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PRICELESS— Take One

June/July 2006

Health, Wellness & the Environment

Including a
directory of health
wellness and
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resources

plus

Dancing on the Path:
local news, events
and tidbits

Planetary Genesis
by Bruce Silvey

The Cosmic Clock
by Paul Reeder

Hypnosis!

by Dr. Bruce Goldberg

Sound Healing

by Richard Grossman, PhD.

The Initiation/Fire Dancer

by Shari Silvey

The Gift of Responsibility for One's Life

by Diamond and River Jameson

Directory Listings & Resource Guide Now Online at www.arizonachoice.com

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Planetary Genesis **Page 11** **by Bruce Silvey**

We are now in the process of waking up. The “we” that is waking up is more than the species of man and woman. We are all of life that exists today, as well as the continuity of all life that ever existed on this planet we call Earth.

The Initiation/Fire Dancer **Page 12** **by Shari Silvey**

Just as I wanted to turn back, a small opening under the rock became visible to me. An inner voice told me to keep going...don't turn back. Like a snake, I slithered on my stomach to the other side.

The Cosmic Clock **Page 14** **by Paul Reeder**

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

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You WILL Pick Up This Journal!

OK, I can see that you have. Good job! Now read all of the great articles inside this issue of *Arizona Choices*, and be sure to avail yourself of the wonderful healing services that are offered by our advertisers. They have paid for this issue...for you!

The summer is upon us, so keep as cool as you can. You might try *self-hypnosis* to cool down, or reading about *Fire Dancer* to see just how cool you really are in comparison to her hot vibes. Take *responsibility for your own coolness*, or use some cool *sounds* to adjust your temperature. Check the *Cosmic Clock* to learn how not to get burned this summer. Quote *Planetary Genesis* to your friends and they will know just how cool you really are. It's really not so hard to keep your cool — remember, it is a *dry heat* anyway.

On July 12th, join us for a Networking Event and a presentation and discussion on the L.I.F.E. System, which is based on quantum mechanics: 7pm at the Synchronicity Center. Our presenter will be Phyllis Winslow, a long time Tucson gifted healer. For more information see our ad on page 7 of this issue. It's only a suggested donation of \$5.00 to the Synchronicity Center, so be cool & be there!

Enjoy, Bruce Silvey **bruce@arizonachoice.com**

HYPNOSIS – AN ANCIENT ART FOR MODERN PROBLEMS

By Dr. Bruce Goldberg

*Dr. Bruce Goldberg holds a B.A. degree in Biology and Chemistry, is a Doctor of Dental Surgery, and has an M.S. degree in Counseling Psychology. He retired from dentistry in 1989, and since has concentrated on his thriving hypnotherapy practice in Los Angeles, California. Dr. Goldberg's first book, **Past Lives-Future Lives**, has become a classic text on past life therapy. It is also the first book ever written on progression hypnotherapy. His second book, **The Search for Grace**, was made into a television movie by CBS and he was the consultant on this successful film. His most recent book, **Self-Hypnosis: Easy Ways to Hypnotize Your Problems Away**, teaches the reader to take charge of their life. This book includes a 72 minute CD with self-hypnosis exercises.*



Dr. Bruce Goldberg

Hypnosis is not a new discipline, and its use can be traced back to ancient Egypt. Actually, hypnosis is present in our lives today in the form of advertising, teaching, sales, health care, and religion.

Hypnosis is a fascinating subject that has been unjustly surrounded by myths and distortions, such as connotations of magic, the supernatural and the occult. Many movies and novels have contributed to these misconceptions. Since World War II, experimentation and practice have led to rapid advances in our knowledge and techniques, spurred on by its widespread acceptance in 1958, by the American Medical Association.

Hypnosis is being taught to doctors, police officers, lawyers, clergymen, salesmen, athletes, executives, students, and many others who have found it beneficial to their professions. All hypnosis is really self-hypnosis — a state that the subject produces himself with the hypnotist serving only as the guide or the teacher. Anyone who is willing to apply himself/herself can learn this technique.

Everyone can be hypnotized to some extent. People will, however, vary as to the depth acquired and the length of time required for conditioning. All one needs to experience self-hypnosis is a desire, and the application of simple techniques.

Hypnosis is not a medicine or cure. It is a powerful tool that may be used in therapy to assist people in such goals as developing self-confidence, controlling habits, overcoming shyness, relieving insomnia, developing hidden talents, improving memory and concentration, and putting more order into life.

Hypnosis is a natural state of focused concentration and relaxation. Let me further clarify this level of consciousness by asserting that hypnosis is a way of relaxing and setting aside the conscious mind (willpower), while at the same time activating the subconscious mind. Suggestions can then be made directly to the subconscious, enabling the individual to act on these suggestions with greater ease and efficiency.

This ancient art known as hypnosis has been used to promote healing for more than 50,000 years! More than 2,500 hours each year of your life is spent in natural hypnosis. Each day, four hours of this total constitutes daydreams, and night dreams (REM cycle) account for three additional hours.

For a 40-year-old individual, the average total number of hours spent in natural hypnosis throughout his or her life is about 100,000. That is equivalent to doing some menial task that you have completed hundreds of

times for eight uninterrupted hours a day, five days a week, 50 weeks per year for 50 years. Remember, this hypothetical reader is only 40 years old!

HOW HYPNOSIS WORKS

Hypnotherapy has proved to be much more effective in helping people to make desired changes because it bypasses the conscious mind and goes directly to the subconscious, where behavior patterns are stored. It is the subconscious mind that primarily influences behavior. It acts like a computer program. Hypnosis reprograms the subconscious. It is far easier to bring changes from the subconscious into conscious behavior than it is to make conscious decisions about desired behavior and have those behaviors manifest from the subconscious. Using hypnosis, you can reprogram your subconscious to make the changes you desire for personal growth and transformation. By tapping into your subconscious, you are using a far greater portion of your mind automatically.

