



Arizona Choices

PRICELESS— Take One
October/November, 2005

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

- **The Divine Feminine and Sacred Sex**
by Caroline Muir and Joan Heartfield, Ph.D
 - **Hearts and Oceans Say Wild Salmon is the Best Choice**
by Karie Knoke
 - **Messages from Mother Earth**
by Mala Spotted Eagle Pope
 - **Healing as Choice — and Process**
by Dr. Joan Norton
- and*
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plus

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November 11th-16th, 2005 as Tucson's Health Week
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Mother Earth, Divine Sex, Bean Pods and Salmon

On the cover, the bean pod representation by local freelance illustrator Stephanie Johnson (www.acloserlookillustration.com) evokes nature: the Divine Feminine, Mother Earth. How easy it seems to notice the resemblance among the symbols of life, of fertility - roundness, lushness, abundance. Curves carry a message that all life recognizes. Similarly, the vibrant orange color that nature gave to wild salmon is easily recognized as a sign of health and vitality – in contrast to the pharmaceutically-applied shellac found in farmed salmon. And in matters of health and well-being, the wisdom of the body and its innate healing capacities are microcosms of those of Earth itself; powerful in ways we cannot fathom. Earth, the spirit, our physical and energetic realms are all facets of consciousness, of wisdom.

Arizona Choices is proud to present the Arizona Choices Exposition and CAMCON Conference at the Tucson Convention Center and the Radisson City Center Hotel, November 11-16. This exciting, first-of-its-kind event brings together conventional, complementary/alternative and traditional health practitioners under one roof, and will highlight the best choices available for our health, wellness and the environment. It coincides with Tucson's Health Week, proclaimed by Mayor Walkup in support of this major showcase for healers of literally every kind.

Arizona Choices is an unbiased platform for all of integrative medicine, and is becoming a communications and activity hub in southern Arizona. With this in mind, we are sponsoring a series of networking events, each featuring a presentation on a health-related topic and plenty of time to network. You can find times and places for our events in the Dancing on The Path listings on page 39. Thanks for reading! **Bob Peizer, Editor**

THE DIVINE FEMININE AND SACRED SEXUALITY

**New Choices for the Millennium
By Caroline Muir and Joan Heartfield, Ph.D.**

“ I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive. That’s what it’s all finally about, and that’s what these clues [myths] help us to find within ourselves.” - *Joseph Campbell*



Caroline Muir

The quest for union with the Divine is at the core of all religions, and each religion has a prescribed path in order to achieve this. How we connect with the cosmos, make sense of the human experience and find a way to inhabit our lives as fully as possible are the challenges.

Mystics have exhorted us to aspire to what might be called “Supernatural Love,” or union with the Transcendent Logos (divine reason that orders the cosmos, gives it form and meaning) as the ultimate spiritual ideal. What most spiritual traditions have left out is Eros, which is the highest expression of sexual love. The human quest, and perhaps our ultimate spiritual ideal, is for an experience of life that integrates both our outer and inner planes of existence. This includes experiencing the mystical union of Eros and Logos within ourselves, and with those we love.

There is another contribution to this quest arising on the landscape of human awareness: the wisdom of the Divine Feminine, forced underground for millennia, is now reappearing. It provides choices that are very different from those bequeathed to us by patriarchal society. In the Divine Feminine view, Eros is a sacred and powerful force for healing and enlightenment.

Sex, Drugs and Rock ‘n Roll

Our culture is fascinated by sexuality, but we have few images of conscious, sacred sexuality. Sex is mostly portrayed as casual, impersonal, soul-less and disconnected from the heart. Internet usage reflects this: porn sites get more hits than any other category on the Web. They depict objectified women in disempowered roles, and some sites feature children or animals as sources of sexual gratification. This says a great deal about our attitudes about the way we “make love.”

Somehow in the course of human evolution, the Eros immanent in the heart of creation has been suppressed in all but the most secret societies of arcane knowledge. Because of its potency and thus its potential for mis-use, Tantric schools have kept their sexual energy practices secret. The women of power, who knew these mysteries, were so feared by men that extreme efforts were made to exterminate them. This resulted in the loss of their wisdom, and thus of the ability to include our erotic nature in our spirituality.

It is likely that many of the world's problems are related to this lack of reverence for the sacred in our lovemaking. Since a healthy relationship with Eros is essential for balance within each individual and on the planet, we need to work consciously with this powerful energy in creative, life-enhancing ways.

The emergence of the 60's counterculture showed that a society that has buried Eros is "a wild and crazy party waiting to happen." The appearance of indiscriminate sexual expression, mind-expanding (and numbing) substances, and psychedelic music to complement the experience, demonstrated that when Eros is repressed, the system becomes unbalanced and tends to over-correct—sometimes drastically.

The women's liberation movement also clearly reflects this. It seemingly came out of nowhere: suddenly the media were saturated with women who were *violently* angry with men. After this initial energy was released, we recognized the need for conscious and compassionate ways to bridge the gender gap. We began to see how effective women were when they used their immense power to heal themselves *and* the men who were (unconsciously) part of the problem. The ancient wisdom sent underground long ago has begun to resurface: the Goddess is re-emerging. This is the shift we are now in the midst of, and it is a very exciting time! Feminine energy now has the opportunity to come forward in the world as a healing and stabilizing influence.

The Cosmic Game: The Divine Feminine

A cosmic game is afoot! The long-stifled Divine

Feminine is awakening, and is beginning to permeate all aspects of our lives. As this third millennium dawns, the worldwide emergence of Woman is being recognized as the undeniable, determining force in the social equation. From the pioneering women's consciousness movement in the United States to the increasingly visible struggle for civil and religious freedom throughout the world, it is evident that women are altering the planetary social order by means of their unique Feminine consciousness.



Joan Heartfield, Ph.D.

Many archetypes of Divine Feminine energy exist: Quan Yin in the Chinese tradition; the Great Mother of the Aborigines; Western paganism's Great Goddess; and the Blessed Mother of Christianity. In each instance a personally recognizable expression of the Divine Feminine is active in our collective human history.

Women everywhere are unveiling new divine feminine archetypes – "real" as compared to "role" models for the 21st century. We must do these together, releasing old patterns that include jealousy, competition, judgments, and anger and victim consciousness. Who are we without the baggage? Who are we in coopera-

tion? Who are we with all our sexual-spiritual energy intact? Who are we with our artistic nature unleashed?

The Divine Feminine Mystery School was created in part to help men and women heal the shame and guilt that holds them back from their natural ecstatic state. By exploring the various pathways to the experience of our authentic self, we come to know life from the inside out. We gain the freedom to make different choices for ourselves. We feel at one with our essential nature, pleased to be living, in a body, on Earth, while maintaining our connection to the Oneness.

Education is the first step in understanding these new choices for men and women. When our needs for love, pleasure, and innocent eroticism are fulfilled, we can create much greater harmony in our lives. Learning how to fully love, and be loved by, another is something far greater than the mere co-existence experienced by many couples; sacred sexuality creates fulfillment beyond the average person's wildest dreams. Our love-making evolves into a divine form of art, as well as a profound source of pleasure. This wonderfully juicy energy of Life is one of our greatest resources for transformation.

Consciousness in the Bedroom: Sacred Sexuality

The Divine Feminine Mystery School brings Tantra Yoga, Tantric/Taoist sexual practices and sexual healing into one curriculum. These disciplines provide the fastest and most effective ways to support the process of transformation, which is essential for a world deprived of respect for the act of creating life. "Life" refers not only to procreation; it is also the sweet, soulful energy accessed through ecstatic sexual pleasure when it is joined with love. It is the integration of our physical, passionate selves with our loving, spiritual selves. In order to weave all of these aspects together, we must bring higher consciousness into the bedroom.

One way to achieve this is by surrendering to the Divine Feminine within... that place of great compassion, truth and love—our "heart of hearts." As we identify with Her, we come to a place where we begin to see

the truth of who we are. As a result we become clearer, kinder, juicier and more joyfully alive!

The power that lies dormant within our natural, healthy, sexual nature has the capacity to bring a type of fire into our consciousness that can be used to wake us up. Our ability to know is greatly enhanced when this Shakti (life force) moves up and ignites our minds. What we are really doing is bringing the quality of passion into our knowing. We can also love passionately, speak passionately and connect to Source with passion. Working with these energies gives us rapport with our erotic divinity. We can *play* with this energy in ways that are in complete integrity. We could say that God is willing to come into the bedroom and have a *ménage à trois* of archetypal proportions! The bottom line is really about eliminating our perceived separation from the Oneness.

The mission of the Divine Feminine is to show people how to heal the imbalances we have acquired through our life experiences. When healed, we are able to feel more connected to the cycles of the earth, our emotions flow through us with ease, our sexuality expands, and we are able to feel empowered. We are able to speak our truth without blame or judgment; we see which options are best for ourselves, our families and our communities, and we are in touch with the higher purpose in our lives.

New Choices That Open the Heart— and More!

The Divine Feminine Mystery School teaches men and women the intimate secrets of sexual healing as well as practices that open the heart. We show people how to love their partner and themselves, creating more joy for both sexes. "Sex" is transformed into *sexual love* by letting go of the old rules and myths about how we are supposed to "do it." This provides a unique and holistic approach to exploring and understanding the dynamics of the Feminine essence, and how it interplays with the Masculine.

Men are also awakening to (and discovering the immense power of) the receptive, nurturing dimension of their souls. Men report that the work accomplished

at the Divine Feminine Mystery School has been invaluable in their awakening. When a man has learned how to manage his sexual energy, it enhances *all* his relationships whether business or personal. Men who do this work experience expanded awareness that brings passion to every area of their lives. Each gender learns what the other wants and needs, as well as how to be successful in fulfilling them.

This sacred Feminine consciousness refines the arts of sexual love. Healing and wholeness come as we reclaim our passion from a place of inner authority. The mundane thus becomes sacred once again.

Divine Feminine offers choices: we have programs for both women and men; and for women only. **“The Invitation”** and the **“The Initiation”** are for women only. During these retreats we guide women into a much greater acceptance and understanding of themselves, sexually and spiritually. We help women heal the many wounds they carry, whether from their own experiences or from inherited cultural mores. Divine Feminine creates a Sisterhood out of strangers in record time, and invites women to raise the bar of their ability to bring peace, love, and intimacy to all those who inhabit Mother Earth. See the *Arizona Choices Program Guide* (www.arizonachoice.com) for the dates and times these workshops will be offered during the Arizona Choices Exposition and Conference.

Divine Feminine’s **Mystery School Certification Program** is for both women and men. It is a uniquely comprehensive curriculum that provides an opportunity for intensive personal transformation, and also prepares the participants to teach this work.

Joan is a mentor for The International University for Professional Studies (www.iups.edu) - all work done with us can be applied toward a B. A., M.A. or Ph.D. degree.

About the authors:

Caroline Muir is the founder of Divine Feminine LLC. For the past 18 years, Caroline has facilitated the “Tantra, The Art of Conscious Loving,” seminar with

her teaching partner Charles, and co-authored the same-titled book now published in nine languages. Caroline co-produced and is featured in the popular DVD, *Secrets of Female Sexual Ecstasy*. Articles about her work with Tantra have been featured in *The Wall Street Journal*, *Elle*, *Glamour*, *Yoga Journal*, *Esquire*, *Playgirl*, *Mirabella*, *L.A. Magazine*, and others.www.divine-feminine.com

Joan Heartfield, Ph.D., director of “Divine Feminine,” has been teaching with Caroline since 1994. A counselor and guide for over 25 years, Joan brings a loving heart and profound wit to the consciousness of her work. Her transmission around relationship inspires and awakens others to what is possible. Joan is dedicated to discovering what really works in relationship and sharing this. She is passionate about nature, women’s and men’s empowerment, intimacy and sacred sexuality, heartfelt radically authentic communication, and the health and vitality we can cultivate in our bodies. She makes her home in Maui, Hawaii with her beloved Tomas. They teach, counsel, write and facilitate retreats for singles and couples. Visit their website at www.talkinghearts.com.

