

The
CRAZY WISDOM

#132

Biweekly



Joy Dettling,
Life and Health Coach

Shining a light in the dark.

Now Hiring: Ad Sales Associate

Crazy Wisdom Community Journal is looking for an Ad Sales Associate, to start in the spring of 2024. This is a great job for someone who is looking for very part-time work from home (and around town), loves Crazy Wisdom and the Crazy Wisdom Journal, and is happily interwoven into the Ann Arbor area. This could be perfect for someone who naturally makes friends and has relationships and connections from daily living here: shopping, playdates with kids or pets, taking dance or yoga classes, attending events, going out to eat, belonging to various singing, religious, reading, or athletic groups in the area—just being an active part of the community!


The job averages 6 hours per week (with an ebb and flow during our 4-month publishing cycle). Help to maintain our print/digital advertising base and build it up. Experience in sales, especially Ad Sales, would be a great plus, though the right attitude is even more important.

\$25 per hour base pay, plus solid commission fees above a certain level of ad revenue. **Room to grow the base pay** (and the commissions).

This job will start in March and will include being oriented and trained by our Ad Sales Manager, Tana Dean, and by our publisher, Bill Zirinsky. This would be a fun and satisfying job for someone who believes in what we do and would like to join our team.

Please send cover note, and resume to:
billz@crazywisdom.net.








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**On March 1,
The CW Biweekly will
change to become
The CW Monthly
digital flipbook.**

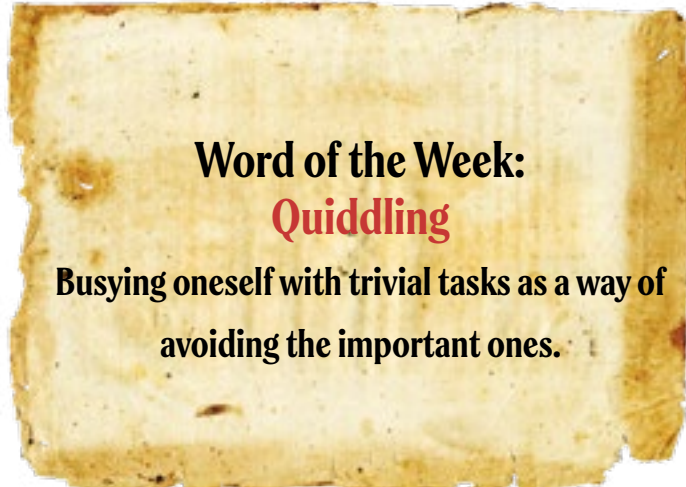
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thanks to our contributors for this issue:

Michelle McLemore
Holly Makimaa
Hilary Nichols
Jennifer Carson
Tana Dean
Carol Karr
Bill Zirinsky



Word of the Week:
Quiddling
**Busying oneself with trivial tasks as a way of
avoiding the important ones.**

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.

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On the Cover

Joy Dettling, Life and health coach and founder of Ignite Life.

Photo taken by Hilary Nichols.



Dive into our newest issue!



The Crazy Wisdom Community Journal

issue 85

Features

- Jasmine Hampton, Olympic Hopeful and Local Boxing Champion
- An Interview with Anne Biris
- Prophecy, Legacy, Trees
- Hand Gestures in Spiritual Art
- Ashes in Art Glass ...and more!

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

[Click to Subscribe](#)

A Second Helping of Hand Gestures



By Michelle McLemore

The January-April Issue 86 of Crazy Wisdom Community Journal ran an article called [A Handful: Symbols, Faith, and History](#). In it, McLemore explored six common hand gestures used in art across the world in ancient to present times and discussed how the layer of meanings added insight for spiritual artwork. This piece follows up with two additional commonly used gestures across cultures in art. We have to hand it to artists—they are masters of communicating much without any words.

Index to thumb / Gyan Mudra

Growing up my older brother liked to play the “made you look” game. Do you know it? The concept was to make the “ok” symbol with your hand and nonchalantly place it somewhere on display. If your buddy (or little sister) happened to look at it, then they were “rewarded” with a light punch. The game dealt with learning to observe your surroundings without reacting, as well as how to make gestures smoothly. I can still hear Charles chuckle, raise his dark eyebrow with blue eyes twinkling, and say, “Gotcha!” (Later, I saw teenagers playing it in the halls between classes at our local public school.)

Despite its use as a modern Michigan game (similar to the “Slug Bug” with Volkswagon Beetles during the 1970s in Ann Arbor), the okay hand gesture actually has a much longer history with a variety of meanings.

Rhetorician Marcus Tullius Cicero (106-43 BCE) used this same gesture with a slight modification. Joining the tip of the index finger to the tip of the thumb while leaving the remaining three fingers relaxed stood for “excellence” or “perfection” in Roman oratory. Images show the hand rotated palm upward. Perhaps it was for subconscious manipulation of the audience as the gesture could have been coupled with an impeccable example or argument—at least in the orator’s mind. So, our “okay’s” ancestor was “excellence.”

The same gesture is known as Gyan Mudra (aka Chin Mudra) across Buddhist, Hindu, and Yoga traditions. In Sanskrit, “Gyan” means “knowledge” or “wisdom.” The thumb symbolizes Brahman and supreme consciousness. Thus, joining the thumb to the index finger (the Self), is the enlightenment from ignorance of the self to wisdom. Surely, enlightenment is excellence.

In Auyurvedic studies, the hand position increases Vayu (air element) which increases memory, improves the nervous system, and assists the pituitary gland function. According to amujayoga.com, it may improve stamina, improve sleep, and relieve stress as well.

When the gesture is rotated with fingers pointing up, it is called “Vitarka” and is the gesture for debate or discussion, often used while explaining teachings of Buddha. Raising it to chest level, the circle may be called “the wheel of teaching”—an infinite source of knowledge



Michelle plays the “okay” game over the shoulder of spouse, Michael with unsuspecting photo viewers.

and as such excellence and truth. This reflects back to the Greco-Roman meaning of excellence during rhetoric and teachings though the hand elevation is different.

Apana Mudra, Karana Mudra, and Mano Cornuta—The Horns

Probably the most diversely used and controversial hand gesture I've researched, is formed by folding the ring finger and middle fingers down toward the palm and bringing the thumb across to their backs, held under their fingertips, or with the three digits meeting at their tips. This leaves the index and pinky pointing up. The gesture can be made with the wrist tilted so the palm faces away from the body, the palm facing the self, the palm parallel to the ground with the fingers pointing away from the body or back of palms resting on the thighs, facing up. Most applications hold the gesture still.

According to EasyAryveda.com, Apana Mudra (touching the tips of all three digits) is said to regulate the excretory systems and purify the body. The earliest use of mudras in Hinduism predates sixth century B.C.E. accompanying the singing of the Vedas. The gesture can be seen in Hindu and Buddhist statues.

The same finger positioning with right palm facing out is captured in a Russian Orthodox mural in the "Christ Pantocrator" on the main dome of the Gračanica Monastery, in Kosova first built circa 1318 C.E. In other Russian Orthodox mosaics, the gesture is rotated sideways, palm toward the body and fingers pointing to a Bible. It is said its point is to literally point to the passage on the open book. But I question, why not just use the index pointer finger which was used for centuries in art for that purpose? Why such a complicated finger positioning?

A variation of Apana is Karana Mudra. In this position, the thumb is folded over the backs of the downturned digits or held underneath. The Karana is recorded as having been used through the ages to ward off the evil eye. Yep, there it is again. The same position is called "Mano Cornuta" in Italian with a literal translation of "hand" and "horn." Amulets and charms have been made for centuries in this form to ward off negativity, bad luck, and ill wishes from others.

Some research suggests it is earlier linked to pantheism and symbolism of a goat or bull. However, even Biblical excerpts mention bull and ram sacrifices were made to please the Old Testament God. A book on superstitions published in 1895 records a sketch of the Mano Cornuta/Karana Mudra in a few different Christian mosaics in Ravenna, Italy. One from the sixth century CE shows this hand signal as the hand of God pointing down from heaven to an altar where Abel stands on one side and Melchisedec stands on the other side both lifting offerings. In this example, the hand gesture's use to mean "purification" makes more sense than to simply "Hey, look." Yet, it shows up in a different image of Saint Luke with a bull (apparently a symbol for St. Luke) and the saint is holding Karana Mudra/Mano Cornuta, palm facing forward away from he and the bull and not toward the scriptures being held in his left hand. Is he "pointing" to the bull? Yes, but again, why the two fingers to point? Is he using it

to shield evil from himself and the bull? Possibly. It seems artists of Christianity and Catholicism used the same gesture in different ways. So perhaps it was around the Middle Ages where either purposeful deception and re-teaching of symbols began, or there was confusion of knowledge due to disease and widespread war and devastation.