In hypnosis, we alter our internal world by using our imagination. When you change how you think, visualize, and imagine things to be, your feelings and behavior will begin to change to manifest these goals. Hypnosis allows us to present an ideal, such as increased brainpower, to our subconscious, which now transforms this suggestion into a reality. The changes just seem to occur as if all by themselves.

Hypnosis can initiate changes and promote growth in the following areas of your life:

1. Increased relaxation and the elimination of tension.
2. Increased and focused concentration.
3. Improved memory (hypermnnesia).
4. Improved reflexes.
5. Increased self-confidence.
6. More effective pain control.
7. Improved sex life.
8. Increased organization and efficiency.
9. Increased motivation.
10. Improved interpersonal relationships.
11. Slowing down the aging process.
12. An enhanced career path.
13. Reduced levels of anxiety and depression.
14. Overcoming bereavement.

15. Elimination of headaches, including migraine headaches.
16. Elimination of allergies and skin disorders.
17. Strengthened immune system to resist any disease.
18. Elimination of habits, phobias, and other negative tendencies (self-defeating sequences).
19. Improved decisiveness.
20. Improved quality of people and circumstances that you attract into your life.
21. Increased ability to earn and hold onto money.
22. Elimination or reduction of obsessive-compulsive behavior.
23. Elimination of insomnia.
24. Improved overall quality of life.
25. Improved psychic awareness.
26. Establishment and maintenance of harmony of body, mind, and spirit.

A hypnotic suggestion is effective only when it is accompanied by a misdirection of attention, or a diversion. A reduction in the critical function of the conscious mind proper then ensues, and this allows the suggestion (an uncritical acceptance of an idea) to take hold in the individual's subconscious. When one suggestion after another is accepted, more difficult ones are accepted. Hypnotic susceptibility depends on motivation.

Many persons who have not previously experienced a formal hypnotic induction expect the experience of the state of hypnosis to be far different, and often more extreme than what it is. Even after attempts prior to the induction to alleviate such misconceptions, a classic response after a first hypnosis is, "I know I wasn't hypnotized. I heard every word you said." Ironically, the same person, when asked what this "non-hypnosis" experience was like, may give a dramatic response, such as, "Well, I haven't relaxed so much in 20 years."

Others who achieve significant depth may believe only light hypnosis was achieved. With continuing experience, people tend to go deeper and also begin to recognize the signs that, for them, are associated with hypnosis.

Rather than losing consciousness during hypnosis, there is typically heightened consciousness. Awareness is much greater than normal, which is related to the increased focus previously described.

The Hypnotic Environment

The room in which you practice self-hypnosis should be subdued in lighting and a few degrees warmer than room temperature, with no drafts. The walls, floors, drapes, and rugs should not be distracting. Make sure the room is quiet and free from offending odors. If you are sitting, make sure that your back is supported against the back of the chair. Your feet should be flat on the floor or on a footrest. Knees and ankles should not be crossed. Hands should rest on the arms of the chair, on your thighs, or loosely in your lap. Your head should be in a comfortable position.

To practice self-hypnosis, it is preferable to use a recliner rather than a bed or couch, that are associated with sleep. If you are reclining, your arms should be alongside your body and your head should be slightly elevated. Feet should be separated with toes turned outward. Use headphones to listen to your tapes, and keep a blanket by your side. A tape or metronome beat is ideal for pacing your voice and inducing hypnosis. Loosen clothing and remove shoes.

Allow 20 minutes to 30 minutes for each practice session. It is beneficial to add brief, hypnotic experiences spaced throughout the day. This is called fractionation, and it is a powerful relaxation technique. The deeper your level of relaxation, the deeper the trance.

Weight Reduction

Americans— about 60 percent of whom are overweight, and approximately 35 percent who qualify as obese — turn to diets to lose weight. More than half of the nation is dieting or has dieted. But has this system of dieting worked?

During the past 40 years, Americans have been on thousands of diets. These diets obviously don't work permanently; they are only temporary measures that produce temporary results. Permanent measures result in permanent changes.

Through the proper use of self-hypnosis, old patterns can be unlearned, and new and healthier ways of eating can be learned. This approach also trains you to handle all the tensions and frustrations of daily life, without resorting to fattening foods. All you need is the proper motivation to accomplish this goal.

A Self-Hypnosis Exercise

Now, you are ready for self-image building suggestions. Try using the following script.

An average body weight is very desirable to you. You will now eat a healthy diet in amounts required to main-

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tain an average body weight for your height and frame. You now resolve conflicts directly, not through the way your body looks.

You have the inner strength and determination to overcome any past tendencies to manifest any type of eating disorder. You will now project a positive self-image, feel balanced and fulfilled, and view life as a tranquil oneness. This will include your own body image.

You love yourself and belief in yourself. Every day, in every way, you are becoming empowered and permanently removing all causes and factors that led to the previous negative eating habits. You absolutely desire this new state of mind, free of all eating problems and reaching and maintaining your ideal weight and body image. You can create your own positive new reality.

SLOWING DOWN THE AGING PROCESS

I like to call living an extended and quality life "well-span," rather than "life span." Living the longest possible life, and being energetic, fully alert, and radiantly alive is definitely within grasp.

I refer to the slowing down of the aging process as "youthing." "Youthing" is one way to enjoy a longer and more fulfilled life, while raising your consciousness at the same time. The human body is designed to live to

at least 120, some say 140, years. Today, Americans live, on average, only 75 years. With proper training, and by following nature's intent, however, it is not difficult to see how we can add 45 (120 minus 75) to 65 (140 minus 75) years to our lives. My estimate of 25 to 50 years is a rather conservative one at that!

