

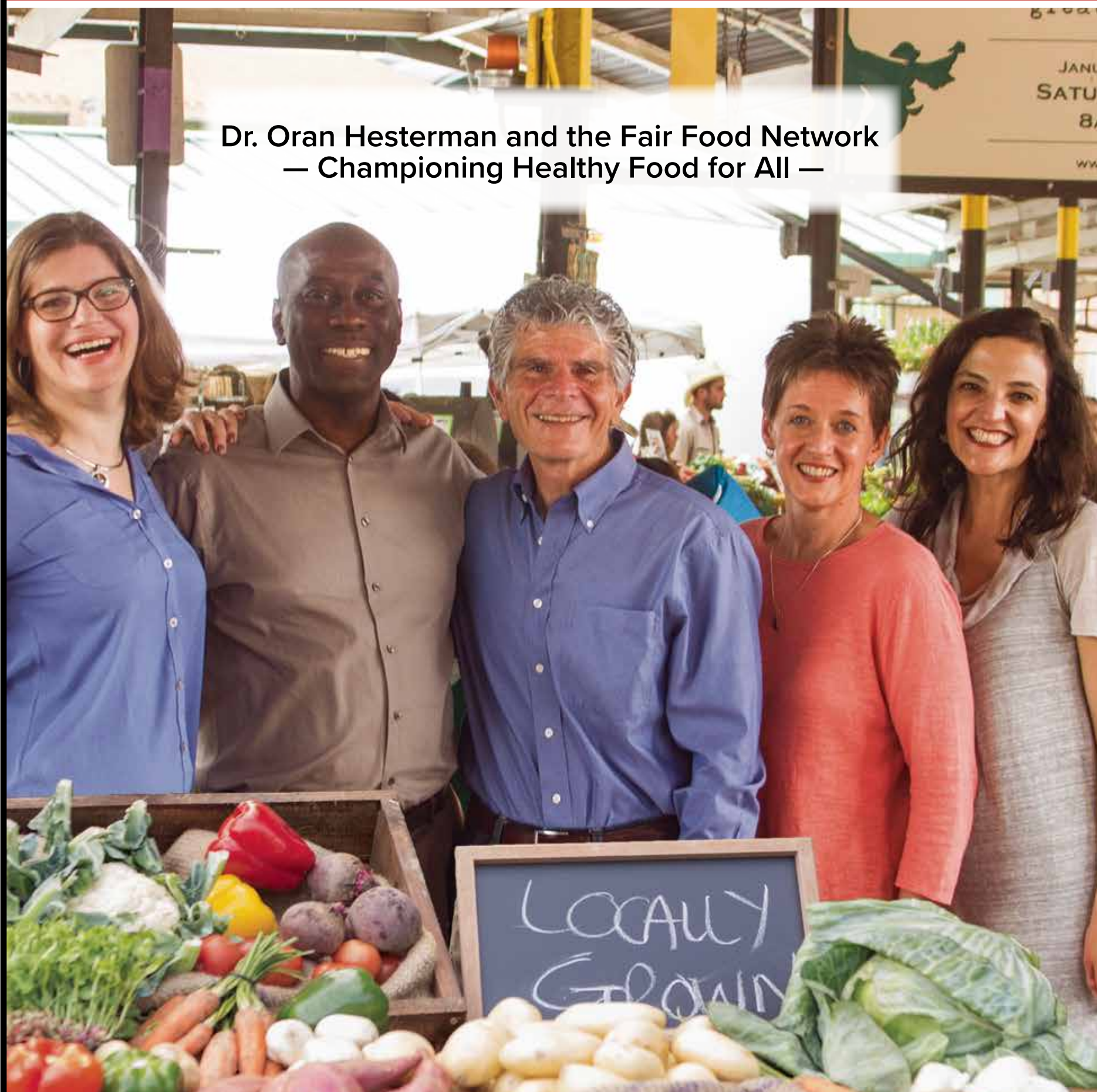
THE CRAZY WISDOM COMMUNITY JOURNAL

SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

FREE

SEPTEMBER THROUGH DECEMBER 2018 - ISSUE 70

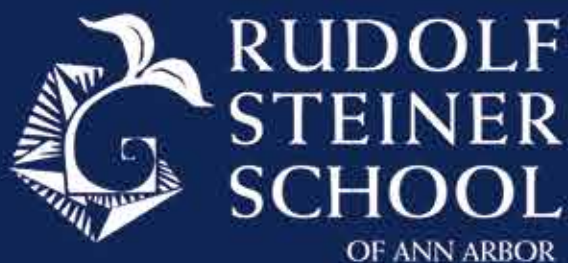
**Dr. Oran Hesterman and the Fair Food Network
— Championing Healthy Food for All —**



Amma, the Hugging Saint, Has a Local Home

How Hospice Saved and Enhanced My Life

ShuNahSii Rose and her Feminist Spiritual Community • Donald Harrison and 7 Cylinders Studio
• Tree City Babywearing • Reiki with Dali the Llama • Naughty Boy's Ice Cream
Weekend Getaways • An Attitude of Flexibility • Alice Mixer on Hypnosis •
Qigong for Better Health • Cooking with Miso • Events Calendar • And More



Discover the Power of **AND**



Fractions **AND** Fairytales • Botany **AND** Baking



Chemistry **AND** Chorus • Sports **AND** Socrates



An Education for Creative, Critical Thinkers
Supporting independence and individuality throughout our PreK-12
Academic, Athletic and Fine Arts programs.

steinerschool.org • admissions@steinerschool.org

PreK-Grade 8 • 2775 Newport Road • 734-995-4141 • High School • 2230 Pontiac Trail • 734-669-9394

Belong! Explore! Become!

Find Your Path at NITE!

Inspire a world of health!
Your diploma in Massage
Therapy, Natural Health,
or Holistic Doula is here.



(989) 773-1714 ~ Mount Pleasant, MI
contact@naturopathicinstitute.info
www.naturopathicinstitute.info

**Seats ARE
LIMITED!**

**Enrolling NOW
for
November!**

Naturopathy

(each year 600 hours)

Natural Health Educator.....1st Year
Natural Health Therapist.....2nd Year
Natural Health Practitioner.....3rd Year
Certified Naturopath.....4th Year

*4th Year graduates are eligible for
Doctor of Naturopathy National Test & Title*

Massage Therapy

Therapeutic Bodywork Practitioner...1 Year

Holistic Doula Practitioner

Doula.....6 Months

All Classes Meet on Weekends

Fri: 5-9pm and Sat & Sun: 9am-6pm
Naturopaths: 1 per month - Massage: 2 per month

Individual Classes:

*Herbology - Aromatherapy - Nutrition
Live Food Preparation - Light Healing Touch
Reflexology - Homeopathy & Much More*

Over 20 Years of Experience ~ Licensed and Accredited



Bloom City Club

Give • Guide • Grow

423 Miller Ave, Ann Arbor MI
734.585.0621 • bloomcityclub.com



Ayurvanna

Ayurvanna's **capsules and tinctures** provide an effective alternative for patients looking to improve their general well-being. Capsules and tinctures are one of the simplest ways to enjoy the goodness of all the cannabinoids & terpenes found within the cannabis plant.



Sundara by Ayurvanna is a cannabis infused lubricant, perfect for creative pleasure (wink, wink ;). This sensual little topical has a coconut MCT base and is carefully crafted with botanical essential oils for your enjoyment.

Looking for natural support during your menses? Ayurvanna's **CrampEase** is a THC/CBD infused oil specially formulated to apply directly to either your tampon or your abdomen.



Would you like to know more about how cannabis and CBD can benefit you?

Schedule your one on one consult today with one of our specialists.



• bluesagehealth.com • (734) 585-7063

YOU HAVE A CHOICE FOR THE LIBRARY LOT IN THE CENTER OF THE CITY.

The people of Ann Arbor will soon have a choice: Will there be a centrally located public park and civic center on the site next to the downtown library? Or will the publicly owned land be sold to a private developer with a provision for modest open space on a portion of the site? This is the last available place for public space near the city center. **When it is gone there will be no place for the “town square” that Ann Arbor once had but now lacks.**

The idea for locating a public central park and civic center on this location isn’t new. In 1991, long before anyone talked about underground parking, a City Council multi-year study of the Library Lot recommended a civic center design with a spacious public plaza and pedestrian pathways. This vision resurfaced in 2005 as a recommendation of the Calthorpe Report.

Every time the City has sought public input, the majority of respondents have voiced support for additional downtown public parks. In a 2013 public opinion survey by the Parks Advisory Commission, 76% of respondents answered YES when asked, “Do you think Ann Arbor would benefit from having more downtown parks/open spaces?” Survey respondents chose the Library Lot as their preferred location for a new downtown park.

Ann Arbor voters will soon have a real choice—not just an opinion survey. The November ballot will include a question that will decide the future of the Library Lot.



Consider these questions between now and the November 6 vote:

If I vote yes, does it mean that the whole site will be nothing but a park?

No. Because entrance/exit ramps for underground parking are located on the surface, the site will require a structure. A raised plaza built over the ramps could be a useful gathering space. But the ballot question is worded to allow a more substantial building as long as it serves a civic purpose. **Ideas include:**

- An enclosed auditorium or performance space, with bridge to the library
- Spaces for reservation and/or rent, including meeting rooms, arts/crafts studios, exhibits, musician practice spaces, and child care
- Washtenaw Community College classrooms (closer to city dwellers)
- A cafe with tables overlooking the park
- Public restrooms
- A warming station and skate rentals if there is an ice skating rink in winter.

How will we decide on a building for the civic center?

What is built will be shaped by public discussion. The site could contain multiple buildings. One could be a structure over the Library Lane, reclaiming that space for public use. **If the ballot proposal is approved, the site will continue to belong to the City—that is, to all of us. We can decide what uses would benefit our community.**

Who will pay for this?

The initial cost of construction will be met in a variety of ways. Ann Arbor is home to generous philanthropists. We will seek donations from people at all

income levels who share this vision and can afford to give. The Downtown Development Authority exists to use TIF (Tax Increment Financing) to pay for projects benefiting the downtown—the Center of the City would certainly qualify. Once completed, modest fees for space rental and activities could be charged.

Will this space be welcoming to everyone?

Some people worry that any public open space in the downtown will become a hangout for addicts and dealers. **A well-designed plaza, with the kinds of uses and adjacent activities envisioned, will have “eyes on the park” throughout the day. No one demographic will dominate, all Ann Arborites and visitors will feel welcome.**

Would the City make a lot of money by selling the Library Lot?

This decision should not be about the sale price, but the deal offered is not good. The City has incurred debt to build the infrastructure (foundational supports, water/sewer and electrical service, parking spaces). If the deal went forward, taxpayers would actually be subsidizing a 17-story, luxury high-rise.

Public benefits to the developer would include:

- **\$15 million:** Cost to build infrastructure for development
- **\$14 million:** Cost to build 196 underground parking spaces promised to the developer
- **\$20 million:** Cost to replace those (and 165 other) public parking spaces required for this deal by adding floors to the Ann/Ashley structure
- **\$1.475 million:** Cost for inclusion of nine “affordable” efficiency apartments

The total subsidy to the developer of just these items is **more than \$50 million.**

What about the taxes that would come from selling the Library Lot?

Ann Arbor is not dependent on this particular development. The assessed taxable value of Ann Arbor properties is at an historic high. Private developers are eager to invest—even without public subsidies. Some figures:

17: Major developments constructed since 2010

\$8 million: Annual taxes paid by these developments

35: Additional major developments that are currently approved and/or already under construction

These new developments use private land and private investment. We do not need to offer special deals of public land and taxpayer subsidies for yet another private development.

Will the proposed development create affordable housing?

City Council voted to put 50% of the net profits from the sale into the affordable housing trust fund. Some have claimed that this will be \$5 million, but it could be much less. The 500 or so luxury apartments and hotel rooms will not be affordable. The developer has promised to include a small number of “workforce” units, but these efficiency apartments will rent for more than \$1,200/month. **Subsidizing luxury high-rises is not an effective strategy for addressing housing affordability.**

There are many other possibilities for creating affordable housing. For example, the City could adopt a sustainable source of funding for affordable housing, such as a percentage of parking revenues, or the City could decide to include some floors of affordable housing in the community structure overlooking our new central park.



What is gained by keeping this site in public ownership? A permanent Center of the City for the enjoyment of EVERYONE, not just the wealthy. It is worth more than money—now and for generations to come.

FOR MORE INFORMATION, VISIT A2CENTRALPARK.ORG. AND DON'T FORGET TO VOTE NOVEMBER 6!

CRAZY WISDOM BOOKSTORE

Beautiful, peaceful items and objects for many spiritual paths



*Every breath we take, every step we make,
can be filled with peace, joy, and serenity.*

— Thich Nhat Hanh

Crazy Wisdom Bookstore & Tea Room
114 S. Main St., Ann Arbor • (734) 665-2757
www.crazywisdom.net



Bringing the Best of East and West to Your Home



Monica Turenne, DVM, CVA, CT, CHPV

DR. MONICA IS CERTIFIED IN HOSPICE AND PALLIATIVE CARE!

She is among a small group of veterinarians who are leading this important field of caring for aging and terminally ill pets and supporting their pet parents.

Dr. Monica is passionate about hospice and she is honored to use her knowledge to help you and your pet through this difficult but incredibly important journey.



Monica Turenne
DVM, CVA, CT, CHPV



Star

17 Years Young

- End-of-Life Consultations
- Hospice Care
- Natural Death Guidance
- In-Home Euthanasia Services
- Chinese Herbology
- Food Therapy
- Reiki
- Acupuncture for Dogs & Cats
- Wellness Examinations
- Heartworm Tests
- Illness Examinations
- Vaccination Guidance & Administration

FourPawsVetWellness.com

(734) 385-7161

RAYMOND JAMES®

FINANCIAL PLANNING

BRINGING BALANCE TO YOUR FINANCIAL LIFE



Doug Gross, C.F.P.®
Branch Manager
& Financial Advisor

Douglas.Gross@raymondjames.com



Michael Brocavich
Financial Advisor
Michael.Brocavich@raymondjames.com



Sam Maness, J.D., C.F.P.®
Financial Advisor
Sam.Paul.Maness@raymondjames.com



Jason Coleman
Financial Advisor
Jason.Coleman@raymondjames.com



Emily Rice
Client Services
Representative
Emily.Rice@raymondjames.com



Vanessa Holmes
Client Services
Representative
Vanessa.Holmes@raymondjames.com

315 E. Eisenhower Parkway
Suite 301
Ann Arbor, MI 48108
Phone: 734-944-7556
Fax: 734-661-1314
Toll-Free: 866-944-7556

For all of us time marches on.
You may have been managing your finances successfully for many years.
You still feel you can manage the funds but would like some oversight to help you out as things change.
You want someone who will listen, take good care of you and not push you into the product of the day.
Check with us to discuss how our services might help to reduce your stress at a very reasonable cost.

Independent Local Thoughtful Advice

Securities offered through Raymond James Financial Services, Inc. Member FINRA/SIPC

WWW.DOUGLASGROSS.COM

THE CRAZY WISDOM COMMUNITY JOURNAL

SOUTHEASTERN MICHIGAN’S CONSCIOUS LIVING MAGAZINE

In This Issue ~



Page 10
**Finding Spirituality
in the Wilderness**
by Debbie Wollard

Page 32
**Leaps of Faith —
Brie, Comte, Gruyere:
It’s All About Cheese**
by Mary Stokley



Page 41
**Webster Farmers Market
Preserving a Historic
Neighborhood through
Farming, Food, Craft,
and Community**
by Angela Madaras

Page 46
**Silvio’s — Born in Italy,
Serving with Compassion
in Ann Arbor**
by Dawn Swartz



Page 68
**Be Brilliant!
How Hospice Saved
and Enhanced My Life**
by Angela Madaras

Page 83
**All Creatures Great
and Small —
Reiki with Dali Llama**
by Laura K. Cowan



On the Cover

**Dr. Oran Hesterman and the Fair Food Network
• Championing Healthy Food for All •**



Left to right -
Kate Krauss, Charles Walker, Oran Hesterman,
Jean Chorazyczewski and Emilie Engelhard
**Cover Photo by
Susan Ayer**
**Feature begins
on page 51**

CWJ Features

The Art of Flexibility
by Sibel OzerPage 8

Finding Spirituality in the Wilderness
by Debbie WollardPage 10

**A Conversation with ShuNahSii Rose
About Changing How We Relate to the World Around Us**
by Sara VosPage 13

Donald Harrison and 7 Cylinders Studio
by Joshua KayPage 16

**Dr. Oran Hesterman —
Championing Healthy Food for All Through the Fair Food Network**
by Sandor SlomovitsPage 51

Amma, the Hugging Saint, Has a Local Home
by Carin MichaelsPage 62

**Be Brilliant! How Hospice Saved and Enhanced My Life —
Plus Interviews With Two Talented
Holistic Bodyworkers You Should Know**
by Angela MadarasPage 68

CWJ Columns

Crysta Goes Visiting ~
by Crysta CoburnPage 18

What’s New in the Community ~
by Lynda Gronlund-NaeemPage 20

Leaps of Faith ~
by Mary StokleyPage 32
Brie, Comte, Gruyere: The Cheese Shop of SalinePage 32
YPSCITY: An Artist’s Kind of PlacePage 34

Our Yoga Column ~
by Katie HoenerPage 36

Green Living ~
The Autumn of Our Lives
by Kirsten MowreyPage 48

Weekend Getaways ~
Canterbury Chateau – A Dream Realized
by Petula BrownPage 49

Hand Crafting ~
Celebrate the Coming Winter with a Julbok
by Jennifer CarsonPage 81

All Creatures Great and Small ~
Reiki with Dali Llama
by Laura K. CowanPage 83

**A Conversation with ShuNahSii Rose
About Changing How We Relate to
the World Around Us**

by Sara Vos • Page 13



**Amma, the Hugging Saint,
Has a Local Home**

by Carin Michaels • Page 62



CRAZYWISDOMJOURNAL.COM

— This issue will be posted on
our website as of September 1, 2018 —

CWJ Conscious and Tasty Eating and Nutrition

Food SectionStarts on Page 37

Miso Packs a Punch – for Health and Taste!
by Angela MadarasPage 38

Understanding Detoxification
by Rachel LozonPage 40

**Webster Farmers Market — Preserving a Historic Neighborhood
through Farming, Food, Craft, and Community**
by Angela MadarasPage 41

Great Tastes in Local Foods —
by Crysta CoburnPage 44
DoloresPage 44
Everest SherpaPage 44
Oh My Chicken!Page 45

Silvio’s — Born in Italy, Serving with Compassion in Ann Arbor
by Dawn SwartzPage 46

CWJ Kids Section

The Crazy Wisdom Kids SectionStarts on Page 72
Kids Book and Media Reviews
by Sarah NewlandPage 72

Conscious Parenting Column ~
How to Smooth Out a Bumpy Back-To-School Experience
by Catherine FischerPage 73

Crazy Wisdom Kids in the Community
by Laura K. CowanPage 74
Hikes and Tykes — Tree City BabywearingPage 74

Fall Events Calendar for KidsPage 78

CWJ The Calendar

The Crazy Wisdom Calendar SectionStarts on Page 86
Edited by Melanie BaldwinPage 86
The CalendarPage 86
Background Info on the TeachersPage 117

Using Crystals to Attract Fairies
by Heidi Mae WolfePage 90

End-of-Life Doulas Aren’t Afraid to Talk about Death
by Merilynne RushPage 98

Why Essential Oils? Why Now?
by Ginny DodgePage 104

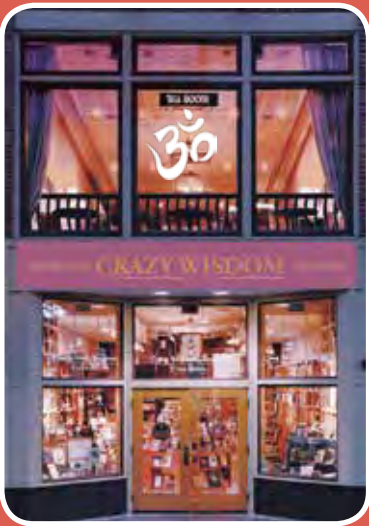
Eight Simple Movements Toward Better Health
by Antonio SierraPage 118

CWJ Reviews

Music Reviews by Sarah NewlandPage 50

CWJ Advertisers

Resources for Conscious LivingStarts on Page 28
Advertiser DirectoryPage 124



Serving the Community
Since 1982

Crazy Wisdom
Bookstore
and Tea Room
114 S. Main St.
Ann Arbor, MI 48104
734-665-2757

info@crazywisdom.net
crazywisdom.net

The Crazy Wisdom Community Journal has
been published
three times a year since 1995.
Copyright © Crazy Wisdom, Inc. —
August 2018.

No part of this publication may be
reproduced for any reason without the
express written approval of the publisher.
There is a token fee charged if you would
like to use an article in this publication on
your website, so make sure to contact us
first. Articles from back issues are available
on our website’s archive.

Crazy Wisdom Bookstore
was founded in 1982.
Since 1989, it has been owned by Crazy
Wisdom, Inc., which consists of
Bill Zirinsky and Ruth Schekter,
husband-and-wife.

Publisher/Editor - Bill Zirinsky

Design and Production Editor
Carol Karr
Designers:
Jennifer Carson, Carol Karr

Managing Editor
Jennifer Carson

Senior Editor
Maureen McMahon

Associate Publisher and Ad Sales
Rory Russell

Distribution
MaryEllen Cain, Paul Stehle

Staff Coordinator
Jennifer Carson

Calendar
Senior Calendar Editor:
Sarah Newland
Calendar Editor: Melanie Baldwin
Calendar Proofreading: Karen A’Llerio

Editorial
Editing: Ann Alvarez,
Jennifer Carson, Crysta Coburn,
Laura Cowan, Deva Jebb-Albaba,
Nancy Phares, Vicki Schmitz

Writers
Petula Brown, Jennifer Carson,
Crysta Coburn, Laura Cowan,
Lynda Gronlund-Naeem,
Katie Hoener, Joshua Kay,
Rachel Lozon, Angela Madaras,
Diane Majeske, Carin Michaels,
Kirsten Mowrey, Sarah Newland,
Sibel Ozer, Mary Stokley,
Sandor Slomovits, Dawn Swartz,
Kendra Theriot, Sara Vos, Rachel Urist

Artwork
Ani Daher, Logynn Hailley, Caitlin Muncy

Photography
Senior Photographer: Linda Lawson
Susan Ayer, Rachel Everheart,
Tobi Hollander, Kate Jackman,
Hilary Nichols, Edda Pacifico,
Rebecca Rowe, Doug Russell,
Joni Strickfaden, Jennifer Wooley

This issue is
distributed starting in the
last week of August.
11,000 copies of
The Crazy Wisdom
Community Journal are
printed, and they are
available at our bookstore
as well as at more than 235
other locations in the area.

The deadline for
Free Calendar submissions
for the
January thru April 2019 issue
is
Monday, November 12.
Contact
calendarforms@
crazywisdom.net

The deadline for
Paid Advertising is
Monday, November 26.
Contact
Rory@crazywisdom.net

crazywisdomjournal@
crazywisdom.net

Crazy Wisdom Monthly
Book Discussion
7:30 p.m.
in the Crazy Wisdom
Community Room

Sept. 21 • *An Unquiet Mind*
by Kay Redfield Jamison.
Hosted by Bill Zirinsky.

Oct. 19 • *The Life-Changing
Magic of Tidying Up: The
Japanese Art of Decluttering
and Organizing* by Marie Kondo.
Hosted by Deb Flint.

Nov. 9 • *Training in Tenderness:
Buddhist Teachings on Tsewa*
by Dzigar Kongtrul. Hosted by
Deb Flint or Bill Zirinsky.

Dec. 21 • *How to be Married:
What I Learned from Real
Women on Five Continents
about Building a Happy
Marriage* by Jo Piazza.
Hosted by Deb Flint.

See listings on page 89

“Crazy Wisdom” is a term popularized by Chogyam Trungpa
Rinpoche, one of the major figures in bringing Buddhism to the
West. He described it as an innocent state of awareness that is wild
and free, completely awake and fresh. It’s a spiritual worldview that
represents thinking outside the box — moving against the stream.



By Sibel Ozer

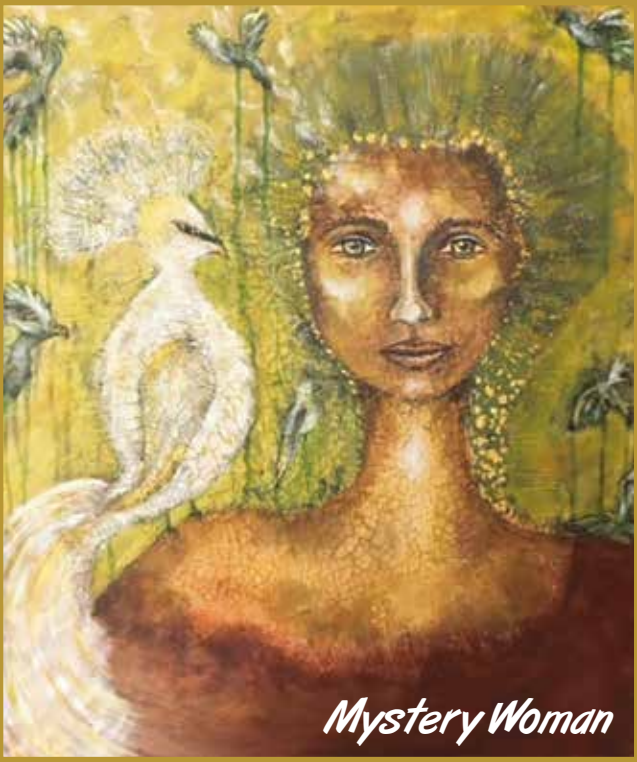
In our culture the trajectory of life seems to be geared toward getting us to a place of expertise, certainty, and all knowing. It may seem unfortunate that certainty is inversely proportional to knowledge (Jung), and that knowing prevents seeing (Huber).

I love learning, crave certainty, and like others have to make peace with the fact that there are few truths I can depend on despite years of study and self-improvement. I know for sure that things change all the time, unpredictably at that, and that everyone eventually dies, who knows when. I know that the mind prefers simplicity to complexity, new life to death, clarity to ambivalence, and siding with a polarity rather than coming to terms with multiple realities. It is preferable emotionally speaking as well, easier and more pleasant. Our tendency toward dualism in seeking answers to the mysteries of life is problematic in that it prevents the consideration of the complexity that accompanies it. Lack of flexibility in thought and action adversely affects all our relationships including Spirituality, as well as our improvement as an individual.



We forget that progress often arises with two or more trajectories in motion, and get caught up in defending one side’s merits over the other.

Great minds of the past point to the importance of being open to considering both sides of dualities. Thomas Moore, for example, reminds us of the efforts of Renaissance thinkers to reconcile medicine and magic, religion and philosophy, everyday life and meditation, ancient wisdom and the most recent discoveries and inventions. Eastern philosophical traditions see the transcending of dualistic thinking as key to enlightenment. In Chinese philosophy, the yin yang symbol captures the complementary nature of opposite tendencies, not only by joining the two colors into a circle representative of wholeness but also by placing a smaller circle of the contrasting color within the other shape. We forget that progress often arises with two or more trajectories in motion, and get caught up in defending one side’s merits over the other. We need both liberal and conservative perspectives for healthy politics, no different then a healthy psyche needs access to its wild side alongside wisdom.



Working with polarities is central to a lot of therapies. Shedding light to parts that are repressed, alongside increasing our felt experiences along a continuum. Knowledge seeking must embrace this core commitment to exploring opposite realities. Pondering alternate viewpoints avoids the pitfalls of polarization.

How can we learn to sit with the discomfort of not knowing, and resist our propensity toward dualistic thinking?

One of the answers, familiar to most readers, is to acquaint ourselves with mindfulness, which is possibly the greatest way for self-examination. Awareness reveals polarities, and softens the mind’s tendency toward simplistic conclusions. It cultivates essential qualities of curiosity and non-judgment.

Another answer came to me through my own self-exploration. As I was examining my particular way of practicing psychotherapy, I came upon the presence of an *attitude of flexibility* that is complimentary to, but separate from, mindfulness.

Flexibility is about remaining open, humble, and receptive, allowing us to suspend knowledge of what has worked in the past, in order to be able to discover what might work in the present. Being mindful helps me to be more present and aware, and not to buy into all that my mind is saying. Flexibility helps me widen the range of my thoughts and behaviors as I hold on to the constant of exploring what works, what helps with each client, session, or day, anew. Flexibility is the extension of open mindedness to our actions in that it includes the willingness to adapt and change, as the situation requires. It is not about the absence of convictions or principles, but a plasticity that allows adaptation to the uniqueness in each of us and each new situation.



“Try to love the questions themselves, like locked rooms and like books written in a foreign language.”

–Rilke



Moore says that the soul lies midway between understanding and unconsciousness and that its instrument is neither the mind nor the body, but imagination.



I started out and continue to be a theoretical practitioner, maintaining a key interest in the ideas and methods that inform my practice. The scientific community favors evidence-based practices that are more directive, commandeering, and research friendly over concepts such as attunement and intuition that are more receptive, relationship-based, and hard to define, let alone measure. According to Marks-

Tarlow, intuition is central to the practice of psychotherapy because *true change emerges unpredictably, on its own timetable, and in full context. Its course cannot be mapped out with theory or planned systematically in a step-by-step fashion.*



I'm finding that the more imaginative I am in my approach to psychotherapy, painting, and life in general, the more soulful my experiences become.

Flexibility allows me to draw from different schools of thought, and different trauma intervention methodologies relying on knowledge alongside intuition. The lack of flexibility on the other hand can show up in a strong adherence to a particular school of thought, or an attachment to a particular technique, resulting in their singlehanded application to all clients of all backgrounds in all situations.



"The soul has been given its own ears to hear things the mind does not understand"

—Rumi

I've even encountered lack of flexibility among mindfulness practitioners, and it can cause people to get lost in particular forms as the best, or right way of practicing, while devaluing others. The point of all forms of meditation is to cultivate mindfulness that can be applied to our everyday lives. Mindfulness practices do not remove all blind spots anymore then aging guarantees wisdom! When flexibility is absent, even the best of practices can have its limitations. And like mindfulness, it needs to be cultivated and practiced, rather than mastered.

I have been painting regularly for seven years now favoring process and abstraction. Recently, I enrolled in an online course with the Art of Allowing Academy whose focus is *empowering the awakening of our intuitive and receptive skills as the primary teacher of creative expression*. I was surprised to find that this approach embodied the spirit of flexibility. Painting this way, my imagery started getting more representational with archetypal figures emerging in unexpected ways.

From being a process-oriented painter, I found myself embracing the finished product in a way I hadn't experienced before. So, a pole I was veering away from began to be included. I started to develop a deeper fondness toward my creations, which seems to have a positive impact on my relationship with myself: less criticism, more love.



I used to have a deep attachment to figuring out the meaning and significance of paintings once completed. From flexibility, a newfound affection for the unknown/unresolved is added. With some paintings I'm finding that an entire story reveals itself upon completion. With others, I have to continue to have patience with everything that remains unsolved, in the way Rilke recommends to a young poet:

Try to love the questions themselves, like locked rooms and like books written in a foreign language. Do not now look for the answers. They cannot now be given to you because you could not live them. It is a question of experiencing everything. At present you need to live the question. Perhaps you will gradually, without even noticing it, find yourself experiencing the answer, some distant day.

The more I paint embracing an attitude of flexibility, the more Rilke's words are sinking in. These lines of his have been a favorite of mine for many years and it seems I'm only now really getting them.



The more flexible I am, the more access I seem to be having to my soul's ears.

A teacher of digital storytelling used to say it is the stories we tell over and over that have the most to teach us about ourselves. It is probably the quotes that are dearest to us that have the most to reveal about our Soul/Spirit Selves as well.

It was a year after I finished this painting that I recognize the reason Rumi's quote *"The soul has been given its own ears to hear things the mind does not understand"* is my favorite. I'm not sure the answer would have come my way some distant day if I hadn't had the patience, openness, and flexibility to hold the question — *what is my soul hearing that my mind does not understand* — the way Rilke recommends it, and to ponder it every now and then, without an attachment to an answer. I now know that it goes beyond a simple yearning I have for the Spiritual, but that it connects to our family legacy to find the area where we have a contribution to make. I have been practicing psychotherapy in the way of flexibility for decades now, and it is time for me to begin to teach it.

As I continue to paint this way, some paintings emerge from a carefully built up background as a gestalt emerges from an inkblot; some paintings start with the figure wanting to jump onto the blank canvas. Even as I'm trying to grasp what this art of allowing is, I'm realizing that there are no steps to follow, no one way that leads to the end product. It is about entering an attitude that is comfortable with not knowing, with trusting the process, and remaining open to engage in ways that are new and different, over and over. When I tried to paint what flexibility itself looks like I ended up with another word, Surrender.

Moore says that the soul lies midway between understanding and unconsciousness and that its instrument is neither the mind nor the body, but imagination. I'm finding that the more imaginative I am in my approach to psychotherapy, painting, and life in general, the more soulful my experiences become. The more flexible I am, the more access I seem to be having to my soul's ears. So maybe it is just perfect that *the more I learn, the more I realize how much I don't know*. This way, there is always space for mystery.

What are some ways you can imagine bringing flexibility to your life?
What are the images that are longing to emerge from your imagination?

Sibel Ozer is a licensed professional counselor and board-certified art therapist currently doing private practice in downtown Ann Arbor. She started her career as a clinical psychologist working with earthquake survivors in Turkey. She continued her work in the United States in hospice, hospital, and private practice settings further specializing in grief, loss, and trauma. She is a certified EMDR practitioner and a graduate of the Gestalt Institute of Cleveland. She gives experiential workshops nationally and in her country of origin (Turkey) on different art therapy topics. Visit www.sibelozer.com, call (303) 905-1109, or email fireflyarttherapy@gmail.com.





By Debbie Wollard

In my daily life, I have a rhythm that goes something like this: Wake up. Eat. Do some yoga. Work. Eat again. Work a bit more. Sleep. Repeat. There are some weeks where I am on autopilot, and miss the daily miracles and surprises. If my life becomes a rhythm of hour after hour, day after day, week after week of busyness like this, with no play and no time outdoors, I begin to lose perspective.

This loss of perspective manifests in emotional ways, physical ways, and spiritual ways. I get irritable. My breathing becomes shallower. I go into a bit of “fight or flight” mode. My vision, dreams, and aspirations become narrowed. I feel alone. When all of this starts to happen, I know that I need the wilderness – I need to get outside!

An important component for experiencing spirituality in the wilderness is to take times of quiet – to listen to my body, to my heart, to my soul, and to the Source that created it all. The profound nature of silence in the midst of the cacophony of life is essential if I hope to regain perspective and remember a sense of connection. When I’m quiet, when I slow down and open myself to the universe, then I can feel the deep connections with trees, animals, rocks, and other people – they feel like teachers or ancestors to me. I might miss these profound experiences if I always move through life at a clip, forgetting to slow down and pay attention.

I have a friend who works at a large University. She is in her office, or in the classroom teaching, A LOT. Like many of us, there are days she is inside hour after hour after hour. Fortunately, she has discovered a small green space not far from her office, with a particular tree that helps her reconnect and get grounded. She visits this tree regularly, sometimes for only five minutes, and sometimes for her whole lunch period. After each visit, she feels more connected and like she spent time with a “wise one.” If we take the moments we can, to get outside and connect with nature, it can have profound and lasting affects.

... the ideal wilderness “reboot” for me is a visit to North Manitou Island for a weeklong backpacking trip with a community of women. I’ve been taking these trips for over 14 years now and it has become essential to keeping my life balanced and in perspective.

There are now studies that show there are physiological benefits to being outside (look up “forest bathing” and “grounding”). My friend would certainly attest to that, and I have felt these undeniable physiological benefits too from each wilderness outing no matter the length. The benefit that has the most lasting, perspective-shifting impact for me is the spiritual shift.

Sometimes all that I have time for is a few moments in my yard, sitting by the pond, or a short hike at a local park. Some days that is the best I can do, and I know that is better than not getting outside at all. However, the ideal wilderness “reboot” for me is a visit to North Manitou Island for a weeklong backpacking trip with a community of women. I’ve been taking these trips for over 14 years now and it has become essential to keeping my life balanced and in perspective.



Debbie Wollard

An important component for experiencing spiritualism in the wilderness is to take times of quiet – to listen to my body, to my heart, to my soul, and to the Source that created it all.

I have come to think of these trips in thirds. The first third is the preparation and anticipation of the journey – what I read, what I notice, what I dream, how I pack, are all included in the preparation phase. On a trip to North Manitou, I take only a backpack, which simplifies my personal belongings to about 35 pounds of equipment for the week. As I pack – I take care to pay attention to the weight (both physical and emotional) that I want to carry for the week – the metaphorical contemplation of what I choose to bring along is not lost on me. “Only take the essentials,” I remind myself. The process of preparing to go into the wilderness in itself is a spiritual practice.

The second third is the actual trip itself – being welcomed by this sacred space; choosing a location to make my “home” for the week; the shift to “island time” all begin the opening process of this wilderness time. These trips are dotted with simple moments of pause, reflection, awe, and wonder. Once I’m on the island, it takes me a few days to fully remember how little I need to be comfortable, satisfied, and fed. I also remember that, often, some of my busyness is just a made-up distraction from the very connection I long for the most. Once I slow down, and remember that I am a spiritual being seeking connection, meaning, purpose, and love, and that these things can come from simplifying, slowing down, and listening, a deep sense of gratitude happens. This sense of gratitude broadens my vision, opens up my dreams, and fills me with hope again.

As I pack – I take care to pay attention to the weight (both physical and emotional) that I want to carry for the week – the metaphorical contemplation of what I choose to bring along is not lost on me.



Being on North Manitou (or on a hike in the park or a spot by my pond) lets me hear the bird song, feel the warm breeze, smell the warm pine needles, rest on the moss at the base of a tree, and see the stars in the sky. Fully experiencing these moments lets a special type of awareness rise up, and I feel connected to all that is and – you guessed it – a higher sense of gratitude follows. An hour by the pond or five days on the island all let my breathing deepen, and my adrenal glands (which control the fight-or-flight response) relax and take a well-deserved break.

The ideal wilderness trip of going to an island also gives a distinct and literal separation from all of the busyness left behind on the mainland. I choose, as I board the ferry that takes me to the island, what I will set down for now, knowing full well that it will be waiting for me when I return, and I can choose then whether to pick it up again... or not.

The other special gift of an island wilderness trip is that I give myself permission to tell time differently. I leave my watch behind. If I am hungry, it is time to eat; if I am tired, it is time to rest; if I am restless, it is time to move. With this way of telling time that I call *Kairos* time (not my phrase, but I like it, so I use it), there is no watch involved. It takes a day or two to make this shift and be comfortable with *Kairos* time, but once that shift happens – WOW! My breathing really deepens. I don’t

The spiritual experiences are simple, and profound, sometimes playful, and almost always surprising.



Once I slow down, and remember that I am a spiritual being seeking connection, meaning, purpose, and love, and that these things can come from simplifying, slowing down, and listening, a deep sense of gratitude happens.



feel rushed. I take long periods for sacred silence, with intentionality, expecting a spiritual encounter with animal messengers, or waking visions, or dreams, or in a simple encounter with a tree or rock or another person. The spiritual experiences are simple, and profound, sometimes playful, and almost always surprising.

The final third is the post-journey integration of the learning experienced. This last third is as important as the first two-thirds, because reflecting on and integrating our experiences, is the best way to learn from insights gained in the wilderness. Before I leave the island, I note and remember the moments that were most powerful or meaningful for me. By doing so, I mark those moments so that I can call them up when my life gets full and somewhat overwhelming. I can choose a “Manitou Moment” to ground and center myself again. I also think about how I will share the story of my experience. I consider one word that is a truth about my experience. Then I think about one sentence that is true about my experience. I have made the commitment to always be honest and to not diminish the telling of my wilderness times when sharing with others. In this way, the meaning and power that I experience remains in tact and has lasting positive impact for my ongoing life.

with the whole of creation. I wish for everyone to find ways to remember these connections and to feel deep gratitude for these connections, for these teachers, for these companions on the way. Just a few moments like this can dramatically shift your perspective, and give you more resilience for life events. May your wilderness times be rich and restorative.

Debbie Wollard, LMT is a licensed massage therapist and Reiki practitioner as well as a guide for women’s wilderness trips. She also works as a conference administrator for wellness conferences around the country and as an executive assistant at an Ann Arbor property management company. She considers her life to have been one big spiritual journey, exploring many different expressions of spirituality. She feels most connected and centered in nature and feels her bodywork practice and her work with women in the wilderness are two of the most satisfying parts of her life. You may contact Debbie by email at dmwollard@icloud.com. or visit womensspiritualityproject.wordpress.com.



Five minutes or five days, finding spiritualism in the wilderness is more about the intention than the duration – about remembering that we are connected to everything and everything is connected to us.



Five minutes or five days, finding spiritualism in the wilderness is more about the intention than the duration – about remembering that we are connected to everything and everything is connected to us. In this way, we can remember that we are never alone.

Finding spirituality in the Wilderness is a simple (not to be confused with easy) practice of slowing down, being open, quieting in order to listen, expecting the surprises that will arrive, and then feeling gratitude for the things that connect us

Ideas for Finding Wilderness in Southeastern Michigan

Key ingredients

- Slow down. Be Open. Listen. Take some quiet time. Expect surprises. Notice what you notice. Feel gratitude.

Possibilities

- Wilderness Camping – There are several areas in Michigan that are designated Wilderness Camping areas. These are not usually organized campgrounds but give you more freedom to find space that is quieter than your typical state park.
- Local Parks – There are so many wonderful local parks in Washtenaw County. Look them up, and go take a hike. Leave your headphones at home.
- Create a sacred space in your yard – a garden, a pond, a niche, a bench. Make it someplace where you can see the sky, hear the birds, smell the trees and flowers, feel the breeze, and be quiet.
- Create a “soul garden” in a pot for your balcony or patio and use it for a meditation practice on a regular basis.
- Like my friend, find a special tree in a park near your work – visit that tree and sit at its base with your back leaning against it. Notice how you feel when you sit down, and then check in again 15 minutes later.
- Do a guided meditation that creates a sacred outdoor space in your mind and heart – this place can be carried with you anywhere that you go, and visited in your meditation practice.
- Incorporate one or more of these ideas for getting outside with the idea of finding Spirituality in the Wilderness. It is there if you look for, feel, expect, and celebrate it.

“I got my smile back at
Grass Lake Sanctuary”

- Pam '18

Helping cancer survivors get their
joy back after medical treatment



Inviting conscious
volunteers for
2019 Retreats &
Preparations

- Food Preparation
- Massage Therapists
- Landscape Beautification
(45 acres)
- Facility Beautification
(bungalows)

Help us
spread
the joy!

Grass Lake Sanctuary is a
145 acre nature retreat center
providing restorative programs
focused on nature, relationship
building, creativity from the
heart, foods for health,
de-stressing and rejuvenation.

Call 734-726-0290
email: info@grasslakesanctuary.org

501(c)3 Nonprofit Organization



Pegasus
SINCE 1977
SPAS & LEISURE PRODUCTS

We Deliver Dreams....
You Make Memories

Spa • Grills • Patio





A Conversation with ShuNahSii Rose About Changing How We Relate to the World Around Us

By Sara Vos • Photography by Hilary Nichols

ShuNahSii Rose is the creator of In Sacred Balance. Now in its 27th year, In Sacred Balance offers a model of a "sustained inter-generational feminist spiritual community" with deep Ann Arbor roots. The magic ShuNahSii creates is palpable and necessary, a healing balm for the soul of the world. I met her for coffee and to chat about her passion for restoring relations between humanity and other inhabitants of our world.

Sara Vos: "Restoring relations between people and the earth." This is the concise version of your mission, can you talk about what it means to you?

ShuNahSii Rose: It means that we choose to recognize, respond to, and prioritize, our universal longing for peace on earth. That we give that longing the credence that it deserves: take it out of the realm of utopian, hippie, fantasy, and center it as the necessary goal that it is.

...our longest lasting legacy as human beings on this planet is one of harmonious relationship with the rest of creation. We have to reclaim that truth and be inspired by it.

With frightening weather patterns, routine mass murders, racism, and an obviously crumbling infrastructure, we have to humble ourselves, as a species, and face the fact that the solutions we seek to address what is wrong with the dominant culture will not come from within the confines of the dominant culture.

When we widen the scope of our knowledge, we can see it is fact, not fantasy, that our longest lasting legacy as human beings on this planet is one of harmonious relationship with the rest of creation. We have to reclaim that truth and be inspired by it. I believe we have a cellular memory of this legacy that drives us, as healers and activists, to keep working for the restoration of Sacred Balance, because we know, in our bones, peace is possible.

Continued on page 14

A Conversation with ShuNahSii Rose

About Changing How We Relate to the World Around Us



As a little girl I was taught to love the earth, animals, and plants. To find joy in exploring relationships with these beings, and to learn from the humor, generosity, and intelligence that nature expresses all around us all the time.

Continued from page 13

When we include what contemporary culture calls “prehistory,” there is ample evidence that peaceful cultures existed for tens of thousands of years: cultures that centered the nurturer, not the conqueror. Cultures in which art, music, sustainable agriculture, and reasonable distribution of “wealth” were the norm. Indigenous peoples the world over are asking us to return to a consciousness that fosters this model of a culture of compassion.

...the solutions we seek to address what is wrong with the dominant culture will not come from within the confines of the dominant culture.

Sara Vos: What do you see as the dilemma, or current obstacles to right relations with the earth?

ShuNahSii Rose: As a culture, we normalize the absurd illusion that our fate is somehow separate from that of the earth and we view the rest of creation as “resources” as opposed to relations or kin. This habit is, in and of itself, violent.

In our self-imposed state of exile from each other, from the beings we share the planet with, from the planet herself, we have become unable to sit still long enough to be with the big feelings and big questions of our time. We are in a state of perpetual panic that no amount of consumption can assuage—but genuine communion can assuage it.

Redefining community to include the natural world can heal this illusion of exile.



Empathy heals.

Empathy, not just with each other as human beings, but with all of creation, is *essential* to our course correction at this crossroads in history. We can’t afford to live in the illusion of separation any longer.

Our policies and practices, both nationally and locally, need to be reflective of empathy and respect for the natural world.

As a little girl I was taught to love the earth, animals, and plants. To find joy in exploring relationships with these beings, and to learn from the humor, generosity, and intelligence that nature expresses all around us all the time. I have also been very privileged to learn intimately with, and from, indigenous peoples from several continents. The underlying message is always the same: relations not resources. Everything is not here for us to use up. When we shift our perspective to relations instead of resources, we shift toward a culture of compassion and inclusion in which there is more than enough to go around.

Out of a profound love for the land that I have lived on for thirty years and with a strong opposition to the Ann Arbor deer cull, I have gone headlong into a deeper education about what constitutes ecological “conservation” in our country, and I am shocked by how innately violent it is. Even the people who are supposedly signing up to protect the earth consistently use violent means to bring about their desired ends. And money often drives this madness.

The United States alone spends over a billion dollars pouring Roundup on the earth every year, and lining the pockets of the companies that produce it. Even here, in our precious little “Tree Town” city of Ann Arbor, we regularly employ this toxic chemical as part of our “land management” and teach our school-aged children that this is the inevitable path of “conservation.”

Go outside, every day, and listen. Literally, stop talking, or even thinking, as you walk or sit and just listen. Notice what comes up. Quite often my quiet time in nature offers explicit and useful answers to my current concerns.

Sara Vos: How might “relations not resources” change our choices?

ShuNahSii Rose: For me, one of the most haunting aspects of watching the decisions roll out on the deer cull was seeing our elected officials insist that “the deer are ruining the environment,” an enormous reversal that framed the deer as the problem rather than human mismanagement of our neighborhoods and the planet. It was like finding myself in a funhouse of mirrors that distort and misrepresent what is obvious about reality, except it wasn’t fun.

Summer Solstice Offering of Gratitude to the Waters of the World



The underlying message is always the same: relations not resources. Everything is not here for us to use up. When we shift our perspective to relations instead of resources, we shift toward a culture of compassion and inclusion in which there is more than enough to go around.

Let's be clear: it is humanity and humanity alone that is pushing the planet out of balance. There will be no room for us to have the necessary conversations if we do not come out of denial about that.

I personally love the deer and see them as an inherent and essential part of my community. Relations not resources. Their wellbeing matters to me. Their families matter to me, and their absence has a grave impact on our city. My experience of the land that has offered me sanctuary for all of these years is changed and the impact on my health is lasting.

Our well-being is inseparable from that of the earth and our relations.

Sara Vos: So, do you see solutions to these dilemmas?

ShuNahSii Rose: Yes, yes, and YES!!! And thankfully, the solutions are most often joyous, fun, and definitely a long awaited relief. Despite these tales of woe, I am typically an enthusiastic, optimistic, and solutions-oriented woman because I am well supported by my community.

I am fiercely in love with this planet. I understand at my core that we cannot love what we do not know, and we will not protect what we do not love... So it is imperative that we know the world in which we live.

Go outside, every day, and listen. Literally, stop talking, or even thinking, as you walk or sit and just listen. Notice what comes up. Quite often my quiet time in nature offers explicit and useful answers to my current concerns.

When you interact with nature, think "who" not "what." Whose song is it that I hear on my morning walk? Who is that new plant that has appeared in my garden? Whose tracks are those in the snow?

Listen to the children and the elders. Redefine what constitutes human family and prioritize intergenerational community. It is natural and necessary.

Stand still to honor life's significant passages, together. Grieve. Celebrate. Sing. Share meals.

Continually ask the questions, "What are we centering?" Love? Generosity? Inclusion?

Choose what we center consciously.

In truth, the story of solutions is far longer, and more interesting, than the story of ruin.

Our *In Sacred Balance* community has a long, solid history of building healing ritual tradition that is reflective of, and responsive to, our modern times. If you are curious about the healing power of these teachings and practices, it would be our pleasure to welcome you.

For upcoming classes, events, and teachings, please visit insacredbalance.org.

###



Donald Harrison:

Bowling, Documentaries but not (yet) bowling documentaries

By Joshua Kay • Photos by Susan Ayer

Donald Harrison's office has a bowling lane in it, at least part of a lane. The gleaming slab is from the leading edge of an old, decommissioned bowling alley and forms the top of Harrison's elevated desk at 7 Cylinders Studio. It is the first thing he points out as I enter his bright, airy workspace in a renovated building across from the AATA bus depot in Ypsilanti.

The desk is no mere relic or hipster design statement. Bowling is woven into the fabric of Harrison's life, including how he became a documentary filmmaker and founded 7 Cylinders, where he is lead producer and director. Along with partner David Camlin, who does much of the editing, and a cadre of contractors to help them manage the workload, Harrison creates micro-documentaries for a variety of local nonprofit and commercial clients.

Harrison studied psychology at the University of Michigan. Initially leaning toward clinical psychology, he switched to social psychology because of an interest in how influence works and how attitudes change.

Harrison's path to filmmaking was hardly straightforward. Growing up in Southfield, his father wanted him to be a professional bowler or baseball player. Harrison still bowls, including running the Super Sweet Bowling League at Bel Mark Lanes, but bowling "was not what I felt like my calling was, even though I was pretty good and maybe could have had a little bit of success on the pro tour." Believing that occupying the lower rungs of professional bowling was "not exactly the greatest lifestyle," Harrison studied psychology at the University of Michigan. Initially leaning toward clinical psychology, he switched to social psychology because of an interest in how influence works and how attitudes change. He got into doctoral programs but decided that graduate school wasn't for him, leaving him with no plan. That's when a friend told him that he could get a work visa for the United Kingdom.

Until then, Harrison had struggled to make decisions. He'd drawn up pro-con lists, trying to reason his way through choices and getting nowhere. Tired of that approach—and tired, period, after a sleepless night—he decided to follow his intuition. He went to England, and he's gone with his gut ever since. While there, a temp agency "started sending me out to all kinds of businesses ... I ended up working in 15 different companies. It was such a good breadth of experience." And unbeknownst to Harrison, he took his first step toward becoming a filmmaker during this time.

... a temp agency "started sending me out to all kinds of businesses ... I ended up working in 15 different companies. It was such a good breadth of experience." And unbeknownst to Harrison, he took his first step toward becoming a filmmaker during this time.

"I ended up getting an assignment for the company that sent all the film reels across the country for the commercials that played on TV. And then I ended up getting assigned to the British Film Institute, just by chance, and got to help coordinate their film screening series. I did not have aspirations to be a filmmaker, but being around that culture and receiving that experience—later on I realized that was definitely an influence." Harrison also watched numerous BBC documentaries, which sowed more filmmaking seeds.

After his work visa ended, Harrison returned to Ann Arbor for a couple of months, saved up a little money, and moved to San Francisco to figure out what was next. There, he joined a company called One World Music, which did trainings that involved

"taking drums and percussion out into the corporate world and teaching people how to become an in-sync ensemble." He became "Director of Momentum," which involved sales and marketing "and everything else. I became the IT guy, the HR guy, anything and everything that needed to happen." By the time the dot-com crash occurred in 2001, leading to Harrison being laid off, he had accumulated over a decade of wide-ranging experiences in small businesses and knew he wanted to run his own.

Around that time, Harrison's father called and suggested that they both go to the National Bowling Convention in Reno. And that's when it hit him: "Yes. I should make a documentary about [the convention]." Harrison explained, "I had never made a documentary in my life. I didn't own any equipment. But, again, having seen a lot of BBC documentaries and had the experience working at the British Film Institute, and being in the Bay Area, being around a very active documentary and experimental film culture, it was like this light bulb went off." That light bulb lit his path to the Film Arts Foundation, where he took his first documentary filmmaking class.

Harrison never made the documentary about the National Bowling Convention, though he did borrow a camera and shot footage. "I realized that I had no idea what I was doing," he said. "I was just brand new to filmmaking." But he continued to take classes at the Film Arts Foundation and ended up interning there and getting a paid position. All the while, he took film classes. He still remembers his first one. "Alternative Documentary—that's what they had available at the time—and they handed us Super 8 cameras and taught us hand processing. And the first time I saw footage I had shot projected... it was just enthralling, and I was hooked. I kept taking classes." Harrison explains, "That was my film school. I didn't end up with an MFA or film degree, but I estimate I took 40 to 50 classes over about five years there."



Yet documentary filmmaking is a hard road. "I kept hearing from documentary people that if you scraped out a living, you'd be doing incredibly well," Harrison said. "'Run away! Turn back! Don't do what I do. This is just a tragic path to follow.' I kept hearing this in different forms and just kept not caring, knowing that I love documentary film. It was the core of what I'm interested in, a way to understand the world we live in. Fortunately, there are different paths where this interest can lead you, whether it's running a film festival, or starting one, or working at news and television stations, or what I'm doing now, which is carving out a niche and making a lot of micro-documentaries for organizations to tell their story."

"... or what I'm doing now, which is carving out a niche and making a lot of micro-documentaries for organizations to tell their story." Those organizations include: the Huron River Watershed Council, Ann Arbor District Library, Arbor Teas, Civ City, Roos Roast Coffee, and various divisions of the University of Michigan.

Bowling is woven into the fabric of Harrison's life, including how he became a documentary filmmaker and how he founded 7 Cylinders, where he is lead producer and director.



Those organizations include: the Huron River Watershed Council, Ann Arbor District Library, Arbor Teas, Civ City, Roos Roast Coffee, and various divisions of the University of Michigan. Harrison connects deeply to each organization, exploring what story they want to tell, what their intended audience is, and how they can best reach it. He helps his clients think through not only what will be in the video but also what platforms the organization has available or might want to use. The videos themselves combine luminous cinematography with sharp editing and loads of creative touches, such as animated elements. Sometimes, the scripts are written by important stakeholders in the organization, such as the teenagers who wrote the script for a piece about the Adolescent Health Initiative at U-M.

One of Harrison's driving questions is "why aren't there more of these schools if there's something really special happening there?" He hopes the film can "get at the 45 year progression of the school (Community High) and really understand what is the philosophy, the model, the underpinnings of how they do learning differently there."

"We're fortunate that the people who are drawn to us, and vice versa, tend to be people that have values that we care about," Harrison said. "[We] feel excited about trying to help them figure out how to use video to reach their audience." For 7 Cylinders, that means working with organizations that are trying to make the world a better place, whether by ensuring clean water and thriving ecosystems, creating community, or enhancing health care for vulnerable populations.

Harrison is also involved in political activism and thinks hard about how best to reach people and encourage action. "The question that I'm very much chewing on actively is what is the platform for this [activism] work, and how sustainable is the kind of work I'm doing? How do I bring other people in who do what I do? Is there a way to create a platform, a channel, some type of structure?" It's not just a matter of posting videos on YouTube or Facebook. Millions of people and groups do that, but attracting viewers and holding their attention requires vision and strategy. Harrison is mulling over approaches and partnerships that might help him create and disseminate videos about political participation, social justice, and societal change.

Long involved in the Ann Arbor and Ypsilanti communities, Harrison ran the Ann Arbor Film Festival for four years, working to stabilize the organization when it was struggling and get it to its 50th anniversary. An Ypsilanti resident, Harrison recently helped create the Ypsi Experimental Space, or YES, which he describes as "a small theater that we have also turned into a micro-cinema, space for art exhibitions, and a variety of creative, experimental, non-commercial activities." YES doesn't have a website, set hours, or even a formal organizational structure, but it maintains a Facebook page where people can learn about upcoming events.

Harrison also continues to make films for himself, including a feature-length documentary about Ann Arbor's Community High School that is now being edited. The spark for this project was his meeting with a Community High alum who, back in eighth grade, started the line to register fully two weeks before the enrollment date. Harrison said, "I just found it hard to wrap my head around camping out for two weeks to go to a high school when you have what's regarded as very good public high schools

already." He started to think the story would make a good short film. Now, not only are there at least 100 hours of footage to sort through, but 7 Cylinders has an agreement with the Ann Arbor District Library to host an online archive as a companion to the film. One of Harrison's driving questions is "why aren't there more of these schools if there's something really special happening there?" He hopes the film can "get at the 45 year progression of the place and really understand what is the philosophy, the model, the underpinnings of how they do school differently there." And, through that, audiences can also reflect on the cultural, educational, and sociopolitical changes that have occurred over that time. "I think one of the beauties of documentaries is that you can understand the world in a new way."

Harrison also reflects on what lies ahead for himself and 7 Cylinders. "I think there's an important film for me at some point... on the relationship of fathers and sons, especially how that can get out of balance when there's a father's dream and vision for the son being what [the father] wanted to be and not so much what that kid should or wants to be." As for the company, Harrison said, "We're at a point where we're doing really well, we're very busy, and we're feeling great about the kinds of projects we're doing." He is interested in growing 7 Cylinders, but carefully. "Growth can sometimes mean that you are changing the nature of what you do and what you have to do, depending on how you do it. So, I'm thinking about ways to grow that are scalable, organic, and really retain the quality and spirit of what we're doing—the mission of why I do this." Harrison remains driven by the questions that interested him in social psychology in the first place: "Why is the world the way it is? And how do we try to make it better? How do we push some levers and buttons to do that? And obviously video, increasingly so, is being seen as one of those ways."

"... the first time I saw footage I had shot projected... it was just enthralling, and I was hooked."

You can contact Donald through his website at <https://7cylinders.com>, or connect with him on Twitter, [www.twitter.com/7cylinders](https://twitter.com/7cylinders) or @7cylinders.



CRYSTA GOES VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.

1

Sweet Dreams With Naughty Boy's Rolled Ice Cream and Emily and Corey Russell

Before Emily and Corey Russell took their honeymoon in Thailand, they, like many of us in the United States, had never heard of rolled ice cream (also sometimes called stir-fried ice cream, though no frying is involved). They came across a cart one day with a crowd gathered around. Curious, they waited too, and loved what they found so much that they went back the next day.

After returning to the U.S., they decided to take a leap and start their own rolled ice cream mobile business, Naughty Boy's Rolled Ice Cream. The name and logo come from a feisty young elephant they met at an elephant sanctuary on their trip. Not only is it an unexpected name for an ice cream business, "It gives us a chance to tell our story," said Corey.

Rollled ice cream is made by pouring a milk base (Naughty Boy's has their own unique recipe) onto a frozen metal pan. Toppings, such as fresh fruit or candy, are then added to the milk base, chopped, and blended together on the pan with metal spatulas while the milk base quickly freezes. The mixture is then smoothed flat on the pan and scraped with the spatulas, curling into tasty, creamy rolls that are then put into a paper cup. More toppings and syrups (whipped cream, caramel, chocolate) can be added before being devoured. This technique started in Thailand and is in the process of conquering the world, with Naughty Boy's as a delicious ambassador.



The name and logo come from a feisty young elephant they met at an elephant sanctuary on their trip. Not only is it an unexpected name for an ice cream business, "It gives us a chance to tell our story," said Corey.

Naughty Boy's is a specialized all-inclusive trailer pulled by a truck that was custom built in Georgia with four frozen pans. From start to launch it took the Russells about six months. This included acquiring a Special Transitory Food Unit License from Washtenaw County by submitting an "intense 30 to 40 page" plan review, taking a food safety manager course, and an allergen course. "It's a lot of paperwork," said Corey, to prove that "we're not just winging it." The trailer also undergoes two mandatory health department inspections per year.

Corey is from Ypsilanti (Emily is from Connecticut originally), and it was important for him to build their business in his hometown. His father once owned a business in historic Depot Town, and one day they "would love to have a [Naughty Boy's] storefront along with the trailer."

Both Emily and Corey work full-time on their business. Ingredients are fresh and largely Michigan-sourced, which is important to this self-taught, ambitious couple. While based in Ypsilanti, Naughty Boy's can go almost anywhere and has set up at Ann Arbor's summer monthly food truck rally at the Kerrytown Farmers Market, Eastern Market in Detroit, the Northville Farmers Market, Ypsilanti's First Fridays, Small Business Saturday in Milan, private graduation and sorority parties, and more!

Yes, you can book Naughty Boy's for your event. Emily said that they need to have an estimate of expected guests, "So we know how much to bring and how much to buy." She and her husband seem to have this ice cream thing down, but are always innovating and coming up with new flavors that I eagerly await trying.

Follow Naughty Boy's whereabouts by visiting naughtyboysicecream.com. For more information contact corey@naughtyboysicecream.com or call 734-358-2618.



2

Erin Helmrich and Getting Published With Ann Arbor District Library's Fifth Avenue Press

The award-winning Ann Arbor District Library (AADL) is a dynamic and innovative place. Not only can patrons borrow books, audiobooks, magazines, CDs, and movies, but vinyl records, art prints, lawn games, sewing tools, musical instruments, sound and lighting equipment, home inspection tools, and more.

AADL is always looking for new ways to support the community, and one of the latest innovations supports our robust writing community. Fifth Avenue Press (named after the location of the main downtown library branch on Fifth Avenue) published its first set of books in 2017. That's right, AADL has gotten into the publishing business.

As Erin Helmrich, AADL production librarian and enthusiastic supporter of local authors, explained to me when we sat down to chat about Fifth Avenue Press, the library provides complete editing, proofreading, formatting, book design, cover art, a completely formatted ebook ready for publication, and basically anything else an author could want in a completed book, minus the printed copies themselves. If a book needs an illustrator, they will find an illustrator for the project.

Fifth Avenue Press does partner with local on-demand publishers like Thompson-Shore and McNaughton & Gunn at the author's expense to produce and distribute printed editions. "[The author] could also use Createspace," said Helmrich, "but the library doesn't get involved." Using a licensing agreement only, the author retains all copyrights and profits from book sales. AADL only requires an ebook copy held permanently in their collection (and if the book is published in paperback or hardcover editions, one of those would also be appreciated), and Fifth Avenue Press will be the publisher of record. They offer up to three ISBNs, one for each of the three usual book formats, hardcover, paperback, and ebook.

Anyone who has dipped so much as a toe into the self-publishing world knows that this is one hell of a deal. So what content are they looking for? "Everything!" said Helmrich. In 2017, Fifth Avenue Press published a history book, an adult mystery, a few children's picture books, a handful of memoirs, a book of poetry, and a comic book. In November, AADL threw a release party for all of the authors, which drew 300 attendants.

AADL is always looking for new ways to support the community, and one of the latest innovations supports our robust writing community.

But, you may be wondering, why is AADL doing all of this? As a way to "support the local writing community" said Helmrich, as well as to "have another avenue for producing content" for the library. So it's a win for everyone. Fifth Avenue Press accepts submissions throughout the year, and every manuscript is looked at by a staff member.

Other ways that AADL supports local writers is with the monthly Emerging Writers Workshop, and Helmrich told me that many writers from the workshop have submitted their works to Fifth Avenue Press. If you are a local writer already with a book out, contact AADL (via Contact Us on their website) about carrying it. AADL also produces a local arts blog called Pulp, which is another opportunity for local writers.

Visit aadl.org/fifthavenuepress for more information or email fifthavenuepress@aadl.org.



Delightful Indulgence and Sweets From the Sea with Carolyn Kirch

“The sea, once it casts its spell, holds one in its net of wonder forever,” said famed oceanographer Jacques Yves Cousteau. Local baker and the power behind Sweets From the Sea, Carolyn Kirch, was born in Wisconsin, but grew up in Florida, where she “fell in love with the ocean.” This is where the theme for her baked goods and treats came from. “Growing up in a beach town, I fell in love with all things nautical and beach related,” she told me.

One of her earliest memories is making cinnamon bread with her mother at Christmas as gifts for friends, family, and teachers. “The recipe had come from my grandmother, who gave it to my mom with a note on the top ‘Never Used,’” Kirch said. After moving to Ann Arbor, she quickly became a fan of our local fairy doors and lore. “But [I] missed the beach,” she said. “So I decided to introduce mermaids into my baking.”

Kirch received help launching her market bakery business through Growing Hope and their Building Blocks for the Food Entrepreneur series of workshops which promise to “educate current and potential [farmers market] vendors in the best practices needed to grow their businesses.” Sweets From

Local baker and the power behind Sweets From the Sea, Carolyn Kirch, was born in Wisconsin, but grew up in Florida, where she “fell in love with the ocean.” This is where the theme for her baked goods and treats came from

the Sea can be found at the Dexter Farmers Market, as well as online. Currently, Kirch makes a variety of baked goods. “I enjoy making many types of cakes,” she said. “My best sellers at the farmers markets are my famous cardamom cookies, pumpkin muffins, and cinnamon bread.” She offers some vegan options and “can make most things vegan upon request.” She does not have a dedicated gluten free kitchen at the moment, but hopes to remedy that soon and provide customers with gluten free treats.

Kirch also offers mermaid themed parties, which have two levels. “[The first] I provide the baked goods for a mermaid party you’re planning, such as a birthday or bachelorette party. The second option involves having a mermaid come to the party. They will take pictures with the guests. For children there is a book the mermaid will read. There is also the option to decorate goodies with the mermaid.”

If you’ve already done the fairy tea party, a mermaid party is a great new fantastical theme to explore, and Sweets From the Sea makes for a delicious journey.

For more information, visit sweetsfromthesea.com, email sweetsfromtheseas@gmail.com, or call 734-686-5601.



Piña Colada Cupcake and Seafoam Ombre Cake made by Sweets From the Sea

featuring American Designers

Ann Arbor's Premiere Women's Boutique

- ♥ the best of fall styles
- ♥ hats, jewelry, & accessories
- ♥ gorgeous outfits for Moms of the brides and grooms



303 Detroit St. • across from Detroit Filling Station

734.995.4222

CollectedWorksAnnArbor.com

ann arbor civic theatre 18-19 season

Breaking the Rules
your theatre. your town.

6-9 SEP | DIRTY ROTTEN SCOUNDRELS
DIRECTED BY Glenn Bugala | LYDIA MENDELSSOHN THEATRE

25-28 OCT | Arsenic and Old Lace
DIRECTED BY Alexandra Duncan | ARTHUR MILLER THEATRE

10-13 JAN | Oliver!
DIRECTED BY Wendy Sielaff | LYDIA MENDELSSOHN THEATRE

14-17 MAR | VANYA AND SONIA AND MASHA AND SPIKE
DIRECTED BY Cassie Mann | ARTHUR MILLER THEATRE

25-28 APR | FAHRENHEIT 451
DIRECTED BY David Widmayer | ARTHUR MILLER THEATRE

6-9 JUNE | CURTAINS
DIRECTED BY Jason Smith | LYDIA MENDELSSOHN THEATRE



Tickets: 734.971.2228
WWW.A2CT.ORG



By Lynda Gronlund-Naeem

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas’ Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.



Elizabeth Devos opened Vosenna, an “indie beauty & skincare retailer,” on June 5th, (in the Lamp Post Plaza in Ann Arbor anchored by Trader Joe’s.)

Elizabeth said the store fills a gap in the beauty industry. Every product line in the store comes from independently owned businesses, is made in the USA, and is not tested on animals. The majority are handmade, and Devos has carefully chosen brands with high ethical standards.

See page 26



Photo by Joni Strickfaden

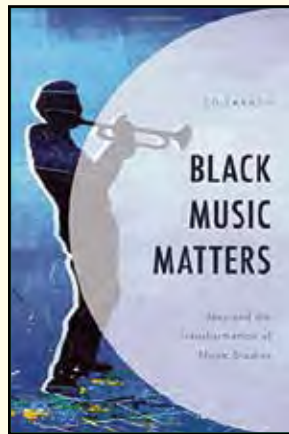
Cindy Klement, Adjunct Professor of Functional Medicine at Eastern Michigan University, nutritionist, herbalist, and holistic health practitioner, has published her first book: *Your Body's Environmental Chemical Burden*.

See page 23



Ed Sarath, Professor of Jazz and Contemporary Improvisation at the University of Michigan, published his new book *Black Music Matters* on August 15.

See page 22



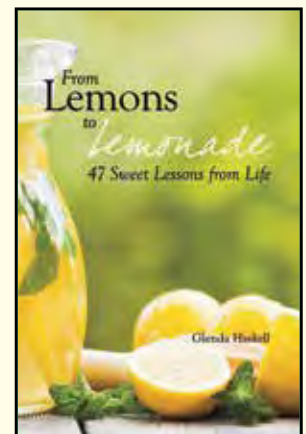
Jennifer Carson's new young adult book released on August 7th, *Dragon Song*, has been fifteen years and several versions in the making.

See page 23



Ann Arbor based career and life coach, Glenda Haskell, published *From Lemons to Lemonade: 47 Sweet Lessons from Life* in March.

See page 22



New Offerings by Established Businesses and Practitioners

On April 18th The Better Health Store opened in its new, expanded location on Washtenaw near US-23.

The previous location on the same road further east in the Trader Joe's complex had been selling health supplements for around 20 years, said store director Mona Alaudhi. The new store still sells supplements, but offers much more, including: organic meats, deli and produce, bulk items, beer and wine, an organic salad bar and hot bar, soups, sandwiches and other grab-and-go items, and house-made smoothies and juices. There is even a kombucha bar with several flavors on tap, which Alaudhi said she believes is the only one in town.

Better Health Stores is a chain with 14 stores in Michigan, and all are making the transition from supplement-only stores to natural markets, Alaudhi said. All items are hand-picked and do not contain GMOs, artificial ingredients, or "anything controversial." She described the store as a "one-stop shop" for everything people need to stay healthy, from supplements to fresh, organic food. Alaudhi herself is a registered dietician, and said the store employs people who are knowledgeable in nutrition, food and flavor, and can "give great recommendations." The store does source products locally and offers price matching. Monthly seminars are offered on different nutrition-related topics.

The Better Health Store is located at 3500 Washtenaw, Ann Arbor, MI 48104. Store director Mona Alaudhi can be reached by email at mona@thebetterhealthstore.com or by phone at 734-975-6613. More information is available at <https://www.thebetterhealthstore.com/better-health-ann-arbor.html>.

The Rudolph Steiner High School of Ann Arbor completed its 20th school year in the spring of 2018 and spent the summer expanding the building with a new gymnasium and classrooms, which will be open for use in the fall.

Katrina Klaphake, the Director of Development for the school, said that the gymnasium will serve as a gathering place for the whole community of pre-k through grade 12 students from the Steiner school's two Ann Arbor campuses. The gym will have regulation size basketball and



volleyball courts, bleacher seating for 400, and dividers for separate classes and practices.

Another addition will be a life sciences lab classroom, which will be accessible to the Steiner middle school students as well as the high schoolers. There will be more multi-purpose classrooms, math and language classrooms, music practice rooms, and a Eurythmy studio with a wood sprung floor. Eurythmy is a movement, speech, and artistic performance activity developed by Rudolph Steiner and used in his Waldorf education system, which is used by all Rudolph Steiner Schools throughout the world.

This expansion of the high school's footprint, explained Klaphake, is phase 2 of the school's "Capital Campaign." Phase 1 was the completion of a middle school on their Newport Road campus, completed in 2016. The gymnasium "completes the vision of the founding teachers and supports the full Waldorf curriculum," she said. Klaphake said she chose the Steiner schools for her own two children because she appreciated its values of a liberal arts education, its goal of instilling a love of lifelong learning, and a focus on "learning for learning's sake, not just for grades and tests." The Rudolph Steiner School of Ann Arbor's high school campus is located at 2230 Pontiac Trail, Ann Arbor, MI 48105. They can be reached by phone at 734-669-9394 or by email at info@steinerschool.org. More information is available on their website: www.steinerschool.org.

Verapose Yoga is moving to a new space in downtown Dexter and becoming the Verapose Yoga and Meditation House.



Owner Courtney Fitzpatrick opened the studio on a part-time basis in a space shared with Dancer's Edge dance studio in 2015. She, along with six teachers, have been offering around 12 classes per week for the last three years as the only yoga studio in Dexter. They've been growing and expanding their offerings and have now purchased and are renovating a historic building. Built in 1877, the large house was previously the Dexter Bike Shop and before that it housed the Dexter Library for 30 years.

The house is getting new floors, paint, a yellow front door, and will have three main rooms for different offerings. The large main room with an entrance lobby will serve as the main space for yoga classes. A smaller room will serve as a space for massage and Reiki. The third room will be designated as a meditation area and will also be used for teacher trainings and private lessons. Fitzpatrick said the target opening

Continued on page 22



Continued from page 21

date is August 1. In addition to the classes they’ve already been offering, Fitzpatrick is excited to be able to offer a 200-hour yoga teacher training program, expanded pre and postnatal offerings (Fitzpatrick also works as a doula), more private lessons and classes, Reiki sessions, Reiki level I and II trainings, and meditation classes. Verapose already offers accessible yoga classes including classes for kids, gentle basic classes, yoga for strong backs, etc. Fitzpatrick mentioned that they serve a number of students of all ages with physical limitations - hip replacements, fused spines, and more - they are able to accommodate. Fitzpatrick also specializes in yoga for body image, helping women connect with and accept their bodies as they are.

The Verapose Yoga and Meditation House is located at 3173 Baker Road, Dexter, MI 48130. More information is on their website, www.veraposeyoga.com. Courtney Fitzpatrick can be reached by phone at (734) 474-7361 or by email at courtney@veraposeyoga.com.

Ann Arbor’s Community School of Ballet moved to its new, larger location on Boardwalk in 2017 after the demolition of several older buildings on East University required them to move out of their original studio.



The school was founded in 1979 by professional dancers John and Camila Chiapuris and had remained in the same space for 37 years. Camila is still teaching six days a week and is a testament to the benefits of ballet training, as she still maintains the posture and grace of a ballerina. Alexandra O’Donnell, the daughter of John and Camila, also teaches, does most of the school’s management, and spent time as a professional dancer herself. She said the new space is allowing the school to pursue new classes and programs.

The school is affiliated with the Royal Academy of Dance, a curriculum and system of examinations for children and professional dancers which helps to ensure the quality of instruction and learning. O’Donnell explained that previously the annual examinations had to be held at another location because the studio was too small; now they can host their own examinations for the children.

The school has been able to expand their adult offerings as well. O’Donnell said that the open adult beginner classes have become more popular, and more people over age 50 have been joining for the complete physical and mental workout it entails. Like martial arts or yoga, she explained, ballet requires students to push limits physically and mentally, with elements of strength, flexibility, balance, grace, and cardiovascular challenge. The memory is challenged by learning new routines, and emotional expression is woven throughout. She said that the required balance of “thought, feeling, sight, sound, and physicality... often leads to a more integrated sense of self outside the studio.” Some of the adult students are fulfilling a lifelong dream to dance. Several men have joined the class and benefit just as much as the women, she said, despite the persistent societal impression that ballet is mostly a female pursuit. The class atmosphere is serious, she said, but the instructors and students are encouraging and supportive. Everyone is challenged to do their best according to their ability.

Ideas and plans are in the works to widen community involvement in the school and in the practice and appreciation of ballet, said O’Donnell. A scholarship program for underprivileged children is in the development phase. While ballet began as a form of entertainment for European aristocracy in the 15th century, CSB sees it as a foundation for fitness, self-expression, and a fully realized life.

The Community School of Ballet is located at 2875 Boardwalk Drive, Suite B, Ann Arbor, MI 48104. They can be reached at (734) 996-8515 or csballetannarbor@gmail.com. Their website is www.csballetannarbor.com.

Bye-Bye Pain Mobile Lasers has opened an office in Ann Arbor’s Parkway Center.

Founder and owner, Sherise Assad, explained that the clinic uses Photobiomodulation Therapy (PBM) to help the body heal itself 50 to 75% faster. They use Litecure medical lasers, which are used in over 200 college training facilities and by over 50 pro sports teams, as well as US Olympic teams. It is extremely popular with elite athletes, but Assad was inspired several years ago to bring PMB to the general population after seeing a 94-year-old man hug his 83-year-old wife for the first time in 18 years due to the improvement in his pain and mobility from the treatment.



She has developed a 40-hour hands-on curriculum to train technicians to apply the treatments, which she said is the best training available in the industry. Over 4500 clinical studies show the benefit of laser therapy as a drug-free, surgery-free way to heal the body, not just mask pain, she said. She explained that the lasers work at the cellular level and can help issues with tendons, ligaments, soft tissue, nerves, and even bone. Most patients feel an immediate difference after one treatment with a decrease in pain and increase in range of motion, which is why Assad offers the first treatment free to anyone. Most issues, she said, can be resolved in four to six treatments, with some chronic issues requiring six to nine. Accessibility is very important to her, which is why Bye-Bye Pain is a mobile clinic which can travel where needed and why she keeps costs as low as possible.

Bye-Bye Pain has over 20 offices and partners including their Ann Arbor office.

Sherise Assad can be contacted via email at sherise@bye-bypain.com or by phone at (844) 429-3293. More information is available at www.bye-bypain.com. The Parkway Center is located at 2345 South Huron Parkway, Ann Arbor, MI 48104.

New Books by Area Authors

Ed Sarath, Professor of Jazz and Contemporary Improvisation at the University of Michigan, published his new book *Black Music Matters* on August 15.



Though it will likely serve mainly as a textbook in music studies, the book will be of interest to people interested in activism and social change, and bringing art, music, and contemporary spirituality into the conversation around those topics. He has been teaching a course for the last two semesters with the same title.

Currently, music studies is centered on European classical music, explained Sarath, with African American music including jazz, which is recognized as a major contribution to music and culture, treated as a peripheral topic along with anything else that doesn’t fall into the European classical category. Sarath argues for “a jazz-driven change in orientation that, in a single stroke, vastly expands the creative horizons of music students and faculty, opens up rich connections to diverse musical cultures, including a revitalized approach to classical music, and catalyzes engagement with wide-ranging areas beyond music.”

The book explores jazz as a catalyst reaching beyond music and into creativity, human consciousness, spirituality, and educational reform. It also, as the title implies, examines the topic of race, especially black-white racial dynamics, said Sarath. He feels that the prevailing multicultural approaches to diversity only perpetuate discriminatory patterns and prevent a full embrace of black music by the establishment. He argues for what he calls a “transcultural model,” which will acknowledge jazz as a foundational music form just as much, if not more than, the traditional European classical music.

Ed Sarath can be reached at sarahara@umich.edu or (734) 763-1321.

Ann Arbor based career and life coach, Glenda Haskell, published *From Lemons to Lemonade: 47 Sweet Lessons from Life* in March.



It is a collection of stories; many from her own life and some from others, which illustrate Haskell’s experience of embracing positivity even in difficult times. “This is not a how-to book,” she explained, but more of an invitation to the reader to think about their own lives and what meaning they derive from their experiences. Each chapter ends with some questions for the reader to ponder.

The book begins with a song lyric from Joanie Mitchell that Haskell has been living by since she heard it in her twenties: “I don’t know who I am but I know life is for learning.” Haskell’s philosophy, she said, has been “taking life as a learning experience on a day to day basis.” That doesn’t mean she always has a big smile on her face! “I complain like everyone,” she said, though her self-imposed rule for her personal journal is “no whining.”

By focusing on what can be learned from every experience in life and examining both everyday and extraordinary incidents, she has collected profound lessons. Themes woven into the book include “letting go, making choices, facing challenges, finding gratitude and compassion, creating good habits, practicing self-care, and developing a love for life.” At 250 pages it’s a quick and inspirational read.

From Lemons to Lemonade is available at the Crazy Wisdom Bookstore or can be ordered from Glenda Haskell's website: www.glendahaskell.com/book/. Haskell can be reached by phone at (734) 580-2266 or by email at glendahaskell@gmail.com.

