

The
CRAZY WISDOM

#125

Biweekly



Jessica Ryder, Therapist

Shining a light in the dark.



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On the Cover

Jessica Ryder is a professional counselor, teacher, and group facilitator.

Photo by Kate Jackman.



The Crazy Wisdom Journal is looking for a



Part-Time Graphic Designer and Social Media Coordinator with some experience in ad sales and design.

We are looking for someone that is interested in conscious living subjects, art, and local happenings who knows INDD, AI, and PS like the back of their hand, has experience with Google Drive/Docs/Sheets, is proficient in Word, navigates the social media world (Facebook, Instagram, etc.) with ease, is detail oriented, a solid creative problem-solver, and a team-oriented worker who has great communication skills. This role also includes some limited ad sales mostly pertaining to the CW Biweekly Ezine. Copy editing experience is a bonus. Are you who we are looking for?

Tasks for this role include:

- Designing a 20–30-page Biweekly Ezine (layout)
- Brainstorming article/interview ideas with Managing editor
- Updating calendar listings in Biweekly
- Social Media postings and growing engagement
- Sales support of advertorials and ads for Biweekly/CW Journal

You must have your own computer and access to high-speed internet. Position is an average of 8-10 hours per week, with possible room to grow. Pay rate is \$20-24/hour depending on experience and skill set. If you are interested, please email a cover letter, resume, and a sample of PDF layouts you have completed to Jennifer@crazywisdom.net.

[Find previous issues of the CW Biweekly here: crazywisdomjournal.com/crazy-wisdom-biweekly.](http://crazywisdomjournal.com/crazy-wisdom-biweekly)

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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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Word of the Week:

Hiraeth

A deep sense of longing, a yearning for that which has past, a sense of homesickness tinged with grief or sorrow over the lost or departed.

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



By Laurel Decker

There is a reason we feel more peaceful when we spend time connecting with our pets or hiking in the forest. Nature is in perpetual energetic flow and does not manipulate energy the way people do. Humans continually try to divert, filter, suppress, create, and extinguish energy. Because of this, when we are immersed in the flow of nature, our body's energetic response is to line up with that frequency. We let go of a little of that human tendency to control energy. It's relaxing, and when we are relaxed, we are open to receive communication from our own intuition as well as Source (the name I will use in reference to God, Universe, Deity, Divinity).

We could all use some extra help to answer the questions that are dearest to us. Whether or not our questions are complex and life changing, Source is eager to guide us toward balance so we can move more confidently on our authentic and joyful path. I find that once I open the conversation, and invite Source to share messages with me, I feel an urge to get outside. Then I listen and pay attention to what is happening all around me from the ground to the sky and everywhere in between.

Read related article: [Jasper the Cat Talks About Some of His Nine Lives](#)

I began receiving messages from nature without knowing it was happening. For many years I took the same hiking routes hundreds of times without any notable nature signs. It was when I reached out specifically to ask for guidance that my outings took on a magical tone. Serendipitous discoveries became gifts with meanings that were directly given to my soul. Perhaps you can relate to some of my experiences.

At first, I came across feathers. I soon had a collection of assorted colors and sizes from many different species. And then it became common to stop in my tracks to find an animal pausing long enough for me to look into her eyes. Foxes, coyotes, wild turkeys, and deer seemed to be everywhere. With the frequency of these encounters, I became curious. I began searching online, and in books, to find out why this was happening, and I learned to apply symbolism and meaning to my wilderness encounters.

I learned that many spiritual traditions practice communicating with the supernatural through the natural. Some of them are ancient, and over time these traditions have created their own symbolism and language associated with this practice. It fascinates me that many Native American traditions refer to working with nature as a way of healing

through "medicine" that brings us into inner balance—in other words, into harmony with nature. For example, when one is visited by crows in life, in dreams, or in meditation, "crow medicine" is being applied. Cherokee tradition teaches that Crow medicine "gives us the ability to make decisions, open ourselves to change, and experience magic in the world around us." After learning this, I stopped viewing this common bird through its popular assignment as an ominous, dark pest. I now see a bright reminder that spiritual magic is everywhere.

There are hundreds of elements in nature that have symbolic healing power. In other words, a coyote is not simply a wild dog. It carries with it information—depending on where it is seen, whether it is calling out or silent, and whether it is playing, hiding, hunting, eating, or being watchful.

