

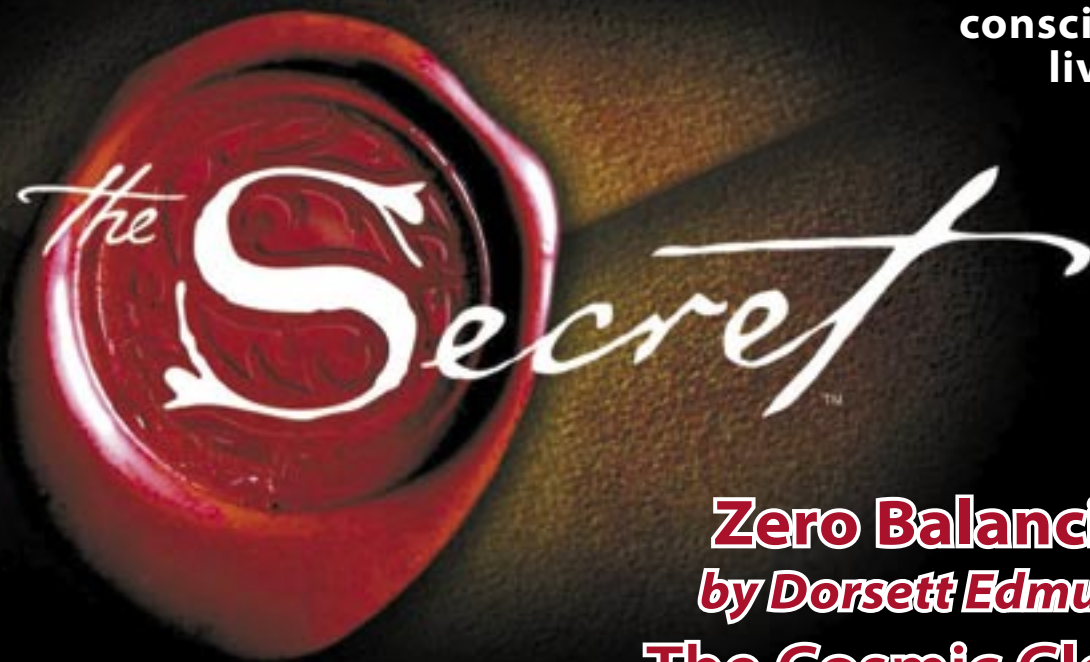


PRICELESS- Take One
August/September 2007

Arizona **Choices**

Health, Wellness & Conscious Living

Including a
directory of health
wellness and
conscious
living



Zero Balancing
by Dorsett Edmunds
The Cosmic Clock
by Paul Reeder

An Interview with
***The Secret's* Mike Dooley**

THE SECRET HAS TRAVELLED
THROUGH CENTURIES
...TO REACH YOU

Special Issue on *The Secret!*

See Mike Dooley's video, plus the trailers from *The Secret* DVD,
on www.arizonachoice.com

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Editor and Publisher: Bruce Silvey
bruce@arizonachoice.com

Managing Editor: Roger Hamstra
roger@arizonachoice.com

Circulation Manager: Vicki Nelson
circulation@arizonachoice.com

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In This Issue

The Secret's Not a Secret Anymore!

Page 3

Compiled by Bruce Silvey

*"Fragments of **The Secret** have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of **The Secret** come together in an incredible revelation, which are life transforming for all who experience it."*

Mike Dooley Interview by the Arizona Choices Staff

Page 6

*An interview with Mike Dooley, one of the authors who appears in **The Secret**.*

Zero Balancing : A Mind-body Work That Takes You Home by Dorsett Edmunds

Page 9

Zero balancing works at the level of bone and is based on the premise that we are innately well at our core, and the ability to live from this core well-being is dependent on the harmonious relationship of energy and structure.

Three Great Reasons for Optimism about Our Future by George Caitlin, Ph.D

Page 12

The forces of light and progress are making an unprecedented impact on civilization while the tendencies toward fear and separation are making a last ditch stand against what is ultimately inevitable

The Cosmic Clock by Paul Reeder

Page 14

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.

Dancing on the Path

Page 16

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

Directory

Page 17

A categorized directory of health, wellness and environmental resources.

Directory Index

Page 23

Resource Guide

Page 23

This issue's cover art is the DVD cover of *The Secret*, and is published/used with permission of *The Secret*, by Rhonda Byrne, and TS Production LLC.

The Secret's Not a Secret Anymore!

It's about time we all knew the secrets described in *The Secret*. We need to take control of our own lives. We can do it! Reaching the Critical Mass, as described by James Redfield in *The Celestine Prophecy*, still needs to be brought about. Using the information in *The Secret* will help us to accomplish this state of living. We have been told of the possibilities, now is the time to take action! Our combined wills, armed with our spiritual awareness and the knowledge unleashed by *The Secret*, will get us to our harmonic goals. It is the time—we are the Spirits in Rubber Suits who will make the changes, and we will do it. OK, OK, I'll stop preaching. It's just that I can see that we are sooo close. After you read the article, be sure to also watch the movie trailers from *The Secret*, on our website, www.arizonachoice.com.

Mike Dooley is one of my favorite teachers in *The Secret*. He is a great teacher of visualization. Read his interview, and then watch his, *Thoughts Become Things!* video also on our website. He reminds us that, "*thoughts become things... choose the good ones!*"

Tucson's own Dorsett Edmunds teaches us Zero Balancing, a mind-body system that reminds us that we are all well at our core. It is a great system taught very well by an expert local practitioner.

Paul Reeder gives us his outlook on our astrological outlook for the next two months. This column he even goes into some detail on a few topics, I'm glad that we have the editorial space for him to do it. What a great resource he is for us in Tucson and for our readers here in Arizona Choices.

As always, we have our advertisers to thank for bringing all of this to you, so please show your support to them by using their services, and by letting them know that you appreciate them, and all that they do for us.

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

The Secret's Not a Secret Anymore!

Compiled by Bruce Silvey

*"Fragments of **The Secret** have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of **The Secret** come together in an incredible revelation, which are life transforming for all who experience it."*

So how many times have you seen **The Secret** DVD? How many times have you read the book? What, you haven't seen it or read the book? Have you been living in a cave in Tibet? That's no excuse— I know monks in Tibet that are on the internet. Well, it's about time you got to it!

Very briefly,

*"**The Secret** is a book, and a feature length (91 minutes), historic and factually based account of an age old secret, said to be 4,000 years in the making, and known only to a fortunate few, as told by some of the greatest leaders of our time. **The Secret** reveals this great knowledge to the world – the secret to wealth, health, love, happiness, relationships...**The Secret** to life itself. **The Secret**, which includes 25 great authors, philosophers, scientists and teachers of today, continues to impact countless thousands of lives around the world."*

So exactly what is **The Secret** about?