Hypnosis achieves this youthening by increasing the body's natural production of the sex hormone, DHEA. DHEA builds up our immune system and fights diseases of aging. Unfortunately, this hormone decreases as we age.

Case History

Polly: Polly was one of my hypnosis patients, early in my career, back in 1977. She was 52-years old in 1977, with a history of arthritis, high blood pressure, high cholesterol, depression, and smoking, and she was 50 pounds overweight.

I worked with Polly on youthening. She achieved only a light hypnotic trance level. Deeper levels of hypnosis are not necessary for hypnosis to be effective, and this information greatly relieved her.

Polly expressed concern that her 21-year-old daughter would end up like her. Her daughter Carol was some-

what overweight and exhibited depression. I didn't work with Carol, as she was away at school. A few months later Polly moved to the midwest and did not communicate with me again until June of 1996. She called me to stop by my office to update me on her progress since 1977. Polly was going to be in Los Angeles that particular week.

You can imagine my surprise when she called. I invited her over to the office for a chat and was amazed at what I observed. This now 71-year-young woman was at least 50 pounds thinner than our last meeting. She no longer smoked, exercised daily, no longer suffered from arthritis, appeared free of depression, and had an acceptable cholesterol count and blood pressure reading.

One final note about this case had to do with Carol. In 1982 Polly purchased my *Slowing Down the Aging Process* self-hypnosis tape for her daughter as a Christmas present. Carol used this cassette diligently, and followed in her mother's footsteps therapeutically.

Carol lost 25 pounds, became active, and now, at age 40 (Polly showed me a recent photo of her, along with one when Carol was 21), had the appearance of a woman in her late twenties. All this was stimulated by her own consciousness without ever seeing me—just by playing my tape.

Both Carol and Polly have a long and productive life ahead of them. Their relationship markedly improved after Carol's self-hypnosis experiences.

Any self-improvement requires disciplined practice. The more you practice, the easier self-hypnosis becomes. The more practiced and highly skilled you become, the greater the benefits. By using self-hypnosis regularly, you can bring forward inner resources with greater ease. When the mind and body work together, both consciously and unconsciously, you are on the road to health, success, and personal empowerment.

Dr. Goldberg is a sought after guest and has appeared on many television and radio shows throughout the country. He has appeared on Oprah, Donahue, Joan Rivers, Art Bell, Regis, ABC Radio, Leeza, Tom Snyder, Jerry Springer, Jenny Jones, Montel Williams, CNN, CBS News, to name a few.

Dr. Goldberg distributes CDs and cassette tapes to teach people self-hypnosis. For information on self-hypnosis tapes, speaking engagements, or private sessions,

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Dancing on the Path

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

The BodyTalk System & BodyTalk ACCESS Public Lecture: Friday June 16th 7:00-8:30pm at Marana Urgent Care, 8333 N. Silverbell Rd. Admission is charged. For more information see: www.bodytalk-tucson.com, or call Katie Owles at 548-2867. Please RSVP by June 13th.

Celebrated Flamenco-Rock Fusion Band Tesoro, will perform at the 17th Street Market, June 17, from 11:30 am to 3:30 pm. Flamenco has not been the same since the Gypsy Kings parlayed their mastery of it into pop stardom. Thanks to them, the boundaries of this kind of music have broadened considerably. The 17th Street Market is located in the Armory Park Warehouse District at 810 East 17th Street. Map with directions is on our website: www.treasureshidden.com, or call 624-8821.

Odyssey Storytelling Series: July 5th, 7 pm at the Hotel Congress, 311 E. Congress. Six invited storytellers have ten minutes to talk about a theme. The stories are not read or memorized, they are told from the life experiences and creativity of the teller. July's Theme is: Lost & Found. Admission is charged. For more information: Call 730-4112 or see www.odysseystorytelling.com.

Reiki Certification: June 3rd, and July 1st. All day class.

Basic Workshop in Pendulum Divination: June 10th and in July 8th. 4 hour class.

Basic Workshop in Emotional Freedom Techniques (EFT): June 17th, and July 15th. 4 hour class.

Basic Workshop in Animal Communication: June 24th, and July 22nd. 4 hour class.

Admission is charged. All at: Thunderhorse Healing Arts, Mountain Thunder Ranch, Elgin, AZ (one hour south of Tucson). More information: 520-400-3421, or judy@thunderhorsehealingarts.com, or www.thunderhorsehealingarts.com.

Community Chants meets every Wednesday evening, 6-8pm at the Quaker Meeting House (531 N. 5th Ave. - second floor). We invite you to bring some musical instruments and any songs/chants you would like to share. Our chants draw from spiritual traditions of all kinds, including the different components of secular rhythms. For more information email us at: tucson_community_chants@yahoo.com

Networking and Learning Event Open to All



Join us for a Networking Event and a Presentation and Discussion on the L.I.F.E. System, which is based on Quantum Mechanics: July 12th, 7pm at the Synchronicity Center.
Sponsored by Arizona Choices.

OUR PRESENTER WILL BE PHYLLIS WINSLOW

For the past 25 years Phyllis Winslow, a graduate of the Barbara Brennan School of Healing, has been helping people heal both emotional and physical problems that have plagued them for years. Phyllis has come to understand that many physical ailments have an emotional basis, and has incorporated energy psychology in the form of Emotional Freedom Techniques (EFT) into her energy healing practice, and now The L.I.F.E. System which is the ultimate in Biofeedback Stress Management Technology.