In the Navajo tradition, Coyote is a symbol of mischief and playfulness. Seeing one is usually a reminder to take life less seriously. I have taken this as the message I needed many times. However, there was a time I needed a different message. I was at an important crossroads in life when I needed to transition from homemaker for a family of six to a full-time career that would bring financial independence. Seeing a coyote crouched at the edge of my neighbor's field and focused on the flock of Canada geese in front of it, I was encouraged to trust Source that I would find what I needed. The message was that it was a time to be less carefree and to focus on survival. Even when I was discouraged by job application rejections, Source reassured me that I have useful skills. I just might have to be patient as I prepared for the right moment to pounce.

Just remember, when searching out the meaning of a nature message you received, that the interpretation for nature messages varies depending on the author of the website or book. Don't despair! This creates an added opportunity to personalize your experience with nature messages. For example, when blue jays began showing up for me in a dramatic way, I did a quick search for its spirit meaning.

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online...*





Jessica Ryder

Singing and Listening with the Heart:



A Therapist's Journey

By Sandor Slomovits • Photos by Kate Jackman

Jessica Ryder's business card lists her credentials (MS, LLPC, NCC) as a professional mental health counselor, yet, she also has printed on them "MM" or Master of Music. Ryder's academic training for her work as a therapist has been typical, though her life experience prior to was anything but. For twenty years she was a full-time professional musician working in some of the highest tiers of classical music. As Beverly Morgan, her birth name, we'll get back to that, she sang leading soprano roles at Lincoln Center, La Scala, the Berlin State Opera, and the Vienna State Opera, among others; she sang solo recitals at Boston Symphony Hall, Carnegie Recital Hall, at the 92nd St Y, and recorded for Deutsche Grammophon and Columbia Records. She performed and recorded the role of Dede in Leonard Bernstein's opera, *A Quiet Place*, with Bernstein conducting, and sang the role of Micaela on Broadway in the adaptation of *Carmen* conceived and directed by the legendary English director Peter Brook.

Sandor Slomovits: Was there music in your family?

Jessica Ryder: Both of my parents were great music lovers. My mother had a fine singing voice. I asked her, very late in her life, "Would you like to have done what I did?" And she said, "Oh, yes." I was so touched by that. There was always a piano in the house. I have three older siblings and we all had music lessons. I remember one of my father's birthdays and him opening an LP of the *Fifth Symphony of Beethoven*. I said, "Ooh, what's that?" I spent hours and hours just soaking in all the recordings that came through the house from then on.

Sandor Slomovits: When did you know you wanted to make a life in music?

Jessica Ryder: College was presumed in my family. My dad was a scientist and a professor at Dartmouth. So, I started out at a liberal arts school, Mount Holyoke College in Massachusetts. That was where I met my first true mentor, a conductor named Tamara Brooks. She went on to have quite a significant career as a choral conductor. It was she who recognized me. I remember her taking me aside after one concert when I had been given a little solo, and she said, "You know, you could do this professionally if you want." It was like a universe opening up. I had intended to stay at Mount Holyoke because I was taking music theory classes and I played French horn, my primary instrument. I had my heart set on continuing to work with Tamara, but at the end of my sophomore year, she announced that she'd taken a job at SUNY Albany. So, in a sort of very quick response to that, I decided to apply to the New England Conservatory of Music in Boston. All their audition deadlines were way past, but I put together a recording, and on one side I played the first movement of the Beethoven Horn Sonata, and on the other side, almost as an afterthought, I put a couple of songs, a Schubert and maybe a Mahler. And they sent back a response: it was one of the most exciting moments in my memory, taking that letter out of the mailbox. They accepted me with junior status as a voice major. Now, mind you, I'd never had a voice lesson in my life, but I'd sung a lot. I've never been really all that certain whether it was a statement on my singing or a statement on my French horn playing.

I liken that moment in my life to the moment in *The Wizard of Oz* when everything goes technicolor.... Not that my life had been black and white, but I found everything there. I felt socially more competent and engaged. I had a home, a circle

of friends; I found my wavelength.

Sandor Slomovits: You sang very successfully for a long time.

