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Inspiring Success on the Road to Recovery

APRIL 2021

Reflections and Experiences on Committed Relationships

By Ralph H. Earle, PhD, LMFT, ABPP, CSAT and Dr. Marcus R. Earle, PhD, LMFT, CSAT

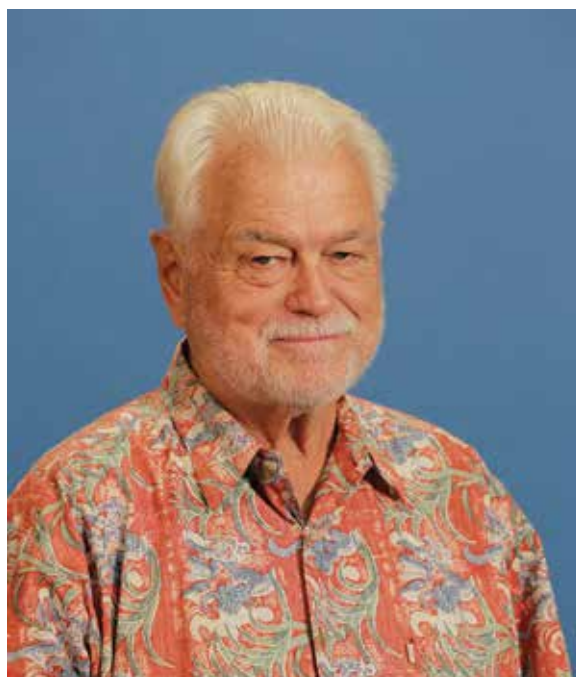
A wise man once said “Life is Difficult” (Scott Peck, *The Road Less Traveled*). It is reasonable to assume, therefore, marriage is difficult. In Ralph’s former life he frequently spoke at meetings and asked if any couple, married more than a year, found it easy to have a meaningful marriage and if so to come up and share with the group. Not once did a couple take him up on his invitation.

After Glenda and Ralph turned over leadership of the communication skills group at PCS, Marcus and Robin began leading it. While those evenings were fun and meaningful, they continued to offer a reminder that even something as straight forward as communication proved an incredibly difficult undertaking within the context of a marriage.

Ralph and Glenda married over 62 years ago and Robin and Marcus have been married for over 37 years. Although each couple brought their hopes and dreams into their new commitment to one another, similar to most young marriages, it was not long before it was evident they were not emotionally ready to marry.

Hitting the Wall

It is safe to say, after nearly a 100 combined marital years, our marriages have been a work in progress. Like so many, we carried forward our similarities and reactive differences from the previous generation and developed ruts along the journey. Predictably, each “hit the wall.”



Dr. Ralph Earle

These are experiences relationships discover the commitment each individual has to their own personal growth and to one another. One rut Ralph and Marcus each fell into was workaholicism and the resulting preoccupation and entitlement that results from it. In turn this left their wives and children with less of them and reflected as what Ralph likes to call our **intimacy disabilities**.

We have learned through personal and professional experience that heterosexual or same sex couples who commit to a lifetime together owe themselves and one another the opportunity of becoming intimacy abled.



Dr. Marcus Earle

Following are each of our perspectives

Ralph first shares: What I call the “PCS Page” is hoping that couples do not get divorced or do not stay married for the wrong reasons. A great question for couples is “have you had any fear lately?” We are biased in that we would like to help two individuals, whether heterosexual or same sex marriage, learn how to communicate in a way that they are able to give their marriage the best shot.

Our National divorce rate shows us that most of the time couples give up without really doing what they can to improve things. The “change first principle” provides that “I become, in my marriage, a person who is a good deal to be married to and find out what my partner does’.

The “nice guy/nagging b---h syndrome.”

Over the years there have been so many understandings of what can go wrong in coupleship. “If it weren’t for you, we would have a good marriage.” In the 1960’s, one author called it the “nice guy/nagging bitch syndrome.”

The nice guy could be male or female. The nagging bitch could be male or female. So many times we see couples where one person acts very nice and impresses everybody, frequently including his or her own family and is a tough person to be married to because of frequently being condescending or proving that he or she is “right.” Many times marriages fall apart because someone is able to prove “I was right” with facts. By “being right” and making that a meaningful criterion for marriage, things fall apart.