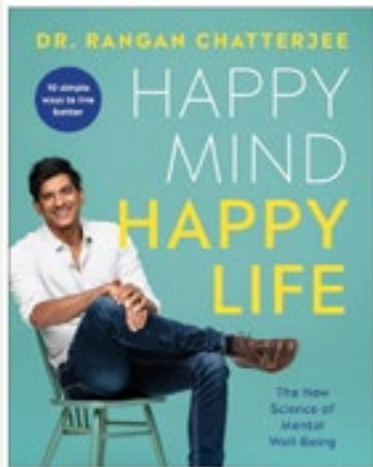
Leap into more modern times, and we find older Italian citizens used the Karana mudra either with palm out or parallel to the ground to ward off bad luck. In more recent times, if the palm down and the wrist is twisted or swayed, it implies the person of discussion is having an affair. Would that type of energy be something someone might want to ward off from themselves or their family? Quite possibly.

We see the same symbol (held with palm out away from the body) made it into pop/rock music with a 1967 photo of The Beatles. John Lennon is making the sign with both hands, right palm facing him and the left hand facing away leading to much speculation as to what he thought they meant. From there Black Sabbath began using the sign frequently and heavy metal goes picked it up from there. Is it a sign for "The Devil" in Satanism? Someone else would need to verify that. Still, if so, ironically then it is being used in total opposite to all the other older meanings.

What can we all agree on? Cultures, religions, and artists of every type have tried to express meaning through hand gestures since the beginning of time. Whether you are making silhouette shadow bunnies on the wall for amusement, sitting in meditation using mudras to balance and enlighten yourself, or getting wonky vibes from someone in the office so you flick protective horns in their direction, the use of our hands continues to be an interesting and relevant part of ongoing human existence.

Michelle McLemore, BS, MA2, CHTP, Rev. is a freelance writer, energy practitioner, and stress management guide for schools, businesses, workshops, and one-on-one clients. Her background as an English, history, psychology, and literacy teacher support clients drawn to write-to-heel through journals, memoirs, and genealogy stories. She hosts writing retreats a few times a year. Learn more at michellemclmore.com and <https://www.facebook.com/MichelleMcLemoreHealingGuide>.

CW Book Picks of the week



The science is clear: Happiness plays a vital role in your health. Learn how to make it a priority.

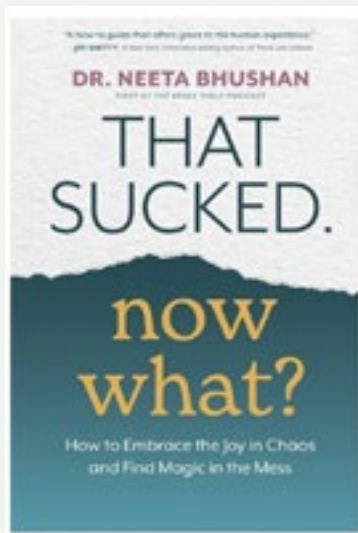
During his 20 years as a GP, Dr. Rangan Chatterjee, author of the international bestseller *Feel Better in 5*, has seen first-hand that motivation isn't always enough for us to maintain a healthy lifestyle. It's only when we learn how to support our own mental wellbeing and cultivate core happiness that these choices become easy.

In *Happy Mind, Happy Life*, Dr. Chatterjee shares cutting-edge insights into the science of happiness and reveals 10 simple ways to put you back in control of your health. It features real-life case studies and more than 20 practical exercises, including lessons on how to:

- Find your flow
- Create distance from your phone
- Deal with criticism

Whether you are at a crisis point or simply want to experience more joy, this book will help you feel calmer, more confident, and able to live your life to the full. Your body and mind will thank you.

[Purchase your copy of *Happy Mind, Happy Life* at shopcrazywisdom.com](https://shopcrazywisdom.com)



You know those awful, terrible, sucker-punch moments in life? The ones that knock you down, burn you up, or make you cringe so hard you wish it was all a bad dream? Probably—because we all do. These epic, messy, oh-no-oh-crap moments of chaos are just part of life—yet, as Dr. Neeta Bhushan shows us, they're also beautiful opportunities for change.

As co-founder of the Global Grit Institute, a mental health training platform for leaders and coaches, co-founder of the Dharma Coaching Institute, training thousands to live their best lives, and a thriving coach in her own right, Neeta Bhushan has helped thousands of people move past their heartbreaks, failures, and disappointments. And after years of research into human behavior, observing people in their worst and best moments, being a mother of two small children, and failing more than a few times herself, Neeta knows what it takes to get back up no matter what bowled you over.

Available in paperback for the first time, *That Sucked, Now What?* is a real-talk guide to personal growth that draws on and embraces the suck—and helps you break through to lasting, audacious resilience. You'll learn why it's so hard to get back up when stuff goes down, how four core components of your life shape your individual Bounce Factor, and how to navigate the five stages of the Fly Forward framework through Falling, Igniting, Rising, Magnifying, and on to Thriving. Along the way, Neeta

shares successes and failures of her own, from the wonderful to the WTF, in an indispensable book to pull off the shelf whenever life serves up a setback, no matter the size.

[Purchase your copy of *That Sucked. Now What?* at shopcrazywisdom.com](https://shopcrazywisdom.com)

A 21st Century “Sabbath Day” Experiment



By Holly Makimaa

If you are a recovering type A like me, and someone asked you to take a Sabbath day every week to do nothing, you might start to feel your chest constricting and a stress response mounting in your body:

“Do nothing, won’t that just leave more work piled up for later? When will I do my laundry, go grocery shopping, address that stack of bills, etc.? It sounds luscious, but how can I afford it? When can I fit in social time with loved ones, then?”

What if taking a Sabbath actually made all that is on your plate easier and relationships more fulfilling? Instead of a full plate feeling heavy, it could feel nourishing. I used to feel resistant to taking a day off, and now I don’t know how I could live without a Sabbath. If you are thinking that by Sabbath I mean a highly rule-oriented day of do’s and don’ts based on a religion, please keep reading because that is far from what I mean. Yes, a Sabbath does involve slowing down and refraining from constant activity, but it is more about a state of mind than said actions or non-actions.

In a recent Sabbath experience, I had chosen Saturday to stay close to home, enjoy the river by my apartment, write, read, and connect with what I most needed (including having a friend over for tea and deep conversation). I remembered, however, that I had to go to the store for a few groceries and return an item to a chain store retailer before the 30-day return policy expired. Initially I thought this might throw off the balance of peace I was feeling. Yet, as I approached my shopping with the attitude that I was there to simply be present to all that happened without hurrying or an agenda, I savored the colors, walked slowly, and mindfully through the store with its fluorescent lighting flickering — without feeling bothered as I might normally. When I checked out, I really looked at the cashier, marveling at the graceful way her freckled, dough-colored hands moved each item into my bag. I asked her how she was, sincerely open to her response, and wished her a good day from the fullness of my heart. I didn’t leave my Sabbath, and it didn’t leave me. Having time set aside to go inward helped me to be in the outward world with a heightened sense of appreciation for the deep connection to life I have — when I am mindful enough to engage it.

Leonard Felder, in the book *the Ten Challenges*, helped revitalize my understanding of the original purpose of the Sabbath and made it more appealing to me: 1) practice gratitude for life as it is now; 2) live believing in the mysterious perfection of the world already here on the highest level and yet to come on the practical level; 3) appreciate and celebrate all that you have. Cherish the gift of life in you and in those you love. According to Felder the Sabbath is a time set aside to try to quit trying to improve yourself, your circumstances or anyone else, and bask in the glory of this moment. It can be such a relief to let go of all that striving. Even in a world with complex and hard issues that need addressing, it is so good for our minds, hearts, and bodies to rest and take a break from trying to change life and tune into what actually will help to change it. As Einstein said, we cannot solve the world’s problems on the same level of thinking that created them.

