



THE
CRAZY WISDOM
BIWEEKLY

#121

A Life of Cat Companionship
by Christine MacIntyre



CRAZY WISDOM

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Word of the week:

hale

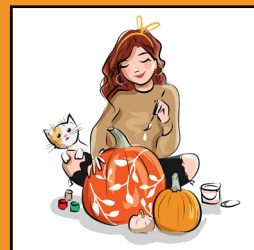
adjective

strong and healthy



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Thank you to our contributors for this issue:



- Jennifer Carson
- Fran Mason
- Christine MacIntyre
- Kate Rose
- Melody Simmons
- Vincent van Gogh
- Bill Zirinsky

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.

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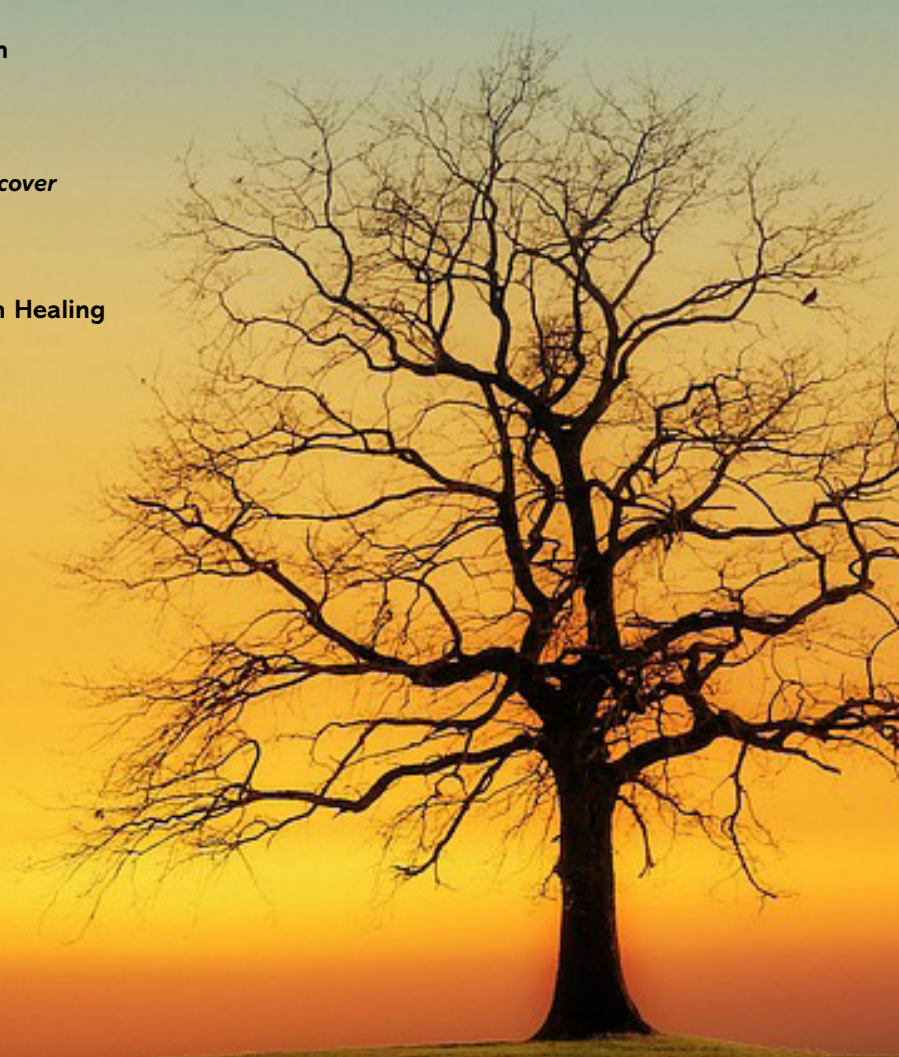
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A Life of Cat Companionship

By Christine MacIntyre, *writer, photographer, cat lover*

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By Melody Simmons

On New Year's Eve 2020, I was feeling a lot of pressure about choosing a career path. The pressure came from my partner of six years, Jake. He was frustrated that I could not just choose a career and stick with it. He couldn't understand that I no longer wanted to work a traditional job and felt burnt out. I felt like I was living in the movie *Groundhog's Day*. No matter where I worked, I always found myself in the same situation. Either the boss would not understand me and become angry or frustrated, or if it was not the boss, it would be a co-worker. Every traditional job I had seemed to chew me up and spit me out. I would find myself in a pattern of staying for about two years before the environment became toxic, and I would hop to the next job. I never understood why this would happen. I was a hard worker, friendly, and did my best, but it did not matter. I was stuck in the same cycle.

I decided to meet with a Medium, TeeJay, hoping she would help me find what I was supposed to be doing in this life, and boy, did I get more than I bargained for. She told me a few things that shocked me. Spiritually, there was "beef" between my ancestors and Jakes' and most importantly, I would be pursuing Human Design. "Human Design? What is that?" I asked. I had never heard of Human Design before, and I was intrigued. She only gave me a little insight into what it was by stating that it is a chart showing exactly who you are. That's all I needed. Within the hour of that reading, I ended my relationship, moved out the next day, and told myself that I would investigate Human Design when I had my feet back on the ground—not knowing it would take six months.

In June 2021, I decided it was time to look into Human Design and see what it was all about. As soon as I put my birth information (date, time, and place) into the system, I immediately had an intense spiritual awakening that lasted for about two weeks. I had a need to learn everything about Human Design. I had to know what Aura Type my friends and

family were, how I connected with them all, and how I should be navigating my life. Most of all, the information I learned about myself through Human Design was life changing.

The first thing I learned was my Aura Type. There are five Aura Types: Manifestor, Generator, Manifesting Generator, Projector, and Reflector. I was the Aura Type of the Projector. I found out that each of the Aura Types had a strategy, or the most effective way to navigate through life. Some Aura Strategies are "to respond, to wait a full lunar cycle, or to inform." Mine was to "wait for the invitation."

Everything clicked. Human Design explained why I had been having trouble with jobs, been misunderstood by people, and why I found myself running into one brick wall after another. I was living as society told me to: "Just do it" "Go make your dreams happen," and "Get up and go get 'em," without knowing that I needed an invitation to do any of this.

I decided that day to live how I was designed to live. I would wait for the invitation before pursuing anything. As I dove into Human Design, I decided to start with my own chart. I learned that as a projector, I do not have the Sacral Chakra defined in my chart. Meaning that, I do not have access to consistent energy, like 70% of the population does. Generator types (Manifesting Generators and Generators) have the Sacral Chakra defined. This means that they have enough energy from when they wake up in the morning to when they go to bed at night. Not me. I am designed to work 4 – 6 hours. Which made total sense to me as a typical 9 – 5 workday wipes my energy out. I'll get

home from a 9 – 5 and find myself on my couch, not wanting to move, not even to feed myself. I do not have the energy once I sit down. I always thought of myself as lazy, but now I know this is how I am designed to be.

Knowing I already had an invite through my New Year's Eve reading, I decided to quit my full-time job, which I was miserable at, and see where this Human Design road would take me. It took me right to the Enlightened Soul Center and Shop in Ann Arbor.

Every traditional job I had seemed to chew me up and spit me out. I would find myself in a pattern of staying for about two years before the environment became toxic, and I would hop to the next job.



Everything clicked. Human Design explained why I had been having trouble with jobs, been misunderstood by people, and why I found myself running into one brick wall after another.

I had passed by the Enlightened Soul Center and Shop many times, going up and down Carpenter Road, but Spirit delayed encouraging me to stop in and see what it was about. Finally, in June 2022, I entered the Center's doors. The first person I met was Amy Garber, the owner. She was showing me around the shop and chatting with me. I let her know that I am a Human Design reader. Surprisingly, she had heard of Human Design before and invited me to read as a drop-in practitioner. I was so excited. I finally had a place that invited me in to read what I was most passionate about.

In your first Human Design reading, I provide you with your Aura Type, Strategy, and Authority (authority relates to the Chakra System, and how to confidently make decisions), your Profile (or personality type), and your Incarnation cross (your karmic lesson you are here to learn in this lifetime). I try to fit this into a half-hour session, but there is so much information that most people sit with me for an hour. It's mind-blowing to have a chart that encompasses precisely who you are and how you are designed to be. Most of all, it is validating and life-changing information. Personally, learning about myself has changed my life for the better. How can knowing more about yourself help you?

If you are interested in a Human Design reading contact Melody Simmons to make an appointment at: HumanDesignwithMelody.com, Email: HumanDesignwithMelody@gmail.com, or shoot her a text at (313) 205-2687. She is also available for walk-in appointments at the Enlightened Soul Center and Shop at 2711 Carpenter Road in Ann Arbor Wednesdays, Thursdays, and Fridays from 1 p.m. - 5 p.m.

The bad news is time flies. The good news is you're the pilot.



— Michael Altshuler



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Book of the Week:

Holistic Healing: Discover Alternative Therapies and Wellness

By Cedric Schmidt

Embark on a vibrant journey into the heart of wellbeing with "Holistic Healing: Discover Alternative Therapies and Wellness." This comprehensive Special Report, written by acclaimed holistic practitioner Cedric Schmidt, guides you through the enlightening world of natural health approaches that honor and utilize the deep connections between mind, body, and spirit. It is your personal gateway to ancient wisdom and modern science, uniting them in a rich tapestry of healing strategies. With a strong emphasis on practical, actionable advice, Holistic Healing is suitable for beginners looking to dip their toes into holistic health, as well as seasoned practitioners seeking to expand their knowledge. to bring you the best of holistic healing.



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HOLISTIC HEALING
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The Crazy Wisdom Community Journal

**issue
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Features

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 - Mara Evenstar and *The Call to Rest*
 - Now That Was a Great Funeral
 - *The Power of Ancestry and Pesonal Discovery*
 - *In Pursuit of the More Perfect Apple at Amrita Farms*
- ...and more!

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The Power of Empathy & Intuition in Healing

By Fran Mason

Kate Rose is a Holistic and Equine Empath, the creator of Functional Empathy Somatics, the RoseAngelis Flower Essence Remedies, and a Tragerwork Master Teacher.

She has practiced and taught Holistic Healing, Functional Empathy, Flower Essence Therapy, and Tragerwork for over 35 years throughout Europe, the Middle East, and the U.S. Her work includes healing humans, horses, and the earth.

In her life as a traveling healer and teacher, she has discovered again and again the power of empathy in healing. She has created a joyfully simple, refined, and effective method of healing the Body/Mind.

Rose, a Michigan native, is back in the state after living and working abroad for 12 years.

Welcome back to the mitten, Kate! You are now offering classes and seminars on Functional Empathy Somatics, a holistic healing approach. Tell us about your practice.

Thank you for your welcome! I have truly come full circle. Holistic Healing is a vast subject with hundreds of different modalities, all based in the philosophy that one must address the whole person, the whole system, rather than focusing solely on a symptom. Holistic Healing originates with the word "whole." As a holistic method, Functional Empathy Somatics was born from my work with women practitioners suffering trauma and PTSD after living in and through the war in Cairo and its aftermath. Working with a group of extraordinary and courageous women in Cairo, we explored the effects of using our empathy and intuition in an intentional partnership with our hands-on skills and protocols. We discovered deep and immediate healing that brought the effectiveness of our skills to a whole new level.

In my own practice and teaching of Holistic Healing, I combine Somatics, Flower Essence Therapy, Empathic, and Energy Healing. I find the spectrum of healing to be an infinitely expanding process. In my work, I utterly respect and trust empathy and intuition. I have learned to access and use them as powerful tools to guide my healing work.

The primary part of your healing practice and the classes you teach are created from the experience of being an empath. Tell us how empathy assists you with your work.

As an empath, my primary perceptions arrive through feeling. I have honed this rather challenging gift into a highly refined skill, allowing me to perceive every system and its present conditions. Empathy is the deep experience of "I feel what you feel." I often say that I feel feelings the way people see colors; it's natural and immediate. In feeling another's feelings directly, without agenda or judgment, I am able to recognize where imbalances exist and through the many skills I have honed over decades, am able to bring balance and healing to where it is needed. In addition to teaching Professional Practitioners, I have found a simple way to teach empaths and Highly Sensitive People (HSP) effective methods to ease the intensity of living with all their nerve endings exposed, so to speak.



"I went to stand in the field where there were about 14 horses grazing. I just stood still. One by one each horse came and greeted me. This horse just came over and gave me this hello "kiss"

It's been a pleasure talking with you, Kate! Any final words of wisdom?

In these tumultuous times, where so much fear is present, learning to choose compassion and love can be our greatest gift to each other. I believe in the power of empathy to create bridges of communication and to create pathways to peace and understanding. Thank you for the opportunity to share this approach to healing.

For more information or to register for Functional Empathy Somatics: The Heart of the Matter, visit: <https://katerosehealing.blogspot.com/2023/08/?m=0>.

Her NCBTMB approved provider course runs from October 21-22, 2023. The early registration discount is extended to Crazy Wisdom readers until October 1st, 2023.

Rose is also available for Empathic Healing through private zoom sessions. She can be reached at katerose7@gmail.com or by phone at (540) 206-5112.

*** This is a paid advertorial ***



You've got a training session coming up in October entitled *Functional Empathy Somatics: The Heart of the Matter*. Tell us more!

This NCBTMB Approved Provider training, The Heart of the Matter, is an opportunity for experienced practitioners to explore and expand their use of empathy and intuition as tools in easing pain, healing structural misalignments, and expanding movement in both mind and body. It is a process of deepening trust in one's intuition, bringing it into an equal level with all the other tools practitioners use. We will delve into the energetics of the body-mind, in addition to finding pathways to self-care as caregivers.

Here's what participants can expect:

- *Expanding your repertoire in the art of skilled touch, through the applications of intuition and empathy*
- *Deepening your effectiveness and impact on the somatic and energetic systems*
- *Learning multiple techniques and processes to access, nurture, and heal the physical and energetic body*
- *Enhancing your understanding of Somatic Intelligence and Functional Empathy for personal growth and professional application*
- *Accessing your innate awareness in order to deepen your empathic and intuitive abilities and your effectiveness as a healer*

Functional Empathy Somatics™
“The Heart of the Matter”

Dates: October 21 & 22, 2023

Time: 9:30 am-5:30 pm

Class Fee: \$425.00

Early Registration by Oct 1st: \$375.00
 Location: The Steiner House • 1923 Geddes Ave • A2

Contact Info: Kate Rose, instructor
katerose7@gmail.com; 540.206.5112

Registration link: <https://www.eventbee.com/v/functional-empathy-somatics/event?eid=222917132#/tickets>

*** NCBTMB APPROVED PROVIDER: 16 CEU's ***





A Life of Cat Companionship



By *Christine MacIntyre*

Giant ears disproportionate to the rest of his tiny body, beady eyes, a thin mousy tail, and tiger stripes. His name was Peppy, and he was the first kitten I ever called my own. My parents got him from a pet store, probably to quiet my constant nagging. I'd always loved cats. I visited my aunt often and spent time on the floor playing with her large orange cat named Mr. Jinx. I remember Peppy and Mr. Jinx as if they were still sitting before me and every cat after that. There's been many.

