

Together AZ



FEBRUARY 2015

Inspiring Success on the Road to Recovery

Sick as our Secrets

By Patricia L. Brooks, MAOM

Sober Truth

It is wonderful to have more than 30 years of sobriety. It is even more wonderful to have no more secrets. But ten years into my sobriety that was not the case. I was still clinging to my secrets.

As part of Alcoholics Anonymous, I worked a good program, went to a lot of meetings and did service work. Strong recovery people were in my life. My standing monthly lunch date with my AA and Al-Anon women friends took priority. But I held a big secret from them.

My harmful secret, my sickness really, was controlling me. I was incapable of sharing any part of it in meetings or with my sponsor. Domestic violence was my secret. My current relationship had gotten physical very quickly.

Day-after-day, immobile with fear, I did nothing to help myself. I justified what was happening by taking some of the blame. The bruises reappeared, the calls to police were repeated and my anger rose. All the things I had learned in my years in sobriety were at odds with the way I was living. My love addiction had surfaced with a vengeance. Standing with God was difficult for me and I was losing faith.

Hazelden Betty Ford Foundation Supports Recovery Legislation

The Hazelden Betty Ford Foundation strongly supports passage of the Comprehensive Addiction and Recovery Act, federal legislation that will help address the nation's opioid epidemic.

Over the past two decades in the United States, the use of opioids — the group of drugs that includes heroin and prescription painkillers — has escalated dramatically, with enormous human and financial costs to individuals, families and communities.

“Despite having only 4.6 percent of the world’s population, the U.S. consumes 80 percent of the world’s supply of painkillers.”

The Hazelden Betty Ford Foundation sees the devastating effects of opioid addiction every day at its 15 locations, and our observations in recent years have been consistent with a wave of sobering statistics that reveal a public health crisis that the Centers for Disease Control and Prevention calls the worst drug addiction epidemic in U.S. history.

The bipartisan legislation, sponsored by Senators Sheldon Whitehouse, D-R.I., Rob Portman, R-Ohio, and Amy Klobuchar, D-Minn., would make \$80 million available to states and local governments to expand drug treatment, prevention and recovery efforts. Among the provisions that would specifically target the opioid issue are grants to:

- Broaden access to evidence-based opioid treatments, including medication-assisted treatment.
- Create pilot programs to prevent opioid overdose deaths by providing training to law enforcement and

HAZELDEN BETTY FORD continued page 3



God chose my abuser for me, just as sure as if he introduced us. A connection was made to take me to my knees with the secret I held on to so passionately. No amount of shame for the way I was being treated both physically and emotionally stood in my way. No amount of guilt derailed me.

I was not in love with him; I was in love with the fantasy of love. It was as if I was drunk on love and blind to my disease all over again, but in a different way. The memories of my jail time faded. What I had learned in AA was not penetrating my thoughts.

My Addiction

We had things in common. He was not a drinker, but had come from an alcoholic home like me. He attended the Catholic Church and was divorced. He had a Masters Degree and I was attending graduate school at night. We enjoyed jazz and cultural events.

He wanted to control things — when we were together and when we weren't. We were not a good combination, yet we were often the same. I had a need to control too. That is love addiction. I had a unique perspective on addiction, but I could not see it clearly. I was neither ready, nor willing.

Our meeting was unexpected. I did not believe in coincidence. It was God's plan for me. After a movie, my girlfriend and I stopped a jazz club in Old Town Scottsdale. We didn't intend to stay long; I had studying to do the next morning. She drank very little and I was comfortable with that.

He noticed us as soon as we sat down. I did not ask anyone there who he was or what he was about. I was

taken in by his Moroccan good looks and charming personality masked only by his mischievous smile. He was younger than me. I could tell he clearly enjoyed attention by the way he worked the room.

We danced with eyes fixated and the games began. He wore a dark silk suit and Italian loafers. I was more casual in my khaki shorts and oxford shirt. It wasn't what I normally wore when I went out to a club, but I had not planned to be there.

He was not really my type, too much of a pretty boy. He obviously knew a lot of the women in the club, but he was focused on me. I liked things good on the outside that might translate someday to the inside.

My insecurities often soared in these situations, but with enough devotion, my love addiction kicked in. I hungered for praise. He was more than enough for me that night. I hid with him in this crowd. I shut down all I knew to be right and danced with him in the game of love. He was persistent all night long, finally insisting we go to breakfast after the club closed. We talked for hours, way past my originally planned early exit.

Secrets

I attended my home group meeting the next day, on Sunday night. I was a fraud, fearing success in the relationship as much as failure. I had failed twice at marriage in my 20's and felt unworthy with many men. I told no one about this person. I did not love myself with this behavior.

I went to Mass with a couple AA friends that night shortly after a meeting. My secret was shared only with God. I talked very little to anyone about anything. I was not at peace. I prayed.

It was hard to hide from my thoughts. I had learned in sobriety to allow myself the freedom to feel fully alive. Where was that now? I had graduate school as a temporary escape with all the homework demanded of me. I kept that thought in the forefront of my mind and allowed my drive to control work its magic in my classes.

Coming in the door of my condo that night I saw the phone recorder blinking fiercely. Three messages, all from him! He missed me and wanted to hear my voice. He wanted to see me soon. He did not want to wait for the weekend to see me again; where was I? I was wanted. That adrenalin rush came over me.

A dozen red roses and a note awaited me at the office Monday morning. We are meant to be together. We should have lunch soon.

I was the center of attention again, the envy of the women in the real estate office where I worked. Who was this mysterious man I had met over the weekend? What was he like? When would they meet him? The bars of my love addiction prison closed around me. I saw it happening and did not stop it.

My sponsor, if I had called her to discuss the messages, would have said, “Slow down, he is pushing too hard. Ask God for guidance. If it is meant to be it will happen in God's time. Your sobriety and your classes are your priorities today. Do not lose sight of the goals you have set for yourself. You have worked hard to get to this point. You have prayed for all of this and not for him. Do not cheat yourself now.”

BREAKING THE SILENCE continued page 9



Best-selling author; guest consultant on 20/20, Good Morning America and CBS Morning News; featured in The New York Times and People Magazine; and Esquire Magazine's "Top 100 Women in the U.S. who are Changing the Nation", Rokelle Lerner is the Clinical Director of InnerPath Retreats at Cottonwood Tucson.

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Amateur hash makers in Colorado accidentally blowing up their homes

Home explosions caused by amateur hash oil makers is an unexpected consequence of legal marijuana in Colorado.

People attempting to make hash oil, a marijuana concentrate, use flammable chemicals that can cause an explosion. They pump butane fuel through a tube containing raw marijuana plants, in order to draw out THC, the psychoactive ingredient in marijuana. Volatile butane vapors can fill the room, and be ignited by a flame or spark.

While these accidents have occurred around the country, they are causing a special problem for courts and lawmakers in Colorado. Criminal defense lawyers argue making hash oil can no longer be considered illegal now that the state has made it legal to grow, smoke, process and sell marijuana. The state attorney general has said marijuana legalization does not apply to butane extraction.

In 2014 there were 32 hash-oil explosions in Colorado. Dozens of people have been injured, including 17 who were treated for severe burns.

"This is uncharted territory," State Representative Mike Foote told the newspaper. "These things come up for the first time, and no one's dealt with them before."

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PUBLISHER'S NOTE

By Barbara Nicholson-Brown

What Money Can't Buy

While I never considered myself much of a risk taker — when I was “out of my mind” in an alcoholic stupor wandering the cities I lived in; Chicago and New York — most every step I took was a risk. In the throes of my addiction, I was walking target for danger and darkness. Drunk and defenseless.

So, no matter how hard I tried to hide the truth from myself and those around me — friends and family slipped away, and eventually only the drink remained. At the time nothing else really mattered.

Even if my best intentions were to be reliable, accountable, honest and true to my word; every promise I made was broken. I was the risk.

As my downward spiral was plummeting at the speed of light — there was a moment the moment where Grace stepped in. I hope I never forget it.

Scared and fearful like most addicts and alcoholics; I didn't know it then, but I was ready for the best investment I could ever make — to recovery, a life of sobriety.

Today, I get to experience the challenges, upswings and downward turns. Without the aid of any substance, I feel everything from pain and joy to love and loss. My glass was always half empty in my using days. I don't need a glass or a big bank account to measure the gifts I've been blessed with. No money in the world can buy the freedom I have. And, I'm eternally grateful.

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In gratitude and the memory of
William B. Brown, Jr.
Publisher/Editor
Barbara Nicholson-Brown
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- other first responders on the use of Naloxone, an antidote for someone overdosing on heroin or prescription pain pills.
- Establish national education efforts to prevent substance abuse, promote understanding of addiction as a chronic disease, and bolster treatment and recovery. These efforts would be focused on parents and caretakers, teenagers, college-age individuals, adults and older adults.
 - Expand disposal sites for unwanted prescription medications.
 - Provide alternatives to incarceration for military veterans, including treatment courts and peer-to-peer services.
 - Encourage the establishment of state Prescription Drug Monitoring Programs (PDMPs) to prevent overprescribing.
 - Promote services for pregnant and parenting women in the criminal justice system who use opioids and other drugs.