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Have you had your water today?

Healthy Oceans, Healthy Hearts: Why Should We Choose Wild Salmon?

By **Karie Knoke**

“An unhealthy environment leads to unhealthy food, which leads to unhealthy bodies. It’s all connected.”



Karie Knoke

There has been much publicity in the last year about wild vs. farmed salmon. Salmon is known to be high in protein, low in saturated fat and rich in essential fatty acids like omega-3 oils. Omega-3 oils are necessary in our daily diet to maintain a healthy body and mind. Our typical present-day diet consists of an overload of saturated fats and not enough unsaturated fats. Omega-3 oils are crucial for individuals who are recovering from or trying to prevent chronic illnesses such as heart disease.

But let’s take a closer look at the salmon that you are eating. If you are eating farmed salmon, you are not getting the healthy benefits that you would be getting if

you were eating wild salmon. There is recent research relating to the unhealthy effects that farmed salmon has on our bodies and our environment. An unhealthy environment leads to unhealthy food, which leads to unhealthy bodies. It’s all connected. Let’s look at the environmental issues that surround farmed salmon.

How did Fish Farming start?

Fish farming (aquaculture) started out as a good idea. The idea was to raise salmon in a controlled environment to alleviate the pressures of over-fishing that persists all over the world. Many environmental groups such as The David Suzuki Foundation were pro fish farms. Norway was the first country to commercially farm Atlantic salmon starting around the 1960s.

The aquaculture industry, in its infancy, realized that raising a salt-water species required very expensive and large salt-water tanks. So they decided to raise them directly in ocean waters in open net-cage pens to cut down costs. The net pens or fish farms were installed in small bays and inlets where they would be protected from weather. This led to many unforeseen environmental problems resulting from fish farming that devastated Norway’s wild fisheries. The David Suzuki Foundation is now the leading environmental agency against fish farming.

So how can fish captive in open net-cage pens be so dangerous?

The same companies that destroyed Norway’s habitat and wild fisheries now have fish farms all over the world, mainly in Chile, Scotland, Ireland, the U.S. and British Columbia (B.C.), Canada. There are 85 fish farms in British Columbia alone, with plans to install at least

100 more, now that a 7-year moratorium has been lifted that banned fish farms. This is especially problematic for British Columbia as Norwegian companies are raising Atlantic salmon (an alien species) in Pacific waters where wild Pacific salmon reside. It is a known fact that introducing an alien species to a new eco-system is dangerous for a healthy environment. Some of the environmental problems are as follows:

Escapements

Even though net pens are installed in small bays where they are protected, Atlantic salmon escape into the wild. The total number of reported salmon escapements from B.C. and Washington are almost 423,000 salmon. What is not being reported here are “leakages?” Leakages are escaped salmon that are factored into farms’ calculations of daily operations. For example, as the salmon grow they are transferred from a small mesh net pen into larger mesh net pens, during which some “leak” out as they are transferred. It is estimated that 3-5% are accounted as leakages, which could total several hundred thousand additional fish escaping every year.

Escapements also occur when bad weather or natural predators, tear into the nets. Regardless whether it is called a leakage or an escapement, Atlantic salmon are encroaching on Pacific salmon habitat.

Introduction of Non-native Species

There is a crucial difference in the life cycle between Atlantic and Pacific salmon. Pacific salmon are born in a fresh water stream, swim down river to the ocean, migrate up and down the Pacific West Coast, then return to the exact same spot in the exact same river in which they were born to spawn. Once they spawn, they die. On the other hand, once Atlantic salmon escape they find their way upstream to spawn, but don’t die. They are very territorial and wreak havoc on the wild Pacific salmon that are trying to spawn.

Feces and Waste Smother Marine Life

The existing fish farms in British Columbia produce waste that is equivalent to the raw sewage of 500,000 people per day. This waste consists of feces, uneaten fish food, antibiotics, and drug residues that are un-

treated and released directly into the ocean, covering the floor beneath them smothering all plant and marine life.

Fish of Another Color

Wild salmon eat wild ocean creatures such as krill and shrimp. The carotene in what they eat is what makes them naturally turn orange. On the other hand, farmed salmon are fed pellets made from fishmeal, interlaced with drugs and synthetic dyes such as astaxanthin and canthaxanthin to turn them orange; otherwise the salmon would be an unappetizing off-white or gray in color. I personally know people who are allergic to these chemicals and who had to be hospitalized.

No Room to Move

Millions of fish are kept in close quarters in these net pens, literally on top of each other; they have very little room to move. Reduction in the space to swim and the ability to exercise increases the amount of saturated fat in these fish. If you look at the farmed salmon in your local store, you will notice white marbling between the layers of flesh. This marbling is saturated fat: much, much more than you would see in wild salmon. There is 200 times more saturated fat in farmed salmon than there is in wild salmon.

Use of Grow Lights

Another approach that the aquaculture companies have taken to increase production is to use large lights on the net pens to speed up the growing process. These lights cause the water temperature to increase, therefore increasing the growth rate of Sea Lice and other aquatic diseases as well. Farmed salmon then has to be treated with pesticides, fungicides and antibiotics, such as oxytetracycline a fluorfenicol to kill these infections, which show up in our food and persist in the environment.

Sea Lice and Disease Spreads To Wild Habitat

Salmon migrate from California to Alaska which means that they travel through British Columbia where fish farms reside. These wild salmon are threatened by sea lice and other diseases caused by the farmed fish as

they swim in the same waters. A study conducted in the Broughton Archipelago in British Columbia shows that “infection pressure near the farm was approximately 70 times greater than natural ambient levels and exceeded ambient levels for 30 km of migration route. This amounts to a total direct contribution of sea lice from the farm that was approximately 30,000 times greater than the natural production of sea lice. The results also show that lice, once transmitted to wild juvenile salmon, were transported down the migration route where they reproduced and re-infected the wild juvenile salmon. A total direct and indirect contribution of sea lice that was *200,000 times greater* than the natural production of sea lice.”

Exclusive Economic Zone

Most of these issues occur in British Columbia, past which wild salmon travel in their migration from California to Alaska. Alaska has a ban on all fish farms, and goes to great lengths to protect the natural habitat that support their fisheries. A new threat is emerging, however. The state line only extends 3 miles offshore. Anything between 3-200 miles is called the Exclusive Economic Zone (EEZ). The National Marine Fisheries Service (NMFS) is promoting privatization of the Exclusive Economic Zone, therefore allowing aquaculture companies to place floating fish farms in the same areas that commercial fishing for wild salmon is taking place.

Alaska maintains strict fisheries management policies that have been successful to the point where there is an abundance of salmon. The catch rate of wild Alaskan salmon is higher than ever! Alaska is in the 10% of the world that is NOT over-fished. It has been certified by the Marine Stewardship Council as Eco-Sustainable. Allowing fish farms to exist so closely to Alaskan waters could possibly destroy our wild fisheries just like in Norway.

Conclusion: Know What You Are Buying

It is important to know what you are buying at the store. Because of the bad publicity associated with farmed salmon, storekeepers are changing the names to throw consumers off. Anything labeled Norwegian, Scottish, Irish, Chilean, and Atlantic salmon is all the same: farmed.

To makes things even more confusing, King and Coho salmon are also being farmed. Make sure your salmon is WILD only. If there is no sign, ask! Even Tucson’s own Dr. Weil recommends eating wild salmon 3 times a week. But above all, remember that Alaskan wild salmon is the best; and healthy oceans lead to healthy hearts!

Farmed salmon has brought some good to our fishing industry. Although it puts our environment and health at risk, it has increased the overall demand for salmon. To most consumers, salmon was salmon. Wild salmon producers for the first time were forced to compete with farmed salmon. Farmed salmon is mass-produced at a lower cost than wild salmon. Three years ago, fishermen were seeing all-time lows in dock prices for their fish. The industry just about collapsed as many fishermen were tying their boats to the docks and going home as they couldn’t even afford to go fishing.

The competition forced fishermen and seafood producers to raise their quality standards and to actually “market” their salmon. Many individuals, me included, were discouraged when larger seafood producers weren’t acting fast enough, and got inspired to do our own consumer education and marketing. Thus, The Elfish Company (my company) was born!

A Local Option

There is a place in Tucson where you can trust the quality, health benefits and eco-friendliness of your salmon. My firm, The Elfish Company, is an Alaskan company that direct-markets its salmon in the Tucson area. They currently sell at the local Farmer’s Markets and at local health food stores. They also have a yearly Buying Coop where you can purchase salmon at discount prices.

What Makes Our Salmon So Special?

- Our salmon is troll-caught, which means each fish is caught individually with a hook and line. No nets are involved and we have no by-catch, thus causing very little impact on the environment. Each fish is stunned in the water to avoid bruising and scale loss. Once the fish is on board, it is immediately bled, cleaned and stored in ice to ensure the highest quality.

Healthy Oceans: continued on page 38

CAMCON 2005 CATALOG

Arizona Choices Exposition Presents

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Isn't it time you discovered why Complementary and Alternative Medicine (CAM) is so popular?

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EXPO: Included with the Camcon Conference fee is an Expo VIP Pass (\$99 value) for The Arizona Choices Exposition - November 11th - 13th, 2005 - At The Tucson Convention Center, which is located just ½ block from the Radisson Hotel.

The Arizona Choices Expo will offer Free and Low Cost Health Testing By Medical Doctors, Hospitals, Clinics and Natural Healers; Free Lectures; Inexpensive Workshops; 9 Special Events; as well as over 100 Exhibitor booths.

The Expo VIP Pass grants Admission for all 3 days of the Expo, which includes the Exhibition Hall and all Free Lectures, plus Admission to 1 Special Event each evening (Friday, Saturday and Sunday), for a total of 3 Special Events, all with VIP Seating and Reservations.

The Camcon Conference Fee and the Expo VIP Pass all for only \$180!

Individual conference workshops are available for \$35.00 each in advance, or at the door if available.

HOTEL: Our Special Conference Rate at The Radisson Hotel is only \$79.00 per night, with a 5 night minimum stay; otherwise it is only \$89.00 per night. Please call the hotel directly at: The Radisson Hotel- (520) 624-8711 - Mention Promo code "EXPO". Rates quoted do not include the applicable taxes and fees. Parking is included. Complimentary Airport Shuttle Service is provided by The Radisson Hotel, and is based on availability. There are restaurants in both hotels and many more in the surrounding area, all within easy walking distance.

Included with The Conference Fee and The Expo VIP Pass: 9 Healing CAM Conference Adventures; a Conference Networking/Sharing Event; admission for all three days at the Expo; 3 Expo Special Events; a choice of Free Lectures and Inexpensive Workshops; plus a massive Exhibition floor full of Healthy Possibilities... all packed into 6 Days of Healing Choices.

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**Aligning with the Elementals
with Marilyn & Tohmas Twintrees**

code: CWS 15

The Elements, Fire/Earth/Air/Water/Ethers (Spirit) make up the core of all physical matter on the Earth Mother, and the Elementals are the Devic Spirits within each Element. When we consciously, continually align with the Elementals, we flow abundantly with all of Life, always.

In our gathering, we will share the glorious wisdom the Elementals have given us— for working with them allows us to create our true lives, easily, immediately, and profoundly. Together, we will respectfully share our experiences, and we will align with the Elementals, through Breath, Rituals and Love that you can take with you into your life.

**Attitudinal Healing: Choosing the Abundant Life
with Kokomon & Aeshah Clotey**

code: CWS 31

Attitudinal Healing is the only way to know wealth without risk. To choose the abundant life is to recognize our oneness with the Earth! The wisdom of attracting wealth is healing our attitudes about our past relationship with money. The problem is not money: it is our misunderstanding of its function and its circulatory nature. Understanding this truth is to embrace the perpetual abundant life. Join Aeshah and Kokomon in this experience and learn to change your attitude about yourself and money and tap into the trillions that are moving around the earth.