Growing up, cats served as my companions in a world where I often felt scared and lonely. A broken home, a disabled sister, and an introverted personality were a recipe for isolation. I spent a lot of time holed up in the safety of my bedroom or outside in nature, always with animals nearby.

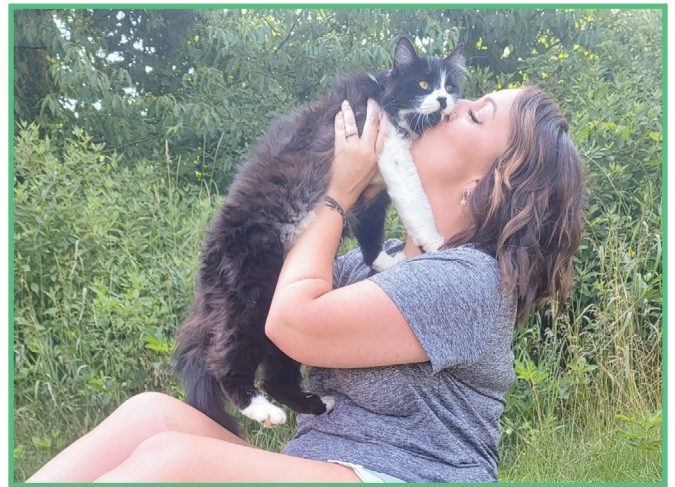
At eight years old, I quickly bonded with my tiny furry friend Peppy who became my confidant and security blanket. He slept with me, nestled up by my face like a scarf. Tears landed on his fur nightly, but he loved me anyway. He always came back; his friendship never wavered.



He didn't question why I would cry when I had so much to be thankful for, nor did he tell me to stop. People did, though. I learned early on that my sensitive personality and intense emotions, specifically crying, made people uncomfortable. It was as if they couldn't digest that I was bold enough to show emotion in a world where emotion was frowned upon.

When the world felt like it was crashing down around me, cats were always the one steady part of my life. I've owned at least one cat, usually more, my entire life. Peppy, Pepper, Bunny, Tiger, Milo, Midnight, Sammy, Pudge, Olaf, Snowball, Chloe (and several of her kitten litters), Tiger (again), Moo-Moo, Freddy, and so many more. Most of them I got when they were old enough to leave their mom. Once in

a while an ambitious cat escaped from the house and never came home. Losing a cat always feels like losing a piece of myself. I wonder if I take it harder than the rest of my family because of the profound bond I develop with them.



As a child, some people supposed to love, comfort, and protect me did the opposite. Instead of shutting down and locking away my emotions, I resorted to the creatures who most wanted my affection and who reciprocated it. In the face of violence or other horrifying experiences, I'd hide away with my furry friend and vent. My cat Bunny, who lived to be 19 years old, knew everything about me. More than any human has ever known. She sat with me through countless painful situations—abuse, neglect, accidents, divorce, betrayal. I laid everything out in plain sight, and I felt better partially because she didn't judge or turn her back on me. Cats act as a balm for life's challenging phases.

As an adult diagnosed with bipolar disorder, I adore my cats as much as, or perhaps more than, I did as a child. When I'm sad or scared or feeling insecure, I scoop my cat up onto my lap, knowing he'll fill the void that humans never could. My husband calls me a cat lady, and I am. I tease him and tell him I've turned him into a cat dad. When debilitating depression sets in and threatens to upheave an otherwise happy life, my cat Freddy serves as my best friend, shoulder to cry on, security blanket, and listening ear. When mania wreaks havoc, keeping me up all hours of the night, and racing thoughts interrupt work, Freddy is there to ground me.

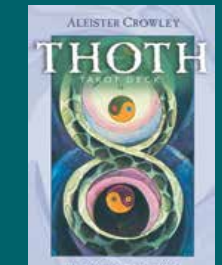
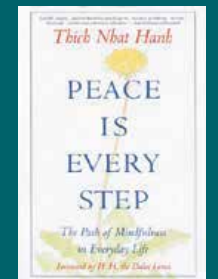
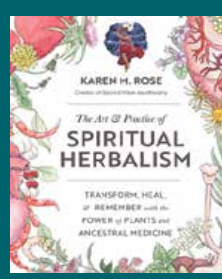
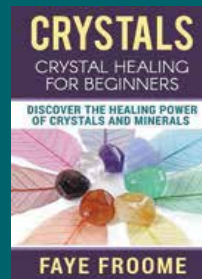
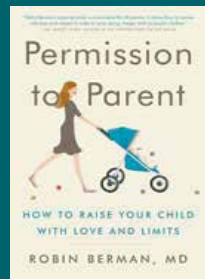
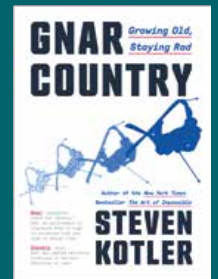
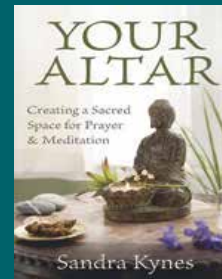
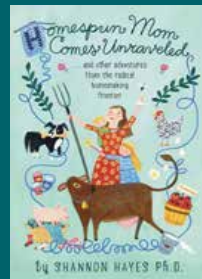
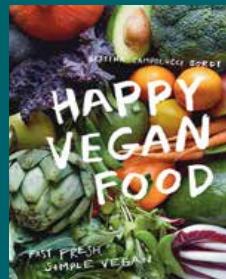
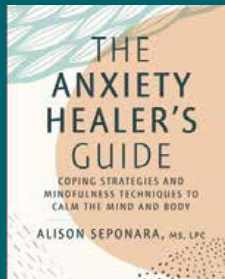
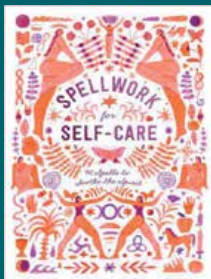
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The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023



A COURSE IN MIRACLES

A Course in Miracles Study group via Zoom with Interfaith Center for Spiritual Growth • Mondays, September 4 through December 25 • 6:45 to 8:45 p.m. • Course study group. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

A Course in Miracles Study group via Zoom with Interfaith Center for Spiritual Growth • Thursdays, September 7 through December 28 • 6:45 to 8:45 p.m. • Course study group. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

ANIMALS AND PETS

Interspecies Counseling with Judy Liu Ramsey • Saturday, October 7 and January 13 • 10:00 a.m. to 3:00 p.m. • If you communicate with animals either telepathically or shamanically, this training will deepen your ability to mediate between species, human and non-human, to support problem solving, trauma resolution, and complicated grief. There are two 'group' trainings in counseling and mediation techniques, accompanied by three 2-hour mentoring sessions in topics you want to deepen for yourself regarding animals and their people. Mentoring sessions are scheduled for your personal timing, about six weeks apart. This training is for those who want to become professional communicators in community service. Pre-requisite: application essay. Includes reading packet. \$880. For more information contact Judy Ramsey by emailing info@judynamsey.net or visit <https://judynamsey.net>.

ARTS AND CRAFTS

Intro to Waldorf Style Dollmaking with Jennifer Carson • Thursday, September 14, 28, and October 12 • 6 to 8:00 p.m. • In this class you will make a 5" Waldorf style doll. Learn how to make a Waldorf style head, wire a poseable body, embroider hair and eyes, and design your doll's outfit. A perfect gift for a young child or doll lover! A sewing machine is only needed for the second class. Everything else is hand sewing. \$55 includes cost of materials kit. For more information contact Jennifer Carson at jennifer@furandfeatherfriends.com or visit lisd.us/instruction/adult-learning.

Artist Reception with Sue Schreiber, OP • Sunday, October 8 • 2 to 4:00 p.m. • The exhibit is a partnership of INAI and Adrian Center for the Arts (ACA). As a member of ACA, INAI participates in and supports its mission as a "warm and welcoming environment for all." By offering artist residency, gallery space, classes, and professional development opportunities, ACA aims to help visual arts flourish and be celebrated regionally. Show hangs from October 6 until January 28. FREE. For more information call Weber Center at (517) 266-4000.

Weber Shop Christmas Open House with Katherine Dusseau • Wednesday through Saturday, November 1 through Saturday, November 4 • 9:00 a.m. to 4:00 p.m. • Christmas Open House. Unique Gifts, Beautiful nativities, Christmas cards, one-of-a kind art pieces, original ornaments, and other specials. FREE. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Byzantine Iconography, Learn to Paint Your Own Icon with Aruna Olga Bachmann • Saturday & Sunday, November 18 & 19, December 9 & 10, and following weekend TBA • Saturday, 10:00 a.m. to 6:00 p.m. and Sundays, Noon to 7:00 p.m. • (three weekends to complete one traditional style icon) Icon painting (writing) taught in the traditional monastic 15th and 16th century style using gessoed wood board, clay and gold leaf, egg tempura paints, sealed with stand and linseed oils. This is a multi-layered, liturgical process, much like a meditation in practice. \$500, includes materials. For more information contact Aruna Olga Bachmann at (734) 808-1335, email lhci.financials@gmail.com, or visit lighthousecenterinc.org.

Candle-making & Gift Crafting with Deanne Bednar • Saturday or Sunday, December 3 or 9 • 10:00 a.m. to 4:00 p.m. • Enjoy the rhythm & aroma of making dipped bees wax tapered candles. Ah. Held in the cozy kitchen of the main house at Strawbale Studio land. One hour north of Detroit on wooded rural land. Also sculpt earthen candle stick holders & decorate matchboxes with nature items like birch bark and pods. Great for gifts! All materials provided. You can also forage & bring some of your own nature items for decorating. \$45 + \$10 for materials. \$55. For more information visit strawbalestudio.org or call Deanne at (248) 496-4088.

Candle-making & Cob Craft with Deanne Bednar • Sunday, December 10 • 1 p.m. to 5:00 p.m. • Enjoy the rhythm & aroma of making dipped bees wax tapered candles. Ah. Held in the cozy kitchen of the main house at Strawbale Studio land. One hour north of Detroit on wooded rural land. Also sculpt earthen candle stick holders to go with your candles. Great for gifts! All materials provided. You

can also forage & bring some of your own nature items for decorating. \$35 + \$10 for materials. \$45. Look for the learning tour immediately preceding this class under the heading "gardening and ecosystems." For more information visit strawbalestudio.org or call Deanne at (248) 496-4088.

NAI Exhibit - Seasons of Beauty with Kathleen Voss, OP, Janet Wright, OP, Mary Jean Dorsey, OP • Monday, May 26 through October 1 • Seasons of Beauty gives us a springtime look at the brilliant digital paintings of Kathleen Voss, OP, beautiful watercolor paintings of Janet Wright, OP and the extraordinary cut-out silhouettes of Mary Jean Dorsey, OP (1914 - 1988). For more information call the Weber Center at (517) 266-4000 or visit webercenter.org.

BOOK DISCUSSION GROUPS

Jewel Heart Readers • Sunday, September 10, October 1, November 12, December 10 • 7 to 8:20 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, donations welcome. For the month's book selection and participation information, visit jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Dine & Discuss Book Club with Janet Doyle, OP • Thursday, October 5 • 5:30 to 7:30 p.m. • Evicted: Poverty and Profit in the American City is a 2016 non-fiction book by American author Matthew Desmond. Set in the poorest areas of Milwaukee, Wisconsin, the book follows eight families struggling to pay rent during the financial crisis of 2007-2008. \$15, includes book and dinner. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

BREATHWORK

Breathwork Group with Jackie Miller • Oct. 1, Oct. 15, Nov. 5, Nov. 19 • 6-7:30 p.m. • A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. Free, donations welcome. For more information, visit thisbreath.com.

BUDDHISM

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, September 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17, 24, 31 • 11:00 a.m. to 1:15 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. Talk begins at 11:00 a.m., moderated discussion begins at 12:15 p.m. Online and on-

site. No discussion October 8. FREE, donations welcome. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Practical Buddhism Online by Gelek Rinpoche • Tuesday, September 26, November 7, 14, 21, and 28, December 5, 12, and 19 • 7 to 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. Discussions are not recorded. Each session reviews Gelek Rinpoche's 2012 Sunday talks and into early 2013. No sessions in October and on December 26. FREE, donations welcome. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Master Class: Pramana of Dharmakirti: Logic & Reasoning - Part 4 with Demo Rinpoche • Thursday, September 21, 28, October 5, 12, 19, 26, November 2, 9 • 7 to 8:00 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. Jewel Heart members \$100 / Jewel Heart non-members \$120. Pay what you can—no one is turned away. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Delam: The Smooth Path of Enlightenment with Karen Market and Jack Schramm • Monday, September 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20, 27 • 7 to 8:30 p.m. • Delam, the Smooth Path, composed by the Third Panchen Lama with a special emphasis on meditation practices, is one of the eight classical commentaries on the stages of the path to Enlightenment. It is specifically meant for meditation. We will study Gelek Rinpoche's 2012 Malaysian teaching of Delam that provides a contemporary window into the heart of all spiritual practice. On-site only. Suggested \$75. Pay what you can—no one is turned away. Visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Buddhist Songs of Realization • September 16 • 12:00 pm. Join us as we sing and contemplate songs of the masters. Buddhist Songs of Realization following the teachings of Khenpo Tsultrim Gyamtso Rinpoche, we will sing in English, without judgment of "good" and "bad" as we try to move beyond an intellectual approach to the Dharma. Held at Bethlehem United Church of Christ. Visit: karunabuddhistcenter.org. FREE



The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023



BUDDHISM...CONTINUED

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sunday, September 17, 24, October 15, 22, 29, November 5, 19, 26, December 3, 17, 23, 31 • 11:00 a.m. to 12:40 p.m. • Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Donations appreciated. Everyone welcome. FREE, donations welcomed. For more information contact Marta at 248-202-3102, jissojizen@gmail.com or www.jissojizen.org, and find them on MeetUp.

