

THE CRAZY WISDOM COMMUNITY JOURNAL

ANN ARBOR'S HOLISTIC MAGAZINE

FREE

JANUARY THROUGH APRIL 2014

Issue 56

People Dancing – Connecting Hearts Through the Arts



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Ann Arbor's Interfaith Center for Spiritual Growth

A Visit with Dr. Elizabeth Shadigian and WomanSafeHealth

Ari Weinzweig on Journaling • Swaying in the Sangha of Trees • David Lawson on Meditation
• Therapeutic Horseback Riding • Yoga for Mamas • Remembering Karl Pohrt • Art Therapy •
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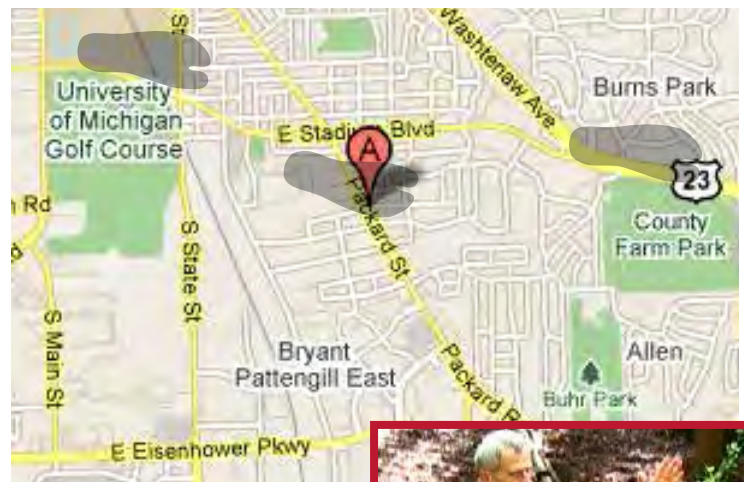


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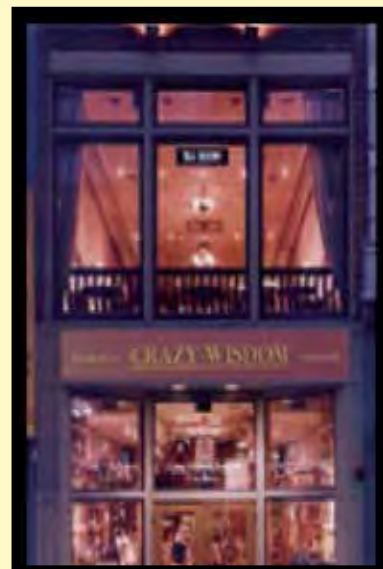
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Ann Arbor's Holistic Magazine

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The deadline for **free calendar submissions** for the May thru August 2014 issue is **Monday, March 17**, and the deadline for **paid advertising** is **Tuesday, April 1**. The issue will be distributed starting in the last week of April. 10,500 copies of The Crazy Wisdom Community Journal are printed, and they are available at our bookstore as well as at more than 225 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: www.crazywisdomjournal.com. Crazy Wisdom Bookstore's web address is: www.crazywisdom.net.



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And, starting February 1st, blogs from these guest writers in our current issue: Brian O'Donnell on Navigating Health Challenges, Richard Gull on Esalen at 50, Ari Weinzweig on Journaling, Monica Turenne on In-Home Hospice for Pets, David Bell on Interfaith Spirituality, Sibel Ozer on Art Therapy, Lenny Bass on Listening to Trees, Gary Merel on Carbs and Grains, Roshani Adhikary on Yoga, and more. . . .

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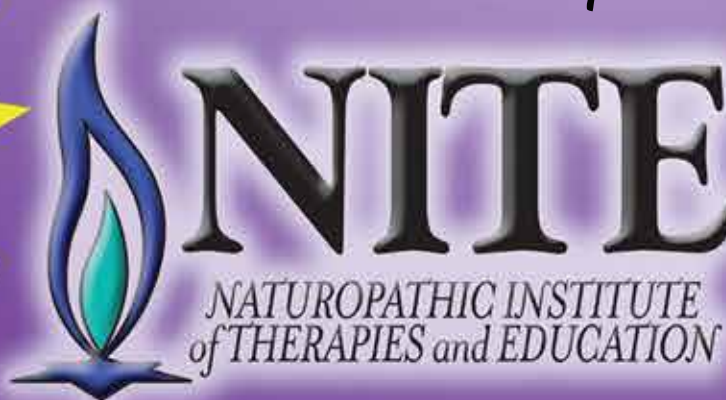
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Threading the Eye of the Needle ~ Navigating Through the World of Conventional and Alternative Medicine



By Brian O'Donnell



In the past four years, I've had two serious medical crises that required a choice of how to treat these conditions — using conventional medical treatments or alternative approaches, or some combination of both. It goes without saying that to make life altering choices when you are deeply thrown is difficult. One's usual capacities are shaken and at times unavailable. Yet oddly, in just such a time, new capacities and resources can be revealed. The usual structures of thought and feeling can be more porous and fresh possibilities can enter.

Regular exercise, good nutrition, spiritual practice, and a healthy balance of work and rest did not make me immune to this occurrence.

The first diagnosis, which I received about four years ago, was prostate cancer. This was determined not only by a blood test but also through a biopsy of the organ. I was completely surprised, as I was relatively young for such a diagnosis (56). I also prided myself on living a healthy lifestyle. Regular exercise, good nutrition, spiritual practice, and a healthy balance of work and rest did not make me immune to this occurrence.

My urologist strongly recommended a radical prostatectomy. This is the surgical removal of the prostate; major surgery that can have very challenging side effects, including incontinence and impotence. I made it a part-time job to explore the literature on the disease and treatment options. I also decided to get other opinions. All told, I consulted five different medical specialists to ascertain my options.

I visited a well-known specialist in treating this condition without surgery. He recommended radiation, which basically destroys the prostate without the vagaries of surgery. Yet this method also has its own possible deleterious side effects. I visited the doctor at the University of Michigan who is most recognized in the approach of "watchful waiting," which is the idea of not intervening surgically or radiologically, but to keep a close eye on the cancer, as it may be slow growing and not need any treatment. Even he recommended surgery or radiation, as I was so young and would tolerate the treatment better and the cancer could possibly be more aggressive.

This perspective was compelling to me, as he was the expert in this option of watchful waiting or active surveillance. I decided to go ahead with conventional treatment and chose radiation. I was configured for the procedure, an experience very similar to the procedure itself, which was scheduled in one month's time. I was ready and set to follow this protocol.

I learned to listen and respect my guidance. I went to whomever the guidance directed, no matter how outside my paradigm, and I declined whomever my guidance directed, no matter how highly recommended.

At the same time, I was exploring alternative methodologies. I prayed to be guided to whoever might be able to help me. I saw a number of well-regarded energy healers; intensified my nutritional regimen; increased my psychotherapy sessions; and had a Native American medicine pipe healing ceremony. A number of other practitioners were recommended to me, but in meditation I didn't feel a resonance. I learned to listen and respect my guidance. I went to whomever the guidance directed, no matter how outside my paradigm, and I declined whomever my guidance directed, no matter how highly recommended.

A significant and profound realization came to me in the midst of the Native American healing ceremony. It was augmented in my psychotherapy. I could surrender to whatever was being asked, even if that meant my death. I saw that healing does not have a particular outcome and may not mean a "cure." I understood that the desire for a cure can be an egoic impulse to remove a symptom so as to feel better, which is certainly understandable, yet quite different than a healing. A healing is a deep surrender to what is; an opening and inquiry into what may be out of balance and the willingness to pay the price to re-establish this balance no matter how uncomfortable. I came face to face with my fear of dying. I embraced it in such a way that it didn't have control over me in that moment of my journey. I was released from my decision being shaped by fear. I didn't want to die; in fact, the crisis activated strong impulses to live more fully. Yet, if this was what was being asked, I could yield.

I saw that healing does not have a particular outcome and may not mean a "cure."

A background to this exploration was the fact that my brother also had prostate cancer. He'd had surgery and it did not abate the cancer. He was slowly slipping away. So the reality of this disease and its toll was never far from my awareness.

One morning in the few weeks before my radiation and shortly after the healing ceremony, I had a meditation that clearly indicated something had shifted and that I should get another blood test and reconsider my treatment. I questioned this, as it seemed so predictable for someone in my situation to deny and avoid the upcoming trauma and discomfort. I was hesitant to ask my urologist for another blood test because he might also suspect my motives. To his credit, he listened and agreed.

The blood test came back dramatically different. The blood values were now in the low normal range. The urologist was surprised.

I called and canceled my radiation. The radiologist was taken aback and said I was making a big mistake — "You will be back in a year, only worse off!" This was challenging to hear; yet I felt the rightness of my decision. It wasn't made from fear. I was willing to undergo the treatment. I was willing to meet whatever might come my way. I was also willing to trust my own inner authority. This took some fortifying, as I had to contend with all these doctors urging me to pursue conventional notions of treatment. (In the past few years since my diagnosis, medical opinion is evolving around the recommendations of testing and treatment for prostate cancer.)

...I had a meditation that clearly indicated something had shifted and that I should get another blood test and reconsider my treatment.... The blood test came back dramatically different. The blood values were now in the low normal range. The urologist was surprised.

It has now been four years and my tests numbers have bounded around some yet remained in the normal range. I'm aware that these numbers may change again. If so, I'm open to considering conventional treatment. This may be exactly the healing agent that I require.

In the fall of 2011, another medical challenge occurred. I had sharp stabbing pains in my gut that led to a diagnosis of diverticulitis. A C.T. scan confirmed this. Once again the resounding chorus of conventional opinion was to have surgery to remove the diseased sigmoid colon, which is about 18 inches long and no small matter. This had been my fourth attack in the last year. The conventional recommendation is to remove the sigmoid after two severe bouts.

The science of this disease seemed to me more established than that of the prostate. There were not competing medical specialists vying for their prescribed methods, as there were with prostate treatment, so I didn't seek a second medical opinion. Also the pain was quite palpable, unlike with prostate cancer, where there are no symptoms.

I felt so grateful, as this was the only practitioner, alternative or conventional, to admit a bias and to look beyond it.

Yet, I also wanted to check in with alternative treatments. I made the rounds again of energy healers and alternative practitioners. Some were convinced I could use herbs or healing to treat this condition. Some were neutral. One told me during the consultation that any surgical invasion of the body was counter productive

— only a few minutes later catching herself and admitting this was her bias. She asked inside herself again and came back and said that surgery might be helpful. I felt so grateful, as this was the only practitioner, alternative or conventional, to admit a bias and to look beyond it.

Another alternative practitioner told me in a detached manner that he detected liver cancer while scanning me. I had mentioned that the C.T. scan had revealed lesions on my liver. He suggested that I not go for a scheduled M.R.I. to further discern the nature of these lesions; instead I should do more treatments with him. "The M.R.I. will only confirm the cancer and they will urge you to treat it medically when I can treat it this alternative way."

I learned that disease can be a doorway to awaken inner authority. It can also lead to submission to the egoic forces of fear and the need for certainty.

I was completely undone with his diagnosis and his clinical manner of delivering such devastating news. I spent several days believing I was going to die.

Again I was called to my inner authority. When I quieted myself enough to listen to my inner voice, I decided to go ahead with the M.R.I. It revealed, after painstaking days of waiting and numerous missed calls from the lab, that the lesions were benign cysts and needed no treatment.

I chose the sigmoid surgery. I had a skillful and compassionate surgeon. The surgery was strong medicine indeed. One year has passed and there are scant traces left of this treatment. I had it done robotically, and so the scars are almost invisible. I am in better shape than I have been in years, as I was suffering with a diseased bowel and didn't know it.

What did I learn from these medical challenges? I learned that both conventional and alternative methods have their place. Each practitioner, with his or her particular worldview, can be both helpful and blinded by strengths and prejudices. This commitment to their structure of understanding can allow for depth of learning and practice, yet it can obscure other equally valid yet unknown perspectives.

If I could accept something beyond my preference, I could more faithfully trust what the deeper intelligence was revealing.

I learned that disease can be a doorway to awaken inner authority. It can also lead to submission to the egoic forces of fear and the need for certainty.

When we feel shaken and unsure the temptation is to turn ourselves over to the "experts." The true expert lives within us and can guide us uniquely in every situation and decision. The essential point for me was to turn within and trust my own inner "doctor." Of course, this can be easily misunderstood and misused to rationalize a fear-based decision. The price to pay for trusting this inner knowing is that I had to open to any course of treatment, alternative or conventional, before I could truly hear what my guidance was leading me to. If I could accept something beyond my preference, I could more faithfully trust what the deeper intelligence was revealing. If I could relax my grasping and aversion, which is no easy task, especially when it is life and death, I could open to the medicine of the soul.

Brian O'Donnell, Ph.D., is a psychotherapist in private practice in Ann Arbor. He also teaches the Pathwork, a contemporary spiritual course of self development. (He was interviewed about his work in the January thru April 1997 issue of the Crazy Wisdom Community Journal, available at our crazywisdomjournal.com website.) He can be reached at Bodpath@aol.com.

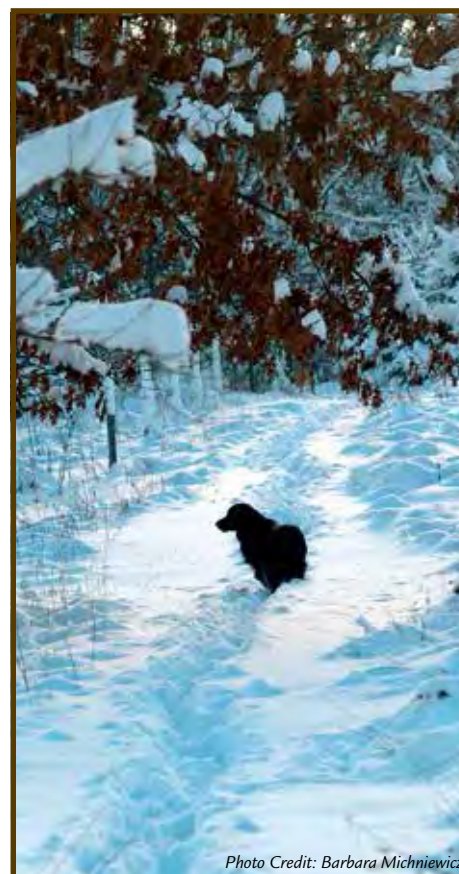


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A CONVERSATION WITH ARI WEINZWEIG ABOUT JOURNALING

By Deborah Bayer
Photos by Joni Strickfaden

On a beautiful October morning, I sat outside at a picnic table at the well-loved Deli on Detroit Street and talked to Ari, co-founder and CEO of Zingerman's. One of Ari's friends, three-year-old Eli, joined the conversation periodically as he explored the recycle bins and reported his findings to us.

Deborah Bayer: Readers who know your writing from Zingerman's newsletter and your books about food and business might be surprised by your new title: *A Lapsed Anarchist's Approach to Managing Ourselves*, the third book in your Zingerman's Guide to Good Leading series.

Ari Weinzweig: People are frequently surprised about what we do at Zingerman's. One of the biggest reasons why we're still here today and doing interesting things is because we work so hard at learning how to manage ourselves better. If you have to pick one thing, it's probably the most important because if we don't do that, the rest of it is unstable.

Deborah Bayer: So, it's foundational.

Ari Weinzweig: Yes, totally. If your vision is to have a rewarding, productive, and positive life, as it is for us as individuals and also for us as an organization, it requires self-awareness, reflection, learning how to breathe. Everybody here is part of what we do, and we have 600 people.

DB: A key part of your personal growth over the years has been journaling. I sense that it's a contemplative practice for you. You say, "For the cost of a pad of paper and a pen, it's perhaps the best investment I've ever made."

AW: I just did it this morning. I almost never miss. I started journaling at a time when I was struggling personally, and someone suggested I do it to get my act together, and it was hugely helpful. In the beginning, it allowed me to get stuff out of my brain and get past the rumination. In one's head, it's very easy to repeat the same worry over and over again. Journaling put an end to that. It pushed me past the initial blocking thoughts, which aren't helpful, to get into other things. It helped me to learn about self-talk. I learned how much difference it makes to be respectful of one's self. If you aren't mindful of your internal dialogue, and you are raised, as most people are, to be fairly self-critical and not respectful of yourself internally, then it's manifested in doing the opposite in the external world by over-compensating. If I would say something harsh, it was on paper, and I could catch it. The words "can't," "have to," and "should" are so limiting to our self-liberation. When they would come out on paper, it was easier to capture it. Now a lot of that has passed, but the regimen of journaling is really helpful because it helps get my mind cleared and centered for the day. Even if there are no brilliant thoughts that come out, it's still a really grounding exercise.

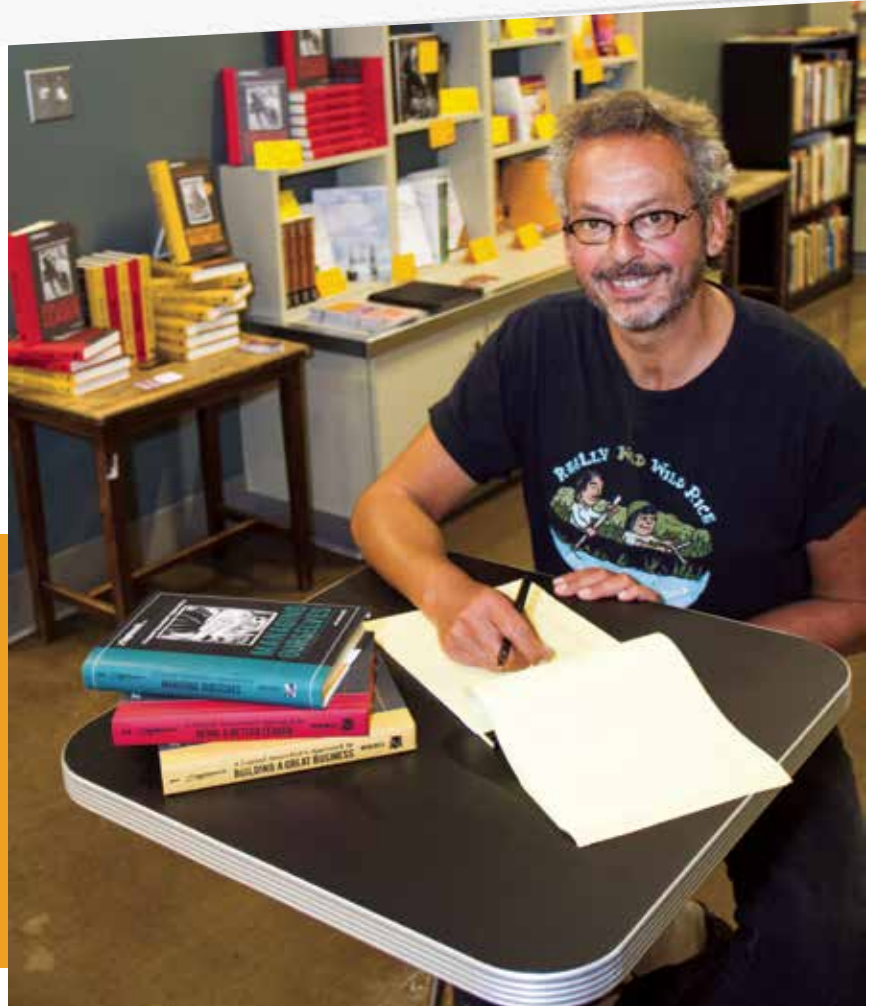
"I'm probably getting close to 10,000 hours of journaling over the past 25 years."

DB: Some people love the idea of journaling but struggle with the commitment. What are your thoughts about this?

AW: It's not just journaling that people start but don't stick with. When people take something on because they think they should do it, it's

externally focused and rarely works. My essay on free choice is about choosing to do something because you believe in it and want to do it. Then, it's a totally different thing. We use the visioning process at Zingerman's. There's an essay on personal visioning in the new book, and four others on visioning for organizations in Part I. If people write a descriptive, emotionally engaging vision about how their journaling will go, and they share that with a few key people in their life, then the odds of it happening are radically increased. Journaling is not a hard thing to do — it's much easier than, say, slicing smoked salmon. All

"In one's head, it's very easy to repeat the same worry over and over again. Journaling put an end to that."



you need is a pen and paper or a computer. There's the "ten thousand hours of practice" idea from Malcolm Gladwell from his book *Outliers* in which he says that it takes roughly ten thousand hours of practice to achieve mastery in a field. I'm probably getting close to 10,000 hours of journaling over the past 25 years. At first it felt silly and unnatural, but it becomes natural.

DB: I'm interested in the barriers we come up against even when we truly long to do something. How can we be patient during a period of resistance and have faith to proceed through the "I don't enjoy this" phase?

AW: Anything great takes a long time. It's hard to parse that in a world where people are trained to expect fairly quick, if not immediate, gratification. It's uncomfortable to embrace something new. All great things start with discomfort. If you don't have a vision and an understanding that it's going to take time, it's totally natural to want to bail. Running is a good metaphor for that. Early on, I decided when I run to end where I start. I almost always do that. For me, it created an internal regimen around getting through resistance. Part of running is you always want to stop, especially in the beginning. You learn that if you keep going, it will be good, like most things in life.

"People are frequently surprised about what we do at Zingerman's. One of the biggest reasons why we're still here today and doing interesting things is because we work so hard at learning how to manage ourselves better."

DB: Thank you, Ari.

As I stood to leave, Ari was smiling and handed me a business card — not his. The card, featuring a white unicorn, is one he had made for Eli's six-year-old sister, Maia. Look for her column "Hey Kids" in the Zingerman's newsletter.

An Excerpt from *A Lapsed Anarchist's Approach to Managing Ourselves*



Although I wasn't at all ready to hear it at first, I now resonate fully with what Ram Das (his real name was Richard Alpert) suggests: "There's a way of surfing the silence, the outside silence.... So why don't you join me, and surf right into the deepest space within you, which is silent awareness." I write down everything, from new ideas, to complaints I would never voice aloud about customers or coworkers (no, not about you!), to descriptions of the antique salt-and-pepper-shakers that are on display at the Roadhouse, or the great service work of someone new working the counter at the Bakehouse. Other times it's about the weather, the way the wind is blowing, or the music that's playing. It might be memories of my mother, frustrations over perceived failures, high hopes for a positive future. Sometimes it's just a long string of swear words. When I don't know what to write, sometimes I just run my mind through the exercise of noticing all the subtleties around me and inside my mind.

"When I don't know what to write, sometimes I just run my mind through the exercise of noticing all the subtleties around me and inside my mind."

The point of it all is to see how I'm feeling before I enter the fray that we leaders live in most of the time. Journaling can help reverse the negative flow — it's good for me to get the stress out of my head and into the world where I can work with it much more effectively. The process helps me keep any crabbiness that might have crept into my mind away from customers and coworkers where it can cause serious damage in a matter of seconds. To keep the momentum going in the right direction, I regularly push myself to find the positives when I write. I use journaling to *train* myself to think about things I haven't appreciated of late — people, products, purveyors, even posters and art work. Two or three minutes of musing on the good things all around me is pretty much guaranteed to get me in a better mood!



Fortunately I've never had to go long stretches without journaling the way I did with the running when I had the piriformis syndrome. But I know reflective writing works because on the odd day that I miss it, my mind is notably off kilter. It's so helpful to me that I will generally get up at an even earlier than early hour to do it if I know that time will be tight. Journaling each morning gives me a good runway to effectively take off for the day's work. If I'm feeling frustrated, it's good to know that beforehand so that I don't get overly reactive. If I'm feeling low energy, I have time to figure out how to rev myself up before I get too far into the day. It does pretty much the same thing for my management performance as stretching before I run does for my muscles. Loosens me up, reduces the tension, brings a bit more resilience, improves performance and reduces end of the day pain.

A Lapsed Anarchist's Approach to Managing Ourselves is available at Crazy Wisdom Bookstore.

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What's New in the Community

By Lynda Gronlund

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.

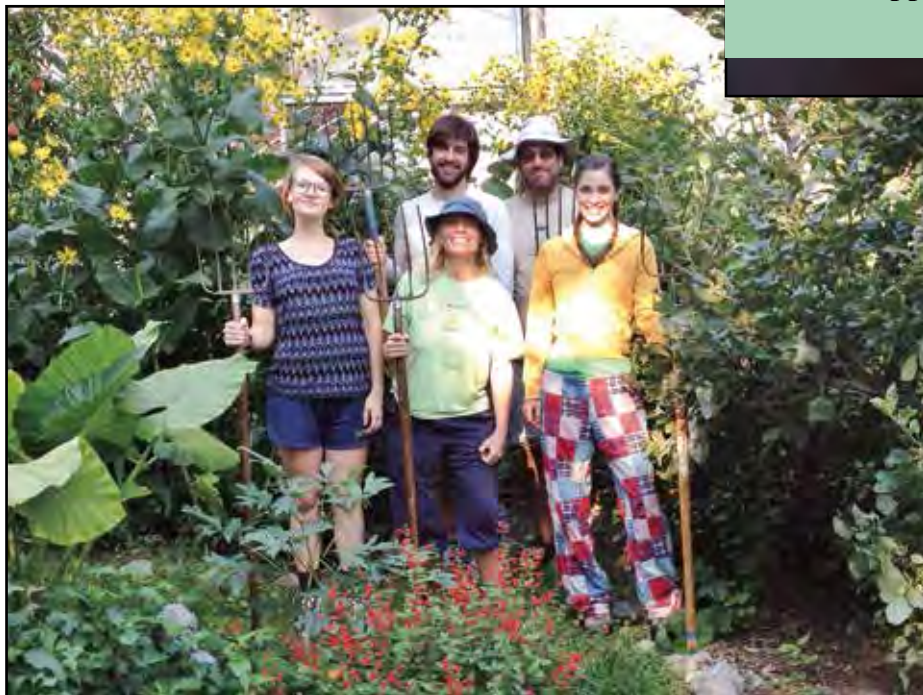
New Offerings by Established Businesses and Practitioners

Sibel Ozer and Barbara Tapley have teamed up to offer a new group therapy experience for women who are in different life transitions.

Sibel Ozer, L.P.C., ATR-BC, and Barbara Tapley, M.A., L.L.P., have teamed up to offer a new group therapy experience for women who are in different life transitions. The group will take place on Friday, January 24 and Friday, January 31 from 5:00 to 7:00 p.m. at the Ann Arbor Women Artists group space. Ozer says that she and Tapley are both psychotherapists with a similarly unusual background in sensorimotor psychotherapy and Gestalt psychology. The group will have a holistic focus, combining discussion, art therapy, and sensorimotor techniques to "access all aspects of experience: body, emotion, mind, and spirit." Ozer explains that the group will ideally have eight to ten members who are experiencing transitions such as marriage, divorce, new babies, job loss, and others.

Ann Arbor Women Artists is located at 4844 Jackson Road, Suite 100, Ann Arbor, Michigan 48103. For details, contact Sibel Ozer at (303) 905-1109 or email he-artspace@hotmail.com.

Nature and Nurture, L.L.C., is launching Nature and Nurture Seeds — a new aspect of its business that will specialize in organic, heirloom, locally grown, and Great Lakes regionally-adapted vegetable varieties. Erica Kempter, who co-owns the business with Mike Levine, says that she has spent the last five years intensively learning about seeds. Citing interest in the Slow Food movement, an international movement that seeks to preserve traditional foods and ways of preparing foods that are otherwise disappearing in our fast food culture, she explains that she has become passionate about producing seeds. She says that she would like Nature and Nurture Seeds to help serve as a catalyst for the Midwest to become a place where seeds are produced, explaining that currently most farmers and gardeners buy their seeds at a great expense from outside of the country. She says quality seed production is "becoming a lost art and knowledge."



Nature and Nurture, L.L.C., is launching Nature and Nurture Seeds — a new aspect of its business that will specialize in organic, heirloom, locally grown, and Great Lakes regionally-adapted vegetable varieties.



Photo by Joni Strickfaden

Molly Jarin, a long-time licensed physical therapist with a holistic approach to her work, has added a new concept to her practice: The Pocket Gym at Aprill Wellness Center.

Education will be a large part of Nature and Nurture Seeds. Online resources that contain information on where to start, what plants grow best for what types of garden, and recipes for using the different vegetables, will be available for both beginning and experienced gardeners. Kempter says she wants to encourage people to think outside the box when it comes to food, because there are many more varieties of edible plants than what are available in grocery stores and many more ways to prepare the vegetables than what is known and recognized in mainstream American culture. Nature and Nurture Seeds began processing seed orders in mid-December.

Nature and Nurture Seeds is online at www.natureandnurtureseeds.com. For more information, email info@natureandnurtureseeds.com or call (734) 929-0802.

Molly Jarin, a long-time licensed physical therapist with a holistic approach, has added a new concept to her practice: The Pocket Gym at Aprill Wellness Center. The Pocket Gym is Jarin's answer to a great need for exercise education. In part, the gym is what she calls a "physical therapy maintenance program" for folks who are done with physical therapy but would benefit from continued and additional exercise to help maintain their structural health. It is also a place for those who do not need physical therapy but do need to begin an exercise program to maintain and improve their health and aren't sure where to start.

Jarin teaches in a small group setting. Her goal is to help participants learn enough to feel confident in independently continuing their exercise plans. A client might sign up for 10 or 20 sessions, during which Jarin will help him or her learn how to set up exercise machines; establish good body form to prevent injury and improve strength; and learn how to slow down and listen to the body. Many people begin an exercise program with fears about their body; Jarin helps them move through the fear to a

place of knowledge and empowerment. The emphasis is on overall wellbeing, and Jarin complements the exercise education with healthy food classes in the kitchen next to the Pocket Gym area, where, for example, she might teach a client how to make a healthy smoothie after a workout. She emphasizes that the gym is a supportive place, and the gym's kangaroo mascot symbolizes such an environment. Jarin says the kangaroo represents nurturing aspects with the marsupial's pouch, movement into the world with the powerful strength of the legs, and balance with the tail.

Jarin offers an initial screening for potential clients. She evaluates any need for physical therapy and performs gait screenings, which help identify joint injuries. Depending on individual needs, a client may then become a physical therapy patient or might sign up for Pocket Gym instruction. Once the client feels confident in his or her exercise program, he or she may come back for "tune-ups" occasionally and keep in touch with Jarin through phone and email when guidance is needed.

The Pocket Gym is located in the Aprill Wellness Center at 107 Aprill Drive, Suite 4, Ann Arbor, Michigan 48103. Molly Jarin can be reached by phone at (734) 222-7010. More information is available at www.letyourbodydothetalking.com.



The Yellow Barn Collective took over in September in order to preserve a much-loved "collective space for creativity and community building."

A team of local artists, musicians, and other creative folks called The Yellow Barn Collective is now running and organizing The Yellow Barn in downtown Ann Arbor, a longstanding community art and music venue, which was recently going to close. The Yellow Barn is located at 416 West Huron, just west of the railroad overpass and across Huron from the YMCA. After a change in ownership and threat of redevelopment into office space, the group took over in September in order to preserve a much-loved "collective space for creativity and community building" and to provide a thriving Community Supported Culture (CSC) art space. Since September, the Barn has hosted over 130 shows and will continue to offer a space for music, art, spoken word, and other creative and community-building endeavors. Alexander Weinstein, a coordinator, says that the space is available to teachers looking for an affordable place to hold classes. Current class offerings include yoga and other movement practices, whole food nutrition, and visual arts. The space hosts community jams and potlucks and is also available to local musicians looking for a place to offer concerts and writers wanting to hold fiction or poetry readings. The Barn has room for about 150 people.

Tickets are sold for individual events, but frequent visitors can purchase a "Yellow Card" on a sliding scale from \$200 to \$500 for a year-long supporting membership. Card holders receive free admittance into concerts and performances, half-price classes, and 50 percent off space reservation for classes and events. Work/trade discounts are offered to make the Yellow Card available to those experiencing economic hardships.

Events and information about the Yellow Barn are online at www.ouryellowbarn.com, and questions can be directed to theyellowbarn@gmail.com.

After a breast cancer diagnosis in 2012, local holistic practitioner Mariah Newborne became certified as a health and wellness coach and is now offering coaching for breast cancer support and recovery.

After a breast cancer diagnosis in 2012, local holistic practitioner Mariah Newborne became certified as a health and wellness coach and is now offering coaching for breast cancer support and recovery. Drawing from her own experience of treating cancer holistically, she provides education and guidance in detoxification, nutrition, and juicing, as well as energy therapy (Newborne is a Reiki Master). She explains that her coaching is designed for the layperson, and is meant to be something one can

Continued on page 14

PROGRESSIVE THOUGHT FIELD THERAPY (PTFT) WITH KEVIN LAYE 3-DAY INTENSIVE TRAINING AND CERTIFICATION

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For more information please visit: KevinLayeUSA.com or Havening.org or call 734-417-3884

What's New in the Community

Continued from page 13

live with and relax into, instead of something extreme, as with strict special diets and detoxification methods. She says that as she began her own effort in treating cancer, she realized that “the emotional and spiritual work was more powerful than the food.” While Newborne chose a non-medical route in her own treatment, she will work with anyone, including those looking to supplement a medical treatment plan with a holistic one.

Newborne will offer a class called Self-Care Healing Kit for the Breast and Ovarian Cancer Survivor on Saturday, April 5 from 1:00 to 6:00 p.m. She will share her own story with participants and offer instruction in a variety of self-care and health and wellness techniques.

On the last Fridays of January, February, and March from 7:00 to 9:00 p.m., she will host the Inspire Healing Film Festival, a series of screenings featuring different films about people who have cured themselves of cancer. Both the screenings and the class will be held at the Aprill Wellness center, where Newborne has her practice.

She is also working on a one-woman show called *Tumor Humors*, which will combine storytelling, humor, and music to share her wisdom on the experience of cancer. Details will be available on Newborne’s website as they are decided.

Newborne offers a free introductory coaching consultation. She can be reached by phone at (734) 657-4652. Her website is www.cancerholisticwellness.com, and her practice is located at the Aprill Wellness Center at 107 Aprill Drive, Suite 4, Ann Arbor, Michigan 48103.

Massage therapist Andrea Hill recently became certified in therapeutic breathwork after training with psychotherapist, writer, and field pioneer Jim Morningstar. She is now expanding her bodywork business to include private coaching sessions and a weekly group in breathwork techniques.

To reflect the expansion of services, Hill is transitioning her business name from Andrea Hill Therapeutic Massage to Body Poetry Therapies. She explains that she became interested in breathwork for herself seven years ago and that in the last year she decided to train with Morningstar in order to be able to bring the benefits to her clients. She says that she can combine breathwork with bodywork but that the coaching sessions focus on breathwork. One technique she described, circular breathing, is a fast breath with no pause between the inhalation and exhalation. “Circular breath increases life force in the body, bringing blockages to the forefront and offering an opportunity to release them physically, emotionally, and spiritually,” she explains. Since this type of breathing can be uncomfortable and seem strange at first, the breathwork coach helps the client get through the initial stage of discomfort until it begins to feel more natural. Hill brings a unique style to this approach, which includes toning (verbalization), affirmations, movement, and intuitive energy work.



Andrea Hill

Hill’s weekly group breathwork session meets on Sundays at 4:30 p.m. at the Aprill Wellness Center, in the Every Body Happy Yoga space. At \$15 per session, the group experience is less expensive than individual coaching and may be a good way for those curious about therapeutic breathwork to try it out. Hill says that one-on-one coaching is tailored specifically to the individual’s needs and can include simple stress reduction and body awareness techniques or a full circular breath session.

To reflect the expansion of services, Hill is transitioning her business name from Andrea Hill Therapeutic Massage to Body Poetry Therapies.

In addition to her new coaching and group offerings, Hill will also soon begin teaching as a local satellite instructor for Morningstar’s Therapeutic Breathwork organization.

More information is available on Hill’s website at www.andreahilltherapeuticmassage.com and on the Body Poetry Facebook page: www.facebook.com/ahillbodypoetry. Andrea Hill can be reached at (734) 255-8487 or ahillbodypoetry@gmail.com.

In the last year and a half, local holistic practitioner Christine Fodor has pursued and received certification in two new areas and has changed her business name to Renewal Clearing & Healing. She is now a certified ThetaHealer in basic and advanced DNA, and a certified facilitator in Access Consciousness: Access Bars, meaning she can provide this type of healing to her clients as well as provide practitioner certification.

In the last year and a half, local holistic practitioner Christine Fodor has pursued and received certification in two new areas and has changed her business name to Renewal Clearing & Healing.

Fodor has been a Reiki Master for many years and still provides Reiki healing when led to do so, but she has found what she called “incredible tangible results” with these two methods. ThetaHealing, she explains, is a technique that focuses on thought and prayer to clear patterns and create change on the four levels of core, gene, history, and soul. She says that ThetaHealing is best known for belief and feeling work, which empowers people to remove and replace negative emotions, feelings, and thoughts with positive, beneficial ones.

Similar in its clearing and releasing of old belief systems and thought patterns, Access Bars is a touch therapy that uses 32 points on the head. Fodor compares it to “defragging a computer” — releasing old information so people can create new belief and behavior patterns that will serve them better. “At worst,” she explains, “it feels like you’ve had a relaxing massage. At best, your whole life can change.” She says that outdated personal belief systems can create physical ailments and other negative consequences, and that through both ThetaHealing and Access Bars she has seen a number of people create great positive change in their lives and bodies.

Fodor offers individual clearings and healings using these techniques as well as readings, coaching, and phone sessions. She has begun offering a monthly meditation clearing and healing event in her home, where participants can enjoy a guided meditation with a group clearing and healing to help remove blocks to achieving their goals.

In addition to these changes, Fodor was recently asked to start an Ann Arbor chapter of the International Association of Holistic Providers (I.A.H.P.) and is looking for members who are certified in, and practicing, holistic modalities. The group will meet monthly for mutual support, and Fodor hopes to eventually host expos and events for the community once membership levels are high enough. More information about the organization is available at www.intlahproviders.com.

Renewal Clearing and Healing is online at www.accessclearing-thetahealing.com. Christine Fodor can be reached by email at info@accessclearing-thetahealing.com or by phone at (248) 444-7408.

Local musician Jesse Morgan has begun offering private lessons to students of all ages with a focus on helping them find and create their own music through composition and improvisation. Morgan founded Community Records, an organization that partnered with Ozone House and other youth-focused local charities to provide opportunities for young people to participate in music and the arts. In five years, the organization staged six concerts and helped over 2,000 youth write over 70 songs about their communities. The kids visited schools, community centers, homeless shelters, businesses, and other organizations to do their work.

Unfortunately, Community Records had to shut down in 2012 due to lack of funding. Morgan says he had to volunteer full time to keep the organization afloat, and that was unsustainable. Now, as a stay-at-home dad, Morgan finds teaching private lessons a rewarding and practical way to use his skills.

Local musician Jesse Morgan has begun offering private lessons to students of all ages with a focus on helping them find and create their own music through composition and improvisation.

Morgan described the setup for his lessons. There are three stations: piano, percussion, and recording. The piano station is traditional; students work on



Photo by Susan Kennard

their basic instrumental skills. The percussion station allows them to work on rhythm without worrying about melody, and includes a drum pad wired to sound like a professional drum set. The recording station allows students to record songs they are working on, so they can play back and self-correct. Morgan works with experienced and beginning students alike, and says he is most interested in working with people who want to learn to make their own music. He says, "I am the person I wish had been there to encourage me to make my own music when I was young — someone who works to understand what students have to say in their music and aids in the whole process, from initial idea to recorded and produced music."

Morgan plays with the local kids music band The Kerfuffles and is working on recording his own first album with help from Ann Arbor-based label Oddfellow Music.

Jesse Morgan can be reached at (734) 355-1501 or via email at jmorganlessons@gmail.com. He is offering potential students a free trial lesson. The Kerfuffles are online at www.thekerfuffles.com.

Upcoming Events



Intuitives Interactive, a local group led by Amy Garber, will host a Holistic/Psychic Fair on Saturday, March 22 at the Clarion Hotel and Conference Center on Jackson Avenue in Ann Arbor from 10:00 a.m. to 6:00 p.m. This will be the group's third fair. The first, held in June 2013 at the Body Mind Spirit Wellness Center, featured 10 practitioners and attracted 70 attendees, extending an extra hour at the last minute due to high demand for readings and

sessions. The second, held at the larger Pittsfield Grange Hall in October, hosted 20 practitioners and added 10 tables of metaphysical and holistic vendors as well as a food bar with pizza, snacks, and drinks. At 182 admissions, the number of attendees more than doubled. Of the second fair, Garber says, "There were reports of great things that occurred, healings and synchronicity. I received many comments at the fair and afterward about how great it was and how people missed having such an

event in the community." For this third fair, held at the still larger Clarion space, Garber says that there will be more practitioners and more vendors, and it will also incorporate lectures. Though the lectures are still in the planning stages, Garber says that one will feature gallery-style mediumship, in which a psychic medium will relay messages to attendees from departed friends and relatives; another will be a past-life regression session; and a third will be a presentation on trusting your intuition.

The fairs have hosted a wide variety of readers: a psychic sketch artist, astrologers, mediums, tarot readers, and aura photography and interpretation, as well as different energy healing modalities: Reiki, Pranic Breath, Quantum Healing, Access Consciousness Mini Bars, and more.

The fairs have hosted a wide variety of readers: a psychic sketch artist, astrologers, mediums, tarot readers, and aura photography and interpretation, as well as different energy healing modalities: Reiki, Pranic Breath, Quantum Healing, Access Consciousness Mini Bars, and more. Garber says that the group intends to host the fairs approximately once every four months, and that they have filled a gap created when prior psychic fairs in the area stopped running.

Intuitives Interactive is a group of intuitive types that meets twice monthly to socialize, offer support, exchange ideas, and present information on topics of metaphysical interest. The group is organized on Facebook and Meetup and has nearly 280 Meetup members. Garber says that bi-weekly meetings at the Deep Spring Meditation Center on Packard Road attract 30 to 45 people.

For more information on Intuitives Interactive and the March Holistic Fair, check the Meetup group at www.meetup.com/Intuitives-Interactive/ or the Facebook events page at www.facebook.com/events/550597834988714/, or email intuitivesinteractive@hotmail.com.

On April 7, 2014, Elevate will hold a one-day event for women of "Generation Y" (women in their 20's and 30's) at the Marriot in Ann Arbor. Elevate is a series of events for Generation-Y women that focuses on integrating personal and professional development, health and wellness, and philanthropy. Ann Arbor will kick off the series, and the Elevate event will also travel to New York City, Houston, San Francisco, Ashland (Oregon), Orlando, Evanston, and Birmingham, England. National and local speakers, wellness practitioners, and nonprofit organizations will gather to provide a day geared toward inspiring each participant to "ignite her next life step."

The series is the brainchild of Dr. Sharon Ufberg, an integrative doctor and chiropractor, writer, and activist, and her daughter Alexis Sclamberg, personal

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What's New in the Community

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Sharon Ufberg and her daughter, Alexis Scramberg

development writer and speaker. Scramberg explains that there are currently no similar events targeted to the Generation Y age group, and says, "My generation needs community, inspiration, and empowerment. We need to feel like we're not alone in this crazy time that is your 20's and 30's. We are drowning in data, but starved for wisdom."

Elevate speakers include bestselling authors, business leaders, doctors, nationally recognized career coaches, and other outstanding professionals. In addition to national speakers, the Elevate Ann Arbor lineup will include Sonya Jacobs, the director of faculty development for the University of Michigan Medical School; Celeste Davis, local social justice advocate; Amanda Kaufman, family physician at the University of Michigan; and others. Topics will span Elevate's "three pillars:" personal/professional development, health and wellness, and philanthropy. Event sponsors include Crazy Wisdom Bookstore, Plum Market, the University of Michigan, Ross Business School, Michigan Business Women as well as many national sponsors.

On April 7, 2014, Elevate will hold a one-day event for women of "Generation Y" (women in their 20's and 30's) at the Marriot in Ann Arbor... Elevate is a series of events for Generation-Y women that focuses on integrating personal and professional development, health and wellness, and philanthropy.

Cost for the event is \$150 per person, which includes lunch and a wine after-party. Scholarships are available; Ufberg says that the goal is for 20 percent of participants to be on scholarship. Interested individuals can inquire about receiving or sponsoring scholarships. Sponsorship is built into the price of packages for businesses sending employees for professional development.

More information is available online at <http://elevategeny.com/> and questions can be directed to Sharon Ufberg at sharon@elevategeny.com or Alexis Scramberg at alexis@elevategeny.com.

Local musician, songwriter, feminist and workshop leader Jeanne Mackey is bringing her longtime friend and author, Penny Rosenwasser, to Common Language Bookstore in Ann Arbor on Thursday, January 9 at 7:00 p.m. for a reading and book signing of Rosenwasser's new book. Rosenwasser is the author of three books. Her latest, *Hope into Practice: Jewish Women Choosing Justice Despite Our Fears* (published in September 2013) is based in Jewish ethical tradition and links personal healing with social justice work. It includes an "action-oriented reader's guide" for groups and individuals. In it, Rosenwasser explores the struggles of Jewish women with their Jewish identity, with the hope of inspiring a better future. Mackey explains that the book is about Jewish women in the



Penny Rosenwasser

Rosenwasser is the author of three books. Her latest, *Hope into Practice: Jewish Women Choosing Justice Despite Our Fears* (published in September 2013) is based in Jewish ethical tradition and links personal healing with social justice work.

United States (including those who identify as trans/gender-queer), but has value to everyone who has an interest in women's issues and cares about Jewish identity.

Mackey and Rosenwasser met in 1974 and paired as a musical duo singing feminist and social justice music. These days, Rosenwasser lives in the Bay Area while Mackey is in Ann Arbor, but the two have remained friends throughout the years.

The Common Language Bookstore is located in Kerrytown at 317 Braun Court, Ann Arbor, Michigan 48104. Questions can be directed to the store at (734) 663-0036. More information about Penny Rosenwasser and her books is online at www.pennyrosenwasser.com.

New Classes

Relationship coach and sexologist Annette Gates will offer a monthly series on "Natural Sexuality" at Crazy Wisdom from January through April 2014. Each event can stand alone, but the series will build on itself and participants who attend multiple events will be able to experiment with practice exercises at home between events, bring questions to subsequent events, and develop a deeper understanding of the information. The events will be held from 6:30 to 9:00 p.m. on January 9, February 13, March 13, and April 17. Each event will be recorded and live-broadcasted online so participants can attend in person, or they may watch and participate via chat from home. Recordings can also be downloaded afterward, so students can catch up on any missed events. Gates explains that couples and singles are welcome — self-lovemaking will be discussed — as well as students of any sexual or gender orientation.



In January, Gates will focus on "unraveling" love and sexuality: letting go of old beliefs about lovemaking, allowing questions to come up and re-educating people in order to create a new lovemaking experience.

Relationship coach and sexologist Annette Gates will offer a monthly series on natural sexuality at Crazy Wisdom from January through April 2014.

The February event will discuss self-connection and how it helps our connection to our partner, as well as self-soothing and somatic techniques to help participants feel more present in their bodies. As in the rest of the events, questions and experiences from the previous month's suggested practice exercises will be shared.

March will be focused on "planting the seeds of sexual intentionality." Sex can be a healing and spiritual practice, and sexual energy can be a powerful catalyst.

April goes "beyond the seed" and will explore manifesting and creating the relationship and sex life of your dreams.

Cost for the full series is \$160 per person or \$240 per couple. For single events, the cost is \$45 per person or \$65 per couple. A student discount is available.

More information about Annette Gates is available at www.naturalsexuality.com. For questions or to register for the series, call Annette at (248) 246-6221 or email her at agates@annettegates.com.

The Naturopathic School of the Healing Arts has teamed for the first time with the Ann Arbor Public Schools' Rec & Ed Department to bring several classes to the community beginning in January. Classes will be held at the Naturopathic School on Jackson Road and will include topics in herbalism, bodywork, and energy work. Class titles for the winter session are: Neck, Back, and Shoulder Massage; Foot Reflexology; Castor Oil Pack — a Healing Home Remedy; Three Herbal Home Remedies; Care for the Flu at Home; and Preparing the Body to Avoid Flu Season Through Prevention. Mary Light, director of the Naturopathic School, says that the classes will be a great way to invite the community to learn more about the healing arts.

The Naturopathic School of the Healing Arts has teamed for the first time with the Ann Arbor Public Schools' Rec & Ed Department to bring several classes to the community beginning in January.

For more information including class dates, times, and cost, see the Rec & Ed online catalogue at http://reced.aaps.k12.mi.us/reced.home/catalog__registration__form. The Naturopathic School of the Healing Arts can be found online at www.naturopathicschoolofannarbor.net.

Associates for Conscious Sexuality will offer a one-day workshop on “Sexuality at Mid-Life and Beyond” on Saturday, January 18 from 10:00 a.m. to 5:00 p.m. Experienced psychotherapists Michael Andes, L.M.S.W., and Nancy Warren, M.A., L.L.P., C.S.T., will lead the workshop, which they hope will attract around 10 participants. In a safe, supportive environment, the group will discuss how to continue to grow as sexual beings amidst the physical, mental, emotional, and spiritual changes of mid-life. Andes explains that our culture presents sex as two-dimensional — linked to our appearance and age. In reality, sexuality operates on a number of levels and continues to be a vehicle for health, pleasure, connection to our partners, and internal balance at any age.

Associates for Conscious Sexuality will offer a one-day workshop on “Sexuality at Mid-Life and Beyond” on Saturday, January 18 from 10:00 a.m. to 5:00 p.m. Experienced psychotherapists Michael Andes and Nancy Warren will lead the workshop.

The workshop will be held at Andes’ office near downtown Ann Arbor. The cost is \$95 per person or \$170 per couple, due at the time of registration. Group size is limited.

To register, call Michael Andes at (734) 662-5215 or mandes@comcast.net; or Nancy Warren at (734) 604-1225 or nanlwarren@yahoo.com.

New Practitioners and New Businesses

A diverse team of clinical therapists, yoga instructors, and massage and bodywork practitioners has come together to form the Integrative Empowerment Group, P.L.L.C. Located on Main Street in downtown Ann Arbor, the group offers individual counseling, couples and group therapy, yoga, massage, energy, and bodywork. Dr. Joy Mutinda, the group’s director and licensed psychologist, explains that she and the other practitioners had shared an interest in a one-stop healing and wellness area that would serve a diverse array of people, including people of color, LGBTQA people, the polyamorous and kink communities, and others who may be misunderstood, judged, or pathologized in some context.

Located on Main Street in downtown Ann Arbor, the group offers individual counseling, couples and group therapy, yoga, massage, energy, and bodywork.

The group comprises four clinical therapists, including Mutinda, and two massage, bodywork, and yoga practitioners who offer a variety of healing modalities. Mutinda says that she feels the group has created a place for people to feel safe, understood, accepted, and empowered. The group’s space opened in October and contains three counseling offices and a room for massage, energy work, Reiki, and other bodywork modalities. The clinical therapists are in-network providers on the Blue Cross Blue Shield PPO plan. Mutinda says that the group also works with individuals for whom cost is a problem to develop plans compatible with their budget. “I feel very humbled and honored to be able to do this healing work. I feel really grateful,” says Mutinda.

The Integrative Empowerment Group is located at 122 S. Main Street, Suite 200, Ann Arbor, Michigan 48104. They are online at www.integrativeempowerment.com and can be reached by phone at (734) 353-2151 or by email at integrativeempowerment@gmail.com.



Dr. Shannon Roznay

In June 2013, Dr. Shannon Roznay, D.C., opened Thrive! Wellness Center in Saline, offering chiropractic, nutrition response testing, massage, infrared sauna, and a selection of natural health and beauty products. Roznay has been in practice for eight years and teaches other healthcare professionals the technique of nutrition response testing. Nutrition response testing is a non-invasive method that uses the body’s reflexes to determine whether it is having trouble with toxins or food allergies

Continued on page 18

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What's New in the Community

Continued from page 17

and to assess the organ systems for deficiencies. The information gathered during this process allows Dr. Roznay to design an individualized clinical nutrition program that will help alleviate symptoms and improve health.

In June 2013, Dr. Shannon Roznay, D.C., opened Thrive! Wellness Center in Saline, offering chiropractic, nutrition response testing, massage, infrared sauna, and a selection of natural health and beauty products.

Roznay is passionate about educating the public on achieving better health. At the Center she regularly offers free lectures, such as "Win the Sugar War," "Stress and Fatigue," and "Detoxify in the New Year." Lecture dates, times, and topics are listed on the Thrive! website.

Thrive! Wellness Center is located at 6901 State Street, Suite D, Saline, Michigan 48176. The phone number is (734) 470-6766, and the website is www.thrive-wellness-center.com.

Registered Nurse and certified facial reflexologist Lora Armstrong opened Youthful Logic in downtown Tecumseh in June 2013. Youthful Logic is a spa and wellness center that offers several types of massage, including couples massage, reflexology, organic facials, and private parties with spa and wellness services. Armstrong says that the center will also begin offering appointments with naturopathic doctor Nia-Avelina Aguirre during part of the week. The center uses and sells organic and all-natural products whenever possible, in fitting with Armstrong's vision of "a space that offers a holistic experience to unwind, recharge, and escape." She calls Youthful Logic "a little oasis."

Registered Nurse and certified facial reflexologist Lora Armstrong opened Youthful Logic in downtown Tecumseh in June 2013.

Gift certificates are available. Youthful Logic has loyalty rewards and referral rewards programs for regular clients, and they are currently offering 20 percent off the first service for new clients.

Youthful Logic's website is www.youthfullogic.com and the business is on Facebook at www.facebook.com/youthfullogic. They may be reached by phone at (517)423-8385 or by email at youthfullogic@yahoo.com. To make an appointment with Nia-Avelina Aguirre, call (734) 883-7513.



Fadia Abdouni

Local healthcare professional Fadia Abdouni, who describes herself as a "natural born intuitive and medium," has begun teaching a course called *Creating Your Personal Power Field* and offering personal life coaching with an intuitive approach.

Local healthcare professional Fadia Abdouni, who describes herself as a "natural born intuitive and medium," has begun teaching a course called **Creating Your Personal Power Field** and offering personal life coaching with an intuitive approach. A native of Brazil, Abdouni came to the United States 20 years ago to pursue healthcare studies and a career in healthcare. She has studied metaphysics and spirituality since childhood, and recently felt led to begin helping others with her gifts and knowledge.

She teaches **Creating Your Personal Power Field** as a four-week course in person or in webinar format, or over a three-day weekend. Abdouni says that it is designed to help participants reconstruct and activate a self-contained energy sphere, which

allows the student to stabilize mental and emotional experienced while expanding clarity, focus, and awareness.

Abdouni says that the focus of her life coaching services is on increasing one's self-awareness, explaining that while most life coaching focuses only on desired tangible results (for example losing weight), her methods help her clients to better understand themselves and the underlying problems that lead to dissatisfaction and confusion. This results in a stronger sense of self, increased confidence, and the ability to maintain desired results instead of slipping into old, destructive patterns.

Abdouni will offer several free one-hour talks at the Crazy Wisdom Community Room beginning in January. Abdouni will discuss tools that participants can use immediately to help clear mental space, ground themselves, and "quiet down the noise" of worries and distractions. The talks will be offered from 7:00 to 8:30 p.m. on January 28, February 4 and 24, March 4 and 25, and April 22 and 29. She says that the talks are a good way for people who are curious about what she does to get an idea of how she can help.

Abdouni also offers a complementary consultation for potential life coaching clients, which includes a mini coaching session. She is fluent in Portuguese and Spanish, and conversational in French and Arabic, for those who do not speak English comfortably.

More information about Fadia Abdouni's classes is online at www.goldenliquidlight.com. Her life coaching website is at www.selfpowercoaching.com. She can be reached via email at goldenliquidlight88@gmail.com.

Reconsider is a new local company that assists small businesses, investors, government entities, foundations, and other organizations. It seeks to "build the ecosystem for a new economy" with a focus on creating wealth and sustainability in local communities. The company is a mission-driven organization and has a particular interest in working with social entrepreneurs — those who seek to impact their community positively through their business. Its newest service, launched in September 2013, is aimed at small businesses, providing a part-time contracted chief operations officer (C.O.O.) and a chief financial officer (C.F.O.) for businesses that may be as complicated as larger corporations but lack the resources to dedicate as much hands-on focused attention to their finances and operations as these positions would provide.

Reconsider is a mission-driven organization and has a particular interest in working with social entrepreneurs — those who seek to impact their community positively through their business.

These services go hand-in-hand with the company's Investment Readiness Assessment. Small businesses that need to raise capital from investors will need to understand what investors are looking for and be able to provide the information clearly with a business plan and other documents. Founder Angela Barbash explains that there are currently no resources for entrepreneurs in southeast Michigan to raise capital from investors (rather than the two other traditional options, which are often dead ends: banks or friends and family). Reconsider can help small businesses make themselves ready to raise capital by understanding and preparing themselves for the process. This in turn reduces the risk on the part of the investors, who may be more willing to invest locally when local businesses are well-prepared and educated. Reconsider aims to help allow capital to move more freely within communities, providing a more fertile local economy that will empower individuals and communities.

Reconsider launched in 2012 and is currently located in the SPARK business incubator at 215 West Michigan Avenue, Ypsilanti, Michigan 48197. More information is available at www.timetoreconsider.com. The company can be reached by phone at (734) 372-4057.

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*Please note that the "What's New" 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 column, please email communitynews@crazywisdom.net or drop off or mail to the store: **What's New in the Community**, 114 South Main, Ann Arbor, Michigan 48104. The firm deadline for submissions for the next issue (May thru August 2014) is March 1, 2014.*



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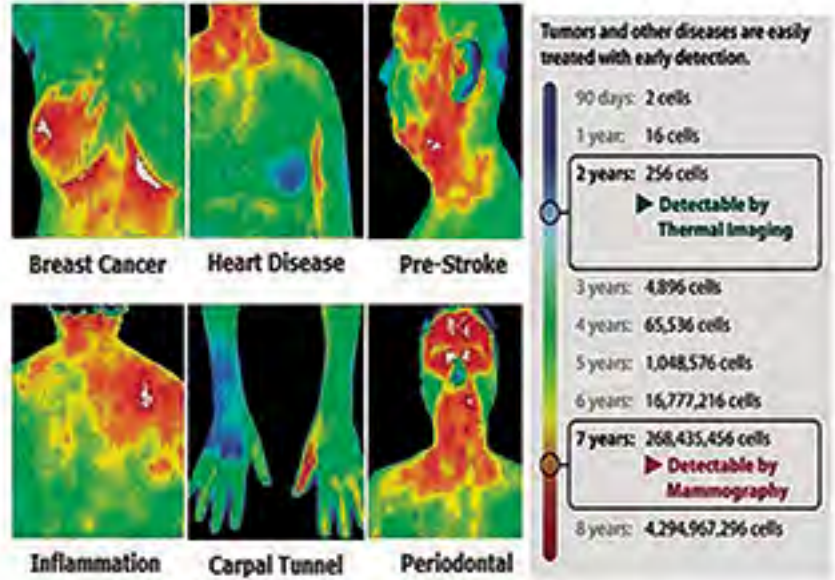


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Resources for Conscious Living



Namaste, Roshani!

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, you'll find a variety of tips from local yoga instructor, Roshani Adhikary.

Namaste, Roshani,

These winter blues get me every year! I don't feel like leaving my house to go and practice at a studio, so I've been following a lot of yoga DVDs. Lately, I find that my knees are really starting to kill. I don't have an instructor to turn to, so I'm wondering if maybe you can help.

Cheers,
Ray G.
Ann Arbor, MI

Dear Ray,
I know what you mean about the weather. It's easy to get down and out, but be proud of yourself for continuing a practice instead of staying in your bed with hot cocoa! I'm sorry to hear about your knees; often the cold will exacerbate joint problems. Chances are, yours might be an easy fix. Often times when people practice at home, they forget about alignment. Check your knees in poses like *utkatasana* (chair pose) or *virabhadrasana I & II* (warriors 1 & 2). Be mindful of hyperextension. Keep your legs bent at a 90-degree angle so that your knee is directly above your ankle. There are very few exceptions to this rule. (*Anjaneyasana*, or crescent moon lunge, is one pose where it's okay for your knee to go beyond your toes.)

If pain persists, purchase two tennis balls. Spend time massaging the outer areas of your knees. Strengthen your quadriceps and surrounding muscles to alleviate some overall discomfort. Find ways to modify your poses — if you are on all fours in cat/cow poses for a while, roll your mat under your knees to provide extra cushioning. Tailor your at-home practice for your idiosyncrasies!

Namaste, Roshani,

I commute 43 minutes to and from work every day. I have a job that requires me to sit for long hours in front of a computer. My lower back aches, and now my eyes are starting to hurt as well.

Please help!
Sandeep D.
Superior Township, MI

Dear Sandeep,
You are not alone. Fortunately, yoga can help! For your tired eyes at work, spend two minutes each hour away from your computer. First, look up. Then look right, left, and down. Lastly, look to the upper right corner and to the upper left corner of your eyes. Hold each gaze for approximately five breaths.

Carve out 20 minutes each day to help with your low-back concerns. Repeat the following sequence daily for 10 days, and you should notice a dramatic change immediately:

1. Lie on your back with both legs extended. Draw your right knee in to your right shoulder. Hug your knee. Hold it here for 10 full breaths. Switch sides, holding the left knee for another 10 breaths.
2. Bend your legs at the knees, place the soles of your feet firmly on the ground, shoulder-width apart. Place your palms adjacent to your hips. Engage your glutes and your core by pulling your belly button toward your spine. As you inhale, lift your pelvic area as high as you can. Hold it here for 5 breaths, working your way up each day until you can stay for 10 breaths. As you exhale, relax and release while coming back down, and melt your low back into the ground.
3. Draw both of your knees to your chest. Hug your knees and sway gently from side to side. This will offer your low-back a nice massage.
4. Repeat the first 3 steps for 10 minutes in the morning, and also 10 minutes in the evening.

Namaste, Roshani,

I have been practicing yoga pretty regularly for the past three and a half years. Now I'd like to teach yoga myself. I'm wondering if you have any suggestions for finding a good teacher's training program.

Thanks in advance,
Carly S.
Ann Arbor, MI

Dear Carly,
Congratulations on embarking on the yogic path for over three years now! There are many things to consider when you're thinking about becoming a teacher. First, decide whether you want to teach as a profession or a hobby. There is an important distinction between the two. If you are planning on teaching as a hobby for friends or family, you can easily find a teacher's training program in the area. If you are looking to work professionally, seek out a well-accredited training program that is registered with Yoga Alliance (YA), the largest nonprofit association representing yoga teachers, schools, and studios in the U.S. Ensure that the program meets the minimum training standards established by YA because most hiring studios and fitness facilities require you to have a certification. Many teacher training programs are led by instructors who hold no official certification, but have been practicing for a long time. Unfortunately, this will impact whether you get a paid job.

Also, seek out a program with an emphasis on a style you like. If your focus is on alignment, proper form, and the use of props, Iyengar yoga may be for you. For discipline and routine using only your body and breath, Ashtanga yoga might suit your needs. Power yoga and Vinyasa flow classes offer a more contemporary approach where anything from listening to pop music to drinking wine is acceptable. With many forms to choose from, narrow your options down to match your specialty. In the meantime, familiarize yourself with basic anatomy. Many students have injuries, so learn how certain poses can impact or benefit them. As you evolve your yoga practice, stay on the mat, and journal the changes you experience, so that later you can stay relatable to your newbie students.

Pose to try for low back pain



Roshani Adhikary is a certified yoga instructor teaching in the Ann Arbor/Saline area. Find her on Facebook at www.facebook.com/Yogini.Roshani and send her your queries! Her email address is roshani734@gmail.com.



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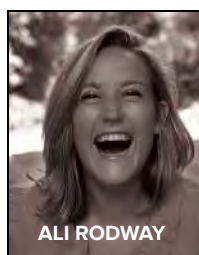
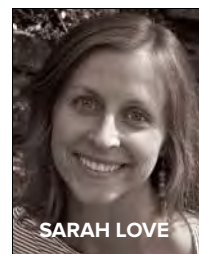
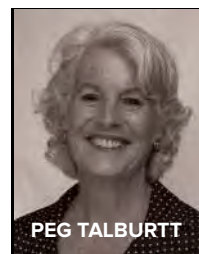
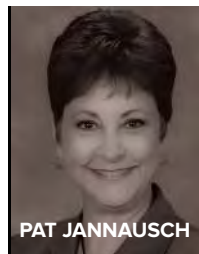
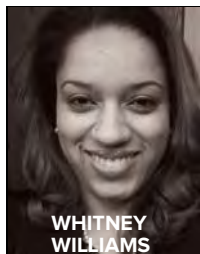


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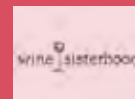
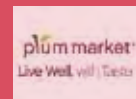
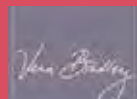


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Leaps of Faith: Tales of Local Businesses

By Julianne Popovec
Photos by Susan Ayer

This is one in a series of articles we've been doing on local business owners and their businesses. What follows are profiles of two interesting businesses that are thriving despite the odds.

Through the years, we worked hand-in-glove, raking fields, piling rocks, planting trees, lawns, and gardens. Whenever our children and grandchildren visited, they all shared in the pleasant rhythms of "farm life" with vegetable gardens, Shire horses, dogs, cats, chickens, fish, and other wildlife for whom this place is a sanctuary.

In 2007, Bob and I transposed 50 acres of this beloved land into a Conservation Preserve with a public easement "for all the grandchildren." In the fall of 2008, Bob and I moved into the home we had planned and built together while living in the cozy barn apartment at the front of the property. Sadly, Bob passed away in May of 2010. Grateful for such a beautiful house, I yearned to have others share this amazing place. So I started having family reunions and community events; after turning the large garage into an art studio, I started teaching art classes, and now gardening classes.

Q. Tell us about the house, please.

A. Accommodations include an open floor plan with gorgeous views, a large kitchen with two dining areas, a formal yet comfortable living room with cathedral ceilings, an elegant laundry/kitchenette room, a 700-square-foot art studio, a large sunny walkout basement with 12-foot-high ceilings, and another living area that includes a library, media center, 'movement' room, and a walkout to an enclosed lawn. The house has plenty of group work areas for gatherings, meetings, conferences,



Sylvan Run Sanctuary



Kathy Squiers, owner
Sylvan Run Sanctuary, 1280 Sylvan Road, Chelsea, Michigan 48118; (734) 475-3408;
website: sylvanrunsantuary.com

Sylvan Run Sanctuary is located on a spacious stretch of land in Chelsea, Michigan. The large home and surrounding property are perfect for various gatherings and special occasions: classes, workshops, artist retreats, weddings, ceremonies, and more. For this installment of Leaps of Faith, owner Kathy Squiers spoke with us about how Sylvan Run Sanctuary came to be — how a home she built with her husband, Bob, turned into a place for others to experience and enjoy, in solitude or in community.

Questions for Kathy Squiers, owner

Q. Kathy, can you tell us about Sylvan Run Sanctuary?

A. Sylvan Run Sanctuary (SRS) is a gorgeous place, peaceful and inviting — a perfect place to share special celebrations and ceremonies, either in solitude or in community. Located in rural countryside, surrounded by acres of nature preserves, Sylvan Run Sanctuary is halfway between Ann Arbor and Jackson, 16 miles to each city, and only 4 minutes from historic Chelsea.

Q. What motivated you to start Sylvan Run Sanctuary?

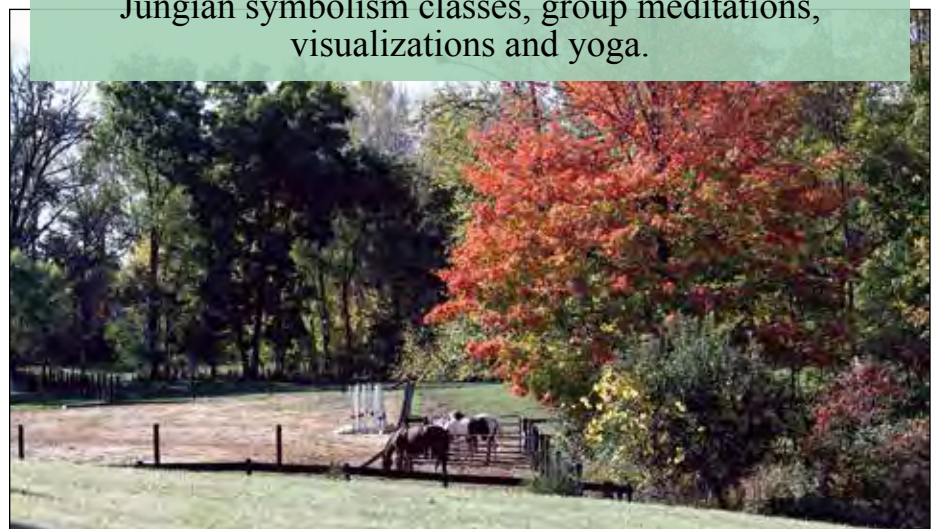
A. Sylvan Run Sanctuary was conceived while "walking the land" the house was built on. In 2002, while we dated, Bob and I would take frequent walks through what has become the 50-acre Squiers Preserve, and we worked on creating a pond together. On one of these walks Bob asked me to marry him, and we shared visions of an elegant wedding in the open fields surrounded by the beautiful woods. This early vision is one thing that inspired the idea of sharing with others this special place for important life ceremonies.

workshops, classes, sleep-overs, and more. SRS is really about a unique and wonderful piece of land, and the house, which seemed to build itself in anticipation for something bigger and beyond ourselves.

Q. Surrounding the home, there are Chakra Gardens that visitors can walk through and enjoy. Can you explain more about them and how they came to be?

A. After Bob passed away, I went to visit my family in Colorado. While walking along a mountain creek, I felt familiar sanctuary in the beauty and peace of nature. That night in a dream, I found myself "flying" above the Sylvan Road home Bob and I had built, and it was like I was watching an old-fashioned film, fast-forwarding in time. Two trees that we had planted were growing larger and older, and I observed seven gardens developing in a line from the top of the hill near the house, down past the tree beyond the pond. These seven gardens were in the shapes of symbols I thought

There are writers who visit regularly. There have been drummers and dancers, community bonfires and picnics; there have been art classes, gardening apprenticeships, Jungian symbolism classes, group meditations, visualizations and yoga.



were used to describe the Seven Sacred Chakra Gardens of Peru, which I had just read about. After I returned home, and throughout the following year, I researched, wrote notes, sketched, and drew up plans for these seven gardens in accordance with teachings about the energy centers of the body.

Q. Can you provide some examples of plants and natural materials you plan to include in each garden to symbolize the different energy centers?

A. In the fourth (heart) chakra garden, I plan to plant flowers with heartfelt meanings, utilizing the "Language of Flowers." The "Language of Flowers" refers to the common practice of using "flower dictionaries" that were popular in the seventeenth and eighteenth centuries. The books ascribed certain meanings to different flowers, so that when people sent flowers, they could communicate a somewhat literal message. For instance, a red rose still means "love and passion," while a white rose means "innocent love," and an orange rose means "fascination." Plantings around various roses will include snow-drops, which have a meaning of "consolation and hope;" pink carnations, which mean "I will never forget you;" alstroemerias ("devotion"); jonquil ("desire"); gladiolas ("you pierce my heart"); hyacinths for beauty; dahlias for dignity, and so on.

The third chakra garden will contain a fire-pit, and the second chakra garden will have a water feature, and so on.



Sylvan Run Sanctuary (SRS) is a gorgeous place, peaceful and inviting — a perfect place to share special celebrations and ceremonies, either in solitude or in community.

Q. What do you hope the Chakra Gardens will provide to artists or to anyone who visits the land?

A. Gardens that will stimulate the senses associated with the seven chakra energies of the body; spaces for contemplation, visualization, inspiration, and healing; places to walk and sit mindfully and meditatively; and gardens rich with meanings that encourage play and learning throughout various stages and steps in life journeys.

Q. Are any artists staying at Sylvan Run Sanctuary now?

A. There are writers who visit regularly. There have been drummers and dancers, community bonfires and picnics; there have been art classes, gardening apprenticeships, Jungian symbolism classes, group meditations, visualizations and yoga. Recently, there were groups taking nature walks, searching for the native "lady-slipper" orchids and exploring the unusual artesian spring domes. (The Squiers Preserve has several artesian springs, and they can make different landforms when they come to the surface of the earth. When they come up under peat, the water gently pushes up, creating the formation of "peat domes.") There was also a group of animal footprint "trackers" and a group celebrating Rosh Hashanah. Other artists who may be interested in workshop retreats here: scrapbookers, quilters, basket weavers, and mosaic makers.

Whenever our children and grandchildren visited, they all shared in the pleasant rhythms of "farm life" with vegetable gardens, Shire horses, dogs, cats, chickens, fish, and other wildlife for whom this place is a sanctuary.

Q. You mentioned that "in solitude, in community" is the tagline for Sylvan Run. What are some activities you are planning that involve community?

A. In order to continue developing the Chakra Gardens, SRS will be hosting periodic "Chakra Garden Parties," specifically to open the fourth heart chakra garden, to install the water feature for the second chakra garden, and to help plant and maintain all of the gardens.

Q. Where are you from, Kathy? How long have you lived in Chelsea?

A. I was born in Bay City, Michigan (I moved a lot as my mom was a bit nomadic; Texas, Colorado, Oregon, California). I raised and "launched" four kids in Ann Arbor and moved to Chelsea after Bob asked me to marry him in 2002.

Q. Where did you go to college and what did you study?

A. I went to college in Colorado for fine arts and botany, then chemistry. I worked as an analytical chemist in Colorado, then as an environmental chemist in Michigan. I




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went back to school in 1991 at U-M to study landscape architecture and botany, with a concentration in resource ecology management, to graduate in 1994.

Q. You mentioned that you are a Parks Horticulturalist for the Washtenaw County Parks and Recreation Commission and that you are about to retire. How long have you worked there?

A. I worked in plant greenhouses and nurseries as a landscape designer for years, and I've been with Washtenaw County Parks and Recreation Commission as Parks Horticulturalist and Gardener since 1998.

Q. How did you become interested in horticulture and gardening?

A. I was always a "tree hugger," enthralled by "The Standing Nations." I have always worked in either my own or others' gardens since I was 14.

Q. Besides being a horticulturist and gardener, you are an artist as well. What type (or types) of art do you enjoy doing?

