

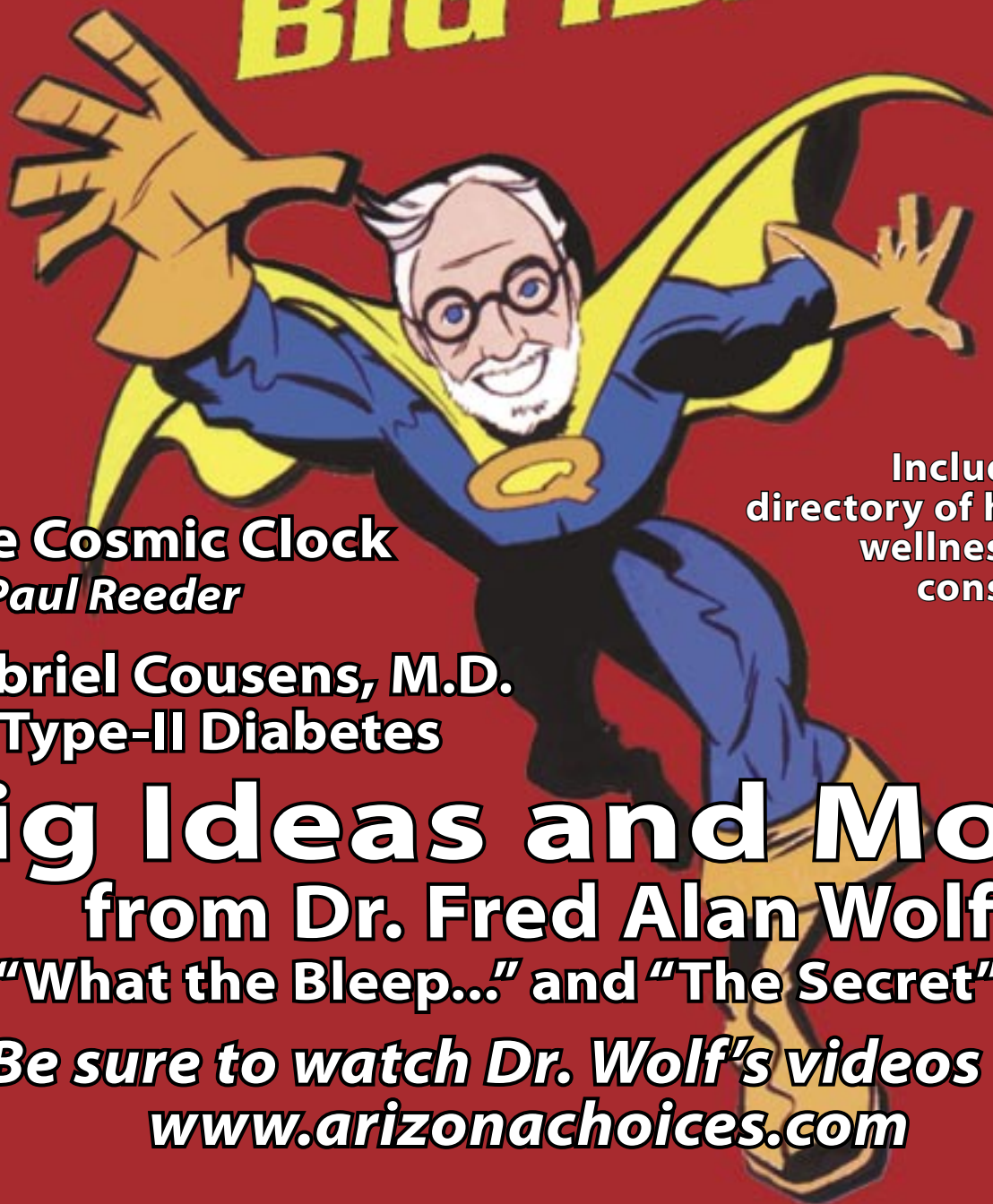


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Health, Wellness & Conscious Living

BIG IDEAS



The Cosmic Clock
by Paul Reeder

Gabriel Cousens, M.D.
on Type-II Diabetes

Including a
directory of health
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Big Ideas and More!

from Dr. Fred Alan Wolf
of "What the Bleep..." and "The Secret" fame

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“Qwiff” is a term I coined for the quantum wave function. It’s a wave that contains the potential for anything physical to appear. It’s abstract and unobservable, but when it “pops,” the physical world manifests.

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Although many people have a genetic susceptibility to Type-2 diabetes, the true causes (which activate the genetic potential physiology of diabetes) lie in a personal and world lifestyle and diet that pulls the trigger on the diabetes gun.

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

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

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Thanks for the permission to use the excerpts, photos and artwork to: Moment Point Press, PO Box 920287, Needham, MA 02492 www.momentpoint.com, 781-449-9398. Special thanks to Susan Ray at Moment Point Press, for all her help; and thank you of course, to Dr. Wolf too. Be sure to visit: www.fredalanwolf.com, for more great information and fun.

Big Ideas

Continuing with our Secret/What the Bleep content, in the issue that you hold in your hand, you will find carefully chosen and arranged excerpts from three books by Dr. Fred Alan Wolf, Ph.D. As Dr. Wolf has written himself, in the introduction to his Dr. Quantum’s Little Book of BIG IDEAS, “I hope you will ponder them, enjoy them, maybe even laugh. They aren’t necessarily there to “teach” you anything (although I hope you learn a bit about yourself and the universe) but rather to help you let go of any tight bonds you have created to what you believe is the only reality. You will begin to see that the universe, including you, is far greater than any of us can imagine and that you are a remarkable being—simply because over the last one million or so years of evolution, God has chosen you to appear on the scene!” My hope is that you too will value Dr. Wolf’s words and ideas, as much as I do.

As a person who lives with Diabetes, I have been told by many physicians that Diabetes is an incurable disease. Gabriel Cousens, M.D. of the Tree of Life Rejuvenation Center in Patagonia, Arizona has authored a book that disputes that. He not only disputes that Diabetes is incurable, but he has devised a program to cure it! Arizona Choices is proud to co-sponsor “a transformational presentation on live food, the culture of life, and its ability to reverse Diabetes in as little as 21 days”. Be with us on March 16th, from 2 – 4:30pm in the Graham Room of the Tucson Convention Center, and you too may be able to cure the incurable. Included with the presentation, is a FREE copy of this dynamic book, all for a low \$22. See our back cover for all the details, and read an excerpt from the book on Page 12.

Paul Reeder fills us in on all the Astrological logic we need to know about for the next two months. Get the latest scoop on all the planetary retrogrades, so you too can stay ahead of all that is going in the opposite direction. Does that make any sense? Anyway, just enjoy! **Bruce Silvey** bruce@arizonachoice.com

The Spiritual Universe

By Dr. Fred Alan Wolf, Ph.D.

“What do we mean by the *soul*? This word, which often enters our lives with such deeply implied meaning, remains a mystery when we attempt to define it.”



Fred Alan Wolf, Ph.D.

WHAT DO WE MEAN by the *soul*? This word, which often enters our lives with such deeply implied meaning, remains a mystery when we attempt to define it. Solving this mystery is the goal of this book! However, while few of us doubt we live in a physical universe, we rarely stop to think we also live in a spiritual universe. How does spirit exist in this universe? Does it fill a volume of space? Does it persist through time? What is this spirit? Is it the same as the soul? Can science help to define spirit and soul?

To answer these questions and many more we shall be asking, we need to go back in time and set a foundation for inquiry. In part 1 we do just that. We look at many soulful questions as we ponder our spiritual existence. It helps to know that ancient minds, possibly wiser minds, and deep-thinking minds from the dawn of early Greek civilization attempted to define the soul, the self, the spirit, and their relationship with the physical universe. However, as we shall see, a problem arises as we attempt to follow our Greek forebears in their defining efforts: namely, we may be answering the wrong questions! So let us see how we came to consider the biggest mystery facing all of us—the mortality of individual life and the survival of something so mysterious and yet so much felt by each of us.

Some Soulful but Wrong Questions

My Moon is in Uranus.

My future's lookin' spotty

When I went into a trance,

My soul left me for another body.

—“New Age Blues,” lyrics by Ray De Sylvester, Scott Savage, Bil Thorne, and Chris West; music by Elfheim

This is not an easy book for a scientist to write. I feel conflicts arising in me as I attempt to put my thoughts into words. These conflicts occur because I should know better than even to attempt to write about the mystery we call the soul. I should know better because I have been trained in that objective information-base of the world called physics—the acknowledged king of the sciences. Unfortunately, this king, unlike Old King Cole, seemingly has no room for any soul, merry, old, or not.