Jessica Ryder: It was such a powerful means of not only creative expression, but personal growth, personal development. I'd had a lot of issues as a young person. I didn't have the strongest sense of who I really was, and singing different operatic roles, stepping into different characters, allowed me to slip out of my skin and become somebody else. That was incredibly liberating. But the other thing was the incredible gift, the incredible opportunity I had of being able to work with great musicians, great artists. You know the rule of thumb, if you want to be a good tennis player, you play with somebody who's better than you.

Sandor Slomovits: Why did you stop?

Jessica Ryder: First of all, it was a wonderful, wonderful time. I loved it. It was also very demanding, and I reached a point where I kind of wasn't finding what was next. My voice, once I transitioned from mezzo soprano to soprano, never fit neatly into what they call in Germany the Fach system. You know, if you're a lyric soprano, you sing these roles; if you're a dramatic soprano, you sing these roles; if you're a coloratura, you sing these. I never fit neatly into any of those boxes and there weren't a lot of roles that really fit. I was getting kind of frustrated. I remember doing one audition for the Komische Oper Berlin. After that audition, there was kind of a click, like an aha. "I don't have to do this anymore." I felt

like something just let go. So, I finished out the contracts I had and then made a radical left turn. I sold my apartment in New York City, where I was based for all of my professional career, gradually gave away or sold most of my belongings, and set out to explore.

I'm not sure I could have expressed this at the time, but I would say that I had found something as a performer, you could call it a presence, that sense of kind of forgetting your *self*—with a small "s"—and something else moves you or moves through you. I had really found that on stage and not in the rest of my life. Once you've tasted that, you know what *that* is—and that it's possible to experience *that*—you just want to live there all the time. In retrospect, I can say now that I set out to find *that*--to really live *that*.

Of course, all the spiritual teachers tell you it's not out there, it's in here. At the same time, there is a reason that we travel geographically, which I did, and there is a reason that you work with different teachers, which I also did, because it helps you to contact or activate or bring to life what's in you. So, I traveled, and I worked some with Emily Conrad whose medium was movement; she was absolutely brilliant, and a great deal with Paul Lowe, hundreds of hours of listening to him. Paul was always empowering; he would have none of the guru nonsense, but he was also kickass. And there were some areas in which my ass needed kicking to wake me up.

[Read the rest of the article on our website.](#)

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The Crazy Wisdom Community Journal

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Meeting Fear

By Brian O'Donnell

“What we can learn about ourselves in meeting health fears can serve all aspects of our life.”

Most of us have an unholy relationship to fear. We deny it, exaggerate it, project it, submit to it, revel in it, squash it.... Fear often elicits a contraction and a desire for control. We want to get on top of it, to rise above it, and to manipulate it. Cramping seems a better course than imagined annihilation, if we were to dare feel it. There are two basic energetic forms of manipulation or control that all of us use to defend from any undesirable feeling. One is to restrict the feeling. We attempt to control by squeezing the life out of it. The other maneuver is to amplify the pain, to make it larger than it is. We dramatize the pain or feeling as an attempt to force life, God, or the other to submit to our will. Our real task is to observe the emotional manipulations and to begin to allow the spontaneous flow of fear (or any feeling).

Fear calls for a sense of safety, yet true security is nakedness to the moment, not some constructed edifice of protection. We don't need protection from real feelings. Fear, sadness, anger — any expression of real feeling — cannot harm us. What truly harms us is our defending against pain, vulnerability, and helplessness.

“Do we see life in its ultimate nature as chaotic, destructive, or evil? Or do we possess a sense of life as wholesome, trustworthy, and loving?”

To meet fear without defense or obstruction gets to the heart of our fundamental view of life. Do we see life in its ultimate nature as chaotic, destructive, or evil? Or do we possess a sense of life as wholesome, trustworthy, and loving? This is where our spiritual orientation shapes our basic response to life. My experience is that evil or destructiveness does exist on the relative plane of reality and that it is a function of resistance to pain and suffering. So to the extent we can allow all feeling — undesirable and

desirable — without repression or exaggeration — we can enter the consulting room of the wise “inner doctor.” We also get a taste of heaven on earth.

I end with a quote from one of my teachers - the Pathwork.

“Through the gateway of feeling your weakness lies your strength;

through the gateway of feeling your pain lies your pleasure and joy;

through the gateway of feeling your fear lies your security and safety;

through the gateway of feeling your loneliness lies your capacity to have fulfillment, love, and companionship;

through the gateway of feeling your hate lies your capacity to love;

through the gateway of feeling your hopelessness lies your true and justified hope; through the gateway of accepting the lacks of your childhood lies your fulfillment now.”