*"**The Secret** has existed throughout the history of mankind. It has been discovered, coveted, suppressed, hidden, lost and recovered. It has been hunted down, stolen, and bought for vast sums of money. Now for the first time in history, **The Secret** is being revealed to the world over in an extraordinary 93 minute film.*

*A number of exceptional men and women discovered **The Secret**, and went on to become known as the greatest people who ever lived. Among them: Plato, Leonardo, Galileo, Napoleon, Huger, Beethoven, Lincoln, Edison, Einstein and Carnegie, to name but a few.*

*Fragments of **The Secret** have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of **The Secret** come together in an incred-*

ible revelation, which are life transforming for all who experience it.

*Some of today's greatest teachers presented in **The Secret** impart this special wisdom that has been known by so few. They include some of the world's leaders in the fields of business, economics, medicine, psychology, history, theology and science. Each of these teachers is living proof of **The Secret**, each of them a walking marvel of achievement and success.*

*Included are: Dr. Denis Waitley, who used various aspects of **The Secret** in training Olympic athletes and Apollo astronauts to reach new heights of human endeavor. Best selling authors and philosophers including Bob Proctor, Michael Bernard Beckwith, Jack Canfield, Lisa Nichols, John Assaraf, James Ray and Dr. Joe Vitale, explain how they have created lives of phenomenal success utilizing **The Secret**. Doctors in the fields of medicine and quantum physics explain the science behind **The Secret**.*

***The Secret** reveals amazing real life stories and testimonials of regular people who have changed their lives in profound ways. By applying **The Secret** they present instances of eradicating disease, acquiring massive wealth, overcoming obstacles and achieving what many would regard as impossible.*

***The Secret** reveals how to apply this powerful knowledge to your life in every area from health to wealth, to success and relationships.*

***The Secret** is everything you have dreamed of... and is beyond your wildest dreams."*

The wonderful person that brought us this great work is Rhonda Byrne.

*"Following a succession of traumatic events in her personal and professional life, culminating in the death of her father, Rhonda Byrne discovered **The Secret** that continues to transform her life. A successful film and television producer in Australia, Rhonda*

immediately put into practice what she learned. She used **The Secret** to make the film **The Secret** – attracting the resources and the dozens of amazing teachers she needed to have the production be an effortless, joyful odyssey.

It was the Spring of 2004, when a small, old book called *The Science of Getting Rich* was placed in her hands, and Rhonda’s whole life suddenly pulled into spectacular focus. She knew exactly what her mission was to become. She was going to take this knowledge to the world. She was going to make a movie to carry joy to every corner of the Earth. And so the great journey of **The Secret** began.

In just two short months Rhonda studied many great leaders from the past, read hundreds of books, and amassed countless hours of research. She then spent the next two months intensively teaching everything she had learned to the key staff members at her production company Prime Time Productions.

Contrary to what Rhonda previously thought, she discovered that there were people out there alive who were aware of this information. Actually, there were lots of them, and they were some of the world’s greatest living scientists, philosophers, and authors. Around the world, different fragments of **The Secret** were being offered, to anyone that would listen. All that was needed was someone to pull all of the pieces together.

As her company began production, as if by magic, the perfect people to make **The Secret** began to appear. Suddenly the office was filled with people, all working to complete the most ambitious project any of them had ever worked on. And without fail, each person needed for the team materialized exactly when he or she was needed. Every single person was taught **The Secret**, and together worked in total joy as they prepared this message for people worldwide.

The day that the Prime Time Production team arrived in the United States to film the living masters of **The Secret**, they only had one interview lined up. But they brought with them an entire crew, and the firm intention that they would film every person they needed for the movie. And in a matter of a few weeks, the team filmed a total of fifty-two ‘teachers’ of **The Secret**. Wherever the team went, more and more amazing teachers would emerge – great writers,

leaders, philosophers, doctors, and scientists. These teachers created the foundation for **The Secret**.

Today **The Secret** is the Prime Time benchmark, and the company is committed to producing work that inspires, uplifts, and, most importantly, continues bringing joy to billions. To fulfill this vision, Prime Time Productions now also has offices in the United States, beginning in Chicago and Los Angeles.”

On the Contents Page of the book, you can see the wide scope of how **The Secret** may be employed. It’s not just about acquiring things, as some have said:

- Contents**
- Foreword**
- Acknowledgments**
- The Secret Revealed**
- The Secret Made Simple**
- How to Use The Secret**
- Powerful Processes**
- The Secret to Money**
- The Secret to Relationships**
- The Secret to Health**
- The Secret to the World**
- The Secret to You**
- The Secret to Life**
- Biographies**

Here is most of the actual Forward from the book.

“A year ago, my life had collapsed around me. I’d worked myself into exhaustion, my father died suddenly, and my relationships with my work colleagues and loved ones were in turmoil. Little did I know at the time, out of my greatest despair was to come the greatest gift.

I’d been given a glimpse of a Great Secret—**The Secret** to life. The glimpse came in a hundred-year-old book, given to me by my daughter Hayley. I began tracing **The Secret** back through history. I couldn’t believe all the people who knew this. They were the greatest people in history: Plato, Shakespeare, Newton, Hugo, Beethoven, Lincoln, Emerson, Edison, Einstein.

Incredulous, I asked, “Why doesn’t everyone know this?” A burning desire to share **The Secret**

with the world consumed me, and I began searching for people alive today who knew **The Secret**.

One by one they began to emerge. I became a magnet: as I began to search, one great living master after another was drawn to me.

When I discovered one teacher, that one would link to the next, in a perfect chain. If I was on the wrong track, something else would catch my attention, and through the diversion the next great teacher would appear. If I “accidentally” pressed the wrong link on an internet search, I would be led to a vital piece of information. In a few short weeks I had traced **The Secret** back through the centuries, and I had discovered the modern-day practitioners of **The Secret**.

The vision of taking **The Secret** to the world in a film had become fixed in my mind, and over the following two months my film and television production team learned **The Secret**. It was imperative that every team member knew it, because without its knowledge, what we were about to attempt would be impossible.

We did not have a single teacher secured to film, but we knew **The Secret**, and so with utter faith I flew from Australia to the United States where the majority of the teachers were based. Seven weeks later **The Secret** team had filmed fifty-five of the greatest teachers across the United States, with over 120 hours of film. With every step, with every breath, we used **The Secret** to create **The Secret**. We literally magnetized everything and everyone to us. Eight months later **The Secret** was released.”

So what are the secrets of **The Secret**? Here is the book’s primary Secret Summaries. There are other Secret Summaries for other chapters in the book.

Secret Summaries

- **The Great Secret of Life is the law of attraction.**
- **The law of attraction says like attracts like, so when you think a thought, you are also attracting like thoughts to you.**
- **Thoughts are magnetic, and thoughts have a frequency. As you think thoughts, they are sent out into the Universe, and they magnetically attract**

all like things that are on the same frequency. Everything sent out returns to the source—you.