I'm not the first nor the only physicist-philosopher to speculate about the issue of the soul's existence and its seemingly precarious, mysterious, and subtle relationship with the energy and matter of our bodies. As we shall see, Aristotle and Plato also worried about its

existence. Aristotle saw the soul as a subtle substance, one that would vanish when the body vanished in much the same way that the sharpness of a knife will vanish when it is melted down in a furnace. Plato, sharing a somewhat similar view—after all, he was Aristotle’s mentor—also saw the soul as a substance, but as a non-physical one, which was eternal, idea-like, and capable of existing beyond the body.

Where does modern science and technology stand in this debate? Can today’s physics and computer technology provide us with the hope of eternal life? Set aside these questions for the moment and consider how answers to them might change our lifestyles.

Have We Lost Our Souls to Modern Technological Life?

We live the good life. Yes, indeed. We are better fed, more protected, and bathed in the light and luxury of countless new technical achievements springing up every day, at least in the Western world. In the so-called Third World countries, the good life of material wealth may be absent, but if all goes as planned by ideal altruistic ruling and governing forces, soon the whole world will enjoy Western-like material wealth.

Many Westerners feel we are approaching utopia:

living longer and, perhaps with the aid of science and technology, enjoying more fruitful lives. The subject of life-extension through cryogenic storage (literally freezing the dead) until science reaches the understanding and technology to resurrect the dead is becoming more popular. Although modern medicine promises us longer life and even the prospect of living forever as perhaps programs in a computer or as cryogenically frozen heads, I think few of us take heart from this. Consider the following: Upon resurrection, just what or who would be resurrected?

As we live longer, we face untold population growth reaching into ten billion by mid twenty-first century. Do we have enough material wealth and scientific know-how to support all of these souls? Or should we reconsider whether people are souls at all and, if they are not, should they be subject to the same laws as other plant and animal population controls? In other words, should population control be the right of people everywhere?

This leads us to reconsider what we mean by life and death and what we could mean scientifically by the soul. In the West the question of death is hardly ever considered. Except for immediate and personal tragedy, we see no signs of it anywhere, except for the make-believe body count we watch on TV cop shows



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Deposit: \$500 required with application to hold reservation. (Balance due by March 1, 2008)

Lodging and Meals: Residential Program: \$460.00 (+tax)-double occupancy. Includes 5 nights lodging and three meals per day. (Single Occupancy \$600 plus tax) Meal Only Option: \$160.00 (five days)

Training is conducted by Dr. Linda Backman, Licensed Psychologist and Regression Therapist with over 30 years of experience.

Dr. Backman’s new book on the Soul will be published by Llewellyn WorldWide Publishers in 2008.

For additional information and registration materials please visit www.ravenheartcenter.com or www.lblrn.org. You may also contact Dr. Earl Backman at ebackman@earthlink.net.

and the like and perhaps an occasional news broadcast describing an auto fatality or an assassination of a political figure. Most of us seem to feel we will live forever. Of course many intelligent, sensitive individuals see through this charade.

Beyond the abortion issues, population growth, and frozen dead-heads, there are other darker shadows in the bright light of the setting Western sun and foul-smelling scents in the chilly dusk wind that howls in the future. Our Western approach to life seems to be leading to an ever-growing “cool” isolation—this insularity results in many people finding themselves only able to communicate with the world from behind computer screens or within the confines of an office. We are growing apart from each other, and this lack of communion is taking its toll.

Choking Smokers, Don't You Know the Joker Laughs at You?

Our failure to communicate has a funny side to the chill. My recent trip to New Orleans brought this realization to me. There was a surprisingly cool crispness in the air as my wife and I enjoyed Halloween night in the normally balmy Big Easy. The French Quarter was chock-a-block with the usual ghosts and goblins, but there was something else present—something I would call sinister and funny at the same time.

Many walked Bourbon Street dressed in skull masks. I felt a giddy laughter bubbling inside of me because it appeared that no one was taking death seriously that night. I especially found it amusing to see these walking skull-heads blowing cigarette smoke out of their lipless, toothy, grinning mouths.

I felt as if death was present, from the time I arrived in the French Quarter until the moment I left. That made me wonder: Have we in our growing isolation allowed our souls to slip from our grasps as easily as the smoking skulls let loose their clouds of burning tobacco? Is our soul-loss due to our present day isolation?

Machines are of no help in this question. They do what we find to be drudgery. Yet, in ancient days there was wisdom to be gained in the old dictum of Buddhist life—*chop wood, carry water, clean your rice bowl*. Our modern life seems to have made that old dictum vanish into the pages of ancient history. We use machines to chop our wood, to pipe water into our homes, and to wash our rice bowls. Or we go to restaurants where we order from a mechanically smiling waitperson, who, having taken a course in operant-conditioning,

responds with a heartless, “Hi, I’m Brian, and I will be serving you this evening. Our specials are. . .”

We need only look around us to become disheartened. People become machines to survive at their jobs. We are ever building labor-saving devices to make life easier for us as we sit in the lap of stupor having nothing better to do with our time than watch *Roseanne* on the boob tube.

The modern world appears to be run by every different kind of machine imaginable. These machines are becoming more and more complex as modern computers grow tinier and tinier. We even see these devices, products of ingenious human thinking, gradually replacing the humans who designed them!

With this growing mechanical disillusionment, something else gnaws at us. Are we *all* soon to be replaced by machines? Artificially intelligent though they be, they’re mechanical soulless entities, aren’t they? Metaphorically speaking in the hidden-meaning names of rock musical groups from the sixties, our machines and our life styles seem to be leading us to a twenty-first century bleak landscape of modern heavy metal, concrete covered pathways leading to The Grateful Dead, and lifeless non-floating Led Zeppelins. Today we are facing the notion that we are again a lost generation: a world without soul.

Are we indeed in danger of losing our souls only to be replaced by modern artificial intelligent conveniences? Some scientists¹ believe our souls are nothing but artificial intelligence devices—sophisticated wetware computer programs— nothing more and nothing less. Other scientists believe we will find our souls in the minuscule interactions of atoms and molecules that ultimately fuel the activity of human biological functioning. And to other scientists, possibly like myself, the soul remains a very big mystery not to be confined to the folds of flesh we call our human bodies. Yet, at the same time, is it necessary that it should be found there? Is there someplace else should we look?

Indeed how should I, as a scientist, look for scientific proof of the soul? My physics knowledge is both a gift and a curse insofar as it is needed to define the spiritual



universe and its agent, the soul. The gift is that I see, *objectively*, how much of the physical universe works. That perspective gives me a certain peace of mind that the universe is not an accident and that human life is meaningful and purposeful. The curse is that when it comes to seeing essential matters of the heart, subjectively, I often see nothing. My scientific mind habitually takes over and I become skeptical and unfeeling. But my path in this life is through my mind as well as through my intuition. So I have to work to gain subjective spiritual insight that is heartfelt as much as most nonscientists may have to work to gain objective scientific knowledge.

Some Scientific Soul-Searching

As a result of this scientific perspective, I have a difficult time blindly accepting what many call “spiritual truth.” The sorry state of the impoverished world—often victimized by seemingly false if not evil spiritual beliefs—troubles me. I shudder when I think of the millions of men and women killed throughout the last one thousand years of history because they simply failed to follow the current religious (usually politically based) beliefs of the people surrounding them. I feel somewhat

envious of nonscientists who appear to have great spiritual wisdom and a special frustration with my scientific peers who seemingly fail to appreciate the mysteries contained in physics.

Scientists frequently use words such as *soul* and *God* in their book titles (often in big bold letters) to attract readers, but these words are rarely defined, scientifically or otherwise, and the important human issues dealing with these concepts are equally rarely discussed. In fact, one of the major themes of this book is the failure of scientists to ask the right questions—those that lead directly to answers concerning our vital and precarious human condition.

Instead, scientists lead readers down the well-trodden paths of objective inquiry—what I call the wrong questions. Even though these wrong questions are answered correctly, soon enough the reader gets lost in descriptions of neurophysiology and the like.

I can’t stress enough the importance of the questions themselves. Accepting answers to the wrong questions can lead to spiritual isolation, a feeling of depression, and to a sense of pointlessness to life and to the existence of the universe.² I call this feeling *soul-loss*. I see it as the general malaise of Western civilization—the loss of a sacred sense of life.

