D

Rubin Naiman, Ph.D.

Wayne Perry

Julia Ross

Jennifer Schneider, M.D., Ph.D.

Norm Shealy, M.D., Ph.D.

Shari Silvey

Cheri Sohnin-Moe

**Special Hotel Rates  
Starting at \$59**

*FREE Arizona Choices VIP Pass if you pay  
for your CAMCON Healing Adventure  
by August 11th, 2005*

**And Don't Miss:**

**Early Bird Special!**

## **Arizona Choices Exposition**

**November 11th - 13th, 2005**

**Tucson Convention Center**

Free and Low Cost Health Testing  
by Medical and Natural Healers  
Over 300 Booths • 126 Free Lectures  
90 Workshops • 9 Special Events

For info phone (520) 744-6603 or visit [www.arizonachoice.com](http://www.arizonachoice.com)

# Resonance and Pain

Melanie J. Grimes, RSHom (NA), CCH

*“Resonance describes how homeopathy works. The remedy sends up a “note” and the person who has a similar note, responds.”*



**Melanie J. Grimes, R.S. Hom (NA), C.C.H.**

**W**ebster defines resonance as: “The vibration of a large amplitude in a mechanical or electrical system caused by a relatively small periodic stimulus of the same or nearly the same period as the natural vibration period of the system.

*Simply stated, resonance is vibration, a similar vibration.*

In homeopathy, resonance refers to the affinity of one note to other like notes. For instance, if a note is played on a piano, all nearby pianos will sound that same note. Resonance describes how homeopathy

works. The remedy sends up a “note” and the person who has a similar note, responds. To back up a bit while still using the musical analogy, homeopathy considers disease a “mis-tunement.” The organism goes out of tune and the remedy retunes it, or brings it back to balance.

In order to better understand this principle, it is important to understand that homeopathy does not treat symptoms. It treats the whole person. The goal of homeopathic treatment is to bring the person to health, or “into tune,” for the sake of the analogy. Homeopathy deals with the totality of the person: body, mind, emotion, spirit. Homeopathy takes all these aspects into account. Homeopathy does not treat pain, as pain is only a marker. On the other hand, homeopathy doesn’t NOT treat pain.

For example, in the old story, a man is driving down the road when the oil light on his car comes on. He takes out a shotgun from under the seat, and shoots out the light (also taking out half the dashboard). The man is now happy; the light is off. Well, we know to look deeper than that. We know that, though the light is now off, the condition (low oil) still exists. We know that without replacing the oil, the engine will overheat, seize up and eventually cease to function - just so with our bodies.

We can destroy the indicators of disease, but the disease will still be there. We can numb our pain sensors, but the pain and the causative factors are still there. If we don’t treat the disease, it will remain active until our bodies seize up and eventually cease to function. This is why cure is better than suppression.

Pain is frequently an indicator of a problem. Better to pull over to the side of the road and investigate. Pain can indicate an area of malfunction. It can also be a

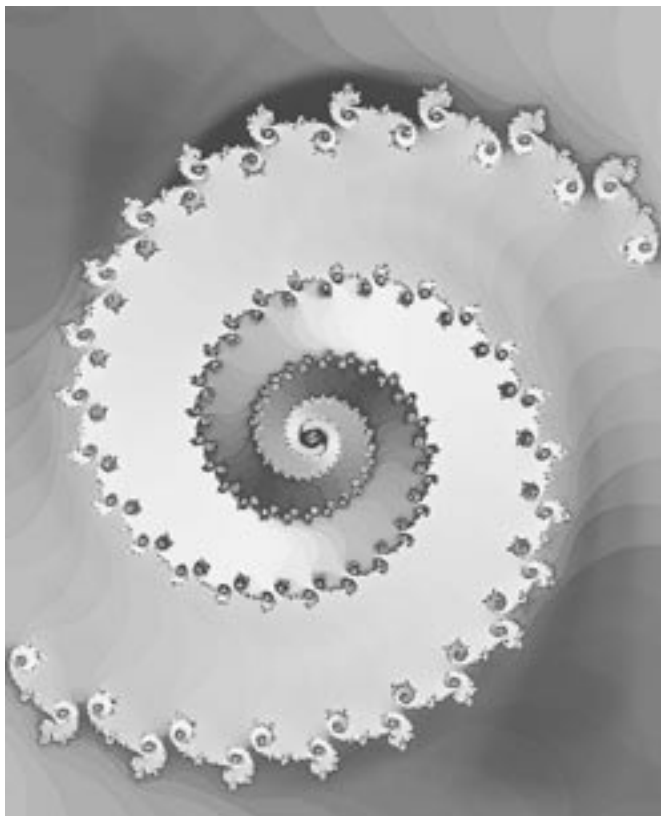
referred pain, phantom pain, psychosomatic pain, but for the sake of simplicity, let's assume that most pain is caused by a body system not functioning at maximum potential.