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

A \$5.00 donation to the Synchronicity Center is suggested. For more information call 744-6603



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Sound Healing

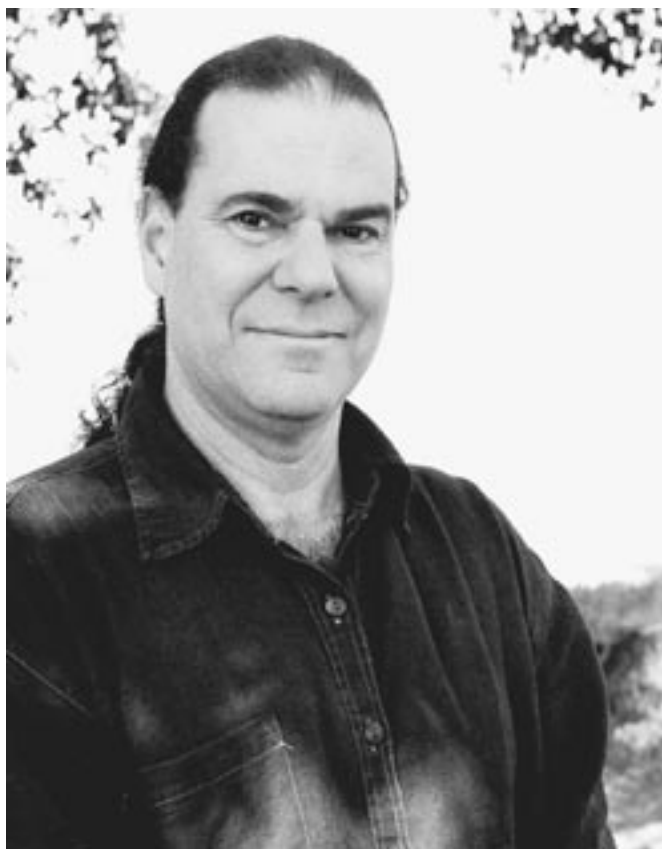
By Richard Grossman, L.Ac., O.M.D., Ph.D.

“Sound is the source of all manifestation... the knower of the mystery of sound knows the mystery of the whole universe.”

- Hazrat Inayat Khan

“After silence, that which comes nearest to expressing the inexpressible is music.”

- Aldous Huxley (1894 - 1963)



Richard Grossman

Since human beings first opened their mouths and had song emerge, sound and music have been used for healing and prayer.. Sound has the ability to transport the spirit to a realm of joy that is indescribable and leave a person in a deep state of bliss.

All healing sound simply is a reflection of the inner sound stream. The Vedas (the oldest recorded religious writings) speak of *Nada Brahma* or ‘Unstruck Sound’ as a fundamental layer of reality which underlies and is the “warp and the woof” of creation. Modern Superstring Theory says that the subatomic particles that make up

creation may in fact be the resonance or vibration of an infinitely smaller layer of tightly woven “strings”.

Ernst Chladni an 18th century scientist used a violin bow to vibrate metal plates that were scattered with grain, demonstrated how sound wave energy formed beautiful, *mandala-like* patterns. Masaru Emoto a modern day scientist from Japan has photographed ice crystals from water that was exposed to different types of music showing the beautiful and profound effect that sound has on matter.

In the yoga tradition, the call and response of the *Bhajans* and the use of *mantras* to alter awareness has taken the use of sound to a deep and profound level. When this is combined with ancient sounds of the *sitar*, *tamboura*, *harmonium*, and *tabla*, the heart and mind can be wondrously opened and healed.

In indigenous or nature-based cultures, a rhythmic beat on a simple drum assists the inner journeywork of the Shaman. To the indigenous Australians the sound vibrations created by a didgeridoo are used for both ceremonial teaching and healing work. The icaros sung by Amazonian Shaman along with the rhythmic shaking of special leaves open the mind to a state of synesthesia wherein the music paints visual images in the mind. And of course there’s the beauty and healing of the Tibetan Singing bowls.

If you develop an ear for sounds that are musical it is like developing an ego. You begin to refuse sounds that are not musical and that way cut yourself off from a good deal of experience.

- John Cage (1912 - 1992)

Imagine two violins in a room, both perfectly tuned to each other. If one string of a violin is played, the same string of the violin on the other side of the room will start to vibrate. This process is called entrainment.

Dutch scientist Christian Huygens first observed this effect in the 1665. While working on the design of the pendulum clock, Huygens noticed that when he

placed two of them on a wall near each other and swung the pendulums at different rates, they would eventually end up moving at the same rate. A dramatic example of entrainment occurs when individual pulsing heart muscle cells are placed close together, they begin beating in the same rhythm.

When entrainment is applied to sound and music, different effects can occur for the listener. There can be emotional entrainment (think of how you feel and what you remember when hearing broken-hearted love songs) the rhythmic entrainment common in drum circles, and melodic entrainment. Entrainment in music has the potential to resonate with the listener's feelings and to transform negativity into positivity, sadness into joy, and illness into healing.

On a deeper level of entrainment, binaural beat technology can be used. This is a technique that uses slightly different tones played in each ear within recorded music where the difference in the frequency from the right ear to the left ear creates a third, highly controllable resonant pattern. A skilled practitioner/musician can precisely control the healing effect created by this upon the listener. The use of tuning forks placed on acupuncture points and subliminal suggestions deepens the entrainment and healing that occurs.

In the healing setting, sounds can jar loose set mental patterns, release old traumas, and transform consciousness. Deep revelations about life and life paths occur as if by magic, depressions lift and healing and joy fill a person's Being; so powerful is the healing that can be experienced through the right use of sound and music.

Take a music bath once or twice a week for a few seasons, and you will find that it is to the soul what the water bath is to the body.

- Oliver Wendell Holmes (1809 - 1894)

The Sacred Gong

"The Gong is the spirit song. It is the primal whisper of the soul. Its sound is the echo of the Original Word that created the world; the sound within all sounds . . . To the mind, the sound of the Gong is like a mother and father that gave it birth. The mind has no power to resist a Gong that is well played."