The Hazelden Betty Ford Foundation’s Center for Public Advocacy (CPA) looks forward to providing input on the bill as it progresses through the legislative process and urges its stakeholders to contact their U.S. Senators to express support for the legislation.

“The opioid epidemic demands the attention of policymakers,” said Nick Motu, Vice President and head of the Hazelden Betty Ford Foundation’s CPA, “and we are grateful for the leadership in the Senate that is spearheading this important legislation.”

Motu pointed out, according to the Centers for Disease Control and Prevention, prescription painkiller overdoses more than quadrupled in the U.S. from 1999 to 2011, and heroin overdoses more than doubled, leading to about a half million emergency department visits in 2010 alone. While the newest data shows prescription drug deaths dipping slightly in 2012, heroin deaths shot up even more. And deaths from drug overdose still outnumber those caused by car accidents, with an average of 110 overdose deaths per day in America and more than half of those involving opioids, according to the CDC.

“Deaths from drug overdose still outnumber those caused by car accidents, with an average of 110 overdose deaths per day in America.”

Not surprisingly, opioid use disorders are also on the rise. Data compiled by the Substance Abuse and Mental Health Services Administration (SAMHSA) in 2012 showed treatment systems nationwide reporting a 500 percent increase in admissions for prescription drug disorders since 2001. All told, the National Institute on Drug Abuse estimates 2.6 million Americans had an opioid addiction in 2012. Millions more, while not addicted, also reported nonmedical use of prescription painkillers, according to the CDC.

These alarming increases in overdose deaths, addiction and misuse parallel, as one might suspect, a skyrocketing rate of opioid prescriptions and use. The CDC says prescriptions for opioid painkillers, or analgesics, have tripled in the past two decades. In 2012, 259 million opioid prescriptions were written, enough for every American adult to have a bottle of pills. Today, despite having only 4.6 percent of the world’s population, the U.S. consumes 80 percent of the world’s supply of painkillers, according to the American Society of Interventional Pain Physicians.



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The Meadows’ workshops offer healing and empowerment to individuals in various stages of their recovery. Our workshops address the needs of those who have just begun a recovery process, as well as those who have been on a recovery path and may have hit a plateau or want to deepen their experience. Workshops can also be a source of renewal for anyone who has undergone treatment. Participants work on sensitive issues in a concentrated format, allowing them to jump-start and enhance their personal recovery journey by gaining insight into unhealthy patterns and practicing new relational skills in a safe environment. Our workshops include:

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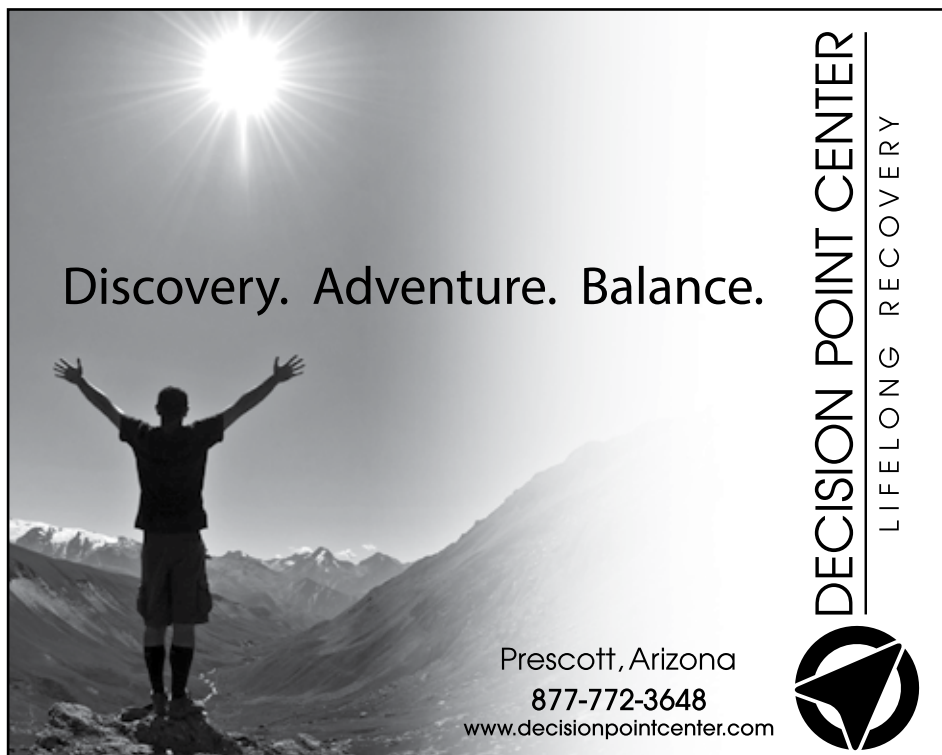
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Commentary

Call for State Legislation to Support an Increase in Abuse Deterrent Formulations (ADF) Allowing Chronically Ill Pain Patients Better Access to Life Giving Medication

By Barby Ingle, President
Power of Pain Foundation

Over the past few years conversations on opioid use have become more about the people abusing these medications and less about the patients who use them correctly.

In the midst of abuse and diversion of prescription opioid medications, a negative spotlight is being shown to the public with attention on the health and societal consequences of what the abusers are doing with these medications. I propose we move the conversation of opioid use forward in a productive and positive patient health focus approach. We need to address restricting the access to those who are abusing their medications while keeping those who are in compliance from any penalty. We need to ensure the patients in pain have appropriate access to opioid analgesics.

Call to Action

Prescription opioid analgesics are an important component of modern pain management. Abuse and misuse of these products, however, have created a serious and growing public health problem. The Food and Drug Administration (FDA) has worked to address this problem while ensuring patients who are in pain have appropriate access to opioid analgesics. Providers and pharmaceutical companies are working hard to provide access to care.

A call to action is needed to decrease opioid abuse and increase abuse deterrent formulations (ADF), allowing chronically ill pain patients who are properly taking prescription better access to life giving medications. Opioids remain an important option in the treatment of chronic pain.

The Institute of Medicine recently put out a report on the state of chronic pain in the U.S. This report shows that pain is a major public health problem, which is costing the U.S. up to \$635 billion a year in added health costs and lost productivity.

I have seen first-hand that ADF are an important component of modern pain management and a high public health priority. Many of my friends who are in chronic pain have limited choices and access to care, which does not involve opioids. Logically, these medications are a low cost and effective form of treatment, which can and will help the mass population of people who suffer with pain diseases.

One important step towards the goal of creating safer opioid analgesics has been the development of opioids that are formulated to deter abuse. The FDA considers the development of these products a high public health priority. I propose that we employ the use of opioid medications more effectively through the use of ADF. As a leader in the pain community and someone who advocates for thousands of pain patients each year, I strongly believe we can combat the issues of abuse while still giving patients who need pain relief a safe, effective and accountable access to these medications.

We need to change our policies to develop a strong, lasting solution to this health crisis. There are four major actions we can take to ensure access to care remains a high priority for those millions of pain patients who need the medications and are taking them responsibly while deterring abuse. *continued page 6*



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The Economics of Happiness: Who Has More of it and Why?

by Debra L. Kaplan

According to a newly released report the world's richest one percent is likely to control half of the world's wealth by 2016.

This report, released by Oxfam, a 17-member international organization working in global collaboration to fight against world poverty, offered up this finding that was timed to coincide with the World Economic Forum in Davos, Switzerland. This figure while staggering is not a new revelation and similar reports have circulated for years acting as harbingers of an impending global financial tilt. However, Oxfam's report was different in that it said that the comparison had now become even more stark, "with the 80 richest people having the same wealth as the poorest 50%."

You guessed it; the rich are getting richer and the poor are getting poorer.

If you reside somewhere along the continuum of the lower 99.99% you might presume that for the 1%, life is "funner," more affluent, and happier. Perhaps it goes without saying that being rich certainly has its fun perks and that money tends to beget more money; but, happier?

Are the chosen few who have ascended to the top of the gilded heap, happier? Superlatively speaking, there are a gazillion studies that have found that the relationship between having money (and lots of it) does not correlate to being happier. And, if that is indeed the case, is that because money can't buy happiness or is it because the lucky few among them don't know what happiness is?