- **You are like a human transmission tower, transmitting a frequency with your thoughts. If you want to change anything in your life, change the frequency by changing your thoughts.**
- **Your current thoughts are creating your future life. What you think about the most or focus on the most will appear as your life.**
- **Your thoughts become things.**

I hope that I’ve wet your appetite enough so that you will go get the DVD and the book and study them. I have found that having both the DVD and the book is very useful. The book acts as a study guide for the film. You will want both!

By the way, if you just can’t wait, you can rent the movie on line at www.theseecret.tv/home.html. Their website has lots of free things to help you to use **The Secret** in your own life.

Now go to our website, www.arizonachoice.com, and watch all of the trailers from the DVD.

Thank you so much to all the people who gave us permission to use material from the Press Release for the DVD, and from the book itself.

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*DVD Press Release materials and **The Secret** Trailers on our website are published/used with permission of **The Secret**, by Rhonda Byrne, and TS Production LLC.*

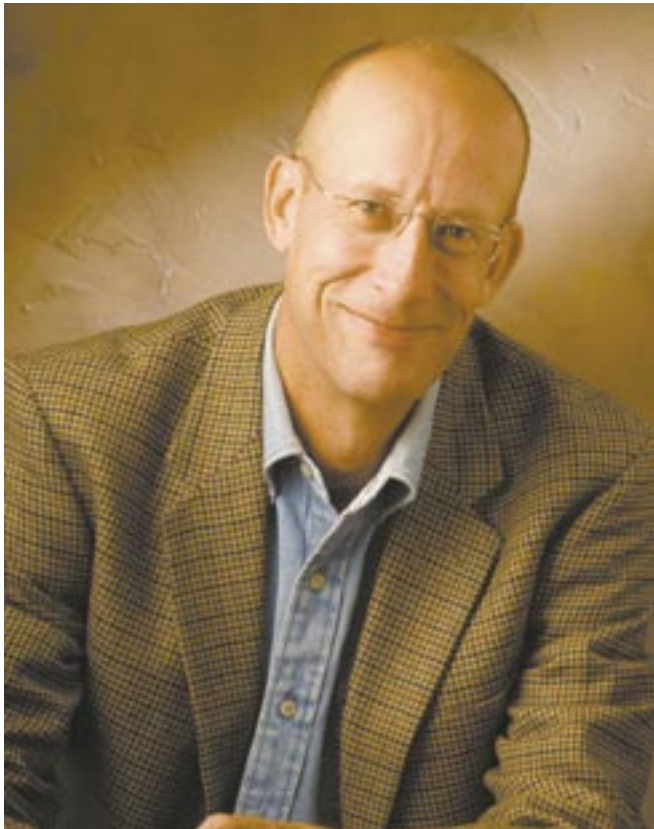
*Thanks also to John Stellar of Stellar Communications and Mega-Thanks to Karina Carretero, of Edelman, for all her help in doing this issue of **Arizona Choices** on **The Secret**.*

For more information please see www.theseecret.tv.

Mike Dooley Interview

By the Arizona Choices Staff

The following interview is with Mike Dooley, one of the authors who appears in *The Secret*.
See Mike Dooley's video on www.arizonachoice.com!



Mike Dooley

Our publisher has been receiving Mike Dooley's free emails, *TUT... A Note from the Universe*, and he has also been a member of Mike Dooley's Adventurers Club for many months now, and feels a close connection to Mike as a teacher. If you too want to connect with Mike, be sure to read his bio that follows the interview.

Arizona Choices: In *The Secret*, you say, "Thoughts become things!" Is there a process to reinforce the

thoughts that we want to become things, and what do we do to eliminate the thoughts that we do not want to manifest?

Mike Dooley: There is no process. The best way to incorporate this principle into one's life is by first grasping that it is truly a principle, exactly as gravity is. It's not just about positive thinking, it's not a "sometimes" process, it is not merely a way to influence events and circumstances, in my view it's the end all and be all of living in time and space. With this kind of realization, one immediately senses their true power to manifest life-changes, which serves as the best possible motivation for attempting to work with our thoughts. Which also answers the second part of your question, because as we come to learn of our immense power, so too do we realize our immense responsibility to think thoughts that serve us, and to no longer indulge in negative, unproductive thinking.

Arizona Choices: Can one want the wrong things?

Mike Dooley: Not really, although we all certainly see people pursuing things that we know won't make them happy. Yet what better way to learn such lessons than by bringing about whatever it is they're focusing on and seeing for themselves? So if nothing else, wisdom will be attained.

Arizona Choices: If what we want to bring into our lives is not a physical thing, but is more amorphous, like good health, how do we visualize it?

Mike Dooley: Intangible manifestations work the same as tangible manifestations: We simple need to define and focus upon the end result we're after. For good health, more friends, harmony, etc., one would imagine

their life as if their goals were already achieved, and then physically prepare the way for it.

Arizona Choices: How does the Universe know the best way between one and their dreams?

Mike Dooley: The Universe, for me, is a metaphor for God. All knowing, all wise, all compassionate, all helpful. It always knows the way, or what I call the “hows.” During times spent visualizing, we needn’t, and shouldn’t, mess with the hows. Simple see your life as if your desired dream had already taken place. Clearly define the end result you’re after. Like digital satellite navigations systems that are now available over the counter, once you program in your “destination,” they take into account every possible way you could get there, finally suggesting the fastest, safest, most harmonious route. This is what the Universe does for us when we have a dream and move with it.

Arizona Choices: How did you use *The Secret* to bring about TUT and the Adventurers Club?

Mike Dooley: Seven years ago I was starting over. Had wound down a family business and had no idea of how I would reinvent myself, but I knew then that the hows are to be left to the Universe. The end results I defined were loose and general: wealth and abundance, friends and laughter, health and harmony, international travel, creative fulfilling work. Once I was clear on this, I then began physically moving, day by day, in their direction. As I like to say, I began knocking on doors and turning over stones. These kind of actions are what put us in a place so that we can be reached by The Universe, so that we can be predisposed to life’s so called accidents, coincidences, and serendipities that will lead to stunning life changes.

Arizona Choices: What was your inspiration to start your Daily Note from the Universe program?

Mike Dooley: They evolved from all the doors I knocked on, one idea gradually following another idea. Their manifestation was effortless, and their affect on my life and the lives of my 150,000 readers has been humbling.

Arizona Choices: Do you still read your own Daily Note every day?

Mike Dooley: Oh yes, but since I know the punch lines in advance I think it’s not the same for me as for others.

Arizona Choices: *The Secret* tells us that we may have anything that we want. How do you feel about this?

Mike Dooley: It’s the truth... with one caveat: We can’t control other people. They have their own thoughts. Still, however, we can have great relationships with others. We just can’t manipulate them with our thoughts.

Arizona Choices: What about doing? Does *The Secret* really fall short about encouraging people to take action?