Old and New Kadam Traditions with H. E. Dagyab Rinpoche • Saturday, September 23 • 9 to 10:30 a.m. • Atisha (982–1054) is the founder of the Kadam tradition in Tibet, bringing with him the best of the highly developed Indian Mahayana Buddhist tradition. After Atisha, a line of great Kadampa masters taught as individuals through oral instructions based on their experiences. Je Tsongkhapa (1357-1419) rejuvenated and further built on the foundations of Atisha's system of study, analytical thinking and deep meditative practices. From this time onward, his teachings came to be known as the New Kadam tradition, which has been flourishing through a long line of great lineage teachers up to the present day. \$55 Jewel Heart members / \$75 Non-members. Pay what you can—no one is turned away. Visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

The Diamond Cutter Sutra (Part 2) Online with Geshe Yeshe Thabkhe • Tuesday & Friday, October 3, 6, 10, 13, 17, 20, 24, 27 • 7 to 9:00 p.m. • The Diamond Cutter Sutra is a discourse on the Buddhist concept of emptiness or “Wisdom Gone Beyond.” In this Sutra, the Buddha offers a view of the world that deconstructs our normal categories of experience. He shows us that what we think are real entities in the world are actually our conceptualizations. His insights into dualism and illusion are critical for understanding the ultimate nature of reality. The “diamond” can cut through any obstacle on the road to enlightenment. These teachings continue The Diamond Cutter Sutra teachings given by Geshe Yeshe Thabkhe in April 2023. \$200 Part 2 if previously registered for Part 1; \$300 Part 2 only; \$500 Part 2 plus Part 1 access. Pay what you can - no one is turned away. Visit: jewelheart.org/, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Fall Seminar—12 Links of Dependent Origination with Demo Rinpoche • Friday through Sunday, October 7, 8, 9 • 8:30 a.m. to 6:30 p.m., except Monday, 8:30 a.m. to 5:00 p.m. • The Twelve Links of Dependent Origination provide an insight into the chain of unsatisfactory existence. There is no realm of life in which these realities do not exist. Perhaps the most profound part of the Buddha's teaching is the description of how this wheel of uncontrolled life, death and rebirth continues rolling on and identifies the root cause and thereby shows a method of how to stop it. The insight into all the links of the chain of existence is expressed in the depiction of the Wheel of Life. Legend has it that the Buddha himself designed the first illustration of it and offered it as a gift to King Rudrayana. \$180 Jewel Heart Members / \$225 Non-Members. Pay what you can—no one is turned away. Visit: jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Saraha: Gnostic Poet of Bliss with Professor Roger Jackson • Wednesday, October 25 • 9:00 a.m. to 1:00 p.m. • Saraha, “the Archer,” is arguably the most important of the mahāsiddhas, the charismatic and sometimes outrageous Indian Buddhist tantric adepts of the 8th to 11th centuries CE. This workshop will explore the context, life, and teachings of Saraha, drawing on our knowledge of his Indian milieu, the Tibetan hagiographical tradition devoted to him, and selected portions of his verse. We will focus above all upon understanding Saraha's Buddhist teachings, utilizing literary analysis and religious and philosophical investigation to get a sense of paradoxes and promises of his distinctive and deeply influential presentation of the Dharma. The workshop includes lecture, discussion, and some meditation, and it is suitable for students with all levels of knowledge and experience. \$80 Jewel Heart members / \$100 Non-members. Pay what you can—no one is turned away. Visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Science and Art of Tantric Healing with Joseph Loizzo, MD, PhD • Wednesdays, November 1, 8, 15 • 7 to 8:30 p.m. and Saturday, November 18 • 10:00 a.m. to 5:00 p.m. • Buddhist psychiatrist-scholar Dr. Joe Loizzo shares the fruits of his lifelong journey unpacking, translating and transplanting the healing science and practice of the Vajrayana tradition into the soil of contemporary life, by grafting it together with Western psychotherapy, neuroscience and social psychology. The three evening classes approach the three key phases of the Tantric path—preliminaries,

CEREMONIES, CELEBRATIONS, & RITUALS

creation and completion—in light of the Yuthog tradition of Tibetan psychiatry and the contemporary psychologies of intersubjective self-transcendence, narrative self-creation and embodied integration. The closing daylong retreat puts the healing insights and skills explored in the classes into practice, through shared reflection, guided meditation and embodied breath-work and movement. The aim is to help dharma practitioners understand and deepen the healing power of their contemplative practice, whether Sutric or Tantric. Vajrayana initiation/practice is helpful but not required. \$135 Jewel Heart members / \$160 Non-members. Pay what you can—no one is turned away. Visit jewelheart.org, call Jewel Heart at (734) 994-3387, or email: programs@jewelheart.org.

Meditation and Discussion with Lama Nancy Burks • Ongoing • Wednesday • 7 to 8:00 p.m. • The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Join in person or on Zoom. FREE. For more information contact Pat at (734) 678-7549, email aaktc@yahoo.com, or visit annarborktc.org

Sitting and Walking Meditation with Lama Nancy Burks • Ongoing • Saturday • 10:30 to 11:30 a.m. • Every Saturday morning, we meet for sitting and walking meditation, followed by informal discussion and tea. Newcomers are always welcome! FREE. For more information contact Nancy at lamanancy@karunabuddhistcenter.org or visit karunabuddhistcenter.org.

Sunday Services at the Ann Arbor Zen Buddhist Temple • Ongoing • 10 to 11:30 a.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, and a short talk. By donation. For more information call Zen Buddhist Temple at (734) 761-6520 or email: annarborzentemple@gmail.com.

Temple Stay/ Visitor's Program and Residential Opportunities with Ann Arbor Zen Buddhist Temple • Ongoing • 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 one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. For more information, call Zen Buddhist Temple at (734) 761-6520 or email: annarborzentemple@gmail.com

Women's Sacred Bonfire Circle • September 24 • 4:00 p.m. • Fire ceremonies embody healing energies. As we place our intentions into the fire, the smoke carries away our desires, and the power of the universe joins with us as a spiritual partner to create our dreams and to release healing energies. This is a unique opportunity to join like-minded women my at a Sacred Bonfire Circle surrounded by nature and wildlife--away from the hustle and bustle of city life and TO DO lists! I have designed this ceremony to embody the divine feminine, the healing power of sacred cacao and our sisterhood so that we come away feeling nourished and with hearts wide open. 4-7PM, \$50. Visit: victoriaschon.com/

Ryaku Fusatsu—Full Moon Ceremony with Reverend Marta Dabis • Sunday, October 1, October 29, November 26, December 24 • 11:00 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. FREE, donations are appreciated. For more information contact Marta at (248) 202-3102, jissojizen@gmail.com or jissojizen.org, and find them on MeetUp.

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The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023



CEREMONIES, CELEBRATIONS, & RITUALS, CONTINUED

Full Moon Monthly Ceremony with Moonologist Jayne Yatzak • Thursday, September 28, Friday, October 27, Sunday, November 26, Tuesday, December 26 • 7 to 8:00 p.m. • The Full Moon is the time to surrender, heal, and release so that you may increase your ability to manifest your dreams. Engage in a Full Moon ceremony to help you step into your personal power, prepare your unconscious mind for transformation, and align yourself with the frequencies of the universe. \$20. For more information contact Jayne at jjatzak@emich.edu or (734) 961-5450 or visit enlightenedsoulcenter.com.

Uncork a Cure for ALS with Active Against ALS • Friday, October 5 • 6 to 9:00 p.m. • Active Against ALS celebrates our 15-year anniversary at York Food and Drink. Enjoy an evening of food, drink, and entertainment while supporting our goal of raising \$150,000 for research. We look forward to celebrating our progress and appreciation of community support as we continue to raise funds, hope, and awareness of ALS (Lou Gehrig's Disease). \$100, \$120 at the door. For more information visit activeagainstals.org.

Winter Solstice Ritual with Esther Kennedy, OP • Sunday, December 17 • 3:30 p.m. to 4:30 p.m. • Life stirs silently on this night. Light rises up from within the caress of the deep darkness. Gather with us in song and dance. Bring a story, a poem, a prayer, a treat to share. FREE. For more information call Weber Center at (517) 266-4000, visit webercenter.org or email webercenter@adriandominicans.org.

Clearing with Karen Greenberg P.T. • Sunday, December 17 • 1 to 5:00 p.m. • Many know that smudging can clear a space; however, you can learn a 12-step protocol (including how to cut cords to those where unhealthy energy's flowing) that affords much deeper cleansing, purifying, sanctifying, and blessing (than just smudging) of spaces, places, people, animals, and grounds. Learn to create and utilize holy divine geometry, holy water, sacred circles (indoors and out), and mother essence. Learn to clear negative energies / entities and to install powerful protection afterward! \$125. Contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.



CHANNELING

Remembering Wholeness | Darshan with The Mother with Barbara Brodsky channeling The Mother • Sunday, September 17, October 15, November 19, December 10 • 2 to 5:00 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. The Mother will offer personal and group message that can most support program participants. People are able to hear what resonates for each one. Suggested donation - Individual sessions: \$10-\$30; All fall sessions: \$50-\$150. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Evenings with Aaron—Aaron Channeled by Barbara Brodsky • Wednesday, September 27, October 25, November 22, December 20 • 7 to 9:00 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, 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. Suggested donation for Individual sessions: \$10-\$30; All fall sessions: \$40-\$120. Call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

CHILDBIRTH

One-Day Childbirth Education: Jam-Packed Learning with Toni Auker & Cynthia Gabriel • Monday, October 9, Saturday, November 4 or December 2 • 9:00 a.m. to 5:00 p.m. • This class aims to prepare you for your best birth. We will cover topics including stages of labor, communicating with providers, informed decision making, coping techniques, and postpartum. VBAC friendly. LGBTQ friendly. \$275. Contact Tony Auker at nestandnurtura2@gmail.com or visit nestandnurture.org.

Childbirth Education for Everyone! Six-Week Series with Toni Auker & Cynthia Gabriel • Tuesday, September 19, 26, October 3, 10, 17, 24 • 5:30 to 8:00 p.m. • This class aims to prepare you for your best birth whether you are planning an all-natural, unmedicated birth or hoping for an epidural. VBAC students welcome! We will cover topics including stages of labor, communicating with providers, informed decision making, coping techniques, and postpartum. Taught by experienced doulas with lots

of experience at local hospitals and a nationally known author/researcher. LGBTQ-friendly. IVF friendly. Disability friendly. \$350.00. Visit nestandnurture.org or email hello@nestandnurture.org.

Childbirth Education in Depth with Toni Aufer & Cynthia Gabriel • Tuesdays, November 7, 12, 21, 28, and December 5, 12 • 5:30 to 8:00 p.m. • This class aims to prepare you for your best birth no matter what kind of birth you are planning. We will cover topics including stages of labor, communicating with providers, informed decision making, coping techniques, and postpartum. VBAC friendly. LGBTQ friendly. \$350. \$350.00. Visit: nestandnurture.org or email hello@nestandnurture.org.

CLASSES AND WORKSHOPS

Sound Immersion Journey • September 15 • 7:00 p.m. • A sound immersion journey is a holistic practice creating unity of our body, mind, and spirit by surrounding and bathing our energy field, using the theories of sound vibrations and reverberation. Earthen ancient elements are played, through tools such as: crystal Himalayan singing bowls, metal gongs, metal Tibetan sound bowls, and stone and metal chimes. The creation of sound and harmonies played by these musical instruments allows for a relaxation-inducing meditative state. Visit: enlightenedsoulcenter.com/sound-immersion-journey

Creating Space for Abundance: Workshops & Healing • September 16 • 9:30–11:30 am • Session Four: Relationships, Behaviors, and Boundaries. Release, Refresh, and Renew into this Cycle's Full Bloom! Workshops are \$30 per session. Visit: coneflowercoaching.com/

Monthly Sound Bath • September 17 • 4:00 p.m. • Uplift and renew through a group sound bath! An experienced sound healing teacher at Irene's Myomassology Institute in Southfield, Amy Feger applies her unique techniques in sound healing to the group experience. From shamanic spirit drumming to rattles, keeping one foot in the spiritual side and the other in the present, she brings deep energy healing through sound vibration. While playing quartz crystal singing bowls in a meditative state, Amy intentions deep healing and release of what no longer serves you and allows the frequencies to fill and uplift your chakras, for a deep meditative and uplifting experience through sound healing. Visit: enlightenedsoulcenter.com/group-sound-bath

Understanding the Esoteric Tarot for Beginners • September 18 • 7:00 p.m. and September 25 • 7:00 p.m. • Have you wanted to begin your journey into understanding the symbolism behind the Tarot? Do you not know where to take your first step in looking at the cards? This class will feature the bare bones and basics of Tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session, giving students an introduction to what the Tarot has to offer. The class will talk about the "characters" in the Tarot, such as the Major Arcana and the Court Cards, and how their suits effect their

energies in readings. This class will be tailored to the novice and those who wish to dip their toes in the esoteric art form of the Tarot. The class will explore the symbolism used for divination and meditation, and how cards connect with each other. Visit: enlightenedsoulcenter.com/tarot-study-group

Sound Immersion Journey • September 18 • 7:00 p.m. • A sound immersion journey is a holistic practice creating unity of our body, mind, and spirit by surrounding and bathing our energy field, using the theories of sound vibrations and reverberation. Experience crystal Himalayan singing bowls, metal gongs, metal Tibetan sound bowls, and chimes. Cost: \$20 in advance or \$25 at the door. Contact Melinda to register: Melindasalamey@aol.com or (313) 790-3979, or pay her on Venmo at: [@Melinda-salamey](https://venmo.com/Melinda-salamey). Pre-registration encouraged to save your spot! Space limited. Visit: enlightenedsoulcenter.com/sound-immersion-journey

Understanding the Esoteric Tarot: Advanced Topics • September 18 • 6:30 p.m. • In this advanced tarot study group, we study the deepest aspects of the Tarot through the lenses of Numerology, Astrology, Hermetic Kabbalah, Etymology, and the Esoteric Symbolism within the cards. After exploring the mystical aspects of the Tarot, we use meditation to imprint the teachings into our minds. After the meditation session, we apply our skills with the means of divination, giving and trading readings with each other. This class usually runs 3-ish hours, and the sessions are designed to exercise concentration, critical thinking, sensory clarity, and equanimity for the entire session, leaving no stone unturned. Each week rotates to a new card, as the group works through the Fool's journey. Visit: enlightenedsoulcenter.com/advanced-tarot-study-group

Women's Circle • September 22 (every Tuesday) • 6:30 p.m. • When women gather, magic happens! This circle of love meets weekly and welcomes all women: maidens, mothers, sorceresses, and crones. You can expect a casual space where we openly share love, laughter, and nourishment. A women's circle is an ancient, sacred space where you cultivate a reverence for oneself, the values of being a woman, and the divinity of Mother Earth. It is a time to connect with the women who have gone before you and pave the way for women who will come after you. At this sacred gathering of women, we will be practicing open-sharing and space-holding. For more information, visit: <http://birthasyouare.com>

Cacao & Connection ~ Cacao Ceremony • September 26 • 6:00 p.m. • Cacao & Connection is a blended offering of heart-opening ceremonial grade cacao and conscious connection-based activities. We'll explore breathwork, sound healing, reiki, mindful movement, and exercises that encourage vulnerability and empathy. COST: \$35 via Venmo to [@Jenna-Castor](https://venmo.com/Jenna-Castor). Cash at the door is accepted if advance RSVP is made. Advance registration required! For more information, visit: enlightenedsoulcenter.com/cacao-and-connection-jenna-and-amanda