A. Currently, I am painting on wood with a variety of mediums (pastels, oil and chalk, acrylic, stains, and so on), and I belong to the "Saturday Artists" group at the U-M Art and Architecture building. On Saturdays, hundreds of artists have been taking turns meeting in clusters of about a dozen, to teach and share what we know about art and craft to one another. Mostly, I teach basic classes regarding the elements and principles of art — line, value, texture, perspective, and so on. I have also been teaching life and "virtual" life drawing, composition, framing, and collage classes in the studio at Sylvan Run Sanctuary.

Many of the classes I teach utilize concepts of Jungian archetypes, seen throughout one's life developmental stages. I use experiences, concepts, and symbolologies of nature, dreams, archetypes, and story-telling. I am developing interdisciplinary classes and art project programs that will combine writing and collage, music and drawing, and movement and gardening.

Q. Where did the name Sylvan "Run" Sanctuary come from?

A. Bob enjoyed literally running between the barn he had here (where SRS is), and the barn where he housed cattle, over on Old US-12. His farm was called Sylvan Run Farm. This land of sanctuary and inspiration, gardens and trees, took on the name "Sylvan Run" partly in memory of its recent heritage.

The next Chakra Garden parties are scheduled on Sundays; April 27 and May 4, 2014. To join in the community "opening" of the heart, second, and fifth Chakra Gardens, please call Kathy at (734)385-6560. There will be more garden parties scheduled as the seasons proceed.

Leaps of Faith: Tales of Local Businesses

Feature continued from page 27



The Lunch Room is a very personable and community-oriented place. We talk to and learn about our guests. It's a place where one can dine alone, but sit at the counter and converse with the cooks. It also helps to have a space that is clean and bright and has good music playing. We try to create an atmosphere that is comfortable and inviting.

The Lunch Room



Phillis Engelbert and Joel Panozzo, owners
The Lunch Room, Kerrytown Market & Shops, 407 N 5th Ave, Ann Arbor, MI 48104;
(734) 224-8859; website: thelunchrooma2.tumblr.com

The Lunch Room opened on August 6, 2013 in the Kerrytown Market and Shops. Offering an all-vegan menu with options ranging from mac and cheese to burritos, The Lunch Room presents a diverse menu for vegans and non-vegans alike. Co-owners Phillis Engelbert and Joel Panozzo, also neighbors and great friends, collaborated in 2010 and began throwing dinner parties for friends. They went on to host a series of "pop-up" dining events at local establishments, and then started The Lunch Room food cart in the Mark's Carts outdoor food courtyard. After two seasons there, they took an even bigger leap of faith, and opened the restaurant location, which is quickly becoming a local favorite. Panozzo, a graphic designer by background, and Engelbert, a former professional peace activist, have more in common than a love for cooking great vegan food. For this segment of Leaps of Faith, Engelbert expanded a bit more on their shared philosophy about food, work, and community.

Questions for Phillis Engelbert, Co-owner

Q. In explaining how the idea for The Lunch Room was conceived, you told me about the talks you and Joel had about your shared philosophy for "what work should be." Can you elaborate on these initial talks and ideas that inspired you both to open the restaurant?

A. We both felt that work should be a pursuit of your interests and passions, as opposed to something you do just to get a paycheck. We also discussed how work and life should be integrated. Too often, work is something to be endured in order to make it through to the weekend, when real living is supposed to happen. Another point is the integration of the physical and intellectual at work. To be well rounded, it's important to use both sets of abilities and to exercise both the mind and the body.



The name "The Lunch Room" connotes something basic, accessible, inclusive, and fun.

Q. Even at your busiest, how do you keep a sense of joy about your work?

A. Sometimes it's hard when we are at our busiest and overtired, but we try to keep things light. We joke around with customers and employees. We have a great staff. Everyone has a great sense of humor. They care for each other and do silly things like turn food into animal scenes. Everyone contributes to keeping up morale.

The Lunch Room is a very personable and community-oriented place. We talk to and learn about our guests. It's a place where one can dine alone, but sit at the counter and converse with the cooks. It also helps to have a space that is clean and bright and has good music playing. We try to create an atmosphere that is comfortable and inviting.

Q. How did the name "The Lunch Room" come about?

A. The name The Lunch Room was first applied to our private group dinners we held before opening the restaurant, then to our food cart, and we kept it for the restaurant. It connotes something basic, accessible, inclusive, and fun. We developed it at the same time that we chose the five-section cafeteria tray as our logo.

Q. Have you always enjoyed cooking?

A. Yes, since I was a teenager. But it only really developed into a passion in the last several years.



Ann Arborites are health conscious and open-minded, which makes it more likely for a vegan restaurant to succeed.

Q. You said that people don't have to "fear what they're eating" at The Lunch Room, and that you want to serve "nourishment" to the people around you. The open kitchen concept also adds to the feeling of honesty surrounding your menu and preparations. Can you elaborate on this?

A. We only serve food that we would feel good about eating ourselves. That means lots of fresh vegetables, whole grains, little or no processed foods, fresh baked goods, no meat or dairy or high-fructose corn syrup. We are very picky about the ingredients and products we use. And with an open kitchen, customers can observe the level of cleanliness and hygienic practices we use.



We only serve food that we would feel good about eating ourselves. That means lots of fresh vegetables, whole grains, little or no processed foods, fresh baked goods, no meat or dairy or high-fructose corn syrup.



Q. Did living in Ann Arbor inspire or inform your concept for the restaurant? In what ways?

A. It may be possible to have a successful vegan restaurant anywhere, but Ann Arbor is one of those places that is open to alternative ideas. And vegan food certainly runs against the mainstream of American cuisine. But Ann Arborites are health conscious and open-minded, which makes it more likely for a vegan restaurant to succeed.

Q. What are some guest-favorites on the menu?

A. The top sellers are mac & cheese, tempeh Reuben, burritos, and Southwest salad. Now that chili is on the menu, we have a new star — a bowl of mac & cheese with chili and corn chips on top that we call the “chilimac.”



Q. Was it hard to raise money to open The Lunch Room?

A. We put some of our own money into it, got a bank loan, and had support from 100-plus people who pre-paid for food in the form of a “meal plan.” The meal plan concept was that people (mostly customers we had from the food cart) paid a sum up front, with the promise of receiving that amount, plus 10% in in-restaurant dollars. So, it was hard, but do-able.

Q. Now that the restaurant has been open for a few months, how’s it going for you economically?

A. We are able to pay the bills. I hear that’s pretty good for a new restaurant.

###

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—Dr. Jay Sandweiss, DO, Ann Arbor, MI.

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An Interview with Julie Peale of Body Balance on Hellerwork and Structural Medicine

Interview by Bill Zirinsky
Photography by Tobi Hollander

Julie Peale, age 38, owns Body Balance of Ann Arbor, LLC, where she practices a combination of Hellerwork and structural medicine in one-on-one sessions with clients. Initially on a path to become a physical therapist, Julie attained a degree in biology from Central Michigan University, but her desire to help people on a more holistic level pushed her to explore other therapy modalities. Julie lives in Ypsilanti Township with her husband, five-year-old daughter, and two-year-old son.

Bill Zirinsky: Where were you raised, Julie? Tell us a bit about your childhood.

Julie Peale: I grew up in the small town of Coloma, Michigan. It is near Benton Harbor and St. Joseph. Being very near Lake Michigan, I enjoyed the beach and camping in the state parks with my family and friends. The lake is something I miss greatly since moving to Ann Arbor. I didn't realize how much of a constant and calming presence it was in my life.

Bill Zirinsky: At what age, and how, did you become interested in helping and healing people?

Julie Peale: I remember as a young teenager I talked about wanting to go into the health profession, but I didn't know in what way. My father encouraged me to volunteer at the hospital. I participated in a variety of areas, but was particularly interested in the physical therapy department.

Structural medicine is a "magic combination" for me because it allows me to practice the type of holistic physical therapy that I was drawn to early on in my life.

Bill Zirinsky: You mentioned to me that your mom believed in herbal supplements, and took you and your sister to an herbalist. And then you studied with a botanist in college. What influence did that botanist have on you?

Julie Peale: My final two years of college I worked as an assistant for a botany professor. We did a lot of field research and data collection, and I developed an interest in plants and nature. Also, being a professor of medicinal herbs, he encouraged me to explore the many therapeutic benefits available to us in nature.

BZ: Where did you go to college, and what did you study to become?

Julie: I graduated from Central Michigan University with a degree in biology/pre-physical therapy. It was during my last year of school that I started to question my path to becoming a physical therapist and wondered if I could better serve my passion by using nature's resources to help heal and renew people's lives. In addition to my developing interest in medicinal herbs, I became interested in homeopathy. I decided to take some time after college to redirect my goals by learning about other types of holistic therapies.

BZ: Did you become a physical therapist? Did you practice as one?

Julie: I did not become a physical therapist. It had become increasingly clear to me as I was preparing for the graduate program in physical therapy that while I was drawn to working with individuals who were experiencing some sort of pain in their bodies, I felt the environment of many physical therapy clinics was not well suited for the kind of work I wanted to do. I wanted to have more one-on-one time with the individuals and to work with them in a smaller, more private setting.



Based on a client's symptoms, posture, and results of the range of motion testing I do, I customize a session to get to the root cause of his or her pain.



Structural medicine took the holistic approach of Hellerwork and integrated some treatment and diagnostic tools to better equip the practitioner to work with specific conditions or symptoms that the client may be experiencing.

BZ: Julie, you've told me that structural medicine and physical therapy is the "magic combination" for you, in working with people. Tell us why?

Julie: Structural medicine is a unique combination of the holistic approach of Hellerwork with some of the technical tools from the physical therapy world. This allows me to treat clients with specific symptoms or problems in their body. So yes, structural medicine is a "magic combination" for me because it allows me to practice the type of holistic physical therapy that I was drawn to early on in my life.

BZ: Structural medicine's origins are in Hellerwork, and Hellerwork's origins are in Rolfing. How did Hellerwork depart from Rolfing? And how has structural medicine built on Hellerwork? Can you explain and trace this lineage succinctly for our readers?

Julie: Joseph Heller, the founder of Hellerwork, was a Rolfer for many years and worked as an instructor for Ida Rolf. He began to notice that many of his clients would return with the same postural patterns and pain, so he added in the elements of movement education and voice dialogue to help the client have a multifaceted experience. Ida Rolf did not want to teach those elements in her program. She felt that her practitioners could add them to their work outside of the Rolfing certification. Joseph Heller decided to start his own institute to teach the Hellerwork method, which includes the structural deep tissue bodywork similar to Rolfing, movement education to teach the client about their movement habits, and voice dialogue to discuss lifestyle habits and emotional mindsets that could be contributing to the client's posture. The latter two help to bring awareness to the client so he or she can make changes to reinforce the structural and postural changes achieved through the bodywork. Structural medicine took the holistic approach of Hellerwork and integrated some treatment and diagnostic tools to better equip the practitioner to work with specific conditions or symptoms that the client may be experiencing.

BZ: Anne Carbone has been doing Hellerwork in the region for a long time. How did you come across her, and what influence did she have on you?

Julie: It was only a few years after graduation from college, and I was pondering what direction of alternative or complementary therapies I wanted to become trained in. I was still interested in the physical therapy field, but was considering whether

massage or possibly Rolfing would allow me to work with clients in the way that I was drawn to. My brother had been working with Anne Carbone to help resolve a shoulder injury. He encouraged me to see Anne for some of my own issues stemming from a car accident that I had been in during my teens.

The first session with Anne was very meaningful because, for the first time, I felt that someone had really seen me as a whole person. She saw how each pain I was feeling was related to my whole being, rather than compartmentalizing everything. My experience working with her was so positive for my own wellness and healing that I looked into what it would take for me to become a Hellerwork practitioner myself.

BZ: Tell us about Donna Bajelis and how she has been integral to your path? You told me that structural medicine gives treatment tools and assessment tools to the Hellerwork practitioner. How and why?

Julie: Donna Bajelis was the primary instructor of the Hellerwork training I participated in. Anne Carbone had told me that she would be a good fit for me to study under because she was a practicing physical therapist who was also a

Typically, the client is lying down on the table, but there are times when I may do some of the treatment with them sitting or even standing.

Hellerwork practitioner and had been teaching for the Hellerwork organization for over 10 years. Donna was innovative in bringing in many of the tools from the physical therapy world to the holistic approach of Hellerwork. With Joseph Heller as her close mentor and friend, she got the support to do what he himself had done with the Rolf Institute. She decided to branch out from Hellerwork and start her own institute teaching the modality of structural medicine. I feel fortunate to have been a part of her training because I had the roots of Hellerwork blended with the treatment and assessment tools from her physical therapy background. Donna continues to be a mentor for me both professionally and personally. Since my graduation from the program 10 years ago, I continue to stay involved with her institute and spend time working with her in her Seattle office.

BZ: You have told me that you "wanted the complicated issues that were failed by medicine." Please amplify on that.

Julie: Coming from my own experience of being "failed" by medicine, I wanted to be a help to others in similar experiences. The tools of structural medicine give me the confidence and skills to assess the symptoms a client is experiencing. My goal is to find the source or combination of imbalances that is causing the pain. This approach of looking at the whole body as one functioning unit is a strength of Hellerwork and structural medicine.

BZ: To what degree is your approach customized to each individual who comes to see you?

Julie: There is a traditional Hellerwork series that is about 12 to 15 sessions that works through the entire body in a systematic way. It is a brilliant design to transform a person's structure, but I have found that many of my clients are dealing with too much pain on a daily basis to benefit from the traditional series. Based on their symptoms, posture, and results of the range of motion testing I do, I customize a session to get to the root cause of their pain. Once the client experiences the possibility for less pain in their body, then we may decide to work through the more systematic approach of the Hellerwork series.

BZ: Can you make a stab at describing a typical session? Are your clients lying down, sitting up, or standing, or what?

Julie: A session usually lasts 90 minutes. I do a postural assessment and some range of motion testing to determine what is the best way to proceed, but most of the time is spent doing the hands on deep tissue bodywork. Typically, the client is lying down on the table, but there are times when I may do some of the treatment with them sitting or even standing. I use pillows and blankets to prop them in a position where they feel the most comfort and ease to allow the bodywork to be most effective.

BZ: How is your work different from massage?

Julie: While the treatment can be relaxing, this is not the primary goal of the session. The intention is to make long-term structural changes that can be felt in the body. Rather than a general head to toe treatment, each session works in a specific area of the body that is holding tension or is responsible for pulling alignment out of place. This is not a passive experience for the client. It is an interactive process where the client may be propped in certain positions, asked to concentrate on breathing deeply, and asked to periodically move certain muscles to facilitate the release necessary to achieve the structural change.

BZ: Can you share some anecdotes of your working with specific issues.

Julie: I have worked with individuals with issues ranging from chronic back pain to acute disc problems who have found relief. Runners have reported being able to train harder and faster for competitions without pain. This work has been helpful for individuals with hip and knee replacements to help restore flexibility and recovery. In other scenarios, this can help put off the need for surgery and, in some cases, clients have not needed to have surgery at all. For some individuals, the work is more emotional in nature. The reduction of stress and tension in their body opens up a conversation about possible changes to make in their personal life to improve their overall well-being.

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I had a memorable experience with a client who came to me with severe sciatica and muscle spasms in his hip. He was to the point of being in constant pain and was no longer able to enjoy his work or hobbies of fishing and motorcycle riding. After two sessions with me, he was 90 percent pain-free and able to enjoy his daily responsibilities and hobbies again. To be able to improve someone's quality of life to that degree was particularly rewarding and reinforced my commitment to continuing this work.

BZ: You like to help your clients bring awareness to how they feel "before and after." Please expand on that.

Julie: I always like to have the client do some sort of movement before we begin the bodywork, whether it be walking around the room, sitting or standing with awareness of their posture. Throughout the session and at the end, I like to have them feel how things may be different. I want to bring awareness to how the structural changes that have occurred during the session will change the way they move in their bodies. I find this helps them retain the changes even if it is from the memory of how they felt "before."

This is not a passive experience for the client. It is an interactive process where the client may be propped in certain positions, asked to concentrate on breathing deeply, and asked to periodically move certain muscles to facilitate the release necessary to achieve the structural change.

BZ: What other modalities have you worked with, and are you working with?

Julie: I have integrated the use of essential oils into my practice. I have found some oils to be beneficial in releasing muscular tension and relieving inflammation. I have also enjoyed teaching workshops about the everyday use of essential oils in our life. I am currently working on a side project of developing a line of therapeutic creams and sprays made with essential oils as the active ingredients.

BZ: Please tell us a bit about your family.

Julie: I have been married to a supportive and wonderful husband for 15 years. We have two delightful children, a 5-year-old daughter and 18-month-old son. We live in Ypsilanti Township with our two yellow labs and a petite and affectionate kitty. In the summers, we enjoy gardening, camping, bonfires, and being outdoors. This fall we are making a big shift as a family as our daughter starts kindergarten.

Julie Peale can be contacted at julie@bodybalance4u.net or at (734) 395-6776. Body Balance is located at 708 W. Huron Street, Suite 3, Ann Arbor 48103.



Christina Sears-Etter and *People Dancing* — Connecting Hearts Through the Arts



People Dancing is committed to serving the community.

It aims to “enrich lives through the art and practice of dance.”



By Rachel Urist
Photos by Edda Pacifico

Ann Arbor’s *People Dancing* is one of two professional, nonprofit modern dance companies founded in Ann Arbor in 1985 still thriving today. *Ann Arbor Dance Works* was founded by members of the University of Michigan dance faculty. The company’s dancers are faculty members, guest artists, and select graduate and undergraduate dance students. *People Dancing* was founded by Whitley Setrakian Hill, who led the group until 1999, when she moved to Nashville and passed the baton to Christina Sears-Etter. Sears-Etter had danced with Hill and with *Ann Arbor Dance Works*.

People Dancing is committed to serving the community, which it does by offering classes, lectures, and workshops. It aims to “enrich lives through the art and practice of dance” and to build bridges between the worlds of art and education. The group’s mission includes bringing dance into the community and making high-quality programming accessible to the widest possible audience.



Jessica Rose, Victoria Gilbert, Kristi Faulkner, Christina Sears-Etter, Amy Hutchison, and Elizabeth Schultz

Each spring, the company performs in “Dance in the Mitten,” a concert held, in recent years, at the Riverside Arts Center in Ypsilanti. (“Mitten” refers to Michigan’s distinctive shape.) Various Michigan dance companies are represented in the event. The groups differ in composition and flavor, but they are alike in their passion for dance. Last May, dancers varied in size and shape from one troupe to the next, but each performer was flexible and sure. Quickness of movement was the rule. Even those who prefer Balanchine bodies — tall and willowy — had to admire the skill and versatility of these fluid dancers. The choreographers’ inventiveness was equally arresting.

Two months before the concert, I attended a studio rehearsal of Sears-Etter’s dance-in-progress. As I watched her dancers’ individual warm-ups, which included various yoga poses (downward facing dog, boat, three-legged dog) it became clear that these dancers were seasoned yogis. One is a licensed yoga teacher. Sears-Etter herself has practiced yoga for twenty years and is training to become a certified instructor. For these dancers, however, yoga is a stepping stone to a higher calling: dance. For them, dance is the spiritual guide, a path to mindful living. They embody the *People Dancing* motto: “Connecting hearts through the arts.”

 **The group’s mission includes bringing dance into the community and making high-quality programming accessible to the widest possible audience.** 



Had I not met Sears-Etter just before the rehearsal, I would not have guessed that she was the senior member of the group and its director. She could pass as sister to any of the dancers, even though their ages range from 15 to 30. Sears-Etter’s lithe, muscular, and graceful body, her high energy, ready smile, and penchant for gathering her dancers in group hugs (“Let’s have some sugar”), belie her 43 years. She is mother and friend to her dancers. They communicate in several dance vernaculars. She uses ballet terms: “rond de jambe” and “chassé”; gymnastic cues: cartwheels and handstands; and her personal dialect: “hug and release,” “follow your timing,” and “show the struggle” in experimenting with movement. She composes appealing stage pictures with her dancers’ bodies. Whether still or moving, the tableaux are pleasing.

It was a treat to watch the rehearsal, which was part of a series of choreographic exercises for *Strive*, a work inspired by the study of mirror neurons. Sears-Etter, always curious about the world, was taken with the theory that mirroring — reflexive mimicry of one another’s facial expressions, gestures, and sounds — offers clues to the roots of empathy and compassion. When she decided to explore this phenomenon in art, she spent time discussing the idea of mirror neurons with her dancers. Since chimps were involved in a recent study of mirror neurons, and since many scientists suspected that this mirroring offered proof that the brain is hard-wired for empathy, a poster for the dance project featured a photo of primatologist Jane Goodall with a chimp.

Strive was one of two pieces presented by *People Dancing*. The other was *Cenote at Dusk*, a solo work performed by Sears-Etter and her frequent musical collaborator, Ken Kozora, on guitar and percussion. *Strive* featured five company dancers in an abstract piece, with movements mirrored by pairs of dancers. Sears-Etter’s solo piece, *Cenote*, was inspired by flamenco and tap, and was a dialogue between dancer and musician.

Ken Kozora described their improvisational way of working. He said that Sears-Etter likes to leave sections of the dance unscripted. During those sections, he and Sears-Etter communicate with each other onstage, and the dance and music evolve spontaneously, before our eyes. At this concert, their artistic dialogue was effective and affecting. Sears-Etter’s costume evoked traditional flamenco finery, with jingling metal mesh around her midsection, and flesh-colored tap shoes that showed off her footwork. Her tapping was often accompanied by her hands clapping, answered by Ken’s percussive tapping on guitar. Sears-Etter’s hair was pulled back, with a flower over one ear. She looked the part of a Spanish femme fatale.

But it was all façade. Her seductive mien was leavened by a playful sense of mischief. After all, the concert was a family affair. All three of her children were in the audience. Sears-Etter’s eldest daughter, 19, had just returned home after her first year of college. The other two, a son and daughter, ages 14 and 9, manned the table, taking and selling tickets before the show. They were happy to help. Her husband was also on hand. Sears-Etter’s family has always been supportive. Eight years ago, she was diagnosed with thyroid cancer. Her youngest was nine months old. The episode was seismic. Sears-Etter underwent surgery and radiation and recovered completely, but the illness changed her life. She values her time differently. “I’d been hard driving,” she recalled. “I took my strength for granted. But mind-body balance is important. I make time to take care of myself. I don’t have a magic recipe for balance, but I try. I no longer put art above everything.” Being a cancer survivor has helped her see that enjoying life is as important as achieving one’s goals.

 **Each spring, the company performs in “Dance in the Mitten,” a concert held, in recent years, at the Riverside Arts Center in Ypsilanti.** 

She recognizes that, for some women, the choice to put their careers on hold while raising children makes sense. But it is not her choice. “I’m a better person as a working artist than I am without that part of me being engaged. It takes a lot of energy, but I’m happier and more productive with art being such a big part of my life.” She added: “As I get older, I find I need more inward time to warm up and prepare. No matter how early I get to the theatre, there are distractions — things and people — that need my attention. I really like being in pieces, and I dance in a lot of works, but when I’m in charge of so many elements [administrative, technical, choreographic], it’s better for me to dance in just one piece.”



Elizabeth Schultz



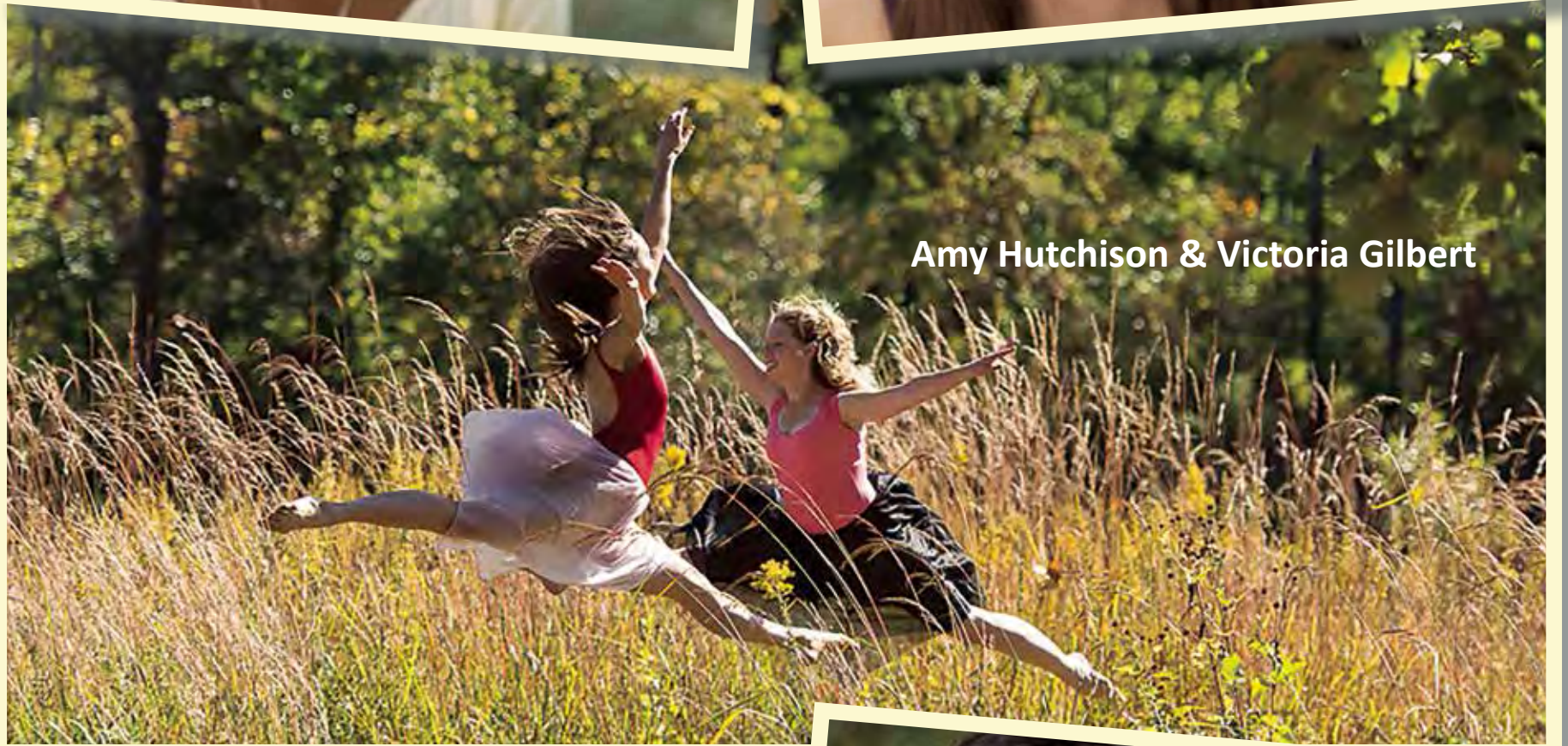
Victoria Gilbert



Jessica Rose



Amy Hutchison



Amy Hutchison & Victoria Gilbert

Some [company dancers] are students. Some are teachers, some earn their livings doing odd jobs. All are required to take regular technique class...

For these dancers, however, yoga is a stepping stone to a higher calling: dance. For them, dance is the spiritual guide, a path to mindful living. They embody the People Dancing motto: "Connecting hearts through the arts."



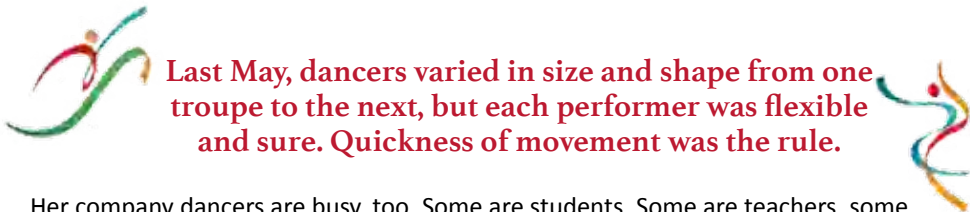
Kristi Faulkner,
2014 Guest Artist

People Dancing — Connecting Hearts Through the Arts

Continued from page 33

Several of Sears-Etter's dance colleagues have achieved similar balance. At a recent presentation at Ann Arbor's District Library's main branch, Amanda Stanger Read and her husband, Scott Read, were the first performers on the program. They demonstrated the waltz, then taught it. For them, the professional melds with the personal. They are co-owners of Arts in Motion, a dance and music studio on the west side of town. The eldest of their three children has danced with Sears-Etter's company. Victoria Gilbert, relatively new to the troupe, performed in a piece called *Beatnik Chicks*. She is the mother of four little ones who sat with their daddy in the audience. Another new member of People Dancing is one of Sears-Etter's former students, Jessica Rose. Rose talked about the feeling of sisterhood she shares with Sears-Etter. Each lost her thyroid to cancer.

Balance is key. Burn-out was one of the reasons that Hill, the company's founder, left. She was dedicated but depleted after years of pouring her energy and resources into *People Dancing*. For Sears-Etter, running the company is one of several tasks she juggles. She teaches dance part-time at Wayne State University and at Arts in Motion, on Jackson Road. At Wayne, she teaches dance history as well as movement. She expects her students to recognize the aesthetics of the great choreographers: Isadora Duncan, Martha Graham, Paul Taylor, Twyla Tharp, among others. She assigns her students the task of creating dances in the style of one or another of these iconic dance figures.



Last May, dancers varied in size and shape from one troupe to the next, but each performer was flexible and sure. Quickness of movement was the rule.

Her company dancers are busy, too. Some are students. Some are teachers, some earn their livings doing odd jobs. All are required to take regular technique class, although they can do that at any number of studios. Some do ballet, others modern, or yoga, improvisation, or personal training. Like Sears-Etter, company dancers find their calling in dance. They feed one another's "art habit," as Sears-Etter calls it, with mutual love and support. They are an ever-changing group, a "pick-up company," which presents challenges when trying to establish a repertoire. In summer, some *People Dancing's* dancers go to Interlochen or Blue Lake to train. It requires that Sears-Etter be flexible both mentally and physically.

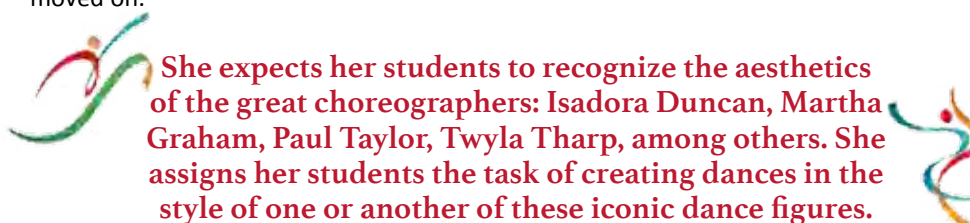
Except for Sears-Etter, none of the dancers from last May's "Dance in the Mitten" appeared at the Ann Arbor District Library in October, when the company gave a lively demonstration and workshop. The program, entitled "Dancing Through Time," featured video clips and slide-shows with images of dancers from the eighteen hundreds to today. There were also brief performance pieces, along with demonstrations and instruction in ballet, jazz, and the waltz. When the audience was not on its feet learning various dance steps, they sat in chairs arranged in a large horseshoe around the vast, carpeted center of the downtown library's multipurpose room.



She composes appealing stage pictures with her dancers' bodies. Whether still or moving, the tableaux are pleasing.

When Sears-Etter first came to Ann Arbor, she enrolled in the musical theatre program at the University of Michigan. Her minor was creative writing. She spent so much time at the dance department, that one day, Gay Delanghe, the late, legendary U-M dance professor, said to her: "Why not major in dance? You're always here!" That tipped the balance. In subsequent years, Sears-Etter has taught at Eastern Michigan University, Wayne State, University of Toledo, U-M Flint, Michigan State University, Towson State, and Monroe County Community College. Her choreography has been produced widely: in New York City and environs, upstate New York, Washington, DC, Illinois, Maryland, Poland, and the U.K.

Sears-Etter's colleagues have equally interesting stories. Among her fellow dance instructors at Arts in Motion, one grew up dancing with the School of American Ballet in New York City and now holds a Ph.D. in neuroscience. Another, a native of the Czech Republic, danced and toured for ten years with the Opera Ballet of the National Theatre in Prague. Scott and Amanda Stanger Read were both members of prestigious dance companies in Michigan and New York City, and last year, their eldest daughter, at 15, was the youngest member of *People Dancing*. She, too, has moved on.



She expects her students to recognize the aesthetics of the great choreographers: Isadora Duncan, Martha Graham, Paul Taylor, Twyla Tharp, among others. She assigns her students the task of creating dances in the style of one or another of these iconic dance figures.

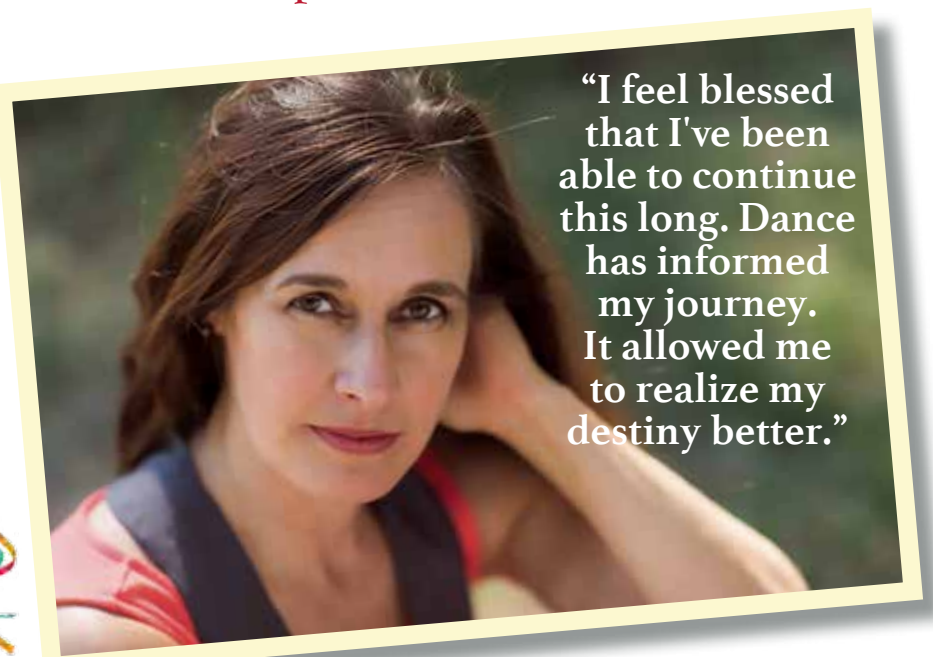
Christina's lithe, muscular, and graceful body, her high energy, ready smile, and penchant for gathering her dancers in group hugs ("Let's have some sugar"), belie her 43 years. She is mother and friend to her dancers.



"I'm a better person as a working artist than I am without that part of me being engaged. It takes a lot of energy, but I'm happier and more productive with art being such a big part of my life."

– Christina Sears-Etter, Director of *People Dancing*

Christina's family has always been supportive. Eight years ago, she was diagnosed with thyroid cancer. Her youngest was nine months old. The episode was seismic.



"I feel blessed that I've been able to continue this long. Dance has informed my journey. It allowed me to realize my destiny better."

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Whitley Setrakian Hill



The founding members of People Dancing photographed in the old Art Worlds on Main Street. (From lower left, clockwise): Whitley Setrakian Hill, Lisa Dershin, Susan Cowling, Giles Brown, David Genson, and Jeannette Duane. Genson, Duane, and Cowling still live in the Ann Arbor area.

By Maureen McMahon
Photography by Linda Alaniz

Dancer, singer, and choreographer Whitley Setrakian Hill is well known to many in Ann Arbor for her role as the founder and head of *People Dancing* for 14 years, as a writer for *The Ann Arbor News*, and also as a singer/songwriter playing places like The Ark and the Ann Arbor Summer Festival with her band, Whit Hill and the Postcards, or with her husband, Al Hill. Some may also know her as Madonna's junior year roommate, a story she tells in her 2011 memoir *Not About Madonna: My Little Pre-Icon Roommate and Other Memoirs* (Heliotrope Press). The memoir is largely set in Ann Arbor and describes in great detail her life as artistic director of *People Dancing*. Hill, now a resident of Nashville, Tennessee, returns to Ann Arbor often, a place that embraces her fondly. She is a founder and organizer of Nash Bash, a country music festival that takes place every August at the Ann Arbor Farmers' Market.

Hill graduated from the U-M School of Music, Theater & Dance in 1979. After a short time in her hometown of New York City, she returned to Ann Arbor to find her way in the local dance scene.

She recalled the inspiration for *People Dancing* came after she auditioned to be the artistic director of Dance Gallery, a role that was given instead to J. Parker Copley, a choreographer who would also become a prominent figure in Ann Arbor's dance scene. Losing out on the role made her ask herself, Why wait for them? Just a few years out of school, she decided to start her own company.

Soon she met Diane Rosenblatt, a woman who would become her chief administrator and would play a major role in the company's success. Together, they secured non-profit status and a board. Rosenblatt helped her win many grants. She recalled that *People Dancing* was one of the most well supported dance companies in Michigan in the eighties, a time when the then-Michigan Council for the Arts and the National Endowment for the Arts generously funded modern dance. Hill, who served as artistic director, and her dancers "even received a salary for a couple of years," which is not the case for many companies.

It was a time in Ann Arbor when there was a large audience for modern dance, with at least four major companies performing regularly around town.

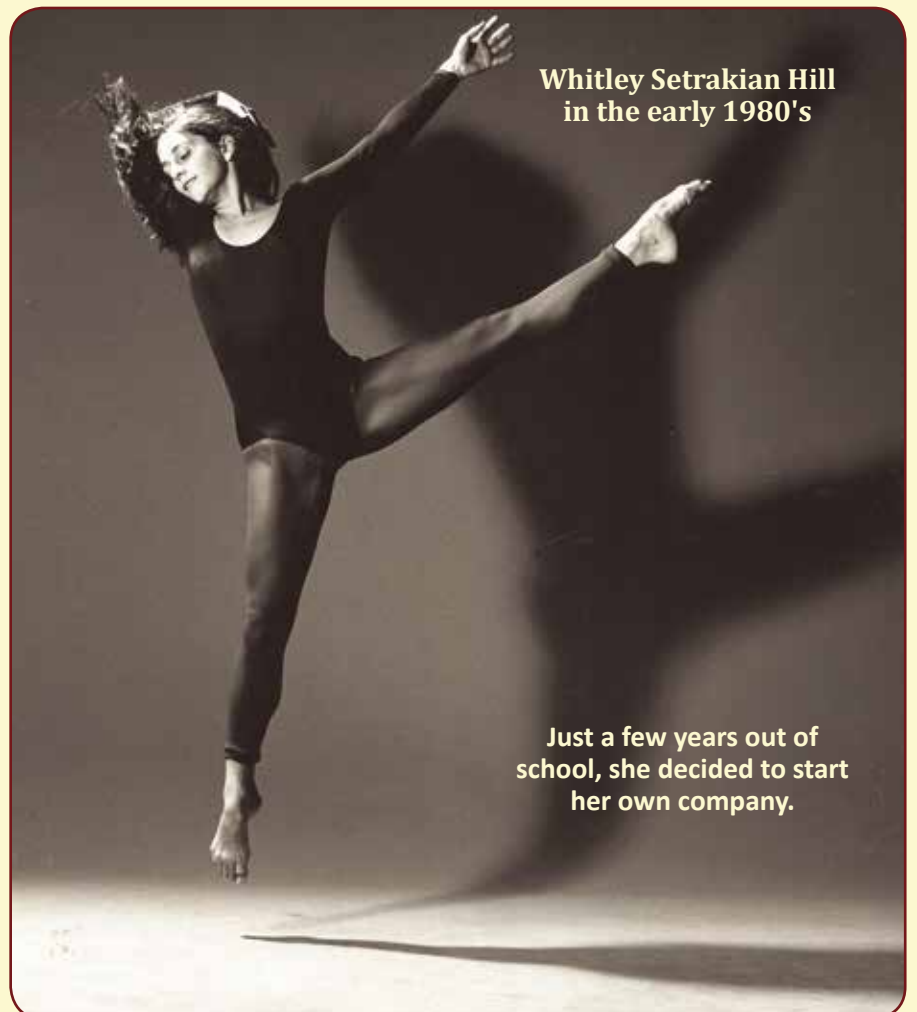
Operating mostly out of the rambling collection of studios at the Performance Network space on Washington Street (now the YMCA), *People Dancing* came to life under Hill's direction. She said it was easy to find dancers, that she was happy to work with dancers of all different body types, and she wanted to make it fun and inclusive. The company performed in Chicago and later in New York at the Cunningham Studio, but mostly performed locally at the Performance Network and Lydia Mendelssohn Theatre. The company made several appearances at the Ann Arbor Summer Festival.

Hill noted that making a dance company last 14 years was an enormous accomplishment by a large group of people. In addition to dancers, staff, and board members, "There were interns, volunteers, designers, photographers, cheesecake-bakers, and so many more, working together to make it happen.... Everything was accomplished without email. We had postcard stamping parties."

It was a time in Ann Arbor when there was a large audience for modern dance, with at least four major companies performing regularly around town. Hill fondly recalled hosting a weekly open stage at the *People Dancing* studio called "Fine, Be That Way." Every Friday, a crowd would gather; performers could try out new works in dance, music, performance art, and spoken word.

After her years of leading *People Dancing* — and many injuries — Hill passed on the dance company to Christina Sears-Etter, in 1999. Hill continued to choreograph and perform with the company occasionally over the next years, before she moved south with her husband to pursue her music career, in 2008. Since moving, she published her memoir, teaches dance, and makes it a priority to return to Ann Arbor frequently. Asked about her time running *People Dancing*, she said, "Wow, there's so much to say. I made lifelong friends and have kept in touch with most of the people who danced with me. It was an honor to work with them, and to be a part of Ann Arbor's incredible arts community."

Whitley Setrakian Hill can be reached at: whithill@umich.edu.



Whitley Setrakian Hill in the early 1980's

Just a few years out of school, she decided to start her own company.

People Dancing — Connecting Hearts Through the Arts

Continued from page 35

Sears-Etter said: "I feel blessed that I've been able to continue this long. Dance has informed my journey. It allowed me to realize my destiny better." After her medical adventure, her mantra became: "Live each day as if it were your last." As Sears-Etter begins to feel her age, she thinks about a future in writing. "I'd like to write a screenplay," she said. "Dance is a poor cousin of the arts. The language of dance is subtle. Our audience struggles. More people go to the theatre, because it uses a signifier that's more easily understood."

Meanwhile, Sears-Etter continues to work to improve the company's base of support. She hopes that, one day, she will be able to offer rehearsal pay to company dancers. Former members of *People Dancing* remain in touch with her. One, Joy Elizabeth Morris, now in Kalamazoo, sent an appreciative note. Morris wrote: "Dancing with People Dancing from 2010 to 2012 was an amazing experience that helped me grow as a dancer, performer, and choreographer. With *People Dancing*, we explored improvisation, modern, tap, jazz, even ballet. I learned so much about the creative process. I loved working with Christina, whose passion for dance gave everyone in the company motivation to work hard and showcase dance works throughout the community."



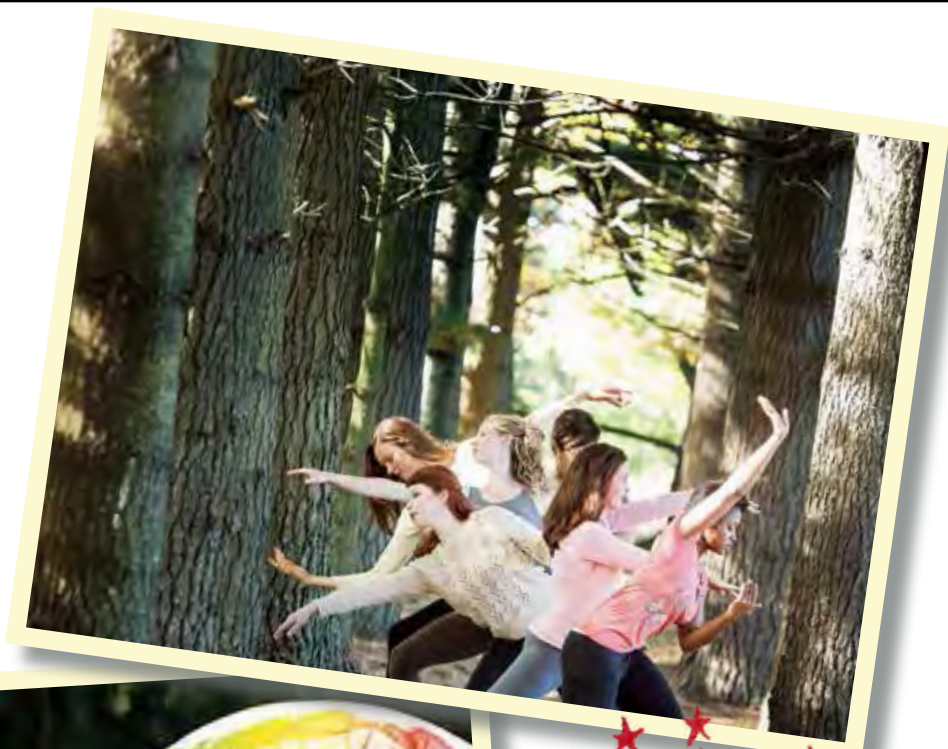
"Dance is a poor cousin of the arts. The language of dance is subtle. Our audience struggles. More people go to the theatre, because it uses a signifier that's more easily understood."

**— Christina Sears-Etter,
People Dancing**



People Dancing runs educational programs for all ages. The company's brochure also notes that *People Dancing* promotes dance "as a somatic and healing art." The company's vision is described on the website as one that will "enrich lives, expand shared values, and bring the joy and vibrancy of the arts to our local community." For the prime movers of *People Dancing*, art is a way to mirror culture, explore challenges, and give expression to imagination, creativity, and hope. The company website quotes the words of opera great Beverly Sills: "Art is the signature of civilizations."

For more information about *People Dancing* and to see their events calendar, including information on their spring fundraiser, visit www.peopledancing.org. You can also email: peopledancing@comcast.net.



People Dancing runs educational programs for all ages... [and] promotes dance "as a somatic and healing art."





WomanSafeHealth gets it: Health care can be cold, anxiety-forming, and sometimes even downright scary. Not only were they acknowledging these issues on their site, they were giving women free tools to help them deal with the reality of them.

Photo by Miriam Holzman

Standing: Claire Welsh, Eril Andes, Cameron Evans, Miriam Holzman
Seated: Stephanie Macey, Elizabeth Shadigian, Victoria L. Evans

The Healing Power of the Right Relationship: How Elizabeth Shadigian, M.D., and WomanSafeHealth Are Raising the Standards for Women's Health Care

By Rachel Pastiva

Photos by Rachel Pastiva, Miriam Holzman and Karina Oganyan

A Client's Story

I've known for a long time that I'm disillusioned by our medical establishment. What I didn't realize until recently was just how much. Like many people, I suffer from chronic health issues that traditional doctors don't seem to have the time to address, nor the interest in doing so. I thought I was taking my health into my own hands by seeking alternative health care practitioners, but found the same pressed-for-time, distant attitude that ultimately left me financially and emotionally destitute. The uphill battle of trying to be heard was downright exhausting, so a few years ago, I gave up the fight. It wasn't a conscious decision, but a slowly waning interest in a process that was failing to produce results. Fortunately, last fall, I was shaken out of my despondency through a simple truth brought to me by a good friend: "You can overcome your health issues. You just haven't found the right doctor yet."

I've known for a long time that I'm disillusioned by our medical establishment. What I didn't realize until recently was just how much.

I hadn't known how much faith I'd lost in medicine until I felt the impact of those words. The lack of validation and support in my medical experiences over the years had actually formed a belief within me that told me I was stuck with my health issues for life. Even more disconcerting to me than discovering this negative belief was how I had unknowingly resigned myself to it. I had actually created space in my life to accommodate these health issues because they were with me for the long haul. Absorbing my friend's words was like waking up from a long sleep and realizing that what I thought was true had all been part of a bad dream.

The lack of validation and support in my medical experiences over the years had actually formed a belief within me that told me I was stuck with my health issues for life.

With a renewed sense of confidence, I began doing research. This time around I decided to look specifically for a doctor specializing in women's health. I had been going to female doctors exclusively for years, and although their specialties varied, their bedside manners didn't. I hoped that a doctor dedicated to women's health might have more compassion for women's health issues. In the course of my research, I came upon a practice called WomanSafeHealth and was immediately drawn in by the name. A quick trip to womansafehealth.com and I was convinced that I found the place I had been lulled into believing did not exist.



Photo by Rachel Pastiva

The space was open, peaceful, and warm with natural light coming through the front windows. It was clear that a lot of thought had been put into creating an atmosphere of calm and safety.

I was first struck by a series of statements highlighted near the top of the home page:

- I welcome you
- I listen to you
- I believe you
- I protect your privacy
- I am accountable to you
- I respect "no"

Further reading only heightened the sense of excitement I was beginning to feel. "We welcome women and girls of every age and ability, size, shape, color, sexuality and identity, from all social, spiritual and cultural backgrounds...We welcome all women, including those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect." The website was a wealth of valuable information for the woman leery of the health care system. The site provided detailed descriptions of the diverse services they



Photo by Karina Oganyan

Moments later Dr. Shadigian came bustling in. A petite woman with long sandy brown hair and a wide smile, she introduced herself as Elizabeth Shadigian and shook my hand firmly, saying, "You can call me Elizabeth."

provide, photographs of the space and practitioners, as well as biographies of the women practitioners. It also highlighted that the practice had been built using sustainable and non-toxic materials, something of great importance to me. I was delighted to find a page dedicated to health care anxiety and a series of downloadable "Empowerment Pocket Guides" that women (really anyone) can use for support when seeking medical help. WomanSafeHealth gets it: Health care can be cold, anxiety-forming, and sometimes even downright scary. Not only were they acknowledging these issues on their site, they were giving women free tools to help them deal with the reality of them. I was convinced I had found the right practice.

I called to make an appointment and spoke with Stephanie, who introduced herself as a nurse and acupuncturist. I summarized my health concerns and she listened intently, asking questions as we spoke. She mentioned some possible causes of my health issues and said that she would be happy to schedule an appointment for me to see Dr. Shadigian, who could offer more insight about my concerns after an examination. I was grateful for Stephanie's mindful approach and pleased that she had the time to listen to me and offer feedback. Though I had only expected to make an appointment, I got off the phone feeling a sense of reassurance that I might finally receive answers to my long-standing health questions.

I showed up for my appointment and was impressed to discover that the door remains locked at all times for women's safety and privacy. I rang the doorbell and Stephanie promptly came to the door and greeted me. She introduced herself and gave me a brief introduction to the space, which was open, peaceful, and warm with natural light coming through the front windows. It was clear that a lot of thought had been put into creating an atmosphere of calm and safety. I sat down on a plush couch in the waiting room and filled out paperwork, taking in the live plants and décor, as well as the Zen rock garden that sat on a tray in front of me. Upon finishing my paperwork, Stephanie took me into an office where she took my vitals and asked some questions. She was very excited for me to meet Dr. Shadigian and was confident I would connect with her and her client-centered approach.

She was very conscious of my experience during the exam and spoke to me throughout, making me feel like I was a partner in the exam instead of an object being studied.

Moments later Dr. Shadigian came bustling in. A petite woman with long sandy brown hair and a wide smile, she introduced herself as Elizabeth Shadigian and shook my hand firmly, saying, "You can call me Elizabeth." She took me into her office, which was part exam room and part consultation space. Like the waiting room, the space was warm and inviting, with soft colors on the walls, comfortable furniture, and bamboo cabinets. I sat down on the couch and Elizabeth sat opposite me in her office chair so that we were at eye level. She explained to me that she liked to sit that way to connect with her clients and put them at ease, which was definitely working on me. She then explained a little bit about her space, about the custom built cabinets and lack of plastic and her efforts to create a safe and welcoming environment for her clients. She pointed out the overstuffed exam table that looked more like a comfortable massage table and mentioned that all the towels and robes were all 100 percent cotton. She also noted the aromatherapy sprays and Bach flower remedies on the end table that are available to clients who may have anxiety about being examined.

From there she proceeded to embark on our hour-long visit by asking a variety of questions about my life. In addition to asking about the health concerns that brought me in and my past health history, she asked about my occupation, my relationship with my husband and family, my eating habits, and whether I had ever been a victim of violence or abuse. The answers I gave to each question led to more questions and Elizabeth wrote notes frantically as I spoke. Throughout the visit she repeated some of my answers to confirm that she heard me correctly and nodded her head in validation of my experiences as I spoke. I was amazed at how much time Elizabeth devoted to uncovering who I am and where I am in my life. Unlike other doctors I had visited, I was the one who spoke most throughout the visit, and Elizabeth was fully engaged in what I spoke about.

Exam time came near the end of the visit and Elizabeth explained to me what she would be doing and why. She asked if I had any questions about the exam and if I had any anxiety about it. She reminded me of the aromatherapy sprays and Bach flower



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Photo by Rachel Pastiva

remedies and let me know that Stephanie would also be in the room to offer support if I would like. During the exam Elizabeth was very gentle and asked questions at every stage: *May I touch your leg? Are you doing ok?* She was very conscious of my experience during the exam and spoke to me throughout, making me feel like I was a partner in the exam instead of an object being studied.

After the exam, when I had changed back into my clothes, we sat down again and Elizabeth summarized our visit, gave feedback, and explained the various forms of treatment available, including both conventional and alternative options. When I expressed the importance of natural remedies in my care, Elizabeth honored my need and spoke of homeopathic and herbal remedies, as well bodywork such as acupuncture and massage, which are also available at her practice. She wrote down "homework" for me to do between then and our next visit and told me that she has helped many women overcome the issues I was dealing with and was confident that she could help me too. For the first time in a long time, I entertained the idea that I could heal from my issues and believed that Elizabeth genuinely wanted to help. Upon leaving she told me it was a pleasure meeting me. The pleasure had definitely been mine!

I left the building and got in my car. The moment I closed the door I found myself overcome with emotion and began to cry. I had been brought to tears in my previous experiences with doctors, but never for reasons like this. As I sat in my car and let the tears fall down my face, I felt relief and gratitude for having found someone who finally took the time to listen. I opened my heart and let hope in, as I let it sink in that I'd finally found an ally on my healing journey.

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The Healing Power of the Right Relationship

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Elizabeth Shadigian, M.D.



Photo by Rachel Pastiva

Dr. Elizabeth Shadigian is a special kind of doctor, the kind our health care system needs more of. A feminist and activist, she is motivated by the injustices to women she has found in our health care system, and is driven to provide supportive and individualized health care to each of her clients. With a medical degree from John Hopkins University, residency and board certification in obstetrics and gynecology, and 15 years on the faculty of University of Michigan Medical School, including 12 years of caring for women, Dr. Shadigian is well acquainted with the standards and limits of our national health care system. "In the current mainstream medical systems, health care is 'self-serving,' as opposed to serving the needs of individuals, especially the unique needs of women. Most health care professionals regularly disrespect and diminish women in deference to an employer/medical industry that has patient care last on their list of priorities, but patient numbers first," says Dr. Shadigian. She has dedicated her career to providing women the personal and thorough care they deserve, and since December of 2007, has been offering it through her personal practice at WomanSafeHealth.

"In the current mainstream medical systems, health care is 'self-serving,' as opposed to serving the needs of individuals, especially the unique needs of women. Most health care professionals regularly disrespect and diminish women in deference to an employer/medical industry that has patient care last on their list of priorities, but patient numbers first."

—Dr. Elizabeth Shadigian

As the mother of three through home births, a victim of abuse, and a breast cancer survivor, Dr. Shadigian understands firsthand the diverse and sometimes traumatic issues women face when it comes to their bodies and their health. With a background working in traditional health care settings, she also knows what women are up against when they seek care. In fact, she's even coined a term to describe the form of health care women generally receive: *SQHC: Status Quo Health Care*. "SQHC: Status Quo Health Care is a term we use regularly at WomanSafeHealth to describe current health systems and providers who are complacent in their practices, providing each woman with the same, average care while neglecting her specific needs. Most women prefer to have partners in their health care, not bullies; choices, not dictums. Each woman has a different opinion as to her best health care course and *SQHC: Status Quo Health Care* rewards a routinized, deaf recitation of what is best for women as a herd."

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Getting To Know

Eril Andes

"Bringing Polarity Therapy into a medical environment for trauma recovery has been the most noted in my clients. Polarity alongside massage modalities can help strengthen internal gauges and a woman's core body whether or not she has experienced trauma."

—Eril Andes, Massage and Polarity Therapist



Photo by Rachel Pastiva

Eril Andes is a graduate of the Ann Arbor Institute of Massage Therapy and the Polarity Center. She has been practicing therapeutic massage for more than ten years and integrates Polarity work to enhance the healing experience of her clients. Polarity Therapy uses energy techniques to balance the body and mind. Andes also specializes in recovery from trauma, and pregnancy and infant massage.

Rachel Pastiva: How long have you worked at WomanSafeHealth?

Eril Andes: I came into the practice at WomanSafeHealth in April of 2010, and I am continuously grateful for the opportunity to be part of focused health care for women run by women.

Rachel Pastiva: What drew you to study your healing modality and what are some ways you think it is uniquely helpful to women?

Eril Andes: Massage and Polarity are my calling. I love what I do, and I have always really enjoyed helping people, especially people who have certain complexities in their health care requirements. It is important to me that women are able to receive exemplary care.

Rachel Pastiva: What kind of responses do you receive from new clients about the level of care they receive from you and others at the practice?

Eril Andes: WomanSafeHealth provides a therapeutic massage environment for women to experience their own level of comfort in massage and Polarity therapies. My goal is to give my clients my complete presence, intention, and appropriate techniques for their specific needs. The feedback I have received has been incredibly positive. Bringing Polarity Therapy into a medical environment for trauma recovery has been the most noted in my clients. Polarity alongside massage modalities can help strengthen internal gauges and a woman's core body whether or not she has experienced trauma.

Rachel Pastiva: In practicing Polarity and massage, have you learned anything about their powers to heal that has surprised you?

Eril Andes: I consider myself the catalyst that helps my client's system stimulate healing and their innate healing powers when they receive my work. I am always happy to see health improvements, and yes, sometimes it's a surprise to see how much healing a client can achieve when they commit to regular massage and Polarity treatments. This is a science after all.

Rachel Pastiva: What are some unique ways Polarity and massage help in the trauma recovery process?

Eril Andes: Trauma recovery is a unique process to each individual. Trauma comes in different forms and dynamics vary for different individuals. Polarity Therapy allows a client to stay dressed if they wish and process verbally and be actively listened to, in addition to the hands-on work. I have seen improvements in clients by helping them reduce mental and physical stress. Feeling supported through trauma recovery is crucial to healing.



Three More Practitioners at WomanSafeHealth



Stephanie Macey

"I feel that Chinese medicine is uniquely helpful to women because they have special hormonal issues that change across the lifespan and that respond well to energy changes."

—Stephanie Macey, Acupuncturist and Registered Nurse

Photo by Rachel Pastiva

Stephanie Macey is an acupuncturist who holds a Master of Science in Oriental Medicine from the Midwest College of Oriental Medicine. She has also been a practicing nurse for 19 years, and received her B.S.N. from the University of Michigan. She has hospital experience in critical care and cardiac nursing and now focuses on women's health.

Rachel Pastiva: How long have you worked at WomanSafeHealth and how did you become involved in the practice?

Stephanie Macey: I have worked at WomanSafeHealth for four years. When I moved back to Michigan from studying Acupuncture and Chinese Medicine in Chicago, I was looking for practitioners in the Ann Arbor area that shared my philosophy of combining Eastern and Western modalities of healing. Through my professional network, I met Dr. Shadigian. That ended up being a match made by my spirit guides. When I first showed up at Dr. Shadigian's practice, I had an immediate sense of calm. Dr. Shadigian came out of the office to greet me with a very warm smile and held out her hand and asked "Have we met before?" and I knew that this was exactly where I was supposed to be.

Rachel Pastiva: What drew you to study your healing modality and what are some ways you think it is uniquely helpful to women?

Stephanie Macey: I have always been interested in holistic medicine, which is why I took a path in nursing. I was a Reiki practitioner and took classes in herbal medicine, nutrition, and homeopathy. After 17 years of nursing in the hospital, I realized I wanted to know more about alternatives to Western medicine. I felt like the medical model did not always suit each person's individual needs.

I feel that Chinese medicine is uniquely helpful to women because they have special hormonal issues that change across the lifespan and that respond well to energy changes. Chinese medicine is extremely helpful in balancing women's menstrual flow, anxiety, depression, and has strong effects on their fertility. It is easy to evaluate women's response to alternative medicine by evaluating their menstrual flow and fertility. It has also been helpful for women experiencing menopausal symptoms.

Rachel Pastiva: In what ways have the values of the practice informed your own work?

Stephanie Macey: I have had to do some "unschooling" from the way of providing care in the hospital setting working at WomanSafeHealth. There was rarely the time in the hospital to truly care for people. It was refreshing to come work in a space that allows the time to truly provide compassionate care. Working at WomanSafeHealth has restored my faith in humanity. There are people who really want to provide compassionate care and are finding ways to work around the hurried system of health care. I see true healing happening when the time is taken to listen to people and respect their needs.

Rachel Pastiva: Do you think the level of care women receive at WomanSafeHealth transforms their beliefs about themselves or their role in their health? If so, how?

Stephanie Macey: Yes, I believe women feel empowered after coming to WomanSafeHealth. We are always educating about women's rights with their bodies — providing women with options about their health care and helping them feel safe to let health care providers know when they don't want a procedure or medication, and so on. There are so many informational materials in the office, empowerment guides, rare books, seminars. Women start to question the way they have been treated in other health care settings and why they allowed it to happen and did not speak out. I think women feel more comfortable saying "no."



Victoria Evans

"At WomanSafeHealth we operate as a multi-disciplinary team. Each practitioner, nurses included, organizes and plans care for each woman together with the woman. Our empowerment is her empowerment."

—Victoria Evans, Registered Nurse

Photo by Rachel Pastiva

Victoria Evans, R.N., is a practicing registered nurse and writer who has worked in advocacy, non-profit, and health care settings around the country and the world. Her favorite place is Ann Arbor, where she is able to incorporate all of her passions into one setting: advocacy, empowerment, compassion, and communication.

Rachel Pastiva: How long have you worked at WomanSafeHealth and how did you become involved in the practice?

Victoria Evans: I have worked at WomanSafeHealth and with Dr. Elizabeth since she first went into private practice. Elizabeth's vision and model of practice is one that I believe in to the core. I believe the model of kind and compassionate care can work in health care and I have watched her ideas become reality. She said, from the beginning, that each woman should be able to define her care and then receive it. She has always held that within every woman, there is an *empowered* woman, and she not only can ask for what she wants and needs but that she can actually get it. Within that idea she has always believed that this can best be achieved in a safe environment.

Rachel Pastiva: Do you think the level of care women receive at WomanSafeHealth transforms their beliefs about themselves or their role in their health? If so, how?

Victoria Evans: I think the level of care that women receive at WomanSafeHealth can and has transformed their beliefs about themselves. What women learn about themselves while in the care of WomanSafeHealth helps them to go into the world and transform their previous "bad experiences" into active and actual changes in thinking. Because "SQHC: Status Quo Health Care" is set up to cater to itself and not the needs of individual women, it often creates an environment of having health care handed to her.

Rachel Pastiva: What drew you to study nursing, and in what ways do you think nursing has changes since you began studying it, if any?

Victoria Evans: I became a nurse late in life, and I often call it my third career: journalism and activism being first, mothering being second, and nursing being my current. So from that perspective, I think I studied nursing and became a nurse at the perfect time in its evolution. Now, more than ever, nurses are autonomous and self-determined. Once upon a time nurses were strictly under the purview of physicians and followed orders. Now nurses take the lead, conduct research, write, and help to empower their clients in every way. At WomanSafeHealth we operate as a multi-disciplinary team. Each practitioner, nurses included, organizes and plans care for each woman together with the woman. Our empowerment is her empowerment.

Rachel Pastiva: How do you think your background in nursing informs your writing, or what you choose to write about?

Victoria Evans: It's more that my background in writing and communicating informs my nursing. I appreciate the ability to communicate so much that I expect it from everyone I come in contact with, including health care professionals. "Bedside manner" is often referred to when describing a physician. Sometimes bedside manner is good, sometimes it's not. The ability to communicate with a client in an honest and forthright way is perhaps the most important task we have at WomanSafeHealth. Many times, women come to us with the most heart-wrenching *herstories*. It is our job to accept each of them in a kind and open way, to listen with non-judgment, and then devise a care plan to guide her health. It's important work.



The Healing Power of the Right Relationship

Continued from page 40

This style of health care has far reaching effects on women who are facing a health crisis, or who are simply trying to take care of their bodies and well-being. Dr. Shadigian sees the negative impacts of it all the time.

“Most women prefer to have partners in their health care, not bullies; choices, not dictums. Each woman has a different opinion as to her best health care course and SQHC: Status Quo Health Care rewards a routinized, deaf recitation of what is best for women as a herd.”
—Dr. Elizabeth Shadigian

I can't really count how many times during the course of my work, in both hospital and private practice, that women have come to me and said, 'The doctor made me feel like there was nothing wrong with me and it's all in my head.' To me, that phrase says it all. That women in the 21st century, educated and advocating for themselves, continue to have their thinking about their own health and their own intuitions questioned and demeaned by physicians and other health care providers reinforces SQHC: Status Quo Health Care. Every time a woman is belittled for asking her questions or researching her condition, she is less likely to go to the doctor for her concerns. She waits until the last minute to care for herself and it may be too late to have appropriate treatments. As far as I know, this type of research has not been done yet but should be: For women who are abused/neglected by the health care system, what are some of the health outcomes and consequences due to their disrespectful experiences?

At WomanSafeHealth, Dr. Shadigian does things differently. “I deeply respect that each woman is on her own journey and has to figure things out for herself. I just want to be witness to that and want to encourage and help empower each woman to not be afraid to do what she feels is right, rather than doing what everyone else tells her to do.” In order to help each woman in this way, it is imperative to address what role trauma plays in her life. “Women have a high rate of personal and health care victimization and [addressing] that needs to be part of their care.”

“Women tend to be less heard, less believed, and so, to me, are less served by most medical systems. But it doesn't have to be that way.”
—Dr. Elizabeth Shadigian

Among the many ways that women encounter trauma, it is often overlooked that seeking health care can be a traumatic experience.

So many women have felt traumatized just from trying to get care for themselves. Feeling not listened to on a regular basis, being told that they are crazy or that they need psychiatric help when in fact they have physical symptoms. And because doctors can't put it together, or choose not to spend the time to put it together, women are shuffled along and their health care needs are not served. Sometimes it's a rare disease, or symptoms may come and go, or maybe it is scary to tell their provider *all* of their symptoms. Women tend to be less heard, less believed, and so, to me, are less served by most medical systems. But it doesn't have to be that way.

For Dr. Shadigian, taking the time to listen to her clients and ask the right questions is the first step to determining their individual needs.

If I do not know a woman's trauma *herstory*, I cannot know what may trigger her during a physical exam or even during a line of questioning. The reason I *respect 'no'* is a guiding principle is that when a woman is hurt, her 'no' does not matter. At WomanSafeHealth a woman's 'no' is just as valid and important as her 'yes,' if not more so. These guiding principles create a culture of safety and acceptance for each woman. WomanSafeHealth creates a healing community. This is part of the trauma recovery process, whether the trauma is new or old, personal or medical.

Knowing a client's story allows Dr. Shadigian and her staff to customize care and provide support for the client's unique needs while building a relationship based on trust and understanding. “When trauma is addressed head on, the client knows that her health care provider continues to be on her side throughout her health care experiences, day after day and year after year. Whether it's a sensitivity to her when her blood pressure is being taken, or while palpating her neck, or during a pelvic exam, asking what is best for her breaks the past and present traumatic bonds and helps her feel a sense of safety.” Honoring a woman's personal needs lets her know her needs are important as well as a necessary part of finding the right path

“The body remembers trauma whether the rest of the woman does or does not. Having the temperature right for her in the room, a robe that is actually comfortable and fits her, and warm instruments are acts of solidarity with her and for her. Or, in other words, her needs/her body's needs are paramount, and her comfort and safety can easily be accommodated.”
—Dr. Elizabeth Shadigian

to healing. “The body remembers trauma whether the rest of the woman does or does not. Having the temperature right for her in the room, a robe that is actually comfortable and fits her, and warm instruments are acts of solidarity with her and for her. Or, in other words, her needs/her body's needs are paramount, and her comfort and safety can easily be accommodated.”

Dr. Shadigian is offering something to her clients that most doctors do not: time. In taking the time to get to know each of her clients and their needs, and then taking the time to modify each woman's care to honor those needs, Dr. Shadigian and her staff build trust with each client, which creates and fosters a healthy relationship among them. “The relationship is part of the prescription. The relationship is part of the physical exam. The relationship is part of the treatment plan. The relationship is part of everything.” Just as Dr. Shadigian strives to be present in each encounter, the client is responsible for showing up, too, if true healing is expected to take place.

Both the practitioner and the client may mindfully choose to get out of their 'traditional' roles a little bit. The practitioner can choose to work for the highest good of the woman and put her own ego aside and sometimes even her own training — she can choose to challenge preconceived ideas. She can be open and suspend judgment and say, 'Okay, where is the learning and truth for me, for my client?' And the woman can choose to stretch to become her empowered self and risk saying, 'You know what? I'm going to work towards my highest good. I will take a chance and see if this is a trustworthy practitioner and environment for me. I will test the process too, even if I've been hurt or disappointed before.' And that's hard, especially if the woman has experienced trauma or distrust or self-doubt.

Only when we start holding the medical establishment to our own standards can we hope to see the changes it so strongly needs. As Dr. Shadigian says, “We all need to be activists for our health.”

The WomanSafeHealth standard of support is unfortunately a standard that will be slow to reach our traditional medical establishment. But that doesn't mean women can't receive the care they need from their health care providers if they empower themselves to ask for what they need.

A woman may insist on knowing a health care assistant's name or their role. We can ask the health care provider to sit at the same height as us and actually look at us rather than a computer while we're speaking, or decide not to remove our clothes before a physician enters the room even when we're directed to do so. We can decide if we want any exam or how much of the exam to have done. We can say 'no' to the things we do not want.

In a health care system in which the needs of an institution trump those of women, it is up to each of us to give voice to our individual needs if we wish to overcome the status quo. Only when we start holding the medical establishment to our own standards can we hope to see the changes it so strongly needs. As Dr. Shadigian says, “We all need to be activists for our health.”



Photo by Karina Oganyan

WomanSafeHealth is located at 2340 E. Stadium Boulevard, Suite 8, Ann Arbor, Michigan 48104. For more information, including details on their monthly open house, call (734) 477-5100 or visit www.womansafehealth.com.

This winter, look for Dr. Elizabeth Shadigian's new book *WomanSafeHealth: The Antidote to Status Quo Health Care*. Dotted with cartoons and photographs, this accessible manual argues a woman's experience of safety and the quality of her health care should be at the center of modern medicine. Coming soon to Crazy Wisdom Bookstore.

Meet Dr. Shadigian and learn about her new book *WomanSafeHealth: The Antidote to Status Quo Health Care* on Tuesday, April 22nd at 7 p.m. in the Crazy Wisdom Tea Room.



SUSTAINABLE HEALTH

Reconsidering the Impact of Grains and Carbs on our Diet



By Gary Merel

Despite the many different and popular diets and eating lifestyles, there is no “right” or “wrong” diet. The “right” diet is the one that works for you. Since digestive systems, much like finger prints, are unique, the foods that work for you might not work for someone else. However, there are definitely foods and food groups we should only eat sparingly, or not at all. High on that list are refined carbohydrates and grains.

Over a year ago, Pam went in for a routine medical exam. She was 54 years old at the time, and had been a strict organic vegetarian for much of her life. Pam wasn’t ill or exhibiting any symptoms, but her comprehensive, metabolic blood panel reported high cholesterol and the beginning of insulin resistance. Pam was shocked — she ate what she thought was a healthy diet, exercised, and had no incidence of high cholesterol in her family. She was surprised to learn from her medical practitioner that her grain-and carbohydrate-rich diet was likely the culprit.

Many doctors and researchers now believe that illnesses ranging from heart disease to Alzheimer’s are not due to overconsumption of fat, but rather grains and carbohydrates.

According to the Center for Disease Control (CDC), more than one-third of U.S. adults and 17 percent of U.S. children are obese. Though obesity markedly increases the risk of lifestyle illnesses, such as Type 2 diabetes, cardiovascular disease (CVD), and mental health conditions, there is a growing incidence of illness in healthy-looking people. Many doctors and researchers now believe that illnesses ranging from heart disease to Alzheimer’s are not due to overconsumption of fat, but rather grains and carbohydrates.

According to Dr. David Perlmutter, a leader in the emerging field of functional neurology, grain-heavy diets are a major contributing factor in the onset of many cognitive disorders. Dr. Perlmutter accuses refined grains and carbs for being addictive, prevalent, harmful, and backed by powerful industries. In his latest book, *Grain Brain*, he even goes so far as to call gluten, the protein found in wheat, barley, rye, and oats, “the tobacco of the 21st century.” While I don’t necessarily believe that all grains are bad and that no one should eat them, I think he does make some interesting points.

Today’s wheat, for example, contains up to 40 times more gluten than grain produced a mere 50 years ago.

- **What’s the story behind grains?**

Humans started cultivating grains 10–20,000 years ago, with the advent of agriculture. However, our bodies haven’t changed a whole lot since before the last Ice Age. And while humans certainly continue to evolve, sometimes our genetic evolution cannot keep pace. Drastic dietary changes in recent years have only exacerbated this issue.

For example, the grains we consumed then were much different than the grains we consume now. Today’s wheat, for example, contains up to 40 times more gluten than grain produced a mere 50 years ago. This is because of hybridization, the process of breeding desirable characteristics such as shorter, browner, higher-yielding wheat varieties. According to Dr. William Davis, author of the best-selling book *Wheat Belly*, these modern wheat varieties also contain much more gluten than previous generations. Already a difficult protein to digest, the rise of glutinous proteins in our dwindling varieties of wheat puts additional strain on our intestines, and it’s way too much for our digestive tracts to handle. Because of this, 1 in 3 Americans are now gluten intolerant, and 8 in 10 have a genetic predisposition for developing the intolerance at some point in their lives, according to Dr. Kenneth Fine, a pioneer in gluten intolerance research. Again, grains are not fundamentally bad, but our immune system just cannot cope with the quantities of grains and carbs we now eat.