**Coyote Medicine: Lessons from Native American Healing
with Lewis Mehl-Madrona, M.D., Ph.D.**

code: CWS 10

Native American healers engage in a dialogue within community to create stories that create the possibility for believing in healing. The more the community supports this story, the more likely healing becomes. Then cure may sometimes result. The people who experience these cures become very present-oriented. They let go of past grudges and bitterness. They diminish their fear of the future. Paradoxically, they seem to make peace with death. They report often dramatic changes in their quality of life, their relationships and their sense of connectedness to the spiritual. Dr. Mehl-Madrona considers how to accomplish these goals within modern life.

**Creating & Maintaining a Healthy Business
with Cherie Sohnen-Moe**

code: CWS 27

Americans spend more than 30 billion dollars annually in “alternative” health care. As this consumer-driven demand for better care continues, more practitioners are needed to administer these services. Whether you are currently in practice or are considering this field, this workshop is for you!

We explore tools for creating and maintaining a successful, heart-centered business. Learn creative, proven techniques for actualizing your goals. Discover how to expand your success with a marketing plan that is fun and integrates your values into your business. You will leave knowing what’s needed to help your business thrive and experience greater fulfillment in the process.

**Divine Feminine – Part 1
with Caroline Muir & Joan Heartfield, Ph.D.**

code: CWS 7

The Divine Feminine is a unique and holistic approach to exploring and understanding the Dynamics of the Feminine essence, and how it interplays with the Masculine. This restores us to the divinity and harmony of our erotic nature. This sacred feminine consciousness teaches us the more refined arts of sexual love, and the healing and wholeness that awaits as we reclaim our passion and inner authority as women. Thus the essential link is birthed as we meet the Goddess within and embrace and receive Her with trust and reverence. This is the education men and women have been looking for to restore love and pleasure in their lives.

**Divine Feminine – Part 2
with Caroline Muir & Joan Heartfield, Ph.D.**

code: CWS 11

The Divine Feminine is a unique and holistic approach to exploring and understanding the Dynamics of the Feminine essence, and how it interplays with the Masculine. This restores us to the divinity and harmony of our erotic nature. This sacred feminine consciousness teaches us the more refined arts of sexual love, and the healing and wholeness that awaits as we reclaim our passion and inner authority as women. Thus the essential link is birthed as we meet the Goddess within and embrace and receive Her with trust and reverence. This is the education men and women have been looking for to restore love and pleasure in their lives.

Eat By Choice, Not By Habit**with Sylvia Haskvitz, M.A., R.D.****code: CWS 33**

Explore weight and body issues through the lens of Compassion - heighten your awareness to your rich world of feelings and needs to address this topic.

Learn to transform the “should” game and tune into the world of desires, wants, hopes and dreams. Get your needs met in ways you will not regret later.

Get through the stuck places: learn about the demand/resistance cycle and transform the inner judgments that keep you from enjoying your compassionate nature. Learn and practice a process of connection to gain clarity and open your world to new possibilities.

Ethics of Touch: Receiving & Giving**with Cherie Sohnen-Moe****code: CWS 34**

What really happens when one person touches another? Human touch can completely change the way the body functions. Studies indicate that touch is essentially a positive experience for the person receiving it as long as the touch does not impose more intimacy than the person desires, or communicates a negative message. Therein lies the challenge for practitioners: How do you know if your touch is too intimate or sends a negative message for any specific person? The recipients of touch also need to know the parameters of appropriate touch, what to expect from practitioners, and how to set good boundaries. In this workshop we will explore the dynamics of touch: appropriate ways to ask for and give feedback regarding touch; potential emotional reactions to touch and how to respond; and creating and maintaining healthy boundaries.

Head & Heart & Hands Aligned (HA HA HA)**with “Beauty” Henry Peterson****code: CWS 18**

A Basic Healing Seminar for Self and Others -- Experiential

Instantly usable techniques designed to clear, heal and preserve physical, mental, emotional and spiritual health. A great introductory or refresher for tapping, using and sharing the ever-present quantum energy available to us all, by way of trusting you have it, feeling its flow and focusing it beneficially with head, heart and hands as a service to others. A light-hearted practicum of the subtle, spiced with the wisdom of simplicity. Learn aura cleansing, energy flow, harmonic transmission and ways of preserving your clarity.

Healing Night: The Science and Spirit of Sleeping, Dreaming and Awakening**with Rubin Naiman, Ph.D.****code: CWS 14**

More than 100 million Americans suffer from sleep problems, making sleep disorders the number one health concern in America today. The impact of sleep and dream deprivation upon mental health, physical illness, productivity, and the economy is simply staggering. Unfortunately, most health care professionals and consumers are ill prepared to address these issues. This lecture introduces a new perspective that addresses sleep and dream issues in the context of “nighttime consciousness.” It examines the key psychological and spiritual dimensions of our relationship with dusk, darkness, and dawn as a foundation for healing sleep and dreams.

Healing Sleep and Dreams: An Integrative Approach**with Rubin Naiman, Ph.D.****code: CWS 35**

Sleeping and dreaming are extraordinary states of consciousness that hold immense potential for our healing and personal growth. This special workshop offers practical and effective guidance for managing sleep and dream problems from an integrative medicine perspective. In contrast to the prevailing overly mechanistic and medication driven approach, Dr. Naiman blends the best of conventional medicine with alternative, complementary, and spiritual perspectives. Because this integrative approach is comprehensive, addressing body, mind, as well as spiritual factors, it works synergistically with other CAM healing approaches.

Homeopathy**with Melanie Grimes, R.S. Hom (NA), C.C.H.****code: CWS 22**

Homeopathy

What the heck is it? Where did it come from? And what can it do?

This lecture will address the difference between homeopathy and other healing modalities, as well as the history of homeopathy, its place in the history of medicine, and what it can offer for the future.

Honoring the Medicine: Native American Healing & Spiritual Traditions
with Kenneth “Bear Hawk” Cohen

code: CWS 21

Kenneth “Bear Hawk” Cohen will share the principles, ethical values, and practice of Native American medicine. He will explore Native American medicine not as a thing of the past but as a living and still evolving tradition. Information will be presented from traditional and modern perspectives. Ken will also discuss the dialogue now occurring between western and indigenous science while suggesting that many aspects of Native American medicine are beyond the capabilities of science to measure. The last part of the workshop will be an experiential introduction to traditional songs, dances, and visualization methods.

Insider’s Secrets of Sound Healing
with Steven Halpern

code: CWS 8

Join “Dr. Sound” for an insightful and entertaining exploration of the world of sound healing. We’ll experience the power of resonance, entrainment, and tone as vehicles for transformation and enlightenment. You’ll take away an enhanced awareness of the music in your life, and how to share it with others in your personal and professional life.

Introduction to Vibrational Medicine: A Stepping Stone to Personal Healing and Spiritual Transformation
with Richard Gerber, M.D.

code: CWS 3

Vibrational medicine is a new synthesis of healing and consciousness that blends the best of ancient mystical and healing traditions with modern day scientific discoveries. It is a viewpoint that sees human beings as multidimensional energy and information systems of body, mind, and spirit. Vibrational medicine principles offer a new understanding of the reasons why people become ill as well as a source of powerful tools for healing illness and dis-ease using pure energy and vibration. The many flavors of vibrational medicine will be discussed along with practical insights for dealing with commonplace health ailments.

Listening to Your Body with Spirit
with Marilyn & Tohmas Twintress

code: CWS 26

Even though most of us are taught that our bodies are limited and dense, each one of us has the exact, perfect body for the lessons, grace and gifts that our Spirits offer us each moment.

In this gathering, we will listen to our Bodies— the exquisite vehicles for our Dreams and Inspirations. We will actively listen to every single part of them so that we can offer them what they uniquely need— which perhaps no one else can tell us about. We will revitalize and relax our bodies naturally so that we can perfectly, lovingly fulfill and empower ourselves.

Mindful Drumming: Healing Our Broken Hearts & Experiencing Joy
with Kokomon & Aeshah Clotney

code: CWS 20

In America, we have so many heart attacks, so many broken hearts. This moment in time is about us as individuals, as a nation, as a global community, learning the art of healing our broken hearts. Join Aeshah and Kokomon Clotney for an experiential gathering of mindful drumming and deep inner work, to begin healing your own broken heart. Mindful drumming comes from the twin concepts of rhythm and sound. It is a way to uncover the different levels of communication and connect straight to the heart. Learn the ancient art of practicing mindful drumming for infinite peace.

New You: Rejuvenate Your Life Through the Creative Process
with Shari Silvey

code: CWS 19

Journey with Shari through magical portals of mysterious unfrequented corridors and into the realm of transformation. Rejuvenate your life through the creative process during this entertaining, adventuresome experience. Explore creative modalities such as writing, art, movement, psychodrama and energy. Immerse yourself and discover how to transform and harness the energy of addiction, fear, blocks, and illness into positive, focused power! As you journey through your creative process, you will develop a practical approach to merge the spiritual and physical aspects of your life. This inner work will empower you to create abundance, health and positive relationships. A new you!

Our Depression and Anxiety Epidemic: The Brain Nutrient Breakthrough

with Julia Ross, M.A., M.F.T.

code: CWS 9

The solution to our negative mood epidemic is surprisingly simple: four brain-targeted amino acid supplements that quickly raise the levels of serotonin and the three other key mood-enhancing neurotransmitters. Nutritional psychology pioneer Julia Ross' approach offers a safe and effective alternative to risky antidepressants and toxic comfort foods. Ross will explain how we can jump start our emotional chemistry by combining amino acid supplements with specific good-mood foods. You'll identify your own particular mood chemistry imbalances using the Four Part Mood Type Questionnaire from Ross' newest book, *The Mood Cure*. Then you'll learn the mood repair strategies that have already helped thousands of people restore their optimal moods and natural sense of well-being.

Overcoming Depression Without Drugs

with Norman Shealy, M.D., Ph.D.

code: CWS 1

Depression is the most common illness in the world. Forty percent of Americans are clinically depressed and another 40% have subclinical depression. Working with over 30,000 patients, Dr. Shealy has found that 85% can recover from depression safely, without drugs. Incidentally the best drug is 42% effective with over 25% complications. Using the Liss Cranial Electrical Stimulator, Shealy Series, the Shealy RelaxMate II and a self-therapy program, you can overcome depression within two weeks, without drugs.

Overtoneing: The Vibrational Healing Power of the Human Voice

with Wayne Perry

code: CWS 4

Research has shown that the natural, organic nature of the human voice enables it to be the most vital and powerful vibrational healing instrument available to us. Learn how to create and use the regenerative healing power of vocal harmonics and overtoneing to effect deep emotional release, sonic detoxification and enhance the body's natural homeostasis, intuitional capacity and spiritual awareness. Open doors to deeper dimensions of consciousness and transform your life. Initiate this transformative toning process with the fun and effective techniques presented by internationally acclaimed sound therapist and vibrational healer Wayne Perry, and heal the body with its own resonance! No singing or musical experience is necessary.

Sacred Attention & Healing Presence

with Richard Moss

code: CWS 2

At the heart of Richard's work is a fundamental understanding that relationship to oneself, to another, and to God is an indivisible unity from which all of life's potential grows. This relationship can only be lived in the present moment. In this seminar you will be given a systematic approach for understanding how we disconnect from our essential self with simple awareness exercises and guided self-inquiry. Through this practice of sacred attention we can learn how to return to the beginning of ourselves and enter heart awareness where we can shift into states of greater intelligence, wholeness and healing.

Shamanic Body: Integrate the Intelligence of Your Emotional, Physical & Energetic Bodies

with Diamond & River Jameson

code: CWS 30

What happens when we let go of trying to "figure it out" and we begin accessing the knowledge of our whole selves? Come explore with us the outrageous and wonderful freedom, love, resolution and vital health that begins to occur when we have access to our whole being intelligence. As we learn to listen, feel and respond to the messages available to us from the different aspects of ourselves, our Creator and our World, we begin to "navigate" differently, moving with pure intent and guidance as energy in a world of energy. Come and dream a new dream with us and awaken to the power of your Shamanic Body.

