



arizona choices

PRICELESS— Take One
August/September, 2005

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

- **How a Sleep Doctor Sleeps:**
interviews with Rubin Naiman, Ph.D., Sleep Doctor at the Program for Integrative Medicine, University of Arizona
- **Natural Choices in Building**
by designer, builder, and teacher Steve Kemble
- **Paul Reeder on the Archetype of the Moon**
- **Julia "Butterfly" Hill —**
an interview with the renowned environmental activist

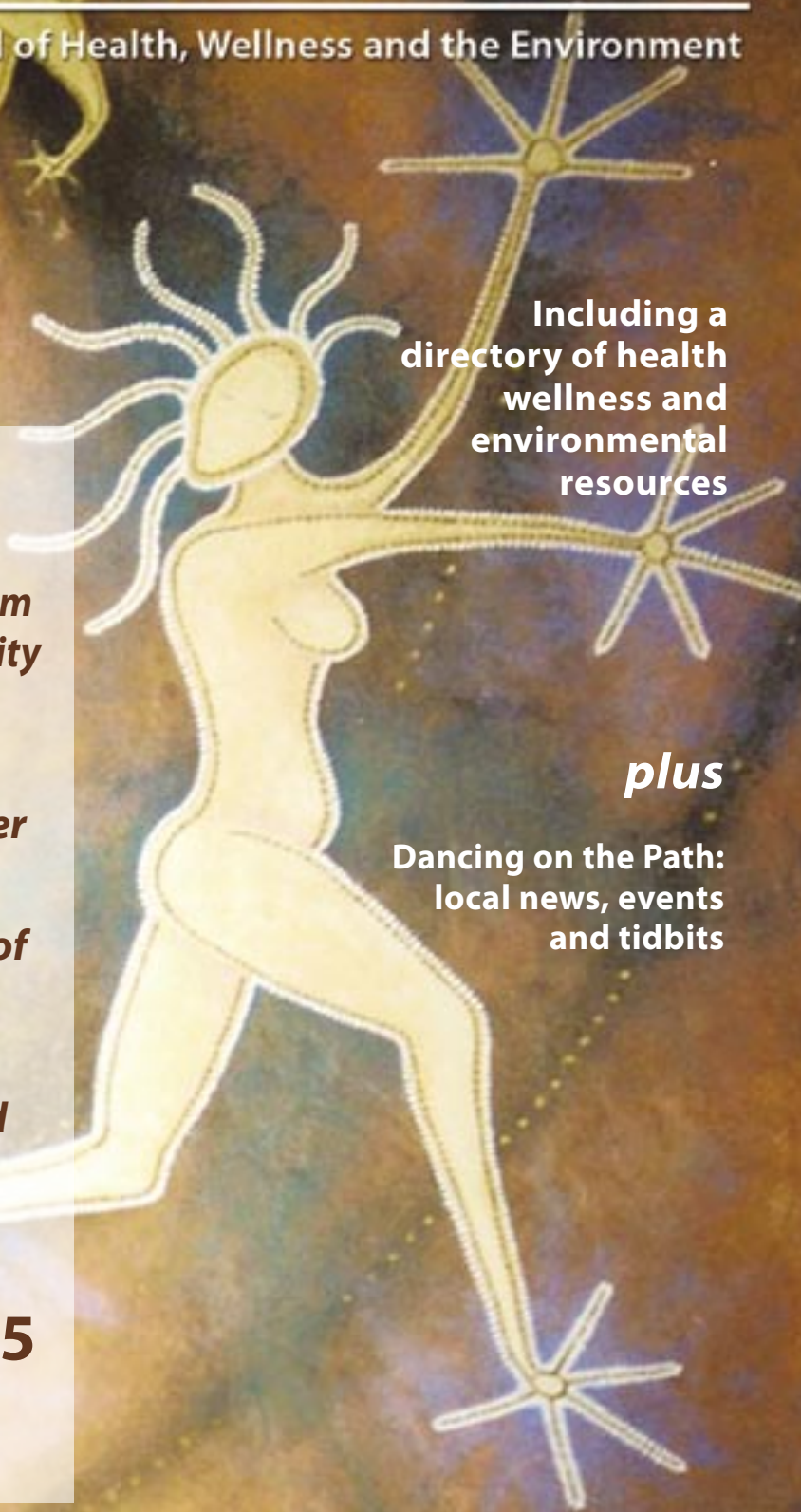
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**The CAMCON 2005
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environmental
resources

plus

Dancing on the Path:
local news, events
and tidbits



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

Rubin Naiman, Ph.D.

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THE HEALING POWER OF AWARENESS

Richard Moss

HEALTHY LIVING BEYOND 100

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

WE THE PLANET

Julia Butterfly Hill

ANCIENT PATHWAYS

TO MODERN HEALING

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

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Richard Gerber, M.D.

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November 11th-16th, 2005 as Tucson's Health Week
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In This Issue

AZ Choices Periodical
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About The Cover: *Stephanie Johnson, www.acloserlookillustration.com, is a freelance fine artist and illustrator in Tucson. Her dream image fits our theme of sleep, dreams and cosmic energies perfectly*

About This Issue – Sleep and Dreams

Sleep, dreams, the energy of the moon... conscious choices in building with natural materials, conscious choices in daily habits that can add up to a huge difference to life on earth over time. It doesn't seem farfetched to consider these things connected. The importance of choices in some of our fundamental human activities – sleeping, dreaming, eating, sheltering – and how those choices affect our lives and our planet cannot be overstated. The confluence of overstimulation in our frenetic, economic society; our gradual distancing from the natural environment; and of damage to the earth's biological systems is probably not coincidental.

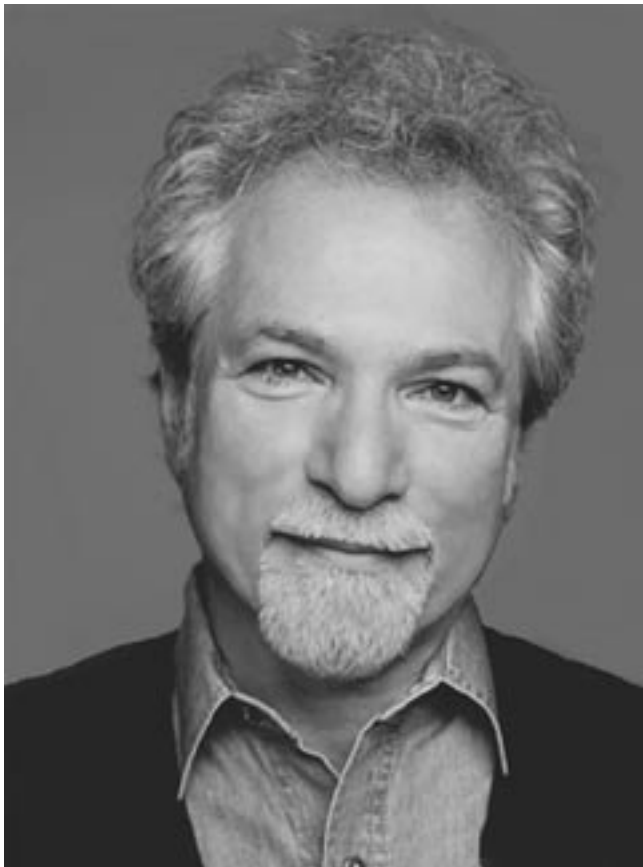
Perhaps by paying more attention to our sleep (and thereby to our waking hours); perhaps by paying more attention to our dreams (and thereby to our conscious and subconscious drives); and perhaps by paying more attention to our physical environment (and thereby to the resources of the planet), we will regain some of the requisite balance and perspective for fulfillment, satisfaction and the preservation of our home: this earth. And perhaps by paying more attention to humanity's archetypal symbols, such as the sun and moon, we will perceive more clearly our interconnectedness with each other and with the energies of the universe.