Reflections— cont. page 6

Hunkapi Farms offers homeless pet owners Services and Shelter for their animals

Homeless pet owners will have a place to help them and their furry friends get off the street and back on their feet. The city of Phoenix has partnered with Hunkapi Farms and Midwestern University to create a dog hotel. The goal is to provide homeless pet owners with resources to help care for their animals while they seek services and shelter. Expected to open in April, **Almost Home Dog Hotel** is located within Hunkapi Farms near 96th Street and Cactus Road in Scottsdale. The farm renovated 16 horse stalls to house one to two dogs with doggy doors leading to shaded dog runs for the animals to exercise.

The idea comes after Phoenix City Councilwoman Laura Pastor had conversations with PHX C.A.R.E.S., which provides services for the homeless.



PHX C.A.R.E.S. has seen reoccurring issues with homeless pet owners. Many pet owners choose to stay with their animal on the street rather than giving them up. Pet owners will have the option to seek services and shelter through Community Bridges (CBI) with the peace of mind knowing their pets are safe.

Terra Schaad, executive director of Hunkapi Programs, said the facility will also be an adjunct treatment so the pet owners can come see their dog.

“They will receive pet therapy, equine therapy and all the recreational therapies we do here on the farm,” Schaad said. Learn more about the program call 480-393-0870. www.hunkapi.org



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Publisher's Note

By Barbara Nicholson-Brown
barb@togetheraz.com

I want to thank two of my favorite people, Drs. Ralph and Marcus Earle for sharing their insights and *Reflections and Experiences on Committed Relationships*. Whether they know it or not, both have helped me navigate through some difficult times after the loss of my husband Bill. Just knowing we have support and trust in others is one of the many gifts of healing. Thank you both!

As April is recognized as Alcohol Awareness month, I am reminded how far we have come, compared to the years when I was growing up in an alcoholic environment. No one talked about this disease at our family meals. The elephant was in the room with us in plain sight.

Alcoholism, from my perspective was considered shameful and something to be hidden, especially if the person suffering was female. My mom had the disease and I witnessed what it can do to a family. Thankfully she found sobriety – and around the time she put down the bottle, I picked it up. I had a 24 year battle, knowing all along I was sick. I was also too scared to admit it, too full of shame, remorse and guilt to do anything about it until the magical moment when I hit my rock bottom. As hard as that fall was, I wouldn't change it for the world. Life in sobriety and recovery is not a straight line, and even with all the zigging and zagging, gains and losses, sadness, pain, joy and laughter—I'm grateful every day to wake up sober, count my blessings, ready to open my heart and mind and share my experiences and offer someone else hope.

Happy spring

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Ranking Arizona Votes Aurora Behavioral Health #1 Rehabilitation Facility in 2021

Ranking Arizona announced Aurora Behavioral Health has been voted the top Behavioral Rehabilitation Facility in Arizona for the fourth consecutive year. With this esteemed recognition, Aurora is dedicated to supporting the community with the growing behavioral health needs for both adults and adolescents.

Mental wellness, specifically suicide prevention, and ending the opioid crisis, are part of a national conversation. According to the Centers for Disease Control and Prevention, approximately one fourth of adults in the United States have a mental illness, and nearly half will develop at least one mental illness during their lifetime (2011). The American **Foundation for Suicide Prevention** reports nearly 45,000 Americans die by suicide each year. Arizona loses approximately two lives each day in due to opioid-related causes (*Arizona Department of Health Services*). Suicide is the 2nd leading cause of death for ages 15-34 in Arizona (American Foundation of Suicide Prevention).

While these statistics are staggering, many people needing treatment services never receive them. A primary reason people do not seek help is fear of judgment. This stigma associated with mental health and substance use disorders must be eradicated, or we will continue to lose more lives. Aurora is committed to changing the perspective on behavioral health through communi-

ty engagement, advocacy, intervention, and prevention efforts. "We have been saving lives and restoring hope to those that need it the most. We are humbled to be given this prestigious title and will work diligently to be a champion of hope in our community", said Bruce Waldo, CEO.

