

May 27, 2022

Issue #87

Leo Sheng

A Local Actor's Journey
From Depot Town to Showtime

The
Crazy Wisdom

Biweekly

shining a light in the dark



The Crazy Wisdom Weekly

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THE CRAZY WISDOM COMMUNITY JOURNAL
SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE
FREE
MAY THROUGH AUGUST 2022 - ISSUE 80

The spring issue of "The Crazy Wisdom Community Journal" is here with features on local sound healers, HoneyBee U-Pick, Lessons From My Two-Year-Old, Detroit's Hidden Gems, and more!

Special Section: Healing with Sound
of Sound
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Artists use
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and Coles

AS INTERVIEW WITH ACTOR
Leo Sheng

Zen and the Art of
Community-Supported Agriculture

The spring issue of *The Crazy Wisdom Community Journal* is here with features on local sound healers, HoneyBee U-Pick, Lessons From My Two-Year-Old, Detroit's Hidden Gems, and more! Look for it around town or have it mailed directly to you.

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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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Thank you to our contributors for this issue:

Renette Dickinson
Michelle McLemore
Joshua B. Kay
Cashmere Morley
Jennifer Carson
Carol Karr
Bill Zirinsky

word of the week:
Nacreous
Consisting of or resembling mother-of-pearl;
having a play of lustrous rainbow-like colors

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 pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



By Renette Dickinson

Take a moment to imagine a beautiful rose garden. Notice your surroundings. Feel the sun warming the surface of your skin, as a gentle breeze dances by. Listen to the sounds of nature around you. The leaves on the trees sway in the breeze. Birds off in the distance. A sense of stillness within the activity of nature.

Enter this garden and cast your gaze upon the beauty of the roses. See their strong stable stems supporting their weight. Touch the petals, notice how soft and delicate they are. Take in the colors, the beauty, the marvel of it all.

Relax your focus. As you do, notice a congregation of bees floating among the roses. Hear the humming of their wings as they fly from one flower to the next. Their buzz creates a natural quivering, shaking the pollen off one flower onto another. And then, each bee will choose the perfect flower to land upon.

Look closely now, at the rose in front of you and the bees at work wiggling their way in a precise circle, so the pollen sticks to their feet and bodies as they feed from the nectar.

The true wonder of this moment goes unseen. The rose opens her petals to welcome the bee encouraging it to land within. She needs the pollen to be taken and rubbed onto another flower so she can produce rose hips full of seed.

As she opens, thousands of aromatic molecules burst into the air as a chemical messaging system that calls to the bees, inviting this harmonious exchange.

Scientists hypothesize that we respond to the essential oils so readily, not because we are connected to the plants, but rather that we are similarly evolved to the insects. This forms a massive part of the research into essential oils today.

THE LATEST STUDIES IN ESSENTIAL OILS

According to a news release on November 28, 2020, by the University of East Anglia, the use of essential oils to treat long-term smell loss, or smell distortions related to Covid-19, has shown beneficial results for some patients. Smell training consists of sniffing at least four different essential oils of a familiar scent, such as lemon, twice a day for several months.

Studies show that aromas affect emotional states, stress levels, behavior, perception, cognitive processes, and brain chemistry, in positive ways. The inhalation of certain essential oils, or combinations of oils, can increase or slow energy levels, and performance. For example, studies on peppermint essential oil demonstrate that it promotes alert mental states, and enhances the sensory pathway for visual detection. It allows individuals more control over their allocation of attention and increases recall when used at ambient levels.

Other oils, such as Roman chamomile and sweet marjoram, have been found to stimulate a part in the brain that causes the release of serotonin, helping to sedate the body and decrease stress.

Various studies of ambient Lavender essential oil use led to better waking moods and increased sleep within psychogeriatric patients under long-term treatment for insomnia.

THE PSYCHOLOGICAL EFFECTS OF ESSENTIAL OILS

Not only do essential oils influence us physically, mentally, and emotionally, they also influence us on a psychological level as well.

The amygdala is part of the limbic system and is associated with fear responses and with pleasure. An abnormal functioning of the amygdala corresponds with phobias, posttraumatic stress disorder, anxiety, depression, and autism. The hypervigilance of an overactive amygdala can be soothed with the use of essential oils.

Non-clinical depression is considered an adjustment condition, a normal reaction to painful events, rather than a true depressive state. Essential oils with antidepressant effects can counter symptoms of non-clinical depression, such as low moods, mental and emotional fatigue, episodes of sadness, or apathy caused by distressing situations.

[READ THE REST OF THE
ARTICLE ONLINE!](#)

Out of the Maze and Deeper Into the Path



By Michelle McLemore

I just happened to see the white word “labyrinth” against the bright blue sign on the way to a doctor’s appointment. It stood out against the gray of the trees in the still beleaguered shades of Michigan in March. Note to self—a labyrinth on my literal path. I knew what I was going to do when I finished my appointment.

Ironically, I was headed to an appointment to find answers. I had tried Googling but got nowhere. I was embarrassed to need assistance, felt vulnerable, almost talked myself out of the appointment. And yet, there I was in the car, big girl panties pulled up, working on the deep breathing, and dabbing at the occasional nervous tears when they arose. The appointment went fine—anticlimactic really. Still, I would soon find parallels in the morning’s emotional path and my next literal and spiritual walk.

I watched for the blue sign again and turned into the drive for Saint Barnabas Episcopal Church. A penned potential community vegetable garden was out front, children’s play area in back, and gardens waiting to blossom around the perimeter. A man was busy in back transferring mulch from a great mound to various garden spots on the property. He didn’t seem bothered by my presence, so I simply called out a greeting and proceeded to the garden paths.

I was intrigued to see so many signs denoting various plants, shrub, and tree varieties. (The gardener, Allan Jensen, one of the parishioner volunteers, excitedly told me their gardens were home to roughly 200 native species. Momentarily bypassing the cement sidewalk to the point of the visit, I wandered freshly mulched paths to see various bird feeders and eclectic art pieces, absorbing the flowing walkways. (Curves always seem gentler on one’s tired spirit and magpie mind than sharp angles and constricting straight lines.) It seemed everything flowed gently among these light woods. Then, the path I was on veered toward the stone labyrinth.