My mom has partial paralysis in her body from a stroke and has fallen a lot this year. It has been a source of great concern for me as to what I can do from several states away to help her access the care and support she needs. There comes a time, however, when I have to let go of fixing and recognize how grateful I am just to hear her voice, just to have beautiful memories with her and to share them, to not try to solve all the issues for a day. I allow myself to rest in the Sabbath and see her wholeness and mine.

I find that when I rest in this way, I come back to my life’s responsibilities with a freshness and perspective that actually enables me to take wiser and more directed action — and probably save a day’s worth of time, too. You might be thinking, “What if I can’t take a whole day, a half day or even a whole hour?” Perhaps you can start by taking a Sabbath walk. When I find myself pushing at an agenda for life instead of letting it flow, I take a mini-sabbath break and tune into gratitude for the ever-present groundedness of the moment holding each of us.

Holly Makimaa facilitates classes, rituals, groups, and private spiritual coaching sessions to support people in healing and transformation. To learn more, visit yourtransformationaljourney.com or email hollymakimaa@gmail.com.

[Read more interesting
blogs online.](#)

The Crazy Wisdom Calendar

February & March 2024



Art and Craft

Artworks by Carlos Tobar • Daily through April 21 • 9:00 a.m. to 5:00 p.m. • Carlos Tobar has explored and experimented with a variety of painting styles and media including stone, mosaic using recycled porcelain, and most recently pen and ink. Using exaggeration, color, and emotion, the inspiration behind his work often comes from observation of daily life or from his reaction to current events, the simple, the ordinary, the endeavor to capture a unique moment in time. FREE. For more information contact the Weber Center at (517) 266-4000, email webercenter@webercenter.org, or visit webercenter.org.



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Contact Lev Linkner, MD at (734) 973 1010

OR

Dennis Chernin, MD at (734) 973 3030.

28th Annual Exhibition of Artists in Michigan Prisons with the Prison Creative Arts Project • Friday, March 29 through April 2 • Sunday and Monday 10:00 a.m. to 6:00 p.m. and Tuesday through Saturday 10:00 a.m. to 7:00 p.m. • The 28th Annual Exhibition of Artists in Michigan Prisons, a program of the Prison Creative Arts Project at the University of Michigan, showcases the work of incarcerated artists living in Michigan prisons. The work is by men and women from all 25 state prisons in both the upper and the lower peninsulas: 24 men's prisons and one women's prison. This year there will be about 700 works in two and three dimensions, including portraits, tattoo imagery, landscapes, fantasy, and wildlife, as well as images about incarceration and visions that are entirely new. We invite you into the space to enjoy the work and, if you like, make a purchase. All proceeds, minus necessary taxes and fees, go directly to the artists. FREE. For more information contact the Prison Creative Arts Project at (734) 647-6771, email pcapinfo@umich.edu, or visit prisonarts.org.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monday, March 11, & April 8 • 7 to 8:30 p.m. • Enjoy lively discussions on monthly Buddhist-related book selections with our community. All are welcome. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org or visit jewelheart.org.

Breathwork

Guided Group Breathwork with Jackie Miller • First and Third Sundays • February 18, March 3, March 17 • 6 to 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 and registration, visit thisbreath.com.

Buddhism

9 Stages of Shamatha Meditation with Khenpo Tshering Chophe • Ongoing Saturdays • 10:30 to 11:30 a.m. • You will be taught how to practice Shamatha (calm-abiding) meditation in the Mahayana Buddhist tradition on Saturday mornings. Lessons given with reference to the sutras and other texts and guided meditation sessions. Topics covered in

earlier meetings Frequently reviewed. Newcomers welcome! FREE. For more information visit karunabuddhistcenter.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sundays through April • 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. Online and on-site. FREE, donations welcome. No discussion on March 3. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rinpoche • Tuesdays, Through April 30 • 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. The sessions review Gelek Rinpoche's 2012 Sunday talks and into early 2013. No class February 27. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

New to Buddhism with Khenpo Tshering Chope • Friday, March 9 & April 13 • Noon to 1:00 p.m. • A series of talks for those new to Buddhism. Topics include teachings common to all Buddhist paths, as well as beginner-level subjects found

in Mahayana and Vajrayana Buddhism. Newcomers welcome! FREE. For more information visit karunabuddhistcenter.org.

The Bodhisattva's Way of Life with Demo Rinpoche • Thursdays through March 28 • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. Cost to be determined. Pay what you can - No one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Ceremonies, Celebrations, and Rituals

Cacao Journey with Alicia Clark-Teper • Friday, February 16, March 15 & April 19 • 7 to 9:00 p.m. • With each cup of cacao, we set an intention, join in a circle, connect with each other, learn about the power of cacao, receive a guided meditation and Reiki journey, and come back to a circle sharing of whatever may be opening up for you in that moment. Our sacred life journey can be more enjoyable and accelerated when surrounded by community. Cacao Journey is every third Friday. \$45. For more information contact Alicia at (734) 945-5396, email clarkteper@yahoo.com, or visit SacredLotusExperience.com.

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The Crazy Wisdom Calendar

February & March 2024



Ceremonies, Celebrations, and Rituals continued

Entering the Healing Ground: A Community Grief Ritual with Kirsten Mowrey • March 1, 2 & 3 • Friday at 4:00 p.m. through Sunday at Noon • Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily until our hearts and souls become weary and overburdened. This weekend gathering invites us to share in a time of honoring the losses we hold in our hearts. Cost TBD. For more information visit greatlakesrituals@gmail.com.

Spring Equinox Ritual Celebration with Esther Kennedy • Sunday, March 17 • 3:30 to 4:30 p.m. • Come celebrate, pray, wonder anew, and dance spring's welcome. Gift us with a poem, story, a treat to share. FREE. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Channeling

Gallery Reading and Channeled Messages with Ron Muka • Saturday, February 17 • 7:00 p.m. • Come get a message from Spirit or a look into your present and future life with Ron, the Large Tall Medium. Ron is a psychic, medium, and spiritual counselor. As a medium, he brings you short messages from the larger spirit world. Ron says the "larger" spirit world because he may bring messages from your deceased loved ones, pets, angels, ascended masters, spirit guides, and more. As a psychic, he may also see into many aspects of your present life and future possibilities. Readings can be interactive, so bring your questions and who you want to connect with. Ron usually brings a message for each person. For more information contact ron@largetallmedium.com or (248) 705-8077 or visit enlightenedsoulcenter.com.

Evenings with Aaron with Barbara Brodsky and Aaron • Wednesday, March 6, April 3, & May 1, 29 • 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: Individual: \$10-\$30; All sessions: \$60-\$180. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Explorations with Spirit with Barbara Brodsky, Colette Simone, and Spirit Friends • Saturday, March 2, & May 11 • Tentatively 10:00 a.m. to 2:00 p.m. OR 11:00 a.m.

to 3:00 p.m. • This series is a continuation of the three workshops in Fall 2023. Topics will include: 1) Deepening awareness of one's fuller essence and living from that foundation of love and freedom. 2) Understanding karma. 3) Moving beyond perceived limitations. 4) Staying grounded in the midst of difficulty. Suggested donation: \$30-\$110. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Remembering Wholeness; Darshan with the Mother with Barbara Brodsky • Sunday, February 25, March 24, April 28 & June 2 • 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 messages that can most support program participants. People are able to hear what resonates for each one. Suggested donation: Individual - \$10 - \$30; All winter - \$50 - \$150. For more information contact the 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

Ann Arbor Virtual Death Café with Merylynne Rush • Third Saturday of Every Month • 10:30 a.m. to Noon • Join us for a conversation about all things related to death and dying. This is not a grief support group, but rather a “death-positive” event. Participants join in small and large group discussions 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. To receive the link, please email TheDyingYear@gmail.com and specify Death Cafe. FREE. For more information email thedyingyear@gmail.com.

Advance Care Planning Facilitator Training with Merylynne Rush • Friday, April 19 • 8:45 a.m. to 5:00 p.m. • Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. \$265 includes online study modules. For more information contact Merylynne at (734) 395-9660 or email thedyingyear@gmail.com.

Drumming

Intro to Taiko Drumming with Eileen S. Ho • Sunday, March 3 • 3 to 5:00 p.m. • Explore the empowering art of Taiko in a 2-hour introductory workshop with demonstrations and hands-on activities that introduce participants to Japanese Taiko drumming. Share in the joyous energy and generous spirit of Taiko as we practice moving in space, using our voices, playing with instruments, and exploring the rhythm and groove of Taiko music together. Practice drums (taiko) are provided and drumsticks (bachi) are available to borrow or purchase. Drum and Dream with us! \$49, optional \$10/pair of bachi. For more information contact Eileen at (248) 773-8899, email eileen@greatlakestaiko.org, or visit michigantaiko.net/aareced.