Many of the one-percent elite work or have worked on Wall Street. Almost all of the elite share a dogged drive for success, working long hours and perhaps even to

an addictive level. As for happiness, it's virtually impossible to achieve a state of happiness and contentment while continually propelling upward one's personal wealth quotient. While I was never privy to those select ranks, I did work long hours trading on Wall Street and participated in the pursuit of the money game so I don't hold myself above reproach. Yes, I was happy, but like many today, I gauged my happiness on external benchmarks in lieu of measuring what happiness meant to me. That level of happiness inevitably unraveled because I was only experiencing happiness, or lack thereof, as a precarious state of what I had yet to achieve, accomplish or acquire and not by how content I felt at the time. This externalized measure is what University of Southern California economist Richard Easterlin calls the hedonic treadmill. According to this theory, as a person makes more money his or her expectations and desires rise concurrently which has the result of rendering any gains in happiness, provisional. Put in other terms, one has to keep walking (making money) just to stay in the same place.

After the Wealth

So, after wealth is accumulated the

richer among us are still not quite the happier among us. The happiness that we believed would materialize with that next financial milestone would apparently only dissolve once reached. For most, reaching

a goal is rewarding enough, perhaps even enthralling since the joy is in the accomplishment itself. For those consumed with wealth obsession recognizing when enough is enough becomes the daily lesson.

Predictably my clients' goal, if not the goal during an initial therapy session, is to "be happier," which, in

turn, prompts my next question, "What would have to change in your life for you to feel happier?" Whether clients are living in the one or ninety-ninth percentile of opulence, happiness as they come to find

is an inside out pursuit, driven more by mining the depths of their heart than the depths of their investments. Money, per se becomes a tool to help cultivate happiness and not a yardstick by which it is measured. In *Happy Money: The Science of Smarter Spending*, co-authors Elizabeth Dunn and Michael Norton, a Professor of Business Administration in the Marketing Unit at the Harvard Business School described how spending one's money differently was more important than cultivating more of it. Taking a lesson (or five) from Happy Money would suggest that how we spend our money is a greater contributing factor to our happiness than needing more of it to be happier. Use money to buy an experience with a loved one or friend is more gratifying than buying things...that's to say, money to live and experience life with loved ones is more rewarding because we create happy memories; Learn to relish and savor that which you have bought instead of binge consume that which you have acquired; Use your money wisely to make decisions that won't deplete your time. As the adage goes, time is money; Pay for purchases upfront in order to put aside the tension of having spent the money. This will result in

Economics of Happiness continued page 12





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- from page 4
- States need to define ADF based on FDA guidance.
1. Push for legislation which supports non-ADF products from being substituted by pharmacists for ADF, without approval of the prescribing health professional. This legislation should ensure that unless the substituted opioid is also a non-ADF or consent is obtained from the prescribing health professional, a pharmacist would be prohibited from substituting another opioid for an ADF.
 2. The pain community and future legislation should advance patient safety. State legislation should place a high priority on ADF opioid marketplaces where more ADF treatment options exist and pharmaceutical companies are encouraged to create these safer medications making them more readily available for pain patients.
 3. It will also prove beneficial that we support the removal of barriers to non-opioid therapies as a first line of treatment for pain.

Removing barriers to the use of branded and non-branded, non-opioid pain medications will allow patients greater options with less chance of becoming dependent on them. Providing medications including ADF can be done through physical and chemical barriers: chewing, crushing, cutting, grating, or grinding must be prevented. Chemical barriers can resist extraction of the opioid using common solvents like water, alcohol, or other organic solvents. An opioid antagonist can be added to interfere with, reduce, or defeat the euphoria associated with abuse. The antagonist can be sequestered and released only upon manipulation of the product.

For example, a drug product may be formulated such that the substance that acts as an antagonist is not clinically ac-

tive when the product is swallowed but becomes active if the product is crushed and injected or snorted. Substances can be combined to produce an unpleasant effect if the dosage form is manipulated prior to ingestion or a higher dose than directed is used. Certain methods of drug delivery can offer resistance to abuse. For example, a sustained-release depot and injectable formulation that is administered intramuscularly or a subcutaneous implant can be more difficult to manipulate. Any combination of two or more of the above methods can be used to deter abuse even further. ADF will have the most value if they are universally adopted so people cannot switch to other medications that do not have the correct formulation.

We know we must find a balance between the pain patients who truly need opioid medication for daily living and those who are abusing them.

The responsible patients should not be punished by the crackdown on prescription drugs and opioid abuse. There is a need to stem the tide of drug abuse, but not at the detriment to those who need proper and timely care and access to tools for better daily living so they may function in a more productive way in our communities and provide greater benefit to society as a whole.

The Power of Pain Foundation's mission is to educate and show support for Chronic Pain Patients, specifically those with Neuropathy Pain conditions including Reflex Sympathetic Dystrophy (RSD), Diabetic Neuropathy and Post Cancer Pain. www.powerofpain.org

3 Steps to Battle Self-Hatred

By JENISE HARMON, MSW, LISW-S

Dear Reader,

If I were to sneak inside your head, just for a moment, what would I hear?

At your darkest moment, when you're all alone with your thoughts and your thoughts are the things of chaos, when you can't sleep, and you are at your lowest, what words would slip into being? Is your head full of hate to yourself? Do you chastise and berate your actions of the day? Do you hear anger? Disgust?

If I could magically give you one thing this year, I would give you the gift of self-kindness.

I'll bet you're pretty nice to others. I'm fairly certain you would never be as harsh to them as you are to yourself.

When someone makes a mistake or says something that's wrong, you may smile to yourself, but you don't jump out of your seat and call them a moron (or worse). You certainly don't stay up at night thinking about them.

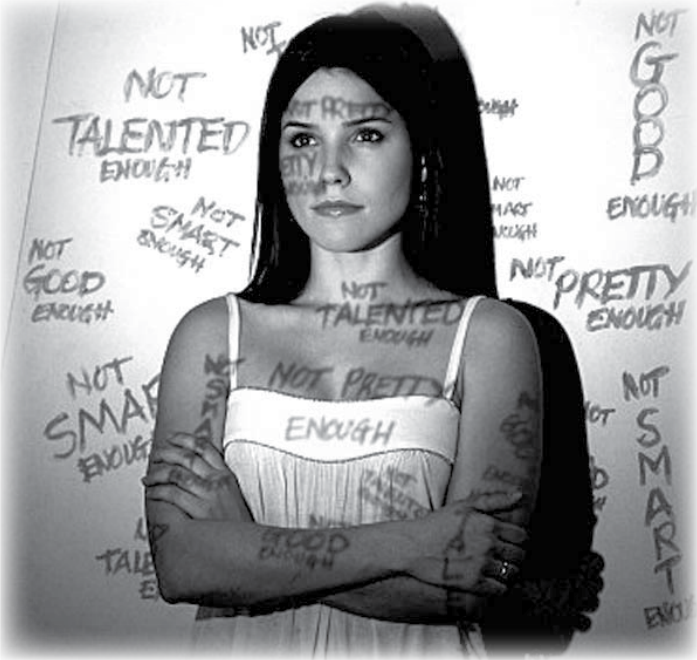
But somehow, you do this to yourself.

Learning to love and accept yourself isn't something that comes easily for some.

When kids are bullied, when teens face pressures they can't take, when children are taught their worth is based on what they do or don't do, say or don't say, they end up taking on the voices of the people who are cruel to them.

The mean words that are said to them, they say to themselves. Maybe this is you.

When I work with people who struggle with self-hatred, there are three steps that we work through, often more than once.



STEP ONE: Identify the source of the self-hating thoughts

Can you recognize where each of the self-hating voices comes from? Is it from the hypercritical parent? Or are the words from the bullies from school that made you so sad and scared as a second grader? Maybe it's the voice of an ex that made you hate your body.

Sometimes the people who are supposed to build us up and help us grow, stomp us down and harm our soul.

It isn't right; it isn't fair. But remember that although it may feel true, it isn't, even if the words come from people you trust.

STEP TWO: Challenge the self-hatred and negative thoughts

When you begin to hear those cruel and harmful criticisms, I challenge you to use that intellectual part of yourself to take a step back and think carefully if they're true. Parts of the words may be true. You may be overweight, but you're not disgusting or lazy. You may have failed a test, but you're not stupid.

It isn't easy, but you can change that voice in your head. Part of you knows the words it says aren't true.

STEP THREE: Replace negative thoughts with more honest, kind, and accurate ones.

The next and final step may be the most difficult. You need to replace those untrue, harmful thoughts and words with ones that are truthful and kind.

That voice that tells you people only like you because of what you do for them, and states they'll reject you the moment you have nothing left to give? You need to remind yourself that it's simply not true.

Remind yourself of the truth that you know deep inside you, that you are valued as a human, as a person, as a companion, and a friend.

Remind yourself of this every day, every hour if you need to.

Challenge yourself on the lies that flood your head. No one else can do this for you.

A friend or a therapist, a lover, or a child can tell you a million times how wonderful you are, but until you can hear the words in your own voice you will not believe them.

I know this is not easy, because you'll be challenging years, perhaps decades, of negative voices that have been said to you throughout your lifetime. But it can be done.

Find someone to join you on this journey if you can, someone who believes in the true and good you. Listen to their voice when yours becomes negative.