Modeled after the pattern used in the 12th century Chartres Cathedral in France, this labyrinth is 40 feet in diameter, an 11 circuit with the path three pavers wide outlined in red block. I stood at the entrance noting the quiet hum of vehicles going by on Old US Highway 12 countered by birds softly chirping nearby. I felt a moment of being overwhelmed by the immensity of the pattern. Was there a right way to enter? Was there a penalty if I quit early or broke the path? (I had foregone reading the lovely pamphlet provided at the entrance to the labyrinth.) I took a breath and began.

Within a few short moments, I realized I had to slow down. The frequent turns required a different approach to avoid dizziness. A flush of anxiety reared, had I messed up my steps and got off on the wrong path already? I kept walking and the path led me to a different section of the larger picture. Then a new panic—I wasn’t even halfway (to the center/goal), and it dawned on me, I couldn’t predict how long the walk would take. It was a weightier commitment than I had known when I casually decided to engage. The air was growing colder, and the indifferent wind was rising. (In hindsight I don’t know why I didn’t stand and trace the path with my eyes. It seemed impossible but to walk, breathe, and focus on my steps.) I noted spongy moss growing between the rocks, seemingly perfect and offering gentle healing support to temper the stone walk.

I was amused that just as I thought I was getting closer to the center, another turn would surprise me. My thoughts had moved away from the morning’s panic and doubt about the right way to proceed and were replaced by more even breathing and observing. Then, my mind asked, “Is there something I’m supposed to be doing with my free time? Am I supposed to keep serving others? (I’d retired from teaching January 2020 and was holding a few parttime jobs.) BAM. The center was suddenly right in front of my toes!

I hesitated. I took a breath, stepped in (my inner child imagined jumping in) to the center of the six-petal design. My eyes began scanning the central design. Then, before I could take another

breath, my cell phone rang. I looked at it, sighing, not recognizing the number. After a scant second contemplating not answering, I said, "Hello?"

"Michelle? This is Carla. Is there any way you'd make a dish for a funeral this Saturday?"

Did I mention I don't believe in coincidences or chance?

I chuckled, assented, and hung up. I turned and began winding my way out. Along the walk more wisdom came through: *You can have fun and serve.* Yet...visions of dour martyrs and innocents suffering intolerable "chance" injustice rose to mind. Do we have to suffer and be miserable in our service? *No. We have choice.* Maybe not choice in all of life's circumstances, but choice in our reactions.

Is it easier to choose misery? Well, I know it's easier to choose not to exercise, my smart-aleck side mused. Then, what does it mean to choose joy? This answer was direct and objective: *to make conscious decisions and know you don't owe anything to anyone else—you don't have to live to please others.* BAM. Living in kindness is not the same thing as living to please others. I was back to the start. Following the path back to the entrance seemed shockingly shorter. One step and I'd be out of the labyrinth. I don't have to please others in words or deed and yet I should continue practicing unconditional kindness? Had I confused the two ideas somewhere along the way? Others may choose peace or to be offended—but that is *their* choice on *their* walk. My quest is to be watchful and charitable for when people need assistance...not to please them nor to pacify them. Not to help when they want someone to do the work for them, but when they need help or support.

I took a breath and stepped back into this world. Then I read the lovely informative pamphlet: "In surrendering to the winding path, the soul finds healing and wholeness."

This labyrinth was a collaboration by Baptized for Life, a discipleship initiative, and the small but dedicated congregation of St. Barnabas. Thirty parishioners committed to an approximate \$50,000 project as a leap of faith to support spirituality for anyone of any creed. Visit Stbarnabaschelsea.org to learn more or contact Kathy O'Connel at 734-358-0345 or klo6134@hotmail.com.



Crazy Wisdom Poetry Series

Hosted by Edward Morin,
David Jibson, and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.

Second Wednesdays, 7-9 p.m.:
Poetry Workshop. All writers welcome to share
and discuss their poetry and short fiction.
Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 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.

Featured readers

May 25 – Miles David Moore is film reviewer for the online arts magazine *Scene4* and author of three books of poetry: *The Bears of Paris*, *Rollercoaster*, and the recent *Man on Terrace with Wine*. From 1994 to 2017 he organized and hosted the IOTA poetry reading series in Arlington, Va., where he lives.



May 25 – Jo McDougall, Poet Laureate of Arkansas from 2018-2021, is the author of seven books of poetry and a memoir, *Daddy's Money*. She was awarded the Porter Prize Lifetime Achievement award in literature. Her latest collections of poems are *In the Home of the Famous Dead* and *The Undiscovered Room*. She lives in Little Rock.



June 22 – Shutta Crum has poems published in *Typehouse*, 3rd Wednesday, *Blue Unicorn*, *Acumen*, and a chapbook, *When You Get Here*, which won a gold Royal Palm Literary Award. Her newest book is *The Way to the River*. Of her many books for young readers, *Thunder-Boomer!* was chosen by *Smithsonian Magazine* and *American Library Association* as a notable book.



June 22 – Mike Maggio, poet and fiction writer from the DC Area, has had work published in *Potomac Review*, *Pleiades*, and *L.A. Weekly*. His newest of several books of poems is *Let's Call It Paradise*. His recent novel is *In the Valley of Granite and Steel*, and *Letters from Inside* is a collection of his stories.



July 27 – Jim Daniels' most recent of 30 poetry collections is *Gun/Shy*. Other recent books include *The Perp Walk* (fiction) and *RESPECT: The Poetry of Detroit Music* (2020), co-edited with M. L. Liebler. A native of Detroit, he lives in Pittsburgh and teaches in the Alma College low-residency MFA program.