But finding the right questions is not easy. The sacred soul does not possess objective qualities in the same sense as a baseball possesses mass or energy. Thus what can science ask about it? I hope to convince you that the soul is just as real as these baseball qualities. In fact, I shall present rational, science-based reasons for its existence in spite of its apparent nonmateriality (and lack of objective qualities) and offer reasons for remembering your soul in everything you do. To prove the soul’s existence requires us to find out what the soul is—to come to some agreement on its definition.

Science is not normally interested in nonmaterial, seemingly mysterious, things. At least most scientists do not seem to be concerned with them. I understand why scientists fail to involve themselves with these mysteries. Such things are exceedingly difficult to deal with, and sometimes result in the investigator’s giving up previously held shibboleths, particularly those questioning the foundations of science. History has taught us that we painfully clutch our ideas of right and wrong, life and death, good and evil, in order to maintain order in our lives. Yet the result of our clutching often leads to emotionally polarized minds and unfeeling hearts.

Hardly a day goes by when questions concerning

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the soul's existence do not enter the political, moral, and spiritual arenas. Often, science gets into the spiritual fray. The well-known Scopes trial about the teaching of creation versus evolution in schools comes to mind. The effects of that debate are still felt in our classrooms. No longer can sacred or spiritual matters even be discussed for fear of upsetting parents' closed minds.

Today we again watch as science enters a difficult arena dealing with the creation of life and the maintenance of life-support. Because these are difficult times, people may, with hope in their hearts, turn to science to solve these problems. But, science usually takes the "heart" out of the soul by discussing it so abstractly and so materialistically that we lose the focus of our concern and find ourselves mulling over the wrong questions—the objective inquiries—and even though we may find answers to these questions, they are not the questions we really wanted to ask.

The soul is not an easy subject to deal with either scientifically or spiritually. If I were scientifically ignorant and spiritually wise, this book would be an easier task. But I'm not and it's not. So why do I try? Because a new and original scientific look at the soul is important today. Indeed, the idea of the soul is perhaps the single most significant concept of our time: one that needs a current, scientifically relevant and heart-centered spiritual view.

We need only to turn to today's headlines to see why. For example, abortion is a major concern for our society. During the writing of this book, Planned Parenthood clinics were bombed and shot at by right-to-lifers, while Catholic churches were picketed by pro-choicers. The debate about abortion, the rights of the fetus, and the rights of the mother is not easy to resolve. The issue concerns whether a fetus is a human being and therefore has a soul. The link of the soul with the fetus has not been made by either side. It is as if each side tends to avoid the question of soul presence. Both sides deal with the issue as blind individuals feeling an elephant and drawing different conclusions based on feeling different parts.

If the soul exists, then when does it begin to exist? When does a fetus become a soul? At conception? At three months? At six months? At birth? And, if the soul does not exist, what does come into existence at conception or during these other stages of gestation?

At the other end of the spectrum, issues about the right to prolong life with medical life-support continue. When should a person be taken off life-support? After



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three days, six days, several months? And what about capital punishment? If we knew what happens to a person at death, would we still condemn prisoners to the death penalty? Suppose that killing a condemned man is shown to produce negative karma and ultimately be the cause of more violence in the future? Suppose we could prove universally that violence begets violence as the Bible says?

Consider children born with lifetime disabilities, some of them without any sign of consciousness. Would we, as a society, feel freer to allow these children to die moments after birth, if we had a perspicacious view of the soul?

Without a new, enlightened scientific view the soul may disappear into the lost pages of propaganda and history, leaving us to wrestle with such issues in the dark. Even worse, suppose we have souls and, because they are often represented as medieval entities, simply do not regard them as real or important. Without a new view we may be in danger of losing our souls, if we haven't already. Worse still, if we continue to ask the wrong questions, putting the soul outside the scientific realm or taking it apart mechanically and without feel-

continued on page 15

Awakening the Mystery

By Dr. Fred Alan Wolf, Ph.D.

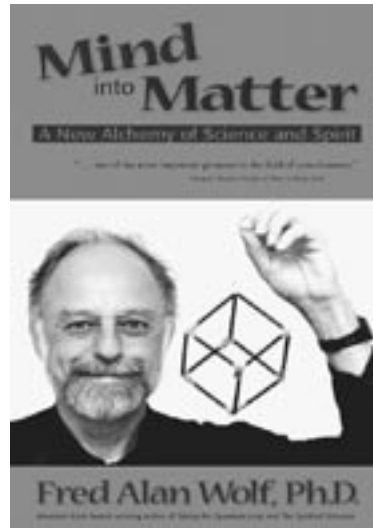
As smart as we are in the modern world, we apparently can never pass behind the veil which divides the seen from the unseen except by engaging ourselves in the way appointed by the ancients—the Mysteries.

As a scientist and writer I am often concerned with how to offer new, speculative, and exciting concepts to my readers while staying true to my profession as a scientist. Apparently scientists who write books are expected to stay within certain limits of respectability; they should not stray too far from what their peers accept as established dogma. If they do, they are likely to be dismissed as cranks or just plain kooky.

But today as we enter a new millennium we are also entering a whole new way of existing in the world. The modern computer, the advent of quantum computers, breakthroughs in biology, high-speed global traveling, and near-instantaneous communication have opened up wide ranges of human knowledge. People from the various scientific, religious, and philosophical disciplines have begun building bridges between science, spirituality, shamanism, ancient magical practices, metaphysics, and the functioning of the human body, among other areas. So many bridges are being constructed, in fact, that it is difficult to determine just what we should believe. Should we only read and accept what card-carrying scientists tell us? Perhaps we should accept only the words of Nobel, Pulitzer, and other prestigious prize winners. Good sense tells us that if we do, however, we are in deep trouble, for often these writers are no better than the average person when it comes to imaginative or speculative venturing. Worse yet, sometimes even the best minds become far too conservative or far too prejudiced.

While I am not saying that we should dismiss so-called “great minds” attempts to explain their ideas to a public eager to have them, I do say that there is much room for good, inspired speculation by scientist-writers such as myself, who in explaining the workings of science also offer their unabashed vision of what’s to come—even if that vision takes us far beyond the borders of acceptance, and particularly if this vision offers some basis for hope and inspiration.

In this speculative and imaginative book I attempt to go further than I have gone before by offering new ideas based on some ancient visions. The old alchemists, in their attempts to make sense of the world, alter it, and discover its magical secrets, first brought for-



ward the seeds of these ideas. Today, the modern form of these same ideas arises from quantum physics, neurobiology, and information theory. Such concepts deal with human beings, their minds and bodies, and their attempts to control, alter, and cope with their environments, whether those environments extend as far out as a distant galaxy or are as close as their own

hearts and brains. The goal of modern scientists echoes that of the ancient alchemists.

Ancient Alchemy

Old legends preserved by authoritative teachers of Judaism assert that the angel at the gate of Eden instructed Adam in the mysteries of both Qabala and alchemy. In fact, the tenets of alchemy, Hermeticism, Rosicrucianism, and Freemasonry are all inextricably interwoven with the theories of Qabalism.¹ And, they all had one common goal: the transformation of the base or common into the pure or rare. Or, to put it simply, *transforming mind into matter*.

Qabalism greatly influenced medieval thought, both Christian and Jewish. It taught that within the sacred writings there existed a hidden doctrine, which was the key to those writings. Eventually, however, the simple Qabalism of the first centuries of the Christian Era evolved into an elaborate theological system, which became so involved that it was next to impossible to comprehend its dogma.² Possibly, alchemy and Qabalism split off here. Certainly we can date the principles of alchemy back in time to the ancient Egyptians, for whom it was the master science. The Chaldeans, Phoenicians, and Babylonians were also familiar with the principles of alchemy, as were many people of the Orient. It was practiced in ancient Greece and Rome, and during the Middle Ages it was a science and a religion

as well as a philosophy. Often seen as rebels against the religion of their day, alchemists would hide their philosophical teachings under the allegory of gold-making. In this manner they were able to continue their art and ways, receiving only ridicule rather than persecution and death.

Most modern dictionaries popularly dismiss alchemy as an immature, empirical, and speculative precursor of chemistry, having had as its object the transmutation of base metals into gold. But, although chemistry did evolve from alchemy, the two schools of thought never really had much in common. Whereas chemistry deals with scientifically verifiable and objective phenomena, the mysterious doctrine of alchemy pertains to a hidden, subjective, abstract, and higher order of reality. This reality constitutes the basis of all truths and all spirituality. Perceiving and realizing this reality is and was the goal of all alchemists. They called this goal the *Magnum Opus* or Great Work—the Absolute Realization. It was seen as the Beauty of all Beauty, the Love of all Love, and the Highest High. To witness it required that consciousness be radically altered and transmuted from the ordinary (lead-like) level of everyday perception to a subtle (gold-like) level of higher perception, so that every object is perceived in its perfect archetypal form—the Absolute, the Holy of all Holies.