- **But aren’t grains supposed to be healthy?**

There is a big difference between whole grains and refined grains. Whole grains (such as wheat, barley, brown rice, and buckwheat) are much healthier than wonder bread and white flour. This is because whole grains contain more fiber that slows the release of sugars. Still, even with healthy grains, there can be too much. Our bodies just haven’t developed the capabilities yet to digest the vast amounts of grains that we consume.

- **How are grains addictive?**

Researchers discovered in the 1970s that gluten was addictive. When digested, gluten produces compounds that create a pleasurable buzz. These compounds were named “exorphins” by the National Institute of Health researcher who discovered them, Christine Zioudrou. This rush is why people love carbs.

- **How prevalent are grains, exactly?**

The average American consumes 133 pounds of wheat-derived food each year.

- **But what’s so bad about grains?**

Grains can lead to digestive disorders, cognitive malfunction, and heart issues, among others. They are the main cause for high cholesterol and lifestyle illnesses such as Type 2 diabetes and obesity.

Besides being difficult to digest and potentially leading to digestive disorders from Irritable Bowel Syndrome to Celiac disease, grains also disturb cognitive function. Dr. Perlmutter believes this is so because a) grains elevate blood sugar, leading to insulin resistance; b) consuming grains fills the body with gluten and other potential allergens, putting the body on over-drive or alert; and c) they fuel neurodegeneration, leading to such disorders as Alzheimer’s, Parkinson’s, and Huntington’s. Dr. Perlmutter calls grains “a terrorist group that bullies our most precious organ, the brain.”

Recent studies also strongly suggest that there may be a causal relationship between grain and gluten consumption and cardiovascular disease. Decreased consumption of carbohydrates helps reduce body mass index (BMI), weight, and insulin levels, among other CVD indicators.

Our bodies just haven’t developed the capabilities yet to digest the vast amounts of grains that we consume.

- **How do big corporations back grains and what is the concern with that?**

There are five big companies that control the world’s grain trade — ADM, Bunge, Cargill, Glencore International, and Louis Dreyfus — commonly referred to as the “ABCDs.” These companies routinely spend millions of dollars per year lobbying Washington for support. The “ABCDs” can influence government to allow for greater subsidies for grain producers, and can also convince medical practitioners of the health benefits of the grains produced. As mentioned earlier, the “right” diet for you might be the “wrong” diet for someone else. However, the strength of the grain trade lobby in Washington encourages even organizations like the American Heart Association (AHA) and American Diabetes Association (ADA) to support grain consumption universally. While not all grains are bad, we need to question why grains represent the largest piece of the food pyramid, and if it’s outdated or unsafe for them to be there.

Navigating food choices doesn’t have to be stressful. By avoiding or removing potential certain problematic foods, you can prevent the onset of illness or overcome chronic disease. After a few months without any grains, Pam significantly lowered her CVD indicators. Though it’s okay to enjoy a nice baguette every once in a while, it’s important to make the baguette the exception, and not the rule.

Gary Merel, M.S., L.A.C., has a nutritionally-based acupuncture and holistic health practice in Ann Arbor. For more information about his practice go to www.annarborholistichealth.com or www.digestivehealth-annarbor.com, or call (734) 222-8210.



A Look at Ann Arbor's Interfaith Center for Spiritual Growth



Photography by
Maureen McMahon
and
Joni Strickfaden

Photo by Maureen McMahon

It is a place where people think critically about their thinking — but tend to prefer things be light-hearted.

Those who gather there seem to share a vital interest in charting a personalized approach to spirituality and enjoy doing so in this supportive community setting.



Wendi Mekins, Holden Mack, Regan Mack, and Simon Foster

Photo by Maureen McMahon



Kellie Love

Photo by Maureen McMahon



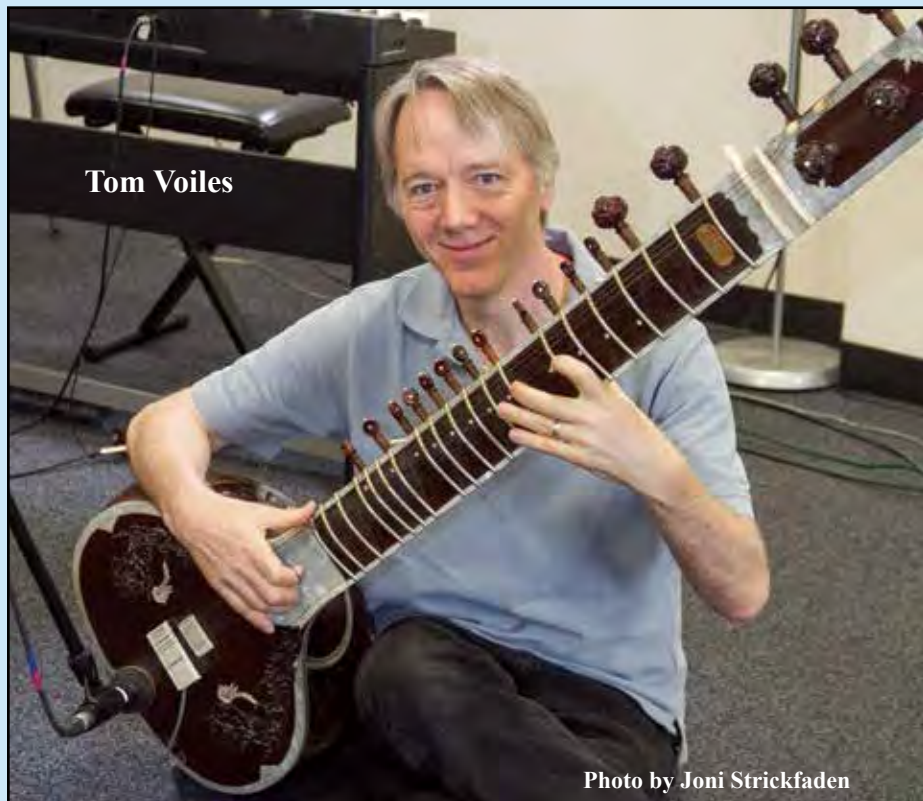
Photo by Maureen McMahon

Members of the Interfaith Center include people from all walks of life: doctors, carpenters, lawyers, musicians, teachers, and self-taught seekers.

Introduction

Over the past seven years the Interfaith Center for Spiritual Growth has emerged on the Ann Arbor scene as a vibrant place for community events and a dynamic alternative to Sunday worship.

Many have discovered the Center by attending one of their public music events, such as engagements with Kirtan singers Shantala or their Café 704 concert series featuring some of the area's finest musicians. Others may have visited because of their calendar of speaking engagements with popular authors like Judith Coates or Rev. John Mundy. Still, those who eventually join the community were likely persuaded by Interfaith's unique take on Sunday service: an upbeat gathering in which attendees, alongside ministers, provide the texts, meditations, songs, and sermons that are shared, and engage with each other during an open-mic session.



Tom Voiles

Photo by Joni Strickfaden

Even with the regular format of spiritual readings, guided meditations, live music, and lessons (sermons), it seems you never know what you're going to get. Invariably, a Hindu chant and a Buddhist meditation might accompany a reading from a Sufi mystic or a page from a best seller picked up off the spiritual development shelf. Sunday music might include a harp concert one week, followed by a drum circle or a modern dance recital the next. It's an eclecticism that is celebrated and somehow works well.

As you might expect from a group of seekers, many in the Interfaith community are well read in their areas of interest. There is a depth of knowledge in metaphysical topics and consciousness studies. A New Thought vocabulary is commonly used and many members are at home in the esoteric, just as many are self-identified healers. It is a place where people think critically about their thinking — but tend to prefer things be light-hearted.

Though Interfaith Center for Spiritual Growth was established in 1997, *Crazy Wisdom Community Journal* has never profiled the Center or David Bell, the Center's founder and senior minister. I have been attending there since 2009 and suggested it was time we spotlight this exciting resource and place of opportunity for our readers. What follows is a profile of David Bell by Rachel Urist, someone who had never been to Interfaith before we sent her; plus two personal histories of community members Joy Pendleton and Craig Harvey; and two interviews with Interfaith leadership team members Associate Minister Delyth Balmer and Youth Education Co-Director Kellie Love.

— Maureen McMahon



David Bell and his wife, Judy Bell

Photo by Joni Strickfaden

Members of the Interfaith Center include people from all walks of life: doctors, carpenters, lawyers, musicians, teachers, and self-taught seekers. For many, it's a home away from home, a place for Sunday service, but, more fully, a community center where they can find meaningful connections with other spiritual seekers throughout the week, be it at a potluck on Tuesday nights, or at a Saturday acoustic concert, or at any of the various study groups that meet to explore spiritual texts and practices.

More than just a place to socialize, there are members who say the Center literally saved their lives. And, if you asked, a lot of the membership at Interfaith would identify as "recovering" — be it from institutionalized religion, their formal education, or a previous way of thinking or acting. Those who gather there seem to share a vital interest in charting a personalized approach to spirituality and enjoy doing so in this supportive community setting.

It is an eclectic bunch to be sure. A typical Sunday attracts a broad cross section of Ann Arborites, with many attendees old enough to be nearing retirement or to have already raised a family. A youth education program draws in some families and there is a contingent of younger seekers looking for new modes of spiritual exploration. Many different faith backgrounds are represented and there is an air of openness and acceptance.



Photo by Maureen McMahon

Ann Arbor's Interfaith Center for Spiritual Growth

Feature continued from page 45



Photo by Joni Strickfaden

David Bell: Interfaith Minister and Sometime Lawyer, Accountant, and Politician

By Rachel Urist

Ann Arbor's Interfaith Center for Spiritual Growth is tucked away in a nondescript business park on Airport Boulevard, across from Costco. Until 2006, when it acquired its current space, the group met at Angell School, then at Forsythe, and classes were held in various homes.

Though the Center's location is unprepossessing, its interior has a homespun charm. David Bell explained:

When I first proposed we rent it, they thought I was crazy. But I have a builder's license — and I'm a Taurus. I could see it. It is the perfect space now, and everyone agrees, but most people thought I was nuts. We did all the work ourselves. Lots of tools got broken, but hey, that's okay.

Bell, who has an eye for design, suggested a cantilevered arrangement for its second floor offices. This design obviates obstructions. (Without it, posts would have been needed to support the second floor.) An architect in the group drew up the plans, and members of the group built it.

The Center is a far cry from the Methodist church of his youth. "I was taught that Jesus died for our sins, but I could not abide a God who would demand such a blood sacrifice." By age 16, he rejected this "ornery and cantankerous" God of the Old Testament. "I was a card-carrying atheist for thirty years!"

"I was a card-carrying atheist for thirty years!"

—Rev. David Bell

He was a good student and graduated from Western Michigan University with a degree in accounting. A professor told him that he had talent and added: "You're going to law school!" Bell took the LSAT, scored in the 97th percentile, and enrolled in the University of Michigan School of Law. He began classes a week after he married his Judy, in 1965. He laughed as he remembered: "I had \$1.65 in my pocket when

we returned from our honeymoon. That was all the money we had in the world!" Judy landed a teaching job. Bell earned his law degree in 1968, then embarked on a peripatetic career.

Following law school, he worked for a year as a C.P.A. Then he began practicing law, which he did for eight years. During that time, he ran against Bent F. Nielsen (of Nielsen Flowers) for county commissioner. Bell enjoyed recounting the adventure. "Reverend Don Shelton was my campaign manager. He created the slogan: 'Elect Bell or get Bent.'" Bell lost, though it was close. Two years later, he opened a brokerage firm, Continental Capital, with a real estate developer. He soon left to work for E.F. Hutton. That lasted a year. In 1988, he returned to law, and then, in 1996, he turned to divinity.

Why? He said it was because of an epiphany he had in the summer of 1985, during a visit to his daughter, who was at Interlochen. As her orchestra played Beethoven's *Ninth*, Bell had what he called a "noetic" experience. It was a "sudden knowing."

All of a sudden tears started rolling down my cheeks, and I *knew*, at that moment, that every thing in the physical universe is an out-picturing; that it has beneath it a matrix of magnificence. It was a revelation. I had never dreamed of asking anything about such matters. I'd been a yuppie workaholic, overachieving, happy. Judy looked, saw tears, and asked: 'Are you alright?'

The experience led him to become involved with the Unity Church, where he began teaching and eventually participated as a lay minister. By this time, he was a recovering alcoholic. His search for divinity was multi-determined. He sought compassion and a loving God. He began to practice yoga and meditation.

In 1997, he began studying at the New Seminary in New York's Greenwich Village. Rabbi Joseph Gelberman founded it in 1981, along with a Methodist minister; an Indian religious teacher, spiritual master, and yogi; and a Catholic priest. Bell was particularly taken with Rabbi Gelberman, a Hungarian who lost his first wife and daughter in the Holocaust.

"All of a sudden tears started rolling down my cheeks, and I *knew*, at that moment, that every thing in the physical universe is an out-picturing; that it has beneath it a matrix of magnificence. It was a revelation. I had never dreamed of asking anything about such matters."

—Rev. David Bell on his "noetic" experience during the summer of 1985

Gelberman was from a long line of Hassidic rabbis. In the U.S., he was a pulpit rabbi for ten years before earning a Ph.D. in Clinical Psychology, which allowed him to separate his spiritual life from his livelihood. He explored Eastern wisdom, ventured into interfaith dialogue, and started a free synagogue. He was in great demand as a speaker, and he died in 2010, at the age of 98.

Gelberman's personal axiom was: "Never instead of, always in addition to." He quoted Zen, Indian, Chinese, and Jewish sages. He made a point to live each day as though it was his last (a Jewish injunction), and he peppered his sermons with aphorisms, including:

- "The average American man dies at 50 and is buried at 75."
- "Hating is like drinking poison and expecting the other person to die."
- "The eleventh commandment is: Thou shall have purpose."

His followers loved hearing his quotations. A Zen master said: "Those who know do not speak; those who speak do not know." Rabbi Zusya, a Jewish scholar, said on his deathbed: "I do not fear that God will ask 'Why were you not like Moses?' But 'Why were you not Zusya?'" Gelberman was a firm believer that humankind is God's partner in creation. It is our responsibility to maintain and continue the work of creation, to improve and repair and husband God's world. He said: "I don't have to search for God in the temples and the synagogues or in meditation or in service. I just look at another, and there I see God."

Gelberman's ideas and his vision of spiritual inclusion — of seeking divinity in people instead of in institutions — greatly influenced Bell's interfaith training, spiritual growth, and his involvement with founding the Interfaith Center.

Bell himself had long felt a kinship with Jewish history and tradition. He felt "at home" at a Jewish friend's funeral. In high school, he said, "every girl I fell madly in love with was Jewish." He recalls the first time he heard Aramaic spoken — the vernacular of the historical Jesus. "I jumped out of my skin — like someone hit me with a cattle prod."

Reflecting on this connection, he said: "I was never comfortable in calling myself a Christian. I believe Yeshu [Jesus] was real, a nice Jewish boy from Palestine, and his intention was to wake people up — never to form a new religion. I have a wonderful relationship with him."

In the Interfaith community, Jesus is generally referred as Yeshu, the diminutive of his Hebrew name, Yehoshua (Joshua) ben Joseph. Bell believes that Yeshu's message is, among other things, that "death isn't real." Bell told me of an encounter with an "energetic force," a spirit called Aaron, channeled by his friend, Barbara Brodsky. According to Bell, Aaron was, in his last incarnation, a Buddhist meditation master.

Aaron has told me — and I have no reason to doubt it — that I was acquainted with Joshua and was physically present at the crucifixion; that I was a rabbi in those days and a Talmudic scholar; and that my karmic ancestor had become really fed up with the fear-based teachings of Judaism, took a hike and went out into the countryside, near Mt. Carmel, and built things for people. Aaron did not disclose the name of this karmic ancestor. Aaron told me I could find out on my own, in my own meditation practices. This all resonates, rings true to me. I believe that I must have been Jewish in a previous life.

Like Gelberman, Bell has created a niche for both teaching and counseling. He teaches "A Course In Miracles," and said that the text, of the same title, is "a perfect blend of psychology and spirituality." The book was not so much written as transcribed by one Helen Schucman, a clinical psychologist, who heard a recurrent voice that told her to "take notes." So she did — for seven years. Until that voice insinuated itself, she prided herself on being exceptionally rational. During those seven years, she feared for her sanity. But the book that she "transcribed" now inspires others.

David Bell is well read in the area of paranormal phenomena. He cites many authors whose books on near-death experiences, prophetic visions, psychic revelations, and visits from the beyond have informed his thinking. He mentioned Raymond Moody, Jr., M.D., whose books include *Life After Life*, about near death experiences (NDE), and *Glimpses of Eternity*, which describes the "shared death experience," in which people gathered at the bedside of a dying loved one sometimes describe being lifted out of their bodies and accompanying their loved one part-way into another realm. Moody firmly believes that "it is our mission is to wake up to the divine love that's there for us." Moody, who talked with over a thousand people who had NDEs, became convinced that there is a life after death. "As a matter of fact," he adds, "I must confess to you [that] I have absolutely no doubt, on the basis of what my patients have told me, that they did get a glimpse of the beyond."



"I was never comfortable in calling myself a Christian. I believe Yeshu [Jesus] was real, a nice Jewish boy from Palestine, and his intention was to wake people up — never to form a new religion. I have a wonderful relationship with him."

Bell explained that *A Course In Miracles* teaches that there is no separation: not from each other, nor from God. "We wear earth suits — bodies; but they're impermanent, an illusion," said Bell. "Love, souls, are eternal." And Bell believes that there is no such thing as an "end."

Bell rejects dogma, but he believes in a recycling of souls; that the soul "knows when its time is up" in a particular body; when its mission is accomplished and it is time to move on. He believes that every human being has responsibility for shaping his or her life. When asked about luck, Bell responded: "I don't believe in luck."

He invited me to attend a Sunday service, and I accepted with pleasure. I was advised to come a bit early for the "meet and greet" part of the morning. I wasn't quite sure what this was, but I soon found out. Designated greeters, who change weekly, welcomed each arrival with hugs and warm smiles. People were embraced both literally and figuratively in this house of worship and learning. Each attendee was invited to take a program for the morning's service, to look over the assorted announcements and flyers for classes, programs, and activities. There were flyers for upcoming activities and classes in mind-body integration. There were notices of potlucks, meditation workshops, yoga, and the Miracles class. I picked up a pamphlet, entitled: "*Interfaith Center for Spiritual Growth: founded on the common thread in all spiritual paths.*"



Photo by Maureen McMahon

The feeling of warmth followed me into the sanctuary, where I saw friendly faces and felt a sense of openness. I thought of a young family whose recent move to their new home was accomplished entirely on the backs and truck-beds of folks in this community, who showed up early on moving day and didn't quit until the job was done.

The sanctuary is a huge room filled with sunlight. The large, southern window that stretches along one wall is framed by purple drapes. Facing east, cushioned purple chairs are arranged in a wide, shallow U. The carpet is steel-blue tweed. This eastern wall features a large, colorful painting of a lotus flower with purple petals that fan into yellow flames of light. The lotus floats above two symmetrically placed olive branches, whose green leaves match the form of the single blue dewdrop (or teardrop) beneath. The room's industrial ceiling, painted pale blue, boasts large, exposed pipes, steel rafters, and fluorescent lighting in the style of the Pompidou Center in Paris. This room, however, is on a more modest scale.

Designated greeters, who change weekly, welcomed each arrival with hugs and warm smiles. People were embraced both literally and figuratively in this house of worship and learning.

Photo by Joni Strickfaden

The lotus is the Center's leitmotif. It recurs in other paintings and tapestries on the room's walls. These decorations are all handcrafted and donated by members. In front of the eastern wall is a small, round table, which serves as a kind of altar, handmaid to the lotus frontispiece behind it. The table is covered by a striped cloth of muted blue and white, and holds a cylindrical candle, a brass, Tibetan bowl that is sounded like a gong, and a blue planter of chrysanthemums. On the wall behind it, on either side of the lotus painting, glass blocks are arranged in a geometric pattern. These glass lenses filter additional light for the room.

As I settled into my seat, music filled the room. Laura Massaro, music director of I.C.S.G., played keyboard. David Bell offered an invocation: "We are expressions of divinity; our mission is to bring that into consciousness."

Later in the service, another member stepped forward with his guitar and played his own composition. In the songs, invocations, benedictions, and incantations echo the credo of the Interfaith community:

- Honor the universal truths in all spiritual paths.
- Acknowledge the inseparable Oneness of Spirit with Humankind.
- Understand the power of our thoughts in our lives and of co-creation in our communities.

Bell offered reminders that we make our own destiny; that life throws us monkey wrenches, but we define ourselves through our reactions. We make adjustments "by adapting an attitude of openness." Prayer, he said, is an "alignment with divine

Ann Arbor's Interfaith Center for Spiritual Growth

David Bell: Interfaith Minister

Continued from page 47

energy." He defined "divine" as "infinite love and blessings; ineffable joy." Expansively grateful, he noted: "We say thank you thank you thank you." It is not surprising that "Namaste," both word and gesture — palms together in front of heart, accompanied by a slight bow — is much in use here. Namaste is Sanskrit for "the Divinity in me salutes the Divinity in you." It is the salutation used in India and in yoga classes the world over. It is a greeting, a note of respect, and has gained global currency.



It is not surprising that "Namaste," both word and gesture — palms together in front of heart, accompanied by a slight bow — is much in use here. Namaste is Sanskrit for "the Divinity in me salutes the Divinity in you."

Photo by Maureen McMahon

Before introducing the guest speaker, Bell announced: "Today we're trying to be Jewish. We are now in the Days of Awe, the ten days between Rosh Hashana, the Jewish New Year, and Yom Kippur, the Day of Atonement." Bell talked about the concepts of judgment and atonement, concluding that the first is of little use to those interested in living a life of compassion, and the second is testament to our capacities to start fresh, to reinvent ourselves and our lives in the pursuit of meaningful existence in the service of ourselves and others. Then he introduced Reverend Lauren Zinn.

An ordained interfaith minister active in Ann Arbor's Interfaith Round Table, Zinn's Jewish heritage informs her life choices and today's message. Like Bell, Zinn resists the notion of judgment. She talked about the frightening aspects of the high holy days, about the overwhelming nature of the sins we name, for which we beg forgiveness. She quoted from the Hebrew: "Tshuva, tzdaka, t'filah, ma'avirin et roah hag'zeirah," then translates: "Prayer, deeds of loving kindness, repentance, can change the decree." Rather than be cowed by the day's fearful liturgy — "Who will die by fire, who by water, who by sword..." — she exhorted her listeners to: "Use fire (passion); don't be consumed by it. Use water; don't be buffeted by it, and don't float or drown in it. Use the sword, which is: your strength." She spoke of atonement as a transformational process. It is change, self-improvement. Yom Kippur, she said, is a time to make our own judgments as to how to be better. "It is an act of will. It is a way to let go of the past."

"I have an eclectic belief system and I don't insist that anybody agree with me. People can be who they are, believe what they believe."

Zinn enchanted the crowd with stories of how she learns from her students. In citing examples, she demonstrated both learning and humility. These are core values of every religion, and they have been integrated into the Interfaith model.

The attendees conclude the service by forming a circle and singing "Let There Be Peace on Earth," followed by the lyrics from a sacred Sufi poem: May the blessings of god rest upon you, / May god's peace abide with you, / May god's presence illuminate your heart, / Now and forever more.

When the service ended, the group retired to the adjoining social hall for refreshments and socializing. There were round tables and chairs, and members (about fifty that day) sat to catch up. I chatted with Delyth Balmer, one of the associate ministers, who pointed out that "Dave [Bell] is fond of saying that at the Center, there are opportunities, but no obligations." I also spoke to Kellie Love, a freckled, blue-eyed, Irish redhead, and co-director of youth education at the Center. She works with children during the service and gets to hobnob with adults afterward. I watched people chat and felt a sense of community.



Photo by Joni Strickfaden



The lotus is the Center's leitmotif.

Later, David Bell and I talked in his stark but cozy office on the second floor, which we reached by climbing a long, open staircase in the back of the sanctuary. "I have an eclectic belief system," he said, "and I don't insist that anybody agree with me. People can be who they are, believe what they believe." Bell talked about addicts who try "to fill a void with something tangible. The void is a hole in your soul. The answer is filling it with love and forgiveness." He has visited people in prisons, tried "to be something to hang on to — a life preserver, if you will." He has supported people "in getting their life together, clean, sober, getting out of legal scrapes. At least one person considers me a surrogate dad." He leaned forward and said: "There's nothing to compare to the heartwarming thanks you get; to hearing people tell you: 'I feel so much better.'"

David Bell left his law practice in 1996. He finds immeasurable rewards in his current life. He and his wife plan to retire within the next few years and spend more of their time in Florida.

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The Interfaith Center for Spiritual Growth is located at 704 Airport Boulevard, Ann Arbor, Michigan, 48108. Sunday services are held from 10:45 a.m.-12:30 p.m. A full calendar of events and further information can be found at www.interfaithspirit.org.



Photo by Maureen McMahon

Esther and Norah Reilly

Namaste

"the Divinity in me salutes the Divinity in you"



Feature continues on the next 3 pages

Questions for Associate Minister Delyth Balmer



Photo by Joni Strickfaden

Q. Delyth, you are an associate minister at Interfaith. How long have you been a member?

A. Fifteen years — I've been a part of it since it started.

Q. How did you meet David Bell?

A. I met him through Unity Church of Ann Arbor in 1995. He was a licensed Unity Teacher at that time and later facilitated a study group for *A Course in Miracles* that I attended.

“We did not want to abide by any particular religion, yet acknowledged the common thread present in all religions, with recognition that all paths have the capacity to lead us to truth.”

**—Associate Minister Delyth Balmer
on the founding of the Interfaith Center**

Q. What have been the guiding ideas since the founding of this community? How did Interfaith come about?

A. We were influenced by the notion of openness, experience, and co-creation with one another and the higher aspect of our selves. We did not want to abide by any particular religion, yet acknowledged the common thread present in all religions, with recognition that all paths have the capacity to lead us to truth.

We place importance on allowing and honoring the pursuit of an individual path. We create a place and space that is supportive of self exploration, where people know and feel loved for who they are. Community participation and community visioning are very important to us.

A group of us at Unity Church wanted to have the freedom to explore and practice a wider range of spiritual teachings and to share those teachings — to be more actively involved in the process of co-creating a spiritual center — and decided to join Dave.

We wanted something more expansive that included Christianity but was not only Christian based. Many of the Unity teachings are operative in our Center, including a belief that God is love; we are not separate from God (or one another); and we have the power to create our own reality and to choose how we see things.

There was no oversight from any religious organization during the founding process, nor is there currently. We operated on the belief that all are connected to the Divine, there is no hierarchy. In other words, while there may be roles to take on — minister, board of trustees, spiritual practitioners, group leaders — no one has an exclusive connection to the Divine that must serve as an intermediary for others.

“We operated on the belief that all are connected to the Divine, there is no hierarchy. In other words, while there may be roles to take on — minister, board of trustees, spiritual practitioners, group leaders — no one has an exclusive connection to the Divine that must serve as an intermediary for others.”

Q. Does that co-creation ideal live on fifteen years later?

A. I believe it does. Our Sunday Celebration services continue to be based on an open invitation to anyone to lead a meditation, share a spiritual reading, or give a sermon. We encourage people to start a class or regular meet-up group — all our activities are initiated by community members.

There are regular meetings for study of *Science of Mind*, *A Course in Miracles*, *The Way of Mastery*, Eckhart Tolle's *A New Earth*, and the *Urantia Book*. We have *Balanced View* Clarity Calls, Reiki shares, writing groups, speaking circles, shamanic journeying, and meditation gatherings. There are monthly Café 704 concerts, drumming circles, and spiritual cinema nights. Since we moved here six years ago, we've added many new activities because we have a great facility with space to hold them.

Q. Do you participate in one activity in particular?

A. I've been involved in many, but one that stands out for me is the Speaking Circle hosted by another of our associate ministers, Annie Kopko. It's based on the work of Lee Glickstein and his book *Be Heard Now!* According to his philosophy, being in the presence of people who send you unconditional regard while you are speaking helps diminish your fears and allows you to speak from a place of authenticity. It's about developing trust and confidence and connection. The purpose is not to create polished or persuasive speakers but to allow for the experience of being heard as we speak from the heart, something we all desire.

Q. Tell us a little about your background.

A. I was born and raised in Detroit. I attended Central Michigan and later graduated from Eastern Michigan with a Master's in Speech-Language Pathology. Aside from my role at the Interfaith Center, I work as a speech-language pathologist in a residential brain injury center in Ann Arbor. I was ordained as an Interfaith Minister in 2009 through the Fellowship for Today in East Lansing. I then served as an associate minister at the Interfaith Center and, in January of 2012, I took on the role of administrator.

“There are regular meetings for study of *Science of Mind*, *A Course in Miracles*, *The Way of Mastery*, Eckhart Tolle's *A New Earth*, and the *Urantia Book*. We have *Balanced View* Clarity Calls, Reiki shares, writing groups, speaking circles, shamanic journeying, and meditation gatherings.”

My religious background is Christian. I attended a Lutheran church while growing up, and later my parents became Jehovah's Witnesses. Prior to finding Unity, my church attendance as an adult revolved around Christmas and Easter. I have two daughters, ages 27 and 24, who were adopted from South Korea as infants. I wanted to expose them to religion but also allow them to make their own choice. My spiritual practice continues to revolve around *A Course in Miracles* and “Vipassana Meditation and Spiritual Inquiry” through the Deep Spring Center in Ann Arbor.

My daughter's are both living out of state now. Interfaith really is my “family.” It's been wonderful to be a part of this organization, I feel very blessed. Many of the founding members are still here. We have holiday dinners here, many people bring their nuclear family to their Interfaith family for the holidays. We have parties and do fun things together. People pitch in and help one another. It's a very close group, but not exclusive. Often people say they feel like they're home here. They feel accepted, loved, and welcomed.

Ann Arbor's Interfaith Center for Spiritual Growth

Feature continued from page 49

Craig Harvey's Interfaith Path



Photo by Maureen McMahon

I was raised Catholic, but I never felt like it meant much to me. I had friends who were Protestant and Jewish, and it never made any sense that one religion was the only right path to any kind of salvation. I was rather materialistic going into college — got a degree in mechanical engineering. But, while doing that, I also expanded my horizons a bit, indulging in certain substances and reading Carlos Casteneda books that my older brother got me started on (the books, not the other stuff).

After getting my degree and moving to Ann Arbor, I spent about five years involved in Scientology, which was great for me, until it wasn't. Since then I have always had good close friends with whom I felt a spiritual bond, but I still had a desire for a larger spiritual community. I spent a few years attending the Unitarian Universalist congregation, enjoying services led by Ken Phifer and Eva Hochgraf, while occasionally attending Friends meetings.

“The original inspiration was to get a few hundred people from any and all faiths and meditation/healing practices to commit to an hour a week at various times in one location to allow an ongoing 24/7 world healing circle — sitting in silent meditation/prayer for inner and outer peace.”

—Craig Harvey, facilitator of Interfaith's 24-hour Peace Generator

Then I met someone who told me about the Interfaith Center for Spiritual Growth. As I approached the door for my first Sunday service (then at Allen School), a very happy woman with outstretched arms greeted me saying, "Hi! Would you like a hug?" I considered this a very good sign.

Since then I have attended almost every Sunday that I haven't been out of town. I've served a couple years on the Board during our transition to having our own (rented) building; helped on the construction/renovation needed for move-in; chaired at least one committee; run the grocery card donation program for many years; video recorded many services and other events; dared to sing in the choir (thanks to the incredibly accepting nature of the group); and even delivered a couple Sunday messages ("sermons") of my own. I love the openness of the group, that it encourages the public sharing of individual viewpoints and feedback on sermons, best shown by the standard open-mic time following every Sunday message.

Since having our own space, the Interfaith Center has also been the home for the "Peace Generator" silent monthly meditation circle that I have been leading in various formats since early 2001 (peacegenerator.org). The original inspiration was to get a few hundred people from any and all faiths and meditation/healing practices to commit to an hour a week at various times in one location to allow an ongoing 24/7 world healing circle — sitting in silent meditation/prayer for inner and outer peace. My first step in that direction was a one-hour weekly meditation at Crazy Wisdom. Eventually, I found a few churches around town where I could host a 24-hour gathering once a month (people coming and going throughout the 24 hours). I kept that up for two years. Now it is usually a two-hour event on the third Friday of the month, except a couple times a year when I hold the space for 24 hours. The next 24-hour Peace Generator is 6:00 p.m. Friday, September 20 through 6:00 p.m. Saturday, September 21, in honor of the United Nations International Day of Peace.

Finding a Home at Interfaith

By Joy Pendleton



Photo by Maureen McMahon

My name is Joy Pendleton and I have been a member of the Interfaith Center for Spiritual Growth for 15 years, almost since its inception.

My faith background goes back to Alaska when my family moved a lot to various small towns and we usually chose the only Protestant church in town. Even as a child, I had questions that didn't have answers. Why, if God is love, were we told to fear God, or that if we did "bad things," we were going to hell?

I moved to Ann Arbor in 1982 and joined a Protestant metaphysical church, but soon I was objecting to many of the beliefs there. The church was going to have a reunion of all the past ministers and all were invited except one who was believed to have confiscated money. I asked, Why, if our church was forgiving, couldn't he be invited too? My minister reacted in horror to my question. There were many other reasons, too, but I needed to forgive, forget, and move on.

“There are a lot of different beliefs here: people who identify with fairies, angels, and nature spirits, and those who are or were Buddhist, Catholic, Protestant, Hindu, Muslim, and more... All are accepted and we learn from each other.”

I started attending *A Course in Miracles* study group with some likeminded friends and decided that would be my "church." No actual churches for me! A friend of mine kept calling me about this new center that was starting up and said that the associate minister from my previous church, Dave Bell, would be leading it. It would not technically be a church because it was more than Christian, incorporating all faiths. I decided to try it.

The Interfaith Center for Spiritual Growth started out at the New Center first. Once I started attending, I immediately realized I had missed the camaraderie of my old friends, many of whom had already joined Interfaith. I appreciated the wonderful like-mindedness everyone had — love was foremost.

The Center has moved several times through the 15 years I've been a member and we now are situated in our own home on Airport Boulevard. It's good to be home! Unless I am sick or out of town, I always try to attend Interfaith. The messages really speak to my heart. I have cried often in joy or from being very moved.

Through the years, I have been on the Board and become active spiritually. I have facilitated the volunteers who greet people on Sundays for over 10 years, helped at fundraisers, belonged to the caring committee, read meditations and readings, and helped the needy — but always I was the one who was helped the most. I feel I am "evolving," so I am so grateful to have a center like this.

The Interfaith Center for Spiritual Growth is not a middleman to God, like many perceive a church to be. There are a lot of different beliefs here: people who identify with fairies, angels, and nature spirits, and those who are or were Buddhist, Catholic, Protestant, Hindu, Muslim, and more. We are all on a different path and/or have no path at all. All are accepted and we learn from each other.

The congregation is now talking about interspirituality rather than interfaith. Wow, count me in! Let's eliminate the different faiths and dogmas that might divide us and recognize our oneness together.

Questions for Kellie Love, Co-Director of Interfaith's Youth Education



Photo by Maureen McMahon

Q. Kellie, you are a youth educator and board chair at Interfaith. When you're not teaching on Sundays, you are running a green cleaning business with your husband. What drew you to Interfaith?

A. Yes, I am a co-director of youth education, along with Heide Kaminski. We work with the kids who come to the Sunday service and we have lots of fun. I am also on the board; it helps me connect outside of the classroom.

What drew me to Interfaith? An evolution in the beliefs I grew up with. I was raised Catholic and never felt I belonged, due in large parts to their views of women and homosexuals. My Catholic heritage gave me a good base for faith, but I felt the need to explore other options. A friend introduced me to Interfaith and I immediately felt welcomed and accepted. I always felt that I had my own relationship with God and didn't need to go through the hierarchy or pomp and circumstance that many religions have. I'm a free thinker and one thing I liked was that Interfaith respects and encourages me to explore the path that speaks to me.

"Each week there's a theme, such as tolerance, homelessness, hunger, and what we can do to make a difference. One recent month focused on life-long learning."

—Kellie Love, Youth Education Co-Director

Peace, kindness, compassion, and service are in all religions. If I believe and support those values among others, I don't feel the need to believe in one particular creed. One of my favorite bumper stickers is "God is too big to fit into one religion."

We have great talks at the Center. I miss the services because we are with the kids, so I try to listen to the ones that have been recorded and posted on the Interfaith YouTube page.

Q. How many kids are in the youth education program?

A. Sometimes we get 6, or 1, or 15 on Sundays. They meet as a single group unless we can break them up into more age appropriate sections, teens and younger children.

Q. What are some of the activities you do with the kids? What was "Make a Difference Day"?

A. "Make a Difference Day" was when we went with the kids to Alpha House, a transitional home. We served a meal — soup and sandwiches — and ate with the people who live there. It fits with our values of service, of helping people.

We also have celebrations with the kids for various holidays. Heide and I are creating our own curriculum. It's exciting and I love writing lesson plans. Each week there's a theme, such as tolerance, homelessness, hunger, and what we can do to make a difference. One recent month focused on life-long learning.

I'm 38 and I've been involved here since 2001. Some of the children we've taught are done with college now. One's a Harvard grad. We're sending them off into the world to change it.

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Esalen at 50 ~ A Memoir about America's Spiritual Reformation

By Richard Gull



Fifty years ago the human potential movement started at Esalen.

Lodge and Bookstore

Fifty years ago the human potential movement started at Esalen. That same year, 1962, *The Port Huron Statement* of Students for a Democratic Society appeared, a political manifesto challenging a new generation to live authentic lives in a participatory democracy. I attended both 50th anniversary celebrations in October 2012. I had taken a class on memoir writing at Esalen two years earlier, in 2010, six months after my wife, Sara, died of cancer. I returned last year to take the memoir class again, this time with the purpose of writing a memoir about Esalen's own spirituality and its connection to the cluster of transformational political movements of the 1960s. Since a memoir should show how its author has changed, this memoir explains why I don't call myself an atheist any longer. I explain my version of "a religion of no religion" inspired by *Esalen: America and the Religion of No Religion* by Jeffrey Kripal.

1. Arriving at Esalen

I was driving south on California Highway 1 below Carmel headed to the Esalen Institute just south of the village of Big Sur that is also the name of this fifty-mile stretch of coastline. It was early October 2012. The two-lane highway hugs the side of the Santa Lucia Mountains on the left, and on the right are guardrails in front of a precipice with Pacific waves pounding the rocky shore hundreds of feet below.

Esalen is located on a 27-acre shelf of land on a mountainside, bordered by Highway 1 on the back, and on its outer edge are cliffs overlooking the Pacific.

When I drove this stretch down to the Esalen Institute two years earlier in heavy rain the highway was treacherously strewn with rocks loosened by the downpour. But on my return visit the sun warmed the mountainside. I remember two years earlier slowing around this point so as not to miss the approaching small sign on the right marking the entrance: Esalen Institute by Reservation Only.

I drove down the long steep road to the gatehouse: "Richard Gull — here for Katy Butler's workshop 'Straw into Gold: The alchemy of memoir.'" The gatekeeper checked a list and directed me to an uphill road off to the left; on the right were rows for parking enclosed by large pines and bushes that make the parked cars invisible from the rest of the grounds. Esalen is located on a 27-acre shelf of land on a mountainside, bordered by Highway 1 on the back, and on its outer edge are cliffs overlooking the Pacific. A cool breeze off the ocean carried a whiff of salt sea air.

I picked up my room key in the office inside a one-story redwood lodge that also houses a dining area where abundant healthy food is available cafeteria-style. Large windows provide unobstructed views of the seascape. The smell of fresh-baked bread wafts from the kitchen. I instinctively scanned the kelp beds near shore for sea otters while birds glide low looking for fish.

As the saying goes,
"I am spiritual, not religious";
but I now say, more paradoxically,
that I have "a religion of no religion."

Grief drew me here the first time to write a memoir.

Attached to the lodge is a meetinghouse called "Huxley," named after writer Aldous Huxley, whose idea of "the human potential" was an inspiration for Esalen. I recall two years ago attending yoga, sacred dance, and meditation sessions there in the early mornings. I danced wildly one morning, freely improvising movements in a group of people doing the same thing, led by a dance instructor in a flowing black dress wearing a red boa. My first time at Esalen, two years earlier, in October 2010, my wife, Sara, had died of cancer the previous March. I had spent five years as her caregiver. A close friend from high school had died four months before Sara's death. Grief drew me here the first time to write a memoir. I remember looking at the ocean then and recalling a mystical passage from *Moby-Dick*.

From beneath his slouched hat Ahab dropped a tear into the sea;
nor did all the Pacific contain such wealth as that one wee drop.

A tear in the sea; human emotion engulfed by a vast oneness. I wrote a memoir about the shared memories the dead take with them and then how their memories will disappear when I do.

The reason for my return visit two years later was different from the first: to celebrate Esalen's 50th anniversary. I would also attend the 50th anniversary celebration of *The Port Huron Statement* in Ann Arbor in three weeks. Esalen was the epicenter of America's spiritual reformation and *The Port Huron Statement* was a manifesto for political transformation. But how were they related? Why were neither spirituality nor religion mentioned in *The Port Huron Statement*? I also wanted to write a memoir to explain my own spiritual epiphany: that I would not call myself an atheist any longer. As the saying goes, "I am spiritual, not religious"; but I now say, more paradoxically, that I have "a religion of no religion."

My room this time was on the edge of a cliff up stone stairs just south of the lodge in a suite of wooden cabins called "Rolf," named after Ida Rolf, whose bodywork technique, Rolfing, was made famous here in the 1960s. With a view of blue sky meeting ocean at the horizon and waves crashing over rocks below, the deep sound will cradle my sleep for the next five nights.

Two years ago I had a room with a more distant view in a suite called "Maslow," named after self-actualization psychologist Abraham Maslow, who contributed

to Esalen's early days. Stretching north of the lodge is a grassy open space and a garden with neat rows of flowers and organic vegetables that supply the kitchen. Red trumpet vine and sunflowers attract colonies of monarch butterflies. In the garden is a statue called the *The Red Lady* symbolizing the spirit of Esalen. She is earthy red, nude, arms extended upward, head tilted upward toward the sky above the Pacific; her right foot is on the ground, her left knee is raised.

Beyond the gardens is Hot Springs Creek. Its rock chasm must be crossed by a small wooden bridge in order to reach "The Big House" and "Price House" where workshops are held. "Price" is named after Esalen's co-founder Richard Price, who died in a hiking accident in the mountains above Esalen in 1985.



The Red Lady symbolizing the spirit of Esalen. She is earthy red, nude, arms extended upward, head tilted upward toward the sky above the Pacific; her right foot is on the ground, her left knee is raised.

Mineral hot springs supply the nude baths and massage center. Esalen is named after the ancient Esselen tribe of Native Americans who, legend has it, regarded it as sacred place of healing and burial because of its confluence of mineral, salt, and fresh waters. As Walter Truett Anderson, a biographer of Esalen, writes: "If a place can have charisma, then surely this one has it. It is difficult to imagine any pursuit for which this enchanting piece of land would not be an asset." Cell phones don't work here, a sure sign that you've entered sacred space.

Esalen has been referred to as a "secular monastery," yet it has no architectural monastery. What makes it a secular monastery is its confluence of spirituality, nature, and democratic ideals. Esalen is an experiment in a uniquely American form of mysticism.

2. The Birth of Esalen and Esalen Today

2012 was Esalen's 50th anniversary. Its co-founders Michael Murphy and Richard Price were both students at Stanford in the 1950s. Both were psychology majors, both were turned on to Asian religious thought at Stanford by professor of comparative religion Frederic Spiegelberg, both shared his concept of "a religion of no religion," and both had served in the military. But Murphy and Price did not meet until 1960, in the North Beach Beat scene in San Francisco.

Esalen has an intellectual side that Murphy cultivated, bringing in an eclectic array of scientists, psychologists, biologists, politicians, and theologians.

Murphy had been toying with the idea of starting a meditation and study center guided by ideas of non-dualistically (holistically) synthesizing Eastern and Western thought, science and religion, mind and body, the built environment and nature, and developing what Huxley had called "the human potential." Murphy and Price decided to become partners in this endeavor. Murphy's paternal grandmother, Bunny, held the deed to this property that had been owned by the family since 1910 and was called Slate's Hot Springs. She reluctantly granted them a long-term lease in late 1961; she suspected that Michael would bring a lot of "hindoos" to the place.

On the grounds, at that time, there were cabins for rent, a restaurant and bar, and a few local residents, including a folk singer named Joan Baez and novelist Henry Miller. Miller often frequented the mineral baths during the day.

Esalen has been referred to as a "secular monastery," yet it has no architectural monastery. What makes it a secular monastery is its confluence of spirituality, nature, and democratic ideals. Esalen is an experiment in a uniquely American form of mysticism.



Esalen today offers hundreds of workshops and events each year.... Topics offered this year include writing, leadership, worldviews, ecology, painting, bodywork, yoga, meditation, gay men thriving at midlife, and biblical stories.



At night, the baths were taken over by gay men from San Francisco and Los Angeles and roughhewn local types from the bar. One immediate problem was that, by 1961, the bath scene had turned ugly. Bunny had hired a young Hunter S. Thompson, later to become the famous Gonzo journalist, to guard the place and break up fights. One night he was assaulted by a group on the path down to the baths, beaten, and nearly thrown over a cliff. The rowdy night bathers refused to leave. After a gated fence failed to keep them out, eventually Murphy, Price, and several others, including Joan Baez, accompanied by three snarling Dobermans, drove them out. The sound of the dogs cleared out the baths even before the group arrived to find them empty; they heard car doors slamming and engines starting near the highway above.

2012 was Esalen's 50th anniversary. Its co-founders Michael Murphy and Richard Price were both students at Stanford in the 1950s.

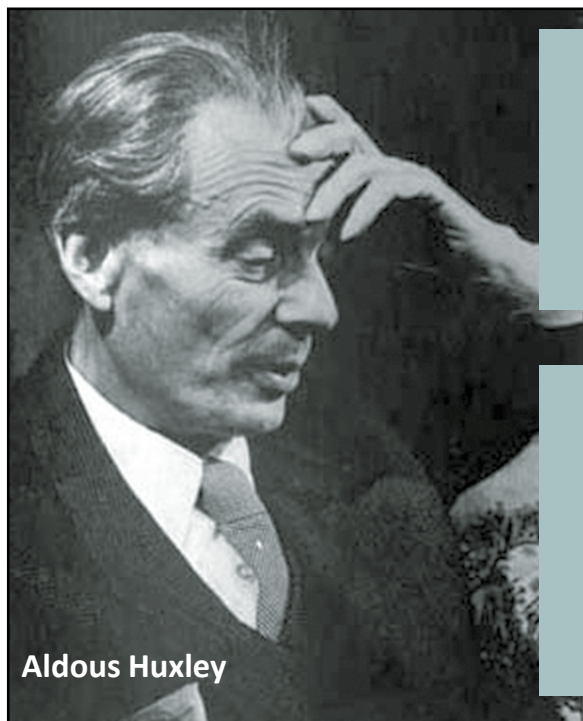


Michael Murphy has called himself a "quantum mystic," using quantum mechanics as an inspiration for metaphysical speculation, as did many mystically-inclined physicists who met at Esalen in the 1970s.

Esalen today offers hundreds of workshops and events each year. Most participants are women. Women hold positions on the board of directors and one woman managed programming for 25 years. Topics offered this year include writing, leadership, worldviews, ecology, painting, bodywork, yoga, meditation, gay men thriving at midlife, and biblical stories. One workshop is called: "From Me to We: The change required to rescue the planet and your life."

Esalen at 50

Continued from page 53



Aldous Huxley

Aldous Huxley, whose idea of “the human potential” was an inspiration for Esalen

“Give us this day our daily Faith, but deliver us, dear God, from Belief.”

—Aldous Huxley

Esalen has two levels, a community and a think tank, reflecting the difference in the personalities of its two founders. Richard Price wrote nothing; his interests were making Esalen work as a community and his *gestalt* practice. He was skeptical of talk of a new age of Enlightenment. He once said:

I was never as sold as some people on the idea of the new age. My focus was more on the question of how you operate the type of counseling and psychological work that goes on here. That’s more interesting to me than bringing in the millennium. If the millennium happens in the process, that’s fine too.

Michael Murphy, now an emeritus board member, is a philosopher and visionary. As early as 1965, Murphy began a citizen diplomacy program with the Soviet Union and China on topics such as psychic research and the psychology of athletics, attracting many foreign visitors to Esalen. Esalen has an intellectual side that Murphy cultivated, bringing in an eclectic array of scientists, psychologists, biologists, politicians, and theologians. Topics included the philosophical implications of evolutionary theory, the ethics of ecology and sustainability, empirical postmortem survival research, Bell’s theorem from quantum physics, and fundamentalist challenges to scholarship in religion.

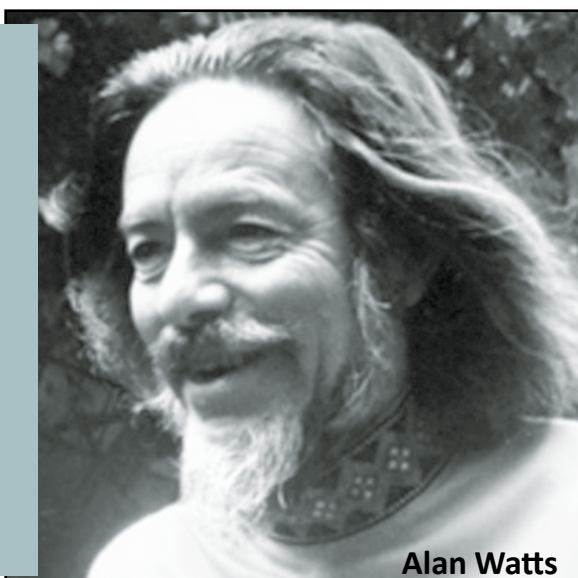
Murphy published philosophical works including novels. He writes: “We are certain that a surprising transformation of the human form is possible through the agency of spirit and that in some sense evolution intends this. The problem of course is in forming the discipline to give it birth.” He was always searching for paradigm-shifters. He has called himself a “quantum mystic,” using quantum physics as an inspiration for metaphysical speculation, as did many mystically-inclined physicists who met at Esalen in the 1970s.

When I was there last October, a conference of economists was discussing complexity theory and economics and I attended a public lecture held in Huxley. There were jokes about naked economists invading the baths. The discussion was about why, in the wake of the recent severe economic recession, current economic models failed to predict it. One discussion question was: “Why are there 500 brands of breakfast cereal on grocery shelves and yet the best is the home-made granola from the Esalen kitchen?”

3. Psychedelics and Mysticism

“To ‘follow your own weird’ is... to accept your own karma, or fate, or destiny, and thus be odd in the service of God.”

—Alan Watts, Esalen contributor in the 1960s



Alan Watts

For the first two years at Esalen, seminars were more cultural presentations with audiences than countercultural events in which everyone participated. They included the Beat Zen philosopher Alan Watts speaking on drug-induced mysticism, San Francisco poet and mountaineer Kenneth Rexroth, and British philosopher of history Arnold Toynbee, who spoke on the importance of the transmission of Buddhism to the West in the twentieth century. A session with Joan Baez was called “The New Folk Music.”

Alan Watts was a well-known bohemian interpreter of Eastern mysticism. His Taoist teaching was to follow your own perverse way: “To ‘follow your own weird’ is... to accept your own *karma*, or fate, or destiny, and thus be odd in the service of God.” Watts had tried psychedelic drugs and had written of his experiences in an essay called “The New Alchemy” and in his book *The Joyous Cosmology*. The book has numerous photographs of abstract geometrical shapes taken from the natural universe: patterns on the surface of an agate, the geometrical feeding patterns of caterpillars, the spirals of galaxies. Watts’ chemical mysticism induced a microscopic vision allowing the mind to delve deeper into “the intricately dancing texture of our world.” He thought that the pharmacologist could free spiritual experience from the traditional obscurantist practices of “seers and mystics” that were “rickety and piled with excess baggage.” But he was skeptical about drug-induced religious insights claimed by some.

Watts, Leary, and Smith were inspired by Aldous Huxley’s early 1950s philosophical essay “The Doors of Perception” that had become a manifesto for 50’s and early 60’s Beat, North Beach psychedelic mysticism. Both countercultural scenes manifested themselves at Esalen.

In 1961, scholar of religion Huston Smith, an Esalen participant, contacted Timothy Leary at Harvard’s Center for Personality Research to arrange an experimental mescaline session. (Leary briefly came to Esalen in the late 60’s). Thenceforth Smith wrote eloquently about psychedelics calling them “entheogens,” literally translated as substances that “generate God within.” But didn’t the entheogens only catalyze what Smith already believed, making empirical a system he had already absorbed? Psychedelics seemed to propel some people to cosmic conclusions.

Watts, Leary, and Smith were inspired by Aldous Huxley’s early 1950s philosophical essay “The Doors of Perception” that had become a manifesto for 50’s and early 60’s Beat, North Beach psychedelic mysticism. Both countercultural scenes manifested themselves at Esalen. In the later 60’s, “Doors” would become scripture for the hippie, Haight-Ashbury countercultural drug scene. The psychedelically inclined rock group The Doors took their name from this text. Huxley was the grandson of biologist Julian Huxley, known as “Darwin’s bulldog” for his vigorous defense of evolution. Aldous thought that our brain and nervous system had been shaped by our biological survival. Yet each of us is potentially a “Mind-at-Large,” capable of experiencing things beyond the limiting filters of our inherited biology. Two ways of bypassing these “walls of perception” are two doors of perception: “deliberate ‘spiritual practices’” and mind altering drugs. These deliberate spiritual practices include the visual arts and meditation. Painters often take an ordinary object like a chair and make it strange by removing it from the ordinary matrix of space to reveal its “suchness,” foregrounding color and texture over place and dimension.

Huxley writes: “...We must preserve, and, if necessary, intensify our ability to look at the world directly and not through the half-opaque medium of concepts.” But though there are multiple bypasses around the filters of our survival-oriented nervous system and language, including mind-altering drugs, we must at the same time survive in this world using systematic reasoning.

Systematic reasoning is something we could not possibly, as a species or as individuals, do without. But neither, if we are to remain sane, can we possibly do without direct perception, the more unsystematic the better, of the inner and outer worlds in to which we have been born. (“The Doors of Perception”)

Huxley died of cancer in the early morning of November 22, 1963. At his request, his wife injected him with L.S.D. some hours earlier so that he would exit high on artistic visions. John F. Kennedy’s assassination later that day overshadowed Huxley’s death. In his novel, *Island*, a goddess gives a prayer that not only captures Huxley’s notion of a humanistic religion but also expresses Esalen’s religion of no religion: “Give us this day our daily Faith, but deliver us, dear God, from Belief.” Murphy and Price often voiced a similar sentiment saying that, at Esalen, “No one captures the flag” and “We wear our dogmas lightly.”

4. Gestalt and Encounter Groups

By 1964, more experiential programming began to appear in the form of *gestalt* workshops and encounter groups. Fritz Perls came on the scene offering workshops in *gestalt* therapy. Perls had fled Germany for South Africa in the 1930s, having been a Jew on a Nazi blacklist that also included Frederic Spiegelberg. Trained as a Freudian psychoanalyst, he came to reject the unearthing of the unconscious and its conservative goal of “adjustment.” Perls concentrated “on *what* is rather than *why* it is, in the present rather than in the past.” Although he often sarcastically rejected philosophy as “elephant shit” and was an atheist who distrusted religions,

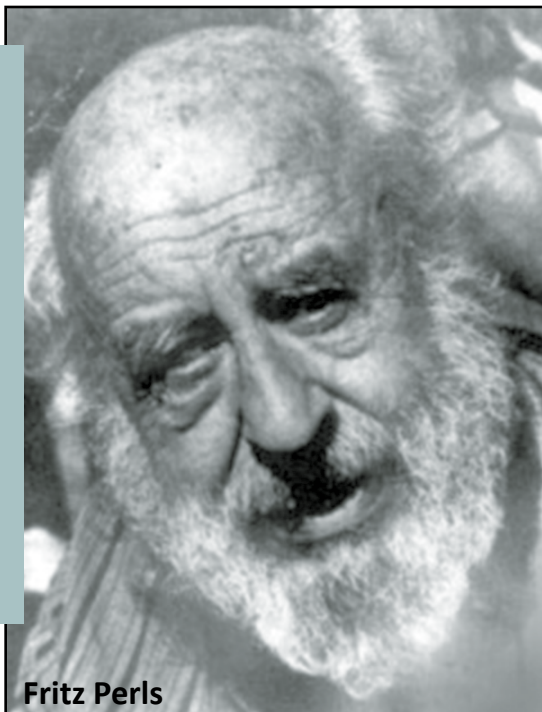
By 1964, more experiential programming began to appear in the form of *gestalt* workshops and encounter groups. Fritz Perls came on the scene offering workshops in *gestalt* therapy.



Sunset at Esalen

he playfully called his methods "Jewish Zen." He famously had participants sit in the "hot seat" while he took apart their defenses and had them enact psychodramas in order to reintegrate the self into a new whole or *gestalt*. At bottom Perls was an existentialist pushing people to take responsibility for the self they had constructed like an actor on a stage. This was his version of a religion of no religion.

After Perls left in 1969, Richard Price, a much less confronting leader than Perls, took over the *gestalt* lineage. Price turned *gestalt* from a therapy into a practice. Murphy, reflecting back on Price after his death, said: "There was in him something of both John Muir [naturalist, founder of the Sierra Club] and a wild Taoist monk." In the 1950s, before Price met Murphy, he had been forced into insulin shock treatments for innocent behavior resulting from the crisis of his own spiritual transformation; as a result, he had an ethic conscious of the damage so-called healers can do. The "hot seat" became the "open seat." Price's dictum was "maximum availability, minimum coercion"; he said: "I'm Dick, not Fritz."



Fritz Perls

At bottom Perls was an existentialist pushing people to take responsibility for the self they had constructed like an actor on a stage. This was his version of a religion of no religion.

Encounter workshops also became a staple offering at Esalen in the 60's. Former Harvard psychology professor Will Shutz was their most influential group leader. People explored their reactions to each other unfiltered by ordinary politeness, stripping away pretensions, and sometimes even their clothes in order, in the end, to discover their oneness with others. Compare this with Quaker meetings in which people gather in silence to speak as the spirit moves them, but without interrupting or arguing with each other. In encounter groups people also react to each other as the spirit moves them — to confront each other. In Quaker meetings a ritual of silence and speaking before God creates community. In the encounter group, by contrast, the absence of ritual, guided by a leader, is supposed to create a sense of joy at realizing one's potential through this altered state, as well as a feeling of oneness with others. (Perls, who competed with Shutz for fame, called him "joy boy.") The encounter version of the religion of no religion allows participants to experientially enter into an altered state of sincere impoliteness, or, in more religious language, sanctified conflict. Shutz thought of encounter as an instrument for realizing not only individual potential, but as a laboratory exercise for participation in a democratic society.

In 1973, Esalen itself went through a transforming self-examination of guru tyranny and the oppression of women. Some group leaders were guilty of taking advantage of their power, especially over women.

There were even interracial encounter groups in the late 1960s that Esalen held in San Francisco at a short-lived San Francisco satellite. This earned Esalen the appellation "mini-San Francisco," pointing up its connection to the vibrant

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Brenda has gone through a change in which her direct perception and experience of Reality has been permanently transformed. This transformation has been called many things in the history of our planet, but the core of all descriptions of it includes the awareness that everything arises from a Mystery, the Unknown and Infinite Feeling that all is One.

She presently serves as a Meditation Teacher and Mentor to people around the United States. Her transformation brings deeper perceptions of reality and a broader vision of life and service to the earth and humanity.

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Esalen at 50

Continued from page 55

Jung thought of synchronicity as a non-causal relationship between events in addition to space, time, and causality whereby the world is revealed as a mystery to be interpreted.



Murphy House Lawn

counterculture movement flowering there. But some African-Americans, in encounter group fashion, noted the satellite's *de facto* separation from Esalen at Big Sur and referred to it as "going South," a reference to Esalen being predominantly white.

Though the encounter movement spread and flourished outside of Esalen, encounter offerings ended there by the early 1970s. Murphy and Price considered them too confrontational and dangerous; some people were injured. In 1973, Esalen itself went through a transforming self-examination of guru tyranny and the oppression of women. Some group leaders were guilty of taking advantage of their power, especially over women. At the same time, a feminist version of the encounter method was flourishing in the form of "consciousness-raising" groups. Many women used these groups to come to terms with anger over their subordination and to forge new identities in solidarity with other women; the personal became the political. According to feminist historian Linda Gordon:

Consciousness-raising groups were intensely enjoyable. We ate and listened to music; we were ecstatic when Jefferson Airplane released "Volunteers." Members hated to miss a meeting. They constituted a respite from daily pressures, an island, a weekly free space within a far more complex and hierarchical life of jobs, bosses, coworkers, families, bureaucracies,...none of which operated according to our rules. This is why consciousness-raising meetings were so much fun. They were not required to be immediately goal-oriented, so they allowed for brainstorming that turned out to be highly productive." (*Inspiring Participatory Democracy*)

Although encounter ended at Esalen, *gestalt* workshops of a gentler sort than Perl's continue there to this day. On my previous visit two years earlier, during an afternoon break from my memoir seminar, I decided on impulse to participate in a *gestalt* session held in a yurt called "Fritz," named after Perls. The yurt was inspired by the work of architectural visionary Buckminster Fuller, another Esalen contributor. I arrived late. A young woman was discussing some of her family troubles and, just as I walked in, the two group leaders asked her to pick people to play each of her family members in a psychodrama. She immediately picked me to play her "father," then she picked her "mother" and her "sister." My late wife, Sara, had been a psychodramatist trained by its founder Jacob Moreno, for whom spontaneity was a religion. Since I had participated in many of her workshops and had often been typecast to play someone's father, this was familiar territory. I often joked that I could start a rent-a-dad business.

The next afternoon in the nude bathing area I encountered the young woman who played the "sister" whose "father" I had played in the previous day's psychodrama. As we walked by each other, I said, "Hi, daughter." She smiled back and said, "Hi, Dad." A young man accompanied her. As if continuing the psychodrama, I said with mock seriousness: "What are you doing with this young man?" She said back with mock indignation: "I'm not going to let you control my life anymore!" We laughed and walked on by. It was, to me, a signature Esalen moment — a unique altered state of playfulness that brought unexpected pieces together: tantric humor, grief, freedom. Like a Rorschach inkblot picture, interpretations will depend on how one feels about the connections between one's body and community. Not everyone chooses to participate, of course.

My second time at Esalen I felt older than the first. An idiopathic numbness in my legs had come on nine months earlier; I felt my mortality. I went to the baths anyway: meditated, talked, contemplated the sea, and got a massage. The incandescence of the setting sun sank below the horizon and the sea darkened.

5. Synchronicities

Looking back, I now regard the coincidence of my mourning Sara's death and my unexpectedly being picked to play a father as an instance of *synchronicity*, a concept introduced by the depth psychologist Carl Jung and often used at early Esalen. Jung thought of synchronicity as a non-causal relationship between events in addition to space, time, and causality whereby the world is revealed as a mystery to be interpreted. Coincidences at times seem to be more meaningful than simply two randomly occurring events. For example, my granddaughter Simone's bat mitzvah, a Jewish ritual for young women marking the transition to adulthood, was in 2007. For weeks there was a family of mourning doves nesting on the front porch whose babies flew away the day of the ceremony. (Simone said: "But, Mom, I'm not ready to fly away yet.") Another synchronicity: While I was writing this article, Simone e-mailed me from Stanford, where she was

a freshman, to tell me that an atheist chaplain was just hired there; it was good to hear that Professor Spiegelberg's idea of a religion of no religion is still alive on that campus.

Another example of synchronicity: As I was working on this article at my dining room table by the patio window two days ago, I looked up and saw a pair of deer lying in the snow in my backyard looking at me. After several hours, they stood up and I noticed that one had an injured right hind leg that she kept lifted as she staggered a few steps with difficulty. They stood together licking each other's faces and intertwining their necks like lovers. I watched this happen from the bedroom window in which, two years earlier, I had cared for Sara while she was in hospice at home for six weeks before she died of cancer.



St. Augustine

Or consider the Christian philosopher St. Augustine in 386 C.E. weeping over the state of his soul under a fig tree when he heard a child's voice singing "take and read." This prodded him to take up a text of St. Paul's that in turn led him to convert to Christianity. And Michael Murphy kept a "Journal of Synchronicities" that he believed gave meaning to the birth of Esalen.

Synchronicities tend to pile up as one notices them and they beckon for an interpretation. To read them is to regard one's experience and one's history, not as a sequence of random events, but as a series of texts to be read and interpreted for meanings. Birds, deer, and psychodramas become signs or omens. One could be inspired to carry out an in depth, active interpretation, by creating another text, a memoir, of their interconnections. Synchronicities multiply as one imbeds them in a story. Life becomes a *gestalt* of which one is a part.

There's a saying: "Coincidence is God's way of remaining anonymous." But skeptical philosophers would point out that synchronicities are instances of the Projection Fallacy: We project the workings of our own mind onto the universe thereby creating the illusion that coincidences we experience are part of a cosmic plan. Or they are the result of Confirmation Bias: We ignore the times we missed a plane and it *didn't* crash. Yet our projections and biases reveal our deep need to be part of a cosmic *gestalt*. Freud describes this mystical feeling as *oceanic*, a vestige we carry forward from our time spent in the womb before birth.

6. The Alchemy of Memoir



Katy Butler

Photo by Cristina Taccone

The year before Sara died we co-authored a self-published memoir titled *Turning Darkness into Light*. Shortly after Sara died, Katy Butler's article, "My Father's Broken Heart" appeared on Fathers' Day in *The New York Times Magazine*. The article is a memoir of Katy's experience, along with her mother, of her father's doctor pressuring him into getting a pacemaker that kept her father lingering for six years; he died "too demented to say goodbye or make sense of his suffering. His pacemaker was still ticking." Reading the article prompted me to take Katy's memoir workshop at Esalen the first time in October 2010. Her article led to a book contract from Scribner; she finished *Knocking on Heaven's Door: A Path to a Better Way of Death* last November, to be published in

September 2013. It is partly a medical memoir, partly a critique of perverse medical incentives, and partly about the forgotten spirituality of dying.

Katy is tall and slender with an aristocratic profile that is a California version of her favorite writer Virginia Woolf; she looks like she hikes in the mountains and sits zazen in her Buddhist practice. Her essay "Everything if Holy" expresses a version of "a religion of no religion." She writes: "The Christian theology I'd been raised with had posited a hierarchical 'great chain of being' with God on top, humans in the middle, and all other creatures and plants arrayed systematically below."



The last night of the workshop, an artist from Esalen, who took the class, awarded Katy a small replica of The Red Lady saying that she embodies the spirit of Esalen.

"Sometimes I think I'm in the realm of the gods when in reality I'm acting like a hungry ghost. I forget that there is something in the brain that never hears 'enough.'"
 – Katy Butler

Yet Dogen (who brought a form of Zen from China to Japan) has a more democratic 'flow of being' in which things in the natural world instruct human beings: "Walls and fences cannot instruct the grasses and trees to actualize spring, yet they reveal the spiritual without intention, just by being what they are. So too with mountains, rivers, sun, moon, and stars."

"My altar holds not only a Buddha, but a seashell, a metal cricket, a snake, and an image of Mary. Likewise, my religious practice now is a hodgepodge of nature worship and Buddhist meditation and twelve-step programs, and I cannot make it all sound logical and consistent."
 – Katy Butler, author and Esalen workshop instructor

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Esalen at 50

Continued from page 57

For Katy, nature worship is more primal than Christianity and Buddhism: “In Europe, Christian holy days were pegged to pagan festivals that brought a ragged joy into a religion flavored with self-denial; churches were built at the sites of wells and hills sacred to indigenous religions. Likewise, nature worship permeated Asian cultures before the Buddha was born.”

Her “religion” is eclectic: “My altar holds not only a Buddha, but a seashell, a metal cricket, a snake, and an image of Mary. Likewise, my religious practice now is a hodgepodge of nature worship and Buddhist meditation and twelve-step programs, and I cannot make it all sound logical and consistent.”

She is an admirer of the British economist E.F. Schumacher’s ethos of right livelihood, which she and I discussed several times. She wrote: “Happiness, his work suggested, was not typified by the ice cream sundae wolfed down alone in front of the television, but by a cookie and a cup of green tea, brewed in awareness and sipped at leisure with friends, while watching the rising moon.”

But she is not an ascetic: “When I’m tired and or lonely and want to be numb, you can often find me driving alone up Highway 101, feeding the hunger that isn’t hunger, stopping at Whole Foods and Costco and Trader Joe’s, loading up on Brazilian papayas and toilet paper from the forests of the Northwest and my favorite yogurt from Greece. Sometimes I think I’m in the realm of the gods when in reality I’m acting like a hungry ghost. I forget that there is something in the brain that never hears ‘enough.’”

The last night of the workshop last October an artist from Esalen, who took the class, awarded Katy a small replica of *The Red Lady* saying that she embodies the spirit of Esalen. I’ve since thought about how that spirit is found in memoir writing as I’ve come to understand it with Katy’s help.

“The old alchemical dream was changing base metals into gold. The new alchemical dream is changing one’s personality — remaking, remodeling, elevating, and polishing one’s very self...and observing, studying, doting on it. (Me!)”

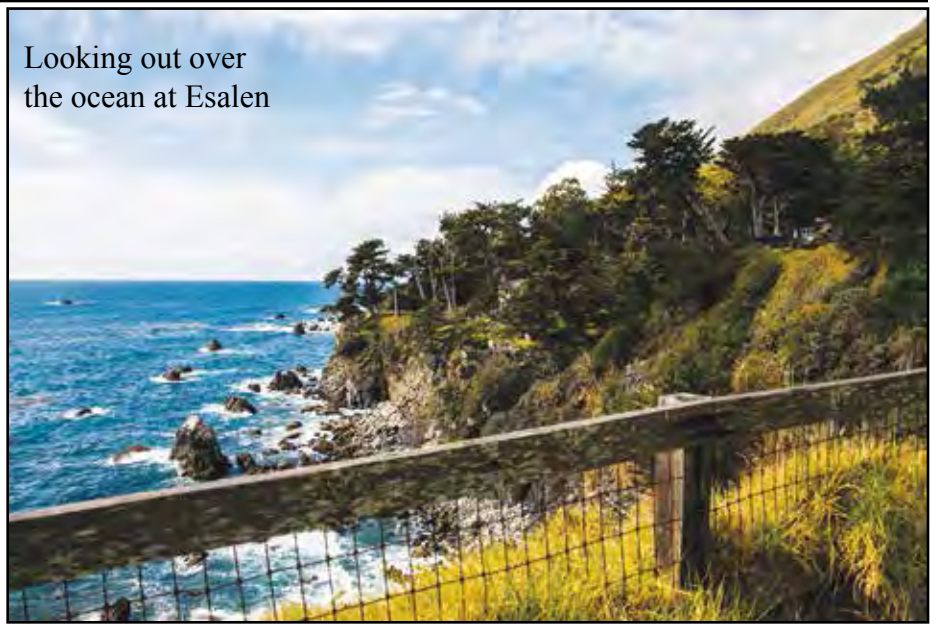
– Novelist Tom Wolfe, in a *New York* magazine piece critical of Esalen in the 70’s

In 1976, in an article critical of Esalen in *New York* magazine, novelist Tom Wolfe wrote: “The old alchemical dream was changing base metals into gold. The new alchemical dream is changing one’s personality — remaking, remodeling, elevating, and polishing one’s very self...and observing, studying, doting on it. (Me!)” Many outsiders like Wolfe had a misleading image of Esalen as a boutique spa selling narcissistic, apolitical self-love to the white middle class. The memoir workshop title also mentions alchemy: “Straw into Gold: The alchemy of memoir.” Wolfe saw the new alchemical dream of self-transformation as an exercise in narcissism, polishing up the self in order to dote on it. One meaning of the memoir version of straw being transformed into gold is to take what one writes in a notebook longhand early each morning and transforming this “straw” into the “gold” of polished writing through learning the craft and practicing every day. In this way, memoir is no different from yoga or drawing. Memoir also involves a change in the self, though not the one Wolfe caricatures.



Christopher Hitchens

When asked if he regretted his heavy drinking that may have contributed to his cancer, Christopher Hitchens said that his late night conversations with so many friends, in which “dull remark would have felt like a physical wound,” and extra bottles were drunk, were worth it.



Looking out over the ocean at Esalen

The second night of class I brought along a copy of Christopher Hitchens’ (political journalist, memoirist, atheist) last memoir, *Mortality*, written while he was in hospital dying of esophageal cancer. Hitchens had just lost his voice to his cancer and I read to the class what he had written about voice and writing. Hitchens told his students: “Find your own *voice*.” Read every composition aloud “preferably to a trusted friend.” One’s voice is one’s *idiolect*, the unique and idiosyncratic way in which one speaks what one writes. “Without our corresponding feeling for the idiolect, the stamp on the way an individual actually talks, and therefore writes, we would be deprived of a whole continent of human sympathy, and of its minor-key pleasures such as mimicry and parody.”

Hitchens marvels at how the vocal cords as pieces of gristle produce the chord, “the resonant vibration that can stir memory, produce music, evoke love, bring tears, move crowds to pity”; my voice in its uniqueness evokes universal emotions.

Writing a memoir, I felt I was writing a script, a play with a single character — me. In reading the script aloud to others, I was playing myself as a character. I wanted others to feel personally addressed. Hitchens marvels at how the vocal cords as pieces of gristle produce the chord, “the resonant vibration that can stir memory, produce music, evoke love, bring tears, move crowds to pity”; my voice in its uniqueness evokes universal emotions. To paraphrase Alan Watts, becoming your own weird is to become odd in the service of God, although not necessarily the God of theism but God as the universe to which I now voice my connections.

“That which lies at the root of each of us lies at the root of the Cosmos too” wrote Esalen contributor W.H. Meyers. Not only does the universal arise from the particulars of one’s life, the political is seen in the details of the personal. The personal becomes the political. With one’s idiosyncratic voice, one can become an authentic player in participatory democracy. That is one reason memoir is currently a popular form of expression in a polarized age in which words and arguments have lost the power to persuade on their own. Voice persuades the lower, emotional parts of the brain to listen and then moves to the higher more cerebral parts; like *The Red Lady*, memoir touches the ground while artfully reaching upward. Voice is the gold created through the alchemy of practice. It is the currency of cosmic and democratic citizenship.