Arizona Choices is a platform for these ideas, and is becoming the communications and activity hub for many of them 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 for us to share and network to further enhance communication and cooperation among those concerned with health, well-being and the environment. 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**

Integrative Approaches for Sleep and Dreams

Two Interviews with Dr. Rubin Naiman, Sleep Specialist with the Program in Integrative Medicine at the University of Arizona

“Sleep and dreams cannot be reduced to squiggly EEG tracings and the complex cascade of bodily humors. There is a lovely, sacred and mythic dimension to our nighttime consciousness that must be restored if we are to achieve optimal health.”



Rubin Naiman, Ph.D.

How does sleeping and dreaming impact our health?

Sleeping and dreaming are essential, though largely overlooked, dimensions of our general health. Recent research has discovered critical links between inadequate sleep and a broad range of health problems including infections such as colds and flu, obesity, cardiovascular disease, diabetes and

even cancer. Compromised sleep is known to be a critical factor in accidents ranging from ordinary motor vehicle mishaps to major disasters. Insomnia and sleep apnea also predispose us to clinical depression. In fact, a year of insomnia is the strongest known predictor of future depression.

In recovering from illness, it's not surprising that virtually all approaches to healing call for rest and sleep. In fact, the word "clinical" is derived from the Greek word for bed. Obtaining quality sleep is one of the most important things we can do to promote optimal healing from illness as well as maintain good health.

Adequate sleep has likewise been linked to positive health outcomes. Deep sleep keeps us well by promoting healthy immune function. It also keeps us energized, clear-minded, and youthful. Good dreaming contributes to our psychological well-being by supporting healthy memory, warding off depression, and expanding our ordinary limited consciousness into broader, spiritual realms.

Why do so many people struggle with sleep problems?

Sleep problems are, in fact, the most prevalent health concern in the industrialized world today. Over 100 million American adults suffer from various sleep and dream related conditions. Although important strides are being made in understanding sleep from a scientific and medical standpoint, I believe one major reason we continue to struggle is because we have failed to acknowledge the bigger picture of sleep. Essentially, we have lost our regard for the critical role of night — the influence of dusk and darkness upon rest, sleep and dreams.

Over the past century, our nights have grown dramatically shorter. A culture of relentless industrialization has polluted the night environment with excessive, almost pernicious artificial illumination. This encourages us to extend a daytime, active frame of mind deep into our nights. And, blinded by this light, we have lost touch with the naturally restful influence of dusk and the sleep prompting influence of darkness.

In contrast to light, which energizes us, dusk literally slows us down, inviting us inward — away from the world, and encouraging us to let go of the day and waking. In nature, dusk would offer us a gradual bridge to sleep. It insists that we rest. The vast majority of us, however, indulge in artificial daylight until we turn off the last lamp on our bed stand. To promote better sleep, I routinely recommend “dusk simulation” — significantly dimming the lights around one’s home for about one hour prior to bedtime. I believe that rest is essentially a low-grade form of sleep: it is nature’s gateway to sleep. Maintaining a dark bedroom throughout the night is also essential for healthy sleep.

How do I know if I’m getting adequate sleep?

The amount of sleep needed varies from person to person as well as with changing conditions in one’s life. The majority of us simply do not get adequate sleep. In fact, Americans have lost about 20% of their nightly sleep time over the past century. Consequently, as a nation, we have accumulated a sleep debt that rivals our national debt. And like financial debt, sleep debt places constraints on the quality of our lives and eventually will need to be paid off.

It is important to understand that adequate sleep cannot be defined simply in terms of the numbers of hours one sleeps. It must also reflect the depth and quality of that sleep. Many people who believe they are obtaining the right amount of sleep are unknowingly getting poor quality sleep. This is most evident, for example, among people with untreated sleep apnea who, despite believing they are sleeping through the night, actually experience dozens of nightly disruptions to their sleep that they remain unaware of.

The best measure of whether we are obtaining adequate sleep is our level of daytime energy, or conversely, our level of daytime sleepiness.

Generally, our energy level should remain fairly steady throughout the day. (Minor fluctuations in energy, including a tendency to nap in the mid-afternoon, are perfectly normal.) Unfortunately, millions of us habitually mask our excessive daytime sleepiness through dependence upon what I call “counterfeit energies” — those jittery energies derived from excessive caffeine, highly refined sugars, and drama-induced adrenaline.

Is there a secret to a good night’s sleep?

Yes and no. If by “secret” you are referring to a “magic bullet” type of solution to sleep problems, I would say absolutely not. In fact, the common tendency to approach complex sleep problems with overly simplistic solutions only worsens the situation. This kind of misguided thinking fuels our culture’s perennial quest for the perfect sleeping pill.

There are no quick fixes simply because most sleep problems are essentially lifestyle issues. They are inextricably tied to our psychological, nutritional, exercise, and even spiritual health patterns. If there was a secret to a good night’s sleep, it would simply be a good day’s waking.

Beyond reasonable health practices, a good day’s waking is also about a certain *joie de vivre*, a deep sense of passion, aliveness and natural energy. Unfortunately, in addition to being sleep deprived, many of us are also unknowingly “wake deprived.” I believe our natural vitality is compromised in large part because we get limited exposure to natural light.

Just as we are underexposed to darkness by night, we get insufficient light by day — particularly in the morning. Most of us spend the bulk of our waking hours indoors in what is relatively dampened light. Healthy levels of light naturally energize us, drawing us outward into the world. Healthy patterns of light exposure also help us maintain normal circadian cycles.

Our limited exposure to natural light and darkness is symptomatic of our disconnection from the fundamental life rhythm of day and night — from our circadian rhythms. By disconnecting or dis-entraining from these natural rhythms, we have overridden and damaged our internal clocks. We need to address this imbalance in our lives to more effectively heal and also prevent sleep problems.

What are your thoughts about sleeping pills and aids?