Drumcommunity Jam with Lori Fithian • Saturday, February 17, March 16 & April 20 • 7 to 9:00 p.m. • Come join us for a family-friendly drum circle and improv jam. Bring your voices, instruments, drums, and other sounds, and together we'll create an evening of rhythmic fun for everyone! This is a 'facilitated' circle, where Lori leads drum circle games and musical improvisation activities with a focus on fun

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Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

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Kindred Conversations

with Hilary Nichols

From Our Cover

Tears run down my cheeks. My right hand, resting on a hand cradle contraption, buzzes lightly. Life and health coach Joy Dettling asks me to continue speaking about my central concerns, as she monitors the correlating reactions on her laptop. “What’s bothering you?” she asked. “What are the blocks between you and your betterment?” With one deep aha moment after the next, I am surprised to be finding the words to express some of my most long-held emotional blocks and self-doubts. As I speak, the ZYTO EVOX hand cradle measures my reactions through the pulses in my fingertips and reports the levels on her screen. With a thumbs-up, Dettling assures me that, “We are on the right track.”

Like a lie-detector device the technology reads my frequencies and can gauge my strongest reactions without interference of interpretation—not my own, nor a therapist’s. “I think we have narrowed into your central query here. You can continue to speak about this concern,” Dettling encouraged. Tingles enter my right hand and spread throughout my body while the hand cradle now offers a return healing frequency.

This new therapeutic modality is unfamiliar to me. Of course, initially I was skeptical, but the description in their literature seemed viable. My interest was piqued with the statement, “New scientific studies are showing how frequency has powerful effects on the human body. Every cell in our body is resonating at a specific frequency and these frequencies are used to communicate about processes and functions in the body.” When Joy Dettling offered to share her unique healing modality with me, I considered the treatment with a healthy dose of doubt, but I had witnessed Dettling’s leadership style. As the founder of Ignite Life, she has a quiet confidence and an unassuming authority as the host of weekly movement gatherings, frequent workshops, and her treatment modality. Her grace and strength, her humility and open heart are assuring, and I have come to trust what she offers. Ignite Life’s mission is to “ignite the spark of life within by accelerating true personal growth and healing,” which for Dettling, includes her own. So, I took a deeper look.

“Shift the subconscious with ZYTO EVOX, an innovative healing frequency technology” is the description on the Ignite



As the founder of Ignite Life, she has a quiet confidence and an unassuming authority as the host of weekly movement gatherings, frequent workshops, and her treatment modality.

Life website. From there, I read the testimonials and became more intrigued. “The bio-feedback received through the tool was instrumental in my gaining insight and acknowledging next steps. I highly recommend Joy as she is invested in my process and success in achieving the knowledge that helped me to break through barriers I had created for myself.”

When Dettling shared her own story of this treatment, my faith was affirmed. I don’t need to understand the inner workings to believe it. In fact, do I understand the underpinning of any of the treatments that I imbibe? From aspirin to antibiotics, it is all a mystery to me. These days Dettling is the picture of health: fit, slim, young, and agile. But that wasn’t always the case. I met Dettling as the host of the ‘Ignite Body Freedom’ weekly ecstatic dance jam. She starts and ends each gathering with a check-in circle, and it is there that we got to know each other. She is a yoga teacher, a dancer, a traveler, and a lifelong devotee of healthy living practices. But she did not always feel healthy. In fact, for years of her life she felt anything but. She was sickly and in pain, complaining of countless discomforts and crippling fatigue. Traditional medical establishments found nothing to attribute it to. When she was first introduced to the ZYTO EVOX treatment she was a skeptic, too, but it was the first healing experience that actually relieved her condition.

“I had to know what makes ZYTO EVOX Perception Reframing so impactful,” Dettling writes on her website, describing how she came to this body of work. “Starting

ZYTO EVOX Perception Reframing sessions was the turning point in my health. With each session I felt like I was unpeeling layers of an onion, closer to the roots of my issues—physically, mentally, and emotionally. One session I did on “pain” mysteriously cleared my pain almost completely within the week. It was like my body was clearing out old beliefs about itself that I didn’t need any more. With these sessions I was able to let go of those limiting beliefs and embody new empowering ones and watch them manifest in my overall wellbeing.”

During my second session, I too became a believer and a fan. Again, she asked me to express what my concerns might be. And with my hand on the cradle, I found myself accessing the story of self-doubt. “Speak again, on that topic,” she instructed. “Okay, you have had your release.” My tears began to fall. My old beliefs became evident and I felt my outdated self-perception begin to clear away with such a feeling of release. “My work is very focused on getting to the roots,” Dettling affirmed. “Yet there is nothing to figure out or understand, we just have to be receptive and let it apply its impact.” Our third session in the series was over the phone. She left a cradle in my care, and I was patched into her home computer through the device. Joy was encouraging, calm, kind, and insightful...

[Read the rest of the story online.](#)

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The Crazy Wisdom Calendar

February & March 2024



and building community. Drums provided, no experience necessary, all ages welcome. Come jam! FREE, donations to the center are welcome. For more information contact Lori at (734) 426-7818, email lorifithian@mac.com, or visit drummunity.com.

2024 Drum and Dance Jam with Curtis Glatter • First Saturdays Beginning April 6 • 6 to 7:30 p.m. • Local drummer Curtis Glatter will host the 13th season of the Drum and Dance Jam beginning April 2024 at the Interfaith Center of Spiritual Growth in Ann Arbor. No experience is necessary. You can bring your own drum or use a drum provided by the center. A sliding scale donation is \$5 is requested. Contact Curtis at (734) 972-6098, email cgindetmi@gmail.com, or visit facebook.com/glattercurtisav1972.

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 Center 2-Day Psychich Fair • Saturday, February 17 • Noon to 6:00 pm • Sunday, February 18 • Noon to 5:00 p.m. • Join us for a fun-filled day at the Enlightened Soul Center! We have a variety of readers and healers for your enjoyment, along with visiting vendors for shopping! WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and healings at one time, under one roof: intuitive tarot & intuitive oracle card readings, psychic readings, clairvoyant medium, & spirit art drawings. PLUS energy healers, shopping, FREE snacks & parking. Admission: \$5 Sat./\$3 Sun. FREE gift, FREE snacks, FREE parking. For more information contact Amy Garber at (734) 358-0218 or visit enlightenedsoulcenter.com/enlightened-soul-psychic-fair.

Winterfest! at Michigan Friends Center Sunday, March 3 2:00 p.m. Nature Scavenger Hunt, Sledding (if there's snow), Guitar and Didgeridoo Music, Story Telling, Hot Chocolate, and Cookies! Please pre-register if you can by calling the Michigan Friends Center (734)475-1982. Or email manager@mfcenter.org. If you can't we will still be happy to see you. Dress for the weather! For more information call the

Michigan Friends Center at (734)475-1892 or email manager@mfcenter.org.

Film

Film and Discussion with Jewel Heart Instructors • Friday, March 8 & April 12 • 7 to 9:15 p.m. • FREE. Concessions available. For more information contact Jewel Heart at 734-994-3387, email programs@jewelheart.org, or visit jewelheart.org.

•March 8. The Keeper of the Keys (2012). What are the keys to changing your life? Appearances by Jack Canfield, John Gray, Marci Shimoff and other personal-development luminaries who teach Michael (Scott Cervine) the key ideas to transforming his life. An imaginative adventure, think Harry Potter meets Woody Allen meets The Secret.

• April 12. Café (2016). Focused on the denizens of a coffee shop, the film asks tantalizing questions about and glimpses into the riddle of our very existence: who are we really as human, spiritual beings? What are we doing in this magical experience called life? Why are we here?