Shamanic Heartbeat

with "Beauty" Henry Peterson

code: CWS 32

A Creative Shamanic Seminar with Mini Journey
 With positive intention, we will review with ritual and journey how shamans receive energy and information from the "invisible world" and bring power animals and medicine to the physical. You will be encouraged to synthesize your own vibrations within this context and then call on the wisdom of the grandmothers to integrate your dreams and vision into the world.
 (Part of the time you will be lying on the floor - so bring a cushion or blanket if you feel like it.)

Sound Healing Journey**with Richard Grossman, L.Ac., O.M.D., Ph.D.****code: CWS 12**

Since humans first put their hands together and raised their voices in song and worship, music has been a tool for healing and exploring the inner reaches of mind and Spirit. Using indigenous instruments from Asia, Australia, Europe, North and South America, India, and Africa, Dr. Richard Grossman, Licensed Acupuncturist and sound healer, creates a fabric of sound and vibration that is simply extraordinary and beautiful.

Learn how to enter a world where sound and music become more than sound and music. Enter a listening experience that touches the part of human Spirit where healing and magic occur. Enter a space of awareness that transcends music and becomes a cellular journey into the core of your being. Enter into SoundJourney™.

Sound Healing with Wayne Perry, Steven Halpern, Paul Horn & Richard Grossman, L.Ac., O.M.D., Ph.D.**code: CWS 24**

Come & learn all that you've ever wanted to learn about the healing benefits of sound but have not had the opportunity, with some of the top sound healers! Join us for an insightful and entertaining discussion and Q and A, on the therapeutic benefits of sound therapy, healing music and natural healing. The panelists include Wayne Perry, Steven Halpern, Richard Grossman and Paul Horn.

Experience the Spontaneity of sounds with Paul Horn; Wayne Perry will explore the healing potential of the human voice; Feel the power of resonance, and tone as vehicles for transformation and enlightenment, with Steven Halpern; and learn how to enter a world where sound and music become more, with Dr. Richard Grossman.

Stop Carb Addiction and Yo Yo Dieting with 21st Century Brain Fuel**with Julia Ross, M.A., M.F.T.****code: CWS 5**

Are your low carb efforts being sabotaged by overwhelming cravings for chocolate, bread, or ice cream? No diet, however healthy, can succeed when all you can think about is sweets and starches. Nutritional psychology pioneer Julia Ross will show you how to take control of your own appetite-regulating chemistry in 24 hours. During the workshop you'll use the 8-Part Questionnaire from her bestselling book, *The Diet Cure*, to identify the real cause of your own particular carb cravings (it's not weak willpower!). Then you'll learn how to use the targeted nutrient supplements and other strategies Ross has seen work for thousands of people whose cravings for comfort foods have disappeared in a single day.

Total Integration: A Path to Whole Being Wellness**with Diamond & River Jameson****code: CWS 13**

When we honor and embrace all aspects of ourselves, we gain access to our full wisdom, love and capabilities, our consciousness expands and we become capable of whole being integration and wellness. We will share practices and direct experiences that will empower you to be fully awake and to participate, sanely and functionally with the conscious evolution of you, your life, world and Kosmos.

This is for you who desire to be authentic, free and whole, and who want to awaken to love, truth and expansive consciousness in your moment to moment experience, as well as in your relationships with everyone and everything.

Total Wellness: A Hands On System Approach to Health Care – Part 1**with Dr. Joseph Pizzorno, N.D.****code: CWS 25**

Ultimately, each person's health and disease resistance is dependent on how well his/her physiological systems are working. Optimal function of 10 systems provides the foundation for Total Wellness: 1.) Optimal nutrition and digestion; 2.) Toxin avoidance and effective detoxification; 3.) Strong, accurate immune system; 4.) Balanced inflammatory function; 5.) Well-regulated endocrine control; 6.) Ageless neurological system; 7.) Strong musculoskeletal structure; 8.) Abundant energy production; 9.) Rapid regeneration/Optimal aging; 10.) Living in harmony with the spirit/life-force.

This lecture describes what each system does, how to recognize when it is not working properly, the possible causes and how to restore optimal function through the use of natural therapies.

Total Wellness: A Hands On System Approach to Health Care – Part 2**with Dr. Joseph Pizzorno, N.D.****code: CWS 29**

This workshop provides tools to personally apply the concepts presented in Part 1. The workshop starts with participants filling out a short questionnaire. These are then used to determine which physiological systems are dysfunctional and self-care interventions are then developed to restore health.

Treatment of Chronic Non-Cancer Pain: Role of Opioids**with Jennifer Schneider, M.D., Ph.D.****code: CWS 23**

Has your life, or that of a family member, been adversely affected by chronic back pain, arthritis, fibromyalgia, headaches, or other chronic pain? Millions of Americans suffer from chronic pain, and most of them are undertreated, especially when the source of the pain cannot be easily identified by x-rays or other objective tests. Effective treatment often requires both drug and non-drug approaches. In her presentation, Dr. Schneider, author of *Living with Chronic Pain*, will describe a comprehensive approach to chronic pain treatment, with particular emphasis on the appropriate use of opioids (narcotics). Also, learn how to be an effective advocate for yourself in the healthcare system!

**Ultimate Healing of Personal & Ancestral Grief: Men Only,
Reclaim Natural & Supernatural Power with Chief Sonne Reyna****code: CWS 36**

Ultimate healing of personal and ancestral grief is intense cleansing and acknowledgement of the sufferings we have done to others, that others have done to us: the sufferings our ancestors did to others, that others did to them. We are the generation now called to embrace and reconcile, to heal the suffering of humankind, as the great prophetic change of nature comes upon us. In this emotional ceremony, we choose to forgive and to be forgiven - it is the spiritual gate to healing. Come to heal and reclaim your natural and supernatural power.

**Ultimate Healing of Personal & Ancestral Grief: Women Only,
Reclaim Natural & Supernatural Power with Chief Sonne Reyna****code: CWS 17**

Ultimate healing of personal and ancestral grief is intense cleansing and acknowledgement of the sufferings we have done to others, that others have done to us: the sufferings our ancestors did to others, that others did to them. We are the generation now called to embrace and reconcile, to heal the suffering of humankind, as the great prophetic change of nature comes upon us. In this emotional ceremony, we choose to forgive and to be forgiven - it is the spiritual gate to healing. Come to heal and reclaim your natural and supernatural power.

**Unleash the Power of Your Mind Using Transformational Energy
with Shari Silvey****code: CWS 28**

Join Shari on a mystifying adventure to transform the energy within you. Your body has innate wisdom and herein lies the depth of emotion, which is key to understanding how you use your life force energy. This is an experiential journey through your body to discover how to find the blocks, release negative emotion, transform the shadow and use it as a catalytic charge for positive focused power for manifestation. Entertaining storytelling through Shari's provocative interactive paintings is included to understand the principles of how energy manifests.

**Value of Spontaneity for a Healthy Life
with Paul Horn****code: CWS 16**

Improvisation has always been one of the highest forms of musical expression. This freedom allows for greater creativity and expression. But, spontaneity and improvisation are not just for musicians. Spontaneity allows us to develop creativity and lead a happier, healthier life. In this workshop we will explore and develop creativity in a friendly, fun environment. No musical training is required, but participants may bring musical instruments. When life is lived on its most natural level it is spontaneous.

**Way of Qigong: Health, Longevity & Wisdom
with Kenneth "Bear Hawk" Cohen****code: CWS 6**

Qigong is an ancient Chinese system of gentle exercise, breathing, and meditation that increases the body's supply of healing energy, qi. Scientific research shows that qigong can increase vitality, prevent illness, and develop a tranquil state of mind. Qigong is essential training for anyone who wishes to maintain a high level of positive energy. Because of its effect on strength, coordination, and balance, qigong can also improve performance in any sport. We will learn Bone Marrow Cleansing to drive pure energy through the bones, and Standing and Walking Meditation to become grounded, yet flexible, like a willow tree with deep roots.



Kokoman Clotley

Kokomon & Aeshah Clotley are authors of *Beyond Fear* and *Mindful Drumming*. They are the founders of the Attitudinal Healing Connection and creators of a specialized fun form of musical art and healing arts that unleashes the spirit of human potential. Kokomon has produced three CD's: *Love Is The Answer*, *Mystic Vision*, and *The Journey*.



Kenneth "Bear Hawk" Cohen

Ken "Bear Hawk" Cohen is the author of the internationally acclaimed books *The Way of Qigong* and *Honoring the Medicine*. Ken is the winner of the Elmer and Alyce Green Award, the leading international award in energy medicine.



Dr. Richard Gerber, M.D.

Dr. Richard Gerber, M.D. is an internationally known teacher, physician, and author of several books, including the bestseller *Vibrational Medicine 3rd Edition: The #1 Handbook of Subtle-Energy Therapies* (Bear & Company, 1988, 2001) and *A Practical Guide to Vibrational Medicine: Energy Healing and Spiritual Transformation* (Quill/Harper Collins, 2000).



Melanie J. Grimes, R.S., Hom (NA), CCH

Melanie J. Grimes, R.S. Hom (NA), CCH, is the editor of *The American Homeopath* and lectures internationally. She has written hundreds of articles in homeopathic journals worldwide, and is the author of the naturopathic textbook, *Dr. John Bastyr: Philosophy and Practice*. She has conducted numerous homeopathic provings and also writes screenplays, novels and librettos.



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

Dr. Richard Grossman, Doctor of Oriental Medicine and shamanic sound healer. Using a variety of indigenous instruments including Tibetan singing bowls, didgeridoos, and gong, he creates a tapestry of sound that promotes deep inner healing. He is the creator of SoundJourney™, a deep inner experience of sound, healing and vibration.



Steven Halpern

Steven Halpern is an internationally-acclaimed composer, recording artist, author and pioneering sound healer who has touched the lives of millions worldwide. His distinctive *Inner Peace* compositions for healing and inner peace are a cornerstone of any healing library. His CDs harmonize body, mind and spirit, and Steven is now celebrating his 30th anniversary.



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

Sylvia Haskvitz, registered dietitian and certified Nonviolent (Compassionate) Communication (NVC) trainer, shares her work in several venues. Sylvia has hosted a radio show, *Call in a Conflict*, a television show, *People Skills* and contributed to the book, *Healing our Planet, Healing Ourselves*. She recently wrote, *Eat by Choice, Not by Habit*.



Joan Heartfield, Ph.D.

Joan Heartfield, Ph.D., co-director of DIVINE FEMININE™, has been teaching with Caroline Muir since 1994. A counselor and guide for over 25 years, Joan brings a loving heart and profound wit to the consciousness of her work. Her transmission around relationship inspires and awakens others to what is possible.



Paul Horn

Paul Horn began as a straight ahead jazz flutist. He has recorded with Duke Ellington, Ella Fitzgerald, Miles Davis, Frank Sinatra, Joni Mitchell and Ravi Shankar. In the late 60s he studied with the Maharishi in India alongside The Beatles. His seminal 1969 album, *Inside the Taj Mahal*, featured space as an equal partner to the musician and launched a whole new genre of music.



Diamond and River Jameson

Founders of the Total Integration Institute, with 30 years of global experience as Expansion Guides, Visionaries, Integral Shamans and Wholistic Educators. They are a dynamic and alive couple who have traveled the world studying and integrating what works, letting go of what doesn't and sharing what they know with others.

Diamond and River also lead Men's and Women's Circles and guide Shamanic Earth Medicine Journeys into power sites around the world.



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

Lewis Mehl-Madrona, M.D., Ph.D., is the author of *Coyote Medicine*, *Coyote Healing*, and *Coyote Wisdom*. His work has been to unravel and discover how indigenous healers work and how dramatic cures unfold. He is interested in spiritual transformation and its role in health and disease. He is board certified in family medicine with added qualifications in geriatrics and also in psychiatry. He is of Cherokee and Lakota heritage.