Jennifer Carson's new young adult book released on August 7th, *Dragon Song*, has been fifteen years and several versions in the making.

It is Carson's fifth book, and her first foray into young adult literature. It is a story about a young woman trying to find her place in the world and searching for her truth. Which version of events is real – her father and psychiatrist's assertions that she is delusional, or her memories of a hidden fairytale land in her mother's stories and a dragon best friend?



Carson said the story is almost unrecognizable from the original version she wrote fifteen years ago, which was set in a historical fiction type setting. The current iteration is set in modern day rural Vermont, in a small town called Castleton, and the story's main "twist," she said, is completely different. Themes of finding one's inner strength, believing in yourself, finding your place, and "girl power without putting the boys down" are interwoven throughout.

Carson is also the author of three middle grade children's books, a picture book, and a design book of sewing patterns for fantasy creatures. Dragons, fantasy and otherworlds have been a fascination of hers all her life.

Dragon Song will be available at the Kerrytown Book Festival on September 9, 2018, and is available at Crazy Wisdom Bookstore. It is published by Prince and Pauper Press.

Visit Jennifer Carson online at www.thedragoncharmer.com. She can be reached by email at jencarson75@gmail.com.

Cindy Klement, Adjunct Professor of Functional Medicine at Eastern Michigan University, nutritionist, herbalist, and holistic health practitioner, has published her first book: *Your Body's Environmental Chemical Burden*.



The seed for the book was planted when Klement attended a lecture in 2013 where the presenter mentioned a "body burden." The phrase intrigued and stuck with her. As a professor at EMU she has access through their library to all the clinical studies available to researchers, and one day she searched the database for "body burden." She found over 420,000 related journal articles, so she narrowed her search to the last three years. Still over 123,000 results, many in very prestigious and well-respected medical journals. She started reading (not an easy task, as anyone who has read clinical studies will attest) and realized that the phrase referred to our bodies' "environmental chemical burden." She became alarmed, wondering what chemicals had built up in her own body.

Klement has been practicing nutrition and holistic health out of Ann Arbor's Parkway Center for 20 years. In March of 2014 she asked a colleague there if he could run a toxicology test on her. He said if she could find one, he would run it. She found a test that looked for 45 of the most common synthetic chemicals found in the body. At 63 years old and having eaten organic since the 70s, paying attention to ingredients in her personal care products, and generally living a healthy life, she thought there wouldn't be too much to find. When the results came back, she was shocked to learn that she was in the 85th and 90th percentile for concentrations of a few of the chemicals. The test even found DDT, the pesticide banned in 1972 after the outcry sparked by Rachel Carson's book *Silent Spring*. She remembered playing in the "fog" created by the pesticide's application as a child.

After these results, Klement looked up clinical studies on the 25 most common chemicals found in people today. There were over 1500, and they took her nine months to read. She began to understand how people are exposed to these toxins and how they're affecting our health. Over 86,000 chemicals are in production today. Once thought protective, the human placenta and umbilical cord have been found to contain over 287 toxic substances. Breast milk is also contaminated, and newborn babies' first stool has been shown to contain these synthetic chemicals. Most clinical studies look at single chemicals, and we have very little information on what happens when the body is exposed to so many different substances at once. Antarctic ice cores have been shown to contain man-made chemicals! They are pervasive, and as Klement pointed out, at this point we must co-exist with them, because we're not going to give up our cars, planes, phones, computers, medical supplies, agricultural advances, food storage, and all the technology that has made our lives safer and better.

While this all may seem overwhelming and even hopeless, Klement says we have options. "There are safer options for everything," she said. A large part of the book is a list of resources for limiting our exposure and avoiding the chemicals that are most concerning. If the average consumer is more aware, she said, they can put pressure on corporations to use safer options. Many concerning chemicals, like parabens in personal care items for example, have already been banned in other countries and can be here in the US if citizens demand it.

The books' resources include things like links to the Cornucopia Institute's organic egg scorecard, which shows which eggs have tested the lowest for toxic chemicals, and the EPA's guide to which fish are safest to eat. There is a glossary to define terms used, and all studies Klement drew from are listed. Everything is backed by verifiable scientific research.

Continued on page 25

Honoring All Spiritual Paths & Traditions

Interfaith Center for Spiritual Growth



Be a light unto the world

704 Airport Blvd.,
Ann Arbor, 48108

- Sunday Celebration Services 10:45 am – 12:15 pm
- Also: Nursery ~ Youth Education
- Monthly Concerts, Movies & Drum Circles
- Weekly Study Groups
- A Course in Miracles, Science of Mind, Urantia Book & more
- Used Bookstore & Library
- Rental Space available for Weddings, Concerts, Workshops & Classes

734.327.0270
www.interfaithspirit.org

Peace
Compassion
playfulness

Seth Kopald coaches people to understand themselves more deeply and live life more fully. With his help, you will learn to observe yourself and act from a more centered place, rather than a reactive one. The intent is for you to feel more peace, compassion, courage, and playfulness. Be more present in life!

INDIVIDUAL SESSIONS
AND
COUPLES COMMUNICATION COACHING
AVAILABLE

Visit sethkopald.com for more information

EXPLORATION SERVICES, LLC
Seth Kopald, PhD
734.395.3319 • seth@sethkopald.com

Every year 12 inspiring people

From Southeast, Mi. & Northwest Ohio

Are recognized for the hope & inspiration

Their personal stories give us

THE ANNUAL RISING PHOENIX AWARDS

Hope & Inspiration Through Story

Who has inspired you?
Please NOMINATE them TODAY

Do it at risingphoenixawards.org before Nov. 30th

CONGRATULATIONS TO THE 2017 RISING PHOENIXES!

THE RISING PHOENIX AWARDS IS A COMMUNITY PROGRAM BY THE INTENTIONAL LIVING COLLECTIVE A LOCAL NONPROFIT

DEEPER CONNECTION

Peaceful Dragon School



Enrich Your Health reduce stress, increase concentration, and improve balance



Peaceful Dragon School

1945 Pauline Blvd., Suite B
Ann Arbor, MI 48103
Easy parking - 1 flight of stairs

Phone: 734-741-0695
info@peacefuldragonschool.com



Master Wasantha Young

Tai Chi and Chi Kung (Qigong)

Ongoing Classes

First timer discount
\$10 OFF
Use code: CW2018

**Classes Begin
September 10**

*Experience a sense of harmony and well being through the self-care practices of tai chi and chi kung [meditation; moving stretches, visualization and acu-points].
You will find quality instructions and professional care at the Peaceful Dragon School.*

www.PeacefulDragonSchool.com



PROGRAMS ONSITE AND ONLINE



JEWEL HEART SUNDAY TALKS

Onsite and Online via Webinar

- Gelek Rinpoche Recordings
- Demo Rinpoche First Sundays Monthly
- Guest Speakers
- PLUS Meditation, Discussion, Social Hour

ARYADEVA'S 400 STANZAS ON THE MIDDLE WAY

Geshe Yeshe Thabkhe
September 7 - 23

LAM RIM – STAGES ON THE PATH

Demo Rinpoche
Mondays beginning October 1

ONSITE ONLY IN ANN ARBOR

MINDFULNESS 1 – CLARITY & INSIGHT THROUGH MEDITATION
FREE – October 3 - November 28



**FOR MORE PROGRAMS –
Go to Ann Arbor Chapter on jewelheart.org**



JEWEL HEART – 1129 Oak Valley Drive | Ann Arbor, Michigan 48108
jewelheart.org | 734.994.3387 | programs@jewelheart.org

OSTEOPATHIC MANIPULATIVE MEDICINE

Where the Science of Medicine
Meets the Art of Touch



Susan M Rose, DO

Board Certified In:

- Osteopathic Manipulative Medicine
- Performing Arts Medicine
(1 of 3 physicians in Michigan)
- Integrative Pediatrics

Special skill, interest & success in treating:


- Performing Arts injuries in dancers, musicians, vocalists
- Upper/Lower Extremities due to injury, misuse, overuse
- Sports injuries including head injury
- Headaches, TMJ, Plagiocephaly

The Many Applications of Osteopathic Manipulative Medicine
READ ARTICLE AT: <http://bit.ly/susanrose>
Crazy Wisdom Community Journal, Issue 64

The Parkway Center at 2345 S Huron Parkway, Ann Arbor
810-588-6911 • www.DrSusanRose.com

THE ALEXANDER TECHNIQUE

*"The Alexander Technique provides long term benefit
for patients with chronic or recurrent low back pain."*
—BRITISH MEDICAL JOURNAL



Reinaldo Couto, certified teacher

In practice for over 20 years!

The Alexander Technique can be helpful to *anyone*. It is a non-intrusive method that promotes better and more natural coordination of the musculoskeletal system, helping to relieve unnecessary tension. Sessions involve basic movements such as sitting, standing, and bending, along with activities particular to each student, including those used in work, sports, or performance arts. **It can greatly benefit those experiencing back and neck pain, repetitive stress syndrome, chronic fatigue, scoliosis, and more, as well as pregnancy.**

Peaceful studio located on Ann Arbor's West Side
(734) 913-4039 • www.reinaldocouto.com



Continued from page 23

Klement will present a free community lecture on topics covered in the book on Monday, September 24 at 7:00 p.m. at Washtenaw Community College's Morris Lawrence Building.

Cindy Klement's website is www.cindyklement.com. She can be reached via email at cindyklement@gmail.com or by phone at (734) 975-2444. Her office is located at the Parkway Center, 2345 South Huron Parkway, Ann Arbor, MI 48104.

Upcoming Events

On the weekend of November 3rd and 4th, Judy Lipson, Karla Zarley, and Consuelo Cassotti will offer a 2-day workshop titled Transcending Autism and Sensory Issues: Using Intuition and Energy to Address Neuro-Sensitives.

The class is for parents, caregivers, and professionals who work with individuals with ADHD, autism, and similar conditions. It will present alternative approaches to address these individuals' "sensory, emotional, physical, linguistic, and relational needs."

Judy Lipson is a Licensed Professional Counselor and educational strategist based in West Bloomfield who works with neuro-sensitive children and adults. She has worked with school districts, camps, social workers, and others to address their needs in conventional and unconventional ways. She explained that she has noticed that while these people are often very sensitive in the traditional five senses, they are often empathic as well, and are overwhelmed with the emotions of those around them. She has used traditional strategies along with meditation, mindfulness, energy work, and intuition to help them cope.

Karla Zarley, based in Ann Arbor, has been an RN for 37 years and a certified Healing Touch energy practitioner for 20 years. She works with clients and their families in person or remotely to help "support the body and the spirit intuitively and energetically to bring wholeness," assist in understanding the problems that need to be addressed, and help the person function in the world.

Consuelo Cassotti is an international author and intuitive healer who helps her clients "release emotional trauma from present and past life." She helps verbal and non-verbal autistic and sensitive / empathic children, as well as children who have "experienced unexplained phenomena." She works out of Dayton, Ohio, and frequently travels and works in her home country of Italy.

Each presenter will speak, and there will be chances for participants to ask questions. They will also have opportunities to practice new techniques as they are taught. The workshop will be held from 9:00 a.m. to 6:00 p.m. on both Saturday and Sunday at the Center for Sacred Living in Ann Arbor. The cost is \$130 per person; Lipson noted that the presenters were committed to keeping the cost low and value high. The workshop is limited to 30 people, and the registration deadline is October 22. Email kzarley88@gmail.com to register.

The Center for Sacred Living is located at 210 Little Lake Drive, Suite 7, Ann Arbor, MI 48103. Judy Lipson can be reached by phone at (248) 568-8665, by email at judylipson@spiralwisdom.net, and her website is www.spiralwisdom.net. Karla Zarley can be reached at (734) 761-5908 or kzarley88@gmail.com; her website is www.karlazarley.com. Consuelo Cassotti is at (847) 363-5356 or Consuelo.cassotti@balanceevolution.com and her website is <https://www.balanceevolution.com>.

Author, poet, and teacher Stephen Jenkinson, will come to Ypsilanti on November 7th with the Gregory Hoskins Band as part of their Nights of Grief & Mystery Tour.

He has also just published a new book: *Come of Age: The Case for Elderhood in a Time of Trouble*.

The Nights of Grief & Mystery Tour has already hit Australia and the United Kingdom and will be traveling to Canada and the United States this fall. A CD was released last fall. It is a mix of music and spoken word with themes exploring the modern "lack of philosophical maturity in public discourse," a "disappearing ability to have a conversation without devolving into opinions," and inviting people to "wonder about things instead of just feeling them," said Jenkinson. He called it "a contemplative person's night out."

Come of Age, released in July, is an exploration of the decreased importance placed on elderhood by our North American society just at a time when our population is increasingly made up of older people. He said that our culture has been, for the last 150 years or so, about pushing past limits without regard for the consequences. We manufacture, buy, consume, and throw out much more than we need, and it is destroying not only the environment but our humanity. "The grownups," he said, "see it for what it is, but are ignored and discarded by the young." When asked about the solution, he said "hopefulness is way overstated," and "the solution is mandatory – coming to an understanding of poverty." We cannot continue in the way we have been indefinitely.

Jenkinson is the founder of the Orphan Wisdom School, which describes itself as "for anyone who desires to be useful to those who will inherit an endangered and often dangerous world" – i.e. "elders in training." With Masters' Degrees in theology and social work, he teaches internationally on living and dying well. He lives off the grid in the Ottawa Valley in Ontario, Canada.

The Ypsilanti Night of Grief and Mystery performance will be held from 7:00 p.m. to 9:30 p.m. at the Eastern Michigan University Student Center. Tickets can be purchased online at Stephen Jenkinson's website www.orphanwisdom.com. He can be reached via email at contact@orphanwisdom.com. *Come of Age* and Jenkinson's other book, *Die Wise: A Manifesto for Sanity and Soul* are available at Crazy Wisdom.

Dr. Julia Mossbridge, PhD, noted cognitive neuroscientist, futurist, and author will give two talks in Ann Arbor on November 5th and 6th.

She is a Fellow at the Institute of Noetic Sciences (IONS), and a Visiting Scholar at the Northwestern University Department of Psychology. Her research focus is on precognition and the possibility of time travel. The talks will be different in content and format, so attendance at both is recommended for interested people. Both events are free of charge and do not require pre-registration.

On Monday November 5th, from 7:00 p.m. to 8:30 p.m. at the Rackham Amphitheatre, the University of Michigan Program in Creativity and Consciousness Studies will launch a series called New Frontiers in Consciousness Exploration with a talk by Mossbridge titled "Normalizing Precognition: How Sensing the Future Can Be Explained Without Breaking Occam's Razor." It will draw from Mossbridge's recent books: *The Premonition Code* and *Transcendent Mind*.

The Program in Creativity and Consciousness Studies is directed by Music Professor Ed Sarath. From his description of Mossbridge's talk:

"Receiving accurate information about future events is neither unscientific nor uncommon. In this facilitated talk, you'll hear compelling examples of extraordinary precognitive experiences, understand what makes a precognition something other than coincidence, and understand how the scientific evidence for precognition... makes precognition a reasonable phenomenon to investigate further through research and application."

Continued on page 26





Continued from page 25

On November 6th, from 7:00 p.m. to 9:00 p.m. at Crazy Wisdom Bookstore, Mossbridge, along with University of Michigan Psychology Professor Emeritus Richard Mann, will give a talk called “How Sensing the Future Can Change Your Life.” This will include precognition exercises and opportunities for the audience to ask questions. This event will be a part of the Crazy Wisdom Salon Series and will focus on practical applications of Mossbridge’s book *The Premonition Code*. Sandy Wiener, who has hosted several other Crazy Wisdom Salon evenings, will introduce Mossbridge and help moderate.

Questions regarding the November 5th event can be directed to Ed Sarath at sarahara@umich.edu. Sandy Wiener can be reached regarding the November 6th event at sandy@swiener.com.

New Classes

Ann Arbor-based art therapist and psychotherapist, Sibel Ozer of Firefly Art Therapy is offering a new weekend workshop for individuals and small groups using a process called the “Art of Allowing” to paint one’s “inner goddess.”

Ozer is trained as an Art of Allowing facilitator with the technique’s creator Flora Aube. She described it as focused on “empowering the awakening of our intuitive and receptive skills as the primary teacher of creative expression.”

Ozer said the workshop helps participants to “connect to the archetypal energy that is waiting to be heard” in their lives. She walks them through creating a background, face, and completed painting that includes a symbol of deep meaning to the painter. No art training, experience, or talent is needed to benefit from this process, she said.

The workshop will be offered on an ongoing basis, so interested people should contact Ozer to schedule or find out about open dates.

Sibel Ozer can be reached by phone at (303) 905-1109 or by email at fireflyarttherapy@gmail.com. Her website is www.sibelozer.com. Firefly Art Therapy is located at 321-B South Main Street, Ann Arbor, MI 48104.



New Practitioners and Businesses

Donna Marentay formed her business New Dawn Dementia Understandings in June of 2017.

She offers classes and seminars for caregivers of patients with dementia, both professionals and family members. Her eight-hour training is accepted as the required course to become a certified dementia caregiver through the National Council of Certified Dementia Practitioners. This is especially important, she explained, because more facilities in Michigan are beginning to require a percentage of their caregivers to be certified in dementia care.

Marentay said that dementia is an epidemic at this time. More deaths are caused by dementia annually than breast and prostate cancer combined. Alzheimer’s is the most common form, but other conditions can cause dementia as well. She explained that it is often misunderstood as a mental disorder, but that it is a physiological disease that affects thought processes. There is currently no cure, and many caregivers are overwhelmed working with these patients. The impulse is generally to try and bring the person into the present and get them to remember, but for the most part they can’t, she said. Training helps the caregivers to understand this and help them become more comfortable “stepping into their world.”

Marentay has been a nurse for 12 years and offered training for staff at Brookdale Senior Living in Ann Arbor, where she was the Health and Wellness Director until June of this year. She left to pursue New Dawn because she wants to educate as many people as possible on working with people who suffer from dementia.



The course is made up of eight modules and includes a lot of information about practical, hands-on care, but also helps with support for the family, which is going through a very stressful and sad time as their loved one deteriorates. “With better knowledge we can give better care,” said Marentay, “and bestow the dignity [the patients] deserve.”

Marentay offers group discounts for the class, such as for a care facility that wants to certify their staff. Family caregivers are encouraged to take the training too, she said.

Donna Marentay can be reached by email at newdawn dementia@gmail.com or by phone at (347) 927-6712. Her website is www.newdawn dementia.com. Anyone interested in taking courses should contact her for dates and times.

Elizabeth Devos opened Vosenna, an “indie beauty & skincare retailer,” on June 5th, in the Lamp Post Plaza in Ann Arbor anchored by Trader Joe’s.



Devos left her job as a professor in accounting at EMU to open the store, which is her first business. She has had a longstanding interest in beauty, having worked at a high-end spa during her undergraduate work in Chicago, and earning her cosmetology license in New York while taking a one-year break between her undergraduate and graduate schooling.

The store, she said, fills a gap in the beauty industry. Every product line in the store comes from independently owned businesses, is made in the USA, and is not tested on animals. The majority are handmade, and Devos has carefully chosen brands with high ethical standards. Most of these businesses sell primarily online and have a small following. Vosenna is basically the only store where many of them can be tried out in person, and the only place where one might encounter so many independent lines together. Devos explained that most cosmetics sold in the US are owned by large corporations which are beholden to shareholders more than to consumers. Small independent brands can offer better quality ingredients that are better for consumers’ health and yield better results at a similar or better price point. Most US corporations also sell in places like China, where beauty products are required by law to undergo animal testing whether by the manufacturer itself or paid for by the manufacturer, which many people concerned about animal cruelty find concerning. None of the products sold in Vosenna have this problem.

Beauty, explained Devos, is one of a few businesses that does better in a brick-and-mortar store than online, because consumers like to be able to see, try, smell, and experience cosmetics and skincare before they buy. Vosenna offers customers the chance to do this, and in the process be exposed to more indie brands.

Three brands Devos carries are semi-local: Bee Lovely Botanicals is made in Union City, Michigan; Essence Maker Aromatherapy is from Chesterfield, Ohio; and Glassology, a jewelry and accessories line, is made in Beverly Hills, Michigan. Other brands come from all over the US. Devos listed a few personal favorites: Shiro Cosmetics’ eyeshadows, which have names inspired by pop culture and have references to Harry Potter, Game of Thrones, and more. House of Beauty has handmade, hand pressed bold eyeshadows which can also be used as highlighters and on lips. Newport is a skincare line sold in dermatology offices, and while not handmade is still independently owned. Devos uses their buffing granules, which she says exfoliate without feeling scratchy. Pinup cosmetics has a rose petal face cream that is vegan, handmade, and smells amazing. She likes Red Lips Studio’s body soaps, made with botanicals the owner grows himself. She uses Girlactik’s face powder. The brand was created by a Hollywood makeup artist who was frustrated when highlighters and glitter became popular, but the bigger brands wouldn’t stay on. She also uses Fat and the Moon’s all natural, aluminum free deodorant, which she says lasts all day.

Devos said Vosenna is also unique in that while most beauty stores cater to “full-face glam,” the store has items for anyone: those just interested in great skincare, those who want just a couple of fun products, as well as those who wear a full face most days.

Vosenna is located at 2386 East Stadium Boulevard, Ann Arbor, MI 48104. Elizabeth Devos can be reached at Elizabeth@vosenna.com or (734) 929-4356. The store’s website is www.vosenna.com.



Peggy River Singer opened New Blue Canoe Spiritual Services in July.

She has 25 years of experience in spiritual matters but now, in retirement, said she is finally ready to bring her spiritual skills to the public in an official way. She describes herself as an “empath, medium, intuitive, mystic, and channel with a side of shamanism and benevolent magic.”



Peggy’s offerings include Reiki, animal communication, oracle card readings, communicating with departed loved ones, connecting with angels and faeries, and more. She explained that she is “honest and straightforward,” and if she can’t help with a problem she will let the asker know. She did specify that she does not deal with “dark forces issues,” and that there are other practitioners in the area who specialize in this.

Her training is vast and varied. She has certifications in Reiki, advanced animal communication, and mediumship, but she has also attended many workshops and classes over the years, in-person and online, to help her develop her gifts, as well as worked independently to teach herself with guidance from angels and other entities. She has lived in Ypsilanti for over 40 years, always near the Huron River, which she feels very connected to, and said her business name reflects that connection.

Peggy River Singer has two blogs detailing her experiences with angels, fae, nature spirits, and other spiritual things: angelsfairiesandlife.wordpress.com and newbluecanoe.wordpress.com. She can be reached by phone at (734) 548-0194 or by email at newbluecanoe@aol.com.

Jen Eastridge opened Unicorn Feed & Supply in downtown Ypsilanti on June 1st.

She originally moved to Ypsilanti in 2005 and loved it, but had to move away to care for family in 2013. She returned in 2015, ready to start the next chapter of her life in her chosen home, having sold her house in Ohio and most of her belongings. Of the few things she kept, one was her childhood sticker collection, which always made her smile.



In December of 2017, she showed a friend the sticker collection and they both waxed nostalgic, lamenting that there were no sticker shops around. Inspired, she decided to open one! She contacted another friend who is a buyer for a national retail chain to ask advice. The friend told her about a huge industry event where buyers connect with suppliers, which was happening the following month. It was not open to the public, so in addition to scrambling to make travel plans, Eastridge had to learn all about how to put a business together. Having acquired her federal Employer Identification Number (EIN) she was able to make it to the show.

Originally, Eastridge’s idea was for a tiny sticker shop, but at the show she got excited about all the possibilities and expanded her scope. She wanted a place for people of any age to “immerse [themselves] in happy and beautiful things.” “Feeding the unicorn,” she explained, meant “feeding your happy place” with beauty and fun.

Returning home, Eastridge got in touch with a realtor, who found her a building in downtown Ypsilanti that was perfect for her venture. She was able to snap it up before it hit the market, and noted that everything just felt right, as if the planets had aligned to help her make it happen.

She set up the shop with all the items she had bought at the show – not just stickers but fairy garden supplies, air plants and terrariums, high end gifts and collectibles, glittery makeup, wearable unicorn horns, a mermaid section, plush unicorns and narwhals, a pride section, and all things sparkly, glittery or magical.

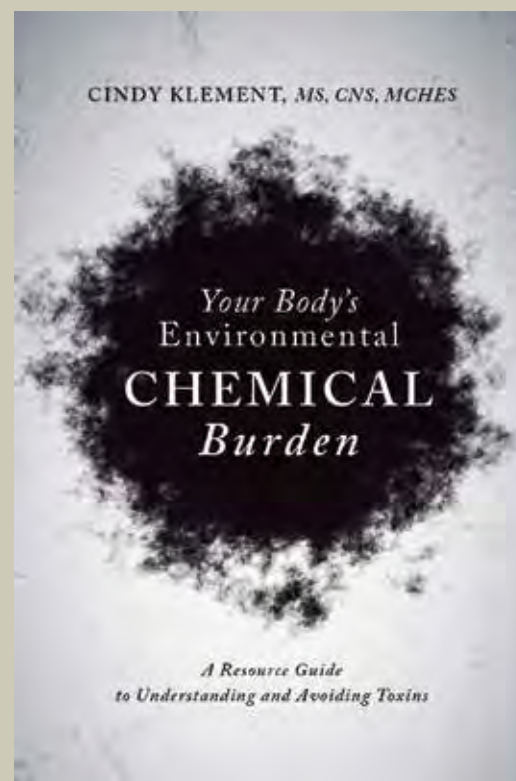
Only one thing remained – the store needed a unicorn! Eastridge found a supplier for life-size fiberglass horses, used mostly by saddle making companies. She worked with them to design the unicorn, choosing from their horse breed styles and adding a custom golden horn. It was delivered in a huge semi-truck, she said, and she had to have friends help her uncrate it right on the sidewalk in front of Michigan Avenue to get it in the store. It got a lot of attention from passersby.

Reception for the store has been great, said Eastridge, and it is becoming a destination shop with visitors coming in from as far away as Lansing and Flint. Other downtown businesses have been supportive, and she said she is very excited to be part of Ypsilanti’s downtown resurgence.

Unicorn Feed & Supply is located at 114 West Michigan Avenue, Ypsilanti, MI 48197. More information is online at www.unicornfeedsupply.com and at the shop’s Facebook page: www.facebook.com/unicornfeedsupply. The store’s phone number is (734) 961-8610 and Jen Eastridge can be reached by email at unicornfeedsupply@gmail.com.

NEW BOOK RELEASE!

The most important book on environmental toxins since "Silent Spring"



**DON'T MISS
THE FREE LECTURE**

**"Limiting Exposure to
Environmental Toxins"**

**Monday, September 24th,
at 7pm.**

**Morris Lawrence Building
Washtenaw Community
College**

**4800 E Huron River Drive
Free Parking!**

**Info:
CindyKlement.com
734.975.2444**

Author and local health expert Cindy Klement is a nationally certified health educator, certified nutritionist, adjunct professor at EMU, and holds a masters degree in human nutrition. Cindy has dedicated her life's work to health and nutrition since 1989.

Purchase locally at Crazy Wisdom Bookstore
Available in print and ebook versions
at Amazon and Barnes & Noble



Karlta Zarley, RN, CHTP
Certified Healing Touch Practitioner

- ❖ **Healing Touch Energy Work**
- ❖ **Multidimensional, Intuitive and Transformational Healing**
- ❖ **Essential Oils Consults**
- ❖ **Spiritual Direction**
- ❖ **Flower Essence Master Formulas**
- ❖ **Workshop & Retreat Facilitator**



Karlta Zarley, RN, CHTP
210 Little Lake Dr., Suite 7
Ann Arbor, MI 48103
734.761.5908
www.karltazarley.com

**Step into Who
You Really Are**

Please note that the “What’s New in the Community” column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the “What’s New in the Community” column in a given issue. If you would like to submit information to be considered for this new column, please email communitynews@crazywisdom.net or drop off or mail information to the store: What’s New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (January-April 2019) is November 1, 2018.

RESOURCES FOR CONSCIOUS LIVING

Acupuncture

Dr. Kong Acupuncture

*Sleep Better. Reduce Stress.
Eliminate Pain.*

4343 Concourse Drive, Suite #100, Ann Arbor
734.358.3379
acupuncture-annarbor.com



AcuThrive Acupuncture

Ellen Porter, M.Ac., L.Ac., Dipl.Ac.
Master of Acupuncture

By Appointment

(734) 845-2166

www.AcuThrive.Org



Henry A. Buchtel
M.S.(China), Dipl.Ac.(NCCAOM), R.Ac.(MI)
Acupuncture & Chinese Herbs

(734) 975-2745
www.TLCAA.com
www.dynamicpoints.com

The Lotus Center of Ann Arbor
2711 Carpenter Road
Ann Arbor, MI 48108

調和 Emanuele Acupuncture Center

Rosanne Emanuele
734-302-7300

2350 Washtenaw, Suite 10
Ann Arbor, MI 48104
Emanueleacupuncture.com

🌿 20 Years Experience 🌿

Ayurvedic

BODHANANDA VEDIC INSTITUTE, SCHOOL OF AYURVEDA CERTIFICATE PROGRAM IN AYURVEDA

for Healthcare Professionals, Wellness Practitioners,
Health-Conscious Individuals and Their Families
Accepting Applications Now!

Ayurveda Program begins **October 20-21, 2018**

The Sambodh Society, Inc.
6363 N. 24th St., Kalamazoo, MI 49004

BVI.Ayurveda.MI@gmail.com www.AyurvedaMichigan.org

Births/Infants



Melisa Schuster, LMSW

psychotherapy for the childbearing years

- prenatal and postpartum depression
- traumatic birth
- childbearing losses
- parenting and child guidance

734-302-0033 • www.melisaschuster.com
500 Little Lake Drive, #300 • Ann Arbor, MI 48103

Bodywork/Massage/ Healing Touch

Denise Held, RN

CERTIFIED RELEXOLOGIST • REFLEXOLO-CHI™



Therapeutic Foot Massage

Natural Healing Center
2002 Hogback Rd. Suite 14
Ann Arbor, MI 48105
734-649-2891 (C)

denisebheld@gmail.com
www.a2reflexology.com

www.facebook.com/A2Reflexology

Animal Communication

HEART TO HEART Animal Communication

COMPASSIONATE CARE
FOR YOUR ANIMAL

JUDY LIU RAMSEY
Consultant

Contact:
734-665-3202
ramsey.judy003@yahoo.com

Website:
hearttoheartanimalcommunication.net



EARTHLIGHT Healing Touch

Ann Alvarez
Certified Healing Touch
Practitioner, MSW, PhD

Center for Sacred Living
210 Little Lake Drive, Suite 7
Ann Arbor, MI 48103

734 480-8479
earthlight2017@gmail.com

Licensed Massage Therapist
Graduate, Barbara Brennan School of Healing

Caroline Charlesworth
CONSCIOUS BODYWORK

734.485.8485
carolinecharlesworth.com

RESOURCES FOR CONSCIOUS LIVING

Coaching

Glenda Haskell
Career & Life Coach

glenda@glendahaskell.com
734.395.2194
glendahaskell.com

Green Products

Bgreen Inc.
Sustainable, Non-Toxic Building Supplies

flooring, countertops, tiles, paint, dualflush toilets, solar, wood burning stoves, cleaning supplies and much more

2111 Packard Street, Suite A
Ann Arbor, MI 48104
phone: (734) 214-3000
www.BgreenToday.com

Creativity

SoulCollage®
Workshops & Retreats

Laura Seligman, M.S.
734-649-2777
lauraseligman@gmail.com

Holistic Health

Gary Merel M.S., L.A.C.
734.222.8210
230 Collingwood Drive, Suite 150
Ann Arbor, MI 48103
www.annarborholistichealth.com
www.digestivehealth-annarbor.com

ann arbor Holistic Health

Chiropractic

Thrive! Wellness Center
Dr. Shannon Roznay, DC
Nutrition Response Testing – Chiropractic

We carry organic skincare, make-up, healthy snacks, and more!

734-470-6766
6901 S. State Rd., Suite D
Saline, MI 48176
www.thrive-wellness-center.com
"Your health, on a whole new level!"

thrive!

CHÉRIE ANN McMULLEN
Holistic Health Practitioner

Nutritional Consultations
Vitamins/Herbs/Homeopathy

734-355-5369
2223Cherieann@gmail.com

Farmers Market

Local Farms. Fresh Food.
Real Community.

Ann Arbor Farmers Market
Wednesdays & Saturdays
May-October
7 a.m. to 3 p.m.

Saturdays
January-April
8 a.m. to 3 p.m.

First Wednesday Food Truck Rallies
May-October
5 to 8 p.m.

Ann Arbor farmers market
great produce and more since 1919

315 Detroit Street | Ann Arbor
734.794.6255 | a2gov.org/market

Hypnotherapy

**PAST LIFE REGRESSION
DOLORES CANNON QUANTUM HYPNOSIS
MICHAEL NEWTON LIFE BETWEEN LIVES**

*Trained by Dolores Cannon (QHHT) (DoloresCannon.com)
and The Michael Newton Institute (NewtonInstitute.org)
(Journey of Souls, Destiny of Souls)*

**Connect With Your Higher Self
Multi-Dimensional Healing**

Alice Mixer, LCMSW, C.Ht
www.AliceMixer.com
alicemixer@yahoo.com

MIND'S GATE
CHANGE YOUR MIND, CHANGE YOUR BODY!

- Gastric Band Hypnosis
- Weight Release
- Exam Success
- Speaking Confidence
- Sugar Addiction
- Stress Reduction

Diana Burney RN, BSN, M.Ed.
Internationally Certified Hypnotherapist
2035 Hogback Road, Ste. 105 • Ann Arbor, MI 48105
734-786-6588

**Advertise in the
Resources for Conscious Living section.
Ad prices as low as \$125 for four months
of exposure in print and online!**

RESOURCES FOR CONSCIOUS LIVING

Intuitive/Psychic



Nanci Rose Gerler
*Psychic • Medium
Channel • Lightworker*

24 years experience providing expert
intuitive guidance & illuminating insight.
Life Issues Past Lives Guides Departeds
Personal, Couples, Events, Phone Readings
By Appointment

Ann Arbor, MI
NanciRoseGerler.com 800.996.8799
NanciRoseGerler@gmail.com

Occupational Therapy/ Health Coach

Andrea L. Weid, MPA, OTRL


Working with you in your home environment to make incremental, sustainable
lifestyle changes grounded in kindness, self-compassion, and mindfulness.

BeingHOME
PURPOSE-DRIVEN CHANGE

prioritizing self care • life-work harmony • reclaiming sleep •
time in nature • mindful moments • meal planning & preparation • stress management

beinghome4u@gmail.com BeingHOME.org

Meditation



Rashmi Meditation & Yoga
RashmiMeditation.com

Vickie Gaynor, Ph.D.
rashmimeditation@gmail.com
734-929-5554

Offering formal personal instruction in Neelakantha
Meditation as taught in Blue Throat Yoga.

Psychotherapy/Trauma Therapy

**Authentic Living
Psychotherapy, LLC**
Paula Kirsch, LMSW
SHCP, Michigan Trained

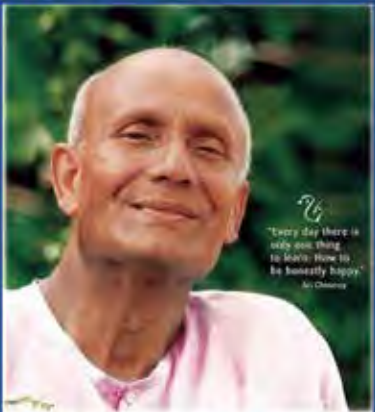
Psychotherapist

248-767-8411

**Ann Arbor
Detroit**

**Sex Therapy
Couples Counseling
Relationship / Intimacy
LGBTQ
Anxiety / Depression**

www.PaulaKirschLMSW.com
Paula@PaulaKirschLMSW.com



Sri Chinmoy Centre

Free Meditation Courses
Inspirational Books &
Music for Meditation

734-994-7114
meditationannarbor.com



Stephen L. Rassi, PhD, LMSW, MA
Clinical Social Worker

CBT for Anxiety; TIR for PTSD and Trauma Concerns
Skills for Increased Focus and Concentration
Counseling for Trans* and Gender-Diverse Clients

mercury@umich.edu • 734.945.9100

Chrysalis Facilitation and Counseling Services, LLC
Located in the Center for Sacred Living
210 Little Lake Dr., Suite 7 Ann Arbor, MI 48103

Mindfulness

Mindfulness for Youth & Families



POWER TO BE

- 4-Week Parenting Classes
- Mindful Me for Preschoolers
- School –Based Programs
- Professional Development

Grace Helms Kotre, MSW
Certified Mindfulness Instructor
www.mindfulpowertobe.com

Transitions LLC

Helping you successfully navigate the
changes you encounter as you go through life.

Specializing in:
EMDR
Abuse and trauma issues
Adjustments to changes in health
Anticipatory and ongoing grief work

Linda Steinborn Bender, ACSW, LMSW
734.395.2285 • Linda@LindaBenderTransitions.com
4488 Jackson Road #4, Ann Arbor, MI 48103
LindaBenderTransitions.com

Eve Avrin, PhD
Licensed Clinical Psychologist

Integrative Psychotherapy

5340 Plymouth Rd.
Suite 209
Ann Arbor, MI 48105

(734) 546-9645
eavrin@comcast.net

Every leaf speaks bliss to me,
fluttering from the autumn tree.

— Emily Brontë

RESOURCES FOR CONSCIOUS LIVING

Psychotherapy/Trauma Therapy



Andrea Kennedy
Reiki Master Practitioner & Instructor
CE Provider for Nurses, Psychologists and Social Workers
Practicing since 1995

Try Reiki Special - First Session Only \$25

www.MainstreamReiki.com
Center for Innovation and Education
400 W. Russell St., Suite 2370, Saline, MI 48176

By Appointment 734-664-2255

EMDR
Create internal healing resources.
Cam Vozar LMSW LMFT
1905 Pauline Suite 3
734-747-9073
Accident and Abuse Trauma, Depression
Stress, Grief, Phobias, and Anxiety

Quilting Services

KootsiQuilting LLC
LONG ARM QUILTING
RESTORATION • CUSTOM SEWING
120 E. Main Street • Stockbridge
FREE Pick-up & Delivery
kootsiquilting.com
kootsiquilting@gmail.com • (734) 717-3413



Reiki



REIKI
THE USUI SYSTEM OF REIKI HEALING
For Body, Mind & Spirit
CLASSES & INDIVIDUAL TREATMENTS

Suzy Wienckowski, Reiki Master
Reiki Alliance Member

734.476.7958 SuzyReiki@aol.com

Sacred Sexuality



Sacred Sexuality
with **Leslie Blackburn**
Founder of
Mystery School of the Temple Arts

313.269.6719
www.LeslieBlackburn.com
Leslie@LeslieBlackburn.com

Educator, Speaker, Radio Show Host

Shamanism

Diana Quinn Inlak'ech ND
Board-Certified Naturopathic Doctor
& Shamanic Practitioner

www.drdianaquinn.com

Integrative Empowerment Group
560 S. Main St.
Ann Arbor, MI 48104
(734) 945-6210

Shiatsu

Eastern Sun Shiatsu
with **Cynthia Conklin** www.easternshiatsu.com

Treat yourself to a unique healing experience.
improve vitality and stamina • relieve anxiety and tension • address many common ailments

210 Little Lake Road, Suite 7
Ann Arbor 48104
734 417 9714

www.easternsunshiatsu.com
info@easternsunshiatsu.com



Spiritual Healing

Eve Wilson Bridge to Wholeness

- ♥ Remarkable Spiritual Healing
- ♥ Classes
- ♥ New Book - "Riding the Wave of Change"

The Weekly Word for Healing & Ascension
www.spiritualhealers.com • 734-780-7635



Spirituality

Diamond Approach® Study Group Forming
An embodied spiritual practice

**Interfaith Center
for Spiritual Growth**

704 Airport Blvd, Ann Arbor
For more information contact Lou Weir
at diamondworkmichigan@gmail.com





LEAPS OF FAITH

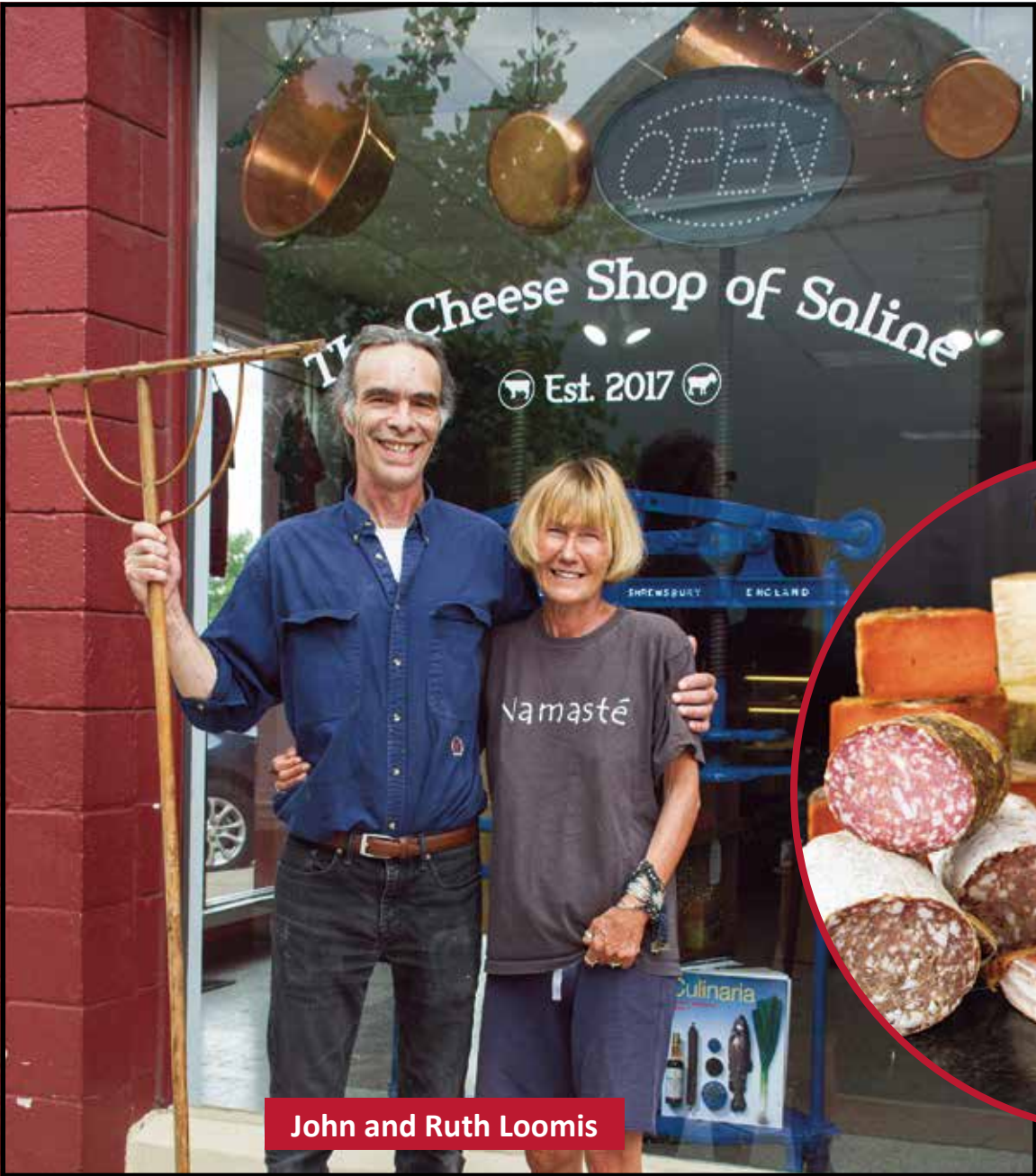
TALES OF LOCAL BUSINESSES

By Mary Stokley
Photography by Susan Ayer

This is part of a series of articles we’ve been doing on local business owners and their relatively newer businesses. These brave souls have taken a leap of faith to open their own businesses here. What follows are personal profiles of two businesses that are thriving despite the odds.

Brie, Comte, Gruyere: It’s All About Cheese

The Cheese Shop of Saline
John and Ruth Loomis
98 North Ann Arbor Street
Saline, Michigan 48176
734-470-6326; www.facebook.com/cheeseshopofsaline



John and Ruth Loomis

John and Ruth Loomis opened the doors of their new venture, The Cheese Shop of Saline in the fall of 2017.

“McPherson Local, Smokehouse 52, and Sweet Leilani’s Bakery all opened that same year, so we had a big, festive kickoff for that,” Ruth explained. “We were packed! Tons of people came. It was really great. And the people here in Saline seem to be receptive to our being here,” she continued. While the foot traffic isn’t what they were accustomed to from previous employment in Ann Arbor, it was obvious from the time that I was there that the Cheese Shop is catching on.

John is a native of the Rosedale Park area of Detroit. He studied journalism at Michigan State University before moving to Chicago for the next twelve years. According to Ruth, he wanted to be a journalist and a playwright, but advertising was what kept him going while in Chicago. Ruth, on the other hand, is from Bloomfield Hills, went to Cranbrook, and then later to Northwood Institute (now University) in Midland, Michigan.

After spending a year and a half (1989 to 1990) in Wales, England studying with cheesemaker Leon Downey, John returned to Michigan and opened a cheese shop with his brother and sister on Felch Street in Ann Arbor, making cheese there for about four years.

Ruth worked first with Zingerman’s Catering, then for the Creamery for a couple of years, as well, to launch the retail store. Ruth went on to work as a sidelines manager (purchasing jewelry, art, cards, and so on) at the Crazy Wisdom Bookstore and Tea Room in 2008 after she’d been diagnosed with secondary progressive multiple sclerosis.

John’s father, grandfather, and uncles were all in the dairy business. He told me, “In fact, my grandfather ran the Detroit creamery in 1917. Every summer job I had was working in some dairy field.” After spending a year and a half (1989 to 1990) in Wales, England studying with cheesemaker Leon Downey, John returned to Michigan and opened a cheese shop with his brother and sister on Felch Street in Ann Arbor, making cheese there for about four years. “We were the darlings of the agricultural department for a while,” John said. “They put us on their dairy and cheese factory tour because we were the smallest one.”

John was a managing partner and cheesemaker at Zingerman’s Creamery in Ann Arbor from 2001 until 2016. Ruth worked first with Zingerman’s Catering, then for the Creamery for a couple of years, as well, to launch the retail store. Ruth went on to work as a sidelines manager (purchasing jewelry, art, cards, and so on) at the Crazy Wisdom Bookstore and Tea Room in 2008 after she’d been diagnosed with secondary progressive multiple sclerosis.

“I remember when I first walked into the store, I wondered how I’d never known about it before,” she said. At that time, she’d already decided not to do the injectable that her doctor suggested to help control the multiple sclerosis, preferring a more holistic tack instead.

She worked in the bookstore for about a year before she had to back away due to health reasons, but being in the environment of Crazy Wisdom was exactly what she’d needed because it opened up her world to the realm of holistic medicine. “I want to try to

integrate some of those ideas and practices in Saline,” Ruth said. “McPherson’s, across the street, has tarot card readings sometimes, and I thought, how fun it would be to, one evening, have a cheese and wine party with a palmistry reading.”

When John sold off his part of Zingerman’s Creamery due to Ruth’s deteriorating condition, they began to consider what might be next because John wasn’t ready to retire. “We missed the connection we made with customers, so we decided to open a cheese shop,” Ruth explained. John is really good at choosing cheeses, and “even



“We have tastings every other Thursday night featuring Spanish night, Fondue Night, or Cheddar and craft beer night. These go over fairly well, depending on what’s going on in town that night,” Ruth said.

though he doesn’t make cheese like he did at the Creamery, he does still make fresh mozzarella, liptauer, and pimento cheeses; and he makes the world’s best hummus.” He also made homemade fudgesicles, chocolate covered bananas (with and without nuts), and strawberry and cream popsicles, offered for the first time over the Memorial Day weekend.

“We’re always looking for alternatives for eating and how to utilize cheese,” Ruth said. “We run a special on Sunday called the ‘Honey, I Don’t Want To Cook Tonight’ tray which includes Sopressata Salami, prosciutto, aged Gouda or Cheddar, and d’Affinois brie with fig crisps and fig jam, and usually some Belly Beans or something fun.”

The cheese shop has grown into a sandwich shop, and a goal for the near future is to expand their licensing to include tables and chairs for eating inside. “We have tastings every other Thursday night featuring Spanish night, Fondue Night, or Cheddar and craft beer night. These go over fairly well, depending on what’s going on in town that night,” Ruth said. “You know, we’re still getting a feel for things and trying different things to see what works.”

Business seemed to be going well during my visit to the shop as the customers kept John on his toes while Ruth and I talked and nibbled on a variety of goodies. It’s a real family business. Ruth told me, “We tried to get our daughter to stay, but she decided she’d had enough work for today. She helps out here in the store and studies business at Washtenaw Community College.”

Is cheese making an art or craft, or is it a science? John stands firmly on the side of science. “It’s the process of attaining the right moisture level and texture that gives cheese its consistency,” he told me. “When you begin to get creative with the process, some crazy things can happen and they’re generally not good.”

There’s one other thing that’s at least as important to the taste of cheese as the process, and that’s the experience. John explained, “I’ve had someone come in and tell me that they had a certain cheese while on their honeymoon in Provence, and I stopped them right there and told them, we’re not going to have that cheese.” They may well have the cheese in the shop, but it isn’t going to taste like what it did on their honeymoon because that was a one-of-a-kind experience. “That experience and taste cannot be replicated.”

The Cheese Shop of Saline is in its infancy as a business, and the people of Saline are still learning its location. For John, the shop is about discovery. “I enjoy helping people discover the tastes of cheese.” While he’s an old hat at cheeses and doesn’t think he’ll ever taste another cheese that will “wow” him, he believes that many people in Saline can look forward to discovering really good cheese. “If you’re new to this type of cheese shop, there’s a good chance you’ve yet to discover your favorite cheese,” he said. Stop in and let John and Ruth help you discover and be “wowed” by their world of cheese.

###





RONORA

Lodge and Retreat Center

Watervliet, Michigan
100 miles from Chicago • 400 acres
269-463-6315
www.RonoraLodge.com

Rustic Lodging & Dining Hall
Secluded Glamping
Retreat Space, Reunions
Country Weddings
Horses for Therapeutic Play
Fishing, Swimming, Trails
Unplugged Relaxation





LEAPS OF FAITH

TALES OF LOCAL BUSINESSES

By Mary Stokley
Photography by Susan Ayer

Feature continued from page 33

YPSCITY: An Artist’s Kind of Place

YPSCITY
Damien Lamberti
2898 Washtenaw Avenue
Ypsilanti, Michigan 48197
734-879-0667; ypscity.com

When Damien Lamberti, more commonly known as D, first decided to open YPSCITY, it was to be a custom sneaker shop (there’s a major market for upcycled, custom designed tennis shoes in the Sneaker Culture, and they’re fetching incredible prices) and graphic design business, but it quickly grew into a broader concept which included providing a space for artists, home crafters, and creators to display and sell their work. As D put it, “I wanted to create a space in which artists are taken seriously and can be fairly compensated for their creations, rather than accepting the minimal amounts often offered for the piece they spent weeks or months creating.”

Artists often have difficulty putting a price on their work and end up selling themselves short. Consumers don’t necessarily understand the artistic process, and they may assume a design (sculpture, painting, and so on) is whipped up quickly rather than realizing the extensive amount of time spent on a project. “Art is a skill,

Artists often have difficulty putting a price on their work and end up selling themselves short. Consumers don’t necessarily understand the artistic process, and they may assume a design (sculpture, painting, and so on) is whipped up quickly rather than realizing the extensive amount of time spent on a project.

and like any other profession that takes training and time to practice and perfect, it needs to be appreciated,” said D.

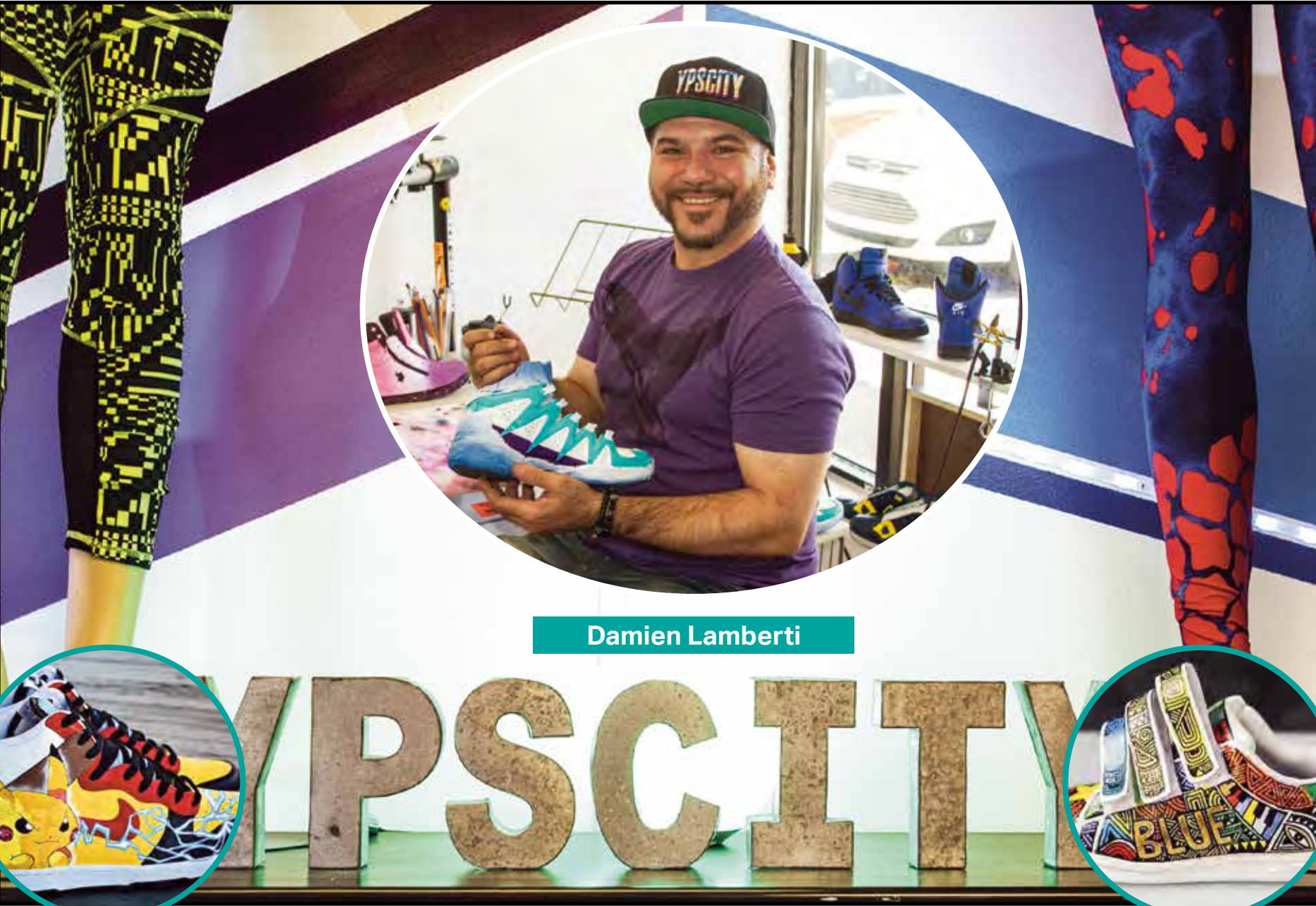
YPSCITY has limited space, but D’s goal is to try to include anyone locally who creates. D explained, “Inventory (artwork, upcycled shoes and clothing) will have to be rotated frequently and customers need to understand that items will be in stock on a very limited time basis.” Most artistic creations will be one-of-a-kind pieces or extremely limited editions, and once they’re gone, they’re gone. So, if you see something in the store that you like, you may want to go ahead and purchase it because it may not be there when you return.

D also began to worry about the creators stressing out and doing art just to pay bills. The rent has to be paid in order to keep the space available for artists, and so to alleviate the worry, D added some retail items to ensure rent could be paid every month. “This way we’re not rushing through our artwork,” he said, “or finishing projects just to make rent, rather than taking them to full completion, which is what our clients deserve.”

The Letter D LLC, is the graphic design arm of the business. “When we design something and have it manufactured, we have it done locally; if not in Ypsilanti, we do it through Michigan based companies,” D explained. “I really want YPSCITY to be a one-stop-shop business, meaning we can provide you with whatever you’re looking for.” As an example, let’s say you’re planning a wedding. D is able to provide you with the total wedding solution from announcement and invitation design to photographer, baker, and musicians/DJ. “I have connections within the Ypsilanti community that will enable us to meet all the client’s needs as they come through the door of YPSCITY.”

Two other visions D has for YPSCITY. The first is to feature local musicians and bands in the store. “I don’t want to house Detroit-based musicians and bands because they’ve had their own music culture for a long time. I really want to keep this local

D is a second generation Italian, originally from Harlem, New York, who spent time living in New York, Florida, Jamaica, and more, working in construction and in the music management industry, but landed in Ypsilanti in 2008.




Damien Lamberti

and sell Ypsilanti based musicians,” said D. And then, once or twice a month, a specific artist will be featured by taking all YPSCITY products off their walls and hanging the works of the artist for sale in a special “gallery night.” “We just really want to put a spotlight on the culture of Ypsilanti and give all the incredibly talented people in this city a high-five.”

D is a second generation Italian, originally from Harlem, New York, who spent time living in New York, Florida, Jamaica, and more, working in construction and in the music management industry, but landed in Ypsilanti in 2008. “I was fortunate to have the opportunity, as a child, to travel and live in these places because it provided me with a wealth of experiences and a depth of culture that I wouldn’t have had if I’d been raised in just one location.”

D began taking classes in graphic design at Washtenaw Community College (WCC) while rehabilitating after a car accident did major damage to his back, which afforded him the opportunity to recreate his life. Ypsilanti has become his home, the place where he’s raised his children, and the place where he was given a new opportunity to build a new life.







The Odyssey of the Slingshot Man

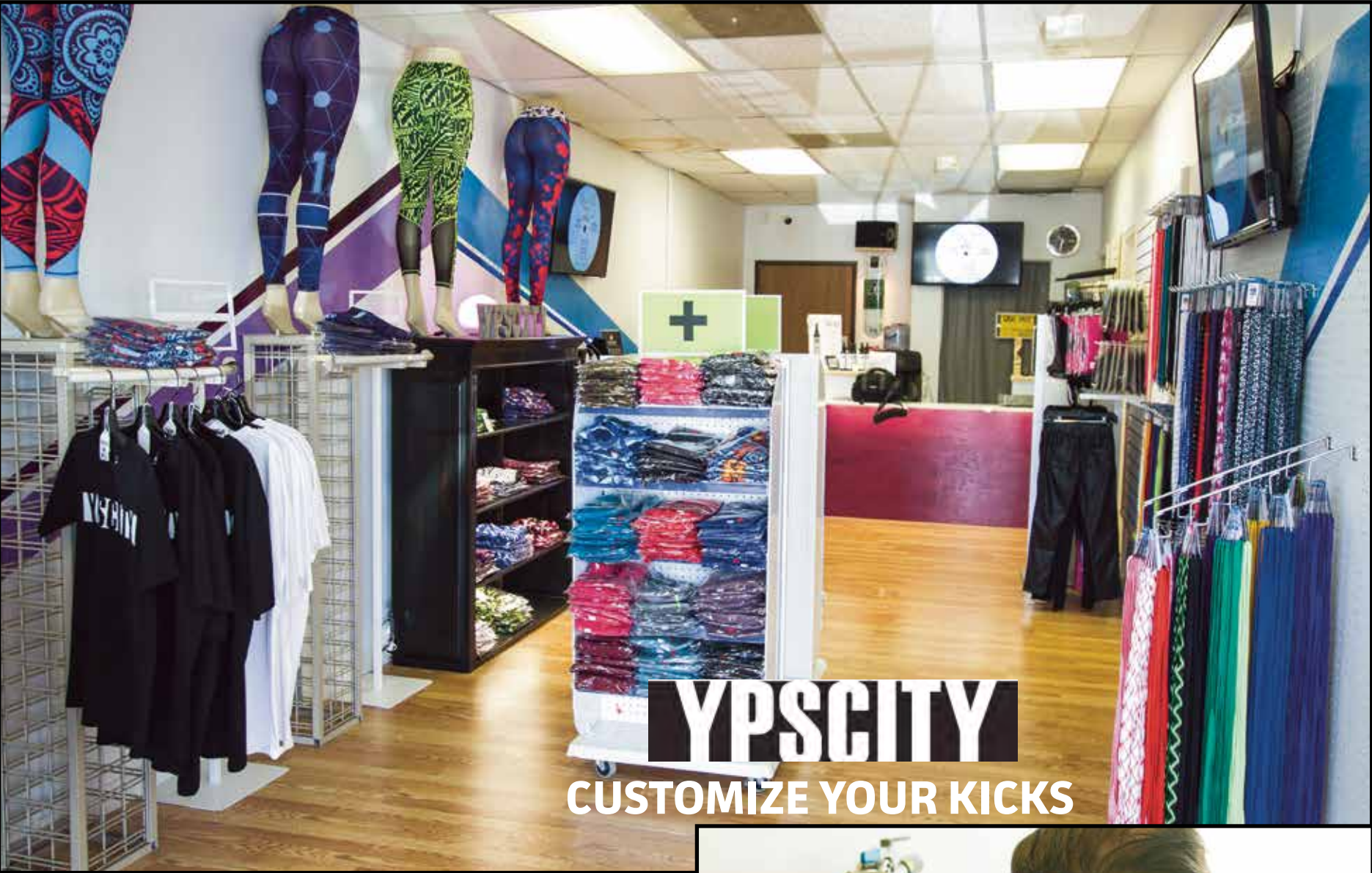
A Vestigial Third-Eye Tale

Available at:

- Crazy Wisdom Bookstore
- www.slingshotman.com







D began taking classes in graphic design at Washtenaw Community College (WCC) while rehabilitating after a car accident did major damage to his back, which afforded him the opportunity to recreate his life. Ypsilanti has become his home, the place where he’s raised his children, and the place where he was given a new opportunity to build a new life. “This year makes Ypsilanti the place I’ve lived in the longest ever. One of my children is a Pioneer High School graduate, my second graduates from Pioneer this year and is preparing to ship out and serve his country in the Marines, and my youngest is getting ready to enter Pioneer,” he shared.

The idea for YPSCITY was born while D was attending and taking classes at WCC. “I talked about it with some of my friends and even a professor or two.” But, it was his girlfriend, Megan Daniels, a southwest Detroit native who attended Eastern Michigan University and later graduated from Wayne State University in Occupational Therapy, who really helped him organize his thoughts and give them form and function. Megan also does all the purchasing for the retail aspect of the store, makes jewelry, and basically keeps D alive.

“If it wasn’t for Megan,” he said, “I wouldn’t have made it through the last few years. She was there when I was at the bottom; she helped me get back on my feet, and encouraged me to chase my dreams.” Now he wants to bring the incredible talent in this city to the forefront by giving the artists a home where they’re appreciated and valued, watch them grow and take off. “I think it can be a good thing for everyone involved.”

YPSCITY’s grand opening was in June of this year. If you’re in the area, stop in, meet D, and see what the talent in your city is producing, or how you can become a part of that talent. If Ypsi is your city, become a part of the excitement that is YPSCITY.





YOGA COLUMN

Namaste, Katie,

Over the summer I twisted my knee and have been struggling to find a way into Child’s Pose in my go-to class. This is such a stress-reliever, and a place of rest! Is there anything that I can do?

Bob, Ypsilanti

Dear Bob,

Balasana, or Child’s Pose, is one of those asanas that makes a practice complete for many of us. At times it is the alpha and omega of the practice, the beginning and the end, so struggling to find that space can feel off. I feel very fortunate that my yoga training was all about looking for how to make yoga accessible to everyone, and to find ways to find the essence of what you are looking for in a pose, and figure out the way to get to it.

...there are MANY ways to modify Balasana to make it easier on the knees, depending on your particular injury, or tenderness.

That said, there are MANY ways to modify Balasana to make it easier on the knees, depending on your particular injury, or tenderness. As always, check in with a doctor if you are experiencing pain, to make sure the range of motion experienced in yoga is okay for your knee. If given a “thumbs up” from your doctor, one way to change the sensation in Balasana is to experiment with the placement of the knees, to take them out wider than the body, toward the edge of the mat. This eliminates the weight of the body on the knees.

Two other options for assistance in Balasana is to use a bolster under the body, sliding it between the legs, and resting the torso, and a side of the face on the bolster. This reduces the amount of bend in the knee, and supports the body. This variation also takes the knees out slightly from the body, so note if that causes issues. Lastly, there is flipping Balasana on its head, and lying on your back, and drawing the knees in toward the chest. By holding onto the knees behind the knee (on the hamstring side) we eliminate any pull or tugging on the knee joint and are able to get many of the benefits of our traditional Child’s Pose. Enjoy!



Sometimes we get concerned about getting things right, and a large part of mindfulness and meditation is releasing that judgment.

Namaste, Katie,

I have read SO MUCH about meditation and been advised to participate in the practice by friends. I have read journal articles, books, blogs, I’ve tried podcasts and videos, and for some reason, I just can’t seem to make it work. How do I get started? How do I get that feeling that everyone describes?

Chloe, Ann Arbor

Dear Chloe,

To begin, way to do your research! Everyone who comes to meditation, comes into their practice in their own way, and in a way that makes sense to them. If understanding the mechanisms of meditation helps you (a feeling that I completely relate to) there are books with varied approaches to the study of meditation. Rick Hanson and Richard Mendius’ *Buddha’s Brain* breaks down the neuroscience of meditation and the benefits, and books like Sharon Salzberg’s *Real Happiness*, move through techniques in a slightly more yogic and less scientific way. Get the knowledge that you want, and in the meantime, start practicing.

A quote from Pema Chodron’s *When Things Fall Apart* feels applicable here in relation to practicing meditation, “...meditate every single day and continue to make friends with [y]our hopes and fears again and again.” Sometimes that fear is of meditation itself. This is when we remind ourselves that there are many forms of meditation, such as drinking tea in a mindful way (discussed in *Real Happiness*), practicing a Yoga Nidra, or taking five minutes to meditate in our own way.

Sometimes we get concerned about getting things right, and a large part of mindfulness and meditation is releasing that judgment. People are well intentioned when they describe the positives of meditation, and I for one, love when people share! That said, for many of us, meditation is not easy. We live full, busy lives, and quieting the mind takes practice. I remember reading *Outliers*, and the discussion around using talent with the investment of 10,000 hours of practice for the success of Bill Gates, Larry Bird, and others. Can you imagine if we invested 10,000 hours into our meditation? How you would feel? Perhaps that’s your next research project! Good luck on this journey.

Namaste, Katie,

Recently I attended a class where the teacher kept repeating, “one breath, one movement.” I do not know what that means! I found myself holding my breath. Can you clarify?

Cheryl, Saline

Dear Cheryl,

Absolutely! And never be fearful of asking the teacher in the class you are taking, as there are many schools of yoga and new things to learn. Hatha Yoga, which is an umbrella term for many styles and practices of yoga, is generally translated to mean yoga that combines both physical movement, asana, and breath control, pranayama. This is often thought of in its most basic iteration, as a practice of “one breath, one movement” where one half of the movement is led by the inhale, and the other half of the movement is completed on the exhale.

A nice posture to visualize and practice this concept is out Cat-Cow posture. In Cat-Cow we are on hands and knees, and on the inhale, we allow the heart to shine through the shoulders, while the tailbone reaches towards the sky. On the exhale, in Cat, we arch the spine, engaging the abdominals, pushing the back toward the sky as the head hangs heavy. We ask that the breath dictate the length of the parts of the asana rather than letting the Cat and the Cow determine the length of the breath.

Each posture has a part that is linked primarily with the inhale or the exhale, though sometimes the exhale is more a sinking in than a counter movement. This is what we mean by aligning the postures and the movements with the breath. See if the next time you are practicing you can keep breathing and make this connection.



Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send in your own yoga questions to Katie@veraposeyoga.com

The
Food
Section

Conscious and Tasty Food and Nutrition

Cooking With Miso

by Angela Madaras

Page 38



Detoxification

by Rachel Lozon

Page 40



Webster Church Farmer's Market

by Angela Madaras

Page 41



Great Tastes in Local Food

by Crysta Coburn

Page 44



Silvio's

by Dawn Swartz

Page 46

Miso Packs a Punch – for Health and Taste!

By Angela Madaras

When I turned nineteen, a whole new world of food was opened up to me through the People’s Food Co-Op. Although my aunt and father had been members since the 1970s, and I was somewhat knowledgeable about natural food diets, I certainly did not know what the heck to do with a salty paste made of fermented soy beans, rice, or barley. I had enjoyed miso soup in Japanese restaurants, but that was not the best introduction, as it was thin and lacked vegetables and other ingredients we now use more abundantly, such as shiitake mushrooms, soba noodles, seaweed, lotus root, dried fish, and fermented vegetables. As western society’s knowledge of the world of natural foods has matured, thanks in part to the growing “foodie culture,” we have widened our awareness of whole food cooking and ingredients. In 1986 I bought *The Book of Miso* and *The Book of Tofu*, both written collaboratively by William Shurtleff and Akiko Aoyagi. Like many others at that time, I saw tofu as just a white block of cheese-like substance that had absolutely no flavor, but was filled with plant protein (which we humans need) from soy beans. Miso was usually added to tofu, along with other spices and seasonings, to give vegetarians a “meat-like” protein food that was somewhat tasty, if you knew how to prepare it. These writers set out to teach us westerners just that. From these two essential cook books I learned how to prepare miso (and tofu) recipes that people enjoyed, and even paid me to make. But miso was truly the key to flavoring not just tofu, but vegetables, soups, stews, spreads, and so on.

As western society’s knowledge of the world of natural foods has matured, thanks in part to the growing “foodie culture,” we have widened our awareness of whole food cooking and ingredients.

As I explored the flavor profiles of miso, I learned there are many varieties, which offer totally unique tastes and strengths. Some misos are fermented for three years and become dark and rich with a higher salt content, which can be as much as 230 mg. salt. The younger the miso, the sweeter the flavor. Most people make soup with the lighter, one-year fermented varieties, such as chick pea miso (made with chick peas instead of soy beans) and sweet brown rice miso. There are now a plethora of choices, including specialty options such as “Garlic Red Pepper,” and “Dandelion Leek,” both made by South River Miso Company. They also make a low salt “Sweet White,” which has only 4 percent salt content. South River offers sampler packs that you can order online at www.southrivermiso.com, and also other related products and byproducts such as Tamari, made from the liquid that collects in the vat of miso and is drained and strained into a soy sauce-style seasoning. I prefer tamari over soy sauce because it seems less salty, and it comes in gluten- and soy-free varieties. Miso and tamari offer protein and all of the essential amino acids we need for a healthy body.

Miso is a natural probiotic, and like all fermented foods, it is good for digestion and gut health. Including fermented foods as part of a daily diet can lead to overall better health. Some eastern medical doctors believe that miso, eaten in moderation daily, can be medicinal. In fact, research has shown people get sick less when they include miso in their regular daily diet. Some people need to be aware of sodium content, however, and should speak with their practitioner about proper amounts for their individual needs.

As I explored the flavor profiles of miso, I learned there are many varieties, which offer totally unique tastes and strengths.



“...miso belongs to the highest class of medicines, those which prevent disease and strengthen the body through continued usage.”
- Dr. Shinichiro Akizuki, *Physical Constitution and Food*

The health benefits to consuming miso are reflected in the people of Japan who consume miso daily. One of the biggest proponents of miso health was Dr. Shinichiro Akizuki, Director of St. Francis Hospital, in Nagasaki, Japan, during World War II. He had his patients there fed a daily diet of brown rice, vegetables, seaweed and miso, and not one of them suffered from radiation poison, even though they were close to the epicenter of the atomic blast. In contrast, another hospital in the same area served a typical hospital diet, and saw 3,000 patients with all sorts of radiation-related diseases. Why is this so? There are many factors, as you will see below.

Anna Bond supports the health benefits of miso in *Working Alchemy: The Miracle of Miso* (www.wildalchemist.blogspot.com/2009/07/working-alchemy-miracle-of-miso.html).

An excellent source of digestive enzymes, friendly bacteria, essential amino acids, vitamins (including vitamin B-12), easily assimilated protein (twice as much as meat or fish and 11 times more than milk) and minerals, miso is low in calories and fat. It breaks down and discharges cholesterol, neutralizes the effects of smoking and environmental pollution, alkalizes the blood and prevents radiation sickness. Miso has been used to treat certain types of heart disease and cancer. It helps with bed wetting, tobacco poisoning, hangovers, burns and wounds. A fine food for traveling (dry it by roasting over a low flame in skillet), miso gives warmth and life and the wisdom of age to those who consume it daily.

Elsewhere (www.foreverwellsharon.wordpress.com/2013/02/27/cancer-prevention-miso-soup/), it is reported that, “Studies in Japan’s Tohoku University have isolated chemicals from miso that cancel out the effects of some carcinogens.” This is important, since we are all inevitably exposed to carcinogens in our foods and

Miso is a natural probiotic, and like all fermented foods, it is good for digestion and gut health. Including fermented foods as part of a daily diet can lead to overall better health. Some eastern medical doctors believe that miso, eaten in moderation daily, can be medicinal.

our environment. We are also exposed to non-ionizing radiation (ELFs and EMFs) given off by power lines, transformers, electrical stations, computers, hair dryers, microwave ovens, and air conditioners.

Given the many benefits that miso can offer, I want to suggest a few recipes that give you an opportunity to play with miso in a variety of ways, from savory to sweet. I suggest you go to your local health food store and ask the person who works in the refrigerated foods department, where dairy and juice can be found, what types of miso they have and what is their best seller. Staff members at our local health food stores seem to be quite educated in this area, as they are often required to obtain a certain amount of knowledge – and in some cases education and certification – when it comes to offering health advice. I was lucky enough to have a teacher who taught me how to make a plethora of tasty delights while making it fun to try new recipes. Some did not suite my personal preferences; however a few recipes I will share here won my stomach’s heart (if that is a possibility!). One is a miso hummus spread. Of the several different miso spreads I tried, this one was preferred by a group of food-loving friends and family I used as tasters. I hope these recipes inspire you to try miso, if you have not, or to expand your recipe box and stretch your culinary skills, creativity, and knowledge.

“Miso Luv You Spread”

- 1 lb (block) Firm tofu
- 3 TBS Chick pea miso
- 3TBS Tahini (use good quality)
- 1TBS Olive oil, or a blend of olive oil and toasted sesame oil
- Grated peel of entire lemon (save the juice)
- 1 ½ TBS Fresh lemon juice
- 1TBS Umeboshi vinegar or seasoned rice vinegar
- ¼ C Chopped scallions
- ¼ C Chopped parsley
- 2 cloves Garlic, crushed
- 2 TBS Nutritional yeast
- Cumin
- Paprika
- Cayenne

Directions:
Blend all ingredients in food processor until creamy and smooth. Add a little cumin, paprika, and cayenne to your taste. I like to sprinkle a little paprika over the top as a garnish before serving, along with a couple of lemon wedges and some parsley sprigs. Serve with toasted flat bread or pita. Get creative and substitute for vinegar a TBS of red pepper paste, pesto, puréed vegetables, olive tapenade or anything you enjoy that would add to the desired flavor profile.

Miso Sautéed Fish

- 1 C Mirin or seasoned rice vinegar
- 2 C Sweet miso paste
- 1/2 C Raw granulated sugar or maple syrup
- Four 6-ounce fish fillets without skin (may use salmon, pacific cod, black cod or halibut)
- Canola oil

Directions:
1. In a small saucepan, warm the mirin over medium heat. Do not allow it to boil. Add the miso and stir until completely incorporated, about 5 minutes. Add the sugar and stir until dissolved. Remove from the heat and let cool completely.
2. Pat the fillets dry. Place in a baking dish and generously slather both sides with the miso mixture. Cover the dish with a piece of plastic wrap. Refrigerate for at least 24 hours.
3. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper.
4. Heat a nonstick skillet over medium-high heat. Uncover the fish and wipe off the excess marinade with paper towels. Add the fillets to the hot pan and sear on one side until golden brown and caramelized on the bottom, 30 seconds to 1 minute. Be careful, as the fish can scorch and blacken quickly because of the sugar in the coating. Transfer the fillets to the prepared baking sheet; carefully turning them seared side up. Bake until the fish is cooked through and flakes easily, about 7 minutes.
5. Plate and serve. You can serve with rice or grain of choice, sautéed greens like kale, bok choy, mustard or spinach, and lots of finely chopped garlic. Place a couple of quarters of fresh lemon on each plate, and offer crushed red pepper flakes and/ or gomasio (toasted sesame seeds with sea salt and seaweed) to add an extra kick.



Squash Soup with Miso
(Recipe adapted from South River Miso Company)

- 2 lbs Winter squash, such as butternut or kabocha (about 1 medium squash)
- 1 Large sweet potato
- 1 Medium sized onion, chopped
- 3 TBS Sweet-Tasting Brown Rice Miso
- 6 C Vegetable stock
- 4 Cloves garlic, peeled and chopped
- 2 tsp Ginger, freshly grated
- 2 TBS Scallions, chopped
- 1 TBS olive oil
- Freshly ground black pepper
- Pinch of sea salt

Directions:
1. Preheat oven to 375 °F
2. Cut squash into quarters with skin on. Leave sweet potato whole and pierce with fork in a few places. Roast both uncovered for about 1 hour, or until soft when pierced with a knife.
3. When cool enough to handle, remove skins of squash, and sweet potato.
4. Heat the olive oil in a large pot over medium heat. Add the chopped onion, chopped garlic and grated ginger. Cook until softened and translucent.
5. Add the vegetable stock (or substitute plain water). Add the roasted squash and sweet potato. Bring to high heat. Simmer for about 15 minutes.
6. Dilute miso in about two teaspoons of water and add to soup.
7. Purée with an immersion blender or in regular blender.
8. Garnish with scallions and a dash of paprika. (You can also add a dollop of sour cream or plain Greek whole milk yogurt.)
9. Add salt and pepper to taste. Use whatever types you prefer. Try white ground pepper and pink salt for something different



Miso Soup for Cold and Flu Symptoms

- 3-5 Cloves of garlic, crushed
- A large, thumb-size hunk of ginger root, grated
- 1 White onion, or 3 scallions, or 1 leek , chopped
- 1 TBS Turmeric -- powder or fresh grated root (you can find this at most grocery stores now)
- Pinch of cayenne pepper
- ½ C Quinoa
- A large handful of sliced shiitake mushrooms (discard stems)
- 1 TBS Miso of choice (I prefer the lighter ones here)
- (You can add more vegetables, seaweed, more seasonings)
- Mix all ingredients except miso in a 5 quart soup pot with 3 quarts of water. Simmer for 20 minutes, remove from heat, add miso and mix well. Lasts in fridge for up to a week. Drink like a tea or slurp like a soup.

Now you know cooking with miso can be tasty and healthful, too. There are more and more recipes available online as Asian food becomes more popular and accessible (and in more healthful versions than the ones I grew up eating). Play with it and order a sample pack so you can have tastings with your friends, to find which flavor profiles are best for your tastes. You may want to throw a potluck to which everyone brings their own miso dish to share. However you do it... just try it – you’ll like it!

Understanding Detoxification

By Rachel Lozon

What comes to mind when you hear the word “detox”? You might think drug or alcohol detox. Perhaps fasting or eating and drinking things like wheatgrass juice is what comes to mind. It may surprise you to learn that detoxing is none of those things. In fact, my interpretation will change your entire outlook on what a detox is.

Unfortunately, feeling sick has become the “new normal” for many of us.

So, what exactly is detoxification? Detoxification is the process of eliminating toxic substances that have built up in our bodies over time. Exposure to chemicals causes these substances to accumulate in our fat cells, becoming toxins. The toxins are then eliminated through one or more of the body’s six primary detoxification organs: the skin, lungs, liver, colon, lymphatic system, and kidneys. These vital organs work continuously to remove excess waste in one (or more) of four ways: sweating, respiration, urination, and bowel movements.

Toxins are everywhere. Pollutants are in the air we breathe; the water we drink isn’t always pure; most of our produce is contaminated with pesticides; chemicals are in the foods we eat, medications we take, the materials used to make cell phones and computers. The list goes on, and there is even some evidence that we’ve been exposed to some of these toxic substances before birth. According to the Environmental Working Group (EWG), an American non-profit environmental organization that specializes in research and advocacy in the areas of toxic chemicals, the average newborn baby has 287 known toxins in his or her umbilical cord blood. Over time, the more we are exposed, the more of a strain these substances put on our bodies. When the chemicals aren’t being completely flushed out, they remain in our bodily tissue and begin to build

Not quite sure how much water your body requires? Ideally, you want to drink half of your body weight in ounces.

up. When our body becomes overwhelmed with too many toxins, we become sick. Unfortunately, feeling sick has become the “new normal” for many of us. We don’t realize that everything around us has such a negative effect on our health. By not ridding the body of these toxins, we continue to be exhausted all of the time, have brain fog, crave certain foods, gain weight, develop digestive issues (gut imbalances are a huge factor for many), and experience a myriad of additional symptoms such as skin problems, headaches, bloating, inflammation, joint pain, and more.

