

THE CRAZY WISDOM BIWEEKLY

#100

**Biweekly
Calendar**

PAGE 14



November 25
Waxing Crescent



**Biweekly
Divination**
PAGE 27

**Crystal of the
Week**

PAGE 10

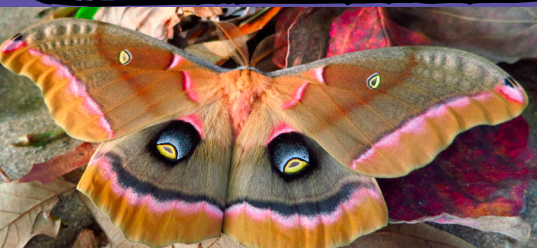


*Blue Wilson, owner
of Moon-Sky's.*



CRAZY WISDOM

COPYRIGHT © CRAZY WISDOM, INC., NOVEMBER 25, 2022.



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

Thank you to our contributors for this issue:

Peggy River Singer
Angela Madras
Susan Ayer
Susan Ulrich
Gail Embery
Cashmere Morley
Bill Zirinsky
Jennifer Carson

Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. The *Crazy Wisdom Journal* has been published three times a year since 1995.

Contents

Issue #100

04

Professor Polyphemus
BY PEGGY RIVER SINGER

06

How York Helped Forge a
New Way of Dining Out
BY ANGELA MADARAS
PHOTOS BY SUSAN AYER

24

Psychedelic Therapy
Training Program
FACILITATED BY JULIE BARRON &
MOUDOU BAQUI

What's Happening Around Us

14

The Biweekly
Community Calendar

Biweekly Divination

27

What Do the
Next Two Weeks
Hold For Us?

On the Cover

On the cover is Blue Wilson, owner of Moon-Sky's, a cheesesteak food trailer, part of the featured story beginning on page 6 of this issue.

"We created a place reminiscent of the "good old day's neighborhood" or family reunions."

-- TOMMY YORK

09

Professor P

By Peggy R

Back in April, I found a cocoon lying on the grass. It was about an inch and a quarter long and had been beautifully crafted last fall from leaves that had been wrapped and secured with silk by the caterpillar architect. Moths and butterflies have always been an important part of my life; I was instantly transported back to the summers I spent helping teach nature classes to kids. There, they learned all about moths and butterflies and raised caterpillars to release as adults.

When the pupa felt the warmth of my hand it wiggled around, tapping against the inside walls. I explained that it was dangerous for it to stay where I had found it, and asked if it would like to stay in my home or in another safe location outside until it was ready to hatch. It seemed my home would be satisfactory, so I set up a screened enclosure in my living room. Now it was time for some fun homework: I figured out the cocoon belonged to a *Polyphemus*, one of the showiest silk moths. I looked forward to getting some good photos when it hatched.

As they say in the movies, “*Time Passed...*” and then, late one afternoon, I glanced over at the cage, and *oh my gosh she’s hatched!*

She was sitting quietly, resting after the hard work of squeezing out of that cramped cocoon and pumping fluid into her wings. The wings looked fine, with no wrinkles, which meant she’d probably fly soon.

Obviously, I needed to get her outside, so I picked up the cage—but not carefully enough—since she responded by squirting out some very smelly goo on the coffee table. I set the cage on a shelf on my patio, then I took out a chair and some reading material, and my cell phone so I could take pictures. I plunked myself down to keep her company and “protect” her from hungry birds and squirrels, and waited breathlessly for *The Big Moment!*

4

But Polly just sat there. According to the experts, she was supposed to take off immediately to find a suitable mate and deposit her belly full of eggs before her seven-day lifespan ended. I shifted the cage around gently to take some photos, and she squirted more goo (right on my cell phone this time!) to protest the disturbance.



Polyphemus

River Singer



She was still there the next morning, uneaten but quite chilled; she was still there at noon, and at 5 p.m. when I went

outside for a few hours.

She was still there when I got home at 9:45 p.m., but she was exercising her wings. I spoke to her softly, thanked her for allowing me to share her life, and offered heartfelt blessings.

The next morning, the cage was empty except for the cocoon, which I still have. You can read a lot into a simple cocoon: it's a symbol of hope, rebirth, new adventures, and reinventing yourself. It will remind me that "fragile" little flutteries don't always need human help and protection, although they will appreciate loving support offered with a humble heart.

Even more important than that, I now understand that there was a reason Polly remained unharmed that night, even though she was sitting in plain sight. She had decided to devote part of her brief life to mirror my reluctance to move forward into new adventures. Once she could tell that I understood, she felt free to go on her way.

Spiritual guidance from an enlightened moth — priceless!

Peggy River Singer is a lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer who combines her gifts to help create harmonious relationships among all who share the Earth. Connect by email at newbluecanoe@aol.com. Previous columns, interviews, and articles about her experiences and insights are posted on angelsfairiesandlife.wordpress.com.

Now it was getting late, and it was so cool that I worried Polly might not have the energy to fly. She made it clear that she didn't want to be moved (with another smelly poop aimed in my direction), so I reluctantly left the open cage where it was. I won't claim that I didn't worry or fret about her that night, but I calmed down and apologized for interfering with her personal plans and decisions.