7. Spirituality and the New Left

Returning to Ann Arbor after experiencing Esalen’s golden anniversary, I attended a conference celebrating the 50th anniversary of *The Port Huron Statement* of Students for a Democratic Society (SDS). (To read more coverage of this event, see my essay in *Crazy Wisdom Community Journal* issue 52, Fall 2012.) I approached the conference seeking connections between the concurrent histories of the West Coast epicenter of the human potential movement and the political hopes that animated the New Left at Port Huron both then and now. Someone remarked that the conference was like a college reunion with seminars.

Returning to Ann Arbor after experiencing Esalen’s golden anniversary, I attended a conference celebrating the 50th anniversary of *The Port Huron Statement* of Students for a Democratic Society (SDS).

I met with Sharon Jeffrey Lehrer who attended the June 1962 Port Huron meeting of SDS at a U.A.W. camp on Lake Huron. Lehrer remained a political organizer until 1973. Then on a camping trip to Mt. Ranier she had a “spiritual experience.” She heard a voice speaking to her: “But how do you feel in your heart?” She had no idea. The voice told her to resign from her job as a political organizer. Then, “Through a series of synchronous events I ended up at the Esalen Institute, a human growth center on an old Indian burial ground on the edge of the Big Sur Coast.” She wrote: “Esalen gave me the opportunity to explore territories of the mind and heart I didn’t know existed.” She had ventured outside of her “familiar political paradigm.” Lehrer then worked for nonprofits and small businesses as a C.E.O. and consultant for 35 years.

I spoke with Leni Wildflower who moderated the panel *Women of Port Huron: Reflections on SDS and Change*. “When we were young there seemed to be a chasm

between activities that could be described as ‘changing the world’ and those aimed at changing oneself. But not so for the new generation.” In a chapter on Esalen in her new book, *The Hidden History of Coaching*, she writes:

The Port Huron Statement...expressed a yearning for the same kind of inner expansion that motivated the founders of Esalen. Its authors asserted that ‘We regard men [human beings] as infinitely precious and possessed of unfulfilled capacities for reason, freedom, and love.’ ...As both the political and human potential movement grew and matured, the apparent rivalries and conflicts seemed less important. The ‘politicos’ became more interested in issues of life-style, harmony in life, and spiritual principles. And the ‘new-agers’ were seen to be engaged in pursuits that encompassed cross-cultural exchanges, environmental responsibilities, sexism, and racism.

Wildflower’s remarks made me think of parallels between SDS and Esalen’s human potential movement. Both were rebellions against the stifling conformity of post war America. Both were influenced by the counterculture of the 1950s. Both were subverted by the acid dreams of the counterculture of the 1960s, and then, ironically, were blamed for its excesses. SDS imploded with the rise of the cultish, destructive Weathermen faction. Esalen miraculously survived the wild 1960s without being shut down for drug violations, as Murphy and Price, who were not enthusiasts of the psychedelic scene, feared. Hippies had invaded the place and but were finally run off.

“Esalen gave me the opportunity to explore territories of the mind and heart I didn’t know existed.”
– Sharon Jeffrey Lehrer

At the beginning of the 1970s, Esalen was in the red financially. Their new business manager cracked down and declared: “This is a business.” Today Esalen is a thriving non-profit still carrying on the ideas of its founders, yet worried, as it always has, that it could devolve into just another corporate enterprise.

Tom Hayden briefly mentions the idea of “a religion of no religion” in his recent book *The Long Sixties*. Of the spirituality of the 1960s counterculture, he writes:

At the heart of this new culture was a spirituality, a ‘religion of no religion,’ an explosion of alternative spiritualities: Liberation theology, ...black liberation theology, ...women’s spirituality, ecospirituality, and the revival of Eastern mysticisms rapidly followed. In the face of homophobia, gay, lesbian, and transgender people fought for their spiritual identity. Spanning all these separate outbreaks was a resurgence of the Old Religion, diffusing all of creation with magic and holiness, even if often described and disparaged as paganism.... The 1960s were an era in rebellion against the top-down authority of institutional religion, but they were not an atheistic decade. Instead, the old gods came alive.

Hayden uses the term “religion of no religion” descriptively to categorize the new spiritualities arising in the 1960s as alternatives to hierarchical religion. By saying that, in the face of homophobia, gay, lesbian, and transgender people fought for their “spiritual identity,” he implies that all just pursuits of social justice are fights for spiritual identities: for women, for people of color, for those who are unjustly treated as “the Other.” The original *Statement’s* idea of an authentic life requiring the pursuit of social justice is now, after the spiritual reformation of the 1960s, seen as a fight for spiritual identities as well; the authentic life of striving for social justice is now seen as spiritual as well. But is inward spirituality in itself political? Many politicians say no; many “new-agers” disagree.

But why was there no discussion of religion or spirituality in the *Statement of 1962*? James Monsonis, then a student at Yale Divinity School, writes in *Inspiring Participatory Democracy*:

The answer is a simple, prosaic, almost laughable one. There was a working group on religious institutions at the meeting, a critique was developed that was to be incorporated into the final draft, and I was delegated to present it to the final, all-night plenary that approved the content of the final draft. And I simply fell asleep before making the report. History is sometimes a series of accidents.

As he remembers it, the critique was that religious institutions have generally blessed the *status quo*, focused only on private morality, were the most segregated institutions in America, and stood for complacency. And what would a positive religious institution look like in a progressive society? It would step back from the pressure of immediate political action. The new *Statement* would not mention the idea of God; God would be understood as an empowering force propelling individuals to change the world. It would stimulate thought about questions we do not ordinarily consider. It would be a place for camaraderie and enjoyment; in other words, it would be fun. Monsonis cites the theologian and Esalen contributor Paul Tillich’s idea of religion as being ultimately concerned — meaning being concerned with the Ultimate — but emphasizing that being “concerned” is not the same as having a final position. The ideal of a positive religion for a progressive society would be, as described here, a pale imitation of Esalen.

8. Conclusion

I will not call myself an atheist anymore. It is not because of its intellectual denial of theism. I too reject theism. But I also reject the label atheist as too fraught with associations. One idea behind Frederic Spiegelberg’s religion of no religion is that

words for religions, and for non-religions, both reveal and conceal. Most people associate atheism with having no morality, or being cold-hearted, or as having no spiritual life. Polls show that only a small percentage of people regard themselves as atheists. But I suspect that there are many who are intellectually atheists but who shun the label because they regard themselves as “spiritual but not religious,” as the saying goes. The evolution of religion away from traditional hierarchy is more advanced than polling the number of atheists reveals. And many declared atheists have a rich spiritual life but don’t call it that.

Christopher Hitchens, like a “tough guy,” from the Yiddish word *shtarker*, “decided to take whatever my disease can throw at me, and to stay combative even when taking the measure of my inevitable decline.” He was 61. He wanted an “unsentimental” death. He joked that it would be irritating if, after the many prayers for him by religious comrades, he actually pulled through. When asked if he regretted his heavy drinking that may have contributed to his cancer, he said that his late night conversations with so many friends, in which “dull remark would have felt like a physical wound,” and extra bottles were drunk, were worth it. This drinking and camaraderie were Hitchens’ spiritual sacraments, a spirituality of no spirituality. He was a virtuous heretic who, like all virtuous heretics, religious or scientific, should have a place of honor in a religion of no religion.



I will not call myself an atheist anymore. It is not because of its intellectual denial of theism. I too reject theism. But I also reject the label atheist as too fraught with associations.

I think back on Esalen’s natural beauty. No monastery belongs there. Esalen’s *gnosis*, its spiritual teaching, is a nature mysticism with no transcendent, personal God. If Christianity was the religion of no religion of ancient Judaism, and the Reformation was the religion of no religion to Catholicism, then nature mysticism is the religion of no religion of all traditional, hierarchical religions. It is not just that God is identical with nature: We, God, and nature are one. Everything is holy. This is one way to read Melville’s mystical elevation of Ahab’s tear to the greatest treasure in the Pacific. This nature mysticism is expressed in Walt Whitman’s radically democratic, pantheistic vision:

I have said that the soul is not more than the body,
And I have said that the body is not more than the soul,
And nothing, not God, is greater to one than one’s self is.

And:

I believe a leaf of grass is no less than the journeywork
of the stars.

Esalen’s *gnosis*, its spiritual teaching,
is a nature mysticism with
no transcendent, personal God.

*Richard Gull is an emeritus professor
of philosophy at the University of Michigan.*



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Swaying in the Sangha of Trees: The “Tree” Quel

AN ESSAY BY LENNY BASS

Once again I come to rest in this mystical spruce grove. . .

FOR THOSE OF YOU who are ardent readers of *The Crazy Wisdom Community Journal*, you will recall an article published a couple years back written by a mad man who talked with a tree while sitting in a hot tub outside a cabin built by his wife’s family in the shadows of the Alleghany Mountains in upstate New York.

Well, that mad man is back at it again. The gift of one week of solitude my wife and I afford to one another as our one and only holiday gift has come to pass, and once again I come to rest in this mystical spruce grove. With me are my mat and cushion, a stoic Buddha statue I haul along, and a plethora of pens and thickly stacked writing journals awaiting their inevitable debauchment. My purpose for coming here is just one: to further myself, somehow, on this quest of awakening that I began so long ago and that continues to haunt me all my days.

Last time, you may recall (or not, if you didn’t read the article), I conveyed a private but very much audible conversation I had with a spruce tree that hangs out just between the hot tub and the cabin’s front door. It pierces the night sky and sends wavy evergreen boughs every which way and, seemingly, has a very good brain, to boot. Now, of course, though sometimes I do endow myself with the occasional glass of Chardonnay while sitting in the tub, I know full well that the tree can’t speak. Therefore, I translate for it. It speaks in good, full sentences with the common grammatical syntax and punctuation marks all aligned correctly, easy enough to understand. Sometimes it even likes to speak with a slight Russian accent, but usually that’s when I know it’s time to cut off the Chardonnay.

Since the time of my last article, a tremendous tornado swept across this sixty-acre enclave.

And, as well, I’ve found over the years, it doesn’t mince words.

For example, last time, under a moonlit sky, we discussed the unique dispositions we each found ourselves in, as well as the relative advantages and disadvantages inherent to each.

“When the storms come,” it told me, “you are at a distinct advantage. For you may enter one of your mobility carts [its term for my pick-up truck] and flee. I, on the other hand, have no choice in the matter. I must stay and face the storm.”

“Yes,” I replied. “Yet, fleeing may be the primary human *disadvantage*. It doesn’t promote tenacity or perseverance, both necessary traits in overcoming the so-called obstacles in our path.”

“True enough,” it responded.

And after a good deal of bantering back and forth, it finally admitted to me the following: “When the storms come,” it said, “we trees sway. This, of course, you can see for yourself. But, did you also know that through this swaying, the soil that cradles our roots is loosened and made more pliable? And with this pliability, our roots are allowed to flourish.”

“No,” I replied. “I did not know that.”

And then after a bit of reflection, I said back to it with great enthusiasm, “I should like to learn to sway in such a manner! Can you teach me how?”

To this, the tree had a hearty laugh. “You, sway? What, forever, for?”

I didn’t go into great detail with the tree, for I doubted it would understand. But, what I meant was this: All of us face, in some form or another, enormous challenges in the life we are given. More often than not, the sheer magnitude of these challenges make us want to “get into our mobility carts” and flee — whatever our version of that may be. For some, perhaps it is drugs. For others, it may be endless work. And, for others still, literally getting into those “mobility carts” and driving far, far away, to better climes, better jobs, better homes and gardens, becomes our answer.

It suddenly occurred to me that perhaps we would all be much better served if we simply started learning to sway a little bit more, like the trees do. This, I began to understand, was truly at the root of my meditation practice and a key ingredient, really, to whatever sort of “awakening” I believed might be ultimately pending. And ever since, upon my mat and cushion, ever so slightly as to be barely detectable to the naked eye, I do just that. I sway. When I told that to the tree, it just smiled and said, “Then surely your roots are growing!”

Well, that was a couple years ago, and now I am back to this quiet, rustic retreat sight to “sway” some more.

Since the time of my last article, a tremendous tornado swept across this sixty-acre enclave. Thankfully, it spared the cabin, as well as my pal, the stalwart spruce tree. But a hundred and fifty less fortunate brethren tree monks lay strewn across the land like a nasty game of pick-up sticks, some twisted and snapped in half, others taken whole from the taproot on up. Walking in to see it for the first time, my heart just shattered. Though most of the thousands of spruces planted here survived, still this was gross negligence of the highest order. I felt sickened and outraged all at once.

Still...what to say to my tree pal? I shuddered to think of our next conversation. I wanted to offer it a stiff glass of tree booze, whatever that might be, and ask it to please recount the sorry tale. To my amazement and surprise, it seemed quite non-plused by the whole ordeal — almost giddy, in fact — and infinitely bemused by the notion that I found it all to be so downright depressing.

“Oh, you mean the ‘lumber storm,’” it responded in a matter-of-fact style upon my inquiry into the matter. It had never heard of the word “tornado.”

I held back a chortle, thinking it sacrilege to find any humor in this whatsoever.

“Yeah,” it continued almost nonchalantly, “board footage for the masses, I guess... but a much better way to go than, say, with the thousand toothed monster. Don’t you think?”

By that, I knew it meant the chain saw. Everyone heats with wood out here, and there’s almost no time when a chainsaw isn’t grinding away somewhere.

“But, why?” I implored. “At least the ‘monster’ doesn’t leave twisted carnage in its wake!”

“Oh, come, come now,” it responded, rather annoyed by my apparent inanity. “We talked about this already, didn’t we? With the monster, we don’t stand a chance, now do we? But a lumber storm? At least there are betting odds out there somewhere. And just think of the kind of swaying that those of us who made it went through. Can you imagine? Why, it was root paradise, I tell ya! My own roots were doing a high stepped fandango, dancing with sheer delight! Because of that storm, I’m working on the biggest girth ring I’ve produced in years! I bet other trees would say the same.”

I instantly recoiled at the way my own human perception — or lack thereof — had interpreted the tragedy before me as something cruel and unwelcome. To the tree, of course, it was naught but a wild and woolly “growth hormone” — with a few sacrificial lambs left in its wake.

“Girth ring?” I queried.

“Oh, you know...the distance, in circumference, that a tree grows in a year. You can see it as ring lines in a cross section of my trunk.”

“Sure, sure,” I said, totally astonished. I’d never thought of it in those terms before, but I had to admit it made sense. And, for a few brief seconds, all my sadness seemed to wash clean away. I kicked back in the tub, raised my glass high in the air and exclaimed, “To lumber storms, I guess...and happy roots!”

“Here, here,” it replied, relieved by my dissipating sadness.



“You, who cannot sit still for more than thirty minutes at a stretch...do you really mean to question the insights of a being that has sat in one place for over fifty years solid?”

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We remained quiet a while, each of us pondering the other’s perception of the event that had taken place just six months prior. I instantly recoiled at the way my own human perception — or lack thereof — had interpreted the tragedy before me as something cruel and unwelcome. To the tree, of course, it was naught but a wild and woolly “growth hormone” — with a few sacrificial lambs left in its wake. This stark discrepancy suddenly brought up for me the Buddhist concept of “I don’t know mind.” For those unfamiliar, “I don’t know mind” is a kind of Buddhist permission slip, as it were, to the rare admission that we human beings really don’t know very much — about anything! I’ve found it, over the years, to be as disconcerting as it is liberating.

At the same time, I couldn’t help but reflect on the “perpetrator” of all this misperception, the quintessential element of wind itself. On this wetland pond just outside the cabin door, it seems a renegade constant, blowing incessantly to one extreme or another. In winter, it cuts across the great lake, sixty miles due west, and impregnates the area with a seamless barrage of harrowing snow squalls, all carried lovingly in its wake. Seldom are the days when the bird feeder, tethered by a rope outside the cabin door, sits motionless.

I decided to broach the subject with the tree, to see what wisdom it might have.

“Course,” I said, continuing our conversation, “it seems like the wind is always blowing out here, to one degree or another.”

“Certainly,” it replied. And then it added, rather summarily, “Knocking down the mountain, it is.”

“The mountain?” I pondered, not quite understanding. “What mountain?”

“That mountain,” it responded, almost bending towards the Alleghenies as if to point them out to me.

Continued on page 62

Swaying in the Sangha of Trees

Continued from page 61

I gazed out towards the Alleghany Mountains, now barely perceptible against the night sky save for the blinking red flash of a distant cell tower. They always looked just the same to me, dark and mysterious and unchanging.

"Well, that's quite something," I said after a while, "and how, pray tell, do we know this?"

"We see it," it replied, plainly.

"See it?" I queried. "Really, now? And just how is it that we presume to see such a phenomenon?"

"Presume?" it shot back almost defiantly, catching me off guard. "You, who cannot sit still for more than thirty minutes at a stretch...do you really mean to question the insights of a being that has sat in one place for over fifty years solid?"

"No, no," I said, quickly recognizing its authority on the matter, "I wouldn't...I couldn't...it's just that..."

"Against the fixed point of the night star," it continued, glossing over me entirely, "the mountain has dropped at least half a girth ring since I've been here. Not huge, but noticeable...to one who witnesses things in fifty year increments, that is."

I opened my mouth to speak, but nothing came out. Could all this be true, what I was hearing and translating out loud? Or was I just making it all up as I went along? It made perfectly logical sense to me that against the fixed point of an unmoving object — say, the North Star — that one could chart the relative fluidity of other phenomena. But a mountain? Dropping half a "girth ring"? And how could it be so certain that the wind was responsible? Weren't other explanations plausible? Humans, as well, cause erosion, don't they? I decided to raise the topic with the tree.

"Okay," I said, "I'll grant your assertion that the mountain is dropping. But how do you know that the wind is responsible? Maybe it's rainwater, or human impact, or a thousand other plausible explanations."

"Can you name something more powerful than a gentle, persistent wind across the annals of time? . . . Nothing — not even a mountain — can withstand that."

"Oh, it's the wind," it replied with complete confidence. "No doubt about it. For, can you name something more powerful than a gentle, persistent wind across the annals of time? No...you cannot. Lumber storms may knock down individual trees, in a radical display of power. But a gentle, persistent wind? Nothing — not even a mountain — can withstand that. One fine day, if your species happens to survive long enough, someone of your ilk will fix their gaze upon yon mountain, and all they will see is high-grassed prairie, far as the eye can see. Of this, you can mark my words."

Again, I sat back in the tub, this time staring straight up to the heavens taking in what the tree had said. Something about it brought a strange, inexplicable sense of calm to me. Suddenly, it was as if this great weight lifted off my chest allowing me to breathe again, as if for the very first time since I'd gotten there. "A gentle, persistent wind will knock down a mountain," I repeated over and over, as if it were a mantra.

And then, it hit me. Suddenly, in my mind's eye, I saw this enormous mountain. And it was filled to the brim with all the ingredients of my own ego — my identity attachments, my habit energies, my false hopes and dreams, my illusions of grandeur. On and on it went, all packed tightly together in a solid clump of dense matter heaved high into the heavens, as far as the eye could see. And just what was it that I was trying

to accomplish out there, during this extraordinary week of solitude? The answer was simple: take it all down, in one terrific "tornadic" fell swoop! One enormous meditative gust, and the mountain would crumble, just like that! What utter rubbish!

Not only that, but I realized that this had *always* been my strategy, all the years I'd been coming there. And then, of course, the pattern would be that I would return back home only to be knocked back down to earth in, like, thirty seconds flat. Some triggering event would plant itself like a land mine along the trenches of my householder life...and *kablooie*, the whole thing would blow up. And then, oh, how the self-loathing would start. The week was worthless and pointless and a waste of time. All the work done there was for naught, and this despicable wretch of a human would never approach something akin to awakening no matter how hard he tried!

But now, repeating this mantra over and over again in my head, it was as if I had twisted the kaleidoscope slightly and saw a whole new pattern emerge with fresh, clean eyes. Tornadoes do not take down mountains. And a one-week intensive meditation retreat does not an "enlightenment" produce. But...a gentle, persistent wind, working slowly, little by little, across vast expanses of time and space...not even a mountain can withstand this. And a meditation practice, done gently, patiently, with persistence across that same vast expanse of time and space? Maybe, just maybe, it might actually result in something akin to an awakening. The key, however, is to elongate the scope of expectation...to something *just* this side of forever.

This, however, is not something many of us want to hear. We *want* to resolve our issues quickly and get on with the business of inexorable happiness and delight without further adieu. There *must* be a shortcut, somewhere. Maybe this intensive retreat, or that. Maybe this enlightened guru with their litany of parlor tricks, or that new fangled esoteric approach. But, turns out, there *is* no shortcut through. And to think so only adds unnecessary suffering to what is a difficult road already. What a relief it was for me, then, to see my meditation practice as a gentle, persistent wind knocking down a mountain! That it was just as important to *not* overdo the practice as it was to keep it from falling into disarray. Somewhere in the middle, on this middle path, would be just about right.

I turned my attention back to the tree in order to express my gratitude for our little private exchange.

"Thank you," I said to it. "You've helped me to understand something that I didn't understand before."

"Really?" it replied. "And what, pray tell, is that?"

I tried to think in terms the tree could fathom. Finally, I said, "I, too, may have dropped 'half a girth ring' since I arrived here. But, those high grassed prairies...they are still a long way off."

To this, the tree just smiled. I thought perhaps it didn't understand. But then it shot back, "Keep swaying, dear human...just keep swaying."

And, somehow, I knew it did.

Lenny Bass is a long time meditation practitioner with deep ties to the Zen Buddhist Temple of Ann Arbor. He is considering starting a private meditation service for first time practitioners hoping to get started. He can be reached at basstoll@yahoo.com.



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GREEN LIVING

Fresh Air for a Fresh Start

By Melissa Sargent

We've packed up the holiday decorations, our house guests have all gone home, and we are ready to take on our New Year's resolutions. A little power cleaning and a few sprays of a fresh scent might seem like a great way to start anew. But before you pull out the disinfectant or plug in the pine mountain scent, think about what may be sealed up inside the house with you and your family.

Our houses are filled with potentially dangerous substances. While performing everyday tasks, such as cleaning or scenting the air, we may release harmful chemicals. And without exposure to sunlight or other elements, these chemicals do not break down. They stick around. In fact, the U.S. Environmental Protection Agency (EPA) has found that levels of pollutants, called volatile organic compounds (VOCs), can be hundreds times higher indoors than outdoors. VOC levels in the average home are two to five times higher than in the air outside.

The good news is we do not have to compromise our health to have a clean home that smells fresh. A few easy changes can improve your indoor environment so you have a truly fresh, clean start, knowing neither you nor your children or friends are breathing in the bad stuff.

“Our houses are filled with potentially dangerous substances. While performing everyday tasks, such as cleaning or scenting the air, we may release harmful chemicals.”

Cleaning Products

Avoid cleaners and other household products tattooed with “Danger” or “Poison.” The EPA has identified these products as highly toxic, meaning a few drops to a teaspoon could kill the average person. Products labeled with “Warning” are considered moderately toxic (a teaspoon to an ounce is lethal). Slightly toxic products contain the word “Caution” (over one ounce is lethal). But remember, even some of the milder cleaning products are still labeled with “Caution” since they are not meant to go on the skin or in the eyes.

The word “Flammable” on the label indicates the product may contain VOCs (volatile organic compounds). “Organic” in this case means carbon-based. Since carbon burns, many VOC-containing products are flammable. VOCs are “volatile” because they evaporate readily at room temperature. VOCs are common in household products like cleansers, disinfectants, degreasers, furniture oil, spot remover, rug cleaners, and air fresheners. These products may contain over one hundred different VOCs, such as formaldehyde, benzene, acetone, and trichloroethylene, with an average of 17 VOCs per product.

Exposure to VOCs could result in a headache, irritation of the eyes, nose, or throat, as well as trouble concentrating. More pronounced reactions can include dizziness, lack of coordination, stomach pains, worsened asthma symptoms, and even an increased risk of developing childhood asthma. According to the EPA, some VOCs “... are suspected of causing, or are known to cause, cancer in humans.” Dozens of VOCs are classified as toxic or hazardous under U.S. federal laws yet are generally not listed on product labels.

“Avoid cleaners and other household products tattooed with “Danger” or “Poison.” The EPA has identified these products as highly toxic, meaning a few drops to a teaspoon could kill the average person.”

Opt for products that list their ingredients. And look for words you can pronounce, like citric acid, acetic acid, sodium bicarbonate, coconut oil, and vegetable glycerin — not hazardous chlorine bleach or polyethylene glycol (linked to cancer and reproductive harm), 2-butoxyethanol (a suspected neurotoxicant and blood, liver, and kidney toxicant), DMDM hydantoin or triclosan (both linked to cancer). Or make your own with ingredients like baking soda, vinegar, and liquid castile soap. It's a great way to save money and cut down on the number of products stored in under the sink.

Air Fresheners

Synthetic air fresheners, including sprays, plug-ins, fragranced candles, scented oils, and perfumed potpourri literally pump harmful VOCs into the air. In addition, in order to dissolve and stabilize solutions, synthetic fragrances commonly contain phthalates (*thal-ates*), a class of chemicals linked to birth defects, asthma, and allergies.

Instead of masking an offensive odor, try using baking soda, vinegar, or the mineral zeolite to absorb odors. Regarding VOCs in air fresheners, cleaners, and personal care products, Claudia Miller, an allergist and immunologist at the University of Texas Health Science Center at San Antonio says, “The best smell is no smell.”

“Instead of masking an offensive odor, try using baking soda, vinegar, or the mineral zeolite to absorb odors.”

“Instead of masking an offensive odor, try using baking soda, vinegar, or the mineral zeolite to absorb odors.”

Candles

Besides avoiding synthetic fragrances in candles, look for beeswax, soy or palm oil wax, which last longer and burn cleaner than paraffin (petroleum) wax. And be aware of vague terms such as “soy-based.” This claim could mean that the product still contains paraffin wax, synthetic fragrance, and other chemicals.

Simple Solutions

Ventilate — If possible, especially while using potentially harmful products. Newer homes (those built in the 1970s or after) are more air tight than older homes. Just cracking open the windows on mildly warm days helps.

Read Labels — Use household products that are less toxic or non-toxic. Avoid products labeled with “Danger” and “Poison” and “Flammable.” Try to stick with products that have simple and fewer ingredients.

Do it Yourself — Make a soft scrub paste with 1/4 cup baking soda, 3 tablespoons liquid castile soap, and 1 tablespoon water. Or use a 50/50 solution of white vinegar and water as a disinfecting spray.

Unplug — Stop using scented plug-ins and synthetic fragrances. Remember: Baking soda and vinegar absorb odors instead of masking them.

Freshen the Air Naturally — Try these:

- **Real evergreen** swags and wreaths release fresh woody smells.
- **Orange and clove pomanders** give off a warm spice and citrus smell. To make, simply poke small holes into an orange (knitting needles or thin nails work well) and fill the holes with cloves. Hang with a ribbon.
- **Boil cinnamon sticks**, cloves, or a dried-up pomander on the stove (do not leave unattended).
- **Topiaries** of rosemary or Meyer lemon trees fill a room with invigorating aromas.
- **Bake!** Whether made from scratch or a box, pies, muffins, and other baked goods always make a house smell inviting.
- **Use essential oils.** Add 10 to 20 drops of your favorite natural essential oil to an 8-ounce spray bottle of distilled water.
- **Common houseplants**, such as English ivy, peace lily, spiderplant, and others, absorb indoor air pollutants.

Learn more:

www.ecocenter.org/lmg
www.ewg.org/guides/cleaners
www.womensvoices.org

Melissa Cooper Sargent, B.S., is an environmental health educator at the Ecology Center. She graduated from University of Michigan's School of Natural Resources and Environment in 2000. Since then she has been advocating for a healthier environment for us all and educating individuals, families, and professionals on ways to avoid toxics in their daily lives. For more information please visit www.ecocenter.org/lmg or contact melissas@ecocenter.org.



Absorb Odors, Don't Mask

Carpet, furniture, or pet beds: sprinkle a layer of baking soda. Leave for 15 minutes and vacuum. Optional: Add dried lavender flowers or other herbs to baking soda.

Refrigerator: inside place an open bowl of vinegar or a vented baking soda box.

Trash cans: sprinkle baking soda or crumble up newspaper on the bottom.

Sneakers, closets, or anywhere: pebbles or granules of zeolite (available at pet supply stores).

Cat boxes: baking soda or zeolite.

Carpet odors and stains: remove stains and odors on carpet or furniture with white vinegar, or products from Earth Friendly, Seventh Generation, or Naturally It's Clean (Michigan company).

Remembering Karl Pohrt

Introduction

*Karl Pohrt died in Ann Arbor in July of 2013. He was a special presence in our small, Midwestern university city. In some towns and cities, it is a businessman, banker, publisher, university president or a famous author or scientist who is **the de facto** leader of the community. In Ann Arbor, it was Karl Pohrt.*



Karl founded and led Shaman Drum Bookshop from 1982 until it closed in 2009. He created the Ann Arbor Book Festival, served on the Boards of the American Book Association, the Great Lakes Booksellers Association, and the Downtown Development Authority, and was the former Board Chairman of the State Street Area Association.

The Karl Pohrt Distinguished University Professor of Contemporary History Chair was named in his honor, an exceedingly rare tribute, bestowed by the U-M academic community. He hosted hundreds upon hundreds of author events over the years, and if you were an academic at the university, and also an author, you could count on Shaman Drum to herald the arrival of your latest work. At the same time, his originality of mind brought a unique and progressive voice to the civic boards he served on, so he also made his impact felt on the cityscape, and on the ethical climate of this city. He asked the right questions, and he articulated communitarian values that came to hold sway.

He was a civic and intellectual leader without equal in this town over the last 30 years. Though a full half year has passed since his death, his contributions to the life of our city over the last generation were singular and important. We are publishing two essays about Karl. One is by Richard Gull, a long-time friend of Karl's and an Emeritus Professor of Philosophy at the University of Michigan; the other is by Rev. Joe Summers, the Vicar of the Episcopal Church of the Incarnation on Lohr Road.

Reflections Given by Rev. Joe Summers at the Memorial Service for Karl Pohrt on July 14, 2013, at the Episcopal Church of the Incarnation

(Readings: Isaiah 61:1-3, Isaiah 25:6-9, The Heart Sutra, & John 1:1-17)

O God, from whom to be turned is to fall, to whom to be turned is to rise, and in whom to stand is to abide forever. Grant us in all our duties your help, in all our perplexities your guidance, in all our dangers your protection, and in all our sorrows your peace. Through Jesus Christ our Lord, our Body, and our Blood, our Life and our Nourishment. Amen. (Prayer of St. Augustine)

"In the beginning was the Word, and the Word was with God, and the Word was God."

That opening of the gospel of John was one of Karl's favorite Bible verses. While a graduate student in the American Culture program at the University of Michigan, Karl took a class on "The Word" which was co-taught by three professors: one Christian, one Buddhist, and one Jewish. The class met in the Modern Languages building. While on the way to class one day, Karl turned the corner and came across the body of a young woman who had just committed suicide by jumping out of the Bell Tower. Karl stood there stunned. Nobody seemed to know what to do. Most people simply walked past without seeming to acknowledge what had happened. One person threw their coat over her head. When the police came they immediately started taking photos. No one stopped to acknowledge the death of this human being through words, or prayers, or holding in silence. For Karl, it all felt incredibly crass and dehumanizing and helped frame his understanding of how important it is for us to be able to acknowledge and speak to the great mystery of human existence.

Just as his joy and enthusiasm were really out there and infectious, so too, when he was in a bad mood, he became like one of those cartoon characters who has a black cloud following behind them.

"And the Word became flesh and dwelt among us, full of grace and truth, and we beheld its glory."

At the heart of John's gospel is a vision of the joy of how the eternal becomes incarnate here and now in human flesh and human history, in Jesus, and in us.

I've found myself struggling to articulate why Karl was so beloved to me and to so many of us.

One of my father's favorite preachers' anecdotes was about a preacher going on and on in a funeral sermon about how wonderful the dead man had been until finally the man's widow nudged her son and said "Boy — go up and look in the casket and make

sure it's your pappy up thar." I don't want us to demean Karl by losing the richness of the complexity of who he was, so before I talk about his many great qualities, I want to acknowledge some of the less great qualities that were also such a vital part of who he was.

Yesterday's *Los Angeles Times* quotes one friend describing Karl as "one of the most well adjusted people I ever met.... he exuded a certain calm and ease with the world that touched everyone who ever met him." I think that's for the most part true, but Karl could also be really temperamental. Just as his joy and enthusiasm were really out there and infectious, so too, when he was in a bad mood, he became like one of those cartoon characters who has a black cloud following behind them.

He could have an amazing temper. First he would get paler and paler and then you would see the blood rise up in his face like a volcano. It would happen if somebody was being abusive, or just really impolite or demeaning to others, or if they were avoiding taking responsibility for their actions or inaction. It could also happen when Karl felt cut off from others. Sometimes fighting was part of his way back into connection with those he loved.

.....
He gave you the courage to be truthful, humble, kind, serious, playful, and adventuresome — and in his presence all those qualities seemed to go hand in hand
.....

Karl could be obstinate — incredibly so. If he had an emotional reaction to something, or he didn't want to deal with something, he could be pretty unmoving. He was excellent at procrastinating. He told me about a critical moment in the life of the bookshop when he finally found the courage to show Dianne what he, perhaps exaggeratingly, said was a two to three-foot high stack of mail he had been hiding because he was embarrassed by the fact that he couldn't keep up with it. And saying that, let's be clear the success of Shaman Drum was partly about Karl's incredible love of books, but it was also about his coming to realize that he needed to surround himself with people who were good at doing all the many things he wasn't good at doing. Part of the beauty and power of Shaman Drum was that it was the achievement of a community of incredible workers. They were also a key part of the joy of hanging out there.

So Karl would be the first to acknowledge that he was radically imperfect, but at the same time, for many of us he was a kind of sacrament — a material means of grace. I don't think I've ever known a human being who I found to be more encouraging. He gave you the courage to be truthful, humble, kind, serious, playful, and adventuresome — and in his presence all those qualities seemed to go hand in hand.

I experienced grace upon grace through Karl.

He was such a source of delight for me. My heart would lift whenever I saw him.

Karl really felt like my beloved. I think it's significant because he loved so many things and people that he inspired me to love with a similar abandon. If you think about

the list of things Karl loved, and the many people he loved (as is reflected here today and in the many people who couldn't be here today), it is amazing. Among other things, Karl had a profound love for literature, poetry, film, TV, theater, anthropology, religion, philosophy, politics, history, psychology — and in each of those areas Karl loved many, many specific writers, thinkers, and works of art. Karl loved music, dancing and sexuality. He loved community. He loved great conversations. And Karl gave himself over to the things and people he loved in such a way that he seemed to create real relationships with all of them.

Karl's way of creating relationship with things and people reminds me of Walt Whitman's "Song of the Open Road." Like Whitman, he relished this magnificent mystery we find ourselves in. There was something so open and appreciative, an almost physical desire to know the world and people in a deep way that it reminds me of the Hebrew word *Yada*, which both means to know and to have intercourse (sex) with. Karl gladly embraced a multiplicity of contradictions in a way few of us do.

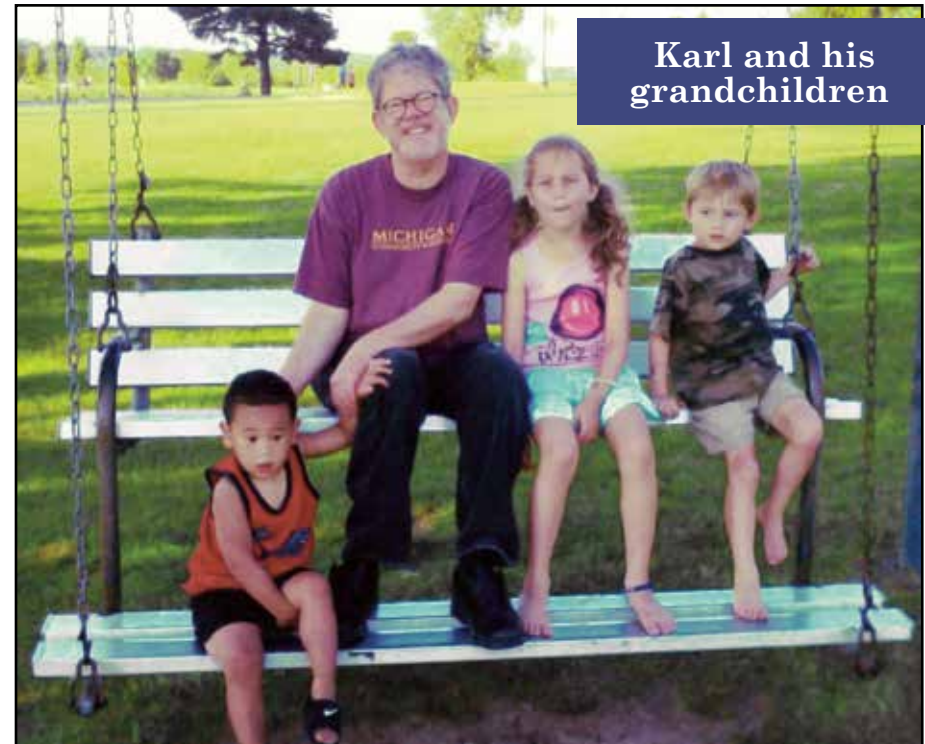
.....
Karl had a way of moving right up through your heart by continually surprising you, waking you up to whatever reality you hadn't seen or been dull to. What could be better than that?

I loved Karl's appreciative chuckle whenever I would call up asking for Carlos the Jackal, or the mutual joy we took in action movies. Both of us came from inner city high schools and enjoyed imagining ourselves as the badass dudes we never were.

I love the joy Karl took in fighting injustice — and sticking it to the man. One of my favorites of Karl's stories was the time the F.B.I. pulled him out of teaching a class at the University of Michigan in Flint to interview him about the whereabouts of his former friends who had become part of the Weather Underground — only to have Karl tell them they would never find them — because they were so stupid.

I loved Karl's profound commitment to trying to help to create a better world, a world with less suffering, less injustice, a world where the dignity of each would be respected, a world where human creativity and culture flourish.

I love the joy Karl took in being a businessman and a pillar of the community. Karl understood the price of community and what it takes to sustain a healthy and vibrant community and he was willing to pay the price. He embraced all those things that



the socially concerned aren't supposed to be concerned about like making a business profitable. He was totally willing to step in and do the unglamorous stuff, whether it was wheeling people in and out of chemo sessions when he was a conscientious objector working in the hospital, or sitting with a friend who was dying, or doing the often boring work of going to meetings. He even served as the lay leader of this congregation.

.....
Part of the beauty and power of Shaman Drum was that it was the achievement of a community of incredible workers. They were also a key part of the joy of hanging out there.

And the joy Karl took in words, literature, and poems — almost always when he spoke — about a book or a poem or a movie — I found myself opening within and being able to see and appreciate whatever insight he had such that it became part of me. Since Karl could love some pretty insane things — that could take you on quite a journey.

I also loved Karl's deep commitment to the practice of inner silence and the life beyond the ego that he learned through studying and practicing Buddhism. Being grounded in silence is the only way words become living and vibrant rather than stale and dead.

"Grace upon grace" — Karl had such a way of forging a real relationship with you that you felt honored to be called his friend, his co-worker, his associate, his brother. You knew he really valued you. My song of Karl is a song of deep, deep thanks for being such a wonderful co-worker, friend, and brother.

NEW MYTH WORKS
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- *for loving so fiercely that he helped me claim my own ferocious love
- *for being a song of praise — even here and now amidst so much suffering and so much that is crass and dehumanizing

The night he died I told Karl how I had heard David Byrne live for the first time the night before at the Michigan Theater. There is a Talking Head's song that Byrne played that night that's been going through my head ever since. It goes:

I got a girlfriend that's better than that
 She has the smoke in her eyes
 She's moving up, going right through my heart
 She's gonna give me surprise...
 Stop making sense, stop making sense, stop making sense, making sense
 I got a girlfriend that's better than that
 and nothing is better than this, is it?

Karl had a way of moving right up through your heart by continually surprising you, waking you up to whatever reality you hadn't seen or been dull to.

What could be better than that?

Amen

Continued from page 65

Richard Gull Reflects on Karl Pohrt's Life, His Religions, and Their Last Lunch

By Richard Gull

Karl Pohrt died last July 10. He was well known in Ann Arbor as founder and owner of Shaman Drum Bookshop and as a political and spiritual leader. He was a fellow staff writer for the *Crazy Wisdom Community Journal* and a long-time friend.

Sometime after Karl was diagnosed with cancer in October 2013, I wrote to him:

The prospect of losing you is daunting but maybe there is hope. We have known each other since New Years Eve 1966 when we met at a party in Flint. You were 19; I was 27. You were a student of mine in a philosophy class in 1968. Years later on my 70th birthday you told me that back then you learned in my class that "the world of ideas can be really cool." In the 60's we were political activists, often together, from "Getting Clean for Gene McCarthy," going door-to-door in the 1968 Wisconsin primary, to attending an early meeting of the radical Weathermen faction at an old ballroom on North Saginaw St. in Flint at the end of 1969. I attended your wedding to Dianne in 1973. You became a colleague in the late 70's, teaching English as an adjunct at U-M Flint. You founded Shaman Drum Books in 1980 and became a creative force on the Ann Arbor scene. We remained friends throughout many changes, fellow refugees from the post-industrial city to the bookish university culture of Ann Arbor. Shaman Drum became one of the best independent bookstores in the country. It was a community, bringing town and gown together. You were honored in numerous ways. I remember the huge fake conference on "The Book in Ann Arbor" at Rackham in 1990 that was a ruse to get you to a surprise 10th anniversary celebration of the Drum. You were awarded a framed poster of Arnold Schwarzenegger from *The Terminator*.

You always encouraged my creativity and through the years we have shared many drafts of our writings. We've been having lunch regularly for decades. Two years ago you explained to me how to do interviews and now we are both staff writers for the *Crazy Wisdom Community Journal*.

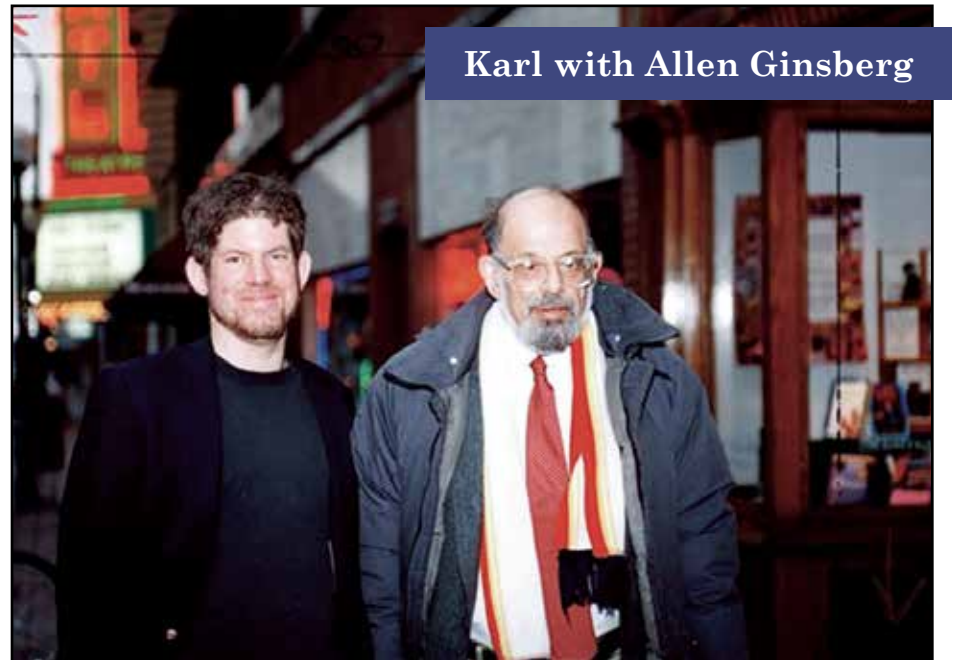
I just returned from a writing seminar at Esalen last week, which is celebrating its 50th anniversary. At the end of the month, I'm attending the conference celebrating the 50th anniversary of the Port Huron Statement. I'm going to write an article on the New Left and the New Age. I'll want your suggestions.

If you leave now, if God takes you, it is happening at a moment when our friendship is in full flower, a moment when it has never meant more to me in all of its 45 years. We have so much more to say to each other. I dearly love you Karl, Richard

.....
Like the Zen student, Karl thought his understanding of the born-again was limited by his preconceptions. He thought his lack of understanding called for deep attention...
.....

Shortly after this note Karl began chemotherapy; he never saw my completed article before he died. It was inspired by his own article about traveling to the town of Phil Campbell in northern Alabama with Habitat for Humanity to help repair tornado damage (*CW* Issue 52, Dec. 2012). Karl had an epiphany there: he did not understand the born-again theology of the people he met. For Karl, "Religious understanding is a form of knowledge that requires a great deal of practice and attention." He likened Buddhist meditation to a gradual ripening, a "biological unfolding," and not a leap of faith. Yet he regarded his own lack of understanding as "a gift." He quoted a Zen master who said to his student: "Like this cup you are full of opinions. How can I show you Zen unless you first empty your cup?" Like the Zen student, Karl thought his understanding of the born-again was limited by his preconceptions. He thought his lack of understanding called for deep attention, for there is something about oneself to be learned from this.

He wrote of the power of Raven "whose energy is a precise and specific kind of deep attention." He was moved by Abraham Anghik Ruben's sculpture *Migration: Umiak with Spirit Figures* at the Museum of the Native American on his first trip to Bethesda for chemotherapy.



A month before his death, we went out for lunch even though Karl was in hospice care at home. He had lost his hair to chemotherapy, walked with a cane, and now looked older than his 65 years. He told me he had just read anthropologist T.M. Luhrmann's book *When God Talks Back: Understanding the American Evangelical Relationship with God* (Vintage, 2012). He said that this was "a smart, smart book" on the evangelicals. Clearly Karl was still giving deep attention to his lack of understanding back in Phil Campbell, Alabama. He said of his impending exit: "I'm O.K. with dying, but I regret leaving a little early." He said that it is hard to believe that there is nothing more beyond death and that he thought of death as a "migration" and not a termination.

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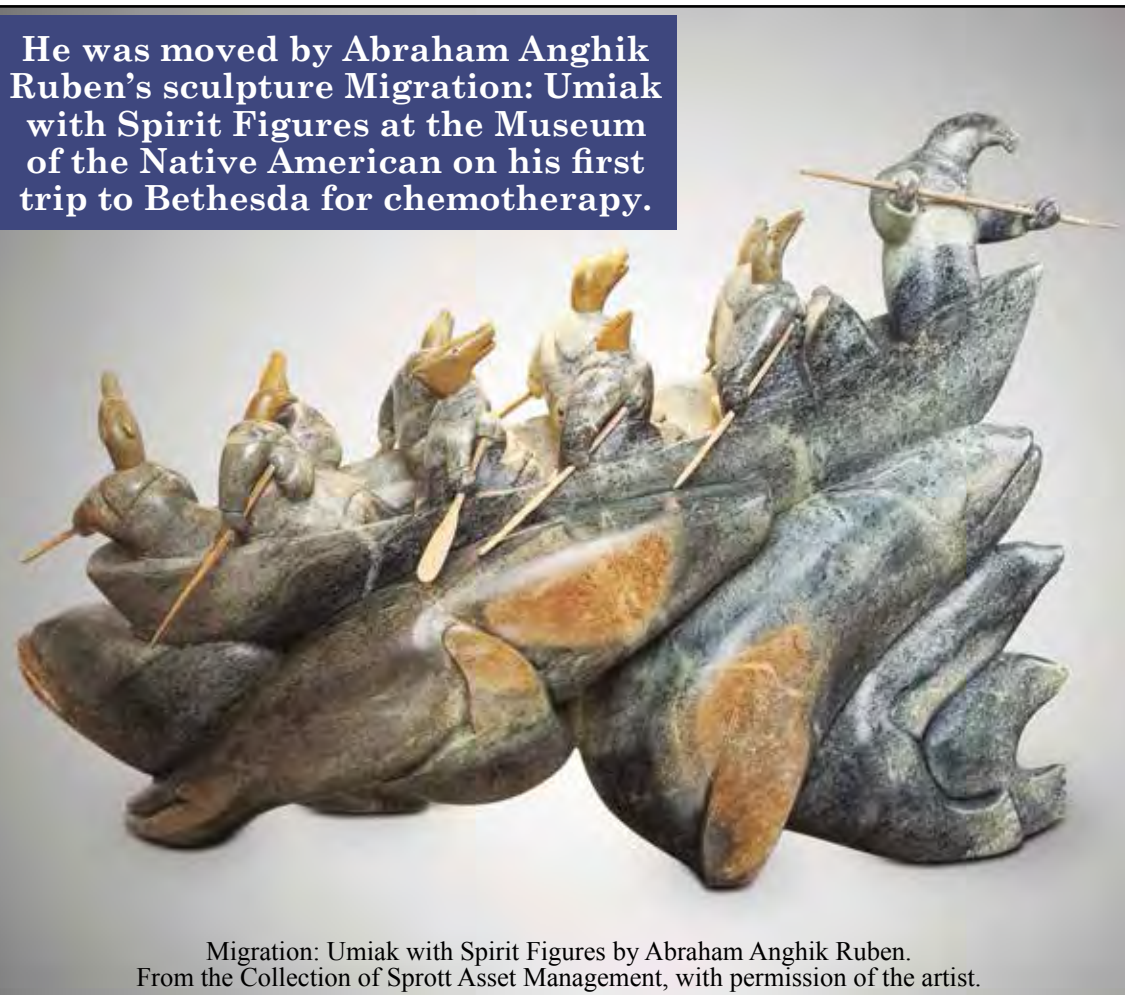
In the weeks after our lunch, I gave deeper attention to Karl's religions. He attended a small Presbyterian Church growing up, later became interested in Buddhism, and began practicing meditation over thirty years ago. He then became a practicing Christian again as well. He wrote in his blog: "I know that this may be theologically complicated, but it is what I am. As Walt Whitman says: 'I am multitudes.'"

Buddhist meditation's taking heed not to squander one's life diverted from the present by anxieties of the past and future was the kind of seriousness Karl admired. He wrote: "It is Buddhism's version of that Old Time religion." For Karl, Buddhism is about the impermanence of human existence and Christianity's central message is practicing "large and small kindnesses" towards one's neighbor as exemplified by the story of the Good Samaritan. But, he asked, "Why do I need to label this according to specific religious ideas? It is really the truth about what it is to be

human." Karl quoted novelist and essayist James Baldwin, who was not a Buddhist, poetically uniting human impermanence (Buddhism) and interdependence (Christianity) in one passage: For nothing is fixed, forever and forever, it is not fixed; the earth is always shifting, the light is always changing, the sea does not cease to grind down the rock. Generations do not cease to be born, and we are responsible to them because we are the only witnesses they have.

Baldwin's passage shows that uniting Buddhism and Christianity may be theologically complex but poetically simpler; it also shows that Karl's religious pluralism included humanism grounded in the humanities that is not an alternative to religion but is enhanced by religious experience and language.

He was moved by Abraham Anghik Ruben's sculpture Migration: Umiak with Spirit Figures at the Museum of the Native American on his first trip to Bethesda for chemotherapy.



Migration: Umiak with Spirit Figures by Abraham Anghik Ruben. From the Collection of Sprott Asset Management, with permission of the artist.

Besides Buddhism and Christianity, Karl's Whitmanesque multitude included strong ethical commitments to political action to heal the world, and to institution building. And Karl had a fierce work ethic. It also included his knowledge of Native American culture and his reverence for the natural world. Commenting on the novel *The Echo Maker* by Richard Powers about Sand Hill Cranes in Nebraska, Karl wrote that the protagonist's pathological condition of not being able to recognize human faces is a powerful metaphor for the loss of the human ability to decipher nature's languages. He quoted Powers' biblically poetic description of our fallen state: "When animals and people spoke the same language, crane calls said exactly what they meant. Now we live in unclear echoes." We have turned away from the hard task of relearning the lost language of cranes in favor of our own self-centered comfort. Karl wrote: "I am terribly worried about the world my grandchildren will inherit."

Karl created an institution that was an incarnation of his ideals.

Esalen in Big Sur, California, is a long distance geographically and spiritually from Phil Campbell, Alabama. But I had an epiphany at Esalen not unlike Karl's back in Phil Campbell (see article, page 52). Karl thought of his failure to understand born-again theology as a gift, as a call for deeper attention to see beyond his preconceptions. Esalen, for me, was similarly the beginning of a deeper understanding of American spirituality and its roots. Secular people often dismiss born-again as bumpkins; those who are impatient with talk about the new spirituality often dismiss Esalen as self-indulgent New Age craziness. Preconceptions mask a deeper understanding.



Hotel Karma
Manali India, 1994

Through writing about Esalen, I came to see Karl's spiritual pluralism in a new way. For Karl, like Michael Murphy and Richard Price, the founders of Esalen, religion should enhance the unfolding of human potential. Like them, Karl created an institution that was an incarnation of his ideals. And as with Esalen's nature mysticism, Karl regarded nature as objectively sublime. And he shared their vision of spiritual reformation, a democratic ethic that exceeded mere tolerance of other religions by calling for deeper understanding as well. Other religions were to be understood on their own terms, approached humbly with deep attention to what they can teach us while respecting their complexity, unlike the so-called New Atheists of recent times, who dismiss religion as superstition and ignorance. At their best religions are complex responses to fundamental aspects of the human condition.

At lunch, Karl told me that he had neuropathy in his feet, legs, and hands. He knew that I suffered from this condition myself. I reached over and took his hands in mine. "Weird feeling isn't it," I said. "It's a combination of numbness and internal inflammation." I had never held Karl's hands before. They felt bigger and stronger than I had expected. We looked into each other's eyes. He told me that he had three brain tumors, and spots on his kidneys and spine, and felt his abilities slipping. I squeezed his hands; I was speechless.

"What have you been reading?" Karl asked. I said I had just read Bertrand Russell's 1932 essay on Aldous Huxley titled *"Brave New World: We Don't Want To Be Happy."* In Huxley's pleasure-oriented dystopia, children are "conditioned" not to fear death by being taken to hospitals and given sweets as they watch patients die. "Huxley's point is like Zen," said Karl. "Self-determination requires the experience of suffering." I said: "Your blog contains humor about your cancer and chemo but doesn't sugar-coat death. You wrote: 'I wouldn't recommend chemotherapy as a weight loss plan, but I've lost thirty pounds since I got sick.' Or when you said that it was either pay for plane tickets to get chemo in Bethesda at the National Cancer Institute or buy a shovel. Your humor draws people in and shows your spirit." "Thanks, man," he said.

We remained friends throughout many changes, fellow refugees from the post-industrial city to the bookish university culture of Ann Arbor.

Driving Karl back home, I said: "I remember at one of your parties in the early 90's, you were dancing wildly to Prince and said: 'He's a fuckin' genius!' That young African-American writer Touré said that, for Prince, Jesus was underneath that music." Karl said: "And here all this time I thought it was sex underneath there." In his driveway we hugged. "I love you, Karl." Karl said: "I've loved knowin' you, man."

"A few days ago I had a seizure that the doctors discovered was due to three small brain tumors. I've decided to end this blog — to exit the Hotel Karma (at least for the time being) — while I'm still in sound mind and body."

—from Karl Pohrt's blog, thereisnogap.com

Karl had maintained his blog "thereisnogap" throughout his illness. Recently I looked again at his final post on May 10, 2013. There is a photo of Karl in Manali, India, in 1994 in sunglasses looking quite cool standing in front of a seedy hotel under its sign that read "Hotel Karma." He wrote: "A few days ago I had a seizure that the doctors discovered was due to three small brain tumors. I've decided to end this blog — to exit the Hotel Karma (at least for the time being) — while I'm still in sound mind and body." I was reminded of an essay Karl sent to me years ago in which he described seeing a dead, mummified monk sitting zazen displayed in a glass case somewhere in Thailand. Sunglasses had been placed over the monk's eyes to cover the empty sockets. Karl wrote that the mummified monk looked very cool — and very dead.

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ALL CREATURES GREAT AND SMALL

Caring for Your Pet with In-Home Hospice

By Monica Turenne, D.V.M.

Death is not an easy topic. No one likes to talk about it, even when it's regarding pets. As a veterinarian, I believe the reason pet parents do not like to talk about death is fear of the unknown. Perhaps they had a bad experience in the past or heard terrible stories from friends, but whatever the case, they are left with a lot of tough questions. What will it be like? Will my pet suffer? When will it happen? Will it be awful? So when our pets become terminally ill, it can become overwhelming. This is when in-home hospice can play such an important role in helping your pet and your family.

Let me introduce you to Max:

Max was a 10-year-old dachshund. He was diagnosed with lymphoma in July 2013. His pet parents elected not to pursue chemotherapy, but they also did not want to euthanize him yet. They asked me to come to their home for a hospice consultation and to create a hospice plan for them. Max was so sweet and so happy when I met him! He was even sticking his head into my doctor's bag to get treats. I collaborated with his parents to create a plan, and over the following four weeks, Max was kept comfortable on various oral medications.



When our pets become terminally ill, it can become overwhelming. This is when in-home hospice can play such an important role in helping your pet and your family.

During the last 10 days of his life, we followed his hospice plan, made several home repeat examinations, and gave subcutaneous fluids and injectable anti-nausea medications to keep Max comfortable until he was truly ready to die. Then, one day, his pet mom called me and said that he was ready, and they were ready. I went to their home and indeed saw a little dog lying on the laps of his four women (mother and three daughters). Max was peaceful and resting comfortably. He was where he was meant to be, when he was meant to be there.

When I graduated from veterinary school 15 years ago, it was my vision to care for dogs and cats through every stage of life — from puppy and kitten-hood to the end of their lives.

When I graduated from veterinary school 15 years ago, it was my vision to care for dogs and cats through every stage of life — from puppy and kitten-hood to the end of their lives. Part of that process included helping pet parents with their terminally ill animals. But I found that I had a limited ability to help during that stage of life. In many cases, I had very little to offer when I delivered grim diagnoses in an examination room. I could recommend expensive diagnostics or refer them to specialists. If neither was feasible, the only other option I could offer was euthanasia, either right then or in the very near future.

In-home hospice is a gift that we can give to our pets. . .

I always felt there had to be something better I could offer. Why wasn't there something that might allow their pet to experience a pain-free, comfortable, and

good quality of life until either the time was right for euthanasia or the pet died naturally at home? Why weren't there other options that would allow pet parents to spend quality time with their pet? When I learned about hospice for pets, I realized that it was exactly what was missing!

What exactly is pet hospice? Generally speaking, the goal of pet hospice is to offer the best possible quality of life for animals who have terminal illnesses or who are at their natural end of life. Pet hospice provides pets with palliative relief from pain, nausea, discomfort, and other symptoms that may occur. These measures may take the form of oral medications, injections, herbs, acupuncture, massage, or other treatments.

Generally speaking, the goal of pet hospice is to offer the best possible quality of life for animals who have terminal illnesses or who are at their natural end of life.

Hospice care strives to help not only the pet, but also the pet parents, by helping them prepare for the death of their pet. We help owners make difficult decisions regarding medical intervention and aftercare. We want them to understand the process so that when the time is at hand, they do not need to make decisions based on fear or quick judgment. While there is tremendous sadness and grief during this time, hospice has the potential to help pet parents manage this process and care for their pets. Many people have found deep meaning by fully experiencing this time with their pet.

A hospice plan is the next step to alleviate some of the stress and fear. The pet parent and their hospice veterinarian create a hospice plan. It is very comprehensive and serves as a guide for the pet parent, so that when times of crises occur, the pet parent is prepared because the situation has already been anticipated and discussed. The types of situations that are covered in a hospice plan might include:


- What are the pet parents' primary concerns? This could be anything from lack of appetite, to pain or discomfort, or to the question: What will I do when my pet can no longer go outside to urinate?
- What is the living arrangement of the pet? This might include where the pet sleeps or eats. Is the current setup feasible, or should it be modified given the current or future health status of the pet? A house-call veterinarian can be very helpful with this because he or she can directly observe the environment and recommend any changes.
- What are the pet parents' wishes regarding medical intervention? For example, what would the pet parent prefer to do if their pet stops eating? Do they want to intervene with medications, or do they prefer to let their pet guide the process?
- Do the pet parents prefer euthanasia or natural death for their pet? If they prefer euthanasia, would they prefer an in-home euthanasia, or would they prefer to go to their primary veterinarian?
- What are the plans for aftercare? Does the pet parent prefer a general cremation (when ashes are not returned) or private cremation (when their pet's ashes are returned)? Or perhaps they prefer a burial at a pet cemetery?
- What are the wishes for a memorial service? Some pet parents would like to have a service but are not sure what to do. The hospice veterinarian can assist in generating ideas to help the pet parent prepare. It is amazing what beautiful and creative ideas can be created when pet parents just simply talk about their love for, and devotion to, their pets.

As you can imagine, these discussions are not easy. However, they can be very important in making the end-of-life process as smooth and as comfortable as possible for the parents and their pet.

In-home hospice is a gift that we can give to our pets, and it is becoming better known among pet parents. While the grief and the sadness are so real, hospice can help to give our pets and their families comfort, love, support, and quality time.

Monica Turenne, D.V.M., C.V.A., owns Four Paws Veterinary Wellness, an integrative veterinary house-call practice in Ann Arbor. She has been a veterinarian for 15 years and is a Certified Veterinary Acupuncturist. She is also a member of the International Association for Animal Hospice and Palliative Care. For more information, visit fourpawsvetwellness.com, call (734) 385-7161, or email mt@fourpawsvetwellness.com.



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Crazy Wisdom for Kids

The Crazy Wisdom Kids Section



Book Reviews – Great Kids Books available at Crazy Wisdom in our Children’s Section

By Sarah Newland, Waldorf parent of two children, ages 7 and 15



Little Witch

By Anna Elizabeth Bennett with illustrations by Helen Stone

My family truly enjoyed reading the 60th anniversary edition of this classic tale. Meet Minx – a girl born to a witch who doesn’t want to be one – and her mom, Madame Snickasnee – a dark witch who relishes nothing more than turning children into flowerpots and making spooky brews. Find out if Minx escapes the world she seems destined to follow, and how fate sometimes happily surprises us. Named #7 in a School Library Journal poll of top 100 Children’s Novels. For ages 7 to 12.

Snow Rabbit, Spring Rabbit

By Il Sung Na

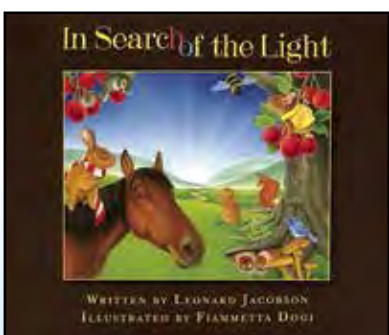
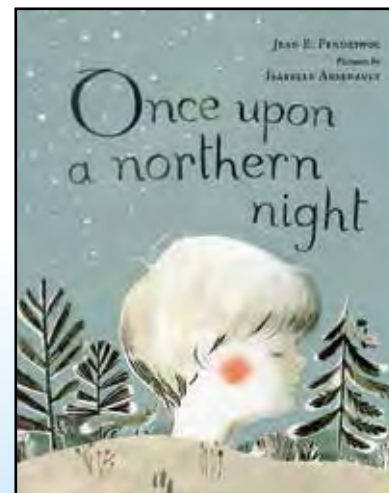
“When snow falls to the ground, and all the trees are bare, everything changes... including the rabbit!” From the creator of *A Book of Sleep* comes a joyous celebration of changing seasons in board book format. “Vibrant and whimsical,” writes School Library Journal starred review. These animals are so adorable, I love looking through it as a parent. For the youngest of ages.



Once Upon a Northern Night

By Jean Pendziwol, with pictures by Isabelle Aresnault

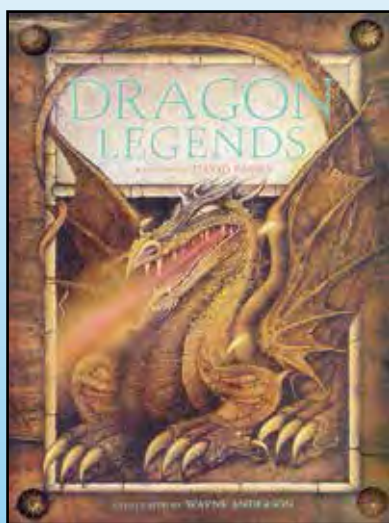
In this exquisite lullaby, the beauty and wonder of a northern night unfold. At first, snow falls softly and nighttime creatures appear, then stars light up the sky, followed by shimmering northern lights, all framed by the etchings of frost on a child’s windowpane. There is something essentially Scandinavian in design about the drawings – simple and hushed yet sweetly evocative. For ages 3 to 8.



In Search of the Light

By Leonard Jacobson with illustrations by Fiammetta Dogi

Spiritual teacher Leonard Jacobson shares some of the secrets to finding inner joy and happiness in this lighthearted picture book. There was an eclipse of the sun, and the animals went looking for the light. Beyond the teaching aspect of this story, we love the array of colors and depiction of many, many creatures. Their expressions are wonderful! For ages 4 to 9.



Dragon Legends

By David Passes with illustrations by Wayne Anderson

In this sumptuous anthology, David Passes invites us inside the mythical and fantastical world of dragons. It includes a selection of heroic myths, stories, and folktales from the storytelling traditions of India, Greece, England, Wales, Sweden, and China with vivid, dramatic illustrations. For older dragon lovers, ages 8 and up.



The Winding Road: Family Treasury of Poems and Verses

Compiled by Matthew Barton

Celebrate each age and stage of your child’s life with this poetic travelling companion that offers over 200 poems on the theme of childhood and growing up – from Gaelic blessings to Navajo prayers, from William Blake to Eleanor Farjeon and Billy Collins. It includes poems, verses, blessings, and meditations to reflect a child’s journey from birth to teenager, from first milestones to leaving home, as well as illness and bereavement. A rich volume, what was most worthwhile for me are the many selections from Rudolf Steiner.



Kids’ Crafternoon: Sewing – 25 Projects for a Crafty Afternoon

By Kathreen Ricketson

Each book in this series offers 25 super cute projects that you will love to make, including iPod creature cosies, bunting flags, personalized brooches, and pet pillows. The book offers colorful photographs and templates. Kathreen Ricketson is a crafter, designer, and writer who carefully selected projects created by crafters from around the world. Our favorites? A sewn letter with envelope and a jellyfish pendant necklace! For children 8 and up, with adult help.

You may also purchase the reviewed books at shopcrazywisdom.com by either visiting the website or scanning the QR code on the right.



Crazy Wisdom Salon Series

Sunday Schools: Yesterday, Today, Tomorrow
 Hosted by **Lauren Zinn**
 Thursday, February 6th -- 7 PM

Whether they meet on Sunday, Saturday, or After-School, many children (still) attend religion classes outside of regular school. Who are they? Who is teaching them? What are they learning? And why should you care? Meet some of today's after-school religion and interfaith educators. Find out what they're doing, how, and why. **Greg Briggs** is Associate Pastor at Bethlehem United Church of Christ in Ann Arbor, where he directs the youth programming. He is interested in using pop culture to promote social justice. **Kellie Love** has been co-teaching for the youth ed program at the Interfaith Center for Spiritual Growth for 10 years. **Heide Kaminski** taught the Youth Ed program for 10 years at Unity of Ann Arbor and for the past 12 years at the Interfaith Center. Heide considers herself eclectic; her immediate family is a mix of agnostics, atheists, and traditional Christians. **Lauren Zinn**, the facilitator, earned her doctorate in Educational Planning, and her ordination as Interfaith Minister from All Faiths Seminary. She runs her own after-school religious education program. For more info, contact Lauren at: laurenzinn@gmail.com.

Local Food, Healthy Community
 Hosted by **Lucinda Kurtz**
 Thursday, March 13th -- 7 PM

Come meet some of the innovators in the local food movement in Ann Arbor – each one a pioneer in his/her own unique way. We'll explore challenges and successes of different models of growing and distributing food and delicious ways to bring the community together around healthy food. **Tomm Becker**, Owner, Sunseed Farm, and Member, Ann Arbor Township Farmland Preservation Board; **Lisa Gottlieb**, Co-founder, Selma Cafe, food activist, and social worker; **Dan Vernia**, Technical Advisor and Planning Team Member, Washtenaw Food Hub, and Chef, Juicy Kitchen; Facilitated by **Lucinda Kurtz**, M.A., Brennan Healing Science Practitioner, and Manager, Special Projects, Fair Food Network. For more info, contact Lucinda at: LucindaKurtz@comcast.net.

Permaculture Farming and Biodynamic Gardening
 Hosted by **Sandy Wiener**
 Thursday, April 3rd -- 7 PM

How do we continue to improve the growing of food we need – with both local farmers and household gardeners? Two major paths involve Permaculture and biodynamics. They overlap in significant ways, and also have differences in their approaches. Come, listen, and learn about these really important trends in how we grow our food and preserve the planet. **Barb Scholz** is a Biodynamic gardener and teacher, developing organic and energy gardening techniques for 40 years. **Nathan Ayers** is director of Chiwara Permaculture Research and Education L3C, which manages 4 R&D locations throughout Michigan. **Sandy Wiener** will moderate. Sandy Wiener has organized past Salons on "Who/What Are We Anyway," "Science and Psi," and "Lucid Dreaming." For more info, contact Sandy at: sandy@swiener.com.

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Good Eating Habits

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Eco-friendly family living

(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community



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 May through August 2014 issue is March 1, 2014.

By Nieka Apell

The Crow Who Was Not Asked to Stay **A Children's Book** **by Susan Scott Morales**

"It's about making sure you know you can change your mind about someone. That even if you think you don't like someone or that someone is annoying to you, you might later find something good about them," explained a nine-year-old reader of *The Crow Who Was Not Asked to Stay*, the new children's book by Ann Arbor author Susan Scott Morales.

The storyline of Morales' book seems deceptively simple. A crow and three robins visit the narrator's home. While she invites the robins to stay and provides them with a birdfeeder, she decides she does not like the crow and tries unsuccessfully to get rid of him, calling him a "pest" and a "squawker" and observing that, "It's hard, I know, to like everyone." Although she pleads with the crow to leave her alone, and even shoos him away with a broom, the crow steadfastly refuses to go. One day, however, a hawk comes to her yard, threatening the robins and their nest of babies, and the crow chases away the predator. The narrator comes to appreciate the crow's beauty and bravery, admitting, "That pest and I are best friends today."

Although the plot is straightforward and accessible to children as young as three, the underlying metaphors can be variously interpreted by older children and adults, as well. "Little kids like it for the literal meaning of the story and for the poetry of the language," said Morales. "At the same time, eleventh graders are using it in their poetry units." The book has also found an audience among grandparents who "particularly love reading this book because it is written from the perspective of an older, wiser woman," Morales said. She has also been told by therapists that they are using her book with adult clients to explore the layers of metaphor.

Morales said that the earliest beginnings of the book came to her one day in her own driveway. "One day, I suddenly saw three birds, maybe robins, and one crow. The words 'three robins and a crow came to my home' came into my head. This often happens to me with poetry: one line comes to me and the rest follows later. I just started playing with it and it turned into 'a crow and three robins came to my home,' which became the first line of the book," she explained.

The writers' group Morales participates in was working with a poet on villanelles, a nineteen-line form of poetry. "It's an intimidating structure to work with," said Morales. "It is very structured, but it also leads to developing themes that have repetition through the verses." As her poem developed, Morales read it to her four-year-old grandson. "I noticed that he laughed out loud at a couple of lines," she said.

"When I said, 'I cawed, you're in no-crow zone' and when I called the crow a 'pest,' he thought it was very funny. That made me start thinking about my poem more in terms of kids and what they might take from it." Not long after, Morales overheard her grandson talking to himself, reciting the first and last stanzas of the poem from memory. "He'd only heard it that one time," she said. "That made me think that there is music to these lines and that I needed to keep exploring them."

Author Susan Scott Morales



...Morales overheard her grandson talking to himself, reciting the first and last stanzas of the poem from memory. "He'd only heard it that one time," she said. "That made me think that there is music to these lines and that I needed to keep exploring them."



"It's about making sure you know you can change your mind about someone. That even if you think you don't like someone or that someone is annoying to you, you might later find something good about them."

— A nine-year-old reader of *The Crow Who Was Not Asked to Stay*

A talented writer at the Bear River Writers' Conference helped Morales further develop the meter in her poem to improve the musicality. She then found illustrator Seth Saint Pierre, also a Michigan resident. "He just got my poem," she said. "He understood it and his illustrations add so much to it. His color choices are so appropriate and so appealing." The images are created in warm purples and the cover is a deep, rich gold. "One preschool teacher said that the colors are especially comforting to children," said Morales. "Another young child said that her favorite part of the book is the color of the cover."

The Crow Who Was Not Asked to Stay was published in 2013 and is now available at Crazy Wisdom Bookstore, Nicola's Books, and at on-line retailers. In addition, copies are available at Elmo's Main Street T-Shirts in Ann Arbor, a family business run by Morales and her husband, Elmo.

Morales, who also leads spinning classes, said that after a recent class, an adult student told her that the book had made him feel sad. "He said that he thought for a very long time about why he felt so sad after reading it. He said that he learned a lot about himself through that process. It's really been fun for me to hear how the book has had an impact on people. That is very gratifying."

Prior to becoming a published author, Morales worked as a psychotherapist and social worker. Now retired from those vocations, Morales continues to teach meditation workshops and retreats. Her published writings include a novel, *A Barroom View of Love* (Burns Park Publishers, 2010), articles on mental health for *Huffington Post Healthy Living* and *AnnArbor.com*, and poetry in many literary journals, including *Bridges*, *The Third Wednesday*, and *The Huron River Review*.

For more information about Morales and *The Crow Who Was Not Asked to Stay*, visit www.susanscottmorales.com/books and www.thecrowwhowasnotaskedtostay.com.