As a leader in behavioral health treatment for more than 10 years, Aurora has transformed the traditional psychiatric hospital experience into one that offers a holistic approach to treatment. Our expert staff believes in healing the entire person – physically, psychologically, and spiritually, while personalizing care to achieve the best outcomes. Aurora offers a Chaplain Services, along with animal-assisted (equine) therapy, art, music, and yoga, and other recreation-based treatment modalities to all patients.

Since opening their doors in 2006, Aurora Arizona has provided treatment and recovery services to more than 80,000 individuals, including ongoing support services through their two Outpatient Centers. Aurora provides adolescent, adult and older adult mental health, co-occurring, as well as detox and substance use treatment services.

If you, or anyone you know is in need of treatment, please reach out to our 24/7 Admissions Line at 877-870-7012.

What's Missing?

By Dina Evan, PhD

Over the past few years we have become so directed to everything outside of our selves we may have lost what matters. I did! I have been so focused on politics, Covid, and all the movements pounding at the door trying in every way to bring us to new awareness'. Of course, all of those things are important, but I just realized I have been blaming what's happening out in the world, what's happening in my body as I age, what's happening everywhere outside of me for what I feel inside. And, for a minute, a very long minute, I lost the meaning in my life. I got so caught up in everything happening out there, I forgot about what's happening in here.

I was captured by the travesty, the pain, the death, the confusion, the lies, the worries, the fear, and next newsbreak. I was so captured, I lost myself and my real beliefs. We do that, when we get disconnected from Spirit or the meaning in our lives.

You can recognize you are in that disconnected state when you go from relationship to relationship, lover to lover, fear to fear, drink to drink, drug to drug, food to more food and even from candy bar to candy bar — looking for meaning. We might not even recognize we are doing this until we stop for a minute and feel the agony and pain of the loss of the real meaning in our lives. We push it away because it's excruciating. And, there is only one way to fix it.

The way to fix it is to stop.... for a breath, a minute, a day a week or however long it takes to realize out there isn't where the fix is. The fix is inside, in that place where we find our authentic self, where our spirit and our truth reside. For me, it was the realization that "the fix" was mine to create and all I had to do was remember to get back to what I know is true.

That is, when I'm standing in my purpose, acting from my spiritual connection and truth, the world around me responds and I begin to create the healing I desire. I can't do that when I have given my power away to what's outside of me.

No, I can't cure Covid, but I can create a body that is healthy and strong and able to fight it if I should get it, I can stay safe and take precautions. No, I can't stop the lies or selfishness in politics, but I can more clearly recognize them when I hear or witness them, and choose not to overreact or let them debilitate me. I may not be able to instantly stop my addiction, but I can get to a meeting, find a sponsor, talk with a friend or doctor and start the process, all of which returns me to my purpose and power. I can sit in that quiet pause and notice the longing I feel, because it has come to tell me I have given my power away and need to get it back.

Our external reality begins on the inside of us

What we believe, we create. We believed someone else would take care of us so we snoozed, and here we are. Some of us still believe we are invincible, and refuse to wear masks or take precautions, and so here we are. Some of us believe power, or misuse of it, equates to wisdom and, so here we are. And some of us, like me, believed we were being victimized and overwhelmed by all of this, and so here we are.

It's time to wake up and take back our power to heal. Time to step back into our power to love unconditionally, and that means everyone, regardless of nationality, color, age, gender, religious, spiritual or sexual choices and it means if we don't, well, it has nothing to do with the people outside of us. It has only to do with who WE are inside.

So what's missing? I have been, and perhaps, you have been missing in your life too. It's time to stop being other and outside directed, remember who we really are and exactly what brings real meaning to our lives. Things like fulfilling our own individual purpose, speaking our truth, owning our own power, making a real difference by helping others. It's all about love and showing up to give it to yourself and everyone else. It may sound Pollyannaish, but isn't that what you came here to do? Like I was missing in mine, are you what's missing in your life?



Dr. Evan is a marriage, family, child therapist and consciousness counselor. She has presented nationwide seminars and workshops, written several books and created meditation CDs for couples, individual and mental health professionals. She has also won national acclaim as a human rights advocate. Visit www.drdinaevan.com or call 602-571-8228.