Mike Dooley: I don’t think so. I don’t think anyone would watch *The Secret*, and then think all they have to do to have the life of their dreams is visualize on the couch all day long! Taking action in the direction of our dreams is critical, and this was clearly implied, and often demonstrated, throughout *The Secret*.

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Arizona Choices: Is there anything that you feel *The Secret* left out?

Mike Dooley: Not for the 92 minutes they had!! An amazing amount of priceless information was packed into those 92 minutes, covering everything from relationships, to health, to finance, and much more. Of course, there are week long workshops now available in the marketplace by a variety of organizations on each of those individual topics, meaning there are a lot of nuances that can later be explored, but as an introductory program, I don't think *The Secret* could be any better than it is.

Arizona Choices: If you experienced for yourself that there are more universes than there are grains of sand on all the beaches in the world, would it still be important to you to fulfill your desires in this world, in this universe? Why or why not?

Mike Dooley: There are more universes than there are grains of sand, yet for the fact that you and I are here now, says a lot. Once we deal with what's on our plate in this moment, other options become available. Let's walk before we run.

Arizona Choices: Suppose you learned that being able to attract or manifest anything and everything you desire or need turned out to be a lot of trivial nothingness in the larger scope of things, and that for you to advance spiritually and gain real power you would have to give up any desire to attract or manifest anything at all, and that for you to truly grow you would have to give up even the desire to be in control of your own life, including your own body. Would you be able to do that? Why or why not?

Mike Dooley: That sounds like an Eastern religion! Suppose you learned that we are the eyes and the ears of the divine? That all things are possible through the thoughts we choose? That we are powerful beyond measure? That life is part of an eternal dance; a celebration of becoming? That everyone means well, salvation is assured for all, no one is judged except by themselves? That becoming who we most want to be, living the life we most want to live, controlling aspect our experiences, especially our happiness, was not only possible, but our greatest responsibility? If all these things were true, would you want to partake in the adventure called

life? In my view, that we are even here at all, means we chose "yes" a long, long, long time ago.

Arizona Choices: When you're not Mike Dooley, or anything else, what are you?

Mike Dooley: For now Mike Dooley has got my hands full!

Arizona Choices: Will you participate in the next *Secret* project? Do you have any hints as to what that will be about?

Mike Dooley: Only "The Universe" knows... If invited, I would be honored. But I can't worry about the hows of my happiness and the reach of my life's work, even while insisting upon end results that will please me. If I'm not in the next installation, and surely there will be one, there will undoubtedly be other, equally amazing adventures that await.

Mike Dooley's Bio

Mike Dooley's not a "career" teacher or speaker; instead, as a "life adventurer," he's successfully navigated both the corporate and entrepreneurial arenas. After living and working around the world for Price Waterhouse, in 1989 he co-founded *Totally Unique Thoughts* (TUT) to retail and wholesale its own line of inspirational gifts. From the ground up, TUT grew into a regional chain of stores, was carried by every major US department store, and reached consumers around the globe through distribution centers in Japan, Saudi Arabia and Switzerland, selling over 1,000,000 "Totally Unique T-shirts." In 2000 he transformed TUT into a web-based inspirational and philosophical Adventurers Club (www.tut.com), which now has over 60,000 members from over 169 countries. He's the author of a number of books, including three volumes of *Notes from the Universe* and the internationally acclaimed audio program, *Infinite Possibilities: The Art of Living Your Dreams*.

To sign up for the FREE Notes from the Universe visit: www.tut.com/AdventurersOath.htm

To join the Adventurers Club visit: www.tut.com/village/

For more information on Mike and all he's got to offer, visit: www.tut.com/siteindex.shtml

Zero Balancing : A Mind-body Work That Takes You Home

By Dorsett Edmunds

Zero balancing works at the level of bone and is based on the premise that we are innately well at our core, and the ability to live from this core well-being is dependent on the harmonious relationship of energy and structure.



Dorsett Edmunds

*What works reliably is to know the raw silk,
hold the uncut wood... Lao Tzu*

The words of Lao Tzu 2500 years ago capture the essence of Zero Balancing, a mind/ body work that is relatively new in the world of healing arts, but draws upon ancient principles of nature with often profound effects. Whether receiving a Zero Balancing (aka ‘ZB’) session or giving one, the feeling of

returning to one’s center, of feeling whole and at home, is common. When I received my first ZB eighteen years ago from Dr. Fritz Smith, the originator of Zero Balancing, after a recent thyroidectomy, I knew healing at a deeper level had occurred. Even more significant was the experience of wholeness and integration - as if I had been returned to myself. It was one of those indelible moments after which I experienced more integrity and authenticity in my work, my relationships and my life. I decided I had to learn Zero Balancing, ‘to know the raw silk, hold the uncut wood’ in my own hands.

Origins

Founded by Fritz Smith, an osteopathic medical doctor who studied Rolfing, and acupuncture in the 1970s, zero balancing grew out of his understanding that all beings are a combination of structure and energy. Smith developed a gentle therapeutic system that addresses both the energetic and structural components of the body at the same time, making Zero Balancing distinct from healing systems that focused on either structure or energy. A pioneer in the field of integrative medicine, Smith merged western anatomy with eastern concepts of energy and healing in a system that supported the body’s innate ability to balance through informed and skilled touch. Zero balancing works at the level of bone and is based on the premise that we are innately well at our core, and the ability to live from this core well-being is dependent on the harmonious relationship of energy and structure. The term Zero Balancing actually came from a client of Dr. Smith’s who reported after a session that she felt ‘balanced to zero’, indicating a state of inner harmony and peace with no negatives, no plusses.

According to Smith, illness, pain, and discord occur when we become out of step with our own vibratory fields contained by our body. The eminent physiologist and researcher in the human energetic system, Dr Valerie Hunt, validated this premise with research that demonstrated changes in a person's electromagnetic field preceded disease. By developing a technique that facilitated the natural alignment of the body's structure and energetic fields, Smith created a bodywork that is prophylactic with respect to disease, and promotes self-healing and the experience of well being.

The Technique

How do we access energy and structure at the same time, and how do we know that we are doing so? Eastern philosophy tells us about the various levels of energy flows in our body, the deepest being in the densest tissue of our body: bone. When touched at the level of bone, there is a clarity and quieting of the mind which is unmistakable. If we gently touch the sternum of a crying infant, or the shoulder of an excited pet, for 10-20 seconds the response is a clear, and often quieting effect. This is because we are touching both structure and energy at the same time.

Energy flows through bone and across joints where it can be accessed in the structure through touch. Joints that have to do with the transmission of forces rather than locomotion, such as the sacro-iliac joint, tarsal joints, intervertebral, costovertebral, and cranial joints are the body's foundation and semifoundation joints. They provide an easy access to both structure and energy at the same time. Because of the wide broadcast of influence of these joints, the effects of working here are more efficient, lasting, and often profound. By accessing structure and energy together at these key joints, blockages are often dispelled, and a sense of balance and natural reorganization of the whole body takes place. It is as if the wind (or energy) suddenly meets our sails (structure) in just the right way, and the sailboat moves through the water almost effortlessly. Holding the energy and the structure of the body with the right touch supports their natural harmonious and allows the body/mind to feel fully alive and present.