Conventional medicine attempts to compensate for the imbalance in our circadian rhythms primarily through the use of medication. We are offered sleeping pills to compensate for our loss of dusk and darkness. And, we are now being offered a whole new class of drugs — “waking pills” — to compensate for our insufficient daytime energies. Unfortunately, although these medications might offer us a temporary fix, routinely using them to compensate for the loss of natural rhythms simply exacerbates the problem.

The regular use of sleeping pills is known to impair health as well as waking consciousness. Sleeping pills, both prescription and over the counter varieties, can damage our own natural ability to fall and stay asleep. They diminish our sleep quality, constrain dreaming, foster dependence, and often result in rebound insomnia after discontinuation. Most prescription sleep medications are also insensitive to the body’s natural rhythms.

A number of alternative sleep aids have proven to be effective without the negative side effects of prescription sleeping pills. Melatonin and valerian are examples of two such aids that can be used in harmony with the body’s own natural rhythms. Unfortunately, because these substances cannot be patented, they do not offer drug companies the profit incentive of more expensive prescription sleep medications and, therefore, are not marketed as vigorously.

Ultimately, I believe that dusk, darkness, dawn, and daylight are the best sleep and waking medicines. Beyond energizing and inviting us back into the outer world, morning light stimulates the production of serotonin. And, in addition to directly encouraging rest and sleep, dusk and darkness also stimulate melatonin production.

There is widespread resistance, however, to consciously transitioning through dusk and into darkness. I believe that, even among adults, this reflects a deep, underlying fear of darkness. Because night naturally encourages us to face our personal darkness — what Jungian psychologists refer to as “shadow,” it presents unique possibilities for personal healing. And this opens the door to the largely ignored psychospiritual aspects of sleeping and dreaming.

What do you mean by the “psychospiritual aspects of sleeping and dreaming?”

In trying to heal our sleep, we focus too tightly on the complex, mechanistic details of sleep health, losing sight of the forest for the trees. Sleep and dreams cannot be reduced to squiggly EEG tracings and the complex cascade of bodily humors. There is a lovely, sacred and mythic dimension to our nighttime consciousness that must be restored if we are to achieve optimal health.

This sacred perspective requires that we come to terms with our fear of both literal and figurative darkness — that we learn to balance darkness and light, night, and day, or the feminine and masculine energies of life. Dr. Weil first addressed this notion many years ago in his beautiful book, *The Marriage of the Sun and Moon*. I believe the message of this book is most germane to sleep medicine today.

In seeking this essential balance, we discover important psychospiritual lessons in sleep and dreamwork. Beyond all the psychological and biological complexities associated with it, we come to see that falling asleep is an act of faith. It is about the fundamental spiritual practice of surrender or letting go. We learn that sleep itself is a spiritual path — a profound nightly lesson in accessing deep serenity. And, we are reminded that dreaming is the means by which we allow our very consciousness to breathe — to expand and heal.

Can you tell us about the work you are currently doing in sleep medicine?

My primary professional interest is in the development and promotion of an integrative approach to sleep and dream health. As the sleep specialist in Dr. Weil’s Program in Integrative Medicine at the University of Arizona, I provide training and supervision to post-doctoral fellows, residents, and medical students in integrative sleep and dream medicine. I also offer training to other health care providers including physicians, nurses, psychologists and psychotherapists around the country.

As a part of my effort to raise consciousness about integrative sleep and dream medicine, I am completing a book entitled *Healing Night: the Science and Spirit of Sleeping, Dreaming, and Awakening*. My hope is that this work will lay the foundation for a new approach to sleeping and dreaming — one that carefully balances science with spirituality.

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How Does A Sleep Doctor Sleep?

In response to the tremendous shortage of sleep doctors as well as the limited approach to sleep medicine commonly practiced today, Dr. Naiman has devoted much of his time over recent years to the development of a unique sleep software program. “The Sleep Advisor: Help for Insomnia and Other Sleep Problems,” is a user-friendly expert system for consumers designed to evaluate and offer recommendations for addressing major sleep concerns.

How did you become interested in sleep health?

Actually, I became interested the connection between dreams and health early in my college years. As I came to understand how critical sleep was to general health, I gradually expanded my professional work into that arena. My parents also strongly valued sleep and passed that on to me.

So, it sounds like sleep medicine might be more than a professional interest — is it also a personal passion?

Absolutely. Not only do I believe that sleep is one of the key components of optimal health, I feel it’s associated with deeply personal and even spiritual matters. Much of what I have learned about sleep and dreams has come from a commitment to practice what I preach. And, given modern lifestyles — it’s a great challenge.

What about our modern lifestyles make healthy sleep such a challenge?

Well, our culture tends to reinforce lifestyles that are too fast, too focused on productivity and activity, and too disconnected from nature. We have lost touch with the art of resting, for example. The vast majority of us don’t really know how to slow down and truly rest. Often, people confuse rest with recreation — and they’re not the same. We’re excessively driven and addicted to seeking energy to fuel this drive. I believe this is one of the reasons we are so dependent on artificial stimulation from highly refined foods, excessive caffeine, and adrenaline producing activities — all of which further disrupt our sleep.

How do you handle these kinds of sleep disrupting challenges in your life?

I try to consciously manage the flow of energy in my life, limiting foods and substances that sharply spike energy like highly refined carbs, caffeine, and alcohol. I also use supplements to compensate for the inordinate chemical and environmental stressors we all live with. Beyond that, it’s very important to recognize that light itself is a potent form of energy. Most of us unknowingly are overexposed to light at night. Excessive nighttime illumination encourages excessive nighttime activity. And it also suppresses endogenous or internal melatonin production.

Certainly, we all depend a lot upon evening light. Is it really possible to live without it?

I don’t suggest foregoing all light at night — just becoming more conscious of its energizing effect and managing that. I practice dusk simulation, intentionally turning lights way down about one hour before bed. I use dimmers and artificial, low-light candles. If I watch TV or work on my computer, I dim the brightness on the screen or sometimes wear sunglasses. It sounds silly to some, but I’ve found this creates a soothing, more natural, and sleep-conducive environment. Still, it’s impossible for most of us to sufficiently limit light at night.

You said that excessive light at night could also decrease melatonin. What are your thoughts about melatonin supplementation?

I have been taking a small dose of melatonin nightly for more than a decade. Not because I have a sleep problem, but because I believe modern lifestyles mitigate against natural melatonin production. In the same way we need extra nutrients to compensate for the inordinate stressors we are routinely exposed to, I believe we need to compensate for similar stressors in our sleep-wake cycle. Unfortunately, melatonin supplementation is complex. Because it is not a one-size fits all matter, consumers need to become much more informed.

What else do you do personally to maintain healthy sleep?

Well, my bedroom is carefully designed to support quality sleep. I use black out and sound baffling

drapes to keep it quite dark and quiet throughout the night. And, I sleep on a very comfortable, adjustable air mattress with a memory foam pad. I also try to keep a regular sleep schedule, getting to bed and getting up at about the same time every day of the week.

Do you do anything psychologically to prepare for sleep?