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Reflections— from page 1

I frequently ask people would you rather “be right” and get a divorce or be more “flexible” and create understanding? It doesn’t take a marriage therapist to understand that if one person is proving that he or she is right and is defensive about it, that this will lead to a defensiveness on the part of the other person.

Codependency

Codependency was true in our marriage. My wife was codependent to me in a way that was harmful for her. When she got her voice, which is very strong (partly due to my causing pain to her and to me) she fired that side of her. At times I ask her would you just be codependent for a while because it feels so good to be nurtured in an unhealthy way.

Most of us did not have intimacy role models when it comes to parenting from our own parents. Thus, learning how to parent ourselves, how to be a good deal to be married to, how to be an effective parent are tough and very learnable skills.

Most couples quit dating when they get married. One of the areas where we frequently encourage couples is to learn how to be silly again, to play, to be what Marilyn Murray calls the “original child.” When the original child in each person in a marriage connects, the connection is frequently healing. Humor is therapeutic. My wife frequently laughs at me — actually, she’s laughing at the parts of me that are very laughable, even to myself.

I am reading a book by Barack Obama called *A Promise Land* and I am reminded of his statement “Yes, we can.” Well, yes we can, meaning most of us can be a better deal in a marriage and most marriages have the ingredients to be much better when the recipe is changed. The good news is that we can change the recipe in our marriages. For example, we can establish Co-CEOs with each individual being the CEO of his or her own life and a Co-CEOship in the marriage.

I am writing this on the day before my wife’s 84th birthday. For me to be smart in my marriage, I’ll quit using the four-month window of opportunity to say to others, I am married to an older woman. For some reason that does not seem to help our marriage. I have learned to say, when it is just the two of us together at times “shut up Ralph” out loud because what I am about to say would highly likely be destructive and I would be the one more nuked by that than she. That’s pretty dumb — not using my “wise mind.”

Marilyn Murray, who has such an influence in many of our lives, came up with the “**Circles of Intimacy**.” I remember that when my wife and I were newly married she told me that she wanted to be cherished by me. I have known for many years that her request was fair, but what I actually cherished was external validation both personally and professionally. My number one Circle of Intimacy was external validation instead of understanding that “success is an inside job.”

At PCS we ask couples to go to Build-A-Bear and each one builds a bear that represents their “inner child.” They then carry their bears to each session. We often have the bears of partners talk to each other and it is amazing how that can help with connection and intimacy.

Years ago I was a speaker, along with Tom Harris, who wrote the book *I’m Ok, You’re Ok*. It is painful now to have the realization that I came across, at times, as if I’m Ok and Glenda not as Ok. It is a big deal to have an adult to adult relationship instead of a parent-child relationship. Most of the time when we see couples who are already married, we call what we are doing premarital therapy because now it is clear what hasn’t worked. In premarital therapy it becomes very important that each one of us “rat” on ourselves – i.e., become familiar with what makes “me” tough to live with. One of our favorite questions is “what makes you tough to live with?” When somebody says I don’t think there is anything that makes it tough to live with me, which has happened, you can imagine how that is harmful to a prognosis of any change in the relationship.

What are your values?

A favorite term of mine in recent years is what I call “enlightened selfishness.” Since I am married and I know I would rather be married than not married and I am married to the person I would like most to be married to. My behavior is shaped by Glenda’s and my needs and wants. Her behavior is also shaped by her and my needs and wants.

One of the major facets of couples’ therapy is to have value clarification. We have the opportunity to ask the question “what are your values?” Most of the time, down deep, the value is, if married, to be monogamous, including many people who are not monogamous.

Those of us who work in the addiction world are very clear what hitting the bottom means. When there is enough of a bottom in the coupleship that both people say the way the marriage is now, the marriage does not make sense, helps the prognosis of the two people being able to improve things.

All of us can learn to communicate better. Through our ITP (Intensive Therapy Program) at PCS we help couples learn how to communicate better. Change in the behaviors of coupleship is necessary for there to be no lying

“I frequently ask people would you rather “be right” and get a divorce or be more “flexible” and create understanding?”

— Dr. Ralph Earle



on the part of one partner to the other.