- Yogi Bhajan

The Gong in Ancient History

Like many ancient inventions, no one really knows how or when the first Gong was created. We do know that it's origins date back to some point in the Bronze Age, roughly 3-4 thousand years ago. Chinese literature

from 500 BCE mentions Gong as being attributed to a nation called His Yu, located between Burma and Tibet, though there is some indication that the Gong was first invented in the area of Cambodia. There were four major areas where Gongs were made, Burma, China, Java, and Annam (what is now part of Viet Nam). Over time, the Gong spread into neighboring areas, including India.

The making of Gongs was a ritual work, veiled in magic and mystery. The tradition of making Gongs was very secretive, with only a few families passing their knowledge down from generation to generation. It was thought that higher powers were needed to insure the proper manufacturing processes, and Gong makers were subject to these forces to a far greater extent than were ordinary human beings.

In China, owning or even touching a Gong was considered to bring good fortune. It was a symbol of wealth, status, and strength, and was used in ceremonies to invoke ancestral forces, call down blessings, and to banish demons.

The Gong was also used as a musical instrument, accompanying celebrations, funerals, ceremonies, in song, and in theater plays and operas. Ensembles containing up to 18 Gongs were not uncommon. In a more crass manner, it was used to get attention from passers by.

The term "Gong" (originally Malaysian) is a great example of onomatopoeia, or a word that sounds like what it denotes. Truly, after hearing a Gong being struck with a mallet, what else could it be called? It is what it does.

A Melding Occurs

Just as the metals that compose a gong are melded together, there has been a melding of the culture of the use of the Gong as it entered Western society. While fine Gongs are still produced in China, most sound healers use gongs made by Paiste Corporation. Paiste Started making symphonic gongs around 1906. In the beginning they made cymbals and symphonic gongs, and later began developing gongs tuned to specific musical keys. In the 60's 70's Paiste began developing gongs with unusual shapes and properties which were initially called "Proto Gongs." People involved in sound and music therapy people started using them and connected the archetypal characteristics of the gong to different emotional and healing processes. They were further refined and became the Sound Creation Gongs.

In the 80's the writer of the Cosmic Octave, Hans Cousto worked with Paiste. Cousto, through very com-

plicated mathematical formulas calculated the exact sound frequencies of planetary orbits, chakras, day lengths and other cosmic occurrences and used these frequencies for healing. Paiste tuned their gongs to the frequencies and these became the Planet Gongs.

A cellular journey to the Cosmos. My atoms separate. (The Gong) takes me away and brings me home to myself.

-Choqosh Auh'Ho'Oh, Story Teller and Native American Elder

Gongs in Spirituality, and Healing

As a tool of Spiritual awareness there is nothing save the transmission of the Knowledge of a True Teacher that approaches the Gong's ability to change consciousness and create states of enlightenment. When a person with an open heart hears the sound of the Gong, magic occurs. Old patterns, thoughts, and emotions are brought to the surface for awareness, healing, and letting go. A form of exorcism often occurs where in old negative holding patterns are jarred loose and offered into the sound for release and healing. Some people experience states of synesthesia, where the sound of the Gong invokes images from this lifetime, past lifetimes, or from the collective consciousness that permeates all reality. Others experience waves of colored light, often

blue, purple or white, the higher colors of Spirit. Moving mandalas of great complexity and beauty have also been reported.

There are many ways of entering altered states of consciousness through the use of sound. The Gong played masterfully by Dr. Grossman produces an exquisite ethereal resonance so that a journey to other realms is easily realized. I simply did not want the experience to end.

-John Ketarkus - Journey to the Heart

Gong Ceremonies and Gong Masters

What allows a Gong Ceremony to be successful is greatly dependent on the skill and wisdom of the person leading the ceremony. Playing a Gong for healing purposes is far more complex than just hitting it randomly with a mallet. Several different tools are used to invoke the healing and transformative sounds. It requires a great deal of spiritual sensitivity, emotional intelligence, musicality, and many years of listening to understand the sounds the Gong can produce and how to use them. Also critical is the Gong master's Shamanic ability to sense and to deal with the possible negative energies that can be released during the ceremony.

A successful Gong ceremony follows the same wave pattern that many events in life and literature follow. Beginning with soft, gentle sounds, the participants find themselves in a state of consciousness that is quickened as an initiatory process begins. Slowly the intensity builds. Then comes a healing stage where, for some people, unconscious negative patterns, images, thoughts, and karmic patterns may be brought to consciousness. Then, as these old patterns are released and healed, the hard work has been completed and it becomes possible to totally relax into pure and joyous Bliss. The Light of Illumination enters the field of consciousness, levels of Samadhi may be reached, and ecstasy and enlightenment fill the room. The Soul and Spirit dance in infinite joy. Finally, comes the gentle return to "normal" waking consciousness, the re-entry phase.

My breath and my whole physical being became one with the vibrations of the music. I was transported beyond the small room into vast realms where my consciousness roamed unhindered.

-David Sonnenschein, Author, Musician, Healer

Acknowledgements to Erik Paiste for information that contributed to this article.

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 Sound-Journey™, a deep inner experience of sound, healing and vibration.

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Shari

PLANETARY GENESIS

As an old story goes, God created everything, and put man and then woman (womb-man), right at the heart of it all. God's only law, the story continues, was that the residents of Paradise should not know of the edge of good and evil. Not to know-edge...knowledge. God told Adam and Eve to beware... be aware. They became aware by breaking God's law. They tasted of knowledge and then they knew. They knew that they could choose between good and evil. Was it then God, or knowledge, that made them leave their primal playground?

As the descendants of Adam and Eve, we too lost our primal innocence in the Garden (God-den) of Eden. At that same time, we too gained the responsibility to choose the nature of our actions. That is, God or not God, good or not good. We have learned that whatever actions we choose, they return to us in kind and measure. As individuals, sexes, races, religions, nations, empires, and even as a planetary consciousness (or unconsciousness), our actions return to us.