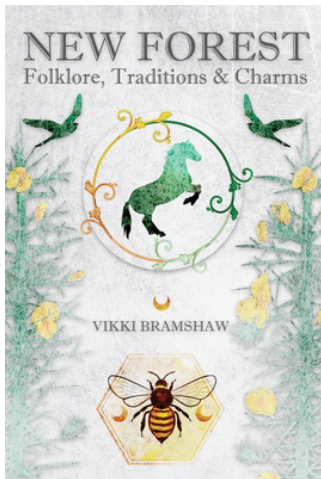


A workshop is scheduled for the second week in August,
but there is no featured poetry reading in August.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
<https://cwcircle.poetry.blog/>

Crazy Wisdom Book Picks of the Week

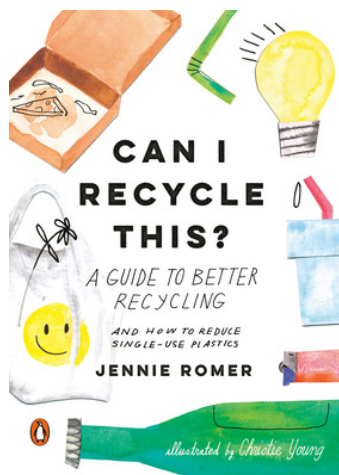


Britain's New Forest covers over 200 square miles of the Hampshire Basin in Southern England. Protected since Norman times, and used as a home and hunting ground since time immemorial, it is a remarkable landscape, made up of rolling hillsides and vast swathes of open moorland and ancient woodlands, sunken valleys and epic ridgeways. It was a melting pot and home for many of those who created the modern esoteric movement. But what drew them there? What local traditions, lore and people may have influenced them? What was the landscape they lived and worked in?

The New Forest is one of the few remaining parts of the British Isles where the community remains connected to the landscape they live in. *New Forest Folklore, Traditions & Charms* highlights the relevance of this, especially in terms of the deep connection between earth spirituality and the reality of rural living, in the resulting traditions and their underlying lore and superstition that have remained largely unchanged since at least the 11th century.

Starting with its prehistoric and geological origins, author and forest resident Vikki Bramshaw details the process of its 'afforestation', starting in Norman times, and the subsequent and complex development of traditions of commoning, the laws prescribing the rights of the forest residents and their animals - rights which often clashed with the desires of the King to use the Forest at his pleasure for a Royal hunting ground. From this sprang up many of the traditions of the Forest - the beating of the bounds, the building of the One-Night House, the Romani Gypsy camps, and the darker tradition of hanging transgressors of Forest Law on gallows trees.

[Purchase your copy of *New Forest* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



The first illustrated guidebook that answers the age-old question: Can I Recycle This?

Since the dawn of the recycling system, men and women the world over have stood by their bins, holding an everyday object, wondering, "can I recycle this?" This simple question reaches into our concern for the environment, the care we take to keep our homes and our communities clean, and how we interact with our local government. Recycling rules seem to differ in every municipality, with exceptions and caveats at every turn, leaving the average American scratching her head at the simple act of throwing something away. Taking readers on a quick but informative tour of how recycling actually works (setting aside the propaganda we were all taught as kids), *Can I Recycle This* gives straightforward answers to whether dozens of common household objects can or cannot be recycled, as well as the information you need to make that decision for anything else you encounter.

Jennie Romer has been working for years to help cities and states across America better deal with the waste we produce, helping draft meaningful legislation to help communities better process their waste and produce less of it in the first place. She has distilled her years of experience into this non-judgmental, easy-to-use guide that will change the way you think about what you throw away and how you do it.

[Purchase your copy of *Can I Recycle This?* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



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Tuesday-6:30pm

Thursday-5:30pm

Saturday-10:45am

For further class information:
www.soulfulmovement.com



Nia presents itself in me and through me in a unique way. I hear, see, sense and feel Nia in a way that nobody else does. So I have a unique way to present Nia. I know with every fiber of my being that there are people that need to know about Nia through me. —Teresa Myers



From Our Archives



By Joshua B. Kay

"We stood silently at the edge of the great expanse, hushed by the grass as it bowed and twisted."

I learned firsthand that grasslands can dance when I was sixteen or seventeen. Sure, I had heard as much, and probably had read it, too. Yet growing up in Southern California, such things seemed mysterious and distant, evocative of vast plains and wagon trains. I was hiking with Lee in the Santa Monica Mountains near Los Angeles. We had puffed our way up the Chumash Trail, a dusty climb without switchbacks from the sea into the coastal hills. A We are in the midst of a quiet revolution, creeping from the secret places of our souls into the light of daily life: the desire to create, to build, to invent, to explore the world using our hands and our senses, and to do it in community. While sprouting everywhere, in Ann Arbor this "Maker Revolution" has the possibility to grow in bigger ways. After pausing at the top amongst the prickly pear and yucca to admire the blue-green Pacific, we set off inland across rolling terrain. I remember cresting a hill some time later and being met with an undulating spread of grass that appeared endless. The grass shimmered and roiled in the breeze, alternating green and flashy silver in the high sunlight. The air was filled with a rasping, steady "shhhhhh" that was both lulling and invigorating. The grass appeared to be a single, churning unit. We stood silently at the edge of the great expanse, hushed by the grass as it bowed and twisted.

When we were ready, we plunged ahead, following a narrow trail. There were no signs of civilization, and the route was not marked despite numerous junctions. Still, we had a book, *Hiking Trails of the Santa Monica Mountains* by Milt McAuley, and we tried as hard as we could to follow its instructions exactly. At every intersection, we checked the book, turning this way and that, taking our direction from the sun, trying to gain our bearings. Eventually, reddish sandstone outcroppings loomed nearby, their rust color especially striking against the deep blue sky. The magnificent grasslands gave way to scrub.

It was a long time before Lee and I realized that something wasn't right. We had taken a wrong turn at some point, maybe in the grasslands, maybe amongst the rocks. There was no telling now. We paused, shook the book, and cried out to the heavens as we often had before, "Damn you, Milt McAuley!" Then, as usual, we cracked up. Truly, it was a delicious feeling to be a little bit lost together in nature, so different from the traffic and buildings and ready landmarks of the city.

Lee and I met in seventh grade. He was quiet and shy, but we connected somehow. I remember that it was in his sharp, clear eyes that I would see the first sign of whatever was coming next, a smile or laugh or insight, and seeing the initial spark, I would wait for whatever was in store. Lee's ideas were worth waiting for. He was careful with his words. Each one counted.