The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023



CLASSES AND WORKSHOPS

Full Moon Monthly Ceremony • Thursday, September 28, 2023 • 7:00–8:00 p.m. Future dates: 10/27/2023, 11/26/2023, 12/26/2023. The Full Moon is the time to surrender, heal and release so that you may increase your ability to manifest your dreams. Engage in a Full Moon ceremony to help you step into your personal power, prepare your unconscious mind for transformation, and align yourself with the frequencies of the universe. These monthly ceremonies will allow you to stay grounded while your spirit soars. For more information, visit: enlightenedsoulcenter.com/full-moon-monthly-ceremony

Functional Empathy Somatics “The Heart of Our Matter” • October 21-22 • 9:00 a.m. NCBTMB APPROVED PROVIDER training with Kate Rose, the creator of Functional Empathy Somatics. This transformative program of Somatic Intelligence, Intuition and Empathy, activates the wisdom and energetics of effective healing. Add to your already invaluable skills as you learn the applications of Functional Empathy Somatics. For more information, visit: katerosehealing.blogspot.com/2023/08/?m=0

Harnessing the power of talking out loud • 11/26, 12/3, and 12/10 • 8-9 p.m. • Free 3-week workshop for experimenting with Teddy Bear Talk Support, a framework for benefiting from listeners who only listen, or only do a few other limited things, like ask open, honest questions, and make guesses about what seemed important. For more information, visit: teddybeartalksupport.com/

Understanding the Esoteric Tarot: Tarot for Beginners • Beginners Drop-in Group • Fridays (ongoing) • 7:00–8:30 p.m. • Have you wanted to begin your journey into understanding the symbolism behind the Tarot? Do you not know where to take your first step in looking at the cards? This class will feature the bare bones and basics of Tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session, giving students an introduction to what the Tarot has to offer. \$15. Pay at the door (Cash, credit, electronic)

Understanding the Esoteric Tarot: Advanced topics • Ongoing • 6:30 p.m. • In the Advanced Tarot Study Group, we study the deepest aspects of the Tarot through the lenses of Numerology, Astrology, Hermetic Kabbalah, Etymology, and the Esoteric Symbolism within the cards. After exploring the mystical aspects of the Tarot, we use meditation to imprint the teachings into our minds. After the meditation session, we apply our skills with the means of divination,

giving and trading readings with each other. For more information, visit: enlightenedsoulcenter.com/advanced-tarot-study-group

DEATH AND DYING

Death Cafe via Zoom with Rev. Annie Kopko and the Interfaith Center for Spiritual Growth • Tuesday, October 3, November 7, and December 5 • 6:30 to 8:00 p.m. • Discussion of Death and Dying. Free, but donations gratefully accepted. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

Online End-of-Life Doula Training with Patty Brennan • September 16 & 17, OR Wednesdays, October 11, 18, 25, OR November 11 & 12 • Online professional training with Patty Brennan to become a certified End-of-Life Doula (EOLD) through Lifespan Doulas. Hybrid program features 50 hours of self-paced study plus a live, interactive workshop on Zoom. Course prepares you to support family and friends on their final journey, seek employment as an EOLD, enhance your support as a hospice volunteer, or open an income-producing community-based doula practice. Explore creative ways to blend the doula model of care with your unique experience, gifts, and passion. \$697 (payment plans available). For more information, contact Patty Brennan at

(734) 663-1523, email patty@lifespandoulas.com, or visit lifespandoulas.com/end-of-life-doula-training.

Ann Arbor Virtual Death Café with Merylynne Rush, The Dying Year • Saturday, September 16, October 21, November 18, December 16 • 10:30 a.m. to Noon • Join us on Zoom for conversation about all things related to death and dying. This is not a grief support group, rather a “death positive” event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. For more info about the Death Cafe movement, visit DeathCafe.com. Open to all adults. FREE. To receive the link, send an email to thedyingyear@gmail.com.

Ann Arbor Death Café via Zoom with Rachel Briggs • Sunday, September 17, October 15, November 19, December 17 • 10:30 a.m. to Noon • Join us for a frank, lively, and confidential discussion on all things life and death. We meet via zoom, the third Saturday of each month. All are welcome! Learn more about world-wide Death Cafes at deathcafe.com. FREE. For more information contact Rachel at RachelBriggs@gmail.com.

Online End-of-life doula training with Merilynn Rush • Tuesday, September 19, 26, Oct. 3, 10, 17, 24 • 4 to 7:30 pm • Live on Zoom, with three facilitators all with end-of-life doula experience. Class limited to 16 people. EOLDS provide hands-on, non-medical care and comfort during the dying time, collaborating with hospice and other care givers. 100-page study guide included with resources and info on how to set up a business. Call or email to find out more. No prior experience necessary. The world needs you! \$725; scholarships and payment plan available. For more information contact The Dying Year at (734) 395-9660, email thedyingyear@gmail.com or visit thedyingyear.org.

Understanding Death and Passing for Everyone with Lisa Wolfe • Saturday, September 30 • 9:00 a.m. to 4:30 p.m. • In this very special seminar held at GilChrist Retreat Center in Three Rivers, MI, we will explore ways to become more compassionate with others and ourselves during the end-of-life season. From a holistic perspective, we will draw on the wisdom available to us as a group, through nature, and from the quiet within. We will find ways of caring for ourselves and others as we help navigate the death and passing journey. \$175 early; \$190 after August 1, 2023; financial hardship accommodations available. For more information contact Lisa Wolfe at (269) 221-8335 or email wolfe.lisa@gmail.com.

Advance Care Planning Facilitator Training with Merilynn Rush • Monday, November 13 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults to identify a healthcare advocate, discuss their values and wishes, and fully complete the advance healthcare planning process. Respecting Choices® is an internationally recognized, evidence-based model of Advance Care Planning (ACP). For nurses, doctors, social workers, chaplains, administrators, family members, end-of-life doulas and all healthcare professionals across the continuum of care. Advance registration required. \$265. For more information contact Merilynn at (734) 395-9660, email thedyingyear@gmail.com or visit thedyingyear.org.

DREAMWORK

Monthly Dream Workshop with Psychic Medium Jani • Sunday, September 24, October 22, November 26, December 31 • Noon to 2:00 p.m. • At this monthly discussion workshop, participants dissect their dreams together, facilitated by Psychic Medium Jani. \$10 For more information contact Jani, (720) 514-9724 or janimedium.com.

ENERGY AND HEALING

Energy Work—Wild Goose Form with Master Wasantha Young • September 11 through December 11 • Tuesday • 6 to 7:00 p.m. and/or Thursday, 10 to 11:00 a.m. • The Wild Goose Form is a series of interconnecting movements—a reverent dance that embodies the multidimensional aspect of Energy. The movements include imagery, stretching, acupoint contact, and a connection with universe, nature, and earth. The Peaceful Dragon School is

down one flight of stairs. In-person (limit 12) \$195. For more information email info@peacefuldragonschool.com, call (734) 741-0695 or visit peacefuldragonschool.com.

Healing & Ascension Monthlies with Eve Wilson • Thursday, October 12, November 9, December 7, January 4, February 1 • 7:30-9:30 p.m. • Monthlies are a chance for you to contribute to world healing and ascension and to benefit yourself as well! Attend live or by recording and receive all the support either way for your own journey of spiritual self-mastery, life, success, empowerment, healing, and ascension. Class is by teleconference and support for your life continues all month. This is cutting edge work, powerful, unconditionally loving, guided by your own Higher Self. \$300 For more information contact Eve Wilson at (734) 780-7635, email rewe@spiritualhealers.com, or visit spiritualhealers.com

Lightworker Training with The Selenite Swords of Light with Tom Ledder and Maryke Love • Saturday & Sunday, September 16 & 17 • 10 a.m. to 5:00 p.m. • You will be working with the Selenite Swords of Light, the most powerful tools on the planet with information channeled through Maryke Love. The workshop is experiential, you will have the opportunity to work one-on-one a partner experiencing both giving and receiving. The Selenite Swords of Light are powerful, non-linear, multi-dimensional tools used for healing self or others. Swords will be available to use and to purchase. \$300 Visit seleniteswordmaker.com.

Introducing...

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ENERGY AND HEALING, CONTINUED

Healing Touch Course 3 Advanced Healer Preparation with Barb McConnell LPN, CHTP/I • Saturday & Sunday, September 23 & 24 • 8:00 a.m. to 6:00 p.m. • This course is for Healing Touch students who have taken Courses 1 and 2. Course 3 Advanced Healer Preparation involves learning to elevate one's personal energy vibration which facilitates the student's application of techniques that can be utilized in the upper layers of the biofield. The student will learn clearing, balancing, and energizing techniques in the upper energetic layers as well as in-depth techniques to support spinal health. \$300.00. Contact Barb McConnell at (517) 914-4133 or email Barbmccconnell7@gmail.com.

Heightening Your Vibration: Alchemy (two-day class) with Karen Greenberg, P.T. • Sunday, October 8 & 15 • 8:45 a.m. to 12:45 p.m. • Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, Angels...\$180. For more information contact Karen Greenberg at (734) 417-9511, email krngnbg@gmail.com, or visit clair-ascension.com.

Healing Touch Course 2 Energetic Patterning and Clinical Applications with Diane Rothman CHTP/I, HSC • Saturday & Sunday, October 21 & 22 • 8:00 a.m. to 6:00 p.m. • Prerequisite: Healing Touch Course 1. Students will learn the skill of completing an intake interview in order to identify which Healing Touch techniques may be useful in assisting a client to re-pattern their energy field. Healing Touch techniques learned in Course 1 are reviewed and integrated into spinal health applications and deeper levels of healing by expanding the client's heart energy. You will practice the ability to remain grounded, present, and heart-centered, assess the status of the chakras and biofield before and after sessions. In addition, we will review the Healing Beyond Borders Code of Ethics, Standards of Practice, and Scope of Practice as it relates to your development as a Healing Touch practitioner. \$300. For more information contact Diane Rothman at drothman1056@comcast.net or call (248) 957-6510.

Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer • Friday • What's new in personal and

planetary healing and ascension, support for your journey including practical and spiritual tools, insights, visions, and finding hope, trust, and joy through the process. This international award-winning blog is cutting edge and timely. Eve Wilson is a leader in World Healing and Ascension. FREE. Visit spiritualhealers.com to sign up for weekly links.

EXERCISE AND FITNESS

Try It Free Week for all AAPS Rec & Ed Fitness, Pilates & Yoga classes with a Variety of Ann Arbor's Best Fitness, Pilates, & Yoga Instructors • Monday, September 11 through Sunday, September 17 • Classes are held at various times, but you must register to attend. For class descriptions and registration visit aarecedonline.com. All listed classes are Free during the 'Try it Free Week.' For more information contact Terry McNeely at mcneelyt@aaps.k12.mi.us, or call (734) 646-2698.

Rivalry Ride with Active Against ALS • Sunday, October 15 • 6:30 a.m. • Join Active Against ALS on October 15 and bike 65 miles from Spartan Stadium to the Big House to raise funds to find a cure for ALS! Sag wagon support, t-shirts, lunch in Stockbridge, and bus from Ann Arbor to East Lansing available. Contact us at info.activeagainstals@gmail.com or visit activeagainstals.org. \$40-\$80. For more information email info.activeagainstals@gmail.com.

FAIRS AND FESTIVALS

3rd Annual Entheofest with Student Association for Psychedelic Studies (SAPS) & Michigan Psychedelic Society (MPS) • Sunday, September 17 • 1:11 to 3:33 p.m. • The 3rd Annual Entheofest in Ann Arbor on September 17th at the Diag on the campus of the University of Michigan. Entheofest is a day for activism and to celebrate and educate on plant medicines and fungi. It also marks the anniversary of the passage of the City of Ann Arbor's resolution to decriminalize these natural substances in 2020. This year's keynote speaker is Rev. Mariela Pérez-Simons, a Cuban-American UU minister focusing on eco-spirituality, ecofeminism, and religious naturalism. FREE. For more information visit Entheofest.org entheofest@gmail.com.

ESC Holistic Psychic Fairs • Saturday, September 19, drop in 12-6 p.m., Sunday, September 20 drop in 12-5 p.m. • Explore a variety of readings, energy healing, & metaphysical shopping at one time, under one roof. Psychics~Mediums~Tarot~Energy

Healers~Crystals~Shopping, PLUS crystals & stones, gemstone jewelry, malas & spiritual items, tools for energy grounding & protection. Admission: \$5 Sat./\$3 Sun. = FREE gift, FREE snacks, FREE \parking. Readings & Energy Work: \$2/minute (minimums vary). Cash, credit/debit, & electronic payments accepted. Find more details at: <https://www.enlightenedsoulcenter.com/enlightened-soul-psychic-fair>

Enlightened Soul Two-Day Psychic Fair at Enlightened Soul Center & Shop • Saturday and Sunday, September 23 & 24, October 14 & 15, 28 & 29, November 4 & 5, 18 & 19, December 2 & 3, 16 & 17 • Saturday Noon to 6:00 p.m., Sunday, Noon to 5:00 p.m. • Join us for two days of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Psychic Fairs. What a great way to explore a variety of readings, energy healing, and metaphysical shopping at one time, under one roof! Saturday \$5, Sunday \$3, plus sessions \$2/minute (minimums vary). For more information contact Amy Garber at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Hog Warts & Toad Bellies Fairy Tale Festival at Hidden Lake Gardens • Saturday, October 7 • 10 a.m. to 4:00 p.m. • Come dressed in your fairy tale best for this day of family revelry! Join the Knight's adventure trail and be knighted by the king of the fair, build a fairy house, picnic with characters from your favorite fairy tales, decorate pumpkins, go on a treasure hunt, shop in our artisan village, and more! \$5 per person/ \$20 for a family of four or more. For more information visit hogwartsandtoadsbellies.com.

Holistic & Spirit Fair at the Infinite Light Center • Saturday, November 11 • 10 a.m. to 5:00 p.m. • Please join us at the first annual Holistic & Spirit Fair at Infinite Light Center! Perfect timing for holiday shopping! Check out the first Spirit Box in MI, an experiential device that connects our Higher Selves to Universal Oneness. Readers including tarot, oracle, runes, psychics, animal communication, energy healers, Reiki, crystal healing, aura photography, crystal bed, amethyst mat, and vendors selling hand crafted tea, jewelry, candles, essential oils, crystal bowls, kalimbas, tongue drums, and more! \$3 admission, extra fee for readers and energy healers. For more information contact Anne Taylor at anne@infinitelightjackson.com or visit infinitelightjackson.com

FILM

Free Film and Discussion with Jewel Heart Instructors • Thursday, November 10, and December 8 • 7 to 9:15 p.m. • Jewel Heart Instructors present the film and moderate the discussion afterwards, posing thought-provoking questions, keeping the discussion on track, and encouraging everyone to participate. No film in October. Free. Concessions available. Visit jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

• **November 10 "The Legend of Bagger Vance."** (2000) A story about finding your true self. People see similarities between how this story is told and the Bhagavad Gita.

Directed by Robert Redford and starring Will Smith, Matt Damon, and Charlize Theron.