We are not meant to live this life alone.

LOVE IS

By Dr. Dina Evan

Let's face it, people banter the word love around everything from chocolate ice cream to flannel pajamas. So how are we to know when love is real? Love is less about a feeling and more about action. For instance, if I really love myself, would I trick myself or lie to myself? Probably not, because that seems counter intuitive to what real love does. Therefore, if I am feeling genuine love for you, I couldn't do that to you either. I couldn't take advantage of your weakness or flaws any more than I could take advantage of mine.

You can't plan to be in love, love is not cunning or strategic. Love simply becomes who you are. You can't fall in love to get love — you can only fall in love to give it. If you fall in love to get love, the other person becomes an object for filling your needs and is not your beloved. Christopher Poindexter said... *"It was rather beautiful, the way he put her insecurities to sleep. The way he drove into her eyes and starved all the fears and tasted all the dreams she kept coiled beneath her bones."* If you are in love, you are profoundly present. If you are still asking if you are in love...you're not. When real love arrives, there are no more questions, no greener grass, no better options. It's no longer about what you say, it about who you are and how you prove it...to yourself and your beloved.

Love is about your integrity

Real love knows that even having an emotional affair is more traitorous than having a physical one because it involves the heart and spirit. It's the exchange of stolen words and feelings rightfully belonging to another. Affair of any kind involve cheating on one's own integrity, going back on one's own spirit.

Real love does not subside. It is forever beyond just falling in love. It deepens, moving gently beyond body parts into the private parts in the heart that are closer to one's character and purpose. If you are able to love with a whole soul, you've done what you came here to do.

Love never promises that it will be free from difficulties and challenges. It just promises we will stay up all night to solve them together. It would rather be face to face with you than on a cell phone, an I-pad or Facebook. Love is more about who I am than who you are. It's more about who you are, than who you love. Love comes to us as the teacher to reveals the truth of who we really are. It's the only way to discover

my level of patience, truthfulness and addiction to sameness.

Only real love reaches from here to heaven. I believe, so long as you speak a person's name with love they are still alive within you. Love is oblivious to distance or time, it simply is forever. Even when love changes form it continues to exist. From friends to lovers, from husband and wife to co-parents, from partner to spouse from parent to child, love, real love, changes form but never loses strength or commitment.

Love is a choice. You can decide to be meant to be the moment you choose love as a gift to your life. You can choose it with your beloved, or the homeless person on the street. You can choose it with that wounded warrior or that screaming child. You can choose it with the perceived terrorist who has never felt love or you can choose it the next time you look in the mirror. One of the most important gifts love brings is the realization that we are all of these and there is no separation between us. Love is without judgment. It is without separation.

Love can be felt in music composed from the heart, words written from the heart and genuine vulnerability shared from the heart. Love can be felt in truth, honesty and genuine caring. It is in all things real. Some think true love is rare but it is only rare because we have forgotten to be it.

Don't wait to be perfect to choose love. If you wait you will never choose love because no one is perfect. Don't postpone it by tricking yourself with caveats that aren't real. Love is the strongest energy in the Universe, therefore, it is also the most feared. When you look around it's obvious we make up many reasons to avoid it. However, once you choose to be it, you discover it is simply the only reason for being here.

So, have a chocolate, send a Valentine, then put your feet up and decide that you want all that love offers and become it. We hear you (yes, that was flaky) and we are grateful you give us a reason for being ... and that is real. Happy Valentines Day.



Dr. Evan is a life/soul coach in Arizona working with individuals, couples and corporations. She specializes in relationships, personal and professional empowerment, compassion and consciousness. For more information 602-997-1200, email drdine@attglobal.net or visit www.DrDinaEvan.com.

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How to Get Out of a Coma

By ALAN COHEN

I was honored to meet Morton Lauridsen, a genius musician considered by many to be the world's greatest living composer of choral music. He is widely respected for his stirring opus, *"Lux Aeterna"* ("Eternal Light"). Morton told me that one of his dear friends, a conductor who often conducts Lauridsen's compositions, fell into a coma. After several weeks, doctors could not predict whether or not he would awaken.

Morton went to visit his friend, who was lying inert in a hospital bed. After a minute Morton began to gently sing the chorus of "Lux Aeterna." Then, to onlookers' astonishment, the patient raised his hand as if he were conducting a chorus. This was the first time the man displayed any activity since he had fallen comatose. Eventually he was resuscitated. (For a moving journey into Lauridsen's music, watch the documentary *Shining Night*, available at innerharmony.com.)

This healing incident is as metaphoric as it is literal. We have all fallen comatose. In the Book of Genesis we are told that "a deep sleep fell over Adam," but nowhere in the Bible does it say that he woke up.

We are all Adam, still immersed in the dream of limitation. We have become sleepwalkers, trudging through our days wondering who we are and why we are here. In the poignant film *Joe Versus the Volcano*, Meg Ryan's character sums up our predicament: "Almost the whole world is asleep. Everybody you know. Everybody you see. Everybody you talk to. Only a few people are awake, and they live in a state of constant total amazement."

How, then, do you awaken from the coma of a dreary, burdensome, or oppressive life? The antidote is passion. Passion is the avenue through which life guides you to fulfill your unique purpose. When Morton Lauridsen's friend heard music that stirred his soul, he found a reason to awaken and live. We all have a reason to awaken and live, but we must act on it to reap its benefits.

In the classic movie *Ferris Bueller's Day Off*, Ferris phones his friend Cameron to ask him to play hooky.



"To find our calling is to find the intersection between our own deep gladness and the world's deep hunger." Acting on joy is not selfish at all. It is your gift to humanity."

Cameron tells Ferris, "I'm too sick." Ferris replies, "You're not sick. You just can't think of anything you want to get up for." If you feel sick or tired, ask yourself, "What might I do during a day that would make me want to wake up in the morning to do?" Your honest answer to that question will open the door to your next important step in life.

When you follow your bliss, you deliver gifts that stir others to find their passion and fulfill their purpose. Frederick Buechner declared, "To find our calling is to find the intersection between our own deep gladness and the world's deep hunger." Acting on joy is not selfish at all. It is your gift to humanity. In a world where many people are suffering, those who choose happiness are the lifeline by which others find their own way home.

I saw a documentary about a high school student named Steve who was getting poor grades and getting into trouble. His parents and teachers tried to correct him, but nothing they did worked. Then Steve discovered a bird sanctuary where injured birds of prey were given refuge, resuscitated, and released back into the wild. Steve was

fascinated by this place and daily visited after school. He became a volunteer and eventually got a part-time job. Meanwhile he stopped getting into trouble. The final scene of the documentary showed Steve giving a lecture at the sanctuary to students on a class trip—the very class he had been flunking. When Steve found something that stimulated him, his life lined up.

To be true to your passion, you must release activities that run counter to your joy. You cannot simultaneously be comatose and passionate. Every thought you think, word you speak, and action you do either enforces your coma or releases you from it. To get and stay awake you must tell the truth about what brings you life—It—and what saps your life—Not It.

An army general noticed that one of his soldiers was acting weird. The private would walk around the post, pick up papers, and after reading each one he said, "That's not it!" The general sent the soldier to the psychiatrist, who concluded that he was deranged, and wrote him a discharge order. When the private read that paper he spouted, "That's it!"

Everything in the world either reinforces the insanity that keeps it in force, or opens the door to escape from it. Meanwhile there are bigger, wider, richer worlds that also reinforce themselves if we step into them. William Blake declared, "If the doors of perception were cleansed, every thing would appear to man as it is, Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern."

We are spiritual beings who have gone to sleep only to experience the joy of waking up. At this moment a genius is singing to you a song to stir your soul. The moment has come to lift your arm and return to the podium to conduct the chorus of your life.



Alan Cohen is the author of many inspirational books, including *Relax into Wealth*. For more information about this program, alancohen.com, email info@alancohen.com.

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BREAKING THE SILENCE from page 1

But, I did not call her that night. Not the next day or even that next week. To be honest with her did not even register with me. I was losing my voice and love addiction trumped honesty. My sponsor was being replaced with a person who was not part of my sobriety journey — or was he? God was taking me face-to-face with my dirty little secret.

Temptation

This began two years of abandonment and disappointment, lies and deceit. I took him back when he showed up with a new TV after mine died. Another time it was tickets to a special event I desperately wanted to attend, tickets probably meant for someone else. I tried hard to make it work, overlooking abusive comments.

Accepting his offers and looking away from the shame of the relationship when he taunted me after an argument became the norm. He did not make plans ahead of time, and I went to fewer meetings to work around his schedule and coercive control.

I blamed myself. I was making too many demands of him. I took the bad girl role. The problems were mine. I usually joked about the situation or made light of it when I did talk to a friend about him. I avoided seeing the lies, the deceit or the insanity of the abuse for most of our two years together. My eyes were wide shut and harmful mostly to me.