Pain can be an indicator or signal that something is not right in the body. Unlike the man with the shotgun, we do not want to destroy the early warning system. We want to heed its call and search farther and deeper for the cause of the alarm.

Frequently symptoms will start with a whisper. If we ignore or suppress the cause, the whisper will become a shout. Why is this? Your body does the best it can to operate well. When there is an obstruction, it will let you know about it. Pain is frequently the first alarm. Pain can become worse as the state intensifies.

Pain is not the problem, though it is disease. Pain is a symptom of a symptom, and not the disease itself. By looking at the cause and not the symptoms, we can find the way to cure.

**Melanie Grimes** began studying homeopathy in 1971 and has been a registered member of the Society of Homeopaths (NASH) since 1992, and is also certified by the Council of Homeopathic Certification (CCH). [www.melaniegrimes.com](http://www.melaniegrimes.com)  
[melaniegrimes@aol.com](mailto:melaniegrimes@aol.com)



©silkpurse graphics

## Dancing on the Path

A listing of news items, tidbits and events of interest to our readers. Submissions welcome by email at: [bob@arizonachoice.com](mailto:bob@arizonachoice.com)

**Free meditation classes**, 6:15 Mondays. Inspired Healing, 4929 29th Street. Yoga classes, 9:30 a.m. Saturdays, first class free. Call (520) 584-0343 for more information.

**Introductory Buddhist Teaching and Meditation**, 7:00 p.m. Thursdays, Tara Mahayana Buddhist Center, 1701 E. Miles Street. Kadampa Buddhist nun Gen Kelsang leads teaching and meditation on different topics. Donations accepted.

**The Mat Bevel Institute**, 530 N. Stone Avenue, Tucson, with local artist Ned Schaper, features installments of "The Mat Bevel Show - Kinetic Art for the Whole Family" from 8-9:30 p.m., June 24-25-26. All ages welcome; non-smoking/non-alcohol; \$10. Call (520) 622-0192 for info or see [www.matbevel.com](http://www.matbevel.com).

**Arizona Choices' Dancing on the Path** evening of education, dancing and laughter will feature sound healer Joan Vann and didgeridoo artist Alan Smith, with dance music by local sensation Spirit Familia. Health and wellness practitioners can mingle with the general public to network and chat about health, wellness and the environment. June 18th; 7:30 pm, \$5 at The ORTSPLACE, 121 E. 7th Street (N/E corner of 7th St. and 7th Ave), Tucson. Call for info: (520) 744-6603.

**"What the Bleep" study group**, 7-9 p.m., 3rd Fridays of the month, at the University Medical Center, 1501 N. Campbell Ave, conference rooms off the UMC cafeteria. Donations accepted. See [www.holisticperspectives.com](http://www.holisticperspectives.com) for more information.

**Desert Crones**, celebrating the aging process, meets 1-3:00 p.m. every Thursday at the Unitarian Church, 4831 E. 22nd Street. Free, open to everyone. See [www.desertcronesoftucson.net](http://www.desertcronesoftucson.net) for more information.

**Allergy/Nutrition**



**Desert Mountain Health Center**

Do you suffer from allergies or indigestion? Are you concerned about proper diet or lifestyle? Desert Mountain Health Center is dedicated to your better health. Allergies and sensitivities can be eliminated with NAET, utilizing neuromuscular reflex testing, chiropractic principles and traditional meridian therapy. Your body's reactions can be cleared so they no longer cause discomfort or dysfunction. Everyone is in a different stage on the journey to better health, and we have the training and experience to guide you with dietary and lifestyle advice. Enzyme therapy, computer meridian stress

assessment and non-force chiropractic care are available.

Dr. Bergner has a master's in holistic nutrition, and has studied natural hygiene and other schools of natural living for many years. She has practiced advanced NAET for seven years.