In our unconscious planetary past, we chose to love power. The "love of power" has brought us, time and time again, to a state of worldly dis-ease...dis-ease. We are now in the process of waking up. The "we" that is waking up is more than the species of man and woman. We are all of life that exists today, as well as the continuity of all life that ever existed on this planet we call Earth. We are the microbes; the plants; the insects; the fish; the birds; the animals; and the people that are now, or ever were. Individually, human beings are no more God than rose bushes. Together "we" are divine! We cannot exist without each other. We are one living, growing, and awakening being. We are just now getting interconnected enough to realize our own togetherness. We are finally beginning to know ourselves as one planetary being. As we realize this, we are becoming aware of a higher knowledge, and we are losing our terrestrial innocence. We now have the responsibility to choose our actions on another level...a planetary level. We can play the old games on a new level, by choosing to love power again, or we may choose to live with the "Power of Love."

Remember, we have learned that whatever actions we choose, they return to us in kind and measure. The loving kind of awareness also returns in the same measure as it is given. As we live it, it begins to live us. As we love, so shall we be in Love. We are one in Love. One Love!

By Bruce Silvey

Artwork by Shari Silvey

The Initiation/ Fire Dancer

By Shari Silvey

Just as I wanted to turn back, a small opening under the rock became visible to me. An inner voice told me to keep going...don't turn back. Like a snake, I slithered on my stomach to the other side.



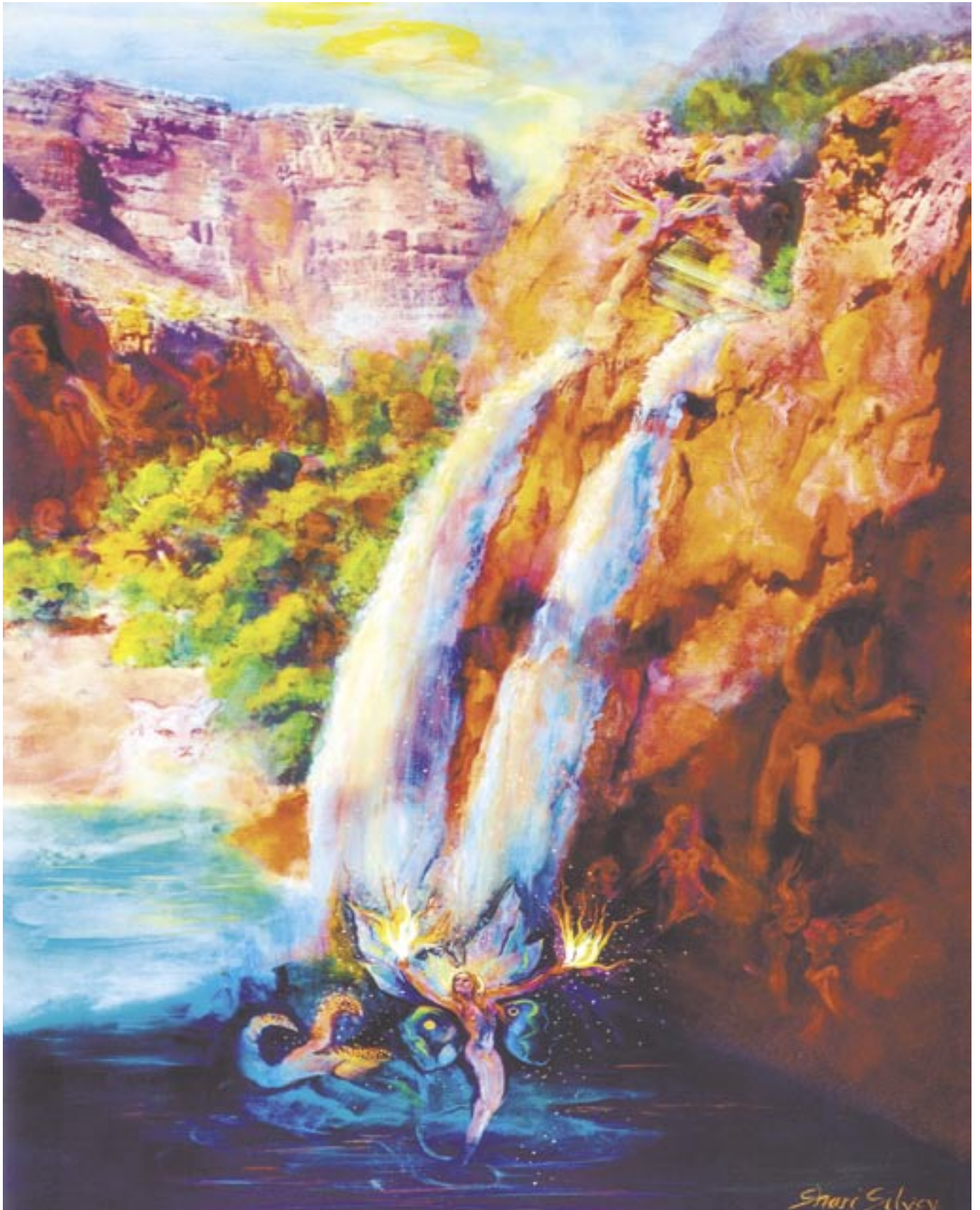
Shari Silvey

In June of 1999, I journeyed to the Havasupai Native American Reservation. As a result of this amazing four day initiation, I started the Initiation/Fire Dancer. I completed most of this painting and suddenly came to a grinding halt. As I painted the double waterfall, I fantasized two lovers, each at the base of their own abundant waterfall. This represented two individuals, each in their own power, dancing together, yet apart. This theme in the painting didn't materialize...I realized that I was projecting this desire onto my marriage. I needed to work on my own issues and become more complete in myself before I could dance freely in this relationship.