If you can balance something to neutral by holding it in its own space, without judgment or comparison, it will naturally move to its highest

possible potential.

So what is the right touch? How do we tack our sails into the wind just right, paying attention to the current as well, and allowing a positive shift to happen?

In Zero Balancing, or 'ZB,' we do this in two ways. First, we touch at interface with high regard... that is without judgment and with keen attention to the boundary between client and practitioner, to the place where my fingers end, and my client's structure and energy begin. We work at this 'interface' throughout the session. There is no exchange of energy either way, no blending, no streaming, no channeling. It is not necessary. We simply use our hands to help the client's energy—the resources of his or her core well being—actually be more available.

Secondly, we create fulcrums with our hands at key places described above, according to a general protocol. A fulcrum is a balance point, a point around which one can reorient, or reorganize oneself. Fulcrums introduce a clearer stronger force field into the body which helps dissipate or override weaker fields that are not serving the client. In ZB these fulcrums are created gently with our hands or fingers in ways that are determined by the anatomy of the area being addressed. Energy follows form, or structure. The fulcrum is held for a few seconds - without judgment or intention - until there is a non-verbal sign of a shift - maybe from the breath, or the eyes, or the tissue itself. This work requires our full and mindful attention each moment to the client.

Zero Balancing can stand alone as body/mind therapy, or it can complement many other therapies, be they structural or energetic in emphasis. All practitioners are required to have a license to touch before certifying in Zero Balancing, a process that requires a period of study and practice, working with a mentor, and usually takes one to two years to complete.

Each session takes about 30-40 minutes and the client is fully clothed, while the practitioner evaluates, and offers fulcrums as needed. By supporting the natural balance and healing process of the body and focusing on aligning our structural and energetic anatomy, ZB has become a valuable tool for relieving the symptoms of stress, musculo-skeletal tension, for reducing physical and emotional pain, facilitating transitions in one's life, and overall enhancing wellness and self-actualization. Essentially, by holding our clients in high

regard at the level of bone, where the deep currents of well energy flow, one's true and good nature is experienced and restored. "What works reliably is to know the raw silk, hold the uncut wood."

Resources:

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Further reading about Zero Balancing and information on local and national classes and practitioners can be found on the website: www.zerobalancing.com or by contacting the author, Dorsett Edmunds, at dorsette@gmail.com

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.

Please see Dorsett's directory listing on page 22.



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Three Great Reasons for Optimism about Our Future

by George Catlin, Ph.D.

We are in a difficult transition right now from one age to the next. The forces of light and progress are making an unprecedented impact on civilization while the tendencies toward fear and separation are making a last ditch stand against what is ultimately inevitable. Thus we see the great movement toward real spiritual progress breaking down outworn religious structures and bringing a new demand for honesty and justice in the political arena. At the same time those who cling to the old ways are doing whatever they can to advance their actual desire for a world dominated by a few rich and powerful people at the expense of the freedom of the rest of humanity.

So that is the current state of affairs. Why be optimistic today?

1) We are about to witness the emergence into public life of a group of fully enlightened individuals whose

only purpose is to serve human liberation. They will call to what is best in all of us, and we will build a truly new civilization. This is not some idealistic pipe dream, but an event planned since 1875 and already unfolding before us. The Teachers are our elder brothers, those who have gone ahead of us on the spiritual path and thus know the terrain. They are what every one of us will one day become: selfless embodiments of God's will, love and light. They are here, now, gradually making their approach to our deeply skeptical, materialistic world. They will not be deterred in their mission which is nothing less than the restoration of the Plan of Light on Earth.

2) The heart of humanity is sound, open and loving. We may see ourselves as not fully dedicated to the kinds of changes the world so desperately needs, but that is because no one has ever really presented the possibility of real change. The Teachers will do just this, and they have no doubt that the vast majority of humanity will say "yes" to a world in which all are free to enjoy the bounty of this planet, where all are free to truly love one another and build a society where no one has to do without the bear necessities of life. This is our future and we will create it.

3) No one can imagine the power and love of creation itself, but that power, which we might call the will of God, is now directed solely toward the re-creation of our global society. This unlimited force is at the disposal of all who seek to positively transform our world. Of course we have free will and can always choose where to direct our energies, but as we give ourselves to the betterment of life for all people, the love and power of creation itself will express in us.

All this is true. How do I know it? Thirty years of experience with the teachings and the Teachers. Don't you know it too?

Dr. Catlin, author of The Way to Happiness, lectures across the country and is available for interviews by phone from his home in Los Angeles. For scheduling, contact Cher Gilmore at 818-706-8976. For more information, visit www.TheTeachings.org.

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The Cosmic Clock

For August and September '07

by Paul Reeder

This issue we are taking a different approach. Rather than try to decide which transits are included and which are left out due to space considerations, we will only cover the most important mutual aspect transits, and use the remaining space to cover some general principles.

Retrograde Motion

Retrograde motion is a good place to begin. After the last issue, I received a few calls, several e-mails, and had countless face to face encounters with questions about retrograde motion, where a planet appears to move backwards against the heavenly backdrop of stars.

Of course, planets in their real motion never go backwards. However, there are two ways planets appear to move backwards, the way of Venus and Mercury, planets that are closer to the Sun than is the Earth, and the way of the planets from Mars outwards, the planets that are further from the Sun than is the Earth.

From here on Earth, we witness Mercury and Venus go all the way around the Sun and the Zodiac every year – Venus twice and Mercury three times. While Mercury and Venus are on the far side of the Sun as seen from Earth, their orbital motion is in the same direction relative to the zodiac as is the Sun's motion. That is direct motion. When they come around to the near side of the Sun, their forward motion is now moving backwards relative to the zodiac of signs. This is retrograde motion for the inner planets. Mercury goes retrograde 3 times each year. Venus, in contrast, due to the rhythms of Earth and Venus, only goes retrograde every other year, about every 18 months give or take.

The outer planets go retrograde for different reasons. Whenever the Earth moving forward faster relative to the Sun, is on the same side of the sun as are the outer planets, then those outer planets are in retrograde motion. This is similar to passing a car on the highway. Both cars are moving forward. However, out of the corner of your eye, the slower car seems to be going backwards against the background scenery.

The outer planets, with the exception of Mars, spend almost half of each year retrograde. Retrograde motion itself is not such a big change. Rather it is the timing and location of the stations, the times and places in the sky where the outer planets change direction, that are significant.

When a planet goes retrograde, that change of motion brings its archetype and the things in our life it “rules”, measures, or represents, to the foreground of

our awareness. This is especially so for Mercury and Venus. Whether that is a good thing or not depends on how we are handling those affairs, and how open and flexible we can be when the energy flows change. It is pure superstition to simply declare that retrogrades are bad. Not to mention, its wrong.