In *The 10 Commandments of Couples*, one of the writers offers how we can be mentors to each other in a coupleship. Something to ask yourself is to ask yourself is what can be learned from your partner that would make you a better partner and what can your partner learn from you. Remember, you cannot be your partner’s therapist.

In the book *Come Here Go Away*, I mentioned a story when Glenda and I attended a wedding performed by a Catholic Priest and Baptist minister. There were three candles on the altar and the Baptist minister had the couple take the two candles and light the center one and then said you two are “becoming one” and had them blow out the outside candles saying that they are no longer individuals. I whispered to Glenda, “I think that he may be drumming up business for PCS” even though there is a biblical phrase of “two becoming one.” It is incredibly important that all of us in our marriages remain individuals in a healthy marriage that is mutually need satisfying.

Marcus

Time and experience teach; our responsibility is to notice. The more demanding element is taking the lessons and working with them. In working with them we deepen our understanding of self and how we present ourselves to our loved ones. A committed relationship, especially marriage, holds the unique and powerful opportunity for personal growth. Personal growth is often lost in the desire for relationship growth. A narrow focus on relational growth often leads us to focus on other and thinking, if they would only change our lives together would be so improved.

It has been my experience, until I was willing to face myself, my marriage to Robin would continue to frustrate and hurt her. I knew early in our marriage I struggled to connect and carried a deep well of loneliness. Over the last number of years, I have discovered my loneliness served to distract me from my shame, the fear I was not enough and ultimately would fail Robin and our children. I worked to keep this vulnerability hidden by working, shutting down, managing/controlling, judging, anger, gaslighting, addiction, and impression management. It has taken a board complaint, stroke, death of Robin’s mother, courageous and honest communication from our children, conflict with my parents to shake me to my core. These experiences prompted me to resume my journey of becoming the man, husband and dad I have always longed to be. As I have begun to embrace the parts of me that have been wounded and learned to protect, it has created space to begin the repair process within myself and with Robin and our children. Willingness to grow has created increasing vulnerability, intimacy, trust and connectedness.

We hope sharing our experience and perspective encourages reflection on your own personal journey in your current or past committed relationship.

About the Authors

Ralph Earle, MDiv, PhD, ABPP, LMFT, CSAT is the Founder and President of Psychological Counseling Services, Ltd. He is also a noted family therapist and psychologist, author, and lecturer. He holds a PhD in in Pastoral Psychology, MDiv, Nazarene Theological Seminary, Clinical Pastoral Education Double | BA in Sociology and BA in Speech. Ralph Earle’s therapy focus is on Sexual Problems and Trauma

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Early bird registration for \$250 is open now. Registration increases to \$300 starting May 1. Every young person deserves to experience the arts, financial aid and sibling discounts are available on the camp webpage. Parents can register their campers at phoenixcenterforthearts.org/summer-camp/ to reserve a spot for a safe and creative camp experience they'll never forget! risingyouththeatre.org

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The stress of COVID-19 has resulted in a rise in drug and alcohol use and an increase in opioid overdoses.

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Addressing Alcohol and Underage Drinking

Productive communication with your teen or young adult doesn't always have to feel like you're giving them the third degree. Remain calm, relax and follow the tips below to ensure that your child hears what you have to say — and vice versa.

Try to be objective and open. If you want to have a productive conversation with your child, do your best to keep an open mind and hear their point of view. Your child is more likely to be receptive this way.

Ask open-ended questions. These are questions that elicit more than just a "yes" or "no" response. It will lead to a more engaging and productive conversation.

Ask why your child is interested in drinking. This gets your teen to think about their future, what their boundaries are around drinking and some of the possible negative consequences. This may include being late to practice, doing something stupid or dangerous, or feeling hungover. It will also give you insight into what may be behind your child's drinking. You can then suggest ways of better managing those motivations.

Let your kid know they're being heard. Use active listening and reflect back what you are hearing — either verbatim, or just the sentiment. For example, you can say, I'm hearing that you feel overwhelmed, and that you think drinking helps you relax. Is that right?

Discuss the negative effects of alcohol, and what that means in terms of mental and physical health, safety and making good decisions. Talk about the long-term effects.

