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**Choices**

*PRICELESS- Take One*

October/November 2006

# Health, Wellness & the Environment

Including a  
directory of health  
wellness and  
environmental  
resources

*plus*

Dancing on the Path:  
local news, events  
and tidbits

## **The Cosmic Clock**

*by Paul Reeder*

## **Transforming Sensitivity**

*by Deborah Mayaan, M.A.*

## **The Human Voice in Energetic Healing**

*by Damaris Drewry, Ph.D.*

*Tony Burroughs on*

# **Intention**

# In This Issue

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## **Our Thoughts Create Our World by Tony Burroughs**

**Page 3**

*There are a lot of different ways to say it: our thoughts create our experiences; our thoughts create our reality; our thoughts create our future; our thoughts create our world. Any way you look at it, our thoughts are creating everything!*

## **Sound Psychology: the Human Voice in Energetic Healing Page 8 by Damaris Drewry, Ph.D.**

*Sound Psychology is the use of the human voice to release resistance to healing. You can use your voice to change the fundamental vibratory pattern of the ethereal, emotional, mental, and bioelectric bodies of yourself or another person, so that healing can occur.*

## **The Cosmic Clock by Paul Reeder**

**Page 9**

*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.*

## **Transforming Sensitivity: from Canary to the Voice of the Earth Page 10 by Deborah Mayaan, M.A.**

*The individual's healing is thus interwoven in a larger healing. When a person starts to change, all their relationships change. This is not only the case for close relationships, but for all interconnections.*

## **Dancing on the Path**

**Page 7**

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

## **Where to find Arizona Choices Journal Directory**

**Page 16**

**Page 17**

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

## **Directory Index**

**Page 23**

## **Resource Guide**

**Page 23**

# Spiritual Growth

We are at a crossroads in our own development. As a species of spirits existing in this physical, material, multi-dimensional world, we have been evolving over many millennia.

Which road we take now, will ultimately affect our own evolution.

Let us join together and acknowledge our own spiritual nature.

Let us set a consciously chosen course in unison.

The call is out. How will we respond?

Meanwhile, back on Earth, the rest of us fleshy bipeds still usually have to exchange currency for all the necessities and niceties of life. We daily face the thresholds of: starvation; contentment; and excess. You know, our own material trinity as it were.

That leads us to our advertisers! How's that for a sneaky tie-in? Please let them know that you found them through Arizona Choices Directory. They have expectantly paid for this Journal in hopes that you will use their services. Seems like a fair exchange. I say, go for it!

This issue we intend to bring you, the readers of Choices journal a real treat: a shorter editor's blurb. Also, be careful not to eat too many treats on Halloween, or whatever Fall celebration that you partake in, and be sure to enjoy! **Bruce Silvey** [bruce@arizonachoice.com](mailto:bruce@arizonachoice.com)

# Our Thoughts Create Our World

By Tony Burroughs

There are a lot of different ways to say it: our thoughts create our experiences; our thoughts create our reality; our thoughts create our future; our thoughts create our world. Any way you look at it, our thoughts are creating everything!



**Tony Burroughs**

**T**here are a lot of different ways to say it: our thoughts create our experiences; our thoughts create our reality; our thoughts create our future; our thoughts create our world. Any way you look at it, our thoughts are creating everything!

*“We realized that we needed to make the best use of our thoughts. We needed to bring focus to our thoughts and give our lives a positive direction. That’s when we stumbled across the word ‘intention.’ Sally heard it in a dream and we looked it up later in the dictionary. It said that ‘intention’ was a ‘moving toward.’ So we realized we’d found a way to actually start moving toward something by thinking about it and intending it.”*

**Mariel Moore**

Every thought that we think is getting ready to manifest. The more attention we give to it, the more it moves toward the surface of our experience. This is the way things work, and still, quite frequently, we unconsciously entertain conflicting thoughts. For example, we make our daily intentions early in the morning, and then, a couple of hours later, we’re allowing ourselves to dwell on all sorts of other thoughts that are telling us that our intentions couldn’t possibly come true.

Perhaps, early in the morning, we’ll intend to get a musical instrument and intend to learn how to play it. Everything goes along fine and we’re trusting in the Intention Process until sometime around noon when a persuasive voice comes into our head and says that we can’t afford a musical instrument right now; or, we don’t really have a good ear for music; or, we’re getting too old to learn how to play an instrument, and so forth. The voice continues on and on, and the negative doubts and worries begin to interfere with the manifestation of our original, positive intention.

The Intenders of the Highest Good are steadily raising our level of consciousness by keeping a closer watch on all of our thoughts. We're learning to tame the negative thoughts and take our own power back. We're choosing which thoughts we desire to put our attention on by envisioning only positive outcomes and turning the undesired thoughts around in mid-air, before they gain momentum.

For many of us, the key to getting rid of these negative doubts and worries - and their accompanying undesired experiences - is to keep our lives full. We make our intentions early in the morning, and then we go about the rest of our day enjoying ourselves and doing the things that we like to do: baking goodies, surfing interesting sites on the net ([www.intenders.com](http://www.intenders.com)), puttering in the yard, playing music, etc. Then, if an undesired thought comes in, we recognize it, bless it, send it back where it came from, and we go back to our baking, websurfing, gardening, or music-making knowing, without a doubt, that our early morning's intention is on its way to us. We are light-hearted and divinely nonchalant, having as much fun as we can, while remaining open and ready to receive.

## The Intention Process

The Intention Process is just about as simple as it can be. All you have to do is say "I intend" and then follow it up with whatever it is that you desire. It could be anything! You could intend to have a new coat for yourself or you could intend for world peace. Since there are no limits on what you can think about, there are no limits on what you can intend!

For me, I get up every morning and I intend that I am joyful and happy. I intend fun and laughter. I intend that I am in perfect health - rejuvenated, aligned, balanced, and feeling physically great all of the time. I intend that I am always guided, guarded, and protected. These are a few of the general intentions that I start with everyday and then I look around at my life to see what I am needing. If the old wheelbarrow just broke, I'd intend that I have a new one. If the computer decided to go on the fritz, I'd intend that it gets fixed. I don't leave anything out because there's no reason to hold back!

I like to make a few intentions each day about my personal traits. Sometimes I intend that I am a more

compassionate person; or I intend that I'm more kind or gentle. And sometimes, especially when there are a lot of dramas going on all around me, I intend that I see everyone in their highest light and every event from its highest point of view. That way, I'm able to observe all of the sorrow and suffering in the world and still remain uplifted. I intend that I remember that it doesn't do anybody any good to drop down into someone else's challenges and become troubled or sad along with them. It's much better to set an example by staying happy and cheerful.

