

# Newspaper/Magazine excerpts:

## The Baltimore Times

### Radio host helps listeners reduce stress levels

Every Wednesday afternoon, WEAA-FM becomes a place where interpersonal relationships from the workplace to the home become the number one topic of discussion. That's when Safeer Mahdi hosts **The Stress Test**, an hour of conversation, tips for getting along with other people and expert advice. Mahdi also works as a consultant conducting behavioral programs for corporations, large and small, and individuals who want to improve their human relations and coping skills. According to Mahdi, "I decided to do the program because people need this information desperately. We need to learn how to lower hostility and stress through a better understanding of ourselves and those around us."

## Sedona Red Rock News

### Spirit Dance used as form of stress management

People can take advantage of a new stress management-transformation program. The program takes optimal health and wellness to another level by stimulating the healing process from within. The results are long-lasting for mind, body and spirit. This transformational healing program is called **SPIRIT DANCE**, the latest in music and meditative dance therapy. The effectiveness of the program has been documented for more than 20 years.

## The Arizona Republic

### The Scene

The two musicians arrive with flutes, drums, timbales and congas, everything they'll need for their performance. What they don't have is any idea what they're going to play. No memorized songs, no sheet music. They rely on the spirit to move them, as well as the 25 blindfolded people who are there to dance to their melodies. Safeer Mahdi and Danii Odudua aren't guys who play at nightclubs hoping to be discovered like the next Simon and Garfunkel (and yes, both are old enough to know the music of that 1960's duo). Mahdi and Odudua are musical healers who play to reduce stress, heal the soul and discover the power of the spirit.

## Four Corners Magazine

### Music of the Southwest

**SPIRIT DANCE**, a group of musical healers, invites you to enjoy the Mystery, Freedom and Power in their music. To Safeer, a former radio talk show host, dancing and music is used in his group to expand a participant's awareness of self, reduce stress, and achieve a state of "homeostasis" or balance of mind, body and spirit. Moving to this sensory experience with blindfolds enables a person to freely express the inner self with uninhibited movement to the multicultural rhythms of percussion and flute. The dancing helps one to explore with inner vision the places inside where one can be comfortable with the self.