Richard Moss

Richard Moss is an international author, teacher and visionary thinker in the lineage of the great wisdom traditions. For over 27 years his holistic conferences have transformed people's lives throughout the world and his seminal books on healing and the importance of living consciously continue to inspire and move us.



Caroline Muir

Caroline Muir is the founder and president of Divine Feminine™, a Modern Mystery School. For more than two decades, Caroline has been teaching the popular seminars: *Tantra, The Art Of Conscious Loving™* with its founder, Charles Muir. Caroline co-authored/co-produced the book, *Tantra, The Art of Conscious Loving* and the DVD, *Secrets of Female Sexual Ecstasy*.



Dr. Rubin Naiman, Ph.D.

Dr. Rubin Naiman is Clinical Assistant Professor of Medicine and the sleep specialist at the University of Arizona's Program in Integrative Medicine. He lectures nationally on sleep and dreams and also maintains a private practice. Dr. Naiman is author of *Healing Night* (Winter 2005) and *The Sleep Advisor* (Summer 2005), software designed to evaluate and manage sleep problems.



Wayne Perry

Internationally recognized as a leading authority on sound therapy, Wayne Perry is the author of *Overtoning: The Complete Guide to Healing with the Human Voice*, and is the founder/director of the Sound Therapy Center of Los Angeles. Wayne also produces and hosts *Heart Touch*, his own leading edge local cable television program dedicated to exploring the natural power of vibrational healing.



"Beauty" Henry Peterson

Beauty has been a student and a teacher of Native American and eastern Indian methods of self discovery and empowerment for over 30 years. He has helped create healing circles and promoted spiritual awareness in individuals and groups in the US., Central America, France, Switzerland, Belgium, Canada and Mexico. He shares his healing gift not only through seminars, workshops and individual sessions, but also in his daily living through the power of his compassion and inner beauty. He is currently co-founding *White Hawk*, an ecovillage located just south of Ithaca, NY.

Conference

Conference Schedule

Monday Nov. 14, 2005	Room A	Room B
9 – 11:30 AM	Norm Shealy, M.D., Ph.D. Overcoming Depression Without Drugs CWS 1	Richard Moss Sacred Attention & Healing Presence CWS 2
1 – 3:30 PM	Julia Ross, M.A., M.F.T. Stop Carb Addiction and Yo Yo Dieting with 21st Century Brain Fuel CWS 5	Kenneth “Bear Hawk” Cohen The Way of Qigong: Health, Longevity & Wisdom CWS 6
4 – 6:30 PM	Julia Ross, M.A., M.F.T. Our Depression and Anxiety Epidemic: The Brain Nutrient Breakthrough CWS 9	Lewis Mehl-Madrona, M.D., Ph.D. Coyote Medicine: Lessons from Native American Healing CWS 10
8 – 11:30 PM		
Tuesday Nov. 15, 2005	Room A	Room B
9 – 11:30 AM	Diamond & River Jameson Total Integration: A Path to Whole Being Wellness CWS 13	Rubin Naiman, Ph.D. Healing Night: The Science and Spirit of Sleeping, Dreaming and Awakening CWS 14
1 – 3:30 PM	Chief Sonne Reyna Ultimate Healing of Personal & Ancestral Grief: Women Only, Reclaim Natural & Supernatural Power CWS 17	“Beauty” Henry Peterson Head & Heart & Hands Aligned (HA HA HA) CWS 18
4 – 6:30 PM	Kenneth “Bear Hawk” Cohen Honoring the Medicine: Native American Healing & Spiritual Tradi- tions CWS 21	Melanie Grimes, R.S. Hom (NA), C.C.H. Homeopathy CWS 22
Wednesday Nov. 16, 2005	Room A	Room B
9 – 11:30 AM	Dr. Joseph Pizzorno, N.D. Total Wellness: A Hands On System Approach to Health Care – Part 1 CWS 25	Marilyn & Tohmas Twintress Listening to Your Body with Spirit CWS 26
1 – 3:30 PM	Dr. Joseph Pizzorno, N.D. Total Wellness: A Hands On System Approach to Health Care – Part 2 CWS 29	Diamond & River Jameson The Shamanic Body: Integrate the Intelligence of Your Emotional, Physical & Energetic Bodies CWS 30
4 – 6:30 PM	Sylvia Haskvitz, M.A., R.D. Eat By Choice, Not By Habit CWS 33	Cherie Sohnen-Moe The Ethics of Touch: Receiving & Giving CWS 34

Schedule

Room C	Room D	Monday Nov. 14, 2005
Richard Gerber, M.D. Introduction to Vibrational Medicine CWS 3	Wayne Perry Overtone: The Vibrational Healing Power of the Human Voice CWS 4	9 – 11:30 AM
Caroline Muir & Joan Heartfield, Ph.D. Divine Feminine – Part 1 CWS 7	Steven Halpern, Ph.D. Insider's Secrets of Sound Healing CWS 8	1 – 3:30 PM
Caroline Muir & Joan Heartfield, Ph.D. "Divine Feminine – Part 2" CWS 11	Richard Grossman, L.Ac., O.M.D., Ph.D. Sound Healing Journey CWS 12	4 – 6:30 PM
	NETWORKING PARTY	8 – 11:30 PM
Room C	Room D	Tuesday Nov. 15, 2005
Marilyn & Tohmas Twintrees Aligning with the Elementals CWS 15	Paul Horn The Value of Spontaneity for a Healthy Life CWS 16	9 – 11:30 AM
Shari Silvey A New You: Rejuvenate Your Life Through the Creative Process CWS 19	Kokomon & Aeshah Clotney Mindful Drumming: Healing Our Bro- ken Hearts & Experiencing Joy CWS 20	1 – 3:30 PM
Jennifer Schneider, M.D., Ph.D. Treatment of Chronic Non-Cancer Pain: Role of Opioids CWS 23	Wayne Perry, Steven Halpern, Paul Horn & Richard Grossman Sound Healing CWS 24	4 – 6:30 PM
Room C	Room D	Wednesday Nov. 16, 2005
Cherie Sohnen-Moe Creating & Maintaining a Healthy Busi- ness CWS 27	Shari Silvey Unleash the Power of Your Mind Using Transformational Energy CWS 28	9 – 11:30 AM
Kokomon & Aeshah Clotney Attitudinal Healing: Choosing the Abundant Life CWS 31	"Beauty" Henry Peterson Shamanic Heartbeat CWS 32	1 – 3:30 PM
Rubin Naiman, Ph.D. Healing Sleep and Dreams: An Integra- tive Approach CWS 35	Chief Sonne Reyna Ultimate Healing of Personal & Ances- tral Grief: Men Only, Reclaim Natural & Supernatural Power CWS 36	4 – 6:30 PM



Dr. Joseph E. Pizzorno, Jr., N.D.

Naturopathic physician (N.D.), member White House Commission on Complementary and Alternative Medicine Policy. One of the world's leading authorities on science-based natural medicine. Founding president of Bastyr University. Editor of *Integrative Medicine: A Clinicians Journal*, author of *Total Wellness* and co-author of the internationally acclaimed *Textbook of Natural Medicine*, best-selling *Encyclopedia of Natural Medicine* (1,000,000 copies in six languages), *Natural Medicine For the Prevention and Treatment of Cancer* and soon to be released *Encyclopedia of Healing Foods*.



Chief Sonne Reyna

Chief Sonne Reyna, Yaqui-Carrizo-Coahuilteka Nations, North America. Eagle Clan Ceremonial Chief, Sun Dance Society Peace Chief, Vietnam Veteran, Graduate University of Texas, Shaman/advisor to tribal councils and corporations. A writer, artist and singer, he is collaborating with world musicians, dancers and film makers to awaken the magic in the heart of humankind.



Julia Ross, M.A., M.F.T.

Julia Ross, a pioneer in nutritional psychology, is Executive Director of the Recovery Systems Clinic in Mill Valley, California where she and her staff treat mood and overeating problems with nutrient therapy and biochemical rebalancing. She is author of the best-selling *The Diet Cure* and newly released *The Mood Cure*, and finalist for the *Books for a Better Life Award*.



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

Jennifer P. Schneider M.D., Ph.D. lives in Tucson, Arizona, where she practices chronic pain management and addiction medicine. She is certified by the American Board of Internal Medicine, the American Society of Addiction Medicine, and the American Academy of Pain Management. Dr. Schneider is the author of the book *Living with Chronic Pain* (2004).



C. Norman Shealy, M.D., Ph.D.

Neurosurgeon and creator of Dorsal Column Stimulation, Transcutaneous Electrical Nerve Stimulation, and the Shealy RelaxMate II, Founding President of the American Holistic Medical Association; President of Holos University Graduate Seminary; author of over 300 publications and 22 books, including *Life Beyond 100 – Secret Of The Fountain Of Youth*.



Shari Silvey

Shari journeys and backpacks into remote wilderness areas to communicate with unseen dimensions, nature and wildlife. She has developed a practical working knowledge of how to use these messages for manifestation and inspiration for her paintings, story telling, energy deck and writings. She facilitates this powerful process of expanding creativity and consciousness in her workshops.



Cherie Sohnen-Moe

Cherie Sohnen-Moe is an author, business coach, international workshop leader, and successful business owner since 1978. Before shifting her focus to education and coaching, she was in private practice for many years as a massage practitioner and holistic health educator. She is the author of the book, *Business Mastery* and in 2003 co-authored a ground-breaking book titled *The Ethics of Touch*.









Marilyn & Tohmas Twintress

By constantly, joyously Listening to the Spirits in everything, especially focusing on Earth and Nature, we have co-created many books; our business *AhhhMuse*; a non-profit *Elementals of Life*; and an Elemental, Freedom based sacred geometry construction business *Living Spaces*, that respectfully share world-wide, the unique Vibrational tools/services from our Spirits.








Expo Special Events

Nov.11, 2005 8-10:30pm

<p>Ancient Pathways to Modern Healing</p>   	<p>Lewis Mehl-Madrone, M.D., Ph.D. Melanie Grimes, R.S.Hom (NA), C.C.H. Kenneth "Bear Hawk" Cohen</p> <p>Join us for an exciting evening of discussion with three acclaimed modern day healers as they offer the benefits & wisdom drawn from the ancient modalities they work in. Lewis Mehl-Madrone will reflect on how to restore the wisdom of our ancient pathways to the modern practice of medicine and psychology. He will discuss how modern medicine has largely overthrown indigenous origins & the essence of healing they provide. Melanie Grimes will speak about homeopathy, its origins and place in the history of medicine, its offering as a healing modality, and will address its difference to other healing modalities. Presented from traditional and modern perspectives, Kenneth Cohen will speak about how Native Americans understand the medical, psychological, social and spiritual dimensions of health and disease.</p> <p>The panelists will each present an insightful and entertaining talk, followed by a joint discussion to answer your questions.</p>	<p>code: SE 3</p>
<p>We The Planet</p> 	<p>Julia Butterfly Hill</p> <p>Every natural, functioning system involves symbiotic relationships which honor sacred diversity through working together to promote health, beauty, and sustainability. Religion, politics, science or activism without the deep, heartfelt connection to the Sacred is a dying effort, a dying ecosystem of disharmony. My prayer for this experience is that in the joining of our diverse perspectives, we will be able to see and articulate what a healthy world and future look like as well as the steps necessary to promote this positive, vibrant vision. Equally important, we will leave with a renewed inspiration to live our heart's calling and our spirit's passion.</p> <p>Julia Butterfly Hill is a writer, poet, and activist. Her historic 738-day tree-sit in "Luna" brought international attention to the plight of the ancient forests and environmental destruction. She is a bestselling author and founder of the non-profit Circle of Life, which promotes sustainability, restoration, and preservation of all life.</p>	<p>code: SE 1</p>
<p>Women, Healing & Sexuality</p>  	<p>Caroline Muir Joan Heartfield, Ph.D.</p> <p>The Divine Feminine™ is a unique and holistic approach to exploring and understanding the Dynamics of the Feminine essence, and how it interplays with the Masculine. This restores us to the divinity and harmony of our erotic nature. This sacred feminine consciousness teaches us the more refined arts of sexual love, and the healing and wholeness that awaits as we reclaim our passion and inner authority as women. Thus the essential link is birthed as we meet the Goddess within and embrace and receive Her with trust and reverence. This is the education men and women have been looking for to restore love and pleasure in their lives.</p>	<p>code: SE 2</p>