I believe we need to slow before we can stop. Unless we are significantly sleep deprived, we must slow and rest before we can naturally fall asleep. We slow at night by engaging in quieting and relaxing activities. Evening is an ideal time to practice spiritual techniques like meditation, prayer, and journaling. I also think naturally sedating supplements like valerian, chamomile, magnesium, and melatonin, for example, can be useful on those occasions when we might need extra braking power.

Are there occasions when you would use a sleeping pill or natural sleep aid?

Of course. Sleep doctors are not immune to sleep issues. I have had occasional struggles with insomnia and even more with jet lag. To be perfectly candid, I tried a

prescription sleeping pill only once in my life and it certainly did “knock me out.” Unfortunately, most people can’t tell the difference between natural sleep and a chemical knockout. Natural sleep involves a more gentle transition and is deeper and more refreshing than what is offered by pharmaceuticals. I generally recommend them only under extreme circumstances. Natural products are generally more conducive to sleep and less damaging to deep sleep and dreaming. I personally prefer blends of botanicals like valerian, chamomile, skullcap and others with sleep promoting nutrients like magnesium, GABA, and, of course, melatonin.

Given all of this, is there a secret to a good night’s sleep?

In the end, the quality of our sleep at night depends on the quality of our waking by day. Our nutrition, exercise, attitude, relaxation, and even our faith all play a role in the quality of our sleep. As much as I endorse the use of supplements to help us sleep, I believe we need to use them in an informed and judicious manner — as a part of a larger lifestyle oriented approach to optimal health. I guess, then, the secret of a good night’s sleep would be a good day’s waking.

Try Dr. Naiman’s Sleep Advisor Software

Dr. Naiman is currently “beta” testing The Sleep Advisor — a Windows-based software program that offers a Sleep Health Analysis and a personalized Sleep Health Guidebook, including extensive recommendations to manage sleep problems. The Sleep Advisor, which integrates standard sleep medicine with complementary and alternative approaches, is available for trial use at no charge for a limited time at Dr. Naiman’s website.

Dr. Naiman is a clinical psychologist specializing in integrative sleep and dream medicine at the University of Arizona’s Program in Integrative Medicine. He also maintains a private practice with a specialization in clinical health psychology and behavioral sleep and dream medicine. In addition to ongoing psychotherapy, he offers short-term sleep health consultations, primarily by telephone, to people around the U.S. and elsewhere.

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“The Natural Choice in Building”

By Steve Kemble

“Natural building is experiencing a resurgence growing from a conscious choice to honor the interrelatedness of our resource use, our own health and that of the planet.”

Building using natural materials comes from a desire to get closer and more connected to our environment: the natural patterns of life in and around us. Living in a home that fits into the landscape rather than being imposed upon it, that seems to grow out of the earth and keeps us comfortable with a minimum of environmental impact, can shelter and nurture us in a way that also gives us a sense of belonging. Using many of these naturally available materials and finishes lend themselves to some amount of involvement in construction and maintenance by people of all levels of skill and physical abilities, and can be just plain fun; ideal traits for community interaction and personal empowerment.

A growing sense of isolation from the environment in western culture has had a great many side effects that are detrimental to the well-being of life on this planet. Environmental awareness and science have alerted us to phenomena such as global warming, holes in the ozone layer and species extinction. The industrialized world is using the finite resources of the planet at an unprecedented rate, while contaminating air, water and soil along the way. And much of the developing world is hot on our heels. In a mad rush for progress, we act as we have forgotten that trees support us as much as our bones, that clean water gives us life as much as our blood does.

Choices Matter Over Generations

Even though we can't always see how the choices we make in our daily lives affect our backyards, we can see the cumulative effects. Turning on a light or cranking the heater doesn't immediately appear to pollute the air in our rooms or around our houses, but when we see a power plant in operation, or get a headache from chemical fumes coming from a building material in a new house, we begin to make connections. Today, we have more choices than ever before, and each has its own set of consequences, some apparent and some almost invisible. The more aware we become of the con-



Steve Kemble

sequences of our actions, the more able we become to respond thoughtfully and make choices that reflect a shifting consciousness towards connectedness and interrelatedness. Natural Building is an extension of this awareness into how we create our living and working spaces.

Most of us would agree that the most basic human survival needs are food, water, clothing and shelter. These issues are a daily concern of every human, and how they are dealt with has a cumulative effect over a lifetime and over generations. Over the last century, western culture's relationship to shelter has changed dramatically. Prior to this, most housing needs were met by hand-crafting the natural materials available

nearby (wood, rock, soil, grasses) into climate-appropriate structures that stayed relatively comfortable year-round. With the rise of industrialized society, new materials and methods have been developed that make building faster and easier than traditional building methods, meeting the needs of a rapidly growing population. The accompanying widespread availability of centrally generated power has lessened the need for climate-appropriate design to achieve comfort levels. These newer methods often rely heavily on resource extraction, manufacture and long-distance transportation. Compounded by population explosion and redistribution, the unintended consequences of modern industrialized building include planetary resource depletion (forest clearcutting, drilling, mining), pollution and other damage to the earth's life support systems.

The use of highly manufactured materials and toxic chemicals in the building industry has also had unintended impact on the health of factory workers, construction tradespeople, and the families living in these houses. Major emerging health threats include increasing chemical sensitivities and illnesses due to toxins in our surroundings. Buildings account for one-quarter of the planet's yearly wood harvest, two-fifths of its ma-

terial and energy use, and one-sixth of its water use. Figures such as these make it clear that a shift in our approach to building could have significant impact on the health and well-being of humanity and the planet.

The process of building a house represents the largest concentration of resource use that people will be responsible for in their entire lifetime. Fortunately, a growing number of people in the western industrialized nations now realize this, and that technological solutions to housing are not without both local and global consequences. There is a movement towards blending more traditional building approaches with a judicious use of modern industrialized materials. Natural building is experiencing a resurgence growing from a conscious choice to honor the interrelatedness of our resource use, our own health and that of the planet.

Some Common Terms in Natural and Green Building

“Natural building” and “green building” have their roots in the broader subject of “sustainability.” Sustainability means harvesting or using a resource such that it is not depleted or permanently damaged. Even renewable resources can be used in a way that is unsustainable, like harvesting trees faster than the forest is able to regenerate itself. Sustainability can also be applied to the subjects of energy and water use in a building, and to the waste products of that building.

“Green building” focuses the principle of sustainability on reducing the impact that our built environment has on the rest of the planet. Green building reduces environmental impact both in terms of the energy that is required to operate and maintain a building, as well as reducing the “embodied energy” of the materials that go into building it. The embodied energy of a building material includes all of the energy that goes into extracting it from the environment, the manufacturing and processing of that material, its transportation costs, and the costs of recycling or disposal of that material at the end of its useful life.

Green building utilizes renewable and lower impact materials; renewable-energy and reduced-energy-use appliances and design; water and waste recycling; rain-water collection; and climate-tempering and climate-appropriate landscaping. It also makes use of some highly processed manufactured products; however, they are lower in environmental impact than their more commonly used contemporary counterparts.