This transmutative process, the *Magnum Opus*, is at one and the same time, both a material and a spiritual realization. This fact is very often overlooked. Some commentators claim alchemy to be wholly a spiritual discipline, while others seem interested only in finding out whether gold was actually made and by whom. Both attitudes are misleading. It is essential to keep in mind that there are precise correspondences, fundamental to alchemical thought, between the visible and the invisible, above and below, matter and spirit, planets and metals.

In his book, *Transcendental Magic*, Eliphas Levi wrote:

The Great Work is, above all things, the creation of man by himself, that is to say, the full and entire conquest of his faculties and his future; it is especially the perfect emancipation of his will, assuring . . . full power over the Universal Magical Agent. This Agent, disguised by the ancient philosophers under the name of the First Matter, determines the forms of modifiable substance, and we can really arrive by means of it at metallic transmutation and the Universal Medicine.

The processes of “the creation of man by himself” begin with a primary or archetypal image of that *man*. Creating this image requires some doing. It appears to me that we must use symbolic tools to do so. I have

discovered that the Hebrew letters themselves are just the tools needed. Cris Monnastre, in her introduction to the fifth edition of Israel Regardie’s *The Golden Dawn*, explains:

. . . I would suggest . . . begin the task of memorizing the Hebrew alphabet. Within this system, the Hebrew alphabet has no connotation of religion or sect. Its letters are considered “generic” and “holy” symbols—powerful doorways into the inner world—and are not associated with dogma or esoteric religious organization.

The ancient mystics first saw these Hebrew letters, these symbolic doorways, as a universal code and thus they set out to completely grasp their meaning. Their goal was to create the image of the primordial human being, and to do this they had to allow the symbols to come alive within them and connect, providing new insights into spiritual and material existence. If they succeeded, they would become fully realized human beings.

This realization comes directly from the Biblical word that man and woman were created in the image of God. Hence, divine life must exist in the human being; and this divine existence must appear and be realized in each part of the human body. A fully realized mystic then becomes, in the image of God, the *Adam Kadmon* (*iunse ost*). According to the mystics, from this Adam all human life originates.

Throughout its long history, Qabalism has attempted to tie two worlds or stages of human development together. The first world is primitive mythology and the second is spiritual revelation. To attempt becoming spiritually enlightened without realizing the world of mythology within us is a serious mistake. People who attempt this often find themselves “in battle with the devil” or “in fear of evil.” Carl Jung referred to this mythological avoidance as the “shadow.” Isaac Luria’s sixteenth-century school of Qabala based in Safed (in what is now Israel), clearly emphasized this. According to Isaac Luria, creation began when God withdrew Himself into Himself in an impossible to imagine self-referential loop.⁶ From this withdrawal a divine light emanated and flowed into the first space ever to exist. Our own three-dimensional space was a later development of this primordial space. And the Adam Kadmon—the first being—came from this light. From his eyes, mouth, nostrils, and ears, unconfined primal light emanated. In a great overwhelming mystery, special vessels containing this primal light then appeared out of nothing. These vessels were primal or seed-like matter. But the primal material vessels broke, and chaos was liberated. From this, ultimately, man fell into space-time as a kind of mental projection of the Adam Kadmon.

Creating a New Vision out of Science and Spirit

And so today the mysteries still persist. As smart as we are in the modern world, we apparently can never pass behind the veil which divides the seen from the unseen except by engaging ourselves in the way appointed by the ancients—the *Mysteries*. The questions are as vivid today as they were to the early minds that first thought them. What are we? What is intelligence? What is our source? What is the point of Life? We still look for the tools of our personal transformation. Self-help books fill our shelves. And even with our material needs covered, many of us feel lost and hopeless, driving our way through an objectively stuffed universe with a vacancy in our hearts.

Did the ancients answer these questions? Who are we to say that they didn't? With our modern, "objective" science-oriented minds, are we even capable of understanding the discoveries of, the wisdom of, the ancient alchemists—even if it's right before us? Physicist Wolfgang Pauli once put it that scientists went too far in the seventeenth century when they attempted to make everything understandable strictly as objective science. By denuding the subjective view from any firm ground, much was lost. In much the same way that modern dictionaries make alchemy a mere shadow of

the chemistry to come, modern science has attempted to make the study of the subjective a mere reflection of the objective and reducible science of matter. Some of us, including many scientists, don't agree with the new objective materialism. We believe in our heart of hearts, as did the alchemists that came before us, that something far richer than materialism is responsible for the universe.

So, can we in the modern world pass beyond the veil? In this book I affirm that we can. That armed with the ancient knowledge and the modern vision that comes from modern physics, particularly quantum physics, we can rediscover what the ancients may have known. All we need are a few basic concepts—a new way of seeing the old way. I have given a name to these new ways of seeing; I call them the *new alchemy*. So, perhaps we can call ourselves *new alchemists*.

You can certainly think of me as a new alchemist. Indeed, I find myself in complete sympathy with my ancient forebears. As I search through my memories, many recollections of this interest flood my mind. I realize that I have always been interested in magic and transformation.

I remember a particular day when I was playing in the front hallway of my apartment building. I was barely eight years old. I stood at the top of the stairwell and looked down wondering if I could fly down the nineteen or twenty stairs reaching to the ground floor from our first floor apartment. Without thinking, I skidded down the stairwell with my feet only barely touching the leading edges of each step. I was on the ground floor in a flash, and I had not slid down the banister, nor had I placed my feet on any of the steps.

When I grew older and remembered what I had done that day, I realized it was impossible. My feet just were not long enough to go from one step edge to the next without my falling flat on my face. Was this just a dream of super powers, or had I actually skidded down those stairs?

Throughout my early years I maintained my interest in magic and fantasy. That interest carried me into thinking about the world a little differently from my fellows. It led me into quantum physics and to my eventual writing of this book.

I am certainly not alone. I want the reader to realize that today, just as thousands of years ago, many individuals are attempting—sometimes together and sometimes alone—to discover the magical, arcane solution to the enigma of the universe. They seek a hidden, abstract and higher order of reality that would include the subjective as clearly as it does the objective.

*Excerpted from Dr. Wolf's book, Mind Into Matter
See Dr. Fred Alan Wolf's bio on page 15*

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Qwiffs

By Dr. Fred Alan Wolf, Ph.D.

“Qwiff” is a term I coined for the quantum wave function. It’s a wave that contains the potential for anything physical to appear. It’s abstract and unobservable, but when it “pops,” the physical world manifests.

A Mini Intro to a Little Book

In the little collection you hold in your hand you will find carefully chosen and arranged excerpts from my books and interviews. I hope you will ponder them, enjoy them, maybe even laugh. They aren’t necessarily there to “teach” you anything (although I hope you learn a bit about yourself and the universe) but rather to help you let go of any tight bonds you have created to what you believe is the only reality. You will begin to see that the universe, including you, is far greater than any of us can imagine and that you are a remarkable being—simply because over the last one million or so years of evolution, God has chosen you to appear on the scene!

You may feel that you are not worth very much, or you may feel you are far better than many of your associates. I caution you: Both of these positions are illusions. I hope that by reading this little book you may gain a better perspective on who you really are.

Care to guess?

Qwiff

“Qwiff” is a term I coined for the quantum wave function. It’s a wave that contains the potential for anything physical to appear. It’s abstract and unobservable, but when it “pops,” the physical world manifests.

Like the starship Enterprise on the TV show Star Trek whose mission it was to “seek out new worlds and boldly go where no one has gone before,” the mission of the universe is to seek out all possibilities, giving all things equal opportunity to “do their thing.” Our small pocket of the whole picture, our earth and its life forms, are a result of that grand plan.

But why bother? I mean, why should the universe care to follow such a plan? The answer seems to be, in order to become conscious. Consciousness necessarily demands events, real occurrences in space and time. Events can only occur if they are recorded in the mind. These events are the registrations in consciousness we

call “observations.”

But, such occurrences—although they themselves result in order arising out of disorder because mind has gained knowledge—require interactions that involve an overall increase in disorder. If, no matter what we do, the universe produces more and more disorder, how does any order take place?

It’s here that quantum physics comes to the rescue! Order is created in the correlative behavior of qwiffs. Thus, when two objects that have previously interacted are not observed, their qwiffs become entangled and inseparable. Instead of maintaining separate qwiffs, each object joins a single qwiff. This results in a cooperative behavior between the objects even though they may no longer be in interaction with each other. This kind of cooperation plays a vital role in life and is necessary for the existence of all chemical activity.