[Read the original article online...](#)

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**The Crazy Wisdom Weekly is
looking for your submissions!**

We want short stories, personal essays, gardening tips, reflections on life, your best recipes, or awesome wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Biweekly submission in the subject line. Articles should be no more than 700 words.

We look forward to seeing your submissions!

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The Crazy Wisdom Calendar



September through 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

K9 First Aid, Fitness, and Cooperative Care Workshop with Adrienne Wisok, MS, CVT, KPA-CTP and Hanna Gould, KPA-CTP, CTDI, CCFC • Saturday, November 18 • 1:00 p.m. Learn all about dog health in this half-day seminar! Covers: basic canine first aid, what is cooperative care, what to have in your dog first aid kit, how to make vet visits less stressful, basics of canine fitness, injury reduction and recovery. Receive discounts for a future class, and more!! For more information contact Kathryn at (248) 496-3582 or to register: <https://k2k9llc.as.me/schedule.php?appointmentType=53251191>. Visit the website for more information <https://www.k2k9training.com/k2k9events>.

Arts and Crafts

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.

Book Discussion Groups

Jewel Heart Readers • Sunday, 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.

Breathwork

Guided Group Breathwork with Jackie Miller • First and Third Sundays November 19, December 3, 17, January 7, 21 • 6-7:30 p.m. • First and third Sundays. 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 and registration, visit thisbreath.com.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, November 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, November 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.

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sunday, October 29, November 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.

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

Ceremonies, Celebrations, & Rituals

Ryaku Fusatsu—Full Moon Ceremony with Reverend Marta Dabis • 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.

Full Moon Monthly Ceremony with Moonologist Jayne Yatzak • Friday, 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.

Full Moon Monthly Ceremony • December 26 • 7:00–8:00 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. These monthly ceremonies will allow you to stay grounded while your spirit soars. For more information, visit: enlightenedsoulcenter.com/full-moon-monthly-ceremony

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,



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The Crazy Wisdom Calendar

September through December 2023



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, 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, 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.

Classes and workshops

Tuesday Night Kirtan with Krishna • Tuesdays, 6:30 to 7:30 p.m. • Join us for an exciting, blissful, meditative, and enlightening Kirtan Program, every Tuesday. Kirtan uses live music and chanting mantras using a call-and-response style with traditional instruments such as the harmonium (a cross between a keyboard and an accordion), veena or ektara (forms of string instruments), the tabla (one-sided drum), the mrdanga or pakhawaj (two-sided drum), flute and other woodwind instruments, and karatalas or talas (cymbals). Free, Donation graciously accepted at the door
To register text "MANTRA" and your name to: (240) 474-3636. For more information contact Krishna at 240-474-3636 or email your questions to krishnagpknt.jps@gmail.com or visit <https://fb.me/e/39OVXxR8v>

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

Online End-of-Life Doula Training with Patty Brennan • Wednesdays, 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.

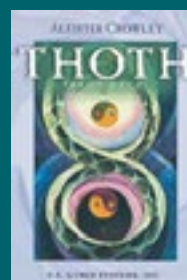
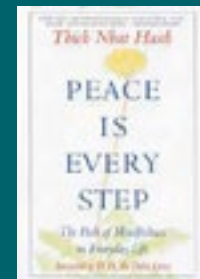
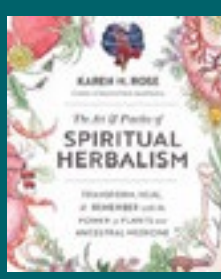
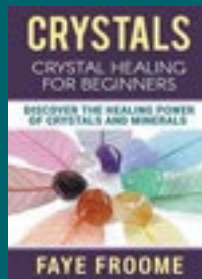
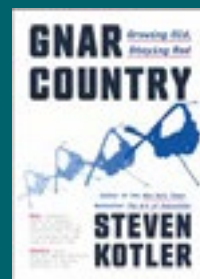
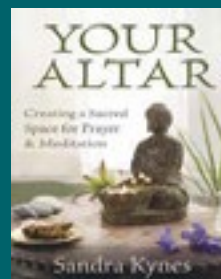
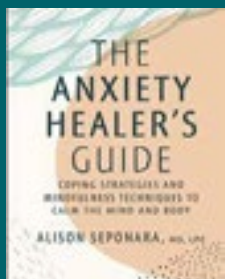
Ann Arbor Virtual Death Café with Merylynne Rush, The Dying Year • Saturday, November 18, December 16 • 10:30 a.m. to Noon • Join us on Zoom for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and 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.