How York Helped For

By Angela Madaras • Photos By Susan A

GOOD FLAVOR

GOOD PRICE

GOOD EATS
MOBILE FOOD CO. LLC

ROMULUS, MI
SERVING THE TRI COUNTY AREA

Follow us on



BURGERS W/RIES

- HAMBURGER \$1.3
- TURKEY BURGER
- BLACKBEAN BURGER

CHEESE, ONIONS, ONIONS, LETTUCE, TOMATO, PICKLES, MAYO, MUSTARD, KETCHUP

- STUMBD BEEF ONLY w/ries \$8
- STUMBD BEEF DUN w/ries \$7

ONIONS, MUSTARD, KETCHUP

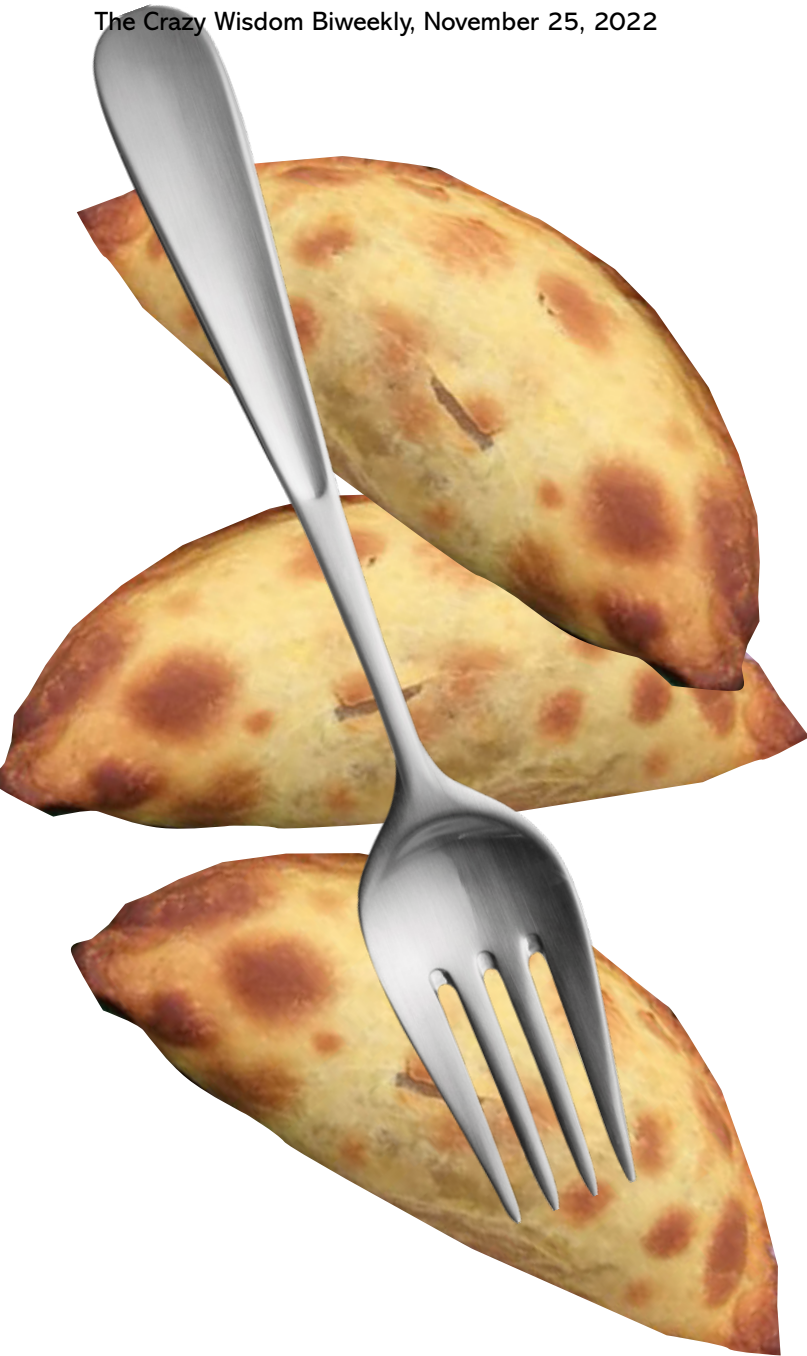
- PDP/WATER \$2

PLEASE ADV
OF ANY FOOD



Experience a New Way of Dining Out





I have been joyfully shopping and dining at York Food and Drink for many years. They offer a variety of sandwiches, salads, seasonal soup, and baked goods, as well as cured meats and cheeses so one can create their own nosh board. They will customize any order to fit the customer's dietary wishes.

My favorite is the Cali sandwich filled with smoked turkey, avocado spread, smoked Gouda, red onion, tomato, and lemon basil aioli on toasted eight-grain bread. They make the best Americano I've had in the states. Additionally, I enjoy all of the richly diverse mobile food cooks and chefs who operate out of community kitchens, local food stores, food trucks, food carts, and gathering spaces. I have tried many while visiting York.

The innovative folks from York have inspired many foodies from every walk of life in our area and beyond. Some of them collaborate, and many use locally-sourced ingredients to grow our regional economy.

I had many questions for owner-manager and founder Tommy York and co-owner Sarah Okin about the business model that inspired many others. I am sharing just a part of what was shared, but it is enough to know that this business is about people and community. They feel it is their duty to create an indoor and outdoor space that brings people together in a safe and entertaining way. They give much to charities, while also bringing in DJs, food trucks, and artists to help them pay their bills. I was touched each time I visited and left feeling grateful for the food, drink, and camaraderie.

Angela Madaras: When did it hit you that the pandemic called for a complete change in your business practices—like online ordering, food truck courtyard, outdoor dining, and expanding the wine sales room? And what gave you the idea to offer heaters, a small fire pit, DJs, rotating food trucks, cocktails, and a family-friendly environment? And how did you make it happen?

Tommy York: About a month or two after the pandemic hit in mid-March 2020, we had the funds and the people, a website ready for creating an online ordering platform, a supportive community, and lots of hard work. We worked up to ninety hours a week for a few months in order to accommodate our customers and our vision for the future. My degree in social work and seven years at Zingerman's, gave me the tools I needed to make a swift change. I always had a passion for helping people and supporting community. It took every single person involved. My neighbors, family, customers, and others left very large tips, sent us money to keep the doors open, and some folks bought gift certificates but never used them because the community wanted to see us succeed in serving the public. I was raised to volunteer as a child and help people in need. My parents instilled in me that "you are special, but not too special." These ideals, and patience, got me through it and keeps me going. I was fortunate that my wife Julie was so supportive—I could not do it without her.

When the pandemic started in March 2020, restaurants had to close their doors for a bit of time to re-group. Most were able to provide delivery, no contact pickups, and take-out options. During this time, mobile food folks had an edge. It was truly amazing how food businesses, from farms to restaurants, figured out new ways of operating in a short period of time. York Food and Drink (and many other alternative eateries) made the change successfully and super-fast.

This article is about York primarily, but also about some of the mobile cooks and chefs who have become extremely popular because of York's willingness to invite them into this new outdoor dining experience. Customers seemed happy to have many food options they may not have tried before. York inspired several food businesses to adapt to this new model of eating and drinking safely while creating a larger community based on sharing space and co-creating for everyone's benefit.



Angela Madaras: What other major changes were made in the way you run your business as it relates to your community and its seemingly temporary needs? I assume you felt the pandemic would end and perhaps you could go back to “normal”?

Tommy York: We created a place reminiscent of the “good old day’s neighborhood” or family reunions. We were able to get an additional permit to serve alcohol in our outdoor food-entertainment area. We realized quickly that this model was here to stay, and we were lucky enough to have the space to expand and meet the needs of our staff and customers.

Angela Madaras: How many owners, managers, and staff?

Tommy York: There are five of us “owners.” Each has his or her own focus. We make a great team. Our staff is fabulous and works hard to make customers happy. We could use more steady staff, but so can everyone. Staff counts change regularly.

Angela Madaras: Are you aware of the impact you made on the food scene? There are now about a half dozen local food joints mirroring your model, with their own twist.

Tommy York: I will let Sarah answer that question. She is a working partner who handles human relations, social media, and communication, plus many other tasks. The family-friendly party vibe in the courtyard was her and her husband’s vision, so I’ll let her explain.

CONTINUED ONLINE AT CRAZY WISDOM JOURNAL



RUTH WILSON

Intuitive Coaching & Mentoring



Connect with your unique magic!

Create what you authentically want, with ease. Make decisions, heal problems with the help of my intuitive, and strategic skills.

As a reader and teacher of psychic reading, certified coach and MBA, I help you get clarity, see blind spots, take actions, to make change.



[Schedule a free chat with me](#) and I will help you shift the energy around your intentions to change your results.

ONLINE: WWW.RUTH-WILSON.COM

EMAIL: MAILRUTHWILSON@GMAIL.COM

JOIN MY FACEBOOK GROUP: FACEBOOK.COM/GROUP/MAGICINTUITION

HEART TO HEART ANIMAL COMMUNICATION



Compassionate Care For Your Animal Friends

- Interspecies counseling
- Support for life changes
- Support for trauma, grief, and adoption
- Animal communication classes
- Shamanic animal healing



Judy Liu Ramsey
Consultant

For information
or appointment,
contact:
info@judynamsey.net

<https://JudyRamsey.net>



Divine Inspiration At Work

Let **Divine Inspiration** be the guide for **Your Next Chapter** and make smooth transitions in your personal life, career, or business.