After intending for things like this for awhile, I take a closer look at the world at large and make a few intentions for it too. For example, I intend that men, women, and children everywhere experience grace. And I intend that peace and harmony blossom all across the land. And I intend that this Earth is living in its highest light, and that, within our environment, the air we breathe is clean and crisp; the water everywhere is crystal clear and delicious; the soil is abundant with lush growth and beautiful fruit is dripping from the trees; the animals are honored and respected; and people all over the world are happy and smiling because they're being given everything that they need!

And, last but not least, I intend that all of my thoughts, words, and deeds serve the highest and best good of the Universe, myself, and everyone everywhere.

*So be it and so it is!*

*Picture the end result from the beginning*

## What You Say Is What You Get

After we'd been doing our intentions for awhile, we realized how important clarity is. How we use our words really does matter! The more exact we become with our words when we make our intentions, the easier it is to manifest exactly what we desire. If we are vague or unclear with our words, the circuits seem to get jumbled and things don't always work out.

*"I remember when I learned about clarity. Last year, when I didn't have much money and my old tennis shoes were falling apart, I went to the Sunday Intenders Circle and put an intention into the circle to manifest a new pair of shoes. I didn't have the slightest idea how I was going to get them. I just trusted that they would come to me.*

*“Now . . . I must tell you that I’m a bit of a scavenger and I keep my eyes open for treasures all the time. And sure enough, on the Tuesday after the circle, we were dropping some rubbish off at the dump and, sitting there on the ledge, right beside the chute, was an almost brand new pair of fancy running shoes. They were just what I wanted! I happily tossed them into the back seat, but when I got home and tried them on, they didn’t fit. They were a size 8 - and I wear a 10.*

*“I had easily manifested a new pair of shoes, but I had neglected to tell the Universe that I wanted them to fit me. From that day on, I got real clear with all of my intentions. And three days later, after giving the size 8s away, a buddy of mine gave me a beautiful pair of pumpup basketball shoes -size 10.”* **Rob Eastman**

So much of our lives have been spent thinking that we can be frivolous with our spoken words, but now we’re finding out that it’s to our great advantage to be clear and concise about what we desire to manifest. We know that our words are the building-blocks of our future.

The spoken word is a very important part of what the Intenders do. It isn’t a necessity to speak our intentions out loud, but there are several benefits in doing so. Saying our intentions out loud is making an announcement to the Universe; it tells the Universe, with no uncertainty, that this is what we desire to manifest. Our clarity is enhanced by speaking our words boldly to the Universe. Also, we learn more about ourselves when we listen to our own intentions being said aloud. When we say our intentions silently, we tend to skip over items that we might pay more attention to if we were to say them out loud.

Our vocabulary has even started to change as a result of our pursuit of clarity. We’ve eliminated five words that kept us unempowered and no longer serve us well. In our circles, we’ve stopped using trying, hoping, wanting, to be, and not because they were interfering with the manifestation of our intentions. We eliminated “trying” because it’s a halfway word. It provides a built-in excuse to be unsuccessful. If you’re having a conversation with someone and you say, “I’ll meet you tomorrow morning at 11 o’clock,” and their response is, “I’ll try,” it isn’t very reassuring.

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We’ve also dropped “hoping” from our vocabulary. When a person is “hoping” that something will happen, he or she is holding on to a little bit of doubt about whether their intention will really come true. If they replace “I hope” with “I intend”, and really trust in the Intention Process, then things will begin to change for them. They will stop limiting themselves unknowingly.

Wanting is another word that we refrain from using in our Intenders Circles because it implies that there is a scarcity of things. We looked it up in the dictionary and it said that if we were in a state of wanting, then we were lacking. So now, instead of saying, “I want a new car,” we say, “I intend that I have a new car.” This slight change, though very subtle, has taken scarcity out of the picture and brought us much closer to our own empowerment.

Another phrase we’ve recently gotten rid of is “to be.” In our circles, we say, “I intend that I am happy,” for instance, instead of saying, “I intend to be happy.” This small but very important change has produced extremely rewarding results for us. It brings everything into the present time, as opposed to keeping our desires

somewhere off in the future. There is a big difference in intending to be happy and intending that you are happy now. By intending that you are happy now, you are seeing the end result from the beginning. Otherwise, you can intend to be happy and the Universe may follow your exact instructions and keep you in a state of readiness for a very long time, waiting to be happy. If you don't rephrase your intentions, you could easily remain on the brink of your happiness indefinitely without ever quite reaching it.

When you first begin to form your intentions into words, it's always best to take a moment and create a very clear picture in your mind of that which you truly desire to manifest. See yourself in the picture acting as if it has already happened. Then you can use the words "I intend that I am \_\_\_\_\_" and know that you've gotten off to an excellent start with your intentions.

Sometimes it also helps to imagine that you are working hand in hand with your guides, helpers, or angels from other realms, and that these helpers are there to serve you. They listen closely to your intentions and go scurrying throughout the far corners of the Universe, taking the thoughts and words that you have provided and then delivering them back to you down here on Earth in the forms and substances that you call third-dimensional experience. When you state your intentions in the present and envision them as if they have already occurred, you send the clearest possible message out to your helpers. You've made their job a lot easier, while optimizing your own potential for bringing your dreams into physical reality.

The last word we've eliminated is "not." Our guides told us that our subconscious mind is unable to recognize the word "not" and that things would work out much better for us if we put our intentions out to the Universe in a positive way. For example, instead of saying, "I intend that I am not sick anymore", now we would say, "I intend that I am always in excellent health."

By saying things in a positive way, our entire lives are becoming more positive. We are subtly empowering ourselves by getting rid of the negatives in our speech. And we're becoming more aware when those around us are unempowered. You can easily tell what's going on in the lives of your friends and acquaintances by listening closely to what they're saying. If they are using

these unempowered words, then they are most-likely creating scarcity and limitation in their lives. You can help them to raise their level of consciousness by setting an example for them and, when they're receptive, by gently explaining to them how their words are limiting their experience. When you do this, everyone is uplifted. And that upliftment radiates outward into your community and into the world you live in.

*The source of your supply is so immense.*

*It's all there for you*

*Just waiting for you to tap into it*

## **The Intenders Circle**

Since the beginning of humankind, we have come together in circles. We've sat around campfires, steaming rocks, food, drummers, and displays of entertainment. Even the meetings of wise elders were often held in circles. In a circle, everyone can easily see and hear everyone else. The circle puts everyone at ease, on an equal standing. And it allows each person to freely contribute to the whole group.