Natural Building: continued on page 37

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EXPO: You may also purchase an Expo VIP Pass for only \$77 (\$99 value) to: 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; 126 Free Lectures; 90 Inexpensive Workshops; 9 Special Events; as well as over 300 Exhibitor booths.

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HOTELS: 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. The Santa Rita Hotel, just a short 8 minute walk from the Conference Hotel offers a Special Conference Rate of only \$59.00 per night. Please call the hotels directly at: The Radisson Hotel- (520) 624-8711 - Mention Promo code "EXPO"; The Santa Rita Hotel- (520) 622-4000 - Mention Promo Code "EXPO2005". Rates quoted do not include the applicable taxes and fees. Parking is included. Complimentary Airport Shuttle Service is provided by The Radisson Hotel only, and is based on availability. There are restaurants in both hotels and many more in the surrounding area, all within easy walking distance.

DEPOSIT: A 50 % deposit for the Conference Fee and optional Expo VIP Pass is required to secure your participation in CAMCON 2005, and to reserve your selections of the Conference Workshops and the Expo Special Events. Your balance is due by October 3rd, 2005. Conference Fee does not include Travel, Hotel Accommodations, Food, or any personal amenities. There are no refunds.

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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 it's 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 Twintrees 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-Madrona, 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-Madrona 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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Moon – Luminary of the Night Sky

by Paul Reeder

“The moon represents our self-image, our automatic reactions and responses, our need for security. If I were allowed to know the position of only one point in a given person’s astrological chart, I would choose the moon in order to understand the most about that person.”



Paul Reeder

Ah, the moon, the mysterious moon. Lady of the Night, Nanna, Astarte, Hecete, Luna, Chandra, Demeter and Persephone, Mother Nature: she is Changing Woman. She is child, maiden, matron and crone. Even to a woman with deep understanding of the feminine, the moon remains a mystery.

As a practicing astrologer, I find it disappointing that most columns written about astrology in the popular media are about the sun’s position. The sun represents what we came to “earth school” to learn and develop, to become; but the moon represents what we already are. Our will, represented archetypally as the sun, may choose what to do but our personality, represented by the moon, carries it out. The moon is our

self-image, our automatic reactions and responses, our need for security. If I were allowed to know the position of only one point in a given person’s astrological chart, I would choose the moon in order to understand the most about that person.

The first key words I learned for the moon were feelings and fluctuations. The moon energy represents the sensitivity inherent in our body’s magnetic field. Through our feelings we make connections to others and meet each other’s needs: two basic functions of the moon energy. And our feelings, moods and needs are constantly fluctuating but they are also constantly present.

In astrological terminology the sun and the moon are called the lights or luminaries, since they are the largest and brightest objects in the sky. Astrological symbols represent archetypes, which are constructs, inherited patterns of thought or symbolic imagery in the collective human psyche, and also present in the individual unconscious. Archetypes have evolved over time through human experience, and condition or program the projection of human creativity.

Although the sun – the source of virtually all our life energy – is very large and over 92,000,000 miles away, and the moon – its reflector – is comparatively small and just over 220,000 miles from the earth, to our eyes they appear the same size. Yet, astrologers interpret them as equals in stature to one another. The sun is the life force and the moon is its vessel – the body. The sun is the spirit, the moon is the soul. The sun is the symbol of the urge to grow and develop our potential, driving us into the future. The moon is the symbol of our feelings, which contain our memories and connect us to our past.

The sun in the context of astrology is a projection of human creativity – an archetype. The sun’s position in our natal astrology chart describes our energies in the process of learning and growing, of becoming more

than we already are. The sun's position in our chart reveals the formula for our happiness; while the moon's position reveals the formula for our security needs.

Everyone should have their own natal astrology chart calculated and study it for self-understanding. The moon in the chart is associated with mother, home and family, one's feelings and self-image, as well as the extended support of community. Literally the energy that nourishes, supports and fosters our development, the security needs described by the moon in one's chart must be met; and problems in the self-image and the lifestyle indicated by the moon's position must be solved before efforts to be happy can bear much fruit.

The moon rules our earliest childhood: infancy up to the age of 5. It is often referred to as the mother of memory. In fact, when we pay attention to the moon we learn that our memories are stored and accessed through the feelings. Each moment, our lunar energy senses our relationship to circumstances and generates a response to the changes around us that is intended to maintain some sense of security.

Memories can be divided into 3 types: 1) Happy memories are of times when our creative intentions were well expressed and satisfied with the results we experienced. 2) Unhappy memories are of times when our intentions were poorly expressed or inappropriate for the situation and so produced results we did not want. 3) Traumatic memories are of times when our development was so primitive or the circumstances so inappropriate that we were badly hurt by our experiences.

When a present situation feels like a happy memory, there is no unfinished business coloring the feelings in the present. However, when a present situation triggers an unhappy memory, feelings about that situation are colored by the past. This is appropriate inasmuch as the evolution of the driving forces in the psyche must pick up where it left off. In fact, unfinished business in the psyche plays a role in attracting us to certain people and types of circumstances producing the patterns we find in our life. We must adopt an introspective, self-observing strategy to become fully aware our own patterns as a prerequisite to the conscious intervention it takes to break bad habits.

Nothing can change the past. However, to live lives free to pursue wholeness, we must change what the past means to us. In doing so, we can change our subconsciously preconditioned reactions to things. There are some patterns in relationships, for example, that lead us

to recreate episodes of hurt that may well be rooted in childhood. These old patterns can only be changed by consciously creating new experiences and memories, on which new patterns can be based.

In questions of health and well-being, the moon is associated with constitutional matters. The position of the moon in our chart can show needs that must be met by the lifestyle to promote a strong constitution, and parts of the body that require special attention to be kept strong. Everyone has a constitutional signature that includes the strongest organ or organ system and a weakest organ or system, and a hierarchy in between. Barring injury or debilitating illness, nothing can be done to change this aspect of constitution. Successful efforts to strengthen the body's weaknesses will also strengthen its naturally strong systems as well.

However, lifestyle choices such as diet, exercise, work habits, play habits, sleep and rest habits, and stress management skills are also aspects of the constitution which can be changed slowly by using the will to slowly cultivate better (more conscious) habits of living. It often feels as if these lifestyle factors are determined by circumstances. They are not. These are choices we make at a subconscious level. They are a reflection of habits formed in the first five years of life.

When the moon is under transit stress, meaning that the current position of any planet in the sky relative to the natal moon (at birth) indicates a period of health challenges, it is time to review one's lifestyle for opportunities for improvement. Most often, the moon describes choices we make sub-consciously. In order to take conscious advantage of these opportunities for change, we must use the will to alter habits.