There is a shift in energy flows and we must adjust to this shift to make the best of these times, but retrograde is often exaggerated beyond its real significance by folks who just love the drama of it all. The real shift can be felt in balance (proportion of yin and yang) and sequence (order of use – look before leap or leap before look?) of yin and yang flows. Meaning, in direct motion nature favors externalizing self-expressive flows – yang, outward bound, self expressive energies. In retrograde motion, nature favors internalizing and receptive flows. In retrograde motion nature slows down a bit. Forward progress is often a byproduct, the result of internal effort, or tying up loose ends from the past, revisiting and resolving attachments that, left in place, would inhibit, limit, or spoil forward progress.

If we consistently have difficulties with retrograde motions, this may be a clue that one lacks the skills needed to handle the internal world. Perhaps it is just too busy, the internal world, filled with unresolved emotions. Maybe we are simply addicted to the stimulation of the external world and neglect our inner life. It is our responsibility to learn to use retrograde motion with skill.

Last month, on the 27th, Venus went retrograde at 2° Virgo 57'. On September 8th Venus will go direct at 16° Leo 35'. Her total retrograde motion will have been just over 16°. For this period, about 6 weeks, the concerns of Venus come into prominence. Agriculture, trade, and money among Her first concerns, luxury, sharing comforts and pleasures, friendship, love and intimacy, the arts, negotiation and conflict resolution, certain aspects of healing, especially women's mysteries and counseling help round out the picture of Venus' rulerships. Retrogrades can bring things from the past into the present for further action and resolution. Sometimes our forward progress in life is blocked by habits or other pattern behaviors that are connected to a particular episode in our past or string of episodes. During a retrograde period, by going back in time, so to speak, and resolving our past, we make future efforts for progress more fruitful than they otherwise could be. We need retrogrades. We need retrogrades very much.

Every year, Venus pulled along by the Sun's motion, makes a complete circuit of our chart, spending an av-

erage one month in each sign and house. Every other year, Venus slows down considerably, then turns retrograde. Most years, in less than a month, Venus passes through the 16°+ space of the sky where she retrogrades this year. This year She spends more than 3 and a half months, from June 23rd, until October 11th, within that 16°+ part of your chart. The last time anything similar occurred was 8 years ago, when Venus went retrograde in about the same place in the sky as this year. Whatever house that is in your chart will be emphasized along the affairs of Venus.

Transit Highlights

This 2 month period is a good period for mixing general theory real timing as there are relatively few major mutual aspects occurring. Early in August, on the 6th, Jupiter turns direct, ending its retrograde motion since the first week of April. Jupiter's expansive and hopeful energies will be more apparent from August 6th on. For most of us this will be a good omen.

With Venus in retrograde and Mars still direct, they will square one another the next day on August 7th. Passions run high! This transit is fabulous as long as individual interests and shared interests are in balance and harmony. Such yummy fertile creative energies to share in work and play. However, let any individual's self-interest fall out of balance and harmony with shared interests and this can become a stormy day!!!

August 15th, 16th and 17th are an interesting few days as both Mercury, in direct motion, and Venus, in retrograde motion, are conjunct the Sun and each other between 23° and 25° Leo. Mercury will be in the superior conjunction while Venus is in the inferior conjunction. A planet making an inferior conjunction has more energy, is moving faster, than the same planet making a superior conjunction.

August 24th - 28th Mercury moving from 11° to 18° Virgo completes a grand cross by adding its energy to a T-square with Mars in Gemini, opposing Jupiter in Sagittarius which in turn squares Uranus in Pisces. Moving from exactly opposite Jupiter on August 23rd to exactly square Uranus on September 3rd, Mars marks the period of greatest tension. These days and the sequence of events that transpire this last week in August are a precursor, a set-up, for the Sun's upcoming passage through these same degrees and solar eclipse at 18° Virgo on September 11th, but I am getting ahead of myself.

A lunar eclipse full moon blesses us on August 28th at 3:36 AM MST. Taken as a whole the lunar eclipse comes with few difficult aspects and is likely to represent an opportunity gain benefits from past efforts and to avoid or minimize difficulties to come (by negotiation) in September.

In September, the pace of events picks up speed and momentum. Saturn leaves Leo, where He has been since

July of 2005, and enters Virgo, where He will do His work for the next 2+ years. This will be a bit of a relief for those with lots of fixed planets in their charts and an introduction to the next 2+ years of 'self-improvement' to those with lots of mutable planets.

On September 3rd, while Mars finishes with Uranus, the Sun begins its square to Jupiter beginning the solar follow through to what Mercury and Mars started a couple of weeks ago. Between now and September 11th the energies are volatile. If communications and negotiations over the past few weeks have been productive, this could be the starting point for new inventive solutions that could revolutionize our world in both wonderful and terrible ways. If those talks have not been productive, then this will be a dangerous time. Even Mother Nature may participate with Earthquakes, Tsunamis if at sea, or big storms – hurricanes, typhoons, and tornadoes – would be appropriate releases for excess energies, energies that cannot be channeled into creative expression.

Pluto, which has been retrograde since the end of March goes direct on September 7th and so, re-emerges from the inner world to the outer world of action. This is so significant as this station to direct is lined up to the Galactic Center (a position related to the collective psyche) pretty closely, and Pluto's forward motion from here will cross this point for the final time in this orbit (245 years) this fall.

September 8th Venus returns to direct motion, and although it will take until October 11th for Her to make up all her lost ground, we will sense an immediate surfacing for sunlight and clear air after a long time submerged in the past and its emotional wake.

Our semi-annual solar eclipse comes September 11 just before sunrise in Tucson. 9/11 being what it is aside, this solar eclipse involves Sun square Mars, opposite Uranus, square Jupiter and Pluto widely, but very tight square their midpoint. In short this eclipse sets into motion an entirely new set of circumstances, a new project if you will, that will run 6 months in the short view, and echo with transits for another year or so to follow. Things are likely to get nasty on the world stage, but what else is new?

Never mind that if you can and keep up the quiet revolution in your own backyard. Sun completes this phase of challenging aspects September 19th by squaring Pluto, and Mars does the same thing on the 21st by opposing Pluto. Finally on the 23rd comes the Autumnal Equinox and the Sun's passage into Libra. Can we find some peace and harmony now?

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

Dancing on the Path

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

★**Saturday, August 25th, 9-10:00 AM, House of Cadeo Presents:** Terry Cole-Whittaker, Spiritual Leader & Author of "Dare to Be Great." Join us for Service, & Stay for the Ultimate Prosperity Workshop, 11:30-2:30 pm, Find your life's purpose and Learn to prosper while living it. Workshop Admission Charge. Held at: Unity Church of Tucson, 3617 N. Camino Blanco, Tucson. More Information: Rachel Bishop, 270-0409, or houseofcadeo@comcast.net

★**Drum Circle Saturday, August 25th, 7:00 - 10:00 p.m.** Please join us in celebrating the rhythm of life! All skill levels welcome. Extra instruments will be available, or bring your own drum and/or hand percussion instruments. Suggested donation: \$5. More Information: (Please call to give us a heads-up if you plan to come.) 326-7700.