You can dispose of these toxins naturally by doing a safe and effective detox yourself, at home. This allows the body to have a break from taking in new chemicals and toxins without expensive (and potentially dangerous) medical interventions. During this break, the body is able to move the current toxins into the bloodstream so they can be removed.

Most people will end the five day detox period feeling great.

The amount and type of nutrients you will need may depend on your symptoms and level of exposure to various chemicals. A detox program that includes eating high nutrient foods should be sufficient in supporting your body as it releases some of these toxins, and the accumulation of the nutrients stored will help your system recover even after the detox process is over.

There are several kinds of detoxes out there.

- A juice cleanse has long been used as a way to get an adequate amount of vitamins and minerals from fruits and vegetables. It’s a great way to get your produce in, but many juices are high in sugar and lack the fiber that whole foods have.
- The master cleanse is a crazy concoction of lemon water, maple syrup, cayenne pepper, and herbal tea. This is a 10-day cleanse and you consume nothing else. It may work short term for weight loss, but it definitely isn’t safe long term.

This is not a healthy way to lose weight, and I do not recommend it. Our body needs nutrients. It needs energy. There is no nutritional value in this particular cleanse.

- A natural cleanse is made up of herbal laxatives and diuretics. Cape aloe is an ingredient commonly used, but most health experts advise avoiding it. Laxatives can cause dehydration and electrolyte depletion.
- The method that I am most familiar with is a five day, whole foods detox. A whole foods detox consists of taking out processed foods, sugar, dairy, gluten, caffeine, and alcohol. These are replaced with whole grains, organic fruits and vegetables (lots of leafy greens!), organic animal products, nuts, seeds, and herbal teas. This provides a daily dose of well-balanced nutrients without deprivation or harm to our body. It’s very gentle, safe, and effective.

An adequate amount of filtered water is very important in any cleanse as this will assist in flushing the toxins out of your system. Not quite sure how much water your body requires? Ideally, you want to drink half of your body weight in ounces. Don’t like the taste of plain, filtered water? Add in some flavor in the form of fruits, vegetables, or herbs! Personally, I love adding fresh mint and cucumber to my water.

Eating clean for five days will be enough time to help you recognize your old, unhealthy patterns while establishing new, healthy ones.

During the detox, it’s very common to experience irritability and lack of energy. Some people may develop serious food cravings. Others may have headaches due to caffeine withdrawal. This discomfort is also a sign that toxins are being released, and the detox is working exactly the way it should. The good news is that you will notice a shift in how you feel toward the end of the week. Most people will end the five day detox period feeling great.

Eating clean for five days will be enough time to help you recognize your old, unhealthy patterns while establishing new, healthy ones. It’s important to take care of yourself during this time, and listening to your body is essential. If you’re tired, then rest. If you’re hungry, eat.

There’s no need to ever go hungry. Self-care is crucial for our well-being, not just while detoxing, but every day. Enjoy an Epsom salt bath before bed. Go for a run. Relax in a sauna. Your skin is your largest organ, and since it’s one of the primary organs of elimination, the more you sweat, the more toxins you’ll release. I do recommend taking it easy and not overexerting yourself, and always remember to stay hydrated!

If you don’t take care of your body, where else are you going to live?

The more you put into a detox the greater results you will have, but this also depends on what your habits consisted of prior to the detox. Some will notice an increase in energy, feeling better rested after sleep, improved skin, reduced cravings, better digestion, and even weight loss. Others may discover they have a gluten or dairy intolerance, or that caffeine isn’t doing the trick like they once thought and instead they’re feeling worse. You will also gain insight on which foods are right for your unique body, so you may want to keep a journal before, during, and after your detox.

I hope this article has helped you understand what detoxification is, how it can help improve your health, and why it’s so important. If you’re considering trying a detox program, I do urge you to consult with your physician first, especially if you have any health conditions or concerns, are pregnant, or nursing. Remember: Getting rid of toxins is vital for living a long, healthy vibrant life. If you don’t take care of your body, where else are you going to live?

Rachel Lozon is a certified health and wellness coach. She graduated from The Health Coach Institute in December 2016. Her website is www.revitalizebodyandmind.com. You can contact her at 734.365.6614 or revitalizebodymind@gmail.com; you can also find her on Facebook, Pinterest, and Instagram.



WEBSTER FARMERS MARKET

Preserving a Historic Neighborhood through Farming, Food, Craft, and Community



By Angela Madaras • Photos by Jennifer Carson

When my friends told me about a Sunday Winter Farmers Market, my husband and I jumped in the van and headed to Webster Township. It was a particularly cold day. Thankfully, aromatic hot coffee greeted us at the door. Violet Raterman, one of the market managers, helped us navigate the market for our first visit. The entire experience was moving for some reason, but I could not put my finger on it. I had to find out more about the people behind this market and the space in which it thrived. In the spring, I attended the same market in their outdoor space. The location is in the historic village of Webster Corners and well preserved by the Webster Township Historic Preservation Society (WTHPS). The community was alive and active in 1750-1850. In between drops of spring rain I was able to sit down with two of the market's key characters, sisters Violet Raterman and Malaika Whitney.

Malaika Whitney is a visionary, farmer, artist, historic society board member, and generations old community member who sat down with me to discuss the background and goals of WTHS and the market. Us kindred spirits gathered around a picnic table outside of the corncrib and shared our mutual love of historic preservation through a community of farming, culture, food and architecture. I was grateful that Violet and Malaika were generous with their time, considering how busy they are with farming, running the market, tending to their businesses, attending other markets, and all that goes along with youthful-active lives.

It was a particularly cold day. Thankfully, aromatic hot coffee greeted us at the door.



Anna and Steven Holm from Stovetop Roasters.

In between drops of spring rain I was able to sit down with two of the market's key characters, sisters Violet Raterman and Malaika Whitney.

Angela Madaras: Please tell me a little bit about yourselves and how you came to form the market.

Malaika Whitney: The Webster Farmers Market began as a little tinkering of an idea in mid-September 2017. My brother-in-law, Peter, has been working as a blacksmith in the historical Wheeler Blacksmith Shop. As Peter spent time amidst this beautiful village, he started to talk about how neat it would be to have a farmers market in this place. Working with the Historical Society, a market team of me, Violet, and brother-in-law Nick formed, and a few months later the market began. Throughout the winter months the market was held in the Crossroads Community Center, (a historic restored building which was once a cidery and apple barn, and later a community grange), which offered a warm and welcoming indoor space for the market. In May the market moved outdoors to the northern end of the historical grounds, to be held in the Dieterle Corncrib, a music stage built as a memorial in honor of Dick Dieterle, founder of the RFD Boys.

AM: What made you as a group decide to have a Sunday afternoon market as opposed to Saturday like most other markets?

MW: Well, both Violet and I do other farmers markets on Saturdays... so that was out of the question. Besides we thought it would be nice for people to be able to stop by on their way home from church, or a relaxing Sunday morning.

AM: I love the "pop-up" market format. Please explain how it works.

Violet Raterman: Farmers markets are a huge commitment of time, and sometimes you just can't be at market every week of the year. The single checkout system allows vendors to take weeks off and still be able to sell their goods, by dropping off and picking up. Also, from a customer standpoint it can be overwhelming to be faced with ten people hoping you will buy something from them. This model creates a more welcoming, communal offering of goods.

"Farmers markets are a huge commitment of time, and sometimes you just can't be at market every week of the year. The single checkout system allows vendors to take weeks off and still be able to sell their goods, by dropping off and picking up."

AM: Do the vendors and customers enjoy this set up?

VR: Yes, we have received a lot of positive feedback about the set up. Many new customers are surprised by the ease of checking out and are always happy when we bag up their goods for them. The fact that vendors aren't managing purchases means they are able to focus on talking with customers.

AM: How many vendors do you have for the summer season?

VM: We currently have a total of 18 vendors for the outdoor market. Since we are a new market and always looking to increase our variety of goods, we may be adding on a few more vendors throughout the season.

AM: What makes your market unique and different from all others?

VM: We put a lot of thought into this market. We combined everything we loved about farmers markets, local stores, and pop-up shops to create a model that shared some of our favorite aspects of each of these venues.

“We combined everything we loved about farmers markets, local stores, and pop-up shops to create a model that shared some of our favorite aspects of each of these venues.”

We also wanted to support farmers and producers within the same community as the market and customers. We decided to create a vendor preference of a 20 mile radius. We have one or two outside of this radius, but most of our vendors are actually within five miles of the market. We were able to accomplish this by working with smaller farmers and producers within our area.

Our next task was to choose a day and time for the market. Since a few of our vendors also do Saturday markets, we decided Sunday afternoon would be a nice time. This also allows customers two options for weekend farmers markets, since Saturdays can become quite busy in the summer.

The most unique aspect of our market is definitely our single checkout system. Since many of our vendors are physically running the market and a few drop-off items, some tables have vendors behind them and others are on shared tables against a wall. Customers can then shop around in a pressure free environment and checkout with cash, card, or checks at our single register at the entrance of the market. It allows customers to take their time while shopping and easily try out smaller items from different vendors.

AM: Tell me about Whitney Farmstead and how the farm comes into play with the market?

MW: My husband, Matthew, and I have been farming my family’s farm now for almost four years. We raise grass-fed and pastured cattle, sheep, pigs, and chickens, as well as produce maple syrup and hay.



Jon Solomon and Lorraine Hough from Blue Spring Farm.

After selling at various markets around Ann Arbor for the past couple of years, we really wanted a place where our neighbors, many who pass by our cows on a daily basis, could come learn about what we do and have a place to buy food produced in their neighborhood.

Our farm is just a stone's throw away from the Historical Society village, where the market takes place. My family has been a part of this small rural community since 1900 and for five generations the Whitney’s have been ingrained in nearly every aspect of this special place. Most of the people, who were a part of my childhood, can be found sitting in the pews of the Webster Church on Sunday mornings, or buried in the Cemetery outside the church. Webster has always been the kind of place where even if you don’t someone directly, you know about them and they know about you, and if you were to find yourself in conversation, you could talk for a very long time about all the ways your families’ paths have crisscrossed in the past and present.

AM: What are your top three priorities or goals for the market?

MW: Celebrating our rural heritage and creating community was our first priority. Having a weekly community event that is centered on food, farming, and local craftsmanship, located in Webster’s own beautiful historical village, seemed like a good way to celebrate and preserve our rural heritage.

Already in the short time the farmers market has been up and going, we have met dozens of neighbors for the first time. We have seen people multiple times who we usually only see once a year at the Webster Fall Festival. It is our hope that the farmers market continues to bring people together, to build community, and to remind us that Webster is a special and beautiful rural place and if we want it to stay this way, we have to keep working on it.

Lastly, we wanted to offer a sustainable outlet for farmers, producers, and artisans to sell their goods, and in turn, a place for people who want to buy local and know the producers, to do so.

“...we really wanted a place where our neighbors, many who pass by our cows on a daily basis, could come learn about what we do and have a place to buy food produced in their neighborhood.”

AM: What has been the most surprising outcome of the market?

VR: We have been overwhelmingly surprised and thankful for the amount of community support. We knew we lived in a wonderful and involved community, but did not expect the amount of excitement and enthusiasm we have received toward the market! We have grown as a market a good amount through word of mouth. Everyone seems to be enjoying the location and time of the market, our market model, and the accessibility.

We have also been very surprised by the involvement of our wonderful vendors. It is very rare for one vendor to carry all of their items from their car and set up their tent without help from several other vendors. Everyone pitches in to ensure all areas of the market are set up by noon and continue to help each other out during market. We would not be able to have a single checkout area without the involvement of the vendors. This is not something we asked of them, or prepared them for, this was solely all of our vendors coming together and filling in the gaps as needed. Our vendors generally don’t leave until everyone is packed up, the building has been swept and mopped, supplies have been put away and all doors are locked. We hoped to form a community environment for both customers and vendors, and have been so thankful that our vendors understand our vision and help us to achieve it.



Leeann Racine demonstrates on her spinning wheel.



“Whether you are a customer, vendor, or just stopping by, you have a place at the market.”

AM: What is the take away you wish for your customers?

VR: We really just want to remind everyone what it is like to be a part of your community. Whether you are a customer, vendor, or just stopping by, you have a place at the market. Every market we have folks reconnect or discover connections they have with another customer or vendor. We love when customers feel the community atmosphere and slow down long enough to have real and meaningful conversation. Grocery shopping doesn’t need to be a quick in and out experience that takes up part of your busy day. It can be a highlight in your day and a chance for you to meet new people or connect with local producers, neighbors, and old friends.

AM: Most memorable market moment?

VR: During a market this past winter, we had a conversation with an elderly gentleman that lives near the market and has been very involved in the Webster Township community for many years. He and his wife come every Sunday and often sit down with a cup of coffee after shopping to talk with neighbors and old friends. On this particular Sunday he thanked us for creating the market and told us the community had dreamed of starting something like this for 50 years or so.

I encourage you to visit this lovely market where you will find a wide variety of locally sourced plants, produce, hand-crafted items, and ready to eat goods. All of the vendors were wonderful and offered quality products. The market is open on Sundays from 12—3 and located at 5665 Webster Church Road in Dexter.

You can learn more about the market by visiting their Facebook page: www.facebook.com/websterfarmersmarket/. And don’t miss their annual Fall Festival which takes place on September 22, 2018 from 10 a.m. to 5:30 p.m. On this note I leave you with their mission found on the society’s web site “to foster community appreciation for that which shaped the character of Webster, and discover and preserve significant artifacts and information illustrative of life in Webster.” It is the hope that by supporting the market, through patronage and in sharing their story, I do my part in helping them accomplish this mission. Hopefully, readers will join in the fun.



The Historic Webster Township Town Hall.

“Vibrant and distinct...utterly fresh, sophisticated, and authentic Indian fare”
—*HOUR Detroit Magazine*

cardamom

FRESH INDIAN

734 662-2877
1739 Plymouth Road
in the Courtyard Shops at North Campus Plaza
cardamomA2.com

Celebrating 5 YEARS

Thank you, Ann Arbor!

DOWNTOWN CAFE
117 E. Liberty

KITCHEN OPEN DAILY
Until 3pm

Word on the street is... we have the WORLDS BEST AVOCADO TOAST.

***This is a completely unscientific metric.**

roosroast.com

Great Tastes in Local Food

Column by Crysta Coburn • Photography by Rachel Everheart



At Dolores the Tostados are not only tasty, but beautiful too!

Dolores

Downtown Ypsilanti is becoming a vibrant place full of new life and new businesses. There are enough shops, cafes, parks, and restaurants to spend a pleasant day tooling around. One of the newest places to finish your day and enjoy a delicious meal and, if you choose, a beer or well-made cocktail, is Dolores, a Mexican restaurant located on Washington Street at Michigan Avenue in the former Elbow Room building.

The interior of Dolores combines a laid back lounge feel with a fresh and stylish atmosphere. The staff is friendly, knowledgeable, and ready to help with whatever you might need. The menu has some of my favorites: quesadillas, tostadas, and flautas, as well as a wide range of tacos with your choice of toppings. The vegetarian offerings are especially impressive; this is the first Mexican restaurant where I've seen mushrooms as a taco option. And I am always excited when I see fish tacos on the menu, a traditional variety of taco I had grown to love while living in California.

If you start your meal with house-made chips and salsa, you receive three types of salsa ranging in spice intensity. I don't usually do well with spicy foods, but I gave all three salsas a try, and I had to admit that each was packed with flavor, even if I did cede the spiciest one to my husband and brother-in-law. I suggest pairing the spice with a mojito or cuba libre on the rocks, two of Dolores' specialty cocktails. The agua de horchata (a traditional rice milk beverage) is an excellent non-alcoholic choice.

I feel I must comment on the more sensible size of Dolores' entrees — and how much I love them! Unlike at many other restaurants, I wasn't full of appetizers when the main course arrived, and I didn't forgo dessert because I was already too stuffed to finish my entree. I successfully devoured my portion of the appetizer, my plate of quesadillas, and dessert without forcing myself or leaving the restaurant with regrets (and half a burrito in a doggy bag). The reasonable prices encourage you to try different things, and the plates are great for sharing.

Speaking of dessert, the desserts at Dolores are divine. First my husband and I tried the freshly made churros (fried-dough pastries sprinkled with sugar) and accompanying Nutella dipping sauce. Then we split an order of sweet, creamy flan, an especially perfect ending if your dinner was on the spicy side.

I feel I must comment on the more sensible size of Dolores' entrees - and how much I love them! Unlike at many other restaurants, I wasn't full of appetizers when the main course arrived, and I didn't forgo dessert because I was already too stuffed to finish my entree.

After our first trip to Dolores, my husband and I have already gone back with family, and we have plans to introduce the restaurant to more out-of-town guests. Dolores is the kind of foodie gem that you'll want to share!

Dolores is located at 6 South Washington Street in downtown Ypsilanti. Closed Monday and Tuesday, Dolores is open Wednesday through Sunday from 5 P.M. to 10 P.M. Follow Dolores on Facebook at www.facebook.com/Dolores-Ypsilanti-157691938222465/ and Instagram at www.instagram.com/dolores.ypsi/.

Everest Sherpa

We are so lucky to live near a foodie town like Ann Arbor. I never thought I would try Himalayan cuisine outside of the Himalayas, but here we are! Located a stone's throw from I-94 and Ann Arbor-Saline Road is Everest Sherpa Restaurant.

There are familiar items on the appetizer menu, such as steamed or fried vegetable or chicken momos (dumplings) and dal (lentil) soup, but also vegetable pakora, vegetables and "Himalayan spices mixed in chickpea-flour batter then fried" and "served with homemade tamarind and mint sauce."

Bread options include naan (regular, garlic, or onion), roti (whole-wheat bread), aloo paratha (spiced potato-stuffed whole wheat bread), and Tibetan bread, which tastes slightly sweet and was delicious.



Try the steamed or fried vegetable or chicken momos at Everest Sherpa.

Flan is a perfect ending to your experience at Dolores.



Entrees on the menu are divided into Sherpa and Tibetan traditions (Sherpa Stew, Lhasa Chow Mein, Base Camp Thukpa) and Nepali and Indian cuisines (curries, tikka masala, biryani rice). Many are gluten and dairy free. I went with the Chicken Tandoori, “chicken marinated in yogurt with fresh herbs and Himalayan spices then roasted in a tandoori oven.” A tandoori or tandoor oven, by the way, is defined in the Merriam-Webster dictionary as “a cylindrical clay oven in which food is cooked over charcoal”. The Chicken Tandoori was served with rice and dal soup, so combined with an appetizer and bread, the entree turned into two deliciously satisfying meals for me, spiced, but not spicy.

I have been very lucky with finding delicious chai this year, and Everest Sherpa Restaurant authentic Sherpa chai is hands down the best chai I have found in Ann Arbor. The mango lassi is also delightful (and filling), making a wonderful sweet treat for hot days.

I have been very lucky with finding delicious chai this year, and Everest Sherpa Restaurant authentic Sherpa chai is hands down the best chai I have found in Ann Arbor. The mango lassi is also delightful (and filling), making a wonderful sweet treat for hot days.

Speaking of sweet, you must save room for the Sherpa kheer (rice pudding) or lal mohan, “spongy milk balls soaked in rose scented syrup.” If I had to name an American equivalent, they’re a bit like donut holes, only made with entirely different ingredients and swimming in a thin, sweet, chilled syrup.

With such an array of enticing and flavorful menu options, it was difficult to decide on what to order, so I advise everyone to arrive hungry and ready to try new things! Many of the dishes are easy to share, so bringing along a few friends, with everyone ordering a different entree, isn’t a bad idea either.

I can’t talk about a Himalayan restaurant without mentioning the unique decor. Framed pictures of the Himalayas, prayer flags, busts of the Buddha, banners with peaceful quotations, statues, metal and ceramic vessels, and more will delight your eyes. If you have visited the Himalayan Bazaar in downtown Ann Arbor, it will look familiar to you as both businesses share owners.

Located at 2803 Oak Valley Drive in Ann Arbor, Everest Sherpa Restaurant is open Tuesday through Sunday for lunch from 11 a.m. to 3 p.m. and dinner from 5 p.m. to 9 p.m. For more information visit www.everestsherparestaurant.com or call 734-997-5490.

Oh My Chicken!

When your business has a name like Oh My Chicken (OMC), you immediately have my attention. OMC is a new fast casual restaurant located in Canton, Michigan that specializes in Korean fried chicken—a “Chickvolution!” And it is pure joy.

How is Korean-style fried chicken different from American? I’ll let OMC explain. “Korean fried chicken is fried at least twice, which makes it extra crispy....

Korean [restaurants] started to add different flavors to the chicken using diverse seasoning ranging from barbecue and hot-pepper sauce with toppings including spring onions, cheese and garlic.” Oh, the garlic!

Chicken wing options include crispy, soy garlic (sweet), Korean zing (sweet), supreme jumbo (medium spicy), and blazing jumbo (spicy), and are available in 12 piece, 24 piece, and combination orders (four wings plus a salad with ginger dressing, fries, and a drink). I couldn’t decide between soy garlic and Korean zing, so I got both and did not regret my decision.

The beverage options are also unique. With your chicken combo, choose between Pepsi products, grape Fanta, Apple Bubbly, La Croix, bottled water, and Sweet Cinnamon Punch (a Korean rice drink). You can also get bubble tea, which has remained popular while simultaneously growing harder to find since its initial 1990s craze.

Despite the name, OMC does offer more than chicken. Enjoy two kinds of ramen or a “cupbob,” a cup of rice topped with meat, vegetables, noodles, fried dumplings, and a special sauce. Sides go well beyond ginger salad and fries, as well. Pick between chicken salad, fried dumplings, coleslaw, kimchi, cheese curds, and Korean mashed potatoes. If you are in time for the lunch combo, try a cupbob and wings (a match made in Heaven) for a single price.

The seating area for OMC is small (it’s a small operation), but I was comfortable eating in. Take-out is also an option, as is limited outdoor seating for nice days. The staff is small (there was a single person running the dining room while I was there), but friendly and attentive.

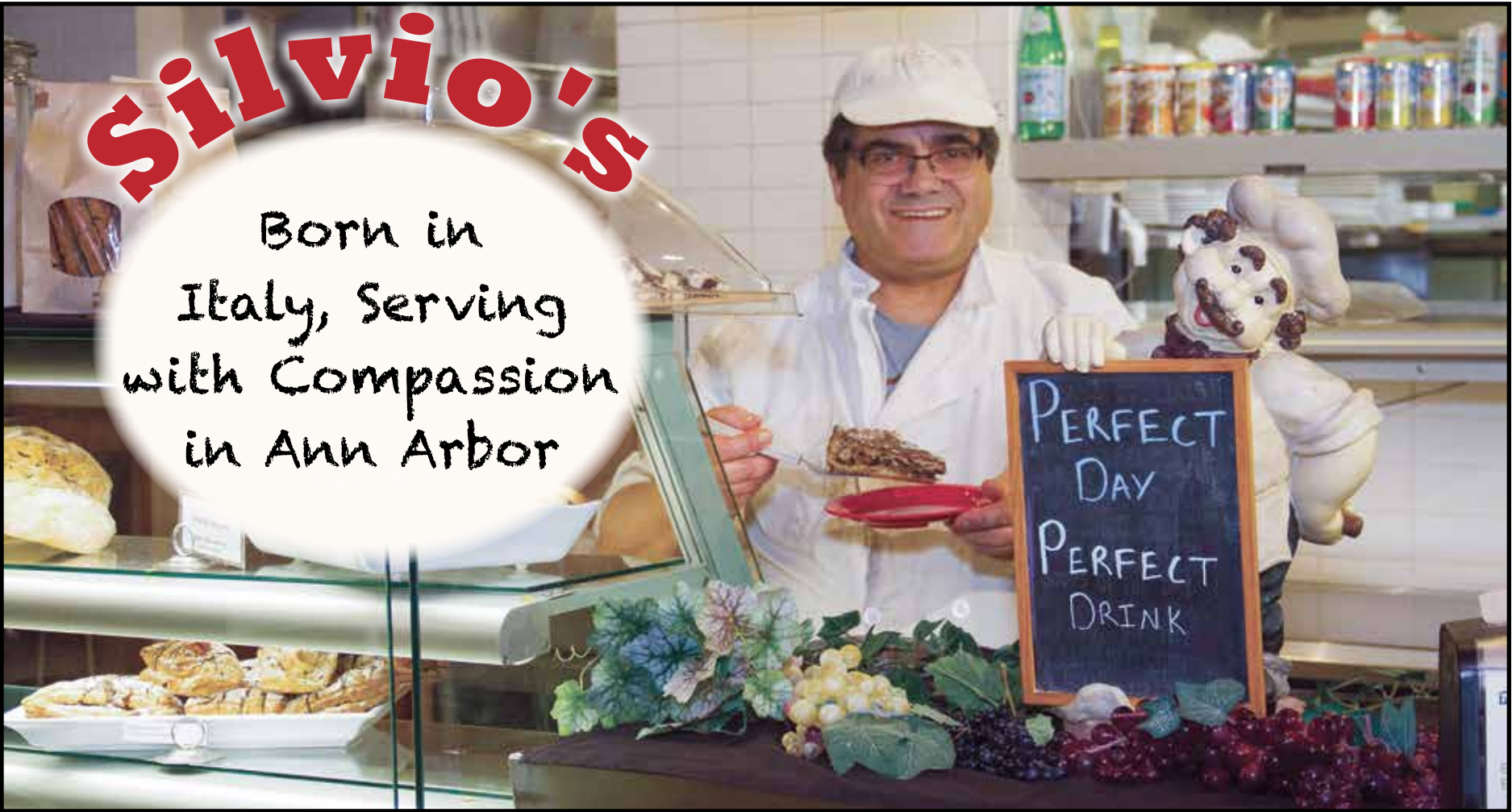
Despite the name, OMC does offer more than chicken. Enjoy two kinds of ramen or a “cupbob,” a cup of rice topped with meat, vegetables, noodles, fried dumplings, and a special sauce. Sides go well beyond ginger salad and fries, as well.

This is not cheap food (two out of four dollar signs on Yelp), but it is good food. I could see myself grabbing a couple of 24 piece meals and some sides on the way to Sunday game night with friends. It’s not as inexpensive as buying buckets of chicken from KFC, however, I think the rich flavors and unique style of Korean fried chicken (so crispy!) make it a worthwhile investment. Especially that soy ginger sauce. I think I could polish off a 24 piece of soy ginger wings all on my own!

OMC is located at 5758 North Canton Center Road in Canton, Michigan, and they are open Monday through Sunday from 11 a.m. to 9 p.m. Find them online at www.ohmychickens.com. Call 734-737-0200 or email mimacheko@gmail.com for more information.

When visiting Oh My Chicken try a “cupbob”.





By Dawn Swartz • Photos by Joni Strickfaden

Silvio's Organic Handmade Italian Food is one part homemade-funky and one part down-to-earth passion for eating right. The motto on his website says it best: "You can eat food, good food, bad food, fast food or you can have a genuine food experience." Silvio beckons those who pursue the food experience and shares his joy of food by embracing the different eating needs we currently see in ourselves and around us.



Silvio's Organic Handmade Italian Food is one part homemade-funky and one part down-to-earth passion for eating right.

Cook and owner Silvio Medoro opened Silvio's on October 26, 2005, but his story starts in Italy. He grew up on the family farm, which supplied much of the family's food. His "food experience" started with eating what was organic, and fresh, and of course, all made from traditional Italian recipes. Italy, of course, is where the first, and best, pizza sauce originated. His recipes come from the published work of The Association of Italian Bakers with tweaking and substitutions, obviously, for common food allergens.

The challenge when working with gluten allergies is getting a GF dough to taste good as well as rise acceptably. Silvio uses xanthan gum, as well as yeast, along with a blending of flours of sorghum, chickpea, fava beans, potato starch, and rice flour to accomplish these goals. He makes a pizza dough vegan by leaving out eggs, and substituting tapioca.



The challenge when working with gluten allergies is getting a GF dough to taste good as well as rise acceptably.

In the quiet of the morning, before the hubbub of the day begins, Silvio personally makes the pizza dough. He begins by thoroughly cleaning anything and everything to wipe all trace of allergens from the kitchen. The dough never even touches the oven or pie pans because he lines the pans with parchment paper. Then the cooked dough goes straight to the plate.

While pizza is a favorite item on the menu, there's more than pizza at Silvio's that's gluten free. His sandwiches can be made gluten free, and the soups are gluten free, and even some of the best desserts: cheesecake, cookies, and tiramisu have GF options. Call ahead if you are looking for something specific, as the menu changes daily.

From the beginning Silvio has tried to make his food with compassion for the many who have allergies. His interest is in offering a product that won't only keep you coming back, but that you know is good for you.

A family who planned to visit Ann Arbor a while ago contacted Silvio. They had heard of the restaurant and wanted to give it a try, but needed to make sure ahead of time that eating there wouldn't be a problem for a family member with allergies. When Silvio read his ingredients list over the phone it turned out that even his vegan and gluten free pizzas contained allergens. When Silvio learned that sorghum flour was the problem he rose to the occasion. Consistent with his character, he volunteered to make a special batch of pizza dough without the sorghum. The whole family and guests were delighted to celebrate their visit eating together with no worries or those with food allergies.

In the quiet of the morning, before the hubbub of the day begins, Silvio personally makes the pizza dough.



This is an owner who thrives on compassionate personalized service. He has created his restaurant as an extension of his values: embracing dietary restrictions as an opportunity for a wider sharing of his joy of Italian food.



This is an owner who thrives on compassionate personalized service. He has created his restaurant as an extension of his values: embracing dietary restrictions as an opportunity for a wider sharing of his joy of Italian food. You can visit this innovative pizzeria (which uses herbs grown on-site) at 715 N. University Ave, Ann Arbor, MI 48104. Reserve a table by calling ahead at (734) 214-6666.



Dawn Swartz has been happily gluten-free for almost two years. Contact her at: fddlr2003@yahoo.com.

CRAZY WISDOM Salons

FALL 2018

114 S. Main St. Ann Arbor, MI
7 PM • Free and Open to the Public

Age-ing and Sage-ing: A Journey for All Ages with Lucinda Kurtz and Oran Hesterman

**Thursday, September 20 – Age-ing and Sage-ing:
Claiming Your Wise Elder**

**Tuesday, October 16 – Age-ing and Sage-ing:
Facing Your Mortality with Grace**

Join us for two Fall Salons as we explore ways to identify and claim the wisdom of our maturing lives and harvest the fruits of our experience. We will explore how to transform fears of aging and our mortality and, instead, reside in a place of greater equanimity and acceptance. A new vision of our eldering years is emerging, one that allows us to revel in our accomplishments and fully embrace the present moment. We can feel empowered to use our talents to benefit the next generation, the global community, and the earth. Lucinda and Oran have been certified in this process by the Yerusha Sage-ing Mentorship Program that helps people discover their life's wisdom and explore their soul's journey. Representatives of related organizations in the community will also join the conversation.

Lucinda Kurtz, M.A., is a Brennan Healing Science Practitioner.
Oran Hesterman, Ph.D., is President of the Fair Food Network.

For additional information, contact Lucinda at Lucinda@lucindakurtz.com

The Science and Practice of Changing Your Life by Glimpsing the Future with Julia Mossbridge and Richard Mann

Tuesday, November 6

Author **Julia Mossbridge** will be in town from San Francisco to talk about her new book, written with Teresa Cheung, called **The Premonition Code**. Julia is a Fellow at the Institute for Noetic Sciences and a Visiting Scholar at Northwestern University. Her previous book, with Imants Baruss, was **Transcendent Mind**, one of the first academic books to examine paranormal experiences. One of her primary interests is the nature of time, including precognition and premonitions.

Richard Mann is Psychology Professor Emeritus at the University of Michigan and has strong and similar interests in the nature of time and intention. For more than 5 decades, he has been a leading light in Ann Arbor's consciousness community.

This Salon will be moderated by **Sandy Wiener**, who has organized six previous salons on varied subjects.

For additional information, contact Sandy Wiener at: sandy@swiener.com

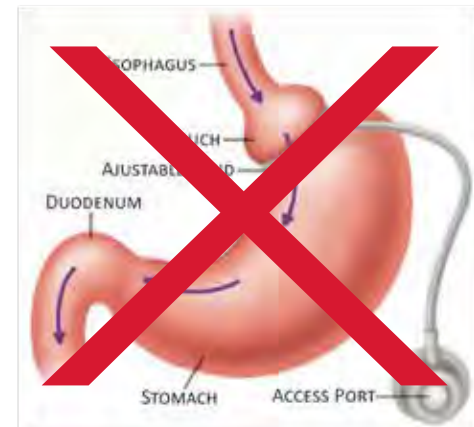
(On Monday Nov. 5, Julia Mossbridge will be at Rackham Auditorium at 7 PM for a talk sponsored by the U-M Program for Creativity and Consciousness, led by Professor Ed Sarath. For more information, contact Sarath at: sarahara@umich.edu)

Want to Lose Weight?

**The Virtual Gastric Band is your drug-free,
non-surgical answer!**

Proven to be 95% effective in clinical trials

No diets, No surgery, No complications, Non-invasive,
Clinically researched. Effective weight loss for everyone!
Mentally shrinking your stomach size and motivating
you to intake smaller portions and conditioning you to
only want to eat healthy and real food.



Call today for a **FREE CONSULTATION**
734-786-6588

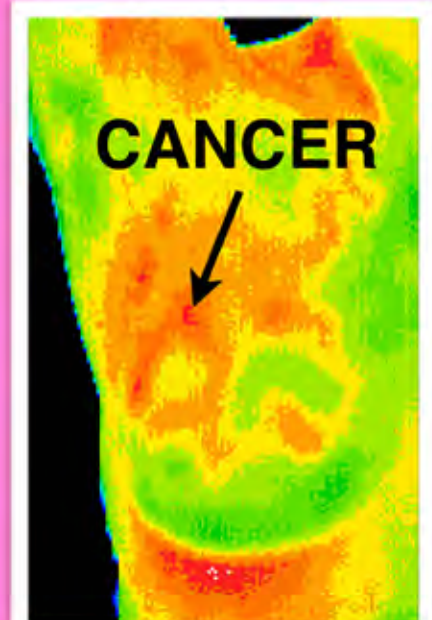
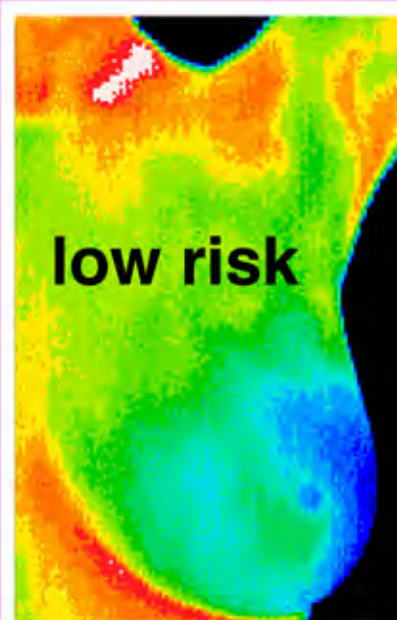
Diana Burney RN, BSN, M.Ed
Internationally Certified Hypnotherapist Certified Virtual
Gastric Band Practitioner
(by Sheila Granger, who developed the technique)

Mind's Gate

2035 Hogback Road, Suite 105
Ann Arbor, MI 48105
www.mindsgatehypnosis.com
www.virtualgastricbandsite.com

Protect your breasts: find problems early!

Cancer is hot: the cells are very active. With
infrared pictures, doctors can find trouble early,
sometimes earlier than mammograms.
Gently and safely.



Infrared breast cancer screening
No compression. No radiation.
Ann Arbor Thermography

210 Little Lake Drive, Suite 10
on the west side of Ann Arbor

AAthermography.com
734-332-6290

A service of Malcolm Sickels MD. <http://drsickels.com>

GREEN LIVING

THE AUTUMN OF OUR LIVES

By Kirsten Mowrey

One of the many reasons people enjoy living in Michigan is our four seasons: spring, summer, fall, and winter. The seasons can also be described as birth, growth, maturity, and death, or child, teen, adult, and elder. Four seasons gives a year rhythm, and yet we are better at some beats than others. Culturally, we praise awakening and increasing—spring and summer, childhood and teen—far more than we appreciate maturity and death, fall and winter, adulthood and elderhood.

I pledged when I began this column to explore “deep green.” To me, that means connecting to the rhythm of our location on the planet, or in other words, being rooted where you live. In Michigan that means facing up to and extending ourselves into fall and winter, a seemingly counter-cultural movement. It also means embracing loss and death, accepting the passing of events, and witnessing the preciousness of each season.



In Michigan that means facing up to and extending ourselves into fall and winter, a seemingly counter-cultural movement.

The definition of autumn is, “any period of maturity or of beginning decline.” As I enter my mature years, I look for models of how to age and see few. In *The Second Half of Life*, Angeles Arrien writes, “Our culture has lost the capacity to acknowledge and value elders the way many other cultures around the world do. We have forgotten the rites of passage that help us learn to become wise elders, actively participating in our communities and living a deep, fulfilling life...Our culture’s current perspective is that the second half of life offers only decline, disease, despair, and death.”

Psychologist Francis Weller says, “We have not enough adults and are a malfunctioning society versus a living culture.” Embracing my age and starting on the downhill journey means letting go, changing the direction from outward to inward and valuing all that I have done. For those of us not facing imminent death, we pull energy inward to harvest the wisdom of what we did and didn’t do, evaluate what happened, and recover wisdom from the outcomes.

Have you taken a hike in the woods recently, in a big tract that is not over-browsed by deer? Waterloo State Recreation Area, perhaps, or Island Lake? What I notice in these areas is the vertical diversity; the spring ephemerals fading near the ground, the young saplings and shrubs filling in from the three to six foot range, young trees filling in the understory, and finally, arching over all, the mature maples, cherries, hickories, and oaks. These elders of the forest provide shelter to those underneath and create nourishment for all. When I walk in a mature forest in a rainstorm I can hardly feel the rain. A mature ecosystem has vertical levels of perfect function. If we were to relate this to our human culture, the mature trees would be elders, the young trees adults, and the saplings children, each thriving in the whole.



A mature ecosystem has vertical levels of perfect function. If we were to relate this to our human culture, the mature trees would be elders, the young trees adults, and the saplings children, each thriving in the whole.

By contrast, were we to replicate our society as an ecosystem, it would look more like a clear cut: hacked stumps, lots of low growth, the saplings exposed to the sun, and a scorched earth. There’s no place for elders or adults. It’s all about youth, youth, youth. Aging is a condition of being human, so why do we see aging as a failure to stay young? Our obsession with youth, with awakening and gain, is the basis for a relationship with our planet creating much doubt, grief, and fear. The need for elders, for wisdom, for shelter, nourishment, and protection exists in all of us. Elders, according to Weller, “are caretakers for the deep memory of culture: they carry stories, healing practices, rituals and are guardians of collective wisdom.”

Elderhood is different from merely being old. There are plenty of adolescents in 70-year-old bodies, still worried about their egos, their six-pack stomach, looking young, and being “it.” However, elderhood is about developing “increased depth, integrity, and character,” says Arrien. Michael Meade says, “The role of the elder is to go deep inside, awakening to and reflecting upon the story embedded in one’s soul.” Each of us is a unique combination of experience and genetics, a living slice of

historical record. Our souls are the spiritual expression of that combination, the gift of ourselves and our drop of the Mystery to the whole. Unexpressed gifts are a loss for the whole, not just the individual.



Aging is a condition of being human, so why do we see aging as a failure to stay young?

To create our future, we need to mourn and grieve our past. To harvest the wisdom of our histories, we need to step into our feelings about them. I remember calculating my ecological footprint for a permaculture class. Ecological footprint calculation measures all the resources used to support your lifestyle and reckons how much land is needed to support it. No matter my choices: multifamily living, no car, vegetarian, no airplane travel, thermostat very low—I couldn’t get my footprint below 3.4 Earths. I was using resources 3.4 times faster than the Earth could replenish them! I mourned, I felt helpless and sad—what could I do? As disheartening as this information was, it also guided me toward a deeper inquiry, and sent me gazing into the abyss of our culture’s separation from the places we live. That separation keeps dividing us, like a fissure in a scorched plain. First we separate from the Earth and her other, non-human inhabitants, then we separate by gender, then we separate based on skin color, then on religious identity, et cetera, until we stand alone, a single naked human ego.



Elderhood is different from merely being old.

Returning to the fold of our common humanity, I believe, lies in returning to community, to belonging, to sharing. With our friends. With our families, genetic or emotional. With the patch of Earth we live upon. If I can become indigenous, meaning “to be born to this place,” then I can start to bridge that which created separation. As an indigene I can see the world from the perspective of my love for this place and I can build, create, and relate from that place. We can do things differently because we are told to, or should, but we can also do them differently because we love a place, a person, *so much* that we are willing to be vulnerable and venture into the unknown. The spiritual can have material effects.



Redesigning the American lifestyle can be about loving the Earth and each other more, not less.

Redesigning the American lifestyle can be about loving the Earth and each other more, not less. If I feel my own grief and sadness around ecosystem damage and species loss, I can reap wisdom from that pain and then use that wisdom for the betterment of the whole. I have now performed alchemy, the type of transformation an elder accomplishes. Angeles Arrien writes, “The more challenging our world the more we need our elders with us to share the lessons they have learned, to lend us their problem-solving skills, and to enhance our lives by imparting their unique gifts.” The power of elderhood, the experience gained on the trail, of falling down and getting up repeatedly, the meditator that drifts off again and again and keeps coming back to the moment—it is these practices that makes us elders. We have built our container so that we can provide a safe place for others who are learning. Elders have the capacity to hold those less skilled, to be the trees taking the brunt of the rainstorm leaving only light droplets falling on the younger trees below. Elderhood beckons all of us, the question is, will you answer?

This column is my final Green Living column. I thank you, Crazy Wisdom readers and editors, for giving me the opportunity to write for our community and I wish you all the best.



Kirsten Mowrey



Weekend Getaways

Canterbury Chateau – A Dream Realized

By Petula Brown

As a frequent traveler and transplant from the East Coast, I’m often drawn to major metropolitan areas. Although renowned for impressive attractions and activities for any interest, the bustling crowds and traffic snarls in urban centers means serenity can be in short supply. Fortunately for Michiganders, a tranquil getaway doesn’t require a boarding pass, or transcontinental travel, but just a few miles drive west on US-23 to Livingston County. Brighton’s Canterbury Chateau weaves together cozy interiors and relaxing amenities, with a touch of the tropics, into an accessible escape from the daily grind. By smartly balancing Victorian charm with modern touches, this bed and breakfast provides a welcome respite. Combined with many local recreational activities available in the Brighton area, visitors can enjoy a restful weekend while exploring nearby attractions.

Fortunately for Michiganders, a tranquil getaway doesn’t require a boarding pass, or transcontinental travel, but just a few miles drive west on US-23 to Livingston County.



Appreciating the aura of Canterbury requires an understanding of its history and also it’s Innkeeper, Jan Henry. With experience as an elementary school teacher and counselor, Jan has a nurturing and supportive approach to serving Canterbury guests. During her educational career, she always fostered an interest in establishing a bed and breakfast. With her husband, Bob, Jan decided to build the property between downtown Brighton and the Brighton Recreation Area. Everything from the winding staircase to the outdoor landscaping is the realization of a vision cultivated by years of contemplation and research. As the Chateau celebrates its 18th anniversary in 2018, Jan continues to refine the property to meet and exceed guest expectations. Jan’s hands-on approach to property management is a refreshing change of pace from more corporate-driven accommodations.

Surveying the exterior from Brighton Road, Canterbury has a stately presence that distinguishes it from nearby properties. Meticulous landscaping demonstrates Jan’s attention to detail. Modern touches within Canterbury include Pandora music, electric fireplaces and Jacuzzi tubs in every room. These amenities enhance the traditional interiors. Three of the rooms (Canterbury, Chateau, and Turret) set an ethereal mood with canopy arrangements, floral accents, and greenery placement that enliven the space. In contrast, the Oak Point room, in the basement, has a man cave feel. The neutral earth tones and plaid accents, combined with access to a pool table, kitchen, and mega-screen television in the adjacent room is an ideal space for socializing or watching favorite sporting events, movies, or shows. Each room has its own television, but strategic ceiling placement means the technology doesn’t compete with the room’s ambiance. With space to accommodate eight guests comfortably, the entire Chateau could be reserved for a couples’ weekend, ladies getaway, guys’ respite, or intimate family reunion.

The neutral earth tones and plaid accents, combined with access to a pool table, kitchen, and mega-screen television in the adjacent room is an ideal space for socializing or watching favorite sporting events, movies, or shows.

However, Canterbury is much more than its impressive rooms and their amenities. Guests are greeted to a shoeless environment and provided with casual slipper gifts that become keepsakes from their stay. Midday arrivals can partake in afternoon coffee hour to socialize with Jan, meet other guests, or decompress from their



travels. Outdoor seating allows guests to admire the natural beauty that surrounds the property. A well-stocked library provides an escape from inclement weather via magazines and board games. A tropical flair comes in the form of the resident parrots, Onyx and BJ. Both spend the day perched between the living room and kitchen areas chatting away with each other and with guests. In the evenings, they silently retire in Jan’s quarters. Guests can enhance their stay with on-site massage services provided by Brighton-based Dolphin Energetics Massage. After a restful night’s sleep, a morning repast comes in the form of a five-course breakfast prepared by Jan. Described as “awesome,” “delicious,” and “scrumptious” by guests, Jan can accommodate dietary needs with advance notice and makes distinct offerings in tune with seasonal ingredients.

Though guests could spend their entire time in the Chateau, Brighton offers options for both naturalists and urbanites to explore during their visit. A walkable downtown has many unique retailers and numerous dining locales (Ciao Amici’s, Burroughs Roadhouse, and Stillwater Grill have been noted by Chateau guests). Downtown also hosts seasonal festivals, including summer food and arts celebrations, an autumn Jazz/BBQ event, and winter holiday activities. For a more rustic experience, the Brighton Recreation Area, with over 5,000 acres, provides a variety of adventures. During the warm seasons, trail lovers have horseback, hiking, and biking options while water lovers enjoy the beach, fishing, or boating - and everyone can meet at nearby camp sites for overnight stays. Prefer more frosty activities? Cross-country skiing, snowmobiling, and ice fishing await winter lovers.

While categorized as a bed and breakfast by the tourism industry, Canterbury Chateau is much more to its guests. It can be a place to renew oneself, reconnect with loved ones, or establish new relationships

With so much to offer, and its proximity to Ann Arbor, Canterbury is a popular accommodation option during holidays and Michigan football game days, but visitors from across the country, as well as many repeat guests, are a testament to the Chateau’s appeal, far beyond Michiganders. Innkeeper Jan describes the Chateau as a “quiet, relaxing space” that welcomes guests looking for a place to rest and recharge. While categorized as a bed and breakfast by the tourism industry, Canterbury Chateau is much more to its guests. It can be a place to renew oneself, reconnect with loved ones, or establish new relationships. Canterbury provides the canvas for visitors to create the experience they want. Canterbury’s guest book illustrates how guests have received their experiences. As described by one visitor, “What a delight it was spending the night here. A luxuriously comfortable treat – the perfect respite for weary travelers. My daughter and I feel relaxed and rejuvenated. Beauty in every detail – as charming and gracious as the hostess!”

Canterbury Chateau Bed and Breakfast, 5050 Kintyre Lane, Brighton, MI. 810-516-2120, canterburychateau.com.



akshara

Two day international extravaganza of some of the best artists from India and the US, each evening featuring a music, dance and theater segment.

Rasa Performance Dance, Music & Theater

Towsley Auditorium, Washtenaw
Community College, Ann Arbor

FRIDAY, OCTOBER 5 | 7-9PM

- Odissi Classical Indian Dance: Kritika Rajan, Washington, DC • Dastangoi: (13th century Urdu oral storytelling art form): Mandi Theatre Group, Chicago
- Hindustani Classical Music: Pankaj Mishra (sitar, India), Pooja Goswami Pavan (vocal, Minnesota) and Shubhojyoti Guha (tabla, India)

SATURDAY, OCTOBER 6 | 6-9PM

- Sambhuti: Akshara dance production, Ann Arbor
- East Side Stories: Sanchayita Bhattacharjee (solo theater), Kolkata, India
- Awakening, An Indian Jazz Fusion: Sumkali (Ann Arbor) with tabla maestro Pandit Samar Saha, Kolkata, India

TICKETS: General: \$30 each day, \$50 both days
Student/senior: \$20 each day, \$30 both days



RASA
FESTIVAL 2018

rasafestival.org



tickets at: a2tix.com/events/rasa-performance-day1 or a2tix.com/events/rasa-performance-day2



Music Reviews

By Sarah Newland



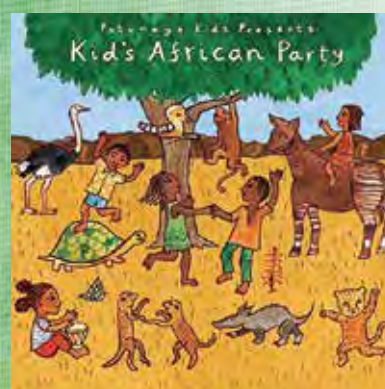
Eternal cd By Kevin Wood

A journey of spiritual transformation, Eternal combines sacred and tribal chant with classical instrumentation to create a memorable musical landscape. Featuring ten guest artists, every song transports you to beautiful and enchanting realms of peace. \$17.98



African Café cd

A relaxing collection of acoustic African songs to lift your spirits. \$13.95



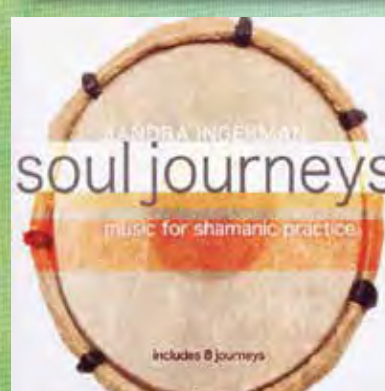
Kid's African Party cd By Putumayo World Music

Another great new cd from Putumayo. Jump up and dance to the joyous sounds of African music! \$13.95



Sat Nam! Songs from Khalsa Youth Camp By Snatam Kaur

This is a fun-filled album of songs and mantras for children of all ages, including flavors of bluegrass, jazz, blues, folk, and some special sounds every kid will love. \$17.99



Soul Journeys cd: Music for Shamanic Practice By Sandra Ingerman

In the practice of shamanic journeying, rhythm fuses with intent to carry us into the unseen worlds for wisdom, healing, and insight. This is a unique collection of musical journeys made to transport you into an expanded state of perception. In addition to drumming sessions, Ingerman recorded music specifically created to enable key journeys for self-empowerment. \$24.95

LIVING WELL WITH ILLNESS

Re-envisioning Health and Illness • Honoring Life's Experiences

Our workshops are designed to promote a culture of caring by helping people discover and express their unique experience of illness.

We welcome people with any kind of chronic illness.

Check our website for upcoming workshops at Crazy Wisdom.

www.narrativedimensions.org/livingwellwithillnessworkshop

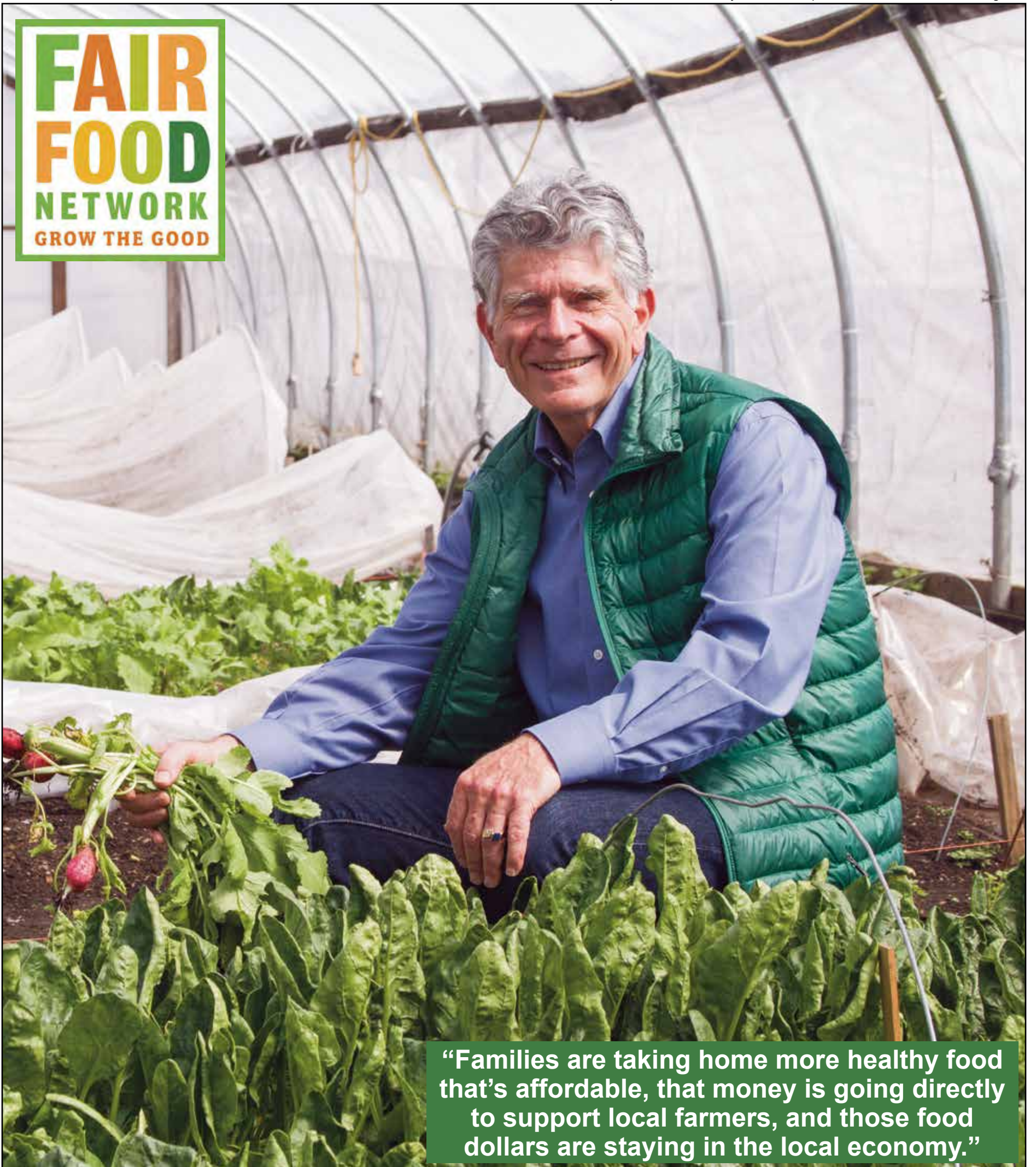
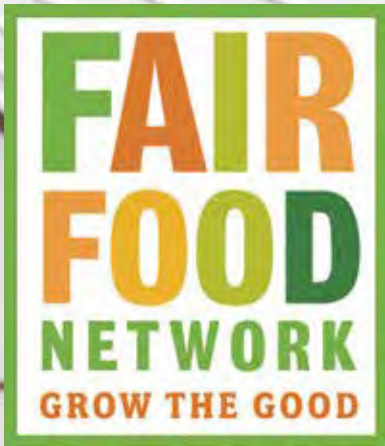
We are available to lead a workshop for your organization or group.

For information and questions email help@drjanetgreenhut.com.

Workshop Facilitators Janet Greenhut, M.D.
and Idelle Hammond-Sass, OSP facilitator

Your experience matters.

These CDs are available for purchase at Crazy Wisdom!



“Families are taking home more healthy food that’s affordable, that money is going directly to support local farmers, and those food dollars are staying in the local economy.”

By Sandor Slomovits • Photography by Susan Ayer

Dr. Oran Hesterman — Championing Healthy Food for All Through the **FAIR FOOD NETWORK**



Feature continued on page 52

Dr. Oran Hesterman — Championing Healthy Food for All Through the FAIR FOOD NETWORK

By Sandor Slomovits
Photography by Susan Ayer

Oran Hesterman is 67, but moves with the vigor and energy of a much younger man. He is trim, with a full head of salt and pepper hair, and his complexion is that of a man who has spent a lot of time outdoors. He speaks thoughtfully, choosing his words carefully. Listening to him answer questions about Fair Food Network (FFN), the organization he founded in 2009, and about which he must have conversed many times, with many people, you still have the sense that he is freshly thinking through his answers. When he talks about the mission and goals of FFN his voice becomes even more animated and passionate:

We founded Fair Food Network on a belief that vibrant local food systems can create health, economic opportunity, and environmental resilience. By making sure more people have access to more affordable food that’s grown locally, we can see improved health, especially for vulnerable kids and low-income families, we can see more farmers farming locally, protecting farmland and open space, and we can see those food dollars help create jobs and business opportunities in local communities, rather than those food dollars being extracted out of the community. Our work is around developing programs that can have tangible impact, and then having the results of those programs be able to inform changes in public policy, so that we start to create more of a groundswell toward a healthier food system, one that’s healthy for our kids, for our communities, for our environment.

It’s an impressive vision and Hesterman’s whole life, it seems, has pointed him toward it. One morning, in December of 2017, I asked him over coffee at Avalon on Liberty, to talk about how FFN came to be. He replied that he’d answer with some stories, and began with one from his childhood.

“And one day, literally, he arrived home at dinnertime with cowboy boots, cowboy hat, and a vest on and he announced to the family, ‘We’re now in the cattle ranching business.’”

Oran Hesterman: My dad was an entrepreneur and ventured in different businesses and in real estate – that kind of stuff – in Northern California when I was a kid. And one day, literally, he arrived home at dinnertime with cowboy boots, cowboy hat, and a vest on and he announced to the family, “We’re now in the cattle ranching business.” (Laughter.) We said, “What?” He said, “Yeah, I traded an apartment building in Oakland for a big cattle ranch in Mendocino County.”

Sandor Slomovits: And your mom said... (Laughter.)

Oran Hesterman: So, for about the next five or six years, every day that we were not in school in Berkeley, we were at the ranch.

Sandor Slomovits: How old were you then?

Oran Hesterman: I was about nine years old. The following year, dad gave my older sister, my older brother, and me each a quarter horse because he had traded another piece of property for a whole string of registered quarter horses, beautiful horses. He brought them up to the ranch and I was given a year-and-a-half old beautiful quarter horse gelding that had never been ridden. The work hands at the ranch taught me how to break that horse, ride him, and train him to be a cow pony. I was a little cowboy.

“...later in life, all of my research was around alfalfa. I really got to know that plant well. My earliest memories of alfalfa were: I’m twelve years old and the smell of the alfalfa with the dew on it in early morning as I’m baling hay with the foreman.”

Sandor: So, this was when you were ten, eleven?

Oran: Yeah, my early teen years, I was riding horses, learning how to irrigate pastures, repair fences, brand and castrate calves...really fell in love with the lifestyle, and the place, and being outdoors, and that kind of work. And I can still remember sitting on the fender of the tractor with the foreman of the ranch, really early in the morning, while he was baling alfalfa hay. And I say this because, later in life, all of my research was around alfalfa. I really got to know that plant well. My earliest memories of alfalfa were: I’m twelve years old and the smell of the alfalfa with the dew on it in early morning as I’m baling hay with the foreman.

Sandor: The farming bug bit you early. Then what happened?



“We founded Fair Food Network on a belief that vibrant local food systems can create health, economic opportunity, and environmental resilience.”

— Oran Hesterman, Fair Food Network Founder

Oran: Well, I started college in 1970 at University of California Santa Cruz. And, to be honest with you, I was not that interested in being in college in those days. But, I had a student deferment and a low lottery number, so it made sense for me to stay in school. Nineteen-seventy was the last entering freshman class to get a student deferment. So, I was looking around to see what I could do. Fortunately, UC Santa Cruz was this experimental school of the UC system and every class you took was five credits. One of the classes that I was able to take was a class to go and explore working on the brand-new student organic farm. I only learned later that it was actually the first student organic farm in the country. I was just really magnetized to that place. Couldn’t stay away. The same kind of magnetism that took me to the fender of that tractor on early mornings at age twelve. Being outside with the plants and the miracle of these plants growing, and then to realize that what we were growing was the most beautiful food you can imagine. We were all feeding ourselves with that. It actually evolved into a group of about twenty of us, some students, some not students, who were living in tepees on that land, working that farm, and developing it into something that is now an apprentice program for organic farming – probably one of the premier programs in the world. But back in those days it was a hippie commune of twenty of us living on University property in tepees, farming.

There were two really big learnings that came to me during the time that I was really farming all day long in that huge garden. One was that we had to figure out how we were going to feed ourselves differently. Even back in 1970, it was apparent to me that the larger food system was not one that was going to be sustainable in the future. And the second thing I learned was that it was possible to do it. Because we were doing it differently. Not that everybody would do it this way, but there were possibilities for a different kind of a food system than what I had grown up with. And I knew that’s what my life was going to be about. I discovered my purpose at a young age. This is what I was going to do, one way or another.

But there was something else that also influenced Hesterman’s path when he was in college in the ‘70s that led to the work he has been doing ever since. To describe what that was, Hesterman tells another story.

“Being outside with the plants and the miracle of these plants growing, and then to realize that what we were growing was the most beautiful food you can imagine. We were all feeding ourselves with that.”

Oran: About seven or eight years ago now, on a Friday evening, I was sitting with two men and, I have to say, blessed be the memory of both those men because it was the last time I saw them. They both died within the next year. One was Sander Fine, the father of a good friend who is a rabbi up in northern Michigan, and the other was Jim Concannon, a Native American man. We were all up there in northern Michigan as part of a Jewish Renewal weekend retreat. On the way up to this retreat I was riding with Sander, and he asked me a question that I’ve often been asked, “What is a nice Jewish boy from Berkeley doing being an agronomist, a food systems guy?” So, I told him the story about the ranch [and college experience], but I also told him another story.

At dinner that night Fine introduced Hesterman to Concannon and then asked Hesterman to again tell the story of his childhood and his experiences in college. When he was finished, Concannon said to him, “What else were you doing?”

Oran: I said, “I was literally farming from sunup to sundown.” Concannon said again, “What else were you doing?” I told him, “Well, the only other thing, my girlfriend at the time had introduced me to zazen meditation. So, every morning we would sit in the tepee as dawn was coming and then we’d go work. And then on Tuesday evenings we’d walk down into town, into Santa Cruz, and sit at the zendo with a teacher, Koben Chino, who had come over from Los Altos. And Concannon said, “Well that explains it!” And I said, “Explains what?” He said, “What you were just describing was similar in my Native culture to what we call a *vision quest*. But you were very fortunate because it rarely happens to a man as young as you were in our culture.” He said, “What I think happened was you were quieting your mind just enough through the meditation, through the sitting, to hear the messages that were there for you.”

So, all of that is a long way of answering the question, “What is a good Jewish boy doing going into agriculture and food?” On some level it’s in my blood, and on some level it’s why I was put here in this life. The earth and our communities need a lot of healing, and the most powerful relationship we have with the earth is through food. It’s how she nurtures us. It’s how she provides life. Everything we do is based on the natural processes that the earth gives us, through the soil, and the plants give us through photosynthesis. There’s nothing more basic. I just can’t think of any way that would be more important for me to spend my life’s energy, or whatever talent and skills I’ve been given, than helping us figure out how our grandchildren and their grandchildren are going to feed themselves, the way we have been so privileged to feed ourselves in our lifetime.

“So, all of that is a long way of answering the question, ‘What is a good Jewish boy doing going into agriculture and food?’ On some level it’s in my blood, and on some level it’s why I was put here in this life. The earth and our communities need a lot of healing, and the most powerful relationship we have with the earth is through food. It’s how she nurtures us. It’s how she provides life.”

— Oran Hesterman



Oran with his wife, Lucinda Kurtz

Sandor: Do you still meditate?

Oran: Yeah, I do. It’s been a lifelong practice.

Sandor: Talk a little, if you would, about meditation and Judaism. Certainly, there is no conflict, but on the other hand the Judaism in which I grew up never mentioned meditation.

Oran: And the Judaism that I grew up in, in a Reform Jewish synagogue in Berkeley, there was no mention of meditation, there was no practice. Today, my wife Lucinda and I are very involved with Jewish Renewal, and the Jewish Renewal congregation, Pardes Channah, here in Ann Arbor. We have really discovered the deep Jewish roots in meditation and mystical practice, and I find that it’s completely consistent with everything I learned from zazen meditation. When I first learned zazen, after sitting you chant. It was Japanese chants that I learned from my Japanese teacher. Now when I sit, I have Hebrew chants I can do afterwards, Hebrew chants of gratitude and morning blessings.

Sandor: Is your wife also involved with FFN?

“We have really discovered the deep Jewish roots in meditation and mystical practice, and I find that it’s completely consistent with everything I learned from zazen meditation. When I first learned zazen, after sitting you chant. It was Japanese chants that I learned from my Japanese teacher. Now when I sit, I have Hebrew chants I can do afterwards, Hebrew chants of gratitude and morning blessings.”

Oran: Indeed, Lucinda was quite involved and engaged with Fair Food Network in the early days. Her roles were primarily around communications and outreach in the days before we had a full-time communications director or department. She was especially engaged with the many events that corresponded to the release of my book, *Fair Food: Growing a Healthy Sustainable Food System for All*, in 2011 and 2012. She helped to organize book events in over 30 cities, took on the task of learning and using social media to let people know about the book and events, and connected with folks in the food movement from around the country to build interest and support.

Sandor: What made you decide to write the book?

Oran: In the decade or fifteen years leading up to me writing the book, there was a lot being written and published, movies were made, about the challenges and problems with the food system. Whether you think about Michael Pollan’s book, *The Omnivore’s Dilemma*, Robert Kenner’s documentary, *Food Inc.*, or Eric Schlosser’s book, *Fast Food Nation*, a lot of very good writers and movie-makers were detailing what the problems and challenges were, with very little information on solutions. And I had been spending a good part of my career on working with what I call “solutionaries,” creating solutions to these issues. I felt there needed to be information out in the world, more than what I could just share one-on-one, or even in presentations, that really gave people hope that there were actually ways to solve this, and that it’s not just theoretical. The reason we know it’s possible to solve it is because we see people creating solutions out there that are working. So, I decided that we needed a book like this and I was encouraged by some very close friends and colleagues to consider writing it.

Sandor: It is being used as a “required reading” textbook in more than 25 colleges and universities across the country. Who did you hope would read it?

Oran: There are three really important audiences that I wanted to expose to this thinking. One was – and *is* – younger people who have an interest in exploring the field of food systems and sustainability as possible areas for their career and their work in their lives. I have met over twenty young people along the way [since then] who have said to me, “Dr. Hesterman, reading your book changed my life. It shifted my perspective and I now see that working in food systems change is what I’m going to be doing in my career.” When I hear that, then I know that all the work that went into publishing this book was worth it.

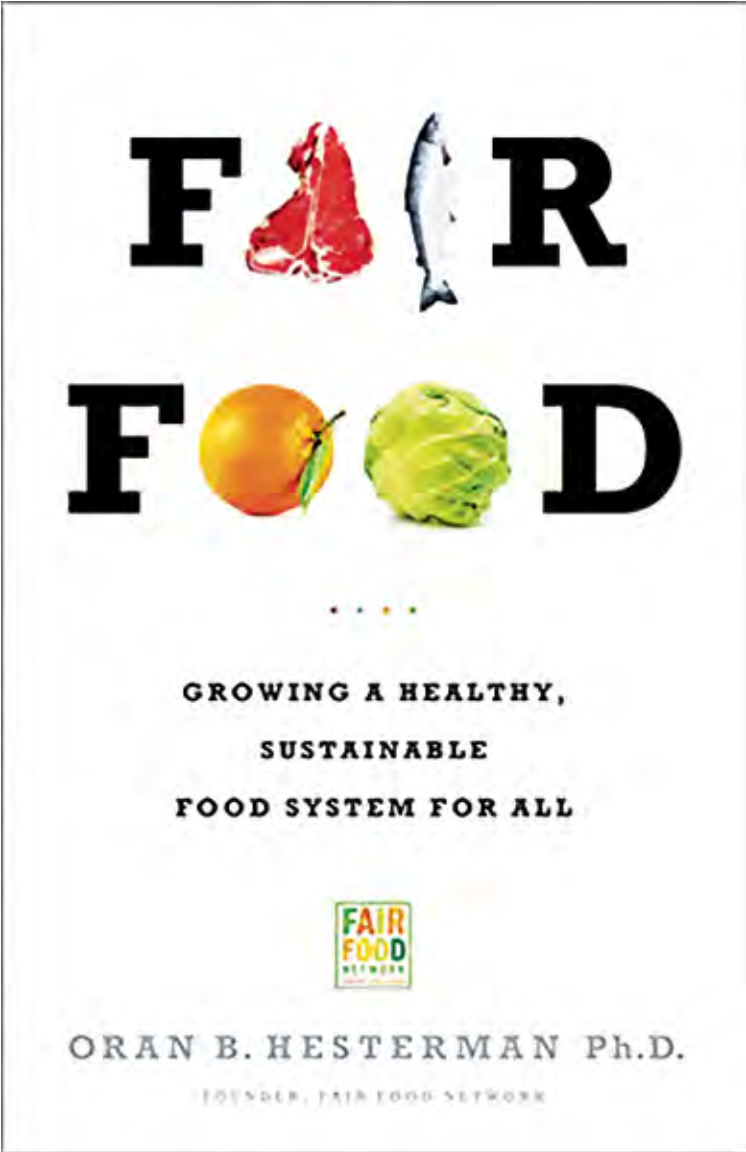
Sandor: That must feel great!

Oran: Yeah.

The second audience is those who are in positions of creating public policy in the area of food systems, to help them see what potential there is for changes in policy. And that has generally worked well. My book, and my work, and my thinking gets referred to enough by those who are in those kinds of positions that I am very pleased about that.

The third big audience was the world of philanthropy. I believed when I wrote the book, and I still believe, that work to change the food system toward more sustainability and equity is an absolutely critical endeavor that we are not paying enough attention to. Philanthropy has very well-defined sectors in health, and in education, and in youth development, which are all important. And, we need a better defined, larger pool of philanthropic resources going into food systems change. So, part of the target of my book was folks in philanthropy, to help them see what the possibilities are of supporting this important work for the future.

Dr. Oran Hesterman — FAIR FOOD NETWORK



“I have met over twenty young people along the way [since then] who have said to me, ‘Dr. Hesterman, reading your book changed my life. It shifted my perspective and I now see that working in food systems change is what I’m going to be doing in my career.’ When I hear that, then I know that all the work that went into publishing this book was worth it.”

Continued from page 53

“Philanthropy has very well-defined sectors in health, and in education, and in youth development, which are all important. And, we need a better defined, larger pool of philanthropic resources going into food systems change. So, part of the target of my book was folks in philanthropy, to help them see what the possibilities are of supporting this important work for the future.”

Sandor: Do you see yourself writing a follow-up?

Oran: It certainly has been on my mind. In fact, when I’m in New York in the coming couple of months, I have a meeting set with my book agent to talk with him about this. I’m sort of waiting for the right level of inspiration because I know how big of a project it is.

Sandor: So, what brought you, a California boy, to Michigan? It seems it’s usually the other way around.

Oran: I think Michigan is a fabulously beautiful state and, for somebody like me, interested in food and agriculture, it’s been a fabulous place to spend my career. And a great place to raise a family. Specifically, when I was finishing my doctorate at University of Minnesota, I went there from California because I knew that if I was serious about spending my career and my life’s energy in helping us figure out how we’re going to create a food system that’s going to be healthy for ourselves and for our planet, I had to branch out my understanding of agriculture systems from California. Because California has such a unique climate and such unique food systems, I knew that I needed to come to the Midwest and really learn about agriculture on the Great Plains and on the Upper Midwest; because it’s really different in California. So, when I was finished with my doctorate in Agronomy and Plant Genetics at Minnesota, there was a faculty position open at Michigan State University that was exactly along the lines of what I was interested in.

Sandor: When was this?

Oran: In 1984. I was really interested in sustainable agriculture approaches that could help farmers use fewer external chemicals and rely more on biological processes, crop rotation, information systems, different ways to create more environmentally and economically sound systems that relied less on purchased, outside inputs. And at that time Michigan State was ready to have somebody on the faculty that wanted to explore that, through research, through graduate student training, and through extension work. It was a great place to come. I had a great early career at Michigan State, got to know the state really well in my extension work, traveled to every corner of the state working with farmers and learned very quickly that while Michigan is part of Midwestern Ag, it also has the second most diverse agricultural system outside of California. We have greater diversity of crops that we grow in this state than any other state in the country besides California.

Sandor: I didn’t know that. I have a feeling that most Michiganders don’t know that either. So, you were teaching at MSU. What was next?

“We have greater diversity of crops that we grow in this state than any other state in the country besides California.”
— Oran Hesterman

Oran: From MSU, I had the opportunity to start doing some work for the Kellogg Foundation through a leadership fellowship that I had been given. (*The W.K. Kellogg Foundation was founded in 1930 by breakfast cereal pioneer, Will Keith Kellogg. It strives to support organizations and communities in creating conditions that allow vulnerable children to realize their full potential.*) So, from 1987 to 1990, part of my time was spent away from the University on a Kellogg Fellowship. When I came back from that Fellowship, full-time back on the faculty, I really had some different ideas about how my work and career could be focused on this issue that I’m so passionate about. And that I wanted to think about how to combine the science, which I had really given myself a great background in, with work on leadership and policy change. And through that I was able to do a sabbatical at the Kellogg Foundation in ’91. I spent a year at the Foundation. Following that sabbatical, I stayed in touch with the Foundation, and by 1996, with new leadership at the Kellogg Foundation, I was asked if I would leave the University and come work full-time at the Foundation to help develop and lead their Sustainable Agriculture program, which I had started developing during my sabbatical year there.

Sandor: And that’s what led eventually to Fair Food?

Oran: There’s a whole story there too. The Kellogg Foundation was also a place where I learned much more about the social justice aspect [of food] and got to be much more engaged in food justice, along with food systems sustainability. In 2007, I met some folks with ties to Ann Arbor who asked me if I would consider leaving Kellogg Foundation to start a brand new foundation. So, beginning in 2008, I left Kellogg Foundation to help start the Fair Food Foundation here in Ann Arbor and spent most of 2008 developing that project, hiring staff, and building out office space, and putting the systems together to be a major grant-making foundation. This would be a foundation that would have a sole focus on food systems sustainability and equity. It would have been the largest foundation in the country, maybe the only foundation in the country, with a sole focus in those areas. It was kind of a natural professional step for me to take, and something that the field desperately needs. Well, unfortunately, toward the end of that year, 2008, I learned one evening that the donors that had helped start this new foundation had lost their ability to keep it funded because their money was invested with Bernie Madoff.

Sandor: Wow!

Oran: So, that project evaporated.

Sandor: The far-flung, unforeseen consequences...

Oran: Yeah. When the Fair Food Foundation basically evaporated overnight, I was faced with the question, what’s next? And I realized that the only important question I needed to ask myself was, “So what’s the universe asking me to do next?” And I started sitting, to quiet my mind, like I had learned. And what came was, “All Madoff got was the money! That’s all!” He didn’t get the passion, he didn’t get the creativity, he certainly didn’t get the need for the work. All he got was the money. So, all it would take would be to figure out how to raise the money to keep the work going. So, by January of 2009 I incorporated FFN as a new 501(c)(3) public charity in the State of Michigan, and I started writing my book, *Fair Food: Growing a Healthy, Sustainable System for All*. And we launched FFN in 2009, having really no idea if it was going to work or not. I had no idea whether by the end of that year I would be in another job at a University or at another Foundation, whether I would still be in Michigan or somewhere else. I really didn’t know if this would work. And, something I have learned along the way is that if you don’t try, you’re certain to fail.

Sandor: What was it that Wayne Gretzky said? “You miss 100% of the shots you don’t take.”

“And I started sitting, to quiet my mind, like I had learned. And what came was, ‘All Madoff got was the money! That’s all!’ He didn’t get the passion, he didn’t get the creativity, he certainly didn’t get the need for the work.”

Oran: Yeah, yeah! I either step into a leadership role that I see is being offered... nobody else is offering it to me; the universe is saying, “All right, here is the moment! You either step forward and create the platform for your leadership, or you go somewhere else and find a job where you’re fitting into somebody else’s priorities.” I had done that before and I knew how to do that, but I figured, let me try. So that’s Fair Food Network’s creation story, and here we are almost 10 years later, with a growing team of nearly 30, headquarters in Ann Arbor, and additional offices in Detroit, Boston, Kansas City, and Washington, DC. And programs across the country having impact on public policy in important ways, having real, tangible impact with farmers and low-income families, and really playing a part to demonstrate how local food economies can be more resilient and can create resiliency for communities—and having fun doing it!

Sandor: So how does FFN go about doing all that?

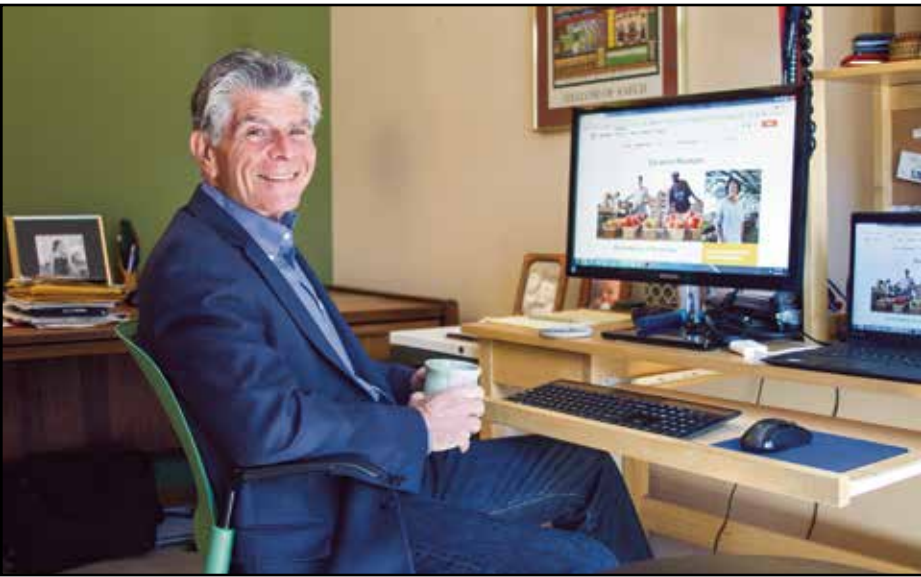
Oran: One of our core programs is called *Double Up Food Bucks*, and we call it a *win-win-win*. We really believe at FFN that the way change is going to happen in our food system, and I really believe in many other cases, is to find solutions that create multiple wins at the same time; that by trying to solve single problems, we are not going to be able to address the complexity of issues that are facing us. Double Up Food Bucks has a very simple approach. Anybody who is participating in the SNAP program, what used to be called Food Stamps, can go to a participating location, and there are about 250 of those places in Michigan now – grocery stores, farmers’ markets, farm stands – and for every dollar of their SNAP money that they spend on locally grown fruits and vegetables, they get an additional dollar to spend on more locally grown produce. Families are taking home more healthy food that’s affordable, that money is going directly to support local farmers, and those food dollars are staying in the local economy.

“We really believe at FFN that the way change is going to happen in our food system, and I really believe in many other cases, is to find solutions that create multiple wins at the same time; that by trying to solve single problems, we are not going to be able to address the complexity of issues that are facing us.”

Sandor: Where does your funding come from?

Oran: Our funding comes from a combination of sources. Philanthropic support has been a foundation of our work whether through community foundations, individual or family foundations, or corporate philanthropy. We also have individual donors who are inspired by our mission and want to partner in this work.

The past few years have also brought on federal funding. With our work in incentives, we worked closely with Senator Stabenow and her staff to share Double Up’s impact on Michigan families and farmers. Other legislators were hearing similar stories from their constituencies. The 2014 reauthorization of the Farm Bill – a huge piece of legislation that sets the *blueprint* of our food and farm system including all the rules, regulations, and resources that flow from the federal government – included a new provision called Food Insecurity Nutrition Incentive or FINI program. FINI set aside a hundred million dollars of federal money to be matched with local resources to support programs like Double Up in communities nationwide. This has energized the field - scaling established programs, spurring innovations, and seeding new efforts so that today SNAP incentives are active in every state in the country. While a bi-partisan effort, this incredible progress would not have been possible without the steadfast leadership and support of Senator Stabenow.



“Governor Snyder saw this program in place very early on at farmers’ markets and if you, in fact, look at the dashboard for community wellness that Governor Snyder put together in the second or third year of his first administration, one of the metrics on the dashboard is SNAP sales at farmers’ markets. He gets it and his administration gets it, that if we can encourage more low-income families to spend their SNAP dollars on healthy food and support local farmers, it’s a win-win for everybody.”

Continued on page 56

ann arbor
center for
mindfulness



Cultivating Mindfulness for Health and Well Being

Offering classes in mindfulness-based interventions, drop-in meditation sessions, retreats, presentations, workshops by nationally known teachers and researchers, and support to teachers of mindfulness-based interventions.

Upcoming events:

Trish Magyari Workshop and Retreat on Trauma-Informed Mindfulness, Oct. 20 & 21.