"I can say beyond a doubt that my reading with Susan has helped propel me in my soul's direction and vocation! She is incredibly accurate and left me feeling more inspired and excited than I could possibly express!" Hallie S., Salt Lake City, Utah

Psychic Readings,
Career & Business Strategy Sessions
with Susan McGraw

Get more information and book a phone session at:
DivineInspirationAtWork.com

"Susan has incredible talents and skills as a Master Reader/Psychic, in addition to being a brilliant career and business consultant!
I have been searching for the source(s) of long-term chronic pain, despite looking for answers for decades. Her acumen in identifying these issues is nothing short of astounding, and I am so appreciative of her intuition and generosity." Sally R., San Luis Obispo, CA

Crystal OF THE WEEK

*Courtesy of Susan Ulrich, owner and proprietor of
Bright Earth Minerals and Crystals*

Adamite



Adamite, with its sparkling, light green crystals, is a zinc arsenate mineral that is related to the elements of fire and wind. It focuses on the heart (emotions) and solar plexus (will) chakras, making it particularly helpful for achieving one's heart's desire. It stimulates both the energetic and mental bodies, increasing overall vitality and energy levels. Its crystals fluoresce bright neon green under short-wave UV light. (Reference material: 'The Book of Stones' by Robert Simmons and Naisha Ahsian).

BRIGHT EARTH CRYSTALS AND MINERALS



Earth's brilliance...captured. Quartz, amethyst, fluorite, calcite, adamite, selenite, and many other crystals and specimens at a range of prices.

Susan Ulrich,
owner and proprietor.

See me on Facebook
facebook.com/brightearthcrystals

Where can you pick up a copy of The Crazy Wisdom Community Journal?

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Ann Arbor Senior Center
Arbor Farms
Argus Farm Stop
Balance Point Fitness
Bio Energy Medical Center
Booksweet
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
El Harissa Market Cafe
Enlightened Soul Center
First Bite
Fiery Maple Wholistic Healing
Healing Hands Physical Therapy
Integrative Healthcare Providers
Jewel Heart
Kerry Town Market
Kouyate Healing Arts
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Coffee
Move Mind-Body Fitness and Wellness Studio
Nicola's Books
Oz's Music
Peaceful Dragon School
Peachy Fitness
Pharmacy Solutions
Pointless Brewery and Theatre
Roos Roast Coffee
Sweetwater's Cafe
Therapeutic Riding, Inc.
Thrive Wellness Center
Washtenaw Community College Student Center
Washtenaw CC Health and Wellness Center
Wine Wood Organics

Ypsilanti:

Cross Street Coffee
Cultivate Coffee and Tap House
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibration Kombucha
Ypsilanti Food Co-op

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Earth Elements
Eleanor's Sweets and Sodas
Salt Springs Brewery
Stony Lake Brewing Company

Chelsea and Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Corner Cup Cafe
White Lotus Farm & Tsogyelgar
Triple Crane Monastery

Jackson & Lenawee County:

Essential Energies
Divine Sanctuary
Pegasus Spa and Leisure
Free to Be Yoga and Massage
DNA Sales 2100
Gidrah's Mind Body Spirit
A Healing Feeling Wellness Center
Living Grateful

Wednesday, November 30, 2022 • 7:00 PM - 8:45 PM

The Readings Series of The Crazy Wisdom Poetry Circle

Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.

Featured Readers:



November 30 – Patricia Barnes writes, makes art, and watches the Detroit River from her home in Wyandotte. She has won numerous prizes in ten poetry contests and her work has appeared in Peninsula Poets, The MacGuffin, Third Wednesday, and Water Music: The Great Lake State Poetry Anthology. Her latest book of poems is Cup of Home.

November 30 – Richard Terrill's seven books of poetry and prose take on subjects ranging from his work as a jazz saxophonist, to teaching English in a remote Chinese city, to imagined conversations with the past. His new book of essays, Essentially, seeks the "essential" in trout fishing, hearing loss, classic American movies, and much more. www.richardterrill.com.



Featured readers are followed by Open Mic reading. • FREE • All writers welcome • Read your own or other favorite poetry. • Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by David Jibson, Ed Morin & Lissa Perrin. See our blog at <https://cwcircle.poetry.blog/>



Guidance | Confirmation | Direction

PRIVATE READINGS - GROUP EVENTS -
GIFT CERTIFICATES

313-655-7694 READINGSWITHGAIL.COM

EMBERYG@YAHOO.COM

PSYCHIC/MEDIUM,
LICENSED PROFESSIONAL COUNSELOR, MA, LLPC



Born during the pandemic, The Crazy Wisdom Bi-Weekly seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Cashmere@crazywisdom.net.



Stay informed!

[Click to sign up for our newsletter](#)

Pick up the fall issue now



The Crazy Wisdom Community Journal

issue 81

Features

Amy Garber, owner of
Enlightened Soul Center

Brush Monkeys

Paula Hampton, wand maker

Interviews

Singer-songwriter David
Magumba
Author Alex Weinstein
Mobile food businesses
...and more!

Look for it around town or
have it mailed directly to you.

[Click to Subscribe](#)

THE BIWEEKLY COMMUNITY CALENDAR

A COURSE IN MIRACLES

A Course in Miracles Study Group with Randall Counts •
Every Thursday September 1- December 27 • 12 - 1:30 p.m.
• Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact Interfaithspirit.org.

A Course in Miracles Study Group with Rev. David Bell •
Every Monday, September 5- December 26 • 6:45 - 9:30 p.m.
• Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact Interfaithspirit.org.

ADDICTION AND RECOVERY

Recovery Dharma with various leaders • *Sundays • 12 - 1:30 p.m.*
• Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email annarborzentemple@gmail.com.

ART AND CRAFT

Candle-Making and Natural Holiday Gifts with Deanne Bednar • *December 3, 4, or 10 • 1-5 p.m.*
• Enjoy the season by making dipped Beeswax Candles. Includes making earthen candlestick holders + decorating matchboxes with birchbark, seed pods, and more! Held in the main house at Strawbale Studio on wooded land. \$40. Contact 248-496-4088, ecoart@gmail.com, or visit strawbalestudio.org/events/.

Prison Creative Arts Project: 2022 Art Auction Hosted by Prison Creative Arts Project • *Saturday, December 3 • 6:30 – 9 p.m.*
• This event raises funds to support the 27th Annual Exhibition of Artists in Michigan Prisons (Spring 2023), where 700+ pieces of art created by incarcerated artists will be exhibited at the University of Michigan for public viewing and purchase. The auction will feature artwork by incarcerated artists, PCAP curators, University of Michigan faculty and local artists. The Silent Auction will begin online on Thursday, December 1 at 7:00 p.m. Free. Contact prisonarts.org, @prisonarts, or pcapinfo@umich.edu, 734-647-6771.

Word of the week:

Waif

/wāf/
noun

A waif is a person removed, by hardship, loss or other helpless circumstance, from their original surroundings. The most common usage of the word is to designate a homeless, forsaken or orphaned child, or someone whose appearance is evocative of the same.

BODYWORK AND BODYMIND THERAPIES

It's time to feel good!! With Robin Bosilovick • *December 2 • 4 – 7 p.m.*
• Everyone receives a foot analysis, massage, Negative Ion demonstrations, all natural pain relief samples and a 30 minute foot detox! \$25. Contact Robin at 517-395-5258.

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT

System Practitioner Training with Karen Greenberg's Clair-Ascension Kabbalistic Balance • *Fridays, December 2, 9, 16 • 10:30 a.m. – 2:30 p.m.*
• Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (pick any group of three dates above) + materials fee. Contact Karen Greenberg 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

BOOK DISCUSSION GROUPS

7 Notes Book Club with Rob Meyer-Kukan • *First Thursday of the month • 7 - 8:30 p.m.*
• The purpose of the 7 Notes Book Club is to meet together with other like-minded people to read books about holistic practices, health, meditation, and spirituality. Books to be read are: September - The Miracle of Mindfulness by Thich Nhat, October - Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss, November - Clarity and Connection by Yung Pueblo, December - The Complete Game of Life and How To Play It by Florence Scovel Shinn. Open to anyone who likes to read and discuss the books they read. Donations. Contact 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Jewel Heart Readers with Jewel Heart Instructors •

Second Monday, Monthly September - December • 7 to 8:30 p.m.
• Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free / Donations welcome. For this month's book selection and participation information, contact programs@jewelheart.org or call Jewel Heart at 734-994-3387.