Through such correlations, where independent objects join through mutual interaction into one qwiff, disorder is decreased. Cooperative behavior creates order, and human thought plays a major role in that enterprise. We all go where none of us have gone before.

In the opening scenes of a popular 1960s British television series that played to a select but mystified audience, the hero, known as “The Prisoner,” a nameless fellow who has suddenly quit his top secret government job in England, is kidnapped from his London flat and interrogated by an antagonistic and mysterious inquisitor.

“Where am I?” The prisoner asks.

“You are here,” replies the inquisitor.



continued on page 15

Excerpt from *There Is A Cure For Diabetes*

By Gabriel Cousens, M.D.

Arizona Choices and The Tree of Life present: A transformational presentation with Dr. Cousens at The Tucson Convention Center's Graham Room, March 16th at 2pm, which includes a free copy of this book!
(See our back cover for details)

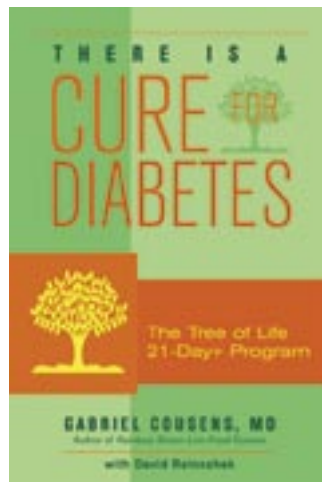
Society is always taken by surprise by any new example of common sense.—Ralph Waldo Emerson

No physician can ever say that any disease is incurable. To say so blasphemes God, blasphemes Nature, and depreciates the great architect of Creation. The disease does not exist, regardless of how terrible it may be, for which God has not provided the corresponding cure—Paracelsus

It's supposed to be a professional secret, but I'll tell you anyway. We doctors do nothing. We only help and encourage the doctor within.—Albert Schweitzer

Yes ... Type-2 diabetes is a curable disease. From my thirty-five years of clinical experience as a holistic medical doctor, and that of livefood therapeutic centers since the 1920s when Max Gerson, MD healed Albert Schweitzer of diabetes with live foods, the fact that diabetes is a curable disease is common knowledge in the live-food community. Diabetes is not a fixed sentence; it is not our natural condition, and has only become a problem of pandemic proportions since the 1940s. The word pandemic comes from the Greek pan-, meaning “all,” plus demos, meaning “people or population.” Thus, “pandemos” or “all the people.” A pandemic is an epidemic that becomes very widespread and affects a whole region, a continent, or the world. This book is about looking deeply at the underlying causes of diabetes on both the pandemic-global and the personal level, and supplying readers with a way to achieve rapid reversal from the misery of a diabetic physiology to a joyous and healthy physiology.

Although many people have a genetic susceptibility to Type-2 diabetes, the true causes (which activate the genetic potential physiology of diabetes) lie in a personal and world lifestyle and diet that pulls the trigger on the diabetes gun. This diabetogenic personal and world lifestyle and diet includes on the level of individual responsibility: a diet high in refined carbohydrates such as white sugar and white flour; high amounts of cooked animal saturated fats; trans fatty acids produced from cooking (and especially frying oils at high temperatures); low-fiber food; coffee and caffeinated beverages; smoking; a lifestyle devoid of love and exercise; high stress; watching TV programming.



Diabetogenic contributing factors on a planetary level include living in a degraded environment in which the air, earth, and water are, according to the Environmental Protection Agency, filled with 70,000 different toxic chemicals, heavy metals, agrochemicals, and other toxic substances—65,000 of which are potentially hazardous to our health. The Environmental Defense Council reports that more than four

billion pounds of toxic chemicals are released into the environment each year, including seventy-two million pounds of known carcinogens.

In addition, we live in a mental and emotional environment filled with messages of stress and death from the media, including news of constant wars and terrorism infecting the planet. The degenerate conditions, lifestyle, and diet that create diabetes emanate from these modern human-created realities, which, taken together, we are calling the Culture of Death.

The cure, on the most profound level, is to move away from a global and personal Culture of Death, to embrace the Culture of Life. On a personal level this means choosing to live in a way that promotes life and well-being for oneself as well as the planet. It means creating a diet and lifestyle in which there is minimal or no incidence of diabetes. Individually, this means a diet that is organic, vegan, at least 80 percent live-food, high in mineral content, 15–20 percent plant-only fat (no animal fat), high-fiber, low-glycemic, low-insulin index, well hydrated, individualized, and prudent food intake—a cuisine that is sustainable for the duration of one's life, and prepared and eaten with love. Collectively, it means creating a world culture where all people have access to healthy, organic food and water, decent shelter, and a living environment free of chemicals and pollutants. Healing diabetes in this personal and global context is an act of love for oneself and the living planet. This love is an expression of the Culture of Life.

The Cosmic Clock

For February and March 2008

by Paul Reeder

There are 2 transits from late January that effectively set the present stage for February and March. One is the stationary retrograde of Mercury on the 28th of January at 23 Aquarius 52. Mercury remains retrograde until late on the 18th of February, when it goes direct at 8 Aquarius 20. This is the classic don't sign anything, overwhelming demand upon, and all too often breakdowns within mechanical systems, communications systems, and information flow systems, that interrupts plans, changes schedules, brings about renegotiations after a breakdown of an agreement, lasts for 3 weeks out of every 4 months sort of transit. The choices we make now often have to be re-made as things are so fluid now.

The other is the stationary direct of Mars on January 30th at 24 Gemini. Mars has been retrograde these past 2½ months. Finally moving forward again, Mars begins retracing steps, gradually returning to average daily motion.

The regular rhythms of direct and retrograde motion signal subtle yet powerful shifts in the balance and sequence of yin and yang flows. In this sense, direct motion supports externalizing of energies – forward motion, future oriented, action taking, initiating – while retrograde motion supports internalizing of energies – introspective, sentimental, personally subjective, tying up loose ends from the past, and a general slowing of external affairs, a sort of bottleneck in the flow. The stationary points, the places where planets shift from direct to retrograde or from retrograde to direct are peaks of energy and hence natural times where interesting events take place.

Mercury's orbital period in round numbers is about

4 months. This means that while the Sun moves forward 4 signs (4 months) Mercury will move forward to 28 degrees ahead of the Sun and then beginning its retrograde there, back up for the next 3 weeks to about 28 degrees behind the Sun. Then, going direct, gradually increase forward speed until it catches up to the Sun and moves ahead again to repeat the cycle. Retrogrades literally back things up, not in the modern save your data sense, but in the return to matters left behind, to things of the past, and redo, repair, rethink, renegotiate, re-frame. Tie up loose ends, resolve the unresolved, and ultimately, let go of the past so your forward progress is unencumbered by attachment. Its true, Mercury is retrograde only 3 weeks every 4 months so its a deviation from the norm and that stresses us out. But by accepting this period as useful and necessary, we can make choices that improve our effectiveness during the direct motion, and improves the quality of life in general. Complaining about Mercury retrograde just makes things worse.

This particular retrograde occurs conjunct Neptune with an orb of 2° 39', pretty close. This adds an abstract, very creative, and compassionate vibe to this period, but that may include confusion, miscommunication, misunderstanding, spacey, unrealistically idealistic views or strategies. We may need to concentrate on being clear, concise, precise, and direct with our words for the next few weeks. Those who are actively involved in creative, artistic, musical, literary activities, or humanitarian, charitable, counseling, spiritual activities have good constructive, creative outlets for this. Others who are not so active creatively, may have more changing to do to get the best out of this time, which is most likely to be in the artistic or spiritual arenas.

On February 6th the middle point in the retrograde period, the inferior conjunction takes place. This is an important turning point in every Mercury cycle, but time there is a solar eclipse on that day within less than a degree of Mercury at that time. This raises the significance of this retrograde quite a bit. Now you have multiple reasons to look up where this retrograde falls in your chart, 8° – 24° Aquarius, and 17° Aquarius 44' for the eclipse and inferior conjunction, so you can understand what these things mean to you.

Mars turned direct on January 30th at 24° Gemini 4'. For the past 2½ months Mars, an energy which by nature seeks immediate, passionate, outward and active expression, has been in a phase of its cycle that makes that difficult. So, Mars' return to forward motion at this time will be experienced by most of us as a relief. Finally, after a long slowdown, things begin moving again, our actions produce more immediate results. During the set-up of the Mars retrograde, from about mid-September to mid-November, Mars made the first of a series of oppositions to Pluto (Sept 19). Then, during its retrograde, Mars made a 2nd opposition to Pluto (Jan 2). Now in direct motion again, Mars will make a 3rd opposition to Pluto March 7. So a window of time open since last September is drawing to a close.