Herbal Medicine

Empowered Home Herbal Medicine Practices with Mary Light • Third Saturdays • 9:30 a.m. to 2:30 p.m. • This is an apothecary/clinical-oriented certificate pathway, conducted by a medicinal clinical herbalist with 25 years of experience as a teacher and practitioner. Intended to empower participants in the use and understanding of applied natural medicine and herbal medicine and techniques for personal or clinical use. Students will learn to create, make, store, apply, and use a variety of herbal medicines upon completion. Students will directly learn which body systems, physiology, and conditions the herbal formulations should be used for or applied to. \$1,500.00 or by advanced per diem. For more information contact the Naturopathic School of Ann Arbor at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Intuitive and Psychic Development

Focused Mind Meditation – Teleconference with John Friedlander • Sunday, March 3 & April 7 • 9:00 a.m. to Noon • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. See the website for phone and payment information. \$15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group – Teleconference with John Friedlander and Gloria Hemsher • Tuesday, March 5 & April 2 • 7 to 8:00 p.m. • For Women Only. Meditations concentrate on women's issues relative to biological energies as well as that of the aura. See the website for the teleconference number and billing information. \$10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Spring Intensive 2024 - Webinar/Teleconference with John Friedlander • April, See Website for Details • New material will be introduced with the continued development of advanced core techniques seeking a natural sense of skills in practical everyday life. Prerequisite Level 1 Psychic Development class, CD set, or permission of instructor. \$275. For more information email Gilbert Choudury at gchoud@yahoo.com or visit psychicpsychology.org.

Love and Relationships

Kabbalah for Couples with Karen Greenberg • Sunday, March 31 & April 28 • 3 to 5 :00 p.m. • Has social distancing amplified the 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 monthly session 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. Future course dates to be determined. \$274 per session. For more information contact Karen at (734) 417-9511, email, krngrnb@gmail.com, or visit clair-ascension.com.

Massage

Community Massage & Foot Reflexology with the Ann Arbor Massage School Staff • Ongoing Tuesdays Through April • 9:30 a.m. to 12:30 p.m. • Open format community massage and foot reflexology. Fully clothed 20-minute sessions alongside staff with the goal of vitality and relaxation in our quiet, peaceful studio. \$25. For more information contact the massage school at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Meditation

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.

Weekly Silent Meditation Practice via Zoom with Celeste Zygmunt • Sunday 11:00 a.m. to Noon AND/OR Tuesday 9 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana

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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. Please note this is not a class or a guided meditation. Suggested donation: \$5. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org or visit deepspring.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly on Sundays from January 7 to April 28 • 9:30 to 10:30 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. No meditation March 3. Online and on-site. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Weekly on Mondays through March 18 • 7 to 8:30 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. No classes February 26 or April 1. Online only. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

The Crazy Wisdom Calendar

February & March 2024



Day of Mindfulness Meditation with Esther Kennedy • Saturday March 2 & April 6 • 10 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 loved within family, neighborhood, city, and world. \$35 with lunch included. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Myriad of Meditations with Karen Greenberg • Sunday, March 3, 10, 17, 24 & April 7, 14, 21 • 10 a.m. to 12:30 p.m. • Meditation is an essential component of 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, the Four Worlds, different breathing, 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. includes several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen at (734) 417-9511, email, krngrnb@gmail.com, or visit clair-ascension.com.

Mastering Meditation with Kapila Castoldi • Saturday, March 9, 16 & 23 • 2 to 4:00 p.m. • Introductory meditation series offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques, music, mantras, and meditation on the heart. FREE. For more information contact Kapila at castoldi@oakland.edu or visit meditationannarbor.com.

Sound & Vibrational Therapies Double Certification with Meditation School of Mindfulness • March 16, 17, 18 & 19 • Saturday through Monday • 10:00 am to 6 p.m. • Tuesday 10:00 a.m. to 4:30 p.m. • This interactive training is centered around the teaching of Sound Healing and vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing but to give you a "hands-on" experience. \$1,690. For more information contact Brian at (954) 641-8315, email brian@meditateyou.me, or visit meditateyou.me.

Letting Go - Loving the Life You Have Right Now with Janene Terns • Saturday, April 6 • 9:30 a.m. to 3:00 p.m. • We are told that God works all things for our good but that is often hard to see in the midst of our day. Join us to discover the spiritual, emotional, physical, and practical aspects of your life which God may be inviting you to surrender. Learn everyday practices to live in this challenging world while increasing your trust, peace, and joy so you can truly love the life you have today. \$60. For more information visit prayer-in-motion.com.

Music, Sound, and Voice

Music Improv Session with Jesse Morgan • Reoccurring First Tuesdays • 7:30 to 9:00 p.m. • This session is a supportive, inclusive musical group improvisation. Skilled improvisers play alongside novices to make music in the moment, together. No musical experience necessary. All are welcome. We generally create three instrumental and one vocal improvisation. You may choose your degree of participation. FREE. For more information contact Jesse at (734) 355-1501, or email jessemusictherapy@gmail.com

Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski • Friday, March 6 & April 2 • 6 to 7:30 p.m. • Come sing and play, just for fun! Bring your voice and/or strummy (Ukulele, Guitar, etc.) instruments to play and sing along - we've got a lot of songs to choose from - it's like group Karaoke with our own band! We project lyrics and chords on a screen, so all can sing and/or play along. Beginning players are most welcome! We meet alternating days and locations - the Malletts Creek and Westgate library branches. FREE. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, March 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. Through the gift of sound, you will be transported to places and spaces that are "out of this world." \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, April 19 • 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. Hosted by Breathe Yoga, 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 Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Chakra Sound Bath with Rob Meyer Kukan • Friday, April 5 • 7 to 8:30 p.m. • In our understanding of them, we have seven main chakras but hundreds of minor chakras. In this time of sound bath meditation, we will seek to balance

your energetic system with sounds from singing bowls, gongs, and more. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Meditation with Mike Tamburo • Friday and Saturday, April 12 & 13 • Friday 7 to 9:00 p.m. & Saturday 8 to 10:00 p.m. • Enter a timeless space of listening as Crown of Eternity's Mike Tamburo orchestrates his way through 40+ overtone-rich instruments including Gongs, Bells, Sound Sculptures, Hammered Dulcimer, and tuned metal instruments. \$40 each night. For more information contact Anne Taylor at (517) 962-4725, email anne@infintelightjackson.com, or visit infintelightjackson.com.

Learn & Explore Gongs Workshop with Mike Tamburo • Saturday, April 13 • 10 a.m. to 7:00 p.m. • Join Mike for a one-day in-person exploratory and experiential workshop that will deepen one's gong practice and bring the player to a new level both in playing and in understanding the potential of working with gong music. Open to all levels. \$175. Contact Anne at (517) 962-4725, email anne@infintelightjackson.com, or visit infintelightjackson.com.

Praise, Poetry, and Potpourri with John Macnoughton • Thursday, April 18 • 1:30 to 2:30 p.m. • Enjoy prose, poetry, music, and song from a variety of presenters. Feel free to bring your own creations. FREE. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Parenting

Harnessing the Power of Talking Out Loud for Parents with Leeann Fu • Saturday, February 10 • 10:15 to 11:15 a.m. • Sunday, March 10 • 4:15 to 5:15 p.m. • Saturday, April 27 • 1:30 to 2:30 p.m. • Monday, April 29 • 6:45 to 7:45 pm • It happens so often. Something you say causes a disconnection, and your child checks out. What becomes possible if you offer to be a "teddy bear?" Teddy bears say very little. When a teddy bear talks, it's because the talker has asked the teddy bear to do something small, like ask questions or reflect some things back. Explore the power of listening in this one-hour in-person workshop for parents. Bookable online times also available. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@umich.edu, or visit teddybeartalksupport.com.

Personal Growth

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

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COACHING — HEALING
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Artful Reflection: Expressive Art & Holistic Coaching Workshop with Idelle Hammand-Sass and Susan Young • Saturday, February 3 & March 2 • 12:30 to 4:30 p.m. • The workshop begins with a grounding exercise followed by a one-hour group coaching session (topic to be announced) Our discussion will be guided by self-reflective prompts that are designed to get us from our heads into our hearts. A "Witness to an Image" mini workshop follows as an intro to the Open Studio Process (OSP), involving intention, witness writing, and reading aloud. The main workshop "Energy Made Visible" is a process-centered drawing workshop with oil pastels, accompanied by a percussive playlist to get us into our bodies. \$125. For more information email Susan at susan@triplemooncoach.com or visit triplemooncoach.com.

Thriving Through Change: Strategies for Grace-Filled Transitions with Janet Schaeffler • Thursday, February 15 • 9:30 a.m. to 3:30 p.m. • What, really, is change all about? How do I – or could I – respond? What do I do with all my feelings, worries, excitement, and/or apprehensions? Coupled with a deeper understanding of the elements of and our responses to change, we will also explore some practical hints and help to survive, thrive, and flourish amid the changes within and around us. \$45 includes lunch. Registration required. For more information contact the Weber Center at Weber Center (517) 266-4000, email webercenter@webercenter.org, or visit webercenter.org.