Lee was the most well read peer I had ever met. His parents had converted a bedroom of their house into a library, and sometimes I thought that he must have read every one of their thousands of books. He was well versed in cinema, too. His family had a VCR and cable TV long before mine did, and bulky tapes full of screen gems lined several shelves in their small den. That's where Lee introduced me to Monty Python's *Flying Circus* and classic movies and horror films. He understood storytelling, whether written or visual, and we would talk late into the night about what we had watched and whether and why it had worked. His appreciation fostered my own.

We shared a love of the outdoors, especially hiking. As middle-schoolers, we regularly walked the arid hills above his house. Later, when we got our drivers' licenses and could set up car shuttles, our local scrambles matured into frequent treks farther afield, especially in the Santa Monica Mountains. It was not unusual for us to ramble ten miles or more. My memories of those hikes are among my most cherished — cacti in frenzied bloom, worn sandstone cliffs, a rock wall littered with fossils that we stumbled upon when happily lost ("Damn you, Milt McAuley!").

My parents had divorced two years before I met Lee, and as high school wore on, I struggled with anger and anxiety. Lee, in contrast, seemed unflappable, calm, even serene. He had two parents and no siblings at home, a home where he and I became like brothers. I think, looking back, that I grew jealous of his intact family and apparent inner peace. And so, like a brother, I occasionally took my feelings out on him. I wanted to see if he, too, could get angry. The answer was yes, but it took a lot of effort on my part, and it meant that sometimes I was a total jerk. Mostly, though, he responded gently, and through it all, he stood by me. I recognize now that Lee was wiser than his years. He did not allow my troubles to define me in his eyes, and he was patient and forgiving. Perhaps I was worth waiting for, too.

Neither of us is a particularly good correspondent. When we attended different colleges across the country, months sometimes passed with little contact. But during school breaks, we would pick up right where we had left off. That ease of connection, while wonderful, probably contributed to both of

us feeling too comfortable with the lack of contact during the school year. Why worry when we could reconnect effortlessly?

After college, I moved to Michigan to attend graduate school. Lee headed back to California and promptly moved to San Francisco. We saw each other from time to time and spoke sporadically, but our bond remained solid. For me, our friendship was a steady reminder that there was someone out there, besides family, who knew me nearly as well as I knew myself.

It was during a period of sporadic contact that Lee met Rebecca. She was joyfully exuberant; he remained quiet and deliberative, yet their connection was undeniable. She fell hard for him, and while he took longer to commit than she liked, after several years they got married. I was Lee's best man. During their courtship, I gradually came not just to like, but to love Rebecca. Her devotion to Lee was clear, and she embraced his friends, including me. Her generosity was remarkable, and she enjoyed nothing more than welcoming and sharing with others. She brought Lee a degree of happiness that I had never seen in him. They both had an artist's eye and enjoyed creating beautiful homes together. Rebecca became an award-winning nature photographer, and they traveled all over the world. One of my great pleasures was to get them both on the phone to be regaled with tales of adventures to places like Antarctica, Midway Atoll, and Ethiopia. Through their stories, and through Rebecca's photographs, I, too, got to travel.

One evening nearly three years ago, I was in my kitchen when the phone rang. The caller ID displayed Lee and Rebecca's number. It had been some time since we'd last talked. Slouching happily against the counter, I answered, "Well, hello there!"

They were both on the other end, which wasn't unusual. But when they replied, I heard a careful neutrality in their voices. After their hellos, Lee fell quiet, and Rebecca asked, "Are you sitting down?"

"No," I said slowly. I didn't sit down. "What is it?"

Rebecca told me in a matter-of-fact tone that she had colon cancer, and that it had metastasized all over her abdomen. The doctor said that she had two years. I couldn't believe what I was hearing. All of us were in our early forties.

"There's no treatment?" I asked feebly.

Rebecca's voice softened as she said, "The two years is with treatment." She sounded sad, almost apologetic. Standing in the dark kitchen, I started to say how sorry I was, and then my voice broke. Rebecca and Lee consoled me, and when I confessed my shame about their having to do that, they reassured me that they had had some days to reckon with the news.

I flew west for visits several times over the course of Rebecca's illness. One of those visits happened around twenty months after that first phone call. A couple of days into the trip, Lee and I stayed up into the wee hours drinking fine Scotch that Rebecca had given him to share. She didn't have a lot of time left, and the conversation was direct yet surreal. I'd never thought that a friend and I would talk so soon about the impending death of a spouse. I was particularly struck by the myriad hard decisions that Lee told me they had made during her illness, decisions

about complex treatments and risky clinical trials and how to honor her after her death. Overcome by a wish to undo all of it, to spare my friends their pain, I shook my head, stared into my Scotch, and said, "We're not twelve anymore, are we?"

Lee barked out a single, harsh laugh. "No," he said. "No, we're not."

When I visited again nearly three months later, Rebecca was in the hospital. Cancer riddled her lungs. A wracking, gagging cough sometimes gripped her, some spells so bad that she required medication to recover from them. Other times, she rested easy, and she measured her words so as not to lose her breath. When Lee stepped out of the room now and then, Rebecca, concerned more for him than for herself, would ask quickly, "How is he?" In a way, I also was worried more for him than for her. She faced death with remarkable grace. He faced grief and long loneliness.