Fall Classes now enrolling:

- Mindfulness-Based Stress Reduction
- Mindful Self-Compassion
- Mindfulness-Based Dementia Care
- Mindful Yoga for Stress Reduction
- Applied Mindfulness Mini-Courses.

For more information or to register, go to our website: www.aacfm.org



Enlightened Soul Center

for the holistic and intuitive arts

- ⌘ Mediums, Psychics, & Energy Work
- ⌘ Healing Nights & Sound Healing Concerts
- ⌘ Intuition, Yoga, & Astrology Classes
- ⌘ Workshops & Groups – RENT OUR ROOMS!
- ⌘ Crystal Stones & Products
- ⌘ Metaphysical Book Club
- ⌘ Shamanic Rituals
- ⌘ 2nd Saturday Psychic Parties

EnlightenedSoulCenter.com
3820 Packard Road, Suite #280, Ann Arbor
Just west of Carpenter Road

Ann Arbor School of Massage, Herbal & Natural Medicine

www.naturopathicschoolofannarbor.net

Dr. Oran Hesterman — FAIR FOOD NETWORK



Photo from Fair Food Network

Double Up Food Bucks started in 2009 at five farmers markets in Detroit. It has since grown to a statewide program in more than 250 sites across Michigan including 94 grocery stores and more than 160 farmers markets and farm stands. Since 2009, Double Up has helped put 9 million pounds of healthy food on the tables of Michigan families. It has also contributed \$14.6 million in combined SNAP and Double Up sales – dollars directly benefit Michigan farmers and area businesses.

Continued from page 55

Sandor: Is it accurate to say that your influence through Senator Stabenow got that into the bill?

Oran: It’s more about the tangible and positive results Double Up was generating for low-income families and American farmers that helped propel the policy.

In addition to federal support, the state of Michigan has also been an important champion. Early on, Governor Snyder included SNAP sales at farmers markets as a key metric on his community wellness dashboard. They understood that if we can encourage more low-income families to spend their SNAP dollars on healthy food and support local farmers, it’s a win-win for everybody. State support has helped scale Double Up to better serve more Michigan families and farmers.

Sandor: How do you get visibility of the Double Up Bucks program out to people who need it, specifically people who rely on SNAP?

Oran: In a variety of ways. In communities where we’ve got the program, at times we’ve done billboards, bus signs, working with the state SNAP agency. We’ve done direct mail to families and we’ve increasingly done social media work, where we’re letting people know about this through Facebook, et cetera. And then we have some very high touch, on the ground systems – signage – where people learn about the program in stores. And we have volunteer ambassadors who can meet customers in stores and tell them about the program and show them how it works. In some communities, we’ve had volunteers and staff holding workshops. So, every way we can imagine, and that we have resources – *we do it* – to let people know about the program.

I asked Hesterman how much Double Up Food Bucks has grown over the years. He referred me to a member of his staff, Holly Parker, Fair Food Network’s Senior Program Director. She emailed me the answer:

Double Up Food Bucks started in 2009 at five farmers markets in Detroit. It has since grown to a statewide program in more than 250 sites across Michigan including 94 grocery stores and more than 160 farmers markets and farm stands. Since 2009, Double Up has helped put 9 million pounds of healthy food on the tables of Michigan families. It has also contributed \$14.6 million in combined SNAP and Double Up sales – dollars directly benefit Michigan farmers and area businesses.

In the past few years, Double Up has also become a national model for SNAP incentives active in 26 states and counting. In 2017 alone, combined SNAP and Double Up sales of healthy food totaled more than \$8.2 million.

“Nine or ten years ago I probably could not imagine that we would have come this far this fast. And, at the same time, I am an impatient person and I understand how much change still needs to happen.”

Sandor: That’s amazing growth, and a great accomplishment. How do you feel about where things stand now?

Oran: I am extremely proud of the work that Fair Food Network has done, the talented staff that we’ve been able to put together, and the impact that they are having in communities and in policy change. Nine or ten years ago I probably could not imagine that we would have come this far this fast. And, at the same time, I am an impatient person and I understand how much change still needs to happen. So, if you ask me, “Am I satisfied?” No, there’s so much more work to be done that we have to keep at it.

Sandor: What else does FFN do?

Oran: We have a growing arena of work that I am very excited about, and that is supporting good food entrepreneurs. We provide financing and business assistance to entrepreneurs who are building businesses that are transforming our food system from farm to fork – whether increasing healthy food access, supporting local farmers by purchasing what they grow, or using food enterprises to spark economic opportunity in communities that need it most.

Sandor: I read about this on your website and saw that that work is mostly focused in the Northeast.

Oran: This work started in the Northeastern United States through our Fair Food Fund but is growing in Michigan in partnership with the Michigan Good Food Fund, and I hope will continue expanding to more places in the coming years.

In Michigan, we’ve been able to offer multiple business boot camps taking a deep dive in communities including Flint and Battle Creek. We’re now hatching a similar event in Grand Rapids plus a seminar that will bring together specialty food businesses from across the state.

It’s really about offering all people a deeper opportunity for self-determination through food. Everyone eats and is spending money on food every day. So, there is an active food economy in every community. You don’t have to develop it. The opportunity in front of us is to find creative ways to capture that food economy in ways that ignite local economic activity, create jobs, keep our farmers farming, and ensure that health outcomes are not defined by ZIP code or the color of your skin.

“It’s really about offering folks a deeper opportunity for self-determination in their lives. I can’t think of any better sector in which to encourage people to create that self-determination than in the food sector. Everywhere people live there’s an active food economy.”
— Oran Hesterman

Sandor: And, of course, communities like Flint and Detroit can really use the help now.

Oran: Absolutely.

Sandor: How and when did the social justice element enter your work?

Oran: One of the places where the social justice piece came in is when I was 36, in 1988. I was on the faculty at Michigan State. I was in the hospital with a very severe flare-up of ulcerative colitis, which is a disease that I’d been managing since I was diagnosed at age 25. I had been going with the Western medical prescription of how to manage this disease for about 11 years. But at age 36 it was hitting me: the meds weren’t doing anything, my system was not able to even absorb water, I was getting dehydrated, I was in really bad shape and the doc put me in the hospital. I had IVs in my arms, pumping me full of prednisone and the doctor comes in and says, “Well, you know if this inflammation doesn’t cool down by the end of the week, our only option is surgery to remove your colon.” About two days later, I haven’t eaten anything, all I’m getting is the fluids through the IV, the doc comes in and says, “Before we make a decision about whether to do the surgery, we need you to eat something to see how your colon responds.” So, in comes dinner on a tray. It’s roast beef, a pile of mashed potatoes, and some... (Makes a face.)

“I politely asked the attendant to take the food back, and I picked up the phone and called a friend of mine and I said to her, ‘I need you to save my life this week. Would you please make me some brown rice, tofu, and steamed greens and bring them to me in the hospital?’ And she did, and that’s what I ate.

Sandor: I’ve had the pleasure.

Oran: So, you know what I’m talking about – some big piece of white flour cake with frosting. I politely asked the attendant to take the food back, and I picked up the phone and called a friend of mine and I said to her, “I need you to save my life this week. Would you please make me some brown rice, tofu, and steamed greens and bring them to me in the hospital?” And she did, and that’s what I ate. And, fortunately, I got better, did not need the surgery, and I’ve been symptom-free for a very long time, all without any meds at all. So, I have learned how to manage this disease in a much different way.

But during that week, lying in the hospital I actually thought how fortunate I was that I knew what I needed to get my body healthy. I knew what food I needed to be my medicine, and I had access to it, and I thought about all the people who don’t, who

either don't have the knowledge, or if they do they simply don't have the access. And I think that had a powerful impact on me in terms of steering my career into a direction that is both about what we need to do in relationship to the earth and what we need to do in relationship to each other, and our communities. Because all of us need to have access to the food we need to lead a healthy life, not just those of us who are privileged enough to have the money and be surrounded, like we are in Ann Arbor, with basically any choice for healthy food we want any time of the day. Not everybody has that.

“About 80 percent of all federal spending on food and agriculture is in food assistance, in SNAP. And it's right now 75 billion dollars a year. So, our dream at FFN, our vision, is if a small but significant percentage, imagine if one percent—even one percent— of SNAP dollars were intentionally spent on healthier eating and supporting local farmers. That's 750 million dollars a year that starts to flow into local food economies through the mouths and bellies of low-income kids. It starts to change the landscape of what our food system looks like.”

Sandor: What would you say is the challenge now? What's working and what's not working at FFN the way you envisioned when you started?

Oran: One of the places where we have really taken a leadership role in this SNAP incentive world in Michigan has been with helping to develop technology for transaction processing. You've got to have a way that SNAP customers can easily and conveniently transact business to earn their Double Up Food Bucks when they purchase fresh produce and then spend them on their next visit to the store or at the farmers' market. Initially, we were using physical tokens and still, some places, use those or cash purchase-generated coupons. And we know that the more we can move to, what we're calling, *E-incentives*, the easier it's going to be for customers to use it, the easier it's going to be for cashiers, for farmers' market vendors. So, that's the challenge we've taken on, and we're working with some technology companies to do that.

We're now also at a point where it's going to be important for us to continue developing and expanding the funding streams for this, both from the federal level and the state level, and from philanthropists. We have a system now where we can match locally raised money with money from state and federal governments, so it's a true public-private partnership to support this work. As the program grows, it's going to be important to both keep that partnership in place and deepen and expand it with more resources.

Sandor: What is the most important thing that you do now at FFN and how has that changed in the last nine years? As a founder, I'm guessing you had a very different role when you began than you do now.

Oran: I spend a lot of my time now in the areas of fundraising and policy work. In the beginning, it was like any startup.

Sandor: You did it all.

Oran: If the trash had to be taken out, you do it. If you had to figure out what printer do we need, I'm there helping to make the decision. I was going around a lot, meeting with folks at farmers' markets and store owners. We now have very capable staff doing a lot of those things and it's enabling me to focus more of my time on the areas of expansion, of how we actually take this idea that's proven to be a good idea—we have good results, we know it works—how do you take a program that we know is working well in certain communities, and actually really scale it. And the reason scaling is both important and possible...we're doing Double Up Food Bucks because, yes, it has impact on the three areas we care about: low-income families, local farmers, and local food economies. And the SNAP program is by far, the largest single flow of federal funds into the food and agriculture system. About 80 percent of all federal spending on food and agriculture is in food assistance, in SNAP. And it's right now 75 billion dollars a year. So, our dream at FFN, our vision, is if a small but significant percentage, imagine if one percent—even one percent— of SNAP dollars were intentionally spent on healthier eating and supporting local farmers. That's 750 million dollars a year that starts to flow into local food economies through the mouths and bellies of low-income kids. It starts to change the landscape of what our food system looks like. So, it goes right back to my days on the farm when I'm 19 years old, thinking about how we're going to create a system in the future that's going to be healthy for our kids, healthy for farmers, healthy for our planet. Well, this is one way, actually, to use the system to change the system.

I talked with Oran again in late February, soon after the federal government proposed some possible changes to the SNAP program, including replacing some current benefits every month with a "USDA Foods Package:" a box of non-perishable food items. I asked Oran about his thoughts on the proposed changes.

Oran: All of these kinds of proposals, they come and they go. By the time this article is published, we don't even know, this one particular idea of America's Harvest Box may have already gone by the wayside.

Sandor: I hope so.

Oran: Here's what I know....What I know is that whatever the future of food assistance looks like, I believe we have demonstrated with our work at FFN – as have others around the country – that providing incentives to make healthy, locally grown fruits and vegetables more affordable for low income families works in terms of the purchase and consumption of healthier food, and in terms of supporting local farmers. We know it works! So, my inclination is to stick with and expand things that we've demonstrated with evidence, that work well.

Continued on page 58



Dr. Oran Hesterman —

FAIR FOOD NETWORK



“I really enjoy creating functional forms out of clay that can be used for food. It’s also a way that this agronomist can, in essence, keep his hands *in the earth*.”
— Oran Hesterman

Continued from page 57

Sandor: What are you hoping for in the future for FFN?

Oran: We have some pretty specific visions and objectives for the organization over the next five years, both in terms of organizational growth, stability, and sustainability, and also in terms of the kind of impact we’re intending to have with our programs. We see the work, so far, with the Double Up Food Bucks program as really just the start of demonstrating how we can effectively utilize our food assistance dollars in ways that are healthier for people and healthier for the community. We’re hoping that we can help move that from demonstration to much larger scale programming across the country in the next five years, and that way reaching millions of people, and thousands of farms and thousands of communities.

And in our work supporting good food entrepreneurs, our intention is to expand the scale of our investment work in the Northeast and also bring that to additional locations. So, again, to be able to support dozens of early stage food companies that are making sure that healthier food is being made available to those who need it while supporting local farmers, and protecting the environment.

Sandor: Please tell us about your wife and family? How many kids and grandchildren do you have? Where do they live? What do they do?

Oran: My wife, Lucinda, an Energy Healer in Ann Arbor, and I have three children and five grandchildren. Our daughter Sarah is a film and video producer in Brooklyn. She is married to Tim Kemp, who is Senior Manager, Culinary Research, Development and Innovation at Blue Apron, a meal kit company headquartered in New York. They have two children, Clementine (age 4) and Sebastian (age 2). Our middle son, Matt and his partner Paulina live in the Boston area with their new baby boy. Matt is a Senior Cloud Systems Engineer at VMware, and Paulina is a Director of Energy Research, with IHS Markit. Our youngest son, Bryce, and his wife, Clare, live in Portland, Oregon with their two sons, Finn (age 3) and Theo (age 1). Clare is a Pilates instructor and Bryce works for a recycling consulting company, Resource Recycling Systems, RRS, which is headquartered here in Ann Arbor.

Sandor: And how have they been impacted by your deep commitment to your work, and to your abiding passion for sustainable and healthy food and food systems?

Oran: Lucinda’s brother, Ari Kurtz, owns and operates Lindentree Farm in Lincoln, Massachusetts, one of the oldest organic CSA’s in the country. This farm, within walking distance of Walden Pond, has been one of our favorite vacation spots where we help harvest vegetables, berries, and flowers at the height of the season, and it has given our children the experience of a working farm early in their lives. Sarah has created an award-winning video, “Seeds of Hope” on solutions to hunger and food insecurity, as well as creating additional film projects focused on food systems and agriculture sustainability through her own production company, Phase 4 Media (www.phasefourmedia.com). Her husband, Tim, as a chef and Manager of Culinary Research for Blue Apron, has the responsibility and commitment to healthy cooking and eating and sourcing from sustainable farms and businesses.

Bryce’s commitment manifested during his higher education where he earned a Master’s degree in sustainable development from Wageningen University in the Netherlands. For nine years he owned and operated NextCut, a recycling company in the Northeast before moving to Portland where he now is a consultant helping companies and organizations explore recycling solutions. Paulina’s professional focus is on sustainability in international energy production. Though Matt is in the technology field, his comments reflect the sentiments of all of our children. He says, “(Oran’s) work made me keenly aware of the importance of sustainable food systems to the U.S. well before it was in the mainstream consciousness and press. It gave me an understanding of the importance of providing locally-sourced natural foods to the urban populations within this country and the benefits that it would bring. It helps me to think about food and nutrition beyond the individual dietary choices we all make, and think more broadly about how we can improve the opportunities and access to food for all citizens.”

All of our children, who are now parents, are focused on healthy eating and procuring food from local sources as much as possible. Our family gatherings, of course, center around food just harvested from our own garden and purchased from local farmers at farmer’s markets and meals collectively created and savored by all.

Sandor: You still garden?

Oran: Yes.

Sandor: And you’re a potter, also?

Oran: Yes, I’m still an active potter.

Sandor: When did you start?

Oran: When I was sixteen years old, in high school. My last semester of high school, I took a ceramics class and found that somehow my body knew how to center clay on the wheel. If you can center clay on the wheel, then you can actually make pots. I really enjoy creating functional forms out of clay that can be used for food. It’s also a way that this agronomist can, in essence, keep his hands *in the earth*. It’s not exactly in the garden but it’s with clay, it’s with the earth. I get so much joy out of creating these bowls. Many times, on Friday, I’ll bake challah for Shabbat, for the weekend. So, early this morning, before I came here, I was mixing up my dough for the challah that I’ll bake this afternoon, and I was using a big bread bowl that I had made. I just can’t imagine a greater blessing than the opportunity to do that, to make healthy bread using really healthy ingredients. My grandfather taught me how to bake challah. He used white flour, I use all whole grain flour. I altered the recipe to make it healthier, but I just can’t imagine more of a blessing than to be able to do that and use something that I was able to make out of clay.

Sandor: It’s beautiful that the various aspects of your life have a common thread running through them: making pots involves centering, meditation involves centering, food, community, healing—there is an elegant unity, coherence in all that.

Oran: I have very deep gratitude for this life that I’ve been given, that I get to live.

###

Glossary of Fair Food Terms to Know

Farm Bill: The Farm Bill is the main agricultural and food policy tool of the federal government. Passed approximately every five years by Congress, it deals with agriculture and other programs, such as SNAP, administered by the USDA.

Food Insecurity: In 2016, an estimated one in eight Americans was food insecure, equating to 42 million Americans, including 13 million children. The USDA defines food insecurity as a lack of consistent access to enough food for an active, healthy life.

Food Justice: The Food Justice Movement is a grassroots initiative that has emerged from many communities in response to food insecurity and economic pressures that prevent access to healthy, nutritious, and culturally appropriate food. Food justice is also associated with concepts like *Sustainable Agriculture* and *Slow Food*.

Nutrition Incentive: The Food Insecurity Incentive (FINI) grant program supports projects to increase the purchase of fruits and vegetables among low-income people who receive SNAP assistance, by providing incentives at the point of purchase.

SNAP (Supplemental Nutrition Assistance Program): is the federal program that offers nutrition assistance to eligible low-income people. The program used to be called *Food Stamps*, but in 2008, in an effort to fight stigma, Congress changed the name to SNAP.



Background on the Farm Bill

In the United States, the “farm bill” sets our nation’s agricultural and food policy. Reauthorized roughly every five years at a cost of \$90 billion annually, it directs how federal money is spent, providing a road map for our food and farm systems.

The bill’s scope is wide. It covers everything from SNAP (formerly food stamps), to crop insurance, to beginning farmer training programs, to conservation, and other work under the purview of the United States Department of Agriculture.

The first farm bill was created in 1933 during the Great Depression as part of Franklin D. Roosevelt’s New Deal. The goal was to help struggling farmers and ensure an adequate food supply. It also included a nutrition program. Soon after, Congress created a more permanent farm bill with the requirement to update it every five years. It also established “titles” on different aspects of work ranging from trade to rural development and food and nutrition programs, among others. Every farm bill since has had its own name: in 2008 it was called the Food, Conservation, and Energy Act; most recently it was called the Agricultural Act of 2014.

SNAP is by far the largest program in the farm bill, accounting for almost 80 percent of the total spending over the last five years. While that cost is slowly going down as the economy improves, there are still more than 40 million low-income individuals who receive monthly benefits.

There are many other smaller programs in the farm bill that impact food access. The Food Insecurity Nutrition Incentive, or FINI program, was established in the 2014 farm bill. It includes \$100 million to support SNAP produce incentives programs like Double Up Food Bucks. There is also a program that provides coupons for low-income senior citizens to use in farmers markets, and another that supports fresh produce snacks in schools in low-income communities. SNAP Ed provides a range of nutrition education activities. There are funds to support new healthy food retail stores, or refurbish existing stores in underserved communities. Food banks around the country receive federal access to surplus food products.

After SNAP, the two other costliest provisions in the farm bill are conservation and crop insurance. Conservation spending impacts the largest amount of privately-held land in the country, sharing the cost for producers to protect natural resources, minimize negative off-farm environmental impacts, and take fragile land out of production.

Private crop insurance has replaced direct payments to farmers, controlling the supply of commodities in the market, and emergency payments to farmers and ranchers when extreme climate events hit. The farm bill subsidizes a portion of the premium cost to ensure that policies are affordable enough that farmers and ranchers will buy them. Direct programs for several commodity crops account for five to six percent of total spending.

The farm bill also includes resources targeted for rural communities. This includes funds for water and wastewater systems, low-income housing support, small business loan guarantees, and grants for rural producers for value added products.

The National Organic Program is also funded as well as all of USDA’s public research programs. There is support for beginning farmers and those who have historically been discriminated against including communities of color, tribal, and female producers. The bill funds grants for farmers markets and local food hubs, supports 4-H, and provides the federal share of the Extension System. There is a section dedicated to trade including the international Food for Peace program, one on farm-based renewable energy, and another to provide credit to producers.

The current farm bill expires on September 30, 2018. It must either be reauthorized or an extension of the current legislation passed to continue these programs.

Feature continued on page 60



Holistic Law *Practicing From The Heart*

Angie Martell, Partner

Experienced attorney and mediator with
over 23 years of legal experience.

Specializes in:

Divorce & Family Law • Criminal Defense
Estate Planning & Elder Law • LGBT Issues
Mediation • Civil Litigation • Civil Rights
Workers' Compensation • Business Law
Litigation • Employee Rights



117 N. First St., Suite 111, Ann Arbor, MI 48104
www.iglesiamartell.com | (734) 369-2331

ann arbor
center for
mindfulness

Mindful Self-Compassion™

“If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.”
— Dalai Lama XIV, *The Art of Happiness*

Based on the groundbreaking work of Kristen Neff and Christopher Germer,
Self-compassion can lead to higher emotional well-being,
Lower levels of anxiety and depression, and
More satisfying personal relationships.

8-Weeks, Sundays, Sept 23-Nov 18, 2018, 2:30-5 pm
Gladwin Barn, 4105 W. Liberty, Ann Arbor, MI 48103
Includes a Half-Day Retreat, Saturday, Nov 3, 10 a.m.-2 pm

Course fee: \$400 (\$200 for repeat participants)
Up to 25 CEs Approved for
Psychologists, Dietitians, Social Workers,
Mental Health Professionals, and Nurses

Free Informational Session Sept 16, 2:30-3:30 pm
Please register with Paulette.



Paulette Grotrian, M.A., Qualified MSC & MBSR Instructor
Trained with renowned Kristen Neff and
Christopher Germer, UCSD Medical School
Founding member, Ann Arbor Center for Mindfulness.

www.mindfulnesswithpaulette.weebly.com

Contact mindfulnesswithpaulette@gmail.com
or 734-276-7707



Questions for Four Key Staffers



Kate Krauss

I’m passionate about food and farming because these issues are at the core of so many of the challenges I care about – from structural inequality to climate change and environmental conservation. And food has the added benefit of being delicious and fun.

How long have you been at FFN? What do you do there?

I started at Fair Food Network in September of 2015, so approaching three years. As Chief Operating Officer, I am the inward-facing executive, which means I focus on internal management and creating the structures and policies that support our growth.

What career path brought you to FFN?

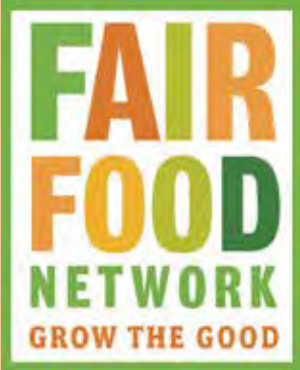
I began my career in television journalism, working for “Nightline” back in the Ted Koppel days. After September 11th, I realized I wanted to be closer to the ground and to be part of making change in the world — it had become too difficult for me to stay neutral. I’ve worked for a variety of nonprofits, including The Nature Conservancy and Slow Food, ever since.

When it comes to FFN, what does it mean to be involved with “leadership strategy”?

Fair Food Network has been propelled forward since its inception by our strong and visionary founder. As the organization has grown, Oran has understood that our future growth and long term sustainability will require the growth, promotion and nurturing of a new cadre of leaders. That’s what we mean by a “leadership strategy.” My role is to foster a culture of leadership development and to create educational and leadership opportunities across the organization.

Are you passionate about your work at FFN, and if so, why?

I’m passionate about food and farming because these issues are at the core of so many of the challenges I care about – from structural inequality to climate change and environmental conservation. And food has the added benefit of being delicious and fun. It’s a great way to bring people together. I also love the day to day of my job – Fair Food Network is an exciting place because we’re growing very quickly and I love the challenge of creating structures that will help sustain the organization into the future.



Charles Walker

Double Up is in nearly 100 grocery stores across the state—from the Upper Peninsula to the Thumb, and in western, mid, and southeast Michigan. This is a big jump from the 22 stores we were in when I started in 2015!

How long have you been at FFN, and what do you do there?

I have been with Fair Food Network for three years as a Retail Specialist. I lead implementation of the Double Up Food Bucks program in grocery stores. This includes recruiting and on-boarding new stores, developing protocols for tracking produce, building relationships with suppliers, and providing training and technical assistance to store staff to ensure the program is a success.

I also work on the Michigan Good Food Fund to identify, recruit, and provide business assistance to grocers who are committed to increasing access to affordable and healthy food in their communities.

What was your career path that brought you to Fair Food Network?

I bring more than 25 years of grocery retail experience—from CVS and Family Dollar to owning my own Save-A-Lot grocery stores in Detroit to leadership at Meijer’s first store to return to Detroit.

When I was brought on, Fair Food Network was looking for someone with grocery experience to help translate Double Up’s success in farmers markets into this new retail setting. It’s been a positive match all around.

How many grocers are using the Double Up Food Bucks program and is it just in southeastern Michigan? And as you look ahead to the next year or two, what are your goals for your work at FFN?

Double Up is in nearly 100 grocery stores across the state—from the Upper Peninsula to the Thumb, and in western, mid, and southeast Michigan. This is a big jump from the 22 stores we were in when I started in 2015!

While we’ve made a lot of progress, there is still more work to be done to reach all underserved families. I am committed to increasing access to affordable, healthy food in communities that are challenged and financially disenfranchised.

Do you feel passionate about FFN, and if so, why?

I feel very passionate about the work we’re doing at Fair Food Network. Food is our most basic need. Increasing access for those who need it most means changing family health outcomes with broader positive impact on entire communities.



at FAIR FOOD NETWORK



Jean Chorazyczewski

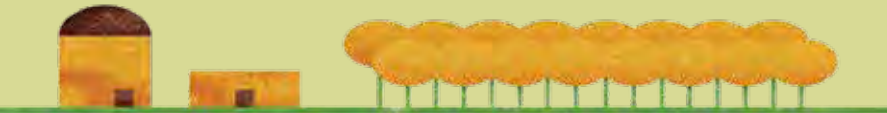
I’m thrilled to lead Fair Food Network’s work with the Michigan Good Food Fund, providing business assistance to entrepreneurs and helping build a runway of finance-ready projects.

How long have you been at FFN, and what do you do there currently?
I have been with Fair Food Network since (before) its inception. I started in 2009 as the Director of Operations working alongside Oran to launch and grow our infrastructure, financial systems, communications, and HR processes. In 2015 I shifted course, taking the helm as Program Director for our work in Michigan. This included helping to launch the Michigan Good Food Fund, a \$30 million loan fund that provides financing and business assistance to entrepreneurs increasing healthy food access in Michigan. I’m thrilled to lead Fair Food Network’s work with the Michigan Good Food Fund, providing business assistance to entrepreneurs and helping build a runway of finance-ready projects.

What was your career path that brought you to FFN?
It was not an obvious route to Fair Food Network. For 18 years, I worked at Enlighten, a digital marketing agency in Ann Arbor, where I had key leadership roles in business strategy, production, and project management serving national brands from Disney to Audi of America. Before that I worked in market research. It was actually Ann Arbor connections that first led me to Fair Food Network nearly 10 years ago. And while digital marketing may seem afield from my current work in food access and entrepreneurship, these past experiences shape how I now help good food entrepreneurs translate their passion into success in the marketplace.

Please give us a couple specific examples of enterprises that are being helped, or have been assisted, by the Michigan Good Food Fund?
Our work with the Michigan Good Food Fund has helped a variety of good food businesses take their businesses to the next level. For instance, we designed a three-day business assistance boot camp for entrepreneurs in Battle Creek. The training culminated in a public pitch competition. Sunlight Gardens, an urban farm in Battle Creek, won the competition with its mission to cultivate health consciousness by growing and educating the community about wholesome, local food. The award was \$10,000 in additional support, which we’ve used to purchase a tractor, secure accounting support and training, and develop a website. This real time support is making a real difference for this business. It’s an honor to do this work.

What are you most excited about, looking ahead, in terms of the work you’re doing at FFN?
So much. The opportunity ahead is cultivating a culture of good food for all across our state. This includes supporting food entrepreneurs and activating more channels for local food to travel from farms to families.



Emilie Engelhard

Humans understand the world through stories. And in an increasingly cluttered world, good stories help cut through the noise. My role is to create stories that help audiences connect – both head and heart – with what we do.

What do you do at Fair Food Network?
I shape how Fair Food Network shares what we do across all channels online and off, so people better understand our work and impact. I came on in 2013 as our first communications director. Over the years, we’ve grown our capacity to do design, photography, and now Double Up Food Bucks marketing in-house. We have a small but mighty communications team with whom I’m honored to work.

Give us three specific examples of the awareness of FFN growing around the country?
Since 2009, Double Up has grown from a small Detroit pilot to a statewide program in Michigan, and a national model active in nearly 30 states.

Both House and Senate versions of the Farm Bill expanded funding for SNAP incentives, a rare show of bi-partisan support bolstered by the success Double Up is having in communities nationwide.
And when leading advocacy groups want to dig into the future of SNAP, they call upon Fair Food Network.

While this is the result of a lot of hard work by many, strategic communications – from national media coverage to stories that advocates can use to put a face on our impact - helps fuel these wins.

What brought you to the Fair Food Network, in terms of your career path?
Like many, it’s been a circuitous path. I started in magazine journalism in New York City, took a detour for a master’s at the University of Chicago, and found a home in communications for good while living in Seattle. While I’ve worked on various issues over the past 15 years, food has been a consistent thread. So joining Fair Food Network and returning to Michigan was a homecoming on multiple fronts.

I read that one aspect of your job at FFN is “storytelling.” What does that mean, in the context of FFN?
Humans understand the world through stories. And in an increasingly cluttered world, good stories help cut through the noise. My role is to create stories that help audiences connect – both head and heart – with what we do. Whether that’s a video that shares our core belief that good food changes everything to partnering with StoryCorps on profiles of SNAP in America, lifting up these stories is one of the greatest pleasures and privileges of my work.

Amma, the Hugging Saint, Has a Local Home



By Carin Michaels

I became interested in Amma, an Indian spiritual leader, given the tremendous buzz in the international community about her humanitarian work. She is from my husband's state in Kerala, India, and he has met her. My friends queried why I hadn't met her. I felt my exploration of this mystical person was long overdue, but I wanted to learn more about this hypothetical saint before I was willing to meet her. When I started reading about her, I became overwhelmed. There was so much literature about her. My experience reading it was antithetical to her teachings of peace and unity; it was an information overload. Still, I stuck with it.

"Amma" means mother in her native language of Malayalam, and, in turn, the principle force of her tenets rests on motherly love.

The best introduction to her practices starts at her website, amma.org, or her international site, amritapuri.org. "Amma" means mother in her native language of Malayalam, and, in turn, the principle force of her tenets rests on motherly love. She states, "True love is that which helps us experience life and the life-force everywhere. If your love doesn't enable you to see this, such love is not real love. It is illusory love." Outward expression of this love is seen in her work on the planet — housing orphans, educating the impoverished, feeding the hungry, providing disaster relief, and, famously, embracing the millions who have lined up to receive a hug from her, or *darshan*, and experience her motherly embrace.

As I dug deeper, I felt empowered by Amma's words. "True love is the state of complete fearlessness," she said. "Fear is part and parcel of the mind. Therefore, fear and genuine love cannot go together. As the depth of love increases, the intensity of fear slowly decreases." The expression of Amma's true love philosophy suggests why her devotees are always smiling, but I still desired a more substantial explanation to motivate me. I reached out to the local Amma Center of Michigan for help, and while on this path, I came to understand why Amma's work has flourished globally and what the local center was doing to help.

"True love is that which helps us experience life and the life-force everywhere. If your love doesn't enable you to see this, such love is not real love. It is illusory love."

— Amma

The Michigan Center was so accessible, five miles from downtown Ann Arbor, and everyone there, from their visiting international swamis and yoga teachers, to their nuts-and-bolts crew who ran the local center, greeted me warmly by name. I explained to them that my chosen name when visiting my husband's family in India was Lakshmi. He is from a small village in Kerala, like Amma, and thirty years ago, when I first visited, I was the only American many of the villagers had ever met.



I imagined that I was Indian in a previous lifetime, since I integrated myself into my husband's culture seamlessly with its exotic food, dress, and language. I felt comfortable sharing this name in Ann Arbor with devotees, and as members of the local center recognized my cultural affinity, they enjoyed calling me Lakshmi. They told me that once I work individually with Amma or a Swami, I would earn a new spiritual name. I hope to keep Lakshmi, the goddess of wealth and prosperity, but Kali would suit me too, the goddess who destroys evil forces. As I continued my spiritual exploration, I reached out to my husband, Unnikrishnan or Unni, named after baby Krishnan, the god of love, for guidance.

I met my husband via an introduction from a college friend, who thought that because I taught yoga Unni and I would have a lot in common. Most Indians don't practice yoga, but Unni and I bonded in many other ways. He liked my humor as I described 'my hippie parents dropping me off at my Italian grandparent's house, prior to attending Woodstock, and forgetting to come home.' This story is a sardonic half-truth, but it set the tone for my spiritual seeking.

He liked my humor as I described 'my hippie parents dropping me off at my Italian grandparent's house, prior to attending Woodstock, and forgetting to come home.' This story is a sardonic half-truth, but it set the tone for my spiritual seeking.

Living with my grandparents, at least half-time, offered stability. It was also a touchpoint for me and Unni. His multigenerational lifestyle was attractive to me, because he only knew his extended family experience. He also had a network of friends to explore globally. I wanted to be a person who felt connected to family and to the larger world. Perhaps this is why I gravitated towards Amma, because her unspoken love for all rises above any cultural appropriations.

Through happenstance we discovered that an old classmate of Unni's from India, Chad Kymal, was now living in Ann Arbor and cofounded the local Amma Center of Michigan. Chad and his wife, Ajitha, facilitated a calmer introduction into Amma's teachings. Chad attended graduate school at University of Michigan and is a computer software entrepreneur. He spends three weeks a month on his international business based in Ann Arbor and the last week adhering to Amma's teachings of *seva*, or volunteer service, with Ajitha helping to run the local center. Their dedication forced me to evaluate my own spiritual resolve.

I took stock of what I had and what I needed. I wanted and needed to fill a lack. In the context of Amma, I wondered if this 21st century saint might provide me with my holy grail experience. Ajitha reminded me of a famous Amma quote: "Have patience, then you'll also have love. Patience leads to love. If you forcefully open the petals of a bud, you won't be able to enjoy its beauty and fragrance. Only when it blossoms by following its natural course, will the beauty and fragrance of a flower unfold."

Love facilitates self-realization. This is a theme Amma spreads, which in turn, has generated a loyal following with over 1,000 centers around the world. Amma's nonprofit organization called Embracing The World is an international charity network, active in over 40 countries. Its mission is to help the poor by meeting each of their five basic needs — food, shelter, education, healthcare, and livelihood.

I wanted to be a person who felt connected to family and to the larger world. Perhaps this is why I gravitated towards Amma, because her unspoken love for all rises above any cultural appropriations.

The Michigan Center does its fair share to help the underprivileged with their program called "Mother's Kitchen," dedicated to feeding the poor or disenfranchised. Efforts include providing an elaborate hot and nutritious breakfast every Saturday at the Salvation Army Staples Family Center Shelter to homeless teens or young people in serious conflict with their families.

Following this *seva*, I sat down to talk with visiting Swami Dayamrita, Director of Amma's North American Operations, who was swathed in orange garb as a

traditional Hindu priest. He started his career as a documentary filmmaker and set out to expose Amma as a fraud, but in the end, he said, “I was the fraud. Amma told me to come back after some period of reflection. I kept coming back, and two years later, I was living in her ashram in India.” As an ascetic, Swami Dayamrita now goes where the organization needs him while running operations from San Ramon, California. I ask him what he would want Amma to be known for, her spiritual or humanitarian work. He responded, “You can’t have one without the other. Selflessness comes from spirituality.”

Ajitha who helps run the Michigan Center, stated, “I do this because I’m attracted to the idea of service.” She spends her summers with other devotees driving Amma in a caravan across the country to visit other centers. The Kymal family has a long, rich tradition of giving back. Chad was introduced to Amma in 1990, when his mother was a devotee, and he has two sisters currently living and working as volunteers in Amma’s ashram in Kerala. The Kymals raised their son, Rohan, and daughter, Megha, at the local center, which sits on 50 acres of property with their house nearby. Rohan, who was doing his graduate studies in Barcelona, Spain, met his fiancée at an Amma Center in Toulouse, France. The network among devotees is so strong that many kids are overjoyed to see friends they’ve made when visiting Amma Centers.

I recently met Naren Nathan, a rising senior at Case Western University, who was home for the summer. He told me he has been coming to the Amma Center of Michigan with his family since childhood, and during a recent *satsang*, or spiritual meeting, he got to see his friend, Michael Witt, who also grew up at the local center. They hung out at the center until after 10 p.m. trying to catch up. Witt recently graduated from Kettering University and is now employed at Bosch. They are two very different people: Nathan studies finance and considers himself a reserved investment nerd, while Witt studied engineering and loves racing cars, but both have Amma’s tenets in common: love, serve, conserve, and practice. The local center is bustling with youth and it is refreshing. I was endeared to see that 50 percent of Amma followers are non-Indian from a broad range of disciplines. I felt right at home.

The local center is bustling with youth and it is refreshing.

Their Saturday *satsang* program is the highlight of the week, as it helps devotees realign their spiritual selves. Ajitha stated, “I feel so focused and my heart just wells with love. That helps me get through another week.” Their rituals were familiar to me and conjured memories of India. During their initial hour of group chanting, folks came in and out of the center, setting up for *puja*, or prayer, preparing the sacred offerings, usually, *payasam*, an Indian rice pudding, and fruits, or they were just arriving late. Everyone was reverent. Incense burned as the chanting echoed in my ears. The next part of the program was called *satsang*, also known as a spiritual lecture, with *bhajans*, or devotional songs. Members of the audience came forward and picked up an instrument or sang a *bhajan* to express their devotion. I was told that their piano player, who is a devotee, is employed as a musical director in a Catholic church in Detroit. The harmonizing effect of the program was created by centuries-old Indian rituals, but also by Amma’s eclectic devotees.

Chanting mantras is an important part of Amma’s spiritual practices, and it is done in Sanskrit. A newcomer like myself is able to recite these verses since they are printed on a large screen and translated using the International Alphabet of Sanskrit Transliteration (I.A.S.T.). This allowed me to read the text phonetically. Chanting calmed my overactive mind and took me, with each breath, a step closer to the divine.

Chanting calmed my overactive mind and took me, with each breath, a step closer to the divine.



“Your heart is the real temple. It is there that you must install God. Good thoughts are the flowers to be offered to him. Good actions are worship. Good words are hymns. Love is divine offering.”
--Amma

Carin Michaels and her husband, K.P. Unnikrishnan

I had experienced this harmonizing effect once before in India about ten years ago during a temple festival held on my husband’s property — a temple that has been passed down in his family through the generations. During this festival honoring Lord Krishnan, god of love, ten elderly women from the village, who are experts in chanting, traded shifts for a 24-hour marathon. The effect created a vibration in my body that filtered down into my bones. I was transported into the divine with hundreds of lit candles at dusk, bare feet in the sand, a tropical floral breeze, and even an elephant nearby. This distant memory is reinvigorated at the local center as the recitations of senior devotees embrace the uninitiated, or beginner, like me.

After the *satsang*, we shared a potluck meal while planning next week’s activities. I volunteered for gardening; others held garage sales, worked the computers, fed the homeless, or visited a senior center. We also prepared for a weekend retreat with Brahmacharini Shobana, an award-winning yoga practitioner from Amma’s ashram in India, and the visiting Swami Dayamrita. The lack of hierarchy was obvious, and I initially perceived it as disorganization. But after a cleansing breath, I reinterpreted it as humility, or service of others.

A key component of Amma’s organization is her volunteerism, and even the top tier administrators who run Embracing The World are all volunteers. They renunciate material possessions and personal comforts, like Amma, to symbolize their devotion. This ethic is filtered down to every level of the organization, so its mission can do more with less. When possible, volunteers fulfill the organization’s needs by

supplying the materials and labor in areas of food, shelter, healthcare, education, livelihood, emergencies, environment, and research. Amma recognizes that her love has created a mass movement, and she states, “It is my children who have made all this possible. My children are my wealth; they are my strength.”

The lack of hierarchy was obvious, and I initially perceived it as disorganization. But after a cleansing breath, I reinterpreted it as humility, or service of others.

I saw this devotion well up during Saturday’s *sastang*. A young sparkly-eyed drummer introduced himself to me as Arun Ganesan. He is a Ph.D. student in computer science at the University of Michigan, who recently did an internship at Facebook. He was open to my questions and he helped me understand the appeal. He participates in Amma’s youth program called AYUDH (acronym for Amma’s Youth for Unity, Diversity, and Humanity), an international youth component to Embracing The World, which, he said, “puts Amma’s teachings of volunteer service into practice.” It is comprised of individuals from 15 to 30 years of age, who come from all religious, social, and economic backgrounds. But Ganesan added, “What’s cool is that we have a common goal that emphasizes personal empowerment and selfless service. We strengthen ourselves to better do service in the world.” Ganesan exemplified the local AYUDH chapter as he cited two activities among many that were close to his heart: Meals on Wheels and Adopt-a-Highway. He told me that *ayudh* in Sanskrit means peace, and his calm presence reminded me of the continual beauty that I encountered at the center.

Amma recognizes that her love has created a mass movement, and she states, “It is my children who have made all this possible. My children are my wealth; they are my strength.”

While the Michigan Center was supportive, I still felt like a newcomer. Honestly, I thought some of their practices odd. I continually asked questions, but I was never made to feel stupid. For instance, I wondered why they feature photos of Amma everywhere, and Ajitha said, “I’ve been asked that question before. She is a role model for us. What she teaches us, this unbridled love and joy, we want to emulate.”

Amma, the Hugging Saint, Has a Local Home



Continued from page 63

In private, my husband added further clarification. He said, referring to the U.S., “In this country, reverence is mostly experienced in sports or social media. Amma is just a picture synonymous with devotion.” Amma teaches that bliss is opening your heart like a wondrous child. When you share in Amma’s bliss, you remember it, and her photo is a symbolic representation of that experience.

Amma teaches that bliss is opening your heart like a wondrous child. When you share in Amma’s bliss, you remember it, and her photo is a symbolic representation of that experience.

My successful marriage of thirty years stems from seeing things differently along the way, and I can say I’ve had a lot of practice. I’ve practiced many things since childhood, like Catholicism, which has imbued me with rituals close to my heart. When I told this to Swami Dayamrita, he reminded me that Amma has never asked anyone to change their religion but only to go deeper into their faith and its essential principles to serve humanity.



“Only when it blossoms by following its natural course, will the beauty and fragrance of a flower unfold.” — Amma

We discussed Amma’s famous query: “If it is one man’s *karma* to suffer, isn’t it our *dharma*, or duty, to help ease his suffering and pain?” He knew I was searching, and he opened himself up to my questions with such endearing grace. I asked Swami Dayamrita about the purpose of spiritual names, and he explained that, “Our spiritual name is a name we can aspire to. When I say your name, Carin, you look up. But coming into a spiritual self, you have a rebirth as a new person.” He offered, “What happens? You still have your path, but with your new name, you attempt to seek more alignment with the divine.” At that moment I had an epiphany. I realized when devotees introduced themselves using their spiritual name, they were sharing with me their spiritual practice.

I realized when devotees introduced themselves using their spiritual name, they were sharing with me their spiritual practice.

The Amma Center of Michigan is not a religious center, but a Midwest hub for Amma’s teachings, where I met devotees who traveled from Toronto, Kentucky, and Ohio to partake in events that gathered as many as 200 people. There are over 120 centers in North America with hundreds of other home gatherings for meditative prayer, or *pūja*, and chanting. When I referenced Hindu rituals, Swami Dayamrita reminded me that Hinduism did not originate as a religion, but a way of life. Amma’s tenets are from Sanatana Dharma, which is based off the eternal principles of the ancient Vedic tradition, a code or set of ethics for living in order to attain enlightenment.

“If it is one man’s *karma* to suffer, isn’t it our *dharma*, or duty, to help ease his suffering and pain?”
— Amma

A major part of this regiment is *seva*, or service. I naturally found satisfaction working in their organic garden and 1,500 apple tree orchard, whose produce will be sold this fall at the Ann Arbor Farmers’ Market. During the summer months, most members work on the farm, and during the colder months many volunteer for “Mother’s Kitchen.” When I asked Ajitha what was expected of me, monetary and otherwise, she said, “While this organization appreciates donations, we honor ‘service-first,’ so your help is greatly appreciated.” I continued gardening, and offered to donate a few flats of flowers for their bees to pollinate in order to make honey,

another product on their farm, and to provide a warm cooked entree for their Saturday potluck.

Of course, I strayed, like when I questioned the meaning behind Amma's *darshan*. I asked myself what is the point of her giving hugs to her followers, some who waited for hours in line, just to share a brief moment of unbridled love? In India, where 20,000 followers show up in one day for *darshan*, she has been known to go without sleep for 24 hours to greet them.

In India, where 20,000 followers show up in one day for darshan, she has been known to go without sleep for 24 hours to greet them.

I spoke to Sudarsanan Varaprath, the maintenance engineer of the local center and my local Amma expert, to get his perspective on Amma's appeal and *darshan*. He is a retired Ph.D. engineer from Dow Chemical, who started his graduate studies at University of Michigan after coming from India. This soft spoken, erudite Hindu scholar first met Amma in 1989, when she hit him on the head with a Hindu book that he was reading, implying that he was stubbornly missing out on his own spiritual reincarnation in this lifetime. Varaprath said, "I'll never forget that. Amma doesn't want to give us the idea of God. She is an avatar: the true higher principle of pure consciousness embodied in human form to interact with us." When I asked him to explain his experience with *darshan* for a plebeian like me, he said, "When getting close to Amma, there is tremendous vibration, and I felt the vibration was entering me." He told me he was no longer enamored by the experiential, because like miracles, it is an incarnation, or a mental construct.

But I still needed formative guidance. I discovered a consensus about *darshan* when talking to Sumathy Nathan, the mother of Naren, who was mentioned previously, and she runs the Saturday's "Mother's Kitchen" program. We were standing in front of Amma's huge multi-colored portable wooden stage that the local center transports by truck to Detroit when she visits, and Sumathy said, "I want you to experience this Lakshmi. When I first enter the room for *darshan*, my heart is beating so hard, I cannot contain it. When Amma hugs me, I can feel her vibration enter my body." As she described her experience, I was transported back to India, back to previous lives that defied words, and I felt such love for this woman, who unabashedly wanted me to experience *darshan*.

Other devotees continued to ask me if I had met Amma, as it was a rite of passage.

Continued on page 66



**Schoolcraft
College**

Massage Therapy

CERTIFICATE OR ASSOCIATE DEGREE

Come to Schoolcraft where we provide inspiring, top-quality education in Massage Therapy rooted in anatomy, kinesiology, clinical reasoning, professionalism, and therapeutic technique.

100% First Time Pass Rate on the MBLEX Licensing Exam

One-Year Certificate Program or Two-Year Associate Degree


Daytime and Evening/Weekend class schedules

Low-Cost Tuition, Financial Aid Available,
Job Placement Network

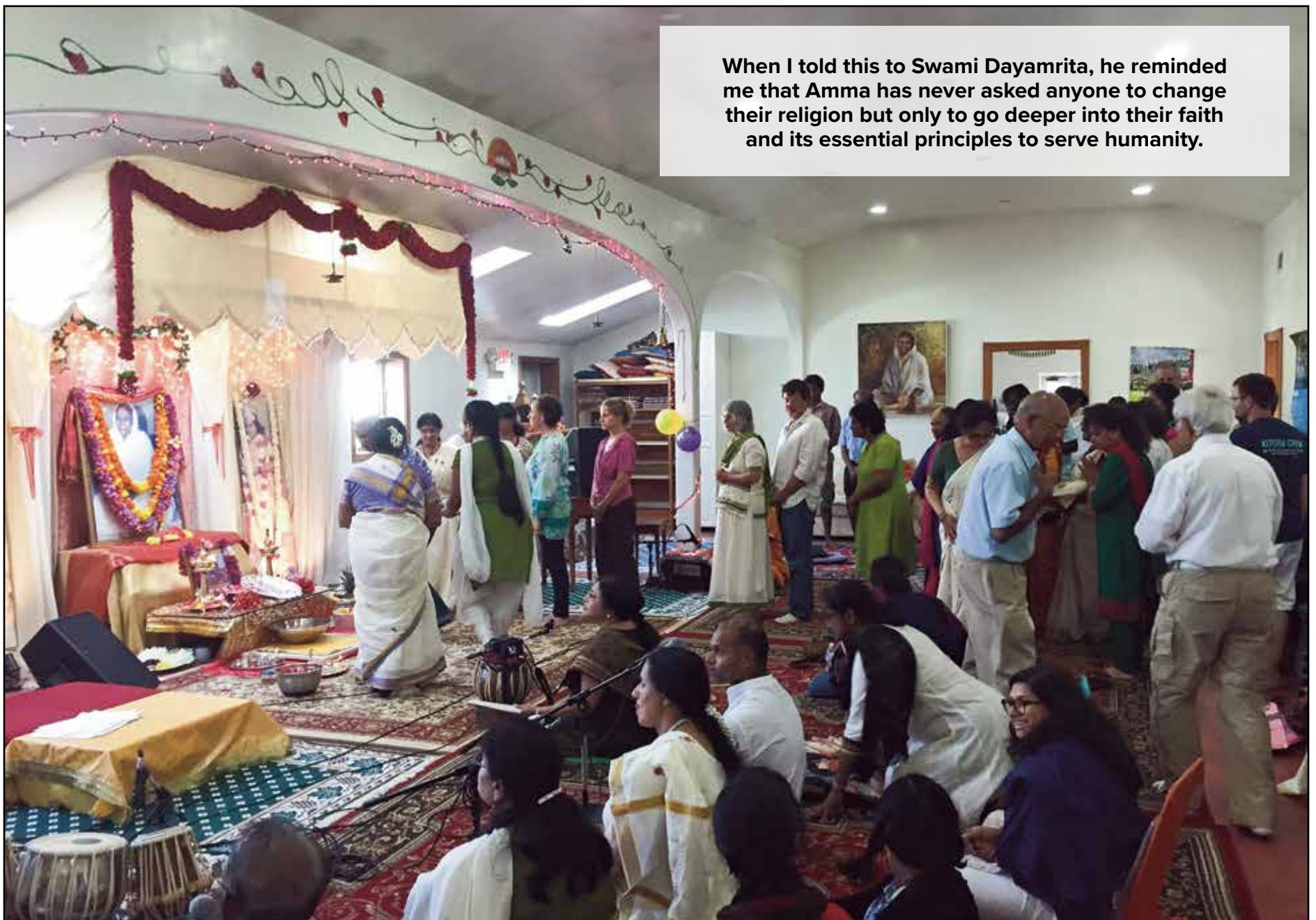
Easily Accessible Campus, located near
Canton in Garden City, Michigan

Over 10 years of experience,
Michigan Board Approved
and Accredited

Visit www.schoolcraft.edu

Find us on 

For more information, contact us at
massage@schoolcraft.edu | 734-462-4771



When I told this to Swami Dayamrita, he reminded me that Amma has never asked anyone to change their religion but only to go deeper into their faith and its essential principles to serve humanity.

Amma, the Hugging Saint, Has a Local Home



In India, where 20,000 followers show up in one day for *darshan*, she has been known to go without sleep for 24 hours to greet them.

Continued from page 65

This energy appealed to me since my abandoned-self understood that love can heal, but I felt the experience would be fleeting. Given my connections in the Indian community, I thought, why not cut ahead of those very long lines to experience *darshan*? But I had this nagging suspicion there was something more to this than being first in line. Other devotees continued to ask me if I had met Amma, as it was a rite of passage.

Once, a devotee and co-founder named Jay Puthran asked me, “Have you met Amma?” I said, “No.” He said, “When I first I heard about Amma, I had no interest. But then my wife, Prema, told me to meet Amma. Just once. And if I didn’t want to go back, she [my wife] would never ask me again.” He laughed to himself, acknowledging that his wife was very clever. He continued, “After meeting Amma, I’ve done everything I can to maintain this center, because I want Ann Arbor and Detroit to be able to host Amma. I want them to experience Amma.”

He explained it as *advaita*, or non-duality. The term *advaita* refers to the idea that the soul, or the true self, also known as atman, sees god and atman as one; this non-duality is a state of oneness with the rest of creation that very few attain.

Finally, I asked Swami to describe the appeal of Amma, and he smiled, reflecting on the experience. He explained it as *advaita*, or non-duality. The term *advaita* refers to the idea that the soul, or the true self, also known as atman, sees god and atman as one; this non-duality is a state of oneness with the rest of creation that very few attain. Amma saw that the afflicted sought her compassion and spiritual healing as a result of embodying this Supreme Truth. Amma is able to live in this state, unconditionally, which allows her to share unfettered bliss, compassion, and pure love. There are no words shared most times with her followers. Swami was very peaceful; he, as well as other Swamis, visit the local center monthly. I saw his veneration and understood that he was able to live in a world that I had yet to experience. He ended saying, “You will meet her in November, when she comes to Detroit.” He did not have an exact date yet. I just have to wait a little longer as if it was my *karma*.

As part of my *dharma* at the center, I made a pen pal through the “Circle of Love Inside” (COLI) program in which Amma devotees write letters to incarcerated inmates. During my orientation, I was told that, “The letters allow inmates to join us as we both open together to greater good in ourselves and our lives. We do not convert inmates to anything, we support them in whatever helps them grow.” The program worked for me since I was learning a new way of being. I was apprehensive writing my first letter, because while my experience was awe inspiring, I did not want my words to seem cultist. When I questioned this, I found the differentiating factor in a cult compared to other systems of veneration or devotion is that its leader is controlling emotionally or financially. Whereas, Amma just gives out free hugs, helps the poor, and inspires us to do the same. Actually, Amma is the most accessible modern-day guru and activist, who does not favor one individual or cause over another, and her followers are inspired by this leadership. Sumathy explained that she has seen Amma hug a beggar and a movie star with the same joyous energy; seeing this was a formative moment for her. Sumathy further explained that Amma’s retreats are very affordable with scholarship funds provided to those in need. I decided to trust Amma. I told my husband that my efforts were a tribute to his late brother, who, as a bank accountant, vetted Amma’s organization before donating to her causes. Amma’s charitable organization was named an official NGO by the United Nations because of its endless humanitarian work across the globe.

Although it seemed overwhelming when I began this new relationship, it was actually not antithetical to Amma’s teachings, because my searching began with love. I ventured outside my comfort zone to experience new ways of thinking, feeling, and behaving, and in the process, I found a family who supported me along the way. Amma has taught me that “fearlessness, indeed, is one of the greatest qualities of a true lover.” If I had to pinpoint one key memory that I’m left with as I continue my journey with this organization, I’d say: “It’s their smiles.” They remember the eternal bliss Amma has shared with them.

Carin Michaels is a writer and playwright living in Ann Arbor. For further reading, as recommended by Dayamrita Swami, check out: *Ammachi*, a Biography of Mata Amritanandamayi by Swami Amritaswarupananda, and *On The Road To Freedom*, an autobiography of Swami Paramatmananda Puri, or visit amma.org, or amma.org/groups/north-america/amma-center-michigan.

Photography by The Amma Center of Michigan.

To receive information about local activities, go to: lists.ammagroups.org/subscriber.php.



Definitions:

- Advaita - non dualism in individual
- Amma - mother
- Ashram - a center of spiritual striving
- Atma - higher self or universal consciousness
- Aum - Om; sacred mantra chanted during meditation
- Bhajans - devotional singing
- Bhakti - devotion
- Brahmacharini - a devoted female student who lives with her Guru
- Darshan - to see a saint or holy person
- Devi Bhava - feminine aspect of God in East Indian spirituality
- Dharma - duty of an individual
- Jnanis - self realized, knowledge
- Karma - the results due to actions performed in the past by an individual
- Mahatma - a great person
- Mata Amritanandamayi - Mother of Immortal Bliss
- NGO - nongovernmental agency active in humanitarian, educational, health care, public policy, social, human rights, environmental, and other areas to effect change in societies
- Prasad - consecrated offerings during worship or prayer
- Puja - worship
- Sadhu - a holy man, sage, or ascetic
- Sanatana dharma - eternal principles of Vedic tradition
- Satsang - spiritual discourse
- Seva - selfless service
- Swami - a Hindu male religious leader
- Vishwa Matrutvam - universal motherhood
- Yoga - to unite, or methods to attain oneness with the Divine



Sri Yantra: Symbol of the formless Goddess



Aum primal sound of the Universe

Visit the
CRAZY WISDOM JOURNAL
Website & Blog

Look for these guest bloggers (and more!) beginning in September!



Donald Harrison
and his work
with 7 Cylinders.



Debbie Wollard
on her favorite
Ann Arbor
wilderness
spots.



Ed Sarath and
his passion for
Jazz.



**Peggy River
Singer** on
her autumn
adventures.



Corey Russell
with more on
Naughty Boys
Ice Cream.

Read. Interact. Explore.



www.crazywisdomjournal.com

Be Brilliant!

How Hospice Saved and Enhanced My Life

Plus Interviews With Two Talented Holistic Bodyworkers You Should Know

By Angela Madaras

Editor's note: Angela Madaras shares the story of her near-death experience(s), and offers compelling testimony about the effectiveness of hospice care and complementary approaches for her healing and ongoing health. Interviews with two practitioners provide rich background about the philosophy, training, use, and outcomes of these approaches. The title refers to a phrase that Angela kept repeating while "out of mind and body." She explains, "My husband and the team caring for me used it as a motto, and eventually he created wooded plaques for eight caregivers that said 'Be Brilliant.'"

My husband and the team caring for me used it as a motto, and eventually he created wooded plaques for eight caregivers that said 'Be Brilliant.'

The word "hospice" is one of those terms to which each individual has a unique and palpable reaction. For some it brings a sense of fear or uneasiness. In others it arouses tender memories of a past experience as it relates to a family member. For a lucky handful, their faces light up when engaged in a conversation regarding end of life care in the capable and compassionate hands of hospice staff. These blessed few seem filled with peace and joy in the face of this word. As with all of life, we perceive it through our own lenses, which shape how we feel about any given situation. My personal experience and perception of hospice is filtered through many different experiences with friends, family, and from volunteering for a children's grief program I helped create with Hospice of Asheville, North Carolina, in the early eighties. I've had several close friends cared for by their loving hands during end stages of life, and three of my grandparents and my mother-in-law were in hospice care before they passed out of this earthly plane with loved ones by their side. I know what it takes to be a volunteer and how impactful it was to receive comfort and care, both in facilities and in-home. I was impressed with each instance. I developed an incredible amount of respect for the doctors, nurses, volunteers, and all those who provided ancillary and complementary services, including animal companionship, social work, music therapy, massage, and housekeeping. There are several local hospice options, but my perspective in this article is based on my experience with Arbor Hospice, which offers high quality services and has an intense training program for paid staff, professionals, and volunteers alike. If you are interested in being involved with one of seven local hospice organizations, you can find them on the internet. I worked with Arbor Hospice because I had experience with them when my grandmother passed, and they are located closest to my home.

After early- to mid-adult life took me through its many twists and turns, I found myself desiring to be more involved with hospice as a volunteer, and/or in designing a respite hospice farm from a patient's perspective. I envisioned a space (a home) where not only patients, but family and caregivers, could have a place to go when they needed a break from their normal routine. One set in a peaceful, farm-like setting with private rooms, family cabins, communal areas, and an abundance of natural areas, gardens, and walking paths. This vision came to me during two years of studying end of life care from a spiritual perspective, while preparing to be of service as a lay monk in the Zen Buddhist tradition. The sangha (community/temple) where I studied was deeply engaged in helping the dying transition, as well as organizing post-death ceremonies. Sadly, my own health challenges kept me from serving in this way; instead, I went back to school in my late forties. I wrote a paper on hospice for a sociology class while I continued to read and learn as much as possible about death, dying, end of life care, palliative medicine, burial planning, and my own mortality. Around this time I literally breathed in my Grandma Vera's last breath out. In a typical hospital setting this would not have been possible, as she would have been hooked up to all kinds of cumbersome tubes and breathing apparatus. My experience with her was transformative, in that it embodied sacred rites of passage from one realm to the next. This touched me in most profound ways. While in school I continued to be challenged with a life-threatening disease with its own set of circumstances, which affected every major organ system in my body to the point I was unable to work, or live "a normal life." I was facing the end stages of my time on earth... or so I thought.

I do not remember most of June or July, but I do remember approaching death and seeing incredible lights – an indescribable prism of colors that kept me on the edge of this world and the one beyond.

One day in late June, 2017, I awoke in the hospital after a year of medical issues that affected even the simplest of tasks: reading, communication, walking, balancing my checkbook, remembering to take medication, cooking safely, keeping up with housework, socializing, sleeping, eating, driving short distances, and gardening. I was told I had lived through a couple weeks of some pretty horrible grand mal seizures (five we know of, and a plethora of mini seizures over a year or more that went undetected) and a whole host of other issues that had me sent from one hospital ICU to another. That hot summer day, I found myself preparing to go home under Arbor Hospice's care, unsure of how long I would live. I do not remember most of June or July, but I do remember approaching death and seeing incredible lights – an



indescribable prism of colors that kept me on the edge of this world and the one beyond. In short, I came to death and danced with it in the light of this brilliant world and beyond the universe as we know it. I came back and survived for some unknown reason, but was still "tripping the light fantastic" between both realities, and doing it on my own terms. Hospice provided me the support needed to do this, over a six-month period, in the comfort of my own home. The entire hospice team has been a saving grace for me and my family. They gave me the hope and freedom to mend.

My nurse, doctor, social worker, and the volunteers and massage therapist(s) allowed me to find comfort in a safe and familiar space with loved ones. Because of this type of self-directed care, I was able to control the medications I did or did not take, the treatments or medical interventions I chose, how I wanted to treat pain and discomfort, how to attain quality sleep, what and when I wanted to eat, and so on. All these things are impossible in a "normal" hospital setting. The use of complementary approaches, such as therapeutic massage, assisted in the healing process, as well.

I was able to control the medications I did or did not take, the treatments or medical interventions I chose, how I wanted to treat pain and discomfort, how to attain quality sleep, what and when I wanted to eat, and so on.

Hospice is not just about supporting those who are six months from death. In fact, around thirty percent of patients do not die during their first time in hospice. Hospice provides palliative care and hope, with the goal of helping the patient LIVE life with the highest quality possible, in their given circumstances. There are many interesting studies and statistics on the Arbor Hospice web site, at www.arborhospice.org. An excellent book to read on this subject is one every person, regardless of age, should read, especially those in the medical field: "Being Mortal" by Atul Gawande. There are many others on the subject, but I find this one easy for anyone to read, and most relevant to our time and generation.

For me, natural medicine has been my preference, as time and funds allowed. The act of being nurtured in a therapeutic way, with human hands, is healing for all individuals, but especially for those with a dwindling flame. Natural modalities of body work are helpful for people suffering from pain and illness, whether one prefers acupuncture, massage, craniosacral therapy, reflexology, polarity therapy or other energy work, or chiropractic adjustments. At this time, hospice settings are limited in what they are able to provide, based on what resources they have to work with and the insurance guidelines of a particular state. Medicare, Medicaid, and many secondary insurance companies pay for most of hospice care, up to a certain point. Fundraising efforts and grants also fund some facilities, including Arbor Hospice. There is a growing concern that the funds for these types of complementary services will dwindle as our aging population increases. This will affect everyone, regardless of age or social standing. For example, imagine being an eight-year-old child with terminal cancer, and in horrible pain. Now imagine receiving a massage for that pain, which helps lower pain medications and allows for a better sleep. I want this for all those who suffer.

Hospice provides palliative care and hope, with the goal of helping the patient LIVE life with the highest quality possible, given the circumstances.

Hospice is a lifeline and a safe space that allows for room and time to heal and/or die in peace. Providers focus their energy and resources on assisting the patient in the healing process, so death can be postponed. But if death is meant to be within a six-

month period of time, they will help with that process in a non-judgmental, positive, compassionate, supporting way that does not currently exist in most modern Western medical culture. I find great comfort in this, as do my loved ones.

I especially want to focus on what hospice can provide in the area of massage therapy, because this has been a most helpful tool in so many ways, including for easing pain, helping with sleep, promoting bowel movements, relieving stress, and decreasing anxiety. Massage and natural modalities have been around for thousands of years. Our Western culture is just now acknowledging the facts and data proving how helpful and healing these treatments can be. I know that I respond to massage and energy work quite well, and prefer this over medications like morphine. However, I want to know I can take morphine if the natural modalities are not effective enough. The two combined offer me a plethora of benefits, as mentioned above. I often say that, “It is a good day when I can eat well, poop well, and sleep well, while being relieved of pain in the comfort of my own home and surrounded by loved ones.” Massage, when given by an experienced therapist in the area of palliative care, can be good for the body and mind. My Hospice therapist, Michelle, explained how patients tend to calm down, relax, and find inner peace after a massage. I found this to be true about fifteen minutes after my session began. It was almost instant relief and total relaxation of body, mind, and spirit. Her calm and soothing personality helped as she explained what she planned to focus on during my session. Then she would be silent, with gentle music playing in the background, to allow me to completely relax or even sleep. After a session with Michelle, I would slide into bed and sleep deeply for a while only to awaken fully rested and refreshed.

The act of being nurtured in a therapeutic way, with human hands, is healing for all individuals, but especially those for whose life’s flame is dwindling away.

I give my hospice massage therapist, Michelle Chaves-Torres, BC, LMT, much of the credit for overall physical pain relief and general comfort care. I also attribute deep levels of emotional and energetic healing to another professional body worker, Renee Rutz, RCsT, LMT, who is in private practice. I have been working in the area of overall general health maintenance and chronic pain-illness symptom control for around 25 years with Renee’s assistance and healing hands. Both of these women have helped me navigate this “new world” of palliative care, and helped me to remain fully engaged and thriving while doing so. I have laughed at death and won for now. I owe gratitude for all the many people who have assisted. There is not enough room to write in this article about each individual who has touched or helped me in some way over the past months, but I would like to at least introduce you to both Michelle and Renee, for one of them was with me every week massaging, alleviating pain, and treating secondary issues such as constipation, anxiety, elusive sleep, and so on. I am also occasionally treated by generous family members to acupuncture and other modalities. Rosanne Emanuele (acupuncturist) and Kathleen Dvorak, DC (chiropractor) have also both visited me in my home during this crisis. For this I am extremely grateful. In the following two interviews, you will meet hospice therapist Michelle Chaves-Torres and massage-craniosacral therapist Renee Rutz.



Michelle Chaves-Torres

My interviews with Michelle Chaves-Torres began in my living room, where we had a massage table permanently set up as a peice of furniture, next to an array of comfy chairs and two overstuffed white couches. Candles were lit, and incense wafted through the house while Gregorian Chants played in the background, offering a peak into what monastic life is like. We softly began our conversation(s) in this way. Follow-up interviews continued over emails and more massage appointments. In this way, you are reading her actual words and not my version of what she said.

“It is a gift to work on a person during the active stages of dying. It is very challenging for the body to let go of the spirit during the active phase, and massage is extremely helpful in encouraging relaxation and letting go.”
— Michelle Chaves-Torres

“I often will teach family members and caregivers some techniques to provide their loved ones comfort in between my visits, which is beneficial to all. I am sharing the gift of touch with the family, and they learn that they, too, can provide comfort to their loved ones without hurting them.”
— Michelle Chaves-Torres

Angela Madaras: What and/or who inspired you to work with hospice patients?

Michelle Chaves-Torres: My youngest sister and mom both inspired me to work for hospice. My sister wrote an essay about hospice and gave me a copy to read. She mentioned that she thought I would be good at hospice massage. My mom agreed. I have always been a nurturing individual, from a young age.

Angela Madaras: When did you first begin massage practice?

Michelle Chaves-Torres: I first began massage practice when I attended massage school, in February, 2006. We started hands-on techniques right from the start, and I have been massaging ever since! I started working for a chiropractor out of Belleville as soon as I graduated from school in 2007 – they hired me before I even graduated.

Angela Madaras: Is it more profound working on a person who is in the active stages of dying?

Michelle Chaves-Torres: Yes, it is more profound for me to work on a person who is in the active stages of dying. This is a very special time for the patient and their family. Knowing the family requests for me to be a part of this time makes me feel incredibly honored to participate for both patient and family. It is a gift to work on a person during the active stages of dying. It is very challenging for the body to let go of the spirit during the active phase, and massage is extremely helpful in encouraging relaxation and letting go. To feel and observe this occurring during the active stages is such a beautiful action to be a part of and to witness.

AM: Do you find it challenging keeping your own emotions at bay? What tools do you use for keeping yourself centered and focused?

MC-T: It can be challenging keeping my own emotions at bay. I learned some tools in massage school that really benefit me today in my line of work with hospice. When I am with a patient/client, I “check myself at the door.” That means when I enter into a person’s space to provide treatment for them, I leave myself and my issues, stresses, and ego outside of the home. This allows me to be present in the moment and focus solely on the person and their needs, in order to help them to the best of my abilities.

To stay centered and focused, I try to begin my days as stress-free as possible. This can be challenging, given the fact that driving from patient to patient can be stressful. I listen to peaceful or re-energizing music, drink relaxing tea, and try to think about each person I am headed to visit or just visited with. I reflect on how I can best be a benefit to each person during his or her journey. That keeps me pretty focused throughout the day. I also ground myself each evening when I return for the day. I spend plenty of time out in nature and spend time with my animals. I try to laugh a lot and find joy in every moment. If there is anything I have learned as a result from working in this environment, is to savor every moment for what it is worth, and try to find something beautiful in everything. Many of my patients remind me to enjoy every experience as much as I can, because you never know what may come the next day.

“Many people do not even consider having a massage at end of life, and we do our best to educate everyone on the importance of massage for the transitioning body, mind, and soul.”
— Michelle Chaves-Torres

AM: Are patients generally open to being touched? Do they share what they feel openly?

MC-T: Most times, yes, patients are very open to being touched. I have found that many people share how and what they feel openly. Sometimes this will occur for the very first time we meet, but sometimes it can take a few sessions. It just depends on the person. I have had family members comment on things they hear their loved ones say, as if they are hearing these feelings for the first time. This is very healing for the patients during the dying process.

AM: Do you work with family members and caregivers?

MC-T: Yes, sometimes families are afraid to touch the patient, because they do not know how. I often will teach family members and caregivers some techniques to provide their loved ones comfort in between my visits, which is beneficial to all. I am sharing the gift of touch with the family, and they learn that they, too, can provide comfort to their loved ones without hurting them. My favorite is showing the little ones, grandchildren, how they can participate with this process, as well, and massage grandma’s or grandpa’s feet. This always brings joy for the patient, the children, and the entire family to observe in action. That makes me happy.

AM: How many patients do you see daily, and what is your area of service?

MC-T: I see approximately three to four patients per day, traveling throughout all areas of southeast Michigan, Monday through Friday.

How Hospice Saved and Enhanced My Life

Continued from page 69

AM: Please give some me numbers and statistics that readers can identify with.

MC-T: As previously mentioned, I visit approximately three to four patients per day. I try to travel within the same vicinity, to conserve gas and mileage on my car, but some days this just does not work, due to a transitioning patient or other event that may call for my attention. Some days I travel upwards of 100+ miles throughout the week. I work roughly nine plus hours per day as a full-time employee. Our part-time employee visits about two to three patients per day, four days per week, and follows the same travel idea by staying in the same vicinity to conserve gas and mileage, as much as possible.

AM: Do you have one memorable patient or story you can share that is uplifting, or that touched you in a profound way?

MC-T: I have several! I can say working with our pediatric population always does something for me. To see how the massage treatments positively affect a child’s status, to observe and hear their parents’ sense of relief after their son or daughter receives a massage...this actually brings the parents relief in a way that you cannot put into words. That makes me feel good to know I am helping so many people with the gifts I have to share.

I think the reason I have so many memorable experiences with my patients is that there is an exchange that occurs between the patient and me. When I say exchange, I mean I am providing the patient with a listening ear – someone that is unbiased, willing to listen so they feel compelled to share. I learned some interesting things that I never thought I would need to know in my life! However, unbelievably, I remember certain things patients have told me or a certain song that was their favorite one, a certain smell or a food someone described, their memories – that uplifts me; knowing that, even though I helped these individuals into a different realm, there are parts of them that remain here with us. This never fails to bring a smile to my face each time these memories occur.

AM: Can you say that you have experienced actual healing of the body and/or disease to the point of prolonging a person’s life? What does that mean to you?

MC-T: Yes, definitely. I know that massage has a profound effect on additional pain management and improves circulation and quality of life, to name a few. I have had several patients that received massage discharged from hospice care into palliative care. I feel good to know I am helping the patients in some way, as well as their families.

It means a lot to me, knowing I am able to improve someone’s quality of life with providing a massage. Families often report that a patient’s days can transform into “really good days” when they know they are getting a massage. That makes me happy to know I can bring such happiness into a home and share with people in that way.

AM: What would you like the public to know about the program and important services hospice provides?

MC-T: I think it is important for the public to know that the gift of touch is imperative at any stage of life, but especially when in hospice. I feel massage is a wonderful gift to offer to hospice patients because of the enhanced quality of life. It is “forward thinking” to have massage included as part of the plan of care. With the rising popularity to the benefits of massage therapy for many, it is important to know that hospice programs take this into consideration, because it provides many benefits to both patient and family at end of life. Many people do not even consider having a massage at end of life, and I do my best to educate everyone on the importance of massage for the transitioning body, mind, and soul.



Photo by Rachael Waring

Renee Rutz

My interviews with Renee Rutz began many years ago, first with me as a client of Renee’s, and over time, also as a friend. We continue to dialog and discuss the ramifications of complementary and natural therapies versus, and in addition to, allopathic medicine. For this article, I sat with her on my back porch while we ate lunch. It was a gloriously sunny and breezy day at the peak of autumn, when the bronze-tinged maple leaves were just beginning to fall gracefully to the ground. It was the perfect backdrop to the start of our interview. We, too, went back and forth through email with questions and responses. This allowed Renee to refine her answers and offer a very detailed approach to explain how important she feels these complementary therapies are.

“I have several family members who have had lifelong chronic illness. Since childhood, I witnessed their challenges. I believe it is these early experiences that inspired my entire career”
— Renee Rutz

Angela Madaras: When doing a craniosacral or polarity treatment, can you physically feel energy moving through a person’s spine and body as you work on them? Can you describe what this feels like?

Renee Rutz: In general, I don’t only use my hands to feel, but rather my entire body and its ability to sense and observe a variety of sensations, energy, tissue qualities, and movements. There can be vibrations of various frequencies. Sometimes I feel a temperature, like warm or cool. There are also densities I can palpate, like hard, thick, or soft. There can be the experience of textures, like stringy, rough, or smooth. There are also patterns of movement that repeat themselves from one part of the body to another. Some of these patterns are ones that I have learned in my professional trainings, and I recognize them as energy in the body that performs a certain physiological function, like craniosacral fluid flow. Some movements are random, and are more related to how an individual is shaped, and what their unique patterns of adaptation and movement are. For example, a person’s gait is an expression of their patterns of adaptation.

Angela Madaras: What are the benefits of receiving body work for those who face chronic and debilitating health issues?

Renee Rutz: It is a way for the patient-client to reside in their body and be more present. Chronic pain and fear can often lead to disassociation. Bodywork helps them feel held, and to know that they are not alone. It helps them to connect with something that feels good. It cultivates a sense of hope, and how they might fully live with their condition, instead of fighting against it.

Bodywork, or any alternative modality, really, offers the patient therapy that is outside the standard medical health theory. In the medical model, the therapy involves going to an expert who figures out what is wrong, makes a diagnosis, and employs a protocol of treatment designed to remove the symptoms. With alternative methods, a different model of health is in play. Polarity therapy, for example, is based on the ancient medical model from India called Ayurveda. Acupuncture and shiatsu are based on the ancient Chinese medical model. Both of these systems see the body as a flow of energies, and the therapy is designed to balance this innate energy. Symptoms are seen as imbalanced energy, instead of obstacles that need to be removed.

This shift of perspective can be quite empowering. The patient can see her or his condition as something that needs to be rebalanced, instead of a condition set in stone in one’s being. The patient plays a more active role, and the practitioner partners with the client. Alternative therapy tends to believe that health/wellness is within each of us, and it is a practitioner’s task to help that health and wellness express itself more fully.

Bodywork also offers non-drug pain management, without the adverse side effects of pharmaceuticals.

“I could see the disempowerment and hopelessness that arose for everyone when the ‘experts’ could not address or help the issues at hand... In my discovery of alternative approaches as a young adult, I was invited to explore another way – one that I personally have found to be empowering, gentle, and nurtures people to live full lives in the face of painful chronic conditions.”
— Renee Rutz

Angela Madaras: Explain to our readers how trauma release from past events can allow healing on a physical level in the “here and now.”

Renee Rutz: Our bodies are literally shaped by our experiences, and the energy of them can remain stored in the body. How does this happen? In learning anything new we experiment, and these experiments allow us to adjust and adapt until we become competent at what we are trying to learn. For example, when learning to ride a bike, gravity gives us feedback about our balance, and our bodies adapt to it. Over a number of repetitions where we wobble and maybe even fall off the bike, we adapt and learn how to balance and maneuver the bicycle. Eventually, riding becomes natural, and hardwired into our muscular memory. We do it without any conscious control. Some of these same phenomena are at play when we experience something overwhelming or traumatic.

During a traumatic event, the body contracts in a variety of ways to protect itself. Via a series of neurological and hormonal synapses, the brain “records,” or remembers, the experience and what it did to successfully protect itself. The body “hardwires” the successful protective actions. If another experience comes along and feels threatening in a similar way, the body is already conditioned to respond reflexively in the same way that was previously successful, without any conscious control.

These contractive automatic adaptive responses work well for a while. But as a person moves into different developmental stages, these automatic responses may not work as well... or the person is evolving, or new circumstances present, and these adaptive responsive may not be healthy or effective. There becomes a need and desire to change these responses. This requires conscious effort and often assistance from others, like a therapist, body worker, or a trusted friend.

Body workers are trained to see and feel adaptive patterns and differentiate them from patterns that are innate, functional, and healthy. Adaptive patterns are in the posture, movement, and bio-energy flows in the body. They can be witnessed by tracking sensations and utilizing mindfulness-like techniques. Bodywork uses touch and a variety of manual therapies to bring awareness to what is being held, and to encourage the body to let go. Touch can bring the pattern or shape into relationship to our innate healing potential within. In being *in present time* with our patterns that our past has shaped, we can let go of the effort and energy that goes into maintaining the patterns and explore what other options we have to behave differently. It is in this process where the energy of the embedded past experience that created the pattern can shift in present time. The client often feels a sense of completion or letting go of the past. The physical shape and movement pattern can be observed as different.

AM: Have you experienced any physical challenges or pain that allows you to be more empathetic while working with a client/patient?

RR: I have several family members who have had lifelong chronic illness. Since childhood, I witnessed their challenges. I believe it is these early experiences that inspired my entire career. I could see that the medical community, as it was when I was a child, could not fully help my family feel completely well. I sensed the anger, frustration and sadness this causes. I could see the disempowerment and hopelessness that arose for everyone when the “experts” could not address or help the issues at hand.

In my discovery of alternative approaches as a young adult, I was invited to explore another way – one that I personally have found to be empowering, gentle, and nurtures people to live full lives in the face of painful chronic conditions.

“Study and be continuously curious about the body, its anatomy, its energy, and physiology. I believe the language of the body is in its anatomy. If you know the anatomy, and I mean not just in your head, but that your hands know the anatomy, you will be a more skillful practitioner.”
— Renee Rutz

AM: Do you receive regular body work yourself? What modality is most useful for you as a practitioner as a means of staying open, balanced and energetic?

RR: Receiving regular bodywork is an important part of my health practice. I find that craniosacral therapy greatly supports me as a practitioner. It helps me to connect with that inherent health within me and my wholeness. It gets to the heart of my patterning and gently encourages release. It helps me to feel into my humanity and appreciate this human journey.

AM: How often should a reasonably healthy person receive treatments to maintain good health, and how often do you recommend a person with severe health challenges see a practitioner? What tools do you offer clients/patients as home “remedies” between treatments?

RR: Frequency of visits is an individual choice. How often someone comes in is based on what their goals are, and the ability to put their resources in support of those goals. In general, I find that monthly visits are a good maintenance plan. If you are wishing to change habits or would like to use the work for chronic pain management, then regular visits are probably most effective. One needs to experiment and see what works.

I do suggest activities to try at home. The activities are often created from the content of a session, and are designed to support and deepen the work done in the session. It could be a stretch, a mindfulness practice, or a change in diet. The body is very creative in the ways it can regulate itself!