Harnessing the Power of Talking Out Loud In-Person Introductory Workshop with Leeann Fu • Monday, February 12, 6:45 to 7:45 p.m. • Saturday, March 2,

10:15 to 11:15 a.m. • OR Sunday, April 7, 4:15 to 5:15 p.m. • Separate 1-hour in-person workshops for experimenting with harnessing the power of talking out loud with Teddy Bear Talk Support (TBTS). Do you think better when you are thinking out loud? Want to harness this power more often? 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 seems important. Come explore! (Bookable online times also available.) FREE. For more information contact Leeann at (734) 237- 7676, email teddybear@umich.edu, or visit teddybeartalksupport.com.

Harnessing the Power of Talking Out Loud In-Person Co-working Session with Leeann Fu • Thursday, February 29, Noon to 1:45 p.m. • Saturday, April 13, 10:15 a.m. to Noon • OR Tuesday, April 23, 10:15 a.m. to Noon • Separate in-person co-working sessions where work is interspersed with Teddy Bear Talk Support (TBTS) sessions. Do you think better when thinking out loud? Do you want to make use of this power more often? TBTS provides a framework for participants to benefit from conversations with listeners who only listen or ask open, honest questions, and make guesses about what seems important. Come explore! (Bookable online times also available.) FREE. For more information contact Leeann at (734) 237- 7676, email teddybear@umich.edu, or visit teddybeartalksupport.com.

Finding Your Ground Personal Growth Circle for Women with Rachel Eggherman & Jessica Ryder • Wednesday, March 20, April 3, 17 • 6:30 to 7:45 p.m. • Guided practices for reflection and contemplation in a safe and supportive environment. In-person, in Ann Arbor. Open to all women regardless of gender assigned at birth. Contribution of \$1 - \$25. For more information email Rachel at Tellrachel123@gmail.com or Jessica at jessica@jessicaryder.net.

ReVillaging for Modern Mothers with Miriam Dowd-Eller and Emily Adama • Sunday, April 28 • 9:30 a.m. to 5:30 p.m. • Modern motherhood can leave women struggling with everything from social isolation, mood-disorders, and health challenges, to simply dealing with the near-constant ache for a more organic and effortless village for themselves and their families. Through movement, sharing circles, stillness, nature-connection, and song, these retreats will explore some of the qualities, mindsets, and tools you can use in your journey of "ReVillaging," to find and build the support, community, friendships, and connections you dream of. Price ranges from \$70 to \$150. For more information visit EarthWellRetreat.com.

Personal and Mini Wellness Retreats with The Yoga Room and Christy DeBurton • Ongoing • When you haven't got the time or budget for a full weekend retreat but just need a little 'me-time,' choose a Mini Retreat or a Personal Retreat to relax and renew. For more information email Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Community Renewal Day with Rob Meyer-Kukan and Bri Babiera • Sunday, April 21 • Noon to 5:00 p.m. • 7 Notes Natural Health is committed to giving back to the community! In previous years we have offered events for healers, teachers, veterans, and more. NOW, we are thrilled

to share that the previous model we have used is becoming Community Renewal Days. We will have new practitioners, a new schedule, and MORE opportunities for community gatherings. Our same commitment to helping those who help others will shine through as we share this opportunity for all who help, assist, and support others to be held, renewed, and rejuvenated. Community Renewal Day is for anyone who works in the healthcare system - doctors, nurses, PAs, therapists/social workers/counselors, administrators, janitors, etc. and all who work in the healing arts - reiki practitioners, massage therapists, intuitive readers, sound healers. It is also for teachers, aides, paraprofessionals, school office staff, administration, custodial staff, bus drivers. The day will include Sound Therapy, Massage, and Reiki one one-on-one Sessions and new Renewal Activities including breathwork, intro to breathwork, mindfulness meditation, journal writing, crystal grid workshop, and our very popular yoga + sound. FREE. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Reiki

Usui Holy Fire III Reiki Master Certification with Alicia Clark-Teper • Saturday and Sunday, February 17 & 18 • 10:00 a.m. to 5:00 p.m. • Take your Reiki healing to the next level with Holy Fire III Reiki master training. Learn new techniques, get more attunements and symbols, and have hands-on practice with other students. Light lunch provided. Must show proof of Reiki Second degree to attend class. \$450. For more information contact Alicia at (734) 945-5396, email clarkteper@yahoo.com, or visit SacredLotusExperience.com.

Second Degree, Usui System of Reiki Healing with Suzy Wienckowski • March 22 & 23 • Friday 7 to 9:00 p.m., Saturday 10:00 a.m. to 4:00 p.m. • This is the second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify 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 at (734) 476-7958 or email suzyreiki@aol.com.

First Degree Usui System of Reiki Healing with Suzy Wienckowski • Saturday and Sunday, April 13 & 14 • 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 four individual initiations. Certificate awarded. \$200. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Retreats

Personal and Mini Wellness Retreats with The Yoga Room and Christy DeBurton • Ongoing • When you haven't got the time or budget for a full weekend retreat but just need a little 'me-time,' choose a Mini Retreat or a Personal Retreat to relax and renew. For more information email Christy at info@christydeburton.com or visit yogaroomannarbor.com.

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Living from Non-dual Essence: The Mundane and the Ever Perfect • Saturday, February 17 through Saturday, February 24 • 9:00 a.m. to 9:00 p.m. • We're in a transitional phase of human consciousness. We see in ourselves and our world arisings of physical and emotional distortions. We want to fix it, but what does "fixing" mean? Nothing can be "fixed" if the solution is not already present. The healing we seek as a world and individually, is accessible if we can open to it. Paths to opening to the ever-healed, spiritually, physically, and emotionally are the focus of this workshop. Suggested donation: \$240-\$880. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Day of Renewal for Helping Professionals with Ari Wakeman and Emily Adama • Sunday, February 25 • 9:30 a.m. to 5:30 p.m. • Immersed in nature, you will move through two all-level yoga sessions, guided breath meditation, mindfulness and nature connection practices, receive a professional massage, and enjoy periods of personal and group reflection with others in your field, exploring techniques to prevent burn-out and improve self-care. F price options between \$160 and \$280 in order to reflect our values of inclusivity, affordability, and accessibility. Please pay what you are able. Includes programming, lunch, and a 30-minute professional massage. Overnight accommodations are available at an additional cost. Friday night yoga is available for \$15 for those staying the night. For more information email [Ari awakeman@gmail.com](mailto:Ariawakeman@gmail.com) or visit EarthWellRetreat.com.

Letting the Gaze of Jesus Rest on Us During Holy Week with Father Dan Crosby • Sunday, March 24 at 6:30 p.m. through Thursday, March 28 at 11:00 a.m. • The very first chapter of John's Gospel tells us Jesus, "turned and saw," the Baptist's two disciples following him at a distance. He then invites them to, "Come and see," where he lives, where he dwells. During this Holy Week retreat we'll, "Come closer and see," Jesus turning to gaze on us, inviting us deeper into his way of looking, loving—and living. Cost including meals: Commuter: \$160; Double Occupancy: \$325; Single: \$425. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.



Ellen Craine
JD, LMSW-Clinical & Macro, ACSW, INHC

Social Work Ethics
Consultant,
Grief Expert,
and Trainer

#1 International Best Selling Author
ellen@crainecounseling.com • (248) 539-3850

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, March 7, 21 & April 4, 18 • 7 to 8:30 p.m. • For those who know how to do shamanic journeying, this Zoom group explores the tools and resources needed for life's transitions and cycles. Enrich your life by joining us in this open and welcoming community of practitioners. The circle is online via Zoom. \$25 per session or \$40 per month per household. For more information email Judy at info@judyr Ramsey.net or visit judyr Ramsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, April 27, 28 • 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. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, and intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. Online class via Zoom. \$160 per person/ \$80 for repeating students. For more information email info@judyr Ramsey.net or visit judyr Ramsey.net.