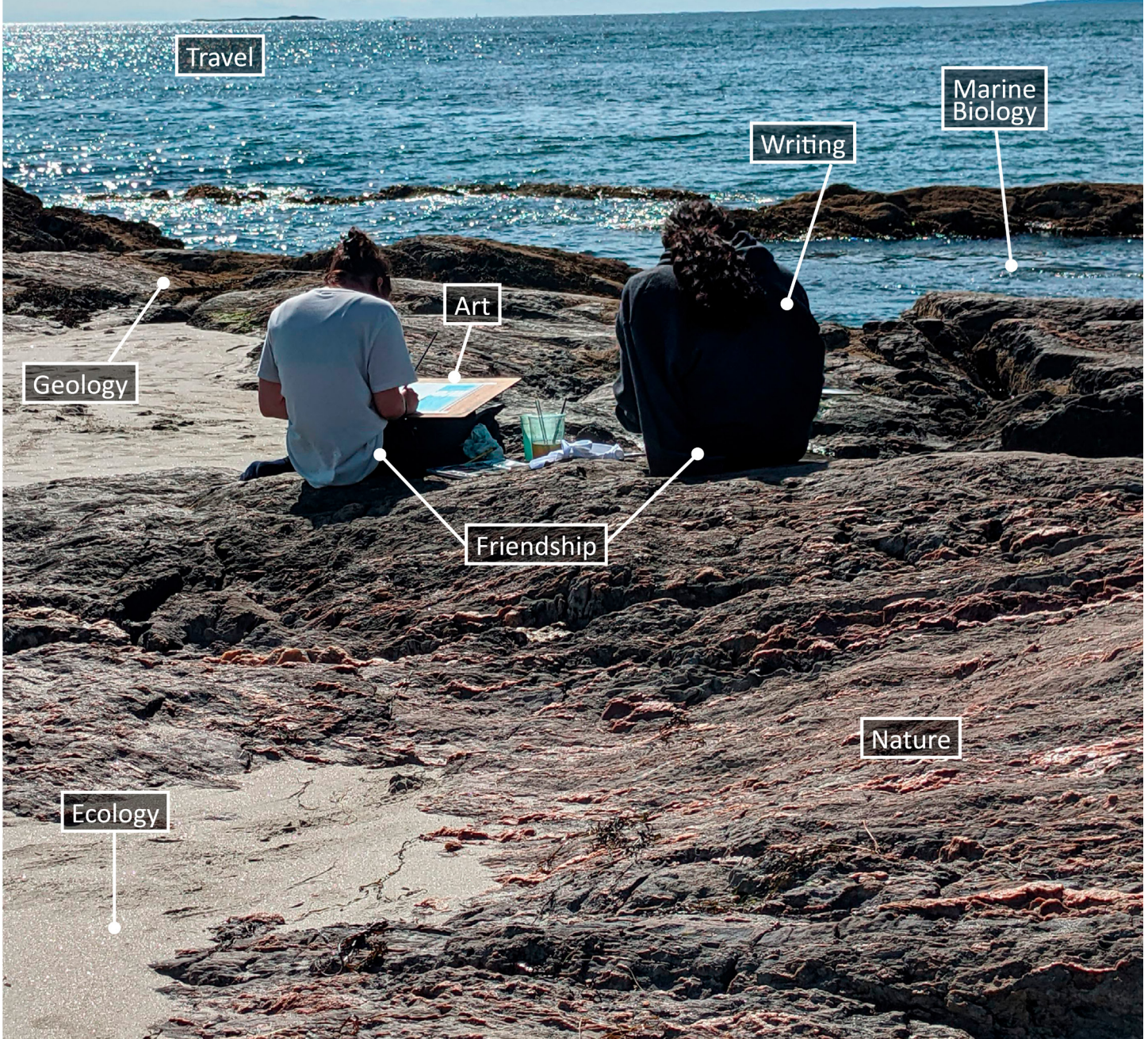
During a phone conversation a few weeks later, I could hear the hiss of oxygen in the background, but I'd caught Rebecca on a good day. She said she had more energy than usual, and her pain was under control. I noticed that her voice was strong, though she still had to measure her words. I asked where she was. "Propped up in bed," she replied cheerfully, and I pictured her in their bedroom with its creamy plaster walls and restored wood trim aglow, the sunlight through the French doors complementing her red hair and fair, pink cheeks. She was surrounded by some of her favorite photos, including one of a fluffy albatross chick on Midway Atoll and others of penguins and polar bears. Several days later, I spoke to Lee. He said that she was doing better, and they were hopeful that they could get her downstairs. I thought that maybe she could even get outside to the garden they had designed, the one that smells of sage and flowers and lemons.

But then Rebecca's condition declined rapidly, and she was admitted to the palliative care unit of the hospital. Lee sent a short email that the end was drawing near, and he would be by her side and unavailable by phone. And so I waited. Sometimes, I looked at the pictures on her website, finding comfort by immersing myself in her beautiful vision. For the most part, though, the last days of her life were marked by a dreadful, expectant silence, as if I were awaiting a terrible noise that I knew would come but could not know when.

In the end, despite the length of her illness, Rebecca's death felt sudden. Perhaps it was the swiftness of her decline after the hopeful signs that she'd shown so recently. Or maybe it always feels this way to lose someone close, because the end is a sharp, singular moment.

My sadness for Lee is like a sickness that has burrowed deep into my bones. My brilliant, quiet friend, with whom I've shared so much, and from whom I've learned so much, found an unlikely soul mate. And now he has lost her. His eyes, expressive as always, are filled with sorrow. Seeing that triggers in me a yearning to turn back time. Despite all of the joys in my adult life, there is a part of me that wishes that Lee and I were in high school again, unknowing of this pain, learning firsthand that grasslands can dance.

Education From Every Perspective



Annual Trip to Hermit Island, Maine



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The Crazy Wisdom Calendar

Biweekly



A Course in Miracles

A Course in Miracles Study Group with Rev. David Bell • Mondays through August 29 • 6:45 - 9:30 p.m. • Exploration of A Course in Miracles. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

A Course in Miracles Study Group with Randall Counts • Thursdays through August 25 • 12 - 1:30 p.m. • Exploration of A Course in Miracles. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Animals and Pets

Basic Animal Communication with Judy Liu Ramsey • May 14 & 15 • 9 a.m. – 5 p.m. • Learn to communicate with animals the way animals talk with each other—using telepathic and intuitive skills. We were all born with these abilities. Join us for this eye-opening class and learn from the animals themselves. \$160 per person or household. Contact Judy Ramsey at info@judyr Ramsey.net;

Art and Craft

Art in the Time of Covid with Eight Artists • May 1 - August 28 • Daily 9 a.m. - 6 p.m. • During the early months of the Covid-19 pandemic, eight women gathered on Zoom monthly to share their creative work; they found meaning in what was going on and gave expression to those thoughts, feelings, and observations. Artworks include drawing, painting, quilting, journaling, graphic arts, collage, photography, and video production. Free. Contact webercenter.org.