We started out with four of us sitting around a table on the patio once a week. We'd go around the circle and each of us would say our gratitudes and then our intentions for the things that we desired to manifest in our lives. Pretty soon, we were getting phenomenal results, a bunch of our friends had joined us, and the feeling of being part of a family had awakened in all of us. As the group got larger and larger, we began listening to each other even more closely. We became cheerleaders for each other, really being happy for someone else when their intentions came to life.

We also discovered a lot of joy in keeping a watchful eye out for the things that others in our circle had intended to manifest. Bartering, trading, and sharing became commonplace, and we felt a new strength now that we were part of a network where everyone was helping everyone else. The Intention Process was working and our lives changed quickly for the better!

*"I always had a knack for working on computers. When my friends would raise their hands in the air and threaten to bash their computers, I would offer to fix them. I'd been teaching part-time in the evenings, but I really wanted to be working full-time fixing computers. I also had a desire to be able to make lowcost secondhand or rebuilt com-*

**CONTINUED ON PAGE 14**

# Dancing on the Path

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

★**Friday, October 6, 2006 at 6:30PM. The Tucson Community Group Of The Institute of Noetic Sciences (IONS) presents, Dr. Damaris Drewry** “The Human Voice in Energetic Healing: Techniques based in Shamanism, Quantum Physics and Energy Psychology” Open to the Public, donation requested. Marshall Auditorium, Tucson Medical Center, Grant Road at Craycroft. For more information go to [www.ionstucson.org](http://www.ionstucson.org) or call 520-326-1894.

★**Thursday, October, 12th, 6:30 - 7:30pm. Dr. Jonah Yakel**, “Stop the Aging Process: 5 Ways to Keep the Mind and Body Young”, At Kirk-Bear Canyon Branch Library. Join Dr. Yakel as he provides practical methods for keeping the mind and body young and vibrant. Registration is required for this Free program. Call 461-3433 to register, or send an e-mail to [jeni@lifegatewellness.com](mailto:jeni@lifegatewellness.com).

★**Saturday, October 14, 6:30-9:30 pm. Co-op Community Contradance & Potluck Extravaganza, with caller Peg Hsley and Hands Four.** Celebrate National Co-op month and learn about local co-ops. First United Methodist Church, 915 E. 4th. St. Family-friendly event; alcohol-free; entree provided, attendees bring a dessert, drink, or side dish to share. Co-op members may also bring information about their co-ops to display. Free to members of any co-op in Tucson; general public pays small admission. Sponsored by the Food Conspiracy Co-op. For more information, email: [outreach@foodconspiracy.org](mailto:outreach@foodconspiracy.org) or call 624-4821.

★**Saturday, October 14th, 11am - 3pm**, Come Celebrate National HERB DAY!!! It's a Free “Herb Happening.” at Aqua Vita, 2801 North Country Club, Info: 203-7770. Speakers, Samples, Food and Fun!!! BLISS OUT!!

★**October 14-15, 10-4, “Spirit, Mind & Body Experience-A Health and Wellness Event” Amado Territory Ranch in Amado.** Enjoy a day in a serene location. Free admission, but you may bring a donation for the local food banks. Free lectures on topics such as local wild herbs, shamanic journey. Holistic products, psychic readers. Sponsored by the Institute of Spirit, Mind & Body, a nonprofit group. Vendor space may still be available. Email: [iofspirit@cox.net](mailto:iofspirit@cox.net). Call Deb at 393-1299.

★**Thursday, October 26, 6-8 p.m. WHAT'S YOUR STORY? A Free Storytelling Workshop.** Presented by Penelope Starr, producer of Odyssey Storytelling Series. Make yourself known by the stories you tell and share information in a compelling way. This 2 hour workshop will cover the basics of the art and craft of storytelling and allow time to practice your newly learned skills. For adults and mature teens. Oro Valley Library, 1305 W. Naranja Drive, Oro Valley. For more information contact [Penelope@Odysseystorytelling.com](mailto:Penelope@Odysseystorytelling.com) or call 520-730-4112.

★**Friday October 27th 2006, 7-10:00 p.m. Free Lecture with Dr. Janet Galipo**, D.O.M, CBP, CBI, Parama BP Senior BodyTalk Instructor, Acupuncturist, Homeopath, & Chinese Herbalist. Open to the Public at The Riverpark Inn 350 S. Freeway, Call Katie for details 520-572-2092 or visit [www.BodyTalkTucson.com](http://www.BodyTalkTucson.com)

★**Friday, November 3rd., the movie, Darshan, the Embrace**, about Amma is coming to The Loft on Admission charged. Call Jessi Williams at 750-9531 for more information. Om Amriteshwaryai Namah!

★**Tuesday, November 7th, 7pm, Healing on the Spiritual Path**, Free lecture by internationally recognized physicians of the Medical Scientific Group (MWF) of the Bruno Groening Circle of Friends. At The Synchronicity Center, 1701 East Lind Road. For directions see: <http://www.synchronicitycenter.com>. For more information call 327-9624, or [www.bruno-groening.org](http://www.bruno-groening.org).

## ONGOING EVENTS-

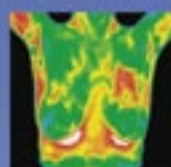
★**Thunderhorse Healing Arts Offerings:** \*\*\*Basic Workshop in Using a Pendulum and Other Forms of Binary Divination, first Saturday in October and November. \*\*\*Medical Intuition and Other Forms of Sacred Teleology, second Saturday in October and November; \*\*\*Basic Workshop in Emotional Freedom Techniques (EFT), third Saturday in October and November, four hour class; \*\*\*Basic Workshop in Animal Communication, fourth Saturday in October and November. All at, Mountain Thunder Ranch, Elgin, AZ (Just one hour south of Tucson). For more information, call 520-400-3421, or [judy@thunderhorsehealingarts.com](mailto:judy@thunderhorsehealingarts.com), or [www.thunderhorsehealingarts.com](http://www.thunderhorsehealingarts.com).

★**Approaching Meditation.** Join a class that combines the heart of focused practice with the root of experiential knowledge, to help you attune to your own higher consciousness. Mondays, October-November, 7:45-9pm at Yoga Oasis, 2631 N. Campbell. Suggested donation. Drop-ins welcome. Call 971-9754 for more information.