Offer empathy and compassion. Let your child know you understand. The teen years can be tough. Acknowledge that everyone struggles sometimes, but alcohol is not a useful or healthy way to cope with problems. Let your child know that they can trust you.

If there is a history of addiction in your family, then your child has a much greater risk of developing a problem. Be aware of this elevated risk and discuss it as you would with any disease.

Don't wait for Rock Bottom



Because substance use disorder is a progressive disease, intervening in the early stages greatly improves outcomes. Families should take warning signs seriously. Concerned significant others may report these signs and symptoms:
Their loved one starts behaving differently for no apparent reason — such as acting withdrawn, frequently tired or depressed, or hostile.

The warning signs

- Disinterest in activities that were previously enjoyable
- Loss of money, missing valuables, and borrowing
- Change in daily routine
- Loss of interest in overall health, hygiene, preventative and dental care
- Changes in mood
- Change in weight or appearance
- Change in sexual behavior
- Change in weight, eating or sleeping habits
- A decline in performance at work or school
- Change in peer group
- Secrecy regarding phone
- A tendency to disappear for hours at a time
- Deteriorating relationships
- Inability to be present when in conversation

Family Involvement is Key

Research shows that family engagement in treatment and recovery services is increasingly associated with decreased rates of relapse, promotions in health



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☐ Prescription Drug Abuse



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and wellbeing, abstinence, and improved treatment engagement.
Intervening early prevents the substance use disorder from escalating and becoming an addiction. Unfortunately, we often wait until the problem is severe for identification and treatment. By setting up systems to identify people who are struggling with substance use problems and intervening before their problems escalate, we can intervene and connect individuals with services quickly before significant health and personal consequences occur.

Myth of Waiting for Rock Bottom

Substance use disorders get worse over time. The earlier treatment starts the better the chances for long-term recovery. Many families are wrongly told to “wait for rock bottom” and that their loved one needs to feel ready to seek treatment in order for it to work. The idea that we should wait for the disease to get worse before seeking treatment is dangerous. Imagine if we waited until stage 4 to treat cancer.

Belief in this “rock bottom” can keep people who are struggling from reaching out for help. It can also keep family, friends, and care providers from addressing the issue because they have been incorrectly told that the disease has to “run its course” and that they should practice “tough love” until a person hits bottom.

You shouldn't wait for the worst to happen before seeking treatment or helping a loved one, even if they don't feel “ready.” Often the “moment” that helps someone get help can simply be a conversation, a letter, or a series of conversations.

Decades of research has proven that the earlier someone is treated, the better their outcomes—and that treatment works just as well for patients who are compelled to start treatment by outside forces as it does for those who are self-motivated to enter treatment.

An excerpt from *Navigating Addiction and Treatment: A Guide for Families*, Addiction Policy Forum, 2020. Visit www.addictionpolicy.org/post/myth-of-waiting-for-rock-bottom

Being charged with a DUI is an exhausting and expensive process.

An initial step to earning your license back from the DMV is to complete an Alcohol or Drug Screening by a Licensed Substance Abuse Counselor.



At Arizona Women's Recovery Center, we offer affordable, convenient screenings for both women and men.
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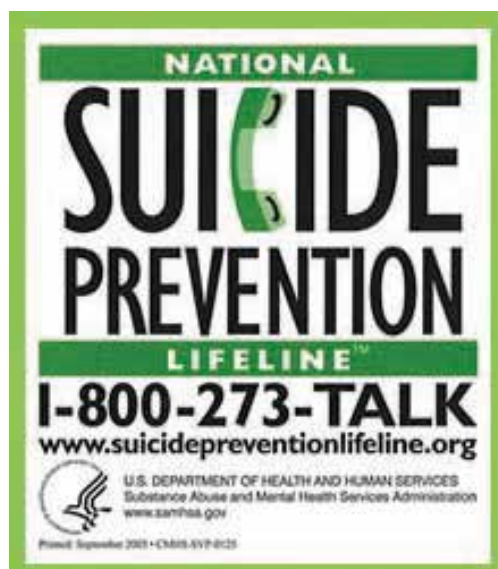


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What Causes Teen Alcoholism?