Six months later, I traveled to the Kofa Mountains, a remote wilderness area. Alone, I started to climb a rugged trail to the top of Palm Canyon. The trail became more difficult to follow. Large rock boulders barricaded my path. I felt frightened and insignificant as I looked up at the tall cliffs above me. What if I fell or a mountain lion pounced on me! Nobody would find me here, miles away from civilization. My fears mounted but the mystery and intrigue of this gorgeous place kept me moving up the canyon. I reached an impasse...a huge boulder barricaded my path. The trail was just becoming too difficult and scary. Just as I wanted to turn back, a small opening under the rock became visible to me. An inner voice told me to keep going...don't turn back. Like a snake, I slithered on my stomach to the other side. The faint trail continued on with more ease, as if a grace period, until I came to another rock obstruction. As each obstacle appeared I felt like turning back. Each time I was about to flee, an opening appeared. I heard the still inner voice say that this experience paralleled my life's journey. If I am patient and watch for the doorways, I will continue to expand and create new exciting opportunities on my life's journey. With this new insight, I felt compelled to keep going and not cave into my terror. I finally reached the top of the canyon for a breathtaking sunset panoramic view. Spirit said that this brilliant display of color pasted against the sky was my reward for my fortitude. This expanded vision was a reminder for me to view the bigger picture in life rather than dwell on the obstacles of the bad hair days! The boulders had certainly qualified as obstacles. This journey was assisting me to have an overview of my life and to understand that my soul was born to seek wholeness through a series of challenges and that each seemingly difficult obstacle would be an opportunity for growth and healing. The return trip down the canyon was effortless.

That night I kept feeding the campfire to avoid feeling the fear of being alone in the dark and the unseen mysteries of the potent surroundings. I finally ran out of firewood and was forced to retreat to the perceived safety net of my tent and then my sleeping bag. I wore

continued on page 14



Shari Selvey

The Cosmic Clock

by Paul Reeder

The month of June begins on the heels of the new moon in Gemini. Gemini rules the nervous system, respiratory system, and the hands, so this time of year is good for healing work on these parts of the body. On the new moon is a close square between Mercury, ruler of Gemini, and Uranus. This signifies a hectic month, a tendency to become scattered, unexpected change through outside influences, and the possibility of breakthroughs in areas that have been resisting change.

June 3rd brings Mars into Leo. Ordinarily this would bring loads of fun, and we should all give it a good try as recreation and entertainment is Leo's domain. However, with transiting Saturn still in Leo, some of our playfulness may be subdued a bit.

July 11th at 11:02 am is the full moon in Sagittarius. Midnight before the full moon will be the peak time for prayer and ritual.

July 17th Mars is conjunct Saturn at 8° Leo 46'. Tension abounds as selfish drives must integrate with collective concerns. Patience and persistence, with a touch of caution is the only approach that will work at this time. July 19th Uranus turns retrograde and Mars squares Jupiter in the sky and the day after the summer solstice, on the 22nd, Jupiter and Saturn are square to each other. This may be the most interesting week of June! This is a t-square, a configuration bringing up conflict between passionate self-interest, a need for freedom to take advantage of opportunities, and a restricting need to address duties and obligations to others. In this midst of this great tension, Uranus releases a pulse of the unexpected!

Finally, on June 25th is the new moon in Cancer. Cancer rules the stomach, all female organs, and fluids in the body. This is the perfect season for making changes in diet, exercise, work, and play habits, in fact all the habits that make up our lifestyle.

July 5th Mars is opposite Neptune, a peak in creative energies, but a low in physical energies occurs at this time. Be careful not to over indulge during holiday festivities! In the days leading up to this opposition, Mars will be activating a very significant eclipse point which has produced some challenging events on the world political scene and is potentially hot for seismic activities and nasty hurricanes. Then, on the 6th, Jupiter goes stationary direct adding its expansive energies to the mix.

The full moon in Capricorn is July 10th at 8:01 pm, so ritual full moon is midnight the night before. Mars enters Virgo on July 22nd.

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headphones and listened to music in order to try to relax in the scary solitude of the dark. The campfire represented a primal "initiation" for me. As I released my anxieties and narrow vision of my life into the flames, I watched them rise and dissipate into the vast night sky. This ceremony was assisting me to move forward and begin to view the whole picture of my life.

As my understanding of myself and my creative process deepened, I felt an ongoing dialogue occurring between Spirit and myself. A concrete system of how to work with my guides on the ethereal plane was developing. I was learning how to ride between the two worlds of seen and unseen dimensions. This work was very passionate and demanding. It was becoming apparent that my husband and I each had our own purpose in life and while there was some weaving back and forth, I was getting introduced to the idea of self-empowerment, each with our own focus. The Havasupai journey was an experience to learn about communication with unseen friends which paved the way for The Initiation/Fire Dancer. Soon after this journey, I began the terrifying process of driving my truck great distances alone across the country with my artwork. It was through this solitude that I developed a stronger, more defined means of communication with my guides. I learned to listen to what they had to say and not argue with them so much. I had learned that if I talked to them and put in a request for what I needed, it would almost magically appear, whether it was volunteer help for a show, money, or expertise in a any area. I even learned how to balance my emotional ups and downs and anxiety attacks. I had to learn what tool to use, and when to use it, to maintain balance. This was a great challenge because I didn't have the security of my home and friends in Arizona. While driving from city to city, I only had myself for company. I also learned to take the back roads to challenge myself to new adventures in solitary hiking in the wilds. *I realized that these solitary experiences had been orchestrated for my learning. I began asking myself daily what I had learned. I didn't realize that soon I would be facilitating workshops, and these solitary journeys were going to be shared with others.*

*Shari is a visionary artist/writer who facilitates guided custom journeys for individuals and groups, lasting half days, full days, or multiple days and nights. Each journey is designed to assist you to connect with your passion and joy, manifest your dreams, unleash your creativity, and stimulate your intuition. This story is an excerpt from her **Journeys** book, which will be released soon. See more of her paintings at www.artworkbyshari.com. Shari can be reached at shari@artworkbyshari.com or 520-744-6328.*

The Gift of Responsibility for One's Life

By Diamond and River Jameson

Living an ethical life based on true and clarified values and having healthy boundaries is part of taking responsibility for our lives.