BREATHWORK

Morning Meditation and Breathwork with Shellie Powers • *September through December, See Schedule on Website •* All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. See schedule on website. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. Contact Shellie Powers, 734-926-8423 or 517-962-5378, or visit powers365.com.

BUDDHISM

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • *Weekly on Sundays from September 4 to December 25 • 11:00 a.m. to 12:00 p.m.* • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free / Donations welcome. To register visit jewelheart.org/free-weekly-virtual-programs. For more information contact 734-994-3387, or programs@jewelheart.org.

Practical Buddhism: The Tibetan Approach, by Gelek Rimpoche and Gelek Rinpoche • *Most Tuesdays from September 6 to December 20 • 7 - 8:30 p.m.* • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Sessions review Gelek Rinpoche's 2012 Sunday talks and into early 2013. Free / Donations welcome. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387 or programs@jewelheart.org.

Sunday Meditation and Sharing with Still Mountain teachers • *Every Sunday • 10 - 11:30 a.m.* • Still Mountain is made of individuals and families from Ann Arbor and the surrounding areas. We strive to be inclusive, open to people of all ages, backgrounds, and experience. Our teachers are trained in Insight Meditation and come from multiple spiritual paths. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing/teaching related to the Dharma. Free. Visit stillmountainmeditation.org/ for more information.

Master Class: Pramana of Dharmakirti: Logic and Reasoning - Part 3 with Demo Rinpoche • *Thursdays from October 27 to December 15 • 7:00 - 8:30 p.m.* • Reasoning and logic are essential in order to reveal what is in fact true and reliable knowledge. Pramana is a Sanskrit term that Hindi, Buddhist, and Jainism traditions use to refer to the elements necessary to recognize how knowledge is understood and how its veracity and reliability can be ascertained. Drawing from Dharmakirti's Compendium of Valid Cognition, Demo Rinpoche will explain various methods to help gain reliable true knowledge of the nature of reality as well as be able to discern the diverse understandings people may reach. Note: This program is a continuation of Demo Rinpoche's earlier Pramana teachings. \$85 Jewel Heart members / \$105 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387, or programs@jewelheart.org.

Ryaku Fusatsu – Full Moon Ceremony with Marta Dabis • *December 4 • 11 a.m.* • Traditional Japanese Soto Zen Full Moon Ceremonies in the tradition of the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. Everyone is welcome. Free. Donations are appreciated. Contact Marta at 248-202-3102, jissojizen@gmail.com or visit jissojizen.org.

CEREMONIES, CELEBRATIONS, AND RITUALS

Release, Recalibrate, and Replenish with Alicia Clark-Teper • *December 30 • 6:30 – 9 p.m.* • Now is the perfect moment to shed to the old at this time of year and rebalance our equilibrium mind, body and soul. Self-care is so important, join us for an opportunity to recalibrate your formula and then replenish your cup for the new year. We will be using a mix of ceremony, sound, ritual, and unity to set the stage for a fresh 2023. There is no better time to focus on yourself. \$35. For more information contact Alicia Clark-Teper at clarkteper@yahoo.com, 734-945-5396 or visit sacredlotusexperience.com.

Year-End Candle Lighting Service: Kindling Light of Wisdom-Mind with Temple Clergy • *December 31 • 8 – 10 p.m.* • An occasion to take stock of one's life and to greet the New Year in contemplation and reflection. Everyone is welcome to come share this beautiful service with us. \$20 donation suggested. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

CHANNELING

Remembering Wholeness, Darshan with The Mother with Barbara Brodsky and The Mother • *December 11 • 2 – 5 p.m.* • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear all my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. \$10-\$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Evenings with Aaron presented by Barbara Brodsky and Aaron • *December 14 • 7 – 9 p.m.* • Evenings with Aaron meets once a month. All are welcome. Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Deep Spring Center focuses on how we can live with more wisdom and compassion. Our primary work includes meditation and spiritual inquiry. \$10-\$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

"A compelling, intimate memoir of one woman's courageous journey to wholeness..."

DISCOVER THE BOOK OF THE WEEK,
PAGE 26

THE BIWEEKLY COMMUNITY CALENDAR

CHILDREN AND YOUNG ADULTS

Kabbalah for Kids (5th grade and up) with Karen Greenberg, P.T., • *Sundays, December 4 and continues to meet monthly • 1 - 3 p.m.* • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (not reinforce feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves' genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the "1000 Years of Peace" prophecy \$50/session for 2-hour class. For more information contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

Winter Festival at Rudolf Steiner School of Ann Arbor • *Saturday, December 10 • 9 am – 3 p.m.* • All are invited to celebrate Steiner School's Winter Festival!! Explore the Crystal Cave, have a tasty treat, and enjoy a festive song! With live music, puppet theater, children's activities, crafts, and an artisan market, this event is one for the entire family! Wind a wool jump rope, make a beeswax candle, or take a cakewalk. Little ones will be enchanted by the magic of the children-only gift shop! 2775 Newport Road, Ann Arbor. Free entry and entertainment. Tickets available for crafts. For more information call 734-995-4141 or visit SteinerSchool.org

DEATH AND DYING

Death Cafe via Zoom with Merilynne Rush and Friends • *Third Saturday of the month beginning October 15th • 10:30 am – 12 p.m.* • All are welcome! Join us the third Saturday of each month for a frank discussion on death, dying, and life. Free. Contact TheDyingYear@gmail.com or visit DeathCafe.com.



Are you the right fit for a Psychedelic Therapy Training Program?
Applications Due Dec 7
PAGE 24

ENERGY AND HEALING

Universal Sphere® Certification Practitioner Training with Shellie Powers • *December 6 – 8 • 6 – 9 p.m.* • All are welcome. This is an easy to learn energy modality that allows you to immediately connect to the Unified Field, aka the Quantum Field. From there you can work on increasing your frequency/vibration and start attracting higher vibrational solutions into your reality. The Universal Sphere® can stand alone, or be used with other modalities, so whether you are brand new to energy work, or a seasoned professional, this training is for you. \$397. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

Qigong Basics with Master Wasantha Young • *Thursday, September 15 - December 15 • 11:15 a.m. – 12:15 p.m.* • This class will cover basic physical and mental energetic techniques for self-care. For example: energy cleansing and centering, meditation, muscle relaxing acu-points, and cultivation of chi that will revitalize your sense of well-being. Best of all you develop a toolbox of strategies for self-care! (In-person only - limited to 10 people). \$180. Contact Peaceful Dragon School at info@peacefuldragonschool.com or call 734-741-0695.

Wheels that Drive You: Chakra Healing Meditation for Total Health with Ema Stefanova • *December 24-25th* • Experience how each wheel of energy called chakra governs specific functions in the body-mind complex, and how to live a healthy and balanced life informed by meditating on the chakras. \$199. For more information contact Ema at YogaAndMeditation.com.

EXERCISE AND FITNESS

Beauty Loves Movement with Katie Westgate • *December 1 or 8 • 6 - 7:30 p.m.* • In this fun and unique class you will learn techniques for vibrant, healthy skin through self-massage, Gua Sha and other tools, breath work, facial exercise, meditation and the why's of the importance of these techniques. Bring a yoga mat and yoga attire. Masks will not be worn throughout class. Please come with makeup free clean face. *Tools will be available for purchase or you may bring your own! Q+A to follow class. Register by 5:00 p.m. day of on website. Class size is limited to seven. \$35. For more information visit kwestskinbodyspirit.com or call 734-436-8991.