**Desert Mountain Health Center**  
**Martha H. Bergner, M.S., D.C.**  
**3816 East 5th Street**  
**8700 North Oracle Road**  
**Tucson, Arizona 85716**  
**520-296-5899**  
**www.desertmountainhealth.com**  
**drmartha@desertmountainhealth.com**

**All One Sound**



**Allen Smith**

Love is the essence of our being. Yet most of us don't feel safe enough for love openings beyond a few people or just one. Love is everywhere & everyone. Is there any good reason not to have more love? Love yourself. Re-member your connection, your passion, your love through "Experiential Sound Vibrations" with Allen of Rainbow Didge Music. Open to fearless expression & passion. Align to your spirit with World Class Didjeridu played with heart & healing intent. I provide full spectrum Didjeridu sound treatments; live or recorded. Vital & vibrant

Shamanic Sound Meditation with a Barbaric Sound Master. Lucid & Loving Creativity Training. Custom made recordings & Didjeridu's just for you. Affordable Audio Studio services. Lifetimes plus 14 years of soul purpose sound empowerment.

**Allen Smith**  
**Rainbow Didge Music**  
**520-743-7339**  
**asmith@theriver.com**  
**www.rainbowdidge.com**

**Alternative Technology**



**Air Fresh Technologies**

Breath! We tend not to think much about it, but every day we breathe an average of 2500 gallons of air. If indoor air is only filtered - not purified - our body will allow microscopic particulate containing mold spores, bacteria, virus, fungus and chemical gases to enter the deepest part of the lungs or bloodstream. One whole-house filterless Air Fresh unit will clean and purify to 3000 square feet of air. Proven to kill 99.9% of e-coli, salmonella, staph, mold, fungus, eliminate smoke and odors and reduce chemical gases. Units for vehicles, single room,

ducting or whole house systems are available. Evaluate this technology in your own home for 3 days. Local delivery or free out of state shipping. Breathe thunderstorm-fresh, clean air today!

**Maggie Michel**  
**Air Fresh Technologies**  
**520-444-7643 / 800-465-2057**  
**michelmaggie@aol.com**  
**www.ecoquestintl.com/maggiem**

**Animal Health**



**Linda Johns**

Does your pet exhibit fear, anxiety, barking, aggression, marking territory, destructive, or hold trauma from the past? If so, Animal Communication can open the door to a happier and healthier pet. Through communication with your pet, you can create a better understanding and deeper relationship while providing yourself with clarity and insight into their thoughts or behavior.

Communication can be very helpful with grief assistance, or when your needing to make important decisions regarding health issues, nutritional support,

or euthanasia. Individual consultations available in person or by telephone. If you would like to learn to communicate directly with your animal friends, classes are offered through Pima College Special Activities, or call for upcoming schedules.

**Journey To Healing**  
**Linda Johns**  
**520-825-4645**

**Breast Cancer Screening**



**Lynda Witt**

**Chiropractic Neurology**



**Nathan Conlee**

**Chiropractor**



**At Ease Wellness Center**

**Chou Shin Grand Master**



**Lynda Abbaraxus**

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

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

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

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

“Our goal is to evaluate each patient’s

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

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

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

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

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

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

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

**At-ease Wellness Center**  
**4427 E. Broadway**  
**Tucson, AZ**  
**520-325-4881**  
**www.at-easewellness.com**

Lynda Abbaraxus is a Chou Shin Grand Master, certified and endorsed by the Tusekugi in Japan. She has been treating clients using oriental healing techniques for the past twenty years. Many different modalities are incorporated into her work. She uses the body’s natural flow of energy to move blocked energy and/or reconnect energy in the client’s body, thus balancing energy points, meridians and chakras for optimal health. She specializes in massage, myo-skeletal manipulations, back problems, Reiki, acupuncture, helio-sonic therapy and in-

tuitive and energetic healing. She also teaches clients how to use creative visualization and meditation to reduce pain, to fight illness, reduce stress, achieve personal or career goals and to enhance spiritual growth.