Materials Recovery Facility and Ecology Center

Most Ann Arbor residents are familiar with the process of filling bins with trash, recyclable materials, and compost and placing them on our curbs each week. However, many children and adults are not as clear on what happens to all these materials once they are trucked away. A main goal of Ann Arbor's Ecology Center and the educational programs they coordinate is to educate Ann Arborites about what happens to our waste and how to be more informed consumers and recyclers, according to Laura Holladay, Education Director. The Ecology Center currently coordinates two complementary programs for children and families: field trips and open houses at the Materials Recovery Facility (MRF) and outreach programs through area schools. Both of these programs are free of charge.

Holladay said that, until last year, the City of Ann Arbor ran the programs at the MRF, located at 4150 Platt Road. After their education director retired, the city invited other organizations to apply to coordinate them. "The Ecology Center was very excited to be selected to run these highly successful programs," said Holladay. Located at 339 East Liberty in Ann Arbor, the Ecology Center is a nonprofit organization founded in 1970 in response to the nation's first Earth Day celebrations. It currently serves more than 10,000 students in kindergarten through high school in southeastern Michigan. "Running the programs at the MRF seems a natural fit for us, since we've been involved with environmental education for children for so many years," said Holladay.

A main goal of Ann Arbor's Ecology Center and the educational programs they coordinate is to educate Ann Arborites about what happens to our waste and how to be more informed consumers and recyclers.

and can play games related to recycling, sorting materials, and so on. They can also enjoy a bus ride out to the areas where compost is being prepared. Older students will be allowed onto the plant floor to get a close-up view of the machines that sort and process recyclables. Holladay said that these field trips are free of charge to groups of all kinds and that there is still availability this school year. "Fortunately, we are not completely overwhelmed with scheduled field trips this year — yet!" she said. Teachers or group leaders interested in scheduling a field trip should call the Ecology Center at (734) 369-9272 or email them at education@ecocenter.org.

For individuals and families interested in visiting the MRF, the Ecology Center offers monthly Saturday open house tours and workshops from September through June. Held between 10 a.m. and noon, each open house offers an optional activity around a theme and a tour of the MRF recycling plant. Upcoming themes include a recycled paper Valentine card (February 8), musical instruments created from discarded items (March 8), and reusable bags from old T-shirts (April 19). Holladay said that these events are all free, although some may require participants to bring simple supplies, such as an old T-shirt for the reusable bag project. In the future, some programs may require a small fee. Holladay said that she has heard many requests for a vermicompost (worm composting) workshop; the Ecology Center is exploring that possibility, which would allow participants to take home a complete worm-composting box. A complete schedule of upcoming open houses is available at www.ecocenter.org/education/mrf. Holladay said that often, but not always, the recycling plant lines are shut down by 11 a.m. on Saturdays, allowing even younger children to venture onto the plant floors. "We can't guarantee that, since sometimes they are still busy, but it's usually a time we can invite everyone onto the floor to get a close-up view of the lines." Long pants and closed-toed shoes are required for anyone wishing to tour the plant floor. In order to insure there are enough materials and staff for all, Scout troops and other groups larger than five are asked to pre-register.

"Coming to the MRF provides a really good snapshot of what happens to all that 'stuff' we put out on our curbs."

— Laura Holladay, Ecology Center Education Director



In addition to the fun, recycled craft projects, visiting the MRF for an open house is a great way for kids and families to really understand recycling and what happens to our discarded materials. "Coming to the MRF provides a really good snapshot of what happens to all that 'stuff' we put out on our curbs," said Holladay. "For example, kids can start to understand recycling rules, like 'Why can't we put the yogurt lids in the recycling bins if they are made from a recyclable plastic?'" Holladay said that once kids see the machinery close-up, they learn that the first part of the sorting process is an automated system that sorts flat materials from cans, bottles, and so on. "Lids will sort with flat pieces like cardboard and paper and will contaminate things. They will see the benefits and the drawbacks of the single-stream recycling system and how it's not perfect," explained Holladay. Children can also see first-hand why Ann Arborites cannot currently recycle plastic bags and Styrofoam. "Those materials are so light-weight they tend to fly around and get stuck in the gears and machinery," she said. "That is dangerous for the machines and for the workers managing the lines. When kids see this and the hazards these things create, it helps them become more informed consumers and recyclers." Both plastic bags and Styrofoam can be dropped off for a fee at the Drop-Off Station at 2950 East Ellsworth, and many area grocers have receptacles for free plastic bag recycling.

Visitors to the MRF can also enjoy viewing a large mural created by local artist David Zinn that illustrates the life of garbage in a landfill.

Holladay said that a lesson to learn from a MRF tour is that the inorganic materials we put into our trash and recycling bins are never truly gone. "When people of any age come to tour our facilities, the most important idea we want them to leave with is that there simply is no such thing as 'away' for things we want to get rid of," said Holladay. "When you are done with something, it's up to you to figure out what needs to happen to it. That can mean recycling, composting, reusing, repurposing, or sometimes, it just has to end up in the landfill. But there is no 'away' for anything. That's the essential take-away message."

Visitors to the MRF can also enjoy viewing a large mural created by local artist David Zinn that illustrates the life of garbage in a landfill. "This mural really helps

Crazy Wisdom Kids in the Community



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get complicated concepts across,” said Holladay. “David uses his cartoon style to illustrate something complex, like how trash can create methane that can power a generator. We do sell methane power to the city of Ann Arbor, but it’s hard to talk to kids about how that happens. The mural does a great job of illustrating that.” In addition, Zinn has created the “Adventures of Waste Watchers,” a series of kid-friendly cartoons on topics like single-stream recycling, zero waste, global warming, and alternative fuels. Printable editions are available from the MRF website. “These are great resources for parents and teachers,” said Holladay.

Programs at the Materials Recovery Facility include scheduled field trips and tours... Older students will be allowed onto the plant floor to get a close-up view of the machines that sort and process recyclables.



In addition to the programs offered at the MRF, the Ecology Center coordinates an extensive school outreach program for children in preschool through high school. “We have done these programs for years, but now they’ve become so popular we have to run a lottery system for educators interested in them,” said Holladay. Currently there are 2.5 times the number of applicants that can be accepted each year. “That’s why we are especially excited to be able to offer the free programs and field trips at the MRF — because we are currently unable to accommodate all of the requests for in-school outreach workshops, but we can invite everyone to come to the MRF,” she said. Teachers interested in entering next year’s lottery can do so beginning in early September. Classrooms currently enrolled in the outreach program benefit from activities specifically designed to match the schools’ curriculum. “Teachers give us input on what they need,” said Holladay. “For example, the fourth grade curriculum in Ann Arbor covers ‘Nature’s Recyclers,’ and we can help teachers set up habitat boxes for their classrooms with soil, decomposing wood, worms, slugs. Kids can watch the process right in their classrooms. The goal of the outreach program is to complement and support the curriculum and to help classroom teachers as much as we can.” Outreach activities for a preschool classroom might include shaping play dough into different forms to explore the idea of recycling, making crafts from discarded materials, and reading stories about recycling, decomposers, and so on. Holladay said that one of her favorite outreach workshops to teach is the high school “Living Lightly on the Earth” session, which focuses on consumer choices and how they affect our environment. “When people are given the choice of a paper or plastic bag at the grocery store, many of them think they should always choose paper because it’s something they

can recycle. They think that because plastic bags are made from a non-renewable resource that they are always the wrong choice. But there are other things to consider, like the weight of the paper bags and the resources to ship them. There’s no right or wrong answer. Many of the high school students keep pressing me, asking ‘But which choice is right?’ We encourage the students to figure out what they think, weigh the options, and to make their own informed choices.”

[David] Zinn has created the “Adventures of Waste Watchers,” a series of kid-friendly cartoons on topics like single-stream recycling, zero waste, global warming, and alternative fuels. Printable editions are available from the MRF website.

Holladay said that her personal interest in ecology and the environment was spurred by a geology field school course in Wyoming that she took as part of her undergraduate geology major at the University of Michigan. She later earned her master’s degree in ecology and environmental biology. “I come from a family of educators,” she said. “I’ve always enjoyed working with children.” A volunteer role at Ann Arbor’s Hands-On Museum turned into paid employment as their outreach specialist. When the environmental educator job opened at the Ecology Center, Holladay said she jumped at the chance to continue working with young people and to focus on teaching them about environmental issues. She has been with the Ecology Center since 2006.

The Ecology Center coordinates other programs of interest to parents. These including Home Safe Parties to help families test the safety of everyday objects in their homes and “Healthy Stuff” in-house toxins testing at the Ecology Center. The in-house toxins testing workshops focus on a particular product category such as car seats, auto interiors, Halloween face paints, toys, pet toys, and so on. The Ecology Center maintains a database of findings at www.healthystuff.org. “We love that we can help have an impact on commercial businesses, especially those that affect children. Anyone who scores poorly initially gets angry, but some companies come to us and want to know how to improve their scores. We can help them to create better, safer products,” Holladay explained.

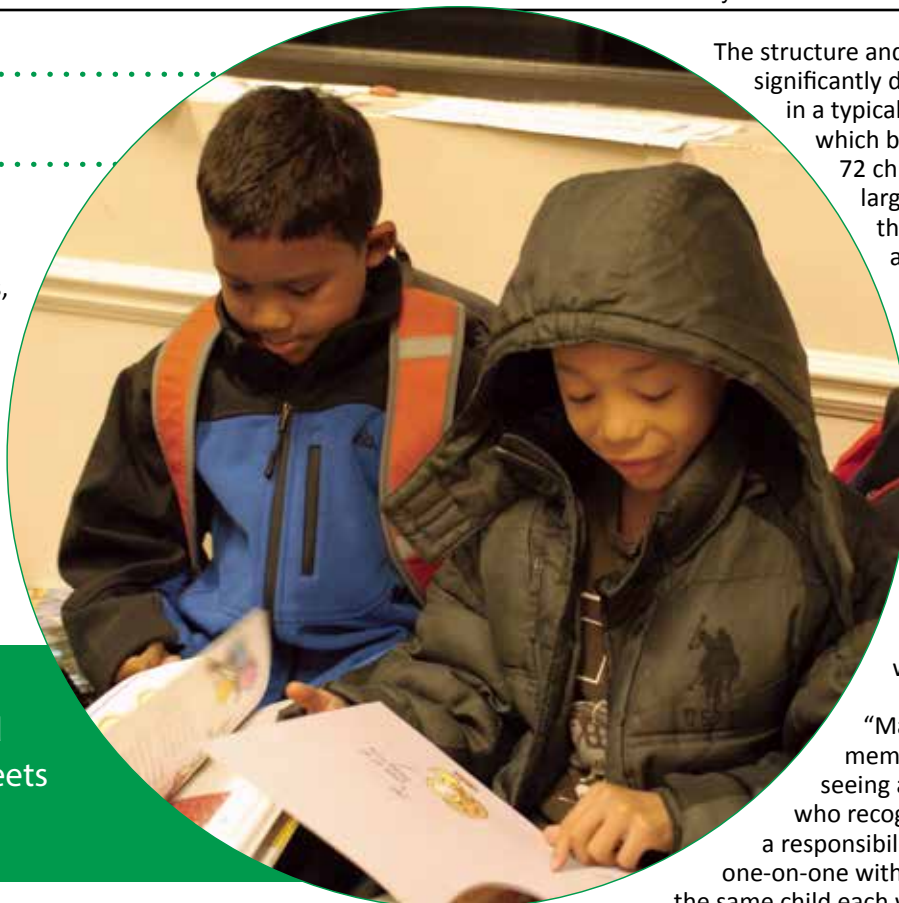


“When people are given the choice of a paper or plastic bag at the grocery store, many of them think they should always choose paper because it’s something they can recycle... But there are other things to consider, like the weight of the paper bags and the resources to ship them. There’s no right or wrong answer.”
— Laura Holladay

For more information on any of these programs, contact Laura Holladay at the Ecology Center at education@ecocenter.org, call (734) 369-9272, or visit www.ecocenter.org. To view David Zinn’s downloadable “Adventures of Waste Watchers” comic archive, visit www.a2gov.org/government/publicservices/fieldoperations/solidwasteunit/education/comics/Pages/AdventuresoftheWasteWatchers.aspx.

Family Learning Institute

“We all know that children from low-income families live with more challenges, and that these challenges can affect their school success,” said Amy Rolfes, Executive Director of the nonprofit Family Learning Institute (FLI) in Ann Arbor. “Many times, all they need is a caring individual to sit with them, one-on-one, for one hour per week. That one hour of undivided attention tells them, ‘This person cares about me.’” According to Rolfes, that attention results in significant academic progress for the vast majority of students who attend the free reading, writing, and math programs at FLI.



Once a child’s needs are identified, he or she is matched with a volunteer coach who meets with the child weekly.

Ann Arbor’s FLI, located at 1954 South Industrial, was created in response to Michigan Educational Assessment Program (MEAP) test results that showed a widening achievement gap in Washtenaw County. In other words, educators noticed that children from low-income families performed poorly on the test when compared with students from high-income families. Community organizer Lafiest Galimore and retired teacher and evaluation expert Doris Sperling developed the concept for FLI and established it in 1999 to improve achievement for lower-income students. “We absolutely are not saying that the Ann Arbor district is doing anything wrong,” said Rolfes. “We know it’s a strong district and it’s doing so many things really well. What we also know is that there are kids who need more and kids who need something different.” Rolfes was a classroom teacher herself when she became a FLI volunteer in 2006. “I felt that I wasn’t always reaching the kids I wanted to reach in the classroom,” she said. She became executive director of FLI in 2008.

The structure and content of the programs offered at FLI are significantly different from what a child might experience in a typical classroom setting. The Reading Program, which began in 1999 and currently serves about 72 children in second through fifth grades, is the largest program at FLI. After being referred to the program, typically by a classroom teacher, although some parents do contact FLI directly, each student is given a Qualitative Reading Inventory (QRI) test that provides specific data about the skills that child needs to work on. “The QRI can show, for example, that a child is struggling with certain aspects of phonics such as beginning sounds, middle vowels, or ending sounds, or with comprehension,” explained Rolfes. A certified reading specialist, JoEllen Mogelgaard, administers the test. Once a child’s needs are identified, he or she is matched with a volunteer coach who meets with the child weekly.

“Many of our volunteers are retired community members,” said Rolfes. “However, we’re also seeing an increasing number of young professionals who recognize the needs of these kids and who feel a responsibility to help.” Each week, that coach meets one-on-one with the child for one hour. “They meet with the same child each week and that student trusts that their coach cares about them,” said Rolfes. “Once that trust is established, the student will try to please the coach. We set them up in their own reading room, with their own coach, and with materials that are appropriate for their level. It leads to great success.” The privacy aspect of the coaching is also very important, Rolfes explained. “All of our tutoring happens in private rooms. No one wants to be known as the stupid kid. No one wants to be that kid pulled out of the classroom. We have the ability to keep our tutoring private in a way that a regular classroom setting just cannot.”

The targeted nature of the material studied by each student also fosters progress. “It’s really important to emphasize that what we do here is not homework help,” said Rolfes. “Much of the homework that these children get in their classroom setting is beyond their level at this time. Instead, what we are doing is very specific, very intense academic intervention. We meet each child where he or she is at

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this time, based on the data we get from the QRI. If we are working with a fourth grader at a first grade reading level, then we make sure to give them work that they can do." Rolfes said that this method both creates success and makes the kids feel accomplished. "Many of these kids can rarely complete their classroom work successfully. They do not feel good about themselves as students. When they can complete the activities here, we can show them that they can do it. Our coaches constantly tell them, 'You are doing awesome! See, you did that! You are successful. You can do this.'" If a coach has questions or needs additional support during a reading session, a reading specialist is always on hand to answer questions or to provide additional support.

"All of our tutoring happens in private rooms. No one wants to be known as the stupid kid. No one wants to be that kid pulled out of the classroom. We have the ability to keep our tutoring private in a way that a regular classroom setting just cannot."

— Amy Rolfes

The individualized nature of the program also gives the students some control over their learning process. "Kids can be distractible, and some may not want to do a particular activity," explained Rolfes. In a regular classroom setting the student may be required to work alongside the rest of the class, but in a private setting like FLI the student can be given some choice in his or her activities. "Each child has a binder with her activities listed, and the coach can allow the child to choose the order in which those activities can be completed," said Rolfes. "Just that amount of control can be huge. In the classroom, these kids have little control over anything. Here, they can feel like they are at least a little bit in charge of their own learning, and that can be a powerful motivator."

Following each one-hour session of individual coaching time, students come together in a group of six for one hour of Writing Table. The Writing Table activities follow the Ann Arbor Public Schools' core curriculum. While enjoying snacks generously provided by Food Gatherers, students are presented with a writing mini-lesson and journal in response to a prompt. Students then read their writing out loud to gain public speaking practice. "Reading their own writing out loud in front of their peers makes them more conscious of what they are writing," explained Rolfes. "It also encourages them to complete their writing. They often complete one or two entire paragraphs of writing here. This is a great accomplishment. In school, they may rarely finish a task they are assigned. Here, they feel a sense of accomplishment every single week."



purchase seven new laptop computers. Rolfes said that they also make sure to infuse academics with fun activities. Near Halloween, for example, students wrote and typed pieces either about Halloween or about fall. The volunteer coaches each waited in a private reading room with treats. Rather than saying "trick or treat," students read their writing to the coaches to receive candy. "The kids were thrilled," said Rolfes. "Not only did they feel proud of their writing, the coaches reinforced their success and they all got candy to take home!"

"It's really important to emphasize that what we do here is not homework help. Much of the homework that these children get in their classroom setting is beyond their level at this time. Instead, what we are doing is very specific, very intense academic intervention."

— Amy Rolfes



Students are sometimes given the opportunity to type their writing on FLI's laptop computers. Rolfes said that giving students access to technology is beneficial in a number of ways. "It's nice for students to be able to print and type their work so that they can take home something that looks polished," she said. Even more important is giving lower-income students every opportunity to engage with computers. "The increased use of technologies in our schools is both beneficial and detrimental to lower-income students," she explained. "For the kids who are given their own iPad or tablet at age two, using the technologies in school is natural. For kids who might have never touched a computer until they get into school, being expected to know what to do with one just makes the divide that much greater." Rolfes said that FLI is extremely grateful to Kiwanis for a grant that recently allowed them to

After four weeks in the program, parents and family members are invited to see what Rolfes calls a "Snapshot Session" of the process. Guests spend fifteen minutes with their student and the student's coach, getting to know the coach and the process and learning how they can continue working at home. Two times each year, FLI presents a Writers' Spotlight event to showcase student writing. Family members, coaches, and classroom teachers gather to listen to the children read pieces of writing they chose. "Last year we had more than seventy guests," said Rolfes. "It was a great opportunity for the students to practice their public speaking with a microphone and to present the writing they are most proud of."

Once a student has completed six months in the Reading Program, he or she takes the QRI again to assess their progress. Most students demonstrate significant improvement. By the time students have completed 12 months in the program, about 85 percent have advanced two grade levels in reading. "The interventions we give are so specific to each child's needs. This allows most children to advance very quickly," said Rolfes. Once a child has advanced to grade level, FLI lets the family know that their child can "graduate" from the program; however, no child is ever forced to leave. "Some kids get the support they need, get the confidence, learn the skills, and feel good to go," said Rolfes. "However, we know that, for some kids, the reason they are successful is because of the emotional support and individual attention the coaches give them." Rolfes shared the story of Nevaeh, a student who started in the Reading Program two years ago as a second grader. When Nevaeh started at FLI, she tested at three to four grade levels behind in reading. Currently, Nevaeh is a fourth grader who tests a bit ahead of her grade level. When Nevaeh learned that she no longer needed FLI's tutoring, she was upset and wanted to continue. Rolfes said that successful learners are welcome to continue so long as their attendance and participation remain good.

In addition to the highly successful Reading Program, FLI runs a Monday Math program. Last year, 21 students in second through fifth grades gathered on Monday evenings to spend one hour doing individualized, one-on-one math tutoring, followed by one hour of group math games. Rolfes said that 95 percent of students in Monday Math advance by two grade levels after one year in the program. She believes that the FLI program is the only free math tutoring program of its kind in Ann Arbor.

“In the classroom, these kids have little control over anything. Here, they can feel like they are at least a little bit in charge of their own learning, and that can be a powerful motivator.”

— Amy Rolfes

Children who complete the Core Reading and Monday Math programs at FLI experience long-term success as well. Rolfes said that two of FLI’s “graduates” are currently in college on academic scholarships, one at Wayne State and another at Grand Valley State. “We are proud of these students and all our kids. Most of the children who come to us do not have any learning disabilities. They are the kids who might be frequently absent, distracted by all the things going on in their families’ lives, just not able to pay attention in school. Once they have missed out on things, when they are learning critical skills like early reading and math, it can be very hard for them to ever catch up,” said Rolfes. “We are committed to helping them catch up before it is too late for them to be successful.”

The Family Learning Institute offers additional programs to support students and their families, including a summer Brain Boot Camp aimed at preventing summer learning loss in lower-income children. Rolfes said that kids from lower-income families often do not get to experience summer camps and programs, which makes them even more susceptible to losing skills. During the summer of 2012, volunteers guided 30 second through fifth graders in small groups as they practiced reading, writing, math, and computer skills. Testing showed that 100 percent of the students involved maintained their reading levels over the summer. Rolfes thanked the Speckhard-Knight Charitable Foundation and the Herbert and Elsa Ponting Foundation for their support of Brain Boot Camp.

By the time students have completed 12 months in the program, about 85 percent have advanced two grade levels in reading.

Fifth graders who are “graduating” from FLI are offered the opportunity to participate in Super U, a program that Rolfes said helps teach the “soft skills” necessary to succeed in middle school. Students learn how to operate a locker, pack and organize a backpack, handle schedules from multiple teachers, make new friends, and so on. In addition, students enjoy fun and educational outings to local museums and labs and eat meals at favorite local restaurants. “Some of these students may not have had the opportunity to order a meal in a restaurant,” Rolfes explained. “We help them read the menu, talk about social skills — all those things that help them feel confident as they go on to middle school.”

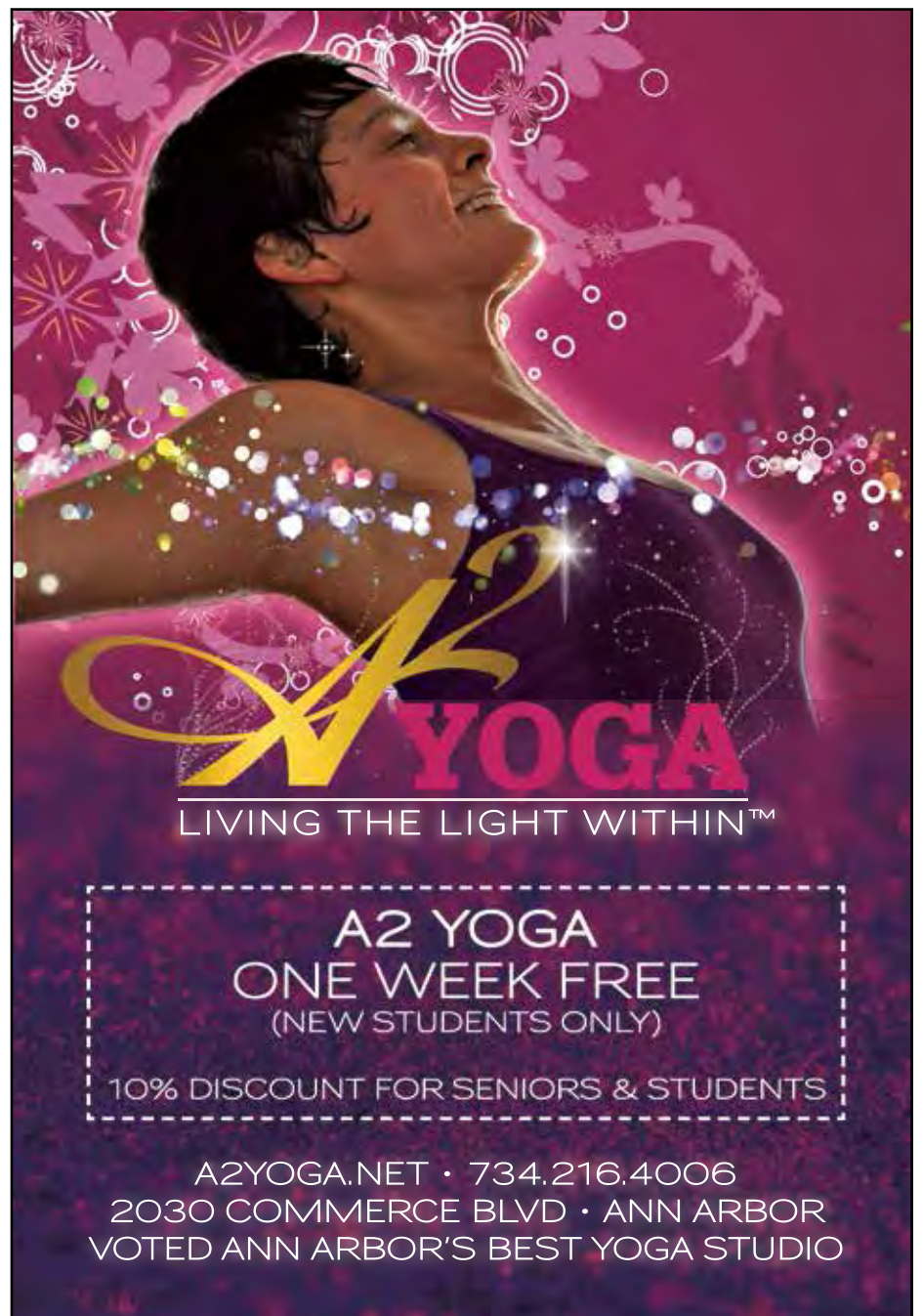
In response to parent concerns about middle school achievement, FLI recently established an Algebra Academy for sixth grade students. “We heard from so many parents that their children were flunking algebra. It’s a whole new skill set that can be really challenging. We try to respond to what the community needs. Now we are working to help kids with the thinking skills needed for algebra.” To further support middle school students, another new initiative is the Young People’s Project, in which high school students mentor middle school students.

Rolfes said that there is currently a short waiting list for the Reading Program. Teachers or parents interested in placing a student in next fall’s program should enroll him or her in this summer’s Brain Boot Camp, which would secure a spot for that child for fall. The Monday Math program currently has a waiting list of approximately one year. “Our expansion is really confined by our physical space right now,” she said. “We value the privacy for each child, and we currently only have six private rooms.”

She said that while they are often asked to do outreach activities in area schools, the success of the FLI programs depends partly on bringing the students away from school. “We have done some outreach and continue to explore ways to do even more, but, at the same time, an essential part of our success with these kids is the fact that they are coming away from school. They have their own room, their own coach, their own time. This is so helpful for the social and emotional needs of our students and that creates academic success.”

Rolfes said that her dream would be to have a larger facility that could serve even more students. She expressed gratitude for all the generous donors to FLI, noting that they are especially grateful to the Towsley Foundation for their generous matching grant of \$150,000, which they will begin receiving in 2014. “Our hope is to change the life of every child who comes through our door,” said Rolfes. “Our donors and our volunteers allow us to do that.”

Teachers or parents interested in learning about enrolling a child in a FLI program should call (734) 995-6816 or email info@familylearninginstitute.org. One may also download enrollment applications at www.familylearninginstitute.org/enroll.html. For individuals interested in learning more about FLI or in volunteering, FLI offers monthly “Lunch and Learn” events. Guests are provided with a one-hour orientation, video presentation, tour of FLI, and a free lunch from noon to 1 p.m. To register for the next session, contact Amy Rolfes at (734) 995-6816.



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There will be story time with books available from Crazy Wisdom Bookstore and a special Mother’s Day craft. Fairy attire is encouraged. Be creative! \$11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies.

For information call, 665-2757 or email miranda@crazywisdom.net

The Contagious Joy at Therapeutic Riding, Inc.

Ann Arbor's Therapeutic Riding, Inc. is a non-profit organization that allows children and adults with disabilities the chance to experience the joy of horseback riding and other equine assisted activities.

By Nieka Apell

Therapeutic riding instructor Jan Vescelius said that she feels fortunate to have a job that consistently "brings joy into so many lives." A professional horseman since the 1970s, Vescelius is the executive director, program director, and head instructor for Ann Arbor's Therapeutic Riding, Inc. (TRI), a non-profit organization that allows children and adults with disabilities the chance to experience the joy of horseback riding and other equine assisted activities.

Vescelius already had a great deal of horse experience, including owning her own boarding and training facility and teaching horsemanship to beginning through advanced riders, when she read a magazine article about therapeutic riding. She was intrigued by the physical, cognitive, and emotional benefits associated with therapeutic riding.

Vescelius helped start the therapeutic riding program in Lenawee County as a volunteer, and became certified as a therapeutic riding instructor in 1991 after completing extensive training at the Cheff Therapeutic Riding Center in Augusta, Michigan. She is a Professional Association of Therapeutic Riding (PATH) International, Advanced Level Certified Instructor, and a Michigan State University Proud Equestrians Program Instructor. When Ann Arbor's TRI needed a backup instructor Vescelius stepped in. "It just snowballed after that!" she said.

Founded in 1984, TRI recently underwent a major expansion of their facilities; Vescelius was part of the team that was able to create this modern riding facility from the ground up. She said that in the previous location on Joy Road the program was able to accommodate approximately 60-70 riders. "We were and are still so grateful to the Domino's Farms Land Development and Tom Monaghan. He let us use his facility free of charge. We tripled our rider base there and built a firm foundation for growth, but we were at capacity and couldn't expand any more," she explained. Vescelius said that, for several years, potential riders had to wait two or more years in order to secure a lesson spot. "As we grew, we knew we needed either a long-term lease or our own property," she said.

An answer came in the form of extraordinary donations from Harold and Kay Peplau, the Lloyd and Mabel Johnson Foundation, and The Legacy Land Conservancy. "Although we had these incredible donors, part of the agreement was still that we had to raise matching funds, and even in the tough economic times of the last several years, we were able to do that," said Vescelius. With funding secured and a conservation easement to protect the land in perpetuity, TRI was able to purchase 46 acres of land in Pittsfield Township at a fraction of market value. In December of 2010, the new facility, located at 3425 East Morgan Road, opened. It features amenities including a 20 stall barn, a heated, indoor arena, climate-controlled observation rooms and offices, an outdoor arena, automatic waterers for the horses, and acres of fenced pasture land. "This facility has allowed us to expand our programs and to offer this experience to even more riders. We still have a waiting list, but it is more of a rolling list now," said Vescelius.



In December of 2010, the new facility, located at 3425 East Morgan Road, opened. It features amenities including a 20 stall barn, a heated, indoor arena, climate-controlled observation rooms and offices, an outdoor arena, automatic waterers for the horses, and acres of fenced pasture land.



Therapeutic Riding, Inc., draws children and adults with disabilities from Washtenaw and surrounding counties. They offer private, semi-private, and group therapeutic riding lessons, as well as lessons in grooming and tacking horses and ground lessons focused on safety, showmanship, horse leading, and handling. Riders range from children as young as four to senior citizens with a range of diagnoses, including autism spectrum disorders, cerebral palsy, Down Syndrome, multiple sclerosis, A.D.D./A.D.H.D., sensory integration disorders, vision and hearing impairments, traumatic brain injuries, post-traumatic stress disorder, and Parkinson's disease. "We will work with anyone with any disability as long as it is medically safe for the person to ride," explained Vescelius. "We do evaluations on all prospective riders. We talk to the participants and families to find out what their goals are. Of course, there is the dreaded paperwork that includes a physician's referral and a therapist's referral when that's appropriate. We work with our riders' medical professionals to make sure that everything is done safely and to help them achieve their goals." Vescelius said that other than medical safety for riders, the only other limiting factor is a weight limit. "This can sometimes be an incentive for our riders, too," explained Vescelius. "For some people with certain physical disabilities who cannot move about easily, it is hard to keep weight down. If they love riding, it may help motivate them."

One of the most challenging and rewarding aspects of Vescelius' job is to create the best possible match between one of TRI's 14 horses and the 80-100 regularly scheduled riders. "It's really important to have that perfect fit between horse and rider," explained Vescelius. "If we put you on the wrong horse, it just won't work. We have all sizes of horses with different types of movement, and it is important to



“The horse provides vestibular movement, sometimes explained as 3-D movement, and this movement provides the therapeutic benefits.”

Vescelius said that for many riders and their families the emotional and social benefits of riding are significant. “If we do nothing but bring joy into someone’s life, then it’s absolutely worth it. Horses might not initially seem like your niche in life, but if this gets you out of your home, interacting with your volunteers, and for one hour you have control over your life while in partnership with your horse, it can be very powerful.”

Forming relationships with the horses is also rewarding. “It’s also important to think about people bonding with their animals,” said Vescelius. “A horse has no preconceived idea of who we are. All they know is that if we are kind, they will be kind in return. They are masters of watching over our body language. If you come up quietly and approach calmly, they will respond to you. We can use this in working with children, especially people on the autism spectrum or those who have been abused who may struggle with social skills,” she explained. “We explain, ‘If I walk up and get up close to your face or tap you or get loud, would you like that? Or would you prefer a quiet approach, a gentle touch on your shoulder to say hello?’ We can use our horses to teach those life skills.” The staff also teaches riders about the horses’ different personalities, showing that just like people, different horses respond better to different approaches. “If a child comes in too aggressively, a horse may back off. People are like that, too, and might not want to interact with you. It is a life lesson using our horses!”

In addition to the direct benefits to the riders, parents also enjoy the experience of connecting with other families at TRI. “For some families, we hope they feel that it is a second home,” said Vescelius. “Riders may come in having a meltdown, having a really bad day, and no one judges their behavior. It’s a really supportive atmosphere for our families.” Vescelius said that she and her staff encourage parents to stay in the observation area during lessons rather than coming out into the arena. “We encourage parents to take that lesson time and to read a book or network with the other families. We have their kids for lesson time once a week and it’s a time when mom and dad aren’t there telling them what to do. It’s a different voice and we can sometimes use the lesson to help motivate them in a new way.”

Continued on page 80

“We will work with anyone with any disability as long as it is medically safe for the person to ride.”

–Jan Vescelius

choose the right partnership to serve the rider’s needs.” Once the horse and rider team are established, Vescelius and her staff work to make sure the saddles, stirrups, and other equipment are also chosen to each rider’s needs. The equipment is all designed to enhance each rider’s safety and abilities. During a recent lesson, one student who has no feeling in her legs rode with stirrups that completely enclosed and supported her feet (Devonshire boots); another rode with a natural ride saddle that allowed her to grip the top portion of the saddle while using the reins. Riders also rely upon TRI’s team of more than 150 volunteers. Vescelius said that some ride independently while others require as many as three volunteers specifically trained to help them mount and ride.

When a rider and horse are well-matched, Vescelius said that children and adults with disabilities can experience significant physical, cognitive, emotional, and social benefits. “We teach therapeutic riding,” emphasized Vescelius. “My job is to teach our riders how to approach, interact, and ride our horses safely while learning riding skills.” When that happens, other benefits often come with it. Vescelius said that riding horses can improve muscle strength and balance. “The horse provides vestibular movement, sometimes explained as 3-D movement, and this movement provides the therapeutic benefits,” explained Vescelius. “It stimulates different parts of the brain and may help with balance, communication, cognitive skills, and more. Riding can increase muscle tone in one rider while reducing spasticity — muscle tightness — in another.” Vescelius’ own grandson was born with Angelman Syndrome, a genetic disorder that may include developmental delay, lack of speech, walking, seizures, and balance disorders. “I feel as if riding a horse helped him to strengthen his trunk so that he was eventually able to sit up on his own,” she said.

“Therapeutic horseback riding can enhance lives in other ways as well,” she said. “We used to say it was the ‘magic’ of therapeutic riding that was so beneficial to our riders, but now there is scientific evidence to back it up. For people on the autism spectrum, the movement of the horse may be calming,” said Vescelius, adding that some of TRI’s riders become much more verbal during their lessons. Instructors and volunteers often play spelling and alphabet games with riders, helping them to identify and put letters in order around the arena, a game that helps riders’ cognitive and motor skills. For more independent riders, TRI has a dry erase board for each lesson, showing the rider the pattern they should follow for that lesson. They also use dressage, jump poles, and western games to have fun while learning.



When a rider and horse are well-matched, Vescelius said that children and adults with disabilities can experience significant physical, cognitive, emotional, and social benefits.

The Contagious Joy at Therapeutic Riding, Inc.

Continued from page 79

"We hope to give them skills they can use for a lifetime and be there for them to ride as long as they desire, so long as it's medically safe, but we expect our riders to put something into it themselves," Vescelius said. For example, she explained that while the staff and volunteers will always help a rider mount their horse, they encourage conversation about transfers and self-help. "We expect them to try and we will support their abilities. This builds both strength and self-confidence. It's very different when we challenge them versus when mom or dad tells them to do something at home. We always work with parents to reinforce what they are working on as well."

Vescelius said she is grateful for the support from generous donors. Fees account for less than 19 percent of the actual cost of lessons. In addition, no rider is ever turned away due to an inability to pay. Families in need of financial assistance can request support from TRI's Sam and Juliana Zirinsky Memorial Scholarship Fund, established by their parents Ruth Schekter and Bill Zirinsky (the owners of Crazy Wisdom). Both children suffered from a degenerative neuro-metabolic disorder. Vescelius fondly remembers her time working with Juliana during her riding lessons and is grateful for the generous support provided by the scholarship fund. "It makes it possible to offer this experience to children and adults who could not have it otherwise," she said.

In addition to the year-round lessons, TRI began a summer camp program in 2013 and offers a "Day at the Farm" field trip program for other non-profit organizations. They also offer group tours. Recent participating organizations included The Greater Detroit Agency for the Blind and Visually Impaired, SOS Community, Canton Leisure Club, and other agencies that work with homeless children and children in foster care programs. Vescelius said that hosting groups like these always helps her experience the farm and the horses from new perspectives. "The children who cannot see open the eyes of those who can. I am just so blessed to be able to do this."



Photos courtesy of Therapeutic Riding, Inc.

"If we do nothing but bring joy into someone's life, then it's absolutely worth it. Horses might not initially seem like your niche in life, but if this gets you out of your home, interacting with your volunteers, and for one hour you have control over your life while in partnership with your horse, it can be very powerful."

-Jan Vescelius

Volunteers are always needed. Vescelius said that individuals with and without horse experience are welcome. "We can teach you to lead a horse, to groom and tack, to help riders with mounting. If you want to learn more, we can teach you more. It's a great opportunity to learn!"

To volunteer or to learn more about enrolling in the riding programs, visit TRI's website at www.therapeuticridinginc.org, call them at (734) 677-0303, or email info@therapeuticridinginc.org.

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Conscious Parenting

Exploring the Insights of Mindful Parenting

By Chuck Barbieri



As an early childhood educator and parent, I am daily challenged to keep my cool and composure and to consciously choose how I want to be before I interact with children. Children need guidance, boundaries, and structure in their lives. They also need parents who can skillfully navigate through the daily situations that often become points of conflict. Leaving the house in the morning for school, getting ready for dinner, and putting away toys in the living room

— these situations can leave a frustrated parent wondering, Where is the patience I used to have with children? How can I keep my emotions in check? They also present an opportunity for parents who tend to fall back on old habits to question if they habitually react, perhaps channeling their own parents or relatives when they yell or scream, resent a child, or anger too quickly.

You can examine your unconscious reactions to children by silently acknowledging these reactions and simply not speaking them out loud.

Knee-jerk reactions like these reflect the long dominant parenting paradigm of compliance, domination, control, and manipulation of children. It's a paradigm that is perhaps ingrained in our collective histories but is dying out as a new parenting paradigm emerges that calls on parents to ask how conscious and how mindful their reactions are to their children. Over the past ten years, scientific research on this topic has been documented and explored, resulting in a revolutionary parenting approach in which parents work with children based on mutual respect, understanding needs, and unconditional parenting. I invite parents to take a look at this more conscious, less stressful approach to parenting.

In the new paradigm, the focus changes from child to parent and seeks to explore what the parent brings into the relationship with the child. It asks you to create the time and space to be truly conscious and mindful in the present moment as you are in relationship with your child. It also involves developing the ability to truly see the needs of your child that are not tarnished or stained by your unconscious habits, unexamined values, and beliefs. This is more easily said than done!

In the new paradigm, the focus changes from child to parent and seeks to explore what the parent brings into the relationship with the child.

The new paradigm acknowledges that how you unconsciously react to the wants of children misses a conscious response to their genuine needs. Educator and author Joseph Chilton Pearce raises a profound question to all parents — a question that as a Waldorf School teacher and now parent I ask myself every day — which is, Am I worthy of imitation? Young children pick up and absorb every aspect of our being. They lack the censorship or filtering out that is common to adults. Why then, as parents, do we act surprised when they give it right back to us?

What follows briefly outlines some key starting points for parents interested in applying the concepts of the new paradigm. I encourage parents to explore these ideas as they reconsider their parenting practices and consider achieving greater self discipline.

To begin, you need be in unconditional presence with your child. Specifically, focus and observe your child without judgment or with suspended judgment. It's a way of filtering out your own "unfinished" issues of power, control, and parenting histories in order to truly observe the child "as is." Next, you need to carefully observe the child with a term that educator Kim John Payne calls "soft eyes" in order to truly understand the needs of the child beneath his or her external

behavior. Whisper to yourself the words that you may say to your child, especially during stressful times when your child triggers you. Stop, focus on your breathing, and reflect on where your perceptions and judgments come from. You can examine your unconscious reactions to children by silently acknowledging these reactions and simply not speaking them out loud. It is indeed very rare that you must yell or scream at a child in direct danger, so just live with your own reactions. This is the first step in attempting to change your unconscious reactions: make them conscious and just live with them.

Dr. Shefali Tsabary writes in *The Conscious Parent* (Namaste Publishing, 2010) that "Until we understand exactly *how* we have been operating in an unconscious mode, we tend to resist opening ourselves to an approach to parenting that rests on entirely different ideals from those we may have relied on until now." At this point, it is vital not to fall into the "blame or shame" game that deflates your self-esteem. Rather, you need to move into self-empathy and reflect on how your unconscious reactions may not line up with your authentic goals of raising children that become happy, emotionally healthy, responsible, ethical, caring, critically thinking, and "decision ally" literate as they mature in life.

Therapist and family relationship theorist Hal Edward Runkel starts his book *Screamfree Parenting* (Harmony, 2008) with the basic premise that children cannot become responsible for themselves as long as we consider ourselves responsible for their lives and their choices. We are only responsible for our own lives and our own choices. He writes that the only way to retain a position of influence with our children is to *regain* a position of control over ourselves. The greatest gift we can give our children is to focus on our own mind stream. This sounds so narcissistic, yet it functions as a way to carefully examine if our intentions, motivations, and actions actually align with the parent we truly want to be. Children do frustrating, annoying, and sometimes unkind behaviors! The times when they need your unconditional love and presence are the same times that you are responsible to them for *your* behavior, feelings, and choices.

The times when they need your unconditional love and presence are the same times that you are responsible to them for *your* behavior, feelings, and choices.

Alfie Kohn, author of *Unconditional Parenting* (Atria, 2006) and *Punished by Rewards* (Mariner, 1999), argues that to be a better parent, just practice these four words: Talk less, ask more. How much can we truly understand what is going on inside a child if we do most of the talking? By asking questions you are opening up the relationship to a "working with" rather than "a doing to" approach. This is a basic form of respect that you need to share with children. Even though children learn through imitation, Kohn argues that they need to practice this learning by having the opportunity to make decisions.

In the new mindful parenting paradigm, children do not need to be disciplined with rewards and punishment. Children do not need so called "healthy shame" or any other doggie biscuit approach to discipline, yet most parenting books and articles are still fixated on how to get kids to jump through our hoops of demands and expectations. It's time to change the focus from child to parent, from enforcing a child's discipline to evaluating our inner discipline as parents.

Chuck Barbieri of Ann Arbor has been joyfully playing with children as a Waldorf Early Childhood Teacher and Mindful Parenting Coach for the past 32 years. Visit his Facebook page, <https://www.facebook.com/MindfulConsciousParenting>, for more information and upcoming events, including a free in-depth presentation on the *Conscious/Mindful Parenting Processes* at Crazy Wisdom Bookstore on January 11, 2014.



Yoga for Mamas: Celebrating the Journey of Motherhood

Each Monday morning for an hour and a half, I am surrounded by the blissful energy of mothers, babies, and moms-to-be as we practice yoga together at Hygeia Center for Healing Arts in downtown Ann Arbor.



Yoga during the prenatal period builds strength and stamina in the body while increasing a mother's mindfulness of her baby in utero and enhancing the bonding process. It helps women prepare for birth by teaching them to breathe, relax, and surrender to the process of their changing bodies as their babies grow.

My children have grown up with me rolling out my mat on the living room floor. When they were toddlers they would join me, climbing in and around all my poses, creating a joyful tangle of arms, legs, and laughter.



Barbara
Brookens-Harvey

By Barbara Brookens-Harvey
Photos by Edda Pacifico

For many, Monday morning is met with some resistance and a longing for one more weekend day. For me, Monday morning dawns with anticipation of the celebration to come. Each Monday morning for an hour and a half, I am surrounded by the blissful energy of mothers, babies, and moms-to-be as we practice yoga together at Hygeia Center for Healing Arts in downtown Ann Arbor. “Yoga for Mamas” is a class offered to pregnant women as well as postpartum mothers and their babies, 12 months and younger.

A great sense of community is built with having both pre and postnatal moms present. Pregnant mamas are reminded by the presence of infants that their pregnancy will progress toward the birth of their own child, postnatal moms are happy to have found a class where their babies are welcome, and both groups appreciate having discovered a class that focuses on their adjustment to pregnancy, parenting, and motherhood. The collaborative class allows pre and postnatal mamas to share a wealth of knowledge, resources, and empathy and to build a supportive network during the childbearing year.

As a yoga teacher and a clinical social worker specializing in infant mental health, I am grateful to offer a class that focuses on celebrating women and children and the bond between them. The benefits of yoga for women, particularly for mothers, is well documented. Over the past year, I have had the pleasure of working with Dr. Maria Muzic, M.D., of U-M Health Services Perinatal Depression Clinic on the Mindfulness Yoga Pregnancy Study examining prenatal yoga as a tool to decrease depression and anxiety in expectant mothers. This study — along with a plethora of books, magazine articles, and videos — cite the benefits of yoga for mothers to be abundant.

Yoga during the prenatal period builds strength and stamina in the body while increasing a mother’s mindfulness of her baby in utero and enhancing the bonding process. It helps women prepare for birth by teaching them to breathe, relax, and surrender to the process of their changing bodies as their babies grow. Yoga also empowers women to take an active stance in mitigating the uncomfortable symptoms of pregnancy, such as back pain, swelling, and a constantly changing center of balance.

Postnatal mothers are also well supported by yoga practice as it allows them to regain their pre-baby body through strength, balance, and flexibility work. Attention to the breath alleviates worry about the transition to motherhood and can help calm a new mom as she learns how to care for her little one. Practicing restorative poses gives a new mom a chance to rest, allowing her to cope with the inevitable lack of sleep experienced while caring for a newborn.

Most important, by coming to a weekly yoga class, pre and postnatal mothers are less likely to experience isolation as they are able to build a supportive community. Perhaps the greatest benefit of the Yoga for Mamas class is the joy brought to the faces of the infants as they delight in their mother’s graceful movement, the calm, safe atmosphere in the room, and the discovery that other little people like them exist in the world.

As a mom of two teenagers, I still turn to my yoga practice as a means to support my mothering. Yoga helps me to slow down, to stay present in each and every moment of my shared experiences with my children, and to stay emotionally regulated when anxious, tired, or irritable. My children have grown up with me rolling out my mat on the living room floor. When they were toddlers they would join me, climbing in and around all my poses, creating a joyful tangle of arms, legs, and laughter.

My first teacher, Barbara Linderman of Inward Bound Yoga, talked me into becoming a yoga teacher after I had been her student for several years. Every day for six weeks, she asked me to teach a Yoga for Kids class until I finally agreed. As I grew from yoga student to teacher, I was joined by my own children in the classroom and supported by Barbara, a mother mentor to me. Now that my kids are teenagers, it is not uncommon for me to hear them singing along with whatever yoga music is playing while I practice, cook, or clean the house. (I’m fairly certain that my children are the only ones in their class who rock out to Krishna Das while doing the dishes.) It is my hope that as they grow more and more into their own place in this world, they will come back to the practice of yoga to support their journeys.

So every Monday, when I get to “work,” I say a prayer of deep gratitude to my children, who taught me to breathe, slow down, and savor each moment of being a mother. I send thanks to Barbara Linderman and all my yoga teachers along the way who taught me to share this beautiful practice with others. I then roll out my mat, clear my mind, and await the arrival of mamas and babies, and their bright, expectant, joy-filled energy. My hope in offering the Yoga for Mamas class is that the women and children who attend will also learn to use yoga as a tool in supporting their own journeys through the rich path of becoming a family. I am grateful for each and every mama and baby as they share a part of their journey with me. The Divine Light of mama love shines bright.

Namaste!

Barbara Brookens-Harvey is a registered yoga teacher and licensed clinical social worker who holds a Level III Endorsement in Infant Mental Health. She teaches a variety of classes at the Hygeia Center for Healing Arts, and also teaches Yoga at Inward Bound Yoga. Though she is not teaching a Yoga for Mamas class this winter at Hygeia, Joy Van Bael will be. Joy can be reached at joy@hygeiacenter.org. Barbara can be reached at welcome@hygeiacenter.org. Please visit hygeiacenter.org and ibyoga.com for more information regarding their programs.



“Yoga for Mamas” is a class offered to pregnant women as well as postpartum mothers and their babies, 12 months and younger.



Perhaps the greatest benefit of the Yoga for Mamas class is the joy brought to the faces of the infants as they delight in their mother’s graceful movement, the calm, safe atmosphere in the room, and the discovery that other little people like them exist in the world.

The Crazy Wisdom Community Journal

Events Calendar for Kids January through April 2014

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Children & Young Adults

Fairy Tea at Crazy Wisdom Tea Room • Feb. 27, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! \$11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.



Nature Learning Community Outdoor Skills Day with Rowena Conahan • Feb. 9, 1-4 p.m. • The free gathering will take place in the forest in a bark and mud shelter and around the campfire. We will practice outdoor skills, play games, swing in the hammock, and enjoy good company. All ages welcome. Call 531-8330; naturelearningcommunity@gmail.com.

Fire Skills with Rowena Conahan • Mar. 15, 1-5 p.m. • You have a fire lit - what now? This class will look at ways to ignite a fire at various technology levels, as well as ways to effectively use our greatest invention for heat, light, and cooking. The ins and outs of firewood and various ways to lay a fire will be covered. Learn to diagnose problems with fires when saying "white rabbit" doesn't work! \$40, under 13 half priced (with adult). Call 531-8330; naturelearningcommunity@gmail.com.

Beginning Trapping with Rowena Conahan • April 19, 11 a.m.-5 p.m. • Learn to feed yourself with simple traps, using only a knife, hatchet, and materials sourced from the landscape. These traps were, and still are, an incredibly humane and efficient way to harvest animals for food. No animals will be trapped during this class. We'll also discuss trapping ethics and laws. \$40, under 13 half priced (with adult). Call 531-8330; naturelearningcommunity@gmail.com.

Yoga for Mamas with Joy van Bael • Mondays starting Jan. 6, 10-11:30 a.m. • Ongoing hatha prenatal and postnatal yoga class for pregnant mamas and/or mamas and babies 12 months and younger. Practicing yoga helps relax the mind, strengthen the body, alleviate discomfort, and support the growing bond between mother and baby. \$145 for 10 classes, \$80 for five classes or \$18 drop-in. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Open House at Rudolf Steiner Lower School and High School • Jan. 25, 2-4 p.m. • Rudolf Steiner School of Ann Arbor has a thoughtfully constructed curriculum that is designed to support children through all stages of development. Come find out why we are part of the fastest-growing education movement in the world and how your child will benefit. Free. For more information, call the Lower School at 995-4141 and the High School at 669-9394; steinerschool.org.

Dancing Babies with Gari Stein at Mallets Creek Library • April 26, 10-10:40 a.m. • Sing and dance along based in traditional folk music for tots to age 5 and the grown-ups who love them. Nurture development and enjoy simple activities to do together at home. Share hugs, laughter, and more. Free. Call 741-1510; garistein@aol.com.

Sing With Me with Gari Stein • Jan. 7-April 9: Tuesdays or Wednesdays, 9:30 or 10:45 a.m. • Music-movement enrichment and instrument exploration for children birth to 5 and the grown-ups who love them. Together, we will sing, chant, bounce, folk dance, waltz, play instruments, share hugs, laughter, and more. A research-based program that enhances development, learning, listening, and literacy, and provides parenting resources, snack, and chat. An art component is available. \$183 or \$199 includes a \$25 discount for new families, four cds, and a snack. Call Gari at 741-1510; garistein@aol.com or little-folks-music.com.



Baby and You: Dance With Me with Gari Stein • Various days and times, January-April • A unique program that focuses on play, movement, and touch, with time to share resources and support. Promoting healthy development and strong bonds through creative dance derived from the scientific research of the brain-body connection. In a warm, gentle, nurturing environment, together we will enjoy rhymes, tunes for everyday routines, massage, sheet rides, waltzes, instruments, folk dance, lullabies, hugs, and more. Turn cranky to calm and get ready for too much fun. For times and cost, call Gari at 741-1510; garistein@aol.com or little-folks-music.com.

KinderConcerts: Music and Motion with Ann Arbor Symphony, Gari Stein, and Kathryn Goodson • Jan. 10, 9:30 and 10:30 a.m.; Jan. 11, 10 a.m.; Jan. 13, 9:30 and 10:30 a.m. • This classical concert, featuring a guest musician playing cello for children ages 2-6 to listen, watch, dance with snowflakes and scarves, and participate in a 30 minute program, up close and personal, in library settings. Free. Call Gari at 741-1510; garistein@aol.com, little-folks-music.com.

Storytime for Young Children up to Age 6 at Bookbound Bookstore • Tuesdays, 6 p.m. and Thursdays, 10:30 a.m. • Free. For more information, call 369-4345; bookboundbookstore.com.

Crystals for Kids with Jennifer Vanderwal • Feb. 9, 11 a.m.-3 p.m. • Work hands on and learn about various minerals and their properties. Learn the use of crystals and minerals in different crystal healing arrays for specific purposes. \$40. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Aerial Silks for Youth with Diane Miller • Mondays, 3:30-4:30 p.m. or Thursdays, 4:45-5:45 p.m. • Learn the basics of this beautiful circus art, no experience necessary! Also known as aerial dance, this class improves strength, flexibility, and coordination. \$10. Call 585-307-0402; diane@a2ringstar.com or a2ringstar.com.

Girl Power! Yoga with Sara Hughes-Zabawa • Fridays: Jan. 10-Feb. 28, 4-5:15 p.m. • This class is designed for girls in 6-8th grade, with a focus on empowering self-acceptance, self-esteem, and strengthening the mind, body, spirit connection. Classes include 60 minutes of yoga practice and 15 minutes of group discussion. This series will pay close attention to exploring the seven chakras. No class on Jan. 24. \$110. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Kids Zumba and Kids Yoga with Peachy Fitness • Zumba on Wednesdays, 6-7 p.m.; Yoga on Fridays, 6-7 p.m. • Our twice-weekly classes give kids the opportunity to participate in 60 minutes of gentle, relaxing stretching, strength building Yoga for Kids, and 60 minutes of rhythmic music, dance, and heart pumping fun with Kids Zumba. These fitness classes are perfect for kids ages 7-13, boys and girls, and their parents. \$99 for eight classes or \$69 for four classes. Call Zaini at 681-0477; info@peachyfitness.com or peachyfitness.com.

Coffee Talk Series: Sensory Issues in Children with Clonlara School and Leaps & Bounds Therapy • 9:15 a.m. • Did you know that there are actually more than just five senses? Our sensory system consists of seven categories, including proprioception, tactile, vestibular, visual, auditory, gustatory, and olfactory senses. This series will look at the way our bodies take in sensory information from the environment, organize it, and then use it within our everyday life. Free. Call Martha at 926-4617; martha@clonlara.org or clonlara.org/campus/event.

Jan. 9 • Sensory Issues vs. Behavioral, Emotional or Transition Issues • This discussion will help aide us to identify the root of the issue - whether it's sensory-based, related to a behavioral or emotional issue or transition difficulty.

Feb. 6 • What is Applied Behavioral Analysis? • ABA uses the principles of behavior to teach individuals new skills, decrease challenging behavior, and improve an individual's overall quality of life. When it comes to challenging behavior (tantrums, hitting, biting, etc.), we work to identify what that behavior is communicating and work to teach the child to verbally communicate to get those needs met.

Mar. 6 • What is Music Therapy and Can It Help My Child? • Kelly Garland will help to define, demonstrate, and dispel myths about music therapy to help participants conceptualize how music therapy may be beneficial for their child.

April 3 • Where to Go from Here: Home Exercise Plan and School Topics • This discussion will involve what steps to take after understanding sensory processing deficits, including things you can do at home and what opportunities are available through the school systems.

Clonlara School Visual Arts Display and Open House • Jan. 27, 6-7:30 p.m. • Visit Clonlara School to learn program details about home-based education, dual/blended enrollment, and the K-12 campus program. Take a tour of the facilities, meet the teachers and advisors, and get all your questions answered. There will also be a visual arts display by the campus and home-based education students. Clonlara School's two educational programs provide services that recognize each learner's curiosity, strengths, interests, and talents as the foundation of his or her educational experience. Free. Call Martha at 926-4617; martha@clonlara.org or clonlara.org/campus/event.

Summer Program Info and Open House at Clonlara School • Mar. 20, 6-7:30 p.m. • Area public, private, and homeschool students are invited to find out about local as well as national summer programs. Whatever the students' interests, from horseback riding or sailing, to a serious study of Russian language or advanced physics, kids can take part in a summer program or design their own experiences. Clonlara advisors and campus teachers will be on hand to provide information about the Clonlara Home Based Education Program, as well as details of the Clonlara Campus Program. Campus tours ongoing throughout the evening. Free. Call Martha at 926-4617; martha@clonlara.org or clonlara.org/campus/event.

Parent-to-Parent Support at Center for Childbearing Year • Wednesdays, 10-11:30 a.m. • Informal, free, drop-in group for moms, dads, partners, babies, and toddlers. Discussion topics and play time each week. All welcome. Free. Call 663-1523; center4cby.com.

Breastfeeding Cafe at Center for Childbearing Year • Fridays, 10-11:30 a.m. • Informal, free, drop-in groups meets weekly. Breastfeeding moms and babies welcome. Free. Call 975-6534; center4cby.com.

Super Saturday Storytime at Ypsilanti Library • Saturdays, 10:30 a.m. • Stories, songs, and a simple craft for pre-schoolers to older children. Free. Call 482-4110; ypsilibrary.org.

Children's Storytime at Nicola's Books • Saturdays, 11 a.m. • Stories for children ages seven and under. Free. Contact 662-0600; nicolasbooks.com.

Events with Leslie Science and Nature Center • Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Tiny Tots Programs for ages 1-3, caregiver required, siblings welcome. 10-11:30 a.m. \$7 per child. Rainbow of Colors on Jan. 6, Rockin' Rocks and Fossils on Feb. 3, Dr. Seuss on the Loose on Mar. 3.

Nature Tales for ages 1-5, caregiver required. 10-11 a.m. \$3 per child. Owl Tales of Feb. 15, Rabbit Tales on Mar. 15, Butterfly Tales on April 5.

Fireside Fun: A Good Old Fashioned Campfire Circle • Mar. 30, 6:30-8 p.m. • Bring your family, camp chairs, and s'mores fixings. Free.

Falconry Masters • Jan. 26, 1-3 p.m. • We will invite local falconers to share their expertise in this living art form. \$8 each or \$30 per family.

Parents' Night Out • Feb. 28, 4-10 p.m. • It's a night out for parents while kids ages 7-12 explore a unique evening at LSNC, including roaming the grounds, playing games, a pizza dinner, a visit with a raptor, and a nature-themed movie with a popcorn snack. \$25 per child.

Owl Prowl for All Ages • Mar. 15, 7-9 p.m. • Night hikes, owl calling, and visits with live owls will fill the evening. \$8 each or \$30 per family.

Critters Up Close! • Jan. 11 and 12, Feb. 8 and 9, Mar. 8 and 9, April 12 and 13; 1-4 p.m. • Each month, LSNC brings live animals into Ann Arbor Hands On Museum with special, animal-oriented hands-on activities. Free with museum admission.

Ann Arbor Earth Day Festival • April 27, Noon-4 • This free, family-friendly event features displays from 40 environmental, non-profit, and governmental organizations; live animal demonstrations; hands-on activities; guided hikes; face painting; live entertainment; green building and commuting technologies; energy topics; water awareness; sustainable agriculture; and more. Participants encouraged to wear costumes representing plants and animals for the All Species Parade. Free.

Chelsea District Library Ongoing Events • Free, with pre-registration requested. Call 475-8732.

Babytime • Tuesdays, 10:30-11:15 a.m. • Staff presents a program of songs, stories, and rhymes for kids under age 2, accompanied by a caregiver.

Spring Storytime • Wednesdays, 10:30-11:15 a.m. • Librarians present a program of stories, songs, fingerplays, and craft activities for kids ages 2-6, accompanied by a caregiver.

Dungeons & Dragons • Tuesdays and Thursdays, 4:30 p.m. • All teens and adults invited to play this popular role-playing game.

Dexter District Library Ongoing Events • Free with pre-registration requested. Call 426-4477.

Spring Storytimes for Toddlers: Mondays, Wednesdays, Thursdays; 10:30 a.m. • For ages 18 months-3 years.

Storytimes for Preschool: Mondays, Thursdays; 11:30 a.m. and Tuesdays, 1 p.m. • For ages 3-5.

Spanish Immersion Playgroup with Manzanitas Spanish Immersion Preschool • Jan. 4, Feb. 1, Mar. 1, April 5; 10:30 a.m.-12:30 p.m. • Free multi-aged Spanish playgroup and storytime right in downtown Ann Arbor! Geared toward 6 months-5 years, but all ages welcome. Parents, please join us! Free. Call Cheryl at 369-6563; manzanitas@appleplayschools.org or appleplayschools.org.

Events with Green Apple Garden Playschool • For more information, call Katie at 369-8248; greenapplegarden@appleplayschools.org or appleplayschools.org.

Nature Exploration • Jan. 17, 11 a.m. • Meet at Bird Hills Nature Area for an educational hike. Will be geared toward kids ages 1-6, and parents are required to stay. Please bring your own water and snack, as needed. Free.

Nature Exploration • Feb. 8, 10 a.m. • Meet at Leslie Science and Nature Center for an educational hike through Black Pond Woods. See above. Free.

Nature Exploration • Mar. 5, 3 p.m. • Meet at the playground at Olsen Park for an educational walk around the pond. See above. Free.

Nature Exploration • April 11, 10 a.m. • Meet at Berkshire Creek Nature Area for an educational hike. See above. Free.

Mom-2-Mom Sale • Mar. 22, 9 a.m.-2 p.m. • Department-style sale run by the families of Apple Playschools. Used children's items. \$1 entry.

Natural Family Playgroup • Jan. 25, Feb. 27, Mar. 29, April 26; 10 a.m. • Parents who are interested in natural family living, please bring your 0-6 year old kids to join us for playgroup and connecting. Free.

Kids Cook with Ann Arbor Cooks! A School for the Epicurious • For times and cost, call 645-1030; annarborcooks.com.

Parent/Child Potsticker Party • Jan. 12 • Work alongside your junior chef and then sit down and enjoy a meal together. For a parent and up to two children ages 6 and up.

Kids' Only Sushi-Making Adventure • Jan. 18 • For ages 8 and up, learn independence in the kitchen!

Family Dining Class: Classic Comforts • Jan. 26 • Slow down and gather around the table. Drop your child off to prepare a delicious meal, and then come back for the last half hour to enjoy the meal together! For one child ages 8 and up, and up to two family members.

Sewing Classes with All Sewn Up! Sewing School • Winter session: Jan. 13-Mar. 30 • Winter, half-day sewing camps: Feb. 18-24. Classes offered for ages 6 and up. Beginner and intermediate skills, machines and equipment provided, daytime and Saturday classes offered. Call 975-8717; allsewnupbyanne.com.

Hands-On Holidays: Let It Snow with Ann Arbor Hands-On Museum • Through Jan. 5 • For holiday vacation action, it's tough to beat cold-weather science fun. \$10. Call 995-5439; aahom.org.

50 Shades of Green at Matthaei Botanical Gardens • Through Jan. 5 • Take a peek at the colors of nature in Matthaei Botanical Gardens' holiday exhibit. Call 647-7600; isa.umich.edu.

Owl's Winter for grades PreK-2 by Wild Swan Theater • Jan. 23-25 • A delightful collection of wintry stories for young children based on Arnold Lobel's *Owl at Home*. For more information, call 995-0530; wildswantheater.org.

Watch Me Move: The Animation Show at Detroit Institute of Arts • Through Jan. 5 • Expect the unexpected. Lose yourself in the magic of animation with more than 100 classic, popular, and cutting-edge works on screen. Tickets \$10 for ages 6-17 and \$20 for adults. Contact dia.org.

James Cameron's Avatar: The Exhibit at Henry Ford Museum • Through Jan. 26 • Dive into the world of Pandora and learn the film's secrets. \$12.50-\$17. Call 313-982-6001; thehenryford.org.

Celebrate Black History Month at Henry Ford Museum • Feb. 1-3, 5-9, 12-16, 19-23, 26-28 • Come and experience the annual exploration of black history in America. Call 313-982-6001; thehenryford.org.

Passport to Israel • Through Mar. 31 • Experience culture, daily life, and more at this exhibit for the country's 65th anniversary. Call 248-432-5451; jccdet.org.

Dinosaurs: The Lost World at Cranbrook • Until June • Marvel at 60-plus mounts of skeletons, casts, and fossil eggs in three galleries. Excavation activities for kids, too. \$5.50-\$13. Call 877-462-7262; science.cranbrook.edu.

Grossology: The (Impolite) Science of the Human Body at Imagination Station: Toledo's Science Center • Through Jan. 5 • Experience the curiously disgusting functions of the body and explore the mysteries behind the mushy, oozy, scaly, and slimy things our bodies produce. For information, visit imaginationstation.org.

The Very Hungry Caterpillar and Other Eric Carle Favorites at Music Hall in Detroit • Jan. 12, 4 p.m. • The Mermaid Theater of Nova Scotia acclaimed stage adaptation of famous whimsical tales have enchanted several generations while teaching and entertaining. \$10 kids, \$20 adults, \$46 family. Call 313-887-8500; musichall.org.

Events at the University of Michigan Museum of Natural History • For more information, visit isa.umich.edu/ummnh.

Dinosaur Tours • Every Saturday and Sunday, 2 p.m. • Free for the first 15 participants that arrive.

Behind the Scenes Day • Feb. 9 • See how our natural science collections are stored and studied. Meet curators and collection managers. For ages 6 and older.

Discovery Day • Mar. 22 • Come and experience hands-on activities, special guests, demonstrations, and crafts.



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Diane Evans,
Intuition Consultant

COACHING • COUNSELING • READINGS

in-genius@comcast.net
734.327.9568
www.crazywisdom.net/diane-evans.htm



Dream Seeding for Transformational Times
Community Art Show

Michigan Union, Ann Arbor Jan. 26-Feb. 27


Dream Seeding is a call for art from kids & adults that shows that transformation--for justice, beauty & joy--is possible!! Artists, please register by January 9.

Dream Seeding Reception
Sat. Feb. 8, 6 to 9pm,
with food, music & performance art!!

For more, info@dreamseeding.org, 269-355-0929, dreamseeding.org



crazywisdom.net Email Service



Crazy Wisdom's Email 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!

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If you missed getting your listing into the current issue of The Crazy Wisdom Journal, our email service is an excellent way to still reach many people who might be interested in what you're offering!

Email Service ads must be mail-ready and emailed to Carol. For more information contact Carol at carol@crazywisdom.net or visit www.crazywisdom.net

Crazy Wisdom Bookstore and Tea Room
114 South Main Street, Ann Arbor
734.665.2757 • www.crazywisdom.net

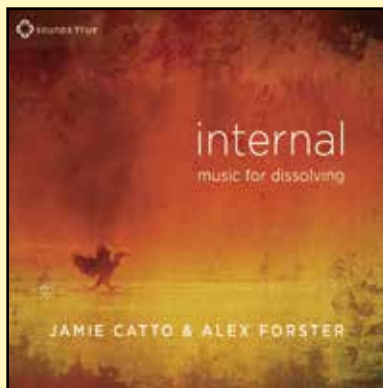
Music Reviews

By Sarah Newland



Mantra Love cd
By Deva Premal and Miten

Deva Premal and Miten have inspired millions of listeners with the power of devotional chant and music. With their newest cd, they offer an uplifting new collection of songs in celebration of universal love. Calming, ecstatic, and uplifting, Deva and Miten's luminous voices evoke the union of the divine masculine and feminine that connects us to one another and creates wholeness. Here, the duo awakens within us the great cosmic dance to open our hearts, enter the depths of the ecstatic divine, and let the energy flow. Shelved with Chant Music.



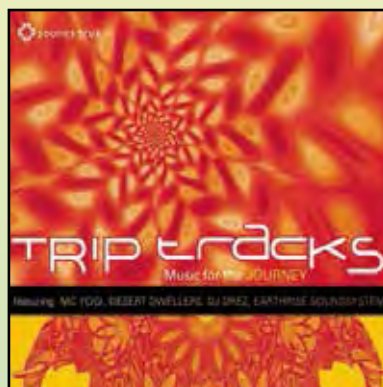
Internal cd: Music for Dissolving
By Jamie Catto and Alex Forster

This first collaboration between Jamie Catto and Alex Forster was composed to reflect and stir our deepest emotions – our sadness and our ecstasy, our fear and courage – and the ever-changing space in which they all can dissolve. An evocative combination of electronic and organic world music, this cd brings us a powerful complement for yoga and body-based practices – or whenever we long for the experience of letting go and losing ourselves amid our vast inner landscapes. Shelved with Meditation Music.



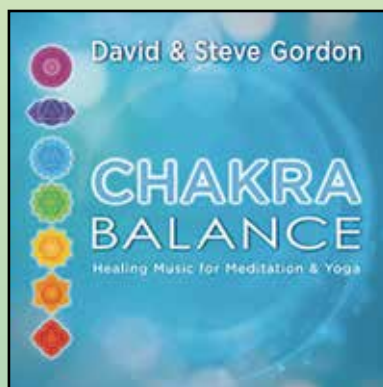
Kirtronica cd
By Jaya Lakshmi with Ananda

Kirtan, India's gift of ecstatic chant to the world, has the power to sweep us into the heart of divine love and surrender like no other music on the planet. What happens when it merges with the dance-oriented grooves of the electronic scene's most talented artists? The answer is this new cd – a genre-defining excursion into the next evolution of spiritually-charged voice and rhythm. Celebrated vocalist Jaya Lakshmi channels sacred energy into somatic, ecstatic rhythms that compel us to move and flow with the loving, bio-luminescent pulse of the great cosmic dance. Shelved with Chant Music.



Trip Tracks cd
Featuring MC Yogi, Desert Dwellers, DJ Drez, and Earthrise Soundsystem

The journey is the destination. And now's the time to hit the road with Trip Tracks: pure transglobal-electro-groove fuel for your inner and outer journey. Ten prime selections from the sundrenched desert-yogini dance multiverse, infused with the power to spark your spiritual bonfire. Whether you're moving deeper into the flow of yoga, ecstatic dance or your next cross-country drive, this cd provides sublime spiritual octane for the adventure ahead. Shelved with World Music.



Chakra Balance cd: Healing Music for Meditation and Yoga
By David and Steve Gordon

Immerse yourself in soothing, sacred sound from the bestselling Gordon Brothers. They have charted many times on the Billboard Top New Age album chart and are the winners of the 2012 Visionary Award for Best World Album. The specially composed notes and frequencies in this music heal and align your energy centers, bringing you into a state of balance and well being. Vibrational blocks and resistance are dissolved and you are left relaxed and at peace. Shelved with Meditation Music.

All these CDs are available for purchase at Crazy Wisdom!

The Crazy Wisdom Calendar

A free guide to Local Classes, Workshops, and Events
January through April 2014

**Veterinarian
Monica Turenne
on Page 68**



**Phillis Engelbert
of the Lunch Room
on Page 28**

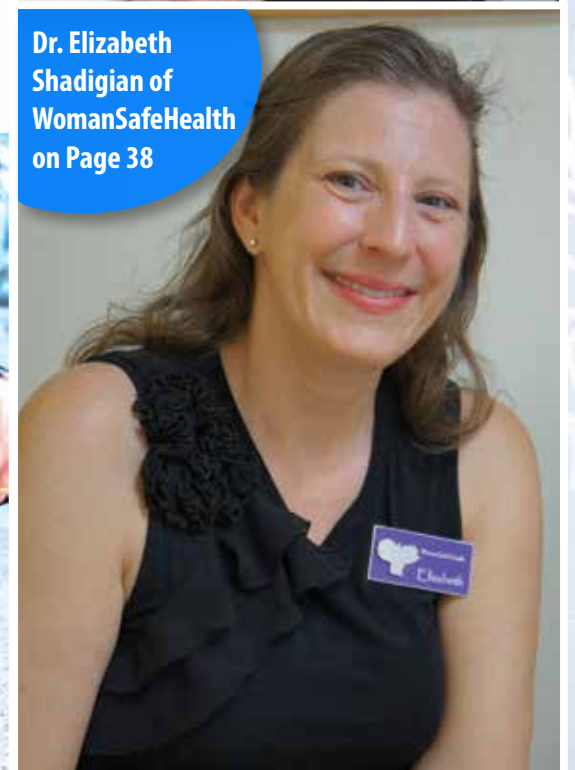


**David Lawson
on Meditation
on Page 93**



**Dr. Elizabeth
Shadigian of
WomanSafeHealth
on Page 38**

**Julie Peale on
Structural Medicine
and Hellerwork
on Page 30**



The Crazy Wisdom Calendar

Acupuncture

WomanSafeHealth Open House/Acupuncture Demo with Stephanie Macey • Jan. 13, Mar. 10; 4-5 p.m. • General open house with a demonstration in acupuncture. Free. Call Emma at 477-5100; info@womansafehealth.com or womansafehealth.com.