Medicine For the Earth/Healing with Spiritual Light with Judy Liu Ramsey • Wednesdays from March 6 through April 10 • 7 to 9:00 p.m. • Explore the depth of your own

The Crazy Wisdom Calendar

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inner light and its connection with All That Is. Learn how to transform energy behind toxic thoughts, achieving harmony and balance in yourself and the world. Connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community, and your environment. Suggested reading: *Medicine for the Earth: How to Transform Personal and Environmental Toxins* by Sandra Ingerman. Journeying skills are not necessary. All levels and traditions are welcome. The class will be taught online via Zoom. \$400 per person/ \$200 for repeating students. For more information email info@judyramsey.net or visit judyramsey.net.

Ancestors: The Power Within with Judy Liu Ramsey • April 6 & 7 • 9:00 a.m. to 4:00 p.m. • Ancestors can be powerful allies in your practice, and healing our ancestral lines can help us heal ourselves and our families. Explore your heritage and deepen your connection with the grandmothers and grandfathers in ceremony, in initiation, and in the shamanic journey. Prerequisite: basic journeying skills. The class will be taught online via Zoom. \$160 per person/ \$80 for repeating students. For more information email info@judyramsey.net or visit judyramsey.net.

Shamanic Healing for Animals with Judy Liu Ramsey • Tuesdays from April 16 to June 11 • 7 to 9:00 p.m. • Explore unique perspectives for animal healing that draw upon core shamanic practices. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Prerequisite: journeying basics. Knowledge of animal communication is not necessary. The class is taught via Zoom. \$375 per person/ \$155 for repeat students. For more information email info@judyramsey.net or visit judyramsey.net.

Introduction to Shamanism with Connie Lee Eiland • Sunday, April 21 • 10:00 a.m. to 4:00 p.m. • This class includes power animal retrieval and journeying to upper, lower, and middle worlds. Journeying is done utilizing drums and rattles. For more information contact Connie at (248) 809-3230 or email clshebear@gmail.com.

Spiritual Development

Abrahamic Religions: The People of the Book with Susan Van Baalen • Thursday, February 22, 29, & March 7, 14 • 1:30 to 3:30 p.m. • A series of presentations exploring the history and evolution of religion from Judaism to Christianity to Islam for the purpose of understanding their relationship through Abraham. \$35 for the series; \$10

for individual sessions In-person and live streamed. For more information contact the Weber Center at (517) 266-4000, email webercenter@webercenter.org, or visit webercenter.org.

Deep AI: Mind, Matter, and Planetary Life with Ilia Delio • Monday, February 26 • 7 to 8:30 pm. • Computer technology and artificial intelligence are the fastest evolvers of human evolution today. We have treated technology as a tool, but we have failed to recognize that nature is techne. We will explore the rapid rise of technology, the impact of techno-culture on human life, and Teilhard de Chardin's ideas on religion, technology, and evolution in the Noosphere. \$45.00 Livestreamed - Registration required to receive the link. For more information contact the Weber Center at (517) 266-4000, email webercenter@webercenter.org, or visit webercenter.org.

Twelve Tribes with Karen Greenberg • March 3, 10, 17, 24 & April 7, 14, 21 • Additional Dates TBA • 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, the tribes you're most drawn to, and tribe archetypes that give you the knowledge, power, and wherewithal to fulfill your soul's purpose. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Finding Joy: An Online Introduction to the Diamond Approach with Lou Weir • Wednesday, March 27 • 6 to 7:30 p.m. • We all have a natural connection to joy and happiness—a spiritual quality. Our conditioning (early environment) creates obstacles to this. We will explore the barriers to and the quality of joy in these teachings—and help us find our way back. The Diamond Approach is a spiritual path which uses meditation and inquiry to uncover the truth of who we are in our authentic nature. This is an introduction to the diamond method, recommended before the full course. FREE. For more information email Lou at dwmich22@gmail.com or visit diamondworkmichigan.org.

Finding Joy with Lou Weir • Saturday, March 30 • 9:00 a.m. to 5:00 p.m. • We all have a natural connection to joy and happiness—a spiritual quality. Our conditioning (early environment) creates obstacles to this. We will explore the barriers to and the quality of joy in these teachings—and help us find our way back. The Diamond Approach is a spiritual path which uses meditation and inquiry to uncover the truth of who we are in our authentic nature. This is the

Meditation Classes and Practice
Retreats and Workshops | Events with Spirit

Workshop February 17–24, 2024

Living from Non-dual Essence: the mundane and the Ever perfect

Evenings with Aaron February 7
Remembering Wholeness February 25

*All programs are held via Zoom.
Aaron, Yeshua and The Mother are channeled entities.
They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center*



DeepSpring.org | info@deepspring.org | 734.477.5848

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

full course. \$205, \$180 if paid a month in advance. For more information email Lou at dwmich22@gmail.com or visit diamondworkmichigan.org.

Thomas Aquinas and Teilhard de Chardin: Christian Humanism in an Age of Unbelief with Donald Goergen • Saturday, April 20 • 7 to 8:30 p.m. • Thomas Aquinas, a medieval philosophical theologian, and Pierre Teilhard de Chardin, a modern priest-scientist, may seem like quite a contrast. What does each have to offer our understanding of God, ourselves, and the world today? Are there fundamental views and visions compatible? What can we learn from each? \$45 Livestreamed only. Registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@webercenter.org, or visit webercenter.org.

Sustainable Living Skills

Fire! Rocket Stove & Earth Oven Workshop with Deanne Bednar • Saturday and Sunday, April 13 & 14 • 9:30 a.m. to 5:00 p.m. • Create useful heat efficiently from local materials! Tour buildings and Fire Devices on site, (Rocket Stove, Earth Oven, Rumford Fireplace.) Hands-on: brick mockup of Rocket Stove combustion unit, model of an Earth Oven and mix cob and finish plaster. Make a pizza in the Earth oven! Info on principles, and design. Online handouts. Rocket Stove and Earth Oven books for sale. Limit of 12 students. Some overnight accommodations are available. \$110 paid two weeks in advance or \$125 thereafter. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Intro to Thatching: Tour & Reed Collecting with Deanne Bednar • Saturday, February 17 • 9:30 a.m. to 5:00 p.m. • Enjoy a unique day in nature! See several thatched roofs on-site during a two-hour learning tour at Strawbale Studio. Ask questions! The tour also includes Rocket Stoves, Earth Oven, Living Roofs, Strawbale, Cob, and Earth Plasters! Please bring a bag lunch. Then learn to harvest reed in a nearby field for thatching a future project at Strawbale Studio. Reed Collecting will also happen on February 18 if you want to join. \$35. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Candle Making & Crafting with Deanne Bednar • Saturday, March 9 • 10:00 a.m. to 4:00 p.m. • Enjoy the rhythmic process of this ancient art as you dip six tapered beeswax candles, craft candle holders out of an earthen "cob" mix and decorate matchboxes with nature items. Relax with the smell of beeswax and the beauty of natural materials. Held at the Lovely Michigan Folk School, outside Ann Arbor. \$100. For more information visit mifolkschool.com.

Equinox Tour of Strawbale Studio & Earth Oven Pizza with Deanne Bednar • Wednesday, March 20 • 9:30 a.m. to 3:30 p.m. • Explore the enchanted buildings and grounds, make and fire your own Earth Oven Pizza, and enjoy a day in nature. Celebrate the Equinox with a Strawbale Studio Learning Tour 9:30 to 11:30 a.m. & Earth Oven Pizza-making & bonfire, Noon to 3:30 p.m. \$35. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

The Crazy Wisdom Calendar

February & March 2024



Making Cordage & Learning to Lash with Deanne Bednar • Saturday, March 23 • 10:00 a.m. to 4:00 p.m. • Join this fascinating workshop taught with materials straight from nature. Held at the Michigan Folk School outside Ann Arbor. Learn the traditional craft of cording using several different local plants! Then learn several very useful knots and apply them to some small-lashed model-making of your choice (ex. lashed ladder, A-frame Structure,). We will also make a few larger-scale projects together. Handouts will give ideas! A very interesting, fun, and practical class. \$100. For more information visit mifolkschool.com.