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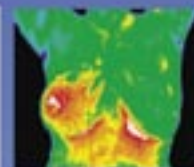
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# Sound Psychology: The Human Voice in Energetic Healing

By DAMARIS DREWRY, Ph.D. Psychology

**Sound Psychology is the use of the human voice to release resistance to healing. You can use your voice to change the fundamental vibratory pattern of the etheric, emotional, mental, and bioelectric bodies of yourself or another person, so that healing can occur.**



**Damaris Drewry, Ph.D.**

**T**he human voice is the most undervalued and overlooked tool lying right at our feet! Your voice combined with clear picture of a core issue/past event, can quickly disrupt resistant holding patterns in the body and neural pathways in the brain (a neural pathway is simply the way we repeatedly think about anything). Voices can unite a group of people working toward a common goal and increase their productive potential. It's an energy rush and sometimes even a peak experience! You can use your voice like dolphins use sonar, to vocally scan another person's body, locate

his Fundamental Frequency, and activate a healing response.

Whether you are speaking with a clear intent or "sounding," your voice has the power to change the fundamental vibratory pattern of the etheric, emotional, mental, and physical bodies of a person so that healing can occur. It can also relieve chronic pain for hours at a time. This is not a new discovery, and all the tribal cultures and major religions use the voice for healing! Our bodies believe every word we say; what you think about yourself and others and what you say about what you think, creates pictures which become reality.

When you and I, or our clients and patients, don't speak our truth when it is time to, the flow of Life Itself is interrupted. As every healing practitioner knows, some clients or patients keep coming back, seemingly stuck, or unable to allow a transformation/healing to occur; but the client's own voice can quickly and effectively break the resistant patterns. This is because the body will respond to truth spoken by the voice as it resonates through all the tissues and systems of the body. The result is a reclaiming of personal power and authenticity. When you combine the power of the spoken word with certain Energy Psychology modalities such as Emotional Freedom Technique (gently tapping on acupuncture meridians while identifying a core issue), you get a synergistic effect that instantly releases limiting patterns and beliefs by changing electrical connections in the neural pathways of the brain!

## **Beyond Toning: Using the voice like dolphins use sonar to scan a person's body, resonate his Fundamental Frequency, and Activate a Healing Response**

For many years I used the traditional Sanskrit system of 7 chakras/7 musical notes/7 rainbow colors. I built two "multi-sensory healing rooms" at Canyon

**CONTINUED ON PAGE 16**



# The Cosmic Clock

by Paul Reeder

October begins with Mercury and Venus changing signs, marking significant change in the air. Venus enters Libra September 30th and Mercury enters Scorpio October 1st. From now until October 24th, while Venus is in Libra, there is an easing of tensions, the potential for agreement where there has been conflict. There are excellent ways to make use of this energy if you are in the arts and humanities or a people business.

**Mercury rules all systems of transportation and communication, scheduling, record keeping, hence, contracts.** Mercury in Scorpio takes our minds and activities into the mysteries, where the powers lay. Whether it be from suspicion, painstaking investigation, accidental discovery, or confession, there is a focus for the next 2+ months on learning about hidden things, learning to manage hidden things, the power of hidden things to influence your life, confidentiality, and more.


**October 28th Mercury goes retrograde** at 25° Scorpio 04' where it is conjunct Jupiter. Mercury remains retrograde until November 17th when it goes direct at 9° Scorpio 04' where it is widely conjunct Mars. The thing is, this is the period of the election. Often when Mercury is retrograde, the communication and transportation systems are overloaded and breakdowns occur. They systems in life ruled by Mercury require special attention and care at this time. In terms of getting a transparent and fair election, this is not an ideal condition.

**October 4th Pluto is square the north and south nodes of the Moon.** This resonates the recent

eclipse at 29° Virgo particularly bringing transformative power into intimate relationships. Such transformation seems to come about from the light of awareness being shined on previously hidden matters. It can be a painful process, but pain relieving in the long run if we are willing face our karmas.

**October 15th Mercury and Neptune are square to each other.** While the creative or magical implications are great, there is a touch of chaos and confusion, misunderstanding and miscommunication with this transit. Neptune is the slowest moving of the planets in this current configuration of tension the T-square which includes Saturn in Leo and Jupiter in Scorpio. There is no other way to put it, our ability to prosper and progress during these weeks will depend upon our ability to handle difficult issues, and handle them delicately.

CONTINUED ON PAGE 13



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— Dr. Susan Lark, The Lark Letter

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**~ FREE INTRODUCTORY LECTURE ~ October 27, 2006**

# Transforming Sensitivity: From Canary to the Voice of the Earth

By Deborah Mayaan, M.A.



and for celebrating with people I love, making music, talking, laughing, and sharing an abundance of healthy food.

It was hard for me to envision such a possibility years ago when I was close to death. I moved to the desert seeking healing from increasingly severe chronic fatigue and chemical sensitivities. Yet the dry desert air alone was not enough; I needed healing resources I did not see how I could afford, when living on a bare-bones subsistence income. I had become disabled while in graduate school. So while I had good skills, I had not been paying into Social Security in the right time-frame to receive a disability income

that was enough to afford adequate housing, food, and health care.

With little hope for my own healing, I still had hope for the healing of the world. I poured much of my limited energy into activism, into starting a land community so that others might have a healing place to live. I wrote about environmentally healthier products, seeing myself as a “canary” who got sick from toxins. People who are sensitive to the effects of common chemicals have often been referred to as canaries, after the canaries that the coal miners carried with them. If the sensitive bird became ill and died, the miners knew that there were toxic gases in that mineshaft. Identifying with the canary was important, because the miners honored the bird’s message—“it’s toxic here; get out.” When seeing themselves in the role of the canary, people with chemical sensitivities have hoped that our society would also get the message— change our ways so that we no longer use pesticides, volatile paints, or petroleum products. Identifying with the canary was

As the sun began to set, I picked up a drum and joined the circle of musicians under a big tree in a friend’s back yard. We drummed, rattled, and danced as we sang of the return of earth-honoring ways. It was the perfect end to my week, doing the work of my heart. Over the last few days, clients told me about shifts they’ve experienced from our work together. After listening to the message from a symptom, a man has not only begun to feel a physical shift, he has moved from despair to excitement about his life. Another client is able to see how her relationships with her partner and her own body have changed in the course of dealing with a chronic condition. Another reflects on ending an unhealthy relationship; taking this step was difficult but necessary for her healing.

Over this week, I’ve listened to the symptoms, the dis-eases in my own body, and the problems that arose in my home. Instead of being mere problems, each has been revealed as a precious messenger, guiding me to heal deep issues. And I’ve also made time for relaxing,

a step up from being told, “It’s all in your head.” But it doesn’t offer a way up and out of the mine; the canary was a disposable indicator, a living scientific instrument.