Mars opposite Pluto lends itself to group endeavors where, through the magic of synergy, a group accomplishes more than any individual could alone. To accomplish this requires trust and worthiness of trust and without that trust this transit can lead to power struggles, confrontations, or dramas of dominance, submission, or victimization between individuals or individuals and the groups they are involved in. So now we are in the final phase of this cycle which leads to resolution around March 7. Keywords for Pluto are transformation and metamorphosis, and this process of change includes 3 phases, death and decay, incubation, and rebirth. The first phase is painful, the second is shrouded in mystery, and the third phase is painful, but joyous. Yes, like the pain of birth or like the pain felt the day after beginning a new work out regimen – when we talk about it we are bragging not complaining

Boundary management, working on trust issues

within personal and group relationships you want to keep, healing within or from abusive histories, turning vengeance into forgiveness, these are all themes our choices affect in our lives at this time. Achieving great things, doing great works within team or group situations is the theme here. Success depends on achieving balance between the group interests and the interests of the individuals involved.

On February 20th there is a full moon eclipse at 1° Virgo 52' which is the stationary point of Saturn, 1° Virgo 40', on May 9th. This connects these two dates to each other as significant to each other. Significant within a period that began last September when Saturn first contacted this point as the been the beginning of troubles and ends coming May as the end of said woes. A Saturn transit generally lasts 9 or 10 months and difficulties that come at the beginning are the results of ignorance of some kind, lack of knowledge, false knowledge, or lack of awareness and involvement. The middle, in this cycle about the week before Christmas '07, we replace ignorance with understanding and begin the process of learning to make use of this new understanding. In the final phase of a Saturn transit, by implementing this new awareness we solve problems and achieve objectives. The March 7th Lunar eclipse occurs near the beginning of this 3rd phase. Those who are not involved in ambitious activity at this time may feel some melancholy. For those who are involved in a project, these are useful times for the skillful, patient action that insure your accomplishments.

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 18.

Qwiffs, continued from page 11

“Where is ‘here’?” continues the prisoner.

“Never mind that,” says the inquisitor, “I am number two, you are number six.”

“I am not a number,” pleads the prisoner. “What do you want?”

“We want information,” comes the inquisitor’s reply.

After the questioning and imprisonment in a mysterious village whose location is unknown, the prisoner embarks on a number of harrowing adventures, each calculated to determine whether or not he will bend to the rules of the mysterious organization to which he has been made captive. The goal of this secret club is to force him to yield some precious knowledge, which the prisoner seems not to know, to make him a cog in the giant machinery that carries out whatever mischief the occult conglomeration chooses to perform

Our hero resists, of course, but at the price of his own sanity.

In a sense, we are like the prisoner in the story. We live in the “information age.” Facts and data seemingly jump—metaphorically and factually—quantum levels, impacting all of us. In our Internet-web-connected world, while no one would doubt the amount of information “out there,” few would consider how it “secretly” affects us: information shapes our mental reality, our lives, our bodies, and the material world we inhabit.

Information transforms our everyday reality, whether we’re aware of it or not. It moves and forms our thoughts and words. It makes up our vocabulary. It crosses both language and geographical barriers creating new concepts. It frightens us. It excites us. At times we feel the need to “get away from it all,” meaning newspapers, the office, television, and other media. At other times we feel the need to seek out these media to see “what’s happening.” Information offers us new meanings to old ideas, and it affects the ways in which we conduct our relationships with others and with ourselves—even if we, like the prisoner, have never been privy to the source of that shaping and transforming intelligence.

Information (the stuff of the imaginal) not only transforms the material world, it becomes it. The adage “you are what you eat” has changed into “you are what you know” and since your knowledge ultimately depends on what information you accept as “fact,” you are what you believe!

*Excerpted from Dr. Wolf’s book, **Dr. Quantum’s Little Book of Big Ideas***

See Dr. Fred Alan Wolf’s bio in the next column

The Spiritual Universe, continued from page 7

ing, in spite of finding answers, we may be left hopelessly morally adrift.

Footnotes

1. We examine one of these scientists’ viewpoints in chapter 5. See Frank J. Tipler, *The Physics of Immortality* (New York: Doubleday, 1994), pp. 1, 2.

2. See Steven Weinberg, *The First Three Minutes* (New York: Basic Books, 1977). He ends his epilogue with his feeling that “the more the universe seems comprehensible, the more it also seems pointless.

*Excerpted from Dr. Wolf’s book, **The Spiritual Universe***

*You may remember Fred Alan Wolf, Ph.D. as the resident physicist on the Discovery Channel’s **The Know Zone**. You may have seen him on the PBS series, **Closer to Truth**, or in the groundbreaking films **What the Bleep Do We Know!?** and **The Secret**. Respected among scientists and spiritual leaders alike for his pioneering work combining scientific and spiritual thought, Fred Alan Wolf is one of the most important voices in the field of consciousness.*

Dr. Wolf earned his Ph.D. in theoretical physics from UCLA. He has taught at San Diego State University as well as the University of London, the University of Paris, the Hahn-Meitner Institute for Nuclear Physics in Berlin, and the Hebrew University of Jerusalem. He is also a member of the Martin Luther King, Jr. Collegium of Scholars, a National Book Award winner, and the author of twelve books.

Be sure to visit Dr. Wolf’s website: www.fredalanwolf.com

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Dancing on the Path

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

★**Thursday, February 14th, 6:30-8:30 pm**, Valentine's Sound Circle with Darrell Hicks, sound master, in conjunction with the World Sound Healing Day. At: Tucson Creative Living Center, 4850 W. Jojoba Drive, Tucson. Admission charged. More information: Joan Vann at 409-8439.

★**Friday, February 15th, 6:30-8:30pm**, The Tucson Community Group of the Institute of Noetic Sciences (IONS), presents Steven Vedro speaking about his new book, "Digital Dharma, a User's Guide to Expanding Consciousness in the Age of the Infosphere." Exploring the intersection of Eastern philosophy and the digital age, Steven argues that today's new telecommunication technologies have created an electronic web pulsating around us... an Infosphere. At: Marshall Auditorium at TMC, Grant Road at Craycroft. Admission charged. More Information: visit www.ionstucson.org, or call 326-1894.

★**February 22nd, Tempe, AZ, the U.S. Premier of the film, WATER**, at the Harkins Valley Art Theater. Well worth the trip to Tempe! Water is the most amazing yet least studied substance. From times immemorial, scientists, philosophers and theologians tried to understand its explicit and implicit properties, which are phenomenal, beyond the common physical laws of nature. Among others, the film features Arizona State University Material Science Professor, Rustum Roy as well as the What the Bleep Do We Know!? Scientist, Masaru Emoto. A Q&A will follow the opening event. More information: www.intentionmediainc.com, show times: www.harkinstheatres.com.

★**Saturday, February 23, 10-12:30 pm, Self-Hypnosis for Spiritual Awareness Workshop**. What's the difference between hypnosis and meditation? Or is there a difference? Can techniques of hypnosis deepen meditation? Join us to learn about your mind and its many ways. Certified in Hypnotherapy and Neuro-Linguistic Programming, Rev. Melinda Nay guides you to your own magnificence! At: Center For Joyful Living, 4641 N. 1st Ave., Suite 3, 1 block south of River Road. Suggested love offering. More information: 444-4766.

★**Friday, March 7th, 6:30-8:30 pm, Sivaratri - Day of Lord Siva, at Govinda's**. Join us in celebrating one of the most honored days of the Hindu calendar...the appearance of Lord Siva. Festivities will include Bhajans & Kirtans, Dance Performance, Drama, & Vegetarian food. At: Govinda's Natural Foods Buffet, 711 East Blacklidge Drive, Located just East of 1st Avenue, and 2 blocks South of Ft. Lowell. More information: 792-0630, or www.govindasoftucson.com.

★**Sunday, March 16th, 2-4:30 pm, Type II Diabetes Is A Curable Disease**, A Transformational presentation on live food, the culture of life, and its ability to reverse diabetes in as little as 21 days, by Gabriel Cousens, M.D., at the Tucson Convention Center. Co-Sponsored by Arizona Choices. Admission charged. More information: See the back cover advertisement, or call 394-2520 Ext. 212

★**Friday, March 21, 6:30-8:30 pm, Holi & Gaura**

Purnima. Celebrating the Festival of Colors, spring, & the Appearance of the Avatar of Love. Join us at Govinda's with Song, Dance and Entertainment. Free Vegetarian feast follows. At: Govinda's Natural Foods Buffet, 711 East Blacklidge Drive, Located just East of 1st Avenue, and 2 blocks South of Ft. Lowell. More information: 792-0630, or www.govindasoftucson.com.