The easiest times to make these changes are when the moon is under transits from Jupiter, especially those transits that last 6 – 8 months, involving 3 exact contacts. During such a period we are prone to celebratory moods and without conscious choice, the overindulgence commonly associated with such happy times. However, with just a little self-awareness and care, these periods are the easiest times to end bad habits we know are not good for us, such as eating too much refined sugar, smoking or other addictive patterns in life. Bad habits must be replaced with good habits. If you can begin such a change early in the transit period and use your will to maintain it for the duration of the transit period, then often by the end of the transit period the new habit is well established and needs no further effort to keep it up when the transit is over.

The element (fire, air, earth, or water) of one's moon offers clues as to which lifestyle choices feed and support an individual. We are drawn to activities and foods that provide the energies and substances that nourish us and foster our development. We must provide this sustenance for ourselves yet take care not to overdo it, which, rather than supporting us, wears us out.

The Moon in a Fire sign - Aries, Leo, and Sagittarius, or in a fiery house - 1st, 5th, and 9th, is an indication of high energy. Aspects (geometric angles) from the sun or Mars to the moon will add a touch of the fire element as well. Folks with this configuration will need lots of physical exercise or hard work to express this energy. They need a vision, a purpose into which to channel this energy; otherwise, restlessness and irritability will set in. Sometimes tending to eat too fast or without much thought as to what is being eaten, fiery moons are attracted to hot, spicy foods and those that are high in proteins and complex carbohydrates - foods that build a fire in the belly. While other moons have difficulty handling such a hot fire, fire moons get so much exercise or work so hard they easily burn off all the ash and dross created by such a diet, at least in the first half of life.

The Moon in an Air sign - Gemini, Libra, and Aquarius, or in an airy house - 3rd, 7th, and 11th, is also energetic. However, the energy is more mental than physical. Aspects from Mercury and Uranus can also add some airy energies to the moon. Air Moons need mental stimulation and social activity. They are often light eaters, eating a little at a time all through the day. They attend meals as much for the conversation and social interaction as for the food. Without food taken regularly in small amounts, airy moons can become lightheaded and distant - off somewhere in their minds. Constant noshing helps to keep them present. They also need mental nourishment and social exchange as much as physical food. A good conversation can be enough to pull them out of a depressed state of mind.

The Moon in an Earth sign - Taurus, Virgo, or Capricorn, or in an earthy house - 2nd, 6th, or 10th, means sensuousness. Aspects from Venus add a touch of the earth element as well. Earthy moons eat both for pleasure and good nutrition. In spite of this, Capricorn moon people can have some troubles as sometimes they go without eating (concentrating on work) until they are ready to fall over, and then are willing to put whatever is handy into their mouths so they are not running on vapors, so to speak. Known for practicality, these

moons need additional forms of sensuality like physical touch and environmental aesthetics to feel nurtured, as well. Consistency in life habits also supports the earthy moons.

The Moon in a Water sign - Cancer, Scorpio, or Pisces, or in a watery house - 4th, 8th, or 12th, indicates sensitivity. Aspects from Neptune or Pluto add water to the moon as well. It is common for watery moons to eat in order to satisfy sentimental or emotional needs, and if one spends too much time unhappy this can add undesirable weight. Care should be taken in interpreting this, as watery moons tend to have big round eyes and round bodies and this in itself is not a bad thing - it is natural. With a watery moon, more rest, more sleep, more dreamtime and good relations are essential to maintain health and happiness. Sensitive to the moods of others and often taking on others' problems, people with a watery moon must keep plenty of happy, self-sustaining friends around in order to have the energy to handle their own issues. Both earthy and watery moons love sweets and, given proper circumstances, display a very sweet and caring disposition. Lacking these circumstances, the watery moon is prone to moods and depression.

Whatever predisposition the moon describes, we must always use the sun's energy (the conscious will) to maintain balance in our lifestyles and relationships. No matter where the moon is, a varied diet is needed for nutritional balance. Balance in relationships must be monitored and maintained by conscious awareness and choice. Where the memory contains sorrow and hurt, conscious choice must create new memories of joy, mutual respect, and healing family support.

As the sun is the symbol of creative self-expression (think daytime), the moon is the symbol of the restful, regenerative activities of mealtime, family exchange and a good night's rest. Much more is going on during the sleep cycle than we often realize. Our natural sleep cycles are usually 90 minutes long and involve a short period of dreaming followed by a longer period of deep sleep, returning to a dream state and a brief return to near-consciousness before returning to the next 90 minute cycle.

During the dream phase of sleep, the ego structure is still active. Often, elements of our personality that are not given expression during our waking life act themselves out. If we can recall our dreams, they can provide precious clues to parts of ourselves that need some

The Moon: continued on page 38

Julia “Butterfly” Hill: Simple Choices That Make a Difference

“Simple choices followed by action is the path of “revolutionaries,” who resolve to make a difference in the world.”

Be sure to see Julia at the Arizona Choices Exposition Special Event “We the Planet” Friday, Nov 11, 2005, from 8-10:30 PM. See page 28 of this issue for more info.



Julia “Butterfly” Hill

Interviewed Julia “Butterfly” Hill just before she left on a trip to recharge herself after a long, busy tour of the U.S., including a stop in Arizona where she visited her Native American friends in the band Blackfire (www.blackfire.net). “I love their powerful lyrics and their self-called “alter-native” punk sound. They are Dine’ and they bring together their traditional native beliefs and ways with music and activism,” she said. Activism, by the way, would be Julia’s middle name if it weren’t already “Butterfly,” a nickname she picked up in childhood.

Julia, of course, became famous for her “tree-sit” in a 1,000-year-old California redwood she named Luna, to keep it from being cut down by the Pacific Lumber/Maxxam Corporation. During the two years she spent

in Luna, she attracted worldwide attention for her non-violent action in defense of the forest. She went up the tree an unknown protester and came down an international symbol, an inspiration around the world. Her actions, both during her time in the tree and since, and her continuing efforts to heal the rift between humans and the natural environment, entitle her to be the youngest person thus far inducted into the Ecology Hall of Fame (Don Weiss, henro@sequoia.pacweb.com; www.ecotopia.org/ehof/hill/). Soon after she descended the tree, she and other activists founded the Circle of Life Foundation (www.circleoflifefoundation.org) to inspire people to live in a way that honors the diversity and interdependence of all life.

Consciousness Drives Actions

We spoke about simple choices we could all make that would make a difference to our environment. She, for example, carries chopsticks and a container with her (a Mason jar) to avoid using plastic utensils and Styrofoam cups when she’s away from home. By doing simple things like this, she said, we can gradually decrease energy use, garbage production, landfill use and pollution. She calls plastic water bottles, plastic spoons and paper cups “weapons of mass destruction.” “More water is wasted and polluted in making a plastic bottle than is actually held inside the plastic bottle,” she says, “and making a paper cup destroyed a forest somewhere.”


Simple choices followed by action is the path of “revolutionaries,” who resolve to make a difference in the world. “Consciousness is the source of change,” she said. “When we maintain a shift of consciousness we can *be* the source of change in the world, as Ghandi taught.”