Diamond and River Jameson

One of the greatest blessings and challenges we have received as conscious beings is the responsibility for our choices and our lives. This is a sacred trust we've been given. We have received the gift of life and now what shall we do with it? How shall we honor it? What will we allow it to become?

In Native American traditions there is a sense of responsibility for what is referred to as our "sacred space". In psychological terms a similar idea is called having healthy boundaries. Healthy boundaries are not about having a protective wall around ourselves.

Healthy boundaries emanate from us and radiate from our beings based upon our commitments, clear intentions, and sacred promises we have made to ourselves and our Kosmos about what is part of our lives and what is not. Our boundaries are also an expression of our values — what we've decided is important, therefore, valuable — and how we live those values. When we live our values and bring them into our every action, they in turn, become our ethics.

Living an ethical life based on true and clarified values and having healthy boundaries is part of taking responsibility for our lives.

It is important that we arrive at our values when we are being our "best selves", when we are the clearest and most in touch with our true essential self. Integrity is our commitment to live those values even when we are not as clear or as in touch. This is the integrity of an ethical life. This is our sacred responsibility.

Another facet of responsibility is continuing to evolve our ability to respond to and for ourselves. Responding to ourselves means feeling and seeing and listening to all aspects of our being. We, as Spirit, are responsible for being able to respond to our own needs, wants, inspirations and intentions. The more these have been arrived at by and from the depth of our whole Being, in love and alignment, the more these will be truthful and aligned with the pure intent of the Kosmos and backed up by It. This entails full integration of our minds, heart, and our physical, emotional and energetic bodies.

When we engage all aspects of Being in knowing, feeling, intuiting, seeing, listening and cooperating in synergy the more of our full intelligence we will have available to discriminate and choose with. We must then choose to respond and act on how we are being informed by our entire being in connection, oneness, and interaction with our Universe. This means cooperating in synergy with our Kosmos. This is enlightened, informed, responsibility and choosing, and will result in manifestation and action that is ethical, full of integrity, brings resolution, and serves evolution at the highest level we are capable of in this moment.

This brings us to the distinction between the concept of “responsible to” and “responsible for”. We are responsible for ourselves and our lives. We are responsible to, not for, the entire Kosmos that we are one with and that we affect with every choice we make. We are responsible to the Earth, the Sun, our Solar system, the animals and plants, our families and loved ones, our friends, our town or city, our bio-region, our world and Kosmos. We are responsible to all of it, to choose from wholeness as much as possible. Integrity grows with our integration into wholeness. As we grow in wholeness we not only more effectively integrate all of our aspects, we also continue evolving our abilities on all lines of development and continue to expand our consciousness and awareness into continually more evolved states and stages of development.

This means we will continually evolve our ability to be responsible for ourselves and to our Kosmos. In this state, or this assemblage point, of being and choosing we are not only serving evolution, we are one with it, moving with it moment by moment, receiving directly from Source the deep impetus to both Be and Become.

Diamond and River Jameson are founders of the Total Integration Institute, with 30 years of global experience as Expansion Guides, Visionaries, Integral Shamans and Wholistic Educators. www.totalintegrationinstitute.com (520) 615-9811

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It is ridiculous to say either 'I have not realized the Self' or 'I have realized the Self'; are there two selves, for one to be the object of the other's realization? It is a truth within the experience of everyone that there is only one Self.— Ramana Maharshi



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See Paul's article on page 14

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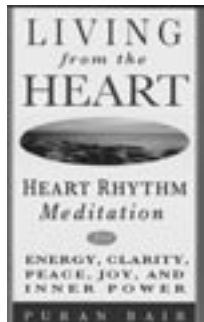
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IAM

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

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“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.

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

Dr. Susan Ricketson is a highly effec-

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

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

Dr. Susan Ricketson

Mental Health



Looking for an alternative to mood-altering medications? Feeling stressed? Wondering if there is more? Relationship problems? Communication difficulties? Questions you want to explore? Aspects of yourself you have not examined? Feeling down? Dealing with grief or loss issues? Things from the past bothering you? Child concerns? Teenager troubles? Wanting to be healthier, inside and out? The aim of Inner Journey Psychological Services is to create an atmosphere that is conducive to growth, healing and wellness. Dr. Otto is a licensed psychologist who focuses on prevention and uti-

lizes a holistic approach. Comprehensive mental health services for children, adolescents, adults, and seniors are offered (individual, couples, and family therapy and psychological evaluations). Additionally, Dr. Otto is available for consultations and presentations, and conducts self-exploration therapeutic writing workshops.

Inner Journey Psychological Services
Necoe Otto, Ph.D.
Licensed Psychologist
6812 N. Oracle Rd, Suite 114
necoeo@yahoo.com (520) 971-5578
www.InnerJourneyTherapy.com

Inner Journey Psychological Services

Metaphysical Spiritualist Chapel



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

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

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

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

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

Chapel of Light Fellowship

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

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Ayurveda, Board of Holistic Medicine. Details & Calendar: www.treeoflife.nu.
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Tree of Life Rejuvenation Center
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Tree of Life

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

Shari Silvey

Zero Balancing



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

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

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

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

Dorsett Edmunds

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HEALTH CENTER

more than
just medicine

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care for
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HEALTH CENTER

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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

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839 W. Congress

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

Northwest Dental Clinic
4009 N. Flowing Wells