Alcoholism is a complex disease and there is no single causal factor, however, it is possible to see patterns in those teens who ultimately go on to develop alcoholism. The list below outlines the most common factors seen in teen alcoholism:

Family: low parental supervision and communication, family conflicts, inconsistent or severe parental discipline, and a family history of alcohol or drug abuse.

Individual: problems managing impulses, emotional instability, thrill-seeking behaviors, and perceiving the risk of using alcohol to be low.

Social: There is peer pressure to drink, to be a part of the crowd, assuming "it won't happen to me."

Genetic: Alcoholic parents or grandparents increase the chances of developing an addiction to alcohol.

Age: Young people are at greater risk of developing alcoholism, especially if they start drinking by age 16 or sooner.

Psychological: People suffering from depression or low self-esteem may be more likely to develop drinking problems.

Alcohol can harm the growing brain, especially when teens drink a lot. Today we know that the brain continues to develop from birth through the teen years into the mid-20s.

Alcohol decreases teens' ability to pay attention.

Teens that drink alcohol are more likely to have problems with school work and discipline problems.

The three leading causes of death for 15- to 24-year-olds are **car crashes, homicides and suicides** -- alcohol is a leading factor in all three.

Source: <https://www.the-alcoholism-guide.org/>



Gravity and Levity

"Angels can fly because they can take themselves lightly."
—G.K. Chesterton

An apple fell from a tree in England like apples have been doing since there have been apples. But in 1666, an observing Isaac Newton embarked upon understanding why they fell. And why they didn't fall up? His insight is full of a lot of mathematics that might put you in a grave mood, but suffice it to say that while you might not understand his science, you understand gravity every time you fall down and go boom. And don't fall up.

The fruit of his work — pun intended — was the Law of Gravitation. To understand what physics calls the most powerful force on Earth — **other than love**, which is the domain of metaphysics — he said that he stood on the shoulders of giants. This shoulder standing shouldn't be confused with Hatha Yoga teachers who do shoulder stands.

Years ago, when I developed the comic character the Wise Guy, the 4,000-year-old disembodied swami, he delighted audiences with his maxim: "It's not gravity that keeps the heavenly bodies together; it's levity." Google the Wise Guy, the author of *The Lost Teachings of the Oy Veda*.

If the understanding of gravity is among physics' greatest achievements, perhaps the understanding of levity is among metaphysics' greatest achievements. 'Meta,' is Greek for beyond or transcending. So if gravity is connected to gravitation, levity is connected to levitation.

The greatest metaphysical teacher I had the privilege to study with was Maharishi Mahesh Yogi. He taught the three fields of life—**action**, which Newton understood; **thought**, which Freud and the psychologists investigated; and **Being**, which yogis explored intellectually and experientially. (By the way, I'd be remiss if I didn't say that Maharishi also revived Yogi Patanjali's an ancient teaching of levitation. While not yet levitation—it's closer to a frog-like hopping—it's extraordinary and—if I do say so myself—exhilarating.)

Having been trained by Maharishi to teach people how to connect to the transcendental field of Being through meditation, I've seen hundreds of times how it lightens their spirits. By way of full disclosure I taught Maharishi's Transcendental Meditation for three decades, and the Higher Self Healing Meditation I developed after so much TM teaching for the last 10 years. I haven't stood on the shoulders of giants, but I have witnessed the shoulders of so many hundreds of people — whether they were giants or dodgers — who I taught to meditate and just simply relax.

People carry tremendous amounts of tension in their shoulders — all those shouldas and shoulds—and when tension leaves the body with each meditation, some of it leaves from there.

Levity involves the awakening of a lightness of spirit. It's not something that needs to be developed, a skill you have to learn that you don't know, be-

cause you had it as an infant, a toddler, a small child. Eventually you were taught by parents and teachers to get serious, to stop having so much fun. In short, you were taught to be grave, and it very well might be that all those fatalities from heart disease occurred, in part, by taking life so very gravely.