Art & Design, 101, Virtual Zoom class with Nancy Wolfe • 8 Tuesdays, June 7 - July 26 • 10 a.m. - 12 p.m. • Drawing and collage for beginners and to those who want to return to experience the pleasure of making art. \$140. Contact nancy@nancywolfe.com or 734-358-5857.

The Ghana Experience with Judith Bemis • June 10-12 • 4 – 8 p.m., June 11, 3 – 6 p.m., June 12: 2 – 5 p.m. • The Ghana Experience featuring paintings from the artist's travels to Ghana, including two new works created for this exhibit. Free. Contact Rob Meyer-Kukan at 248-962-5475 or rob@robmeyerkukan.com; 7notesnaturalhealth.com.

Westside Art Hop • June 11 • 10 a.m. • Artists supporting artists on Ann Arbor's Westside by holding a twice-yearly art walk rooted in the local community. We present high quality art and hand-made crafts for sale to the public in a festive atmosphere. Several venues: see website for maps & details. Bring your family and friends, or come solo. On-street parking or at local schools. Free! For more information visit: <http://WestsideArtHop.com/> or WestsideArtHop@gmail.com or email: westsidearthop@gmail.com

Bodywork and Bodymind Therapies

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg • Fridays, June 10, 17, 24 or July 8, 15, 22 or August 5, 12, 19 • 10:30 a.m. - 2:30 p.m. • Repattern client's limiting behaviors, assist client in expressing low-vibrational emotions, institute new behaviors via Tree of Life. \$777 (pick any group of three dates above) + materials fee. Contact Karen at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Book Discussion Groups

7 Notes Book Club with Rob Meyer-Kukan • First Thursdays • June 2, July 7, August 4 • 7 - 8:30 p.m. • The purpose is to meet with like-minded people to read books about holistic practices, health, meditation, and spirituality. All participants will be given equal voice and have ample opportunity to contribute to the discussion. Register at forms.gle/GMPWUUFpHnqFW3R2A. Donations accepted. Contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com; 7notesnaturalhealth.com.

Jewel Heart Readers with Jewel Heart Instructors • Mondays • June 13, and August 15 • 7 - 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free; donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register. Breathwork

Transformational Breath® Experiential Workshops with Julie Wolcott and Marcia Bailey • Saturdays, May 21, July 9, and July 30, 11 a.m. - 1 p.m.; Monday May 16, Wednesday May 25, Thursday June 2, Tuesday June 7, and Friday June 17, 7 - 9 p.m. • Learn the benefits of the Transformational Breath process, set intention, and experience a full session. \$30 per review; \$40 first time. Contact Julie at 734-355-1671, jlwolcott@gmail.com or Marcia at 734-395-4799, m Baileytm@gmail.com; BreatheAnnArbor.com.

DARRYL BARKING DOG BROWN

Artist | Activist | Healer | Teacher



At age nineteen, Darryl was given the name Medidegwe Anamosh, or Barking Dog, when he became a powerful voice for the American Indian Movement (AIM). Darryl led the 1994 Walk for Justice, a peaceful March from California to Washington DC initiated by First Nations Justice. Darryl is the former chairman of the Mackinac Band of Chippewa and Ottawa Indians (Anishinabe) as well as the coordinator of the annual Rendezvous at the Straits Powwow in St. Ignace, Michigan. Barking Dog is a spiritual leader in his community and an award-winning painter. In 2019, Michigan Governor Gretchen Whitmer appointed Darryl Brown to the board of the Michigan Council for Arts and Cultural Affairs, where he is currently serving a 3-year term.

Check Darryl's website and follow him on Twitter for upcoming community art workshops and public talks and to purchase art



darrylbrownart.org darrylbrownart@gmail.com [@darrylbrownart](https://twitter.com/darrylbrownart)

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Weekly first Sundays • May 1 - August 28. • 11 a.m. to 1:15 p.m. • A variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free but donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Nagarjuna's Precious Garland of Advice to a King with Demo Rinpoche • Weekly Thursdays • June 2- July 7 • 7 - 8 p.m. • How to gain happiness, individually and as a society, now and in future lives, and attaining enlightenment through practical ethics, great compassion, and the wisdom of emptiness. A continuation of 2021 Precious Garland teachings. \$70 members / \$90 Non-Members. Negotiable. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

The Logic of Tantra with His Eminence Dargyab Kyabgon Rinpoche • Saturday, June 4 • 9 - 10:30 am • Buddhist Tantra is the realization of emptiness and the pursuit of the welfare of all beings. The tools of tantra include mantra, mudra, and meditation. It encompasses symbolism as well as the deepest levels of meditation and philosophy. Suggested \$55

members/\$75 Non-members. Pay what you can. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Kindness, Clarity & Insight: An Introduction to Buddhist Practice with Guy Newland • Saturday, June 18 • 9 a.m. - 2 p.m. • In Thailand, Tibet, Taiwan, and throughout the world, Buddhist practice means training the mind in ethics, concentration, and wisdom. We will use this framework to introduce Buddhist teachings as a guide to a calmer, more caring way of life. Suggested \$80 members/\$100 Non-members. Pay what you can. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs.

Tong Len: Courageous Compassion (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, June 25 • 9 - 1 p.m. • Turning ego's addiction to self-gratification upside down, the practice of giving happiness to others and taking on their suffering transforms our very being. Learn methods to expand the spiritual vision and practices for enlightenment. Suggested \$25 members / \$30 Non-members. Pay what you can. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Ceremonies, Celebrations, and Rituals

Buddha's Birthday with Haju Linda Lundquist • Sunday, May 15 • 9:30 am • Traditional Buddha's birthday service with special chanting, bathing of the baby buddha, and Children's Celebratory Service, special lantern lighting and chanting service. \$Donation. Contact 734-761-6520 or annarborzentemple@gmail.com.