Like the canary, I declined and declined, until I was too weak to drive. Until I was too weak and reactive to leave the small patch of desert soil I called home. Until I could barely take care of myself; all my energy expended on the simple acts of cooking food and showering.

I felt death approaching and focused on making peace. My half hour meditation times stretched to hours, to days of almost continuous meditation. It was the dark of winter, and I was in hibernation. I reviewed my whole life—I grieved choices I made, and also smiled as I remembered sweet moments.

I felt more and more at peace. And I desired resolution. I prayed that I either heal or die, whatever was God’s will for me. I put myself on a prayer list so the prayers of other people would add to my own. And I began taking blackberry flower essence. Flower essences are inexpensive vibrational remedies that address emotional, spiritual, and mind-body issues. I chose blackberry essence because, according to *The Flower Essence Repertory* by Patricia Kaminski and Richard Katz (Nevada City, Calif.: Flower Essence Society, rev. ed. 1994.), it helps us translate our soul’s desires into concrete manifestation.

One day, I experienced a great shift. I was alive and connected to all that was. I felt energy streaming into my body through the top of my head. When I went outdoors, each step on the hard-packed desert soil was like walking on a power grid. The acupuncture meridians were highways moving energy throughout my body.

I felt electric, but didn’t know how to manage the power that was flowing through me.

Light bulbs blew when I flipped the switch; my heater short-circuited. I was also excruciatingly aware of the thoughts and feelings of people and animals around me. The very rocks and trees seemed to speak.

A healer who came to help me explained that my experience had been an initiation into healing work. To fully heal myself, he said, I would need to do healing on others. The idea was rather overwhelming, since I was weak as a newborn kitten. But I was willing.

I would develop a practice as a flower essence and energy work practitioner. My academic training in botany, ecology and psychology served me well. As did the training I received in systems theory, so that I would look at any problem as a part of a larger system. A dis-

turbance in the body might be an indicator of a soul issue for a person; a companion animal’s behavioral problem might give a message about dynamics in a family; a recurrent electrical problem in a space might lead me to look at issues with the nervous system and energetic field of the occupant.

Over time, I would even release enough of the shame I had felt from my journey into poverty, to see that I had gained invaluable experiences. This has allowed me to help people with very low incomes heal, as well as the more affluent clients that tend to seek out energy work.

I did not feel strong enough to work with clients when I was first told I needed to do healing work. Fortunately, I knew that healing comes in many forms. Writing had been key in my own transformation. So, when I was still homebound and could only sit at the computer for an hour or so a day, I started freelancing for newspapers and magazines. I wrote about celebrating the abundance of desert foods, herbs, and flower essences, as well as other complementary and alternative modalities. I also explored Jewish spirituality, cross-cultural spirituality and health, and sustainable building.

In choosing writing topics, I kept focused on a phrase I first heard in Hebrew, in the early days of that awakening and beginning to heal. Kol ha’adamah, the wind whispered. The Hebrew word adamah means soil or earth. The sound kol represents two different words. One kind of kol means “voice.” Instead of being canaries in the coal mine, we could be the Voice of the Earth. Our bodies are part of the larger body of the earth. Since we speak with human voices, we say what our bodies are experiencing. We can put into words what other beings in nature are also saying non-verbally. In speaking, I believe there is great power. When I speak with words, I free my body from expressing only by reacting, whether that is a reaction to a pesticide or a negative dynamic with a person.

Being the Voice of the Earth also means singing about celebrating life and creating healthier ways of living. Instead of being the canaries that die, we can be the birds that sing, heal, and soar! There is an idea that what we focus on expands. If that is true, then focusing on healing and creating environmentally healthy ways of living is a way to make environmental changes. It’s also more fun than emphasizing toxins and environmental destruction; instead of burning out, we renew ourselves.

Now back to the sound kol: it also represents the word “all” in Hebrew. This reminded me that most of the changes that were made for the healing of people with chemical sensitivities were also healing for the earth. Then my friend Rena Weiss, a shamanic practitioner, suggested that a person doesn’t need to be chemically sensitive to be a Voice of the Earth. Anyone who recognizes a need for change, and speaks up to make changes, is a Voice of the Earth. This was an important insight; there was no need to identify with illness; I could focus on rebuilding my energetic field and detoxifying so as to be less reactive, without losing the positive aspects of sensitivity. Instead of keeling over when I encountered something less than optimal, I would learn to rely on dowsing and intuition as a way to assess the health of an environment before I even entered it. As well as dowsing for physical things like pesticide residues in a space, I could ask about energetic residues, entities (energies/beings that do not belong in a space), or geopathic stress (negative energies that are carried or seep into areas of the earth). Instead of necessarily getting ill from these things, over time I would learn more and more skills for transforming harmful aspects, so that the environments I encountered became healthier, just like I did.

The individual’s healing is thus interwoven in a larger healing. When a person starts to change, all their relationships change. This is not only the case for close relationships, but for all interconnections. When I buy organic food, my relationships are with farmworkers who are working under healthier conditions. When I buy organically grown cotton, less pesticide residue drifts downwind to rural communities. When my need for organic and other green products makes me reach out, I contribute to a community of people who are growing food and building structures in environmentally sustainable ways, and who are restoring damaged areas of land.

In working with the land, we learn to not just impose our wills, but rather to become co-creators with the other aspects of nature. When I did a search for “Voice of the Earth,” I was fortunate to find Theodore Roszak’s book *The Voice of the Earth: An Exploration of Ecopsychology* (Grand Rapids, Mich.: Phanes Press, 1992; 2001). Ecopsychology explores the relationship between people’s mental health and the health of the biosphere. People cannot maintain good mental health when the environment is deteriorating. In order to create optimal mental as well as physical health for our-

selves, we need to listen to that voice of the earth. And I would say, in using our words to convey what we sense, we ourselves become the Voice of the Earth.

Listening to the wisdom of the earth extends beyond simply hearing the messages about what hurts. It also means listening to intuitions about formerly unknown properties of plants, so that we can be discoverers of new medicines in the form of healing foods, herbs, and flower essences, as well as the unique gifts of the mineral and animal worlds. We learn about the healing qualities of areas of land, asking the land what purpose it would like to serve. We work co-creatively with the land to find good building sites, garden areas, and sources of water to support this vision.

In awakening to the wisdom held by creation, we feel the vibrant aliveness of the earth. In that context, even apparent problems can become gifts. A symptom in a body, friction in a relationship, or problem with the flow of information, money, or materials, these can all be indicators of an area that needs healing. Instead of simply suppressing an emotion or symptom, or feeling fatalistic, we can listen, receive messages, and learn to speak our truths. When our intention is to be part of the Voice of the Earth, we respect the power of words. We speak in gentle ways, and see how things shift, gently and fluidly. Our problems become only birth pains, as we create this new way of life.