• **December 8 "The Tree of Life."** (2011) An impressionistic story of a Texas family in the 1950s. The film follows the life journey of the eldest son, Jack, through the innocence of childhood to his disillusioned adult years as he tries to reconcile a complicated relationship with his father. Jack finds himself a lost soul in the modern world, seeking answers to the origins and meaning of life while questioning the existence of faith. (Starring Brad Pitt & Sean Penn.)

GARDENING AND ECOSYSTEMS

September Natural Building Internship at Strawbale Studio with Deanne Bednar • Saturday, September 2—28 • Live on-site at the Strawbale Studio for four weeks and learn a variety of basic natural building and sustainable living skills! Earth Plaster, Round Pole framing Basics, Thatching and more! \$1250 or \$950 prepaid one month in advance. Visit: strawbalestudio.org or call Deanne Bednar at (248) 496-4088.

Earth Walk with Megan Sims and John Donabedian • Saturday, October 7, November 4, and December 2 • Noon to 2:00 p.m. • Earth Walk is a casual urban walk in Ann Arbor with Earth-loving folks and their kids (and pets). It's an opportunity to express our concern for the environment, and to have fun doing it! It's also very good

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therapy for eco-anxiety. Before and after the walk, Earth Walk Basecamp is a place to get energized with live music and plug into the Earth-conscious community with insightful guest speakers, roundtable discussions, performance art, and poetry. FREE. Visit: earthwalk.love or call John Donabedian at (248) 761-7461, or email 123jondon@gmail.com.

Worktrade Month at Strawbale Studio with Deanne Bednar • Tuesday, October 3—30 • Live on-site and help out with buildings and grounds and other aspects of maintaining this place that models natural building and sustainable skills! Includes room & board + 2 sustainable skills per week, such as “cording” and foraging for food, in exchange for 25 hours of worktrade. Learn, and enjoy being in nature! 25-hour work trade/week. Visit strawbalestudio.org or call Deanne Bednar at (248) 496 4088.

Learning Tour at Strawbale Studio with Deanne Bednar • Sunday, December 10 • 10 a.m. to Noon • The Learning Tour of Strawbale Studio and surrounds includes a variety of enchanting natural buildings made of strawbale and some cob, with both thatched and living roofs. Learn about these buildings as well as the Earth Oven, Rocket Stove, Rumford Fireplace, and nutrient recycling. One hour north of Detroit. Look for the candle making workshop on the same day under the heading “art and craft” \$20. For more information visit strawbalestudio.org.

HEALING

Monthly Reiki share with Jennifer LaFeldt, LMT, RMT • Sunday, September 24, October 22, November 26, December 31 • Noon to 3:00 p.m. • For Reiki 1+ practitioners to practice what they’ve learned. We will guide you if you have forgotten the hand positions. Practice one-on-one or in small groups. \$15. For more information contact Jenny at reikitherapy@sbcglobal.net or (734) 478-0866.

HEALTH AND WELLNESS

Envoy of Peace, “The Journey Within”. • September 22 • 7:00 p.m. • The Michigan Chapter of the Art of Living Foundation will host envoy of peace Gurudev Sri Sri Ravi Shankar at 7 p.m. Aug. 22 at Orchestra Hall as part of his 25-city U.S. tour focusing on mental health and his vision of creating a stress-free, violence-free society. Visit: event.us.artofliving.org/us-en/journeywithin-detroit/

Mindfulness 101 • September 30 • 11:00 a.m. • Learn how to be the author of your life by owning your

attention by attending a complimentary Mindfulness 101 session at the Better Health Market in Ann Arbor. Visit: mindtransformationsllc.com/upcoming-classes/events

Health Yourself Fair • October 22 • 12:00-6:00 p.m. • Learn how to live life to the fullest at the Health Yourself Wellness Fair. The event, which includes a healthy silent auction, to benefit the Wellness Forum Foundation. Visit: diy-wellness.info

INTUITIVE & PSYCHIC DEVELOPMENT

Focused Mind Meditation—Teleconference with John Friedlander • Sunday, October 1, November 5, December 3 • 9:00 a.m. to Noon • 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. See website for phone and payment information. \$15. Visit: psychicpsychology.org or contact Violeta Viviano at (734) 476-1513.

Psychic Psychology Women’s Group—Teleconference with John Friedlander and Gloria Hensher • Tuesday, October 3, November 7, December 5 • 7 to 8:00 p.m. • For Women Only. Meditations concentrating on women’s issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. \$10. Visit: psychicpsychology.org or contact Violeta Viviano at (734) 476-1513.

October Intensive 2023 with John Friedlander—Webinar & Teleconference with John Friedlander • Saturday, October 7 • 10:00 a.m. to Noon and 2 to 4:00 p.m. • Sunday, October 8 • 10:00 a.m. to Noon • October 9 through October 13, 7 to 9:00 p.m., • Saturday and Sunday, October 14 & 15 • 10:00 a.m. to Noon and 2 to 4:00 p.m. • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical perspective. Continued study of information presented at previous intensives. \$275. For more information contact Gilbert Choudury at gchoud@yahoo.com or visit psychicpsychology.org.

Practical Spirituality: Engaging Your Most Magical Self with Brandie Wright from 1129 Simply Divine • Thursday September 21— November 9 • 6 to 8:30 p.m. • Eight weekly workshops filled with practical information and exercises to help you activate and use your intuitive gifts. Topics include: Auras, Pendulums, Channeling, Manifestation,

Cleansing, Spirit Guides, Energy Testing, and Finding Your Soul Purpose. \$25 per class (materials included). You may take all or choose only classes of interest. For questions or to reserve your seat, email brandie@1129simplydivine.com.

KABBALAH

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg, P.T. • Wednesday, October 10, November 8, December 13, future dates TBD • Morning classes 9:15 to 11:15 a.m. OR evening classes 7 to 9:00 p.m. • This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing energy resisting (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for creating, on a similar vibration as our Creator. We become empowered to develop 10 G-D like traits, join with G-D, and become co-creative, proactive manifesters of our dreams, desires, and goals, open to miracles, and fulfilling our purpose/destiny. 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, email krngrnbg@gmail.com, or visit clair-ascension.com.

Kabbalah for Couples with Karen Greenberg P.T. • Sunday, October 8, November 5, December 3, future dates TBD • 3 to 5:00 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. This two-hour session (not one hour), 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. Contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

MASSAGE

Free Massage class with Irene's Myomassology Institute • Friday, September 15 or October 27 • 7 to 9:00 p.m. • You can relax and have some fun at Irene's free massage class! This is an excellent opportunity for those interested in massage. During this free two-hour class, you will have the opportunity to learn basic techniques while both giving and receiving massage. We invite you to bring a friend to exchange massage or come alone and you'll be paired with a partner. Bring a flat sheet, a bottle of water, and wear loose, comfortable clothing. For more information visit irenes.edu or email contact@irenes.edu.

MEDITATION

Online White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, September 3—December 17 • 9:30 to 10:30 a.m. • No meditation on October 8 or December 24. 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 the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Weekly Online Silent Meditation Practice with Celeste Zygmunt • Sunday, September 3—December 31 • 11:00 a.m. to Noon or Tuesday, September 5 through December 26 • 9 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour 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 if someone so chooses. By Donation. Call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Manifest Inner Peace & Clarity with Anna Hsu • Monday, October 2, November 20, December 4 • 6 to 8:00 p.m. • Release stress, get unstuck, and manifest the life of your dreams in this high-vibrational visualization and meditation workshop. You will leave feeling empowered, grounded, and will have gained clarity on what was once unclear in your life. If you feel stuck in a rut, this is the




Ellen Craine
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perfect class to re-center and re-inspire yourself! \$15. For more information email Anna@alignanduplevel.com or visit alignanduplevel.com.

Creating Space: Clarity and Insight Through Meditation with John Madison and Wendy Weiner • Wednesdays, September 20, 27, October 4, 11, 18, 25 • 7 to 8:30 p.m. • Meditation provides us with a clear stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using breath, posture and techniques for coping with distractions and laxity of the mind. FREE, donations welcome. For more information, visit: jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Open Concentrated Meditation with Jewel Heart Instructors • Thursday, September 7—December 14 • 6-6:45 p.m. • Facilitators offer lightly guided concentrated meditation sessions using the breath as the point of focus. Open to all levels of experience. FREE, donations welcome. For more information, visit: jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

A Day of Mindfulness Meditation with Esther Kennedy, OP • Saturday, October 7, November 11, December 9 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of 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/session (Lunch included). For more information, call Weber Center at (517) 266-4000, visit webercenter.org or email webercenter@adriandominicans.com.

Daylong Meditation Retreat with Carol Blotter • Saturday, December 2 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Donation only, suggested is \$30 - \$60. For more information email manager@mfcenter.org.

Online Healing and Compassion Meditations with Hartmut Sagolla • Monday, September 11—December 18 • Noon to 1:00 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 visit jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • Friday, September 15, 29, October 6, 20, November 3, 17, December 1, 15 • 7 to 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. This is a non-dual school. An introduction to Vipassana and Pure Awareness meditation, open to all levels. There will be instruction, meditation time, and a question/response period. For more information call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Vipassana Half-Day Introduction with Barbara Brodsky • Saturday, September 16 • 10:00 a.m. to 2:00 p.m. • An introduction to Vipassana and Pure Awareness meditation, open to all levels. There will be instruction, meditation time, and a question/response period. Suggested donation \$25 - \$100. An introduction to Vipassana and Pure Awareness meditation, open to all levels. There will be instruction, meditation time, and a question/response period. For more information call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Introduction to Mindfulness: Concepts & Practices with Libby Robinson • Saturday, September 16 • 2 to 4:30 p.m. • This workshop, Introduction to Mindfulness, covers fundamental concepts and practices for cultivating moment-to-moment compassionate awareness of whatever arises in our experience. This highly interactive and experiential session will include practicing mindfulness in a number of different ways. In addition, a brief review of the vast research findings on the benefits of mindfulness will be covered. The session will be virtual, free, and 2 ½ hrs. FREE. For more information contact Libby Robinson by email at libbyrobinson7@gmail.com, call (734) 476-3070, or visit libbyrobinsonmindfulness.com.

Serendipity: An Exploration of Spirit, Dharma, and Meditation with Barbara Brodsky, Aaron, and John Orr • Tuesday, September 19, October 3, 17, 31, November 14, 28, December 12 • 6 to 9:00 p.m. • This class will be a mixture of meditation instruction and practice (Vipassana, Pure Awareness and heart centered practices), deepening awareness of our intentions as awakening humans, and

explorations of ways to live our practice in the challenges of everyday life. Suggested donation \$105- \$350. For more information call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

The Art of Meditation with Naren K. Schreiner and Lopamudra Bose • 5:00 p.m. Friday, September 22 through Sunday, September 24 at 2:00 p.m. • We invite you to this special retreat that will focus on deepening our understanding and practice of meditation as an art and science, taught by Paramahansa Yogananda and his Kriya Yoga lineage. Yoga meditation is universal and is rooted in the Raja Yoga of Patanjali Yoga Sutras, in the Bhagavad-Gita, and in various other yoga dharma. This retreat is designed for both new meditators and veteran practitioners, gathered into a devotional and concentrated silence in this sacred land of Song of the Morning. \$150, plus lodging. For more information contact sunny@songofthemorning.org, call (989) 983-4107, or email songofthemorning.org.

Sound Bath Meditation with Rob Meyer-Kukan • September 22 • 7 p.m. to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in the creative space of the Plymouth Artist Collective at the PARC in downtown Plymouth, Michigan. In this time of sound bath, Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. Please bring a yoga mat and blanket and any additional supports you would like for your comfort (pillows, bolster, eye pillow). Please note, the studio floor is concrete, and we are unable to provide yoga mats and blankets for this event. Register at <https://forms.gle/2HTYmQky798CXC9P7>. \$40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Labyrinth Walk to celebrate Autumnal Equinox • September 23 • 12:30pm. Join Rob Meyer-Kukan at Webster United Church of Christ in Dexter for a labyrinth walk to celebrate the Autumnal Equinox. Enjoy 30 minutes of relaxing and soothing tones of singing bowls on the labyrinth. We begin at 12:30 pm with singing bowls and a walk for gratitude will follow. This is a donation based event to support programs at the Labyrinth. PLEASE NOTE - the Webster Fall Festival is taking place the same day, so please plan to enjoy the offerings at the church and the grounds across the road from the labyrinth. Parking for this event can be found on the grassy area in front of the labyrinth or along Farrell Road. Register here: <https://forms.gle/XztgsP1KXxRWCM2n8>. Visit: <https://www.facebook.com/events/536857955300901>

Mindfulness-Based Stress Reduction with Libby Robinson • Saturday, September 23, 30, October 7, 14, 21, 28, November 4, 11, 18 • 2 to 4:30 p.m. • Mindfulness-Based Stress Reduction (MBSR) is the mindfulness meditation curriculum developed by Jon Kabat-Zinn which sparked much of the current interest in mindfulness. It is the class on which most of the research on mindfulness rests. This virtual, interactive, and experiential class meets weekly for 2.5 hrs.


Each class includes multiple mindfulness practices. Home practice of 20-30 minutes/daily between classes deepens mindfulness, as does a four-hour retreat on Nov. 4. \$300 (negotiable). For more information contact Libby Robinson by email at libbyrobinson7@gmail.com, call (734) 476-3070, or visit libbyrobinsonmindfulness.com.

Equinox Labyrinth Walk and Crystal Bowl Sound Bath with Rob Meyer-Kukan and Webster United Church of Christ • Saturday, September 23 • 12:30 to 1:30 p.m. • We begin with singing bowls and a walk for gratitude will follow. Join us as we celebrate the season of summer's blessings and prepare to enter into the new season of autumn! Please register for this event by completing the form found here - <https://forms.gle/XztgsP1KXxRWCM2n8>. Weather Policy - The event will be canceled in the case of inclement weather. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, September 29 or November 10 • 7 to 8:30 p.m. Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. Often simply called a "Sound Bath," it is an experience that washes you with the sounds of intentionally chosen instruments that bring calming vibrations to reduce stress


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and tension. \$28. For more information contact Breathe Yoga, (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Myriad of Meditations (Seven classes in the series) with Karen Greenberg, P.T. • Sunday, October 1, 22, 29, November 12, 19, 26, and December 10 • 10:00 a.m. to 12:30 p.m. • Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Mindfulness-Based Stress Reduction (MBSR) Complimentary Orientation with Brenda Lindsay • Tuesday, October 3 • 6:30 to 8:00 p.m. • This complimentary session is an opportunity to learn what mindfulness is along with the benefits and risks of the Gold Standard in mindfulness training, the evidence-based Mindfulness-Based Stress Reduction (MBSR) 8-Week Series starting on Oct 10th. Find out if MBSR is a fit for you. FREE. For more information contact Brenda Lindsay at Brenda@mindtransformationsllc.com or visit mindtransformationsllc.com.