Addiction & Recovery

Teens Using Drugs: What To Know and What To Do with Dawn Farm • First and Second Tuesdays of each month, 7:30-9 p.m. • Ongoing two-part workshop series designed to help participants learn to understand, identify, and address adolescent alcohol/drug problems. Free. Call 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Recovery from Addiction and Christian Spirituality with Edward Conlin of Dawn Farm • Jan. 21, 7:30-9 p.m. • Spirituality often plays an important role in recovery initiation, recovery maintenance, and quality of life in recovery from chemical dependency. This program will describe a Christian perspective of how spirituality relates to recovery from chemical dependency, explore personal spiritual needs and life choices, and discuss the Twelve Steps as a spiritual program. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Addiction and Suicide Prevention with Raymond Dalton of Dawn Farm • Jan. 28, 7:30-9 p.m. • This program will raise awareness of the signs of suicidal thinking and describe ways to offer support and obtain help for people with addiction/people in recovery who may be contemplating suicide. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

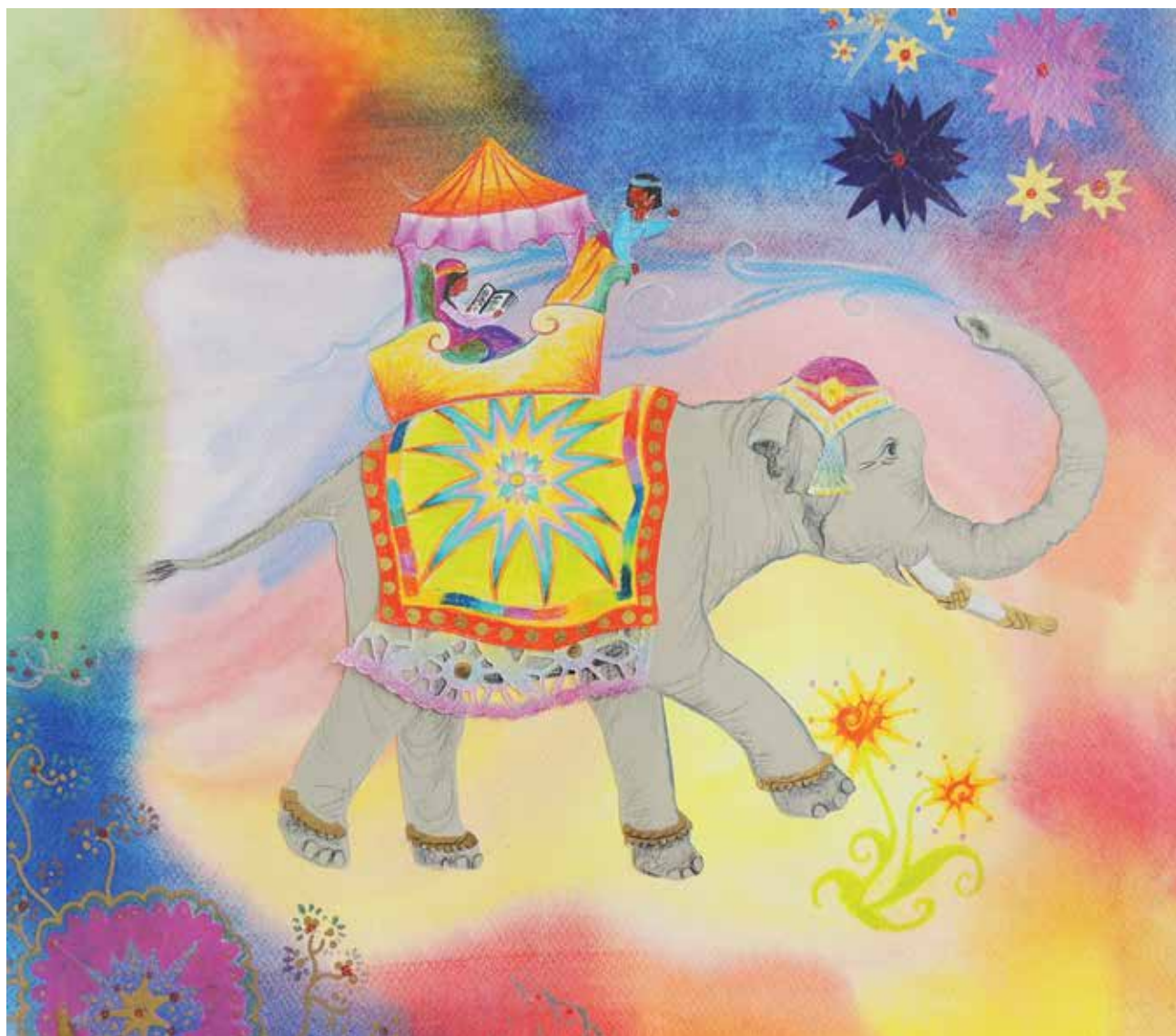
Trauma and Chemical Use and Addiction with Tana Bridge of Dawn Farm • Feb. 18, 7:30-9 p.m. • This presentation will review events involved with trauma exposure, trauma specific symptomology, the impact trauma has on the brain and on coping and subsequent substance abuse, and how to aid individuals struggling with trauma and addiction. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Collegiate Recovery Programs: Supporting Second Chances with Mary Jo Desprez and Matthew Statman of Dawn Farm • Feb. 25, 7:30-9 p.m. • Many colleges and universities, including U. of M., have developed programs to help recovering students maintain their recovery, excel academically, and have a normative college experience apart from the culture of drinking/drug use. This presentation will provide an overview of the national and local efforts to build recovery support programs on college campuses. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Eating Disorders and Chemical Dependency with Carl Christensen and Lori Perpich of Dawn Farm • Mar. 18, 7:30-9 p.m. • Certain types of eating disorders often co-occur with chemical dependency. The program will define various eating disorders and their consequences, explore neurobiological and behavioral theories, describe physiological consequences, discuss screening tools, and provide information on treatment options and resources. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Grief and Loss in Addiction and Recovery with Janice Firn and Barb Smith of Dawn Farm • Mar. 25, 7:30-9 p.m. • This program will describe theories of grief and grief recovery, losses that the chemically dependent individual and his/her family experience throughout the addiction and recovery processes, and how recovery program tools can help individuals cope with grief and loss. It will include a personal account of addiction-related grief, loss, and recovery from a mother who lost her son to addiction-related causes. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Alcoholics Anonymous: A Panel Discussion with Dawn Farm • April 15, 7:30-9 p.m. • This program will present a short slide show and discussion of the history of AA followed by a lively moderated panel discussion regarding addiction and alcoholism, personal recovery, and participation in 12 Step Programs. The audience will hear personal recovery stories, gain an understanding of how AA helps people with alcoholism to recover, and learn how to become involved with AA. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.



Artwork courtesy of Rudolf Steiner School

Artwork by Sudee Taormina, Lower School Art Teacher at Rudolf Steiner School of Ann Arbor

Al-Anon: A Panel Discussion with Dawn Farm • April 22, 7:30-9 p.m. • This program will present a lively moderated panel discussion with a unique individual perspective regarding Al-Anon Family Groups, a recovery program for family members and friends of people with alcoholism. The panel members will provide an overview of the Al-Anon program, an opportunity to experience Al-Anon members sharing their stories, and information on how to become involved. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

In the Doctor's Office: Recovery Friend or Foe? with Mark Weiner and Matthew Statman Dawn Farm • April 22, 7:30-9 p.m. • This program will discuss ways for recovering people to take responsibility for their health and how to recruit healthcare providers as essential allies for long term recovery. Free. Call Sonya at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Animals & Pets

Pet Hospice with Monica Turenne • Feb. 2, 2-3 p.m. at Crazy Wisdom Community Room • We will discuss the growing field of pet hospice. We will explore how pet hospice can help owners faced with chronic, painful, and/or terminal diagnoses for their pets. Cases will be presented and open discussion welcome. Free. Call 385-7161; mt@fourpawsvetwellness.com or fourpawsvetwellness.com.

Pet Hospice Roundtable Discussion with Monica Turenne • Mar. 30, 2-3 p.m. at Crazy Wisdom Community Room • Informal round table discussion on pet hospice includes a short introduction, then sharing ideas, stories, questions, and answers on how to help you and your pet once your pet has entered this phase of their lives. All are welcome - even those with healthy pets. Free. Call 385-7161; mt@fourpawsvetwellness.com or fourpawsvetwellness.com.

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" and which starts on page 116.

Basic Animal Communication with Judy Ramsey • Jan. 24, 7-9 p.m. and Jan. 25, 10 a.m.-5 p.m. • Rediscover your innate ability to communicate with animals telepathically. This class will offer step-by-step support to help you solve problems with your animal friends, provide healing support, and increase the quality of your life together. It is an approved Penelope Smith Basic Animal Communication class. \$150. Call 665-3202; judyramsey777@yahoo.com or hearttoheartanimalcommunication.net.

PetMassage for Dogs Foundation Workshop with Jonathan Rudinger • Feb. 20-24 or Mar. 13-17 • You will understand the roadmap to creating and marketing your canine massage business; the theory, techniques, vocabulary, culture, and vision of PetMassage; become aware of body mechanics; learn to understand and provide for diverse canine needs; learn various complementary bodywork techniques; and understand basic dog anatomy and physiology as it applies to canine massage. \$1,700. For times, call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

PetMassage Five-Day Advanced Workshop with Jonathan Rudinger • April 7-11 • This workshop will reinforce and expand on Foundation theory and applications; provide additional training in body mechanics, energy practices, TCM, canine anatomy, physiology, and pathology; refine business plans; help students qualify and prepare for the national certification test; 100 hours toward your 200 contact hour requirement; and track toward you becoming a Licensed PetMassage Instructor. \$1,800. For times, call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

Anthroposophical Medicine

Intensive Health Retreat with the Medical and Therapeutic Team at Rudolf Steiner Health Center • Feb. 10-22 or April 28-May 10 • These health retreats allow for total immersion in an anthroposophic healing environment that promotes the ideal picture of health through daily rhythm, organic and biodynamic meals, anthroposophic therapies, physician visits, nursing treatments, and carefully chosen anthroposophic medicines. Presentations on various aspects of health bring patients to a new understanding of how to incorporate health-promoting practices into their daily lives. Retreats are open to anyone, whether or not they have a current illness. For pricing and financial aid, call 663-4365; info@steinerhealth.org or steinerhealth.org.

Anthroposophy

The Coming of World War I and the Fall of the Spirits of Darkness with Jon Bowditch • Feb. 4, 7:30 p.m. at Rudolf Steiner House • Join us for a talk with John Bowditch, a longtime student of Anthroposophy and of the development of the Industrial Revolution. Free. Contact penny_kruse@comcast.net.

Biodynamic Agriculture and the Community Farm of Ann Arbor with Annie Elder, Paul Bantle, and Kristin • Mar. 4, 7:30 p.m. at Rudolf Steiner House • Join us for a talk with Annie Elder, Paul Bantle, and Kristin, who are biodynamic farmers with the Community Farm of Ann Arbor. Free. Contact penny_kruse@comcast.net.

Aromatherapy & Essential Oils

NYR Organic - Pure Aromatherapy with Emily Wagner • Jan. 12, 2-4 p.m. • An introduction to organic essential oils and their benefits and uses. Free. Call 680-7525; emwagner22@gmail.com or us.nyr.com/shop/emilywagner.

Be Young Essential Oils Support Group with Karlta Zarley • Second Tuesday of each month, 7-8:30 p.m. • Many of us are interested in the potent effects of Be Young therapeutic grade essential oils but aren't sure how to use them. Each class will discuss their use related to a prevention and amelioration of disease. This is for anyone using Be Young oils who wants to know how to use them on a day-to-day basis and you may join this group at any time. \$15 suggested offering. Call 433-9333; kzarley@att.net or karltazarley.com.

Art & Craft

New Year, New Possibilities: An Introduction to the Open Studio Process with Sue Webster McDonald and Idelle Hammond-Sass • Jan. 4, 1-4 p.m. • Using writing, mixed media art, and images, this workshop will introduce the Open Studio Process in a comment free, safe space to explore our journey into the New Year. Become aware of possibilities, notice obstacles, and clear your path as you enjoy this mindful, creative, intuitive process. \$40. Call Idelle at 741-4441; hammond_sass@msn.com.

Connecting Your Creativity: the Open Studio Process with Sue Webster McDonald and Idelle Hammond-Sass • Feb. 2 and 9, 1-4 p.m. • Join us for an afternoon of drawing, painting, and mixed media and writing in a supportive, comment free space. Try these enjoyable introductory workshops that will generate energy, insight, and awareness as you create spontaneous art pieces. No experience necessary. \$59. Call Idelle at 741-4441; hammond_sass@msn.com.

Cultivating Creativity with the Open Studio Process with Idelle Hammond-Sass • Mar. 12, 6-9 p.m. at Crazy Wisdom Community Room • Using images and art media, we will explore our natural energy, awareness, imagination, and curiosity. With intention, creative play, and thoughtful writing, we'll tap into our creative source through the Open Studio Process. \$40. Call 741-4441; hammond_sass@msn.com.

Art as a Restorative Practice: For Healers and Caregiving Professionals with Sue Webster McDonald and Idelle Hammond-Sass • April 26, 10 a.m.-1 p.m. • Join us for a morning of intention, creative play, and expression, combined with thoughtful writing. Using art media, images, and the Open Studio Process, we will explore how we can most pleasurably do our work in the world. \$50. Call Idelle at 741-4441; hammond_sass@msn.com.

Basic Pencil Drawing with Kathryn Williams • Thursdays, 9:30-10:30 a.m.; Winter session: Jan. 16-Mar. 6 or Spring session: April 14-June 5 • Learn the fundamentals of drawing in this eight-week class: line, contour, texture, and tone. Learn to sketch in black and white. \$80. Call 330-0256 for required materials; lifetimeartimpression@yahoo.com or lifetimeartimpression.com.

Intermediate Pencil Drawing with Kathryn Williams • Thursdays, 11 a.m.-Noon; Winter session: Jan. 16-Mar. 6 or Spring session: April 14-June 5 • Students are introduced to useful pencil stroke techniques and color in this eight-week class; shading, hatching, scumbling, marking, and burnishing/color. Learn to bring sketches to life by applying these techniques. \$80. Call 330-0256 for required materials; lifetimeartimpression@yahoo.com or lifetimeartimpression.com.

Advanced Pencil Drawing with Kathryn Williams • Thursdays, 12:30-1:30 p.m.; Winter session: Jan. 16-Mar. 6 or Spring session: April 14-June 5 • Take your basic and intermediate skills to the next level with this eight-week class. Learn figure drawing and foreshortening, facial proportion and features, and put this to work in a portrait drawing. \$80. Call 330-0256 for required materials; lifetimeartimpression@yahoo.com or lifetimeartimpression.com.

Artistic Teen and Adults Creative Workshops with Kathryn Williams • Thursdays, 2-4 p.m.; Winter session: Jan. 16-Feb. 6 or Spring session: April 14-May 5 • Tap into your inner artist in this four-week class. Learn how to make a framed vision board collage, reverse pencil drawing, keepsake jar, and a stained Plexiglas painting (all great gifts). \$100 includes supplies. Call 330-0256; lifetimeartimpression@yahoo.com or lifetimeartimpression.com.

Dream Your Year onto Canvas with Molly Indura • Jan. 4, 1-7 p.m. • Vision, journal, share, and paint your way into a year of fulfillment. Leave with a painting that is a powerful talisman inviting you to step into your year powerfully. \$125. Call 417-8317; mollyindura@gmail.com; bethelight.org.

Creating Inner Marriage with Molly Indura • Feb. 9 • We will vision to explore where we are with our inner masculine and inner feminine and how they relate. The visioning and painting process will work out whatever is needed to create "inner marriage" within you - a state in which, being whole within yourself, you are then able to engage with another in sacred partnership that works. \$125. For times, call 417-8317; mollyindura@gmail.com, bethelight.org.

Excavating Your Authentic Self with Molly Indura • Mar. 23 • Journey to meet your authentic self, she who is self empowered within you. Paint a full color painting of your highest self with the colors and symbols she wants you to work with. Work together in community to hold space for you to emerge in fullness and explore limiting thoughts you might have regarding being authentic and vulnerable. \$125. For times, call 417-8317; mollyindura@gmail.com, bethelight.org.

Alchemy of Creativity with Molly Indura • April 20 • Transform your story into possibility. Journey within to explore your old stories and the impact of holding them the way you have, release them, and create a new possibility for being in the world. Leave with a painting that invites you to step into a new you. \$125. For times, call 417-8317; mollyindura@gmail.com, bethelight.org.

Astrology

Drop-In Astrology Readings with Alia Wesala in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 3-6 p.m. and 7-10 p.m. • Alia provides brief astrological consultation sessions to individuals, couples, and families. \$1.50 per minute. No appointment necessary. Call 719-0782; allfourangles@gmail.com.

Spiritual Astrology and the Cosmic Dance for 2014 with Chrissie Blaze • Jan. 10, 7:30 p.m. • We will talk about astrology and spirituality, and give an overview of the planetary backdrop affecting us all - collectively and individually - for 2014. \$15. Call 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Astrologers' Afternoon Salon with Rodney Smith • Jan. 11, Feb. 8, Mar. 8, April 12 • Relaxed, informal discussion of astrology and related subjects. Beginners and experts all welcome. Free. For times, call 879-0035; astrologer@delaney-smith.net or astrology.delaney-smith.net.

2014: The Year Ahead Panel Discussion with SMART Michigan • Jan. 12, 2-5 p.m. • Four Michigan astrologers will discuss the coming year in mundane and personal terms. \$20. Call Rodney at 879-0035; astrologer@delaney-smith.net or astrology.delaney-smith.net.

Your Chart and Your Palm with Robert Taylor via SMART • Feb. 23, 2 p.m. • We will discuss karmic maps - your chart and your palm, and how they are connected. Time permitting, Robert will do a few readings for the audience. \$20. Call Rodney at 879-0035; astrologer@delaney-smith.net or astrology.delaney-smith.net.



The Crazy Wisdom Calendar

Astrology (continued)

World Astrology Day Celebration with Southeast Michigan Astrologers' Round Table • Mar. 22, 1:30 p.m. • An afternoon of fun and discussion in celebration of World Astrology Day: the Spring Equinox. Members and non-members welcome. Free. Call Rodney at 879-0035; astrologer@delaney-smith.net or astrology.delaney-smith.net.

Astrology: Cycles of Becoming I with Karn Cornell • Five Thursdays: Jan. 16-Feb. 13, 7-9 p.m. • This class is a new take on astrology that is appropriate for the novice and those who have some experience and knowledge of astrology. Approaching astrology from a psychological perspective, this series will approach concepts and principles within an experiential format, applying them to your own birth charts. \$160. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Astrology: Cycles of Becoming II with Karn Cornell • Five Thursdays: Feb. 27-April 3, 7-9 p.m. • Continue the journey of self-discovery and understanding through discussion, interaction, and reflection as we use astrology as a tool for a richer perspective of ourselves, our loved ones, and our world. In this process of using key measurements seen in the natal chart, we will apply astrology and recognize how they reflect in our lives and the lives of others. Cycles of Becoming I is a prerequisite. \$160. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Great Lakes Astrology Conference • April 10-14 • Second annual astrology conference featuring astrologers from the U.S., Canada, and Germany. \$260 for main conference and banquet or \$240 for conference only. For times, call Pam at 788-0186; greatlakesastrology@gmail.com or greatlakesastrology.com.

Author Events

Discussion, Reading, and Book Signing of *Hope Into Practice - Jewish Women Choosing Justice Despite Our Fears* by Penny Rosenwasser at Common Language Bookstore • Jan. 9, 7 p.m. • Anchored in Jewish ethical tradition and community, *Hope into Practice* is an activist's call to repair the world. It offers a rare blend of healing stories, fascinating history, and a fair-minded perspective on Israel-Palestine, asking us to love ourselves enough to face our fears without acting on them. Free. Call 663-0036; autbar@gmail.com or lgbtbooks.com.

Book Signing and Talk with Dr. Elizabeth Shadigian, author of *WomanSafeHealth: The Antidote to Status Quo Health Care* • April 22, 7 p.m. at Crazy Wisdom Tea Room • Drawing on the actual experiences of women, *WomanSafeHealth* uses cartoons and humor together with analysis and compassion to reveal what it means to meet a woman's health care needs. Status Quo Health Care is a term coined at WomanSafeHealth to describe the poisoned care most women experience - hurried, depersonalized, cold, disrespectful, profit-driven - care that neglects her individual story and choices. At WomanSafeHealth, each woman is a person - not a disease, a client or a number. Prescribing self-awareness, care analysis, and personal empowerment as antidotes to Status Quo Health Care, Elizabeth affirms what every woman already knows: safety and respect must be the core of health care. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Bodywork & Bodymind Therapies

A Touch of Thai Massage Monthly Playshop with Tatianah Thunberg and Kelly Kempter • Jan. 15, Feb. 19, Mar. 19, April 16; 6-8 p.m. • Acquaint yourself with the potent floor-based healing art practice of Thai Yoga Massage. Learn to relax while using your body weight and gravity to apply pressure. Gain confidence in using a wide variety of stretching techniques, while stretching your own body. Using breath and movement, we will create a safe environment of healing touch for both giver and receiver. \$25 or \$20 in advance. Call 223-4156; a2bluelotusthai@gmail.com or facebook.com/bluelotusthaihealingstudiesannarbor.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Jan. 17, Feb. 21, Mar. 21, April 18; 7:30-9 p.m. at Crazy Wisdom Community Room • This monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. Participants will select the following month's book at each book discussion based on participants' suggestions. Book titles for February, March, and April will be determined at the previous month's book discussion. All book selections will be available at Crazy Wisdom at a 30% discount. Discussion is free. Call 665-2757; rachel@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com.

Jan. 17 • *The Bond: How to Fix Your Falling-Down World* by Lynne McTaggart, hosted by Rachel Pastiva • Our way of life isn't working anymore. People are losing their jobs, their homes, their neighborhoods - and even their hope for a just society. *The Bond* offers a radical new blueprint for living a more harmonious, prosperous, and connected life, as well as tools and exercises to encourage a more connected workplace, rebuild a united neighborhood, and become a powerful, global agent for change.

Jewel Heart Readers • Jan. 14, Feb. 11, Mar. 11, April 15; 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Breathwork

Integrative Breathwork with Linda Adamecz • Jan. 25, Feb. 22, Mar. 29, April 26; 10 a.m.-5 p.m. • A musical journey for insight, emotional healing, creativity, and renewal. It can assist with life changes, grief/loss, job stress, burnout, trauma, abuse, depression, addictions, and finding meaning and purpose. \$65. Call 269-388-2988; lkadamcz@juno.com or adamczassociates.com.

Group Breath Practice with Dave and Pat Krajovic • Jan. 6, 6-7:30 p.m.; Jan. 27, 10-11:30 a.m.; Feb. 17, 6-7:30 p.m.; Mar. 11, 10-11:30 a.m.; April 7, 6-7:30 p.m. • This class is for experienced breathers who want to deepen the benefits of conscious breathing by developing a consistent breath practice. The workshop will consist of intention setting, a facilitated breath session, and sharing and integration. Must have experience with connected breathing. For cost, call Pat at 734-416-5200; inspire@globalbreathinstitute.com.

What Does My Breathing Say to Me? Intro to Pranic Breath Work Level 1 with Pat and Dave Krajovic • Feb. 12, 6-7 p.m. • Bring awareness to your breath pattern, understand how that impacts your physical health and well being, and learn techniques to open your breath as you bring consciousness to your breathing. \$33. Call Pat at 734-416-5200; info@bodyworkshealingcenter.comcast.biz.net or bodyworkshealingcenter.com.

As I Breathe So I Live! Intro to Pranic Breath Level 2 with Pat and Dave Krajovic • Mar. 10, 6:30-8 p.m. • Builds on Level 1 to increase consciousness of your breath pattern. Understand how to use the breath to gain peace of mind, mental clarity, attract life experiences, and abundance. \$33. Call Pat at 734-416-5200; info@bodyworkshealingcenter.comcast.biz.net or bodyworkshealingcenter.com.

Mindful Creation through My Breath: Intro to Pranic Breath Level 3 with Pat and Dave Krajovic • April 2, 7-9 p.m. • Builds on Level 1 and 2 to deepen your awareness and your breath pattern. Build on your breath practice to use the breath to attract, and clear limiting beliefs, thoughts, and attitudes. Begin to understand the pathway of awareness and how it filters life's experiences. \$44. Call Pat at 734-416-5200; info@bodyworkshealingcenter.comcast.biz.net or bodyworkshealingcenter.com.

Buddhism

Sunday Meditation Practice with Karma Thegsum Choling • Sundays, 11 a.m. • Medicine Buddha Meditation on first Sundays. Green Tara Meditation on third Sundays. All other Sundays are Chenrezig/Amitabha Meditation. Everyone is welcome. No cost. Call Pat at 678-7549; AAKTC@yahoo.com or kagyuu.org.

Death and Dying with Venerable Khenpo Karthar Rinpoche of Karma Thegsum Choling • Jan. 10-12 • Rinpoche will teach on the meaning of death and the process of dying in the Tibetan Buddhist tradition. \$100 for both Saturday and Sunday or \$25 per session. Call Pat at 678-7549; AAKTC@yahoo.com or kagyuu.org.
Jan. 10 • Public Talk at 7 p.m.
Jan. 11 • Teaching at 10:30-Noon, Refuge and Empowerment at 4-6 p.m.
Jan. 12 • Teaching at 10:30-Noon, Questions and Answers at 2-4 p.m.

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays: Jan. 5-April 27, 11:30 a.m.-12:30 p.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 with donations welcome. No meeting Feb. 16 and 23. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Essence of Tibetan Buddhism with Gelek Rinpoche of Jewel Heart • Sundays: Jan. 5-April 27; Talk from 10-11 a.m., Tea and cookies from 11-11:30 a.m. • We invite you to enjoy weekly Sunday morning talks by Gelek Rinpoche. Speaking from Ann Arbor and New York and other locations, these talks will also be live video webcast. Open to all. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Odyssey to Freedom Section 1 and 2 with Jewel Heart Instructors • Mondays: Jan. 13, 27 (Section 1), Feb. 10, 24, Mar. 10, 24, April 7, 21; 7-8:30 p.m. • Gelek Rinpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from our current situation, as it is, through to full enlightenment. \$60 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Tibetan Buddhist Meditation Workshop with Jewel Heart Instructors • April 26, 10-Noon • Experience genuine Tibetan Buddhist meditation practices for yourself. Meditation is an important tool on the spiritual path, helping to develop focus, stability, insight, and understanding. In addition to the more commonly known concentration methods, we will also experience guided analytical and visualization meditations on various topics. \$10 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

On January 1, 2014, the Crazy Wisdom Calendar will be available online at our new website: www.crazywisdomjournal.com.

Lojong in 7 Points with Jewel Heart Instructors • Wednesdays: Jan. 8-April 2, 7-8:30 p.m. • One of life's most harmful habits is the continuous creation of our selfish ego. Following Gelek Rimpoche's transcript, Lojong in 7 Points, we will contemplate "nine bullets to target the ego" to clear the way for our innate goodness, learning the surprising practice of tonlen. \$120 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Introduction to Tibetan Buddhist Meditation with Jewel Heart Instructors • Thursdays, 7-8:30 p.m.: Jan. 9-Mar. 6 • Meditation is an important tool on the spiritual path, helping to develop focus, stability, insight, and understanding. In addition to the more commonly known concentration methods, we will also experience guided analytical and visualization meditations on various topics. \$80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

GOM Practice Weekend with Jewel Heart Instructors • Mar. 14-16: Friday 7-9 p.m., Saturday 9 a.m.-8:30 p.m., Sunday 8:45 a.m.-6 p.m. • GOM, or concentrated meditation, is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This meditation weekend intensive, offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Silence will be maintained between sessions. Practice sessions include sitting and walking meditations with instruction available for your assistance. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Art of Living with Jewel Heart Instructors • Wednesdays, 7-8:30 p.m.: April 16-June 4 • We long for meaning, for an effective way to bring insight and heart to the ordinary circumstances and inevitable challenges of our daily lives. Following Gelek Rimpoche's book, *Good Life, Good Death*, this course will explore pragmatic methods to bring depth, meaning, and joy to our lives. \$80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Gelek Rimpoche and Tibetan Buddhism with Jewel Heart • Jan. 18 • Rimpoche will share helpful, time-honored methods meant to ease our pain, relax our anxieties, reduce our anger and attachment, and build a little wisdom. All are welcome. Free with donations welcome. For times, call 994-3387; programs@jewelheart.org or jewelheart.org.

Tibetan Buddhism Today with Gelek Rimpoche of Jewel Heart • Mar. 18 • Rimpoche will share his understanding of Buddha's life-changing perspective on the hardships and mysteries of life. Learn how the present day application of Buddha's ancient methods for compassion and wisdom can bring positivity and peace to our lives. All are welcome. Free with donations welcome. For times, call 994-3387; programs@jewelheart.org or jewelheart.org.

Two Sunday Services at the Zen Buddhist Temple • 10-11:30 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, a short talk. By donation. Call 761-6520; annarbor@zenbuddhisttemple.org.

Buddha's Enlightenment Sitting at the Zen Buddhist Temple • Jan. 10, beginning at 8 p.m. • Come and meditate to awaken to your true nature, inspired by Shakyamuni Buddha who sat under the Bodhi tree and came to freedom. Sit from 8-10 p.m. and/or 10-Midnight. After midnight, please stay until 4 a.m. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit or money for the altar. Everyone welcome. Call 761-6520; annarbor@zenbuddhisttemple.org.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • Feb. 15, 9-5 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 vegetarian lunch. Call 761-6520; annarbor@zenbuddhisttemple.org.

Introductory Zen Meditation Course at Zen Buddhist Temple • Five Thursdays starting Jan. 16, Mar. 6 or April 17, 6:15-8:30 p.m. • The viewpoint of Zen is that life fully lived 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 or \$120 unwaged. Call 761-6520; annarbor@zenbuddhisttemple.org.

Overnight Introductory Meditation Course at Zen Buddhist Temple • Mar. 14, 7 p.m.-Mar. 15, Noon • This format is primarily intended for out-of-towners, but local people unable to attend the Thursday evening course or who prefer the overnight retreat are also welcome. \$160 or \$120 unwaged. Call 761-6520; annarbor@zenbuddhisttemple.org.

Three-Day Spring Retreat (Yongmaeng Jeongjin) at the Zen Buddhist Temple • April 10, 7 p.m.-April 13, 8 a.m. • This retreat, conducted by Ven. Haju Sunim, resident priest of the Temple, is an intensive period of zen practice geared toward the experienced student. \$60 per day or \$50 per day for members. Partial attendance can be arranged. Call 761-6520; annarbor@zenbuddhisttemple.org.

Ceremonies, Celebrations & Festivals

New Year's Day Service at the Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us as we begin 2014 with contemplation and candle-lighting. Call 761-6520; annarbor@zenbuddhisttemple.org.



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The Crazy Wisdom Calendar

Ceremonies, Celebrations & Festivals (continued)

Chili Classic 2014 Winter Class Kick-Off with Dana Norris of Lightworks Center • Jan. 12, 2-4 p.m. • Share bowls of great chili while learning all about the new 2014 winter curriculum. The 2nd annual Chili Classic also offers the chance for some lucky chef to walk off with bragging rights for the best chili of the event. We'll have a variety of tasty chili from traditional meat to vegetarian, regular and spicy, and something in between. Call 788-5367; lightworkscen@att.net or integrativewellbeing.com.

Sabbat Celebration with Miranda Metelski and Kelly Wilk at Crazy Wisdom Bookstore • Jan. 30, 6:30-9 p.m.; Mar. 23, 6-8 p.m.; May 1, 7-9 p.m. • Please join us as we celebrate the wheel of the year with ritual and healing. This will be an open circle event honoring the changing of the seasons and is nondenominational. Free. Call Kelly at 703-298-3193; bakerkellye@gmail.com.

Intuitives Interactive Spring Holistic-Psychic Fair • Mar. 22, 10 a.m.-6 p.m. • Join us for a day of insight, guidance, and healing. Local readers will provide psychic and channeled readings as well as tarot and angel card readings. Get an intuitive drawing done, experience energy work with local practitioners, shop at vendors' tables, and attend a lecture or two. For cost, call Amy at 358-0218; intuitivesinteractive@hotmail.com or meetup.com/intuitives-interactive.

Easter Message and Satsanga with Self Realization Meditation Healing Centre • April 20, 10:15 a.m. • We warmly welcome everyone of all faiths to join us on Easter morning for our meditation gathering. We share song-chants, inspired thoughts, and Mata Yogananda Mahasaya Dharma's Easter message and blessing, followed by pure meditation and silent prayer for as long as you wish. Free. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Earth Day Celebration for All Ages at the Zen Buddhist Temple • April 27, 9:30-11:30 a.m. • Service followed by celebration and garden planting. Call 761-6520; annarbor@zenbuddhisttemple.org.

Winterfest! Outdoor Fun and Warm Treats followed by a Gemini Concert with The Michigan Friends Center • Feb. 2, 1:30 p.m. • Enjoy a musical celebration for children and the whole family that benefits The Michigan Friends Center. Outdoor winter fun and warm treats indoors are followed by a Gemini concert. The twin brothers play nearly a dozen instruments and sing original songs and traditional music from around the world. \$8 or \$20 per family suggested donation. Call Carolyn at 734-475-1892; manager@mfcen@center.org or mfcen@center.org.

Vernal Equinox Celebration: A Multi-Generational Celebration of Balance and Rebirth with The Michigan Friends Center • Mar. 20: 5:30 p.m. potluck, 6:30-8:30 p.m. celebration and bonfire • We will celebrate the balance of light and dark and the birth of spring by sharing thoughts, poems, stories, songs, and knowledge. All ages welcome. Bring something to share - a verse, story, song, seasonal lore or a readiness to partake in what others have brought. What is this season saying to you? Dress for the weather and bring a flashlight. Free. Call Carolyn at 734-475-1892; manager@mfcen@center.org or mfcen@center.org.

Earth Day Celebration with The Michigan Friends Center • April 26, 2 p.m. • Commemorate Earth Day with live music and a nature walk. Free with donations appreciated. Call Carolyn at 734-475-1892; manager@mfcen@center.org or mfcen@center.org.

Chakras

Chakra Series with Jennifer Vanderwal • 1-3 p.m. • Learn the location, function, and influence of these chakras on our daily lives, use various techniques to keep chakras open and healthy, and use crystal arrays to balance and heal. \$20 each. Call Pat at 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.
Earth Star Chakra • Jan. 5; Base Chakra • Feb. 2
Sacral Chakra • Mar. 2; Solarplexus Chakra • April 6

Channeling

Mediumship - Its Level and Types with Chrissie Blaze • Jan. 31, 7:30 p.m. • In this lecture, we will discuss the different types of mediumship, their purpose, and how we can all begin to develop our own psychic and spiritual natures. Provided will be examples of extraordinary mediums Chrissie has met and worked with, including her spiritual master, Dr. George King, who has received over 600 channeled communications. \$10. Call 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Channeling Angels with Shala Kilmer • 8 Tuesdays starting Jan. 14 • Learn to allow angels and other high vibration spirits to speak through you. \$597. For times, call 702-280-8854; shala@intuitionpath.com or intuitionpath.com.

The Key to Your Being: Archangel Metatron DNA Lineage Readings with Laurie Gudnason • Ongoing • This reading is an oracle reading and only one per lifetime is permitted. The reading is set up to answer your questions and allows you to have a dialogue with Metatron and Marabiel. If you can ask the question, you are ready for the answers. \$277 for 60-90 minutes. Call 435-723-5442; triolite@triolite.com or triolite.biz/product_info.

Evenings with Aaron with Barbara Brodsky and Aaron • Mar. 19, April 16; 7-9:30 p.m. • All are welcome to this session with Aaron and Barbara. Aaron gives a talk, followed by questions and answers. Aaron's 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. By donation. Call Deep Spring Center at 477-5848; deepspring.org.

Chanting

Chanting with Ann Arbor Kirtan • Jan. 10, Feb. 21, Mar. 21, April 11; 7:30-9:30 p.m. • Come join us for an 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. \$5 donation suggested. Call Karen at 645-8904; krlevin@comcast.net or kirtanannarbor.org.

World Peace Chanting Service with Zen Buddhist Temple • Feb. 3-7, 6:30 a.m. every-day and also 7 p.m. on Monday, Tuesday, Wednesday, and Friday • A week-long kido chanting and purification service for repentance, peace of the world, and happiness for all beings. Open to all. Call 761-6520; annarbor@zenbuddhisttemple.org.

Childbirth

Hygeia Childbirth Class with Deb Rhizal • Jan. 18, Feb. 15, Mar. 15, April 19; 9 a.m.-5 p.m. • This one-day class is a comprehensive childbirth and newborn class to prepare expectant parents for labor, delivery, postpartum recovery, newborn care, parenting confidence, and adjusting to new family life. \$175. Call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Infant Massage and Attachment Class with Sierra Hillebrand • Four Tuesdays starting Feb. 11, 11:15 a.m.-12:30 p.m. • Enhance loving communication and attachment with your baby through the ancient art of infant massage. In this four-week series, parents will strengthen their communication skills, develop greater confidence in reading and responding to baby's cues, and establish routines to reduce fussiness, facilitate sleep, and deepen relaxation. \$110. Call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Preparation for Giving Birth and Caring for Your Newborn through Center for the Childbearing Year • Six Wednesdays: Jan. 29-Mar. 5, 6:30-9 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, how partners can help, alternatives to drugs, cesarean prevention, and the baby's needs. \$255 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Focus on Labor and Birth: Childbirth Preparation Condensed Class through Center for the Childbearing Year • Jan. 18, 9:30 a.m.-5 p.m. or Mar. 1 and 8, 9:30 a.m.-1 p.m. • In this class, we focus on the basics of the labor and birth process including natural approaches to pain management, support techniques and comfort measures, and what to expect in the early weeks postpartum. \$180 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • Feb. 8, 12:30-5 p.m. or April 1 and 8, 6:30-8:45 p.m. • Breastfeeding combines instincts and learned skills. Most expectant parents express surprise after attending this class in that they did not expect to learn so much nor realize the extent to which misinformation abounds. Our goal is to help you get it right from the start. \$65 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

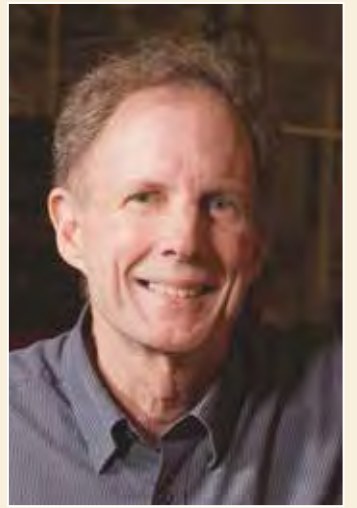
DONA Birth Doula Workshop with Patty Brennan through Center for the Childbearing Year • Feb. 21-23 or April 25-27, all day • Are you interested in a career working with moms and babies? Become a professional birth doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be a support role for other moms. Class leads to professional certification through DONA International. \$510 or \$450 with early registration. Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan and Others through Center for the Childbearing Year • Mar. 20-23, all day • Turn your passion for helping moms, babies and new families into a profitable career. Become a professional birth doula! This course prepares you to provide excellent in-home care to families in the postpartum period. We will focus on breastfeeding support, baby wearing basics, support strategies for depressed moms, holistic healing measures, adjustment strategies for all family members and more. This training fulfills two certification requirements for postpartum doulas through DONA International. \$595 or \$540 with early registration. Call 663-1523; patty@center4cby.com or center4cby.com.



Why I Teach Meditation

By David Lawson | Photos by Linda Lawson



In the wonderful Dr. Seuss books that narrate the adventures of *The Cat in the Hat*, we are introduced to the Cat's helpers named "Thing One" and "Thing Two." When he wants to create maximum mischief, the Cat brings out these two little guys. And do they know how to party! Their antics can go on for numerous pages, involving all sorts of outrageous projects, which always lead nowhere.

As it turns out, the discursive human mind acts in a similar way. It constantly unleashes Things One and Two to play their favorite games, in the process forming endless pairs of opposites, which further mutate into concepts ranging from A to Z. The two-ness of the mind is one of its most basic features, and as pairs of opposites are created, they often become allergic to each other. "This" becomes allergic to "that," "I" becomes allergic to "you," "good" becomes allergic to "bad," and "happy" becomes allergic to "unhappy."

Of course, such distinctions can be useful in navigating conventional life experiences. But from a broader perspective, the words may seem a bit arbitrary when one always sees "this" in the context of "that." For example, the next time you experience a feeling you would identify as "sad" or "empty," look around and see if there isn't also the presence of something you might even call "happy" or "full." It is good to know the undivided wholeness of our experience. If we try to pull "this" out of the total flow of events in which it occurs, it is rendered a mere thing, an

... the heart, the wiser counterpart to the discursive mind, does not like to raise its voice.

orphaned phenomenon. None of this would necessarily be a problem if it were not for the fact that the heart, the wiser counterpart to the discursive mind, does not like to raise its voice. People who come to meditation may say they want to learn it for relaxation, purification, transcendence, or any number of reasons. But upon actually meditating, they soon find that they have really come to listen to the whispering, sometimes stammering, heart. Eventually, they will be guided to a place beyond all notions of "one" and "two" — a place inhabited by the heart, which has been quietly and patiently waiting for them to just show up.

Although very few people come to meditation practice in order to become more vulnerable and available to the world, it is usually the first result that is most noticeable. In fact, the main reason I teach meditation is for the honor of being present when this starts to occur. It is amazing to witness a wonderful kind of alchemy, made possible by the practice of meditation, that mixes attention and pain together and ends up with kindness and wisdom.



The two-ness of the mind is one of its most basic features.

Meditation Teacher David Lawson reading *The Cat in the Hat* to his son, Ben. The Cat has two helpers, Thing One and Thing Two, who create "maximum mischief" wherever they go. Not unlike the human mind, forming endless pairs of opposites.

Although very few people come to meditation practice in order to become more vulnerable and available to the world, it is usually the first result that is most noticeable.

While such grace will develop naturally through meditation, it can also be helped through the offering of blessings. The offering of blessings is a directed practice that works to bring into full awareness the resistance "this" feels to "that." It helps us see how our hearts have been hurt by disappointment and loneliness. With this awareness, we may finally be able to have compassion for ourselves, which makes compassion for others possible.



The Buddhist traditions include several ways to offer blessings. In the tradition known as the "Path of the Elders," blessings can be expressed to others and oneself in the form of internal statements such as, "May you be happy," or "May you be free from suffering." Although this approach is traditionally taught as part of sitting practice, I believe it can be at least as beneficial when practiced during the activities of everyday life. For example, you might see someone at the grocery store who seems to be having a difficult day. Offering this person a blessing could be as simple as silently sending the wish, "May you know that you are loved." Notice how it feels as the heart tentatively starts to speak for itself, making its presence known and available.

When you offer a self-blessing, you acknowledge that out of all the people you have hurt in your life, the one you have hurt the most is yourself.

Because of how habitually hard we are on ourselves, it probably will not occur to you to offer these same wishes to yourself. It may be difficult, but simply note your resistance to comforting yourself, and attempt to do it anyway. When you offer a self-blessing, you acknowledge that out of all the people you have hurt in your life, the one you have hurt the most is yourself.

In the tradition known as "The Thunderbolt Vehicle," there is not only the outward offering of comfort to others, but the imagined breathing in of their suffering. Now, this really goes against the grain! You will naturally want to hold on to all the good stuff for yourself and let others keep their suffering, not letting it affect you. But all efforts to build immunity from others' pain are in themselves painful! The process of letting go of our immunization is known as *tonglen*, or "taking and sending." Its long-term practice can be extremely beneficial to anyone who undertakes it. In a recent visit to the U.S., the Dalai Lama himself remarked that the practice of sending and taking continues to help him enormously in gaining and maintaining inner strength.

Taking and sending can cut directly through the mischief of Things One and Two by challenging notions of "me" as separate from "you." As you practice, you become aware that the suffering you perceive to be outside of you always takes place within the context of the suffering you feel internally. The process also plays with notions of "yours" and "mine" because in effect you are saying, "Here, I will take all the bad stuff I thought was yours, and I will give you all the good stuff I thought was mine."

If you are like me, you will probably find yourself in a situation with a difficult person as early as tomorrow. This is the perfect person with whom to practice taking and sending. Simply, and with patience for yourself, bring that person's anger, pain, or confusion into yourself on the in-breath and send whatever feeling of comfort you can offer on the out-breath. This is hard, and if you find yourself unable or unwilling to do it at first, simply try again. Watch for any form of magical thinking that tries to convince you that this exercise will somehow make you sick or prove that you are a masochist in some way. The point is not to put yourself down or to take on pain you cannot handle. Rather, it is to allow for a growing resonance with the wise heart.

The Buddhist traditions include several ways to offer blessings. In the tradition known as the "Path of the Elders," blessings can be expressed to others and oneself in the form of internal statements such as, "May you be happy," or "May you be free from suffering."

I hope you will try these simple exercises as you go about your day. Space does not permit in-depth exploration of the traditional methods here, but you should know that blessing practice works well when "home-grown" — when it comes from your own intuitive sense of generosity. You can learn to befriend Thing One and Thing Two.

David has been practicing various forms of meditation for over 25 years, and has been teaching ongoing classes and retreats in a variety of settings for the past 15 years, mostly through Deep Spring Center. He is especially interested in helping practitioners access their own "in-dwelling wisdom." He is now in the process of forming a new meditation group in the Ann Arbor area and can be reached at ldlawson@sbcgobal.net or davlawson3@gmail.com or by calling (734) 662-83177.

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Childbirth (continued)

Top Seven Questions About Becoming a Doula with Center for Childbearing Year • Jan. 6, Feb. 3, Mar. 3 or April 7; 8-9 p.m. • Join us for an interactive teleseminar designed to explore whether or not becoming a doula is right for you. This is a free conference call for anyone wanting to learn about doula training, career paths, the "on call" lifestyle, blending doula work and family life, the viability of doula businesses, and more. Free. To pre-register, call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Support Skills for Doulas with Barbara Robertson through Center for the Childbearing Year • Mar. 22, 8:30- a.m.-6 p.m. • This workshop ensures an up-to-date, evidence-based approach to breastfeeding. Tremendous leaps have recently been made in our understanding of how breastfeeding works and how to best support moms and babies. Any professional who works with moms postpartum will benefit. \$135 or \$110 with early registration discount. Call 663-1523; patty@center4cby.com or center4cby.com.

Children & Young Adults

Complete listings for children are found in the Events Calendar for Kids section on page 84, devoted to events and classes for children, young adults, and families.

Fairy Tea at Crazy Wisdom Tea Room • Feb. 27, 1 and 4 p.m. seating • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! \$11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

Christian Mysticism

Today's Mystics with Arlene Kosmatka of Weber Center • Mar. 12, 10 a.m.-2:30 p.m. • Mystics are lovers of God, the center of their lives, who gives meaning and direction to their journey. Come to awaken the mystic in you through the lives and inspiration of some 20th century mystics. \$35 includes lunch. Call 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Chronic Pain/Chronic Illness

What is Oncology Massage? with Lisa Nogueira • Jan. 9, 7-8:30 p.m. • A free introductory discussion on what oncology massage is, why special training is needed for your massage therapist, and what this type of specialized massage can do for you. Gather information and get questions answered. Free. Call 761-8753; lisa@tranquilbeing.com or tranquilbeing.com.

Touch for Comfort Care with Lisa Nogueira • Mar. 2, 11 a.m.-2 p.m. • An oncology massage partner workshop designed for caregivers and their loved ones with cancer to learn massage techniques, contraindications, and precautions so you can give a safe and wonderful massage to assist with side effects of treatment and provide comfort for your loved one. This is a hands-on class. \$35 per pair includes light refreshments. Call 761-8753; lisa@tranquilbeing.com or tranquilbeing.com.

Restorative Yoga for Chronic Pain and Illness with Sara Hughes-Zabawa • Feb. 1, 8, 22, Mar. 1, 8, 28; 10:30-Noon • This class aims to reduce the emotional and physical pain and stress often associated with chronic illness. This is a gentle, slow moving class, appropriate for beginners and those interested in increasing vitality and immunity while improving their self-healing practices. \$110. Call 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Increase Your Joy by Accepting and Managing Your Chronic Illness with Joan Kauffman • April 26, 1-4 p.m. • Learn free and inexpensive techniques you can use to increase your joy and the ease of managing your chronic illness. \$20. Call 355-6968; joan.a.kauffman@sbcglobal.net.

Course In Miracles

Course In Miracles Study Group with Lorri Coburn • Thursdays, Noon-1:30 p.m. • All welcome to study A Course in Miracles. Free. Call 646-6585; loricassie@sbcglobal.net or loricoburn.com.

Crystals

Healing with Stones and Crystals with Karlta Zarley • Fourth Tuesday of each month, 7-8:30 p.m. • Stones and crystals have a lot to share with us through their powerful energies. We will learn how to identify them and use their energies in our day-to-day lives. You may join this class at any time. \$15 suggested offering. Call 433-9333; kzarley@att.net or karltazarley.com.

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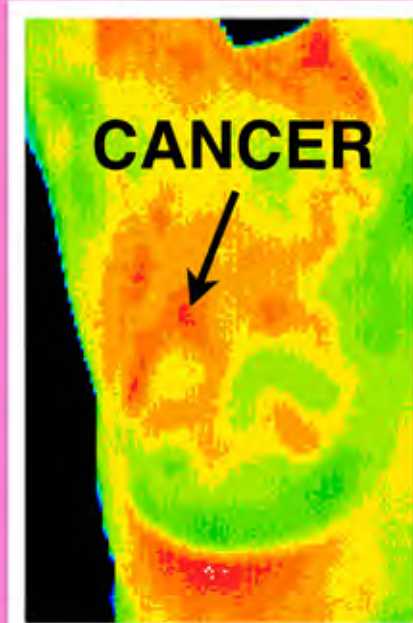
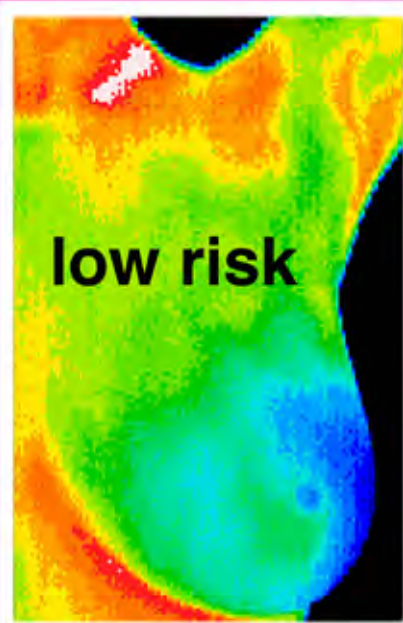
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Crystal Healing Series with Jennifer Vanderwal • Call Pat at 734-416-5200; relax@bodyworkshalingcenter.com or bodyworkshalingcenter.com.

Melody Crystal Healing Level I • Jan. 12 and 26, 11 a.m.-6 p.m. • We will learn crystal healing techniques, working with crystal arrays, chakra balancing, and how to use specific crystals as healing tools. \$200.

Attracting Prosperity Using Stones • Jan. 18, 11 a.m.-1 p.m. • Learn about various stones to aid in attracting prosperity, different ways to use them, and healing crystal arrays. \$30.

Crystals for Healing • Feb. 15, 11 a.m.-1 p.m. • Learn about various crystals and minerals that can be used to aid in all types of healing and why they work, including healing crystal arrays. \$30.

Stones in Meditation • Mar. 15, 11 a.m.-1 p.m. • Learn about various stones that can be used to enhance meditation, why and how they work, and different ways to use them. \$30.

Melody Crystal Healing Level II • Mar. 26 and 29, 11 a.m.-6 p.m. • We will intuitively construct larger healing crystal arrays, past life ascension, and many other crystal arrays. Certification offered after successful completion of Level I and II. \$200.

Quartz Beginning • April 12, 11 a.m.-3 p.m. • Learn in detail all the various quartz crystal configurations, including record keepers and isis crystals, and how to identify and use them as healing tools. \$60 includes a crystal.

Enhancing Psychic Skills Using Crystals • April 19, 11 a.m.-1 p.m. • Learn all the crystals you can use to enhance your psychic senses, various ways to use them, and healing crystal arrays. \$20.

Death & Dying

Death Cafe with Merylynne Rush • Jan. 18, Feb. 15, Mar. 15, April 19; 10 a.m.-Noon at Crazy Wisdom Tea Room • Drink tea, eat cake, and join us for frank discussion about death. Loosely facilitated. Participants share and lead the discussion, which is open to all. Free. Call 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

How to Handle Death and Dying Spiritually with Jewel Heart Instructors • Jan. 25, 10-Noon and 2-4 p.m. • Death and the dying process, while difficult to face, is certain reality for us all. In this workshop, we will explore compassionate methods to help ease the passage of our loved ones as well for our own time of transition. The stages of the dying process, as understood in Tibetan Buddhism, will also be presented. \$20-\$50 sliding scale for non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Divorce Support

Cultivating Peace During and After Divorce with Melanie Fuscaldo • Jan. 14, 2-3 p.m. • Cultivate your innate peace through a process that focuses on the gifts in any situation. Find hidden blessings and move into joyful power. \$30. Call 668-2733; mfulscald@gmail.com or melaniefuscaldo.com.

Your Divorce Workshop • Feb. 8, 9:45 a.m.-1 p.m. or Mar. 15, 5:15-8:30 p.m. • Expert information from a divorce attorney, divorce financial planner, and therapist for women contemplating or just starting the divorce process. Understand options for divorce, how to protect yourself financially, and take care of yourself through the process. \$45. Call Rebecca at 248-707-1564; info@womens-divorce.org or womens-divorce.org.

Drumming

Drumcommunity Circles with Lori Fithian • Jan. 22, Feb. 12, Mar. 26, April 16; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call Lori at 426-7818; lorifithian@mac.com or drumcommunity.com.

Drum 4 Wellness Drum and Dance Jam with Don Allen and Tatianah Thunberg • First Saturday of each month, 7:30-9:30 p.m. • Come share your spirit in community by drumming, dancing, and singing with us! All are welcome. Instruments provided. All donations go to the Interfaith Center for Spiritual Growth. Call Don at 480-1219; don@drum4wellness.net or drum4wellness.net.

Energy Healing

Introduction to Energy Healing: Course One with Laurie Akerros • Feb. 21-23 or April 25-27, 9 a.m.-5:30 p.m. • Subtle body energy healing is a dynamically rich, potent, healing modality treating all aspects of a human being gently, safely, and powerfully at the physical-etheric, emotional, mental, soul, and spirit levels. Students will become adept at sensing the energy field, and we will learn to palpate, assess, and balance the chakras and subtle body energies. We will look at the soul (the true healer of the form), basic spiritual laws, meditation, and the tasks and responsibilities of the healer. \$395. Call 369-0700; lakerros@hotmail.com or esoterichealing.com.

Enneagram

Enneagram Meet and Greet with Su Hansen • Feb. 25, 7:30-9 p.m. at Crazy Wisdom Community Room • This is an opportunity to meet others who use the Enneagram in their teaching, work, relationships, and personal and spiritual growth. Share how you use it and find out how others view and use this wisdom. Free. Call 417-8397; su@enneagramcenterofannarbor.com.

Exercise & Fitness

Open Archery with Ringstar Studio • Alternating Sundays, 2-3:30 p.m. • Come practice your precision bow shooting at Open Archery. Beginners and experienced archers alike are invited to take advantage of a short indoor range complete with catch nets and foam targets. Recurve bows and arrows available. \$5. Call Diane at 585-307-0402; diane@a2ringstar.com or a2ringstar.com.

Open Gym with Ringstar Studio • Wednesdays and Saturdays, 10 a.m.-1 p.m. and Sundays, 5-8 p.m. • Take advantage of all the studio has to offer, including aerial apparatuses, gymnastics mats, and other fitness gear. A great opportunity for non-traditional workouts. \$5. Call Diane at 585-307-0402; diane@a2ringstar.com or a2ringstar.com.

Beginning Aerial Silks with Diane Miller of Ringstar Studio • Thursdays, 6-7 p.m. • Learn the basics of this beautiful circus art, no experience necessary! Also known as aerial dance, this class improves strength, flexibility, and coordination. Perspective students under the age of 14 should see our youth offerings. \$10. Call 585-307-0402; diane@a2ringstar.com or a2ringstar.com.

Ladies Only Zumba with Peachy Fitness • Mondays, 6:30-7:30 p.m. • Energize and refresh with a Zumba class, which includes music with fast and slow rhythms. We will use music from the following dance styles: Latin, Russian, Bollywood, Arabic, Hip Hop/Pop, Ballroom, Cumbia, Salsa/Cha-Cha, Reggaeton, and Samba, with warm-up and cool-down songs. \$69 for eight classes. Call Zaini at 681-0477; info@peachyfitness.com or peachyfitness.com.

The Ride: Bike, Run or Walk Fundraiser for Dawn Farm • April 27, 8 a.m.-2 p.m. • The Ride is a family fun and fitness event and a fundraiser for Dawn Farm. There will be bike rides from 10K to 100K and 5/10K runs/walks, activities for children, tours of the farm and animals, and a Recovery Celebration Lunch. Registration begins at 7 a.m. \$35 or \$25 registered before April 1. Non-participants in the events can enjoy the activities and lunch for \$5. Call Megan at 485-8725; rideforrecovery@dawnfarm.org or dawnfarm.org/upcomingevents.

Exhibits

Dream Seeding for Transformational Times • Show open daily: Jan. 26-Feb. 27, Reception with food and performances: Feb. 8, 6-9 p.m. • Dream Seeding is a community art show featuring work from artists of any age or medium, in response to our call for creative expression that somehow affirms our ability to TRANSFORM - ourselves, our communities, our world, our futures - to become more compassionate and ecologically healthy. Dream Seeding is co-sponsored by Crazy Wisdom and Eugene Debs Co-op. Free. Call Christopher at 269-355-0929; info@dreamseeding.org or dreamseeding.org.

Film

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and the film. Concessions are available. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Jan. 31 • Kumare

Feb. 28 • Travelers and Magicians

Mar. 28 • Brilliant Moon

April 25 • My Reincarnation

Inspire-Healing: Film Festival with Mariah Newborne • 7-9 p.m. • Whether you have had an illness like cancer or know of someone who does, come view inspiring films and discuss the topic of miracles and healing. \$5 donation for the April Wellness Center. Call 657-4652;

mariahnew@charter.net or cancerholisticwellness.com.

Jan. 31 • The Blue Butterfly

Feb. 28 • The Sacred Science

Mar. 28 • The Guitar, and an expert from a seminar discussing The Divine Matrix by Greg Braden

A Force More Powerful with Center of Light Ann Arbor • A Force More Powerful dramatizes how ordinary people throughout the world, working against all kinds of opponents, have taken up nonviolent weapons and prevailed. Free. Call Selena at 330-5048; revselena@centersofflight.org or annarbor.centersofflight.org.

Jan. 7, 7 p.m. • Part One

Jan. 24, 8 p.m. • Part Two

Economics of Happiness with Center of Light Ann Arbor • Feb. 28, 8 p.m. • Communities are coming together to re-build more human scale, ecological economies based on the new paradigm of localization. Free. Call Selena at 330-5048; revselena@centersofflight.org or annarbor.centersofflight.org.

The Path: Afterlife with Center of Light Ann Arbor • This documentary trilogy will educate viewers, shed light on topics of consciousness exploration, and investigate the many theories of the soul's purpose. Free. Call Selena at 330-5048; revselena@centersofflight.org or annarbor.centersofflight.org.

Mar. 21, 8 p.m. • Part One

April 25, 8 p.m. • Part Two



Art Therapy

for Inspiration, Guidance, & Healing

By Sibel Ozer | Artwork by Sibel Ozer

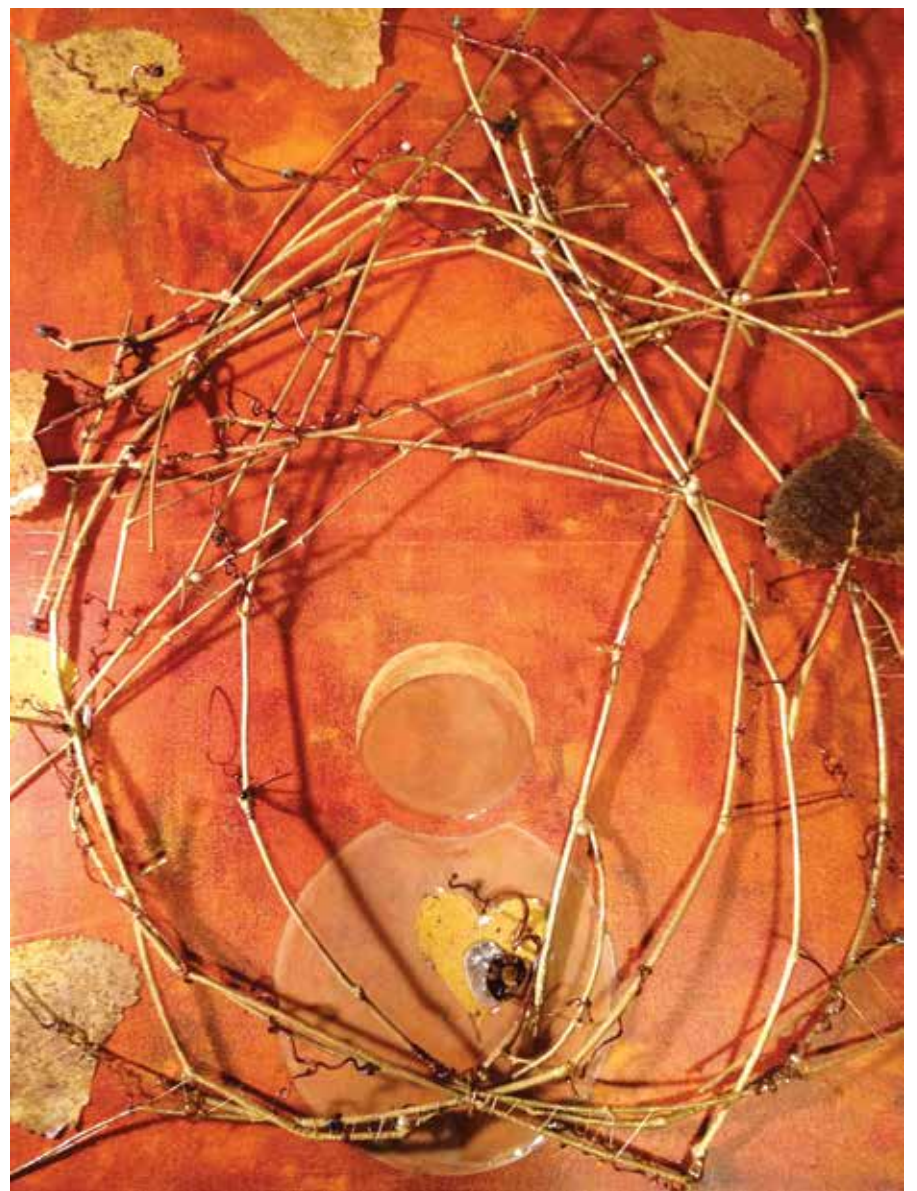
A non-artist friend asked for help with a painting she had started a year ago. I suggested we do some foraging for inspiration, and we spent a day antiquing, visiting the art museum, stopping by an art store, and hunting for materials in her backyard. Next, we cleared her garden table for a day of painting, where I modeled free expression. She is not yet finished, but definitely no longer stuck either.

The practice of art therapy can help us get “unstuck,” not only with a painting, but also with everyday personal, professional, and social challenges. There are few things I like more than getting creative juices flowing, and giving others and myself the permission to exercise our freedom to choose and to experiment with possibilities. Something interesting happens inside of us when we let the hands engage in doing/playing/creating outside of us. Carl Jung said that the hands know how to solve a riddle with which the intellect has wrestled in vain.

When we respond to issues related to life through art, guided imagery, sand tray, or creative writing, we are able to access our inner wisdom — the part of us that is wiser than our problem-solving minds. Images and words reveal symbols that offer the best alternative representation of what is not yet known but very important to the psyche.

“Art therapy is not about rendering likeness, but about finding authentic expressions for our inner experiences.”

We all have an untapped creative potential we can activate to help live our lives in a less restricted and more authentic manner. The goal is to strive for honesty. Art therapy is not about rendering likeness, but about finding authentic expressions for our inner experiences. I like to offer process-painting workshops, which take place over two months. We work the same canvas using color and texture over and over, letting go of forms as they emerge and practicing present centered representations of inner experiences.



“Kibele” (grapevines stitched to canvas) represents settling into our new lives in Michigan. I was thrilled to find wild grape vines in our backyard and excited about the idea to sew them onto the canvas. It’s about being held by Mother Nature, and feeling inner piece in her embrace.

For me, art therapy continues to be a reminder that I am indeed a free person, that I can help shape my life experiences even as I don’t always choose what life presents me. The art can hold my emotions nonjudgmentally, allowing me to give space and attention to difficult emotions. That is often all our emotions demand of us: to be released, to be felt for what they are.

Buddhist philosophy differentiates between actual suffering, such as the loss of a job, and unnecessary suffering, which might be caused due to persistent thoughts such as *I will never get another job or I’m going to end up homeless*. Art therapy helps us see the difference in a concrete way, materialized in front of us through the manipulation of resources.

“Something interesting happens inside of us when we let the hands engage in doing/playing/creating outside of us.”

In the beginning exists the story, suffering, or symptoms that are interrupting a harmonious and peaceful life. Sometimes there is no identifiable trouble, but just the desire to listen to what the psyche has to say, what is dormant inside of us. For most of us, there is a general need to slow down, to take the time to attend to internal messages, and to replace our inner critic with curiosity and nonjudgmental observation.

The art therapy journey starts with materials. I find it helpful to surround my clients and myself with a variety of materials that could find their “just-right place” in any given moment. Materials range from the more common pencils, paints, and clay to photography, film, fabric, magazine cutouts for collage, finds from the backyard (such as sticks or grapevines), and objects from a junkyard (such as a mangled car door that survived a deadly crash), to name a few. Given any object can be used as an art material, I do a lot of recycling — tissue paper, food containers, old T-shirts and books, or used boxes end up being stored for potential use later.

“For most of us, there is a general need to slow down, to take the time to attend to internal messages, and to replace our inner critic with curiosity and nonjudgmental observation.”



“The Fading Leaf” (multimedia on canvas) is part of a series of horse paintings that will be auctioned in support of “Return to Freedom” — a nonprofit that is dedicated to preserving the freedom, diversity, and habitat of wild horses. Art therapists around the U.S. are creating art fundraisers for humanitarian projects.



The image of my Soul Self came from a scribble drawing, which was expanded into this acrylic painting done onto a wood block. It is about who I am becoming as I get older (and wiser)...

Each material holds numerous metaphors, offering us myriad opportunities through their different qualities. For example, pencils might present control when our life is unraveling, while finger paints bid you permission to let go of restraint if there is too much of it in your life at the moment. Fabric can impart a sense of connectedness during grief, while wood can support grounding in the midst of change. Different materials call up different responses for each of us, depending on timing and situation. Allowing ourselves to merely engage with them — to play, shape, mold, or transform — creates opportunities for insight, learning, and healing.

The *process* is another distinct part of art therapy that can be equally fascinating and revealing. It could involve combining narrative, image, and music to create a digital story, or painting and repainting the same canvas practicing non-attachment to form that might lead to a visual emotional journal articulated through time and texture. Around the U.S., art therapists help veterans transform old combat uniforms to paper to express the inexplicable. Others change little matchboxes into precious art pieces and participate in painting marathons to raise awareness and money to help victims of human trafficking overseas. A woman in a private office desiring motherhood creates a shrine that holds and manifests the dream of parenting. A little girl on the cancer ward creates a doll to express her sadness at losing her hair due to chemo. The process is what we end up doing with the materials, which results in further growth and awareness.

“The art can hold my emotions nonjudgmentally, allowing me to give space and attention to difficult emotions.”

A third component of art therapy is the final *product*, the art piece. It can be burned, hidden, transformed all over, framed and exhibited, dialogued with, or gifted — whatever ends up being most therapeutic in a given moment. We can wind up with insight, clarity, the ability to communicate in a nonverbal way, or a way to memorialize and honor. We might create new bonds with the deceased or the living, make meaning, or simply find a workable rephrase. The possibilities for inspiration, guidance, and healing are as endless as the variability inherent to the materials, process, and product.

Sibel Ozer is a licensed professional counselor and board-certified art therapist currently doing private practice at The Parkway Center in 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.sibelozar.com, call (303) 905-1109, or email he-artspace@hotmail.com.



Film (continued)

Together: The Search for Community - A Friday Film Series with Transition Town Chelsea • April 25, 7-9 p.m. • Transition Town Chelsea's spring film series, running through June, examines a variety of both intentional and traditional communities covering the internal dynamics of the communities, governance, how communities strive to preserve themselves, and how communities interact with the wider world. Join us in expanding the horizons of what community can be. Participate in a lively discussion following each thought-provoking film. Donations appreciated. Call 734-475-1892; manager@mfcenr.org or mfcenr.org.

Fundraisers

The 8th Annual Chocolate Crush with Wild Swan Theater • Feb. 8, 6:30 p.m. • Join us for an evening of chocolate tastings, savory appetizers, beer and wine from local purveyors, silent and live auctions, and music by Brian Delaney's Butterscotch Dandies. For more information, call 995-0530; wildswantheater.org.

Healing

The Gift of Healing: The Theory of Etheric Healing with Laurie Gudnason • Jan. 5, Noon-4 • The etheric energy structure is located just outside your physical body, and it functions as a blueprint for the physical body. Join us for this online program, beginning with basic instruction about the etheric body and energy systems that support the physical and etheric structures. Includes the structure of the etheric body and auric energy field, the layers of the etheric structure and aura, armor and crystals, and layers of the chakras. \$77. Call 435-723-5442; trilolite@trilolite.com or thespiritualmysteryschool.com.

Healing Night with Raksha Penni Helsene and other Reiki Practitioners at Lighthouse Center • Third Wednesday of each month, Meditate at 7:30 p.m., Reiki Healing from 8-9 p.m. • Meditation and Reiki healing for all healees. Tibetan healing boards are also used to enhance the healing process. By donation. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Free Pranic Healing Clinic with Dave and Pat Krajovic • Third Wednesday of each month, 7-8:30 p.m. • Dissolve and disintegrate dirty and blocked energy. Pranic healing is effective with many illnesses and diseases. Meditation Twin Hearts at 7 p.m. with appointments starting at 7:30. Other pranic healing practitioners welcome. By donation. Call 734-416-5200; inspire.globalbreathinstitute.com.

Spiritual Healing Evening with The Aetherius Society • Tuesdays, 7:30 p.m. • Spiritual healing has been proven to help alleviate pain and suffering, bring deeper relaxation, bring clarity and peace of mind, speed recovery from illness or injury, and bring inspiration and strength. Appointments are 45 minutes. By donation. Call 248-588-0290; info@aetheriusmi.org.

Twelve Blessings and Absent Healing Service with The Aetherius Society • Mondays, 8 p.m. • The Twelve Blessings provide one of the most potent practices of the present age. They give us a unique way of tapping into and invoking the power of the universal life force and sending this out to the world in a vibrant stream of prayer. The practice forms the core of this service, which also includes mystic visualizations, sacred mantra, and healing prayers. Free. Call 248-588-0290; info@aetheriusmi.org.

Body Poetry with Andrea Hill • Sundays, 4:30 p.m. • Through gentle, self-love based awareness exercises and a full circular breath, we allow the body-mind to teach us what it needs, what it knows about our lives, and how we can be happier and more creatively engaged with it. We use the language of the body - breath, touch, sound, and movement - to enter into a healing conversation, release old pain patterns or experiences, and become more available to the present moment. \$15. Call 255-8487; ahillbodypoetry@gmail.com or facebook.com/ahillbodypoetry.

Healing Circle • Tuesdays, Noon-1 p.m. • All levels of meditators welcome. We'll sit together, then offer or receive the loving touch of health and wholeness. Please come whenever you can or join us at any time in spirit from wherever you are. Also, let us know of your wellness concerns as we will "call you in and hold you in the light" at our gathering. By donation. Call Deep Spring Center at 477-5848; info@deepspring.org or deepspring.org.

Heart Math for Healing with Melanie Fuscaldo • Jan. 16, 2-3 p.m. • Learn a strategy to bring harmony to your heart, brain, and nervous system for positive health, with emotional and spiritual results. \$30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Authentically You with Sharon Marie Lawlor • Jan. 25-26 • Becoming the greatest version of you is the most important gift you can give the world. Using intentional creativity, you will be guided in a step-by-step painting process using the feminine image for self healing, self expression, and self nurturing. Gather your own unique internal imagery, symbol, and story to be consecrated onto canvas. \$295 includes supplies. For times, call 761-8753; sharon@tranquilbeing.com or tranquilbeing.com.

The Weekly Word for Healing: Smoothing the Way for Ascension with Eve Wilson • Every Friday by email • Get wisdom, tools, insights, and information for each week. The latest information on handling changes within ourselves and on the planet. Sign up for free email alerts that the weekly word is out. Free. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

The Crazy Wisdom Calendar

Herbs, Plants & The Garden

Herbal Wisdom Series with Linda Diane Feldt • 7-8:30 p.m. at Crazy Wisdom Community Room sponsored by People's Food Co-op • All evenings are free. To pre-register, call Karen at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.

Jan. 21 • The Liver: Herbs that Nourish and Support this Critical Organ • By the end of this talk, you will have greater appreciation for the many hundreds of functions of the liver, the importance of keeping it healthy, how to support great liver functioning, and the many myths and misunderstandings associated with liver "cleansing".

Feb. 18 • Let's Learn Nourishment • So much of our attention is drawn to what is "bad", what to avoid, and foods that do harm. The real challenge is in refocusing on what foods are nutrient dense, healing, supportive, and that also taste great. Making nourishment a priority is a profound life changing experience. This class will help you get started or further nourish you in making that choice with a focus on herbs and wild food.

Mar. 18 • Herbal Allies for Inflammation and Arthritis • There are many herbs that can help decrease inflammation. We will talk about what is possible with different manifestations of inflammation, and why this is so important for your health.