In April-

★**Sri Karunamayi is coming to Tucson!** Revered by many as the embodiment of wisdom, peace and unconditional love, Sri Karunamayi will be giving discourses on the fundamental truths that support all faiths as part of her fourteenth World Tour in 2008. All are invited to hear her inspiring message, join with her in singing devotional songs, and receive the blessings of her divine knowledge and love. The dates for Mother's programs in Tucson are: April 10th, 7PM - Spiritual Discourse & Darshan; April 11th, 9AM - Individual Blessing Day; April 12th - One day Meditation Retreat; and April 13th, 8:45AM - Sacred Fire Ceremony. More information: 760-0364, or <http://www.karunamayi.org/>

Multiple Dates & Ongoing Events-

★**Thunderhorse Healing Arts Offerings:** ***Reiki Certification, second Saturday in February and first Saturday in March. ***Basic Workshop in Holistic Animal Communication and Healing, third Saturday in February and second and last Saturdays in March. ****Basic Workshop in Emotional Freedom Techniques (EFT), fourth Saturday in February and third Saturday in March. ***Basic Workshop in Self-Muscle Testing, the Pendulum and other Forms of Binary Divination, fourth Saturday in March. All at Mountain Thunder Ranch, Elgin, AZ (45-60 minutes south of Tucson). More information: 400-3421 or email judy@thunderhorsehealingarts.com; or www.thunderhorsehealingarts.com.

★**The 3rd Wednesday of Every Month at 7:00 p.m.**, at 3 Jewels Tucson, 314 E. 6th Street (b/t 4th and 5th Avenues), experience: Intenders of the Highest Good. Easily learn the Intention Process and bring that which you desire into your life, your community and the world. Parking is on 4th/5th Aves. Free, but donations to 3 Jewels are appreciated. Bring healthy snacks to share. More information, call Tom, 400-4489; or Taza, 250-7539; or email harmonyandhealth@hotmail.com; or www.intenders.org.

★**Every Wednesday, 7-8 pm, a Meditation/Healing Circle**. Using guided imagery along with silent meditation, Rev. Melinda Nay is your escort to the, You Who You Really Are. After sharing the gift messages of Spirit, we then share healing energy with which we are all endowed. Center For Joyful Living, 4641 N. 1st Ave., Suites 3&4, 1 block south of River Road. All are invited! More Information: Rev. Melinda, 444-4766.

★**Self-Realization Fellowship - Tucson Meditation Group** has been meeting in Tucson since 1975. The group follows the teachings of Paramahansa Yogananda, author of "Autobiography of a Yogi" who brought Kriya Yoga to the west. We meet for meditations at 1702 E. Prince Road #140 on Wednesdays 6-8 pm, Fridays 7-8:30 pm, Sundays 6-8 pm, and on Sundays we have a mediation from 9-10 am followed by a reading service from 10-11 am. There is no fee, donations only. More information: 792-6544, or www.tucsonmeditationgroup.com



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Astrology



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.

thesis 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 13**

Paul Reeder

Paul Reeder
Phone: 520-903-2913
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Website: http://paulreeder.com

Beyond Talk Therapy™



Do you have an issue that feels too difficult and discouraging to resolve on your own? Do you feel that "talk" therapy doesn't work? Are you experiencing physical, emotional, or spiritual crisis? Damaris uses 20 years of her innovative and non-traditional intuitive healing gifts to give you the boost you need to empower yourself - quickly! YOU CAN identify and resolve issues causing serious illness, repeating negative relationship patterns, and blocks to prosperity and fulfillment. The average number of sessions required is three to five.

Krippner for her shamanic healing, and recommended by churches, hospices, leadership organizations; and associations of the American Holistic Nurses, Noetic Sciences, and Energy Psychology. Details on classes, private sessions and success stories are found on her website, or call her at 320-6366.

Damaris Drewry
Ph.D. Psychology
520-320-6366
www.BeyondTalkTherapy.com

Damaris Drewry, Ph.D.

Breast Cancer Screening



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.

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

Lynda Witt

Chiropractic Neurology



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.

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."

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.

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

Nathan Conlee

"Our goal is to evaluate each patient's

Chiropractor



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

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

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

At-Ease Wellness Center
310 South Williams Blvd, Suite 110
Tucson, AZ
520-325-4881
www.at-easewellness.com

At Ease Wellness Center

Energy Bodywork



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

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

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

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

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

Miriam Bloomfield

Energy Healing/EFT



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

As an Energy Healer and EFT Practitioner, Phyllis has had amazing success with rapid relief 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.

Phyllis also uses the LIFE System, the

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.

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

Phyllis Winslow

Floatation Therapy



Still Waters float spa offers complete R.E.S.T. (reduced environmental stimulus therapy). Imagine floating effortlessly in a spacious float room. Imagine 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, floatation 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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sandaminidd@cs.com
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Govinda's

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Experience quantum physics in action: let go of anxiety, pain and grief; integrate body, mind and spirit. You CAN change limiting core beliefs instantaneously and free up your life to face the future with new energy, wisdom and joy.

I feel that Marjorie has a special gift of healing that I would rate as a 10 on a scale of 1 to 10. Lowell Kinslow, D.O.

Telephone sessions available.

N. Marjorie Porta, M.Ed,
Spiritual healer and intuitive reader,
Certified Matrix Energetics practitioner,
Certified practitioner & teacher of
Theta Healing/DNA & Reiki.
inner peace, wisdom & joy
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innerpeacewisdomjoy@live.com

N. Marjorie Porta

Metaphysical, New Thought Church



Share the joy and the laughter as we learn AND apply Spiritual Laws for happier, healthier lives! We are an independent, metaphysical, New Thought center, a special place that encourages the unveiling of Spirit, of Who You Really Are, in a safe and joyous environment. Join us every Sunday at 10 AM for a healing experience and meditation followed with a joy-filled message of Whole and Complete Love at 10:30-11:30 AM. Remember our Wednesday evening Meditation/Healing Circle, 7-9 PM. All are invited! Call Senior Minister,

Rev. Melinda Nay, for classes, movie night, workshops, or for more information, 444-4766. Located at 4641 N. 1st Ave., Suites 3&4, 1 block south of River Road.

Sundays: 10-10:30 AM Healing in Suite 4
Meditation in Suite 3

10:30-11:30 AM Joyous Meeting, Suite 3

Wednesdays: 7-8 PM, Meditation/Healing Circle

Center For Joyful 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

Nutritional Cleansing/Weight Loss Coach



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

If either you or a loved one has a desire to lose weight, cleanse toxins, improve their overall health and increase their levels of energy and vitality, you are going to be inspired and encouraged by these wonderful products. Each product and program is designed with you and your body in mind. The products are not only first class and extremely healthy, but easy to use, and provide results. Our mission and promise is to provide no-compromise nutritional products—of foremost importance are synergy of ingredients, potency, natural affinity, bio-availability, and superior

absorption. Using only the highest-quality raw materials that are thoroughly inspected for safety, purity, and potency, produces The World's Leading Nutritional Cleansing & Fat Burning System.

Christina Thompson,
Independent Distributor,
Nutritional Cleansing/Weight Loss Coach
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Experience healing at every level of your being at the Center for Psychophotonics with the Psychophotonic Triangulation Table. Using Vogel crystals, xenon strobe lights and sacred sound in a sound-proofed chamber, the body is permeated with a field of photonic light-energy that purifies at the level of DNA and stimulates the body's natural healing mechanisms; in effect, producing a vibration of centeredness and well-being free of all psychological, emotional and physical afflictions. In addition, it activates the so-called 'light-body,' known as the 'merkaba' in the Jewish tradition

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 10

Center for Psychophotonics of Tucson
Tibetan Meditation Center of Tucson
1038 E. Lester St.
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tom.cox@psychophotonics.com

Tom Cox Rejuvenation Center



Welcome to our "family" and to the Culture of Life that is at the core of the Tree of Life Experience. At the Tree of Life Rejuvenation Center, we are dedicated to helping you enjoy choices in cuisine and lifestyle that inspire and empower your transition to the Culture of Life. Through our educational programs, our full range of spa and massage treatments, and your experience here in our majestic mountain valley of Patagonia, you will learn about the choices that naturally bring forth optimal health and spiritual joy. You will also experience what thousands

of our guests attest to a unique, healthy foundation for living, a renewed connection with yourself and a strong unshakable sense of self-esteem and love for Self and all living beings.