Magical Sound Bath with Rob Meyer-Kukan and Julie Brown • Friday, October 6 • 7 p.m. to 8:30 p.m. • Join Rob Meyer-Kukan and Julie Brown of Something Peculiar for this magical sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Julie will offer her gifts of intuitive readings, tarot, and palmistry. This is the perfect way to usher in the autumn holidays and explore the bounty of the season! Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort (pillows, bolster, eye pillow). We also have seven zero gravity chairs available to the first 7 participants who request them at the event. Register by completing this form - <https://forms.gle/UmynozRRdLY15BkUA>. \$50. For more information contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Mindfulness-Based Stress Reduction (MBSR) Eight-week Class with Brenda Lindsay • Begins Tuesday, October 17

with an all-day session on November 21 & 28 • 6:30 to 9:00 p.m. • Do you want to reduce stress and increase resilience or possibly change habitual reactivity patterns that damage relationships? Perhaps you want to reduce anxiety or depression? Connect in real-time with others on Zoom seeking greater balance, ease, and peace of mind. The MBSR (Mindfulness-Based Stress Reduction) secular, trauma-sensitive, 8-Week program was created by Jon Kabat-Zinn, PhD in 1979 at the UMass Medical Center to optimize one's ability to face stress, pain, and illness and make sustainable change across one's lifespan. Tuition Fees: \$175/\$290/\$380. Suggested sliding scale, "pay what you can" pricing. Please pay more, if you can, to help support those less able to pay. We strongly believe in making this class available to anyone who believes that it might be helpful in their life and is willing to commit themselves to do the work. Contact Brenda Lindsay at Brenda@mindtransformationsllc.com or visit mindtransformationsllc.com.

Mastering Meditation with Kapila Castoldi • Sunday, October 22, 29, and November 5 • 3 to 5:00 p.m. • Introductory Meditation Series offered free of charge by the Sri Chinmoy Centre. Topics include: concentration, relaxation and breathing techniques; exploring meditation on the heart center; the awakening of inner awareness; the role of music and mantras. FREE. Contact Kapila at (734) 994-7114, email castoldi@oakland.edu or visit meditationannarbor.com.

Candlelight Labyrinth Walk with Rob Meyer-Kukan • Friday, October 27 • 6 p.m. • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, 5484 Webster Church Road, Dexter, Michigan for a candlelight labyrinth walk. This event is offered as a donation based event to support the work of Webster UCC. Donations may be made to Webster UCC. Parking for this event can be found on the grassy area in front of the labyrinth or along Farrell Road. Once parked, follow the signs to the labyrinth. Please register for this event by completing this form:- <https://forms.gle/6AiTPky76cFsmEff9>. By Donation. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or 7notesnaturalhealth.com.

Cacao + Sound with Rob Meyer-Kukan and Alicia Clark Teper • Wednesday, November 1 • 7 to 9:00 p.m. • Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark-Teper of Sacred Lotus Experience at 7 Notes Natural Health for a heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, over 40 different instruments (singing bowls, gongs, therapeutic harp, shruti box, and more), Alicia and Rob will create an experience that will immerse you in peace and tranquility.

Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc.). Also, please bring an item for the altar. A photo of a loved one or an item that reminds you of a transitioned loved one. Register at <https://forms.gle/6P5cGZ8mBSUZZDEaA>. \$50. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Meditation Getaway with Rob Meyer-Kukan • Saturday, November 18 • 9:00 am. To 5:00 p.m. • This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, and to your higher self. Walking/ hiking meditation opens our day at one of Ann Arbor's many local parks. We continue with meditation, yoga nidra, journal writing, breath work, a sound and aroma experience, and more. Ample time for sharing and reflection will be provided. Advanced registration and payment is required to secure your space at this event. To register, visit <https://forms.gle/XfwPVudvVdfGEPJv8>. \$125. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, December 1 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort (pillows, bolster, eye pillow, etc.). We also have seven zero gravity chairs available to the first 7 participants who request them at the event. Register at <https://forms.gle/WESUKjv7Y6z6rvPH7>. \$40. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

NYE Sound Bath Meditation with Rob Meyer Kukan • Sunday, December 31 • 7 to 8:30 p.m. • Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. A "sound bath." it is an experience that washes you with the sounds of intentionally chosen instruments that bring calming vibrations to reduce stress and tension. \$32. Contact Breathe Yoga, (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Still Mountain Buddhist Meditation Center Sunday Morning Sitting • Ongoing • 10 to 11:30 a.m. • Our weekly meditation and sharing is open to the public. We will sit in silence for 45 minutes, take a quick break, and gather for sharing related to the Dharma. Zoom option is available. FREE. For more information contact Kenneth Morley at Kenwmorley@yahoo.com.

MOVEMENT AND DANCE

Ann Arbor Dances of Universal Peace with Susan Slack • Friday, October 6, November 3, and December 1 • 7 to 9:00 p.m. • Transition to in person dances with new leader and possible new location. Susan Slack has been on the DUP board and newsletter. She is seeking local musicians. For more information contact Susan Slack at peaceinacircle@gmail.com, or call (941) 544-8405.

MUSIC, SOUND, AND VOICE

Monthly Group Sound Bath with Reverend Amy Feger • Sunday, September 24, October 22, November 26, December 31 • 4 to 5:30 p.m. • From quartz crystal singing bowls to shamanic spirit drumming and rattles, Amy Feger brings deep energy healing through sound vibration while playing in a meditative state, allowing the release of what no longer serves you while the frequencies fill and uplift your energy field and body. \$15. For more information contact Reverend Amy Feger at (734) 210-1312 or email sacredwhisperteachings@gmail.com.

Singing for Comfort in Person & Zoom with Interfaith Center for Spiritual Growth • Thursday, October 12, November 9, December 14 • 7 to 8:30 p.m. • Singing for Comfort. Free, but donations gratefully accepted. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

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COACHING — HEALING — HYPNOSIS —
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The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023

Sound Bath Meditation in Sacred Sound Sanctuary with Kimberly Joy Rieli • Saturday, September 30, October 14, November 18, December 9 • 7 to 8:30 p.m. • Sound healings are like a deep reset for body, mind, and soul. Unwind from your week as Kimberly Joy Rieli bathes you in the healing sounds of crystal bowls, drums, hand pan, Celtic harp, chimes and voice. Bring your yoga mat, comfy clothes, blankets and pillows. Please arrive 15 minutes early.: \$22 - \$44 sliding scale (Please pay what you can to support our artists and the Infinite Light Center). To reserve your spot, please send your donation via Venmo (preferred) to @singing-For-Your-Soul or by Paypal to info@singingforyoursoul.com. Cash payments and donations will also be accepted at the door. For more information email anne@infintelightjackson.com or call (517) 9, sou2-4725.

Cafe 704 with Paul Vornhagen & Aron Kaufman via Zoom and in Person with Interfaith Center for Spiritual Growth • Saturday, October 14 • 7 to 9:00 p.m. • Live music in a smoke free environment. \$10. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

Cafe 704 with Jean Wilson & Friends in Person and via Zoom with Interfaith Center for Spiritual Growth • Saturday, November 11 • 7 to 9:00 p.m. • Live Music in a smoke free environment. \$10. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

Cafe 704 with Emily Slomovitz & Billy King in Person and via Zoom with Interfaith Center for Spiritual Growth • Saturday, December 9 • 7 to 9:00 p.m. • Live music in a smoke free environment. \$10. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

NUTRITION AND FOOD MEDICINE

Dr. Nia's Kitchen Clinic Series—Culinary Herbs & Spices with Dr. Nia-Avelina Aguirre, ND • Wednesday, September 20, 27 • 6 to 7:15 p.m. • Come learn how common herbs, spices and other kitchen foods are beneficial for your immune system, your heart, your digestive system and so much more. Find out how to fend off or heal from the common cold and flu. These are fun, interactive make-and-take classes. Each two-part series are \$108, includes food, take home containers, and all handouts. For more information contact Dr. Nia-Avelina Aguirre, ND at (734) 883-7513, or email niaaguirre.nd@gmail.com.

Dr. Nia's Kitchen Clinic Series—Roots, Bulbs & Tubers with Dr. Nia-Avelina Aguirre, ND • Wednesday, October 18, 25 • 6 to 7:15 p.m. • Come learn how common herbs, spices and other kitchen foods are beneficial for your immune system, your heart, your digestive system and so much more. Find out how to fend off or heal from the common cold and flu. These are fun, interactive make-and-take classes. Each two-part series are \$108, includes food, take home containers, and all handouts. For more information contact Dr. Nia-Avelina Aguirre, ND at (734) 883-7513, or email niaaguirre.nd@gmail.com.

Dr. Nia's Kitchen Clinic Series—The Fit Nuts & Sensible Seeds with Dr. Nia-Avelina Aguirre, ND • Wednesday, November 15, 29 • 6 to 7:15 p.m. • Come learn how common herbs, spices and other kitchen foods are beneficial for your immune system, your heart, your digestive system and so much more. Find out how to fend off or heal from the common cold and flu. These are fun, interactive make-and-take classes. Each two-part series are \$108, includes food, take home containers, and all handouts. For more information contact Dr. Nia-Avelina Aguirre, ND at (734) 883-7513, or email niaaguirre.nd@gmail.com.

PARENTING

Kabbalah for Parents & Children with Karen Greenberg P.T. • Sunday, October 8, November 5, December 3, future dates TBD • 1 to 3:00 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, meets one time/month for about a year. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Harnessing the Power of Talking Out Loud for Parents with Leeann Fu via Zoom • Monday, October 16, 23, 30 • 7 to 8:00 p.m. • Sunday, November 5, 12, 19 • 4 to 5:00 p.m. • Sunday, November 29, December 6, 13 • 8 to 9:00 p.m. • Free three-week session for experimenting with harnessing the power of talking out loud with Teddy Bear Talk Support (TBTS). TBTS provides a framework for benefiting from listeners who only listen, or only do a few other limited things, like ask open, honest questions, and

make guesses about what seemed important. Zoom link for the meetings: meaningfulaction.org/tb. Please be punctual as we will be splitting into breakout rooms at the start. For more information: teddybeartalksupport.com FREE. For more information contact Leeann Fu at (734) 237-7676, email teddybear@umich.edu, and visit teddybeartalksupport.com.

PERSONAL GROWTH

First Sundays InterPlay at the Friend's Meeting House with Rob the Buffalo and Me-Again • Sunday, October 1, November 5 • 2:15 to 4:15 p.m. • InterPlay is an active, creative way to unlock the wisdom of the body, in community. Gently facilitated to be incremental and easy-going: Rob the Buffalo and Me-again will guide you through forms that the coax movement, stillness, story and song. Creativity flows and authenticity reigns. The only requirement is that you are human, and willing to try something new. No experience necessary. Suggested Cost \$15-25 sliding scale: no one turned away for lack of funds. ALL bodies welcomed. For more information contact Megan Sims at megansims600@gmail.com or call (734) 417-7020.

Virtual Nature-Inspired Expressive Arts Gatherings with Hello from The Cocoon's Laurie Aman & Sarah Bruno • Sunday, September 17, Thursday October 26, Sunday, December 10 • Sundays Noon to 2:00 p.m., Thursday, 6:30 to 8:30 p.m. • September program: Pumpkins &

Creating Magic, October program: Leaves & Transitions, and December program: Owl & Entering the Dark. Each gathering will feature a Nature-Inspired Guest (moss, blue heron, whale) and also weave in seasonal themes (mothering, transitions, trust). Carve out time to connect with nature and your own creativity. We'll have a spacious two hours for nature lessons, intuitive art, gentle movement, and vocal play. You are highly encouraged to connect with others by sharing your nature-inspired feeling, insights about the topics we explore, and of course—your creativity! Donations appreciated: \$10-30 suggested. For more information contact Laurie Aman at (860) 823-9743, email Hellofromthecocoon@gmail.com, or visit hellofromthecocoon.com.

Finding Your Ground: Ongoing Personal Growth Circle for Women with Rachel Egherman and Jessica Ryder • Wednesday, September 20, October 4, 18, November 1, 15, 29, December 13 • 6:30 to 7:45 p.m. • Guided practices and reflection in a safe and supportive environment. in person, in Ann Arbor. By donation: \$1 - \$25 per meeting. For more information contact Jessica Ryder at jessica@jessicaryder.net or Rachel Egherman at tellrachel123@gmail.com or visit celebratedheart.com.

Managing Relationships Using Emotional Intelligence with Pat McDonald, OP • Thursday, November 16 • 1:30 p.m. to 3:00 p.m. • An informative session that addresses our reactions—personally, professionally, socially, and relationally — to interactions with others. What might we want to

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“change, moderate, or alter” in connecting with others? \$15. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • Self-Paced • Online • In this compact but powerful self-paced course you'll get at the root causes of your self-sabotaging habits. Learn simple and effective tips and tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well + live better in your body. \$39.50 For more information contact Christy at info@christydeburton.com or visit christydeburton.com

REIKI

Reiki Retreat. • September 15th & 16th • Join us for a three day transformative, in-person retreat to become Reiki Certified and connect with a group of like-minded people in a quiet private nature venue. This retreat will prepare you to start your Reiki healing journey through our workshops, placements and hands-on practice. You will learn how to empower your daily life and gain the knowledge to effectively help yourself and others. This retreat will encompass Holy Fire 3™ Reiki 1 & 2, self-care/love, balancing morning yoga & meditation, breathwork, ceremonial circles, sacred sound healing, energy healing with essential oils and learning the use of other healing modalities in your Reiki practice. During your stay you will enjoy delicious nourishing meal options. If this resonates we invite you to join us on for a weekend reiki certification training by passionate Holy Fire 3 Reiki Masters at the Earth Well Retreat Center and Nature Sanctuary Home, Manchester, Michigan. Visit: earthwellretreat.com

1st Degree Reiki Training with Suzy Wienckowski • September 23 & 24 • Saturday, 10:00 a.m. to 5:00 p.m., Sunday, 10:00 a.m. to 1:00 p.m. • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. The first-degree class includes the history of Reiki, hands-on treatment form for yourself and others, and 4 individual initiations. Certificate awarded. \$200. For more information contact Suzy Wienckowski at (734) 476-7958 or email SuzyReiki@aol.com.

Second Degree Reiki Training with Suzy Wienckowski • October 14 & 15 • Friday, 1 to 4:00 p.m., Saturday, 10:00 a.m. to 5:00 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. (First Degree training is a prerequisite.) \$500. For more information contact Suzy Wienckowski at (734) 476-7958 or email SuzyReiki@aol.com.

RETREATS

Half-day silent meditation with Rev. Marta Dabis • Sunday, October 8, November 12, December 10 • 8:15 a.m. to 1:00 p.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, donations welcome. For more information contact Marta at (248) 202-3102, email jissojizen@gmail.com, or visit jissojizen.org, and find them on MeetUp.