However, “be aware of the granolier-than-thou,” she said. “Simple, conscious choices can accumulate to

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have a large impact. Don't be put off by those who say we must destroy everything first in order to produce results, or that a total lifestyle change is required to make a difference. Small things do matter. And also be aware of contradictory behavior, such as driving the big S.U.V. to buy organic foods. The gas consumption and pollution involved may outweigh the benefit of buying healthy food."

She urged us to become conscious of what we are *for*, rather than letting our stand be interpreted as *against* something. For example, the peace movement became known as the anti-war movement; and the pro-choice camp became known as the "anti-life" crowd.

"Words inflame," she said. "Being for something is much more positive and enrolling than being against another's position. Don't let someone else's words speak for you, especially if it involves being negative."

What Can Each of Us Do?

Here are some examples of actions – choices – we can each make to shift consciousness toward transformation:

- Support others working to protect the earth
- Learn about the threats to the environment in your own community
 - ◆ Find out if anyone is working to end those threats
 - ◆ Join their efforts
 - ◆ Show your support.
- Speak out
- Share the information
 - ◆ Tell your family, friends, neighbors what you have learned about threats to the environment and efforts to protect the Earth.

Julia "Butterfly" Hill is the subject of the 2000 documentary film "Butterfly," and she is featured in the documentary film "Tree-Sit: The Art of Resistance," both chronicling her time in the redwood tree. Hill also appears as herself in Philip Seymour Hoffman's film "Last Party 2000," a 2001 documentary that chronicles the six months leading up to the 2000 U.S. presidential election. She is also the author of the books The Legacy of Luna, and One Makes the Difference, with Jessica Hurley; and has made several audio CDs.

Contact: Paul Bassis: pbl@peopleproductions.net; 707-923-4619; http://www.wetheplanet.com; http://www.circleoflifefoundation.org

Natural Building: continued from page 10

Natural building is green building that places particular emphasis on using materials that are found locally and used in a raw or minimally processed state. Natural building places a higher value on human labor, craft and creativity than on specialized skills, capital and technology. Natural building also places a high value on the ongoing health and well-being of the structure's builders and inhabitants, as well as on the surrounding environment.

Just as a home defines the inhabitant's place in the world, how we design, build and live in our homes represents our relationship to the environment. Natural building options allow construction, remodeling and home ownership to be expressions of concern for the health and well-being of the earth and all its inhabitants, and is an evolutionary step toward reducing the impact of human civilization on the biological systems of the planet.

In subsequent articles we will further explore choices in natural building and how to integrate specific techniques into your life.

A Reference Guide for Common Natural Building Materials and Methods

The most common materials used in natural building are: subsoil (various combinations of clay, sand and silt), grasses (including straw and bamboo), stone and gravel, wood (often unmilled, and used sparingly unless there is a plentiful supply), and building lime (from limestone). The local availability of these particular elements, along with climate-specific design needs and the skillsets and sensibilities of the builders, are major factors in determining how and of what materials a natural building is made.

Following is the start of a glossary of common terms, techniques and materials used in natural building, and some of the ways they can be used most effectively to meet different needs. These materials are composites of those mentioned above. In future articles we will talk more about the specifics of why and how these materials may be used.

Natural Building Materials

- **Adobe:** sun-dried mud bricks made of clay, sand, silt, straw and gravel, set in mud mortar to make massive walls that can be planar or curvilinear, and which

can be either structural or non-structural. Adobe can also be used for the roof of a dome or vault, eliminating the need for wooden roof framing.

- **Rammed earth:** a moist mixture of clay, sand and silt that is tamped into forms to make massive, planar structural walls.

- **Cob:** a wet mixture of clay, sand, silt and long straw that is hand-formed in place to make massive structural walls and other sculptural elements.

- **Light-clay or straw-clay:** long straw coated with a clay slip and packed into forms to make planar, lightweight, insulated non-load-bearing walls used to infill between structural vertical elements of another material. Light-clay can also be used to insulate roofs and floors, and can be formed into insulated bricks.

- **Straw bale:** Large compressed bricks of straw that are stacked to make planar or curvilinear walls, either load-bearing or infill, which are highly insulated.

- **Earthbag:** Polypropylene or burlap grain sacks filled with damp earth and tamped to make planar or curvilinear foundations and load-bearing walls. Earthbags can also be used for the roof of a dome or vault.

- **Stone masonry:** raw or cut stones set in mortar to make planar or curvilinear foundations and load-bearing walls.

- **Compressed earth blocks:** a mixture of dampened clay, sand, silt and gravel compressed by a machine into bricks and used much like adobe.

- **Cordwood:** short logs cut to uniform lengths, set in mortar to make massive and insulated structural or infill walls.

- **Wattle and daub:** A framework of stiff vertical sticks woven horizontally with thin, flexible saplings or split bamboo and covered with plaster to make thin non-structural walls and partition panels. Wattle and daub walls can also be left unplastered for ventilation.

- **Thatch:** long stalks of water reed or straw which are tied into bundles and attached to a roof structure for an insulated and rain protected roof covering.

- **Papercrete:** waste paper mixed with water into a pulp slurry, with sand and a small amount of Portland cement added to make a lightweight, insulated material which can be formed into blocks, poured into forms, or used as mortar for non-structural walls, domes and vaults. Clay can be substituted for the Portland cement to make 'fidobe' (fibrous adobe).

- **Bamboo:** the most useful plant on earth, bamboo

Natural Building: continued

is a fast-growing giant grass capable of spanning large distances and resisting large structural loads. Timber bamboo can be grown in temperate climates to replace structural lumber.

Natural Building Finishes

- **Earthen plasters:** mud made from a screened mixture of clay, sand, chopped straw and/or manure; trowelled, hand-applied or sprayed onto earthen walls for protection from the elements.

- **Lime plasters:** a mixture of building lime (made from limestone that has been burned and crushed), sand and sometimes fiber; trowelled or sprayed onto earthen walls for a weatherproof and durable coating.

- **Earthen paints:** a coating made of either wild-crafted, screened colored clay or white pottery clay with pigments added, mixed with manure or chopped straw, and aggregates such as sand or mica; applied like paint over earthen plasters, drywall or other surfaces to seal and beautify them.

- **Limewashes:** a wash made of building lime and water, and sometimes pigment which can be painted onto an earthen wall to seal, protect and beautify them.

- **Earthen floors:** durable and beautiful floors can be made using various combinations of earthen materials, poured or moist-packed into place, trowelled to a fine finish and sealed with oils or non-VOC sealers.

Steve Kemble has built natural homes for the last fifteen years. He is a designer, builder and consultant, and regularly teaches natural building workshops around North America. His company, Sustainable Systems Support, has produced two videos on straw bale construction entitled "Straw Bale Construction: The Elegant Solution" and "How To Build Your Elegant Home with Straw Bales."