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Death and Dying continued

Ann Arbor Death Café via Zoom with Rachel Briggs • Sunday, 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.

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 douglas and all healthcare professionals across the continuum of care. Advance registration required. \$265. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com or visit thedyingyear.org.

Dreamwork

Monthly Dream Workshop with Psychic Medium Jani • Sunday, 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

Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer • Ongoing Fridays • 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.

Fairs and Festivals

Enlightened Soul Two-Day Psychic Fair at Enlightened Soul Center & Shop • Saturday and Sunday, November 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.

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

Earth Walk with Megan Sims and John Donabedian • Saturday, 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 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.

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, 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.

Intuitive & Psychic Development

Focused Mind Meditation—Teleconference with John Friedlander • Sunday, 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 Hemsher • Tuesday, 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.

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 Zygmont • 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



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 Jennifer@crazywisdom.net.

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

Open Concentrated Meditation with Jewel Heart Instructors • Thursday, September 7—December 14 • 6 to 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, 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

The Crazy Wisdom Calendar

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included). For more information, call Weber Center at (517) 266-4000, visit webercenter.org or email webercenter@adriandominicans.com.

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.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, 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 and tension. \$28. For more information contact Breathe Yoga, (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.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.

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@mfccenter.org.

A Day of Mindfulness with Emily Adama • Sunday, December 10 • 10:00 a.m. • Immersed in nature, you will be supported by time-honored practices, the presence of other practitioners, and themed readings exploring key mindfulness teachings. The majority of the day will be in guided silence, however, the day will begin and end with optional sharing. For more information visit earthwellretreat.com/day-of-mindfulness-meditation.

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, 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, 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 sacredwhispteachings@gmail.com.

Singing for Comfort in Person & Zoom with Interfaith Center for Spiritual Growth • Thursday, 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.

Sound Bath Meditation in Sacred Sound Sanctuary with Kimberly Joy Rieli • Saturday, 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](https://www.venmo.com/@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) 962-4725.

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—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

Harnessing the Power of Talking Out Loud for Parents with Leeann Fu via Zoom • Sunday, November 5, 12, 19 • 4 to 5:00 p.m. • November 26, 27, 28 • 8 to 9:00 p.m. Wednesday, 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

Virtual Nature-Inspired Expressive Arts Gatherings with Hello from The Cocoon's Laurie Aman & Sarah Bruno • Sunday, December 10 • Noon to 2:00 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.

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 “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

Usui Reiki 1 Certification Training with Jennifer LaFeldt, LMT, RMT • Saturday, November 11 • 10:00 a.m. to 4:30 p.m. • Reiki is a Japanese energy healing technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. \$175 - Advance registration required with minimum \$50 deposit SPACE LIMITED. For more information contact Jenny at (734) 478-0866 or reikitherapy@sbcglobal.net Learn more at.enlightenedsoulcenter.com/reiki-1-certification-training.

Usui/Holy Fire III Reiki I Certification with Paula Burke • Sunday, November 19 • 11:00 a.m. • Learning Reiki allows you to be aware of the energies around you and direct that energy to heal yourself and others. Come join the journey of delving into the reiki world and receive the positive benefits in your life for years to come. Become a certified Usui/Holy Fire 3 Reiki I Practitioner, enroll today in our next set of classes. For more information contact Paula Burke at (517) 936-9064 or visit <https://fb.me/e/1gYOJeocr>.

Retreats

Half-day silent meditation with Rev. Marta Dabis • Sunday, 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.

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.

Shamanism

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@judyr Ramsey.net, judyr Ramsey.net.