AM: How does working on a person who has a life threatening illness vary from one who just needs their muscles massaged?

RR: In some ways, it doesn’t differ at all. Obviously, a person with a life-threatening illness brings a different set of concerns to the table than a person with just sore muscles. Both, however, are seeking balance and a greater sense of wholeness. My goal is to be fully present, grounded, heart-centered, neutral, and to hear with as much clarity as possible what concerns my client expresses. From that point the intention of the session is established, and I trust the wisdom of the body to unveil the treatment. How I engage with the client becomes clearer as the session progresses, while I receive feedback from the body via palpation, and from the client verbally.

AM: What advice can you offer those who wish to pursue a career or volunteer in the area of “massage and other natural modalities”?

RR: Receive work from a variety of practitioners and explore a variety of modalities. I find that the work you like to receive is also the work you will probably be skillful at giving, plus it will be more fun.

Study and be continuously curious about the body, its anatomy, its energy, and physiology. I believe the language of the body is in its anatomy. If you know the anatomy, and I mean not just in your head, but that your hands know the anatomy, you will be a more skillful practitioner.

Do your personal work. Knowing yourself, your habits and reactions, and how you connect with something greater than yourself, is essential to helping others.

Approach a career in bodywork or other natural modalities with heart and a sense of service. To do it any other way will just lead to burnout.

Learn *skills* of relating to the body and its energy. Do not rely entirely on treatment protocols. This leads to burnout, too.

Be in the wonder of the body/mind and its ability to heal itself and find wholeness!

AM: You used to be a partner in a group practice. Why did you decide to branch out on your own? How has this changed the way in which you engage with clients? Tell me anything you want our readers to know about your new location and practice.

RR: For 27 years, I enjoyed creating a holistic health clinic and collaborating with other practitioners and support staff. I simply reached a point in my life where I wanted and needed to simplify. I needed an opportunity to explore my work and skills in an environment where I did not need to accommodate in any way. My work needed an outlet where I could just flow with what inspired me, and not have the needs of others influence what I did or how I did it.

I yearned to have more quiet in my work space, which this move has afforded. My focus is more on my clients, as I do not have any administrative responsibilities beyond my own schedule. Having quieter space has supported a deepening of my work. I feel my connection with my clients is more personal and intimate.

My office is in Dixboro Village, which I have discovered to be a sweet and quiet little corner of Ann Arbor! As soon as I arrive in the Village, I can feel myself slowing down.

Author’s Take-Away:

From my own experience, and after interviewing both Renee and Michelle, I believe that therapeutic massage, craniosacral therapy, polarity therapy, and acupuncture can release areas of energy blocks, and perhaps cellular memories of past traumas. I see these techniques as ways to gently clear energy blocks and emotions that keep me stuck in a past moment of time when I was hurt and feeling incredible pain, both physically and emotionally. In this way I am able to be in the present moment, where healing is possible. It is my strong belief that natural healing modalities should be a part of hospice and palliative care, because they alleviate so much of the discomfort while allowing the body either to heal, or to transition with the least amount of pain. I also feel that natural modalities should be fully covered as health maintenance and preventive care for all individuals, and especially as treatment for chronic illness. May this article spark conversations around your dinner table about end of life desires and wishes, and how you want to manage your long term care if facing a life-threatening and debilitating illness. Lastly, I hope each individual sees an inherent ability to heal one’s self while gaining a deeper understanding that life is a precious gem which needs to be polished and treasured. Shine brightly and be brilliant, so others learn they too can do the same.

Renee Rutz can be contacted by email at Reneerutz@yahoo.com, by phone at 734-358-2343, or visit her on the web: reneerutz.com. Michelle Chaves-Torres can be reached by calling 734-560-2155 or email her at mchavestorres@gmail.com. Angela Madaras can be reached by emailing her at angelamadaras@gmail.com.

The Crazy Wisdom Kids Section

Book Reviews – Great Kids Books
available at Crazy Wisdom in our Children's Section



By Waldorf parent Sarah Newland

Float

By Daniel Miyares

A boy, a paper boat, a rainy day, and an adventure. There are lovely illustrations and no words in this quiet book for young children.

\$17.99



Welcome Home, Bear: A Book of Animal Habitats

By Il Sung Na

Every morning bear wakes in the same green forest under the same blue sky. One day, he decides to find a new home. From Il Sung Na comes a beautiful book of animal habitats for young children. Follow bear as he visits all of his friends – from bird and mole to camel and octopus – until he settles into the home that's just right for him.

\$19.99

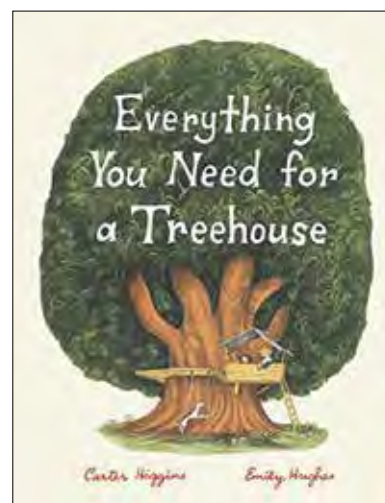


Everything You Need for a Treehouse

By Carter Higgins

This lyrical, magical work of art celebrates the universal wonder of treehouses and all the adventure that lives among branches. From time, timber, and rafters to ropes of twisted twine that invite visitors to sprawl out on a limb and slide back down again, this book is for anyone who's ever wanted to escape real life and live in a nostalgic dream come true.

\$17.99



Snow Lane

By Josie Angelini

Fifth-grader Annie has eight older siblings and one dark secret. She wants to carve out a place for herself in the world, but her clothes are worn-out hand-me-downs and she suffers from a crippling case of dyslexia. She then discovers there are secrets in her life that no one in her family is willing to face. Angelini presents a story about a resilient girl who, in spite of many hardships, can still find light in the darkest of places.

\$16.99

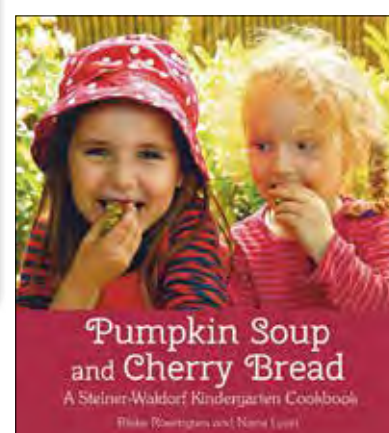


The Wild Book

By Juan Villoro

Thirteen-year-old Juan's summer is off to a terrible start. His parents separate and Juan is sent away to his strange Uncle Tito's house. Who wants to live with an oddball recluse with zigzag eyebrows who drinks fifteen cups of smoky tea a day, and lives outside a huge, mysterious library? But when he discovers the books move on their own and magically respond to him, he begins an adventure to get to the Wild Book before the wicked, story-stealing Pirate Book.

\$17.99



Pumpkin Soup and Cherry Bread

By Rikke Rosengren

This is a Steiner Waldorf cookbook from a Copenhagen kindergarten, where children happily clean their plates, even when served Brussels sprouts or kale! This beautifully illustrated cookbook contains over 80 seasonal recipes that celebrate delicious, nutritious vegetarian food. In Waldorf kindergartens, children help grow vegetables and forage for herbs; they help peel, chop, and bake; and food is celebrated through seasonal festivals. Each recipe can be made to serve either four or 40.

\$24.95



You may purchase these books at
shopcrazywisdom.com by either visiting
the website or scanning the QR code above.

shopcrazywisdom.indielite.org/kids-reviews

C
r
a
z
y

W
i
s
d
o
m

K
i
d
s

How to Smooth Out a Bumpy Back-To-School Experience

By Catherine Fischer

Oh, boy, it's that time of year again. Many of us parents and guardians have been working through our checklists, buying new shoes for our kids (who've been barefoot or in sandals all summer), and picking out fall clothes for kids who've sprouted since June. We're smoothing the path as much as we're able, sometimes stopping by the school beforehand for trial runs, figuring out the bus schedule and aftercare, or maybe counting down the days until school starts again.

No matter what the lead-up to school looks like for us, we're all hoping for things to go well for our kids. But by now, some of us can already see that it's not going how we had hoped. Perhaps getting out the door in the morning is a struggle, or maybe our kids are coming home unhappy, angry, or withdrawn. Whatever is causing discord, when our children are struggling and things are out of balance, everyone in the family is affected.

If you're looking for ways to restore the harmony and happiness that seems to evaporate with the start of the school year, here are a few tips that can make a big difference for the whole family.

Focus on Connection

Children need a lot of connection. Human brains are wired to grow and learn in connection with other minds, and a sense of safety is necessary for learning to take place. However, even the most loving teachers cannot offer constant connection to the room full of children they are responsible for, and the expectations of school are more demanding on children now than ever before.

Children need a lot of connection.

Keep in mind that children who have been in daycare for years will also have to adjust to the increased expectations for sitting in one place and listening quietly. There are also numerous academic expectations that have slowly crept into the earlier years of school, taking away much of the time children used to have for play. Even if a child likes school, he may come home with a bunch of feelings that have been stored up during the day.

Children often can't relax and enjoy their time with you and their siblings until they get some help reconnecting. So how do we address this basic, human need when we see our children are struggling?

Below are some ways you can help your child to reconnect with you.

Before school: Sometimes our hectic mornings can cause children to feel disconnected before they've even left the house. Try finding a way to slow things down for a few minutes and spend some one-to-one time with a child before leaving the house; this seemingly small action can make a world of difference to the child, and may set the tone for his entire day.

At drop off: If your child's struggles begin when it's time to say goodbye, arriving a few minutes early to help them to settle into their classroom, and asking a teacher or caregiver to connect with your child before you leave, can help with the transition. Please don't leave without saying goodbye to your child! (More on this below.)

After school: Develop a connection ritual such as a high five, a warm hug, or a joke that gets everyone laughing. Try to hold off on your questions until after your child has had a chance to bask in your attention for a little while.

Expect Feelings

This is the piece of advice that might sound the most foreign. Rather than trying to set up a routine that always keeps the lid on our children's feelings, consider that the outpouring of emotion is part of what is needed to smooth the bumpy back-to-school feelings. Fears about separation, hurts from interactions with kids or teachers at school — even stored up feelings of boredom — will drive our children's behaviors off-track until they are released.

Even if a child likes school, he may come home with a bunch of feelings that have been stored up during the day.



No matter what the lead-up to school looks like for us, we're all hoping for things to go well for our kids.

Once we've been able to successfully reconnect with our children — by sitting down to play Legos for five minutes before putting on shoes and leaving the house; by lovingly promising that we will be there at the end of day instead of leaving without saying goodbye; or by happily making eye contact and hugging them when they finish their school day before we start asking them questions such as, "What did you learn today?" — we are letting them know that we're here for them in language that their worried minds can understand.

When this happens, some of the feelings they've been trying to hold at bay might come pouring out. And when they do, we can offer them the following gift.

Make Time to Listen

Offering children our warm attention when they begin to cry or tantrum, rather than trying to get them to stop, offers them the opportunity to offload the upset that has stored up and regain their

cooperative, confident nature. Time pressures can often make listening a challenge. If your child is having difficulty with getting out the door, or with drop off, try to leave some extra time for this part of the routine; it makes stopping to listen to feelings easier.

Sometimes our hectic mornings can cause children to feel disconnected before they've even left the house.

Sometimes there's nothing to be fixed. Our children just need us to listen while they show us how hard something feels. It's not always easy to stay calm and relaxed when our children are offloading big feelings, but when we can, we are offering them a safe port in their emotional storm.

Listening doesn't always have to be for tears. Laughter is another wonderful way to release a bit of fear. If you notice that something you say or do makes your child laugh, do it again! (With the exception of tickling, because this can easily result in children feeling overpowered.) Playing with our children to help them laugh is a great way to build connection and release tensions at the same time.

One Final Pro Tip

You may also need to use these three steps for yourself and your own feelings! Many of us have feelings around school and separation that can surface when we send our children off to school.

If you find yourself feeling out of sorts, grab a friend who's a good listener and ask them to listen to you for five minutes without interrupting or giving you advice.

If you find yourself feeling out of sorts, grab a friend who's a good listener and ask them to listen to you for five minutes without interrupting or giving you advice. Tell them everything you are feeling about back-to-school, what you remember about your own experiences, and what it's like to see your child heading off to school. Sometimes just getting all of that off our chests helps us to be more playful, warm, and caring toward our children when they are struggling.

Good luck, dear parents! I hope you will find something here that is helpful to you. Thank you for the hard work you do every day to love your children well.



Catherine Fischer is a certified Hand-in-Hand Parenting instructor, a mom, and a birth and postpartum doula. She'll be speaking more in-depth about how to handle a bumpy back-to-school experience at the Mallet's Creek branch of the Ann Arbor District Library on September 18th. You can find out more about her services at SupportForGrowingFamilies.com.



Crazy Wisdom Kids in the Community



“Babywearing, or carrying babies in slings on your body instead of in strollers, has had a resurgence in popularity in the last decade, as attachment parenting has gone mainstream.”



Hikes and Tykes — Tree City Babywearing

By Laura K. Cowan

Back when the Internet was black and white, I was a green parenting blogger reviewing cloth diapers and baby carriers and being insufferably crunchy (e.g. I had learned how to pronounce quinoa). The upshot of this is that I have tested an astonishing array of cloth baby carriers, which are like backpacks on your front with little squirmy humans in them. I met a lot of cool people along the way, too. Babywearing can be a lot of fun, and like being able to ask after quinoa without a Whole Foods clerk correcting your pronunciation, there can be an entire lifestyle and community attached. A busy mom can chase a toddler while babywearing an infant

sibling — even breastfeed on the go or gain exclusive access to hippie-only drum circles and airport lounges. I don’t know. I was so sleep-deprived my daughter’s entire infancy that’s how I remember it, but breastfeeding on the go is definitely a sifu-level mommy manifestation skill I never mastered. Let’s back up.

If you’re from Ann Arbor or Ypsilanti, babywearing is delightfully ubiquitous, and so I’ll assume you’re on board with the idea of combining backpacks and babies. Come along on a fantastic hike around our babywearing culture in this mecca for babywearing folks and activities. Babywearing, or carrying babies in slings on your body instead of in strollers, has had a resurgence in popularity in the last decade, as attachment parenting has gone mainstream. According to Allison Valerio of Ann Arbor Babywearers, which meets in Ypsilanti, the last four years in particular has seen an explosion of new babywearing gear on the market, aimed at parents looking for more choices for baby gear even up into toddler-sized baby slings.

The Gear

First, the gear. I’ll admit, this is the hard part. If you like the bottom line, just go to green parenting shop The Little Seedling on the west side of town, where store manager Marie Friesen or any other of the lovely moms on staff can help advise you on how to keep this simple. The easiest of babywearing gear really is what I described: essentially a buckle- or snap-on backpack you strap to your front, back, or hip, and insert baby facing you. Simple. Well, simplish. Make sure baby’s knees aren’t squished. Ideally, baby faces you so she can be comforted by seeing mom or dad’s face, and legs are best supported from the knee pit up to hip at a 90-degree angle, leaving the feet free to kick you in the spleen. Most popular brand: The Ergobaby. (Dads pair with Fridababy Fridaballs kid-proof boxers for aforementioned problem.)

“Ideally, baby faces you so she can be comforted by seeing mom or dad’s face, and legs are best supported from the knee pit up to hip at a 90-degree angle, leaving the feet free to kick you in the spleen.”

If you want a baby carrier that is extra adjustable to switch between parents or if, like me, you have broad shoulders, there is a carrier similar to the backpack style that ties like an apron, called a mei tai carrier. Bonus: these often come in beautiful designs and make you look hipster fresh so even the guy doing your pour-over coffee will pay attention to you while you wait. Forever. Is pour-over coffee immersive live theater? I have made it through a decade of modern parenting now, and I still have so many questions. Upside: Mei tais can be very comfortable. Downside: not a mai tai. No umbrella drinks involved. Fave brand: Babyhawk.



Third option is the ring sling. These are great for cuddling newborns like a little pea in a pod because they look like hammocks you hang from one shoulder. They adjust like a belt via a big ring to gather the fabric, and they’re also super adjustable. You can even wear one over each shoulder for twins, or strap a ring sling on your front, and a different style of carrier on your back for a toddler tandem. Downside: you have a kid like mine who is always alert and climbing out of things. If you’ve got a crib climber, this is not the carrier for you (see YouTube hammock prank videos for an idea of how that plays out). Sexiest silk prints: Sakura Bloom. You will want to wear these like Maria wore the curtains in *The Sound of Music*. They’re so pretty. They even cover up your stained yoga pants underneath. Ring slings are often made by stay-at-home-mom brands, too, so you can support working mamas buying this style while doing everything perfectly because modern parenting.

“[Silk ring slings are] so pretty.
They even cover up your stained yoga pants underneath.”

Finally, there is the wrap carrier. This one is not for the sleep-deprived. It’s essentially an enormous ribbon of fabric you can tie any number of ways around your shoulders and waist to hold baby. Upside? Great flexibility, because this wrap can mimic most of the other styles and is *machine washable*. You’ve been spit up on, yes? Have you had un-washable baby gear spit up on that instantly takes on the smell of powdered milk and toe fungus? I have a very high-quality, very expensive car seat the cupholder of which my genius toddler jammed a perfectly spherical BPA-free baby snack holder into and *then* threw up on it. I couldn’t pry it out with a butter knife. Doesn’t matter one whit that the removable seat cover is washable. Those shriveled Panda Puffs are still locked in their extended animation homeostasis pod to this day, but so help me I will not throw out that best-on-the-market car seat, so I rest my case. Though, most baby carriers are washable to some degree now except the heavy duty hiking kind, so you’ll probably be fine as long as you let your buckle carrier air dry and don’t need it right away. (Some mamas live in them.)

These days, the issue of these stretchy wraps sagging has also been fixed by some brands bolstering their fabrics. Plus, the most popular wrap called the Moby is easily found in mainstream baby stores, so you don’t have to hike to Ann Arbor’s boutiques to find one. This makes it a quick baby registry item. I did find, however, that wrap carriers were tricky to get on and off on the go. It’s a great carrier for around the house or the mom who has ninja wrapping skills. I don’t know why this is pitched as the mainstream carrier. Because it’s the cheapest? It’s kind of complicated. You need IKEA-style directions to figure it out, and a patient baby. Once you’ve got it, though, very easy to replicate.

Okay, the real downside? These things are expensive. There is an Internet meme to the effect of: “should I die before I wake, someone please tell my husband what the baby carriers are actually worth.” Baby slings often run in the \$40-200 range apiece, though there’s a lot of variability on that. So, that brings us to the good part. Ann Arbor babywearing being a community around here means you can try before you buy and meet moms who have gone before to show you the ropes. No money wasted. And if you really do replace a stroller with a baby carrier instead of doing double duty, it’s on the cheaper side compared to a nicer all-terrain stroller that lets you go off-pavement like these do.



“Ann Arbor Babywearers is a group of like-minded parents
where you can not only get some tips on how to get started with
babywearing and meet other parents —
you can check out carriers from a library to try for free.”

There are so many ways to enjoy the outdoors this fall at the Leslie Science & Nature Center

Animal Haunts “Underground Adventures”
Friday, October 26 | 7-9 pm for adults 21+
Join us for a fun evening with beer & hard cider, live animals, night hikes & more. Pre-registration required.

Saturday, October 27 | 6-8 pm for all ages
A non-scary evening of festive fun: games, skits, live animals and a hike in the evening woods! Pre-registration required.

Owl Prowl
Friday, November 16 | 7-9 pm for adults 18+
Saturday, November 17 | 7-9 pm for families
Join us for an evening all about owls. Go on a night hike, call to wild owls, and visit our live owls up close as you discover how ears, eyes, and feathers help owls survive the night.

Day Off Outdoors Camps
Pre-registration and health forms required.

Tuesday, November 6 | 8:30 am - 5:30 pm Spend this day off from school exploring Black Pond Woods, learn about how animals are preparing for the Michigan winter, frolic in the changing weather, and create fall-themed crafts.

Wednesday, November 21 | 8:30 am - 5:30 pm
Explore all of the incredible ways the natural world provides us with food, shelter, energy, and more! Show your gratitude for nature by learning how to reduce waste, conserve pollinator habitats, and show respect for the amazing planet we call home.

Creating moments of discovery for 32 years through:
Birthday parties, preschool programs, scout programs, school break and summer camps, school field trip and outreach programs & more!

1831 Traver Road Ann Arbor | Phone 734-997-1553 | www.lesliesnc.org

The Community

I make no warranty for the people you will possibly meet while babywearing, all-season competitive parenting being what it is these days, but I hear the folks at Ann Arbor Babywearers are pretty cool. I can vouch for their representative, the aforementioned Allison Valerio, who met me for an interview and demonstration of some of the latest styles of carriers. Valerio told me something really important for this conversation, too. Ann Arbor Babywearers is a group of like-minded parents where you can not only get some tips on how to get started with babywearing and meet other parents — you can check out carriers from a library to try for free. There are also Canton Babywearers, and Livingston County, so wherever you move in the area, you can find this handy support network for play and try-before-you-buy awesomeness. You can borrow a carrier to try for several weeks, and then drop it off at The Little Seedling or the group meetings.

Valerio tells us her favorite thing about Ann Arbor Babywearers: “I feel like I’m helping people. This group helps instill confidence when you’re [dealing with] that vulnerable exhaustion of being a new parent.” Indeed. Though the hallucinations are pretty cool, and I’m not sure I’d trade them.

The best thing about babywearing outside the people? “Especially after a second child, you can get stuff done and chase a toddler around.”

The Little Seedling’s store manager Marie Friesen seconds this:

My stretchy wrap really came in handy with my colicky baby. Whenever she started to fuss, my husband would say “wrap her up!” and she would pass out in minutes. We have ring slings (Sakura Bloom, Moby, Beco, Lillebaby) that can be used from newborn through toddler stage. Some people aren’t a fan of them because they sling across one shoulder and can restrict your movement of the arm it is over. Also, I feel like they have the biggest learning curve, which can deter some parents. I love the ring sling for errands because it is a quicker way to get baby on you and very packable. It is also very handy in the toddler stage when the child wants up for two minutes for a cuddle then needs to go play seconds later.

The Little Seedling business model is part of local babywearing culture, too. Owner Molly Ging encourages her employees, mostly moms, to bring their young children to work with them and wear them in-store, which opens up opportunities for women who would otherwise need to pay for daycare or stay home with their kids. Also, moms in the store can spot each other when parenting moments happen, creating a supportive family environment.

Crazy Wisdom Kids in the Community



“I feel like I’m helping people. This group helps instill confidence when you’re [dealing with] that vulnerable exhaustion of being a new parent.”

— Allison Valerio, leader of Ann Arbor Babywearers

Continued from page 75

Friesen tells us:

When I first started at The Little Seedling, I had a 7-month-old that would only nap if she was touching me. Babywearing really allowed for me to work, but also allowed for my child to nap. Obviously, our guests are our number-one priority, so babywearing allows us to help the guest while letting our kids get their needs met, too.

Parents often donate wraps to the Ann Arbor Babywearers, or contribute financially to keep the group running, which meets in the WIC lobby at Washtenaw County Human Services (555 Towner) the first and third Tuesday of the month. The cool thing about the location is it makes for easy connections with WIC. Valerio says they support moms learning to breastfeed in their baby carriers, plus connect them with other services they might need for their kids. There is also quite a lot of crossover in people between Ann Arbor Babywearers and a group called Hike it Baby, which brings up one final consideration. Physical limitations.

“When I first started at The Little Seedling, I had a 7-month-old that would only nap if she was touching me. Babywearing really allowed for me to work, but also allowed for my child to nap.

— Marie Friesen, Store Manager at The Little Seedling

Friesen said The Little Seedling has blind people who come in for assistance in learning how to wear their babies, and that people with lower back pain often find the Lillebaby supportive because it features a lumbar support pad. I know with my



back injury, I found the mei tai carriers and buckle carriers easiest, because they sit centered on your body and you can adjust the height. “Some people are trekking across mountains and ridges,” Friesen said, “and those people should really go with a more structured carrier, because those can carry personal belongings and other items needed for those treks.”

The Hikes

You can, of course, arrange your own outings with friends or on your own, but when you’re a mom, it’s really nice to have a parenting group nearby to invite you to events and get your kids out of the house. Hike it Baby is a national nonprofit organization dedicated to getting families with children from birth to school age outside and on the trails. The group was founded by a mom in Portland, Oregon, in 2013. Local branch founder Annie Fortunato started the Ann Arbor chapter in October 2014 with her then three-year-old son.

“Ann Arbor is a transient city because of the University,” Fortunato said, “so there are constantly new people coming to town. These families are looking for new friends and new things to do.... You get to make new friends *and* hang out with your children!”



“Nature brings like-minded people together. I think if you are coming to Hike It Baby hikes, your parenting styles tend to be similar, your love for the outdoors is similar, you’re probably at least a little adventurous, and maybe a little unconventional.”

— Annie Fortunato, founder of Hike It Baby Ann Arbor chapter

Fortunato tells us:

When Hike it Baby Ann Arbor was born, we were the forty-fifth branch. The organization has now grown to 350 branches all over the U.S., Canada, and even internationally in Japan, Italy, Germany, and Australia. What makes Hike it Baby a little different is that we are an inclusive organization. We welcome moms, dads, nannies, grannies, aunts, uncles, cousins, and friends on all of our hikes. Hike it Baby is free for 90 days. After that, if you’d like to continue to hike with us, it is \$10 per year, which is completely tax deductible. This (fee) allows you to see the calendar for any city, all over the world.

A typical hike with Hike it Baby starts with a welcome circle. Members introduce themselves, their children, how old they are, and where in town they are from. Sometimes hikes are pretty low-key.

“We have lots of toddlers,” Fortunato said, “and sometimes we only hike about 50 feet because they want to explore every puddle and inspect every bug.” Other times it’s just a few moms and dads with children in carriers and it’s faster paced.

Occasionally, the group meets at a playground or park, or hosts summer picnics and other events. Fortunato said her entire social network is made up of Hike it Baby families. “Nature brings like-minded people together. I think if you are coming to Hike it Baby hikes, your parenting styles tend to be similar, your love for the outdoors is similar, you’re probably at least a little adventurous, and maybe a little unconventional.”

Favorite trails?

I think Nichols Arboretum is my favorite, overall, because depending on what kind of trail I’m in the mood for, I can find it there: hills, river, flat, gravel trails, dirt trails, plant diversity, fall colors, spring flowers. If I’m up for a true hike, I head for Pinckney Rec Area’s Crooked Lake Trail. I’ve really grown to love Pittsfield Preserve, as well.

I have hiked with branches all over Michigan and two branches while vacationing in California. Every year, the national organization hosts four Hike it Baby 30 Challenges. We challenge members to hike 30 miles in 30 days, spend 30 minutes outside three times per week, or do another personal challenge of their own. For one challenge two years ago, my goal was to hike with all 10 Hike it Baby branches in Michigan. I made it to all but one. It was a fun adventure, and I met a ton of really great people.

Every branch has its own flavor, but Hike it Baby has several values that hold true, no matter what branch you hike with:

- We leave no family behind.
- We are a strong community.
- We are free of judgment.
- We are raising a generation to love the outdoors.
- We respect nature.
- We inspire wellness.

“My son has also made a ton of friends through Hike it Baby,” Fortunato said. “Most parents who bring their children on hikes feel like their kids need these hikes. You can’t bounce off of walls if there aren’t any walls.”

What makes Hike it Baby so special?

I’ve seen kids take their first steps on the trails, seen babies grow up, seen friendships grow and connections made. I feel really lucky to experience these moments. I had my second son in October 2017, and I loved having an established community to welcome him to — instant aunts and uncles. It has been so refreshing to be able to text my Hike it Baby friends at 2 a.m., and they’re up with their newborns too.... Many families hang out together outside of Hike it Baby, going to zoos, vacations, etc.

So how do you get connected? Hike it Baby has a Facebook page with a detailed calendar app. “We host events all year round, unless the conditions are dangerous (severe wind chills, heat advisories, thunderstorms, etc.).... During the spring and summer, we may have a dozen or so events every week.”

Here’s where we get to the heart of things:

Hike it Baby is an amazing supportive community. Not just to get you and your children outside, but just knowing that we understand your struggle. Your toddler having a temper tantrum on the trail? We’ve been there. Need help clipping the buckle on your carrier? We got you. You forgot a snack for you preschooler? Here’s some extra raisins. Need help getting your kiddo in a back carry? We’re here to help! Have a slow toddler and a fast school-ager? We have eyes everywhere.

Some women are also worried about being alone on the trail. With Hike it Baby, you’re never alone. And truly, since I’ve had Hike it Baby, I’ve never felt alone. There are many stories of moms who suffered from postpartum depression and have started hiking with us and turned their lives around.



Since I’ve had Hike It Baby, I’ve never felt alone. There are many stories of moms who suffered from postpartum depression and have started hiking with us and turned their lives around.”

— Annie Fortunato, founder of Hike It Baby Ann Arbor chapter

It’s easy to believe, and probably verified by some dismal statistics, that friend-making in your late twenties and beyond falls off some kind of proverbial cliff. I certainly found mom groups to be dicey places to meet friends sometimes, though I’ve also made lifelong besties and my kid has made gobs of friends through green parenting meet-ups and local kids’ activities.



Fairy Teas

at Crazy Wisdom Tea Room



Thursday, Oct. 25, 1 p.m. and 4 p.m

(Tickets go on sale 9-26-18)

Children and their families are welcome for a magical time with our fairies, including story time and a special activity. Fairy attire is encouraged. Be creative!

Tickets are \$11/person.
All children must be accompanied by an adult who has purchased a ticket. Free for babies 18 months and younger.

Tickets available online at crazywisdom.net or on the Kiosks at Crazy Wisdom prior to the event. For more information, contact Jessica at jessicameyer@crazywisdom.net.



Fortunato said:

It can be really hard to step into established mom groups, but Hike it Baby is different. We aren’t a mom group. We are a community. We do our best to support you, however you need.... Hike it Baby is a movement. We are raising a generation of children to love the outdoors.

Ann Arbor/Ypsi is a unique place, made all the more special by green parenting communities and its babywearing culture — and these groups are only the beginning. I can kid all I want to about babies kicking you in the family heirlooms, but this truth remains. It seeps into your bones if you live around here long enough. Ann Arbor/Ypsi is family. I don’t need that to be machine washable to see the long-term value. Like that dreadful car seat, I can never wash this university-hippie culture out of me and I don’t care. This is Ann Arbor babywearing culture. Everything costs too much around here and we know how to say quinoa, but we’re pretty nice, too.

Laura K. Cowan is a green living editor and magical realist author living in Ann Arbor. She was the Green Transportation and Road Test Editor for green design blog Inhabitat.

The Little Seedling is on the web at thelittleseedling.com or call (734) 418-2392. Information about Ann Arbor Babywearers is on Facebook or you can reach Allison Valerio at alivalerio@gmail.com.



Annie Fortunato works at a local learning center and volunteers with Hike it Baby on the local and national level. More information about Hike it Baby can be found online at hikeitbaby.com.

If you’d like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the January through April 2019 issue is November 1, 2018.





C
r
a
z
y

W
i
s
d
o
m

K
i
d
s

Tea with the Fairies at Crazy Wisdom • Thursday, Oct. 25, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. \$11. Contact Jessica at jessicameyer@crazywisdom.net.

Michigan State Fair • Aug. 30-Sept 3, 10 a.m.-10 p.m. • Come to the Michigan State Fair for a fun day of activities for the whole family. \$8/Adult, \$6/Child. Contact michiganstatefairllc.com/.

Superhero Bookmarks at Ann Arbor District Library • Saturday, Sept. 1, 3-4 p.m. • Using popsicle sticks and markers, come design a superhero bookmark! You can design your own from start to finish, or color in one of our designs. Featuring Wonder Woman, Iron Man, Black Panther, Hulk, Batman, Superman, Captain America, and many more! Free. Contact 327-4200 or aadl.org/node/376436.

Board Game Afternoon at Ann Arbor District Library • Saturday, Sept. 8, 2:30-5:30 p.m. • Enjoy an afternoon of board games at Westgate! Games will include: Ticket to Ride, Yeti in my Spaghetti, Dominion, Sushi Go, Stratego, Grand Austria Hotel, Space Team, and more. You are also welcome to bring your own games! Free. Contact 327-4200 or aadl.org/node/378866.

All-Girls Skate Instruction • Sunday, Sept. 9, 9-11 a.m. • Designed for girls to learn to skate at the Ann Arbor Skatepark. Contact facebook.com/a2skatepark/.

Sunflower Sprouts: Parent-Child Nature Class for Little Ones with Catherine Fritz • Wednesdays, beginning Sept. 12, 9:30-11 a.m. • Join us for this outdoor parent-child class for children ages 2-6 years at the Ann Arbor Forest School. We will enjoy circle time with singing and storytelling, and explore nature through craft activities games, studying local plants and animals, and/or a short wander to a special nature spot in the adjacent County Farm Park. This class is a great opportunity to meet other young families interested in nature connection and to experience Ann Arbor Forest School's facility and educational offerings. \$15/drop-in. \$65/five-class pack. Contact Catherine at (360) 878-2961; catherine@annarborforestschool.com or annarborforestschool.com.

Teen Writing Workshop at Ann Arbor District Library • Sunday, Sept. 16, 12:30-2 p.m. • Calling all teen writers! Come hone your writing skills with this special series of writing workshops lead by MFA Alumni and Zell Fellow Rebecca Fortes! These workshops take place every other Sunday and each focus on a different aspect of creative writing. Snacks will be provided, too! Free. Contact 327-4200 or aadl.org/node/378722.

Make A Music Tool: Building Your Own Contact Mic at Ann Arbor District Library • Sunday, Sept. 16, 1-3 p.m. • Learn to build a contact microphone, a kind of microphone that senses audio vibrations through contact with solid objects. You'll learn to solder and will be able to test your microphone with your voice and other vibrating surfaces in the room! We'll provide supplies and guide you through step-by-step. Free. Contact 327-4200 or aadl.org/node/377053.

Harvest Festival • Sunday, Sept. 16, 2-5 p.m. • Join us for the 9th Annual Pittsfield Township Harvest Festival on Sunday, September 17th from 2-5PM at the Historic Sutherland-Wilson Farm located at 797 W. Textile Road, Ann Arbor. Free parking and shuttle is available from Harvest Elementary (1155 Campus Pkwy). Handicapped parking and bike parking available on-site at the Sutherland-Wilson Farm. At the Harvest Festival, learn more about the historical significance of this farmstead and the Sutherland-Wilson Family. Activities include a performance by the Saline Fiddlers, face painting, historical house and building tours, a petting farm, hay rides, historical carriage photos, pumpkin patch, lawn games, an obstacle course, Prizes in the Straw, refreshments, and more! The Historical Society will be running fundraisers, including bake sales and half-priced craft sales. Contact 734-822-3135; info@pittsfield-mi.gov or annarborwithkids.com/events/harvest-festival-2/www.pittsfield-mi.gov/harvestfestival.

Telephone Wire Bracelets at Ann Arbor District Library • Sunday, Sept. 16, 3-4 p.m. • We will transform telephone wire into colorful bracelets. Come make a few of these unique accessories to give as gifts or wear yourself! Free. Contact 327-4200 or aadl.org/node/373452.

Kabbalah for Children (3rd-6th grade) with Karen Greenberg • Monthly on Sunday, beginning Sept. 23, 2:30-4:30 p.m. • Utilizing multi-sensory input and experiential learning, we build self-esteem of awake and spiritually evolved children. We aid in integrating organizational skills, in navigating through low-vibrational emotions, and in discovering and fostering their genius, so that they can fulfill their mission of installing a

healthy, interdependent, functional planet for the prophecy of the "Thousand Years of Peace". \$50/session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Preparing for College Writing: A Workshop for Teens at Ann Arbor District Library • Sunday, Sept. 23, 2-3:30 p.m. • This 90-minute workshop engages teens in what they can do now to prepare for college writing. We will explore a variety of activities that promote writing as well as effective ways to edit and improve your work. Parents are welcome to join their teens at this workshop. Free. Contact 327-4200 or aadl.org/node/377551.

Fireside Fun - A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Sunday, Sept. 23, 6:30-8 p.m. • There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows, and swapping stories. One Sunday a month, we'll be stoking the fires here at LSNC. Bring your family, friends, camp chairs, outdoor games, and s'mores fixings. We'll provide a blazing campfire and plenty of marshmallows. This event is rain or shine (except thunderstorms), so come dressed for the weather. Free. Contact Rebecca at 997-1553; info@lesliesnc.org or lesliesnc.org.

Cosplay Gauntlets at Ann Arbor District Library • Friday, Sept. 28, 6-8:30 p.m. • Just in time for Halloween, learn basic cosplay techniques for making a cool pair of arm gauntlets! Design your own, or choose from one of our templates. This technique can be used for making other cosplay gear as well. Free. Contact 327-4200 or aadl.org/node/377733.

Kinderplatz at Saline Oktoberfest • Saturday, Sept. 29, 10 a.m.-3 p.m. • Come celebrate our relationship with our sister city, Lindenberg, Germany. Events for kids and families. Contact salinemainstreet.org/about-us/events_outreach_team/oktoberfest.

Splatoon 2: Hyper Local Splatfest at Ann Arbor District Library • Saturday, Sept. 29, 1-4 p.m. • The Inklings are back to splat more ink and claim more turf in this colorful and chaotic four-on-four action shooter. Are you and your four-player squad willing to get your tentacles inky for glory?! Dive into the ink at your library! Free. Contact 327-4200 or aadl.org/node/378780.

All-Ages Mario Kart 8 Deluxe at Ann Arbor District Library • Sunday, Sept. 30, 1-4 p.m. • We are SWITCHing things up. It's a Mario Kart 8 Tourney for kids, teens, and adults! Bring the family for an afternoon of fun! Free. Contact 327-4200 or aadl.org/node/373377.

Halloween String Art at Ann Arbor District Library • Friday, Oct. 5, 7-8:30 p.m. • Craft your own spooky Halloween string art decoration! Free. Contact 327-4200 or aadl.org/node/376669.

Rock Art at Ann Arbor District Library • Wednesday, Oct. 10, 6-7 p.m. • Make your own petroglyphs on a 'rock' carving board. Free. Contact 327-4200 or aadl.org/node/378284.

12th Annual College Night at Ann Arbor District Library • Wednesday, Oct. 10, 7-8:30 p.m. • This event features talks by the co-authors of *Solving the College Admissions Puzzle: A Guide for Students and Families about College Selection, Essay Writing and High-Stakes Testing*. Community High Emeritus college prep counselor John Boshoven discusses how to find the right college, Essay Coaching founder Debbie Merion discusses writing an application essay, and performance coach Geri Markel discusses scoring well on ACT and SAT tests. There will be time for questions and answers at the end. Please see CollegeAdmissionsAdvisors.com for more information. Free. Contact 327-4200 or aadl.org/node/373665.

Hallow Harvest at Cobblestone • Oct. 14, 12-4 p.m. • Tour the house decorated for Halloween including a children's scavenger hunt and games. Learn about 19th century Halloween customs. \$2/adult, \$1/child, \$1.50/Senior, \$5/family, ages three and under free. Contact cobblestonefarm.org/index.php?section=events&content=index#hallow_harvest.

Mini Succulent Pumpkins at Ann Arbor District Library • Friday, Oct. 26, 7-8:30 p.m. • Just in time for the Fall holidays! Join us to make beautiful, teeny-tiny decorations out of pumpkins and live succulents. We will supply everything you need - pumpkins, live plants, decorative moss, acorns, pinecones, dried berries, plus many other fun decorative objects we've gathered from nature. A fun and easy craft project, these pumpkins will bring holiday flair to your home for weeks on end. Free. Contact 327-4200 or aadl.org/node/377636.

Animal Haunts--Underground Adventures with the Leslie Science and Nature Center • Saturday, Oct. 27, 6-8 p.m. • Join us for a beloved autumnal celebration at LSNC's non-scary Animal Haunts! Take a guided hike through Black Pond Woods, where you can watch skits about things that crawl, slither, tunnel, and grow underground. We'll have festive fun with harvest crafts, a hay jump, live animals, and more. Don't forget to come in costume! This is a candy-free, scare-free event for kids age 12 and under and their families. Please be advised that our trails are not stroller or wheelchair accessible. Contact Susan at 997-1553; info@lesliesnc.org or lesliesnc.org.

2018 Halloween Costume Contest at Ann Arbor District Library • Sunday, Oct. 28, 12:30-3 p.m. • Come in your best, craziest, or most outrageous costume to AADL's annual costume contest! To enter, you must be seen by the judges between 12:30–2:00 pm. The award ceremony will be held at 2:30 pm. We will have a FREE photo booth in the Lobby (from 12:00-3:00 pm) for all to enter and commemorate the day as well as snacks and crafts. Free. Contact 327-4200 or aadl.org/node/378764.

Halloween Treat Parade Downtown Ann Arbor • Wednesday, Oct. 31, 11 a.m.-5 p.m. • The Main Street Area Association will hold their 17th annual Halloween Treat Parade on Halloween from 11 a.m.-5 p.m. Stop by participating businesses to trick or treat. Before the Halloween Treat Parade starts, the Downtown Branch of Ann Arbor District Library holds a Halloween Party. Contact mainstreetannarbor.org/2017/08/halloween-treat-parade-tuesday-october-31-11am-5pm/.

Day Off Outdoors: Fall Fun with Leslie Science and Nature Center • Tuesday, Nov. 6, 8:30 a.m.-5:30 p.m. • Spend this day off from school exploring Black Pond Woods, learn about how animals are preparing for the Michigan winter, frolic in the changing weather, and create fall-themed crafts. Every LSNC camp includes the opportunity to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close! Contact Susan at 997-1553; info@lesliesnc.org or lesliesnc.org.

Rocket League: Full Throttle Soccer at Ann Arbor District Library • Saturday, Nov. 17, 1-4 p.m. • Have you always felt that soccer was missing something, namely a high-powered vehicle? Assemble your team and hotfoot it over for some high-octane fun! Free. Contact 327-4200 or aadl.org/node/378796.

Harry Potter Party at Ann Arbor District Library • Saturday, Nov. 17, 3-5 p.m. • Calling witches and wizards of all ages! Come celebrate the popular Harry Potter and Fantastic Beasts series by joining us for a night of Harry Potter-themed activities and crafts. Have your fortune told! Participate in potions class! Meet a real python, giant toad, and more! Costumes are encouraged! Free. Contact 327-4200 or aadl.org/node/365063.

Owl Prowl: Families with Leslie Science and Nature Center • Saturday, Nov. 17, 7-9 p.m. • Join us for an evening all about owls. Go on a night hike, call to wild owls, and visit our live owls up close as you discover how ears, eyes, and feathers help owls survive the night. This program is for all ages. A similar program for adults 18+ is offered on Nov. 16. Contact Susan at 997-1553; info@lesliesnc.org or lesliesnc.org.

Day Off Outdoors: Thankful for Nature with Leslie Science and Nature Center • Wednesday, Nov. 21, 8:30 a.m.-5:30 p.m. • Explore all the incredible ways the natural world provides us with food, shelter, energy, and more! Show your gratitude for nature by learning how to reduce waste, conserve pollinator habitats, and show respect for the amazing planet we call home. Every LSNC camp includes opportunities to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close! Contact Susan at 997-1553; info@lesliesnc.org or lesliesnc.org.

Country Christmas at Cobblestone • Dec. 2, 12-4 p.m. • Join museum volunteers in celebrating the season in the house decorated for a 19th century Christmas. A craft show and kid's activities in the barn. Contact cobblestonefarm.org/index.php?section=events&content=index.

Duct Tape Tote Bags at Ann Arbor District Library • Friday, Dec. 14, 6-8 p.m. • Make and accessorize a duct tape tote bag. Free. Contact 327-4200 or aadl.org/node/378286.

Critters Up Close with Leslie Science and Nature Center and the Hands-On Museum • Each month Ann Arbor Hands-On Museum visitors get up close and personal with some of our favorite critters from the natural world! Sept. 8 and 9 will feature arachnids. Included with admission to the Hands-On Museum. Contact Rebecca at 995-5439; info@lesliesnc.org or lesliesnc.org.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • This class invites kids to learn about themselves and introduces them to skills that can bring a lifetime of happiness. It covers the slow tai chi form, playful pushing hands, and meditation techniques to use at home or school. Open to children ages 5-17. \$21/drop-in or \$70/month. Contact Pastor Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals - proceeds help the homeless animals in our community. Ages 12+. \$10. Tenth class is free. Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org.

Ann Arbor Forest School Weekly Open House with Tara Habeck • Tuesdays, 9:30-10:30 a.m. • Join us at the Medford Pavillion of the County Farm Park for our morning circle time. We will sing songs, share gratitudes, and explore the beauty of our natural surroundings with a short wander. This weekly Open House is a great opportunity for families of young children who are considering their preschool options to get to know our school culture, be immersed in nature, and ask questions of the teachers. Free. Contact Tara at 546-3551; tara@annarborforestschool.com or annarborforestschool.com.

Parent & Toddler Art Sessions with Riverside Arts Center • Thursdays, 10-11 a.m. • Bring your kids and come create art every Thursday. For more info, contact the Arts Center at 480-2787; riversidearts.org.

Enjoy the Rhythms of your Life!

People Dancing Company

is now in residence in
historic Depot Town Ypsilanti.

Visit our websites for new yoga,
dance, early childhood enrichment,
music lessons and somatic experiences.

www.christinasearsetter.net
www.peopledancing.org



Find us on Facebook!

<https://www.facebook.com/PeopleDancing/>



Little Paws Story Time with the Humane Society of Huron Valley • Thursdays, 10:30-11:30 a.m. • If you have a toddler who loves animals, come have a pawisively fun time with us at HSHV. Designed for children ages 2-5. \$5/child. Up to two adults per child and children under one are free. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/storytime.

Pets and Pajamas with the Humane Society of Huron Valley • Fridays, 5-9 p.m. • Parents, enjoy a night out while your kids ages 5-11 enjoy some after-hours time at the Humane Society of Huron Valley. This parent drop-off event includes an animal themed movie, vegetarian dinner, popcorn, and time with the adoptable animals. \$35/first child, \$15/each sibling. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/kids.

Family MEWvie Night with Tiny Lions • Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. \$10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Baby Playgroups at Ann Arbor District Library • Come to the library and hang out with other babies with 15 minutes of stories, rhymes, and songs followed by open playtime. Ages 0-2. Free. Contact AADL at 327-4200; aadl.org.

Downtown • Mondays, 10:30-11:30 a.m.

Malletts Creek • Tuesdays, 10-11 a.m.; Thursdays, 6:30-7:30 p.m.

Pittsfield • Wednesdays, 11 a.m.-12 p.m.

Traverwood • Fridays, 10:30-11:30 a.m.

Westgate • Thursdays, 2-3 p.m.

Dancing Babies at Ann Arbor District Library • Come to a program full of music and motion for babies, toddlers, and preschoolers up to age 5. Free. Contact AADL at 327-4200; aadl.org.

Preschool Storytimes at Ann Arbor District Library • Stories, music, and fun for kids ages 2-5. Siblings are welcome to attend. Free. Contact AADL at 327-4200; aadl.org.

Downtown • Tuesdays, 10-10:30 a.m.; Wednesdays, 11-11:30 a.m.

Malletts Creek • Wednesdays, 10-10:30 a.m.

Pittsfield • Thursdays, 7-7:30 p.m.; Fridays, 10-10:30 a.m.

Traverwood • Tuesdays, 11-11:30 a.m.; Wednesdays, 6-6:30 p.m.; Thursdays, 10-10:30 a.m.

Westgate • Mondays, 11-11:30 a.m.; Wednesdays, 1-1:30 p.m.; Fridays, 10-10:30 a.m.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Call 994-3620; a2amas.com.

The Little Scientists Club at the Ann Arbor Hands on Museum • Tuesdays and Saturdays, 10:30 a.m. • The Ann Arbor Hands-on Museum offers The Little Scientists Club for toddlers and preschoolers. Each week has a different theme. Contact aahom.org/experience/event-calendar.



**New, Fun, and Just Plain Cool Things to do!
List your kid, tween or teen events
in the January through April 2019 issue of the CW Journal!
The deadline for submissions for the next issue is
Monday, November 12, 2018.**



Hand Crafting

Celebrate the Coming Winter with a Julbok

By Jennifer Carson

As the warm breezes shift to cool caresses on our cheeks and we pull out the warm handmade quilts from grandma and sweaters from mom, many of us turn our thoughts to gift giving. The Julbok is a pre-Christian Swedish tradition that lives on today. Some say he pulled the Tomten’s cart full of presents during the winter solstice. Some say he was the one giving out the presents. Still others claim that he is a prankster that makes sure whomever is receiving the present is worthy of it! Traditionally, the Julbok was made of the last harvest of straw and thought to be good luck. However you celebrate as we move into winter, this sweet little Julbok is sure to be a great addition to your seasonal decorations, a Yule tree, or even as a gift topper.

- Materials to make your own Julbok:**
- 8” x 9” rectangle of white wool felt
 - Red, white, and black embroidery floss
 - A small jingle bell
 - A bit of tapestry yarn in tan/brown
 - Ribbon or other trim for collar
 - A bit of wool roving for stuffing
 - Freezer paper
 - Iron
 - Small sharp scissors
 - Basic hand sewing supplies

- Optional supplies include:**
- Two tiny black seed beads
 - Air or heat erasable marker

To begin:

With a pencil, trace the body and ear pattern onto the paper side of a piece of freezer paper twice. (pic 1) Cut each of the patterns out of the freezer paper close to the pattern, but not on the lines.

Place the shiny side of the freezer paper onto the white felt. Iron the pattern piece into place with a warm iron.

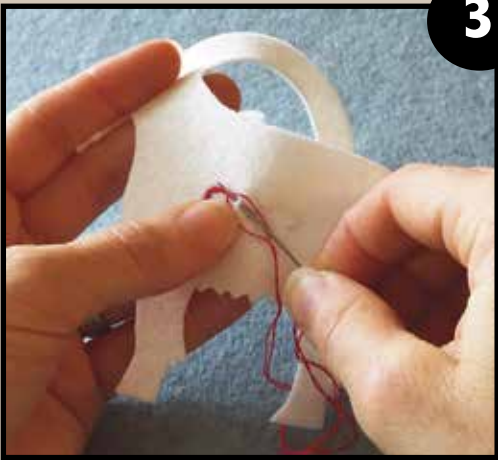
Cut the pieces out on your drawn lines. (pic 2)

Peel the freezer paper off of the felt, but keep one body pattern handy for reference.

Using two strands of floss, embroider the design on his side if you wish. You may find it easier to transfer the design with an air or heat erasable pen before embroidering. I used a chain stitch. (pic 3)

- Match the two body pieces. Pin together to keep from sliding if you desire.
- With a small blanket stitch and white embroidery floss (I used red for contrast in the photo), sew your goat from the “X” at the top of his front leg to his beard. Use a running stitch across his chin and then continue the blanket stitch until the “X” at the base of his horn. (pic 4)
- Use a running stitch to sew the top of the head closed, just beneath the horns. Continue with a small blanket stitch from the “X” at the base of the horn (on the goat’s back) down to the “X” at the top of his back legs.

- Stuff your goat’s head and neck with the wool roving.
- Sew his eyes on and embroider his nose and eyebrows with one strand of black embroidery floss. (pic 5) Alternately, you could embroider his eyes using a French knot. After stitching his nose, hide the knot at the “I” where you will attach his ear. (pic 6)
- With the tapestry yarn, embroider his hair on his forehead with loose but small loops. To start, insert the needle up the body and through the stuffed neck and head. To tie off, knot your yarn between his horns and bury thread end.
- Tie his feet with red embroidery floss, just under the “hairy” ankles. Wind the floss two or three times around the ankle before knotting. Snip the thread ends close to knot. (pic 7)





For his horns, anchor your red embroidery floss at dot on inside of horn. (pic 8) Wind the thread in a spiral down toward the head. (pic 9) Knot the thread on the inside of the horn. (pic 10) Trim thread end close to knot. Repeat for second horn.



10



Fold ears in half and stitch in place on head, at place marked with an “I”. (pic 11)



Using a piece of ribbon, or other trim, make the Julbok a collar. Sew a jingle bell onto the front center. Tie around neck.

Stitch in a hanging loop with your red embroidery floss at the back of the head just below the horns.

Place a bit more roving in the neck and belly. (pic 12)

12



Hang and enjoy!

Get all the supplies you need to make your own Julbok ornament in a convenient kit at Crazy Wisdom Book Store and Tea Room!

Jennifer Carson is a local artist and writer with over 60 sewing patterns for both hand crafting and machine sewing. You can visit her online at: thedragoncharmer.com.



Discipline • Confidence • Self-Defense • Focus



**6-week
Beginner Program
only \$69**
includes uniform
Classes for ages 3 and up



Kids and parents ~
train for your black belt together!

Call Us at 734-214-0801 • www.pksaannarbor.com

Fitness • Fun • Friends • Community

Crazy Wisdom Tea Room



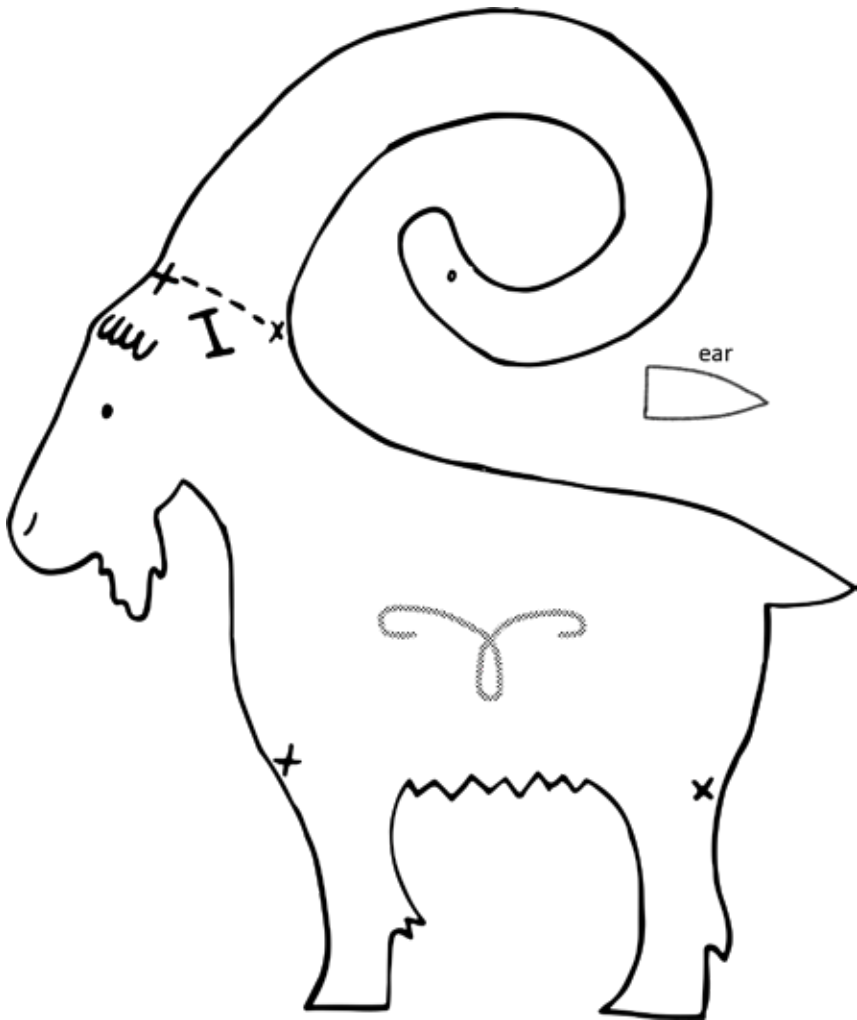
Game Night



Join us in the in the Tea Room
the 1st Tuesday of each month, 7 to 8:30 pm,
when we will be hosting our monthly game night!
We'll be playing board games,
card games and RPGs

For more information email Jessica at jessicameyer@crazywisdom.net
Crazy Wisdom Bookstore and Tea Room 114 S. Main St. • Ann Arbor, MI
734.665.27.57 • crazywisdom.net

Use these full size pattern pieces to make your own Julbok ornament.



6th Annual Fall *Enlightened Soul Expo*

Saturday, September 22, 2018 10am - 6pm

Sunday, September 23, 2018 11am - 5pm

The largest indoor event of its kind in Michigan!

\$11 daily / \$16 weekend / \$8 college students / \$5 ages 12-17 / Under 12 free

Discounted Advance Tickets:
EnlightenedSoulExpo.com

Skyline High School, 2552 N Maple Rd, Ann Arbor, MI 48103
Miller-Maple Exit 2 on M-14

Prizes for first 50 attendees in the first hour each day!

Over 150 Readers, Vendors, & Bodyworkers
Quiet Reader Room, Mediums, Medical Intuitives, Aura Photography,
Energy Work, Holistic & Spiritual Products

Free presentations with expo admission ~ Free parking



Thank you to our Sponsors:



**\$1 off daily adult ticket or
\$2 off weekend pass!**

*Must present coupon at the door.
Limit 1 coupon per paying customer*

Crazy Wisdom Journal



Reiki with Dali Llama



By Laura K. Cowan

I’m guessing you’ve never had a ram approach you like a puppy, because even if you are lucky enough to know one, that isn’t the sort of thing rams do — unless they have a reiki therapist like Dona Duke as a friend. Dona is an Usui Reiki Ryoho Reiki master and the resident animal reiki therapist at the Humane Society animal shelter. She accepted my invitation as a locally based holistic living editor to interview her and see animals receiving reiki in a farm environment. Dona wanted me to bring you the experience of something beyond cat shelter or hospital reiki that is so often written about these days. I’m so glad reiki is written about enough to require the variety, and she was so right. Reiki on a farm is a world unto itself. Let me tell you about this ram at Fluffy Bottom Farms. Call him Ishmael.



Let me tell you about this ram at Fluffy Bottom Farms. Call him Ishmael.

No, really. Everyone on this farm has a fabulous name. The ram was just the beginning.

Ishmael and his herd of sheep and cows at the Fluffy Bottom Farms farm and creamery in Chelsea, receive reiki from Dona on a weekly basis. I wish I had the data to prove to you that reiki improves the cheese they make, but suffice it to say it’s phenomenally delicious stuff, now sold at grocery stores and retailers all over Michigan. I tried the aged raw manchego, which went perfectly in a cherry spinach salad. Owners Kelli Conlin and Angie Martell were out of the house the day I visited. Dona brought treats for the turkeys and hens on the day she introduced me to the animals. The three tom turkeys were not so welcoming, but it was mating season and they were strutting their stuff, so I won’t hold it against them that they followed me around with fanned feathers and a serious attitude.



Was I nervous because I know I shouldn’t walk up to farm animals and assume they’re friendly when I enter their pen? Maybe, but this growing awareness of my own nerves led to a profound reiki-led epiphany in short order.

I was nervous. Why was I nervous? I have turkeys in my rural wooded yard daily so it wasn’t about being stalked by birds half my size. I used to belong to a dairy farm share myself, so I’m comfortable around herds of cows and sheep, and free-range birds. I am also trained as an animal reiki master. Was I nervous because I know I shouldn’t walk up to farm animals and assume they’re friendly when I enter their pen? Maybe, but this growing awareness of my own nerves led to a profound reiki-led epiphany in short order. Ishmael was climbing the gate of his pen to nuzzle Ms. Duke, and the other ram, Gabriel, accepted me into his pen to rub up against me for reiki and a pet. I was experiencing the effects of animal reiki before I even realized it. I’m used to giving reiki, you see, but I’m not used to receiving it from animals.

Continued on page 84




It hardly does to have an animal reiki master acting jittery around a flock of sheep. But by now, I should have known something else was afoot.



Reiki with Dali Llama

Continued from page 83



 The sheep readily decided to try to eat the buttons off my coat rather than ask too many questions about whether I belonged, since I came with recommendations from Dona.

We entered the sheep pen in the barn, where a tall brown llama named Dali watched me attentively. He was gentle and protective, that much was obvious, but I didn’t expect what came next. Dali noticed I was nervous, Dona said, and as the protector of the herd against local coyotes, he was investigating why. Ah, that was the reason for the nerves. I had been considering a number of ways of applying reiki in my own life and career with animals, and I had expected to be more at ease. It hardly does to have an animal reiki master acting jittery around a flock of sheep. But by now, I should have known something else was afoot. This was animal reiki in action. It wasn’t magic. It was reciprocity.

Suddenly, it was just me and Dali, experiencing that connection of minds that comes from the unity consciousness of universal life energy flow. The llama was teaching me, not only to experience sacred space on the *receiving* end from an animal, but he was giving me a nudge. Suddenly I knew. I wasn’t meant to focus on animal reiki. With one glance, I understood. I should have figured, given what I know about reiki, that it would be the animals to give me that course correct on how to apply healing energies in my life and career. I wish I could tell you how this felt, but maybe if you have experienced reiki, you already know. Even getting a nudge of “no, not quite this path” is a profoundly healing experience. It was just that in this case, it was the llama receiving reiki that helped me as much as I helped him, if not more.

“You must approach them as equals,” Dona said. So true. Because they are. That’s where the reciprocity comes from, however you experience it. “It’s easy for me to work with animals, because I approach them as friends,” Dona tells me. Indeed. These animals dearly loved this woman, crowding her for treats — the largest behaving the most gently of all. The new lambs watched her with cocked faces from behind their mothers. The llama was at complete peace around her. The sheep readily decided to try to eat the buttons off my coat rather than ask too many questions about whether I belonged, since I came with recommendations from Dona. She was at home. This was her herd.


Dona used to have horses and rode dressage. “What you learn training horses is that if anything goes wrong, it’s not the horse’s fault,” she tells me, adding:

What is key in training horses is being present, being consistent, and in an emotionally good place, because you are literally sitting on a large animal’s nervous system. It’s the same thing with reiki. You need to communicate with their whole system. You have to learn to be quiet and be still, and work together.

This is true of human reiki, as well, and is particularly true of animals who live outdoors, as they are highly tuned in to their environment.

Dali the llama blinked with his long soft lashes. I felt the healing space around us. We were connected with everyone and everything, but we were also just the two of us. How odd. Sometimes a feeling of discomfort and nerves as you receive reiki *is* the message. There was nothing wrong with me. Healing in general often comes to us like this — wrapped up in the messages of anxiety and health problems and feelings that warn us of the importance of a change. There is nothing wrong with the message, and there is nothing wrong with our ability to receive the message. When we learn to listen and flow with the energy, the healing and growth naturally comes. Because that’s what reiki is. It’s just life, and life is growth, and healing, and creativity. Reiki is delightful, but sometimes upending. It is the never-ceasing river of powerful change that will help you align with your highest good if you simply allow it and flow with the process. Reiki had not too long ago swept me out of one life and into another set of new possibilities, and here I was. Llama-facilitated therapy. So much for humans being on top of the chain of consciousness! It simply isn’t so. The animals can teach you this, particularly through animal reiki.

We walked outside to the field, where Dona told me the herd often comes running to meet her. Sure enough, the remainder of the herd came at a full trot all the way from the next pasture. I have never seen more animals happy to see one person. Granted, she brings carrots, but even so. She allowed the animals to approach her for reiki. They stood next to her, quietly alert, until they were finished — usually about five to ten minutes per animal that approached her. They often seemed to wait their turn.

 Healing in general often comes to us like this — wrapped up in the messages of anxiety and health problems and feelings that warn us of the importance of a change.




Ishmael ran to the back of his pen at the barn and climbed it like a goat.


“Get down,” Dona told him. “That isn’t safe for you.”

He pushed his hip up against the fence. “They show you where they want reiki,” Dona told me.

Sure enough, this was exactly what the other ram Gabriel had done with me. He had allowed me into his pen, sniffed my hand, and then pressed his side up to me and turned around. Like I said, not rammish at all. Reiki-ish. Not that there is anything wrong with a ram acting like a ram on an ordinary Tuesday, but these animals were co-creators in their healing. Phenomenal stuff. The air was thick with healing, like walking on air. I noticed this with my cat as well when I started practicing reiki on family members. She started sitting on my hands while I was working. Animals love reiki, because animals are very aligned with their natural selves and the balanced energies around them.

 **They stood next to her, quietly alert, until they were finished — usually about five to ten minutes per animal that approached her. They often seemed to wait their turn.**

Inside the farmhouse, the dogs were waiting for treats and to be let out in the yard. A feral cat scrambled under the porch, while a black domestic pawed to be let in for food. A tiny lamb named Athena, who was born with a leg injury and rejected by her mother, was waiting for us in a pen wearing a diaper. She was only an armful of animal. Dona picked her up and bottle-fed her. Of all things I expected that day, it wasn't to change a lamb's diaper and have her cry after one of her surrogate moms. She rooted and arched her neck for Dona just like a human newborn for its mother. She didn't want me, and you have to understand animals often do. But there was nothing wrong. This was the message. This was the healing. Dona told me more of the story of how she got into reiki, and just like my story, it was full of synchronicities and healing experiences, and meetings with amazing animals. I was deeply grateful she had opened up her life to me at all, as she is clearly at home with animals even more so than with humans. She was gracious and empathic while I trailed her around the farm, and like many reiki masters I know, she was also highly intuitive and could see straight through to people's energy and feelings, just like she does with animals. She quickly spotted my connection with Dali, and how the other animals pushed me away almost in unison. This is more than impressive: it is an important skill for both animal and human reiki masters to be able to spot areas of tension and potential problems and possibilities when dealing with clients or rooms full of animals or people, even though the reiki will always go wherever it is needed anyway. Maybe that is what I love about reiki above all other healing properties. It isn't just a healing energy flow. It is sacred space and witnessing the miracle of life. People who practice reiki, at least in my experience, are profoundly tuned in to universal healing energy flow and the feelings of those around them.

 **She didn't want me, and you have to understand animals often do. But there was nothing wrong. This was the message. This was the healing.**

We went to say goodbye to the herd before we left. Dali approached me. I reached for his face.

"No," Dona said. "He doesn't need you to pet him. He is telling you you're okay. He's checked you out. You're part of the herd."

Already? And I was still trying to make friends. I put my hand down. Dali brought his soft wooly face right up next to mine and stood, touching cheek to cheek, for a good minute.

I closed my eyes. So did Dali. We stayed cheek to cheek, touching our chins.

"Isn't that amazing?" Dona said. "They help us as much as we help them."

Yes, they do, very much. Thank you, Dona and Ishmael. Thank you, Dali. Namaste. Thank you, reiki. And the path flows on.

Dona Duke, RMT, ADS is a certified Usui Reiki Master Teacher, and a nationally certified Acupuncture Detoxification Specialist, a reiki instructor at Washtenaw Community College, and the reiki master at the Humane Society of Huron Valley. You can learn more about her practice at annarborreiki.com.

Laura K. Cowan is a green living editor whose writing has appeared on the green design blog Inhabitat, the Writer Unboxed blogsite, and in Automobile Quarterly. She is also an editor and columnist for The Crazy Wisdom Community Journal.

Fluffy Bottom Farms products can be found all over Michigan and at fluffybottomfarms.com.



The Crazy Wisdom Community Room

A great space for classes, workshops, meetings and more!



Our community room has comfortable seating, and is a warm and relaxing space.

If you would like to hold an event, teach a class, bring an author to town, give a lecture, demonstrate your bodywork skills, lead a seasonal ceremony, or organize a lunchtime group meditation in downtown Ann Arbor...

then, Crazy Wisdom Bookstore & Tea Room is the place to do it!

Call Deb Flint at Crazy Wisdom 734.665.2757 or visit: bit.ly/CWcommunityroom



INDIE BEAUTY

Cosmetic, skincare, fragrance, & haircare



VOSENNA

A majority of products are handcrafted for women & men. Made in the USA. NOT tested on animals.

www.vosenna.com



2386 E. Stadium Blvd
ANN ARBOR
(a few doors down from Trader Joe's)
734-929-4356
info@vosenna.com
f & i @vosenna






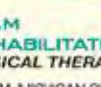


ANN ARBOR


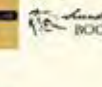






Sunday, Sept 9 | 10:30am-5:30pm
315 Detroit St, Historic Kerrytown District Ann Arbor

16TH ANNUAL KERRYTOWN BOOKFEST

- AUTHOR PANELS
- BOOK ARTS DEMONSTRATIONS
- OVER 100 EXHIBITORS
- CHILDREN'S ACTIVITY TENT FROM 11:00 AM TO 4:00 PM

WWW.KTBOOKFEST.ORG





The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops, and Events
September through December 2018

Calendar Edited by Melanie Baldwin

Addiction and Recovery

Addiction 101 with James Balmer • Tuesday, Sept. 18, 7:30-9 p.m. • This program will provide a primer on the dynamics of alcohol and other drug use, addiction as a brain disease, the process of recovery from addiction, and how individuals and communities can support long-term recovery. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org.

Serenity Retreat with Sarah O. and Mary Jo M. • Thursday-Sunday, Sept. 20-23 • Join others who share experience, strength, and hope through the 12 steps of AA. Commuter: \$200; Single: \$350; Double: \$250. Registration required. Contact the Weber Retreat and Conference Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Addiction and Families with Lynn Kleiman Malinoff • Tuesday, Sept. 25, from 7:30-9 p.m. • Alcohol/other drug addiction is often described as a “family condition”. This program will describe ways in which each member is affected by addiction in the family, roles and behaviors that family members often acquire when living with addiction, and options for family members to obtain help to cope with addiction in the family. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org.

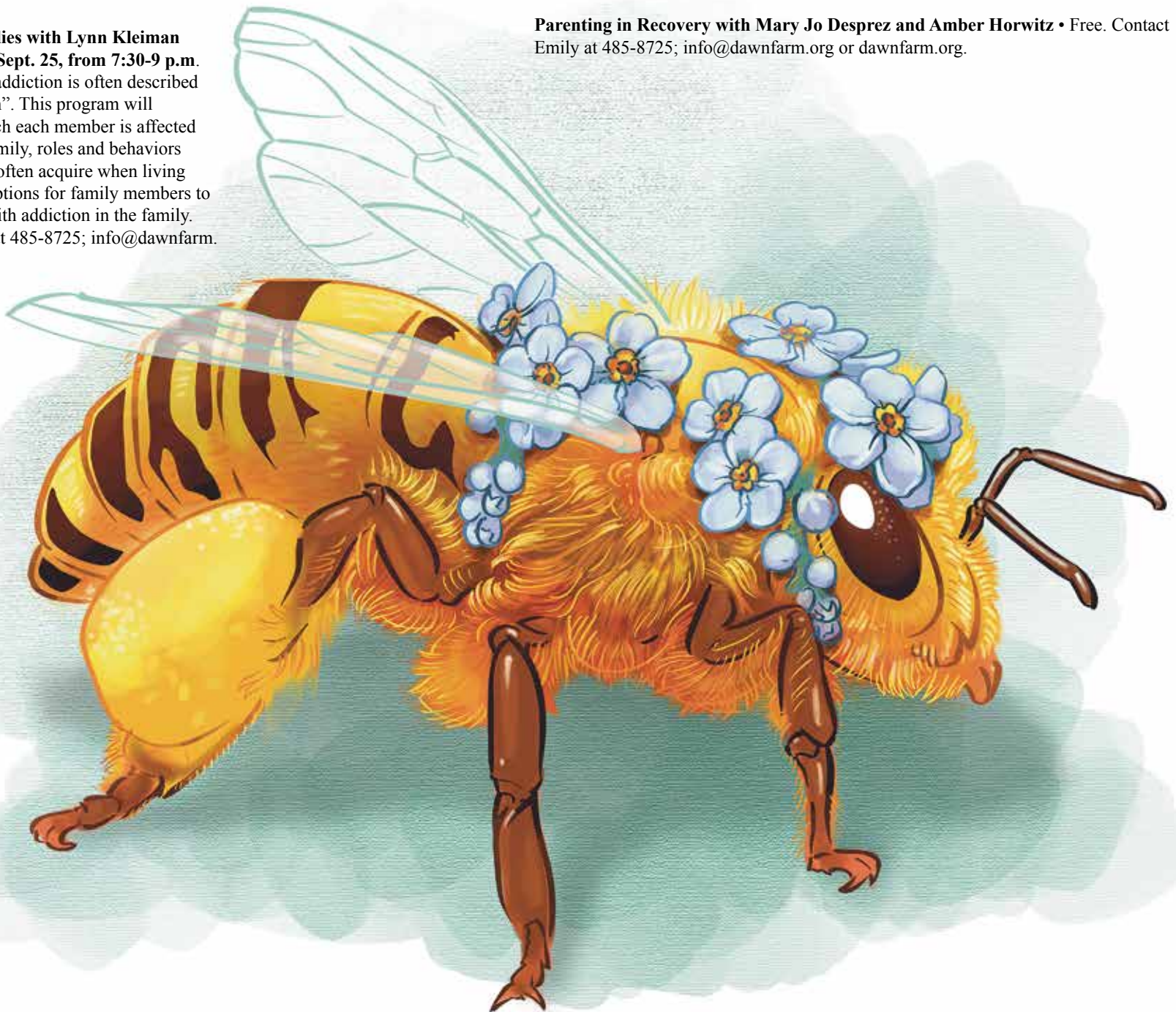
Teens Using Drugs: What to Know and What to Do with Ray Dalton • Oct. 2, 9; Nov. 6, 13, 6-7:30 p.m. • Ongoing series to help participants understand, identify, and respond helpfully to teen alcohol or other drug problems. Inclusive of families, teens, professionals, students, and others. Free. Contact 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Addiction and Older Adults with Charles E. Coleman and Matthew Cremin • Tuesday, Oct. 16, 7:30-9 p.m. • A discussion of myths and facts about how addiction relates to older adults as well as treatment options and local supportive services. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org.

The Intersectionality of Domestic Violence, Sexual Assault, and Substance Use/ Substance Use Disorders with David J. H. Garvin and Barbara Niess May • Tuesday, Oct. 23, 7:30-9 p.m. • There is a strong correlation between domestic violence, sexual assault, and alcohol/other drug use. Correlation does not equal cause/effect, nor does it define personal responsibility. Learn the relationship between domestic violence/sexual assault and substance use/substance use disorders in order to safely and effectively intervene with the perpetrator and support the survivor. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org.

Personal Medicine: Becoming Active Agents in Our Own Recovery with Jerry Fouchey • Tuesday, Oct. 30, 7:30-9 p.m. • Personal Medicine consists of things we do, not things we take, that increase our sense of wellness and help us feel better. This program will discuss how conditions common to early recovery, such as sleep disturbances, psychiatric symptoms, and chronic pain, can be effectively managed, at least in part, through these behavioral interventions. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org.

Parenting in Recovery with Mary Jo Desprez and Amber Horwitz • Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org.



The Bees Knees!

Our Calendar Editor's picks of some of the more interesting happenings taking place in our community.



- **An Other India: Diverse Impressions • Sept. 1-30**
(See Art and Craft)
- **Beyond Your DNA: Next Steps in Your Genetic Genealogy with Conrad Welsing • Thursdays, Sept. 5, 12, 19**
(See Personal Growth)
- **Monarch Migration Festival with Leslie Science and Nature Center • Sunday, Sept. 16** (See Festivals and Fairs)
- **Anxiety: The Silent Plague. Retreat at the Inn at the Rustic Gate with Pat and Dave Krajovic and Amy Brusca • Friday-Sunday, Sept. 21-23** (See Retreats)
- **Voices of South Asia: Readings and Reflections with Samiah Haque, Ashwini Bhasi, Amitava Kumar • Fridays, Sept. 21, 28**
(See Writing and Poetry)

Cultivating Mindfulness to Support Recovery with Elizabeth A. R. Robinson • Tuesday, Nov. 27, 7:30-9 p.m. • Mindfulness practices have been found to be effective in supporting sustained recovery from substance use disorders. This presentation will define mindfulness, describe research supporting mindfulness' benefit, and provide opportunities for the audience to experience and cultivate mindfulness. Lastly, we will tie these experiences and research to the process of recovery, making explicit the connection. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org.

Navigating Grace: The Power of Connection and Transformation with Jeff Jay • Tuesday, Dec. 18, 7:30-9 p.m. • This presentation by best-selling author and clinician Jeff Jay will describe the often-unlikely process of personal connection, and the concepts of service and altruism that lie at the heart of Twelve Step Programs. The presentation will include inspiring personal remembrances of the people who changed Jeff's life forever. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org.

AA 12 Step Meeting with the Interfaith Center for Spiritual Growth • Saturdays on-line, 8:30-9:30 a.m. • Open to all. Free. Contact Delyth at 327-0270; info@interfaithspirit.org or interfaithspirit.org.

Animals and Pets

Horse Wisdom Workshop with Kimberly Cardeccia • Saturdays, Sept. 29, or Oct. 20, 1-4:30 • This class focuses on how horses facilitate inner growth for humans. An introduction to horses and how they share their wisdom will be followed by the opportunity to personally experience their magic. No horse experience necessary and limited to eight participants. \$85. Contact Kim at (517) 898-5094; kim@hiddenpromisecampus.com or hiddenpromise.as.me/schedule.php?appointmentType=7476210.

Owl Prowl - Adults Only with Leslie Science and Nature Center • Friday, Nov. 16, 7-9 p.m. • Join us for an evening all about owls. Go on a night hike, call to wild owls, and visit our live owls up close as you discover how ears, eyes, and feathers help owls survive the night. This program is for adults age 18+. A similar event for families is offered on Nov. 17. Contact Susan at info@lesliesnc.org or lesliesnc.org.

Low Cost Vaccine Clinic with the Humane Society of Huron Valley • Select Saturdays, 9-11 a.m. • Healthcare for our pets is essential, but can be pricey. To help keep animals with their families and help families keep veterinary care affordable, the Humane Society offers low-cost vaccine clinics. Appointments not necessary; just bring cats in carriers and dogs on non-retractable leashes. Vaccine prices vary. Contact 662-4365; clinic@hshv.org or hshv.org/vaccineclinic.

- **Rooted in Love: Caring for Those Who Care for Others with Chaplain Suzanne T. Fabick • Thursday, Sept. 27**
(See Love and Relationships)
- **Free Trial Yoga Classes with Sue Salaniuk • Sept. 28, Oct. 26, Nov. 30, Dec. 28** (See Yoga)
- **The Sweet Life with Keegan C. Rodgers • Tuesday, Oct. 2**
(See Nutrition and Food Medicine)
- **The Science Behind the Forest Bathing/Forest Therapy Movement with Cayla Samano Wednesdays, Oct. 3, Nov. 7**
(See Naturopathy)
- **12th Annual Prechter Lecture featuring Author Kay Redfield Jamison, Ph.D. • Tuesday, Oct. 9** (See Author Events)
- **Getting Municipalities to Pass Bee Ordinances with the Michigan Friends Center with Lynn Fox • Wednesday, Oct. 17**
(See Sustainability)
- **Ancestral Healing: Creating an Ancestral Practice with Diana Quinn Inlak'ech • Wednesday, Oct. 24**
(See Ceremonies, Celebrations, and Rituals)
- **Chakra Meditation Class with Nirmala Hanke • Wednesdays**
(See Meditation)
- **Transcending Autism and Sensory Issues with Karlta Zarley, Judy Lipson, and Consuelo Cassotti • Nov. 3-4**
(See Sensory and Autistic Issues)

Community Cat Volunteer Training with the Humane Society of Huron Valley • Select Fridays, 1 p.m. • Be an advocate for cats! Come learn why Trap-Neuter-Return (TNR) helps humanely reduce the number of free-roaming cats, lowers euthanasia, and creates better, less hostile environments for our community cats. You'll also learn how you can help—and we need you! Free. Contact Cheryl at 661-3523; tnr@hshv.org or hshv.org/tnrclass.

Family MEWvie Night with Tiny Lions • Select Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. \$10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.

Anthroposophical Medicine

Medically Supervised Detox Weekend with Steiner Health • Sept. 14-16, Nov. 16-18 • Our detox weekend is designed for anyone wishing to optimize their body's detox system and learn some techniques to continue at home after the session. Participants will learn about diet, movement, compresses, liver function and rhythm, meditation, and how to clear out any toxins that may enter their bodies. \$425-595. Contact Molly at 222-1491; rshc@steinerhealth.org or steinerhealth.org/retreatcenter.

Life Force Intensive Session with the Rudolf Steiner Health Center • Oct. 8-20 • The two-week intensive therapeutic session is designed for ambulatory individuals with a variety of ailments, chronic illnesses, or anyone seeking a restorative regimen. Our patients have suffered chronic fatigue, recovery from chemotherapy, arthritis, stroke, MS, digestive issues, and many other problems. As a patient, you will receive individual medical care from founding physicians Quentin McMullen, MD and Molly McMullen-Laird, MD. \$4800. Contact Molly at 222-1491; rshc@steinerhealth.org or steinerhealth.org/retreatcenter.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks, and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" which starts on page 117.

The Crazy Wisdom Calendar

Anthroposophical Medicine (cont.)

Medically Supervised Fasting Weekend with Molly McMullen-Laird, Steiner Health • Nov. 2-4 • A simple fast can reset the mind, body, and immune system and leave you feeling more energetic and better prepared to fend off illness. Our fasting weekends are physician supervised. \$180, program only; \$350, program and lodging. Contact Molly at 222-1491; rshc@steinerhealth.org or steinerhealth.org/retreatcenter.