Expo Special Events

Nov. 12, 2005 8-10:30pm

<p>Musical Event</p>   	<p>R.Carlos Nakai Quartet code: SE 4</p> <p>Performing original tunes in contemporary ethnic world fusion, the RCNQ blends ancient timbres of indigenous flute, pan-global percussion, and the human voice with modern textures and urban rhythms perfect for both intimate listening, exuberant dancing, and trance-inducing grooves and inspirational melodies that continue to be appreciated by SRO audiences and audiophiles from coast to coast.</p> <p>Mixing structured compositions with improvisation, the Quartet expresses, in a spacious harmony among large voices, the varied music and cultural heritages and working experiences of its members. The haunting tones of Nakai's traditionally-tuned indigenous cedar flutes are joined by emotionally expressive saxophones, keyboard variations, rich bass grooves and the poly-rhythmic pulse of world percussion. Hauntingly familiar yet startlingly fresh, the music of the R. Carlos Nakai Quartet will soothe your soul, fire your imagination, and move your feet.</p> <p>With an opening act by: Steven Halpern and Chief Sonne Reyna</p> <p>Chief Sonne Reyna and Steven Halpern share highlights from their groundbreaking recording, <i>Healing Songs Of Earth And Sky</i>. Their collaboration is a stunning merger of traditional tribal songs and wisdom with contemporary world, blues grooves.</p> <p>Steven will then perform a brief solo set highlighted by a sound and color light show for a chakra-healing meditation.</p>
<p>Sleep & Pain Management</p>   	<p>Jennifer Schneider, M.D., Ph.D. code: SE 5 Rubin Naiman, Ph.D. Lewis Mehl-Madrona, M.D., Ph.D.</p> <p>You are invited to participate in this very special event where three sleep and pain management specialists will relay ideas and information regarding healthy sleeping, and pain management. Ruben Naiman will discuss the impact that bodily and emotional pain has on the quality of sleep; and the significance of healthy sleeping and dreaming to the healing process. With millions of Americans suffering from chronic pain, Jennifer Schneider will describe a comprehensive approach to chronic pain treatment and offer advice on how to be an effective advocate for yourself in the healthcare system. Lewis Mehl-Madrona will discuss how healing sleep is, even though it eludes many people. He will consider how processes develop for managing pain and sleeplessness, looking at this from particularly indigenous and narrative perspectives.</p>
<p>Introduction to Vibrational Medicine</p> 	<p>Richard Gerber, M.D. code: SE 6</p> <p>Vibrational medicine is the science of diagnosing and treating illness using energy and vibration in its many forms. These include conventional electromagnetic energies such as electricity, magnetism, and electromagnetic fields, as well as the subtle energies of the life force. The different forms of vibrational medical therapies cover a wide spectrum of healing modalities including acupuncture, homeopathy, flower essences, therapeutic touch, magnetic therapies, and pulsed electromagnetic fields. Vibrational Medicine is an emerging paradigm that will likely shape the way medicine and psychology is practiced in the future. It is also the first science to explain how spirit interfaces with molecular biology.</p>

Expo Special Events

Nov. 13, 2005 7-9:30pm

<p>Musical Event</p> 	<p>Paul Horn with Christopher Hedge <i>code: SE 7</i></p> <p>Paul Horn's story is an inspiring odyssey of world travel, musical creativity and spiritual transformation. With forty albums, Paul has recorded in sacred spaces around the world, including the Taj Mahal, Great Pyramid of Giza, Canyon de Chelly and the Dalai Lama's Potala Palace in Tibet.</p> <p>The concert captures a sonic landscape of Tibet's exotic culture and spirituality. Paul performs with Christopher Hedge on guitar and keyboards. When Paul plays, the acoustics of the room become another instrument. Now this groundbreaking artist weaves natural sounds from Tibet in performance as he brings that sacred culture to Tucson.</p>
<p>Living Healthy Beyond 100</p> 	<p>Norm Shealy, M.D., Ph.D. <i>code: SE 8</i></p> <p>Average life expectancy in the United States is about 79 years of age. However, average life expectancy is lowered significantly by smoking, obesity, alcohol, inactivity and street drugs. If one has optimal health habits, average life expectancy would be 100. Using the SheLi TENS™, for DNA restoration at 54 to 78 billion cycles per second, the three most critical chemical regulators of health can be optimized, reducing free radicals, while optimizing DHEA and calcitonin. This approach requires only 20 minutes daily and is totally safe.</p>
<p>The Healing Power of Awareness</p> 	<p>Richard Moss <i>code: SE 9</i></p> <p>The key to cultivating the healing potential of the self to Self relationship is the quality of our attention. To turn toward what is right in the here and now and meet it with the full power of awareness is to arrive all at once at the wholeness that is, and always has been, our essential self. This is also the essence of meditation and prayer; by the very quality of our attention in the present moment, we can become transparent to the Transcendent. It is this profoundly empathetic and accepting relationship of Self with self that ultimately sustains us.</p>



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Healing as Process – and Choice

By Dr. Joan Norton

“Any intelligent fool can make things bigger and more complex ... It takes a touch of genius ... and a lot of courage to move in the opposite direction.”

Albert Einstein



Dr. Nicholas Tivoli and Dr. Joan Norton

When any of us are in the midst of experiencing uncomfortable or painful circumstances, emotions, symptoms or illness; the natural response is to want our pain or discomfort to be alleviated as quickly as possible.

Often this drive to have our pain relieved will lead us to choose the nearest, quickest, most familiar or most convenient form of pain-relief available. With a nearly endless supply of palliatives, pills, gadgets and programs to choose from, we often resort to these quick (yet temporary) fixes rather than involving ourselves in the slower, more rewarding path of returning our body, mind and life to their original balance and harmony.

Thus, our basic human instinct to avoid pain carries with it a danger: by taking the pill, buying the book or trying the gadget we may temporarily numb, forget or reduce our pain, but the fundamental imbalance that gave rise to our condition remains. Inevitably the pain, symptoms or circumstances return, often with greater severity and complexity.

It is natural to want our pain and suffering relieved; however, it takes wisdom to recognize that the most effective way to address the imbalances is not in seeking a “cure” but in making room for healing. To make room for healing means to allow us a new and more involved approach — new choices — for our personal health and wellness. This begins with understanding that everything we need to correct our present state of imbalance already exists within us. Each person’s body contains within it amazing capacities for self-correction, self-healing and self-transformation. In fact, science and medicine is only now beginning to realize the body’s innate healing powers.

What is necessary then, is to awake the “healer within” rather than seeking elaborate or convenient means of relieving our symptoms. Pain and symptoms are, after all, simply messengers sent to inform us that something in our life is out of balance and requires attention. The best way to respond to these messages is for us to begin addressing our being as a whole, to become involved in the process of healing rather than cur-

ing, the process of integration and alignment of body, mind and spirit.

One of the more powerful holistic healing modalities developed over the last twenty years is Network Spinal Analysis, a gentle yet profound technique that is remarkably effective in activating a person's innate healing mechanisms. This subtle method of non-force spinal adjustments releases tension on the meningeal system (a sheath of tissue that surrounds the spinal cord). These gentle-touch contacts unwind and release tension on the meningeal system, supporting the body in "clearing out" blockages and obstructions, which, in turn, allows our nervous system to more effectively deliver information and nutrients to cells, tissues, organs, etc. As the body's innate intelligence is allowed to communicate more freely it begins to make spontaneous self-healing corrections in order to return the body to its natural state of good health.

Dr. Nicholas Tivoli and I have refined the Network Spinal Analysis method and integrated a number of dynamic healing techniques into our practice including Cranial-Sacral Therapy, Kinesiology, and Direct Non-Force Technique. Having received this care and experienced this healing process within our own bodies, we have learned to trust and respect the fact that healing is a process rather than an event.

Throughout the years of our practice we have noticed that those practice members who benefit most are those who embrace their personal "path of healing" and begin to trust and honor their body's own wisdom and innate healing capacities. In this way, healing is similar to most other areas of our life... the more we give, the more we receive.

During the healing process, a particular pain or illness can sometimes become more intense, or perhaps a new set of symptoms may arise or an old one reappears. In such instances, a person may begin to doubt their healing process. However, those who are familiar with the healing process and have witnessed the wide variety of ways healing takes place understand that such shifts and changes are not only common but are generally a signal that deeper levels of processing and

releasing are taking place. It is during the "down" times of the process that we do best to remember that healing often involves a great variety of fluctuations as our body endeavors to clear obstructions, repair cells and tissue and reestablish a state of ease and equilibrium.

The way of true and deep healing almost always involves deepening our levels of trust, perseverance and patience. The deeper our commitment to our own healing and growth the more we begin to recognize that we never have need to doubt, for each of us inevitably experiences a reward that is equal to the attention and energy we have given to the process.

As you consider your own approach to health and wellness, see if you have developed the habit of seeking a "cure," then consider how well this approach has been serving you. What has been the cost? What further complications has it created? Has it led you toward further growth, expansion and vitality? If not, it is time to rediscover the path of healing and integration, to explore a new approach to health and wellness that includes the totality of whom you are and who you can be.

About the authors:

Dr. Joan Norton and Dr. Nicholas Tivoli are two of the nation's few Network Spinal Analysis chiropractors, a rapidly growing group of highly-educated, highly intuitive healing facilitators dedicated to helping individuals reconnect with their full physical, emotional and spiritual potential. As founding practitioners/doctors of At-Ease Wellness Center they have integrated a number of dynamic healing techniques into their practice and have developed a natural yet profound healing method known as the At-Ease Adjustment. Those interested in finding out more about the subjects covered here or about the At-Ease Adjustment are encouraged to contact them – and visit them at the Expo!

At-Ease Wellness Center has two booths at the Arizona Choices Exposition, #1001 and #1003, and will offer both lectures and workshops during the Expo. Please see the guide for details.

Phone 520-325-4881
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Listening to Mother Earth

“The West says, “Seeing is believing,” and indigenous cultures say, “Believing is seeing.” When the door of possibility is open, spirit will walk in and manifest itself – it is always there anyway.”



Mala “Spotted Eagle” Pope

This interview is based on the following premises: 1) The Earth is in fact a sentient being on a scale that humans can only dimly grasp, if at all; 2) Our Western culture has progressively become more and more isolated from nature; we have so minimized our birthright of the spiritual path associated with and emanating from the Earth as a sentient being that we have lost or misplaced the power to trust that connection; 3) We are actually being communicated with constantly by the Earth in many ways, for purposes of teaching and guidance: the main challenges for us are perceiving the messages and interpreting or understanding them.

The interview begins with the question, “Given these premises, how can we open ourselves to that connection? What choices can we make in our daily lives that will enhance our ability to clearly receive and understand the messages that are being sent?”

[Ed. note: “Earth,” “spirit” and “nature” are used in-

terchangeably throughout this article.]

AZC: *From a practical perspective, how can we open ourselves to information, or messages, or guidance from the Earth?*

M: First we must overcome the blocks that prevent us from being open to those messages. When we are young, we are all very open to the spiritual world; to spiritual ways and to communications from the spiritual path that may come in the form of dreams, for example; and we are also open to the natural world, which is constantly trying to communicate with us, to guide us and send us messages through things such as the wind, trees and animals.

When we are young we just accept this as a part of the total world we live in – as part of life – but as we get older we listen more to messages from other people who might say, “Oh, that’s just a dream,” or, “that’s merely your imagination, nothing more.”

This begins the process of implanting doubt within us: we know what we heard or saw but the opinions of society weigh heavily against that knowing. So we start to doubt the significance of these events, and to dismiss them. Once this happens, we continue on that path and lose sight of what we once knew: that there is a spirit out there and that we are all interconnected.