Spiritual Development

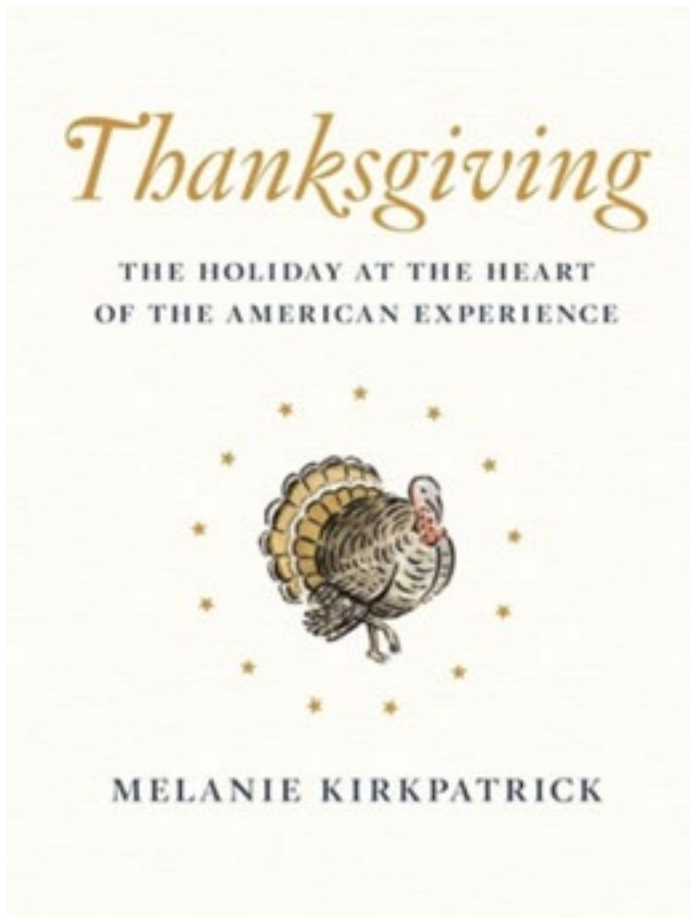
Sunday Services via Zoom with Interfaith Center for Spiritual Growth • Sunday, September 3—December 31 • 10:45 a.m. to 12:15 p.m. • Sunday celebration. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

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.

Akashic Records Practitioner Certification with Shellie Powers • Sunday through Wednesday, November 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

CW Book Pick

of the week



We all know the story of Thanksgiving. Or do we? This uniquely American holiday has a rich and little-known history beyond the famous Pilgrim feast of 1621.

Melanie Kirkpatrick journeys through four centuries to craft a vivid portrait of our nation's best-loved tradition in *Thanksgiving: The Holiday at the Heart of the American Experience*. Drawing on newspaper accounts, official documents, private correspondence, and cookbooks, she illuminates what the holiday has meant to generations of Americans.

Presidents play key parts: Washington proclaimed our first national day of Thanksgiving amid controversy over his constitutional power to do so. Lincoln aimed to heal a fractured nation when he called for all Americans to mark a Thanksgiving Day. FDR sparked a debate on states' rights by changing the traditional date of the holiday. The story also includes the evolution of Thanksgiving dinner, how football became part of the celebration, and how Native Americans view the holiday.

While the rites and rituals have evolved, the essence of Thanksgiving remains the same: family and friends feasting together in a spirit of hospitality and gratitude. Kirkpatrick's exploration of America's oldest tradition offers a fascinating look into the meaning of the holiday we celebrate on the fourth Thursday of November.

With Readings for Thanksgiving Day and historic Recipes & Bills of Fare.

[Purchase your copy of *Thanksgiving: The Holiday at the Heart of the American Experience* at shopcrazywisdom.com](http://shopcrazywisdom.com)



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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, 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.

Akashic Records Advanced Practitioner Certification with Shellie Powers • Monday, Tuesday, Wednesday, 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 • 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.

Peace Generator via Zoom with Interfaith Center for Spiritual Growth • Friday, 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.

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.

Stress Management

Everything is Working Out Perfectly with Karen Greenberg, P.T. • Sunday, 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.

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.

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

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.

Writing

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesday, November 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.

• **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, 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, 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 • "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

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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, 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

Chair Yoga Flow with Paula Burke • Tuesday, October 17 • 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. Cost: \$15 or 4 class pass for \$40. For more information call Paula Burke at (517) 936-9064 or visit enlightenedsoulcenter.com/chair-flow-yoga-tuesdays.

SW Lake Michigan Yoga & Meditation Retreats with Ema Stefanova • Beginning Thursday, November 2 • 5:00 p.m. 3-day and 4-day holistic yoga and mediation 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
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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.

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.



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
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!

The beauty of life lies in the little moments. Enjoy each season as it comes.

—Anonymous