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April Worktrade Program at Strawbale Studio with Deanne Bednar • April 1 through 28 • Come participate in this unique learning environment! Come join the crew and live on-site as you learn skills and help out. This work trade opportunity provides basic food and lodging in exchange for 25 hours of help per week on the grounds, buildings, and infrastructure. Assist with and participate in classes and activities held during the month; foraging and some crafts. 25 hours of worktrade per week. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Simple Spoon Carving Workshop with Deanne Bednar • Wednesday, April 17 • 9:30 to 5:00 p.m. • Learn whittling techniques to make a wooden spreader knife and a simple spoon during this mid-week class. We will be using wood harvested from the land, and several types of knife tools plus a draw shave and shaving horse. A traditional skill to last a lifetime. Bring a lunch. Enjoy being in the enchanting thatched Strawbale Studio in the woods. Limit of eight

students. \$65 paid one month in advance or \$80 thereafter. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Tarot

Six Lessons on Learning the Contemporary Tarot with Nicholas O'Donnell • Friday, February 16 • 7:00 p.m. • These 6 classes will consist of basic tarot knowledge and allow students to become confident performing 3- to 5-card reading spreads. The objective of the 6-week course will be to help students work through each major arcana card by "taking the fool's journey." Every class will consist of about 1 hour of learning and 1 hour of reading practice. \$120. For more information and to register contact Nick, nicksvictorygardens@gmail.com or call/text (734) 299-6472

Tai Chi, Martial Arts, and Self-Defense

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.

Wu Style Tai Chi Chaun with Marylin Feingold • Weekly on Sundays from January 7 to April 28 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, \$5 per session collected at the door. No class on March 3. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yang & Chen - Qigong & Tai Chi - Beginner – Advanced with Karla Groesbeck • Ongoing Tuesdays, Wednesdays & Thursdays • See Website for Times • Solo, two-person, weapons. Outside, inside & zoom. Yang Long Form 108, Chen Laojia Yilu. Various qigong sets & Zhan Zhuang. Sword, Staff, Bang, Ruler, Tuishou, and Push Hands. Free for folks 65+. Contact us for under 65. For more information contact Karla at, (734)276-3059, email info@taichilove.com, or visit taichilove.com.

Now Hiring: Ad Sales Associate

Crazy Wisdom Community Journal is looking for an Ad Sales Associate, to start in the spring of 2024. This is a great job for someone who is looking for very part-time work from home (and around town), loves Crazy Wisdom and the Crazy Wisdom Journal, and is happily interwoven into the Ann Arbor area. This could be perfect for someone who naturally makes friends and has relationships and connections from daily living here: shopping, playdates with kids or pets, taking dance or yoga classes, attending events, going out to eat, belonging to various singing, religious, reading, or athletic groups in the area—just being an active part of the community!

The job averages 6 hours per week (with an ebb and flow during our 4-month publishing cycle). Help to maintain our print/digital advertising base and build it up. Experience in sales, especially Ad Sales, would be a great plus, though the right attitude is even more important.

\$25 per hour base pay, plus solid commission fees above a certain level of ad revenue. **Room to grow the base pay** (and the commissions).

This job will start in March and will include being oriented and trained by our Ad Sales Manager, Tana Dean, and by our publisher, Bill Zirinsky. This would be a fun and satisfying job for someone who believes in what we do and would like to join our team.

Please send cover note, and resume to: billz@crazywisdom.net



Chen Tai Chi Chuan with Joe Walters • Every Tuesday, Thursday & Saturday • 4 to 5:00 p.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. For more information contact Joe at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Work and Right Livelihood

Sound & Vibrational Therapies Double Certification with Meditation School of Mindfulness • March 16, 17, 18, & 19 • Saturday through Monday 10:00 am to 6:00 p.m., Tuesday 10:00 a.m. to 4:30 p.m. • This interactive training is centered around the teaching of Sound Healing and vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing but to give you a “hands-on” experience. \$1,690. For more information, contact Brian at (954) 641-8315, email brian@meditateyou.me, or visit meditateyou.me.

Advance Care Planning Facilitator Training with Merilynne Rush • Friday, April 19 • 8:45 a.m. to 5:00 p.m. • Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. \$265 includes online study modules. For more information contact Merilynne at (734) 395-9660 or email thedyingyear@gmail.com.

Writing and Poetry

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

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesday, February 28, March 13, 27, & April 10, 24 • 7 p.m. to 9:00 p.m. • Crazy Wisdom Poetry Series hosted by Edward Morin, David Jibson, and Lissa Perrin Second and Fourth Wednesday of each month. Second Wednesdays, 7-9:00 p.m.: 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, 7-9:00 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. FREE. For more information contact Edward at (734) 668-7523, email emaileacmorso@sbcglobal.net or visit <https://cwcircle.poetry.26blog.com>.

Featured Readers:

- **February 28** - Rachel DeWoskin began her career starring in the Chinese TV serial, *Foreign Babes* in Beijing, watched by 600 million viewers. Returning to the U.S., she published five novels and, most recently, two collections of poems: *Two Menus: Poems* and the forthcoming absolute animal: poems. She teaches fiction at The University of Chicago.
- **March 27** - Ken Meisel, a Detroit-area psychotherapist whose poems dramatize personal and social conflict and recovery, is author of nine poetry collections, including *Mortal Lullabies*, *The Drunken Sweetheart at My Door* and—released just this year—*The Light Most Glad of All*. He was featured poet in the movie, *Detroit: Tough Luck Stories*.
- **March 27** - Russell Thorburn has authored five books of poems, including *Somewhere We'll Leave the World*, and *Let It Be Told in a Single Breath* due for publication in 2024. Among his awards is a National Endowment for the Arts Fellowship. His wrote the play, *Gimme Shelter*. In 2013 he was the Upper Peninsula's first Poet Laureate.
- **April 24** - Zack Rogow is author, editor, or translator of twenty books or plays. His memoir, *Hugging My Father's Ghost*, will be published in April 2024. His dad was also a writer, and in the memoir, Rogow attempts to solve the mystery of the father he never knew. Zack's ninth poetry collection is *Irreverent Litanies*.

At Work Underground - A Writing Workshop with Tarianne DeYonker • Saturday, March 9 • 1 to 4:00 p.m. • Hidden from sight under piles of snow and ice, nature continues her work during winter months. Sometimes against great challenges, plants, trees, and creatures small and large use these cold, dark winter days to rest and rejuvenate. As writers, we also need the same space and time to re-energize our writing. Why not join us for an afternoon to pay attention to the writing you're working on or create something new? Beginning and experienced writers are welcome whether in person or online. If you choose to attend online, the Zoom link will be sent to you a few days before the workshop. \$35. For more information contact the Weber Center at (517) 266-4000, email webercenter@webercenter.org, or visit webercenter.org.

Yoga

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 • Sunday, 4 to 5:30 p.m. • Tuesday, 6 to 7:30 p.m. • Saturday, 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed-level class, with variations offered for all levels. Our method blends

the science of biomechanics with an openhearted, uplifting philosophy. Myofascial release is a recent—and welcome—addition to all classes. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358.8546, email michele@yogahouseann Arbor.com, or visit yogahouseann Arbor.com.

Yoga Essentials with Michele Bond • Ongoing Tuesdays • 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, and developing a yoga practice that is safe, joyful, therapeutic, and fun! Myofascial release techniques help ease our way into the poses. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358.8546, email michele@yogahouseann Arbor.com, or visit yogahouseann Arbor.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, and enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Students return year after year to enjoy the benefits of this life-enhancing practice. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information. contact Michele at (734) 358.8546, email michele@yogahouseann Arbor.com, or visit yogahouseann Arbor.com.

Hatha Yoga with Samantha Lieberman • Weekly on Thursdays • January 4 through April 25 • 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



Check out the Michigan Friends Center Winterfest on March 3rd! See more information in thier listing on page 16 under the Fairs and Festivals header.

10% discount. Discounted packages available. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga with Jillian Diwan • Ongoing Saturdays beginning February 10 • 10 to 11:00 a.m. • This is a beginner ashtanga yoga class, offered with lots of modifications to make it accessible to everyone. Donations are welcome. Held at the First Congregational Church of Ann Arbor. For more information email Jillian at jill@jamhandsbodywork.com.

Yoga at the Depot Town Freight House with Sarah Kreiner • May 18 • 10 to 11:00 a.m. • Free Yoga at the Farmers Market / Freight House facilitated by The Mix Fitness Studios. FREE. Donations accepted to go toward the Rutherford Pool in Ypsilanti. For more information visit the-mix-studios.com.



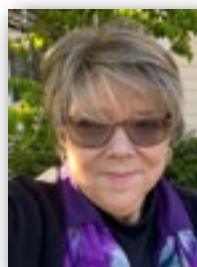
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Hallie S., Salt Lake City, Utah

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!



A little hibernation is
good for the mind.

—Michaela Chung