Two big differences between indigenous cultures and the West are that: 1) indigenous cultures believe that spirit comes first, meaning that it is always present trying to teach and guide us. It is reason that has shouldered its way to the foreground and, while it is a highly useful tool, it is reason that should be put second in matters of spirituality; 2) The West says, “Seeing is believing,” and indigenous cultures say, “Believing is seeing.” When the door of possibility is open, spirit will walk in and manifest itself – it is always there anyway. Spirit works in its own fashion, not in the current fashion of human beings. We must learn to accept that there are many incredible things on the Earth and we will not understand some of them.

So, accepting that you are part of the spiritual world – or remembering that you are – will open the doorway to connection with spirit. The Earth never left us – we isolated ourselves from, or left, the Earth. Some very

simple examples of how we isolate ourselves unconsciously: we hardly ever go barefoot; we sit in chairs and almost never on or close to the ground; we hardly ever walk in the rain or in what is called “bad weather;” we travel in cars or other machines instead of walking. These habits are not “bad” in and of themselves, but they do insulate us from contact with nature, with the Earth.

AZC: *In opening up to the Earth, can we ask for help or guidance? How can we open the door?*

M: You want to be careful what you ask for. Even if you think you are being respectful in asking for help and asking for communication, the words you use and the way in which you ask are very important. Native Americans always end their prayers with, “We pray for these things only if they’re good and meant to be.” So even though we say we want to be more open to the spiritual world, we must be careful in saying this because there are also negative energies out there. We want to say we are open to only the good energy out there. Words, thoughts and feelings are very powerful and must be treated with respect.

We (Native Americans) find that, if you go out onto Mother Earth every day and pray, to give thanks for the beauty and the life that all is around us, for everything we are given every day, to learn to be a better caretaker; then it starts happening. You start noticing more and more of what is around you and you start feeling more connected. Each day you build on it a little at a time and you start feeling it more, becoming more aware of the energy of the Earth that’s all around you but was unnoticed.

We especially like to do this at sunrise because it is such a special time. The night life is still awake and the day life is waking up; the common energies of both life forms are around to hear your prayers and to help support you.

AZC: *So how can we know that we are truly receiving a communication? It’s possible, is it not, to mistake a feeling that comes from within for a message that comes from without? Maybe you’ve already answered it by saying, “begin, practice and you’ll know?”*

M: We believe that there are no accidents or coincidences: everything happens for a reason. Our spirit is always there to guide us and teach us. It’s only in the West that we categorize things as positive and negative, to look from a logical or scientific perspective. We try to overanalyze everything. As soon as you do that, it takes

you out of the spirit world into another kind of world. Your intuition, where you get this first kind of impulse or feeling, comes from the world of spirit – this is an attempt by the spirit to teach or to guide; but as soon as we get that impulse we start to analyze it, to think logically, “How do we do this?” “Is this right or wrong?” or “What are the other ways we can look at this?” As soon as we do this we’ve taken the spiritual context out of it. We must learn to trust the guidance that’s around us: to actually let it guide us.

AZC: *At the risk of over-analyzing what you just said, how do we get a sense of what to do with the communication we receive? For example, how do we know the significance of a deer crossing our path, or a coyote appearing in a dream?*

M: Well, what you just said could be looked at as the problem. People try too hard. Native people say, learn to flow with life. In other words, the more you push for something the further away you push it; or you get it when you’re not ready. If you saw a deer, for example: accept the beauty of the deer! Maybe if you just sat there and appreciated its beauty, or offered a prayer to the deer asking that if there’s a message for you to please say it in a way that you can understand and use that knowledge in a good way, there might be something to understand. But if you are over there trying to analyze everything, that’s what blocks the message.

It’s about learning to enjoy life, appreciate the beauty: let life communicate with you and as you relax about it more of it will open up. You often hear people say, “I’m really struggling to get this thing done” or something like that, and as soon as they give up trying to make it happen, all of a sudden it happens. People do the same thing with life, with nature, with the spirit world: we’re trying to figure it out. When we relax about it and just let it come to us the way it wants to come to us – it happens and we get it.

Learning to be present to life brings understanding with it. It helps to have elders, advisors – that’s an advantage that I have in my upbringing – to teach you about these things, but all we can do is the best we can with where we are. That’s why I’m doing what I’m doing, and why I’m telling you these things – so that people without access to elders’ knowledge can see that the first steps are to relax into life, let it flow and don’t try to understand it all; just be with it and appreciate and respect the beauty, the wonder of what’s in front of you. If you keep doing this, when you do come into contact with those that have special knowledge, like about the deer people or the tree people, you will be more ready and able to understand what they have to teach.

AZC: *In light of what you've said, what choices can we make to help us relax and flow more in life; to respect and enhance our connection to spirit; to be helped along the spiritual path?*

M: It helps, for example, to give back something to Mother Earth for everything that's taken. When you pick up a nice stone or shell or branch and want to take it with you, don't just take it in an unconscious way: don't take it for granted. The spirit doesn't work that way. Take a moment to think about your actions and make a tobacco or other kind of offering or at least a prayer to acknowledge the life in what you've disturbed. Ask permission from Mother Earth to take it, and explain why you want to take it. Don't just consider it an inanimate object: there's life in what you're taking that should be honored for the use we will make of it. It teaches us that there's life everywhere, that we are all equals and that we must give back something for everything we take. Doing this will teach you strong values and to respect and honor Mother Earth; and will strengthen your connection to her.

Also, it is important to be aware that no form of life is better than another. It's all sacred. We have begun to think that some life is higher than another, which results in us not taking care of what we think is less

valuable. Be grateful for all the food we eat, for the life that was given so that we could continue, and also be aware of those less fortunate than you, who didn't get much or maybe even anything to eat today. And, although it's good to eat food that has been grown in a good way, how the food is prepared and prayed over is much more important than eating only certain foods grown a certain way. If the cook is in a bad mood, it doesn't matter if the food came from a great organic garden or not, it is loaded with bad energy. That's what you're eating. If you take a fast food hamburger and someone prays over it from their heart, that hamburger can be really good food. Now if it's great food and you can pray over it that's the best, of course – but it's really important to realize that your thoughts and energy are maybe the most important ingredients of all. And if you don't have a lot of money and eat cheap food, don't be hard on yourself because of it and have a lot of bad thoughts about, "oh, this is really unhealthy food." Just be grateful for it, think good thoughts about the energy you will get from it and thank the life that it came from – and it will nourish you well.

We also need to stop thinking that we are superior to Mother Earth, or that we are separate from her. We talked about how we unconsciously isolate and insulate ourselves from the Earth by riding in cars all the time or not experiencing heat, cold, the wind... how can we expect the Earth to speak to us when we hide from her? By walking barefoot on the Earth sometimes, and experiencing cold and heat without it being in a negative way but in a positive way, we will open our connection to Mother Earth and what she has to teach us more and more.

Mala Spotted Eagle will be presenting both lectures and workshops at the Arizona Choices Exposition (some workshops will be with poet Eleanor Kedney Schaffer). Check the guide for details or see www.arizonachoice.com.

About Mala Spotted Eagle

Mala Spotted Eagle Pope is a Western Shoshone and Cherokee Native American. As a young man Mala traveled with and assisted his father, Rolling Thunder, on speaking tours. He has studied with many different medicine people, spiritual leaders and native elders. Mala and his wife Sky, together with Corbin Harney, a Western Shoshone spiritual leader, are the initiators of a traditional, native-guided intertribal and interracial community in Nevada called "Nanish Shontie," a Western Shoshone word that means "to ask the Creator for a blessing." People who want to learn how to live in harmony upon the Mother Earth are welcome to spend time in the community and the healing center, and to share their knowledge and skills with the permanent residents. Listen to an interview with him at www.prophecykeepers.com/malaspottedeagle.html or visit www.nanish.org.

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This woman had only a few hours sleep the previous night and felt exhausted at the time this photo was taken.



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- Protects you from other people's negative energy. . .

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Healthy Oceans, Healthy Hearts: continued from page 10

- Our salmon is certified as eco-sustainable by the Marine Stewardship Council, meaning that the salmon come from healthy and thriving salmon streams
- Our salmon is fresh-frozen, which means that they are frozen at -40 degrees so that the center of the meat is frozen quickly. This locks in the freshness until it is thawed and is what makes our salmon considered sushi-grade
- The final product is vacuum-packed for protection and longevity of the product. It can be kept in a freezer for up to a year without freezer burn or deterioration
- We direct-market our salmon. This means that we skip all the middlemen to bring the salmon directly to you and your money is directly supporting the fishermen
- We offer traceability. Each package is labeled with the fisherman's name so you know who caught and cared for your salmon

Web Links You Should Know About:



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**

Monterey Bay Aquarium

The Monterey Bay Aquarium in California hosts a program called the “Seafood Watch,” designed to raise consumer awareness. They have put together a guide for sustainable seafood that supports healthy oceans. Farmed salmon is listed on the “avoid” list, due to health and environmental impact. Wild salmon from Washington, Oregon and California are on the “good alternative” list. Salmon from these areas are healthy to eat; however, the abundance is threatened due to the construction of dams and habitat being destroyed. Alaskan wild salmon is listed on the “Best” list and are certified by the Marine Stewardship Council. Check out the Seafood Watch Program at www.mbayaq.org/cr/seafoodwatch.asp

Marine Stewardship Council

The Marine Stewardship Council is a non-profit organization that promotes responsible fishing practices. They provide a certification program that insures that salmon come from a healthy ecosystem and are not overfished. All seafood from the State of Alaska is certified eco-sustainable. The Alaskan fisheries are tightly managed by strict guidelines set by the Fish & Game Department to avoid over-fishing. In fact, Alaska is experiencing an abundance of wild salmon. Check out their website at www.msc.org and www.adfg.state.ak.us

Other websites to check out:

- Save our wild salmon* - www.wildsalmon.org
- Farmed and Dangerous* - www.farmedanddangerous.org
- David Suzuki Foundation* - www.davidsuzuki.org
- Center For Food Safety* - www.centerforfoodsafety.org
- Audubon Society* - <http://seafood.audubon.org/>

About the author:

Karie Knoke has been a commercial fisherwoman for 5 years and has been direct marketing salmon for 3 years. Prior to fishing, she was heavily involved in conducting pesticide research for the *Consumers Union*. She can be contacted at (208)659-9000 or visit her website at www.elfishcompany.com

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

Arizona Choices Exposition and CAMCON Conference at the Tucson Convention Center and the Radisson City Center Hotel, November 11-16. This exciting, first-of-its-kind event brings together conventional, complementary/alternative and traditional health practitioners under one roof, and will highlight the best choices available for our health, wellness and the environment. It coincides with Tucson's Health Week, proclaimed by Mayor Walkup in support of this major showcase for healers of literally every kind.

Arizona Choices Networking Event: enhancing communication and cooperation among those concerned with health, well-being and the environment October 20 at the Synchronicity Center, 1701 East Lind Road, 7 - 11 pm; 327-9624; <http://www.synchronicitycenter.com/> Featured presenter: **Reach for the Stars - A sample PlayShop with Visionary Artist Shari Silvey.** Admission is by \$5 donation (more if you can, less if you can't!) to the Synchronicity Center. Please bring a healthy snack to share if you like (water and teas will be provided).

Mat Bevel presents "Think Tank." Features the kinetic sculptures, poetry, performance, and music of artist Ned Schaper, a.k.a. Mat Bevel (www.matbevel.com) on Fridays, Saturdays, and Sundays October 7,8,9 & 14,15,16th; 8:00 pm at 530 N. Stone Ave. \$10 at the door. 622-0192 or matbevel@theriver.com. The work reflects the values of the Mat Bevel philosophy by using "found objects" to raise awareness of conservation, creativity, resourcefulness and art as a reflection of the surrounding culture.