**For more information, contact:
Steve Kemble
Sustainable Systems Support
3063 N. Camino de Oeste
Tucson, AZ 85745
(520) 743-3828
primalpulse@earthlink.net**

The Moon: continued from page 34

attention during our conscious hours. Some of these parts simply need to be accepted into the conscious self, while others need to be given more constructive and full expression during waking hours. Any mind or mood altering substance including caffeine and alcohol can interfere with the dream cycle, making it harder to enter into, and reducing the benefit from, deep sleep.

During the deep sleep portion of the cycle, the ego structure shuts down and the body goes into full relaxation. This is a requirement for a fully rejuvenating night of rest. But more is happening during this portion of the cycle than we may realize. Our soul consciousness is most free to move through creation during this phase. Even the least spiritually developed among us use this time to visit loved ones, family members and provide a healing, nurturing energy to those in need. The more highly developed can use this time to meet the needs of folks more distantly related, or even work to heal the consciousness of the community at large. Lord knows we are living in a time when healing is greatly needed by large numbers of folks and by the community as a whole. Many of us are routing some of the world's negativity through our personal energy systems to help minimize the harmful effects the world is experiencing while awake.

For this reason, it is essential that we live in a way that treats the sleep cycle as sacred. Be sure that an adequate period of time is set aside for sleep. Avoid depending upon stimulants to wake and depressants to sleep. See to it that the time before retiring to bed is calming and nurturing. Always take time to pray and meditate before sleep. State your intent for healing those for whom you are concerned. Ask that your dreams be healing or illuminating to your own needs.

The moon, the luminary of the night is mysterious. It belongs to the Divine Feminine. Let Mother keep Her Great Mystery. She is beyond our rational mind and waking understanding. She must be honored with our feelings and intuitive intelligence.

Paul Reeder has been studying spirituality since 1967 and astrology since 1979. He has been practicing astrology full time since 1984. Currently, he teaches beginning and intermediate astrology, and is on the faculty of the yoga teacher training program, teaching yoga philosophy at the Providence Institute.

**Paul Reeder – Spiritual Astrologer
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520-903-2913**

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 Networking Event: enhancing communication and cooperation among those concerned with health, well-being and the environment. August 25, September 22, and October 20 at The Synchronicity Center, 1701 East Lind Road, from 7 - 11 pm; 520-327-9624; website <http://www.synchronicitycenter.com>. Each will feature a presentation on a health-related topic, and plenty of time for us to share and network. Admission is by donation (\$5, 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), and musical instruments (including drums) for us to make harmonious music together.

Fearbuster Group forming near Ina and Thornydale. 10 weeks starting 8/22 at 7 pm. Before first meeting read chapter 1 of "Fearless Living" by Rhonda Britten. Call 850-5396 for details.

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 Vajrasattva practices. Visit dharma-kirti.org for more information.

Free showing of alternating documentaries and fiction movies by the Spiritual Cinema Circle: Monthly. August's film is Rumi - the poet. Free refreshments provided. Sunday August 21 3:00-5:00 pm, Science of Mind Center, 4500 E. Speedway. Call 546-1582 for more information.

Joseph LePage, Founder of Integrative Yoga Therapy in Tucson: October 7th (evening) - chanting, asana and meditation as an experience of the 8-limbed path of yoga and October 8th (2 workshops: morning - a complete integrative yoga practice using the tools of mudra, mantra, pranayama, asana, yoga nidra and meditation; afternoon - Yoga Therapy: developing a personal practice thru chakra balancing). Contact Maria Mendola at MariaAlive@aol.com for more information.

Happy Hour Partner Yoga: every 2nd Friday of the month at Providence Institute. Create healthy partnering and have fun with movement, breath, Thai Massage and joy. No experience necessary. Pre-registration suggested. 323-0203.

Community Drum Circle, Himmel Park, 1st Street and Tucson Boulevard, 1-5 pm every Sunday. Bring a drum/percussion instrument, a chair and a blanket. Call 271-2102 for more information.

Where to find Arizona Choices Journal in Tucson

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



Arizona Choices

Directory Listings

Directory Listings as well as color or black and white quarterpage, half-page, full page and cover page display ads are all available, (most with frequency discounts and accredited agency discounts).

**For more information, please contact Arizona Choices:
(520) 744-6603, or Email us at: info@arizonachoice.com.**

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

Alternative Technology



Air Fresh Technologies

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

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

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

Animal Health



Linda Johns

Does your pet exhibit fear, anxiety, barking, aggression, marking territory, destructive, or hold trauma from the past? If so, Animal Communication can open the door to a happier and healthier pet. Through communication with your pet, you can create a better understanding and deeper relationship while providing yourself with clarity and insight into their thoughts or behavior. Communication can be very helpful with grief assistance, or when your needing to make important decisions regarding health issues, nutritional support, or eu-

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

Journey To Healing
Linda Johns
520-825-4645

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

Energy Healing/EFT



Phyllis Winslow

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

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

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**

Hawaiian Temple Bodywork



Belinda Berry

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

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

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

Healing at Any Distance



Robert Martin

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 Con-

sultant 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**

Healing Sleep



Rubin Naiman

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.
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Email: rrnaiman@cox.net**

Health Foods



Aqua Vita

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

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

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

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

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 your body is in balance mentally, emotionally, physically, and spiritually, it naturally moves 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,
Tucson, AZ 85719
327-9624 (32-SYNCH)
www.SynchronicityCenter.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

Hypnosis



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

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

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

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

Albert Seng

Hypnosis is an altered state of con-

Insurance



More than just insuring your car, home, or your business, we care about you and your family. Lupita's background in social services really shows as she takes care of your 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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Life Coach



Expect miracles! Personal Life Coaching from Dr. Susan Ricketson will bring zest, satisfying relationships, prosperity, spiritual fulfillment and anything you intend into your life.

In addition to being a highly effective Life Coach, Dr. Ricketson is a seasoned therapist for individuals, couples and families, with a specialty in Grief Counseling and Support. She focuses on: Enriching Relationships; Aging with Purpose; and Career and Life Transitions. She has studied many body and energy modes and is a 3rd degree master in

Radiance/Reiki. Her coaching will enable you to find your mission and live your vision in life.

"Life's short, start now to unleash your gifts and let wonders happen in your life. It is possible to manifest your dreams."
 - Susan Richardson

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

Dr. Susan Ricketson

Natural 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, didjeridoo, drumming and workshops with local, national and international presenters in the world of sound healing. Our sound family is growing, toning, playing and listening deeply. Come tone with us every month at the beautiful Tucson Creative Living Center, 4850 W. Jojoba Drive in the Ironwood

Hills of Tucson. We'll offer a twilight toning circle August 12, 7-9 PM, with special guest musician and a workshop in September yet to be announced. Call or e-mail Joan Vann, sound healer/director, for dates and additional information: (520) 409-8439 or joanv8@yahoo.com.

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.
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Tucson, Arizona 85716
520-326-522 marydorsett@qwest.net

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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