**Lynda Abbaraxus**  
**3871 W. Jubilee Pl.**  
**Tucson, AZ 85741**  
**520-579-0705**  
**lyabba@comcast.net**

## Dentistry



### Dr. Steven A. Swidler DDS

#### Energy Healing/EFT



### Phyllis Winslow

#### Hawaiian Temple Bodywork



### Belinda Berry

#### Healing at Any Distance



### Robert Martin

A pioneer in Holistic Dentistry Dr. Steven A. Swidler has been Tucson's premier Holistic dentist for over 25 years. He is a member of the IAOMT (International Academy of Oral Medicine & Toxicology), The Cranial Academy, & a charter member of the Holistic Dental Association. Dr. Swidler has a background in electro acupuncture, kinesiology, CranioSacral Osteopathy, and Biodynamic manual medicine, as well as numerous other healing modalities. Since 1979, Dr. Swidler's postgraduate work in CranioSacral osteopathic approaches have been brought deeply into his approach

You Can Get Quick Relief From Pain and Stress. Would you like to be free of: Relationship Problems, Physical Pain, Disease, Fears, Grief, Low Self-esteem, Phobias, Trauma, Depression, Anxiety, PTSD, Allergies, Cravings and Weight problems?

As an Energy Healer and EFT practitioner, Phyllis has had amazing success in many areas. EFT is based on a New Discovery: "The cause of all negative emotions is a disruption in the body's energy system." Phyllis specializes in finding the subconscious roots of a problem.

*A graduate of the Barbara Brennan*

Lomi Lomi is a healing art practiced by the native Hawaiians. The Hawaiian term Lomi Lomi means simply to knead or massage. Lomi means to weave; weaving light, love & spirit, unweaving unhealthy patterns in the body, unraveling wounds and old belief systems. The focus in a Lomi session is on letting go, quieting the mind, & allowing people to receive, encouraging areas of the body that have been disconnected to lovingly reintegrate. A session is both magical & powerful, & at the same time gentle & nurturing. With many unique forms of

Robert discovered he had the gift of healing in the late 1970's and has dedicated his life to helping people attain optimum health ever since. Believing that the Creator exists within each of us universally, he opens himself to the Creator and allows LOVE ENERGY to flow through him to his fellow man. He is able to channel this energy in a hands-on capacity and at any distance. His work has inspired many people to write testimonials on his behalf. Former chairman of IACVF cancer research society, AANC certified Nutritional Consultant

of treating TMJ/jaw/bite dysfunctions and how it relates to overall body alignment and function. Currently Dr. Swidler utilizes biocompatible dental materials to deal with dental issues in general, cosmetic, & holistic dentistry. Dr. Swidler's overall goal for his patients is great health, function, and a smile you are proud of.

*With awareness you can make a choice!*

**Dr. Steven A. Swidler DDS**  
**Medicine Wheel Dental**  
**4650 W. Jobjoba Dr.**  
**Tucson, AZ 85745**  
**(520)743-7101**

*School of Healing*, she is able to relieve pain quickly.

"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**

this art, Bel practices an ancient form of Lomi Lomi called Ke Ala Hoku (Pathway to the Stars) that was traditionally performed in the Heiau (temples) by Kahuna (Hawaiian Shaman) for deep physical & spiritual healing.

**Belinda Berry**  
**520-440-9425**  
**North Western Area**  
**bukabel@yahoo.com**

and minister, Robert Martin is dedicated to his mission of relieving suffering & attaining health. Author of "Healing with Divine Energy".

**Rev. Robert Martin**  
**Hands On & Remote Gifted Healer**  
**520-881-2452**  
**www.Divine-Healing-Energy.org**

**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.

tered, 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**

**Holistic Energy Healing**



Release pain, illness and stress in an hour. Are you concerned about your relationships, physical health, or the direction your life has taken? Do you want to be healthy and happy? Whatever is happening in your life, you can find peace. Bring your mind, spirit and body into balance. Experience a healing treatment, unlike any other.

Master Teacher, Cynthia Tierra works with the whole person, mind, spirit and body. Cynthia is certified by The American Association of Drugless Practitioners and runs a healing center on ten acres of desert, adjacent to Saguaro National Park West.

**Healing From The Heart**  
**Cynthia Tierra - Holistic Health Practitioner/Reiki Master Teacher**  
**12876 West Fort Lowell Road.**  
**Tucson, AZ 85743 ph: 520-616-0998**  
**cynthiatierra@hotmail.com**  
**www.healingone.net**

**Cynthia Tierra**

Eliminate pain by identifying and releasing the underlying causes. When your body is in balance mentally, emotionally, physically, and spiritually, it naturally moves towards a state of health. Holistic Health Practitioner/Reiki

**Holistic Medicine**



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

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**

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

**Hypnosis**



Albert F. Seng, M.A. is a State and National certified counselor in Tucson. He sees a broad range of adult clients and has been practicing clinical and forensic hypnosis for more than twenty years. During that time Mr. Seng has earned hundreds of hours of continuing education credits in hypnosis. He regularly presents workshops on self-hypnosis for Pima Community College and is a long time member of the American Society of Clinical Hypnosis.

consciousness that enables the individual to achieve an intense focus and often a very relaxed state similar to what one experiences while daydreaming.