Aromatherapy

Craft Your Own: Perfume/Body Oil with K.WEST Skin Body Soul with Lisa Profera • Thursday, Sept. 13, 7:30 p.m. • Come play with aromatherapy and create a custom perfume and/or organic body oil using therapeutic grade essential oils. Register on the MINDBODY app or call to sign up. \$15. Contact Jessie at (310) 896-7122; jess@kwestskinbodysoul.com or kwestskinbodysoul.com.

Essential Oils 101 with Margo Hertzfeld • Tuesdays, Sept. 18 and Oct. 16, 7-8:30 p.m. • Learn from Clinical Aromatherapist Margo Hertzfeld about the benefits and uses of aromatherapy, including five user-friendly essential oils. This introductory class will cover the basics including what essential oils are, how they can be used safely, and how aromatherapy can be used to help you. This class also includes a make-and-take essential oil inhaler. Free. Contact the People’s Food Co-Op at marketingasst@peoplesfood.coop.

Creating a Personalized Bath Collection with Karen Greenberg • Friday, Oct. 28, 1-4 p.m. • Choose from a massive collection of essential oils to create your own personalized bath collection to take home, to awaken, to believe in yourself, to help move you closer toward your life’s purpose, for purity, for clarity, to envision, for inspiration, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. \$125, includes materials. Contact Karen at 417-9511; krngmnb@gmail.com or clair-ascension.com.

Art and Craft

An Other India: Diverse Impressions • Sept. 1-30 • An exhibit of contemporary Indian themed visual art, curated by artists Mia Risberg and Sajeev Visweswaran. It will explore the Indian experience, its impressions and influences, from the perspective of both Indian and non-Indian artists. Free. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Sonabai: Another Way of Seeing • Sept 1-30 • An exhibition of the unique folk art of Sonabai Rajawar. A multimedia exhibition that portrays photographs and videos of a vibrant rural Indian harvest dance with powerful clay sculptures by a variety of rural artists inspired by this dance. Free. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Talk by Anthropologist and Art Historian Stephen Huyler • Thursday, Sept. 6, 7 p.m. • Steven Huyler will be discussing the astounding background story of the artist Sonabai Rajawar. Free. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Sonabai and Contemporary Arts Exhibition, Opening Reception • Friday, Sept. 7, 6 p.m. • Opening reception of the one-month long Sonabai and Contemporary Arts Exhibition. Free. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Printmaking Workshop with Sajeev Visweswaran • Tuesday, Sept. 11, 7 p.m. • Printmaking workshop. Free. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Watercolor: Negative Painting Techniques with Debra Guidot-Allen • Mondays, Sept. 17-Dec. 17 • 14-week class. Negative painting is the practice of painting the space around an object, rather than the object itself. Master this skill and learn to view images as shapes and contours to create more depth and dimension in your work. \$305. Contact Anne at 677-9743 or astevenson@wccnet.edu.

Creating Mandalas Workshops with Kay Gould-Caskey • Thursdays, Sept. 20; Oct. 11; Nov. 8, 1:30-4:30 p.m. • Making mandalas is a soul soothing, mind calming, artistic and meditative activity that helps us journey to a deeper self-awareness. We will create mandalas for self and global healing, embracing change, understanding and accepting challenges and opportunities in life, and for the pure joy of creating. No prior experience necessary. \$60/workshop. Contact Kay at 769-1810 or fallingwaterkay@yahoo.com.

Urban Sketching with Debra Golden • Mondays, Sept. 24-Nov. 12 • 8-week course. Become an urban sketcher by joining us as we draw (and paint) on location. We will meet on the WCC campus and other local sites to witness and record our surroundings. Fill your sketchbook as you increase your drawing skills, learn watercolor techniques to add color and life, and become more visually aware and appreciative in a supportive environment. \$249. Contact Anne at 677-9743 or astevenson@wccnet.edu.

The Joys of Watercolor Loose and Free Workshop with Kay Gould-Caskey • Thursdays, Oct. 25, Nov. 15, 1:30-4:30 p.m. • Learn how to loosen-up and relax with watercolor painting. Learn how to use different types of brushes, the flow of water and color with gravity and movement to bring a vibrancy to your painting. We will be painting with joy, not anxiety over rules and perfection of details. \$60/workshop. Contact Kay at 769-1810 or fallingwaterkay@yahoo.com.

Mixed Media (Collage, Drawing, Painting, Mono-printing, etc.) with Kay Gould-Caskey • Mondays, Sept. 10-Oct 29; Nov. 5-Dec. 10, 2-4 p.m. • Experience the joy and satisfaction of creating art from a combination of collage, found objects and images, drawing, photos, fabrics, stitching, painting, mono-prints, and much more. No previous experience needed. \$160/eight weeks, \$120/six weeks. Contact Kay at 769-1810 or fallingwaterkay@yahoo.com.

Drawing and Painting with Kay Gould-Caskey • Wednesdays, Sept. 12-Oct. 31; Nov. 7-Dec. 12; Saturdays, Sept. 8-Oct. 27; Nov. 3-Dec. 8, 1-3 p.m. • Learn techniques for graphite, colored pencil, watercolor and/or acrylic, your choice! Students at all levels of experience are welcome and will feel comfortable. Learn shading, composition, color values, line quality, negative space, and much more. \$160/eight weeks, \$120/six weeks. Contact Kay at 769-1810 or fallingwaterkay@yahoo.com.

"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."
- Henry David Thoreau

Astrology

Drop-In Astrology Readings with Alia Wesala • First and Third Wednesdays, 6-9 p.m. at Crazy Wisdom • Alia provides brief astrological consultation sessions to individuals, couples, and families. \$1.50/minute. No appointment necessary. Contact 719-0782; astrolibration@gmail.com.

Vedic Astrology Workshop: Mansions of the Moon and Vedic Astrology Consultations with Julene Louis • Workshop, Saturday, Sept. 22, 2-5 p.m.; Consultations, Sunday, Sept. 23, 1-5 p.m. • Julene will introduce you to the 27 Lunar Mansions of Vedic Astrology along with the stars, Vedic deities, and Shakti power associated with them. Bring your birthdate, time, and location to the workshop to learn which Mansion the moon was in when you were born. This is your “birth star” that gives you insight into your spiritual unfoldment. \$20/workshop, \$50/consultation. Contact Prachi Patricia Thiel at 417-5804; cprachi17@gmail.com or julenelouis.com.

Chart and House Rulers with Elizabeth Hazel • Saturday, Sept. 29, 1:30-4 p.m. • Ascertaining the rulers of natal houses and judging their ability to perform their jobs is the key to great astrological interpretations. Sample charts provide examples of planets as brilliant or struggling house rulers. Great for beginners and an entertaining review for experienced astrologers. \$10. Contact Sue at (248) 765-3131 or smartmich2010@gmail.com.

SMARRT’s Annual Holiday Party • Saturday, Dec. 1, 1-3 p.m. • Join us for fine dining and fabulous conversation. Guests and partners are welcome to attend. Cost of luncheon. Contact Sue at (248) 765-3131 or smartmich2010@gmail.com.

Author Events

Sarah Bamford Seidelmann Book Signing at Crazy Wisdom • Friday, Sept. 21, 4:30-5:30 p.m. • Book signing and Q&A with Sarah Seidelmann, author of the 2017 memoir *Swimming with Elephants* and the new book *Book of Beasties*. Free. Contact Deb at 665-2757 or deb@crazywisdom.net.

Lisa Kohn Book Discussion and Signing at Crazy Wisdom • Saturday, Oct. 20, 2-4 p.m. • Kohn’s memoir, *To the Moon and Back: A Childhood Under Influence* tells the story of being raised in and torn between two worlds the cult of the Moonies and her father’s world of sex, drugs, and squalor in New York City’s East Village in the 1970s. Free. Contact Deb at 665-2757 or deb@crazywisdom.net.

When Ice Cream is Not Enough with Ellen Gendelman at Crazy Wisdom • Wednesday, Oct. 25, 7 p.m. • Ellen will be giving an interactive workshop entitled “The Missing Piece” inviting participants to explore the challenges of maintaining secure, healthy relationships so they can enjoy the closeness they deeply want and need. Free. Contact Ellen at (248) 915-9122; awindowwithin@gmail.com or awindowwithin.net.

Book Signing - *The Only Certain Freedom: The Transformative Power of the Entrepreneur* with Patrick O'Neill • Thursday, Sept. 6, 7-8:30 p.m. • *Only Certain Freedom* explores the highs and lows of transitioning from a successful corporate position to one that feels "heart-right". It guides potential entrepreneurs to find the strength and the truth to follow their calling to a more fulfilling life. Free. Contact the Weber Retreat and Conference Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

12th Annual Prechter Lecture featuring Kay Redfield Jamison, Ph.D. • Tuesday, Oct. 9, 6-9 p.m. • Keynote speaker Kay Redfield Jamison is Dalia Professor in Mood Disorders and Professor of Psychiatry at The Johns Hopkins School of Medicine, as well as a writer, whose work has centered on bipolar disorder, which she has had since her early adulthood. Dr. Redfield Jamison will be discussing her latest book, *Setting the River on Fire: A Study of Genius, Mania, and Character*, about the work and life of poet Robert Lowell. Free. Contact Kat Bergman at 232-0456 or kbergman@umich.edu. See ad on page 93.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Fridays, 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Contact 665-2757; email deb@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on Meetup.com.

- **Sept. 21 • *An Unquiet Mind* by Kay Redfield Jamison. Hosted by Bill Zirinsky.** This book is a memoir of manic depression that is medically knowledgeable, deeply human, and beautifully written. Jamison offers her story from the dual perspective of the healer and the healed. Kay Redfield Jamison will be in Ann Arbor on October 9th to give the Annual Prechter Lecture for the U-M Depression Center. Her keynote speech is open to the public and free. For more information, see the ad on page 93.
- **Oct. 19 • *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo. Hosted by Deb Flint.** If past efforts to declutter your home have resulted in piles of papers and tangles of clothes reappearing, it's time to take tidying to a new level. Japanese cleaning consultant Marie Kondo presents the Kon-Mari method to clear clutter and enjoy the magic of a tidy home.
- **Nov. 9 • *Training in Tenderness: Buddhist Teachings on Tsewa* by Dzigar Kongtrul. Hosted by Deb Flint or Bill Zirinsky.** This little book is a call to a revolution of heart. In Tibetan Buddhism one of the most essential qualities of enlightenment is tsewa—a form of warm energy and openness of heart. It is the warmth we experience through empathy with others, especially those closest to us. Learn to awaken the most powerful force we have in a fractured world—an open heart.
- **Dec. 21 • *How to be Married: What I Learned from Real Women on Five Continents about Building a Happy Marriage* by Jo Piazza. Hosted by Deb Flint.** How does an independent, strong-willed feminist become someone's partner all the time? How do you make a marriage work in a world where you no longer need to be married? Written with humor and insight, the author shares her first year of marriage and her quest for answers, and along the way shares a framework that will help others keep marriages strong.

Jewel Heart Readers • Tuesdays, Oct. 9, Nov. 13, Dec. 11, 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. All are welcome. Free. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

Monthly Book Club with K.WEST Skin Body Soul • Thursdays, Oct. 11, Nov. 8, Dec. 13, 7:30 p.m. • Join our book club community for uplifting conversation on books with interesting topics for health and wellness. Register on the MINDBODY app or call to sign up as a book club member and receive 10% off the book of the month and other items in our boutique. Cost of book. Contact Jessie at (310) 896-7122; jess@kwestskinbodysoul.com or kwestskinbodysoul.com.

Breathwork

Transformational Breath Experiential Evening Workshops with Julie Wolcott and Marcia Bailey • Sept. 7, 13; Oct. 10, Nov. 2, 7-9 p.m. • We begin the workshop with a discussion of the benefits and basics of the breath process, set intention, experience a full breath session, and end with integration. Participants may register for one or more of the three review sessions. First-timers arrange with Julie or Marcia to come one hour early for an overview. \$30/session for a reviewer, \$40/new participants. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Integrative Breathwork with Linda Adamcz • A musical meditation for insight, emotional healing, creativity, and renewal. Can assist with life changes, grief/loss, job stress, burnout, trauma/abuse, depression, addictions, and finding meaning and purpose. Saturdays, Sept. 8, Oct. 13, Nov. 3, Dec. 1, 2-5 p.m. • \$40
Fridays, Sept. 28, Oct. 26, Nov. 16, Dec. 7, 7-9 p.m. • \$30
Saturdays, Sept. 29, Oct. 27, Nov. 17, Dec. 8, 10 a.m.-5 p.m. • \$75
Contact Linda at (269) 388-2988; lindaadamcz@gmail.com or adamczassociates.com.



INTUITIVE - TAROT - PALMISTRY - ASTROLOGY

**No appointment needed;
Readings \$1.50 per minute**

Monthly Schedule



Astrology Readings with Alia Wesala

1st and 3rd Wednesdays, 6-9 p.m.
astrolibration@gmail.com - 734.719.0782



Tarot/Psychic Readings with Rebecca Williams

Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net



Intuitive Readings with Marg Heeney

2nd and 4th Fridays, 6:30-9:30 p.m.
and 1st and 3rd Saturdays, 12-3 p.m.
margheeney@gmail.com - 615.415.0652



Tarot Readings with Gail Embery

1st and 3rd Fridays, 6:30-9:30 p.m.
1st and 3rd Sundays, 3-6 p.m.
ReadingswithGail.com - 313.655.7694



Intuitive/Oracle Card Readings Marielle Gagne

2nd and 4th Saturdays, 3-6 p.m.
720.212.5256



Palmistry Readings with Vijayalaxmi Shinde

1st and 3rd Saturdays, 3-6 p.m.
and 2nd and 4th Sundays, 3-6 p.m.
vijaya_laxmi@comcast.net - 734.961.8052
www.positivepalmistry.com



Intuitive Readings with Marcella Fox

2nd and 4th Sundays, 12-3 p.m.
Call 734-717-8513

Using Crystals to Attract Fairies

By Heidi Mae Wolfe

Once upon a time, nearly every culture on every continent held some measure of belief in the existence of fairies. A life form described as small humanlike creatures that live in natural habitats, often invisible to human eyes. Early writings depict them as mischievous and even, at times, malicious. Travelers often left offerings of food and drink for them in exchange for protection against the elements, wild animals, and other dangers that might befall on their journey. Legend has it that fairies especially appreciated milk, bread, cheese, sweets, and other prepared foods.

As the centuries passed and beliefs evolved, the reputation of fairies improved considerably. Fairies became known as benevolent nature spirits (elementals) who may still have a mischievous streak in them, but are usually good-natured and serve to protect animals and the natural world. Fairies, as many know them today, are believed to spread joy and good will, inspire wonder and creativity, and love to make things grow.

Once upon a time, nearly every culture on every continent held some measure of belief in the existence of fairies.

As the population of true believers in our own realm continues to grow, so does the popularity of fairy gardens. Whether your interest in the art form is spiritually inspired or purely recreational, you already know that fairies are attracted to anything that shines or sparkles. Such embellishments are essential, then, to any fairy garden. Given their connection to nature, it would seem that natural crystals and gemstones could have an even stronger attraction. Here are some suggestions that might make a nice addition to your own fairy garden.

Any member of the quartz family will amplify the energy of your garden and add a bit of bling, but some varieties can be particularly helpful. **Clear quartz** is highly reflective, and if you use mini lights in your garden, the quartz will pick up the color and magnify the glow.

Whether your interest in the art form is spiritually inspired or purely recreational, you already know that fairies are attracted to anything that shines or sparkles.

Fairy wand quartz comes in unusual, intricate formations. It helps us connect with higher beings and stimulates visionary consciousness that could, over time, help us to actually see fairies.

Some believe that rainbows are portals to the fairy realm. **Prism quartz**, also known as crackle quartz, comes in the form of pillars infused with hundreds of tiny, hairline cracks that catch the light and sparkle brilliantly. When the light hits at the right angle, rainbow prisms can be seen. Prism quartz also promotes happiness.

Aura quartz comes in many colors, and all are wonderfully luminescent. But **titanium quartz**, also known as **rainbow aura quartz**, is the most vividly colorful and inspires feelings of joy. If you can find any of these in tumbled form, they make excellent mini gazing balls.

Some fairies are cave dwellers, so **geodes** can be very inviting to them. Geodes also come in aura enhanced varieties, but often times, these colors are artificially infused and will eventually fade when exposed to sunlight over long periods of time. So unless the color is natural, geodes are more conducive to indoor gardens or shaded areas.

Rose quartz promotes universal love and can help attract gentle fairies.

Amethyst elevates sensitivity to the subtle energies around us and can help us become more aware when fairies are present.

Apache Tears help us connect with all manner of nature spirits and increase our natural spiritual knowledge.

Aquamarine resonates with water sprites, mermaids, and fairies that dwell near water. This can be especially helpful if your garden features a pond.

Author Doreen Virtue refers to fairies as the angels of nature. **Celestite** can enhance communication with angels, so this could also be a good choice for your garden. This crystal promotes harmony and a sense of peacefulness.

Chiolite is a variety of andalusite that bears the mark of a cross. They've also come to be known as fairy cross stones, and have a nice calming effect. These can add zen to your fairy garden, and the symbol of the cross will tell them that you're a person who follows a spiritual path.

It's fun using crystals in your garden, but you can take it a step further by experimenting with miniature grids, or try applying the principles of feng shui to your garden.

Citrine is associated with the sun and is believed to protect against malevolent fairies.

Petrified wood can make tree dwellers feel more at home in your garden and encourage them to "take root". They're very inviting to sit or perch on, and can be used as the base for a toadstool.

Phenite promotes communication with higher beings and one's connection to the elements. In turn, this will help fairies and other elementals feel more connected to you.

Artwork by Caitlyn Muncy



One thing to look out for is an increase in butterflies, as fairies have long been associated with them in myth and lore.

Pyrite brings good luck and a sense of optimism; it also sparkles like crazy.

Tree Agate can help live plants in your garden grow. It also supports new beginnings. Of course, virtually any crystal or gemstone you might want to use will raise the vibration of your garden. However, the results will be more prominent if you program your crystals first. It's fun using crystals in your garden, but you can take it a step further by experimenting with miniature grids, or try applying the principles of feng shui to your garden. See the sidebar for a few ideas, and get creative with it.

I also recommend starting a journal to record and reflect on any experiences you have which could indicate that fairies are beginning to settle in. Like other winged creatures, fairies migrate and travel in groups, sometimes referred to as frolics. Some might use your garden only as a rest stop, or if your garden is indoors, possibly

a winter home. As they become more comfortable with you and your energy signature, they might begin to make themselves known. The signs will be as subtle as their microscopic size, and you'll have to be very observant.

One thing to look out for is an increase in butterflies, as fairies have long been associated with them in myth and lore. According to Ted Andrews, the leading authority on animal totems, butterflies with black and yellow wings are especially significant. He also connects dragonflies with the fairy realm, being modern day relatives, possibly even descendants, of dragons.

All three creatures symbolize transformation, and fairies can actually initiate it. They also all thrive

in the same type of habitat. Anything that butterflies and dragonflies are naturally drawn to will also appeal to fairies. You might, then, consider planting some things that are known to attract them, and the fairies just might follow. You can also work with some crystals that resonate with their energy to synchronize your own vibration with them. There are far too many to mention here, but virtually any crystal that supports transformation will serve you well.

Anything that brings you joy is worth doing, and each person's life is their own fairytale in the making. Hold your beliefs close to your heart, spread your wings, and let the fairy in you fly!



Ideas for Your Fairy Garden

- Use any round tumbled stone as a topper for a mini gazing ball instead of marbles. Titanium and other aura quartz crystals are most likely to resemble the real thing.
- Pendulums and pendants can be hung from a mini shepherd's hook as ornamentation, or attached to fairy doors as hanging lanterns.
- Mix some gemstone wire trees in with the natural foliage.
- Use an agate slice with a splash of color as a backdrop behind a natural tree. This can be even more unique if you learn how to wire wrap your own trees with copper or silver. A light behind the agate slice can create a night glow or sunset effect.
- Use a blue agate slice to represent a pond.
- Quartz angels and gemstone animal figurines make excellent fairy garden statuary, and combine the properties of the stones with the sacred symbolism.

THE YOGA SPACE

Iyengar Certified Teachers
Beginning, Intermediate,
Advanced, 50+ Classes
Free Parking

180 Little Lake Dr. Ste. #1
Ann Arbor
(734) 622-9600

www.yogaspacennarbor.com

Eve Avrin, PhD
 Licensed Clinical Psychologist

**Integrative
 Psychotherapist**

A Journey to Well Being



5340 Plymouth Rd.
Suite 209
Ann Arbor, MI 48105
(734) 546-9645
eavrin@comcast.net

Drop-in Secular Mindfulness Meditation Sessions

Free; appropriate for new and experienced meditators
 Led by experienced mindfulness meditators
 No registration required



Being in Tune

Tuesdays, 12-12:30, The Ark, 316 So. Main St.
 Organized by Mindful City Ann Arbor,
<https://www.mindfulcityannarbor.org/>
 Contact: Lynn Sipher, lynnsipher@gmail.com

Saline Open Meditation

Tuesdays, 11 am – 12 pm, Center for Education and Innovation
 (former St. Joe's building), 400 W. Russell St.
 Contact: Paulette Grotian, mindfulnesswithpaulette@gmail.com

Ann Arbor Open Meditation

Thursdays, 7:30-8:30 pm, Lotus Center, 2711 Carpenter Rd.
 Website with schedule: aaopenmeditation.com; also on FB.
 Contact: Libby Robinson, libbyrobinson7@gmail.com

Ypsilanti Open Meditation

Fridays, 11 am – 12 pm, Downtown Ypsilanti Public Library,
 229 W. Michigan Ave.
 Contact: Joya D'Cruz, dcruzjoya@gmail.com



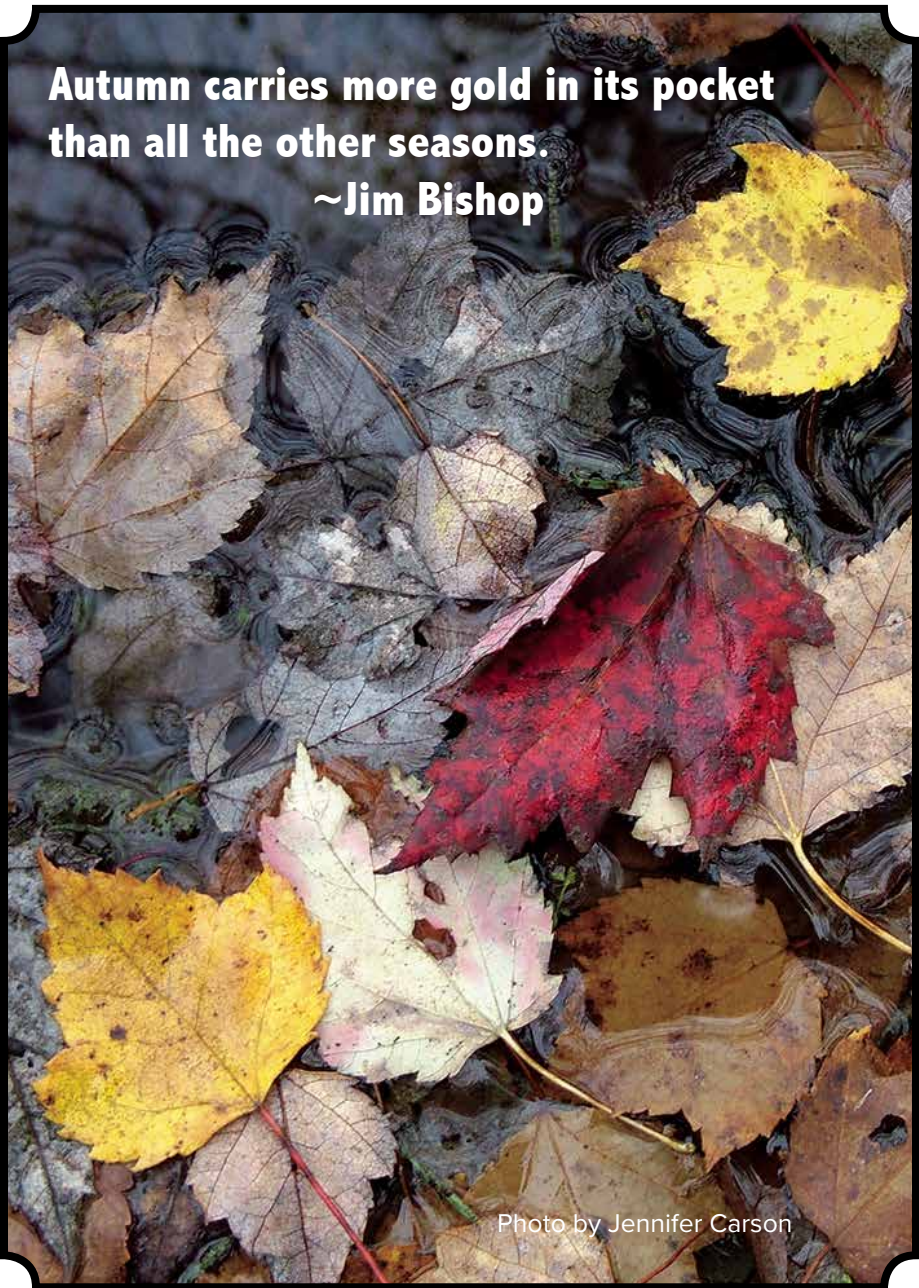
Breathwork (cont.)

Breath Immersion Weekend, Transformational Breath - Level Two with Julie Wolcott and Marcia Bailey • Saturday-Sunday, Sept. 29-30, 9 a.m.-6 p.m. • This Transformational Breath Immersion weekend will include five full breathing sessions. Personal coaching throughout the weekend will invite a natural open flowing breath that will become a vehicle for transforming old suppressed negative material to more useful energies. \$400. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Breath Immersion Weekend, Transformational Breath - Level Three with Julie Wolcott and Marcia Bailey • Saturday-Sunday, Oct. 20-21, 9 a.m.-6 p.m. • This Transformational Breath Immersion weekend will include five full breathing sessions. Personal coaching throughout the weekend will invite a natural open flowing breath that will become a vehicle for transforming old suppressed negative material to more useful energies. \$425. Early-bird if paid by Sept. 20. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

“The Breath”: All-Day Workshop with Julie Wolcott and Marcia Bailey • Saturday, Nov. 10, 10 a.m.-5 p.m. • Come Breathe with us! Embrace the Transformational Breath, be with it, surrender to it, and bring increased clarity, aliveness, and joy into your daily living. Join us for a full day of Transformational Breathwork, the self-healing modality available to all. Immerse yourself in metta, self/other forgiveness, and embrace your innocence through two fully facilitated breath sessions. \$90/Experienced Transformational Breathers. \$100/for newcomers. Lunch included. Contact Julie at 355-1671; info@breatheannarbor.com or breatheannarbor.com.

Peace on Earth Holiday Meditation with Ascension Breathing with Dave and Pat Krajovic • Sunday, Dec. 2, 10:30 a.m.-12 p.m. • The greatest gift you can give this holiday season is peace in your heart. When you experience such peace, you extend peace unto the whole world and behold...Peace on Earth. Open your heart, feel the gratitude, connect to God, and experience love for self and all beings. Break from the hustle and bustle of the season and join us in peace, joy, and the love of the season! \$35. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.



**On September 1, 2018, the Crazy Wisdom Calendar
will be available on our website:
www.crazywisdomjournal.com**

Happiness Rising: Claiming Your Right to be Happy with Dave and Pat Krajovic • Wednesdays, Sept. 19, Oct. 17, Nov. 7, 6-8 p.m. • Want more happiness, fun, and peace in your day? Experience more joy, health, prosperity, and balance in your life. Breathwork and meditation to help you rise above limitations and become more aware. \$111/series, \$40/separately. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Transcending the Silent Plague of Anxiety with Pat and Dave Krajovic • Wednesday, Oct. 10, 6-7:30 p.m. • Anxiety has been termed the “Silent Plague” as tens of millions suffer from it, but remain unaware. The health effects are incalculable. We know we are unsettled, stressed, worried, and unsure of the state of the world. You feel hopeless, but there is much you can do to easily turn it around! Experience the synergistic effects of elevating your consciousness through group energy. Take a break, renew, and reframe your life experience. \$30. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Peaceful Living and the Art of Nourishment with Pat and Dave Krajovic • Sunday, Oct. 21, 10 a.m.-2:30 p.m. • Does your life seem chaotic, hectic, and getting more difficult to manage? Feeling overwhelmed? Where have the peaceful moments gone? Being at peace requires you to step back and look at things anew. Join us as we share tools and techniques to get grounded, centered, and enter in the fullness of the present. Relax your body, mind, and spirit as you delight in a loving, spiritually uplifting experience. \$88. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Buddhism

Maintaining Peace of Mind during Stressful Times - Public Talk by Lama Karma Drodul • Friday, Sept. 14, 7:30 p.m. • We are constantly bombarded by change, stress, and the never-ending demands of modern life. How do we maintain the qualities developed during meditation - peace, wisdom, and compassion - after we get up from the cushion and return to the stream of our busy lives? Lama Karma Drodul, a Tibetan retreat master and teacher, provides practical advice for remaining calm no matter what demands are made on us. Free. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Guru Yoga of the 17th Karmapa: How to do Visualization Practice, Part One - Seminar by Lama Karma Drodul • Saturday, Sept. 15, 10:30 a.m.-12 p.m. and 3:30-5 p.m. • Many Tibetan Buddhist meditation practices include a visualization described by a chanted text. By using a very short, one-page practice, the Guru Yoga of the 17th Karmapa, Lama Karma introduces the basics of visualization practice, including how to generate the image, what to think of while reciting the mantra, and how to dissolve the visualization and rest in emptiness. \$35 suggested donation. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Amitabha: How to do Visualization Practice, Part Two - Seminar by Lama Karma Drodul • Sunday, Sept. 16, 10:30 a.m.-12 p.m. and 2:30-4 p.m. • Continuing from yesterday’s seminar, Lama Karma advances to the more involved (but still short) practice of Amitabha, the Buddha of Limitless Light. Though this visualization is more elaborate than the one taught on Saturday, the same basic principles apply, and by the end of the weekend, students should be well on their way to understanding why and how to do this type of visualization and mantra practice as a means toward becoming enlightened for the benefit of all beings. \$35 suggested donation. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

White Tara Meditation Sessions at Jewel Heart • Sundays, 9:45-10:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Jewel Heart Sunday Talks • Sundays, 11 a.m.-1:30 p.m. • We invite you to enjoy weekly Sunday morning talks. The first Sunday of the month will be live in Ann Arbor, given by Demo Rimpoche. Others will be classic video teachings by Gelek Rimpoche as well as other guest speakers. Followed by coffee, snacks, and conversation! Open to all. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Sundays with Lama Nancy at Ann Arbor KTC Tibetan Buddhist Meditation Center • Sundays, 11 a.m. • Join us each Sunday as we do one of the following Buddhist visualization and mantra practices: Medicine Buddha, Chenrezig, and Amitabha, and Green Tara. No previous experience is required. Followed by refreshments and conversation. Free. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Wednesday Meditation and Book Discussion at Ann Arbor KTC Tibetan Buddhist Meditation Center with Lama Nancy Burks • Wednesdays, 7 p.m. • Join us for meditation followed by lively discussion about our current Buddhist book selection. For current book titles, please visit our website calendar. Free. Contact Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Sunday Services With Zen Buddhist Temple • Sundays, 10-11:30 a.m. or 4-5:30 p.m. • The morning meditation service consists of two periods of meditation followed by chanting and a talk. The afternoon dharma service has two shorter periods for sitting meditation, sometimes a walking meditation, reflection, chanting, and a short talk. Donations accepted. Contact 761-6520; annarborzentemple@gmail.com or ZenBuddhistTemple.org.

Temple Stay/Visitor’s Program and Residential Options with the Zen Buddhist Temple • Ongoing • This program provides participants with an opportunity to spend time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedule permits. One can seriously pursue one’s spiritual path or seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Ceremonies, Celebrations, and Rituals

Autumnal Equinox Celebration with the Michigan Friends Center • Saturday, Sept. 22, 6-9 p.m. • We will celebrate the balance of day and night with a potluck dinner followed by a bonfire around which to share thoughts, poems, stories, songs, and knowledge. All ages welcome. Bring food to share and your own place settings. Water and herbal iced tea will be provided. Please bring something to share around the fire. Also bring flashlights and dress for the weather. Donation. Contact Carol at 475-0942 or cb.meditate@gmail.com.

Autumn Equinox with Esther Kennedy • Sunday, Sept. 23, 3-4 p.m. • The energetic work of summer is now complete. Plants, trees, vegetables have all come full flower. We learn from autumn the virtue of contentment. All I have is enough, all that I am is enough, God’s abundant grace is enough. Plants surrender their life, bending, browning, and shriveling. Leaves float free fall to what lies below. Come, celebrate Earth’s third seasonal turn of the year. Welcome to the calm of Autumn’s fearless release of green and amber-colored life. Free. Contact the Weber Retreat and Conference Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Ancestral Healing: Creating an Ancestral Practice with Diana Quinn Inlak’ech • Wednesday, Oct. 24, 6:30-8 p.m. • Who are your people? If you long for connection with your ancestral roots, healing for your lineage, and to be in right relationship with the past and future of your family then join us for an exploration of creating ancestral practice. Centered around ritual and contemplative practices, you will receive a grounded foundation for building a bridge to honor and heal those who have come before. \$15-25 sliding scale. Contact Diana at 221-0225; drdianaquinn@gmail.com or drdianaquinn.com.

Winter Solstice Sing with the Michigan Friends Center • Friday, Dec. 21, 7-9 p.m. • We will sit quietly in a circle and teach each other rounds, songs, and chants of the season as they occur to us. The woods around us, our sheltered circle focused on inner light, and our voices are the only elements of this simple celebration of the longest night. Anyone who enjoys singing and sitting quietly is welcome. You don’t need to be a singer to enjoy. Young children usually do not enjoy this event since there is nothing besides sitting and singing. Donation. Contact Carol at 475-0942 or cb.meditate@gmail.com.

Winter Solstice with Ester Kennedy • Sunday, Dec. 23, 3-4:30 p.m. • In the silent stillness, deep within the grasp of darkness, mystery abounds. This season reminds us of the cycle of birth, growth, fruition, and death. Winter brings a quiet time for us to see more clearly through the bare branches and silent fields the something that is being born anew in us and in creation. We call upon the spirit of evolution to inspire and empower us with courage and imagination to embrace our role of co-creator with our Living God. Free. Contact the Weber Retreat and Conference Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Christmas Satsanga and Meditation with the Self Realization Meditation and Healing Centre • Tuesday, Dec. 25, 10 a.m. • We warmly welcome everyone, of all faiths, to join us on Christmas morning for our Meditation Gathering. We gather at 10 to start at 10:30, sharing in song-chants, inspired thoughts, and Mata Yogananda Mahasaya Dharma’s Christmas Message and Blessing, followed by Pure Meditation and silent prayer for as long as you wish. These are such beautiful times with many deep healings, please feel free to tell others. Free. Contact Self Realization Meditation and Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Year-End Service: Kindling Light of Wisdom-Mind • Monday, Dec. 31, 8-10 p.m. • An occasion to take stock of one’s life and greet the New Year in contemplation and reflection. Everyone is welcome to come share this beautiful candle-lighting service with us. \$20 donation. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

New Year’s Day Service with Zen Buddhist Temple • Friday, Jan. 1, 11:30 a.m. • Come join us as we begin 2019 with contemplation and candle-lighting. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Sunday Service at Interfaith Center for Spiritual Growth • Sundays, 10:45 a.m.-12:30 p.m. • The Interfaith Center for Spiritual Growth is a gathering of spiritual seekers that meets in its own beautiful building every Sunday to celebrate oneness with all beings, experience the power of group meditation, benefit from enlightening readers, enjoy guest musicians, and listen to talks that inspire and stimulate spiritual growth and understanding. There is a children’s spiritual education program during the service each week and a monthly potluck following the service on the first Sunday of the month. Free. Contact Delyth at 327-0270; info@interfaithspirit.org or interfaithspirit.org.



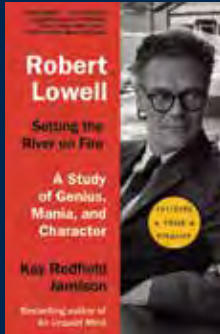
HEINZ C. PRECHTER BIPOLAR RESEARCH PROGRAM



12th Annual Prechter Lecture

FEATURING: **Kay Redfield Jamison**

AUTHOR OF: *Robert Lowell, Setting the River on Fire: A Study of Genius, Mania, and Character*



“Impassioned, intellectually thrilling... Empathetic and astute, as heartfelt as it is heartbreaking.”
— THE WASHINGTON POST

“A remarkable look into the life and mind of a genius.”
— USA TODAY

Tuesday, October 9, 2018, 6–9 p.m.

- › Featured Speaker
- › Panel discussion about the present and future of research in bipolar disorder
- › Reception

University of Michigan

- › A. Alfred Taubman Biomedical Science Research Bldg
Kahn Auditorium
109 Zina Pitcher Place, Ann Arbor, MI, 48109
- › This event is FREE and open to the public — **RSVP at PrechterProgram.org/lecture**
- › The book, a Pulitzer Prize Finalist, will be available for purchase at the event.



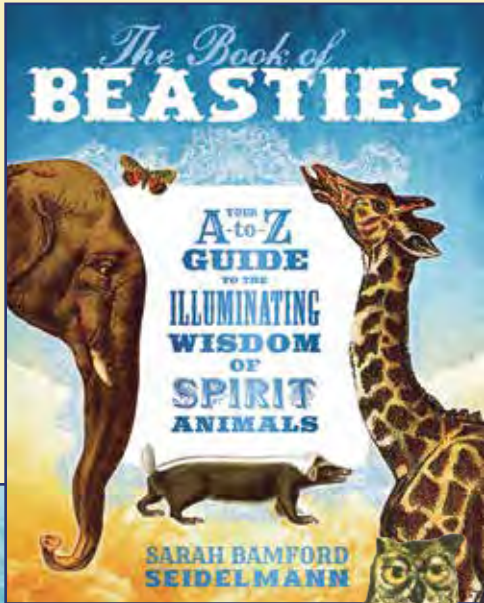
Sponsored by Comerica and other generous donors.

PrechterProgram.org

Book Signing and Q & A with author Sarah Bamford Seidelmann at Crazy Wisdom Friday, September 21st 4:30 to 5:30 p.m.

As more and more people seek help with the challenges of modern life, many of us are looking to the wisdom of nature for guidance — especially when it comes in the form of spirit animals. In a quirky and delightful style, Sarah Seidelmann’s *The Book of Beasties* introduces us to the power of animal totems, or “beasties,” inviting us to explore why certain animals show up in our lives and what teachings they may be trying to share.

Whether you’re a long-time shamanic practitioner or simply curious about what secret messages your favorite animal might have for you, *The Book of Beasties* is an ideal resource for discovering the wild and wonderful world of spirit animals.



“A message brought by a beastie may be about beauty or family or work,” teaches Sarah. “It might offer you guidance on a prickly problem. Or it might make you smile just when you need it.”

The Book of Beasties invites you to explore why certain animals show up in your life — and what teachings they may be trying to share.





Jonathan Rudinger is a great fan of dogs. He has devoted the last 35 years to developing massage forms to help dogs (and their people) rediscover balance and happiness. He now teaches courses on pet massage. To find out more about Jonathan's workshops visit his website www.petmassage.com.

Channeling

Remembering Wholeness - Darshan with The Mother channeled by Barbara Brodsky • Sundays, Sept. 23, Oct. 21, Nov. 11, Dec. 9, 2-5 p.m. • Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness; as The Mother takes each person's hands and looks into his/her eyes there is an interaction between the human and the divine, which focuses and draws up the consciousness of the human. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Evenings with Aaron channeled by Barbara Brodsky • Wednesdays, Sept. 26, Oct. 24, Nov. 14, Dec. 19, 7-9 p.m. • Open session with Aaron and Barbara Brodsky. Aaron gives a talk followed by a Q&A session. Talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound, and Open Heart. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

The Gathering with Karlta Zarley • Third Tuesdays, 7-8:30 p.m. • Come join us as we hear about the state of the world from a Higher Perspective and learn how to manage it more easily. Often there is an opportunity to ask Spirit questions, or there are personal messages for the participant. Suggested donation \$10. Contact Eden at 904-0076; kzarley88@gmail.com or karltazarley.com.

Chanting

First Wednesdays Ann Arbor Kirtan at Kashi Nivas • 7-9 p.m. • Informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. Free. Donations welcome. Contact Kashi at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Monthly Ann Arbor Kirtan at Friends Meeting House • Fridays, 7:30-9:30 p.m. • Informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. Free. Donations welcome. Contact Kashi at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Guru Gita with Atmaram Chaitanaya • Saturdays, 10-11 a.m. • Devotional chant from the Skanda Purana on the esoteric significance of the guru and the guru-disciple relationship. Guests are invited to bring a small photo or murti of their guru to place on the altar during the program. Chanting books are provided. Free. Contact Atmaram at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Childbirth

Condensed Understanding Birth and Baby • Saturdays, Sept. 8, 15, 22; Oct. 13, 20, 27; Nov. 3, 17, 24; Dec. 1, 8, 15, 9 a.m.-1 p.m. • Three-weekend series contains all the information in our Understanding Birth and Baby Series. Created for those who would prefer a shorter series or weekend classes. May be mixed and matched, or each class taken individually. \$290. Contact Ypsi-Arbor Childbirth Education at 276-2851; info@ypsiarborcbe.com or ypsiarborcbe.com.

Understanding Breastfeeding • Saturdays, Sept. 15, Oct. 13, Nov. 17, Dec. 8, 11 a.m.-1 p.m.; Thursdays, Oct. 11, Nov. 29, 6:15-8:30 p.m. • This class covers breastfeeding fundamentals including latch and supply, as well as anticipatory guidance for the first two weeks. We will cover breastfeeding physiology, troubleshooting common concerns, and tips for having a successful long-term breastfeeding relationship. \$80. Contact Ypsi-Arbor Childbirth Education at 276-2851; info@ypsiarborcbe.com or ypsiarborcbe.com.

Understanding Labor and Birth - Three-Week Series • Series begin Sept. 2, Nov. 1, 6:15-8:30 p.m. • Understand the basics of birth physiology. Learn comfort measures and how to make labor go well. We will cover what to expect at different birth locations, routine procedures, as well as discovering how to make the best decisions for you and your baby. \$175. Contact Ariana at 635-5676; info@ypsiarborcbe.com or ypsiarborcbe.com.

Because of your smile, you make life more beautiful.
— Thich Nhat Hanh

Understanding Birth and Baby - Six-Week Series • Series begin Thursdays, Sept. 20, Nov. 1, 6:15-8:30 p.m. • This childbirth preparation class includes all the information covered in our Understanding Labor and Birth and our Nurtured Mother, Baby, Family classes. \$290. Contact Katy at 276-2851; info@ypsiarborcbe.com or ypsiarborcbe.com.

Breastfeeding Basics for Doulas with Barbara Robertson • Thursdays, Sept. 27, Nov. 8, 6-9:15 p.m. • Learn the very latest in evidence-based breastfeeding support from an expert. This class will enhance the doula’s ability to assist breastfeeding mothers immediately post-birth and in the early days postpartum. Fulfills a DONA International certification requirement for doulas. \$85, \$70/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Friday-Sunday, Sept. 28-30, Nov. 9-11 • Become a professional birth doula at Michigan’s premier doula training center. Learn from doula business expert, Patty Brennan. You do not need to be a mother yourself, or have a medical background to become a doula. This training is hands-on, skill based, and fulfills two certification requirements for birth doulas through DONA International. \$535, \$485/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan • Thursday-Sunday, Oct. 11-14 • This course prepares you to provide excellent in-home care to families in the postpartum period. We will focus on breastfeeding support, babywearing basics, support strategies for depressed moms, holistic healing measures, working with families with multiples, and more. Fulfills two certification requirements for postpartum doulas through DONA International. \$610; \$550/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Nurtured Mother, Baby, Family Three-Week Series • Series begins Thursdays, Oct. 11, Nov. 29, 6:15-8:30 p.m. • Often, so much time is spent preparing for childbirth that couples feel at a loss for what to do once the baby arrives. This class is designed to help families prepare for a healthy postpartum and a new normal. We will cover breastfeeding basics, developing secure attachment, and healthy transitions when adding another little person to your family. \$175. Contact Katy at 276-2851; kathy@sacredrootsservices.com or ypsiarborcbe.com.

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar for Kids section on page 78. This section is devoted to events for children and young adults along with their families.

Tea with the Fairies at Crazy Wisdom • Thursday, Oct. 25, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. \$11. Contact Jessica at jessicameyer@crazywisdom.net.

A Course in Miracles

A Course in Miracles Study Group with the Interfaith Center for Spiritual Growth • Mondays 6:45-8:45 p.m. • Join us as we read aloud the popular Foundation for Inner Peace metaphysical book, *A Course in Miracles*, and the Shanti Cristo companion, *The Way of Mastery*. Donations accepted. Contact Dave at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

A Course in Miracles Workbook Study Group • Thursdays 12-1:30 p.m. • All are welcome to study the non-dualistic interpretation of *A Course in Miracles*. Free. Contact Linda at (479) 461-4389; info@interfaithspirit.org or interfaithspirit.org/a-course-in-miracles/.

Crystals

Selenite Crystals and Sound with Ann Harmon at Crazy Wisdom • Sunday, Sept. 16, 1-4 p.m. • Join me for this uplifting class experiencing the amazing combination of selenite crystals and sound. You will learn many ways to use your selenite crystals and how to combine them with sound for massage, meditation, and transformation. Includes three crystals, handout, and sound healing recording available to download to practice what you learn in class. \$65. Contact Ann at (810) 599-3302; ann@annharmon.org or annharmon.org.

Crystals 101 with Jennifer Vanderwal • Sunday, Oct. 28, 11 a.m.-1 p.m. • Learn why we resonate with crystals, how to identify them, how they work, and a variety of techniques on how to use them. A guided meditation on how they want to be used. \$44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.


Crystals to Relieve Stress with Jennifer Vanderwal • Sunday, Nov. 11, 11 a.m-1 p.m. • Learn simple and easy techniques to use crystals to eliminate stress and anxiety. Construct a special and powerful Healing Crystal Array to rid yourself of stress. Includes a stress-relieving guided meditation. \$35. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Eve Wilson Bridge to Wholeness

Healing/Ascension Treatments & Classes

Spiritual healings for adults, children, couples, families, pets.
Healing body, emotion, mind, spirit and ascension, past, present and future.
Recommended by Doctors, Nurses, Chiropractors and Psychologists.

Award Winning
International Blog:
The Weekly Word for
Healing & Ascension




Eve Wilson,
Intuitive aura reader,
healer, & teacher
since 1986.
Exceptional
Healing Work.

\$10 off Treatments With This Ad

Monthly Ascension Support Class
Starts Dec. 13, 7:30 - 9:30 p.m. - every 4 Thursdays.
6 Classes. Reclaim your faith in life, be a force for
positive change - joyful, empowering, healing
and ascension meditations created for you
each month.

**Riding the Wave of Change:
Hope, Healing and Spiritual
Growth for Our World**

Read an excerpt and buy it now!
at EveWilson-RidingtheWave.com
also at Crazy Wisdom Bookstore



Treatments, Award Winning Blog, Book, Classes - spiritualhealers.com 734-780-7635

Death and Dying

Death Café with Merilynne Rush and Diana Cramer • Third Saturdays, 10:30 a.m.-12:30 p.m. in the Crazy Wisdom Tea Room • Eat cake, drink tea, and talk about death. This event has no agenda and participants guide the conversation. This is not a grief support group, but a way to further the cultural conversation about the one thing everyone has in common. Free. Contact Merilynne at 395-9660; mrush@lifespandoulas.com or lifespandoulas.com.

Home Funeral and Green Burial Workshop with Merilynne Rush • Thursday, Oct. 18, 8:30 a.m.-5 p.m. • Learn how to care for your own dead at home and/or have a natural burial in this most dignified and personalized way. How to plan ahead and create a sacred space, cost, legal, and practical considerations will be covered. For End-of-Life Doulas, hospice and healthcare providers, those in the funeral industry, and anyone who wishes to have the knowledge for self, family, or friends. \$195, \$175 before Sept. 19. Contact Merilynne at 395-9660; mrush@lifespandoulas.com or lifespandoulas.com.

Respecting Choices Advance Care Planning Facilitator Training with Merilynne Rush • Friday, Oct. 19, 8:30 a.m.-5 p.m. • Learn how to assist healthy adults identify a health care advocate, examine their values, wishes and goals, and discuss them, and document and share their advance directives. For health care providers and staff in any setting, including social workers, administrators, nurses, physicians, and anyone who wants to know more about how to ensure their own wishes, and the wishes of their clients, are followed. Advance registration and four-six hours of preparation required. Certification and nursing CEUs available. \$210. Contact Merilynne at 395-9660; mrush@lifespandoulas.com or lifespandoulas.com.

How to Start a Death Cafe in Your Community with Merilynne Rush • Saturday, Oct. 20, 10 a.m.-5 p.m. • Why is it so popular to talk about death with strangers? Come find out! Experience an actual Death Cafe at Crazy Wisdom Bookstore in the morning, followed by an afternoon workshop at our training facility on the background, research behind, and logistics of establishing a Death Cafe in your community, and more about the “death positive” movement. Healthy lunch with vegan and gluten-free options included. Advance registration required. \$95 includes lunch. Contact Merilynne at 395-9660; mrush@lifespandoulas.com or lifespandoulas.com.

End-of-Life Doula Training and Certification with Merilynne Rush and Patty Brennan • Friday-Sunday, Oct. 26-28 • This dynamic workshop encompasses how to provide comfort and support to the dying person and their loved ones in the final days and weeks of life. Doulas provide resources, education, and companionship for the dying and their caregivers as they fill in gaps in hospice care and medical support systems. \$565, \$515 by Sept. 26. Contact Merilynne at 395-9660; support@lifespandoulas.com or lifespandoulas.com.

Nights of Grief and Mystery with Stephen Jenkinson • Wednesday, Nov. 7, 7:30 p.m. • Part poetry, part lamentation, part book reading, part ribaldry, part concert, part lifting the mortal veil and learning the mysteries there. Stephen Jenkinson is the author of *Die-Wise*. \$30/advance, \$40/door. Contact Scott at 649-4475; wsm371@gmail.com or orphanwisdom.com.

Divorce Support

Cultivate Peace During and After Divorce with Melanie Fuscaldo • Wednesday, Sept. 5 • Cultivate inner peace using a process that focuses on the gifts in any situation. Find hidden blessings and move into joyful power. \$30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.



Drumming

Drummmunity Circle with Lori Fithian • Sept. 19, Oct. 17, Nov. 20, Dec. 19, 7 p.m. in the Crazy Wisdom Community Room • Get your hands on a drum and add your sounds and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Contact 426-7818; lorifithian@mac.com or drummmunity.com.

Drum and Dance Jam with the Interfaith Center for Spiritual Growth • First Saturdays, 7:30-9:30 p.m. • Facilitated community drum circle; bring your own drum or use one of ours. \$5 suggested donation. Contact Curtis at 327-0270; tesolcurtis@yahoo.com or interfaithspirit.org.

Energy Healing

Drop-in Energy Work with Simran Harvey • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Simran offers a clearing energy called the Advanced Pulse Technique that balances aspects of the mind, body, or emotions as old issues dissolve and happiness, comfort, abundance, and freedom emerge. Surrogate work available for young children or incapacitated adults. \$1.50/minute. No appointment necessary. Contact Simran at 255-9533; astroenergywork@gmail.com.

EFT with Melanie Fuscaldo • Thursday, Sept. 6, 12-1:30 p.m. • Learn EFT to release what is not life enhancing and create a more joyful life. Successful applications in career, health, relationships, abundance, retirement, and more. \$30. Contact Melanie at 688-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Reconstructing the Etheric Body Part One with Karlta Zarley • Saturday, Oct. 27, 1-5 p.m. • You will learn how to perceive physical and emotional trauma, foreign objects, and “dings” related to lumps, bumps, holes, twists, etc. in the field. This hands-on class is for experienced practitioners of any modality. You will learn to use your own special gifts to clear and repair the etheric field for your client. This is very “wow” work. We will practice on each other and you will have your field repaired. You must take this class before taking Part Two. \$90 by Oct. 20. Contact Karlta at 834-1566; kzarley88@gmail.com or karltazarley.com.

Reconstructing the Etheric Body Part Two: Weapons with Karlta Zarley • Saturday, Nov. 10, 2-6 p.m. • We can hold weapons in our etheric field which may have caused death or great injury in other lifetimes. These can cause great pain and difficulty in this lifetime. This hands-on class is for experienced healers who have already had Part One of this class. We will be working on each other. \$90 by Nov. 3. Contact Karlta at 834-1566; kzarley88@gmail.com or karltazarley.com.

Chi Clinic with Samo Joanna Myers and Pastor Alexis Neuhaus • Monday-Friday, 2-3 p.m. • The Chi Clinic supports individuals in person or remotely, five times a week for an hour a day, to help them feel centered, rested, focused, and energized. \$100/month (first week free). Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or chiclinic.org.

Exercise and Fitness

Foot and Gait Workshop with Gwyn Jones at Crazy Wisdom • Saturday, Oct. 27, 11:30 a.m.-1 p.m. • This class will give you the tools and resources that are essential for gait, balance, stance, mobility, and getting in touch with your toes, feet, and ankles. You’ll introduce yourself to the 26 bones, 33 joints, and 100’s of muscles, tendons, and ligaments in your feet. Alignment and natural movements will be the foundation of this class with options for all levels to participate. \$25. Contact Gwyn at gwynajones@hotmail.com or gwynjonespilates.com.

Festivals and Fairs

Monarch Migration Festival with Leslie Science and Nature Center • Sunday, Sept. 16, 1-3 p.m. • Every year, waves of monarch butterflies migrate over mountains, forests, and deserts in the United States to reach their wintering grounds in Mexico. Join LSNC in a celebration of the monarch butterfly’s migration, and help contribute to conservation efforts for monarchs by engaging in a variety of butterfly-related activities. Learn about the challenging journey monarchs take every year, have your face painted, and meet local experts and vendors that support butterfly conservation efforts. \$5/person. Contact Rebecca 997-1553; rgallagher@aahom.org or lesliesnc.org.

Chelsea Family Wellness Festival with the Cancer Support Community of Greater Ann Arbor • Sunday, Sept. 23, 1-4 p.m. • Bring your friends and family to the first ever Chelsea Family Wellness Fest. Entry is donation-based to support the Cancer Support Community’s free services and the Sprout Love Cancer Support Financial Assistance Fund. This event is open to all and features a one-hour yoga class, community partner booths, an inflatable obstacle course, food trucks, children’s activities, and more! Donations. Contact Erin at 975-2500; erin@cancersupportannarbor.org or a2tix.com/events/chelseawellnessfestival.

Westside Art Hop • Saturday, Oct. 20, 10 a.m.-5 p.m. • Ann Arbor’s quirkiest Art Fair in the historic west side neighborhood. Local artists’ open homes and studios, plus up to 50 more visiting artists from near and far, housed on neighborhood porches, in homes or garages, and other local venues. High quality art and crafts from paintings and fine prints to glassware and fiber arts; from cards and small gift items to spectacular works of art. Festive atmosphere, plus great promotions with participating local businesses. Free. Contact Sophie at 757-3717; westsidearthop@gmail.com or westsidearthop.com.

Animal Haunts – Adults Only with Leslie Science and Nature Center • Friday, Oct. 26, 7-9 p.m. • LSNC’s favorite fall event grows up! Bring a friend (or two) for a fun evening with beer and hard cider, dessert, and a live show. While you’re here, visit creepy crawlies in our Critter House, meet some of our resident owls up close, take a twilight hike through Black Pond Woods, and enjoy an autumn evening in the great outdoors. Participants must be 21 years or older. Feel free to bring a “zero-waste” picnic dinner to enjoy in the beer garden. Contact Susan at 997-1553 or info@lesliesnc.org.

It is through gratitude for the present moment that the spiritual dimension of life opens up.

— Eckhart Tolle

Zone5 Art Show and Sale with Lynlee Sky • Saturday, Oct. 28, 10 a.m.-6 p.m. and Sunday, Oct. 29, 12-6 p.m. • Six artists showing painting, sculpture, ceramics, wrought iron and metalwork, gifts, calendars, handmade soaps, and cards. All in a beautiful studio and a huge barn. Free. Contact Lynlee at 757-3717; sophiegrillet@gmail.com or zone5art.com.

Film

Satyajit Ray Retrospective with Aniruddho Sanyal • Sunday, Sept. 30, 12:30-5:30 p.m. • A three-event series that will show some of Ray’s best-known as well as rare films, and documentaries about him, and interviews with the world-renowned filmmaker. Free. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Enjoy a film followed by discussion about dharma and film. Free. Concessions available. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

- Sept. 28 • *Being There (1979)* •** A simple, sheltered gardener becomes an unlikely trusted advisor to a powerful businessman and an insider in Washington politics.
- Oct. 26 • *Harold and Maude (1971)* •** Young, rich, and obsessed with death, Harold finds himself changed forever when he meets lively septuagenarian Maude at a funeral.
- Nov. 30 • *Coco (2017)* •** Aspiring musician Miguel, confronted with his family’s ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.
- Dec. 28 • *Sleuth (1972)* •** A man who loves games and theater invites his wife’s lover to meet him, setting up a battle of wits with potentially deadly results.

Fundraisers

Friends of the Ann Arbor District Library Back-to-School Book Sale • Sept. 15, 10 a.m-4 p.m.; Sept. 16, 1-4 p.m. • Special sale featuring some of our nicest and rarest books. Free. Contact Melanie at 302-7774; faadldirector@gmail.com or faadl.org.

9th Annual Walk for Peace with the Lighthouse Center, Inc. • Saturday, Sept. 29, 9:30 a.m.-12 p.m. • 9th Annual Walk for Peace in our own lives, our communities, our country, and in the world. Meet at 9:30, walk from 10-noon, with a potluck to follow. Sponsorship as a fundraiser. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Walk to Feed the Hungry • Saturday, Oct. 20, 9:30 a.m.-1 p.m. • This walk, sponsored by Buddhist Global Relief brings together Buddhists from different communities under a shared purpose: to help people around the world escape from chronic hunger and malnutrition. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Friends of the Ann Arbor District Library Halloween Bag Sale • Oct. 27, 10 a.m-4 p.m.; Oct. 28, 1-4 p.m. • Come fill a bag with books! Feel free to bring your own bag, or take one of ours! Donation of bags always welcome. \$4/small, \$5/large, \$10/giant Ikea bag. Free. Contact Melanie at 302-7774; faadldirector@gmail.com or faadl.org.

Friends of the Ann Arbor District Library Holiday Book Sale • Dec. 1, 10 a.m-4 p.m.; Dec. 2, 1-4 p.m. • Special sale featuring many gift-quality books and other items. Free. Contact Melanie at 302-7774; faadldirector@gmail.com or faadl.org.



If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks, and events are listed in this Calendar, please look in the section that follows the Calendar, which is called “Background Information” which starts on page 117.

*We must let go of the life we have planned, so as to
accept the one that is waiting for us.*

— Joseph Campbell

Healing

Healing Night with the Lighthouse Center • Second Thursdays, 7:30-9 p.m. •
Meditation followed by Reiki healing. Love offering. Contact Prachi at 417-5804;
cprachi17@gmail.com or lighthousecenterinc.org.

The Weekly Word for Healing and Ascension Blog with Eve Wilson • Fridays •
Practical and spiritual support for riding the waves of change on planet Earth with skill.
The latest information and tools for responding effectively and finding joy, ease, and
confidence in the process—a hopeful way to finish your week. Free. Contact Eve at 780-
7635; eview@spiritualhealers.com or spiritualhealers.com.

**D.O.V.E (Divine Original Vibration Embodiment) Workshop with Karen Greenberg
• Fridays, Sept. 14, 21, 28; or Oct. 5, 12, 19; or Nov. 2, 9, 16; or Dec. 7, 14, 21, 10
a.m.-6 p.m. •** Learn to identify and repattern your client’s limiting beliefs, thoughts, and
attitudes. Assist your client in expressing any commensurate low-vibrational emotions
using multiple methods. If Fridays do not work for you, special arrangements can be
made. \$777/three-class session. Materials Free. Contact Karen at 417-9511; krngnbg@
gmail.com or clair-ascension.com.

Herbs, Plants, and the Garden

**Permaculture Applied to Everything with David M. Hall at Crazy Wisdom • Tuesday,
Sept. 25, 7-8:30 p.m. •** How does one apply the principles of nature permaculture to one's
own lives and well-being? Come find out how in a practical talk on how-to and DIY. New
or old to permaculture and natural living, come with curiosity and openness for an honest,
frank discussion on what living it is and isn’t all about. Free. Contact David at (520) 343-
5976 or innerouterservices@gmail.com.

**The Mysterious Realm of Soil with David M. Hall at Crazy Wisdom • Tuesday, Nov.
27, 7-8:30 p.m. •** Below our feet is a living world that few truly understand or appreciate.
In one square inch of normal soil there is estimated to be over four billion organisms. This
is a thriving realm that our lives completely depend on and interact with daily. Come to
discuss this marvelous and mysterious part of creation. Free. Contact David at (520) 343-
5976 or innerouterservices@gmail.com.

**Biodynamic Preparations Workshop with Harald Hoven • Saturday, Sept. 22, 9 a.m.-
4 p.m. •** Join us to experience the inner and outer world of Biodynamic Agriculture. We
will have classroom time and also hands-on work with the BD Preparations that are used
as sprays on the land and also in compost piles. \$25-150 sliding scale. Contact Aquillon at
433-0261; aquillon91@gmail.com or communityfarmofaa.org.

Cosmological afterthought

by h.d. david

we:

*breathing sky
pulsing sea
all blooming Soul.
twined from the Whole,
already ancient
before old was called.
Freedom yearning
dove-heart burning
loving sun warming
while gravitas pulls us close.
the nafs may hear, &
sing their songs of repose.
& that’s fine –
we’re all in this together,
whether beatified
or
kept in line.*

*Our “ever continuing,
never slackening”
circle of reckoning
holding to what goes out &
what comes back.*

The Holy All and even, as odd as it seems, what may hate us: the great spiral of creation.

Relationship in Transition?

MARRIAGE ~ RETIREMENT ~ NEW BABY ~ OTHER BIG CHANGES

These provide an opportunity to **redesign your life** together to be more
fulfilling. Su Hansen, M.A., will guide your exploration – **customized to your
unique selves and situation.**

Package of three strength-based sessions: \$240

❁❁ GIFT CERTIFICATES AVAILABLE ❁❁

For more information or to schedule contact Su
at 734.417.8397 or su@suhanzen.com



BALANCEPOINT FITNESS

💡 One-on-one and small group personal training:
Take out the guesswork and get accountability
for your fitness

💡 Habit based nutrition coaching:
Make peace with food and still reach goals

Small private studio near Briarwood Mall

www.bp-fit.com
248-739-0841

BalancePoint is committed to assisting each client
in improving their physical fitness,
health and overall quality of life.



Free consultation
and
\$10 off first session
for Crazy Wisdom
Readers

Share Your Poetry with the Crazy Wisdom Community!

*If you enjoy playing with words and
transforming them into poems, please
submit your work for consideration.*

Submission Guidelines:

- Maximum length: 250 words
- One submission per person
- Unpublished poems only please
- Include your contact information
- Send as an doc or docx
attachment to Jennifer at
jennifer@crazywisdom.net
- Due Date is November 15th, 2018



End-of-Life Doulas Aren't Afraid to Talk about Death

By Merilynne Rush



Suzie, a 39-year-old single mother of two teenagers, is dying of a rare degenerative disorder and is in hospice care. She lives alone (her children live with their father) in a small apartment near her boyfriend and her mother, who share in her care. She is lonely and needs companionship and support. A friend heard of end-of-life doulas and suggested the idea to her.



Alfred has cancer and has been told he can expect no more than a year to live; he is not yet in hospice. His goal is to make it to his 25th wedding anniversary in six months. He feels fine and is putting things in order, but as his symptoms worsen, he does not want to be a burden on his family. He wonders how an end-of-life doula can help.



Marion recently moved to Michigan to be near her aging mother who is very frail and has started receiving hospice care. Her mother lives alone and has several caregivers, but Marion thinks more services may be needed soon. She asks if an end-of-life doula can arrange to visit once a week for now.

The formal definition of an end-of-life doula (EOLD) is someone who provides non-medical, holistic support and comfort to the dying person and their family, which may include education and guidance, as well as emotional, spiritual or practical care. EOLDs engage with clients from as early as initial diagnosis through after death care and bereavement. When caregivers are feeling overwhelmed, the doula helps identify physical, emotional, spiritual, and practical needs and ways to meet them.

When caregivers are feeling overwhelmed, the doula helps identify physical, emotional, spiritual, and practical needs and ways to meet them.

The word doula means service. Most people are familiar with the term as it is used for birth and postpartum care. All doulas provide non-medical, non-judgmental, empowering support, guidance and hands-on assistance. In addition to listening and accompanying, the services an EOLD provides may include:

- Life review or creation of a legacy project
- Identification of goals and priorities
- Respite care, either during the day or overnight
- Keeping vigil at the bedside during the active dying phase
- Facilitating advance care planning
- Creating a ceremony or ritual
- Being available to the family on-call
- Hands-on comfort measures for the dying person such as foot or hand massage, breathing exercises, guided imagery for relaxation and pain control, and so on
- Promoting and supporting self-care for the caregivers
- Light housekeeping and meal preparation
- Assistance with pet or child care
- Running errands
- Providing rides to healthcare visits
- Bereavement support

The end-of-life doula works closely, and in collaboration with, the interdisciplinary palliative or hospice care team. S/he may practice independently and contract directly with the individual or family, or s/he may be part of the services that a hospice agency offers. Compared to a hospice volunteer, the EOLD has more training, is available for longer periods of time, and provides a greater range of services.

The thing is, I'm working with people who are embracing that death is happening. They want to be prepared, to accept, to be fully present, not to fight, to fix, or to deny. By doing this, they are going against the cultural norm, and this is why they may feel alone and need support. The end-of-life doula is grateful to be contacted by a family member or friend who is struggling and wants to talk. S/he recognizes the opportunity to make a difference and help improve the quality of life for both the dying person and their loved one(s). The doula has grappled with loss before and knows that to move through it, one needs a friend. Perhaps a better definition of an end-of-life doula would be: a knowledgeable, experienced, temporary friend who provides compassion and isn't afraid to talk about the tough stuff.



Merilynne Rush MSHP, RN, BSN, is an experienced health educator and former homebirth midwife who offers end-of-life doula training and certification, mentoring, and referrals through Lifespan Doula Association in Ann Arbor. For more information, please visit LifespanDoulas.com.

I am so blessed to be able to talk to people who are grappling with death. Mostly, I speak with the caregivers. They reach out to me because they feel like there is no one else to talk to. I am there. I listen. I understand. I hear them out and empathize and honor them. It is difficult being a caregiver; it can feel so lonely, especially when you just want to talk. I recently heard a quote from Cheryl Richardson, "People start to heal the moment they feel heard." Perhaps that is the biggest role of the end-of-life doula – to hear. In a world that prefers to deny death, when death IS happening, we want to be heard.

It is difficult being a caregiver; it can feel so lonely, especially when you just want to talk.

How is talking about death a blessing to me? People ask me this all the time. When I talk about facilitating the Death Café, or when I speak about being an end-of-life doula, people wonder if it isn't depressing or morbid. Actually, the opposite is true. Finding meaningful work helping others navigate life's most challenging transitions fills me with a sense of purpose greater than myself. I feel as though I am in the right place at the right time, being privileged to witness the awesome emotion, connection, and healing that can take place. This was true of being a birth midwife as well. For all of my life, first as a birth midwife, and now as an end-of-life doula, I have been gifted with being able to help others during life's most awesome moments. At a birth, or at a death, it is clear who is doing the hard work, and it is not me. My job is to accompany, to listen, and to guide. I pass on knowledge that others have taught me. I am a conduit. And when it's over, I leave. I go out into the world and live my life. I feel truly alive and uplifted. I may be exhausted, but usually I'm exuberant.

Finding meaningful work helping others navigate life's most challenging transitions fills me with a sense of purpose greater than myself. I feel as though I am in the right place at the right time, being privileged to witness the awesome emotion, connection, and healing that can take place.

Holistic Health

Ayurveda: The Wisdom of Life with Dr. Kapila Castoldi at Crazy Wisdom • Sundays, Sept. 23, 30, 3-6 p.m. • Thousands of years ago the sages of India developed Ayurveda, the science of life. More than a mere system of treating illness, Ayurveda offers a body of wisdom designed to help people stay vibrant and healthy while realizing their full human potential. The class will focus on understanding our unique mind-body type, living in tune with our nature and achieving the body-mind balance that brings about harmony and happiness in life. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Superfood Nutrition: Myths and Facts with David M. Hall at Crazy Wisdom • Tuesday, Oct. 23, 7-8:30 p.m. • We all want to be healthy and whole, yet there is much confusion about what our body needs. What is a “superfood”? How do we get the nutrition we need to function optimally? Come with an open mind and heart to get to the bottom of all of this. Free. Contact David at (520) 343-5976 or innerouterservices@gmail.com.

Windows into Wellness: Meet the Mind-Body Connection with Robin Lily Goldberg • Wednesday, Sept. 12, 6-8 p.m. • This interactive workshop will illuminate how our thoughts, beliefs, and emotions can affect our muscles, bones, and organs. As you explore these inner lines of communication, you will also learn relaxation techniques inspired by healing modalities like yoga and reflexology that honor these influential connections. These simple stress-relief tools can enable you to reconnect with inner sources of strength, joy, and well-being. \$29. Contact Robin at (312) 972-6447; rgoldberg@wccnet.edu or aurily.com.

Mindful Self-Compassion with Paulette Grotrian • Sundays beginning Sept. 23, 2:30-5 p.m. Free Orientation, Sunday, Sept. 16, 2:30-3:30 p.m. • In this eight-week course, MSC combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience. Mindfulness is the first step in emotional healing, and self-compassion involves responding to difficult thoughts and feelings with kindness and understanding so that we soothe and comfort ourselves when we’re hurting. Being both mindful and compassionate leads to greater ease and well being in our lives. \$400. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Your Body’s Environmental Chemical Burden with Cindy Klement • Monday, Sept. 24, 7-8:30 p.m. • What are the health consequences of continued exposure to environmental chemicals throughout a lifetime, beginning in the womb? Scientists found an average of 287 chemicals in the umbilical cord blood of newborns including pesticides, flame retardants, consumer product ingredients, and industrial pollutants. And that’s just the beginning. Exposure to contaminants continues thereafter on a daily basis creating a “body burden” or, simply put, an accumulated slurry of chemicals stored in our bodies. How are we exposed, where are they stored, what can we do, and how can we avoid them in the future? Free. Contact Cindy at 975-2444; kimberlyforcindyklement@gmail.com or cindyklement.com.

The essential lesson I've learned in life is to just be yourself. Treasure the magnificent being that you are and recognize first and foremost you're not here as a human being only. You're a spiritual being having a human experience.

— Wayne Dyer

Windows into Wellness: Exploring Energetic Health with Robin Lily Goldberg • Wednesday, Oct. 3, 6-8 p.m. • How can we describe, define, and experience energy? How does it affect our quality of life? Join us for an exploration of energy spanning the fields of physics, consciousness, and vibrational healing. As we learn to sense the prana of yoga, the chi of Chinese medicine, and the ki of Japanese Reiki, we will broaden our perceptions of what is possible. \$29. Contact Robin at (312) 972-6447; rgoldberg@wccnet.edu or aurily.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, Oct. 21, 12-8 p.m. • Learn a myriad of tools and techniques to raise your vibration and sustain it. Tools include sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, personal prayers, gratitude, breathing, drumming, movement, and many more. \$125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

CBD with Clinton Zimmerman • Thursday, Nov. 8, 7-8:30 p.m. • Learn from board certified Naturopath Clinton Zimmerman about the health benefits of CBD oils and their uses in your daily life. Free. Contact The People’s Food Co-Op at marketingasst@peoplesfood.coop.

International Meeting on Gynecology and Obstetrics Pathology with Zyana Kate • Monday, Nov. 19, 9 a.m. • Held in Paris, France, this conference invites academic and industry speakers, researchers, medical students, and delegates from industry and academia to participate and share their research. \$650. Contact Zyana at (702) 508-5200; zyanakate@gmail.com or gynecology-obstetrics.pathologyconferences.com.

Exploring Happiness: Are You on Track or Taking a Detour with Conrad Welsing • Tuesday, Dec. 4 • This presentation and discussion will explore the background and pressure associated with the current goal of happiness in our society. Recent academic studies will be referenced. Specific actions and observations will be discussed, with students evaluating both the source and practicality of suggestions. This is an action and participation class, refer to course #PSY4003. \$49. Contact Conrad at 677-5060; cwelsing@wccnet.edu or wccnet.edu.

Cannabis Classroom 101 with Bloom City Club • Third Sundays, 6:15-7:15 p.m. • Cannabis curious? Cannabis is a safe and effective medicine that is becoming widely accepted in medical communities around the world. Each month’s event will cover a different topic to explain the benefits of cannabis and dispel the myths that plague its acceptance. Snacks provided. Suggested donation \$10-25. Contact Bloom City Club at 585-0621; events.bloomcc@gmail.com or bloomcityclub.com.

Women Grow Networking Event with Bloom City Club • First Thursdays • Women Grow events connect curious newcomers with established cannabis professionals. Each local event offers a supportive networking environment and educational speakers designed to ignite your passion for the cannabis industry. \$25-40. Contact Bloom City Club at 585-0621; annarbor@womengrow.com.

Homeopathy

Homeopathy with The People’s Food Co-Op • Thursday, Dec. 13, 7-8:30 • Learn the basics of homeopathy and how the practice can be applied to your health. Free. Contact The People’s Food Co-Op at marketingasst@peoplesfood.coop.

Hypnosis

How to Develop a Self-Hypnosis Practice with Conrad Welsing • Wednesdays, Nov. 7, 14 • It is said Self-Hypnosis can alleviate distressing symptoms, substitute strong responses for weak responses, help overcome bad habits, create good habits, and help one’s power of concentration. Did you know that Thomas Edison and Albert Einstein credited their genius ideas with self-hypnosis, as did Wolfgang Amadeus Mozart? Come learn and practice self-hypnosis techniques in this workshop. We’ll discuss the applications and opinions of others. Find the power to change yourself. Refer to course #HSC4430. \$35. Contact Conrad at 677-5060; cwelsing@wccnet.edu or wccnet.edu.

Intuitive and Psychic Development

Drop-In Intuitive Readings with Marcella Fox • Second and Fourth Sundays, 12-3 p.m. at Crazy Wisdom • \$1.50/minute. No appointment necessary. Contact 734-717-8513.

Drop-In Readings with Marg Heeney • Second and Fourth Fridays, 6:30-9:30 p.m.; First and Third Saturdays, 12-3 p.m. at Crazy Wisdom • \$1.50/minute. No appointment necessary. Contact Marg at 615-415-0652; margheeney@gmail.com

Teleconference: Focused Mind Meditation with John Friedlander • Sundays, Sept. 2, Oct. 7, Nov. 4, Dec. 2, 9 a.m.-12 p.m. • Each participant will leap ahead with his/her spiritual abilities and make an excellent start in developing sustained focused attention so valuable in developing both abilities and character. \$15. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Psychic Psychology Women’s Group with John Friedlander • Tuesdays, Sept. 4, Oct. 2, Nov. 6, Dec. 4, 8-9 p.m. • For women only. Meditations concentrating on women’s issues relative to biological energies as well as that of the aura. \$10. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Clearing Energy Levels Where Emotions Transition into Physicality with John Friedlander • Wednesdays, Sept. 19, Oct. 17, Nov. 21, Dec. 19, 8-9 p.m. • Meditation exercises releasing/clearing energies in the levels of the aura. \$12.50 Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

On September 1, 2018, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com



Intuitive and Psychic Development (cont.)

Teleconference: Kundalini Meditation and Clearing with John Friedlander • Tuesdays, Sept. 25, Nov. 27, 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. \$12.50. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Developing Your Psychic Ability with Beverly Fish • Saturday, Oct. 13 • Learn how to tap into your psychic ability through meditative exercises and techniques. You will also learn how to use protection against negative entities. \$39. Contact Anne at 677-9743; astevenson@wccnet.edu or wccnet.edu.

Fall Intensive with John Friedlander • Saturday-Thursday, Oct. 20-25 (teleconference); Saturday-Sunday, Oct. 27-28 (in-person) • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical sophisticated perspective. Prerequisite: Foundations Level One, CD, or instructor’s permission. Contact Gilbert at gChoud@yahoo.com or http://psychicpsychology.org.

Kabbalah

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Evening Course begins Tuesday, Sept. 11, 7-10 p.m.; Daytime Course begins Wednesday, Sept. 12, 10:30 a.m.-1:30 p.m. • Three-hour workshop meets once a month for about a year. An ordered, systematic approach to develop and balance all the important areas of life. Turn resistance energy into creative energy. Monthly rates: \$137/person general session; \$150/person two-person session; \$120/hour private session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Life Transitions

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Tuesday, Sept. 4, 12-1:30 p.m. • Discover a process to open your heart and mind to the gifts of transition for self or loved one who is experiencing a transition in health, career, relationship, retirement, or death. \$30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Aging and Spirituality with Pat Walter and Carol Johannes • Thursdays, Oct. 4, 18; Nov. 1, 2-4 p.m. • The process of aging holds promise as well as challenge. We can choose to deny, resist, or dread this process. We can also choose to embrace it in faith as an invitation to greater fullness of life, and thus transform the experience. Participants in this series will explore and reflect upon these options. Donation. Contact the Weber Retreat and Conference Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Love and Relationships

Kabbalah for Couples with Karen Greenberg • Begins Sunday, Sept. 23, 12:30-2:30 p.m. • Not couples therapy, but for good relationships that both parties are willing to improve. Two-hour sessions, once a month, for about a year to allow couples to get more work done over a shorter amount of time. \$205/session if either participant has taken Beginning Kabbalah. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Rooted in Love: Caring for Those Who Care for Others with Chaplain Suzanne T. Fabick • Thursday, Sept. 27, 6-9 p.m. • This session will focus on how caregivers, both professional and those caring for a family member, can practice the art of self-care in their busy lives. We will integrate various spiritual resources and practices such as scripture, guided meditation, and journaling/reflection to validate and give meaning to the sacred role of caregiver or “Companion on the Journey”. Registration Required. \$25. Contact the Weber Retreat and Conference Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Creating Your Ideal Mate with Karen Greenberg • Sunday, Oct. 14, 1-6 p.m. • Identify your ideal mate’s qualities and enhance these with the richness of group input. Learn how to use ceremony, meditation, chants, movement, and more to remove blockages, work through fears and issues, and learn to trust the Divine Order and Timing. \$125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Massage Therapy

Foot Reflexology with the Ann Arbor School of Massage • Saturday, Sept. 8, 9 a.m.-4:30 p.m. • This class is a hands-on experience of lecture, demo, and practice of the fundamental basis of foot reflexology, as an assessment and treatment modality. No experience necessary. \$50. Contact Mary at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net/.

Meditation

Mastering Meditation with Kapila Castoldi at Crazy Wisdom • Saturdays, Oct. 7, 14, 21, 3-5 p.m. • Introductory Meditation series offered by the Sri Chinmoy Centre. Topics include quieting the mind, relaxation, breathing, chanting techniques, meditations on the heart, exploring a meditative lifestyle, awakening inner awareness, bridging the inner and outer world. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Group Singing Bowl Bath with Antonio Sieira • Sept. 11, Oct. 16, Nov. 13, Dec. 11, 6-7:30 p.m. • Experience sound and vibrations from 21 bowls to promote health, spiritual wellbeing, and prevent illness. Free blocked-up energy, calm the mind, delight the body and the emotions as you bathe in the rich harmonics of the individual voices of these beautiful bowls. \$20. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

A Day of Silence and Meditation Practice with the Michigan Friends Center led by Carol Blotter • Saturday, Sept. 29; Sunday, Dec. 9, 9 a.m.-4 p.m. • This retreat is an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. Beginners will have break-out instruction while experienced meditators can be in silence all day or anywhere in between. This retreat is a fundraiser for the Michigan Friends Center. Suggested donation \$30. Pre-registration requested. Contact Carol at 475-0942 or cb.meditate@gmail.com.

The Dharma Path with Aaron and Barbara Brodsky • Two-year class, begins Sept. 4, 7-9 p.m. • Two-year class beginning this fall and lasting through Spring 2020. 18 classes each year, half-day intensive per year, and five day intensive residential program per year. Limited to 20 students. Suggested donation: \$105-315. Contact Tana at 477-5848, om@deepspring.org or deepspring.org/2-year-class-2018/.