★**Tuesday, September 4th, 7 pm to midnight, Celebrating Janmastami**, our biggest festival of the year. Experience Ancient India at Govinda's. The festival will feature continuous Bhajans, a Drama, a Puppetshow, Indian dance, and a Kids area. A vegetarian feast will be served from 7 pm onwards. Govinda's Natural Foods Buffet is located on 711 E. Blackledge Drive, Tucson. More information: 792-0630.

★**Friday, September 7th, 7-9:30 PM, The Peaceful Warrior**, watch the movie, followed by a discussion. Your Cost: One can of food for the Food Bank or a love donation. Community Church For Positive Living, 4641 N. 1st Ave., S. 3, 1 block South of River Rd., More Information: 219-1653.

★**Wednesday, September 12th, 7:30pm – Alternative Rosh Hashanah Service.** Start off the Jewish New Year in with a celebratory and healing service. All are welcome, Egalitarian. Rabbi Menashe Bovit of Makom Simcha/A Place of Joy. NW Tucson's Alternative Jewish Congregation, held at the North West YMCA, 7770 N. Shannon Road, Tucson. More information: 866-528-9253 (toll free).

★**Early October- At Ringing Rocks in Sedona, AZ. Friday, October 5th, 7:30PM.** Rhythm & Sound: The Secret Dance of the Soul. Learn the secret art of rhythm and sound through ancestral portals of libation pouring from the indigenous Ga people of West Africa, mindful drumming and prayerful body movements. Join Aeshah and Kokomon Clotney for an experiential gathering of mindful drumming, body prayer and deep inner work. More Information: Steven DeNorscia, sdenorscia@ringingrocks.org www.ringingrocks.org, 1(800)213-6550

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★**Thunderhorse Healing Arts Offerings:** ***Reiki for People and Animals: Level I Certification for Adults and Children and Attunements for Animals, second Saturday in August and September (Level II by request). ***Basic Workshop in Emotional Freedom Techniques, third Saturday in August and September. ***Basic Workshop in Holistic Animal Communication & Healing, fourth Saturday In August and September. ***The Devastation of Humanity and Planet Earth: Healing for Warriors, last Saturday in September. All at Mountain Thunder Ranch, Elgin, AZ (45-60 minutes south of Tucson). More information: 400-3421, or judy@thunderhorsehealingarts.com, or www.thunderhorsehealingarts.com.

★**The Sacred Lotus Acupuncture and Wellness Clinic** offers its weekly Donation Only Community Clinic every Tuesday from 2 to 6 p.m. The suggested donation for the community clinic is \$20, and clinic proceeds—minus the cost of supplies—are donated to area non-profits. The Clinic plans to offer the Community Clinic from September 25 – December 31, 2007. Appointments are required. More information: 406-1534, or <http://www.sacredlotusclinic.com>.

★**Violet Voyage every Tuesday with Rainbow Didge** - 7:30-9:30 PM (Day's Inn Crystal Bowl Room, 222 S. Freeway, Tucson.) Experience a profound, meditational sonic environment (dedicated to the Goddess in all). Allen Smith on didgeridoo, Audrey Putrament on flutes/crystal bowls and Jeremy Johnson with the Violet Crystal Resonator. Admission Charge. More Information: Allen Smith, 743-7339, or email: asmith@theriver.com.

★**Laughter/Meditation/Healing Circle every Wednesday**, 7-8 PM, Community Church For Positive Living, 4641 N. 1st Ave., Suite 3, 1 block South of River Rd., More Information: 219-1653.

★**Wednesdays, August 8th, August 22nd, and September 26th**, 7:30 PM an evening of Chavurah- Song, Kabbalah, & Chasidic Stories, with Rabbi Menashe Bovit of Makom Simcha/Place of Joy. NW Tucson's Alternative Jewish Congregation, held at the North West YMCA, 7770 N. Shannon Road, Tucson. Suggested Donation \$10. + bring a dairy or vegan snack. More Information: 866-528-9253 (toll free).

★**Wednesdays, August 15th, & September 19th**, 6:30 – 9 PM – Channeling Jesus & his Metaphysical Teachings. He's returned. Were you expecting bells and whistles? Love Donation. Rev. Pamela Wangler, Medium, at the Stairway of Light, 2447 North Los Altos, Tucson. More Information: 622-6163.



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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.

synthesis are held weekly for those who wish to learn to read astrology charts.

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

See Paul's column on page 14

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

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

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ultimate in Biofeedback Technology. It feeds back corrective, balancing subtle energies to your body.

“The day after my session 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.

See Phyllis Winslow’s article on page 13

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

Phyllis Winslow

Floataion Therapy



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

R.E.S.T. is proven to decrease stress, release endorphins, relieve pain, speed healing, enhance immunity and diminish depression. As well, floataion therapy balances brain hemispheres causing alpha and theta states that amplify creativity and insight. Gift certificates available and Visa/MasterCard accepted.

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

Still Waters

Health Foods



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

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

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

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

Aqua Vita

Health Foods

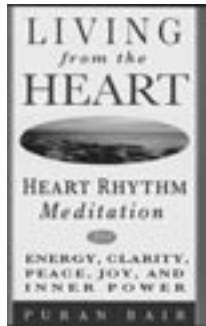


Govinda's Natural Foods Buffet – Serving the Tucson community since 1992, with the finest, healthy, lovingly made vegetarian foods. Nested in a resort like atmosphere with gardens, waterfalls and complete with peacocks, Govinda's peaceful setting radiates tranquility for the body, mind and soul. Conscious cuisine in a relaxed setting, what a combination! Our healthy menu is great for your heart and gentle on your wallet. Open for Lunch & Dinner, Tuesday through Saturday, and for Sunday Brunch. Tuesday is "India Night" and Thursday is "Vegan Day."

Every Sunday night at 5:30 PM, join us for an evening of chanting, spiritual discourse and music, followed by an 8 course vegetarian meal. (It's only a \$3.00 donation for the dinner.) Meditations, kirtan and classes on the Vedas each morning at 7:30 AM. Join us for a sunrise Bhakti Yoga experience. Breakfast follows, and it's FREE! Also, be sure to visit our wonderful Gift Shop.