GARDENING AND ECOSYSTEMS

Strawbale Studio Learning Tour with Deanne Bednar • *December 3, 4, 10, • 10 a.m. – 12 p.m.* • See the enchanting buildings with thatched and living roofs, plus Earth Oven, Rocket Stoves, and a Rumford Fireplace. On lovely rural land 1 hour north of Detroit. Structures include the Strawbale Studio, Hobbit Sauna, and Middle Earth. Lots of Q & A! \$20. For more information contact Deanne Bednar at (248) 496 4088, or ecoart@gmail.com, or visit strawbalestudio.org/events.

HEALING

Navigating Loss with Grace with Barbara Hutton • *Sundays TBA* • Creative exploration and support to gracefully, consciously, and deeply navigate the experience of loss, in a sacred and confidential space. By donation. For more information contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

INTUITIVE AND PSYCHIC DEVELOPMENT

Focused Mind Meditation with John Friedlander • *December 4 • 9 a.m. – 12 p.m.* • 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. \$15. For more information contact Violeta Viviano at mvaviviano@gmail.com, call 734-476-1513, or visit psychicpsychology.org.

Psychic Psychology Women’s Group with John Friedlander and Gloria Hemsher • *December 6 • 7 - 8 p.m.* • For Women Only. Meditations concentrating on women’s issues relative to biological energies as well as that of the aura. \$10. For more information contact Violeta Viviano at mvaviviano@gmail.com, call 734-476-1513, or visit psychicpsychology.org.

KABBALAH

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg, P.T. • *Second Wednesday September through December* • This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy resisting (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for creating, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifesters of our dreams, desires, and goals, open to miracles, and fulfilling our destinies. Monthly Course Rate - \$150/person; Monthly Semi-Private (2 people) Rate - \$180/person; Monthly Private (1 person) Rate - \$150/hour (based on time utilized). For more information contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.



Fig-2

This holiday season, gift them something they will remember.



Hand-drawn designs meets everyday living. Support a local artist!

- Tea Towels • Puzzles
- Woven Blankets • Clothing • & More!

[ETSY.COM/SHOP/FIGTWO](https://www.etsy.com/shop/figtwo) OR [CLICK THE AD TO SHOP](#)

LOVE AND RELATIONSHIPS

Kabbalah for Couples with Karen Greenberg, P.T. • *Sundays, December 4 and continues to meet monthly* • 3 - 5 p.m. • Has social distancing amplified distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. Two-hour sessions once a month for about a year, is not couples therapy—it can help you get your relationship to the place that you always wanted it to be but did not know how. \$274 per session. For more information contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

THE BIWEEKLY COMMUNITY CALENDAR

MEDITATION

White Tara Guided Healing Meditation with Jewel Heart Instructors • *Weekly on Sundays from September 4 to December* • 9:30 - 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. Free / Donations welcome. For more information visit jewelheart.org, call Jewel Heart at 734-994-3387, or email programs@jewelheart.org.

Zazen and Noon Service with Marta Dabis • *November 27, December 18* • 11:00 a.m. to 12:30 p.m. • Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Free, but donations appreciated. Everyone welcome. Contact Marta at (248) 202-3105, jizzojizen@gmail.com or visit jissojizen.org.

Applying Vipassana in Daily Life and Seeing Its Progression Along the Path with Celeste Zygmunt • *December 5* • 7:30 - 9:30 p.m. • This class is designed for those who are dedicated to deepening their experience of the Dharma and moving further along the path. The class content will contain practices and explanations, informed by Celeste's nearly 30 years of Vipassana study and practice under Barbara Brodsky and Aaron. In this class, we will use our increasing focus and spaciousness to deepen our ability in the moment to know our experience. Suggested donation: \$60-\$200. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Healing and Compassion Meditations with Hartmut Sagolla • *Mondays Weekly, September 5 to December 26* • 12 - 1 p.m. • Hartmut Sagolla leads a 30-40 minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free / Donations welcome. For more information and to register, visit jewelheart.org/free-weekly-virtual-programs, call Jewel Heart at 734-994-3387, or email programs@jewelheart.org.

Peace Generator at Interfaith Center for Spiritual Growth • *December 16* • 7- 9:00 p.m. • Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Free, but donations gratefully accepted. Visit Interfaithspirit.org for more information.

Overnight Introductory Meditation Course with Temple Clergy • *December 2 - 3* • 7 p.m. • *Friday evening and overnight at the Temple until noon on Saturday* • Designed for those unable to take the Thursday evening

course because of schedule or distance. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost including accommodation and breakfast is \$160/ \$120 students. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

Day of Mindfulness Meditation with Esther Kennedy, OP • **November 12th, December 12th** • 10 a.m. - 2:30 p.m. • Join our mindfulness community as we deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. \$35.00, with lunch Included. Contact Weber Retreat and Conference Center at 517-266-4000, or webercenter@adriandominicans.org.

Awakening Unconditional Love; Grounding Love into the Earth with Barbara Brodsky, Aaron, and John Orr • *December 6* • 6 - 9 p.m. • Waking up! We are all already awake, but most people have forgotten this truth. It was necessary that we arrive sleeping; now it is vital we awaken. We chase that elusive awakens, forgetting who we are. We practice on both levels, the ultimate one (where everything is connected, awake, and present), and the relative level where we move through awakening as a gradual process. Suggested donation \$105-\$350. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Get your event listed in the
CW Biweekly
calendar for **FREE**.



Send your listing in
two weeks in
advance!

[Submit your listing
here.](#)

Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • *December 1, December 15* • 7 - 8:30 p.m. • The Yoga Sutras of Patanjali is an ancient text that is a guidebook for walking the spiritual path. The course considers the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. Along with studying the text, we will practice tantric forms of meditation to help us understand the Sutras, focusing on mantra, the breath, visualizations, the opening of the central channel, and the chakras. Suggested donation \$120 - \$400. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Morning Meditation and Breathwork with Shellie Powers • **September through December** • *See schedule on website.* • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

Master Meditation with Ema Stefanova • *Tuesdays, September through December* • 6:50 p.m. • Understand what types of meditation work best for you, and experience practicing a variety of techniques from the classical yoga and tantra traditions. Each student will get help in developing a successful home practice to suit their individual needs/goals; excellent text and audio are available for further study. For more information visit yogaandmeditation.com.

Daylong Meditation Retreat with Carol Blotter • *December 3* • 9 a.m. – 4 p.m. • Join us in nature and in a wonderful center for sitting and walking practice and a talk. Donation. For more information contact Carol Blotte at 734-475-0942, cb.meditate@gmail.com, or visit ChelseaMeditation.com.

Cloud Never Dies - Remembering Thich Nhat Hanh with Esther Kennedy, OP • *December 3* • 10 a.m. - 3:30 p.m. • This day will include story, meditation, imagination, and a big dose of joy and gratitude. We will breathe and smile our way through the day in the companionship of one another. Free. Contact Weber Retreat and Conference Center at 517-266-4000, or webercenter@adriandominicans.org.

Winter Solstice Celebration with Esther Kennedy, OP • *December 18* • 3:30 - 4:30 p.m. • In the darkening days of winter for us in the northern hemisphere, Earth comes into stillness. Life stirring hidden from our eyes. A time for inner growth and the planting of seeds to enrich the world come Spring. Invite a friend, bring a song, a poem, a story, a treat to share. Come join in this celebration as the sun takes its shortest trip across the sky. Free but registration is requested. Free. Contact Weber Retreat and Conference Center at 517-266-4000, or webercenter@adriandominicans.org.