### **Voice of the Earth activities**

#### **Ways to develop awareness (Listening/receiving information)**

- Practicing active listening, compassionate communication, and other listening skills
- Becoming aware of intuition and testing out what happens when you follow it
- Developing awareness of emotions and bodily sensations
- Sensing energy (such as scanning a body with your hands)
- Dowsing and muscle testing
- Shamanic journeying
- Keeping a journal of dreams and reflecting on their meaning
- Meditating regularly
- Journaling and making art as exploration/therapy
- Reading and noticing information that resonates with you
- Paying attention; noticing trends

- Working with pattern-recognition software or statistical analysis

### Ways to express yourself as a Voice of the Earth

- Speaking
- Singing
- Sound-toning
- Writing
- Making art and music
- Dancing
- Radiating peacefulness and love
- Doing healing energy work (hands-on or at a distance)
- Praying
- Setting intentions

Unlike the canary, the Voice of the Earth is not expendable. When we're here for the long haul, we cannot simply speak a truth and then croak. We need to develop sustainable ways of living not only for the planet, but also for ourselves. We can do this by taking time to:

- Rest
- Have unstructured time to play, read, listen to music, watch movies, explore, and tinker
- Eat smart—Eat to live, rather than live to eat
- Exercise to strengthen our heart and other muscles, and build stamina
- Do qigong, yoga, or other healing and revitalizing activities
- Meditate
- Attend to our own bodies and homes and recognize the importance of our own health and comfort
- Spend time in nature
- Create sustaining relationships
- Participate in and develop sustaining family and community events, such as holiday gatherings, weekly celebrations, and festivals; concerts, art exhibits, and poetry readings; groups focused on activities, learning, or healing
- Laugh
- Share hugs
- Notice beauty
- Cultivate joy

*Deborah Mayaan's writing has appeared in **Spirituality & Health**, the **Arizona Daily Star**, **Tucson Lifestyle**, **Piecework**, the **Arizona Jewish Post**, and the **Tucson Weekly**, and her poetry and personal narrative has appeared in a wide variety of publications.*

*For more information see [www.deborahmayaan.com](http://www.deborahmayaan.com).*

### CONTINUED FROM PAGE 9

**October 22nd and 23rd are interesting dates to watch** as Mercury is conjunct Jupiter at 22° Scorpio 52', Sun is conjunct Mars at 29° Libra 43', Sun and Mars enter Scorpio pretty much together followed by Venus on the 24th which conjoins Mars immediately after entering Scorpio. These are exactly the conditions that bring frictions to a head or peak level where they, may destabilize conditions but thereby force a conscious resolution of snags and disagreements or other factors that have been slowing things down from hidden places. It is on the heels of these transits that Mercury goes retrograde October 28th. October 29th, just to make things more interesting if less clear, Neptune goes stationary direct at 17° Aquarius 01'. Combining Mercury and Neptune is mixing the rational mind and linear logic with the dream mind, the subtlest intuitive perceptions, hopefully in a way we all can interpret. October 30th Mercury is conjunct Jupiter - a day for travel or other long distance, inter-cultural communications.

**November 1st Mercury is square Saturn** bringing things to a slow down if not stand still as the bottle neck is sorted out. Patience and flexibility is the only way through these days. November 6th Venus is square Neptune a truly delicious configuration, but one where caution must be taken not to let fantasies lead to disappointments. The artistic, universal humanitarian, and personal emotional inspiration is at a peak here. Creativity and sensitivity flows. Use them.

**Mercury and Venus are conjunct on November 7th.** This is a day for genuine progress in negotiations even if times are not ideal for final agreements yet. Finding common ground is likely. On the 8th Sun and Mercury are conjunct one another and they square Neptune exactly on that day. Again creativity is at a peak, but communications are challenging requiring patience, clarity in speech and effort to understand not only what folks say, but what they mean as well.

**While Mercury continues to back out of the T-square, Venus makes her way forward through it.** On November 11th, Mercury is conjunct Mars. Conversations and negotiations are charged up with energy, personal, charismatic, or nervous and argumentative. Today would be a good day to visit the gym before important meetings. On November 12th Venus is square Saturn. This is a day when real life steps into our dreams and requires that we spend our time, skills, money or other resources in the interest of our dreams in order to make them real. We may have to reckon the

### CONTINUED ON PAGE 15

**CONTINUED FROM PAGE 6**

puters available to the people in the area. The only problem I had was getting parts. I wasn't in a big city where parts were easy to find.

*"About that time, I happened to go to an Intenders Circle. That night I made an intention to leave my teaching position and somehow, some way, start my own business fixing and rebuilding computers.*

*"Four days later, a friend of mine told me about a place where I could put a bid in on a whole container-load of good computer parts - CPUs, keyboards, printers, everything, including the monitors! I got the bid and, within two weeks, I rented a wonderful warehouse in town and stacked it full of all kinds of computer equipment. Everything I'd intended to have was right there at my fingertips!*

*"Before I knew it, people were lined up at my door needing help with their computers. And when I'd help them, I couldn't resist also telling them about the Intenders." Aaron Christensson*

*"There really is power in an Intenders Circle! My car threw a rod last summer when I was in between jobs. I made an intention to have another car come to me free, since I didn't have any extra money at the time. Four days later, my son called me up and, before I could say anything, asked me if I knew anybody who wanted a car - a nice, older, but sporty VW. He said that it was taking up too much space beside his carport, but that it ran great. And, it was first come, first serve.*

*"Within an hour, I caught a ride to his place, started up the car, and drove it away. "It felt like Christmas in July!" Wayne Cameron*

## **The Five Easy Steps**

- 1. Test the Intention Process and Be Open.**
- 2. Get your first "win" and acknowledge that it works by expressing your gratitude.**
- 3. Develop your trust by practicing and getting more "wins."**
- 4. Notice that your trust turns into a "knowing" that you can manifest anything you desire.**
- 5. Have fun, stay filled with gratitude, and always remember the Highest Good.**

## **Gratitude**

Gratitude is what makes the Intention Process work. It's the acknowledgment that the intentions we've made in the past have come true. When we express our gratitude, we're saying "thank you" to the Universe for bringing us the things that we've asked for. We're saying that we recognize that a connection exists between ourselves and the Universe, that we appreciate this connection, and know that we can call on it at any time.

There is always a lot of gratitude expressed in our Intenders Circles. In fact, that's what our Intenders Circles are for - to make our intentions and to express our gratitude for their manifestation.