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

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

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

IAM Metaphysical, New Thought Church

Share the joy and laughter as we Celebrate Spirit Together! We teach the philosophies of Ernest Holmes and New Thought as a springboard to the magnificence of the Spiritual Realm. All are invited to join in the adventure of an upbeat, practical message and fun music. Our Sunday Celebrations are from 10 - 11 AM during August, then at 10:30 - 11:30 AM beginning September 2, at the Windmill Inn, 4250 N. Campbell Ave. The meeting is followed by coffee, conversation, and great vibes! On Wednesdays, 7-8 PM, our Laughter/Meditation/

Healing Circle meets at our offices, 4641 N. 1st Ave., S. 3, 1 block south of River Rd. Call or Email for upcoming classes and Joyshops! Email: info@church-for-positive-living.com. Info line: 219-1653

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4641 N. 1st Ave., Suite 3 and 4
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520-444-4766
info@church-for-positive-living.com

Community Church For Positive Living

Metaphysical Spiritualist Chapel



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

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

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

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

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

Chapel of Light

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

Mindful Design/Build



DesignBuild Collaborative

DesignBuild Collaborative is a passionate group of architects and builders who are committed to creating mindful environments that reflect the native beauty, climate, geological environment and culture of the Southwest. Through a thoughtful integration of locally occurring native materials, including rammed earth, adobe, scoria, native stone, masonry, oxidized steel, weathered concrete and timber, and an award winning design expertise in sustainable water and energy technologies, DBC is committed to the creation of meaningful built environments intended to nurture and

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DesignBuild Collaborative
1202 East Broadway Blvd, Studio 110
Tucson, AZ 520.792.0873
pweiner@dbcarchitectbuilder.com
www.dbcarchitectbuilder.com

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or the 'sambhogakaya' in the Tibetan Buddhist tradition, in which blissful ecstasy is frequently experienced, as well as visions, out of body experiences, and a sense of connection with All That Is
See our display ad on page 13

Center for Psychophotonics of Tucson
Tibetan Meditation Center of Tucson
1038 E. Lester St.
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(520) 829-7013
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urveda, Board of Holistic Medicine. Details & Calendar: www.treeoflife.nu.
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Tree of Life Rejuvenation Center
Patagonia, Arizona, U.S.A.
Toll-free, 866-394-2520.
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Tree of Life

Sacred Healing



Sandy Phocas

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A former psychiatrist, Sandra Phocas left Western medicine after 10 years of practice to pursue a more holistic, shamanic approach to healing. She offers private sessions to individuals, couples and small groups, as well as public workshops. Please visit the website or call for a free phone consultation.

Sandra Phocas
Sacred Healing, LLC
520-705-1144
www.experienceSacredHealing.com
info@experienceSacredHealing.com

Trance Channeler



Bruce Silvey

Are you struggling with life's daily problems, or seeking answers to personal dilemmas? A Trance-Channeler may help you to more clearly access the knowledge of your higher self, as well as your own spiritual guides, to enable you to accomplish your goals. The beings that are channeled through my body, call themselves, "The Group." They communicate with your guides, and use their own unique vantage point, to provide you with the knowledge that you need to make informed decisions.

I am a trained Trance-Channel with over 17 year's experience. I have been

operating my own Spiritual & Health businesses, for over 35 years, and have been blessed with a broad range of experience. The combination of my own personal experience along with "The Group" is enabling me to make a positive difference in my client's lives.

An audio CD of the channeling is provided. Telephone consultations are available. Please call or e-mail me to discuss how I may assist you.

Bruce Silvey
520-744-6603
bruce@pepthoughts.com

Transpersonal Counseling



John Freedom

There come times when we may feel confused, hurting, 'stuck' or unclear. As a transpersonal counselor, I specialize in helping individuals and couples resolve issues of all kinds, and achieve greater success, happiness and inner peace. I am skilled in compassionate listening, guided imagery, reflective inquiry and tapping to achieve high-level wellness. I have found Energy Medicine and EFT particularly effective in clearing body memories and 'issues in our tissues.' My background includes studies in Tibetan Buddhism, A Course In Miracles, and the Work of Byron Katie. I teach semi-

nars in EFT all over the US and in Europe, and lead groups in Tucson. "I am here only to be truly helpful."

"I wish we had 100 John Freedoms teaching EFT!" Gary Craig, EFT Founder.

Join me every Thursday, 7-9 PM, at a NW Tucson location, for an ongoing EFT workshop. Call for details and registration.

John Freedom, EFT-CC
Graduate, School for The Work of Byron Katie
Integrated Body/Mind Therapies
520-241-5124

Whole Life Healing



The House of Ca' Deo

We are a non-profit organization that offers Classes, Workshops and events that support Spiritual Growth and the opportunity to greater understand our oneness with Life... Join us for Power Talks, the Principles of Financial Freedom (8 week series), Group Healing Services, Book study groups, and Speaker Groups. We have one on one Prayer support/ Mentorship as well as the support for the body with Physical Modality Practitioners, Reiki, EMDR, CranioSacral, Massage... all offerings are sure to reveal our true Wholeness... For more information

or Prayer support Call Rachel Bishop at (520) 270-0409, Founder, Licensed Spiritual Practitioner and Mentor. You can also email her at houseofcadeo@comcast.net for current and upcoming events.

Transformation begins within.

The House of Ca' Deo
Rachel Bishop, Founder
(520) 270-0409
houseofcadeo@comcast.net

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 greater capacity to manage difficult

transitions in life and live more fully. Dorsett Edmunds is a licensed physical therapist who has been practicing Zero Balancing for more than 17 years and teaching it for 10 years in the southwest and northwest. Her goal as a teacher and as a clinician is to empower the self-healing process and awareness in her clients and her students so that they can live and practice from their own core well-being. **See Dorsett's article on page 9.**

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

Directory Index

A

Advanced Energy Therapeutics 17
Alternative Health 17
Astrology 17

B

Beyond Talk Therapy 18
Breast Cancer Screening 18

C

Chiropractic Neurology 18
Chiropractor 18, 19

E

Energy Healing/EFT 19

F

Floataction Therapy 19

H

Health Foods 19, 20
Heart Rhythm Meditation 20

M

Metaphysical, New Thought Church 20
Metaphysical Spiritualist Chapel 20
Mindful Design/Build 21

P

Psychophotonics 21

R

Rejuvenation Center 21

S

Sacred Healing 21

T

Trance Channeler 22
Transpersonal Counseling 22

W

Whole Life Healing 22

Z

Zero Balancing 22

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A TRANCE-CHANNELER may help you to more clearly access the knowledge of your higher self, as well as your own spiritual guides. The beings that are channeled through my body, call themselves, "The Group." They communicate with your guides, and use their own unique vantage point, to provide you with the knowledge that you need to make informed decisions. Telephone consultations are available. An audio CD of the channeling is provided. Please call or e-mail me to discuss how I may assist you. **Bruce Silvey***520-744 6603***bruce@pepthoughts.com**

ZERO BALANCING

DORSETT EDMUNDS Zero Balancing is a unique hands-on bodywork system that aligns the energy body with the physical body by working gently and subtly with the bones and key joints in the body. **2612 E. Drachman St. 326-5221 dorsette@gmail.com**

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more than
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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

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care for
your family.

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