Full Moon Reiki Bonfire Ceremony with Alicia Clark-Teper & Jennifer Kirk • May 15, June 14, July 13, August 11, September 9 • Arrival 6:30 p.m., ceremony is 7 - 10 p.m. • Journey thru the Full Moon, astrological energy, gentle yin yoga, and a Reiki meditation followed by a bonfire, drumming and s'mores. \$33 each or 2/\$50 bring a friend. Contact Alicia Clark-Teper at 734-945-5396 or sacredlotusexperience@yahoo.com; sacredlotusexperience.com.

Liberation of Life Ceremony with Haju Linda Lundquist • Sunday, June 19 • 10 - 11:10 a.m. • In keeping with the Buddhist Precept "Do not harm, but cherish all life," the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. Donation. Contact 734-761-6520 or annarborzentemple@gmail.com.

Summer Solstice with Esther Kennedy, OP • Sunday, June 19 • 3:30 - 4:30 p.m. • Solstice is a time of love and abundance as Earth pours herself out in bud, bloom, and birthing time for her creatures. She is our mother. We must wake up and protect her fragile life systems. We will save only what we love. Come with a poem, or a song, a treat to share and an open heart. Donations appreciated. Contact webercenter.org.

Channeling

Remembering Wholeness - Darshan with The Mother, channeled by Barbara Brodsky • Monthly Sundays: May 15, June 12 • 2 - 5 p.m. • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. In Remembering Wholeness as we continue, I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation: \$10-\$30 individual; \$90-\$180 winter/spring. Contact om@deepspring.org.

Evenings with Aaron, channeled by Barbara Brodsky • Monthly Tuesdays: May 17 • 7 - 9 p.m. • Unlike the previous years' Aaron evenings, where I often simply spoke about a timely topic, my focus this year will be weaving the themes of The Eden Project together. All are welcome. You need not be in The Eden Project classes to find value in these talks. Suggested donation - \$10-\$30 per session; \$90-\$180 for winter/spring. Contact om@deepspring.org.

Children and Young Adults

Children and Young Adults

Youthful Spirits class with Interfaith Center for Spiritual Growth • Sundays, May 1 - August 28 • 1 – 2 p.m. • Spiritual classes for young people. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Music & Motion KinderConcerts with The Ann Arbor Symphony • May 13, 14, 16 • 10 - 10:30 a.m. & 11:00 a.m. • Designed for up to six years old. Celebrate spring & enjoy the music. Families invited to keep a beat, play follow the leader, listen, dance with flowers & scarves, waltz, dance together, listen to a story book, rock to a lullaby while sharing laughter, and hugs. Free. Contact Ann Arbor Symphony at 734.994.4801 or a2so.com for locations.

Music & Motion KinderConcerts with The Ann Arbor Symphony • June 18, 23, 24, 27 • 10 - 10:30 a.m. & 11 - 11:30 a.m. • Designed for up to six years old. Celebrate spring & enjoy the music. Families invited to keep a beat, play follow the leader, listen, dance with flowers & scarves, waltz, dance together, listen to a story book, rock to a lullaby while sharing laughter, and hugs. Free. Contact Ann Arbor Symphony at 734.994.4801 or a2so.com for locations.

Dance and Movement

World class classical guitarists with Sean Blackman and John Arnold • Saturday, April 30 • 7 - 9 p.m. • World renown musicians playing heartfelt classical guitar and original compositions. \$25 online, \$30 at door. Contact lighthousecenterinc.org.

Death and Dying

Death Cafe with Interfaith Center for Spiritual Growth & Rev Annie Kopko • First Tuesdays monthly: May 3, June 7, July 5, August 2 • 6:30 p.m. – 8 p.m. • An exploration of death and dying. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Ann Arbor Death Cafe (Virtual) with Marilynne Ruish • Third Saturdays monthly: May 21, June 18, July 16, August 20 • 10:30 a.m. - 12 p.m. • All are welcome! Join us for a frank discussion on death, dying, and life. Free. Contact The DyingYear@gmail.com; DeathCafe.com.

Energy and Healing

Universal Sphere® Intro and Upcoming Classes with Shellie Powers (On-line optional) • Mondays, May 2 - August 29 • 10:30 a.m. - 11 a.m. • Learn about the Universal Sphere, a next-generation modality here to accelerate the connection with your "Highest Potential." The Universal Sphere can stand alone or compliment another modality. In-person and online. Free. Contact Shellie at info@thepowersof.com or 734-926-8423; thepowersof.com.

Qigong/Self-Care Energy Work Basics with Master Wasantha Young • Thursdays, May 5 - August 4 • 11:15 a.m. - 12:15 p.m. • The Qigong, self-care techniques you will learn in this class include energy cleanse, meditation, muscle relaxing acu-points, and cultivation of chi that will revitalize your sense of well-being. Best of all, you develop a toolbox of strategies for self-care! \$180. Contact 734-741-0695 or info@peacefuldragonschool.com; peacefuldragonschool.com.

Heightening Your Vibration: Alchemy (2 day class) with Karen Greenberg • May 15, 22 • 1:30 - 6 p.m. • Change your vibration from low to a higher vibration, and sustain it using tools including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, and Masters of Light. \$200. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Healing & Ascension Monthlies with Eve Wilson UCM Master Healer, World Ascension Worker • Thursdays, monthly: May 26, June 23, July 21, August 18, September 15 • 7:30-9:30 p.m. • Healing, ascension work, and spiritual support for life. Help our world to transform smoothly. Learn to live in unity with Higher Self in the new world experience. Recorded. \$50 per class, sliding scale possible. Enrolling until May 26. Contact Eve at evev@spiritualhealers.com or 734-780-7635; spiritualhealers.com.

Universal Sphere® Practitioner Certification Training with Shellie Powers • June 12 • 10 a.m. to 6 p.m. 12, OR Saturday, July 30, 9 a.m. - 5:30 p.m. • Learn to work with multi-dimensional frequencies to enhance your human life. Easy to learn, quick to apply with powerful results, this is a next-generation modality to accelerate the connection with your "Highest Potential." Transcend 3D drama and challenges. Designed for energy practitioners ready to expand their practice. \$397. Contact Shellie Powers at 734-926-8423 or info@thepowersof.com; thepowersof.com.