Embracing Struggle: Walking with Teilhard de Chardin with Kathleen Duffy, SSJ • Saturday, September 16 • 9:30 am. to 3:30 p.m. • In the early 20th century, when Teilhard de Chardin suggested an approach to science and religion that would integrate the science of evolution with Church dogma, he was forbidden by his Jesuit Order to speak and publish on these topics. Instead of losing hope, he learned to deal with struggle in creative ways. During this retreat day, we will reflect on how Teilhard de Chardin's approach to struggle might give us hope for the future and encourage us to continue to struggle for the kind of change needed in our Church and in our World. \$45, includes lunch. For more information contact the Weber Center (517) 266-4000 or visit webercenter.org.

Listening To God, Listening To Each Other: Finding Truth in Love with Dorothy Henderson • Friday, 7:00 p.m., September 29—Sunday, October 1 at 11:00 a.m. • NVC is a spiritual practice masquerading as a communication tool that helps us speak our truth and hear another's. Eldering is the practice of deepening the spiritual grounding of an individual or group by accompanying them in an intentional relationship with God. Cost (includes meals): Double occupancy: \$175 | Single occupancy: \$225 | Commuter: \$55. For more information contact the Weber Center (517) 266-4000 or visit webercenter.org.



SHAMANISM

Fall Yoga & Self-Care Weekend Retreat with Christy DeBurton, RYT • October 20 through 22 • Enjoy a peaceful weekend of self-care in Big Rapids, MI: yoga, nature, farm-to-table meals, good company and time to 'unplug' from the outside world. See website for details. For more information contact Christy by email at info@christydeburton.com or visit christydeburton.com.

Living from the Awakened Heart with Barbara Brodsky, Aaron, and John Orr • Friday through Sunday, November 3—5 • This retreat will be a mixture of meditation instruction and practice (Vipassana, Pure Awareness and heart centered practices) and explorations of ways to live our practice in the challenges of everyday life. Suggested donation: \$125-\$300. For more information contact Deep Spring Center at (734) 477-5848, om@deepspring.org, or visit deepspring.org.

The Potter & The Clay an Advent Retreat with Father Vic Clore • 6:30 p.m. Sunday, December 3 through 11:00 A.M. Thursday, December 7 • During this first week of Advent, we prepare for the coming of Christ into our lives and our communities, which will involve conversion and transformation for all of us. The scripture readings for these days are quite rich: allowing ourselves to be formed by the Potter, daring to beat our swords into plowshares, being lambs lying down among wolves, nourishing whole crowds with a few loaves and fishes, and building our house on solid rock. Cost (includes meals): Commuter: \$160 | Double occupancy: \$325 | Single occupancy: \$425. Registration required. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

The 12 Days of Christmas Retreat with Staff and Community of Song of the Morning • Monday, 5:00 p.m. December 25 through Friday, January 5 at 9:00 p.m. • Song of the Morning is a place of exquisite peace and beauty during the holiday season, and the perfect place for those feeling pulled inward into spiritual reflection. Experience the peace and joy of the season embraced by a warm and welcoming community celebrating and honoring the deeper spiritual energy of this season. We warmly invite you to join us for all twelve days, or you may choose a shorter length of stay! Homemade vegetarian dinners will be offered to guests daily during this stretch of celebratory days, and a variety of items for breakfast will be provided in each building including oatmeal, fresh fruit, coffee, tea, and snack bars. Please plan on bringing your own food to supplement around these mealtimes and read about the room/space you are booking so that you know what it offers in terms of kitchen access, privacy, and amenities. Lodging is \$60-210/night, retreat is free. For more information contact sunny@songofthemorning.org, call (989) 983-4107, or visit songofthemorning.org.

Mini Wellness Retreats with Christy DeBurton, RYT • Ongoing • Choose from a variety of three-hour Mini Retreats at The Yoga Room to relax and renew. When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-time,' these are the perfect option. Watch for details for scheduled Mini Retreats in newsletter or grab up to 3 friends and create your own Bespoke Mini Retreat! See website for details. For more information contact Christy by email at info@christydeburton.com or visit christydeburton.com.

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, September 19, October 3, 10, 17 • 7 to 9:00 p.m. • Explore the differences between telepathic and shamanic communication with animals of all species, and those who have passed. Find deep connection with all their relations and the richness that shamanic connection gives to communication. Prerequisite: Basic Journeying. Class is taught via Zoom. \$240 per person/\$125 for repeating students. For more information contact Judy Ramsey at info@judyr Ramsey.net, judyr Ramsey.net.

Journeying Circle with Judy Liu Ramsey • Thursday, September 21, October 5, 19, November 2, 16, December 7, 21 • 7 to 8:30 p.m. • Join us for in-depth exploration of the new cycles of life, transitions, and endings that we all experience. Journeying brings you into the spiritual aspects of these processes and provides tools and wisdom to help you thrive on your path. Pre-requisite: knowing how to journey shamanically. \$25 per session or \$40 per month. For more information contact Judy Ramsey at info@judyr Ramsey.net, judyr Ramsey.net.

Shamanic Journeying for Guidance and Healing with Lauren Jubelirer • Monday, October 23, November 2, December 4 • 6:30 p.m. to 9:00 p.m. • This class is a synthesis of my own experiences as a healer, what my guides have taught me, and what I have learned from other shamanic teachers. You will learn how to incorporate Shamanic Journeying into your spiritual practices. This class is appropriate for those with previous journeying experience as well as those new to this practice. Suggested donation: \$75-\$250. For more information contact Deep Spring Center (734) 477-5848, om@deepspring.org or visit deepspring.org.

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday and Sunday, September 16 & 17 • 9:00 a.m. to 5:00 p.m. • Deepen your understanding of illness and how one's spirit can help the physical body thrive or not. From a shamanic perspective, there are three causes of illness: loss of power, loss of soul essence, and intrusions. We will focus on power loss and extraction of intrusions. Explore different ways to "diagnose" an illness as well as to address its healing. Working with partners, deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Shamanic Journeying, Medicine For the Earth/Healing With Spiritual Light. Suggested Reading: *Walking In Light* by Sandra Ingerman. Class will be taught via Zoom with careful monitoring of techniques and practice. \$220 per person/\$125 for repeating students. For more information contact Judy Ramsey at info@judyr Ramsey.net, judyr Ramsey.net.

The Nameless Path: The Primal Celtic Mysteries with Rocky Rains • Saturday, September 30 • 11:00 a.m. to 7:00 p.m. • Spirit Flight, Primal (Shamanic) Witchcraft, and the Otherworld Initiation; Techniques of Otherworld Travel. Tools of the Primal (Shamanic) Magikal/Spirit Practitioner. (Includes the making of a Crane Bag.) Trance Dancing, Prophetic Utterance, and Shapeshifting. Lunch will be provided. Potluck after. \$190. For more information contact Rocky Rains at (734) 799-7502 or email rainsrocky4@gmail.com.

The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023

Greater Wholeness with Connie Lee Eiland • Saturday & Sunday, October 14 & 15 • 10:00 a.m. to 5:00 p.m. •
This class addresses the parts of us we don't claim--both the positive and what we see as the negative. Healing practices, sacred art, journeys and ceremony are included to help with integration and wholeness. \$200 until 10/01/23, then \$240. For more information contact Connie Lee Eiland, (248) 809-3230, clshebear7@gmail.com.

Creating Safety and Sacred Space with Connie Lee Eiland • Sunday, October 29 • 10:00 a.m. to 4:30 p.m. • This class gives you practices, ways of looking at safety and sacred space that will serve you. It is experiential. \$100 until 10/14m then \$125. For more information contact Connie Lee Eiland, (248) 809-3230, clshebear7@gmail.com.

Shamanism, Death, and Dying with Connie Lee Eiland • Saturday & Sunday, November 4 & 5 • 10 :00 a.m. to 5:00 p.m. • This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach transition. It also includes psychopomp, which is assisting those who are lost and haven't transitioned. This will be done both individually and as a group. \$200 until October 21, then \$230. For more information contact Connie Lee Eiland, (248) 809-3230, clshebear7@gmail.com.

Basic Shamanic Journeying with Judy Liu Ramsey • Saturday and Sunday, November 18 & 19 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$160 per person/\$75 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net, judyramsey.net.

SPIRITUAL DEVELOPMENT

Sunday Services via Zoom with Interfaith Center for Spiritual Growth • Sunday, September 3—December 31 • 10:45 a.m. to 12:15 p.m. • Sunday celebration. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Sufi Chanting, Meditation, and Development via Zoom with Interfaith Center for Spiritual Growth • Tuesday, September 5—December 26 • 7 to 8:00 p.m. • Study of Sufism. \$5-10 per class. For more information visit interfaithspirit.org

Monthly Midrash Study with Karen Greenberg, P.T. • Sunday, October 8, November 5, and December 3, future dates TBD • 6 to 7:30 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...\$90/month. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Akashic Records Practitioner Certification with Shellie Powers • Sunday through Wednesday, September 19-21 OR October 7-8 OR 17-19, November 1-3 OR 28-30, December 9-10 OR 11-13 • See website for specific class times • Nine-hour class in three, three-hour sessions. Class times vary. 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. For more information visit powers365.com/events or call (734) 926-8423.

Writing for Spiritual Wellness with Holly Makimaa • Thursday, September 21, October 19, November 16, December 21 • 7 to 8:00 p.m. • Cultivating Spiritual Wellness Through Journaling: Online Monthly Open House. FREE or love offering. For more information contact Holly Makimaa, hollymakimaa@gmail.com, or visit: yourtransformationaljourney.com.

Akashic Records Advanced Practitioner Certification with Shellie Powers • Monday, Tuesday, Wednesday, Oct 23, 24 & 25 OR November 13, 14 & 15 • See website for specific class times • Nine-hour class in three, three-hour sessions. Class times vary. Experience the Akashic Records through the Pathway Prayer Process to Access the Heart of the Akasha©. Encounter the energy and wisdom and further develop your skills for successful navigation of the Records, working in the Akashic Records for Energy Healing, Clearing Ancestral Patterns, and Reconciling Past Lives. *This is second level



“Advanced Practitioner” to follow level one “Practitioner” Certification. \$430. For more information visit powers365.com/events or call (734) 926-8423.

Healing Through the Akashic Records Certification with Shellie Powers • Saturday, September 16, 23, 30 OR Monday through Thursday, November 6, 7, 8, 9 • See website for specific class times • 12-hour class in four-3 hour sessions. Times vary per class. Embark on a journey of spiritual practice, embracing unconditional self-love, transforming resentment into acceptance, and breaking free from limiting patterns. Activate your inner ascension matrix to overcome challenges and bask in the radiance of your soul. Our spiritual healing is achieved through the Akashic Records, enabling you to apply their insights, guidance, and wisdom to your daily life. As our paths become illuminated, we concentrate our light on our souls' purpose. \$500. For more information visit powers365.com/events or call (734) 926-8423.

The Grace of the Divine Mother with Naren K. Schreiner and Lopamudra Bose • 5:00 p.m. Thursday, September 14 through Sunday, September 17 • 2:00 p.m. • We invite you this special retreat to deeply immerse yourself in the sacred presence of the Divine Mother. Devotional meditation and chanting, sacred ceremonies and intimate communion with the Divine. Tune into the ecstatic love that Paramahansa Yogananda—and many other great masters experienced with the Divine Mother, who is both our eternally loving mother and the Cosmic Goddess. Led by Naren K. Schreiner and Lopamudra Bose, who are both trained in India's traditional worship of Divine Mother (of Sri Ramakrishna's Dakshineswar tradition), this retreat is an opportunity to join other devotees in the serene and beautiful land of Song of the Morning and draw ever nearer to the Mother of us all. There will be ample time in the beauty of Nature—Fall is a lovely time. \$200, plus lodging. For more information contact sunny@songofthemorning.org, call (989) 983-4107, or visit songofthemorning.org.

Peace Generator via Zoom with Interfaith Center for Spiritual Growth • Friday, September 15, October 13, November 10, December 15 • 7 to 9:00 p.m. • Manifest peace for the planet. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

The Joy of Awakening Workshops with Barbara Brodsky, Colette Simone, and Our Spirit Friends • Saturday, September 30, October 21, December 2 • 10:00 a.m. to 4:00 p.m. • In this series of workshops, we will come together in many ways to support that expansion of consciousness through sharing of ideas and through meditation and related means. While each workshop will stand on its own, and may be registered individually, there will be a strong overlap as we explore origins of consciousness, evolution of consciousness, the Divine Feminine and Masculine, Non-duality, skillful living from awakened consciousness, and much more. Suggested donation \$25-\$100. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Connecting with Archangels—Parts 1 through 4 with Karen Greenberg, P.T. • Sunday, October 1, 15, 22, 29 • 5:30 to 9:30 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 more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Cultivating a Personal Relationship with G-D with Karen Greenberg, P.T. • Sunday, October 1 & 15 • 1 to 4:00 p.m. • Create a sacred space, compose/ask questions of your Higher Power, decipher if you are receiving “Yes,” “No,” or “Essay” answers from your spirit vs. thinking in your head vs. emoting or having sensations in your body. Ask G-D how you can serve (learn to trust/surrender to G-D); express gratitude, awe, and be comforted, healed, protected, guided by G-D. Compose prayers, feeling close to G-D, like G-D were a close friend: HE/SHE IS! \$90. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

A Spirituality Named Compassion with Rev. Matthew Fox, PhD • Thursday, October 12 • 7 to 8:30 p.m. • During this how today's physics gives us a basis for true compassion. \$20. Registration required to receive live stream link. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.



Born during the pandemic,
The Crazy Wisdom Biweekly seeks to represent
the voices of our community in a timely and
entertaining manner. We welcome articles,
interviews, recipes, wisdom, personal essays,
breathing exercises, art and photos, favorite places
for walks, or musings on current events.

Send your ideas to fran@crazywisdom.net.

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

The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023

Nature's Portals: Doorways to Inspiration and Well-being with Bruce and Carol Malnor • 5:00 p.m. October 13-October 15 • 2:00 p.m. • We invite you to join us at Song of the Morning for a weekend of nature activities and personal reflection in a beautiful setting. Fun, interactive group activities, quiet time alone for personal reflection, increased awareness of the natural world, tools for regaining balance and well-being, personal relaxation and renewal, and meditative walks. \$108 plus cost of accommodations. For more information contact sunny@songofthemorning.org, call (989) 983-4107, or visit songofthemorning.org.

The Poor, The Widow, The Orphan, & The Stranger in Your Land with Maribeth Howell, OP, PhD, STD • Saturday, October 21 • 9:30 a.m. to 3:30 p.m. • What do the Scriptures say about how we are to relate to people who are most in need of compassion? Begin by examining selected texts from the Hebrew Scriptures, particularly the books of Exodus, Deuteronomy, and several prophetic works before turning to New Testament writings and select Church teachings. \$25, includes lunch for in-person participants. For more information contact the Weber Center (517) 266-4000 or visit webercenter.org.