Abuse

Barely hiding the bruises on my arms and legs and the sadness on my face, I finally allowed the pain in my heart to be heard in my voice when I spoke at a meeting. But I didn't share my dirty little secret. My friends were waiting for that smile from my early sobriety to come back. Occasionally I eked out a smile to appear upbeat and light. I rarely called anyone. I did not go out for coffee with them anymore after the meetings.

I overreacted to questions about where I had been or what I was doing. The self-doubt that had slipped away in my early sobriety returned with the post-traumatic stress now growing inside me. I was not being in the moment; I was thinking of what was going to happen that night if he came by my condo or called.

My car tires were slashed on more than one occasion and a toxic liquid was poured in the gas tank totaling my car. It was only something a research chemist could have done, a research chemist like him. With no one prosecuted for the crimes and all the expenses going to me, I festered in silence.

Post-traumatic stress settled in. My emotional attachment to his anger, control and aggressive actions ached in my weary body. My recovery had worked well for a decade in hope and gratitude. I had none of that now with

“Victims do not ask for abuse. They do not agitate to be hurt. But they are destined for it if unfinished business lays low and the cycle has not been broken. They do not seek to be a statistic, but silently become one.”

domestic violence in my life. Some of my AA friends left me, or had I left them? My loyalty to my home group and working the steps was trumped by him and trauma. I did not see it coming but it took over just the same.

A never ending cycle of abuse was in place. He had no trouble not keeping plans, breaking promises and denying commitments. I was on a downward spiral re-enacting my deep psychological wounds for attention. The red flag of physical abuse flew high. God revealed my reality with each blow. I lost touch with myself and went back to that shell of a person that protected my feelings.

Empathy

Victims do not ask for abuse. They do not agitate to be hurt. But they are destined for it if unfinished business lays low and the cycle has not been broken. They do not seek to be a statistic, but silently become one. If also an alcoholic, alcoholic thinking hovers at all times. This was who I had become.

We can breakthrough with God, 12 Step Recovery and AA friendships. Just like any other addiction, I had to ask for help. I had to acknowledge my love addiction. I had to realize my shame could not overpower my reason to get help.

How had I gone from being sober and free for more than ten years to hiding my secret of love addiction and domestic violence? How had I plunged to the depths of despair again? You might say the leap was highly unlikely, but it was not. It was natural for me. I had this secret long before he threw me out of a moving car, shoved me against the wall in my condo, or banged my head on the trunk of my car.

I survived when he hurled me into the sharp edge of my dresser and knocked me into a white fog that sent me to the emergency room fighting for my life. I had not had a drink in over ten years, but I was not sane, not really sober in the true sense of AA. I was living a lie. I was captive in my addiction and domestic violence was the catalyst.

My love addiction issues had never been fully addressed

in my 12 Step work. I was blind to this problem even when I was in harm's way and fighting with bloody hands to get free of a locked door and my abuser. I was oblivious to how many times I was close to death's door. Maybe even more times than when I drove drunk.

I loved my AA meetings, yet had found the most unlikely men there in that first decade of sobriety. I had several emotionally abusive relationships prior to this physically abusive one outside of my AA circles. My sponsor advised me to say no on more than one occasion, but that word remained unspoken until an assault almost took my life. My never ending pursuit for love cost me AA friends and my sanity. Thank God; not my sobriety.

It is a miracle I did not drink. I exploited myself and continued to allow him back into my life. I could not quit him. I had a need for external approval dating back to childhood. I constantly needed reward in some way. I had lost sight of what it was to be truly sober.

Recovery

To be whole again in my recovery, I had to let my truth out. It was my destiny to have come this way with a stop at a local shelter. Looking back, I am grateful for this relationship. It took my sobriety to a new level of understanding. I forgave myself and my abuser. I thank God for the outpatient treatment I went through with other abused women, similar to the out-patient treatment I went through with alcoholism. My many hours of therapy were necessary to penetrate the brainwashing I had endured.

Acceptance of this trauma broke the cycle of domestic violence in my life. The abuse I survived revealed how critical it was to go deep into my soul and leave nothing unturned in my 12 Step work. I knew I had many women friends who had walked this path too, both in sobriety and in abuse survival.

Relating to other women with this part of my recovery was paramount to my anger management and my ability to move on to a life I could have only imagined. I did not tread carefully with my story amongst any of them. They understood me, and me them. Nobody talked about men in domestic violence at this time, but they were out there too, living in silence in the dark.

Sharing this part of my journey benefits others, just as my experience, strength and hope of thirty plus years in AA does. It is God's plan. I tell my story when asked. There is a bigger reason for my sobriety now, and I am grateful for that too. It is my passion, my purpose to be of service.

I am no longer sick with secrets, tell lies or hide anything. Thank you, God. I have the freedom I have always wanted.

The Startling Stats

- Approximately **1.3 million women** and **835,000 men** are physically assaulted by an intimate partner annually in the United States.
- In a 1995-1996 study conducted in the 50 States and the District of Columbia, nearly 25% of women and 7.6% of men were raped and/or physically assaulted by a current or former spouse, cohabiting partner, or dating partner/acquaintance at some time in their lifetime (based on survey of 16,000 participants, equally male and female).

Resources

- Arizona Coalition to End Sexual and Domestic Violence 602-279-2900 1-800-782-6400 www.acesdv.org
- National Coalition Against Domestic Violence, www.ncadv.org
- National Domestic Violence Hotline 1-800-799-SAFE (7233) www.thehotline.org



Patricia L. Brooks, MAOM, Author, Publishing Consultant, Workshop Facilitator, Human Rights Advocate, President and Founder of the Scottsdale Society of Women Writers and President and Founder of Brooks Goldmann Publishing Company, LLC

Patricia is the author of *Gifts of Sisterhood—Journey from Grief to Gratitude* with a second memoir to be launched in this year; ***Three Husbands and a Thousand Boyfriends*** (Love addiction, domestic violence, post-traumatic stress and alcoholism recovery)

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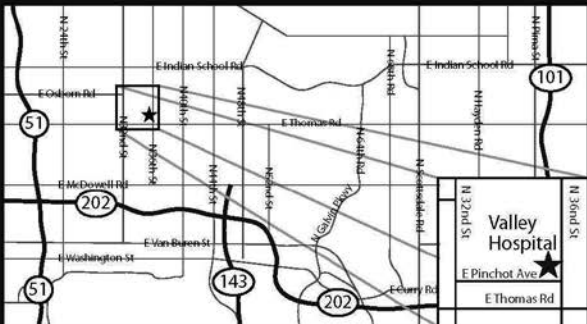


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ARIZONA COALITION TO END SEXUAL & DOMESTIC VIOLENCE

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Events Calendar

FEB. 16-20 – Tucson – Cottonwood Tucson – InnerPath Women’s Workshop

This five-day workshop has been designed especially to meet the needs of women who are re-evaluating their relationships, their priorities, and their sense of self. Facilitated by Rokelle Lerner. Visit www.cottonwoodtucson.com or call Jana at 520 743 2141 or email at jmartin@cottontownoodtucson.com for information and registration.

FEB. 23-27 – Tucson – Cottonwood Tucson – InnerPath Workshop.

This five-day intensive workshop is tailored to meet the needs of those individuals who want to make healthy changes in their lives. Facilitated by Rokelle Lerner. Visit www.cottonwoodtucson.com or call Jana at 520 743 2141 or email at jmartin@cottontownoodtucson.com for information and registration.

FEB. 26 — ACA Presents, Claudia Black. Event is free. 7:00 pm. North Scottsdale United Methodist Church. 11735 N. Scottsdale Road. Visit <http://aca-arizona.org> for details.

Phoenix - Be Informed;

Feb. 27 — 8:30 - 9:00 a.m. – Registration, 9:00 - Noon – Presentation Sponsored by Sierra Tucson. “Understanding & Healing Your Pool of Pain.” Speaker: Presenter: Charles Atkinson MA, MSW, LCSW. Phoenix Marriott Tempe at The Buttes, 2000 Westcourt Way, Tempe, AZ 85282 3.0 CE Credits available. Pre-registration at www.SierraTucson.com. For info, visit www.SierraTucson.com or contact Chrissy Lamy at 480-231-0260 or CLamy@CRChhealth.com

Every Week – Tucson – Cottonwood Tucson – InnerPath Developing Healthy Families Workshop. Five-day workshop is for families impacted by addictions, psychiatric disorders, anger & rage, and trauma. Facilitated by Cottonwood staff. Visit www.cottonwoodtucson.com or call Jana at 520-743 2141 or email jmartin@cottonwoodtucson.com for information.