Pure Meditation Course including Raja-Kriya Yoga with the Self Realization Meditation and Healing Centre • Sept. 9-15 • This is the ultimate course for the whole being. Realize the God-Within and bring love, peace, joy, and fulfillment to all aspects of your life. It can help you learn how to master your mind and energies in today’s challenging world. Contact the Self Realization Meditation and Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Introductory Zen Meditation Course with Zen Buddhist Temple • Five Thursdays beginning Sept. 13, Oct. 25, 6:30-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. \$160. \$120 students. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

*Look up at the stars and not down at your feet.
Try to make sense of what you see, and wonder
about what makes the universe exist. Be curious.*


— Stephen Hawking

Vipassana Meditation Workshop with Barbara Brodsky • Saturday, Sept. 22, 10 a.m.-3 p.m. • When we are present in the moment, we see deeply into the experience of that moment and genuine wisdom becomes possible. Whatever arises will cease. It does not belong to me! This understanding allows us to relate to our present experiences with more ease and spaciousness. It allows us to greet the innate wise and joyful in ourselves. Separate instruction periods for beginner and experienced meditators plus silent practice. Suggested donation: \$75-225. Contact Tana at 477-5848, om@deepspring.org or deepspring.org.

Candlelight Labyrinth Walk and Meditation with Ringstar Studio • Saturday, Sept. 22, Friday, Dec. 21 • Enjoy a centering walk through a path made of flickering candles. Cushions are provided for seated meditation. All ages welcome. Free. Contact Diane 335-1625; mail@a2ringstar.com or a2ringstar.com.

Two-Day Purification Chan Retreat with Triple Crane Monastery • Saturday-Sunday, Oct. 6-7 • Commuters are welcome. Retreat includes inner-body heating up exercise, walking/sitting meditation, breathing technique, etc. \$100. Contact Winne at 757-8567; triple.crane@huayenworld.org huayenworld-usa.org/usa/en.

24-Hour Meditation Vigil with the Lighthouse Center, Inc. • Saturday-Sunday, Oct. 13-14 • You are welcome to attend any part or all of the 24-hour meditation, which provides a deep cleansing and release for the nervous system and the entire mind-body-spirit. This meditation vigil is dedicated to world peace through inner peace. Love offering. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenter.org.



**On September 1, 2018, the Crazy Wisdom Calendar
will be available on our website:
www.crazywisdomjournal.com**

Reflective Meditation for Worriers with Erica Dutton • Tuesdays, Oct. 16-Nov. 6, 6-8 p.m. • It seems that most of us worry about something--relationships, job, school, finances, family, and more. If you've heard meditation involves eliminating thoughts this class may be for you. This series of classes will teach you a unique combination of mindfulness, insight, and awareness practices called Reflective Meditation where thoughts aren't a problem. This form of meditation allows for thoughts and uses them for insight into how your mind works. These insights will help you see how habit patterns help you or harm you. \$100/series. Contact Erica at 417-4385 or eld0306@yahoo.com.

Trauma-Informed Mindfulness and Compassion Workshop with Trish Magyari • Saturday, Oct. 20, 9 a.m.-4 p.m. • Learn how mindfulness and self-compassion can be helpful in offering ways to be with and begin the healing process of trauma. Evidence-based. Appropriate for meditation teachers, mental health practitioners, and all those who have suffered from trauma and want to engage on a meditative path in a wise and healing way. \$175/regular, \$150/early-bird; \$125/student, \$100/early-bird. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or aacfm.org.

Coming Back to Ourselves: A Half-Day Retreat with the Michigan Collaborative for Mindfulness in Education (MC4ME) • Saturday, Nov. 10, 8:30 a.m.-12:30 p.m. • When we give ourselves time to slow down and breathe, we create a space to experience a deeper knowing and presence. As caring parents, teachers and professionals, we often get caught up in advocating and nurturing others without carving out ways to nourish ourselves. This half day guided mindfulness retreat offers the opportunity to let go of all the busyness so we can deepen our connection to ourselves, our practice, and our work. Join us to engage in stillness in community and re-calibrate. Contact mc4me.org or info@mc4me.org.

One-Day Zen Meditation Retreat with Zen Buddhist Temple • Saturdays, Oct. 20, Nov. 17, 9 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest—an interval of deepening, of slowing down, silence, and mindfulness. \$60 includes lunch. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

All-Day Retreat with Trish Magyari • Sunday, Oct. 21, 9 a.m.-4 p.m. • In the company of others, we'll join together in supportive community to practice mindfulness and compassion meditations from the Mindfulness-Based Stress Reduction and Mindful Self-Compassion Courses. Practices may include sitting and walking meditation, body scan, seeing meditation, eating meditation, loving kindness meditation, self-compassion meditation, and mindful movement. \$75/regular, \$60/early-bird. Contact Paulette at 276-7707; mindfulnesswithpaulette@gmail.com or aacfm.org.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Saturday, Oct. 27, 12-6 p.m. • Learn to travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life. Become more deeply connected with ten different aspects of G-D and learn how to connect to the different energies of each aspect. \$125. Contact Karen at 417-9511; krngnbg@gmail.com or clair-ascension.com.

4-Day Silent Meditation Retreat with Triple Crane Monastery • Wednesday-Saturday, Nov. 7-10 • Led by Spiritual Leader of TCM, Master Haiyuan JM, who has been practicing for 40 years and preaching worldwide. \$250. Contact Winne at 757-8567; triple.crane@huayenworld.org huayenworld-usa.org/usa/en.

Myriad of Meditations with Karen Greenberg • Sunday, Nov. 11, 10 a.m.-8 p.m. • Learn a myriad of meditation techniques and discover which ones resonate with you. \$125. Contact Karen at 417-9511; krngnbg@gmail.com or clair-ascension.com.

Peace Generator Silent Meditation and Prayer with the Interfaith Center • Fridays, Nov. 16, Dec. 21, 7-9 p.m. • All invited to join a silent meditation on world peace and individual peace. Donations accepted. Contact Craig at 971-8576; info@peacegenerator.org, interfaithspirit.org/the-peace-generator/, or peacegenerator.org.

Thanksgiving Eve Meditation with the Lighthouse Center, Inc. • Wednesday, Nov. 21, 7-8:30 p.m. • Mantra meditation of gratitude and thanksgiving for all our blessings, challenges, and lessons. Vegan potluck follows. No need to bring anything. Love donation. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenter.org.

Pure Meditation Foundation Course with the Self Realization Meditation and Healing Centre • Nov. 23, Dec. 8, 3 p.m.; Dec. 31, 10 a.m. • Find inner peace. Of value in all walks of life. Helps you to be in charge of how you feel. Takes only a few minutes everyday. \$60. Bursary may be available. Contact the Self Realization Meditation and Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Aaron and Jeshua - Knowing the Divine Child We Each Are with Barbara Brodsky • Saturday, Dec. 1, 10 a.m.-3 p.m. • In honor of our annual celebration of Jeshua's birth, Jeshua and Aaron (both channeled through Barbara) have offered to come forth and speak to us about the importance of divine birth, not only Jeshua's but our own. The day will be a mixture of talks from Aaron and from Jeshua, guided meditations, time for Q&A, and likely some celebrations such as dance and singing, too. Suggested donation, \$75-225. Contact Tana at 477-5848, om@deepspring.org or deepspring.org.

Christmas Eve Meditation with the Lighthouse Center • Monday, Dec. 24, 6-7:30 p.m. • Meditation and Christmas Carols celebrating the birth of Christ and the Christ Light within us. Love offering. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenter.org.



KOKOPELLI'S KORNER LLC

SPIRITUAL SHOP



**ART, TAROT
& CANDLES**



**TUMBLLED STONES
AND CRYSTALS**



**SMUDGE STICKS
AND INCENSE**

Vibrational Sound Immersion
by Yavia (Sound Massage)

Oracle Readings

**SPECIALTY
ORGANIC
TEAS**

**ESSENTIAL
OILS**

**ORGANIC
HERBS**

**DRUMS
AND
CHIMES**

**AND
MUCH
MORE!**



111 E Grand River, Howell, MI 48843 • 586.630.9323

Rashmi Meditation & Yoga

Grow in the direct experience
of your own deepest reality
and creativity!



Classes, workshops, and individual consultation

Vickie Gaynor, Ph.D.
Offering formal personal instruction
in Neelakantha Meditation
as taught in Blue Throat Yoga

For more information
RashmiMeditation.com
734.929.5554
rashmimeditation@gmail.com



CRAZY WISDOM TEA ROOM

114 S. Main St., Ann Arbor - 734.665.9468

150+ varieties of tea and herbal blends
Our coffee is organic, fair Trade, and roasted locally
Vegan, vegetarian and gluten-free selections
Packaged tea, tea pots, mugs, and tea accessories



Soups
Entrées
Dips
Desserts
Treats



Literary Teas • Shimmy Shack Cookies
Fraser Teas • Mitten Bites




WRITERS WANTED FOR THE CRAZY WISDOM COMMUNITY JOURNAL

We are looking for good articles
about the holistic scene...
reportage, personal journaling and essays,
profiles, interviews, journalistic explorations,
and other feature writing.

Modest but respectable pay. If you might be interested,
please write to crazywisdomjournal@crazywisdom.net.



Photo by Jennifer Carson

Meditation (cont.)

New Year’s Eve Meditation with the Lighthouse Center • Monday, Dec. 31, 11 p.m.-12:30 a.m. • Bring in the New Year in the highest vibration, meditating with us to release the old and welcome in the new for 2019. Love offering. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenter.org.

Meditation Sessions with Jewel Heart • Sundays, 8:30-9:30 a.m. • Facilitators provide basic guidance in concentrated meditation. Participants will use the breath as a point of focus. Open to all levels of experience. Free. Contact 994-3387; programs@jewelheart.org or jewelheart.org.

One-Day Silent Meditation Retreat with Triple Crane Monastery • Fourth Sundays, 9 a.m.-5 p.m. • Spend a day away from hectic city and find inner peace and relaxation at a suburban monastery. Retreat starts with 30 minutes stretching followed by intervals of one-hour sitting meditation and 30 minutes of walking meditation/yoga. Discussion and Q&A. Light lunch included. Free. Contact Winne at 757-8567; triple.crane@huayenworld.org huayenworld-usa.org/usa/en.

Sunday Online Meditation from Anywhere with Celeste Zygmunt • Sundays, 11 a.m.-12 p.m. • Join others from far and near for this live-streaming Sunday meditation. All you need is a willingness to observe with kindness, the expressions of the self, and to be open to ever-present pure awareness. You must sign up for the email list to get the weekly link to join. Donation. Contact Tana at 477-5848, om@deepspring.org or deepspring.org.

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sundays, Sept. 9, 23; Oct. 14, 28; Nov. 11, 25; Dec. 9, 23, 11 a.m. • Zen meditation, Zazen, in the Japanese Soto Zen tradition of the San Francisco Zen Center, following the teachings of Shunryu Suzuki roshi, author of *Zen Mind, Beginner’s Mind*. After Zazen, we offer a brief noon service, bowing and chanting, followed by an informal lunch. Instruction is available. Please arrive early for the meditation. Donations appreciated. Everyone welcome. Contact Marta at (248) 202-3102; jizzojizen@gmail.com or jissojizen.org.

Yin Yoga and Meditation with Triple Crane Monastery • Sundays, 1-2:30 p.m. • Starting with five minutes Huayen warming up exercise, followed by 45 minutes of Yin yoga and 30 minutes of sitting meditation. Free. Contact Winne at 757-8567; triple.crane@huayenworld.org huayenworld-usa.org/usa/en.

Sunday Candlelight Meditation and Healing with the Lighthouse Center • Sundays, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, meditation, affirmations, visualization, and healing circle. Reiki healing is available. Love offering. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Basic Insight Meditation for Mindful Living with Hugh Danville • Mondays, Sept. 24-Nov. 19, 6:30-8:30 p.m. • Mindfulness is a gateway to lasting personal transformation. This class offers beginning mindfulness instruction as you begin to establish your own meditation practice. There will be a strong emphasis on cultivating the open heart as a support to experiencing the full benefits of mindfulness. Suitable for beginners and anyone seeking a refresher. Price TBD. Contact Hugh at hdanville@gmail.com or stillmountainmeditation.org.

All About Karma-or-How to Make Life Beautiful with Mary Grannan and Bilha Birman Rivlin • Tuesdays, Sept. 18, 25; Oct. 2, 16, 30; Nov. 6, 9:30-11:30 a.m. • Ancient teachings on karma emphasize that each of our actions provide the basis for what our life becomes. Any action of this moment creates the lawful unfolding of our future actions. Our mind empowers us to create actions that lead to the life we want to have: to reduce suffering and encourage beauty to arise in our life. Join us for this exploration through mindful meditation teachings and practices. Dana offering. Contact Bilha at 330-9376; ybrivlin@att.net or stillmountainmeditation.com.

Being in Tune: Mindfulness Meditation at The Ark with Mindful City Ann Arbor • Tuesdays, 12-12:30 p.m. • Thirty-minute meditations. This practice has no religious affiliation. Appropriate for beginners or experienced meditators. Free. Contact Lynn at 645-2751; lynnsipher@gmail.com or mindfulcityannarbor.org.

Meditation with Triple Crane Monastery • Tuesdays, 6-7:30 p.m.; Thursdays, 10-11:30 a.m. • Twenty minutes of stretching, 45-60 minutes sitting, followed by a short discussion. Open to all backgrounds and levels. Free. Contact Winne at 757-8567; triple.crane@huayenworld.org or huayenworld-usa.org/usa/en/.

Open Mindfulness Meditation Practice with Antonio Sieira • Tuesdays, Thursdays, 6-7 p.m. • Calm your mind and come into peace. Includes mindfulness, Tibetan singing bowls, Metta meditation, discussion of philosophy, science, and spiritual basis of meditation. \$15/class or six/\$60. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Beginning Insight Meditation with Still Mountain Buddhist Meditation Center Teachers • Wednesdays, Oct. 3-Nov. 14, 6:30-8:30 p.m. • A six-week introduction to basic insight meditation and other mindfulness practices. Although the techniques come from Buddhist traditions, we will approach the practices from a down-to-earth, secular perspective. The class is designed primarily for persons with no previous meditation experience, but all are welcome. Registration required. Free. Contact James at 995-0639 or whitesid@umich.edu.

Castle Remedies
Homeopathic Pharmacy

Specializing in Homeopathic Remedies, Medicinal Herbs, High Quality
Nutritional Supplements, Aromatherapy, and Distinctive Gifts & Jewelry

CastleRemedies.com | 2345 S. Huron Pkwy, Ann Arbor | 734-973-8990

Mindfulness One: Clarity and Insight through Meditation with Jewel Heart Instructors • Wednesdays, Oct. 3, 10, 17, 24; Nov. 7, 14, 21, 28, 7-8:30 p.m. • Meditation provides us with a clear stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using breath, posture, and techniques for coping with distractions and laxity of the mind. Free. Donations welcome. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Chakra Meditation Class with Nirmala Hanke • Wednesdays, Sept. 5-Oct. 24, 7:30-9:30 p.m. • Introduction to the seven chakra energy centers, with empowerment of the mantra at each chakra. Prerequisite: two months of mantra meditation. Includes using the pendulum to create your own personal Bach Flower Remedies for the class. \$85/member. \$95/non-member. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Meditating with the Parami with David Lawson • Thursdays, Oct.-Dec., 7-9 p.m. • The parami are beautiful energies of the mind that help free us from unhappiness, disappointment, and despair. If your meditation practice has become static and dry, it is possible that you need to further cultivate one of these energies, which are available to each of us. The parami are practices that are done off the cushion in everyday life and have powerful and deep resonance with every step we take in fulfilling our aspiration for freedom. Free. Contact David 751-1838; dlawson@fastmail.com stillmountainmeditation.org.

Transmission Meditation with the Interfaith Center • First, Second, Third Fridays, 6-9 p.m. • The high potency energies coming from cosmic, solar and extra-planetary sources need to be stepped down via our chakras so that they can be useful to our planet. This type of meditation works like a “hothouse”; one year of correct, sustained practice of Transmission Meditation can make the same kind of spiritual advance as 10, 15, or even 20 years of ordinary meditation. Free. Contact Dolores at 233-4632; rubioturtles@yahoo.com or interfaithspirit.org.

Intensive Meditation with the Lighthouse Center • First and Third Fridays, 7-10:15 p.m. • Chanting and prayer, followed by meditating for 20 minutes on each of the seven chakra energy centers. May join or leave meditation at any time. A deep cleansing and renewal to supplement your meditation practice. Love offering. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Saturday Silent Meditation with Triple Crane Monastery • Saturdays, 8:30 a.m.-12:30 p.m. • Start with 30 minutes of stretching and three 50-minute sets of sitting meditation with ten minutes of walking in between. Free. Contact Winne at 757-8567; triple.crane@huayenworld.org or www.huayenworld-usa.org/usa/en.

Day of Mindfulness with Esther Kennedy • Saturdays, Sept. 1, Oct. 13, Nov. 3, Dec. 1, 10 a.m.-2:30 p.m. • Monthly gathering focusing on different topics each month to deepen community understanding and commitment to daily meditation practice. \$25 includes lunch. \$10 nonrefundable deposit required with registration. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Learn to Meditate with Nirmala Nancy Hanke • Second Saturdays, Sept. 8, Oct. 13, Dec. 8, 4-6:30 p.m. • Participants will learn how all meditations are good and thoughts are an essential part of the process. Talk followed by 20-minute meditation experience with a mantra. Vegan snacks after meditation. Register one week in advance. \$35, \$25/students, \$15/ repeaters. Contact Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Drop-in Meditation with Atmaram Chaitanya • Tuesdays, 7:30-9:30 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation. Begins with chanting and a 20-minute silent meditation, followed by group discussion or contemplation. Concludes with refreshments and social time. Free. Donations welcome. Contact Atmaram at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Siddha Yoga Satsang: Chanting and Meditation with Siddha Yoga Meditation Center • Thursdays, 7-8:30 p.m. • Please join us for an evening including a reading, video, or audio teaching. Then we chant and meditate. All are warmly invited. Free. Contact Dunrie at 276-0318; symcannarbor@gmail.com or symcannarbor.org.

When I am able to resist the temptation to judge others, I can see them as teachers of forgiveness in my life, reminding me that I can only have peace of mind when I forgive rather than judge.

— Gerald Jampolsky

Ann Arbor Open Meditation with Libby Robinson and others • Thursdays, 7:30-8:30 p.m. • Drop-in secular mindfulness meditation session suitable for those with and without meditation experience. Format is two 20-minute sittings, the first guided and the second silent; some discussion and Q&A in between. No registration required. Donation requested. Contact Libby at 476-3070; libbyrobinson7@gmail.com or aaopenmeditation.com.

Movement and Dance

Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman and Drake Meadow • First Fridays, 7-9 p.m. • Originated in the ‘60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world’s religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience. \$5 donation. Contact Judy at (419) 475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org.

Poetry Through the Ages • Saturday, Sept. 15, 8-9:30 p.m. • A unique evening based on poetry from three eras of Indian literature: ancient, early 20th century, and contemporary. It features three poetry-based segments of performance, dance, visual art, live music, avant garde multimedia, and digital projections. \$25/general. \$15/students and seniors. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Crossroads: New Directions in Indian Classical Dance • Saturday, Sept. 22, 4-6 p.m. • A forum to reflect on the practice, pedagogy, new directions, and preservation of Indian classical dance, featuring several Michigan-based teachers, performers, and young artists of Indian dance. Free. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Music, Sound & Voice

Cafe 704 Concert Series with the Interfaith Center for Spiritual Growth • Saturdays, 8-10 p.m. • Local music showcase and benefit held monthly at the Interfaith Center featuring an eclectic line-up of the best roots, folk, world, blues, ensemble singing, and jazz in Ann Arbor. Refreshments and treats available for sale. \$8, \$15/couples. Contact Delyth at 327-0270; cafe704@gmail.com or interfaithspirit.org/cafe-704-coffeehouse/.

Singing for Comfort with the Threshold Singers • Thursdays, Sept. 13, Oct. 11, Nov. 8, Dec. 13, 7-8:30 p.m. • Please join us for an evening of peaceful, comforting singing. We will teach and lead songs that are easy to learn and sing, including some from the Threshold Choir repertoire. No experience necessary. Take some time away from life’s stresses with these restful, soothing songs. Free. Contact Layla at 646-7405; layla_ananda@hotmail.com or thresholdofannarbor.org.


Witches' Night Out

AT CRAZY WISDOM

2nd Tuesday each month, 6:00 to 8:00 p.m

Join the Witches as we gather, drink tea, and chat!
We welcome all people who are curious, identify,
or just wander into the room!
We pick themes for each gathering
and there is a chance to chat,
learn, and simply be present.
\$3.50 for a mug of
Witch Brew tea with free refills.
info@crazywisdom.net
or www.crazywisdom.net





for Meditation and
Spiritual Inquiry

Sunday Online Meditation from Anywhere
Meditation: 11 am — 12 noon Eastern
All are Welcome! — Live Streaming

Insight Meditation and Spiritual Inquiry

Silent Retreats | Classes | Workshops

Beginning to advanced study | Local and live streaming



Spiritual teachings available via video download

Founder and guiding teacher Barbara Brodsky is the channel for Aaron

DeepSpring.org | info@deepspring.org | 734.477.5848

704 Airport Dr., Ann Arbor, MI 48108 (Interfaith Center for Spiritual Growth)

Deep Spring Center is a 501(c)(3) non-profit — Please check the website for schedule





By Ginny Dodge

Plant-based remedies have been used for centuries. Chemical constituents found in plants are now synthetically created in sterile, replicable laboratory environments. Those medical advances have done wonders to further research and understanding of the intricacies of the human body. So, why has a sudden resurgence in using essential oils saturated newsfeeds, yoga studios, moms’ clubs, and more?

As we contemplate the popularity of oils, consider health from a sevenfold platform: Physical, Intellectual, Emotional, Occupational, Environmental, Spiritual, and Social.

As we contemplate the popularity of oils, consider health from a sevenfold platform: Physical, Intellectual, Emotional, Occupational, Environmental, Spiritual, and Social.

PHYSICAL

As more medical professionals embrace an integrative approach to healing the body, preventative care and positive habits are keenly monitored. Recently, the complementary use of essential oils has piqued interest in the western medical field.

Therapeutic quality essential oils can work alongside bodily functions to support physical wellness. Lavender soothes sore muscles. Frankincense focuses healthy inflammatory responses. Immune protection can be dialed in with clove, cinnamon, and orange oils. This quality is ensured through third-party laboratory testing. Take care to seek out mindful community educators, informed experts, and research publications to widen your understanding of oils.

INTELLECTUAL

Comparison, change, and advancement have taken charge in this capitalist, technology-driven world. The consequences are now becoming clear – trouble focusing, heightened anxiety, and overstimulation.

Oils offer a unique and fast-acting approach to retrain the brain’s neural passageways. When inhaling the scent of an oil, the olfactory glands are stimulated. Nearby, the limbic center of the brain is also activated. This is where memories, emotions, and primal patterns stem from. Diffusing oils like cedarwood or frankincense can help harness focus. Inhaling oils such as lavender and chamomile soothe anxious tendencies. Oils can make a huge difference in developing healthy sleep habits, applying to the bottoms of the feet and diffusing for aromatic/respiratory benefit.

Therapeutic quality essential oils can work alongside bodily functions to support physical wellness. Lavender soothes sore muscles. Frankincense focuses healthy inflammatory responses.

EMOTIONAL

Emotional well-being has taken a toll during recent political and social change. Many people note feeling lonely, disconnected, and unable to build lasting friendships despite varied modes of communication. Here, too, holistic alternatives can promote connection and emotional growth.

When the body suffers emotionally, it also suffers physically. As the brain identifies situations, resulting emotional responses are sent to the cells by way of neuropeptides. These messages influence activity within the cell. Release and healing are also available at the cellular level using oils. Citrus oils can boost mood, tree oils lead to peace and grounding, and floral oils can bring about relaxation and renewal. While the explanation behind these reactions is incredibly

detailed, the application of oils through aromatic and topical use is easily managed with resources and mentors.

OCCUPATIONAL

Relations with co-workers, job cuts, pressure to perform, promotions, and numerous intricacies challenge employees to perform at peak levels. Stress relief becomes paramount. Using essential oils helps to calm physical discomforts from repetitive strain at work – typing, sitting, standing, lifting, et cetera. Diffusing oils in an office setting can boost mood and the ability to see a task to completion. Promoting healthy environments and strong immune responses through protective essential oils are great additions to a work routine.

ENVIRONMENTAL

The beneficial chemical profiles of essential oils are well suited for cooking, cleaning, and care. When using food-safe therapeutic-grade oils, cooking becomes even more exciting. Consider an orange oil infused whipped topping, adding cilantro and lime oil to guacamole, or a rosemary and thyme oil marinade for a main course. For those interested in all-natural cleaners, vinegar and citrus oil pairings offer great options for countertop sprays, floor cleaners, and disinfecting wipes. Place a few drops of lavender or lemon essential oil on wool dryer balls to naturally scent laundry. The applications are endless.

When the body suffers emotionally, it also suffers physically. As the brain identifies situations, resulting emotional responses are sent to the cells by way of neuropeptides. These messages influence activity within the cell. Release and healing are also available at the cellular level using oils.

SPIRITUAL

It is important to note that oils can benefit a lifestyle regardless of spiritual beliefs. What works for one religious practice may also be impactful in a different application. Try massaging a drop of frankincense or sandalwood oil between the eyebrows, focusing on connection to a higher power through the third eye chakra. Diffuse grounding oils like arborvitae or cedarwood during meditation or yoga practice. Anoint holiday candles with rose oil or orange oil to bring a sense of love and abundance into the home.

SOCIAL

Connection and intimacy are crucial foundations to many people’s happiness. Recognize that mindful wellness principles go hand in hand with essential oil practice. Deep breathing to curb anger and rash decisions can be enhanced with calming oils. Meditation to lean into silence and connection with nature are influenced with spice and tree oils. Diffusing refreshing citrus aromas in the workplace can energize and bring a sense of happiness.

Remember, this can be a lot of fun! Have a group of friends over for an oil-themed spa night. Cook with oils and share new cuisine with family. Encourage children’s health and imagination with sensory play dough or choosing an oil to apply together on the bottoms of the feet before bedtime. Oils remind us that we create our reality through daily actions and choices.

Ginny Dodge is a holistic educator and owner of The Essential Artist. If you are curious or don’t know where to begin with oils, contact her at ginny@theessentialartist.com or visit the website www.theessentialartist.com.



Music, Sound & Voice (cont.)

Ukulele for Beginners with David Swain • Saturdays, Sept. 22-Nov. 10 • Portuguese sailors spread the ukulele and its music to the people in the Pacific Islands who have been playing it for decades. Experience what Pacific Islanders enjoy as you learn how to play this wonderful four-string instrument. \$139. Contact Anne at 677-9743; astevenson@wcenet.edu or wcenet.edu.

Sarod Concert and Lecture-Demonstration with Diptavo Dutta • Wednesday, Oct. 3, 7 p.m. • Diptavo will be playing some short compositions and will explain them. Free. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Rasa Performance - Dance, Music, and Theater • Friday, Oct. 5, 7-9 p.m.; Saturday, Oct. 6, 6-9 p.m. • Dance, drama, and music. \$30/day, \$50/both days. \$20/day, \$30/both days for students/seniors. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

4th Annual Benefit Concert: An Evening of Music, Dance, Poetry, Storytelling, and more with the Interfaith Center • Saturday, Oct. 13, 7:30 p.m. • Many celebrated local musicians and performace artists will gather in support of a common cause: donating their time and talent to support the ongoing efforts of the nonprofit Interfaith Center for Spiritual Growth. \$20+. Contact Delyth at 327-0270; delyth.balmer@interfaithspirit.org or interfaithspirit.org.

Gift of Song with the Threshold Singers of Ann Arbor • Saturday, Oct. 27, 3:30-5 p.m. • Experience the comfort of loving song wherever you are in life’s journey. Sit or recline, close your eyes, and let our voices support you in meeting life’s challenges. We welcome people of all ages and genders who are comfortable listening quietly or joining us in quiet singing. Free. Contact Karen at 531-7960; thresholdofaa@gmail.com or thresholdofannarbor.org.

First Wednesdays with Ann Arbor Kirtan • First Wednesdays, 7-9 p.m. • Ancient yogic spiritual practice of Kirtan. Sanskrit mantras, sung to beautiful melodies, supported by harmonium, Indian drums, and hand cymbals open one’s heart and connection to spirit. Free. Contact Kashi Nivas at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Naturopathy

The Science Behind the Forest Bathing/Forest Therapy Movement with Cayla Samano • Wednesdays, Oct. 3, Nov. 7, 6-8 • This two-hour workshop explores the Japanese roots of forest bathing/forest therapy, the science behind it, and practical applications. Free. Contact Cayla at (810) 358-4046; csamano83@gmail.com or a2shinrinryoku.com.

How Traditional Naturopathy Works • Sept. 7, 8, 9:15 a.m.-12 p.m. • Traditional Naturopaths at this state-licensed school describe and show inspiring models of care on which natural medicine is based. Free. Contact Mary at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net/.

Autumn Detox Series with Nia Aguirre • Thursdays, Sept. 13, 20, 27 • One of the best times to detox, cleanse, and build is during the autumn season. You will participate in several natural therapies used from several cultures around the globe. \$125/series, \$50/class. Includes take-home kit. Contact Nia at 883-7513; niaaguirre.nd@gmail.com.

Natural Health for your Child with Nia Aguirre • First Mondays, 10:30-11:30 a.m. • Discussion about natural, non-drug, non-toxic options for your children’s health needs. Free. Pre-registration required. Contact Nia at 883-7513; niaaguirre.nd@gmail.com.

Nutrition and Food Medicine

Bouquet of Flours with Keegan C. Rodgers • Tuesday, Sept. 4, 7-8:30 p.m. • In this class taught by Keegan C. Rodgers, Head Baker at The People’s Food Co-op, learn about the different types of flours and what they are used for. Also learn about the changes needed for gluten-free baking, how flours are processed, what’s in them, and how flours apply to the chemical process of baking. Free. Contact the People’s Food Co-op at marketingasst@peoplesfood.coop.

Healthy Immune System with Thrive Wellness • Wednesday, Sept. 5, 7 p.m. • Do you find yourself catching colds often? Do you worry about the health of your immune system? Join us to learn how to boost your defenses naturally. Free. Contact Elizabeth at 470-6766; elizabeth@thrive-wellness-center.com or thrive-wellness-center.com.

Seventh Annual Taste of Health with Grass Lake Sanctuary • Saturday, Sept. 15, 11 a.m.-4 p.m. • Let food transform how you feel. Join us to taste and discover gourmet plant-based recipes, enjoy inspiring talks and demos in a peaceful nature setting, with raffles for healthy gift baskets, body care, cooking items, and more. \$35. Contact Robin at tasteofhealthgls@gmail.com or tasteofhealthgls.org.

Fall Detox with Thrive Wellness • Monday, Sept. 17, 7 p.m. • Do you feel that you overindulge too much? Want to get your diet and your health on the right track? Join us for a free seminar to learn how to clean up your diet and work on a healthier lifestyle. Free. Contact Elizabeth at 470-6766; elizabeth@thrive-wellness-center.com or thrive-wellness-center.com.

The Sweet Life with Keegan C. Rodgers • Tuesday, Oct. 2, 7-8:30 p.m. • In this class taught by Keegan C. Rodgers, Head Baker at The People’s Food Co-op, learn about the different types of sugars and sweeteners, and their functions in baking. You will also learn about the differences between sugars and sugar replacements, and the ways in which sugars are processed for daily use. Free. Contact the People’s Food Co-op at marketingasst@peoplesfood.coop.

Living Ayurveda Series: Fall Kitchen and Self Care with Natalie Piet • Oct. 14, 21, 2:30-4 p.m.; Oct. 25, 6:30-8 p.m. • In this class we will explore creating a sacred space in the kitchen. We will journey our senses through the way of healing spices to optimize health. Cost TBA. Contact Nancy at (248) 797-4271; nancy@karma-yoga.net or karma-yoga.net.

Intro to Levels of Vibrant Eating: For the Love of Self, Others, and the Environment with Judy Sauer • Sunday, Nov. 4, 3-5 p.m.; Saturday, Nov. 10, 9-11 a.m. • Finding emotional and physical peace with our relationship to food is simple but not easy. In our two hours together, participants will be introduced to the pillars of Levels of Vibrant Eating and explore a variety of healing diets. You will receive broad brushstrokes of wisdom to help you along the path to a healthier relationship with food and eating. Samples of healthy recipes will be a part of our explorations together. \$45/class. Contact Judy at 223-9810 or jdsfoodsolutions@gmail.com.

Fat, That’s Where it’s At! with Keegan C. Rodgers • Tuesday, Nov. 6, 7-8:30 p.m. • In this class taught by Keegan C. Rodgers, Head Baker at The People’s Food Co-op, learn about the functions of fats, their different forms, and how they are used in baking. Free. Contact the People’s Food Co-op at marketingasst@peoplesfood.coop.

Healing Diets - Theories, Preparations, and Tastes with Ann Arbor School of Natural Medicine • Nov. 29, 30; Dec. 1 • Three days of experiential teachings with our Naturopath class in the various healing diets, superfoods, and preparation available for health building. Keto, ferments, paleo, raw, vegan, and other dietary approaches. Tastes and samples available. \$50/day. Contact Mary at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net/.

Spice: The Variety of Life with Keegan C. Rodgers • Tuesday, Dec. 4, 7-8:30 p.m. • In this class taught by Keegan C. Rodgers, Head Baker at The People’s Food Co-op, learn about how herbs and spices are harvested, how they are classified, and how they pertain to the chemical process of baking. Free. Contact the People’s Food Co-op at marketingasst@peoplesfood.coop.

Pagan Spirituality

Witches’ Night Out • Second Tuesdays, 6-8 p.m. in the Crazy Wisdom Tea Room • Join the Witches as we gather, drink tea, and chat! We welcome all people who are curious, identify, or just wander into the room! We pick themes for each gathering and there is a chance to chat, learn, and simply be present. No cover. \$3.50 for a mug of Witch Brew tea with free refills. For more information call 665-2757; info@crazywisdom.net or crazywisdom.net.

Palmistry

Drop-in Palmistry/Tarot Readings with Vijayalaxmi Shinde • First and Third Saturdays, 3-6 p.m.; Second and Fourth Sundays, 3-6 p.m. at Crazy Wisdom • Using palmistry, numerology, and the art of Tarot cards divination, learn the subconsciously hidden answers to important concerns in life to guide toward positive energy, joy, peace, abundance, and health. \$1.50/minute. No appointment necessary. Contact 961-8052; vijaya_laxmi@comcast.net or positivepalmistry.com.

Parenting

Intro to Mindfulness for Parents with Grace Helms Kotre • Sundays, Sept. 23, 30; Oct. 7, 14, 7-8:30 p.m. • Mindful parenting has been shown to decrease stress in both parents and children and to improve the parent-child relationship. This class introduces parents and caregivers to the basics of mindfulness and meditation practice. \$60/person. Contact Grace at 255-0090; grace@mindfulpowertobe.com or mindfulpowertobe.com.

Peace

Seventh Annual International Conference on Transgenerational Trauma: Communal Wounds and Victim Identities with the Common Bond Institute • Oct. 18-20 • An Interdisciplinary and cross-cultural working conference that offers a sharing of skills in trauma healing, search for new models and methodologies, and a focused dialogue and deliberation. It is a highly interactive conference that draws professionals and concerned individuals from around the world. There is currently a call for presenter proposals. \$395. Contact Steve at (269) 665-9393; SOLweean@aol.com or cbiworld.org/conferences/tt/.



Personal Growth

Exploring the Potential of Your Unconscious Bias through Self-Hypnosis with Conrad Welsing at Crazy Wisdom • Wednesday, Oct. 10, 6:30-8:30 p.m. • Explore potential for unconscious bias with self-hypnosis. It may help to understand the less aware you are of something, the less likely you are to recognize how unaware you truly are, and thus you overestimate your cultural competency. Worse still, because you can't see your errors, you may never know what you need to correct. \$10. Contact Conrad at 516-5962 or info@academicanxietyinstitute.com.

Beyond Your DNA: Next Steps in Your Genetic Genealogy with Conrad Welsing • Thursdays, Sept. 5, 12, 19 • This class will explore the popular trend of DNA testing for individuals. For many this has been an end in itself. Yet there is much more one can learn and explore. In an easy to understand casual presentation. Students who have taken or are considering a DNA report will explore the options and further work required to make the results even more worthwhile. Discussion and examples of current offerings will be a key component of the class. Refer to course #4394. \$75. Contact Conrad at 677-5060; cwelsing@wccnet.edu or wccnet.edu.

Discover SoulCollage® with Laura Seligman • Friday, Sept. 7; Thursdays, Oct. 4, Nov. 29 • Create your personal deck of collaged cards which reflects your life and inner wisdom. Learn how to consult your cards for self-awareness, inner guidance, and transformation. \$55. Contact Laura at 649-2777; lauraseligman@gmail.com.

Lunch and Learn Series with the Weber Center • Tuesdays, 12:15-1 p.m. • Lectures and discussion with lunch. Free. Contact Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.
Sept. 11 Preserving Old Photos
Oct. 23 Tips for Taking Awesome Photographs
Nov. 27 Appetizers for the Holidays
Dec. 18 TBD

Speaking and Listening from the Heart: Introduction to Nonviolent Communication with Lisa Gottlieb, Francois Beausoleil, and Irene Bowers • Sept. 14-15 • Day and a half introduction to nonviolent communication. Learn skills that you can use immediately to decrease conflict and hostility and increase collaboration and understanding. \$140. Mention Crazy Wisdom for a 20% discount with pre-registration. Contact Lisa at 417-1144; nvclisagottlieb@gmail.com or lisagottlieb.com.



Creating a Compassionate Life with Anita Rubin-Meiller • Saturday, Oct. 6, 10 a.m.-4:30 p.m. • A day-long retreat introducing practices to foster mindfulness, self-compassion, and self-forgiveness. If you have too many moments of being hard on yourself, overcome by shame, or overwhelmed by the harshness of the world, this day of mindful attentiveness, guided meditations, and experiential practices can deepen your capacity for living each day with more kindness toward yourself and others. \$90. Contact Anita at 332-0669; anita1018@sbcglobal.net or gentlebe-ing.com.

Making Peace with the Many Selves Within Us with Layla Ananda • Thursday, Oct. 18, 7 p.m. • Most of us have thoughts, feelings, or behaviors that sometimes interfere with our desire to be our best selves. If we can learn to understand and love these aspects of ourselves, they can be of great assistance to our spiritual growth, and they may even be willing to change. This talk will introduce you to some of the methods available to work and play with the many selves within us. Free. Contact Layla 646-7405; layla_ananda@hotmail.com or layla-ananda.com.

Transcending Anxiety: Down to Earth for Transforming Stress and Worry with Sabrina Atto • Saturdays, Nov. 3, 10, 17, 3-5 p.m. • Multiple learnings: setting intentions and creating boundaries; living purposefully; listening to mind, body, and breath; the courage to surrender and be still. Sessions include Asana, Pranayama, and meditation. \$35/class. \$90/all three. Contact Nancy at (248) 797-4271; nancy@karma-yoga.net or karma-yoga.net.

Speaking, Living, and Sharing Peace: 11-month Intensive Program in Nonviolent Communication with Lisa Gottlieb, Francois Beausoleil, and Irene Bowers • Begins Nov. 8 • Join us in the practical application of Nonviolent-Compassionate Communication in weekend workshops over 11 months, with webinar meetings on a regular basis. Connect with NVC community, build skills, and learn easy-to-access tools for increasing connection, understanding and collaboration in your daily life, as well as in the larger community in which you live and work. CEUs available for Michigan Social Workers. \$1,865. Range of pricing available. Receive a 10% discount for mentioning Crazy Wisdom. Payment plans available. Contact Lisa at 417-1144; nvclisagottlieb@gmail.com or lisagottlieb.com.

Healthy Boundaries with Karen Greenberg • Sunday, Nov. 18, 1-4 p.m. • Learn how to define "Healthy Boundaries" for and with yourself, and how to set and enforce them (without caving in), and how to respect other's boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. \$55. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Great Freedom Balanced View Community Video Meeting with the Interfaith Center • Mondays, 7-9 p.m. • Balanced View Video Meeting followed by a Clarity Call. For more information about Great Freedom, visit greatfreedom.org. Donations accepted. Contact Rob at 255-0163; michalowski529@comcast.net or interfaithspirit.org.

FREE

PHOTOGRAPHIC SESSION

Treat yourself to a totally delightful and personalized portrait experience. Joni creates artful family photography and individual portraits. Enjoy a photography session in the comfort of your home, park location or special event.



Strickfaden
PHOTOGRAPHY LLC

value up to
\$100
with this ad!

StrickfadenPhoto@gmail.com

Where Do We Distribute The Crazy Wisdom Community Journal?

11,000 copies of The Crazy Wisdom Community Journal are distributed to more than 235 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, North Campus Commons, U-M, EMU, WCC, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lotus Center, the Lighthouse Center, Jewel Heart, Tsogyelgar, Yoga Space, Michigan Theater, Seva, Zerbo's, Clark Pharmacy, the Dakota Building and the Weber Center.

We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you'd like us to bring copies of *The CW Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

Power of Now Study Group and Discussion with the Interfaith Center • Tuesdays, 10:30 a.m.-12 p.m. • A weekly study/discussion group on Eckhart Tolle’s book, *The Power of Now*. Donations accepted. Contact Margot at 497-9985; info@interfaithspirit.org or interfaithspirit.org/eckhart-tolle-study-group/.

SUN SHEN One Prayer Class with Joanna Myers • Wednesdays, 6-7:30 p.m. • The One Prayer is a dynamic self-management tool, custom designed for you. It includes a system of journaling techniques, life organization, and mapping of your purpose and trajectory. This course is designed for anyone wanting a greater understanding of themselves. \$65/month. Contact Joanna at 395-8486; samomyers@sunshen.org or sunshen.org.

Urantia Book Study Group with the Interfaith Center • Fourth Wednesdays, 7:30-10 p.m. • The teachings of The Urantia Book blend science, philosophy, history, cosmology, and religion into a big picture that describes the origin and purpose of humankind and our Divine and eternal destiny. It builds upon the religious heritages of the past and present, encouraging a personal, living faith. Donations. Contact John at 476-3369; info@interfaithspirit.org or interfaithspirit.org/urantia-book/.

Prosperity and Abundance

Marketing in the Digital Age with Conrad Welsing • Tuesdays, Oct. 2, 9, 16 • Ideal for practitioner or nonprofit, this course offers exposure to traditional marketing concepts applied to the contemporary digital environment. The student will be challenged to analyze and defend the time and resources needed to effectively utilize popular social media platforms for business outcomes. Discussion and examples of integrated media technology will be a key component of the class. \$129. Contact Conrad at 677-5060; cwelsing@wccnet.edu or wccnet.edu.

Building Your Business Spiritually with Karen Greenberg • Friday, Oct. 19, 6-10 p.m. • Despite the fact that our economy has been less than optimal, there are many of us who are still thriving and busier than ever. You are invited to learn universal spiritual principles and practices, repatterning limiting beliefs, working through limiting low-vibrational emotions, worthiness issues, and sabotaging behaviours. All to create and sustain abundance and prosperity and a thriving Spiritual Business. \$99. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Doula Business Development Training with Patty Brennan • Sunday, Oct. 21, 8:30 a.m.-5 p.m. • Learn about thinking like an entrepreneur, establishing your value, acing the interview, marketing on a budget, optimizing your website, online marketing tips, how to network effectively, goal setting and other implementation strategies, time management, and more. Learn from the author of *The Doula Business Guide* and *The Doula Business Guide Workbook: Tools to Create a Thriving Business*. 7.0 DONA continuing ed. hours. \$195, \$175/early. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Attracting Prosperity with Jennifer Vanderwal • Sunday, Dec. 9, 11 a.m.-1 p.m. • The vibrational energy of crystals enhance infinite abundance by transforming poverty consciousness to prosperity consciousness. Learn what crystals will help you attract prosperity. Includes aromatherapy, feng shui, and prosperity meditation. \$44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Reiki

Reiki Level I: Shoden with Andrew Anders • Sept. 8-15 • Feeling stressed out, rundown, or out of sorts? Looking for a simple and natural way toward better health? The Japanese art of Reiki may be for you. Reiki is a gentle, hand-based, energy-balancing technique that relieves stress and triggers the innate healing response of the body. It has also been shown to relieve pain, improve digestion, and promote general well-being. \$149. Contact Anne at 677-9743; astevenson@wccnet.edu or wccnet.edu.

Reiki I with Jennifer Vanderwal • Sunday, Sept. 9, 11 a.m.-6 p.m. • Learn the gift of Reiki and help your friends and family to a better life. Learn the history of Reiki, how to feel energy, energetic protections, hand positions, crystals that work well with Reiki, and different symbols. Connect to Universal Life Force Energy and become attuned to the Usui Tibetan Karuna Seiryoku Reiki Lineage. Much more than your normal Reiki I class. \$150. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Intro to Animal Reiki with Dona Duke • Saturdays, Sept. 29, Nov. 10 • Learn to treat pets and animals with the Japanese hands-on healing practice of reiki. This is a holistic approach and complementary therapy appropriate for all medical, veterinary, and behavioral-emotional care. In this class, you will acquire the skills and confidence to give Reiki to pets and animals in your home or shelter settings. \$49. Contact Anne at 677-9743; astevenson@wccnet.edu or wccnet.edu.

You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.

— Swami Vivekananda

Inn at the Rustic Gate

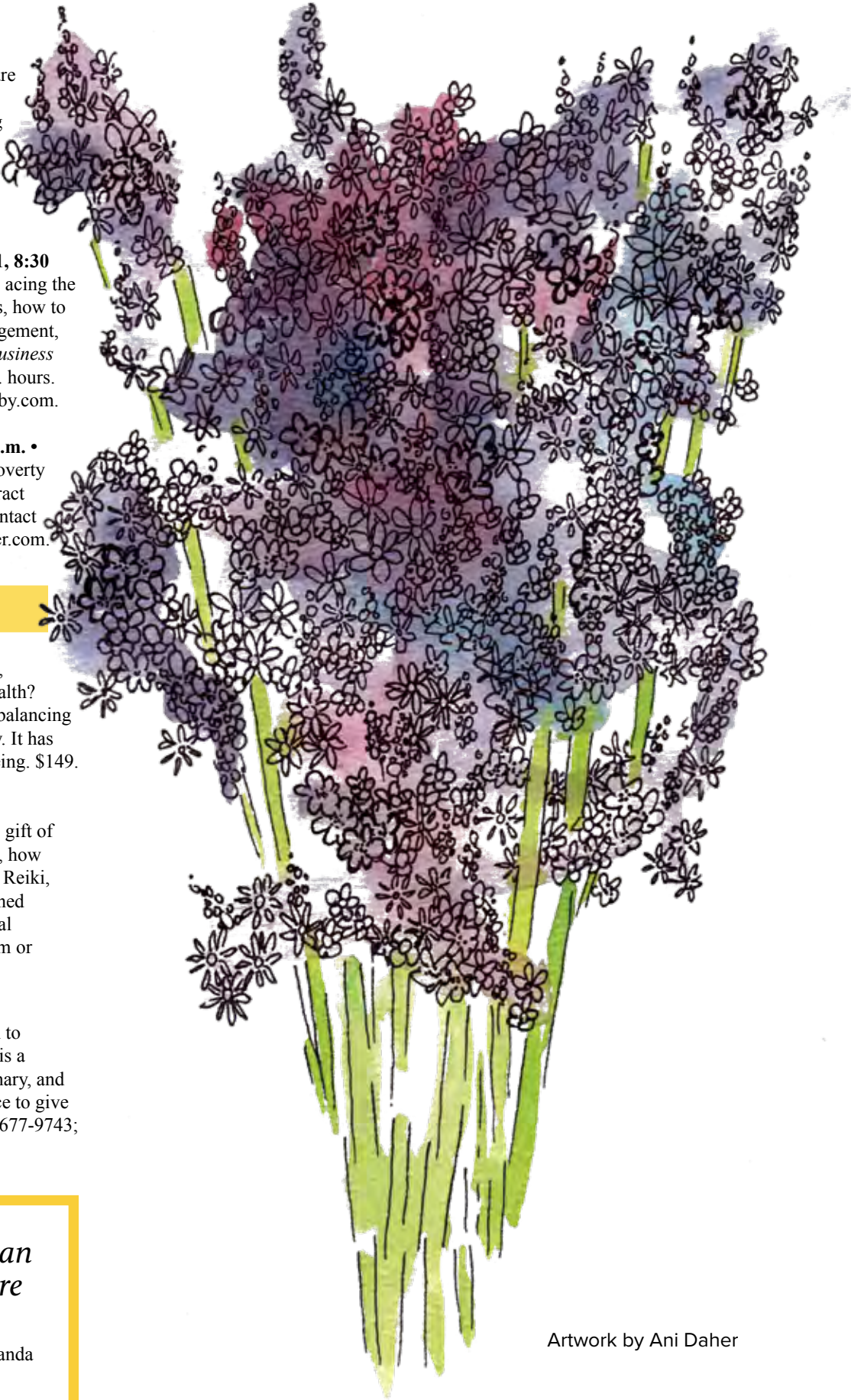
A Bed & Breakfast, Retreat and Conference Center

A welcoming calm place • Room to roam on 146 acres
Meeting Space & Picnic Pavillion • Library & Meditation Loft
"Green Facility" • Individual & Group Retreats
Outdoor labyrinth for walking meditation

Voice: 231.796.2328 Toll Free: 800.319.5867
www.innattherusticgate.com
rusticgate@casair.net

6991 Hungerford Lake Drive, Big Rapids, MI, 49307





Artwork by Ani Daher



Jonathan Buckman is a lifetime student of Martial Arts and an instructor with SUN SHEN. His Tai-Chi class invites kids to learn new things about themselves, and introduces them to skills that can bring them a lifetime of balance and happiness. To see the workshops he is offering this fall please visit page 112 under the Tai Chi, Martial Arts & Self Defense heading.

Reiki (Cont.)

Yin Yoga and Reiki with Patricia Scott and Holly Rotter Shay • Saturdays, Sept. 29, Oct. 26, 2-4 p.m. • Come allow your natural healing power to emanate through your body during this two-hour workshop designed to help you feel the healing light that you yourself possess. You will be guided through a series of poses and a meditation while receiving the energetic gift of Reiki. This workshop will leave you feeling refreshed and revitalized. \$35/pre-registration. \$45. Contact Nancy at (248) 797-4271; nancy@karma-yoga.net or karma-yoga.net.

Usui Reiki Level II Certification with Jennifer Vanderwal • Sunday, Oct. 7, 11 a.m.-6 p.m. • Deepen your skills and effectiveness and get certified in Reiki Level II. Receive three new symbols, including the power symbol Choku Rei. Learn long distance healing, new hand techniques specific to the new symbols and crystals that enhance Reiki. Step into your power now and become the healer you know you are. \$195. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Usui/Holy Fire Reiki II ART and Master Certification with Andrea Kennedy • Oct. 12-14, 9 a.m.-5:30 p.m. • Learn advanced Reiki techniques, how to build a Reiki practice, increase the power of your Reiki energy and support the deepening of intuitive guidance. Become a certified Reiki Master practitioner and instructor through a combination of lecture, practice, and experience. \$800. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

First Degree Reiki Training with Suzy Wienckowski • Saturday and Sunday, Oct. 13-14 • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. Contact Suzy at 476-7958; suzyreiki@aol.com.

Curious about Reiki? Introductory Talk with Suzy Wienckowski • Wednesday, Oct. 17, 7-9 p.m. • Suzy speaks on the Usui System of Reiki Healing. In this gentle, hands-on healing art Universal Life Energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Free mini-treatments will be offered. Free. Contact Suzy at 476-7958; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • Friday-Saturday, Nov. 2-3 • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. \$500. Contact Suzy at 476-7958; suzyreiki@aol.com.

Usui/Holy Fire Reiki II Levels I & II Certification with Andrea Kennedy • Nov. 10-11, 9 a.m.-5:30 p.m. • Complete introduction including how Reiki works and what it can heal, history, the Level I placement, scanning the energy field and hand positions to heal yourself and others. Level II placement, three Reiki symbols and how to use them, distant healing, intuitive Reiki, and Japanese techniques. Discussion, practice time, class manual, and CE credits available. \$325. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

Reiki Meditation and Share with Andrea Kennedy • Third Thursdays, 7 p.m. • A brief explanation of Reiki is followed by a meditation focused on relaxation and healing. Then stay for a Reiki Share to give and receive Reiki in groups. All welcome. Free. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

Retreats

Overnight Introductory Meditation Courses with Zen Buddhist Temple • Friday-Saturday, Sept. 14-15, Dec. 14-15 • Geared toward out-of-towners or those who cannot make the Thursday night services, this overnight meditation practice is to introduce participants to meditation. \$160. \$120/students. Includes accommodation and breakfast. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Anxiety: The Silent Plague. Retreat at the Inn at the Rustic Gate with Pat and Dave Krajovic and Amy Brusca • Friday-Sunday, Sept. 21-23 • Anxiety has been termed the “Silent Plague” as tens of millions suffer from it, but remain unaware. The health effects are incalculable. We know we are unsettled, stressed, worried, and unsure of the state of the world. You feel hopeless, but there is much you can do to easily turn it around! Experience the synergistic effects of elevating your consciousness through group energy. Take a break, renew, and reframe your life experience. Relax your body, mind, and spirit as you delight in a loving, spiritually uplifting weekend. Contact Pat at 416-5200; inspire@ascensionbreathing.com or ascensionbreathing.com.

Developing Your Light Body with Karlta Zarley • Sept. 23-26 • We will be staying in an A-frame cottage right on beautiful Lake Michigan, learning about the Light Body: what it is, how it develops, what you can do to enhance your progress toward it, and how to tell how you are evolving. We will share cooking responsibilities as we “eat-in” vegetarian, gluten and dairy-free. \$350. Pre-register by Sept. 17. Contact Karlta at 834-1566; kzarley88@gmail.com or karltazarley.com.

Yongmaeng Jeongjin (Intensive Retreat) • Wednesday-Sunday, Oct. 3-7 • Yongmaeng Jeongjin, which means “Fearless Practice”, is a period to free oneself from all worldly ties and absorb oneself completely in concentration. It provides a wonderful opportunity for discovering wisdom, mind, and developing a compassionate heart. It is usually reserved for practicing members, or for non-members, with serious meditation experience. Minimum attendance is two days. \$60/day. \$50/members. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Vipassana and the Awakened Heart with Barbara Brodsky, John Orr, Aaron, and Darshan with The Mother • Oct. 8-15 • Our retreat has three interwoven themes: vipassana meditation, practice with the non duality of relative and ultimate experience, and living from the open heart. \$875/shared room. \$1,260/private room. Contact Tana at 477-5848; om@deepspring.org or deepspring.org/oakwood-fall-retreat-oct2018/.

Fall Yoga Retreat with Christy DeBurton • Oct. 12-14 • Two nights of accommodations in double-occupancy rooms with private baths; locally sourced, vegetarian meals; a variety of yoga classes and meditation; walking trails, labyrinth, bonfires, and bird-watching; and mountain-biking and hiking trails nearby. \$315. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com/yoga-retreats.php.

Women’s Equine Facilitated Learning and Coaching Retreat with Todd Butler, Julie Arkison, and Marianne D’Angelo • Friday-Sunday, Oct. 12-14 • This retreat for women will provide an opportunity to discover a renewed depth, perspective, and authenticity in your sense of self and relationship with other women. Coaching with horses utilizes the concept that our equine partners can pick up our vibrations, literally the energy of human emotions, feelings, and intentions. No previous experience with horses is required. \$445 includes lodging and meals. Contact Lee at (313) 350-3482; leeanzicek@gmail.com or facebook.com/connectinghumansequinewisdom.

Silent Retreat with the Self Realization Meditation and Healing Centre • Nov. 23-25 • Everyone of all faiths, traditions, and practices is welcome. This retreat offers simple delicious home-cooked vegetarian meals and comfortable, shared accommodations in a quiet country setting. A private room or suite may be available. \$140/shared room. Bursary may be available. Contact the Self Realization Meditation and Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Advent Retreat with Martin Iott • Sunday-Friday, Dec. 2-7 • This Advent retreat is designed to embrace the spirituality expressed in the O Antiphons, those antiphons we proclaim along with Mary’s Canticle on the octave before Christmas. These antiphons, flowing from the hopes and dreams expressed in the Hebrew Scriptures, especially in the Wisdom literature and the prophets, give expression to our deepest desires and the desires of God for us realized in the Messiah. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Christmas Celebration Retreat with the Self Realization Meditation and Healing Centre • Monday-Thursday, Dec. 24-27 • A truly spiritual way to celebrate the inner beauty of this holy time. Following the first meal, this retreat is held in the silence, with ample free time to meditate. Contemplate, relax, and get in touch with the inner self. This small group retreat offers simple home-cooked vegetarian meals and comfortable accommodations in a quiet country setting. \$175/shared room. Private room may be available. Bursary may be available. Contact the Self Realization Meditation and Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Crazy Wisdom has a large selection of Tarot Decks, Oracle Decks, Divination & Tarot Books and Tools



Native Spirit • Kim Krans • Past Lives • Doreen Virtue • Numerology • Jasmine Becket-Griffith • Alana Fairchild

New Year’s Gathering with the Self Realization Meditation and Healing Centre • Dec. 31-Jan. 1 • With opportunities for quiet time, meditation, introspection, and sharing - including a stretch and breathe class, spiritual discussion, and sharing inspirations - this retreat will help you prepare for the year to come! \$136/person in shared room. Private room may be available. Bursary may be available. Contact the Self Realization Meditation and Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Salons

Salons at Crazy Wisdom – FALL 2018 • Free, 7 PM, Open to the Public • Thursday, September 20: Age-ing and Sage-ing — Claiming Your Wise Elder. Tuesday, October 16: Age-ing and Sage-ing —Facing Your Mortality with Grace. Tuesday, Nov. 6: The Science and Practice of Changing Your Life by Glimpsing the Future. For more information, see the half-page ad on Page 47.

Sensory and Autistic Issues

Transcending Autism and Sensory Issues with Karlta Zarley, Judy Lipson, and Consuelo Cassotti • Nov. 3-4, 9 a.m.-6 p.m. • This class for parents, caregivers, and professionals will teach an energetic and intuitive approach to support neuro-sensitives and those with autism or ADHD to address their sensory, emotional, physical, linguistic, and relational needs. Participants will have ample opportunity to learn and practice new techniques and have their questions answered by the panel of presenters. \$130. Registration required by Oct. 22. Contact Karlta at 834-1566; kzarley88@gmail.com or karltazarley.com.

Shamanism

Introduction to Journeying with Connie Lee Eiland • Sunday, Sept. 9, 10 a.m.-5 p.m. • Six-hour class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journey is with drums and rattles. \$70 until Sept. 1. \$80 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.



Shamanism (Cont.)

Society for Shamanic Practitioners Annual Conference: Cultivating Power and Presence in Turbulent Times • Sept. 13-16 • Recent events in the U.S. and the world have raised fears, confusion, and even despair. We do not need to be controlled by these energies. Shamanic practice offers antidotes—a pathway toward a life grounded in larger vision and more beneficial emotions. At this conference you’ll enjoy relevant, practical, and powerful teachings as well as beautiful group ceremonies to lift your spirit. You’ll come away from this conference stronger, refreshed, and with practical skills that you can apply to your life and work. Prerequisite: shamanic journeying. Contact Kate at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Monthly Sacred Fire Ceremonies with Eve Avrin • Saturdays, Sept. 29, Oct. 27, Nov. 24, and Dec. 22, 6-7:30 p.m. • Once a month around the full moon we will gather for a Sacred Fire Ceremony in the tradition of the Peruvian Shamans for the purpose of self-healing and honoring Mother Earth. In unfavorable weather conditions we will hold the ceremony indoors using candles. Suggested offering, \$5-10/ceremony. Contact Eve at 546-9645 or eavrin@comcast.net.

Shamanism, Death, and Dying with Connie Lee Eiland • Oct. 13-14 • Understanding that death is part of life impacts our living in a positive way. This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach this transition, a process known as psychopomp. \$180 before Sept. 22. \$220 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Introduction to the Shamanic Journey with Kate Durda • Saturday, Dec. 1, 10 a.m.-5 p.m. • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. This class is a prerequisite for all advanced training. \$85 by Nov. 24. \$95 after. Contact Spirit Weavers at (517) 667-0694; spiritweavers@gmail.com or spiritweavers.net.

Spiritual Development

HU, The Sound of Soul at Crazy Wisdom • Fridays, 6:30-7:15 p.m. • HU is the sacred sound and ancient mantra that can uplift people of any religion, culture, or walk of life. You’re invited to experience chanting HU, contemplative time, and spiritual conversation with others of like heart. Come for inner peace and calm, Divine love, expanded awareness, spiritual self-discovery and growth, and healing of the heart. Free. Contact John at 320-2010; tutdebon@gmail.com or meetup.com/spiritual-growth-meetup/.

Metaphysics, Emotional Intelligence, and Personal Empowerment with G Arthur Weidman at Crazy Wisdom • Sept. 14, 28; Oct. 26; Nov. 9; Dec. 14 • Metaphysics teaches us to be in harmony with Universal forces, and how one can implement the power of Universal forces through thoughts, emotions, beliefs, and expectations. Pain, therefore, is one of our greatest teachers. Donation. Contact G Arthur at 269-501-6223; gweidman97@gmail.com.

Chaotic Path to Wholeness: The Logic of Love with Ilia Delio • Saturday, Sept. 8, 9:30 a.m.-3:30 p.m. • We yearn for wholeness and unity, but the way forward is not exclusive, symmetrical, or orderly. Using insights from modern science, we will explore the logic of love in a world of chaos and uncertainty, charting a way forward out of a system of dualisms. \$55, includes lunch. Registration required. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Personal Spiritual Development Class with John Ashbrook • Sundays, Sept. 16, Dec. 9, 11 a.m.-4 p.m. • Soul psychology and all aspects of our earthly journey. Includes handouts and a light, healthy lunch. \$95. Contact John at 326-3433.

Parables Revisited with Anneliese Sinnott • Wednesdays, Sept. 19, Oct. 17, Nov. 14, 1:30-3 p.m. • Most of us have spent our lives listening or reading the parables of Jesus, and reflecting on homilies about them. What if we took another look at them? These three sessions offer a bit more about these wonderful stories that appear in the Gospels. Don’t forget to bring your Bible! Donation. Registration required. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Spiritual Psychology Study Group with the Interfaith Center for Spiritual Growth • Fridays, beginning on Sept. 21, 5:30-7 p.m. • The study of the super-conscious must be undertaken, and not simply the study of the self-conscious or the subconscious. Through this study, carried forward with an opened mind, modern psychology will eventually arrive at a recognition of the soul. *Esoteric Psychology I* by Alice Bailey, which can be found at Crazy Wisdom, is needed for this group. Donation. Contact Dolores at doloresrubioturtle@gmail.com.

The New Cosmology: Where to From Here? with Catherine Vincie • Friday-Sunday, Sept. 28-30 • Contemporary science has discovered an enormous amount of information concerning the cosmos in the last few decades. It remains for faith communities to integrate that material into theology and practice. We will explore what constitutes the New Cosmology and contrast it with the Old/Biblical Cosmology. We will then discuss some of the theological implications of the New Cosmology and what we might do liturgically to take these new insights into our corporate prayer. \$80/commuter. \$175/single. \$100/person in double. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

The Martha — Mary Balance of Daily Life with Janene Ternes • Saturday, Oct. 13, 9:30 a.m.-3 p.m. • The Martha and Mary story illustrates the tension we often face between attending to God, as well as the worldly things that still must be accomplished. Join us as we utilize many forms of prayer, including guided meditation, journaling, music, and movement prayer to clarify God’s unique plan for our own balance between prayer and service. Basic movements will be taught which can be done by anyone, regardless of age, experience, or physical limitation. \$55. Contact Janene at 347-2422; prayerinmotionllc@gmail.com or prayer-in-motion.com.

Angels in Earthsuits with Aaron and Barbara Brodsky • Saturday, Oct. 27, 10 a.m.-3 p.m. • Aaron, channeled worldwide through Barbara Brodsky, is a fully awakened being who teaches with great wisdom and compassion. He calls us humans “Angels in Earthsuits”. Aaron will address these questions and more in a day of talks, questions and answers, lively exercises, and some meditation. Suggested donation: \$75-225. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Connect and Reflect: Awakening Mindful Presence through Journaling and Yoga with Julie Woodward and Holly Makimaa • Saturday, Nov. 10, 1-4 p.m. • Tune into your body’s natural wisdom and guidance in this three-hour mini-retreat led by experienced teachers Holly Makimaa and Julie Woodward. Through a sequence of yoga movements, breathing and meditation practices, combined with focused journaling exercises, connect with what is awakening inside you. Move, pause, reflect, and find the clarity and compassion you need to nourish your body, mind, and spirit in the present moment and beyond. \$45. Contact Holly at 757-5700; hollymakimaa@gmail.com or ibyoga.org.

Spiritual Ethics Class with Karen Greenberg • Sunday, Dec. 9, 1-4 p.m. • In various work-related, friendship, and familial relationship situations, learn to get clear on exactly what you believe to be morally right and wrong, define what you are willing and not willing to do, work through any fears of vindictive retaliations, learn to trust G-D--your higher moral choice weeds out those out of integrity and replaces with those at your integrity level or higher. Create your dreams without compromising your integrity, crushing your soul, selling yourself, or violating anyone else’s boundaries. \$83. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Monthly Ascension Support Class with Eve Wilson • Every fourth Thursday, beginning Dec. 13, 7:30-9:30 p.m. • Healing and ascension meditations to keep your spirit and soul alive. Six classes designed to help you heal, integrate your Higher Self, clear soul contracts, and help your soul group and the world ascend and heal. \$50/class. Contact Eve at 780-7635; ewev@spiritualhealers.com or spiritualhealers.com.

Women’s Sacred Mysteries: A Spiritual Exploration of Life Passages of Womanhood with ShuNahSii Rose • Mondays, Nov. 5-Dec. 17 • This presentation offers a profound shift in perspective on female rites of passage, and promises to be a life-changing experience. From the entrance into womanhood through the final passage of death, this course will deepen your respect for women’s wisdom throughout the ages. Experience the unique beauty and power of feminist spiritual education and community through discussion, study of archetypes, ritual, and readings. Our women’s lodge welcomes transgender and non-binary participants. \$250. Contact ShuNahSii at 761-9148; shunahsii@insacredbalance.com or insacredbalance.com.

Lightworker Activation with SANDYA - Sandra Shears • Wednesdays, 7-9 p.m. • As a Lightworker or World Server, you have incarnated at this time in order to facilitate the transition into the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. \$100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Lightworker Development with SANDYA - Sandra Shears • Third Fridays. Individual set-up the previous week • Group lightwork with current spiritual, astrological, and energy events - includes energy adjustment and activation with a sound attunement. Ongoing commitment required. \$100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com

Storytelling

Story Night with the Ann Arbor Storytellers’ Guild at Crazy Wisdom • Thursdays, Sept. 13, Oct. 11, Nov. 8, Dec. 13, 7-9 p.m. • Listen to old tales and new during an evening of adult stories. Ann Arbor Storytellers’ Guild members perform for the first hour, with an open mic for the second hour. So, if you have a five-minute tale, we’ll try to fit you in! Free. Donations accepted. Contact the Guild at annarborstorytelling.org/AASG/newhome.htm.

Ann Arbor Storytellers’ Monthly Guild Meeting • Sundays, Sept. 23, Oct. 28, Nov. 25, 2-4 p.m. • Meetings always start with stories, and then, more stories! Listeners and tellers welcome. Free. Contact the Guild at annarborstorytelling.org/AASG/newhome.htm.

*Health is the greatest gift, contentment
the greatest wealth, faithfulness the best
relationship.*

— Buddha

CRAZY WISDOM POETRY SERIES



Crazy Wisdom Tea Room
hosted by **Joe Kelty**
and **Ed Morin**

Second and Fourth Wednesday
of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

Crazy Wisdom Poetry Series Featured Readers

September 26 - Marilyn L. Taylor is the former Poet Laureate of Wisconsin and the author of six poetry collections. Her award-winning work has also appeared in many anthologies and journals, including *Poetry*, *Third Wednesday*, *American Scholar*, and *Light*. Her monthly "Poet-to-Poet" column on craft appeared for five years in *The Writer* magazine.



October 24 - Richard Katrovas, author of fifteen books of prose and verse, has had work in many literary journals and anthologies, and has received numerous grants and awards. Katrovas taught many years at University of New Orleans, and since 2002 at Western Michigan University. He is founding director of the Prague Summer Program.



AND

October 24 - Jaimy Gordon won the National Book Award in 2010 with her fourth novel, *Lord of Misrule*; it also won the Tony Ryan Award for the year's best book about horse racing. A long-time member of the Writing Committee of the Fine Arts Work Center in Provincetown, she teaches in the Prague Summer Program for Writers.



November 28 - Ken Mikolowski is the author of six books of poetry, most recently *THAT THAT*. His poems have been recorded by the Frank Carlberg Group and Michael Gould. Mikolowski taught poetry writing at the UM Residential College and, along with his wife Ann, was publisher, editor, and printer of *The Alternative Press*.



CRAZY WISDOM POETRY CIRCLE

The Poetry Series is open to all.
There is never a charge.

Crazy Wisdom Bookstore
114 S. Main St., Ann Arbor
734.665.2757 crazywisdom.net
cwpoetrycircle.tumblr.com



MC4ME™

Michigan Collaborative for Mindfulness in Education



OUR MISSION:

To cultivate attention, empathy and well-being in students, educators and families by providing training and information on mindfulness practices.

OUR VISION:

Compassionate and mindful school communities throughout Michigan where all students thrive.

Mindfulness in Education

Join us for a Half-day Retreat

Saturday November 10, 2018 • 8:30am -12:30pm
The Michigan League, 911 North University.

Sign up at www.MC4ME.org

Learn about mindfulness and mindfulness in education

Schedule a presentation for your child's school or PTO

Participate in our retreats, trainings, workshops

Volunteer

Access our quarterly newsletter and resources

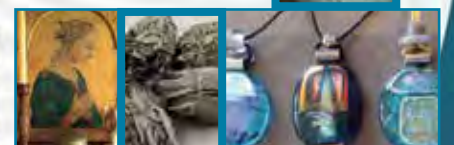
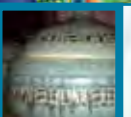
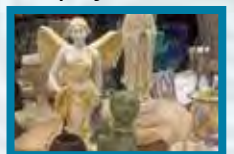
Email us at: info@mc4me.org

EVENSTAR'S CHALICE

everyday enchantments & inspiration

Evenstar's Chalice is an enchanting, inspirational retail shop & gallery, offering shopping, gallery arts, classes, workshops, special events & more. Come, fill your chalice and play in the spirit of wonder today! **Inside you will find:**

- DIVINE WARES
 - VINTAGE RELICS
 - GALLERY ARTS
 - SACRED SWAG
- & MORE!



36 N. HURON ST.
48197 YPSILANTI

find us on
734-905-7980

EvenstarsChalice.com
info@evenstarschalice.com



Stress Management

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Monday, Sept. 10, 12-1:30 p.m. • Tune into messages from body, mind, and spirit to learn effective strategies to enhance wellbeing, identify unique stressors, and leave with coping strategies to enhance effectiveness. RSVP for location. \$30. Contact Melanie at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Windows into Wellness: Stress-Relievers for Caregivers and Receivers with Robin Lily Goldberg • Tuesday, Oct. 23, 6-8 p.m. • Restore balance and empower yourself with mindful healing modalities. This class contains rejuvenation wisdom for all populations, and it is especially valuable for those in caregiving or receiving roles. We will explore the art and science of calming techniques ranging from yoga to aromatherapy. By experiencing their benefits on multiple levels, you will discover new sources of relief from pain and stress, as well as ways to stay centered during any busy season. \$29. Contact Robin at (312) 972-6447; rgoldberg@wccnet.edu or aurily.com.

Relaxation for Body, Mind, and Spirit with the Self Realization Meditation and Healing Centre • Saturday, Dec. 8, 10 a.m.-5 p.m. • Make time to nurture yourself. Includes a relaxing yoga class and a delicious home-cooked vegetarian lunch and refreshments for your body, quiet time for your spirit, and an optional Pure Meditation Foundation class in the afternoon for your mind. Treat yourself to a longer retreat by either arriving the evening before or staying until the morning after. \$39 with lunch and refreshments. \$86 with a shared room. \$60 extra for the optional class. Contact the Self Realization Meditation and Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Sustainability

Getting Municipalities to Pass Bee Ordinances with the Michigan Friends Center with Lynn Fox • Wednesday, Oct. 17 • Pollinators are vital to our food system; 85% of flowering plants depend on pollinators for reproduction. There are many factors that contribute to bee population decline: the varroa mite, pesticides, stress from transportation. Learn how to approach local governments to encourage passage of an ordinance that allows beekeeping. Donation. Contact Carol at 475-0942 or cb.meditate@gmail.com.

Web of Health: Connections with Health and the Environment Film Series with the Michigan Friends Center • Fridays, Sept. 28; Oct. 2, 9, 16, 7 p.m. • Through the film showings and group discussions, we explore the ways in which human health factors are intertwined with our environment and may be supported by nature-centered living conditions. We will seek to bring out representative issues that add new dimensions and pose provocative questions in addition to more familiar topics at the environment/health nexus. Co-sponsored by Transition Town Chelsea. Donation. Contact Carol at 475-0942 or cb.meditate@gmail.com.

Tai Chi, Martial Arts & Self Defense

Qigong Meditation Basics Three and Iron Shirt Qigong One with Steven Sy • Saturday-Monday, Sept. 15-17 • Qigong Meditation Basics Three is a set of meditations designed to balance the upper/lower parts of the body in a grounding way and to break up blockages along the extended orbit pathway. Iron Shirt Qigong One is a system of standing meditation designed to ground the body, both physically and emotionally, and to strengthen the physical body’s fascia (connective tissue). Prerequisite: Qigong Meditation Basics One-Two from summer courses or Tao Basics from other instructors. \$375. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Big Dipper Qigong and Stem Cell Qigong with Steven Sy • Saturday-Monday, Dec. 8-10 • Big Dipper Qigong is a short brisk qigong form done at sunset to extend one’s life. Stem Cell Qigong is a qigong designed to detoxify the organs and replace sickly cells with healthy cells. No prerequisites. \$375. Contact Steven at (517) 295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Tai Chi Chuan for Beginners with Steve Harrigan • Sept. 12-Dec. 5 • Is Tai Chi Chuan an exercise for health and relaxation, or a martial art? The answer is both. In this beginning Yang-style class, you’ll learn techniques to promote relaxation of the mind and body, centering, better balance, concentration, and improved health. Tai Chi Chuan may also facilitate academic, intellectual, and conceptual learning. \$155. Contact Anne at 677-9743; astevenson@wccnet.com or wccnet.com.

Tai Chi Chuan: Intermediate with Steve Harrigan • Sept. 12-Dec. 5 • Ready for more of a challenge? This class offers a higher level of instruction in Yang-style Tai Chi Chuan. You can work on the form at your own pace and practice elementary pushing hands and applications. \$155. Contact Anne at 677-9743; astevenson@wccnet.com or wccnet.com.

Introduction to Pal Dan Gum Qigong with Dr. Antonio Sieira • Sept. 12, Oct. 17, Nov. 14, Dec. 12, 6-8 p.m. • Learn the eight silken movements used for thousands of years to promote radiant health and cure diseases. A moving meditation where the body learns to move in a mindful and graceful way that releases stress, clears the mind, and re-energizes the body. \$40/two-hour session. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Wu Style Tai Chi at Jewel Heart with Marilyn Feingold • Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Tai Chi Beginners with Master Young and Sifu Carey • Mondays, 10-11:15 a.m.; Tuesdays, 2:30-3:45 p.m.; Tuesdays/Thursdays, 7:15-8:30 p.m. • Learn the first third of the Yang Style Short Form. Focus on relaxation, meditation in motion, coordination, and cultivation of energy. \$185. Contact Wasentha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.


Morning Tai Chi with Master Sang Kim • Monday through Friday, 7-8:30 a.m. • Happiness is not a circumstance, it is a cultivation. When you practice Tai Chi, you get to know a part of you that was hidden and you have been looking for all your life: the power and potential that your mind and body are really capable of. \$225/month. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi for Mobility Maintenance with Karla Groesbeck • Mondays, 1:30-2:30 p.m.; Tuesdays and Wednesdays, 9:30-11 a.m.; Thursdays, 10-11:30 a.m. • Tai Chi and Silk Reeling classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. These are peaceful, flowing, low-impact exercises, well suited for calming, centering, and mobility maintenance. Prices vary. Seniors free. Contact Karla at 325-4244; karla@taichilove.com or taichilove.com.

SUN SHEN Basic Tai Chi Form with Alexis Neuhaus • Mondays, 6-7 p.m. • Build a solid foundation in Tai Chi principles in an intimate setting, with guidance and personal adjustment in the SUN SHEN 35 Form. As you learn the sequence and details of the Form, you will experience the calm, effortless power which comes from relaxed focus. \$55/month, \$17/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Wu Style Tai Chi Chuan with Genie Parker • Mondays, Wednesdays, and Thursdays, 6 p.m., Sundays, 4 p.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. \$45/month for one class/week, \$70/two or more classes/month. Student, senior, and family rates available. First class free. Contact Genie at (248) 229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

The purpose of human life is to serve, and to show compassion and the will to help others.



— Albert Schweitzer

Tai Chi Pushing Hands with Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive Tai Chi training which helps you experience the world in a nonreactive and calm way, find freedom and power within yourself, and interact with others without compromising yourself. \$70/month, \$21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi for Arthritis with Jan Katz • Thursdays, 1-1:50 p.m. • Medical studies have shown this particular program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for older adults. Although especially effective for arthritis, it is a great start for beginners to improve health and wellness. \$50/month or \$17/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Chen Tai Chi Ch’uan with Joe Walters • Mondays and Thursdays, 5:30-6:30 p.m., Saturdays 10-11 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness. Instruction in stance training, silk-reeling exercises, and Chen Tai Chi forms. \$10/visit. \$85/month. Contact Joe at 761-8786; annarbortaiichi@gmail.com or annarbortaiichi.com.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • From the slow Tai-Chi form, which activates balance and calm, to playful Pushing Hands, which gives safe, gentle outlet to explore themselves, to meditation techniques which they can use in the classroom and at home. This class invites kids to learn about themselves and introduces them to skills that will bring them a lifetime of happiness. Available to children from 5-17. \$70/month, \$21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi at Weber Center with Bonnie Yarbrough • Mondays, 4:30-5:30 p.m. • Tai Chi is an ancient exercise that involves slow-paced turning and stretching. It has been shown to help improve circulation, balance, posture, increase strength and flexibility, and reduce stress. Good for all ages. Wear comfortable, loose clothing with tennis shoes or socks. \$5/session. Contact the Weber Center at (517) 266-4000; webercenter@adriandominican.org or webercenter.org.

Tai Chi: Beginning through Advanced with Good EnerChi Studio and Staggerin’ Dragon School of Tai Chi • Ongoing classes • Tai Chi classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. Tai Chi is a peaceful, flowing, low-impact exercise, well-suited for calming and centering. Free/low fee. Contact Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Martial Arts Classes with Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children’s Aikido. For complete information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • An extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s and older. Classes include yoga, pilates, cardio kickboxing, boot camp, and specialized martial arts training. First class is free. Memberships available. Call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as “the way of harmony with nature or universal energy.” Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strike harmony with nature. Children’s classes offered also. Call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes • Traditional, fully Asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children’s classes offered also. Call 994-3620; a2amas.com.

B.C. Yu Martial Arts Center • Ongoing classes • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. Children’s program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

Tarot & Divination

Drop-in Tarot/Psychic Readings with Kathy Bloch • Tuesdays, 5:30-8:30 p.m. at Crazy Wisdom • \$1.50/minute. No appointment necessary. Contact 663-0435.

Drop-in Tarot/Psychic Readings with Rebecca Williams • Thursdays, 6-9 p.m. at Crazy Wisdom • \$1.50/minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-in Intuitive Tarot with Gail Embery • First and Third Fridays, 6:30-9:30 p.m.; First and Third Sundays, 3-6 p.m. at Crazy Wisdom • Gail Embery has many years of experience as a Tarot Reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed professional counselor. \$1.50/minute. Contact 655-7694; emberg@yaho.com or readingswithgail.com.

Tea Events

Tea with the Fairies at Crazy Wisdom • Thursday, Oct. 26, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. \$11. Contact Jessica at jessicameyer@crazywisdom.net.

Therapy & Support Groups

Embodied Liberation: A Group for Women and Gender-Expansive People of Color with Joy Samiyah and Diana Quinn • Tuesdays, Sept. 11, 18, 25; Oct. 2, 3:30-5 • In this four-week group, we will journey through a process of transformation and liberation from systems of oppression through collective community care. Using techniques such as breath work, somatic embodiment practices, sound therapy, yoga, and meditation, we will empower ourselves with tools not only of resistance but of empowerment and freedom. \$75-100. Contact Diana at 221-0225; drdianaquinn@gmail.com or integrativeempowerment.com

Falling Awake - Mindfulness for Depression and Anxiety with Lynn Sypher • Thursdays, Oct. 4-Nov. 29, 6-8 p.m. • Mindfulness-based practices are proving to be an effective approach for addressing depression and anxiety. This eight-week class is intended for people who have had one or more episodes of depression or live with anxiety. Each week you will learn new skills to help you change your relationship with anxiety and depression so these conditions interfere less in your life. \$400 includes workbook and class retreat. Contact Lynn at 332-3365; lynnsipher@gmail.com or lynnsipher.com.