Chakra class with Aruna Olga Bachmann • Tuesday, October 24, 31, November 7, 14, 21, 28, December 5, 12 • 7 to 9:00 p.m. • Take a deep dive into our 7 main Chakra Energy Centers, into the general mental/emotional/spiritual issues involved in each one, and then engage in some experiential sharing as we meditate week to week on each of the chakras. \$80. For more information contact Aruna at (734) 808-1335, email lhci.financials@gmail.com or visit lighthousecenterinc.org.

Astral Travel, Including Heavenly Travel with Karen Greenberg, P.T. • Sunday, November 12, 19, 26, and December 10 • 5 to 9:30 p.m. • Sequential five-part series: Part 1 (2 sessions) — learning what is in G-D's Will, seven spiritual dimensions, 12 physical dimensions, Archangelic master cell readings, incarnation; all prerequisite for Part 2 (two sessions) - preparing ourselves and our space for astral travel; all prerequisite for astral traveling to: Part 3 (Dates TBD) - different spiritual dimensions, Akashic records, gates of heaven; all prerequisite for Part 4 (Dates TBD) - celestial locations; all prerequisite for Part 5 (Dates TBD) - different star systems, universes. \$99 for each of the first four sessions (Parts 1 & 2) = \$396 OR \$333 (\$63 discount) if all four sessions paid up front. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Twelve Tribes with Karen Greenberg, P.T. • Sunday, October 22, 29, November 12, 19, 26, December 10, 17, January 21 • 1 to 4:00 p.m. • Learn the history of the patriarchs / matriarchs who fostered the Twelve Tribes and familiarize yourself with: the Twelve Tribes highlighting Levi, Joseph, Benjamin, and Judah; the conquering and disseminating of the Holy Land; the Ten Lost Tribes of Israel; and the magic of the Breastplate. This course will help you discern your Soul's Purpose, tribes you're most drawn to, and tribe archetypes that give you the knowledge, power, and wherewithal to fulfill your Soul's Purpose. \$400 or \$333 if paid in total up front. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

STRESS MANAGEMENT

Everything is Working Out Perfectly with Karen Greenberg, P.T. • Sunday, November 5 OR December 17 • 8:45 a.m. to 12:45 p.m. (except 12/17/23 – 5 to 9:00 p.m.) • Have you ever felt so overwhelmed with so many things to do that you become very anxious and don't even know where to begin, which devolves into you becoming more disorganized and inefficient and unproductive? Then Everything is Working Out Perfectly is perfectly suited for you! Please come and join us! \$55. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • Self-Paced • In this compact but powerful self-paced course you'll find effective tips and tools to honor your feelings, set boundaries, and thrive in the face of life's challenges. Get at the root causes of your self-sabotaging habits. Learn to set healthy boundaries--without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well + live better in your body. \$79. For more information email info@christydeburton.com or visit christydeburton.com.

SUSTAINABLE LIVING

September Internship in Natural Building @ Strawbale Studio • September 3rd through 30th, 2023 • This month-long immersion in Natural Building takes place on Strawbale Studio land outside Oxford MI. Students live on-site. Learning includes classes & hands-on training experiences in strawbale, earth plaster, thatched & living roof, round pole framing, foundation & design + lots of enrichment. Visit: strawbalestudio.org

October Worktrade / Sustainable Skills Immersion @ Strawbale Studio • October 3 • 10:00 a.m. • Live on-site at Strawbale Studio land, helping to create/maintain this model for sustainable living! Twenty five hrs worktrade in exchange for room & board plus learn 2 sustainable skills / week. This is a rich opportunity to contribute and learn while being with other folks in a beautiful natural setting. Visit: strawbalestudio.org

TAI CHI, MARTIAL ARTS, AND SELF-DEFENSE

Wu Style Tai Chi Chaun with Marilyn Feingold • Weekly on Sundays beginning September 3–December 17 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this “soft style” martial art emphasizing relaxation and balance. No class on October 8. Drop-in, \$5 per session. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Wu Style Tai Chi Chuan with Disciples and Advanced Students of Sifu Genie • Ongoing • Monday 1 to 2:00 p.m. or 7 to 8:00 p.m., Tuesday 6:30 to 8:00 p.m., Wednesday 5:30 to 7:00 p.m. or 6:30 to 8:00 p.m., Thursdays 11:00 a.m. to 12:30 p.m. or 6:30 to 8:00 p.m., Saturday 9 to 10:30 a.m., 10 to 11:30 a.m. or 2:30 to 3:30 p.m., and Sunday 4:00 a.m. to 12:30 p.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. Everyone welcomed to learn this ancient art of meditation in motion. \$45/month for 1 class per week; \$70 for 2 classes per week. Student/senior rates available. For more information email info@wustyle-annarbor.com, or visit wustyle-annarbor.com. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Tai Chi for Teenagers aged 14-16 with Nigel Kerr • Monday, September 11–December 11 • 6 to 7:00 p.m. • A new Tai Chi class specifically for teenagers aged 14 to 16. Students will explore and study Tai Chi as movement, as a way to relax and focus, as moving meditation, as fun. Students will learn a modified short Tai Chi form, and play with movement in games inspired by Tai Chi. \$150. For More information contact Nigel Kerr at (734) 845-7917, email nigel.kerr@gmail.com, or visit peacefuldragonschool.com.

Tai Chi Beginner’s Class with Master Wasantha Young • Monday, September 11–Thursday, December 14 • Monday 10 to 11:15 a.m. and/or Thursday 6 to 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. As a practice, it integrates the mind and body, promotes relaxation, as well increases balance and concentration. Register for one class and you can attend both sessions—whatever your schedule allows—at no extra cost! (limit 12 in-person) \$195. For more information contact Peaceful Dragon School at info@peacefuldragonschool.com, call (734) 741-0695, or visit peacefuldragonschool.com.

Yang and Chen - Qigong and Tai Chi with Karla Groesbeck • Ongoing • Classes available in Yang and Chen - Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Long Form 108, Chen Laojia Yilu, Xinjia Yilu. Various qigong sets. Zhan Zhuang. Staff, Bang, Ruler, Push Hands/Tuishou. Low fee, FREE for seniors. Call (734) 276-3059, email info@taichilove.com, or visit TaiChiLove.com.

Chen Tai Chi Chuan with Joe Walters • Ongoing Monday & Thursday 5 to 6:00 p.m., Saturday, 9:30 to 10:30 a.m. • Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. Contact Joe Walters, annarbortaiichi@gmail.com, annarbortaiichi.com

TAROT AND DIVINATION

Drop-in Tarot Study Group with Nicholas O'Donnell • Ongoing • Sunday • 6:30 to 8:00 p.m. • This is a drop-in group of Tarot enthusiasts that meets once a week, facilitated by Nicholas O'Donnell. The meetings will consist of focused open Tarot discussion, Tarot meditations, Tarot theory and theosophy, Tarot reading, Tarot history, Tarot symbolism, etc. The intention is to deepen Tarot understanding and build a local Tarot community. Tarot practice usually occurs after the formal meeting has ended. \$10 minimum donation. For more information contact Nick at nicksvictorygardens@gmail.com, call (734) 299-6472, or visit enlightenedsoulcenter.com/tarot-study-group.

THEATER

Black Cat: A New Nightmare with Neighborhood Theater Group • Friday & Saturday, October 13 & 14, and October 20 & 21 • 8 to 10:00 p.m. • Come along with us and face your deepest nightmares. All original music and score. For more information email info@ntgypsi.org or visit ntgypsi.org.

A Man for Christmas: A Made for TV Musical Parody with Neighborhood Theater Group • December—Dates TBA • We're bringing those holiday TV musicals (we know you watch them) to the stage in an original musical parody! For more information email info@ntgypsi.org or visit ntgypsi.org.

WOMEN'S HEALTH

The Ultimate Perimenopause Guide with Christy DeBurton, RYT • Self-Paced Online • The Ultimate Perimenopause Guide combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this self-paced guide Christy shares 10 years of research she compiled during her own perimenopause journey, and then helps you create a plan to support your body pro-actively through nutrition, supplements, exercise, stress relief, and more. A must for any woman 40+! \$29.50. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.



The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023



WRITING

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesday, September 27, October 11, 25, November 8, 29 • 7 to 9:00 p.m. • Second Wednesdays, Poetry Workshop. 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(s) 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. FREE. For more information contact Edward Morin at (734) 668-7523, email eacmorso@sbcglobal.net or visit cwcircle.poetry.blog.

• **September 27 – John Hoppenthaler** has had four books of poetry published by Carnegie Mellon U. Press, including *Night Wing Over Metropolitan Area*—due out this October. Professor of Creative Writing and Literature at East Carolina University, he also serves on the Advisory Board for Backbone Press, specializing in publication and promotion of marginalized voices.

• **October 25 – Patricia Jabbeh Wesley** is the author of seven critically acclaimed books including *Praise Song for My Children: New and Selected Poems*. She has edited *Breaking the Silence*, the first comprehensive anthology of Liberian poetry, published this year. Originally from Liberia, she is Professor of English and Creative Writing at Penn State University.

• **November 29 – Jeff Gundy** has published eight books of poems including *Without a Plea*, *Abandoned Homeland*, and *Somewhere Near Defiance*, for which he was named Ohio Poet of the Year. His latest prose book is *Wind Farm: Landscape with Stories and Towers*. Former Fulbright lecturer at University of Salzburg, he's now Writer in (Non)residence at Bluffton University.

• **November 29 – Colleen Alles** is a native Michigander and award-winning writer living in Grand Rapids. The author of two novels and a poetry collection, she's also a contributing editor with *Great Lakes Review* and *Barren Magazine*. She enjoys distance running and corralling her kiddos. You can find her online at colleenalles.com.

A Path to Awakening Project with Celeste Zygmunt • Monday, September 18, October 16, November 20, December 18 • 7:30 to 9:00 p.m. • This project continues from last semester. It consists of compiling Aaron's teachings in order to delineate the path he puts forward for awakening. Suggested donation \$60-\$200. For more information contact Deep Spring Center at (734) 477.5848, email om@deepspring.org, or visit deepspring.org.

Writing for Spiritual Wellness with Holly Makimaa • Thursday, September 21, October 19, November 16, December 21 • 7 to 8:00 p.m. • Cultivating Spiritual Wellness Through Journaling: Online Monthly Open House. FREE or love offering. For more information contact Holly Makimaa, hollymakimaa@gmail.com, yourtransformationaljourney.com.

Writing Workshops with Terianne DeYonker, OP • “Letting Go & Making Room For the New” • Saturday, September 23 • OR “Winter’s Invitation” • Saturday, December 2 • 1 to 4:00 p.m. • Autumn is nature's reminder of how important letting go is as we move through our lives. Trees letting go of their leaves simply are making room for new leaves to thrive in the spring. Writing can support our letting go and encourage us to make space for the new in our lives. If you are feeling nudged to do some letting go, come join other writers in this exploration. This workshop is for beginning and experienced writers. Both workshops are in person and online. \$35 per session. For more information call the Weber Center (517) 266-4000 or visit webercenter.org.

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • Sunday, September 24, October 22, November 26, December 24 • 1:30 to 3:30 p.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, donation welcome. For more information contact Marta at (248) 202-3102, email jissojizen@gmail.com or visit jissojizen.org, and find them on MeetUp.

Write for Life with Mary Ledvina • Do you want to begin, stick with, and complete a creative project? Learn the tools that Julia Cameron used to write more than 40 books with her new book: *Write for Life: Creative Tools for Every Writer (A 6-Week Artist's Way Program)*. Develop a writing practice and fill your well with inspiration. See website for class dates. \$180. For more information contact Mary Ledvina at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

YOGA

Yoga & Sound with Rob Meyer-Kukan and Paul Barr • Friday, September 15 • 7 to 8:30 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time

of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. Register at <https://forms.gle/qkLoC9xqAGwCjNdS7>. \$40. Contact Rob Meyer-Kukan, (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Chair Yoga Flow • September 22 • 11:00 a.m. • Looking for more muscle tone or just wanting to boost your mood? Then join us to add more movement into your day and improve your overall health. This class is very supportive and beneficial, assisting you in finding mobility and strength at any age or level. Maintaining balance and flexibility is essential for your health and well-being. Paula will begin each class with a short meditation, offer a drop of essential oil and then flow into gentle yoga bends, twists, and stretches to assist in relieving tension and stress. Visit: enlightenedsoulcenter.com/chair-flow-yoga-tuesdays

Hatha Yoga with Samantha Lieberman • Thursday, September 7 through December 21 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in \$15 per session—First visit is free! Cash or Venmo at door. Seniors receive 10% discount. Discounted packages available. Bring your own mats. No class on November 23. Visit: jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

SW Lake Michigan Yoga & Meditation Retreats 3-day and 4-day holistic yoga and meditation retreats at the Vivekananda Retreat Center are good for people seeking to learn or deepen their practice, to deeply relax and enjoy beautiful, secluded nature minutes away from Lake Michigan beaches, meditate outdoors and more. Vegetarian meals are freshly prepared. Small group, healing. Visit: yogaandmeditation.com

Yoga & Sound with Rob Meyer-Kukan and Paul Barr • Saturday, December 16 • 6 to 7:30 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. Register at <https://forms.gle/qkLoC9xqAGwCjNdS7>. \$40. For more information contact Rob Meyer-Kukan, (248) 962-5475, email rob@robmeyerkukan.com or visit 7notesnaturalhealth.com.

Yoga Your Way with Christy DeBurton, RYT • Ongoing • Holistic private yoga sessions, hybrid Live and Virtual Yoga Wellness Courses, 15-minute Yoga for Busy People videos, and yoga audio sessions. Hatha, Vinyasa and Yin yoga. See website for details. For more information, contact Christy at info@christydeburton.com or visit christydeburton.com.

Open Level Yoga with Michele Bond • Ongoing • Tuesday • 6 to 7:30 p.m., Saturday 10 to 11:30 a.m., and Sunday

4 to 5:30 p.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 the semester, \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

The Practice with Michele Bond • Ongoing • Wednesday • 6 to 7:30 p.m. • This class is great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance and mental focus with this fun and energetic practice. \$15 if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Ongoing • Thursday • 6 to 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 semester, \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.



**Hog Warts and Toad Bellies
Fairy Tale Festival**

OCT 7, 2023

HIDDEN LAKE gardens **LEARN MORE**

hiddenlakegardens.msu.edu 

hogwartsandtoadsbellies.com

facebook.com/HiddenLakeGardens/ 

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Entry \$5/Person or \$20/Family **MICHIGAN STATE UNIVERSITY**

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

You can find *The Crazy Wisdom Community Journal* in many places around Ann Arbor and in surrounding areas. Here's a sample of places around town where you can pick up a copy of the current issue:

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
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
Sacred Touch
Living Grateful

Now delivering to spots in Brighton,
South Lyon, and Royal Oak, too!



**As long as autumn lasts,
I shall not have hands,
canvas, and colors enough
to paint the beautiful
things I see.**

-Vincent van Gogh (1853-1890)