Sunday Public Meditation Service with Temple Clergy • *Sunday* • 10 - 11:30 am and 4 - 5:30 p.m. • Join us in person or by live stream for group meditation practice and a dharma talk. Live stream at <https://bit.ly/a2zenyoutube>. By donation. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

Weekly Silent Meditation Practice with Celeste Zygmunt • **Weekly Sunday** • 11 a.m. – 12 p.m. and **Tuesday: 9 - 9:30 a.m.** • We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions. Donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

One-Day Meditation and Yoga Retreat in Chinese with Master Zhong Hai (Winnie) • *1st Sunday of each month* • 10 a.m. to 6 p.m. • Half-day participants are welcomed. This unique one-day meditation retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit TripleCraneRetreat.org. For questions email Office@TripleCraneRetreat.org.

One-Day Meditation and Yoga Retreat in English with Master Zhong Hai (Winnie) or Kamakshi (Betty) Eller • *2nd and 4th Sunday of each month* • 10 a.m. – 6 p.m. • Half-day participants are welcomed. This unique one-Day Meditation Retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit TripleCraneRetreat.org. For questions email Office@TripleCraneRetreat.org.

MOVEMENT AND DANCE

First Friday Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman and Drake Moses Meadow • *First Fridays, September - December* • 7 – 9 p.m. • Circle Dances and meditations with sacred words from the world's religions presented on Zoom or in person, when safe to do so. Free online. \$5 in person. For more information contact Judy Lee Nur-un-nisa Trautman at jltrautman@sbcglobal.net, or 419-475-6535, or visit sites.google.com/view/a2-toledodup/home.

MUSIC, SOUND, AND VOICE

Singing for Comfort at Interfaith Center for Spiritual Growth • **Second Thursdays, September through December** • 7 - 8:30 p.m. • Raising our voices in song for comfort and peace. Free, but donations gratefully accepted. For more information visit Interfaithspirit.org

Cafe 704 at Interfaith Center for Spiritual Growth • *December 10* • 7 - 9:00 p.m. • Artist to be arranged. \$10. For more information visit Interfaithspirit.org.

THE BIWEEKLY COMMUNITY CALENDAR

ONLINE WORKSHOPS

Cacao Journey with Alicia Clark-Teper • *Every third Monday, September through December* • 7 – 9 p.m. • A Cacao Journey held by Alicia. The plant medicine of Cacao connects us with our hearts, our ancestors and Momma Gaia. We talk about the upcoming energies of the month, give thanks to our ancestors, connect to our hearts and flow with the bliss molecule Anandamide which is naturally found in Cacao. With every cup of ceremonial Cacao we replenish our cup with bliss, joy and compassion. \$35. Contact Alicia Clark-Teper at 734-945-5396 or clarkteper@yahoo.com or visit sacredlotusexperience.com.

Introduction to Homeopathy • *December 31* • 12:12 p.m. • Learn how to use homeopathy for yourself and your loved ones! This 4-hour-long online course is available on-demand. We'll learn over 30 remedies for common acute health conditions and first aid. 60 page homeopathic reference guide included. \$75. For more information visit www.CastleRemedies.Podia.com or contact Contact Caitlin Potere at caitlin@castleremedies.com.

Herbs for the Michigan Gardener • *December 31* • 12:12 p.m. • Prepare for next year's garden by learning about 20 easy-growing culinary and medicinal herbs. In this FREE online class, you'll learn how to grow, harvest, and use herbs in your Michigan garden. Available on-demand at your own pace. For more information visit www.CastleRemedies.Podia.com or contact Caitlin Potere at Caitlin@castleremedies.com.

OTHER

New Meditation Hall warming evening- Moving into Stillness with Julie Woodward • *December 2* • 7 p.m. • Come see the new meditation center. Short sit, enjoy a relaxing and refreshing yogi session, followed by tea and snacks. For more information visit <https://insightmeditationannarbor.org/> or contact info@insightmeditationannarbor.org.

PERSONAL GROWTH

Temple Stay, Visitor's Program and Residential Opportunities with Temple Priests • *Ongoing* • Tailored to individual needs, the visitor's program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue a spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. \$60 per night, \$250 per week or \$650 per month. Contact Zen Buddhist Temple at 734-761-6520 or visit annarborzentemple@gmail.org.

RETREATS

Silent half-day Sittings with Marta Dabis • *December 11* • 8:15a.m. to 1p.m. • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11:00 a.m. Donations are appreciated. Everyone is welcome. Can come for any portion of the program. FREE. For more information contact Marta at 248-202-3102, jissojizen@gmail.com, or visit jissojizen.org.

One-Day Zen Meditation Retreat with Temple Clergy • *November 26* • 9 a.m. – 5 p.m. • This retreat offers sitting and walking meditation, simple manual work, a delicious vegetarian lunch, and rest – an interval of deepening, of slowing down, silence, and mindfulness. \$60, includes lunch. For more information contact Zen Buddhist Temple at 734-761-6520 or annarborzentemple@gmail.com.

Advent Retreat with Marty Lott, OP • *Sunday December 4 - 8* • "I heard the bells on Christmas day, their old familiar carols play..." We hear these "old familiar carols" earlier each year, not just on Christmas Day, in renditions both sublime and ridiculous. Yet, there is no other holyday/holiday in which music holds such significant role as it does at Christmas; it could be argued, that no other art conjures up such vivid memories and strong feelings as the songs and carols of Christmas. Moreover, these "old familiar carols," when pondered, can help the soul feel it's worth and capture the great gift of the season. During this Advent retreat we will examine the spiritual meaning of some of these "old familiar carols." Double occupancy \$325. Single occupancy \$425. Commuter \$160.00. Contact The Weber Center at 517-266-4000, or visit webercenter@adriandominicans.org.

Five-Day Yoga Vacation on Isla Mujeres, Mexico with Ema Stefanova • *December 7 - 11 or December 14 - 18* • Take a sacred pause before you enter 2023. My intention with this very special offering is to hold healing space for all who will come to enjoy true yoga and meditation at the ocean on Isla, the Island of the Women, rest, reconnect, and rejuvenate together in order to re-enter the daily human experience more awakened and in tune with your soul. I would be honored to have you join me. \$1,250-\$1,450. For more information contact Ema at 734-665-7801 or visit YogaAndMeditation.com.

Living Heart Retreat Sanctuary with Ellen Livingston • We offer unique, customized individual and small-group (up to four) healing retreats in SW Florida by the ocean. At the core of our offerings at Living Heart Sanctuary are tools to cleanse your body and raise your natural frequency and health, such as a natural raw vegan menu, opportunities for communion with nature, and mindset upgrades. The Sanctuary is embedded in our home, and is a friendly and comfortable place to rest, connect, learn, and renew. Cost varies with length of stay, year-round openings from three days up to two weeks. Contact Ellen at ellen@ellenlivingston.com or 734-645-3217, or visit ellenlivingston.com.

SHAMANISM

Journeying Circle with Judy Liu Ramsey • First and third Thursdays of each month • 7 - 8:30 p.m. • The circle meets twice a month to explore issues, ideas and feelings deeply through shamanic journeying. Shamanism addresses the spiritual aspects of healing and gives us a very different perspective that often includes personal healing and empowerment. One person's journey is everyone's journey. Come join a supportive, nurturing group experience for your own empowerment. Prerequisite: shamanic journeying skills. Circle is on ZOOM. You must register prior to attending. \$25 per session or \$40 per month. For more information email info@judyramsey.net or visit <https://JudyRamsey.net>.