Whatever the problem, purpose, or goal, hypnosis is a powerful tool for change and growth.

**Albert F. Seng, M.A.**  
**2455 E. Speedway, Suite 201**  
**Tucson, AZ 85719**  
**520-881-6481**  
**www.senghypnosis.com**

**Albert Seng**

Hypnosis is an altered state of con-

**Insurance**



More than just insuring your car, home, or your business, we care about you and your family. Lupita's background in social services really shows as she takes care of you and your family by planning for the future. We want to make sure your family is secured if something were to happen to you. We have excellent planning products for life insurance and retirement. We also want to help in the case of cancer and cover as much as possible with Supplemental Cancer Insurance. Yes, we really try to help in every way possible. Cancer Insurance

can help pay for extra chemo treatments, childcare, personal caregiver, special diet plans, travel arrangements, and much more. Please call today and find out about our very reasonable rates.

**Lupita Fernandez**  
**520-514-7113**  
**Amiga/Allstate Insurance Co.**  
**lupitafernandez@allstate.com**

**Allstate Insurance**

**Life Coach**



Expect miracles! Personal Life Coaching from Dr. Susan Ricketson will bring zest, satisfying relationships, prosperity, spiritual fulfillment and anything you intend into your life. In addition to being a highly effective Life Coach, Dr. Ricketson is a seasoned therapist for individuals, couples and families, with a specialty in Grief Counseling and Support. She focuses on: Enriching Relationships; Aging with Purpose; and Career and Life Transitions. She has studied many body and energy modes and is a 3rd degree master in

Radiance/Reiki. Her coaching will enable you to find your mission and live your vision in life. "Life's short, start now to unleash your gifts and let wonders happen in your life. It is possible to manifest your dreams." – Susan Richardson

**Dr. Susan Ricketson**  
**Personal Life Coach**  
**520-577-3730**  
**Email: tonkissue@aol.com**  
**www.livefromyourheart.com**

**Dr. Susan Ricketson**

**Natural Wellness**



Are you sick and tired of second guessing what your body needs to heal itself naturally? We buy, try, and hope we will feel better and have more energy. Why not ask your body what it needs and let it respond with the answers naturally? We specialize in customized nutrition that is 100% available to your cells.

sites, pain and emotions to name a few. We can help you bring your body back to optimal health.

Carol is a certified biofeedback practitioner and advanced instructor, teaching worldwide. Regain your health with an eight year certified practitioner.

**Inner Concepts Wellness Center**  
**7144 N Montebella Rd.**  
**Tucson, AZ 85704**  
**520-322-0781**  
**www.innerconcepts.org**

**Carol Pool**

**Naturopathics**



The First Resort Naturopathic Medical Clinic & Spa in Green Valley, Arizona provides holistic therapies, nutritional supplements and health screenings for the proactive health conscious person. Nature Cure Therapies for the Mind & Body enhance the body's ability to increase circulation, eliminate unwanted toxins, and maximize nutritional absorption. Packages available are: Coffee Scrubs for Cellulite, Exfoliation Treatments for the skin, Amazon Rainforest Internal Cleansing Programs, a 5-Day Health Tune-up or a 21-Day Life Chang-

ing Experience. Therapies may include massage, sauna, herbs, homeopathy and colon hydrotherapy. Holistic screenings for cellular health, BMI, meridian balance thermal imaging and atherosclerosis are used to help develop personal health goals.

**The First Resort Naturopathic Medical Clinic**  
**170 N. La Canada Drive, Ste 90**  
**Green Valley, AZ 85614**  
**520-399-9212 office**  
**www.thefirstresort.org**

**First Resort Naturopathic**

**Playshops**



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.

become the channel for manifesting your dreams!

Shari travels extensively around the U.S. to sell her artwork and facilitate her visionary playshops and wilderness retreats.