When an Intender speaks of gratitude, it shows everyone in the circle that the laws of manifestation work. It gives those who still carry doubts and skepticism a newfound confidence. It heightens their level of trust when they see their fellow Intenders "winning."

And that's how it all starts. We make an intention, and soon, when it has manifested, we feel like we've gotten a "win" - and we say so by stating our gratitude. The Intention Process has come full circle. It started out with an intention and it ended with a statement of gratitude.

Once we've seen ourselves and our friends get a "win" or two, it gets much easier for all of us. We put even more trust in the Intention Process and then we get more and more "wins." Pretty soon, we're "winning" all of the time! Eventually, we'll look around us and see that the world we're living in is the one we've intended for ourselves. We will have created everything in our world consciously. When enough of us have done this, others will learn from our example, and we will all begin to walk this Earth free and full of gratitude.

*Excerpted from **The Intender's Handbook**, by Tony Burroughs*

*Having just completed a tour of 40 cities across the country, Tony is coming back to The Synchronicity Center in Tucson to present two workshops on Sunday, November 5 and Monday, Nov 6. The Harmony and Health Foundation brought Tony here last spring and he is returning because so many people who attended his previous events have asked to have him back. Using Tucson as a springboard to his "Making A Better World" Tour, he will be celebrating the publication of his two latest books based on **The Code: Ten Intention for a Better World**. Each workshop will last approximately 3 hours and the cost for each is \$20 with scholarships available. Everyone is welcome to attend. For more information, call Tom at The Harmony and Health Foundation at 520-400-4489.*

*Tony Burroughs is the co-founder of **The Intenders of the Highest Good** and may be reached at 970-731-5878 or via his web site: [www.intenders.com](http://www.intenders.com)*

**CONTINUED FROM PAGE 13**

difference between the dreams and ideals a person or situation triggers or represents, and the reality of the person or situation. This is not such a happy day for most! But for those who know how to turn challenges into opportunities this time is rich.

**November 16th Sun is square Saturn.** This is a day for playing hardball in pursuit of your dreams. There is a tension between the issues of vision, purpose, and ambition on one hand, and the principles of duty and responsibility, reputation and social position on the other. Here is the day when we come to terms with superiors and authorities who can and will say yes or no.

**November 17th, Venus leads the way breaking into Sagittarius** changing the aesthetics of the times significantly. Things become more open and lighter hearted in a way most will enjoy. You can sense things taking a turn for the better. Well, maybe. November 17th, Mars is also square Neptune. This is really a collision of two very different archetypes, and that may present some problems. Resentment for example. This is a time when imbalances in personal and charitable activities and energy flows will be made apparent by circumstances. On November 17th Mercury finishes its retrograde motion and goes stationary to direct motion at 9° Scorpio 04'. Then on the 19th of November, Uranus, at 10° Pisces 48' goes stationary direct, adding to the high energy, electrical quality of this week.

**Sun and Jupiter are conjunct in the last degree of Scorpio on November 21st**, and on the 22nd and 23rd Sun and Jupiter both leave Scorpio and enter into Sagittarius. Again this adds to a lighter hearted more forward looking disposition. November 25th, Venus is square Uranus, lightning strikes in creative and loving situations, for better or for worse. Mercury makes it final square to Neptune November 28th and now is in direct motion again. Perhaps this is the day when things will become more clear or when the way to clarity becomes obvious. Mars is also square Saturn on the 28th indicating a day of tension that requires a patient but competent touch to clear.

*Paul Reeder has been providing spiritual astrology services in Tucson Arizona for over 20 years. Combining the models of astrology, yoga, and depth psychology, Paul has developed his skills to serve those who wish to become more fully conscious, more fully alive. See Paul's directory listing on page 17.*




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## Where to find Arizona Choices Journal in Tucson

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***"If anger that dwells in our hearts lies neglected and, turning instead to our external foes, we try to destroy them and evern kill thousands, then thousands of others will plague us still more. So seeing this action is not the solution, let's muster the forces of mercy and love; turn inwards and tame the wild flow of our mind-stream — the Sons of the Buddhas all practice this way"***

**~ Thogs-med-bzang-po**

### CONTINUED FROM PAGE 8

Ranch using that system. Later I realized that this system only works for some of the people some of the time, like a daily astrological forecast, and I was searching for a more specific technique. I thought, why use just seven notes, crystal bowls or tuning forks when I can use my entire vocal "keyboard" and hit every possible tone and overtone within several octaves?

## What is a Fundamental Frequency?

This frequency is actually a matrix composed of many types of frequencies above and below the speed of light. It is part of the unique vibrational signature carried by every person from lifetime to lifetime via the soul; it is part of the Inner Intelligence that creates our bodies from two cells and knows exactly how to heal them. Preliminary EEG research (Drewry, 1999) shows that people who are sounding (toning) their own fundamental frequency show an immediate and dramatic balancing of left and right hemispheres of the brain; and an immediately drop from beta (active thinking) to theta (deeply meditative) brainwave frequencies. There is a direct connection between this change in brainwave frequencies and changes in states of consciousness and receptivity to healing, creativity, enhanced learning, and psychic awareness. (To see photographs of the actual changes in brainwave frequencies, please go to [www.damarisdrewry.com](http://www.damarisdrewry.com))

The power of the human voice for true transformation of body, mind and spirit - from the etheric down to the cellular level, is amazing! It is impossible to think while you are sounding! This means that your voice (without words) can calm, energize, ground, and center your physical body! When a group of people start to bring up a simple AH sound from the center of their chests for just 5 minutes, there is a profound shift in the energy and consciousness of everyone involved. Why? Because they forget themselves just long enough to let the sound they are making join them together in the universal sound current - where true healing can be accomplished in a VERY short time. Without exception, every group in hundreds of workshops I've presented, sounds like a choir of angels within ten minutes - even when the participants are non-singers!