Merritt Center Returning Combat Veterans Retreat Program. Free 4 week-end program for combat Vets. With the assistance of Vet mentors, and healing practitioners, returning vets will begin to release the experiences of war, and to create the dream of a new life. Betty Merritt, betty@merrittcenter.org. 800-414-9880 www.merrittcenter.org

On Going Support

CHRONIC PAIN SUFFERERS — “Harvesting Support for Chronic Pain,” held the third Saturday of the month, from 12 noon - 1 p.m. Harvest of Tempe Classroom, 710 W. Elliot Rd., Suite 103, Tempe. Contact Carol 480-246-7029.

HOPE, STRENGTH, AND SUPPORT for Jewish Alcoholics, Addicts, and their Families and Friends (JACS*) 1st and 3rd Wednesday, 7:30 PM. Ina Levine Jewish Community Campus, 2nd floor Conference Room. 12701 N. Scottsdale Road, Scottsdale 85254. 602.971.1234 ext. 280 or at JACSarizona@gmail.com

COSA (12-step recovery program for men and women whose lives have been affected by another person’s compulsive

sexual behavior)— **Being in Balance.** Thursday 11:00 am-Noon. 2210 W. Southern Ave. Mesa, 85202. Information 602-793-4120.

WOMEN FOR SOBRIETY — www.womenforsobriety.org meeting every Saturday morning, from 10am-11:30am at All Saints of the Desert Episcopal Church- 9502 W. Hutton Drive. Sun City, AZ 85351. Contact Christy (602) 316-5136
CO-ANON FAMILY SUPPORT GROUP - Carrying the message of hope and personal recovery to family members and friends of someone who is addicted to cocaine or other mind altering substances. **“Off the RollerCoaster” Meeting,** Thursdays, 6:30 - 7:45pm, 2121 S. Rural Road, Tempe, Our Lady of Mount Carmel Church. Donna 602-697-9550 or Maggie 480-567-8002

GAMBLERS ANONYMOUS — ACT Counseling & Education. 11:00 am to 12:30 pm. Call 602-569-4328 for details. 5010 E. Shea Blvd. D202, Phoenix.

INCEST SURVIVORS ANONYMOUS—North Scottsdale Fellowship Club, Saturdays, 1:30-2:30pm. Gloria, 602-819-0401.

Alumni Meeting—COTTONWOOD TUCSON. Ongoing: First Wednesday of month 6:00-7:30 p.m. **Cottonwood campus in Tucson.** 4110 W. Sweetwater Drive. 5:00 p.m. dinner. Contact Jana Martin 520-743-2141 or email jmartin@cottonwoodtucson.com

ACOA (Adult Children of Alcoholics) Thursdays, 7:00 p.m., North Scottsdale United Methodist Church, 11735 N. Scottsdale Rd., Scottsdale. 602-403-7799.

ACA meeting. Tucson. Wed. 5:30-7:00 p.m. *Streams In the Desert Church* 5360 E. Pima Street. West of Craycroft. Classroom A (Follow the signs). Michael 520-419-6723.

Overeaters Anonymous - 12 Step program that deals with addictions to food and food behaviors. 18 meetings scheduled per week. For information 520-733-0880 or www.oasouthernaz.org.

Families Anonymous—12-step program for family members of addicted individuals. Phoenix/Scottsdale. 800-736-9805.

Pills Anonymous—Glendale Tues. 7:00-8:00 pm. HealthSouth Stroke Rehab

13460 N 67th Ave. (S. of Thunderbird) Education Room. Rosalie 602 540-2540. **Mesa** Tues. 7-8:00 pm, St. Matthew United Methodist Church. 2540 W. Baseline. B-14. Jim, 480-813-3406. Meggan 480-603-8892. **Scottsdale**, Wed. 5:30-6:30 pm, N. Scottsdale Fellowship Club, 10427 N. Scottsdale Rd., Room 3. Tom N. 602-290-0998. **Phoenix**, Thurs. 7-8:00 pm. First Mennonite Church 1612 W. Northern. Marc 623-217-9495, Pam 602-944-0834. Contact Janice 602-909-8937.

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Friday meetings 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other **Hurts, Hang-ups and Habits.** 1825 S. Alma School Rd. Chandler. 480-963-3997. Pastor Larry Daily, email: larrydaily@chandlercc.org.

GA Meetings—ACT Counseling & Education in Phoenix and Glendale. Tuesday, Spanish (men) 7:00 -9:00 pm. 4480 W. Peoria Ave., Ste. 203, Glendale. **Thursday, Spanish** 7:00 - 9:00 pm 4480 W. Peoria Ave., Ste. 203, Glendale. **Sunday, Spanish** 6:00 - 8:00 pm 4480 W. Peoria Ave. Ste. 203, Glendale. **Sunday, English** 6:30 - 8:00 pm 5010 E. Shea Blvd., Ste. D-202, Phoenix. Contact Sue F. 602-349-0372

continued page 14

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Is your glass HALF FULL?

By Jessica Cassity

Having an upbeat disposition can influence more than just your mood.

“People who are optimistic are more committed to their goals, are more successful in achieving them, are more satisfied with their lives, and have better mental and physical health when compared to more pessimistic people,” says Suzanne Segerstrom, PhD, a professor of psychology at the University of Kentucky. Research shows that people tend to be optimistic by nature, but what if you’re naturally more of an Eeyore?

The trick is to act like an optimistic person, even if you aren’t feeling particularly hopeful. “If you think the future can be positive, you’re more willing to put in time and energy to make that come about,” says Segerstrom. By being engaged and persistent, even if you don’t feel particularly positive, the benefits of optimism — like satisfaction and health — will soon follow. Seeing the proverbial glass as half full can pay off in a number of unexpected ways, from improving your work experience to enhancing your relationships and protecting your mind and body.

Optimists Feel Healthier

If you think that the world is inherently good, and that life will work out in your favor, you’re more likely to rate your own health and sense of well-being as better. Best of all, it doesn’t matter where you live or what language you speak: These statistics came from a study of more than 150,000 people living in 142 countries. But optimism doesn’t just make you feel healthier—it can actually make you healthier, as these next few studies show.



Optimists Are Healthier

A recent Harvard School of Public Health study found that positive psychological well-being, self-acceptance and positive relations with others, is linked to improved heart health. However, having an optimistic attitude was the biggest predictor of all: People who tend to look on the bright side have fewer heart problems, such as cardiovascular disease. They also have better cholesterol readings: In a separate survey of nearly 1,000 middle aged men and women, those who reported higher levels of optimism had lower levels of triglycerides, or less fat in the blood.

Less Prone to Freakouts

By nature, optimists don’t sweat the small stuff. Those were the findings in a study at Quebec’s Concordia University. Not only did optimists produce less cortisol—the stress hormone — during times of stress, they also didn’t experience as much perceived stress during stressful times.

Better at Bouncing Back

When life delivers lemons, optimists are more likely to make lemonade. Those were the findings in a survey of college freshman in Australia: The students who were more optimistic about their transition to university life experienced less stress, anxiety, and uncertainty and had a more successful first year overall.

Not an optimist? Are you doomed to suffer poorer health, fewer promotions at work, and a so-so relationship? No! Optimism is a learned skill just like any other.

Jessica Cassity writes about health, fitness, and happiness for publications including Self, Shape, Health, Women’s Health, and Family Circle magazines.



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Economics of Happiness from page 4

fully enjoying the moment; Money spent on others is more rewarding than money spent on self. Those that spent money on themselves did not fare as well in the happiness department as those who spent money on others. This is akin to doing service in 12-step which reaps many personal gains while building connection in a community of support.

“Money spent on others is more rewarding than money spent on self. Those that spent money on themselves did not fare as well in the happiness department as those who spent money on others.”

Helping my clients recover from their addictions to sex or money obsession or “never feeling good enough” befalls a client regardless of his or her demographic and/or income percentile. And, recovery can only happen as they redefine their definition of what is financially “enough.” That pursuit