April 15 • Wild Harvesting Your Medicine and Food: Tips to Get Started • The herbal ally you need could be growing in your backyard or a nearby field. How can you discover it? How should you prepare it? What else is growing right under your nose? The answers are safe, cheap, easy, messy, and fun.

Bach Flower Remedy Therapy with Laurie

Akerros • April 12-13, 9 a.m.-5 p.m. • In an atmosphere of humor and heart, students will experience an in-depth study of each of the 38 Bach Flower Essences. Learn how to discern if someone might benefit from a particular flower remedy, how to properly prepare and store remedies, and how to make your own. Appropriate for parents to learn how to help their family naturally and safely. \$195. Call 369-0700; lakerros@hotmail.com or esoterichealing.com.

Chakra Garden Parties with Kalaea • April 27 and May 4 • Please join us in community for the opening of the Heart Chakra Garden at Sylvan Run Sanctuary. As the season progresses, more dates will be added for garden projects in all seven Chakra Gardens, from the first ploppers garden to the seventh spiral garden. Learn more about these sacred energies. Donations accepted. For times, call Kathy at 475-3408; squierskr@gmail.com or sylvanrunsanctuary.com.

Organic Gardening with Bloom! Nursery Staff • April 12, 2-4 p.m. • We will discuss planning and preparing for your garden this season, including organic gardening methods and tips. \$10. Call Stacey at 426-6600, ext. 206; stacey@bloom-gardens.com or bloom-gardens.com.

Sustainable Fruit Growing with Stacey Rayer of Bloom! • April 26, 2-4 p.m. • We will discuss raising and maintaining fruit trees and small berries, including proper care, upkeep tips, and guidance. \$10. Call Stacey at 426-6600, ext. 206; stacey@bloom-gardens.com or bloom-gardens.com.

Holistic Health

Detoxify with Shannon Roznay • Jan. 8, 7 p.m. • Did you overindulge last year? Want to start this year out on the right foot? Come to this lecture to learn how to clean up your act and work on a healthier lifestyle for 2014! Free. Call Jessica at 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

How Will Network Chiropractic Benefit My Child/Family/Self? with Cilla Jamieson • Jan. 14 and 25 at Crazy Wisdom Community Room • Eat right, exercise, expand your mind... why would anyone want to see a chiropractor in addition to all this? Network Chiropractic is a means of accessing the master system of the body - the nervous system. With gentle touches, we release the block between brain and body, which leads to greater health and wellness, and is drug-free. \$10. For times, call 693-6515; drcilla@mindspring.com or drcilla.com.

You Are an Ecosystem: How the Microbiome Affects Your Health with Rebecca Sornson • Jan. 12, 2-4 p.m. • Come learn about the trillions of bacteria that inhabit your body. We'll explore the latest research, diet, and lifestyle habits that support a healthy community of microbes, and discuss what the Hadzabe, a hunter gatherer tribe from Northwestern Tanzania, can teach us about the human ecosystem. Plus, there will be tasty treats and recipes for feeding your microbiota. \$25. Call 810-923-0547; rebeccasornson@gmail.com or rebeccasornson.com.

Cultivating Brainwave Self-Care with Laurel Emrys and Debra Hutton • Mar. 16, 2-4 p.m. at Crazy Wisdom Community Room • One of the keys to integrating insights, sustaining health, and opening yourself to the wonders of the cosmos is to cultivate a deeply dynamic practice of brainwave self-care. Using breath, core muscles, sound, and consciousness, we will show you how to embrace self-care at the transformative level of creating brainwave harmony and balance. This will be of special interest to those dealing with chronic pain or stuck emotional issues. \$20. Call 761-7699; info@brainflexcoaching.com or brainflexcoaching.com.

Chinese Medicine Monthly Open House with Joel Robbins • Jan. 11, Feb. 8, Mar. 8, April 12; Noon-3 • Discuss options for treatment with Chinese Medicine; sample syrups, teas, tinctures, salves, and herbs; and learn Tai Chi and Qigong movements. Free. Call 315-0573; jrherbsandacupuncture@gmail.com or jracuherb.com.

Health, Nutrition, and Weight Loss: The Fundamentals with Najette Jasey • Jan. 15, 6:30-8 p.m. • We will discuss the standard American diet and its effects on our health. The talk will cover fundamental components of health, weight loss, and efficient body functioning, plus tips for our overall health and wellness. Free. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Blood Sugar Management with Najette Jasey • Mar. 5, 6:30-8 p.m. • We will discuss nutrition and lifestyle habits that contribute to blood sugar anomalies, and the best holistic habits to help control blood sugar. Free. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Relaxation for Body, Mind, and Spirit Day with Self Realization Meditation Healing Centre • Feb. 15, 11 a.m.-5 p.m. • Nurture yourself. This day 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 for your mind. Treat yourself to a retreat by either arriving Friday evening or staying until Sunday morning. \$39 with lunch and refreshments or \$86 with accommodation and all meals. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Holistic Health Series with Shannon Roznay

• Free. Call 470-6766; jessica@thrive-wellness-center.com or thrive-wellness-center.com.

Jan. 23, 6 p.m. • Win the Sugar War! • Sugar is bad for us, but why do we love it so much? Learn how to reduce cravings and win the war on sugar.

Feb. 6, 6 p.m. • Heart Healthy Eating • A heart-healthy diet is not what you think! (Hint - it does not involve Cheerios.) Find out what to eat to maximize your heart health and energy. Includes discussion on cholesterol and fat.

—JOHN KABAT-ZINN

Feb. 19, 7 p.m. • Stress and Fatigue • The pace of our busy lives wreak havoc on our health. Anxiety, mood swings, and lack of energy can all be improved with the right nutrition. Find out how to handle these problems naturally.

Introductory Course on the Flower Remedies of Dr. Edward Bach with Carol Bennington • Mar. 15 and 16 • This interactive two-day course approved by the Bach Centre, UK, will examine all 38 of Dr. Bach's remedies, explore his philosophy and methodology, and learn applications for daily life. This is the first step in becoming a Bach Foundation Registered Practitioner or for anyone interested in gaining confidence in their use of Bach flower remedies. 12.5 NCBTMB Ceu's. For times and cost, call 726-4303; journey@awakening-hearts.com or awakening-hearts.com.

Self-Care Steps to Regaining Your Health and Empowerment during Breast Cancer Recovery with Mariah Newborne • Mar. 19, 6-8:30 p.m. • Going through the experience of receiving a breast cancer diagnosis and treatment can be both traumatic and a wake-up call to a greater participation in life. Learn simple self-care steps to regain your health, vitality, and power. Explore new ways to receive support on your road to recovery. \$13. Call Tony at 810-299-4130; greatht@brightonk12.com; brightoncommunityed.com.

Holistic Healing for Breast Cancer Survivors with Mariah Newborne • April 2, 6:30-8:30 p.m. • Being diagnosed with breast cancer can be a shocking wake-up call. In this class, Mariah will share her story and offer support and knowledge on how survivors can thrive and regain a new sense of empowerment through a greater connection to their health, self, nature, and the gift of their lives. \$13. Call Tony at 810-299-4130; greatht@brightonk12.com; brightoncommunityed.com.

Self Care Kit for Breast or Cervical Cancer Survivors with Mariah Newborne • April 5, 1-6 p.m. • Having breast or cervical cancer is both a shocking experience and a wake-up call to de-stress and be nourished in body, mind, and being. Learn new holistic and empowering techniques to help restore and revitalize your health, well-being, and passion for life. \$125. Call 657-4652; mariahnew@charter.net or cancerholisticwellness.com.

Dream Team Networking Event with Heidi Schmitz • Jan. 23, Feb. 20, Mar. 20; 6:30-8 p.m. at Crazy Wisdom Community Room • This is a free networking for all holistic providers and students. Come and connect with other holistic professionals and learn about Integrity: My Holistic Approach. Free. Contact customerservice@myholisticapproach.com or myholisticapproach.com.

Homeopathy

Castle Remedies Introduction to Homeopathy with Mary Tillinghast • Choose from one of the following sessions: Saturdays, 2-4 p.m.: Jan. 25, Feb. 22, Mar. 29, April 26 or Wednesdays, 7:30 p.m.: Jan. 8, Feb. 5, Mar. 12, April 16 • The goal of this class is to become comfortably familiar with choosing homeopathic remedies for common symptoms for yourself and loved ones. Infants and partners welcome. \$60. Call 973-8990; marytillinghast@gmail.com or castleremedies.com.

Hypnosis

Group Hypnotherapy for Stress Management and Self-Esteem with Marjorie Farnsworth • We will discuss what hypnotherapy is, how it works, and how it is different from the portrayal of hypnosis in movies and stage shows. Following will be group hypnosis to help students manage stress and improve self-esteem. Second session is for follow-up and reinforcement. \$25 or \$30. Call 347-8180; info@spiritassisthypnotherapy.com or spiritassisthypnotherapy.com.

Mar. 20 and 27 • brzezini@aaps.k12.mi.us.

April 23, 6:30-8:30 p.m. and April 30, 6:30-7:30 p.m. at Crazy Wisdom Community Room • info@spiritassisthypnotherapy.com.

Feb. 26 and Mar. 5 • wilsonc@dexterschools.org.

April 3 and 10 • gayle.harshman@pccsmail.net.

Mar. 24 and 31 • waltzj@salineschools.org.

Group Hypnotherapy for Weight Loss with Marjorie Farnsworth • We will discuss what hypnotherapy is, how it works, and how it is different from the portrayal of hypnosis in movies and stage shows. Following will be group hypnosis to help students change eating behaviors and lose weight. Second session is for follow-up and reinforcement. \$25 or \$30. Call 347-8180; info@spiritassisthypnotherapy.com or spiritassisthypnotherapy.com.

Jan. 30 and Feb. 6 • brzezini@aaps.k12.mi.us.

Feb. 10, 6:30-8:30 p.m. and Feb. 17, 6:30-7:30 p.m. at Crazy Wisdom Community Room • info@spiritassisthypnotherapy.com.

Jan. 29 and Feb. 5 • wilsonc@dexterschools.org.

Jan. 16 and 23 • gayle.harshman@pccsmail.net.

Jan. 6 and 13 • waltzj@salineschools.org.

Jan. 14 and 21 • daue@ytown.org.

Group Hypnotherapy for Quitting Smoking with Marjorie Farnsworth • We will discuss what hypnotherapy is, how it works, and how it is different from the portrayal of hypnosis in movies and stage shows. Following will be group hypnosis to help students quit smoking. Second session is for follow-up and reinforcement. \$25 or \$30. Call 347-8180; info@spiritassisthypnotherapy.com or spiritassisthypnotherapy.com.

Feb. 25 and Mar. 4 • brzezini@aaps.k12.mi.us.

April 2, 6:30-8:30 p.m. and April 9, 6:30-7:30 p.m. at Crazy Wisdom Community Room • info@spiritassisthypnotherapy.com.

Feb. 12 and 19 • wilsonc@dexterschools.org.

Feb. 27 and Mar. 6 • gayle.harshman@pccsmail.net.

Jan. 27 and Feb. 3 • waltzj@salineschools.org.

Mar. 3 and 10 • daue@ytown.org.

Intuitive & Psychic Development

Drop-In Intuitive Readings with Irena Nagler in the Crazy Wisdom Tea Room • Second and Fourth Fridays of each month, 6:30-9:30 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. \$1.50 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Sundays, 3-6 p.m. • \$1.50 per minute. No appointment necessary. Call 717-8513; marcellapfox@gmail.com.

Heart Based Intuitive Development with Melanie Fuscaldo • Jan. 30, 2-3 p.m. • Develop your intuition with heart based techniques. Open to the innate knowledge and power within you. \$30. Call 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Gifts of the Spirit Intensive with Laurie Gudnason • Feb. 13-17, 10 a.m.-8 p.m. each day • Make the work of healer, reader or esoteric professional your new career. The objective of this intensive is to train and empower professional psychics, healers, and teachers. We will discuss constructing your own tools, opening the energy gates, evocation to channel and channeling, remote healing, astral projection, remote viewing, sigil and seal creation and use, dowsing, and trance work. \$1,350. Call 435-723-5442; triolite@triolite.com or thespiritualmysteryschool.com/psychic.

Teleconference Focused Mind Meditation Practice Session with John Friedlander • Jan. 5, Mar. 2, April 6; 10 a.m.-Noon • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. Each participant will both leap ahead with his/her spiritual abilities, and also make an excellent start in developing sustained focused attention so valuable in developing both abilities and character. \$15. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Teleconference Seven Planes of Consciousness Practice Session with John Friedlander • Jan. 15, Feb. 19, Mar. 19, April 16; 8-9 p.m. • Continued exploration of the 49 specific energies of the seven planes, each with seven subplanes, as described in the Theosophical literature of the early 1900s. The Theosophical writers brilliantly described the whole scope of human potential - synthesizing eastern, western, and channeled material in a relatively easy to understand schema of the 49 sub-planes. \$12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Teleconference Kundalini Meditation and Clearing with John Friedlander • Jan. 21, Feb. 25, Mar. 25, April 22; 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. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Listen to that calm, peaceful voice inside . . . It's the voice of your heart, which always has the most illumination in any situation.

—MIKAELA KATHERINE JONES

Exploring with Etheric Energy with John Friedlander • Feb. 8, 9 a.m.-6 p.m. and Feb. 9, 9 a.m.-3 p.m. • We will discuss clairvoyant exploration using etheric energy. We will look at the big picture to develop an understanding of this particular spiritual journey of being human. Also available as a teleconference. \$250 with early payment discount offered. Contact Gloria at hemsherglo1@yahoo.com or psychicdevelopment.cc.

Spring Intensive 2014 with John Friedlander • April 25, 7-9 p.m.; April 26, 9 a.m.-6 p.m.; April 27, 9 a.m.-3 p.m. • The Spring Intensive, always a unique experience, delves into newer meditative areas and explores topics outside of John's core curriculum. You can expect to receive powerful healings and grow in skill in making useful everyday, life-oriented transformations - thus becoming more authentic, kind, and generous. Pre-requisite: Level I, cd or instructor's permission. Cost varies. Contact Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc.

Get Intuit: Intuitive/Psychic Development with Shala Kilmer • Eight Wednesdays starting Jan. 15 • Intuition when you need it. Watch your intuition gifts strengthen week by week. Learn intuition tools with plenty of classroom practice time. \$597. For times, call 702-280-8854; shala@intuitionpath.com or intuitionpath.com.

Intuition Ignition Weekend with Shala Kilmer • Feb. 21-23 • Join us for a retreat where we will raise our vibrations, heighten our consciousness, and uncover new pathways to our intuition. \$797. For times, call 702-280-8854; shala@intuitionpath.com or intuitionpath.com.

The Healer Development 101 Class with Eve Wilson • Wednesdays: Jan. 15-Feb. 19, 7-9:30 p.m. • We will discuss intuition development, sacred space and psychic/spiritual boundaries, clear connection to gatekeeper spirit guide and guardian angels, purifying water, power animals, clearing and tuning crystals, chakra tuning, intro to auras and aura reading, healing demonstrations, and more! \$300 pay as you go with pre-payment discount available. Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Kabbalah

Practical Application of Kabbalah: Transformational Year-Long Journey through the Tree of Life with Karen Greenberg • Monthly for 12 months starting Jan. 20; 7-10 p.m. • Learn how to identify your soul's purpose and how to financially support yourself living it. Learn how to develop a personal relationship with the Creator/Higher Power, how to identify, express healthily, and clear low vibrational emotions, limiting thought beliefs, and patterns, how to work toward optimal health and relationships, and how to organize your life and living conditions. \$137 per month. Call Karen at 417-9511; krngnbg@gmail.com or clair-ascension.com.

Life Transitions

Discover the Power and Joy in Your Life Transition with Melanie Fuscaldo • Jan. 23, 2-3 p.m. • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will help you discover the gifts in the transition. \$30. Call 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Love & Relationships

Receiving Love: Our Challenges and Opportunities with Carole Kirby • Feb. 9, 2-4:30 p.m. at Crazy Wisdom Community Room • What gets in your way of graciously receiving "love" - support, help appreciations, encouragement, kindnesses, compliments, gifts, admiration, etc.? What makes it hard for you to give? Take a survey to assess your receiving quotient, based on *Receiving Love, Transform Your Relationship by Letting Yourself Be Loved* by Dr. Hendrix, and other sources. Free. To register, call 424-2797; carole777@aol.com or therapy4couples.com.

The Impact of Technology and Social Media on Our Lives and Our Relationships with Carole Kirby • Mar. 2, 2-4:30 p.m. at Crazy Wisdom Community Room • Digital technology, social media, Facebook, etc., are all blessings in many ways, but they can create special challenges in personal relationships. We will discuss ideas from Sherry Turkel's book, *Alone Together: Why We Expect More from Technology and Less from Each Other*, as well as other sources, and will talk about the negative impact social media and digital technology has on children, teenagers, young adults, couples, and families. Free. To register, call 424-2797; carole777@aol.com or therapy4couples.com.

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" and which starts on page 116.

The Crazy Wisdom Calendar

Love & Relationships (continued)

Natural Sexuality Monthly Series with Annette Gates • Jan. 9, Feb. 13, Mar. 13, April 17; 6:30-9 p.m. at Crazy Wisdom Community Room • Gain integrated sexuality, new technique, better communication about sex, and intimacy by discovering how to live in your sexual energy. Natural Sexual Reprogramming is a re-education with practical breathing and relaxation exercises that clear unhealthy patterns in relationship. Singles, couples, and students of all orientations welcome. \$160 for full series or \$240 per couple; or \$45 for each evening or \$65 per couple. Call 248-246-6221; agates@annettegates.com or naturalsexuality.com.

Temple Gathering at Mystery School of Temple Arts with Leslie Blackburn • Jan. 26, Feb. 23, Mar. 23 • This is a regular gathering for seekers to get a chance to connect and discuss openly on sexuality, tantra, consciousness, and spirituality. After an opening meditation, we hold a sacred circle, creating a safe space to share and ask questions on intimate topics you didn't think you could talk about. Free. For times, contact dakini@mysteryschoolofthetemplearts.com or mysteryschoolofthetemplearts.com.

Sacred Sexuality Weekend Workshop: Creating Your Blissful Self with Leslie Blackburn • Feb. 22-23 • A new offering that explores these teachings through a connected weekend journey. All welcome! \$250 with early registration discount available. For times, contact dakini@mysteryschoolofthetemplearts.com or mysteryschoolofthetemplearts.com.

Sacred Sexuality: Tantra Weekend for Couples with Leslie Blackburn • Mar. 22-23 • This playshop for couples is about building a foundation and deepening with your partner. \$500 per couple with early registration discount available. For times, contact dakini@mysteryschoolofthetemplearts.com or mysteryschoolofthetemplearts.com.

Awakening to Love with HAI Midwest • Jan. 25, Feb. 22, April 5; 5:30-8 p.m. at Crazy Wisdom Community Room • In a safe, supportive, and relaxed environment, you'll discover the ingredients for happy, healthy, loving, and intimate relationships. Free. Call Maureen at 523-8566; mo.fritz@hai.org or hai.org.

Awakening to Love with HAI Midwest • Feb. 16, 2-4:30 p.m. or Jan. 11, Feb. 8, Feb. 28, April 18; 7-9:30 p.m. • In a safe, supportive, and relaxed environment, you'll discover the ingredients for happy, healthy, loving, and intimate relationships. Free. Call Maureen at 523-8566; mo.fritz@hai.org or hai.org.

Pathways to Intimacy with HAI Midwest • Feb. 23, 10 a.m.-6 p.m. • Expand your capacity for intimacy and begin to release your fears about relationships. Learn how to be more open, safe, and close with others. Go beyond your barriers to love. Whether you are single or in a committed relationship, join us for this one-day workshop that could be the turning point in your life. \$75 with early payment discount available. Call Maureen at 523-8566; mo.fritz@hai.org or hai.org.

Love is a Miracle with HAI Midwest • Mar. 14, 7 p.m. through Mar. 16, 6 p.m. • During this weekend workshop, you can expect to gently move through the layers of pretense, negative beliefs, fears, and protective behaviors that have prevented you from receiving and giving love. This is where we uncover, and enhance your passion for living, natural appreciation, and acceptance of yourself and others. \$475 includes meals and lodging. Call Maureen at 523-8566; mo.fritz@hai.org or hai.org.

Massage

WomanSafeHealth Open House with Eril Andes • Feb. 12 or April 16, 4-5 p.m. • This is a general open house with introduction to our therapists and basics of massage services offered. Free. Call Emma at 477-5100; info@womansafehealth.com or womansafehealth.com.

The Layperson's Guide to Giving a Great Massage with Sarah Steven • Feb. 1, 8, 15, 22; 2-4 p.m. • Learn how to relax others by using simple techniques, and give the gift of healing healthy touch. This is a four-part series focusing on the head and neck, hands and feet, back and shoulders, and arms and legs. \$50 each or \$150 for the series. Call 883-5445; thessmassage@yahoo.com or thehealingheartscenter.com.

AAIMT's Informational Orientation with Lennen Chance • 10 a.m. sessions: Jan. 15, Jan. 27, Feb. 5, Feb. 18, Mar. 11, April 8; 6 p.m. sessions: Jan. 6, Jan. 20, Feb. 10, Mar. 25, April 24 • Have you always wondered how to become a licensed massage therapist? Call, register, and attend one of our orientations and find out! Free. Call 677-4430; lchance@aaimt.edu or aaimt.edu.

Meditation

Meditation with Siddha Yoga Meditation Center in Ann Arbor • Thursdays, 7-8:30 p.m. • Each week, we have an inspirational reading, a long chant, and 20 minutes of meditation. Free. Call Dunrie at 726-0318; symcannarbor@gmail.com or symcannarbor.org.

Day of Mindfulness with Lynn Sipher • Feb. 15, 9 a.m.-3 p.m. • A day of silence and practices including both sitting and movement. Familiarity with mindfulness meditation highly recommended. \$100. Call 332-3365; lynnsipher@gmail.com or aacfm.com.



Brodie Burris is an acupuncturist, herbalist, and clinical director of the Lotus Center. For more information on Brodie and the Lotus Center, visit <http://www.annarboracupuncture.com>.

Meditation Sessions at Jewel Heart with Jewel Heart Instructors • Sundays, 8:45-9:45 a.m. • Concentration meditation sessions to help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. No meeting on Feb. 16 or 23. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation with Jewel Heart Instructors • Mar. 20, 27, April 3, 10, 17, 24, May 1, 8; 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. \$80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Sitting Meditation and Discussion with Karma Thegsum Choling • Wednesdays, 7:30-8:30 p.m. • Sitting meditation followed by discussion of recorded teachings or books by Karma Kagyu teachers, Khenpo Karthar Rinpoche, Bardo Tulku Rinpoche, and Bokar Rinpoche. Everyone welcome. No cost. Call Pat at 678-7549; AAKTC@yahoo.com or kagyu.org.

Mindfulness Meditation in the Tradition of Thich Nhat Hanh with Huron River Sangha • Meeting times vary • Sitting and walking meditation in the tradition of Zen master Thich Nhat Hanh. People of all levels of experience and all faith backgrounds welcome. Donations accepted. For dates and times, call Joe at 846-2848; joereillymusic@gmail.com or huronriversangha.org.

Meditation in Everyday Life with Melanie Fuscaldo • Jan. 28, 2-3 p.m. • Develop skills to make your life a living meditation. Live as your true self with freedom, joy, peace, and power. \$30. Call 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Meditation with Diane Brandt • Seven Saturdays: Jan. 25-Mar. 8, 10:15-11:45 a.m. • Learn ancient, systematic, disciplined yoga meditation. Free. Call 678-8587; dianebrandt108@hotmail.com.

Mastering Meditation with Kapila Castoldi • Mar. 15, 22, 29; 11:30 a.m.-1:15 p.m. or 3-5 p.m. at Crazy Wisdom Community Room • Introductory meditation series includes concentration, relaxation, and breathing techniques; meditation on the heart center; the role of music and mantras; and the role of the teacher. Offered by the Sri Chinmoy Centre. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

HeartSounds: Vibrational Sounds Meditation for the Soul with Dana Norris • Jan. 15, Feb. 5, 19, Mar. 5, 19, April 2, 16; 7:30-9:30 p.m. • A very unique meditation experience with the use of crystal and metal Tibetan singing bowls, bells, and chimes. These vibrations penetrate the body and allow for a very powerful and profound meditation experience. The vibrations open you to a deeper, more intense meditation. \$15. Call Deb at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 5-6:15 p.m. • Begin the new week by restoring your body, mind, and spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available as well. By donation. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Intensive Meditation with Lighthouse Center • First and Third Fridays, 7:30-10 p.m.
 • Mantra meditation: 20 minutes on each of the seven chakra centers. A deep cleaning to renew and restore body, mind, and soul. You are welcome to come and stay for any or all of the chakras. By donation. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Learn to Meditate with Nirmala Hanke of Lighthouse Center • Jan. 31, Feb. 28, Mar. 28, April 25; 7-9:30 p.m. • Introduction to meditation: learn how meditation works to remove stress from your nervous system, and how your thoughts are an essential part of the process. Talk followed by 20 minute meditation with a mantra. \$35, \$25 students, \$15 repeat. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Good Friday Meditation with Lighthouse Center • April 18, 12:30-1:30 p.m. • Meditation honoring the Christ consciousness of love and forgiveness. Vegan potluck follows. By donation. Call Prachi at 734-417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • Jan. 1 or April 18, 3-5 p.m. • Conquer stress, improve concentration, find inner peace. Of value in all walks of life, it helps you to be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. \$60 includes book and follow-up appointment. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Pure Meditation Course including Raja-Kriya Yoga with Self Realization Meditation Healing Centre • Mar. 2-8 • Fly to self realization; find and live your true spiritual self. This is the ultimate course for the whole being - mind, body, and spirit. Realize the God within and bring love, peace, joy, and fulfillment to all aspects of your life. \$765 includes accommodation and meals. For times, call 517-641-6201; info@selfrealization-centremichigan.org or selfrealizationcentremichigan.org.

Open Meditation and Silent Prayer with Self Realization Meditation Healing Centre • Every Monday-Thursday and Saturday, 8:30 p.m. • The Centre is open for quiet reflection, silent prayer, and pure meditation. Everyone of all faiths, meditation practices, and traditions is welcome. Winged prayer for all in need at 9 p.m. Please come and go as you wish. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Introduction to Mindfulness Meditation with Paulette Grotrian • Feb. 4, 11, 18, 25; 10:30-Noon or Feb. 6, 13, 20, 27; 4:30-6 p.m. • Introduction to mindfulness meditation. Learn to meditate this winter. Perfect for beginners or to refresh your practice. \$100. Call 276-7707; grotrian@wccnet.edu.

Mindfulness-Based Stress Reduction with Paulette Grotrian • Tuesdays: Mar. 25-May 13, 9:30-11:30 a.m. or Thursdays: Mar. 20-May 22, 4-6 p.m. • Mindfulness-based stress reduction is proven to improve focus, reduce stress and anxiety, and improve health and well-being. \$350. Free Info Sessions: Mar. 18, 9:30 a.m. or Mar. 20, 4 p.m. Call 276-7707; grotrian@wccnet.edu.

Mindfulness-Based Stress Reduction with Libby Robinson • Mondays: Jan. 27-Mar. 17, 7-9 p.m. • An accessible and secular mindfulness meditation class that fosters non-judgment of the present moment. Research documents MBSR's effects on stress, pain, depression, and other forms of ordinary human suffering. \$350. Free Introduction on Jan. 20, 7-9 p.m. Call 476-3070; libbyrobinson7@gmail.com.

Ann Arbor Open Meditation with Libby Robinson, Frank Anderson, Diana Gonzalez, Brodie Burris, Joya D'Cruz, Frank Levey, Paulette Grotrian, and Paul Najjar • Thursdays, 7:30-8:30 p.m. • Drop-in meditation sessions open to all with or without experience. Meditations are secular (not religious) and primarily mindfulness with some concentration and contemplative practices. Donations requested. Call Libby at 476-3070; libbyrobinson7@gmail.com.

The Mindfulness Meditation System with Antonio Sieira • Eight Sessions: Jan. 14-15, Jan. 28-29, Feb. 11-12, Feb. 25-26, Mar. 11-12, Mar. 25-26, April 8-9, April 15-16; 6-8 p.m. • This is a system of breathing, balance, flexibility, and mental focus/concentration practices designed to create a total mind/body meditative experience. Each session builds on the one prior. \$80 per session. Call Pat at 734-416-5200; bodyworkshealingcenter.com.

And we are put on earth a little space,
 That we may learn to bear the beams of love.

—WILLIAM BLAKE

Mindfulness Meditation Practice with Antonio Sieira • Jan. 9, 23, 30, Feb. 6, 21, Mar. 6, 13, 20, April 3, 10, 17, 24; 6-7:30 p.m. • Continue a system of breathing, balance, flexibility, and mental focus/concentration practices designed to create a total mind/body meditative experience. Experienced meditators come and experience the synergistic effect of meditating in a group. Includes breathing, meditating, metta, and body focus. \$15. Call Pat at 734-416-5200; bodyworkshealingcenter.com.

Guided Meditation Courses with Ema Stefanova • Mondays, 8:30-9:30 p.m.; Tuesdays, Noon-1; Wednesdays, 4:30-5:30 p.m.; Fridays, 7:30-8:30 p.m. • Learn deep relaxation, concentration, and meditation. Experience true transformation! Expand your consciousness through meditation practices from the time-tested holistic yoga and tantra traditions. \$250 for ten weeks. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

If you would like to hold an event, teach a class, bring an author to town, give a lecture, demonstrate your bodywork skills, give massages, lead a seasonal ceremony, or, organize a lunchtime group meditation in downtown Ann Arbor... perhaps, Crazy Wisdom Bookstore & Tea Room is the place to do it!

Call Rachel Pastiva at Crazy Wisdom 734-665-2757



Master Wasantha Young

Classes Begin January 7

Tai Chi
Beginner Tai Chi
 Mondays 10:00-11:15 AM
 Tuesdays 7:15-8:30 PM
 Thursdays 7:15-8:30 PM
Cost: \$185
 (1-3 classes per week - same cost)

Chi Kung
Self-Care Energy Work
 Mondays 9:00-10:00 AM
 Tuesdays 6:00-7:00 PM
 Thursdays 6:00-7:00 PM
Cost: \$185
 (1-3 classes per week - same cost)

www.PeacefulDragonSchool.com

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Specialty Meditation Workshops with Ema Stefanova • Sundays, 1:30-3:30 p.m. • Specialty meditation workshops will teach you how to truly meditate and overcome difficulties in meditation, for beginner and advanced meditators alike. Class materials not included in cost. \$69 with early registration discount available. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

The Joy of Food: Creating a Playful and Love-Filled Relationship with Food and Food's Sacred Energies with Anna Marie Henrich and Karen Mori • Feb. 28, Mar. 28, April 25; 6:30-8:30 p.m. • Join us in a relaxed environment where we share a light meal together while learning how to play joyfully with our food. You will learn how mindful presence can enhance your sensory experience, gratitude brings joy to your eating, and playing with the energy essence of the food can bring radiance and nourishment to you and the food. \$24 plus activity fee of \$20. Contact spiritualinquiry@comcast.net or deepspring.org.

Toward a Deeper Understanding of Self with Mary Grannan • Jan. 26, Feb. 9, 23, Mar. 9, 23, April 13; 2-4 p.m. • Self is a construct we carefully build from our infancy until we die. This class will explore how we do that and why an understanding of that process is important to the development of balance and wholeness in our lives. \$48 building fee plus donation for the teacher. Call 453-8915; deepspring.org.

Introduction to Meditation with Dorothy Ann Coyne • Feb. 8 or April 26, 9-Noon • Pre-registration requested, but walk-ins welcome to this introduction to insight meditation. No experience necessary, wear comfortable clothes, cushions or chairs provided. \$24 building fee plus donation for the teacher. Contact mickeyda@icloud.com or deepspring.org.

Consciousness and Its Objects: A Path to Liberation with Barbara Brodsky, Dorothy Ann Coyne, Amy Koch, and Aaron • Feb. 26, Mar. 12, 26, April 9, 23, May 7, 21, June 4; 7-9:30 p.m. • The focus of this class is non-dual awareness and living with love, wisdom, and spaciousness. We continue to relate with increasing skill to both mundane objects such as sensations and thoughts and with more subtle objects like energy. \$64 building fee plus donation for the teachers. Contact bbrodsky@deepspring.org or mickeyda@icloud.com or deepspring.org.

Sunday Morning Meditation • Sundays, 10-11:30 a.m. • Sitting meditation from 10-11 a.m., followed by mindful sharing. All are welcome! By donation. Call Deep Spring Center at 477-5848; info@deepspring.org or deepspring.org.

On January 1, 2014, the Crazy Wisdom Calendar will be available online at our new website: www.crazywisdomjournal.com.



The Crazy Wisdom Calendar

Meditation (continued)

Tuesday Morning Group Meditation • Tuesdays, 6:30-7:15 a.m. • Please enter and depart in silence. No instruction provided. All are welcome! By donation. Call Deep Spring Center at 477-5848; info@deepspring.org or deepspring.org.

A Day of Solitude and Meditation Practice with Carol Blotter • Jan. 26 and Mar. 22, 9 a.m.-4 p.m. • Day-long silent meditation retreats are a great opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. This day is appropriate for anyone interested in meditation: beginners will have break-out instruction; experienced meditators can be in silence all day; those in between can practice and have their questions answered. \$30 suggested donation is a fundraiser for The Michigan Friends Center. Bring your own lunch. Call 475-0942; cb.meditate@gmail.com or chelseameditation.com/retreats.

Midlife

Crossroads: The Midlife Journey with Janene Ternes • Mar. 25, 8:30 a.m.-4 p.m. • As a woman, you care for others in all phases of life. Mid-life can be one of the most exciting yet most challenging times for any woman. Come and explore the impact of life transitions on women in middle adulthood and discover holistic approaches to support and educate women, so you can meet the challenges and discover your gifts in the process. \$50. Call 347-2422; prayerinmotionjt@aol.com or prayer-in-motion.com.

Movement & Dance

Authentic Movement Winter Session with Stefanie Cohen • Mondays: Jan. 13-April 14, 7-9 p.m. • In these classes, an introduction to Authentic Movement, we will move together in guided, meditative, and self-directed ways, exploring the range of our bodies' interests and needs. We will spend time each week reflecting upon our movement explorations, extending our experiences creatively through drawing, writing, and/or dance. The practice supports us to mindfully tend our bodies, expand our range of motion, extend our artistic creativity, and meaningfully engage with others. \$15-\$20 per class sliding scale. Call 474-1517; stefaniemovingstories@gmail.com or somastories.net.

Dances of Universal Peace with Judy Lee Trautman • Jan. 3, Feb. 7, Mar. 7, April 4; 7-9 p.m. • Dances of Universal Peace were originated in the 60's 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. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org.

Dance Performances with the University Musical Society at the Power Center • Call 764-2538; umstix@umich.edu or ums.org/performances.

Compagnie Kafig • Feb. 14 and 15, 8 p.m. • Artistic director Mourad Merzouki is at the forefront of the international hip-hop dance scene. Kafig's sensational double bill of Correria and Agwa derives from an encounter between Mourad and 11 young male dancers from Rio de Janeiro at the Lyon Dance Biennial in 2006. Their individual stories about life in the favelas (Brazilian shanty towns) and their determination to make something of themselves inspired Mourad to create two heart-stopping works that showcase the young Brazilians' irresistible cocktail of athletic samba, hip-hop, and capoeira dance styles, highlighting astonishing acrobatic skills and dazzling virtuosity. Tickets start at \$18.

Restless Creature starring Wendy Whelan • Mar. 25, 7:30 p.m. • "America's most celebrated contemporary ballerina" (The New York Times) makes her UMS debut, joining forces with four of today's top male choreographers. Arguably the finest ballet dancer of our time, Whelan has danced with New York City Ballet for more than 25 years. She embarks on a new dance adventure with this vibrant suite of four contemporary duets, each with its own distinct style and artistry and performed by the choreographers who created them. Tickets start at \$20.

Women Dancing Freedom: Free Intro Class with Miriam Joy Dowd • Jan. 8, 7:30-9:30 p.m. • Dancing Freedom is a free-form movement practice that supports healthy intimacy, full expression, loving boundaries, emotional coherency, and spiritual awakening for individuals and whole communities. This class is designed as a safe, sacred space for an intergenerational group of female bodies/identified peoples to witness each other with tenderness, respect, and empowerment. Free. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Women Dancing Freedom with Miriam Joy Dowd • Session 1: Wednesdays, Jan. 15-Feb. 19 or Session 2: Wednesdays, Mar. 12-April 16; 7:30-9:30 p.m. • See above description of Dancing Freedom. \$17 per class or \$90 for a six-week session. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Ann Arbor Partner Acrobatics with Connor Otto • Mondays, 6-7:30 p.m. • Partner Acrobatics (often referred to as AcroYoga or Acro) offers an exploration into partner dynamics through balance postures and movement. Each class is available on a drop-in basis and will offer a focus on different moves, allowing you to slowly build up your repertoire. If you have never tried anything like this, don't worry; this class is meant to be for everyone. Come solo or with a partner. \$15 per class or \$50 per month. Call 646-9222; connor@connorotto.com or connorotto.com.

Music, Sound & Voice

Wild and Scenic Singing with Becky Reardon • Mar. 8, 10 a.m.-4 p.m. • As babies, we cooed and sang to the natural world all the time. This workshop is about reconnecting with that universal vocal instinct to call and respond, to harmonize, and to play with the ever-flowing chorus of all creation. Includes singing games, rounds, and part-songs, and a songwriting session take us there. \$40-\$60 sliding scale. Call Lindsay at 904-8475; lpasmore@toast.net or beckyreardonmusic.com.

Chanting, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Fridays, 8:15 p.m. • We welcome everyone of all faiths, meditation practices, and traditions to join us for devotional chanting (in English) to help open our hearts and go deeper into stillness and peace, followed by pure meditation and silent prayer at 8:30 p.m. with winged prayer for all in need at 9 p.m. Please come and stay as long as you wish. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Healing Sound Share with Lisa Nogueira • Jan. 19, 1-3 p.m. or Feb. 20, 7-8:30 p.m. • All are welcome to share and experience the healing and profound effects of sound. No previous experience necessary, just curiosity and/or intention to help or heal. Come and experience this unique vibrational share as we explore singing bowls, tuning forks, and other instruments of sound together. Instruments provided. By donation. Call 761-8753; lisa@tranquilbeing.com or tranquilbeing.com.

Musical Performances with the University Musical Society • Call 764-2538; umstix@umich.edu or ums.org/performances.

Colin Stetson • Jan. 15 and 16, 7:30 p.m. • Born and raised in Ann Arbor, saxophonist Colin Stetson performs with intense technical prowess, matched by his emotionally gripping skills as a songwriter. He is also a current member of the indie band Bon Iver. \$30.

Kronos Quartet • Jan. 17 and 18, 8 p.m. • The Kronos Quartet celebrates its 40th anniversary with forward-looking artistic explorations, and will perform two different programs in Ann Arbor. The first includes the epic work, Black Angels, a response to the agony of the Vietnam War featuring bowed water glasses, spoken word passages, and electronic effects. The second revolves around war and politics, including a suite from the film Dirty Wars. \$20 and up.

Denis Matsuev • Jan. 26, 4 p.m. • Siberian pianist Denis Matsuev, winner of the 1998 International Tchaikovsky Competition and a relatively recent UMS discovery, has wowed UMS audiences twice in recent years. "His technique is phenomenal...perhaps he is the new Horowitz." (London Times). \$10 and up.



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A Compelling Reason to Join our Email List

Last year, over **60** different spiritual, holistic, and psychological growth *organizations and individuals* used the **Crazy Wisdom Email List** to reach our over 3,000 self-selected subscribers.

If you want to know what's going on in the wider body, mind and spirit community in the Ann Arbor region, *sign up to get on our Email List*. Yes, it's true, you will get some emails from Crazy Wisdom about store events and happenings, but more importantly, you will be receiving emails, through us, from many organizations and centers and groups that sponsor the kinds of events, classes and programs that *you care about*.

To subscribe, go to our website at www.crazywisdom.net. And to send out an Email to our Email List subscribers, you can contact our webmistress, Carol Karr, at: carol@crazywisdom.net

Fred Hersch Trio • Jan. 30, 7:30 and 9:30 p.m. • Proclaimed by Vanity Fair as “the most arrestingly innovative pianist in jazz over the last decade,” Fred Hersch balances his internationally recognized instrumental and improvisational skills with significant achievements as a composer, bandleader, and theatrical conceptualist. \$30 and up.

Ariel Quartet • Feb. 5, 7:30 p.m. • Characterized by its youth, brilliant playing, and soulful interpretations, the Ariel Quartet has earned a glowing international reputation in just a few years on the professional circuit. \$24 and up.

Kremerata Baltica • Feb. 6, 7:30 p.m. • Born in Latvia, Gidon Kremer began studies with violin master David Oistrakh at the age of 18, and won first prize in both the Paganini and Tchaikovsky International Competitions. He regularly champions the work of living composers and will perform a program that commemorates the centennial of Benjamin Britten’s birth. \$10 and up.

One Night in Bamako • Feb. 7, 8 p.m. • Two of Mali’s talents unite for a special concert: Bassekou Kouyate is a virtuoso picker, musical visionary, and one of Africa’s greatest instrumentalists. Fatoumata Diawara presents a joyous mix of the vibrant and understated, combining songs about love, politics, and empowerment. \$20 and up.

St. Lawrence String Quartet • Feb. 14, 8 p.m. • “A sound that has just about everything one wants from a quartet, most notably precision, warmth, and an electricity that conveys the excitement of playing whatever is on their stands at the moment.” (The New York Times). \$22 and up.

Joshua Bell • Feb. 16, 4 p.m. • Often referred to as a “poet of the violin”, Joshua Bell enchants audiences with his breathtaking virtuosity, sheer beauty, and charismatic stage presence. \$10 and up.

St. Petersburg Philharmonic • Feb. 22, 8 p.m. • A return to Ann Arbor, bringing with them the young pianist Denis Kozhukhin, whose “nimble, flying virtuosity is a mix of weightless, supple, acrobatic display and power with a steel core.” (The Herald Scotland). \$10 and up.

Alfredo Rodriguez Trio and Pedrito Martinez Group • Mar. 14, 8 p.m. • A young pianist of astonishing virtuosity and imagination, Cuban-born Rodriguez performs with the open spirit of a culture rooted in dancing. Percussionist and vocalist Martinez incorporates the folklore of his Cuban roots with religious Yoruba chants and bata melodies into the traditional clave beat of popular Latin jazz. \$20 and up.

Israel Philharmonic Orchestra • Mar. 15, 8 p.m. • For more than 75 years, the orchestra has hosted the world’s greatest conductors and soloists while developing Israeli artists and young talents from both Israel and abroad. \$10 and up.

Elias String Quartet • Mar. 18, 7:30 p.m. • Founded in Manchester, England in 1998, this quartet has quickly established itself as one of the most intense and vibrant quartets of its generation. \$20 and up.

Tara Erraught • Mar. 20, 7:30 p.m. • Irish-born mezzo-soprano Erraught’s Vienna State Opera debut left critics positively elated and audiences stunned. \$10 and up.

Asif Ali Khan Qawwali Music of Pakistan • Mar. 21, 8 p.m. • Asif is a superstar in his native Pakistan and a powerful figure on the international stage, remaining faithful to the sublime traditions of devotional Sufi music. \$20 and up.

Jazz at Lincoln Center Orchestra with Wynton Marsalis • Mar. 30, 4 p.m. • Performing music that links today’s improvisers with the rich history of traditional and contemporary big-band composition, Marsalis’ Jazz at Lincoln Center Orchestra brings an expansive range of music to the most treasured international stages. \$10 and up.

Los Angeles Guitar Quartet • April 10, 7:30 p.m. • Comprised of four uniquely accomplished musicians who bring a new energy to the concert stage with programs ranging from bluegrass to Bach, this quartet consistently plays to sold-out houses worldwide. \$22 and up.

Akademie fur Alte Musik Berlin • April 13, 4 p.m. • The Akademie fur Alte Musik Berlin began as a courageous display of musical sovereignty against the East German socialist regime and now, some 30 years later, enjoys recognition as one of Europe’s greatest musical success stories. \$10 and up.

Native American

Dance for Mother Earth Powwow • Date in April, to be determined • This powwow attracts American Indian dancers, singers, and drummers from throughout the nation. Dancers ranging in age from toddlers to elders compete in several styles of dance - fancy, traditional, grass, and jingle dress - wearing traditional and contemporary regalia. Competing drum groups provide vocal and rhythmic accompaniment to the dancers as they themselves are judged. Cash prizes are awarded to winners. A variety of Native American culture is expressed through vendor exhibits of arts, crafts, music, contemporary and traditional foods, and information on social and political issues that currently challenge local,

regional and national American Indian communities. A commitment to heritage pervades the event. Participants share in opening and closing prayers, special giveaways, and a shared dedication to the spiritual aspect of American Indian cultures. For ticket information, visit umich.edu/~powwow.

Ojibwe Pucker Toe Moccasin Making with Rowena Conahan • Mar. 8, 9 a.m.-5 p.m. • Make your own moccasins! Anishinaabe teaching stories and songs will be part of the day. Information about foot anatomy, walking, and foot healing will be shared. Participants will begin (and may finish) making basic Ojibwe pucker toe moccasins out of elk or moose hide. \$100-\$160 sliding scale. Limited to 8 people, age 12 and older. Call 531-8330 by Feb. 22 to register; naturelearningcommunity@gmail.com.

Nature Awareness

Nature Learning Community Outdoor Skills Day with Rowena Conahan • Feb. 9, 1-4 p.m. • The free gathering will take place in the forest in a bark and mud shelter and around the campfire. We will practice outdoor skills, play games, swing in the hammock, and enjoy good company. All ages welcome. Call 531-8330; naturelearningcommunity@gmail.com.

Fire Skills with Rowena Conahan • Mar. 15, 1-5 p.m. • You have a fire lit - what now? This class will look at ways to ignite a fire at various technology levels, as well as ways to effectively use our greatest invention for heat, light, and cooking. The ins and outs of firewood and various ways to lay a fire will be covered. Learn to diagnose problems with fires when saying “white rabbit” doesn’t work! \$40, under 13 half priced (with adult). Call 531-8330; naturelearningcommunity@gmail.com.

Beginning Trapping with Rowena Conahan • April 19, 11 a.m.-5 p.m. • Learn to feed yourself with simple traps, using only a knife, hatchet, and materials sourced from the landscape. These traps were, and still are, an incredibly humane and efficient way to harvest animals for food. No animals will be trapped during this class. We’ll also discuss trapping ethics and laws. \$40, under 13 half priced (with adult). Call 531-8330; naturelearningcommunity@gmail.com.

Events with Leslie Science and Nature Center • Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Owl Do I Love Thee • Feb. 14, 7-9 p.m. • Huddle close as our owls - with their round and heart-shaped faces - effortlessly capture your attention and admiration. Savor time together with your valentine over chocolate-covered strawberries and a few games, then bundle up for a lantern-lit self-guided stroll with poems and sonnets that will inspire your love for nature and each other. Hot chocolate and a cozy fire will warm your heart and hands upon your return. 16 years and older. \$15 per couple.

Owl Prowl for Adults Only • Mar. 14, 7-9 p.m. • Night hikes, owl calling, and visits with live owls will fill the evening with wonder. \$8.

Ornithology: An In-Depth Look at Bird Life, Anatomy, and Identification • Lectures: Mar. 4, 11, 18, 25, April 1, 8, 15, 29; 7:30-9 p.m. and Morning Field Trips: Mar. 8, 15, 22, 29, April 5, 12, 26, May 3 • Join us for an eight-week ornithology class. Perfect for the beginner or intermediate birder alike. We will delve into anatomy and physiology, behavior, taxonomy, reproduction, vocalizations, and identification. \$295.

Nutrition & Food Medicine

2nd Annual Taste of Health: Let Food Transform How You Feel • Jan. 18, 11 a.m.-5 p.m. • Sample healthy gourmet recipes, receive inspiration through talks and food demos, have fun with comedy improv skits, and more! All proceeds benefit Grass Lake Sanctuary. \$7 pre-registered or \$10 at the door. Contact tasteofhealthgls@gmail.com or tasteofhealthgls.org.

Raw Foods Lecture Series with Ellen Livingston sponsored by People’s Food Co-op • 7-8:30 p.m. at Crazy Wisdom Community Room • Free, but pre-register at peoplesfood.coop/news_and_events/ or by calling Karen at 994-4589; outreach@peoplesfood.coop or peoplesfood.coop.

Jan. 7 • Learn the Many Benefits of a Raw Vegan Diet • How you can be rid of bothersome symptoms, lose excess weight easily, and take charge of your health with a raw food diet.

Anita Rubin-Meiller, L.M.S.W.

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The Crazy Wisdom Calendar

Nutrition & Food Medicine (continued)

Mar. 11 • Spring Detox • Learn how to detoxify safely and naturally.

April 8 • The Whole Truth about Grains • Discover why grains are not an optimal food for humans.

Healing Foods Circle with Judy Sauer • Sundays: Jan. 5-Feb. 23, 3:30-5 p.m. or Thursdays: Jan. 9-Feb. 27, 6:30-8 p.m. • Is your body demanding dietary change? Are you tired of living with a body that screams for carbohydrates and junk food? In this eight-week course, you will be guided emotionally and physically through a 30-day commitment to eliminating inflammation-causing foods and begin the journey toward a life of eating foods that nourish your body, mind, and spirit. \$400. Call 761-8193; judy@jdsfoodsolutions.com or jdsfoodsolutions.com.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • Jan. 14, Feb. 11, Mar. 11, April 8; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. \$3.25 for a pot of tea with free refills. Call Carol at 665-2757; info@crazywisdom.net or crazywisdom.net.

Palmistry

Drop-In Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • First and Third Saturdays of each month, 3-6 p.m.; Second and Fourth Sundays of each month, 3-6 p.m. • A scholar of the ancient Indian science of Palmistry and Numerology, Vijayalaxmi counsels clients on relationships, career, health, relationship compatibility, and many other aspects of life. For decades, she has passionately studied ancient Indian as well as Western Palmistry and combines Palmistry with Numerology for the positive direction and welfare of her clients. \$1.50 per minute. No appointment necessary. Call 222-9160; vijaya_laxmi@comcast.net.

Parenting

Free Mindful Parent Workshop with Chuck Barbieri • Jan. 11, 2-4 p.m. at Crazy Wisdom Community Room • This workshop will explore how to become a more mindful parent by presenting parenting skills and techniques that parent from the inside out. We will examine obstacles and opportunities to become more mindfully present with our children. We will identify specific New Year's resolutions to help us achieve the parent that we want to be! Free with donations welcome. Register by Jan. 8 by calling 686-2834; pippbarbieri@gmail.com.

Building an Emotional Wellness Toolkit for New and Expecting Parents with Sarah Nuxoll • Mar. 19, 7-8:45 p.m. at Crazy Wisdom Community Room • Parenting is a whole new ball game! Whether baby is on the way or already here, we may find ourselves coping day-to-day with resentment, grief, anger or worry that can get in the way of bonding with our child and enjoying our lives as parents. In this interactive workshop, we will put together a take-home emotional toolkit that can help us feel more like ourselves again and embrace this new adventure as a family. Babes in arms welcome. \$15 per person or \$20 per couple. Call 709-3145; welcomewithlove@gmail.com or welcomewithlovefamilycare.com.

Where the Rubber Meets the Road: Strategies for Emotional Challenges of Parenting with Catherine Fischer • Jan. 12, 1:30-3:30 p.m. • Get a boost for your parenting from this six-week class for parents of young children. Learn stress-reducing listening skills to help you understand children's emotions; know what to do when children "lose it" (or you do!); set limits successfully; support close sibling relationships; and lessen exhaustion, confusion, and guilt while nurturing yourself and your connection to your children. \$150 plus \$30 materials fee. Call 395-5244; catherine@supportforgrowingfamilies.com or supportforgrowingfamilies.com.

"NO! Mine!" How to Help Children Share with Catherine Fischer • Jan. 7, 7:30-8 p.m. • Learn simple listening tools to help children share. Call in for this teleseminar from wherever you are. Free. Call 395-5244; catherine@supportforgrowingfamilies.com or supportforgrowingfamilies.com.

Personal Growth

You Cannot Love Another Until You Love Yourself with Christine Shekoski • Feb. 14, 7:30-8:30 p.m. at Crazy Wisdom Community Room • You cannot love another until you love yourself. Learn practical, interactive ways to support you in everyday life to love yourself. You matter and your life is important. Allow you to love yourself. \$10. Call 213-1588; cshekoski@aol.com.

What Makes a Good Life? with Carole Kirby • Jan. 12, 2-4:30 p.m. at Crazy Wisdom Community Room • Carole will share some of Martin Seligman's ideas from his book, *Flourish*, which introduces us to the concept of well-being. He builds on his earlier concepts of optimism, motivation, and character. Exercises will be offered to help you explore your attitudes and goals, and provide tools for getting the most out of life - to see the possibilities rather than constraints. Free, but please pre-register at 424-2797 or carole777@aol.com or therapy4couples.com.

Exploring Early Attachment Experiences: The Impact On Our Significant Adult Relationships with Carole Kirby • April 13, 2-4:30 p.m. at Crazy Wisdom Community Room • Discover how your early attachment to your primary caregivers impacted you and your attachment style in your primary love relationship. Everyone welcome, whether partnered or single. Free, but please pre-register at 424-2797 or carole777@aol.com or therapy4couples.com.

Creating Internal Resources with Cam Vozar • Jan. 15, 6:30 p.m. • Create internal resources to cope with stress and increase well being. Contain distress and increase safety. Learn to connect to spiritual, nurturing, and protective resources. \$10. Call 747-9073; cam.vozar@gmail.com.

Soul Essence Evolving: SEE with Deb Foggio • Jan. 10, 24, Feb. 28, Mar. 14, 28, April 11, 25; 7-10 p.m. • Soul Essence Evolving is a Systemic Constellation approach that allows feelings, emotions, and beliefs that create issue for us hidden in the unconscious to be revealed. This is done through a process of energy bodywork integrated with psychotherapy principles. \$25. Call 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Soul Essence: New Year Revelations with Deb Foggio • Jan. 3, 7-10 p.m. and Jan. 4, 10 a.m.-2 p.m. • New year, new beginnings, new opportunity to live life more vibrantly if you can do things differently... better. We follow our instincts at this time of year to work to realign to the vibration of prosperity that is our natural way of being. We work by setting goals, making resolutions, and setting intentions. \$95. Call 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Soul Essence: Revelations of the Heart with Deb Foggio • Feb. 7, 7-10 p.m. and Feb. 8, 9:30 a.m.-2:30 p.m. • February is the month where love is the focus. How are you standing in the area of love and romance? Are you in a committed loving relationship or is this a part of your life that is eluding you? If you are in relationship, is it what you desire and everything you want it to be? \$95 with early registration discount offered. Call 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

On Fire Again! A Map for Powerfully Navigating Change and Transition with Laura Shope • Jan. 11, Feb. 8, Mar. 8 or April 12; 9 a.m.-6 p.m. • When old dreams die, important things fall apart and you lose passion in key areas of life. It can be confusing to realize you don't know what you want next. During this one-day workshop, experience a powerful model for navigating this uncertainty that gives you a sense of peace and clarity for moving forward - no matter where you are in the process. \$98 plus bring a friend for free. Call 646-6374; laura@bluefireinstitute.com or bluefireinstitute.com.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Jan. 21, 2-3 p.m. • Learn a powerful tool you can use anytime to improve your health, career, abundance, relationships or retirement. Release what is not life enhancing (fears, emotions, trauma, depression) and increase whatever you choose to add joy to your life. Experience reduced suffering and conflict, and increased peace. \$30. Call 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.



Illustration by Sara Van Zandt

LifeCREATIVE with Jennifer Palmer • Jan. 27, 7-9 p.m. • Join us for the first in a series of lifeCREATIVE workshops, a playful discovery program designed for dreamers, or anyone who has ever asked the question on Monday morning, "Is this all there is?" and would like to infuse their life with more passion and joy. LifeCREATIVE will help you discover your spark, explore how to move beyond fears and limitations, show you how to turn life and career goals into joyful exploration, and how to take those crazy big dreams and make them into small achievable steps. Free. Call 419-566-4747; jpalmer687@gmail.com or livelifecreative.org.

Traits of a Great Healer with Karlta Zarley • April 26, 9 a.m.-5 p.m. • Are you wondering how to make the leap from being a good healer to being an exceptional healer? What does it take to do that? We will review the skills and practices it takes to make that leap. \$75. Call 433-9333; kzarley@att.net or karltazarley.com.

Basic Numerology with Marjorie Farnsworth • What's in a name? Using the letters and numbers in a person's birth name and date, numerology is able to define and predict a person's destiny, personality, challenges, cycle lessons, and karma. And it's much easier to use and understand than astrology! \$10 or \$15. Call 347-8180; info@spiritassisthypnotherapy.com or spiritassisthypnotherapy.com.
 April 14, 6:30-7:30 p.m. at Crazy Wisdom Community Room • info@spiritassisthypnotherapy.com; Mar. 26, 6-7 p.m. • wilsonc@dexterschools.org; April 28, 6-7 p.m. • waltzj@salineschools.org.

Prayer

Divine Service with The Aetherius Society • Sundays, 11 a.m. • Regular Sunday services include beautiful dynamic prayers, eastern mantra, and an address, either by one of our priests or ministers or a recording by the late Dr. George King, founder-president of The Aetherius Society. A highlight of this service is the playing of one of the Twelve Blessings Transmissions delivered by Master Jesus. Free with love offering welcome. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Operation Prayer Power • Wednesdays, 7:30 p.m. • Each week since 1973, spiritually-minded people have come together at centers around the world for Operation Prayer Power charging sessions. Using dynamic prayer, sacred mantra, and mystic mudras, tremendous prayer energy is invoked, collected, and stored in a radionic battery. These charging sessions continue week and week, filling each battery with thousands of hours of spiritual energy for later release to the world, enabling miraculous results. All welcome. First time attendees should arrive early. Free with love offering welcome. Call Chrissie at 248-588-0290; info@aetheriusmi.org or aetheriusmi.org.

Prosperity & Abundance

Make a Difference Seva Afternoon: Giving and Receiving with Self Realization Meditation Healing Centre • Jan. 20 • We welcome everyone to join us in joyful service to the Centre, with amazing tea breaks! There are countless blessings to be received by giving of your time, energy, and resources. RSVP by Jan. 13. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Reiki

Reiki Fusion Class: I, II, III with Marianne Carduner and Mara Evans • Jan. 25, 9 a.m.-6 p.m. and Jan. 26, 11 a.m.-4 p.m. • The format will be a weekend class where all Reiki levels are brought together, utilizing everyone's experience. This Reiki class takes you further and deeper on your journey, for the unfoldment of the individual living a new paradigm, and is based on a healership and personal evolution program using Reiki as the basis. For cost, call Marianne at 355-5250; fusionenergyarts@gmail.com or fusionenergyarts.com.

Curious About Reiki? with Suzy Wienckowski • April 16, 7-9 p.m. • In the gentle, hands-on healing art of the Usui System of Reiki Healing, Universal Life Energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini treatments will be offered. Call 476-7958; suzyreiki@aol.com.

First Degree Reiki with Suzy Wienckowski • Jan. 17-19 or Mar. 21-23: Friday 7-9:30 p.m., Saturday 9:30 a.m.-4 p.m., Sunday 9:30 a.m.-12:30 p.m. • Reiki is a gentle, hands-on healing art. It is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. Class includes history, hands-on treatment form for yourself and others, and individual initiations. \$150 with certificate awarded. Call 476-7958; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • April 11-12: Friday 7-9 p.m., Saturday 9:30 a.m.-4 p.m. • In the 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 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. Call Suzy at 476-7958; suzyreiki@aol.com.

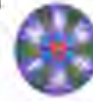
Reiki Share with Sally Pinchock and Ruth Owens • Jan. 8, Feb. 12, Mar. 12, April 9; 9:30-11:30 a.m. or Jan. 27, Feb. 24, Mar. 24, April 28; 7-9 p.m. • Reiki is a spiritually guided life energy by laying on hands. We welcome the public as well as other Reiki practitioners to share and learn from each other while building community. The energy of Reiki is experienced through the exchange of giving to and receiving from those who are present. By love donation. Call Deb at 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

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Reiki Certificate Courses

Reiki I March 1, Reiki II March 29, Reiki III Master - April 19 & 26
 10:00 am - 2:00 pm Saturdays

Monthly Ascension Support Class

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 Meets every 4 weeks for 6 months
 Starts Feb. 27

The Crazy Wisdom Calendar



Dr. Mark Chappell-Lakin has been a licensed chiropractor since 2010, and owns Live Well Chiropractic Center in downtown Ann Arbor. For more information, visit <http://www.livewellchiropracticcenter.com/>.

Reiki (continued)

Reiki Gathering with Marianne • Third Sunday of each month • This gathering is open to all, including all levels of Reiki practitioners as well as non-practitioners who simply want to receive. This is a space to receive and practice, to share and learn. \$5 suggested donation. Call 355-5250; info@unfoldinglife.net or unfoldinglife.net.

Free Reiki Clinic with Debra Williams • Fourth Thursday of each month, 7-8:30 p.m. • This is a unique opportunity to experience the powerful healing affects of Reiki. You just have to feel it to know it. By love donation. Call 734-416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Reiki I Certification Course with Eve Wilson • Mar. 1, 10 a.m.-2 p.m. • Receive your Reiki I Certificate. Learn to channel clear, true Reiki energy, use accurate and effective healing techniques on yourself and others for relief of pain and stress, and achieve deep relaxation and release, speed healing, and sleep better. \$115. Call 780-7635; ewew@spiritualhealers.com or spiritualhealers.com.

Reiki II Certification Course with Eve Wilson • Mar. 29, 10 a.m.-1 p.m. • Receive your Reiki II Certificate. Learn rapid, safe, easy to do healing for self and others at any distance. Make burns and bruises instantly heal, protection, clearing, even start your car battery! \$120. Call 780-7635; ewew@spiritualhealers.com or spiritualhealers.com.

Reiki III Master Teacher Certificate Course with Eve Wilson • April 19 and 26, 10 a.m.-2 p.m. • Receive your Reiki III Master Teacher Certificate. Includes the Reiki Master attunement, training for passing attunements, and teaching classes. \$450. Call 780-7635; ewew@spiritualhealers.com or spiritualhealers.com.

Retreats

Partner Yoga and Thai Yoga Massage Retreat with Tatianah Thunberg and Kelly Kempter • Feb. 7, 5 p.m.-Feb. 9, 2 p.m. at Song of the Morning Yoga Ranch in Vanderbilt • This restorative retreat includes dynamic partner yoga postures, breath regulation, and meditation, which offer an opportunity to explore Hatha yoga while cultivating closeness and subtle communication with another. Thai yoga massage offers an opportunity to continue this conversation through giving and receiving touch grounded in the breath and supported by compassion and loving kindness. \$130-\$145 plus lodging, includes meals. Call Kelly at 223-4156; a2bluelotusthai@gmail.com or songofthemorning.com.

New Year's Gathering at Self Realization Meditation Healing Centre • Dec. 31 before lunch through Jan. 1 after lunch • Come embrace the New Year. Retreat includes comfortable shared room lodging and delicious, home-cooked vegetarian meals. You may add to this for a longer retreat if you wish. \$136 per person. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Easter Celebration Retreat at Self Realization Meditation Healing Centre • April 18 before dinner through April 20 after dinner • Inner and outer silence, together with times spent in prayer, meditation, contemplation, and walking help us to develop a depth of peace that is rare in today's hectic lifestyles. Hear Mata Yogananda Mahasaya Dharma's Easter message on Easter morning. This small group retreat offers simple home-cooked vegetarian meals and comfortable, shared accommodations in a quiet country setting. \$140. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Mindfully Engaging Costa Rica with Lynn Sipher • Mar. 1-7 • We know that magical, time-stopping moments in travel occur when we are fully present and fully attentive. In this retreat-like experience, learning and practicing mindfulness as part of the structure of each day sets the intention to quiet our minds and create the space for full, multi-sensory, joyful engagement of this lush country. \$2,495. Call Line Minder at 665-4407; lene@journeys.travel or journeys.travel/destinations/americas/costa_rica.

Spring Vipassana Basics Retreat with Dorothy Ann Coyne, Lisa Zucker, and Sandra Villafuerte • Mar. 7-9 • This retreat is especially for first-time retreatants, beginners, continuing, and anyone wanting the basics. Held at Rudolf Steiner House. For cost and times, contact info@deepspring.org or deepspring.org.

Stones Are Our Friends with Karlta Zarley • Feb. 9-13, 2014 • This is the chance of a lifetime to see the world's largest gem and mineral show in Tucson, Arizona. We will learn about stones and crystals, purchase them at discounted prices, and figure out how they will serve spirit once home with us. We will close with a dedication ceremony. \$450 with early registration discount offered. Register by Nov. 15. Call 433-9333; kzarley@att.net or karltazarley.com.

Relaxing Yoga Retreats at Lake Michigan with Ema Stefanova • To Your Health: Mar. 21-23 or Transformations: April 18-20 • Intimate retreats provide opportunity to restore balance at all levels, experience peace, and enrich your practice in meaningful ways. Yoga teachers earn CEUs with Yoga Alliance. \$425 with early registration discount available. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Holy Week Retreat Transformation and Mystery: Followers of the Way with Joan Ebbitt and Esther Kennedy of Weber Center • April 13 at 3 p.m.-April 17, 1 p.m. • During these sacred days, we will deepen our understanding of how friendship, suffering, betrayal, courage, and loyalty open us to the energies of compassion and love. In the company of one another, we followers of the way will enter in to the great Christ story and open our hearts to live our sacred destinies. \$325 single occupancy. Call 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

No-Frills Vipassana Retreat at Howell Nature Center • April 11-13 • A low-cost, silent retreat in a lovely center and setting. Retreatants share responsibilities for providing meals. Estimated expense for meals is \$20. For cost and times, contact info@deepspring.org or deepspring.org.

Developing the Light Body with Karlta Zarley • May 18-21, with registration deadline of April 18 • We will be staying in a small cottage on the shore of Lake Michigan. We will learn about the light body, what it is, how it develops, and what to watch for in ourselves as we change and evolve. Lodging is \$75 for three nights. We will share cooking responsibilities as we "eat in". \$150. Call 433-9333; kzarley@att.net or karltazarley.com.

Self-Care

Self-Care for Healing Professionals with Joan Kaufmann • Feb. 22, 11 a.m.-2 p.m. • Learn the importance of self-care and burnout prevention to the establishment and maintenance of your professional self. \$20. Call 355-6968; joan.a.kauffman@sbcglobal.net.

Shamanism

Shamanic Trance Journey with James Treeclimber • Third Wednesday of each month, 7 p.m. • Dream-trance journey to alternate realms of totality, utilizing candles and our hypnotic drum-beat. \$5 minimum donation. Call 308-6020; leboeufjames@att.net.

Core Shamanism with Marjorie Farnsworth • An exploration of Native American and other tribal approaches to healing based on the belief that sickness begins in the soul. Students will learn about basic tribal healing techniques and have the opportunity to go on a trance journey with drumming to meet a personal animal totem. \$20. Call 347-8180; info@spiritassistshypnotherapy.com or spiritassistshypnotherapy.com. Mar. 17, 6:30-8:30 p.m. at Crazy Wisdom Community Room • info@spiritassistshypnotherapy.com.

Mar. 19, 6-8 p.m. • wilsonc@dexterschools.org.
April 7, 6-8 p.m. • waltzj@salineschools.org.

Shamanism: Introduction to the Shamanic Journey with Kate Durda • Feb. 1, Feb. 2 or Mar. 1 • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. This class is a pre-requisite for all advanced training, including basic foundational training series. We offer an extensive curriculum for both self-exploration as well as for those interested in advanced healing training. \$85 with early payment discount available. Call 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Advanced Shamanic Healing Methods Course with Kate Durda and Stephanie Tighe • Begins April 19 and 20 and ends mid-July • Shamanic healing methods to be covered in this intensive include soul retrieval, plant spirit medicine, extraction, and restoration of lost power. We will also cover other spirit-directed techniques, ethics, establishing a healing practice, sensing energy, shifting energy, and how to help your clients receive healings. Application and experience required. For cost, call Stephanie at 517-667-8448; spiritweavers@gmail.com or spiritweavers.net.

4th Annual Shamans' Mid-Winter Dance and Ceremonies Residential Retreat with Kate Durda and Stephanie Tighe • Jan. 25, 10 a.m.-Jan. 26, 3 p.m. • Pre-requisite is shamanic training or experience. Winter is a traditional time to go inward. Many indigenous peoples, including the Iroquois, Pacific Northwest tribes, etc., conducted winter ceremonies and initiations. This is a gathering of shamanic practitioners to do serious work together during this 'quiet' time. All traditions welcome. For cost, call Stephanie at 517-667-8448; spiritweavers@gmail.com or spiritweavers.net.

Medicine for the Earth: Ancient Ways to Restoring Health to Self and the Environment with Kate Durda and Stephanie Tighe • Mar. 22, 9:30 a.m.-5:30 p.m. • Powerful, experiential workshop based on the work of Sandra Ingerman as outlined in her book, *Medicine for the Earth*. You will learn how to transform personal and environmental blockages through a technique of transmutation, a method of re-membering our own divine nature to create healing and coherence within and without. Key spiritual practices will be explored that can be easily incorporated into daily life, reinforcing the power of change and healing. For cost, call Stephanie at 517-667-8448; spiritweavers@gmail.com or spiritweavers.net.

Weather Shamanism: Parts I and II with Nan Moss and David Corbin of Down to Earth in Vermont and Foundation for Shamanic Studies • April 4-6 • Weather shamanism - a form of spiritual ecology - is a call to those who care about where our world may be heading, and who sincerely wish to safeguard the health of our planet. At the heart of weather shamanism is weather dancing - the essence of the spiritual relationship, its practice, and ethics. Weather shamanism is not about controlling the weather; shamans are healers and our goal in this workshop is to heal our relationship with weather. For cost, call Kate at 517-667-8448; spiritweavers@gmail.com or spiritweavers.net.

3rd Celtic Shamanism Gathering: Open to Graduates of Tom Cowan's Celtic Shamanism Program • April 25-27 • Many of those who've worked with Tom have requested continuing advanced work in Celtic Shamanism. To meet this need in 2011, Tom began to offer annual gatherings for advanced practitioners who have completed one of his two-year Celtic Shamanism programs. For more information and cost, call 517-667-8448; spiritweavers@gmail.com or spiritweavers.net.

Skin Care

NYR Organic Purely Perfect Skincare with Emily Wagner • Feb. 16, 2-4 p.m. • Experience a luxurious mini-facial with award winning, certified organic skincare products. Free. Call 680-7525; emwagner22@gmail.com or us.nyrorganic.com/shop.emilywagner.

Girls Night In! with Emily Wagner • Mar. 15, 7-9 p.m. • NYR Organic presents pure pampering with award winning certified organic beauty boosters. Enhance natural radiance with a rose facial mask or sample antioxidant rich mineral makeup. Free. Call 680-7525; emwagner22@gmail.com or us.nyrorganic.com/shop.emilywagner.

Purely Perfect Color with Emily Wagner • April 13, 2-4 p.m. • Care, protect, and nurture your skin with an introduction to NYR Organic. Free. Call 680-7525; emwagner22@gmail.com or us.nyrorganic.com/shop.emilywagner.

Spiritual Development

Spiritual Talk, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Sundays, 7 p.m. • We welcome everyone of all faiths, meditation practices, and traditions to join us as we listen to one of Mata Yogananda's recorded inspiring talks followed by pure meditation and silent prayer, with winged prayer - for all in need at 9 p.m. No charge. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Praying the Psalms with Maribeth Howell of Weber Center • Jan. 7, 14, 21, 28; 6:30-8 p.m. • The Psalter holds some of the best known prayers of our ancestors in faith, prayers that express sorrow, comfort, and delight. In addition to identifying the various forms of prayer found in the Psalter, we will look at its history and formation. \$20 for the series. Call 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Meditation and Power: Consciously Applying the Energetic Laws of the Universe with Center of Light Ann Arbor • Jan. 9, 23, 30, Feb. 6, 13, 20; 7:30 p.m. • This series will teach you to recognize and apply the fundamental energetic and spiritual laws that govern the world around you. You will leave each class with simple and practical exercises that will change your life. Every exercise will bring you closer to knowing your own creative power. \$40 for the series. Call Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Crazy Wisdom Poetry Series at the Crazy Wisdom Tea Room hosted by Joe Kelty and Ed Morin

Second and Fourth Wednesday
of each month, 7-9 p.m.

Crazy Wisdom Poetry Series

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 • Featured Reader and Open Mic reading, 7-9 p.m. 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

January 22 - M. L. Liebler is author of 13 books including the award winning *Wide Awake in Someone Else's Dream* (2008). His groundbreaking working-class literary anthology *Working Words: Punching the Clock and Kicking Out the Jams* received The Michigan Library Notable Book Award (2011). He has toured many countries with his Magic Poetry Band and other musical groups. *The Detroit Free Press* and *The Metro Times* recently selected him as Best Detroit Poet.



February 26 - Gloria House is Professor of Humanities and African American Studies at the U. of Michigan, Dearborn, and Associate Professor Emerita in Interdisciplinary Studies of Wayne State U. During the 1960s, she was field secretary of the Student Non-Violent Coordinating Committee (SNCC) in Alabama. Her three poetry collections—*Blood River* (1983), *Rainrituals* (1989), and *Shrines* (2004)—reflect her involvement in civil rights, community development, and Third World solidarity.



March 26 - Christine Rhein is author of *Wild Flight*, which won the Walt McDonald Prize in Poetry. Her poems have appeared in *The Gettysburg Review*, *Southern Review*, and *Michigan Quarterly Review*, where her work won the Laurence Goldstein Poetry Prize. Her poems are featured on the Poetry Daily and Verse Daily websites, The Writer's Almanac public radio program, and in *Best New Poets* and *Poetry in Michigan/Michigan in Poetry*. She lives in Brighton. www.ChristineRhein.com.



April 23 - Ed Haworth Hoepfner is the author of three books of poetry, *Rain through High Windows*, *Ancestral Radio*, and *Blood Prism*, the last of which won *The Journal/Ohio State U Press* award and was a finalist for the Kingsley Tufts Memorial Prize. He has also written *Echoes and Moving Fields* about the work of W.S. Merwin and John Ashbery. He teaches at Oakland University and directs the creative writing program there.