*For more information, you can attend Dr. Drewry's presentation for Noetic Sciences on Friday, October 6th at 6:30 pm, TMC Marshall Auditorium, Craycroft & Grant. Donation. [www.damarisdrewry.com](http://www.damarisdrewry.com) (520) 320-6366*





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Drawing on 12 years as Director of two equine & nature centers, Judy has developed a unique hands-on training in ecotherapy, which is affordable and customized for each candidate. Certification can be completed within six months. **See our display ad on page 15**

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[judy@thunderhorsehealingarts.com](mailto:judy@thunderhorsehealingarts.com)  
[www.thunderhorsehealingarts.com](http://www.thunderhorsehealingarts.com)**

## Astrology



**Paul Reeder**

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

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

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

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

*See Paul's column on page 9*

**Paul Reeder  
Phone: 520-903-2913  
E-mail: [paul@paulreeder.com](mailto:paul@paulreeder.com)  
Website: <http://paulreeder.com>**

## Beyond Talk Therapy



**Damaris Drewry, Ph.D.**

Quantum Leaps in Personal Growth: Do you have an issue that feels too difficult to resolve? Are you in a crisis and need fast results? Do you feel that “talk” therapy doesn’t work? Beyond Talk Therapy is an integrative, alternative approach to traditional counseling. The goal of every 90-minute session is to help each client identify core issues causing self-sabotaging patterns and limiting beliefs and eliminate them in that session! Areas of specialty: Life Transitions, Career Changes, Relationship Issues, Trauma, Anxiety & Stress. Dr. Drewry has 20 years experience and has presented hun-

dreds of workshops internationally. Private client comments and success stories are found on her web site. She is highly recommended by Dr. Andrew Weil and is a leader in the areas of Energy Psychology and Sound Healing. “We don’t have time for long-term, traditional therapy anymore; fortunately we have new tools like Emotional Freedom Technique to achieve true transformation in minimal time.”

See Dr. Drewry’s article on page 8

**Dr. Damaris Drewry**  
**Ph.D. Psychology**  
**Address: River & Campbell**  
**520-320-6366 [www.damarisdrewry.com](http://www.damarisdrewry.com)**

## Breast Cancer Screening



**Lynda Witt**

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

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

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See our display ad on page 7

**Lynda Witt**  
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**[lynda-phs@cox.net](mailto:lynda-phs@cox.net)**  
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## Chiropractic Neurology



**Nathan Conlee**

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

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

“Our goal is to evaluate each patient’s

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

**Dr. Nathan S. Conlee**  
**3020 N. Country Club Road**  
**Tucson, AZ 85716 520-322-6161**  
**[www.performanceneurology.com](http://www.performanceneurology.com)**

## Chiropractor



**At Ease Wellness Center**

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

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

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

We can help you change the way you experience life.

**At-Ease Wellness Center**  
**310 South Williams Blvd, Suite 110**  
**Tucson, AZ**  
**520-325-4881**  
**[www.at-easewellness.com](http://www.at-easewellness.com)**

**Chiropractor**



**Jonah Yakel, D.C.**

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

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

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

**Communication**



**Sylvia Haskvitz**

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

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

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

**Creative Writing Workshops**



**Eleanor Kedney**

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

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

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

**Energy Bodywork**



**Miriam Bloomfield**

Jin Shin Jyutsu and Zero Balancing are elegant, hands-on therapies that promote the harmonious flow of life energy throughout the body.

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

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

Miriam graduated from Stanford University and has been a Bodywork Therapist since 1982. She is a licensed Massage Therapist and Certified Practitioner of the arts in which she now specializes.

**Miriam Bloomfield, LMT**  
**Tucson Medical Square**  
**Bilva33@hotmail.com 520-743-7577**

## Energy Healing/EFT



**Phyllis Winslow**

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

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

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

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

“I felt fearless during my presentation.” L.M.

“Take it from a once skeptic, she’s awesome.” D.S.

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

## Floatation Therapy



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

clear, your spirit expanding...

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

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

## Still Waters

## Health Foods



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

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

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

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

## Aqua Vita

## Health Foods



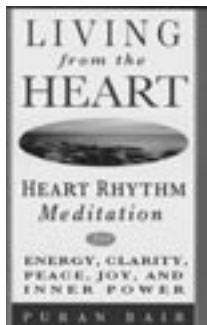
Food Conspiracy is a not-for-profit natural foods market, owned by its members and open to the public. Since 1971 we have been committed to providing the highest quality natural and organic foods and products to the Tucson community. Our produce department is entirely organic, and we don’t carry any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

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

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

## Food Conspiracy Co-op

**Heart Rhythm Meditation**



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

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

See our display ad on page 5

**Institute for Applied Meditation, Inc.**  
**PO Box 86149, Tucson, AZ 85754**  
**Phone 888-310-7881**  
**www.Applied-Meditation.org**

**IAM**

**Holistic Empowerment**



Learn to access your inner wisdom to transform your limiting and debilitating thoughts, feelings, beliefs and behaviors that hold you back from leading the life of your dreams. Be empowered in your daily life to achieve the success, prosperity, health, joy and loving relationships that you desire with a revolutionary, simple yet powerful transformation tool that quickly transforms debilitating feelings, beliefs and emotions into empowering thoughts, feelings and actions.

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**520-256-6733**  
**valtrajansen@hotmail.com**

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20 years of combined training, research and experience in Art as a Pathway to the

**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!

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

**Synchronicity Center**  
**1701 E Lind Rd**  
**Tucson, AZ 85719**  
**327-9624 (32-SYNCH)**  
**www.SynchronicityCenter.com**

**Synchronicity Center**

**Hospice Care**



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

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

**Casa de la Luz Hospice**  
**400 W. Magee Rd.**  
**Tucson, AZ 85742**  
**520-544-9890**  
**www.casahospice.com**

**Casa de la Luz Hospice**

## Life Coach Plus



### Dr. Susan Ricketson

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

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

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

## Metaphysical Spiritualist Chapel



### Chapel of Light Fellowship

### Rejuvenation Center



### Tree of Life

## Zero Balancing



### Dorsett Edmunds

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

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

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

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

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

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

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

Ayurveda, Board of Holistic Medicine. Details & Calendar: [www.treeoflife.nu](http://www.treeoflife.nu).  
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**Tree of Life Rejuvenation Center**  
**Patagonia, Arizona, U.S.A.**  
**Toll-free, 866-394-2520.**  
**info@treeoflife.nu**

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**

# Directory Index

## A

Alternative Health 17  
Astrology 17

## B

Beyond Talk Therapy 18  
Breast Cancer Screening 18

## C

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

## E

Energy Bodywork 19  
Energy Healing/EFT 20

## F

Floatation Therapy 20

## H

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

## L

Life Coach Plus 22

## M

Metaphysical Spiritualist Chapel 22

## R

Rejuvenation Center 22

## Z

Zero Balancing 22

## Resource Guide

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

### ALTERNATIVE HEALTH

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### BREAST CANCER SCREENING

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

### CHIROPRACTIC NEUROLOGY

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

### CHIROPRACTOR

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

### COLON CLEANSING

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

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

### HOLISTIC MEDICINE

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

### MEDITATION

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

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### REJUVENATION CENTER

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### SPACES FOR LEASE

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### ZERO BALANCING

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# 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