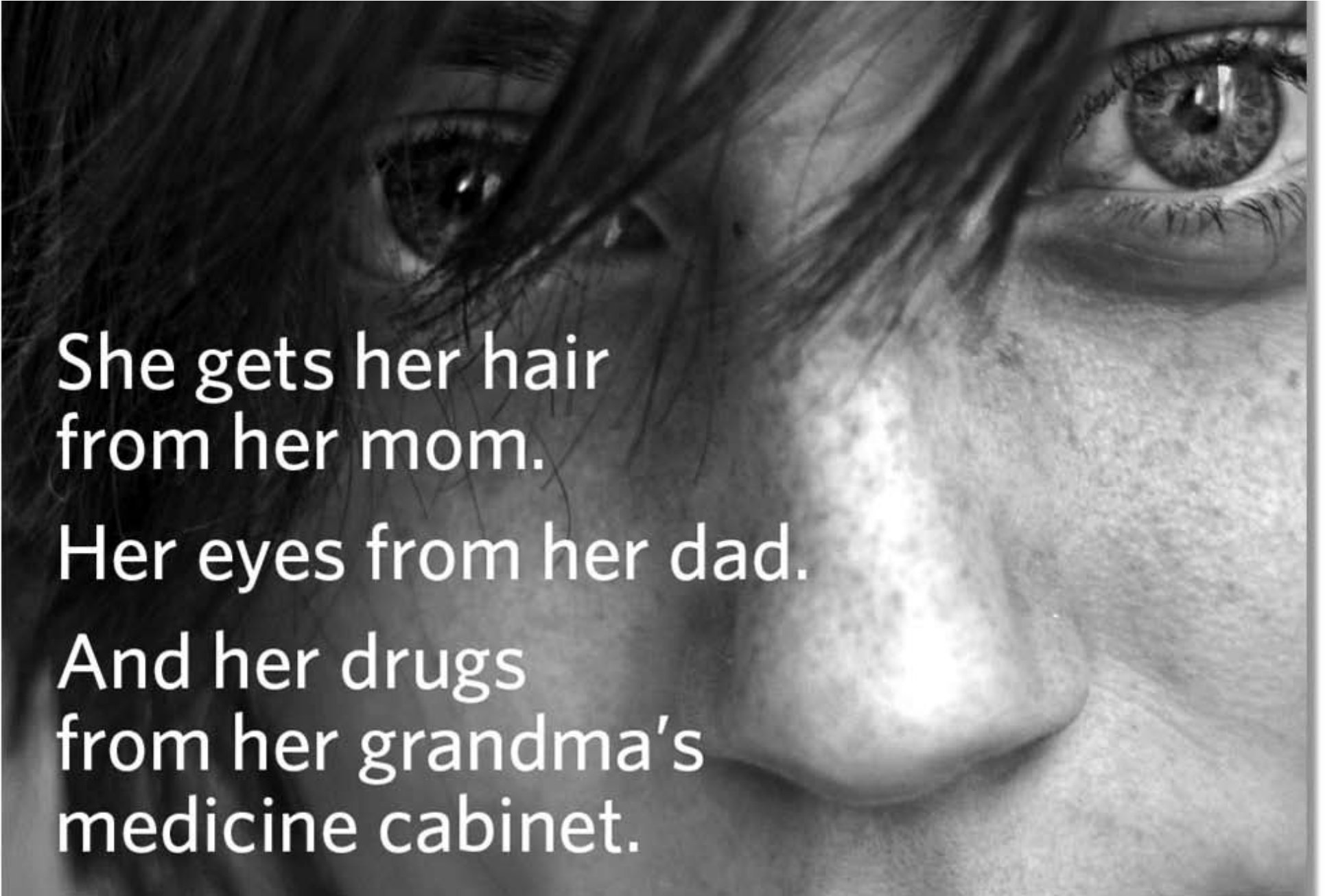
is also defined by their new definition for happiness.

In the words of James A. Baldwin, “Money, it turned out, was exactly like sex, you thought of nothing else if you didn’t have it and thought of other things if you did.”

As the über wealthy convene on Davos, Switzerland for the World Economic Forum one thing is certain—they think of other things!



Debra L. Kaplan, MA, LPC, LISAC, CMAT-S, CSAT-S specializes in helping adults and adolescents overcome addictions, issues related to sex and love, relationship struggles and unresolved traumatic stress (Complex Post Traumatic Stress-C-PTSD). Debra’s expertise is also in working with sex addiction, including working with couples and spouses affected by internet and pornography addiction, emotional/sexual affairs, and financial betrayal. Visit <http://debrakaplancounseling.com/>



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LIFE 101

By COACH CARY BAYER www.carybayer.com

200% of Life

Every day people talk about giving 100 percent effort; some even 150 percent. In this article, I'll talk about two hundred percent.

Maharishi Mahesh Yogi, who helped make meditation a household word, described 200 percent of life as being an enlightened millionaire. Buckminster Fuller said there were enough resources for everyone to live as a millionaire.

Living in south Florida seven months and in Woodstock, New York about five, I've observed people focusing on different aspects of these polarities. In Woodstock, where '60s values live, many people are committed to spiritual development. Many don't make much or have much money, and don't worry about it. Their net worth is low, but their self-worth is high.

In south Florida, many people are extremely successful materially. They have and make lots of money, (if they're not already retired), but many worry about money, especially if many assets are in stock holdings. Some monitor investments several times a day, and their moods rise and fall with their stocks' prices. Many don't realize that spiritual attainment exists; consequently, don't put much attention there. Many have very high net worth, but low self-worth. I've coached some of them and have seen how they value themselves by how much money they have or what kinds of designer and expensive possessions they've amassed.

A modern day materialistic maxim goes, "Life's a bitch, and then you die." This worldview has a corollary maxim: "He who dies with the most toys wins." A spiritual adaptation might go,

"He who lives with the most consciousness, who has realized his higher Self, wins the Game of Life."

But that's not the prevailing cultural belief. Accumulating trinkets has become more important than accumulating wisdom. To update Jesus' timeless question, we might ask: "What does it profit a woman to gain a Louis Vuitton pocketbook and lose her soul?" TV networks devote hours of programming to real housewives; none to real gurus. We watch anxious, conflict-creating materialists, but not peaceful, harmony-creating spiritual people.

To live Maharishi's 200 percent of life, "spiritual" people need to manifest more materially. Each needs a higher net worth to complement high self-worth. They need larger amounts of money in their retirement accounts; some need to create a retirement account. Many dress slovenly, focusing more on the unseen than the seen; they could dress up their look because first impressions are long lasting, and more opportunities could open with a more attractive exterior life.

Materialistic people need spiritual peace. Many think that peace comes from having enough "money in the bank"—or stocks, bonds, and real estate. Materialists, concerned with what's seen rather than what's not, are concerned with their appearance; they could find more happiness if they developed an attractive interior life.

It's over-simplification that Woodstockers are spiritual and south Floridians are materialistic. Many Woodstockers are materialistic, and many Floridians, who've been students in my workshops, coaching clients, and meditation classes—are deeply spiritual, not at all materialistic.

East and West are Meeting

One reason many spiritual people are not materialistic, and many materialistic people are not spiritual is because of the expression, "East is east, and west is west, and never the twain shall meet." East and west meet daily. Yoga studios are all over the Western world, and acupuncture, Zen, Feng Shui, and marital arts proliferate, too. If you go East, you find Hollywood movies, designer Italian clothes, and Coca-Cola.

There's another expression in our language that's gumming up the works. I'll italicize the ridiculous part for emphasis, and state it as a question instead of as a declaration: "You want to have your cake--and eat it, too? To which I answer... well, yes, what else would I do with cake instead of eating it, too? Dance with it? Play Frisbee with it? Cake is for having and for eating. You wouldn't want one without the other because if you let cake sit around long enough without eating it, its blue icing might be complemented with plenty of other undesirable blue.

In the same way that cake is for having and eating, money is for having (and spending) and enlightenment is for enjoying. And life is fully lived when both are present.

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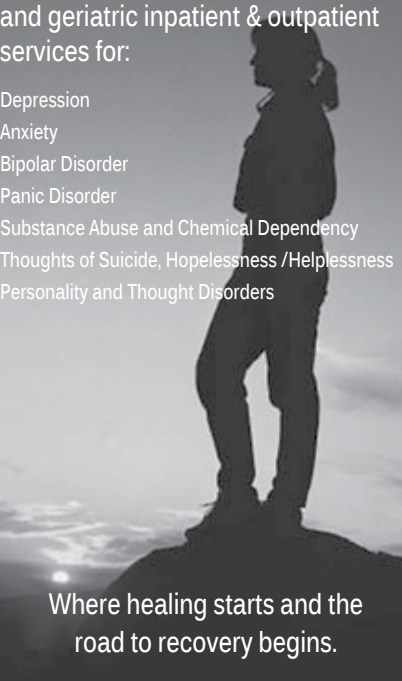
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Take Note

Clinton Foundation Negotiates Lower Price for Naloxone Device for Local Groups

In late January 2015, The Clinton Foundation announced it has negotiated a lower price for a device that delivers the opioid overdose antidote naloxone. The device, called Evzio, will be available at a lower price to institutions that can distribute naloxone more widely, such as police departments and universities.

The high cost of naloxone has prevented its widespread use, *The New York Times* reports. In some cases, prices for the drug have increased by 50 percent or more. Naloxone reverses the effects of an overdose of heroin or opioid painkillers.

The antidote has long been used by emergency rooms and paramedics. Recently, the World Health Organization said increasing the availability of naloxone could prevent more than 20,000 deaths in the United States annually. Naloxone works quickly, without side effects.

A growing number of states have passed laws increasing access to the antidote.

As of September 2014, there were 24 states with such laws. Most of the laws allow doctors to prescribe naloxone to friends and family members of a person who abuses opioids. The laws also remove legal liability for prescribers and for those who administer naloxone.

The Clinton Health Matters Initiative, part of the Clinton Foundation, announced it had negotiated a lower price for Evzio, which is a hand-held auto-injector similar to an EpiPen. Evzio delivers a single dose of naloxone. The price, which was not disclosed, is close to what the federal government pays, the article notes.