Casa de la Luz presents a "Night of Light." Love shines on in our hearts and memories. Casa de la Luz hospice presents a night of music and remembrance for our dearly departed. NIGHT OF LIGHT, Tuesday, November 1, 2005, 6:30 pm-7:45 pm. Candle lighting at 7:30 at the DeMeester Outdoor Performance Center, Reid Park (Country Club side): "Burning brightly/As a tribute to the lives we shared/And will never forget. Call 548-9890 for more information - let the love you shared bring light into your life.

Tibetan Buddhist Meditation Hour: Every Friday from 5:30 to 6:30, UA Pierce McCormick Building, 1401 E. 1st St. Newcomers and advanced practitioners alike are welcome. Alternating Chenrezig, White Tara and Vajrasatva practices. Visit dharma-kirti.org for more information.

Joseph LePage, Founder of Integrative Yoga Therapy in Tucson: October 7th (1 evening) - chanting, asana and meditation as an experience of the 8-limbed path of yoga and October 8th (2 workshops). Contact Maria Mendola at MariaAlive@aol.com for more information.

Laugh, Breathe and Relax! Humor Therapy, Anger Management and Relaxation classes through Pima Community Education. Michelle de Sousa, RN, BS, of Conscious Healing Arts teaches November 3rd, 10th, and 17th; 6:30-8:30 pm. \$62 each series of three classes. St. Odilla Church, 7570 N. Paseo Del Norte (NW side of town). Call 250-5221 or email conscioushealingarts@comcast.net or register online at pima.edu in the Personal Development section.

Where to find Arizona Choices Journal in Tucson

17th Street Farmer's Market	El Rio, Southwest Medical Clinic
Advanced Energy Therapeutics	El Rio Southwest Pediatrics
Albert F. Seng MA.	Epic Café
Allstate Insurance at Broadway and Craycroft	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	Medicine Wheel Dental
Bookmans Bookstore, Broadway	Metaphysics World
Bookmans Bookstore, Ina	Millie's Pancake Haus, Tanque Verde
Bookmans Bookstore on Speedway	Mountain View Retirement Community
Borders Bookstore on Broadway	New Life on Ajo
Casa de La Luz Hospice	New Life on Broadway
Casa Video	New Life on Oracle
Casbah Tea House	New Life on Speedway
Coffee XChange Campbell/Grant	Paul Reeder
Congress Hotel	Phyllis Winslow
Cope/El Rio, on Broadway	Pima Community Access
Create Cafe	Pima Heart, on St. Mary's Road
Curves, Ajo and Kinney Rd	Priority Auto and Tire Center
Curves, Catalina	Rainbow Planet Coffee House
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	Steve Lui, L.Ac.
Dark Horse Media	Sunflower on Broadway
Delectables Restaurant	Sunflower on Speedway
Desert Institute of the Healing Arts	Synchronicity Center
Desert Mountain Health Center	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	UMC Physical Rehab on River Rd.
El Rio, North West Clinic	Village Bake House
EL Rio OB/GYN Associates at 225 W. Ivrrington	Wild Oats on Oracle
El Rio Pediatrics Office	Wild Oats on Speedway
	Winterhaven Health Center

Accupuncture



Steve Liu, L.Ac.

The HanLing Acupuncture Healing Center is coming of age. Founded in June 2001, the Center has grown steadily under the direction of Steve Liu, L.Ac. In addition to offering traditional Chinese Medicine (including acupuncture and Chinese herbs), this year the center offers an exciting new program that helps improve patients with low-vision disorders such as age-related macular degeneration.

Age-related macular degeneration is the leading cause of partial or total blindness in people over age 50, and currently has no known treatment from allopathic

medicine. However, a relatively new European acupuncture technique has helped over 5,000 patients in a Scandinavian eye clinic where Steve was trained. Many Tucson patients now have seen vision improvement with the acupuncture treatment since the program was first introduced in last November. So do not loose hope over the low vision, give us a call!

Steve Liu, L.Ac./Wen Ting, L.Ac.
HanLing Acupuncture Healing Center
6812 N Oracle #130
(Between Ina & Orange Grove)
520-878-8116 www.hlahc.com

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. Remember 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 re-

corded. 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

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.

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.

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

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

Breast Cancer Screening



Lynda Witt

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

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

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

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

Chiropractic Neurology



Nathan Conlee

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

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

"Our goal is to evaluate each patient's

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

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

Chiropractor



At Ease Wellness Center

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

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

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

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

Dentistry



Dr. Steven A. Swidler DDS

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 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. Jobjoa Dr.
Tucson, AZ 85745
(520)743-7101

Energy Healing/EFT



Phyllis Winslow

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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

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

Financial Planning



Richard Patterson

Over the thirty years I have been providing financial services, I have come to understand that financial health has many similarities to physical health. In both, a holistic approach may provide the best opportunity to achieve and maintain a state of well-being. We explore a wide range of issues that are critically important to building and protecting wealth: first creating the big picture, then examining the details.

Everything must be holistically integrated to maximize prosperity. We have access to a wide array of financial products including life, group health, disability

income insurance, and long term care insurance; and many investment choices for retirement planning and personal wealth accumulation. Our philosophy is that a good plan must work under all circumstances.

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Healing at Any Distance



Robert Martin

Healing Sleep



Rubin Naiman

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

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

Dr. Rubin Naiman is clinical assistant professor of medicine and the sleep and dream specialist at the University of Arizona's Program in Integrative Medicine directed by Dr. Andrew Weil. He maintains a private practice specializing in integrative and alternative approaches to sleep disorders and also offers professional consultation and training in sleep health. Dr. Naiman founded the sleep services program at Canyon Ranch and is the sleep and dream specialist at Miraval. He is the author of *Healing Night: the Science and Spirit of Sleeping,*

Dreaming, and Awakening (Fall 2005) and *The Sleep Advisor: Help for Insomnia and Other Sleep problems* (Summer 2005), software designed to evaluate and manage sleep problems. Please visit DrNaiman.com for more information.

Rubin Naiman, Ph.D.
Address: University area
Phone: 520-770-1003
Website: www.DrNaiman.com
Email: rrnaiman@cox.net

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.

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

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

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

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

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Phone: 322-8211
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Adobe Hearing Center

Herbals



Do you want beautiful and healthy skin naturally?

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Call for a free consultation and samples. Make a difference in your health and Rainforest preservation.

The Amazon Herb Co. partners with Indigenous Communities who eco-harvest these powerful plants for skin care and wild foods nutrition. Choosing these products contributes to a healthy sustainable future for the Amazon Rainforest and its residents.

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(520) 290-6889
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Amazon Herb Co.

Holistic Counseling



We no longer have to be satisfied with coping with painful situations. We have unrecognized abilities that can guide us to eliminate them from our lives. Stephen is the author of *The Whisper In Your Heart*, that details how, as her therapist, he helped Nancy to heal herself of terminal illness and past trauma, by discovering a part of her that knew exactly what her problem was and how to use her mind, body and spirit to solve it.

ever need. Awakening to this inner wisdom and using it in every area of our life is a matter of simple training, along with the deep desire to be emotionally free and balanced.

From more than twenty-five years of therapeutic experience, Stephen has validated that we all have this special intelligence that has all the answers we will

Stephen G. Scalese, MSW, LCSW
Holistic Counselor &
Licensed Therapist
Sabino Canyon Area
975-2157
1-888-304-9115
sgscalese@yahoo.com

Stephen Scalese

Holistic Energy Healing



Cynthia Tierra

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.

Eliminate pain by identifying and releasing the underlying causes. When you are in balance mentally, emotionally, physically, and spiritually, you naturally move towards a state of health. Holistic Health Practitioner/Reiki

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

Holistic Medicine



Synchronicity Center

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

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

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

Synchronicity Center
1701 E Lind Rd
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327-9624 (32-SYNCH)
www.SynchronicityCenter.com

Home Inspections



Bio-Home Solutions

“Is Your Home Making You Sick?” Too often the answer is “Yes”. Our modern world has immersed us in a sea of chemicals, electrical fields and radiation. Building Biology is the science of holistic interactions between life and living environments and its importance has been recognized in Europe for over 30 years. The comprehensive Building-Biology Environmental Home/Office Inspection is based on many thousands of inspections performed worldwide that have helped individuals by reducing or eliminating factors that contribute to health problems.

Bruce Rundlett is a Building Biologist and Environmental Home Inspector trained by the International Institute for Building Biology and Ecology, Clearwater, FL and will inspect your home using “state-of-the-art” technology. Testing includes Indoor Air Quality (molds, pesticides, formaldehyde, etc.), Electromagnetic Fields, including radiation and much, much more. For more information, please visit our web site.

Bruce Rundlett
Bio-Home Solutions
520-904-3556
www.bio-homesolutions.com

Hospice Care



Casa de la Luz Hospice

“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

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.

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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@comcast.com
www.livefromyourheart.com

Dr. Susan Ricketson

Massage Therapy



Belinda is a qualified Wholistic Therapist whose main focus is to assist a person in achieving a state of emotional and physical wellbeing. She works with a variety of techniques to help relieve the muscular, emotional and mental tension, from which many people suffer on a daily basis. Specializing in Hawaiian Temple Bodywork (Lomi Lomi), Wholistic Massage and Polarity Therapy, she also works with Trager Therapy and Hypertonic Muscle Correction. Lomi Lomi is a healing art practiced by the native Hawaiians. The Hawaiian term "Lomi

Lomi" means simply to knead or massage. The focus in a Lomi session is on letting go, quieting the mind, and allowing people to receive, encouraging areas of the body that have been disconnected to lovingly reintegrate. A session is both magical and powerful, and at the same time gentle and nurturing.

Belinda Berry
520-440-9425
bukabel@yahoo.com

Belinda Berry

Natural Foods



Ravish your senses while having an exciting healthy fun dining experience! Low carbohydrate, vegetarian, vegan, wheat-free and low fat diets are deliciously accommodated. We use extra virgin olive oil and only the finest ingredients. Vegetarians, vegan and wheat-free diners will enjoy a variety of fresh vegetables, salads, soups and hearty meals such as vegetarian kabobs and the veggie combo platter which includes hummus, baba ghanoush, falafel, dolma, spinach pie and homemade tahini sauce. Low carbohydrate, low fat diners will

enjoy low fat, high quality meats. Interesting delicacies include Kibbie Neyya which is fresh, raw lean top sirloin (subject to availability), and delightful appetizers. Belly dancing entertainment every Thursday, Friday, and Saturday 7:30-8:30 p.m. Join in the fun and learn to belly dance.

Aladdin
3699 N. Campbell Avenue
Tucson, AZ 85719
(520) 320-0468
Aladdin-tucson@qwest.com

Aladdin's Restaurant

Natural Wellness



Carol Pool

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.

Carol uses the LIFE System, the most advanced, non-invasive technology in the world containing energetic vibrational frequencies. Your body responds back with answers about stress, nutritional deficiencies, toxins, heavy metals, par-

asites, 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

Playshops



Shari Silvey

Do you want to find your passion and joy, manifest your dreams, unleash your creativity, and stimulate your intuition?

Through experiential hands-on art, energy work, movement and creating body energy shifts, we will transform shadow into light, fear into courage, and inaction into focused inspired intent. In addition to working indoors, we will go outside for a guided journey to unlock the mysterious portals to unseen dimensions and heal with nature.

Learn to focus this powerful energy and

become the channel for 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
shari@artworkbyshari.com

Sound Healing Events



Toning Circles

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.

Come tone with us this fall at the beautiful Tucson Creative Living Center, 4850 W. Jojoba Drive in the Ironwood Hills. Call for October events. Friday, Novem-

ber 18, 7:30-9:30 PM Toning Circle with special guest Kimba Arem, sound healer and musician extraordinaire from Hawaii on four-chambered North American flute, didge and crystal bowls. Kimba's most recent release is Self-Healing with Sound & Music with Andrew Weil, MD. \$10.

Tucson Soundings
520-409-8439
joanv8@yahoo.com

Zero Balancing



Dorsett Edmunds

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

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

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

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

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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