These events are **FREE** to attend.
Each featured reader is followed by an hour of open mic.

Joe Kelty, poet and teacher of biology and English at area community colleges.

Ed Morin, poet and former English teacher at area universities and colleges.

Crazy Wisdom Bookstore & Tea Room
114 S. Main St., Ann Arbor
<http://crazywisdom.net/>
734.665.2757

Questions for Naturopathic Doctor Nia Aguirre on Natural Options for Allergies, Sensitivities, and Intolerances

By Julianne Popovec | Photos by Tobi Hollander

Q. Nia, you treat people with allergies using a natural approach. Can you explain more about your background and how you apply it to treating allergies?

A. My training in non-drug, non-toxic therapies was part of my four-year naturopathic doctor program at the Naturopathic Institute of Therapies and Education in Mount Pleasant, Michigan. In addition, I took some Traditional Chinese Medicine classes at Bastyr University in Seattle involving the acupuncture points of the meridian system. I apply acupressure using just my fingertips. I do not use needles since I am not trained in acupuncture. Along with acupressure points, some of the modalities that many allergies respond well to include homeopathic remedies, herbs, better or different food choices, essential oils, gentle detoxification, and immune system strengthening. I have kept up my education through my 30-plus years in the wellness, fitness, and natural health profession.

Q. What exactly is an allergy?

A. In simple terms, an allergy is when the immune system has an abnormal response to anything that is normally fine for the other eight people in the crowd. An allergen is the thing causing or triggering the negative response. A person can be exposed to an allergen by eating or drinking it, inhaling it, touching it, and putting it on the skin or under the skin. Some folks claim that by just looking at it, they get an allergic reaction. (I tend to believe that one because I can gain weight just by looking at ice cream and doughnuts.)



Goldenrod



One plant in particular — ragweed — is the real culprit for many people. It likes to grow in many of the same areas as goldenrod, which often takes the blame.

Q. How do you work with clients on strengthening their immune system?

A. I recommend as many local greens, fresh vegetables, and fruits as possible. High quality fish oil and garlic can do wonders. I also teach herb classes, so I cannot leave out dandelion, plantain, mallow, and chickweed, which are very nutritive. For some people, I have used different forms of bodywork and energy therapies, such



Some of the modalities that many allergies respond well to include homeopathic remedies, herbs, better or different food choices, essential oils, gentle detoxification, and immune system strengthening.

as Light Healing Touch and Meridian Balancing. These provided much needed relief. The client and I work together on eliminating toxins that accumulate in the body and produce an overload on the immune system, digestive system, respiratory system, and so forth.

Q. Did you know at a young age that you wanted to pursue a career in natural living? What or who inspired you?

A. My childhood inspirations for natural living included Euell Gibbons (the wild herb guy who later appeared in the Grape-Nuts cereal commercial), Paul Bragg (the originator of Health Food Stores and of Bragg Organic Apple Cider Vinegar), and Jack LaLanne (the exercise guru and later his own juicer). As long as I can remember, my dad had Jack tuned in on our small, black-and-white, rabbit-eared television set. I shared this story in one of my older adult exercise classes, and one participant said, "And, look, you are still doing it!"

Q. What type of allergies do you commonly treat?

A. Cat and dog dander allergies are by far the most common animal allergies that I see. One client was allergic to a family member's cat and two dogs and was only able to stay in the house for one hour before it became too difficult to breathe. I worked on specific acupressure points and gave her two homeopathic remedies for her unique situation. She is still fine, and it has been five years.

I also see people allergic to plants, pollens, dust, and mold. One plant in particular — ragweed — is the real culprit for many people. It likes to grow in many of the same areas as goldenrod, which often takes the blame. Food allergies such as dairy, wheat, shell fish, potatoes, and chocolate are also common.

It is exciting, and, at times, challenging to work uniquely with each individual and help facilitate positive changes.

Q. What happens to the body after it has been exposed to an allergen?

A. Keeping it simple, once the allergen is inside the body, an antibody called IgE is produced. This antibody attaches to mast cells found in various areas of the body, especially the airways, gastro-intestinal tract, mouth, nose, and below the surface of the skin. The allergens then bind to the IgE, which causes the mast cells to release a host of chemicals into the bloodstream, mainly histamine. Histamine is famous for causing most of the symptoms of an allergic reaction. These reactions can be mild, moderate, or severe.

Ragweed



A mild reaction, a sensitivity, can make you feel like something is wrong, but not much happens. A moderate reaction, an intolerance, can make you feel ill, as in having a lactose intolerance that produces bloating, cramps, and flatulence. A severe allergic reaction can be extremely uncomfortable or life-threatening, as in the case of a peanut allergy or a bee sting.

Q. How do you determine which treatments will work best for someone?

A. The natural program for allergy relief is often a combination of therapies, which build upon each other. Yet, recall the person allergic to dogs and cats. She was fine after one appointment and her remedies. She followed her program and healed. Some bodies need more support than others. What works for one person may not be the best program for the next person. I take this approach when designing a program for allergies or any other condition. I am not a "cookie cutter" naturopath, herbalist, fitness specialist, and therapeutic bodyworker. No one receives the exact same program and handouts. It is exciting, and, at times, challenging to work uniquely with each individual and help facilitate positive changes.

Nia-Avelina Aguirre, N.D., is a graduate of the Naturopathic Institute of Therapies and Education (NITE) in Mt. Pleasant, Michigan. She has been in the natural health, fitness, and wellness profession since 1983. Nia also teaches three levels of herb classes at NITE. She sees clients at her offices in Ann Arbor and Chelsea, and also offers home visits. For more information, call (734) 883-7513 or email her at niaaguirre@aol.com.



Spiritual Development (continued)

Spiritual Intensive Weekend: Bringing in the New Age with Center of Light Ann Arbor • Jan. 31, 7:30 p.m.; Feb. 1, 10 a.m.-2 p.m.; Feb. 2, 9:30 a.m.-3 p.m. • This is a sacred time to be alive! The new age is upon us and it is one of vision and enlightenment. What will be your contribution? Join Mother Clare Watts for an event that will inspire and teach us how to prepare, what to expect, and how to be a dynamic contributor to this amazing time on earth. \$135 for the weekend including brunch on Saturday and Sunday. Call Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Meditation and Healing with Center of Light Ann Arbor • Mar. 4, 11, 18, 25; 7:30 p.m. • You will learn how to use mindfulness to wake up to your life, increase your vital life force, and open to the deep peace and wisdom within you. You will learn how to move through stagnant self-protection patterns and engage deeply with your life, your feelings, and the divine within. \$40 for the series. Call Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Spiritual Intensive Weekend: Mystical Mastery with Center of Light Ann Arbor • Mar. 28, 7:30-9:30 p.m.; Mar. 29, 8 a.m.-1:30 p.m.; Mar. 30, 9:30 a.m.-2 p.m. • Spiritual teachings, blessings, and satsung to help guide the spiritual seeker on the path to spiritual mastery. \$135 includes two brunches and snacks. Call Selena at 330-5048; revselena@centersoflight.org or annarbor.centersoflight.org.

Gifts of the Spirit with Karen Greenberg • Jan. 12, 19, 26 or Mar. 2, 9, 16; 12:30-9:30 p.m. • Learn how to distinguish between answers to important questions that you wish, hope, and desire to hear (which originate from your personality) versus higher level information from your higher self, your master of light self, your archangelic self. We will discuss many spiritual tools in this three-part series. \$133 for the series. Call 417-9511; krngmbg@gmail.com or clair-ascension.com.

Sacred Divine Geometry and Astral Travel with Karen Greenberg • Feb. 2, 12:30-9:30 p.m. • Learn the sacred symbols and emblazen them into your being to facilitate safe astral travel to the spiritual dimensions, through the gates of heaven to the Akashic zones, as well as to geographical locations. \$166. Call 417-9511; krngmbg@gmail.com or clair-ascension.com.

Spiritual Alchemy and Meditation with Karen Greenberg • Feb. 9, 12:30-9:30 p.m. • Learn a myriad of tools and techniques to change your vibration from a lower to a higher vibration, including sacred letters, powerful archetypes, sacred oils, visualization, meditation, prayer, toning names of G-d and archangels, and more. \$166. Call 417-9511; krngmbg@gmail.com or clair-ascension.com.

Adept Initiations into the Golden Brotherhood and Sisterhood with Karen Greenberg • Feb. 1, 12:30-9:30 p.m. • Join together with people of all races, religions, nationalities, ages, and genders who wish to ascend in joy and unify to make this world a better place. Allow the spiritual realms to embrace you, support you, and provide networking opportunities to assist you in fulfilling your soul's purpose. \$495. Call 417-9511; krngmbg@gmail.com or clair-ascension.com.

Deepening Mindfulness: Practicing Self-Compassion and Forgiveness with Lynn Sipher • Jan. 16, 23, 30; 6-8 p.m. • This three-week mini-class will shine the light of your awareness on the heart's capacity for self-compassion and forgiveness. Mindfulness meditation, experiential exercises, and discussion are part of each class. Familiarity with mindfulness-based practices highly recommended. \$165. Call 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Urantia Book Study Group • Jan. 25, Feb. 22, Mar. 22, April 26; 7:30 p.m. • The Urantia Book harmonizes science and religion into a philosophy of living that brings new meaning to life as a human on this beautiful and challenged planet. Come learn about your eternal destiny as a cosmic citizen, an eternal adventurer in our benevolent universe! Beginners and curious welcome. Free. Call Trudi at 428-9217; a2urantiareaders@gmail.com.

Being Mary in a Martha World: Contemplation in the Midst of Activity with Janene Ternes • Mar. 8, 10 a.m.-3:30 p.m. • The Martha and Mary story is frequently boiled down to an admonition to pray more and worry less about day to day issues. Perhaps instead though, we are invited to be more of both Martha and Mary, to find that quiet center that connects us to God and then allow it to empower us in our daily life of service. Utilizing many forms of prayer, including guided meditation, journaling, centering prayer, and movement prayer, we will experience the quiet center within, creating touch points to revisit in the days ahead. Basic movements will be taught. \$35. Call 347-2422; prayerinmotionjt@aol.com or prayer-in-motion.com.

Creating Your Personal Power Field with Fadia Abdouni • Jan. 28, Feb. 4, 27, Mar. 4, 25, April 22, 29 at Crazy Wisdom Community Room • Informal and dynamic talk about the shift in consciousness, what is your personal power field, how it is created and maintained, and how to use it to decrease the drama and noise around you, and increase focus, clarity, and well being. You will be happy you came! Free. Call 248-709-5278; goldenliquidlight88@gmail.com or goldenliquidlight.com.

The Work Can Transform Your Life with Melanie Fuscaldo • Feb. 11, 2-3 p.m. • *The Work* by Byron Katie will help you discover how your thoughts can cause your suffering and how to release attachment in order to open to freedom and joy. \$30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

The Crazy Wisdom Calendar

Sometimes your joy is the source of your smile, but sometimes
your smile can be the source of your joy.

—THÍCH NHAT HANH

Spiritual Development (continued)

Migration and Eucharist with Daniel Groody • Feb. 15, 10 a.m.- 4 p.m. • This is a time to go deeper into our search to find God's presence in our lives amidst the challenges of our times and our responsibility to reach to those struggling to live more dignified lives. As we look at God's migration to us in the person of Jesus Christ, we will explore more about our return migration to God through a faith that does justice. \$45 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adrian-dominicans.org.

Living Gracefully in Challenging Times with Karlta Zarley • Mar. 15, 9 a.m.-5 p.m. • Do you have a hard time moving forward in life? Are there patterns that you want to change so that life is easier? You will learn skills to help you live in challenging and changing times with more ease and grace. \$75. Call 433-9333; kzarley@att.net or karltazarley.com.

Call to Personal and Global Transformation with Edwina Gateley • Mar. 21, 7-9 p.m. and Mar. 22, 9:30 a.m.-3:30 p.m. • In the midst of our violent and hurting world, we will explore how god as lover, healer, and seducer ever invites us to new possibilities and to believe in our potential to make a difference. Through scripture and contemporary stories, we will be stretched and challenged to believe in our own call to become mystics, rebels, and prophets. \$50. Call Arlene at 240-9699; riverhouse@ihmsisters.org or ihmsisters.org.

Storytelling

Stories for Grownups with Members of the Ann Arbor Storytellers' Guild • Jan. 9 and Mar. 20, 7-9 p.m. at Crazy Wisdom Tea Room • Join in the fun as local storytellers share personal stories and folktales for adults and ages 14+. As time allows, the audience will have a chance to share brief stories in the informal storytelling circle that follows each performance. Participation is encouraged. Donations accepted. Contact Laura at laurastory62@gmail.com or call 665-2757; crazywisdom.net.

Ann Arbor Storytellers' Guild Monthly Meetings • Fourth Sundays of each month, 2-4 p.m. • Monthly meetings always start with stories and then, more stories! Listeners and tellers welcome. Contact annarborstorytelling.org.

Stress Management

Growing Your Resilience with Flower Essence with Carol Bennington • Feb. 26, 7-8:30 p.m. at Crazy Wisdom Community Room • Discover ways flower essences/flower remedies offer support to move through challenges and frustrations. Learn what flower essences are, how they differ from essential oils, and applications for daily living. Donations accepted. Call 726-4303; journey@awakening-hearts.com or awakening-hearts.com.

Equine Inspired Mindfulness with Kimberly Cardeccia • Jan. 20, 10:30-Noon; Feb. 19, 10:30-Noon or Mar. 23, 2-3:30 p.m. • Experience the calmness of the present moment with the assistance of a horse. No horse experience needed. This is a non-riding workshop. Limited to four participants. \$50 for one class. Call 517-898-5094; kim@hiddenpromisecampus.com or hiddenpromisecampus.com.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Feb. 4, 2-3 p.m. • Tune into messages from your body, mind, emotions, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors and gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. \$30. Call Melanie at 668-2733; mfulcaldo@gmail.com or melaniefuscaldo.com.

Pure Meditation Foundation Class with Self Realization Meditation Healing Centre • Feb. 15, 3-5 p.m. • Conquer stress, improve concentration, find inner peace. Of value in all walks of life, it helps you to be in charge of how you feel physically, mentally, and emotionally and takes only a few minutes to practice each day. Includes book and follow-up appointment. \$60. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Stress Management Yoga and Meditation Course with Ema Stefanova • Mondays, 4:30-5:30 p.m.; Tuesdays, 8:30-9:30 p.m. • Become "stress-resistant" amidst the pressures, insecurities, and difficulties of modern life, and improve emotional and overall health. This highly accessible scientifically based approach combines well with other forms of therapy. Appropriate for both beginning and continuing students. \$350 includes one Sunday retreat and cd/dvd set. Call 665-7801; emastefanova@cs.com or yogaand-meditation.com.

Sustainability

Strawbale Studio: 1st Volunteer Day with Deanne Bednar • Jan. 3, 10 a.m.-3 p.m. • Be part of the crew that helps at the Strawbale Studio: data input, wood collection, and such as needed. Includes a tour of natural buildings, rocket stoves, and a short natural building video. Limited to 12. Free. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

Internship/Work Trade at the Strawbale Studio with Deanne Bednar • Jan. 5-Feb. 5 or April 6-June 6 • Participate in all workshops during this time: rocket stove, round pole framing, reed collection and thatching demo, earth plaster and sculpting, while learning and helping with sustainable living projects. Live on-site. \$650/\$500 per month internship or free work trade. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

Round Pole Framing with Deanne Bednar • Jan. 11, 10 a.m.-5 p.m. • Learn principles and hands-on basics of round pole framing for small structures. Includes tour of natural buildings. Limited to 12. \$45 with early payment discount available. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

Reed Collection and Thatching Demo with Deanne Bednar • Jan. 18, 10 a.m.-5 p.m. • Learn about the basics of thatching a roof, harvest materials, tour thatched buildings, and see a demo and video on thatching. Limited to 12. \$40 with early payment discount available. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

Fire and Heat! with Deanne Bednar • Jan. 25, 10 a.m.-5 p.m. • Energy efficiency from local materials! See and experience a rocket mass heater, rocket mass cooker, hay box cooker, earth oven, and more. Learn the principles of construction and tour the thatched buildings on site. Bring a bag lunch and sample the food we cook together. Limited to 12. \$40 with early payment discount available. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

Foraged Brunch with Deanne Bednar • April 13, 11 a.m.-3 p.m. • Harvest and learn about wild plants that you can eat, and experience a rocket cook stove in action as we cook up a brunch of local eggs and wild harvested plants for an omelet! Wrap it all in injira sponge bread, made from local grains and local yeast (sourdough starter). Limited to 12. \$35 with early payment discount available. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

Intro to Thatching and Natural Building Essentials with Deanne Bednar • Mar. 8, 10 a.m.-4 p.m. • Join in three hours of reed collection and come back to the Strawbale Studio for a tour of thatch roof buildings and conversation about an upcoming week-long Natural Building Essentials class to be offered in the spring. \$25 with early payment discount available. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

First Friday Volunteer Days with Deanne Bednar • Feb. 7, Mar. 7, April 4; 10 a.m.-3 p.m. • Be part of the crew that helps make the Strawbale Studio work! Indoor and outdoor activities. Bring a bag lunch. Free. Call 248-628-1887; ecoartdb@gmail.com strawbalestudio.org.

Tai Chi, Martial Arts & Self Defense

Qigong for Health and Development with Joel Robbins • Thursdays, 6:30-7:30 p.m.; Sundays, 2-3 p.m. • Join others seeking healthy mind and body for gentle, easy-to-learn movements that promote relaxation, coordination, and inner vitality. Explore traditional Taoist, Buddhist, and medical Qigong, including Hu Yuan "primordial" Qigong, Chan Si "silk reeling" Qigong, 8 pieces brocade, 6 healing sounds, and 5 animal frolics. \$12 drop-in or \$50 for 5 classes. Call 315-0573; jrherbsandacupuncture@gmail.com or jracuherb.com.

Qigong for Families with Joel Robbins • Sundays, 3:30-4 p.m. • Qigong isn't just for adults; it's for kids, too! Learn fun, gentle exercises like bird, bear, and tiger Qigong, parting the horse's mane, cloud hands, qi/energy ball holding, and more. Collected from traditional Qigong sets as well as Taichi, these playful movements are engaging to young minds while providing all the relaxation benefits of Qigong. Arrive 10 minutes early. \$12 for adult and child or \$15 for the family. Call 315-0573; jrherbsandacupuncture@gmail.com or jracuherb.com.

Wu Style Tai Chi with Marilyn Feingold at Jewel Heart • Sundays: Jan. 5-April 27, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. No class Feb. 16 and 23. \$5 suggested donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Wu Style Tai Chi Chuan with Sifu Genie Parker • Thursdays, 6 p.m.; Sundays, 2:30 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 monthly for one class per week; \$70 monthly for two classes per week with first class free. Call Sifu Genie Parker at 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Tai Chi with Michigan Tai Chi Association • January-April • Tai Chi is a great overall exercise that can be practiced by people of all ages and health conditions. Tai Chi is a meditation form of exercise that promotes balance and flexibility, and has been found to reduce stress and lower blood pressure. \$40 per month unlimited, \$30 per month for seniors. Call Sally at 591-3530; michitaichi@aol.com or taotaichi.org.



Martial Arts Classes at Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of marital 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. Classes include yoga, pilates, cardio kickboxing, bootcamp, 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 strive to create 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 offered • 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.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes offered • Classes include Chen style tai chi chuan basic principles, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance, relaxation, and whole body unity. \$85 per month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaiichi.com.

B.C. Yu Martial Arts Center • Ongoing classes offered • 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.

Okinawan Karate Club of Ann Arbor with Barb Christensen • Ongoing weekly classes • This club is a group dedicated to the teachings of Grandmaster Eizo Shimabukuro's karate, kobudo, and jujitsu. Classes available for women, teens, and children. Call 678-3882; senseibarb@karateannarbor.com or annarborokinawankarate.com.

Ann Arbor College of Martial Arts • Various weekly classes • This school offers a comprehensive self-defense system. It is also a fitness, health, and personal defense center with classes in martial arts, cardio kickboxing, Pilates, zumba, children's fitness, women's self defense, and shaolin martial conditioning. Call 913-6000; A2CoMO@gmail.com or A2CMA.com.

Tai Chi Classes with Good Enerchi Studio and Staggerin' Dragon School of Tai Chi • Ongoing classes offered • For individuals of any age and fitness level, Tai Chi is a great way to relax and have fun with this engaging body/mind/spirit activity, rich in substance, but not without healthy humor. Tai Chi is a peaceful, flowing, low impact exercise, ideal for calming and centering. Many free classes. Call 325-4244; info@goodenerchistudio.com or goodenerchistudio.com.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • \$1.50 per minute. No appointment necessary. Call 660-9680; rebeccawilliams999@comcast.net.

Drop-In Psychometry Readings with Barbara Pott in the Crazy Wisdom Tea Room • First and Third Sundays, 12-3 p.m. • Understand the past, guidance for the future intuited from your small objects or pictures. \$1.50 per minute. No appointment necessary. Call 576-5707; awencrafts@gmail.com.

Tea Events

Fairy Tea at Crazy Wisdom Tea Room • Feb. 27, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! \$11 per person. Babies 18 months and younger are free. Tickets are only available by coming in to Crazy Wisdom or by phoning prior to the event. Let us know of any food allergies. For information call, 665-2757 or email miranda@crazywisdom.net or crazywisdom.net.

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More Than Just an Exercise ~ Learning to Breathe with Yoga

By Tatiana Knight

Photos by Tobi Hollander

When yoga became famous in the 60's in the U.S., it was an esoteric set of poses and breathing exercises to aid meditation. It was initially presented as a map to living our lives by following a kind of yogic Ten Commandments. Not very many people knew about yoga, and those who did were not "normal," but considered hippies or society's outliers. Now, everyone knows what yoga is — ask anyone: your friends talking over lattes at Starbucks, your granny doing "senior yoga," or possibly your mechanic who knows all the "down-dog" jokes. From P.E. classes to rowing teams, preschoolers and teenagers will tell you: Yoga is cool; everyone does yoga!

The problem is they all have different answers to the question: What is yoga?

Since the 60's, yoga has gone through many transformations, falling in sync with whatever cultural evolutions were happening in the U.S. But what has it become now? Primarily, yoga is being sold to us as just another exercise health craze (like aerobics was in the 80's) or the new "Fountain of Youth" for aging Baby Boomers. At its worst, yoga has become a kind of gymnastics divested of its other equally important parts.

Strangely enough, yoga's chameleon nature is why it attracts people from many walks of life. The great diversity of those practicing yoga reflects the notion that yoga can be all things to all people. An exercise. A therapy for backache. A set of stretches for flexibility. A great sweat detox and diet aid. An escape. A religion. An ancient tradition with all of the answers. Or, for some, just a great way to meet girls in those skin-tight yoga pants.

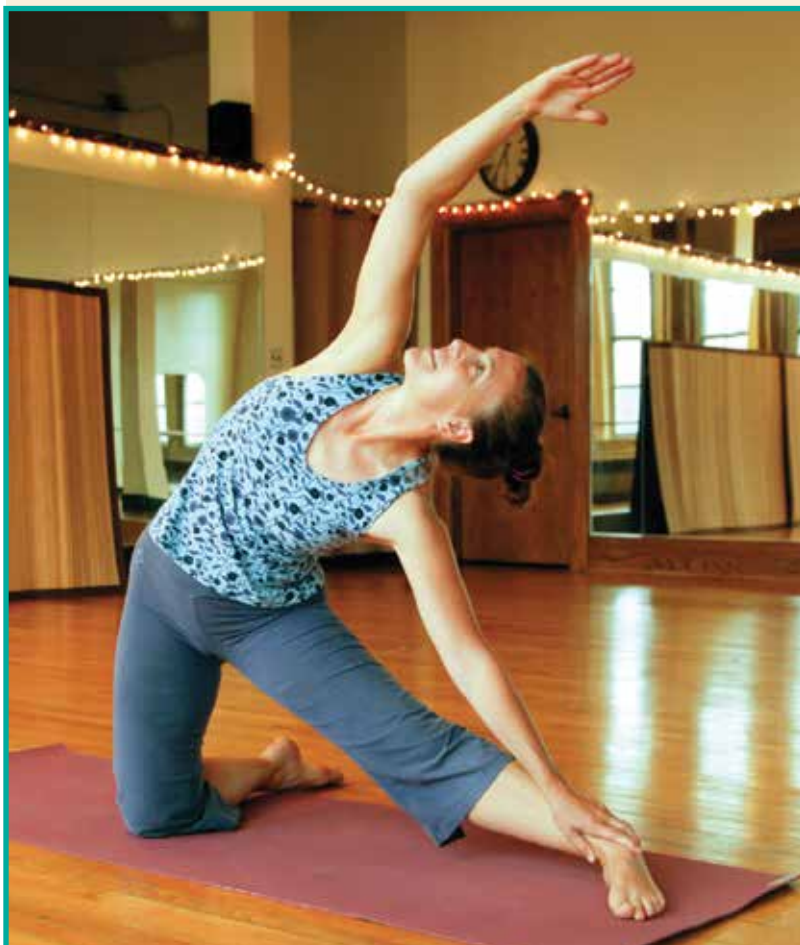


From hot and sweaty yoga to slow therapeutic yoga, from the more bizarre yoga classes for your dog to my personal favorite — breakdancing yoga — there seems to be a class out there to please everyone. No matter your background, your interests, or your age, there is a type of yoga for you. While this smorgasbord may confuse some people, it points to the deeper message that yoga carries — at its heart, yoga is essentially inclusive. Because of its ever changing nature, it's something you can grow old with. Yoga is not just a passing fad; it's here to stay.

But beware. What initially attracts you to yoga and what gets you in the studio door may not be what keeps you going back every week. The "side-effects" of yoga are amazing. You might try a class because your back hurts but find that, after a few months, your back is not only better, but you are also more relaxed and sleeping better too. You might come to yoga because you want to lose weight and then find that, yes, you do lose weight, but that's not your main focus anymore; instead, you actually feel better about yourself at the weight you are *now*. You may just come to recognize yoga as a system that simply covers it all — an activity that we need to do daily like brushing our teeth.

Yoga gives us the time and space to focus on our basic needs. Every day we get up and go through our busy routines, not making time for the things we really need. We need to sweat a bit, exercise, and stretch like a cat or dog (look at their bodies and try to argue!). We need to feel the basic joy of moving our bodies around and get the oxygen and blood flowing. But the most basic need is just to breathe. We move so fast that we leave ourselves behind, allowing hardly any time to even breathe. We need to close our eyes and just *be*, understanding that

Yoga is not just a passing fad; it's here to stay.





By focusing on the breath, we celebrate the simple fact that we are living beings and nothing more.



the art of doing nothing is really an art. Yoga comes to rescue us from this modern malaise. It gives the breath a central role, allowing us to connect with the very core of our being.

beings and nothing more. Just for that, yoga is worth trying. Never mind the crazy terms and the awkward positions — just breathe.

In the classes I teach, I try not to hide the basic premise of what yoga is under a lot of technical pose alignments or the use of Sanskrit words.

To me, yoga is all of these things. It's a deep spiritual practice, but also an exercise, albeit a very well-devised exercise with thousands of years of trial and error behind it. But it's so much more. That's what keeps me excited. I know I have a lifetime ahead of me of yoga, an ever changing experience that will always offer something new and exciting. Yoga is not just a passing fad. You do not "attain" or "get good at" yoga. It grows and evolves with you. We are all on a journey, and we've got the rest of our lives to get there. Why be in a hurry to get to the end?

For me, if I can teach students to breathe, I don't care if they learn how to do a pretzel pose. I know breathing will change their life in some way, whether it's helping fight depression and stress or increasing awareness of the present moment. Just learning to breathe can make someone a much happier person and more equipped to deal with life's varied challenges. You might not be able to touch your toes, but it's much more important if you can deal with your mother-in-law better. The impact of breathing even off the mat can be enormous. Try breathing at stoplights when you're stressed — that's three minutes of relaxation right there.

The impact of breathing even off the mat can be enormous. Try breathing at stoplights when you're stressed — that's three minutes of relaxation right there.

In the classes I teach, I try not to hide the basic premise of what yoga is under a lot of technical pose alignments or the use of Sanskrit words. I believe that muddies the message; yoga is not a special esoteric practice that an ordinary person can't do. Anyone can do it, even those with mobility limitations. If you can breathe, you can do yoga! By focusing on the breath, we celebrate the simple fact that we are living

Tatiana Knight is a registered yoga instructor and has been teaching for five years. She teaches at the Riverside Arts Center and the Ypsilanti Community Center. After 10 years as a modern dancer in Berkeley, California, and many years living around the world, her journey has brought her here. Tatiana is excited to support the growth of yoga in Ann Arbor and Ypsilanti, and spread it to the rest of the world — one breath at a time. Her website is www.y2yesyoga.com, and she can be reached via email: y2yesyoga@gmail.com.



The Crazy Wisdom Calendar

Theater

Theater Performance with University Musical Society • For tickets, call 764-2538; umstix@umich.edu or ums.org/performances.

Bullet Catch • Jan. 7, 8 or 9, 7:30 p.m.; Jan. 10 or 11, 8 p.m.; Jan. 12, 2 p.m. • Rob Drummond reads the minds of his audience as he leads them through a darkly humorous and engaging theatrical magic show featuring levitation, games of chance, and for those who dare to stay to the very end, the most notorious finale in show business. \$40.

National Theatre Live: Coriolanus • Feb. 9, 7 p.m. • This Donmar Warehouse production of Shakespeare's searing tragedy of political manipulation and revenge features Tom Hiddleston in the title role. \$22.

Can Themba's The Suit • Feb. 19 and 20, 7:30 p.m.; Feb. 21 and 22, 8 p.m. • A wife caught in the act, her lover fleeing the scene, his suit left behind. It's the perfect recipe for a husband's punishing decree: go on with business as usual, he says to his spouse, but take the suit everywhere as a constant reminder of your betrayal. \$18 and up.

Hildegard of Bingen with Linn Maxwell Keller • April 6, 3 p.m. • Far ahead of her time in a male-dominated world, Hildegard challenged the established authority of the church, both philosophically and musically. Accompanying herself on authentic, medieval instruments, including psaltery, organistrum, and harp, Linn performs seven of Hildegard's original songs and, through the mystic's actual letters and writings, transports us to the turbulent times of the Crusades in Western Europe. Free will offering. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Theosophy

The Seven Rays: Key to the Mysteries with David Zimmerman • Jan. 16, 6:30-9 p.m. at Crazy Wisdom Community Room • The Seven Rays form one of the keys to the mysteries to be employed in the Age of Aquarius. This key is one of psychology; it takes into account the factors of genetics, personality, and the soul. In this lecture, David draws on the wisdom of Douglas Baker, H.P. Blavatsky, and Alice Bailey to unlock the subjective qualities of the personality, known as the Ray Analysis. Free. Call 248-375-0909; davidzimmerman@comcast.net.

Studies in the Secret Doctrine, Esoteric Insights, and Spiritual Practice with Mara Radzwickas • Tuesdays, 7-9 p.m. • We invite all serious students of the ancient wisdom to join us in an in-depth study of The Secret Doctrine by Helena Petrovna Blavatsky. We will work with a range of print materials as well as audio-visual, as we continue our ongoing quest for insight and understanding. \$5 suggested donation per class. Call 248-545-1961; iammzr@comcast.net or tsdetroit.org.

Book Study: The Divine Plan with Marina Sionov • Jan. 13, Feb. 10, Mar. 10, April 14; 7-9 p.m. • The Divine Plan was written in the form of a commentary on H.P. Blavatsky's Secret Doctrine. It was written for those who wish to read and gain a deeper understanding of the Secret Doctrine. \$5 suggested donation per class. Call 248-545-8553; vasselisa@gmail.com or tsdetroit.org.

Therapy & Support Groups

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Thursdays: Mar. 27-May 15, 1-3 p.m. or 5:30-7:30 p.m., with a Day of Mindfulness on April 26, 9 a.m.-3 p.m. • Falling Awake is based on Mindfulness-Based Cognitive Therapy for Depression, an evidence-based treatment program. Each week, you will learn new skills to help you change your relationship with anxiety and depression so that they interfere less with your life. Discover that you can live more fully and in the present moment. \$380 includes materials and Day of Mindfulness. Call 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Yoga Therapy Workshops with Ema Stefanova • Saturdays, 2-4 p.m. • Intimate yoga therapy sessions suitable for healing and prevention of a wide variety of physical and mental health conditions, including anxiety and depression. No previous yoga and meditation experience is required. Come as you are, and leave deeply relaxed and empowered to enjoy life to its fullest. \$69 with early payment discount available. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Transpersonal Psychology

Carl Jung Study Group with Connie Wright • Jan. 19, Feb. 16, Mar. 16, April 20 • We invite you to join a study group of Carl Jung's work. Each meeting lasts from 2-2 1/2 hours. \$5 per class. For times, call 313-386-3753; grndmwri@aol.com or tsdetroit.org.

Womanspirit

Crossroads: The Midlife Journey with Janene Ternes • Mar. 25, 8:30 a.m.-4 p.m. • As a woman, you care for others in all phases of life. Midlife can be one of the most exciting and yet most challenging times for any woman. Come explore the impact of life transitions on women in middle adulthood. Discover holistic approaches to support and educate women, so you can meet the challenges and discover your gifts in the process. \$50. Call 247-2422; prayerinmotionjt@aol.com or prayer-in-motion.com.

The Power of Menstruation with Dolores Rubio-Turtle • Mar. 6, 6:30-9 p.m. at Crazy Wisdom Community Room • Sharing of practical information on how to approach femininity and menstruation from a positive and creative perspective. Use it as a blessing, not a curse. Free. Call 233-4632; orethic@gmail.com or orethic.com.

Mama Bear Women's Classes with Rowena Conahan • Jan. 24, Feb. 21, Mar. 21; 6:30-8:30 p.m. • We gather together around a crackling fire inside a hand-built shelter in the woods. We craft, sing, share stories, learn new skills, share tea and soup, and celebrate the beauty of nature and explore the themes of women's lives. \$20 per class. Limited to six. Call 531-8330; naturelearningcommunity@gmail.com.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Feb. 6, 2-3 p.m. • Begin to identify your unique career dream and gifts to share with the world. Release blockages and step into a flow state. Create an action plan. \$30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Writing & Poetry

Crazy Wisdom Poetry Series at Crazy Wisdom Tea Room, hosted by Joe Kelty and Ed Morin • Second and Fourth Wednesdays of each month, 7-9 p.m. • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net.

Second Wednesdays, 7-9 p.m.: Poetry Workshop • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader for 50 minutes, Open Mic Reading for one hour • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

Jan. 22 • M.L. Liebler • Author of 13 books, including the award winning *Wide Awake in Someone Else's Dream*. His groundbreaking working-class literary anthology *Working Words: Punching the Clock and Kicking Out the Jams* received the Michigan Library Notable Book Award. He has toured many countries with his Magic Poetry Band and other musical groups, and Detroit Free Press and Metro Times recently selected him as Best Detroit Poet.

Feb. 26 • Gloria House • Professor of Humanities and African American Studies at U of MI Dearborn, and Associate Professor Emerita in Interdisciplinary Studies of Wayne State. During the 1960s, she was field secretary of the Student Non-Violent Coordinating Committee in Alabama. Her three poetry collections - *Blood River*, *Rainrituals*, and *Shrines* - reflect her involvement in civil rights struggles, African American community development, and Third World solidarity causes.

Mar. 26 • Christine Rhein • Author of *Wild Flight*, which won the Walt McDonald Prize in Poetry. Her poems have appeared in Gettysburg Review, Southern Review, and Michigan Quarterly Review, where her work won the Laurence Goldstein Poetry Prize. Her poems are featured on the Poetry Daily and Verse Daily websites, Writer's Almanac public radio program, and in *Best New Poets* and *Poetry in Michigan/Michigan in Poetry*.

April 23 • Ed Haworth Hoepfner • Author of three books of poetry, *Rain through High Windows*, *Ancestral Radio*, and *Blood Prism*, the last of which won The Journal/Ohio State U Press award and was a finalist for the Kingsley Tufts Memorial Prize. He has also written *Echoes and Moving Fields* about the works of W.S. Merwin and John Ashbery. He teaches at Oakland Univ. and directs the creative writing program there.

Political Poetry at Crazy Wisdom • April 2, 6-9 p.m. • Local poets delve deep into timely, current issues and events via live readings and new questions. What's the difference between rights and responsibilities? Revolution and rebellion? Percept plunder for the recent future via McLuhan and James Joyce. Free. For information, contact Gerry Fialka at pfsuzy@aol.com or laughtears.com.

Transformational Writing and Yoga Workshops with Robert Palmer • Jan. 17-19 or Mar. 14-16 at Song of the Morning Retreat • A series of transformational workshops utilizing the art of writing and yoga to heal and/or manifest what you desire. This class is for the novice, professional or as healing. \$200. Call 989-983-4107; leah@songofthemorning.org.

Writing in Nature/Writing in Place with Rebecca Adams-Wright of Leslie Science and Nature Center • Mar. 16, April 13; 2-5 p.m. • Local guest authors discuss their craft and how their surroundings, particularly the natural world, impact what and how they write. A workshop designed for writers of all stripes, each of the four sessions will include both directed and freeform discussion with refreshments provided, reflection, and individual writing time in our beautiful natural setting. \$10. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Yoga

Yoga Classes at Zen Buddhist Temple • Beginning and experienced students in the classes learn traditional (hatha) 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 early. \$60/6 sessions or \$12 drop-in. Call 761-6520; annarbor@zenbuddhisttemple.org.

Yoga I • Six Tuesdays starting Jan. 14, Mar. 11 or April 22; 6-7:30 p.m.

Yoga II • Six Tuesdays starting Jan. 14, Mar. 11 or April 22; 6:30-8 p.m.

Yoga for Survivors with Sara Hughes-Zabawa • Tuesday evenings • This class provides a safe and supportive opportunity for women who have experienced sexual trauma to explore, reconnect, and strengthen their relationship with their body through yoga and group discussion. This is a mind-body-spirit approach to yoga and mindfulness specifically developed for sexual abuse survivors. For cost and times, call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Iyengar Yoga Classes with Laurie Blakeney • Winter session starts Jan. 6 • Ongoing classes for all ages and bodies in this safe and progressive method of practicing yoga. For cost, call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Offering a relaxed and intimate atmosphere where your mind, body, and spirit will be nurtured and nourished. As a local neighborhood alternative to commercial yoga studios and gyms, here you will find the peaceful tranquility that only a private space can offer. The classes encompass the physical, mental, and emotional aspects of yoga practice. For cost, call 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Monday: 4:30-5:30 p.m. • Hatha; 5:45-6:45 p.m. • Vinyasa; 7-8:15 p.m. • Yin
Tuesday: 9:30-10:45 a.m. • Hatha; 5:45-6:45 p.m. • Vinyasa; 7-8:15 p.m. • Energy Flow
Thursday: 4:30-5:30 p.m. • Hatha; 6-7:15 p.m. • Vinyasa
Saturday: 8:30-9:45 a.m. • Vinyasa; 10-11 a.m. • Hatha

Partner, Acro, and Thai Yoga Massage Playshop with Tatianah Thunberg and Connor Otto • Jan. 25, Feb. 22, Mar. 29, April 26; 10:30 a.m.-12:30 p.m. • Join us for a heart opening and soul expanding integrated practice. Warm and stretch muscles and release emotional tensions, while increasing the flow of life force energy, opening all to the gift of giving while receiving and receiving while giving. Arrive solo or with a partner. No experience necessary. \$25 or \$20 pre-registered. Call Tatianah at 904-3035; spiritmovesyoga@gmail.com or spiritmovesyoga.com.

Kripalu Yoga: Compassionate Presence with Tatianah Thunberg • Jan. 7-April 29: Tuesdays, 5:30-6:45 p.m. • Open your heart to a practice founded in compassion and loving kindness. Explore the fullness of Hatha yoga in the Kripalu tradition through contemplative postures, breath regulation, mudra, mantra, metta, sound healing, meditation, yoga nidra, and self-inquiry. \$15 drop-in or \$200 for the series. Call 904-3035; spiritmovesyoga@gmail.com or spiritmovesyoga.com.

Restorative Yoga with Tatianah Thunberg • Jan. 9-April 24: Thursdays, 5:30-6:45 p.m. • In the heart of winter and early spring, join us for restorative yoga. Learn to relax and rest deeply and completely through breath regulation in supported poses, alleviating the effects of chronic stress so common in our daily lives. All props provided. \$15 drop-in or \$200 for the series. Call 904-3035; spiritmovesyoga@gmail.com or spiritmovesyoga.com.

Iyengar Yoga Classes with David Rosenberg • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The use of yoga props (provided or bring your own) and individualized teaching are emphasized so students of varying experience, ages, flexibility, and strength can participate together. Using beginning level of yoga postures, we develop strength, flexibility, and balance. \$109 for nine-week term or \$25 for mini-term. Call Sheri at 994-2300; judkins@aaps.k12.mi.us or aareced.com.

Regular Nine-Week Term, Jan. 23-Mar. 31 • Mondays, 6-7:30 p.m.; Thursdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m.
Mini-Term • Jan. 9 and 16, 7-8:30 p.m.; Jan. 11 and 18, 10-11:30 a.m.

Slow Flow Yoga for Better Backs: Ladies Only Yoga with Peachy Fitness • Tuesdays and Thursdays, 10-11 a.m. • These classes, intended for all levels, combine the ease of gentle yoga with the meditation from a flowing practice. Warm up your whole body using movement designed to target the upper and lower back. The practice results in increased strength, flexibility, balance, vitality, and detoxification. \$49 for six classes. Call Zaini at 681-0477; info@peachyfitness.com or peachyfitness.com.

Yoga for Emotional Balance with Barbara Brookens-Harvey • Mondays: Jan. 6-April 7, 6-7:30 p.m. • This Hatha yoga class promotes physical, emotional, and spiritual well being. Basic yoga postures, breath work, and relaxation methods promote grace, flexibility, strength, balance, coping skills, and stress reduction. \$210 for 14 weeks or \$120 for seven weeks. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Goddess Flow Yoga with Barbara Brookens-Harvey • Jan. 11, Feb. 8, Mar. 8, April 12; 9-10:15 a.m. • Honor your divine female energy in this vinyasa style yoga class that celebrates the Goddess within and around us. Each week, we will move through six posture flows accompanied by music dedicated to the Goddess. Posture flows will be repeated throughout the session so that each yogini can increase her awareness of breath, movement, and body. Free. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Bodhi Flow Yoga with Sara Hughes-Zabawa • Feb. 22, Mar. 22; 9-10:15 a.m. • Slow, strong, and smooth vinyasa class. Beginning with centered activities and moving into a warm up, you will be gently guided through a four-tier practice that moves through poses with a deep and steady intention, ending with a traditional shavasana. The Bodhi Flow Vinyasa series was created by Syl Carson of the Bodhi Yoga Studio. Free. Call Hygeia Center at 769-6100; welcome@hygeiacenter.org or hygeiacenter.org.

Yoga with Erica Dutton • Wednesdays, 10:30-Noon • Iyengar based asanas focus on flexibility, gentleness, and strength. Beginners welcome. No registration necessary to this drop-in class. By donation. Call Deep Spring Center at 477-5848; info@deepspring.org or deepspring.org.

Multi-Level Yoga with Patty Hart • Classes offered several times per week, January-April • Small group classes invite students to relax, feel, and deepen their bodies' relationships with breath, movement, and energy through balanced yoga practice. Suitable for beginning to intermediate students, always honoring individual needs. \$16 drop-in. For dates and times, call 645-7251; patty@everybodyhappy.net.

New Beginner's Yoga with Patty Hart • Fridays: Jan. 3-April 25 • Small group class suitable for students new to yoga or those wanting a gentler practice. \$16 drop-in. For times, call 645-7251; patty@everybodyhappy.net.

Attitude of Gratitude Yoga with Patty Hart • Jan. 26, Feb. 23, Mar. 30, April 27 • This is a monthly free yoga class. No previous yoga experience required. Free. For times, call 645-7251; patty@everybodyhappy.net.

Simple Support: A Somatic Movement/Restorative Yoga Workshop with Patty Hart • Jan. 5 • Using simple somatic movement to awaken nerve pathways combined with restorative yoga, this workshop invites deep nourishment for muscles, joints, and your nervous system. \$35. For times, call 645-7251; patty@everybodyhappy.net.

Inward Bound Yoga at Friends Meetinghouse • Ongoing classes offered • Inward Bound Yoga offers a variety of approaches to the ancient discipline of yoga, including several levels of hatha yoga instruction, prenatal and postnatal yoga, Ashtanga yoga, and several flow classes coordinated with music. No classes held week of Thanksgiving. For class descriptions and fees, visit ibyoga.com.

Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Pam Lindberg • Daytime, Evening, and Saturday Classes offered • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of individuals. \$98 for 90 minute class for seven weeks. For complete class schedule, call Sue 622-9600; sue@yogaspacannarbor.com or yogaspacannarbor.com.

Iyengar Yoga Classes with Karen Ufer of Yoga Focus • Classes offered Jan.-April • Monday through Saturday, weekly classes of all levels offered, including gentle and postnatal. \$15 per class pre-registered, \$18 drop-in or \$10 trial. Call 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

In-Depth Studies: 100, 200, 500, and 800 Level Programs with Ema Stefanova • Jan. 18-Mar. 30 and Feb. 1-April 27 • These custom tailored programs are designed to delve deeply into yoga's traditional teachings and healing practices. For cost, call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Open Level, Beginner, Guided Meditation, and Stress Management Classes with Ema Stefanova and Staff • Various weekday and weekend classes available, January-April • Understand the essence of yoga and meditation, experience peace, and heal and transform under Ema's guidance. This unique Satyananda style has been commonplace in European, Australian, and other worldwide schools, hospitals, and institutions for over 60 years. This is a welcome, comprehensive system that truly works on all levels for all ages and health conditions. For schedule and cost, call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Ann Arbor Sunday Retreats with Ema Stefanova and Staff • Sundays: January-April, 9:30 a.m.-3:30 p.m. • Experience a serene atmosphere and deeply inspiring and healing authentic yoga and meditation practices (not available from commercial studios). Suitable for total beginners as well as seasoned practitioners. Number of seats is limited. \$150 with early payment discount available. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Bikram Yoga Classes • Morning, afternoon, and evening classes offered • Bikram Yoga is practiced in a 105 degree room. Be prepared to sweat! All class times are good for beginners. Call Lora Rosenbaum at 975-0505; bikramyogaa2@gmail.com or bikramyogaannarbor.com.

Yoga Classes through University of Michigan • Various class times offered • Classes include yoga flow and restore, yoga for back care, yogilates, power yoga, laughter yoga, and chair yoga. All levels welcome. Call 647-7888; mhealthy@umich.edu or mhealthy.umich.edu/exercise.

Yoga Classes with Michele Bond of Yoga House • \$14 if registered or \$18 drop-in with permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 6:00-7:30 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice.

Yoga Essentials • Tuesdays, 6-7:30 p.m. • For those new to yoga or new to this system. From Anusara, we learn to apply universal principles of alignment, which are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun!

Yoga for Athletes and More! • Wednesdays 6-7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun, energetic practice. Allow Anusara's alignment principles to open the door to peak performance in sports and all areas of your life.

Rise and Shine Yoga • Fridays 7-8:15 a.m. • We begin by candlelight, watch the sun rise over the treetops, and end in the full light of the new day. Enjoy a mixed level practice to start the day in the most auspicious way.

Yoga Happy Hour: Basics plus Restorative • Fridays 5:45-6:45 p.m. • Learn basic alignment, simple postures, and breath, along with some delicious restoratives. Feel your stress melt away as you relax in our peaceful setting surrounded by the inspiration of nature.



Teachers, Lecturers, Workshop Leaders and the Centers

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 in the Theravadin tradition” and is channeled through Barbara Brodsky.

Fadia Abdouni is an intuitive, longtime metaphysical student, personal life coach, and healthcare provider.

Linda Adamecz, MSW, Music and Art Therapist, is a certified practitioner of Integrative Breathwork and Psychospiritual Integration. She is an individual therapist, group facilitator, and case manager in the mental health field for 26 years.

Laurie Akerros, BA, MA, LMT, is an accredited teacher of subtle body healing with the International Network for Energy Healing for 14 years. She maintains a private practice in Ann Arbor offering counseling, in person or distant energy healing sessions, craniosacral therapy, EFT, and flower essence therapies, and teaches holistic healing classes.

Don Allen is a drum circle facilitator, musician, and artist.

Eril Andes, CMT, APP, is a graduate of the Ann Arbor Institute of Massage Therapy and The Polarity Center, and has been practicing as a licensed CMT for the past ten years.

Ann Arbor Storytellers' Guild is composed of artists, musicians, teachers, librarians, and others who gather monthly to share stories and develop the craft of storytelling.

Chuck Barbieri, a kindergarten teacher for 14 years, has been presenting mindful parenting workshops for the past eight years.

Deanne Bednar is coordinator and instructor of the Strawbale Studio Natural Building and Sustainable Skills Program, and has been natural building since 1997. She is also illustrator of the *Hand-Sculpted House* and two other natural building books.

Christopher Bednash is an interdisciplinary artist, illustrator, performer, creative community organizer, goofball, and former longtime Crazy Wisdom staffer who is dedicated to nurturing the notion that more beautiful futures are possible.

Carol Bennington, PhD, Bach Foundation Registered Practitioner, is one of a dozen US instructors for the Bach International Education Program, whose courses are approved by the Bach Centre, UK. She has spent two decades as a practitioner, instructor, author, and speaker.

Leslie Blackburn, MS, is a sacred sexual healer and transformational guide, speaker, seminar leader, radio show host, artist, and yogini.

Laurie Blakeney has taught Iyengar yoga in Ann Arbor, around the country, and abroad since 1977. She is a Certified Advanced Iyengar Yoga Teacher.

In the presence of eternity, the mountains are as transient as the clouds.

—ROBERT GREEN INGERSOLL

Chrissie Blaze is a speaker, astrologer, spiritual teacher, and author of 11 published books.

Carol Blotter has been practicing Insight (Vipassana) Meditation since 1989 and has been teaching since 1999. She is a teacher for the Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth.

Michele Bond has over 500 hours of training in yoga and yoga therapeutics, and studies meditation with Dr. Paul Muller-Ortega. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Diane Brandt is an instructor authorized by the Bharati lineage.

Patty Brennan, Director of Center for the Childbearing Year, has advocated for 30 years as a childbirth educator, doula trainer, midwife, and nonprofit executive. She is a DONA International-approved birth and postpartum doula trainer and author, and founded Michigan Doula Connection, a web-based nonprofit linking volunteer doulas with low-income families.

Tana Bridge, PhD, LMSW, is a trauma expert and the MSW Program Director for the EMU School of Social Work.

Barbara Brodsky is founding teacher of Deep Spring Center, has practiced meditation since 1960, and teaching since 1989. Her teaching draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Barbara Brookens-Harvey is a clinical social worker and licensed yoga instructor. She believes that yoga, mindfulness, and the cultivation of joy allow the body to move towards physical, emotional, and spiritual well being.

Kimberly Cardeccia, MA, LPC, has been a therapist in private practice since 2001, and has had over 30 years experience in the horse world. In 2006, she moved her practice to the barn to incorporate the guidance and support of horses into her work with clients.

Marianne Carduner offers property clearing and teaching of healing arts through Fusion Energy Arts, along with Mara Evans.

Kapila Castoldi is a student of Indian spiritual teacher Sri Chinmoy and has studied meditation for over 28 years.

Center for the Childbearing Year is Michigan's premier DONA doula training center and childbirth preparation and parenting community offering comprehensive online childbirth preparation, hosted by Patty Brennan, in addition to community-based education.

Lennen Chance is a graduate of AAIMT and is currently practicing massage therapy in Ann Arbor. She is also the Admissions/Academic Coordinator for AAIMT.

Carl Christensen, PhD, is an MD and addictionologist.

Clonlara School in Ann Arbor has been open since 1967, with a home-based education program as well as a campus program.

Lori Coburn, MSW, has been writing on and teaching A Course in Miracles for eight years. She has presented at national conferences and has an internet ACIM radio show.

Stefanie Cohen, MA, Registered Somatic Movement Educator, teaches and performs throughout the country. With a background in somatic education, performance, and improvised dance, she facilitates classes in contemplative dance, embodied anatomy, performance skills, and creative process.



Richard Miller of *Ann Arbor Tai Chi* has taught Tai Chi classes since 1993. More information about his ongoing classes can be found in the Tai Chi, Martial Arts & Self Defense section on page 111.

Rowena Conahan has a Bachelor's in Anthropology, and is a certified Montessori teacher and professional storyteller. She attended Tom Brown's Tracker School in New Jersey, Wilderness Awareness School's Art of Mentoring class, and Kamana Naturalist Training Program.

Brother Edward Conlin is an addiction counselor with the Detroit Capuchin Service System and former team leader of Dawn Farm's Detox facility.

Karn Cornell has been an astrologer for over 30 years and utilizes the astrological consultation to assist in self-discovery and empowerment.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. She is a certified Kripalu Yoga teacher and senior teacher of meditation for Deep Spring Center.

Ray Dalton, MA, is the coordinator for the Dawn Farm Outpatient Adolescent and Community Corrections Programs, and previously coordinated a suicide prevention hotline for the state of Kansas.

Dawn Farm is a non-profit organization that provides a continuum of services for people who struggle with drug and alcohol problems.

Christy DeBurton 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 non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Mary Jo Desprez, MA, is the Director of Health Promotion and Community Relations for the Univ. of MI Health Service and helped initiate the Univ. of MI Collegiate Recovery Program.

The background information listed here pertains specifically to individuals and centers whose classes and 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 you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Miriam Joy Dowd has studied a number of somatic movement arts on her journey of healing, creativity, and meaningful contribution.

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, and Buryatan shamanism and various Native American traditions.

Erica Dutton began her meditation practice 15 years ago and has been teaching for six years. She started meditation to deal with a crisis in her life and has continued because of what it has offered her.

Joan Ebbitt, LMSW, is a spiritual director and licensed clinical social worker. **Esther Kennedy**, OP, MSW, is a spiritual director and clinical social worker.

Laurel Emrys is a counselor and innovator of the BrainFlex coaching program, whose focus is teaching brainwave self-optimization.

Mara Evans is a teacher, healer, and consciousness evolutionary with a Master's degree in Transpersonal Psychology, and is a Reiki Master Teacher and certified teacher for Realization Process Subtle Self-Work. She also offers property clearing and teaching of healing arts through Fusion Energy Arts.

Marjorie Farnsworth is a certified Master Hypnotherapist, and a member of the IMDHA and IACT. She also has a background of 20 years as a corporate middle manager.

Linda Diane Feldt is a holistic health practitioner, teacher, and author of six print and eBooks and numerous articles. A student of healing arts since 1973, she has had a full-time private practice in Ann Arbor since 1980, and is in her 20th year teaching the free Herbal Wisdom series.

Gerry Fialka has been praised by LA Times as "the multi-media Renaissance man." The LA Weekly proclaimed him "a cultural revolutionary".

Jackie Firn, LMSW, is a Social Worker on the Adult Palliative Care Consult Team at Univ. of MI Medical Center.

Catherine Fischer, MA, CPD, is a mother, doula, and former elementary teacher with over 10 years' experience supporting and teaching parents.

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, and has made a career out of her passion for building community by bringing people together to drum.

Deb Foggio is an intuitive life path consultant, life coach, systemic constellations facilitator, teacher, writer, and speaker. In her private practice, Life Design Services, she offers private readings and facilitates individual and group Systemic Constellations.

Marcella Fox, MS, LLSMW, EdS, has a Limited License in Social Work with a Master's in Social Work in Mental Health for Adults from the Univ. of MI. She has experience working with trauma, depression, and grief.

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*.

Melanie Fuscald, MA, LPC, NCC, is a counselor and life coach specializing in career, life, and spiritual transformations.

Amy Garber is a medium, psychic, and channel who aids people on their path by consulting with their spirit guides, illuminating past lives, encouraging intuitive development, and connecting with departed loves ones.

Edwina Gateley is a poet, theologian, artist, writer, lay minister, modern-day mystic, prophet, and single mom. She gives talks, conferences, and retreats while continuing to reach out to women in recovery from drugs and prostitution.

Annette Gates, expert sexologist, transforms sexuality with Natural Sexual Reprogramming, a technique that clears limiting images and beliefs about sexuality.

Gelek Rimpoche is founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of western culture allows him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Mary Grannan has been a meditator since 1977 and began practicing vipassana in 2001. Since her retirement as a social worker/program developer working with women and children in 1999, she has devoted much time to studying and practicing the Dharma.

Green Apple Garden Playschool supports many aspects of natural family living.

Karen Greenberg has been a teacher of personal growth and Kabbalah for over a decade. She has a degree in Physical Therapy and has danced professionally.

You can never get a cup of tea large enough or a book long enough to suit me.

—C.S. LEWIS

Daniel Groody, CSC, is Associate Professor of Theology and Director of the Center for Latino Spirituality and Culture at the Institute for Latino Studies at Univ. of Notre Dame. He has worked with the US Congress, the US Conference of Catholic Bishops, the World Council of Churches, and the Vatican on issues of theology, globalization, and immigration.

Paulette Grotrian is a registered mindfulness-based stress reduction teacher, Center for Mindfulness in Medicine, Health Care, and Society, Univ. of MA Medical School.

Laurie Gudnason is a channel for the archangel Metatron, a steward of spiritual mystery schools, and a professional healer.

Idelle Hammond-Sass is a multi-media artist, jewelry designer, and trained facilitator in the Open Studio Process, affiliated with the Open Studio Project in Evanston, IL.

Nirmala Hanke, MD, is a long time meditator and teacher of meditation at Lighthouse Center in Whitmore Lake. She is a psychiatrist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen is a certified Enneagram teacher in the narrative tradition, spiritual advisor, relationship coach, and founder of the Enneagram Center of Ann Arbor.

Patty Hart, E-RYT, teaches an adaptive hatha yoga style accommodating "every body" at her Ann Arbor studio, Every Body Happy Yoga.

Anna Marie Henrich teaches spiritual inquiry, mindfulness, meditative dialogue, and vipassana meditation practices and how to apply these to business and daily life.

Andrea Hill is a bodyworker, breathworker, and spiritual practitioner who offers self-care and awareness tools as a discovery process for finding a fuller relationship to life.

Sierra Hillebrand's work at Hygeia Center for Healing Arts draws on over 15 years of professional experience supporting individuals and families in their efforts to live healthy, joyful, fulfilling lives.

Maribeth Howell, OP, a Dominican Sister of Adrian, completed her doctoral studies in Hebrew Scriptures at the Catholic University of Leuven, Belgium in 1986. She has given talks, workshops, and retreats in the U.S., Belgium, and the Philippines.

Sara Hughes-Zabawa is a registered yoga instructor and master's level social worker devoted to a holistic yoga practice that addresses mind, body, and spirit.

Debra Hutton is a clinical psychologist and registered brainwave technician whose focus is conducting Brainwave Optimization sessions.

Hygeia Center for Healing Arts is a community-based wellness center located in Ann Arbor dedicated to providing holistic healthcare and health education to people from all walks of life.

Molly Indura is a visionary healer, artist, and teacher. She holds a BFA in painting from EMU and is a Certified Color of Woman method painting instructor.

Interfaith Center for Spiritual Growth in Whitmore Lake creates an atmosphere and structure to foster and stimulate individual and collective spiritual growth.

Cilla Jamieson has been a Network Chiropractor for 18 years, working with patients seeking an alternative to structural adjustment. She is intuitive and creative in her assessment of health and gentle and precise is her adjustments.

Najette Jasey, CNP, Certified Holistic Nutritionist and graduate of the Institute of Holistic Nutrition in Toronto, provides clients with nutrition, lifestyle, spiritual, and supplement suggestions designed to empower each individual to take control of their health.

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.

Kalaea is a horticulturalist, artist, dancer, teacher, and seeker.

Karma Thesgum Choling in Ann Arbor was founded in 1978 by Ven. Khenpo Karthar Rinpoche, abbot of Karma Triyana Dharmachakra, seat of H.H. 17th Karmapa in the U.S.

Joan Kauffman, LMSW, lives a satisfying life with two chronic illnesses - one for 30 years and the other for 13.

Linn Maxwell Keller has performed on the stages of major orchestras and recital halls across the U.S. and in 25 foreign countries. As a winner of "Joy in Singing", she made her New York recital debut at Lincoln Center's Alice Tully Hall.

Kelly Kempter is a Massage Therapist and Bodyworker, and a graduate of Irene's Myomassology Institute with advanced training and practice in Thai Massage and Shiatsu.

Shala Kilmer has been an intuition coach and mentor helping people develop intuition since 1991. She also offers readings to an international clientele.

Carole Kirby, LMSW, is a longtime therapist working with couples, individuals, and families. She likes offering free workshops that complement the therapy work she does with folks in her practice.

Arlene Kosmatka, OP, a Dominican Sister of Adrian, is a spiritual director and facilitator of spiritual groups in English and Spanish.

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.

Sharon Marie Lawlor is a transformational healing artist integrating intuitive bodywork with vibrational therapies into her work and teaches intentional creativity classes.

David Lawson has practiced various forms of meditation since 1985 and has taught insight meditation since 1998 in meditation retreats, classes, workshops, prison, university and community education settings.

Leslie Science & Nature Center is a nonprofit organization that provides environmental education programs for children, families and other individuals in southeast Michigan. LSNC's grounds with live raptor enclosures, a Critter House, and wooded hiking trails are open and free to the public every day.



Teachers, Lecturers, Workshop Leaders and the Centers



Photo by Gene Skalskyj

Since 2006, Tatianah Thunberg (in the air) has been teaching yoga classes, workshops, and retreats in Ann Arbor. The “bird pose” (pictured here) is the foundational pose in Acro Yoga. For details on Tatianah’s monthly Partner, Acro & Thai Yoga Playshop, see her listing under Yoga on page 115. She also has other classes listed in the Yoga section, in the Bodywork & Bodymind Therapies section on page 90, and in the Drumming section on page 95.

Frank Levey is a certified Transformational Breathwork facilitator, meditation instructor, and co-director of Blue Turtle Nature Camp in Ann Arbor. He has practiced vipassana meditation since the mid-1980’s.

Ellen Livingston studied Raw Nutritional Science with Dr. Doug Graham and Professor Rozalind Gruben Graham, and has more than 20 years of independent research on health and nutrition. She teaches yoga and raw food classes in the community and from her home and yurt in Ann Arbor, and offers life coaching.

Selena Lucas has been a student and teacher of meditation for several years, and is director of the Center of Light in Ann Arbor, a school for meditation and inner teachings designed to enrich and empower people on their spiritual path.

Stephanie Macey holds a Master of Science Oriental Medicine from the Midwest College of Oriental Medicine, and is also a RN who has been practicing for 19 years.

Sue Webster McDonald is an artist and trained facilitator in the Open Studio Process, and is a retired therapist who has led The Artist’s Way and Art as a Way of Knowing groups for 15 years.

Molly McMullen-Laird, MD, has over 20 years of medical experience and extensive training in anthroposophical medicine. She specializes in internal medicine with an emphasis on nutrition.

Quentin McMullen, MD, has over 20 years of medical experience and extensive training in anthroposophical medicine. He specializes in internal medicine with an emphasis on chronic illnesses and cancer.

Miranda Metelski is an avid student of ritual and has practiced seasoned ritual for many years. **Kelly Wilk** is a minister with the Community Chapel for Wholistic Healing.

Michigan Tai Chi Association has provided Tai Chi classes in Southeast Michigan for over 20 years.

Diane Miller has been performing and practicing various movement arts since the age of 3. She opened her own studio in mid-2013 and offers classes year round.

Karen Mori has been practicing vipassana meditation since 2003. She recently completed the teacher training program at Deep Spring Center and has taught meditation classes through Ann Arbor Rec and Ed.

Ed Morin is a poet and former English teacher at area universities and colleges.

Nan Moss and David Corbin are long-established teaching faculty for Foundation for Shamanic Studies, and authors of *Weather Shamanism: Harmonizing Our Connection with the Elements*.

Irena Nagler is a performer and director with Nightfire Dance Theater, Storydance, and Polyfonica Duo. She teaches environmental dance and facilitates dream circles.

Mariah Newborne is a breast cancer survivor, a healing practitioner, and health and wellness coach. She has been involved in her healing practice since 1980 and has a variety of holistic, supportive services for breast cancer survivors.

Lisa Nogueira is a certified Massage Therapist specializing in Oncology Massage and an integrated form of energy and bodywork that includes the use of sound for healing.

Dana Norris is a sound and energy healer and intuitive, and is a longtime student of energy healing, metaphysics, and spiritual principles.

Sarah Nuxoll is a mother of two, birth assistant, and spiritual practitioner.

Connor Otto is an international traveling circus performer, an eclectic healer, and a devoted teacher.

Ruth Owens has been a massage therapist for over 15 years using deep tissue, Swedish, and stone therapy. A Reiki Master, she has also learned the art of quantum touch and crystal therapy.

Jennifer Palmer is a workshop leader with a background in transpersonal psychology, and is founder of lifeCREATIVE.

Robert Palmer is a writing coach and team builder. He is founder of Raven Writing Studios Ink and has been an educator for 20 years, teaching at Eton Academy (a National Exemplary School in Birmingham) for six years and Royal Oak Alternative Education for 11 years, where he co-founded the program.

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 gatekeeper of the Wu style.

Peachy Fitness is a community based fitness center offering classes to women only and kids ages 7-13 years old, located near North Ann Arbor.

Lori Perpich, LLP, MS, is a Cognitive Behavior Therapist and EDEN Program Facilitator specializing in treating people with eating disorders.

Sally Pinchock is a student of metaphysics, a spiritual seeker, and Reiki practitioner.

Quest Martial Arts is a community-based school that’s been holding fun and exciting classes for more than 16 years.

Mara Radzickas is a member of the Theosophical Society in Detroit and has facilitated book discussion groups for many years.

Teachers, Lecturers, Workshop Leaders and the Centers

Judy Ramsey, a bodyworker in Ann Arbor, has been an animal communicator for eight years. She was trained by Penelope Smith, Teresa Wagner, and others, and is a member of the Animal Spirit Network.

Stacey Rayer has 30 years of horticultural and gardening experience in Washtenaw County.

Becky Reardon is a singer and composer whose songs and rounds are sung internationally by university choirs, community chorales, and song circles. She lives in Taos, New Mexico.

Deb Rhizal is an active local birth doula, and began teaching childbirth classes in 2004.

Joel Robbins, Dipl OM, has been practicing Tai chi and Qigong, herbal medicine, and Chinese healing arts since the early 1990s. He is a certified Tai chi, Bagua, and Qigong instructor, a board-certified Chinese medicine practitioner, and a registered acupuncturist in the state of MI.

Barbara Robertson is the director and owner of The Breastfeeding Center of Ann Arbor. She is a board-certified lactation consultant and breastfeeding educator.

Libby Robinson, PhD, MSW, is trained in teaching mindfulness and offers classes, workshops, and retreats throughout the year. She has practiced mindfulness meditation since 1979 and was trained by Jon Kabat-Zinn and colleagues at the Univ. of MA, and has been teaching MBSR since 2003.

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. His teaching style involves the use of props and helps students with special issues such as back pain and muscular tightness.

Penny Rosenwasser, PhD, is a California-based lesbian feminist rabble-rouser and activist. A former Jewish Caucus Chair of the National Women's Studies Association, she teaches Anti-Semitism/Anti-Arabism class with a Palestinian colleague at the City College of San Francisco.

Shannon Roznay has been practicing nutrition in the Ann Arbor area for the past six years and is dedicated to improving the health of her community.

Dolores Rubio-Turtle is an educator, lecturer, translator, entrepreneur, and member of Women and the Environment Network, promoting conscious femininity.

Jonathan Rudinger, RN, LMT, and founder of PetMassage, has worked in the canine massage areas since the mid 1990's. He facilitates workshops and home study courses.

The Rudolf Steiner Health Center was established in 2003 as a treatment, training, and research center based on the anthroposophical worldview.

Merilynne Rush is a former midwife and hospice nurse who specializes in education about natural death care, including home funeral and green burial.

Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Kirsten Brooks are Iyengar Yoga instructors. Sue holds a Senior Intermediate I Certificate and has taught for 27 years, Alicia and Sally hold Introductory II levels, and Kirsten has passed Introductory I level on her way to being certified.

Judy Sauer is founder of JDS Food Solutions and author of the cookbook, *Foot Loose and Gluten-Free*. She guides people through dietary transitions to accommodate food allergies and compromised states of health.

Heidi Schmitz is an integrator with Integrity: myholisticapproach.com.

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.

Elizabeth Shadigian, MD, FACOG, is a board-certified obstetrician-gynecologist specializing in the health, safety, and well-being of women. She received her medical degree from John Hopkins University, taught at major teaching institutions for 20 years, and left academia as a Clinical Associate Professor to create WomanSafeHealth, a medical practice based on women's empowerment.

Christine Shekoski has worked as RN-BSN in hospitals and home health care, in psychiatry and hospice work. She is a Waldorf teacher, and has taught English abroad in Mongolia and Ecuador.

Laura Shope is founder and creative director of Bluefire Institute, offering programs for empowerment and self-discovery in the areas of career fulfillment, wellness, and creativity.

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.

Marina Sionov is a member of the Theosophical Society in Detroit, and has facilitated a book study group for many years.

Lynn Sipher, LMSW, is trained in teaching mindfulness meditation and offers classes, workshops, and retreats throughout the year. She has practiced psychotherapy since 1985.

Barb Smith is author of *Brent's World*.

Rodney Smith has spent over 20 years studying astrology, and over 40 years studying metaphysics. He is from Australia.

Rebecca Sornson is an organic farmer, massage therapist, and a Master of Public Health student. She was recently in Tanzania with the Human Food Project, which is mapping the microbiota of global human populations.

Matthew Statman, LMSW, CAADC, is the Univ. of MI Collegiate Recovery Program Manager.

Ema Stefanova, E-RYT500, is a yoga master and healer from the Satyananda medicinal and spiritual yoga lineage, and a longtime Univ. of MI referral practitioner and published author. She has mentored and inspired since 1979.

Gari Stein has been an educator, consultant, and motivational and instructional speaker since 1966. She is the owner of Music For Little Folks and is an active member of the early childhood community with degrees in Child Development and Dance.

Sarah Steven was classically trained at AAIMT in 2007. She went on to practice a style of bodywork that combines western techniques and eastern energy work, and has been doing Wazoga for six years.

Robert Taylor has been host of the Grosse Pointe Cable tv show "Out of the Ordinary, Into the Extraordinary" for 20 years, and is author of *Into the Mystical: Ancient Wisdom for our Troubled Times*.

Janene Ternes is a commissioned spiritual director who founded Prayer in Motion in 2003. She teaches workshops to inspire holistic forms of prayer.

Tatianah Thunberg is a Holistic Psychotherapist, Yoga teacher, and Thai Bodyworker. She is a graduate of Blue Lotus Thai workshop series in Ann Arbor.

Stephanie Tighe, MSW, co-founder of Spirit Weavers, has studied with the Foundation for Shamanic Studies, Sandra Ingerman, and others since 1987. She has been trained by Sandra Ingerman to teach shamanic healing techniques and has been teaching and practicing shamanism for 25 years.

Mary Tillinghast is the mother of four children raised on homeopathy. As manager of Castle Remedies for 30 years, she received hands-on training with Dr. Lev Linkner.

Judy Lee Trautman is a certified leader of dances, an initiated Sufi, and ordained Sufi Cherag.

James Treeclimber has practiced integral yoga for 21 years, and shamanic journey for 13 years.

Monica Turenne, DVM, CVA, is the owner of Four Paws Veterinary Wellness, an integrative veterinary medicine house-call practice. She is a Certified Veterinary Acupuncturist and a member of the International Association of Animal Hospice and Palliative Care.

Karen Ufer is certified in Iyengar yoga with over 30 years of teaching experience.

Joy Van Bael received her yoga training from Eric and Lisa Paskel of the Yoga Shelter.

Jennifer Vanderwal is a Usui Tibetan Karuna Seiroku Reiki Master and a Melody Crystal Healer Instructor. She offers past life ascensions, cord removals, meridian clearing, and quantum touch, and facilitates healing crystal arrays.

Cam Vozar is a psychotherapist in private practice for over 25 years, and has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Emily Wagner is a licensed esthetician and independent NRY Organic skincare consultant.

Mother Clare Watts is a Christian master teacher and visionary with Center of Light Ann Arbor.

Joan Weber, PhD, is Senior Director of Journeys International, a 35 year old locally-owned travel company.

Mark Weiner is a physician and addictionologist who also specializes in treating chronic pain.

Suzy Wienckowski is Reiki Master and Registered Massage Therapist who has over 30 years experience in healing arts, with Reiki as a focus since 1993. She teaches traditional Usui Reiki Healing and is a member of the Reiki Alliance.

Debra Williams is a nationally certified massage therapist and bodyworker, practicing Reiki, massage, reflexology, and craniosacral therapy.

Kathryn Williams has been creating commissioned works of art for over 20 years.

Eve Wilson is an intuitive healer, able to read the aura and the soul's contracts, healing the root cause of disease for humans and animals. She is training legally accredited healer practitioners since 1986 through The Healer Development Program and ascension courses.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor, Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, and Certified Transformational Breath Facilitator since 2004, and has been a meditator since the early 1960's.

Connie Wright is a member of the Theosophical Society, and has studied in and facilitated the Carl Jung book study group.

The Yoga Room offers an alternative to commercial studios and gyms, with a class size of 12 people maximum to allow for individual attention.

The Yoga Space teachers are all certified by the Iyengar Yoga Association of the U.S. Their experience ranges from 9 to 30 years.

Karlita Zarley, RN, CHTP, has over 30 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 16 years as a professional healer and educator, providing energy work, spiritual direction, essential oil consultations, flower essence formulas, and leading classes and retreats.

David Zimmerman, BMph, is a retired General Motors executive, a graduate of Claregate College England, and a Vietnam War veteran. He is a Theosophical Society member and a Claregate College teacher.

Lisa Zucker began meditating in 1999 and has been practicing vipassana with Deep Spring Center since 2001. She joined the teacher training program in 2006 and has since taught classes in meditation.



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