SPIRITUAL DEVELOPMENT

Monthly Midrash Study with Karen Greenberg, P.T. • December 11 • 1 – 4 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one three-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com or visit clair-ascension.com.

Interfaith Sunday Service at Interfaith Center for Spiritual Growth • September 4 - December 25 • 10:45 a.m. - 12:15 p.m. • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Youthful Spirits class at Interfaith Center for Spiritual Growth • Sundays, September 4 - December 25 • 1 – 2p.m. • Spiritual classes for young people. Free, but donations gratefully accepted. For more information visit Interfaithspirit.org.

Sufi Chanting Meditation and Discussion with Imam Kamau Ayubbi • Every Tuesday, September 6 - December 27 • 6:30 – 8 p.m. • An exploration of Sufism. \$5-\$10 per class. For more information visit Interfaithspirit.org.

Akashic Records Practitioner Certification with Shellie Powers • November 29 – 30, December 1, December 3 - 4 • Practitioner Certification: Experience the Akashic Records through the Pathway Prayer Process to Access the Heart of the Akasha©. Encounter the energy and wisdom and develop your skills for successful navigation of the Records. Learn about the Akashic Records, the method of access, and the tremendous personal possibilities for you. Find out how to use the Akashic Records for yourself and others. Enjoy a more conscious relationship with your own Soul and honor its wisdom. \$360. Contact Shellie Powers at 734-926-8423 or 517-962-5378 or visit powers365.com.

CONTINUED ON PAGE 24

Kim Krans is not only the star of the new tarot movement, but the person who redefined it for a new era. For its legion of fans, The Wild Unknown is more than a tarot deck; it is a way of life.



30% off at



shopcrazywisdom.com

THE BIWEEKLY COMMUNITY CALENDAR

Connecting with Archangels - Parts 1- 4 with Karen Greenberg, P.T. • *Sundays, November 27* • 9 a.m. – 1 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, on whom to call for particular assistance, and how to safely call upon them. Connect -- Ask Questions -- Often Receive Helpful Information and Guidance. \$777 for all four parts. For more information contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

Lightworker Activation and Development with Sandra L. Shears • *Every Wednesday* • 7 – 9 p.m. • Group light work in conjunction with current spiritual, astrological and energy events. Includes energy adjustment, activation and attunement. As a Light Worker or World Server you have incarnated at this time to facilitate the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. \$100 per month prepaid. For more information visit sandya-sandrashears.com.

STRESS MANAGEMENT

Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • *Ongoing and Self-Paced* • In this compact but powerful self-paced course you will gain insight into yourself and see your way out of your self-sabotaging habits, learn tools to cultivate greater awareness of your self-care needs, and explore the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion, and more. \$79. Contact Christy at info@christydeburton.com or visit christydeburton.com

TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

Chen Tai Chi Chuan with Joe Walters • *On-going Monday and Thursday* • 5 – 6:15 p.m. • *Saturday 9:30 - 10:45 a.m.* • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Free. For more information contact Joe Walters at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Tai Chi for Beginners with Master Wasantha Young • *Mondays, September 12 – December 15* • 10 - 11:15 a.m. and *Thursdays 6 - 7:15 p.m.* • T'ai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner which integrates both physical and mental energy mechanics, promotes relaxation, a sense of prowess, and spatial awareness, as well increases balance. Register for one class and you can attend both sessions – whatever your schedule allows – at no extra cost! Hybrid class - taught in-person (limit 10) and on Zoom (your choice). \$195. Contact Peaceful Dragon School at info@peacefuldragonschool.com or 734-741-0695; or visit peacefuldragonschool.com.

22

Yang and Chen - Qigong and Tai Chi with Karla Groesbeck • *Monday through Friday, Various times* • Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Short and Long Forms, Chen Laojia Yilu. Various qigong sets and Zhan Zhuang. Free (Seniors); Low Fee. For more information contact Karla Groesbeck at 734-276-3059 or info@taichilove.com; or visit TaiChiLove.com.

TEA EVENTS

Introduction to Tea Class • *December 1* • 7 - 9 p.m. • Explore tea like never before. This interactive, educational, and fun tea class will examine the many aspects of tea including terroir, brewing secrets, and more. Whether you are an experienced or novice tea drinker, this class will have something for you. David is an experienced tea connoisseur who has taken classes with James Norwood Pratt and the late Devon Shaw. His classes are interactive and combine science, legend, and laughter. A truly enlightening tea experience. Ancient Ways of Health is a non-profit educational establishment dedicated to enhancing personal growth and community relationships through non-traditional tea classes. For more information contact ancientwaysofhealth@gmail.com.

WOMEN'S HEALTH

Creating Your Perimenopause Plan with Christy DeBurton, RYT • *Self-Paced* • Perimenopause can start as early as your mid-30s, and lifestyle habits such as diet, exercise, stress, and sleep can play a huge factor in symptoms. In *Creating Your Perimenopause Plan*, you will learn about the stages of perimenopause, the most common symptoms, important hormones to know about, tips for a hormone-balancing diet, beneficial supplements and herbs, exercise, sleep, self-care advice, and more. Journal prompts with thoughtful questions help you create your own Perimenopause Plan. \$59. Contact Christy at info@christydeburton.com or visit christydeburton.com.

WRITING AND POETRY

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • *November 27, December 18* • 1:15 - 2:45p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Free. Donations are appreciated. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102 or visit jissojizen.org.

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, Lissa Perrin • *Second and Fourth Wednesdays of each month* • 7 - 9 p.m. • All sessions are virtual and accessible through Zoom. See website for book listings and schedule. Free. Contact Edward Morin at 734- 668-7523 or eacmorso@sbcglobal.net, email cwpoetrycircle@gmail.com or visit cwpoetrycircle.blog.

YOGA

Yoga + Wellness Virtual and In-Person Classes with Christy DeBurton • *Ongoing* • In-person and virtual yoga and wellness courses: Hatha, Vinyasa, Yin, Yoga for HSPs, Aqua Yoga, Self-Care and more. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

RYT200 and Advanced RYT300 Teacher Certification with Ema Stefanova • *Flex Start and Finish Dates* • Our programs are a cut above what commercial yoga studios offer. For more information visit YogaAndMeditation.com.

RYT-200 Teacher Training Program at Verapose Yoga House • *December 3 - 4 · 9 a.m. - 5:30 p.m.* • Verapose Yoga is a Registered Yoga Teacher Training School with the Yoga Alliance. Join us for our 200 Hour YTT, which is both online and in-person, to empower your connection to your Self, and to learn how to guide others in enjoying the benefits of yoga. An unlimited yoga membership is included with the tuition and expires either one year after you begin or upon completion of the program. \$3400. Contact Courtney Fitzpatrick at 734-726-0086, courtney@veraposeyoga.com, or visit veraposeyoga.com.

Iyengar Yoga with David Rosenberg • *Weekly · Mondays at 6 p.m., Thursdays at 7 p.m., Saturdays at 10 a.m.* • 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 instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Free. For more information contact 734-994-2300 or recedstaff@a2schools.org or visit aarecedonline.com.

Compassionate Yoga - Remote classes with Mary Seibert • *Wednesdays 4:15 - 5:30 p.m.* • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slow paced. Emphasis is on mindfulness, breath, postures, strength, and balance. Sliding scale. Contact Mary at 734-323-2520 or compassionateyoga@outlook.com or visit compassionateyoga.info.