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Tree of Life

Self Ascension



Lee Ellen Ashley

Are you having physical problems, a general lack of peace, and diminished clarity of life purpose? Are you missing a true connection with your Divine Being-ness?

The planet has now opened vibrational patterns for higher frequencies of light and information to be available to you. Experience firsthand what the ancients knew as the energies to free our planet and ourselves in order to enter into divine communion with All-That-Is.

I have been carefully trained in healing modalities for divine energy connection, reconnection and subtle energy

movement. It is my great joy to offer you: Avesa Quantum Healing™; The Reconnection™; Reconnective Healing™; and Matrix Energetics™. The results are nothing short of miraculous. It is now time to...Expect A Miracle!

Lee Ellen Ashley
Master Practitioner
520-247-7809 cell
520-721-0088 home
expectamiracle.lee@gmail.com

Trance Channeling/Healing



Bruce Silvey

Do you have health concerns that have not been helped by conventional healers? Are you struggling with life's daily problems, or seeking answers to personal dilemmas?

A Trance-Channeling session may help you to access your higher self, and your spiritual guides, to assist you in accomplishing your goals, and lead to restored health. The beings that are channeled through me, 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. When mostly released from the Trance, The Group uses my body and special crystals to work with your energy fields, to help with your healing process.

I am a trained Trance-Channeler with over 18 year's of experience, and will provide you with a unique experience and an audio CD of the channeling. Please call or e-mail me to discuss how I may assist you.

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

Transpersonal Grace Community



Randall Rex Harrison

A true home, real family, luscious living, freedom, love applied; light of a higher order. If you are finished with the orthodox hierarchy and choose to be your own; if you have achieved a personal level of evolution you just can't keep locked up anymore; if you're sure who you are, or demand to know and be; if you have processed your childhood, parental issues successfully; if, and only if, you're dedicated to the light of your heart and beyond; if you demand to engage in, intelligent, love based cooperation now; if you insist on saving the world. You can help. Yourself!

True hearts and Super Heroes need only apply. Sustainable Community is being built in Arizona and Mexico presently. You are invited. OM TAT SAT.

Randall Rex Harrison
520-419-2144

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.

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

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Resource Guide

6 lines, 30 words, 250 characters for \$50.00 per issue, two months coverage. Phone 744-6603 or email info@arizonachoice.com

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

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EFT SEMINARS

EMPOWER YOURSELF! by rapidly resolving fears, anger, guilt, limiting beliefs, blockages, cravings, etc. Improve school & sports performance, intuitive abilities, better relationships, health & wellness, etc. Seminars monthly, call **John Freedom, 241-5124**

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TREE OF LIFE REJUVENATION CENTER Create the culture of liberation - the tree of life rejuvenation center, Mountain Oasis for Awakening. Visit us for Spiritual Fasting Retreats, plus. **Patagonia, Arizona, U.S.A. 866-394-2520 info@treeoflife.net**

TRANCE CHANNELING/HEALING

A TRANCE-CHANNELING SESSION may help you to access your higher self, and your spiritual guides, to assist you in accomplishing your goals, and lead to restored health. When mostly released from the Trance, The beings that I channel use my body and special crystals to work with your energy fields, to help with your healing process. I am a trained Trance-Channeler with over 18 year's of experience, and will provide you with a unique experience and an audio CD of the channeling. Please call or e-mail me to discuss how I may assist you. **Bruce Silvey***520-744-6603***bruce@pepthoughts.com**

ZERO BALANCING

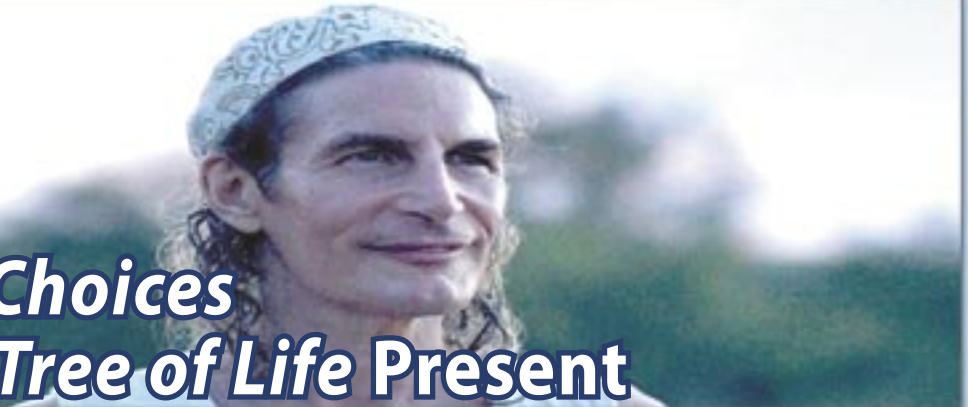
DORSETT EDMUNDS Zero Balancing is a unique hands-on body work system that aligns the energy body with the physical body by working gently and subtly with the bones and key joints in the body. **2612 E. Drachman St. 326-5221 dorsette@gmail.com**

WANTED: SPIRITUAL SALES PEOPLE

JOIN THE ARIZONA CHOICES TEAM. Help us help people and businesses to get the exposure they need to succeed. Work your own schedule, meet great people, have fun and serve us all. The next Arizona Choices Expo will be held in Tucson in 2008, be part of the team that makes it happen. **Call Bruce at 744-6603**



Arizona Choices and The Tree of Life Present



My thirty-five years of clinical experience as a holistic medical doctor has shown me that, yes,

Type-II diabetes is a curable disease

Join me March 16, and learn first hand why diabetes is not a fixed sentence

Gabriel Cousens, M.D.

A transformational presentation on **live food**, the culture of life, and its ability to reverse diabetes in as little as **21 Days**.

Sunday, March 16, 2008 2:00-4:30 PM

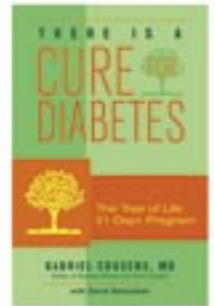
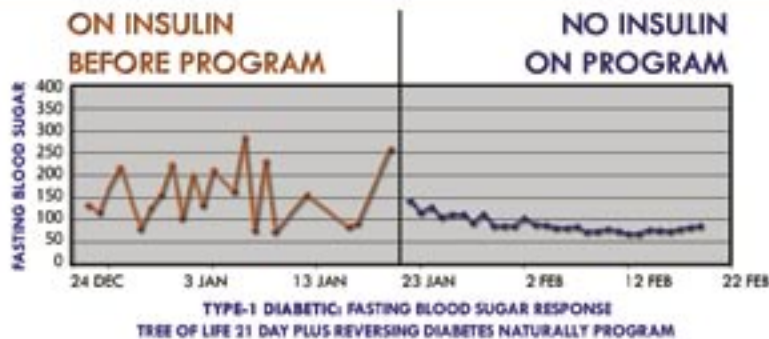
Tucson Convention Center —Graham Room (260 S. Church Ave. at Congress St)

Purchase tickets online at www.21daycure.com, or by phone at: 520-394-2520 x 212

for only \$22 and receive Dr. Cousens' new book, *There Is A Cure*

For Diabetes: *The Tree of Life 21-Day Program* for FREE!

If available, tickets at the door will be \$35



About the Event

For 75 million Americans affected, diabetes is commonly thought of incurable. However, world-renowned holistic medical doctor Gabriel Cousens asserts otherwise. In this lecture, *There Is A Cure For Diabetes*, Cousens presents a breakthrough approach: reverse type-II diabetes through practical changes in nutrition and well-being in 21 days.

With his revolutionary new plan, Cousens presents a program for anyone dealing with type-II diabetes, regardless of past history with insulin and other anti-diabetic medication. His new approach shows incredible results: medication use ceases within four days. "The cure," Cousens writes, "is choosing to live in a way that promotes life."

Gabriel Cousens received his MD from Columbia Medical School. Recognized as the leading world-wide medical authority on live-food nutrition, he is an international speaker, holistic physician, and the author of six books. He is the founder and director of the Tree of Life Foundation and the Tree of Life Rejuvenation Center in Patagonia, Arizona.

Event production by Arizona Choices, www.arizonachoice.com and Tree of Life Rejuvenation Center, www.treeoflife.nu

For More Information, Please Call: (520) 394-2520 Extension 212