The Food and Drug Administration approved Evzio in April 2014. It can be used by friends or relatives of a person who has overdosed. When the device is turned on, it gives verbal instructions about how

to use it. The medication blocks the ability of heroin or opioid painkillers to attach to brain cells.

Half of Young Drivers Who Die in Crashes Used Alcohol, Marijuana or Both

A study of young drivers who died in crashes finds that half were under the influence of alcohol, marijuana or both at the time the accident occurred, *HealthDay* reports.

Researchers from Columbia University examined car-crash data from nine states between 1999 and 2011. The 7,200 drivers in the study were between the ages of 16 and 25. The states in the study routinely collect blood and urine tests of drivers in fatal accidents, the article notes.

The study found 36.8 percent tested positive for alcohol, 5.9 percent tested positive for marijuana, and 7.6 percent tested positive for both. Drivers older than 21 were 14 percent more likely to test positive for alcohol than those under the legal drinking age. They were also slightly more likely to test positive for both marijuana and alcohol. The findings appear in *Injury Epidemiology*.

“Policies related to the use of substances in the United States remain in flux; the rapid changes in marijuana use policy are a good example of this,” study leader Katherine Keyes said in a news release. “It’s imperative to know whether there will be unintended consequences of changes in policies, including increases or decreases in harm related to other substances that are not the focus of the policy.”

Added study co-author Dr. Guohua Li, “Taken together, we found no significant substitution effect between alcohol and marijuana. Rather, an uptick in availability seems to increase the prevalence of concurrent use of alcohol and marijuana.”

EVENTS from page 11

Sex Addicts Anonymous www.saa-phoenix.org 602-735-1681 or 520-745-0775.

Tempe Valley Hope Alumni Support Groups, Thursdays 6-7:00 p.m., 2115 E. Southern Ave. Phoenix. Tues. 8-9:00 p.m., 3233 W. Peoria Ave. Ste. 203, Open to anyone in recovery.

Special Needs AA Meetings. Contact Cynthia SN/AC Coordinator 480-946-1384, email Mike at mphaes@mac.com

Survivors of Incest Anonymous. 12-step recovery group for survivors. Tucson Survivors Meeting, Sundays 6:00 to 7:15pm. St. Francis in the Foothills, 4625 E. River Road (west of Swan). Carlos 520-881-3400

OA—Teen Meeting, Saturdays 4:00 p.m. 1219 E. Glendale Ave. #23 Phoenix. www.oaphoenix.org/ 602-234-1195.

SLAA—Sex and Love Addict Anonymous 602-337-7117. slaa-arizona.org

FOOD ADDICTS Anonymous—www. Foodaddictsanonymous.org

GAM-ANON: Sun. 7:30 p.m. Desert Cross Lutheran Church, 8600 S. McClintock, Tempe. Mon. 7:30 p.m., Cross in the Desert Church, 12835 N. 32nd St., Phoenix, Tues. 7:00 p.m., First Christian Church, 6750 N. 7th Ave., Phoenix, Tues. 7:15 p.m. Desert Cross Lutheran Church, Education Building, 8600 S. McClintock, Tempe, Thurs. 7:30 p.m.

CELEBRATE RECOVERY—Chandler Christian Church. Weekly Friday meetings 7 p.m. Room B-200. For men and women dealing with chemical or sexual addictions, co-dependency and other **Hurts, Hang-ups and Habits.** 1825 S. Alma School Rd. Chandler. 480-963-3997. Pastor Larry Daily, email: larrydaily@chandlercc.org. **DEBTORS Anonymous—Mon.,** 7-8:00 p.m., St. Phillip’s Church, 4440 N. Campbell Ave., Palo Verde Room. Thurs. 6-7:00 p.m., University Medical Center, 1501 N. Campbell. 520-570-7990, www.arizonada.org.

Crystal Meth Anonymous www.cmaaz.org or CMA Hotline 602-235-0955. Tues. and Thurs. at Stepping Stone Place in Central Phoenix, 1311 N 14th St. cmaaz.org/god-zombies-the-awakening/

RECOVERY SERVICES

A Mindfulness Center	480-207-6106
ACT Counseling	602-569-4328
Amity Foundation	520-749-5980
AZ. Dept. of Health	602-364-2086
Office of Problem Gambling	800-NEXTSTEP
Aurora Behavioral Health	623-344-4444
Carla Vista	480-612-0296
Calvary Addiction Recovery Center	602-279-1468
Carleton Recovery	928-642-5399
Celebrate Recovery with Chandler	
Christian Church	480-963-3997
Chandler Valley Hope	480-899-3335
Chapter 5	928-379-1315
Community Bridges	480-831-7566
CBI, Inc. Access to Care Line	877-931-9142
Cottonwood de Tucson	800-877-4520
Crisis Response Network	602-222-9444
The Crossroads	602-279-2585
Decision Point Center	928-778-4600
Dr. Marlo Archer	480-705-5007
Dr. Janice Blair	602-460-5464
Dr. Dina Evan	602-997-1200
Dr. Dan Glick	480-614-5622
Franciscan Renewal Center	480-948-7460
Gifts Anon	480-483-6006
Intervention ASAP	602-606-2995
Geffen Liberman, LISAC	480-388-1495
The Meadows	800-632-3697
Millennium Labs	623-340-1506
NCADD	602-264-6214
North Ridge Counseling	877-711-1329
Pathway Programs	480-921-4050
Phoenix Metro SAA	602-735-1681
Promises	866-390-2340

Psychological Counseling Services (PCS)	480-947-5739
Remuda Ranch	800-445-1900
River Source-12 Step Holistic	480-827-0322
Sex/Love Addicts Anonymous	520-792-6450
Sierra Tucson	800-842-4487
Springboard Recovery	928-710-3016
Start Fresh	855-393-4673
St. Luke’s Behavioral	602-251-8535
Teen Challenge of AZ	800-346-7859
Turn Your Life Around	520-887-2643
TERROS	602-685-6000
Valley Hosptial	602-952-3939
Veritas Counseling	(602) 863-3939

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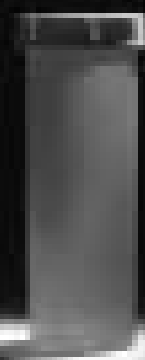
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In the United States, 30 million men and women will suffer from a clinically significant eating disorder during their lifetime.

NEDA (*The National Eating Disorders Association*) **Walks** help raise awareness and funds in the fight against eating disorders. Started in the spring of 2009, NEDA Walks have grown to over 65 walks across the nation each year, raising over \$3 million dollars for the cause since their inception.

By participating in and donating to a NEDA Walk, you are helping to raise awareness about the dangers surrounding eating disorders and the need for early intervention and treatment. By getting involved in a NEDA Walk, you are saving lives.

The National Eating Disorders Association (NEDA) is the leading non-profit organization in the United States advocating on behalf of and supporting individuals and families affected by eating disorders. Reaching millions every year, we campaign for prevention, improved access to quality treatment, and increased research funding to better understand and treat eating disorders. We work with partners and volunteers to develop programs and tools to help everyone who seeks assistance.

History

NEDA was formed in 2001, when Eating Disorders Awareness & Prevention (EDAP) joined forces with the American Anorexia Bulimia Association (AABA) – merging the largest and longest standing eating disorders prevention and advocacy organizations in the world. The merger

was the most recent in a series of alliances that has also included the National Eating Disorder Organization (NEDO) and the Anorexia Nervosa & Related Disorders (ANRED).

Participate in Arizona

It's never too early to register for your local NEDA Walk! NEDA Walks are taking place all across the country this year, from New York to Los Angeles. NEDA encourages you to register for a walk near you as soon as possible. The earlier you register for a NEDA Walk, the more time you have to get your friends and family to register and fundraise. In turn, those people that you get to register will also spread the word and fundraise – so think of it as a multiplier effect, one that supports the cause.

Phoenix, AZ NEDA Walk
March 1, 2015
6:00 AM
Phoenix Zoo
Phoenix, AZ

The National Eating Disorders Association organizes NEDA Walks in support of its mission and programs. Proceeds support critical programs and services that work to eliminate eating disorders and improve prevention, treatment, and research. Eating disorders are potentially life-threatening illnesses with the highest death rate of any mental illness. However, they are treatable and our goal is to steer people to the help they need early.

Contact: walks@nationaleatingdisorders.org

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**NEDA'S
PHOENIX
WALK IS
COMING!**

SUNDAY, MARCH 1st
7:00 - 9:00 AM

Registration opens at 6:00 AM
Free admission to zoo for participants

NEDA Walks are uniting communities across the country, while raising vital funds and awareness in the fight against eating disorders.

Register and raise!

NEDAWALK.ORG/PHOENIX2015

 **NATIONAL EATING DISORDERS ASSOCIATION**
NEDAWALK
Save a Life