Open Level Yoga with Michele Bond • *Sundays, Tuesdays, and Saturdays September-December · Sundays 4 - 5:30 p.m., Tuesdays 6 - 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, with variations offered for all levels. 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. \$15 if registered for Fall Semester, \$20 drop in with instructor's permission. Contact 734 358-8546, or michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • *Thursdays September - December · 6 - 7:30 p.m.* • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! \$15 if registered for Fall Semester \$20 drop in with instructor's permission. Contact Michele Bond at 734-358-8546 or michele@yogahouseannarbor.com or visit yogahouseannarbor.com.

Yoga for Athletes with Michele Bond • *Wednesdays September - December · 6 - 7:30 p.m.* • Enjoy a practice that brings balanced muscular action, power, lightness and spring to sports performance, as well as grace and ease to daily movement. Enhance core strength, decrease risk of injury, and learn to heal pre-existing injuries with indispensable tools for anyone who likes to play hard in their bodies. \$15 if registered for Fall Semester \$20 drop in with instructor's permission. Contact Michele Bond at 734-358-8546 or michele@yogahouseannarbor.com or visit yogahouseannarbor.com.

Facebook Live Yoga and Meditation Class in English with Trevor Chaitanya Eller • *Every Friday 12 - 1:00 p.m.* • 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques followed by 30 minutes of sitting meditation. By Donation. No Registration Needed. For more information visit TripleCraneRetreat.org. or email Office@TripleCraneRetreat.org.

Facebook Live Yoga and Meditation Class in Chinese with Master Zhong Hai (Winnie) • *Every Saturday 9:00 - 10:00 a.m.* • 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques followed by 30 minutes of sitting meditation. By Donation. For more information contact Office@TripleCraneRetreat.org or visit TripleCraneRetreat.org.

Singing for Justice, Earth and Peace *Jim Scott in Concert*

6 pm Saturday, December 3

At the First Unitarian Universalist Church of Ann Arbor
4001 Ann Arbor-Saline Rd. Ann Arbor MI

Prolific composer guitarist Jim Scott brings a warmth and humor with his jazz and world music influenced songs. He uses well a prodigious guitar mastery and clear voice to touch hearts with his messages of peace, justice and the Earth. Formerly a member of the Paul Winter Consort, Jim was composer of their celebrated Missa Gaia/Earth Mass and sang their anthem song Common Ground.

He has toured the world, recorded nine CDs of original music and published a growing line of choral works. Jim's new album, Heart In Another Land, draws on Latin American/Brazilian/Caribbean style as well as his Jazz side, while the lyrics address thoughtful perspective on the human condition.

One of the originators of the Green Sanctuary program, Jim also compiled the Earth and Spirit Songbook, an anthology of over 100 songs of Earth by many contemporary composers. Gather the Spirit and several other songs by Jim are in the UU Hymnbooks. He's been a teaching artist in residence or visiting faculty at schools such as Oberlin College and enjoys putting young people in touch with their innate creativity and the power of musical expression.

Psychedelic Therapy Training Program

Facilitated by Julie Barron & Moudou Baqui

Applications Due Dec 7

Psychedelic Therapy Training Program

10 week program includes:

- ▷ Weekly Classes
- ▷ Integration Groups
- ▷ Professional Consultation

This program is designed for healthcare practitioners, healing arts professionals, and clergy.

Available in-person
in Ann Arbor and online

Wednesdays, Jan 11 – March 15, 2023
from 6:30-8:30pm

Presented by:



bluesagehealth.com

Are you a good fit for the program?

- You are curious, don't know where to start, and want to build competence in psychedelic-assisted therapy.
- You a healthcare practitioner, clergy, or community steward who wants to learn from experienced facilitators.
- You would like to know how to safely and effectively provide psychedelic-assisted healing.
- You want to learn how to ethically and competently provide harm reduction techniques, psychedelic preparation and integration with clients who use psychedelics.
- You are feeling frustrated because your current professional toolbox doesn't offer fast enough help for some clients.
- One or more of your clients seem stuck and their therapy has reached a plateau.
- You want to be ready to get involved with psychedelics-assisted therapy as decriminalization and legalization become more widespread?

Weekly Classes:

Week 1 Introductions; Overview of the Program; Into to Psychedelic Therapy

Week 2 Assessment

Week 3 Preparation

Weeks 4-5 Medicine work:

-Tryptamines: Focus on Psilocybin and Psilocybin-Assisted Psychotherapy

-Phenethylamines: Focus on MDMA and MDMA-Assisted Psychotherapy

-Dissociatives: Focus on Ketamine and Ketamine-Assisted Psychotherapy.

Weeks 6-7 Psychedelics and Spirituality

Week 8 Integration

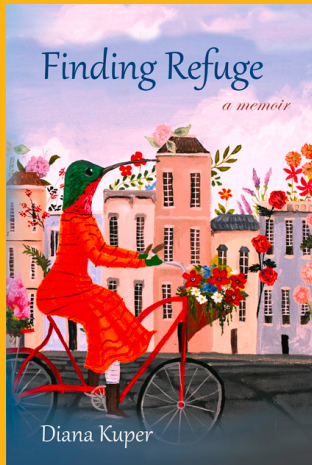
Week 9 Microdosing, Legal status, Activism

Week 10 Harm Reduction and Ethics.

Program cost: \$2000

(Class topics/schedule may change)

Book of the Week:



A compelling, intimate memoir of one woman's courageous journey to wholeness, *Finding Refuge* holds the reader from the first page until the last. Psychotherapist Diana Kuper lays bare the story of an exuberant, wide open girl, who is slammed by four traumas which alter the course of her life. *Finding Refuge* is a story of personal and intergenerational healing and the forging of a unique path of self- transformation. "A gifted and eloquent storyteller, Diana Kuper transports us to her rich inner world with this thoughtful, poignant, and gripping memoir." *Finding Refuge* will open your heart and enrich your understanding of what it means to be human.

Finding Refuge: a memoir

By Diana Kuper

You can purchase *Finding Refuge: a memoir* at shopcrazywisdom.com

Check out the next Crazy Wisdom Biweekly for an interview with the author!

Winter/Spring 2023 Programs

Meditation Classes and Practice

Awakening and Living Awake
January 17 – May 23 | 10 Classes
Barbara Brodsky, Aaron and John Orr

**Path to the Awakened Heart:
The Yoga Sutras of Patanjali**
February 9 – May 25 | 8 classes
Robert Jacobs

Events with Spirit

Remembering Wholeness
Occurs monthly
Barbara Brodsky

Evenings With Aaron
Occurs Monthly
Barbara Brodsky

Workshop

**Healing and the
Ever Healed Workshop**
January 21 – January 28
Barbara Brodsky, Aaron, The Mother
Tavis Taylor and John Orr



Silent Meditation Practice

Weekly on Sunday and Tuesday Mornings

All events are held via Zoom

Aaron, Yeshua and The Mother are channeled spirits.

Channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center

DeepSpring.org | info@deepspring.org | 734.477.5848

Deep Spring Center is a 501(c)(3) non-profit. See website for details.

Biweekly Divination

Courtesy of Gail Embery



0. THE FOOL

The Week of November 25:

The Fool- Card # 0

Tarot is all about the Fool's Journey through Life. This card depicts a young person, male or female, (of any age) who is embarking on a new journey with expectations of great new beginnings. The person is confident and anxious about experiencing life and acquiring new knowledge. Notice the barking dog at the feet which could express a warning to be cautious in future endeavors.

The newly elected members of our political system symbolize ideas represented in The Fool card. The next few weeks would be a good time to pay attention to what goes on in our world politically and socially during this period.



If you are interested in reading for the biweekly divination, contact cashmere@crazywisdom.net