Crazy Wisdom's E-Blast Service is a great way to showcase yourself, your business and your services! This service is a cost effective method of reaching a targeted audience without the need for investment in costly hardware and mail related software!

Send out a listing of your upcoming classes, workshops, and events.

This is a great way to reach the more than **6500** people who are currently subscribed to receive our E-Blasts.

Affordable pricing \$99.00 for any one email!

For all requirements and to pay visit www.crazywisdom.net
Click on “Crazy Wisdom’s Email Service” in the left-side menu.

E-Blast Service ads must be mail-ready (see website) and emailed to Carol. Questions? Contact Carol at carol@crazywisdom.net

Blending the Best of Eastern & Western Holistic Health Care through Integrative Medicine

Ann Hughes, MD
Board Certified in Integrative Medicine and Family Medicine
Certified in Acupuncture and TCM

Specializing in:

Digestive Health	Nutrition
Hormone Imbalances	Thyroid
Autoimmune Disorders	Fatigue
Chronic Disease	Pain
Mental Health	Migraines
Stress Management	Sleep

Dr. Hughes’s Holistic Wellness Center
4343 Concourse Dr Suite#170 Ann Arbor, MI, 48108
(734) 905-0318
www.DrHughesHolisticCenter.com

Womenspirit

Living in Light with Janene Ternes • Friday-Sunday, Nov. 2-4 • This women’s weekend retreat will explore the source of our hope, using movement, music, scripture, guided meditation, and journaling. Be inspired by Janene’s story of moving from darkness to light through God’s faithfulness. Leave refreshed and hopeful. Basic movements will be taught which can be done by anyone, regardless of age, experience, or physical limitation. \$160. Contact Janene at 347-2422; prayerinmotionllc@gmail.com or prayer-in-motion.com.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Friday, Sept. 7, 12-1:30 p.m. • Begin to identify your unique career dreams and gifts to share with the world. \$30. Contact Melanie at 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Doula Business Development Training with Patty Brennan • Sunday, Oct. 21, 8:30 a.m.-5 p.m. • Learn about thinking like an entrepreneur, establishing your value, acing the interview, marketing on a budget, optimizing your website, online marketing tips, how to network effectively, goal setting and other implementation strategies, time management, and more. Learn from the author of *The Doula Business Guide* and *The Doula Business Guide Workbook: Tools to Create a Thriving Business*. 7.0 DONA continuing ed. hours. \$195, \$175/early. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Workshops

Mandala Coloring with the Lighthouse Center • Third Sundays, 4-5:30 p.m. • A relaxing way to spend your Sunday afternoon, coloring mantras. An opportunity to tune inward. Mandalas and markers provided. Love offering. Contact Prachi at cprachi@gmail.com or lighthousecenterinc.org.

Writing & Poetry

Crazy Wisdom Poetry Series hosted by Joe Kelty, Ed Morin, and David Jibson • Second and Fourth Wednesdays, 7-9 p.m. in the Crazy Wisdom Tea Room • Second Wednesdays are poetry workshop nights. All writers welcome to share and discuss their own or favorite poetry. Sign up for new participants begins at 6:45 p.m. Fourth Wednesdays have a featured reader for 50 minutes and then open mic for an hour. All writers welcome. Sign up begins at 6:45 p.m. Free. Contact Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.

• **Sept. 26 • Marilyn L. Taylor** is the former Poet Laureate of Wisconsin and the author of six poetry collections. Her award-winning work has also appeared in many anthologies and journals, including *Poetry*, *Third Wednesday*, *American Scholar*, and *Light*. Her monthly “Poet-to-Poet” column on craft appeared for five years in *The Writer* magazine.

• **Oct. 24 • Jaimy Gordon** won the National Book Award in 2010 with her fourth novel, *Lord of Misrule*; it also won the Tony Ryan Award for the year’s best book about horse racing. A long-time member of the Writing Committee of the Fine Arts Work Center in Provincetown, she teaches the Prague Summer Program for Writers.

• **Oct. 24 • Richard Katrovas**, author of fifteen books of prose and verse, has had work in many literary journals and anthologies, and has received numerous grants and awards. Katrovas taught many years at University of New Orleans, and since 2002 at Western Michigan University. He is founding director of the Prague Summer Program.

• **Nov. 28 • Ken Mikolowski** is the author of six books of poetry, most recently *THAT THAT*. His poems have been recorded by the Frank Carlberg Group and Michael Gould. Mikolowski taught poetry writing at the UMi Residential College and, along with his wife Ann, was publisher, editor, and printer of *The Alternative Press*.

Wellspring Creative Writing Workshop with Julie Mariouw at Crazy Wisdom • Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 6-8:45 p.m. • Eight-week writing workshop. Bypass your inner critic; access subconscious material; develop your natural voice; tap into the healing power of writing. \$200. Contact Julie at julie@wellspringwritingworkshops.com or wellspringwritingworkshops.com.

Wellspring Creative Writing Workshop with Julie Mariouw • Sept. 18, 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 6-8:45 p.m. • Eight-week writing workshop. Bypass your inner critic; access subconscious material; develop your natural voice; tap into the healing power of writing. \$200. Contact Julie at julie@wellspringwritingworkshops.com or wellspringwritingworkshops.com.

Voices of South Asia: Readings and Reflections with Samiah Haque, Ashwini Bhasi, Amitava Kumar • Fridays, Sept. 21, 28, 7 p.m. • Michigan poets Samiah Haque, Ashwini Bhasi, and others will read their poetry in a thread, alternating with each other, creating a powerful reading focused on the essence of South Asian experiences. Renowned author Amitava Kumar will read from his new novel, *Immigrant, Montana* as well as other writings. Free. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Jumpstart Your Memoir with Frances Wang • Saturday, Nov. 3 • Whether you’ve been scribbling poetry in a secret journal or you want to begin a memoir for future generations, it can take time to find your voice and develop the confidence to show your writing to the world. One day and one word at a time, gain tips and tricks to help and inspire you to write from your heart. \$89. Contact Anne at 677-9743; astevenson@wccnet.edu or wccnet.edu

Turtle Disco: Somatic Writing Studio with Petra Koppers and Stephanie Heit • Ongoing • Turtle Disco is a community arts space in Ypsilanti offering a range of somatic and writing classes: Queer dreaming, Kundalini Yoga and Meditation, Amoeba Dances, Contemplative Dance and Writing, and more. We are dedicated to providing a welcome and supportive environment, grounded in a disability culture framework. Donation. Contact Stephanie at (231) 871-0213; stephanieheit@gmail.com or stephanieheitpoetry.wordpress.com/home/turtle-disco-classes/.

Yoga

Inward Bound Yoga at Friends Meetinghouse • Fall session begins Sept. 10, Late Fall begins Oct. 29 • Variety of approaches to yoga, including Hatha, Prenatal and Postnatal, Ashtanga, and several flow classes coordinated with music. For class descriptions and fees, see website: ibyoga.com.

Yoga Class with Zen Buddhist Temple • Tuesdays, beginning Sept. 11, and Oct. 23, 6:30-8 p.m. • Beginning and experienced students in the classes learn traditional yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization, and combine that experience with meditation training. Classes fill up quickly, so early registration is recommended. \$60/all six sessions. \$12/session. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Ayuryoga Wellness - The Art of Self-Care with Kavitha Chinnaiyan and Aparna Khanolkar • Saturday, Sept. 22, 9:30 a.m.-2:30 p.m. • This session will explore each asana of the well-known Surya Namaskar (Sun Salutation) in depth, opening to breath and body awareness; the fundamentals of Ayurvedic self-care; and meditation and pranayama. \$49 by Sept. 1. \$59 by Sept. 21. \$65 at the door. Limited to 50 participants. Contact Urmi at 645-0317; urmig.akshara@gmail.com or rasafestival.org.

Open Level Yoga with Michele Bond of Yoga House • Sundays, 4-5:30 p.m., Thursdays, 6-7:30 p.m., Saturdays, 10-11:30 a.m. • Mixed level class with variations offered for all levels. \$14 preregistered. \$18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

*Our greatest weakness lies in giving up.
The most certain way to succeed is always
to try just one more time.*

— Thomas A. Edison

Classical Hatha Yoga with Triple Crane Monastery • Mondays, 10-11:30 a.m.; Wednesdays, 6-7:30 p.m. • Start with a five-minute warm-up exercise, then one hour of custom yoga poses. Class emphasizes incorporating one’s body movements and breathing. Primarily focused on physical discipline, body strengthening, increasing vital life force, and calming one’s mind. Free. Contact Winne at 757-8567; triple.crane@huayenworld.org or huayenworld-usa.org/usa/en/.

Yoga Classes at The Yoga Room with Christy DeBurton • Mondays, 4:30-5:30 p.m., 6-7:15 p.m., Tuesdays, Thursdays, 9:30-10:45 a.m., 4:30-5:30 p.m., 6-7:15 p.m., Saturdays, 8:30-9:45 p.m. • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Compassionate Yoga with Mary Seibert • Tuesdays, 5:15-6:15 p.m. • Hatha Yoga is appropriate for beginners and seasoned students. Emphasis on mindfulness, breath, movement, strength, and balance. \$78/six-weeks. \$15/drop-in. Contact Mary at 323-2520; mvsa2mvs@gmail.com or compassionateyoga.info.

Yoga Essentials with Michele Bond of Yoga House • Tuesdays, 6-7:30 p.m. • For those new to yoga, or new to this system, learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun. \$14/pre-registered. \$18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

The Practice with Michele Bond of Yoga House • Wednesdays, 6-7:30 p.m. • Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus. \$14/preregistered. \$18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.



Ryan Hart leads classes and workshops in the Ann Arbor area on living with Chronic Illness. Between 2009 and 2015, Ryan Hart was diagnosed with cancer twice, awarded the 2013 American Cancer Society Visionary Award for founding the Thiel College Relay for Life, and earned his Bachelor's degree in Philosophy. Read his illness memoirs at: www.cancerexpressions.org.

Living a Fulfilled Life Immersion - Teacher Training with Katherine Austin Wooley, Nancy McCaochan, Lynn Medow, and Natalie Piet • Oct. 6, 7, 13, 20, 27; Nov. 3, 10, 11, 17; Dec. 1, 8, 9 • This is our signature five-and-a-half month teacher training program and yoga immersion for greater happiness, success, and well-being. Feeling stuck in your personal and professional life? Looking for something to help you break through? Look no further. \$2999. Contact Nancy at (248) 797-4271; nancy@karma-yoga.net or karma-yoga.net.

Yoga Happy Hour: Basics and Restorative with Michele Bond of Yoga House • Fridays, 6-7 p.m. • An easy, gentle practice is exactly what your mind/body/spirit craves at the end of a long week. Feel your stress melt away as you relax by candlelight in our peaceful setting, surrounded by the inspiration of nature. \$11/pre-registered. \$13/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Free Trial Yoga Classes with Sue Salaniuk • Sept. 28, Oct. 26, Nov. 30, Dec. 28, 6-7 p.m. • A Free Trial Yoga class for everyone interested in learning about Iyengar Yoga. No registration necessary. Free. Contact Sue at 622-9600; sue@yogospaceannarbor.com or yogospaceannarbor.com.

Iyengar Yoga Classes with Sue Salaniuk, Sally Rutzky, Susan Bellinson, and Pam Lindberg • Sept. 10-Dec. 21 • Iyengar yoga classes that focus on the individual student, teaching strength, flexibility, focus, and self-responsibility. Classes for beginners and experienced students. \$196/14-week class. Contact Sue at 622-9600; sue@yogospaceannarbor.com or yogospaceannarbor.com.

Yoga at Imagine Fitness and Yoga • Mondays and Tuesdays, 6 p.m., Thursdays, 11 a.m., Fridays, 12 p.m. • Yoga classes for everyone, no experience necessary. Specific styles include Hatha, Restorative, Beginners, and Fundamentals. \$20/drop-in. Contact 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Iyengar Yoga with David Rosenberg • Mondays, 6 p.m.; Thursdays, 7 p.m.; Saturdays and Sundays 10 a.m. • Experience invigorating yoga postures using the methods of B. K. S. Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. \$99/eight classes. Call David at 646-4195; message4@aol.com or aareced.com.

Restorative Yoga with Kashi Walters • Thursdays, 6:30-8 p.m. • Designed to soothe and refresh the body and soul using props and guided meditation. Please bring a yoga mat. \$15. Contact Kashi at 883-6947; kashi@kashinivas.org or kashinivas.org.

Hatha Yoga with Kashi Walters • Mondays, 7-8:30 p.m. • This class uses quieting yoga sequences to help destress and restore the body. The movements calm the nervous system and bring subtle energies back into balance. Please bring a yoga mat. \$15. Contact Kashi at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Yoga Flow at the Farm with Carole Caplan • Tuesdays, 10-11:30 a.m.; Sundays, 9-10:30 a.m. • Traditional Kriya Hatha postures and techniques with an emphasis on alignment, breath, and philosophy. Small classes offer individual instruction. \$10/class drop-in; \$90/ten-week session. Contact Carole at 847-922-9693; carolecaplan@livebychoice.com or livebychoice.com.

Yoga with Zen Buddhist Temple • Six Tuesdays beginning Sept. 11 and Oct. 23, 6:30-8 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha) with an emphasis on relaxation, concentration, and working with the breath. Classes fill up quickly, so register early. \$60/six classes, \$12/drop-in class. Contact Zen Buddhist Temple at 761-6520; annarborzentemple@gmail.com or zenbuddhisttemple.org.

Open Level Hatha Yoga with Ema Stefanova • Wednesdays, 9:30-10:30 a.m. • This class is for new and continuing students. Increase core and overall strength and flexibility. Therapeutic breathing techniques and relaxation are included in each session. \$75/five \$150/eleven. Contact Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.



Drop-in Gentle Yoga and Meditation with Erica Dutton • Wednesdays, optional meditation 10:30-11 a.m., yoga 11 a.m.-12 p.m. • Iyengar Yoga for all levels, no experience necessary. Gentle enough for those with back and other body issues. Please bring a yoga mat and wear loose clothing. Donations welcome. Contact Erica at 417-4385; eld0306@yahoo.com or enlightenedsoulcenter.com.

Intro to Kundalini Yoga and Meditation with Mohinder Singh • Wednesdays, 6 p.m. • Kundalini Yoga is the Yoga of Awareness. Yoga means union; this union is with your inner true self. Everyone is welcome - Sat Naam. \$12-20. Contact Mohinder at 276-6520; starbillie@gmail.com or a2kundaliniyoga.com.

Yin Yoga with Pure Hot Yoga Studio • Thursdays, 12 p.m. • Yin Yoga increases circulation in the joints and improves flexibility. It is a slow-paced style of yoga with postures that are held for longer periods of time ranging from 45 seconds to two minutes. Yin Yoga brings about a meditative awareness of inner silence which is good for beginners. \$49/new student special. Contact Lora at purehotyogaa2@gmail.com or purehotyogaa2.com.

Yoga Classes at The Yoga Space • Various class times • Offering beginner, intermediate, advanced, and senior classes. Classes are an hour and a half. \$108/7 weeks. Contact Sue at 622-9600; sue@yogospaceannarbor.com or yogospaceannarbor.com.

Deep Centering with Ema Stefanova • Ongoing classes 5:30-6:30 p.m. • Classes are designed to effectively relieve stress at a deeper level, both in the body and in the mind. Experience a sense of harmony and centering. Dynamic posture sequences are followed by systematic relaxation and visualization at the end. \$75/five sessions. \$150/eleven. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals—proceeds help the homeless animals in our community. \$10. Tenth class free! Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org/yoga.

Rise and Shine Yoga with Michele Bond • Fridays, 7-8:15 a.m. • The class begins with candlelight as the sun rises over the nearby treetops and ends in the full light of the new day. Mixed-level practice. \$14/registered; \$18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

DANCER'S EDGE

3115 BROAD STREET
DEXTER, MICHIGAN 48130
734.424.2626

DANCER'S EDGE offers a variety of diverse classes and programs year round:
Adult Classes, Athletic/Sport Team Building Workshops, Ballet for Babies, Ballet, Ballroom, Baton, Contemporary, Competition Teams, Creative Movement, **THE EDGE BALLET COMPANY**, Hip-Hop, Jazz, Lyrical, Modern, Musical Theatre, Pom, Scout Workshops, **SUMMER CAMPS**, Tap, and Voice Lessons!

WWW.DEXTERSDANCERSEGE.COM



Crazy Wisdom's Newsletter

Sign up!

Stay Informed!

If you want to know what's going on in the body, mind & spirit community in Ann Arbor and the surrounding areas, sign up on our Email List!


You will get our **Weekly E-newsletter** which features coupons, news about sales and new products, and information about store events and music nights.

You will also receive emails, through us, from organizations, centers and groups that sponsor the **kinds of events, classes and programs that you care about.**

To subscribe, go to www.crazywisdom.net. Or scan the QR code on the right.

We will not share or sell your email address. SafeUnsubscribe™






Crazy Wisdom

Your Hub to the Holistic Community!

Crazy Wisdom can help you connect to your target audience. Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, body/mind therapies, psychology, conscious living, sustainability, spiritual development and consciousness.

Visit crazywisdom.net and click on



To see how we can help you!

Advertise in *The Crazy Wisdom Community Journal*

TARGETED MARKETING! Reach motivated consumers of holistic products & services, workshop leaders, therapists, spiritual leaders, health/medical practitioners, business owners, and many more!

GREAT INVESTMENT! Your single ad purchase receives 4 full months of exposure, so it's the best advertising investment in town! We publish 3 times a year, Fall, Winter and Spring/Summer. Each issue runs approximately 120 pages in a tabloid format, so every ad is large and highly visible. Full color throughout and complimentary graphic design support!

List Your Practice in Our Ann Arbor Holistic Guide at annarborholistic.com

Email Service Only \$99 Per E-Blast

Community Room Rentals

Volume Discounts on Books for Classes/Workshops

Local Author Events

We Support Local Artists & Craftmans

Free Event/Workshop Listings in *The Crazy Wisdom Community Journal*

Yoga (cont.)

Rise and Shine at Nine with Michele Bond • Thursdays, 9-10:15 a.m. • Includes the goodness of the original Rise and Shine class but at a later hour. \$14/registered; \$18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Gentle Yoga with Marlene McGrath • Ongoing Classes • Expanded offerings of gentle yoga classes designed for students who want a more supported and slower-paced class. These classes feature props and modifications to promote elasticity, strength, and stability for those who may have mobility, stamina, or balance issues. Suitable for beginners or experienced students. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Prenatal and Postnatal Yoga with Marlene McGrath • Ongoing Classes • These classes are designed to support the changes of a pregnant body, instill confidence in the body's abilities, and provide physical, mental, and emotional preparation for birth and mothering. Postnatal yoga is practiced with babies present. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Iyengar Yoga at Yoga Focus with Karen Ufer • Day, Evening, and Weekend classes • All levels of classes are taught including gentle, new beginner, and prenatal. All props are provided. Instruction in Iyengar method is invigorating, safe, and enhances well being. \$18/drop-in; \$15/class for session. Contact Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Harmony Yoga of Ann Arbor: Iyengar Yoga Classes with Karen Husby-Coupland • Ongoing classes • Classes for beginners and for more experienced yoga students, as well as gentle yoga for those who prefer a supported, slower-paced approach to the practice of yoga. \$18 class (discounts for multiple classes). Contact 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

Intensely Gentle Yoga with Patty Hart • Ongoing classes • These classes are for those seeking a slower-paced class, those who are new to yoga, or those needing more adaptation for postures using props. Students are encouraged to develop a deeper sense of self observation and concentration by focusing on their breathing while moving into, sustaining, and exiting poses. Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Iyengar Yoga Classes with Laurie Blakeney • Ongoing classes • Safe, transformative, and educational instruction in the art of practicing yoga asanas (postures). Call for session rates and drop-in fees. Call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga.com.

Iyengar Yoga with Kirsten Brooks • Ongoing classes • These classes will follow the teachings of B. K. S. Iyengar to explore the subject of yoga through the lens of physical poses. No prior yoga experience necessary. \$120, regular fee or pay what you are able. Call Sue at 622-9600; sue@yogaspacannarbor.com or yogaspacannarbor.com.

Purna Yoga with Raisha Love • Call for times • Come back to the roots of yoga in our new studio. This form of yoga focuses on posture safety and alignment, breathing, and mind-focusing techniques combined with lifestyle and nutrition tips to create a better life. There is no need to have any experience or be flexible, as the class is custom fit to participants' needs. Contact (989) 284-1042; askraisha@yahoo.com or purnayogaannarbor.com.

From my perspective, I absolutely believe in a greater spiritual power, far greater than I am, from which I have derived strength in moments of sadness or fear. That's what I believe, and it was very, very strong in the forest.

—Jane Goodall





Teachers, Lecturers, Workshop Leaders, and The Centers



Follow Your Soul
It Knows The Way

Artwork by Jennifer Carson

Aaron is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime he was a vipassana meditation master, but he has lived in many different bodies and followed many spiritual paths. He is channeled by Barbara Brodsky.

Linda Adamecz, MSW is a Certified Practitioner of Integrative Breathwork and Psycho-Spiritual Integration. She has worked in the mental health field for nearly 30 years.

Nia-Avelina Aguirre, ND is a board-certified Naturopathic Doctor and has been in the natural health, fitness, and wellness profession since 1983. She offers non-toxic, non-drug options along with bodywork and energy therapies for radiant health.

Layla Ananda has been on a path of spiritual growth since the 1970s, studying the wisdom of many traditions. She believes deeply that each person has her/his own truth and own path to wholeness. She is a psychotherapist, musician, and all-faiths minister.

Ann Arbor Center for Mindfulness has a mission to cultivate and support the understanding of mindfulness to promote health and wellbeing.

Ann Arbor District Library (AADL) Ann Arbor's public library serving the community of the Ann Arbor School District.

Ann Arbor KTC Tibetan Buddhist Meditation Center is part of the 900-year-old Karma Kagyu lineage led by His Holiness, the 17th Gyalwang Karmapa, Ogyen Trinley Dorje, and is dedicated to the enlightenment of all beings. Ann Arbor KTC is celebrating its 40th anniversary in 2018. The Center offers regular meditation practice and instruction, and is open to anyone interested in taming and training their mind through the Buddhist path.

John Ashbrook is a Professional Numerologist and intuitive spiritual counselor. He has published more than 200 articles on everything spiritual. John has taught a comprehensive spiritual program of ongoing classes and individual guidance sessions for personal growth.

Sabrina Jo Atto is a seeker, a teacher of yoga, a business owner, a writer, and her passion in life is to help others heal. Sabrina has established a wellness coaching and yoga practice where she works with clients seeking a holistic or integrative approach toward healing anxiety and living a joyful life. She is the author of *Transcending Anxiety: A Down to Earth Guide for Transforming Stress and Worry Through Mind, Body, and Spirit*.

Awaken Ann Arbor is an inclusive community dedicated to non-dogmatic spiritual growth through a unique approach to practicing meditation, discovering one's purpose, and engaging in meaningful action.

Marcia Bailey, MA, PhD is a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, Certified Transformational Breath Facilitator, and Senior Trainer with the Transformational Breath Foundation.

James Balmer was a co-founder of Dawn Farm in 1973 and has worked for Dawn Farm since 1983, first as a Clinical Director, later as president.

David Bell is a founder of Ann Arbor's Interfaith Center and has been a longtime teacher of *A Course in Miracles*.

Linda Steinborn Bender, ACSW, LMSW has spent 30 years helping adults manage day-to-day life by adjusting to health, trauma, abuse, and grief. She has worked in several hospice settings.

Kathy Bloch is a Tarot reader, born and raised in Hawaii. She has studied Tarot since 1980 and likes to collect Tarot decks from around the world. She has been doing public readings since 1995.

Carole Blotter draws her meditation practice from dual roots in Quaker and Buddhist traditions. She has been teaching meditation since 1999, and is a teacher for The Forest Way, an organization dedicated to providing retreats conducive to balanced and integrated spiritual growth.

Blue Sage Health's mission is to educate and empower you to achieve your highest quality of life with the use of plant-based cannabidiol (CBD).

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

Michele Bond has over 800 hours of training in yoga, yoga therapeutics, and meditation with internationally-recognized instructors. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Breastfeeding Center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations, weekly MotherBaby support groups, and breastfeeding-related retail.

Patty Brennan, Director of Center for the Childbearing Year and co-owner of Lifespan Doula Association, is a professional birth, postpartum, and end-of-life doula trainer. Patty is the author of *The Doula Business Guide* and provides business development support for doulas.

Dr. Tana Bridge, PhD, ACSW, LMSW, ACTP is a Professor, School of Social Work, Eastern Michigan University and award-winning trauma expert.

Barbara Brodsky is the founder and guiding teacher of Deep Spring Center and an ordained Interfaith Minister. She has been practicing meditation since 1960, teaching since 1989, and draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Jonathan Buckman is a lifetime student of the martial arts and an instructor with SUN SHEN. He is also a social worker and a chess teacher to over 2,000 children.

Lama Nancy Burks is the resident Lama of the Ann Arbor KTC Tibetan Buddhist Meditation Center. She has been a Buddhist since 1978, and has completed a traditional three-year retreat led by the Ven. Khenpo Karthar Rinpoche at the Karme Ling Retreat Center in Delhi, NY. A retired clinical psychologist, she is available for individual spiritual instruction and guidance, in addition to teaching and leading meditation practice.

Dr. Todd Butler farms in south central Michigan and brings twenty-five years of experience as a professor of theology, and as a higher education administrator. He is certified in Equine Facilitated Learning and Coaching and regularly leads retreats and facilitates workshops nationally.

Carole Caplan, E-RYT 500 teaches yoga and meditation to weave ancient wisdom into modern life. She bases her yoga teaching on traditional Kriya techniques and is also certified in Thai Yoga Bodywork.

Kimberly Cardeccia is a licensed Professional Counselor who has been involved with horses for over 30 years. She combines her professional skills with her passion for horses in order to help individuals tap into their own intuition, enabling them to better direct their lives and reach their goals.

Kapila Castoldi has studied meditation under the guidance of spiritual teacher Sri Chinmoy for 30 years. Her interest in Ayurveda as a complement to meditation spans two decades.

Consuelo Cassotti is an Intuitive Healer and author who helps clients release emotional trauma from present and past lives via healing work with autistic, ADHD, and sensitive-empathic children.

Atmaram Chaitanya is the director of the nonprofit Kashi Nivas Shiva Meditation Center. He has offered over 40 years of service as a teacher of meditation, self-inquiry, and kirtan chanting in the Ann Arbor area.

The background information listed here pertains specifically to individuals and centers whose classes, workshops, and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but don't regularly lead classes or workshops, you can still be listed for free in our online Holistic Resource guide which is currently under reconstruction. Soon you will be able to list your practice and add your logo, photos, and even a short video. To claim your listing, or to update an older listing, please visit AnnArborHolistic.com.

Eight Simple Movements Toward Better Health

by Antonio Sierra

Back in the 70’s one of the songs in the top 40 was “Kung Fu Fighting.” As a matter of fact, at the same time there was a weekly television series that revolved around a Kung Fu fighting Buddhist monk. Like many young men in their 20’s I was smitten. The grace! The agility! The power of martial arts! I had to learn this ancient practice. And learn it I did. The kicks, the punches, the simulated combat with an invisible opponent.

Pal Dan Gum Qigong is an active form of Qigong. It is eight simple movements/postures emphasizing motion, breathing, balance, flexibility, and concentration/focus.

Fast forward to the 80’s, the 90’s, the “new millennium,” and the rigors of martial arts fighting made way to a gentler, kinder tai chi practice. Ah, tai chi! The ancient Chinese tradition of graceful exercise. A form of meditation and internal/external energy cultivation practiced in a series of slow, graceful movements accompanied by focused breathing. All 108 gentle movements and postures cultivate and efficiently manage one’s internal energy in relation to the energy of the universe. It takes a lot of time and commitment to learn 108 movements in exact sequence, but I learned it and I taught it for almost a year. I wanted to share this wonderful feeling of what I call energized tranquility. However, when I left the tai chi club, I didn’t have the space or the time to share/teach 108 movements. Thankfully, I found an alternative. Enter Qigong! Specifically, Pal Dan Gum Qigong.

Qi (pronounced Chi) is said to keep us alive from the moment of birth to the moment of our transition from this existence.

Pal Dan Gum Qigong is an active form of Qigong. It is eight simple movements/postures emphasizing motion, breathing, balance, flexibility, and concentration/focus. Clearly eight postures are considerably less than 108. Does that mean that Qigong is “less effective” than tai chi? Not at all. As an active form of Qigong, it is meditation in motion, developing harmony between ones internal energy and the energy of the Universe. As a matter of fact, Pal Dan Gum is recognized as a holistic and complete Qigong system because it is believed that these gentle eight postures activate all of the “bodymind” energy channels. In so doing, a complete balance of the flow of energy within the practitioner’s energy channels is achieved.

This concept of energy flowing through the energy channels (also referred to as the meridian system) of the “bodymind” is related to the cosmic principles of “Yin” and “Yang.” Yin and Yang are inseparable components of what ancient Taoist manuscripts described as a formless energy that emanates from the Universe and permeates all of nature. This energy was referred to as “Qi.” Qi (pronounced Chi) is said to keep us alive from the moment of birth to the moment of our transition from this existence. It is the energy and power of life flowing over, around, and throughout our entire “bodymind” along those meridians. These meridians may be viewed as the rivers and streams of the “bodymind”, channeling and transporting vital energy (Qi) to

each and every cell and molecule of the entire “bodymind” system. Hence, Qi may be seen as both the energy of nature and the vital life power that flows throughout the “bodymind”. When Yin and Yang are in balance, Qi flows freely and vibrant health is established and maintained. Qigong means energy work or energy cultivation. Pal Dan Gum Qigong postures and movements are designed to balance the flow of these complimentary and opposing powers of Yin and Yang.

The Pal Dan Gum sequence of movements are usually performed in a standing position, but may be adapted to a seated position. Unlike the 108 movements associated with tai chi, Pal Dan Gum is quite simple to learn. Once learned, it takes about



Pal Dan Gum is considered a holistic and complete Qigong system because it activates all 20 of the “bodymind” energy channels to completely balance the flow of Qi. Balanced Qi promotes good health.

ten to twenty minutes (depending on the practitioner’s own pace) to complete from start to finish. When practiced consistently, one may expect to:

- Improve balance of “bodymind”
- Increase flexibility of “bodymind”
- Promote deeper more effective breathing
- Stimulate the immune system
- Increase energy levels
- Improve blood circulation and cardiovascular fitness
- Develop a sense of emotional well-being and a more positive outlook on life
- Cultivate self-awareness, self-discipline, and concentration skills

The practice of tai chi will yield similar results. To learn the 108 tai chi set will usually require a commitment of 10 hours a week and about six months of training. Or you may choose the practice of Pal Dan Gum Qigong, consisting of eight simple yet powerful health enhancing postures that can be learned in about two hours. Pal Dan Gum is considered a holistic and complete Qigong system because it activates all 20 of the “bodymind” energy channels to completely balance the flow of Qi. Balanced Qi promotes good health.



Antonio Sieira, PhD. is a practitioner of meditation for over 45 years. He spent time at a Buddhist Temple and Monastery where he learned the history, the basis, and the science behind mindfulness meditation from the resident monks. Antonio is also the author and teacher of The Mindfulness Meditation System.



Teachers, Lecturers, Workshop Leaders, and The Centers

Center for the Childbearing Year is Michigan's premier birth and postpartum doula training center with professional certification through DONA International. Also offering comprehensive childbirth preparation programs, including online classes hosted by Patty Brennan.

Venerable Thubten Chodron is an author, teacher, and the founder and abbess of Sravasti Abbey, the only Tibetan Buddhist training monastery for Western nuns and monks in the U.S. Ven. Chodron teaches worldwide and is known for her practical (and humorous!) explanations of how to apply Buddhist teachings in daily life. She has published many books on Buddhist philosophy and meditation, and is currently co-authoring a multi-volume series of teachings with His Holiness the Dalai Lama on the Buddhist path, *The Library of Wisdom and Compassion*. The first volume, *Approaching the Buddhist Path*, was available July 2017.

Jules Cobb is a therapist with Dawn Farm Youth and Family Services.

Lorri Coburn, MSW is a psychotherapist and interfaith minister. She is author of *Breaking Free: How Forgiveness and "A Course in Miracles" Can Set You Free*.

Charles E. Coleman, LLMSW is a Primary Therapist at Dawn Farm Downtown residential treatment facility.

Common Bond Institute is a non-government organization that focuses on increasing skills and services locally to promote social healing and conflict transformation. Since 1990 CBI has been organizing and sponsoring over 50 international working conferences, and numerous psycho-social treatment and training programs for building local capacity to provide vital human services to vulnerable populations in developing societies experiencing war and turmoil.

Diana Cramer, MA has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant.

Matthew Cremin, LLMSW is the Foreclosure Prevention Coordinator with the UMi Housing Bureau for Seniors.

Reverend Taikodo Marta Dabis is a board-certified hospital chaplain at Saint Joseph Mercy Ann Arbor, and ordained Zen priest in the SFZC Suzuki/Katagiri lineage.

Paula D'Arcy is a writer, internationally known retreat leader and speaker. In 1975 she survived an accident in which her husband and 22-month-old daughter were killed. She gave birth to another daughter six months later and began the long journey of healing which has guided her life and opened her heart. She is also the founder of Red Bird Foundation which touches the lives of men and women in jail and prison, the disadvantaged, and all who long to live life in the largest way.

Ray Dalton is the Coordinator of Dawn Farm Outpatient Services and former coordinator of the state suicide prevention hotline in Kansas.

Hugh Danville is one of the founding members of Still Mountain Buddhist Meditation Center. He has taught insight meditation classes and retreats in the Ann Arbor and Plymouth/Canton areas.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, education and support services for adolescents experiencing problems with alcohol and other drug use, and for their families.

Christy DeBurton, RYT is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of nonduality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Joan Delaplane, OP has a broad experience range in preaching, directing retreats, and conducting workshops in preaching for both Catholic and Protestant ministers. Spiritual direction has been her avocation for the past 25 years.

Mary Ellen Derwis, LMT is a Chi Nei Tsang Senior Teacher in Master Mantak Chia's system, certified to teach Chi Nei Tsang Healing Abdominal Therapy 1-3, Qigong Meditation Basics, Tao Yin, and Fusion of the Five Elements 1. She is the first, and only, instructor in the U.S. certified to teach CNT beyond Chi Nei Tsang 2.

Mary Jo Desprez is the Director, Wolverine Wellness, University Health Service, University of Michigan.

Lama Karma Drodul is one of the Drubpons (Retreat Masters) at the Karma Ling Retreat Center in Delhi, NY. He has completed two traditional three-year retreats under the direction of the Ven. Khenpo Karthar Rinpoche, and is now his principal attendant and assistant. He travels to centers throughout North America to teach, and is the author of *Amrita of Eloquence: A Biography of Khenpo Karthar Rinpoche*.

Kate Durda, MA is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, Buryatan, and various Native American traditions.

Diptavo Dutta is a PhD student in Biostatistics at the University of Michigan. He is the disciple of Shree Jayanta Raychaudhury and Joydeep Ghosh of the Shahjahanpur Gharana.

Erica Dutton is a retired nurse who has practiced and taught yoga for many years.

Connie Lee Eiland has been a shamanic practitioner for 15 years and a physical therapist for 47 years. Since 2000, her shamanic studies have been with Sandra Ingerman, Betsy Bergstrom, Carol Proudfoot-Edgar, Nan Moss, and Larry Kessler.

Gail Embery has many years of experience as a Tarot reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed Professional Counselor, and received her Master's degree from WSU in Counseling Psychology.

Suzanne T. Fabick is a board-certified chaplain with the National Association of Catholic Chaplains. She has been working as a full-time hospice chaplain for the past 15 years and is actively involved in developing and presenting hospice related in-services to new hire employees and to the larger community. Suzanne offers retreats to men and women searching for respite and renewal in their daily lives in particular, those who care for others. Come and find rest for your weary soul.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 40 years.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Deb Flint is the bookstore manager at Crazy Wisdom and former Adjunct Professor at Siena Heights University and Adrian College.

Catherine Fritz is the Program Director and an Outdoor Educator at the Ann Arbor Forest School, a nature-based outdoor preschool and education center. She is passionate about fostering deep nature connection in the next generation, and also teaches music classes for young children through music together.

Food Gatherers is the food rescue program and food bank for Washtenaw County, distributing 6.5 million pounds of food to 170 nonprofit programs that serve nearly 44,500 low-income adults, seniors, and children annually.

Marcella Fox is an intuitive reader at Crazy Wisdom.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

The Friends of the Ann Arbor District Library is a committed nonprofit group of volunteers that operates the Friends Book Shop in the downtown library and supports the activities of the Ann Arbor District Library.

Jerry Fouchey is a Dawn Farm Outpatient and Personal Medicine therapist.

Melanie Fuscaldo, MA, LPC, NCC is a licensed and nationally-certified counselor and life coach specializing in joyful transformations.

David J. H. Garvin, LMSW is the Chief Operating Officer for Catholic Social Services of Washtenaw County, and Founder of the Alternatives to Domestic Aggression program.

Dr. Chuck Gehrke is a board certified addictionologist.

Ellen Gendelman MS, LPC, CPC is a licensed psychotherapist and certified professional coach who specializes in working with relationships. She cherishes her own roles as wife, mother, and grandmother. She recently co-authored a book entitled *When Ice Cream is Not Enough* available on Amazon.

Norma Gentile is a natural clairvoyant who trained as both a professional singer and energy healer. She and her guides, most often Archangel Michael, Mary, and the Hathor Atamira offer insights, healing music, and online courses focusing on energy, sound, and healing at her website.

Ann-Margaret Giovino and Alexis Neuhaus are SUN SHEN tai-chi instructors and senior students of SUN SHEN Tai-Chi Lineage Holder Master Sang Kim.

Katy Gladwin is a doula and childbirth educator. She has been providing prenatal, birth and postpartum support to the Ann Arbor area through Sacred Roots Services LLC since 2011.

Curtis Glatter is a professional percussionist and multi-instrumentalist.

Robin Lily Goldberg is a writer, researcher, and holistic healthcare practitioner. She holds certifications in Reiki and Reflexology-chi along with Hatha Yoga, Street Yoga, and Laughter Yoga.

Lisa Gottlieb is a social worker, local food activist, and Nonviolent Communication certification candidate.

Kay Gould-Caskey has been teaching art since 1970. Many of her students exhibit locally, nationally, and internationally.



The unexamined life is not worth living.

— Socrates



Connie Eiland is a shamanic practitioner who has performed shamanic healing since 2000. Connie offers healing in soul retrieval, shamanic extraction (removing stuck energy), Power Animal retrievals, ancestral soul retrievals and other healing. To see the workshops she is offering this fall, please visit page 109, under the Shamanism heading.



Teachers, Lecturers, Workshop Leaders, and The Centers

Karen Greenberg, RPT is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype around the world. She is currently a metaphysical teacher of personal and spiritual growth.

Sophie Grillet is a local Ann Arbor artist who has been organizing Westside Art Hop twice yearly since 2011.

Paulette Grotrian, MA was trained through the UMass Medical School Integrative Medicine Center for Mindfulness and the University of California San Diego Center for Mindfulness. She has studied with Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, Kristin Neff, Christopher Germer, and Thich Nhat Hanh. She is a founding member of the Ann Arbor Center for Mindfulness.

Tara Habeck is the Founder, Director, and Lead Outdoor Educator of the Ann Arbor Forest School, Washtenaw County’s first Forest Preschool. She is passionate about early childhood education and the rich connections between communities, individuals, and the environment.

David M. Hall is a beekeeper, educator, and rescuer, having rescued over 4.5 million honey bees from extermination and founded two apiaries. He also has a Permaculture Design and Permaculture Teacher certification.

Nirmala Nancy Hanke, MD is a long time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP is a certified Enneagram teacher psychotherapist, spiritual and personal advisor, and couple’s enhancement coach.

Ann Harmon has been studying meditation, energy medicine, and many other healing modalities for over 30 years. With over 25 years of working with clients, Ann’s purpose continues to assist others learning how to balance their own energies and align with their Divine Self and higher purpose. She brings joy, passion, intuitive insights, and amazing skills to shift energy during her classes and private sessions with clients.

Craig Harvey has been leading peace meditations and world-healing vigils since 2001, many of them for 24 hours. He hosts the Peace Generator on the third Friday of each month at the Interfaith Center and the 24-hour Peace Generator every three months.

Elizabeth Hazel is an astrologer, tarotist, and author of several books. She has been the SMARRT group’s president and is currently a board member.

Marg Heeney, MSW works together with people and their guides to identify emotional or spiritual stuckness which interferes with your success, health, and peace of mind. As a medical intuitive, empathic, and healer with over 20 years of experience, Marg uses various healing methods to assist people to quickly remove emotional, physical, or spiritual pain.

Heidi is an accomplished psychic medium, clinical hypnotherapist, certified astrologer, sacred dance choreographer, and award-winning event producer. She has a passion for crystals, and currently writes the crystal column for the *Crazy Wisdom Journal*.

*Let your life lightly dance
on the edges of Time
like dew on the tip of a leaf.*
— Rabindranath Tagore

Stephanie Heit is a poet, dancer, and teacher of somatic writing, Contemplative Dance Practice, and Kundalini Yoga.

Amber Horwitz, B.S., MSW candidate is the Founder of the Proud Parents of Loss mutual aid group.

Harald Hoven was the Biodynamic Farmer at the Rudolf Steiner College in Fair Oaks, CA for 30 years. There, he taught many workshops, trained apprentices, and made the Biodynamic Preparations for the Biodynamic Association of Northern California.

The Humane Society of Huron Valley is a nonprofit, tax-exempt public charity. We are independently run and rely on the generosity of people like you to continue our mission to support the loving, responsible care of every animal in our community. HSHV is not affiliated with or funded by Michigan Humane Society, or any other humane organization.

Dr. Stephen P. Huyler is a cultural anthropologist and art historian who has spent the past 45 years conducting a cross-cultural survey of the arts and crafts of India.

Dr. Diana Quinn Inlak’ech (she/her/hers) is a board-certified Naturopathic Doctor and shamanic practitioner specializing in endocrinology, integrative mental health, and mind/body medicine. She is a graduate of the National University of Natural Medicine in Portland, Oregon, and has been in practice since 2006.

Interfaith Center for Spiritual Growth. Spiritual seekers joining in community to attract others of like mind, creating an atmosphere and structure to foster and stimulate our individual and collective spiritual growth.

Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga since 1995.

Martin Iott, OP is a friar of the Southern Dominican Province and the Prior of Dominican community at Holy Rosary Priory in Houston, TX. Ordained in 1970, he has served as a parish priest, as a university and hospital chaplain, as well as a variety of positions in the initial formation of Dominican students. His ministry for over 30 years has been dedicated to the full-time preaching of retreats and parish missions.

Jeff Jay is a clinical interventionist, educator, and author of *Navigating Grace, a Solo Voyage of Survival and Redemption* and co-author of the best-selling book *Love First: A Family's Guide to Intervention*.

Stephen Jenkinson is a teacher, author, storyteller, spiritual activist, farmer, and founder of the Orphan Wisdom School, a teaching and learning house for the skills of deep living and making human culture. It is rooted in knowing history, being claimed by ancestry, working for a time yet to come.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Gelek Rimpoche's command of western culture enabled him to convey the Tibetan Buddhist tradition with wisdom, wit, and kindness.

Gwyn Jones is a certified STOTT Pilates and TRX instructor with a emphasis on natural movement and alignment.

Virginia June LMSW, MAC, CAADC, RT has been a therapist in the addiction field for 28 years, NADA trainer for 14 years, and in long term recovery for over 30 years.

Jan Katz is a senior student of SUN SHEN Founder, Master Sang Kim. She is also a certified instructor of the Tai Chi for Arthritis Program of Dr. Paul Lam's Tai Chi for Health Institute.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Andrea Kennedy is a Reiki Master Practitioner and Instructor, practicing since 1995. She sees clients at Borer Family Chiropractic in Saline, MI, and brings Reiki into the mainstream through education and social media.

Esther Kennedy, OP, MSW a Dominican Sister of Adrian, is a spiritual director, retreat leader, and clinical social worker.

Master Sang Kim is an engineer, Christian mystic, and inheritor of Master Gabriel Chin's Yang Style Tai-Chi lineage. Originally from Korea, he has practiced martial arts, cultivation methods, and healing for more than 30 years, and has been teaching since 1992.

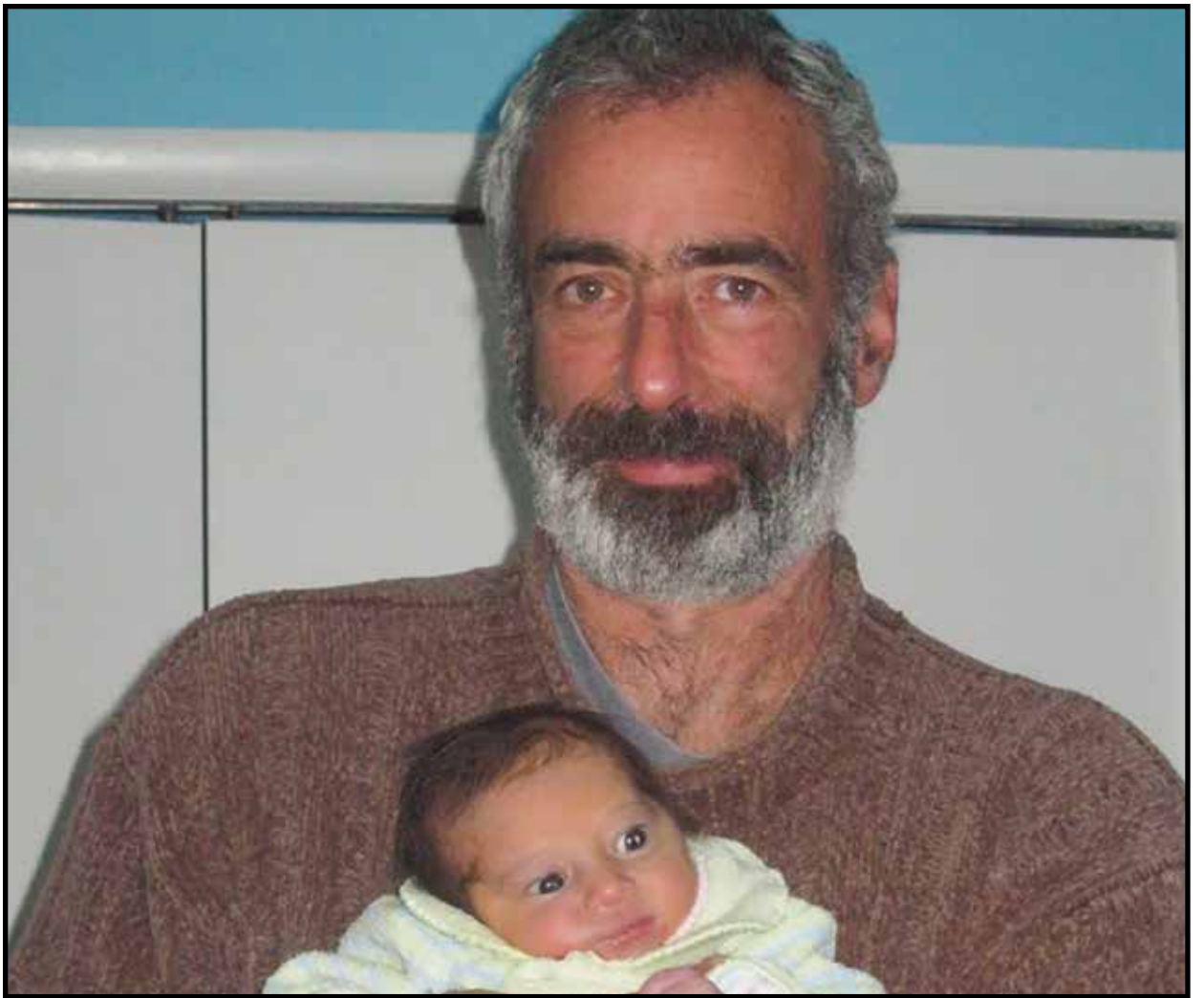
Cindy Klement has been involved in holistic health since the 1970s and opened her private practice in 1983. She is an adjunct professor at Eastern Michigan and a sought after lecturer across North America. Cindy holds a Master's degree in Nutrition, is a board-certified Nutrition Specialist, and a Master-Certified Health Education Specialist. She creates health education programs for large international US firms. Her first book will be available in September.

Grace Helms Kotre, MSW is a Certified Mindfulness Instructor and the founder of Power to Be, LLC. She shares mindfulness as a tool for empowerment with youth and adults.

Dave Krajovic and Pat Krajovic founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Amy Krentzman is an assistant professor at the School of Social Work and at the Center for Spirituality and Healing at the UMn and an Adjunct Research Investigator in the Department of Psychiatry at the UMi Medical School.

Petra Kupperts is a disability culture activist, community performance artist, and a professor at UMi.



Frank Levey passed away in August, after a lengthy battle with cancer. He and his wife, Larissa Czuchnowsky, founded the Blue Turtle Nature Awareness and Wilderness Skills Camp in 2006 (featured in our cover story in the September 2012 — Issue #52 of the CW Journal, available on our website archive at www.crazywisdomjournal.com).

Rarely in the annals of Ann Arbor's conscious living community has there been such an outpouring of love, gratitude, and affection – focused on Frank Levey, the gentle, energetic, funny, and compassionate man, and also on the deep contribution he had made to the young people of this region.

Levey and Czuchnowsky created an exceptional program that has affected hundreds of youngsters in the area, teaching kids carving, shelter building, fire-making techniques, safe procurement of water, making cordage (rope) from natural materials, trap-building, camouflage, plant studies, and tracking, as well as engaging them in drumming, craft projects, culinary adventures, and team-building games. He leaves behind wonderful memories and feelings!

Lucinda Kurtz, MA Brennan Healing Science Practitioner and former professor of Women's Studies, is a spiritual mentor and teacher of Kabbalah who believes Kabbalah, spiritual practice, and ritual can open paths to self-awareness and transformation.

K.WEST Skin Body Soul is a local spa and wellness space dedicated to supporting a true connection to yourself and your community for a most radiant life.

David Lawson has been teaching Buddhist meditation practices for over 20 years and co-founded Still Mountain Buddhist Meditation Center. He has studied with teachers from various traditions, but centers his teaching on the early practices of insight meditation taught by the historical Buddha.

Mary Ledvina is a writer, artist, healer, and teacher. She loves teaching creativity and has taught art journaling. *Art Journaling Magazine*, *Paragraph*, and *Seeding the Snow* have published her work.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.

Lifespan Doula Association provides End-of-Life Doula Training and Certification. Owners Merilynne Rush and Patty Brennan are experts in end-of-life issues and the doula model of care.

Mary Light, ND, MH, LMT is a traditional naturopath and consultant herbalist with a private practice and state licensed school of natural medicine in Ann Arbor.

Ellen Livingston has been a student of yoga for 30 years and a certified instructor for a decade. She is also a coach, mentor, public speaker, author, and retreat leader living an authentic, heart-centered, healthy lifestyle.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, nonviolence toward all beings.

Judy Lipton is a licensed professional counselor and educational strategist who works with sensitives addressing sensory, intuitive, academic, social, and empathic needs in traditional and unconventional ways.

Julene Louis holds Jyotish Visharada certification from the Council of Vedic Astrology and has been a teaching and consulting astrologer for 18 years.

Raisha Love has been teaching since 2007. She is a Purna Yoga Certified Teacher at the 500-hour level. She is currently enrolled in the 2,000-hour program at the College of Purna Yoga.



Teachers, Lecturers, Workshop Leaders, and The Centers

Trish Magyari, MC, CGC, MS, LCPC, NCC, RYT-200 is a mindfulness and compassion-based psychotherapist, Certified MBSR teacher/researcher/retreat leader, Insight Meditation Teacher, LifeForce yoga practitioner based in Baltimore, MD, specializing in trauma, adaptation to illness, disability, and loss.

Holly Makimaa is a transformational life coach, spiritual counselor, holistic writing teacher, and sacred activist.

Dr. Lynn Malinoff is the director of Eastern Michigan University’s 21st Century Community Learning Centers Programs, Bright Futures. For 35 years, Lynn served challenged youth in K-12 education as both a general and special education teacher.

Julie Mariouw is an English teacher, published writer, former Journal Workshop leader. She is certified to lead workshops using the Amherst Writers & Artists method developed by Pat Schneider, and is an AWA affiliate.

Barbara Niess May, MPA, MSW is the Executive Director of SafeHouse Center of Washtenaw County.

Barb McConnell, LPN, CHTPI is a nurse, Certified Healing Touch Practitioner, and instructor for Levels 1-4 with 30 years of experience in hospital, clinical, industrial nursing/industrial management. She also teaches Total Health which includes essential oils.

Molly McMullen-Laird is an anthroposophic physician and medical director of the in-patient Rudolf Steiner Health Center. Board-certified in Internal Medicine and Anthroposophic Medicine.

Michigan Friends Center, built in 1994, is a nonprofit organization located on the wooded 90-acre land of Friends Lake Cooperative Community. As a spiritually grounded community, they enjoy discussions that explore their shared experience of renewal through nature.

Mindful City Ann Arbor is passionate about connecting mindfulness with community. We create experiences so that our community has opportunities for secular mindfulness practice to support calm, focus, and compassion.

Ed Morin is a poet and former English teacher at area universities and colleges.

The Mother is a combination of many expressions of the Divine Mother such as Mother Mary, Kwan Yin, and others, and expresses different aspects of herself depending on the needs and karma of the person with whom she is sharing darshan. She is trance channeled by Barbara Brodsky.

Samo Joanna Myers is a SUN SHEN healer, disciple, and senior student of the SUN SHEN founder, Master Sang Kim. Her passion is listening deeply and tapping into a person’s ability to change quickly, effortlessly, and permanently.

Naturopathic School of Ann Arbor staff are all licensed massage therapists and traditional naturopaths with extensive experience in natural medicine forms of assessment and treatment.

Patrick O’Neill is a teacher, author, and management consultant with an international client base. He leads Extraordinary Conversations Inc., a Toronto-based management consulting firm founded in 1988. The firm specializes in change management, leadership development, team performance, organizational communications, and conflict resolution.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has been teaching meditation since 1979. He lives in North Carolina where he does transpersonal counseling and teaches at Duke University.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and a gatekeeper of the Wu style.

Natalie Piet is a dedicated and inspired student, practitioner, and teacher of yoga and ayurveda. Her classes are rich with theory and practical application. Natalie’s love of life and deep desire to uplift and empower others will inspire you to access greater health for you and your family.

Pure Hot Yoga Studio in Maple Village promotes health and wellness. Teachers are trained to enhance all levels of yoga practice, beginner to advanced, in supporting everyone to their best potential.

Meena Puri is an Ayurvedic Practitioner, Certified Meditation Teacher and a Yoga teacher. She has been teaching Yoga Therapy for over 22 years and practicing Ayurvedic Medicine for seven years.

Enlightened leadership is spiritual if we understand spirituality not as some kind of religious dogma or ideology but as the domain of awareness where we experience values like truth, goodness, beauty, love and compassion, and also intuition, creativity, insight and focused attention.

— Deepak Chopra

Ariana Riegel is a birth and postpartum doula, childbirth educator, advocate, partner, and grad student. She is dedicated to offering compassionate, nonjudgmental, evidence-based support to help families transition to new parenthood with confidence and grace.

Libby Robinson, Ph.D., MSW has been practicing mindfulness meditation since 1979. She was trained to teach mindfulness-based interventions by Jon Kabat-Zinn, Zindel Segal, Susan Woods, and colleagues. She has been teaching Mindfulness-Based Stress Reduction since 2003.

Barbara Robertson is the Director/Owner of the Breastfeeding Center of Ann Arbor. She is a board-certified Lactation Consultant and breastfeeding educator who loves working with moms and babies.

ShuNahSii Rose began her practice as a feminist educator, healer, and community organizer in Ann Arbor in 1990 to honor the connection between the natural world and hope for the future.

David Rosenberg has been teaching Iyengar Yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Diane Martin Roshi is a Soto Zen Buddhist priest and transmitted teacher in the lineages of Dainin Katagiri and Shunryu Suzuki from Japan. She is founder and past abbot for 25 year of Udumbara Zen Center in Evanston, IL. Currently she serves as a guiding teacher for Udumbara National Sangha with centers and practice groups in ten states.

Anita Rubin-Meiller, LMSW has been facilitating groups for many years and has offered mindful self-compassion practices for the past six years. A therapist and seeker, she weaves her professional wisdom and personal experiences together in a way that helps others connect to their common humanity with compassion and kindness.

Dolores Rubio-Turtle first experienced Transmission Meditation with Benjamin Creme in 1994. She passionately believes in service and personal growth, and since this practice is vital for both, she is excited to share it now in Ann Arbor.

Merilynne Rush, RN has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant. She is also a certified Respecting Choices First Steps Trainer who teaches end-of-life doula training through Lifespan Doula Association.

Sue Salaniuk holds a Senior Intermediate One Iyengar Certificate. She has studied with the Iyengars in India 12 times and continues to advance her studies regularly with teachers in the U.S.

Cayla Samano is the first ANFT Certified forest therapy guide in southeast Michigan. Cayla guides at Leslie Science and Nature Center and at Heritage Park in Farmington Hills in addition to offering her own workshops.

Aniruddho Sanyal is a maker of documentary films on themes of interest to the Indian diaspora that he encounters in the course of his professional travels as a consultant and software developer for the banking industry.

Judy Sauer is a passionate “foodie”. She knows the destructive power of food from her journey through a disordered eating addiction in her early life. In more recent years she has experienced the profound healing power of food through her journey of healing chronic autoimmune symptoms.

Patricia Scotte is a registered yoga teacher and Reiki Master.

Mary Seibert, BSN, RYT200 is a Certified Kripalu Yoga Teacher with a foundation in Iyengar. She is also a holistic nurse and Healing Touch Practitioner.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Laura Seligman, MS is a SoulCollage® facilitator, artist, and docent. She also volunteers at the UMi Museum of Art.

Holly Shay is a registered yoga teacher and is Reiki Level I certified.

SANDYA-Sandra Shears has been a Spiritual Channel, Healer, and Counselor since 1990 as guided by the Higher Communities of Light. As a Light Worker and Vibrational Practitioner, she specializes in activating other Practitioners, Light Workers, and World Servers.





Teachers, Lecturers, Workshop Leaders, and The Centers

Vijayalaxmi Shinde, a scholar of the ancient Indian art of Palmistry, can give accurate readings and guidance on all aspects of life. Using the art of Tarot Cards Divination, she can help to find subconsciously hidden answers to important concerns on one's life path.

Antonio Sieira, PhD is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner, and is the creator of the Mindfulness Meditation System.

Anneliese Sinnott, OP is a Dominican Sister of Adrian, MI. She recently retired as professor of systematic theology at Ecumenical Theological Seminary of Detroit.

Lynn Sipher, LMSW has provided psychotherapy since 1985 and mindfulness-based classes and workshops since 2006. She is a founding member of Ann Arbor Center for Mindfulness.

Lynlee Sky is a yoga teacher — the gallery is her yoga studio, and ceramic artist — the barn is where she and her husband do ceramics, mosaics, and sculptures like the blue giraffe and the tiger you can see on zone5art.com.

Southeast Michigan Astrologers' Research Round Table (SMARRT) is a local chapter of the National Council for Geocosmic Research (NCGR).

Matt Statman is the UMi Collegiate Recovery Program Manager.

Ema Stefanova, MA, E-RYT500, YACEP, Member IAYT is a yoga and meditation master as well as an experienced teacher trainer, healer, author, and therapist. She belongs to the Satyananda yoga lineage and has taught worldwide for over 30 years.

John Steinbauer is a clear-channel intuitive Reiki Master Teacher and Sound Healing Practitioner. John offers a large array of services, including his unique Sound Healing Therapy, Reiki Therapy, Distant Reiki, Intuitive Energy Cleansing, and Group Healing. He also teaches Reiki I, II, Master, and Teacher levels.

Steiner Health is a local medical nonprofit that has been operating in Ann Arbor for over 20 years making alternative and integrative medicine accessible and affordable.

Marsha Stroko, one of the innkeepers of Inn at the Rustic Gate, has a long history of studying and teaching in the field of consciousness and spirituality. She has focused her attention to second half of life issues and brings amazing focus and awareness to the transitions we make as we pass through the gates.

Jeremy Suttles, MSE, LMSW is a clinical Social Worker at UMi Hospital, Adult Inpatient Psychiatry.

Steven Sy is a senior instructor of Master Mantak Chia's system. He is certified in Qigong Meditation Basics, Tao Yin Qigong, Iron Shirt Qigong 1-2, Tai Chi Qigong 1-3, and Fusion of the Five Elements 1. Steven is the only instructor in the U.S. certified in Tai Chi Qigong beyond level 2.

Janene Ternes is a commissioned spiritual director and founder of Prayer in Motion, LLC. She has developed a variety of workshops that teach and inspire holistic forms of prayer to help others find and achieve their own inner connection with God.

The Threshold Choir honors the ancient tradition of women singing at the bedsides of people who are struggling, some with living, some with dying. When invited—and without charge—we visit in small groups, welcoming families and caregivers to join us in song or simply to be present.

Thrive! Wellness Center uses Nutrition Response Testing™ involving the body's reflexes to determine the underlying cause of illness.

Stephanie Tighe, MSW is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years of experience healing and leading workshops nationally and internationally. She has trained extensively with Sandra Ingerman.

Tiny Lions is a nonprofit center that has cats for adoption roaming the building. You can come in and sit with the cats while studying or come to events with the cats.

Jennifer Vanderwal is a Healing Facilitator, Reiki Master, Intuitive Spiritual Counselor, and Melody Crystal Healer Instructor. She has taught classes for over ten years.

Sajeev Visweswaran is a visual artist based in New Delhi and Ann Arbor. While he works in many media and styles, drawing always comes at the center of his work. Sajeev received his training from the College of Arts, New Delhi, where he received his BFA, before completing his MVA at M.S. University, Baroda.

Patricia Walter, OP, PhD a licentiate in theology from the Jesuit School of Theology in Berkeley and a doctorate in philosophical and systematic theology from the Graduate Theological Union. She also holds a doctorate in humane letters, honoris causa, from Barry University. Sister Patricia has taught at Siena Heights University, St. Mary Seminary in Cleveland, and Pontifical University of St. Thomas in Rome.

Joe Walters has over 20 years of experience practicing Chen style Tai Chi with Richard Miller.

Kashi Walters is the Co-Director at the nonprofit Kashi Nivas Shiva Meditation Center in Ann Arbor. She is an experienced hatha yoga, meditation, and self-inquiry instructor.

Sifu Joseph Wang is the Head SUN SHEN Tai-Chi Instructor and Senior Tai-Chi Students of Master Sang Kim. He has been teaching since 2005.

Lou Weir is a long time student of the Diamond Approach and a teacher-in-training. He is also a founding teacher of Insight Meditation Ann Arbor.

Conrad Welsing has an MA Communication is Arts and Science, a BS in Psychology, and is a Certified Advanced Facilitator.

Alia Wesala provides brief astrological consultation sessions to individuals, couples, and families.

Ben Wielechowski is the Education Director at Robin Hills Farm. For over seven years he has been a teacher specializing in college-level composition. He is a new father, writer, and adventure enthusiast.

Suzy Wienckowski is a Reiki Master and Massage Therapist with over 35 years of experience in healing arts. She teaches the traditional Usui System of Reiki Healing and is a member of the Reiki Alliance.

Eve Wilson is the creator and Director of the Healer Development Program and a full-time Healer Practitioner since 1986. She is a groundbreaking leader in healing and ascension who helps others access their gifts and realize their potential as healers.

Julie Wolcott, MA, CSW, LPC has practiced in the fields of counseling and psychotherapy for over 40 years. Besides being a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, she is also a Certified Transformational Breath Facilitator since 2004 and a Senior Trainer with the Transformational Breath Foundation since 2006.

John Wolff, Professor of Humanities, author, and priest, who in the Zen community is John Gendo Wolff, used to live in Ann Arbor, graduated from Huron High School, and attended freshman year at the UMi. Since then, he has obtained the degrees: B.A., Uni. Cincinnati; M.A., Uni. Colorado; M.F.A., UMT. He has also taken his family to live in China where he taught English and learned Chinese.

Women's Divorce Resource Center (WDRC) is an all-volunteer, nonprofit, educational organization. It offers workshops by experienced divorce professionals including Licensed Marriage and Family Therapists, Certified Divorce Financial planners, and Attorneys.

Master Wasentha Young is a Master of T'ai Chi and Qigong with over 48 years of experience. She has received formal instruction in different styles of meditation and massage therapy and has a master's degree in Transpersonal Studies.

Lama Kathy Wesley is a native of Columbus, Ohio, and has studied Tibetan Buddhism since 1977. She participated in a three-year retreat led by the Ven. Khenpo Karthar Rinpoche at the Karmé Ling Retreat Center in Delhi, NY. You can learn more about Kathy at lamakathy.net.

Rebecca Williams has been a Tarot card reader at Crazy Wisdom for over ten years. Her readings explore deeper soul movements in our lives. Through intuitive readings she assists individuals to use their own soul awareness and wisdom to promote positive change and instill harmony through all of life's complications.

Yoga Focus, an Iyengar Yoga studio, is celebrating 25 years as a yoga center. Teachers value their practice of yoga and the respect for their students.

Yoga Space consists of teachers certified in the Iyengar method with decades of experience. They excel at making yoga fun and accessible for everyone.

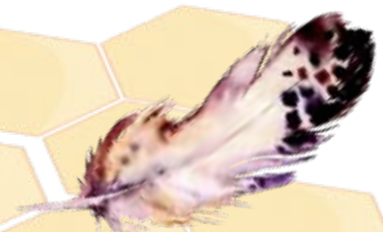
Ypsi-Arbor Childbirth Education was formed in 2017 by Ariana and Katy after they had been teaching childbirth education in a variety of ways throughout their work as doulas. They are dedicated to making your pregnancy and birth as empowered as possible, and easing the transition into parenthood by offering up-to-date, evidence-based information in a relaxed atmosphere.

Karlita Zarley, RN, CHTP has 36 years of experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 19 years as a professional healer and educator. She leads classes and retreats, and also provides energy work, spiritual direction, and consultations on essential oils and flower essences.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

Tina Zion, RNC, BA, CHt, RMT is a fourth-generation psychic who has been practicing and teaching holistic healing for over 30 years. She is known internationally for her books including *Become a Medical Intuitive: The Complete Developmental Guide* and *The Reiki Teacher's Manual*.

Celeste Zygmunt is a long time DSC community member who lives in Texas and facilitates the Deep Spring Center Sunday Online Meditation from Anywhere weekly.



Advertiser Directory

Alice Mixer.....	29	Judy Ramsey / Heart to Heart Animal Communication	28
Andrea Kennedy / Mainstream Reiki.....	31	Karlta Zarley.....	27
Andrea Weid.....	30	Kerrytown Book Festival.....	85
Angie Martell / Holistic Law.....	59	Kokopelli’s Korner	101
Ann Alvarez / Earth Light Healing Touch.....	28	Laura Jarvis / Kootsi Quilting	31
Ann Arbor Central Park Ballot Committee.....	3	Laura Seligman / Soul Collage	29
Ann Arbor Civic Theatre	19	Leslie Science & Nature Center	75
Ann Arbor Farmers Market.....	29	Libby Robinson / Ann Arbor Center for Mindfulness.....	55
Ann Arbor Holistic Health.....	29	Libby Robinson / Drop-in classes.....	91
Balance Point Fitness.....	97	Linda Bender / Tansitions LLC.....	30
Bgreen, Inc.	29	Narrative Dimensions / Living Well with Illness.....	50
Bio Energy Medical Center	12	Lou Weir / Diamond Approach	31
Bloom City Club Medical Cannabis	2	Lynda Gronlund / PKSA Karate.....	81
BVI Ayurvedic School of Medicine	28	Malcolm Sickels / Ann Arbor Thermography.....	47
Callan Loo / Intentional Legacies	23	Melisa Schuster	28
Cam Voza / EMDR	31	Michigan Collaborative for Mindfulness in Education.....	111
Cardamom.....	43	Monica Turenne / Four Paws.....	5
Caroline Charlesworth.....	28	Mystery School of the Temple Arts / Leslie Blackburn	31
Castle Remedies	102	Nanci Rose Gerler	30
Ch�rie Ann McMullen.....	29	Naturopathic School of Ann Arbor	55
Cindy Klement	27	NITE - Naturopathic Institute.....	1
Collected Works.....	19	Paula Kirsch	30
Cynthia Conklin / Eastern Sun Shiatsu	31	Paulette Grotrian / Ann Arbor Center for Mindfulness	59
Dancers Edge	116	Peaceful Dragon School.....	24
Deep Spring Center.....	103	Pegasus Spa & Leisure Products	12
Denise Held / A2 Reflexology.....	28	People Dancing.....	79
Diana Burney / Mind’s Gate / Earth Release	29	People’s Food Co-op	Back Cover
Diana Burney / Mind’s Gate / Virtual Gastric Band	47	Poetry Series at Crazy Wisdom.....	111
Diana Quinn Inlak’ech ND	31	Peter Van Eck / Slingshot Man.....	35
Dr. Raymond Kong / Acupuncturist	28	Prechter Program	93
Ellen Porter.....	28	Rasa Festival	50
Enlightened Soul Center	55	Raymond James/Douglas Gross Financial Planning.....	5
Enlightened Soul Expo	82	Reinaldo Couto	24
Eve Avrin.....	30	Ronora Lodge.....	33
Eve Avrin.....	91	Roos Roast	43
Eve Wilson / Bridge to Wholeness.....	31	Roseanne Emanuele/Acupuncturist	28
Eve Wilson / Bridge to Wholeness.....	95	Rudolf Steiner School	Interior Front Cover
Evenstar’s Chalice.....	111	Salon at Crazy Wisdom	47
Fairy Tea at Crazy Wisdom.....	77	Schoolcraft College Massage Therapy Program.....	65
Farm on Jennings	39	Seth Kopald / Exploration Services LLC.....	23
Glenda Haskell	29	Sri Chinmoy Meditation Centre.....	30
Grace Helms Kotre / Power to Be Mindfulness	30	Stephen Rassi / Chrysalis Facilitation and Counseling.....	30
Grass Lake Sanctuary.....	12	Su Hansen.....	97
Henry Buchtel.....	28	Susan Rose DO.....	24
Inn at the Rustic Gate	107	Suzy Wienckowski.....	31
Integrative Holistic Medical Center / Dr. Ann Hughes	113	Thrive Wellness Center.....	29
Interfaith Center for Spiritual Growth	23	Vickie Gaynor / Rashmi Meditation.....	30
Intuitve Readers at Crazy Wisdom.....	89	Vickie Gaynor / Rashmi Meditation.....	101
Jewel Heart.....	24	Vosenna	85
Joni Strickfaden Photography	106	Yoga Space / Sue Salaniuk	91

Expand Your Business Horizons!

Join our family of satisfied advertisers ...



*Advertise in The Crazy Wisdom Community Journal
and reach over 25,000 loyal readers in
southeastern Michigan interested
in a healthy, holistic, and conscious lifestyle!*

“**My advertisement in the Crazy Wisdom Journal brings me a lot of business.** People come in saying they saw my ad in the Journal. Generally, I have found that word of mouth is the best way to build business, but **advertising in Crazy Wisdom Journal has really paid for itself. I love you guys!!**”

— Cathy Boaz, Owner,
Kokopelli’s Korner, Howell, MI

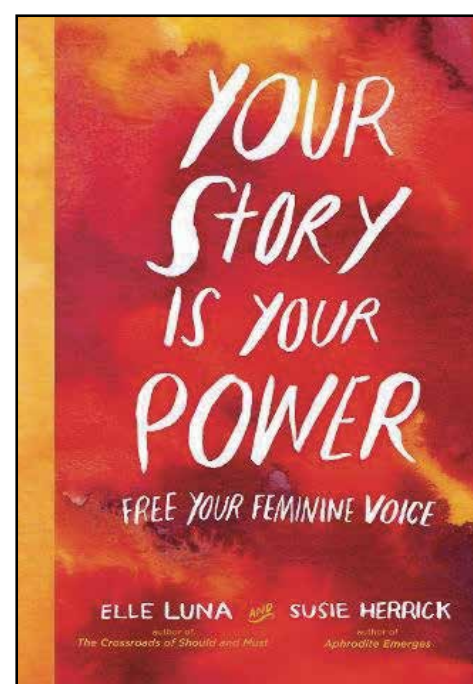
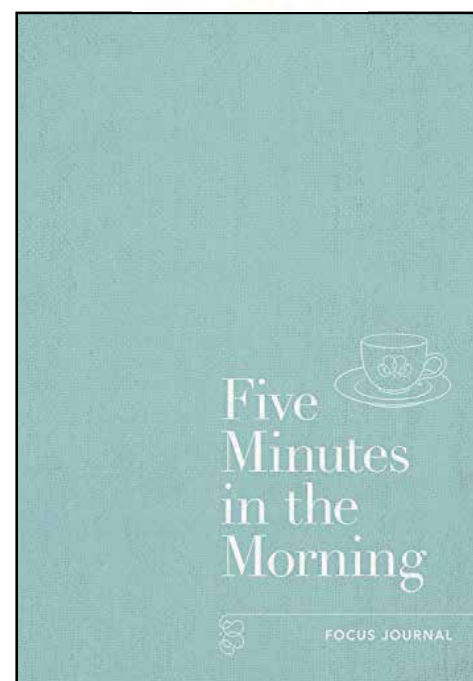
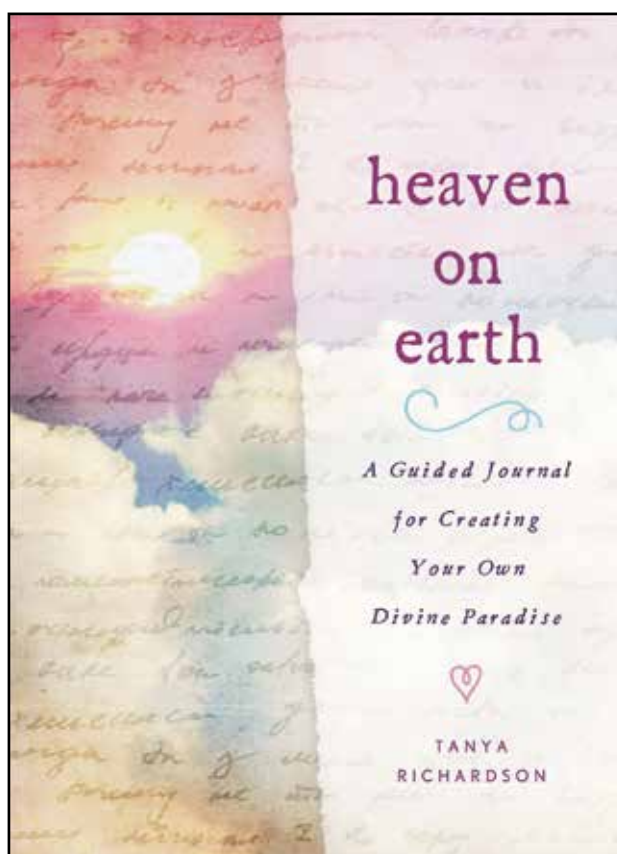
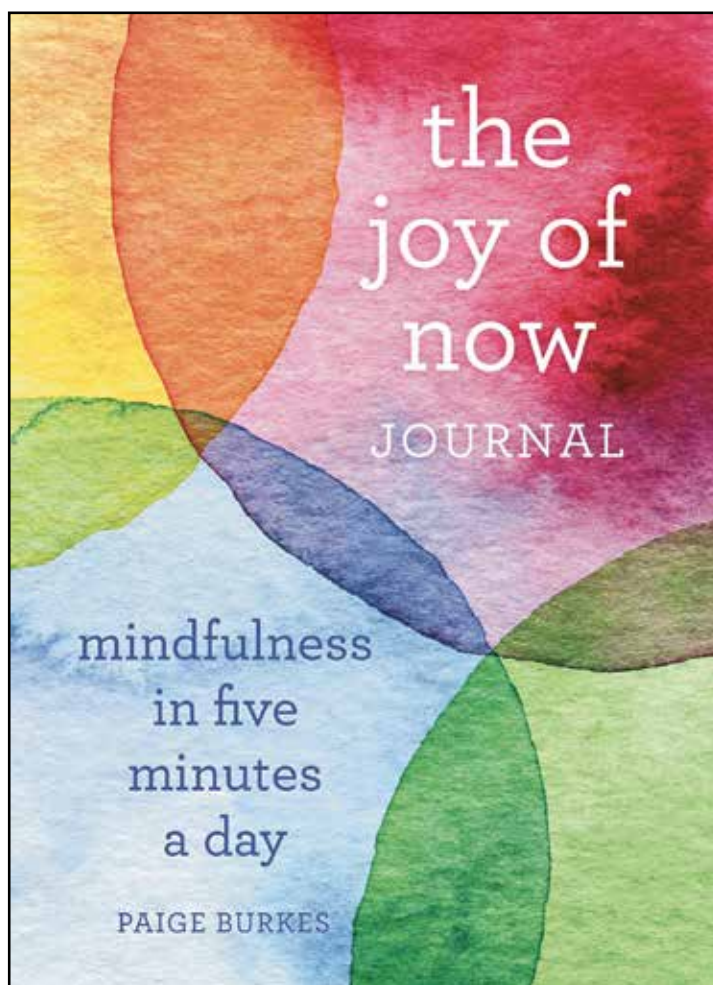
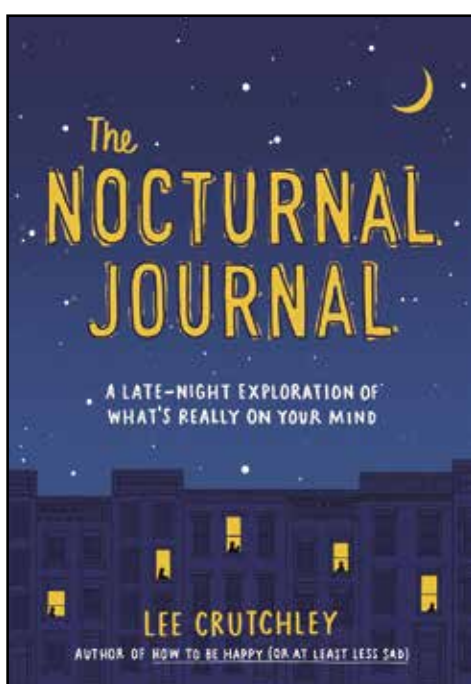
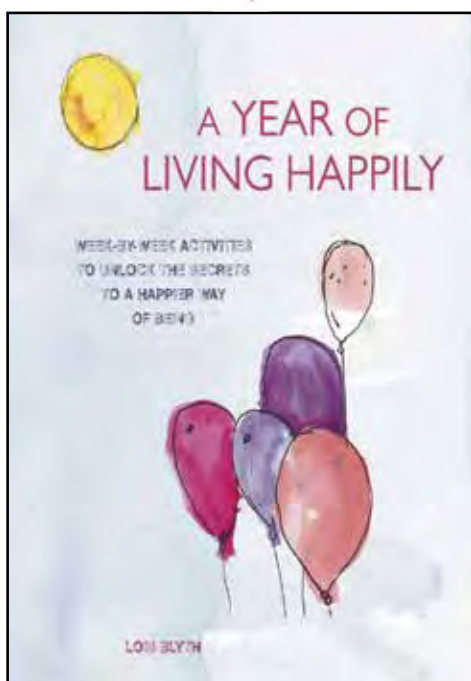
“Being an advertiser in The Crazy Wisdom Community Journal is **a wonderful and unique opportunity to be a part of the Ann Arbor Holistic Community.**”

— Patty Hart,
Every Body Happy Yoga

Contact our AD rep. Rory Russell at rory@crazywisdom.net.
You may also call Rory at 808-285-0498



Guided Journaling at CRAZY WISDOM BOOKSTORE



“Documenting little details of your everyday life becomes a celebration of who you are”
- Carolyn V. Hamilton

114 S. MAIN ST., ANN ARBOR • 734.665.2757 • crazywisdom.net • shopcrazywisdom.com
We will happily Special Order any book for you from over 2 million books available to us



Everyone is **WELCOME**

A Community Owned Downtown Grocery Store.

By shopping here you help:

- » Build a **STRONGER COMMUNITY**
- » Create a **ROBUST LOCAL ECONOMY**
- » Grow a **HEALTHIER ENVIRONMENT**

Café
VERDE
FAIR TRADE COFFEE BAR



**PEOPLE'S
FOOD CO-OP**
NATURAL FOODS GROCERY STORE & BAKERY

216 N. FOURTH AVE.
ANN ARBOR, MICHIGAN
PHONE (734) 994 - 9174
PEOPLESFOOD.COOP