As a class clown and eventually a stand-up comic years later, I've seen how taking things lightly adds inches to your smile. And probably years to your life, for as the Biblical maxim from Proverbs goes: "*A light heart lives long.*" As my favorite comedian, Groucho Marx put it, referring to the comedy of he and his brothers, "*Because we are laughed at, I don't think people really understand how essential we are to their sanity.*" Elsewhere, he noted, "If it weren't for the brief respite we give the world with our foolishness, the world would see mass suicide in numbers that compare favorably with the death rate of the lemmings." My second favorite comic genius was Charlie Chaplin, who had a most telling observation about whether life was grave or light. He wrote: "Life is a tragedy in close-up, but a comedy in long shot."

In other words, being grave sends you faster to the grave. And being light sends you faster to the Light.

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Psychological Counseling Services
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RESOURCES

ACT Counseling 602-569-4328

AZ Center for Change 602-253-8488

AZ. Dept. of Health 602-364-2086

AzRHA 602-421-8066

Chandler Valley Hope 480-899-3335

Choices Network 602-222-9444

Compass Recovery Center
800-216-1840

Cornerstone Healing Center
480-653-8618

Crisis Response Network
602-222-9444

The Crossroads 602-279-2585

Dept. Problem Gaming
800-NEXTSTEP

Desert Drug Dog 602-908-2042

Fit FOUR Recovery 480) 828-7867

Governor's Office Youth, Faith &
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Therapists/Interventionists/Coaches

Dr. Marlo Archer 480-705-5007

Carey Davidson 928-308-0831

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Dr. Dan Glick 480-614-5622

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Tucson Al-Anon Information Service

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Anger Management 520-887-7079

Behavioral Awareness Center
520 629 9126

Center For Life Skills Development
520-229-6220

Co-Anon Family Groups
520-513-5028

Cocaine Anonymous 520-326-2211

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Nicotine Anonymous 520-299-7057

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Recovery in Motion 520-975-2141

Sex/Love Addicts Anonymous
520-792-6450

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520-829-1012

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602-264-6214 arizonawomensrecoverycenter.org

Resources & Helplines

The providers listed are available to assist you. In an emergency dial 911

Alcoholics Anonymous	602-264-1341	Marijuana Anonymous	800-766-6779
Al-Anon	602-249-1257	NDMDA Depression Hotline – Support Group	800-826-3632
Tucson Al-Anon Information	520-323-2229	Narcotics Anonymous/Phoenix	480-897-4636
Adult Children of Alcoholics	aca-arizona.org	Narcotics Anonymous/Casa Grande	520-426-0121
Arizona Addiction	602-737-1619	Narcotics Anonymous/Flagstaff	928-255-4655
AZ Women's Recovery Center	602-264-6214	Narcotics Anonymous/Prescott	928-458-7488
Bipolar Wellness	602-274-0068	Narcotics Anonymous/Tucson	520-881-8381
Child Abuse Hotline – Support & Information	800-422-4453	Nar-Anon Family Groups	(800) 477-6291
Cocaine Anonymous	602-279-3838	National Youth Crisis Hotline	800-448-4663
Co-Anon	602-697-9550	Overeaters Anonymous	602-234-1195
CoDA	602-277-7991	PAL (Parents of Addicted Loved Ones)	480-300-4712
COSA	480-385-8454	Parents Anonymous	602-248-0428
Crisis Help Line – For Any Kind of Crisis	800-233-4357	Phoenix Metro SAA	602-735-1681
Crisis Text Line	Text HOME to 741741	RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Crystal Meth Anonymous	602-235-0955	Rape Hotline (CASA)	602-241-9010
Debtors Anonymous	(800) 421-2383	Sexaholics Anonymous	602-439-3000
Domestic Violence	800-799-SAFE	Sexual Assault Hotline (24/7, English & Spanish)	800-223-5001
Families Anonymous	602-647-5800	Sex/Love Addicts	602-337-7117
Gamblers Anonymous	602-266-9784	Sex/Love Addicts	520-792-6450
Grief Recovery	800-334-7606	Sex Addicts Anonymous	602-735-1681
Heroin Anonymous	602-870-3665	S-ANON	480-545-0520
		Sober Living AZ	602-737-2458
		Suicide Hotline	800-254-HELP
		Suicide Prevention Lifeline	800-273-8255
		Teen Life Line	800-248-8336



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