**Shari Silvey**  
**520-744-6328**  
[www.artworkbyshari.com](http://www.artworkbyshari.com)  
**shari@artworkbyshari.com**

**Shari Silvey**

Learn to focus this powerful energy and

**Shamanic Healing**



Are you fulfilling your purpose for being here at this time of planetary change? Are you stuck along the path of becoming your best and highest self? Are you happy with your work, relationships and life in general? Are you at peace with yourself?

insurance or discounts for self pay addressing problems of anxiety, depression, trauma resolution and relationship issues. She is the author of seven books about living a spiritual life and has over ninety articles on healthy living posted on her award-winning web site at [www.AngriesOut.com](http://www.AngriesOut.com).

Lynne Namka does shamanic healing taking spiritual people and healers on journeys to other dimensions to help break through to higher levels of consciousness. In a separate practice, she is a psychologist who takes health

**Lynne Namka, Ed. D.**  
**7493 N. Oracle, Ste. 123**  
**Tucson, AZ 85704**  
**520-825-4766**  
**lnamka158@earthlink.net**

**Lynne Namka**

**Sound Healing Events**



Tucson Soundings' goal is to expand awareness of sound healing through experiential sound circles, toning, group and self-study, quartz crystal and Tibetan singing bowls, multi-cultural story telling and dancing, Native American Flute, didgeridoo, drumming and workshops with local, national and international presenters in the world of sound healing. Our sound family is growing, toning and listening deeply. Come tone with us throughout the summer and fall at the beautiful Tucson Creative Living Center located at 4850 W. Jojoba Drive

in the Ironwood Hills. June 2, 6:30-8:30 PM, toning circle with Tryshe Dhevney, acclaimed vocal coach/toning facilitator. June 17, 7-9 PM, explore amazing harmonics/overtones during a Peruvian Whistling Vessel Ceremony with Joan Vann, director of Tucson Soundings. E-mail or call for July toning dates: [joanv8@yahoo.com](mailto:joanv8@yahoo.com) or 520-409-8439.

**Tucson Soundings**  
**409-8439**  
**joanv8@yahoo.com**

**Toning Circles**

**Zero Balancing**



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

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

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

**Dorsett Edmunds, M.A., P.T.**  
**2612 E. Drachman St.**  
**Tucson, Arizona 85716**  
**520-326-522 [marydorsett@qwest.net](mailto:marydorsett@qwest.net)**

**Dorsett Edmunds**

# Directory Index

## A

- Allergy/Nutrition 16
- All One Sound 16
- Alternative Technology 16
- Animal Health 16

## B

- Breast Cancer Screening 17

## C

- Chiropractic Neurology 17
- Chiropractor 17
- Chou Shin Grand Master 17

## D

- Dentistry 18

## E

- Energy Healing/EFT 18

## H

- Hawaiian Temple Bodywork 18
- Healing at Any Distance 18
- Health Foods 19

## H cont'd

- Holistic Energy Healing 19
- Holistic Medicine 19
- Hypnosis 19

## I

- Insurance 20

## L

- Life Coach 20

## N

- Natural Wellness 20
- Naturopathics 20

## P

- Playshops 21

## S

- Shamanic Healing 21
- Sound Healing Events 21

## Z

- Zero Balancing 21

**Arizona Choices' Dancing on the Path presents:**

# Toning and Didge

An unforgettable sound experience with JOAN VANN and ALAN SMITH...

**An evening of dancing, education and laughter!**

Tucson Soundings  
and  
Rainbow Didge



*Listen, talk, laugh and dance!*

June 18th 7:30 pm

At **The ORTS**PACE  
121 E. 7th Street

(N/E corner of  
7th St. and 7th Ave)

Call for info:

**(520) 744-6603**

[www.arizonachoice.com](http://www.arizonachoice.com)

with

**Hot Dance Music**

featuring local sensation

**SPIRIT**

**FAMILIA**



\$5.00

Latin

Afro-pop

Funk

Reggae

**FUN!**

**FOOD!**

**DANCING!**

[www.spiritfamilia.com](http://www.spiritfamilia.com)

# EL RIO

COMMUNITY  
HEALTH CENTER

more than  
just medicine

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

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

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

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

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

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

Let us  
care for  
your family.

**EL RIO**  
COMMUNITY  
HEALTH CENTER



## MAIN MEDICAL CLINICS

Appointments: (520) 670-3909

**Main Clinic**  
839 W. Congress

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

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

## DENTAL CLINICS

Appointments: (520) 670-3758

**Main Dental Clinic**  
839 W. Congress

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

**Northwest Dental Clinic**  
4009 N. Flowing Wells