The Crazy Wisdom ^{Biweekly} Calendar

Exhibitions

FUN (working title) at the University of Michigan Museum of Art • Begins May 14 • 11 a.m. Unlike any art museum exhibition you've seen, "FUN (working title)" will transform before your very eyes as it becomes what you — our community, our students, and our visitors — make of it. Over the course of this exhibition, UMMA's glass-walled Stenn gallery will become a creation space. Piles of materials and supplies will form the backdrop of a collaborative, summer-long free artists' workshop. A place to create, experiment, glue, paint, and get messy.

You're invited to roll up your sleeves and have fun alongside local artist Mark Tucker and his U-M students to help create this colorful, kinetic, and altogether FUN art installation. Inspired by objects in UMMA's collection, you'll create giant movable and interactive sculptures that will take on a life of their own. For more information email umma-news@umich.edu or visit umma.umich.edu/exhibitions/2022/fun-working-title

Health and Wellness

10th Annual Drum and Dance Jam with Curtis G. • First Saturday monthly • 7:30 p.m. • 18 and over welcome. No experience necessary. Bring a drum of your own, or use one provided at the Interfaith Center for Spiritual Growth. \$5 Sliding donation at door. Contact interfaithspirit.org.

Holistic Health

Help Yourself with Self Hypnosis with Conrad Joseph Welsing, Jr. • June 6, 13 and 20 • 6 p.m. • Do you want to understand more about the science behind hypnosis and learn the techniques to engage the mind, body, and emotion? You will learn about research from academic sources as well as popular practitioners to support your practice. \$59. Contact Washtenaw Community College at 734-677-5060 or to register online: wccnet.edu/noncredit.

Intuitive and Psychic Development

Focused Mind Meditation with John Friedlander • First Sundays monthly: June 5, July 3, August 7 • 9 a.m. – 12 p.m.
• Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing

ability, as well as a whole new level of mental clarity and spiritual openness. \$15. Contact Violeta Viviano at 734-476-1513 or mvaviviano@gmail.com; psychicpsychology.org.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • First Tuesdays monthly: June 7, July 5, August 2 • 7-8 p.m. • For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. Contact Violeta Viviano at 734-476-1513 or mvaviviano@gmail.com; psychicpsychology.org.

Massage

Bamboo Fusion with Stacey Vipond • Saturday-Sunday, May 14 - 15 • 9 a.m. – 5 p.m. • Use gently-heated bamboo tools for kneading tight muscles and rolling out muscle tension. Bamboo-Fusion is an innovative way to provide Swedish or deep tissue full body massage on the table while reducing the stress on your hands. You will learn a new way to give effleurage and petrissage with warm bamboo of different shapes and sizes in the hand. \$450. Contact lakewoodschool.edu.

Fascial Therapy with Beth Ashcraft • Saturday – Sunday, May 21 & 22 • 9 a.m. – 5 p.m. • This therapy stretches the fascia and can be used anywhere there are fascial restrictions. The goal of this work is to reduce restrictions, so the tissues and joints to move better, and there are fewer structural dysfunctions and imbalances. Students will learn specific releases, diaphragm holds, cross arm technique, lumbosacral decompression, and dural tube mobilization. \$265. Contact lakewoodschool.edu.

Orthopedic Massage - Lower Body with Rob Kelly • June 4 - 5 • 9 a.m. – 5 p.m. • Students will learn to assess and treat dysfunction/pain in the mid and low-back, along with the hip, knee, and ankle regions. Treatments for specific conditions such as limited range of motion, sciatica, piriformis syndrome, psoas, and sacroiliac dysfunction will be taught. Specific techniques include muscle firing patterns, fascial mobilization, muscle stripping, pin and stretch, and trigger-point approaches. \$265. Contact lakewoodschool.edu.

Meditation

White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly Sundays • May 1 - August 28. • 9:30 a.m. to 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism,

known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. Free/Donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Healing and Compassion Meditations with Hartmut Sagolla

• **Weekly Mondays • May 2 - August 29. No class July 11, 18, and July 25. • 12 - 1 p.m.** • A 30-40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free/Donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Peace Generator with Interfaith Center for Spiritual Growth

• **Third Fridays • May 20, June 17, July 15, August 19 • 7 – 9 p.m.** • Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Come and go as you please. Free/donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Wheels that Drive You: Chakra Meditation for Total Health with Ema Stefanova • Saturday-Sunday, May 21-22 • Sat. 2:30 - 4:30 p.m. and Sun. 1 - 5 p.m.

• The focus is on how each chakra governs specific functions in the body-mind complex, and how to live a healthy, balanced lifestyle informed by meditating on the chakras. Teachers earn continuing education credit with the Yoga Alliance. Inquire for cost. Contact EmaStefanova@cs.com or 734-665-7801; YogaAndMeditation.com.

Day of Mindfulness - Living in Presence with Esther Kennedy, OP • Saturday, June 4 • 10 a.m. - 2:30 p.m. • Your very presence is who you are. Every moment you are awake to who you are is a holy moment. Come to know your own presence and how you be in the world and how you live in your own skin. What causes you to live in or to lose presence? Living from our fuller presence can bring us joy and help heal our wounded world. \$25. Contact webercenter.org.

Beyond Distraction: Five Practical Ways to Focus the Mind with Shaila Catherine ON-LINE • Sunday, June 5 • 10 - 11:30 am

• Open to all meditators on the occasion of publication of Catherine's new book, *Beyond Distraction: Five Practical Ways to Focus the Mind*. She will share her teachings and insights including how to overcome distraction in meditation practice and develop clarity in relationships, work, and daily life. Free. Contact stillmountainmeditation.org/events/sunday-meditation-shaila-catherine-2022-06-05.

Candlelight Labyrinth Walk and Meditation with Ringstar Studio • Saturday, June 25 • 7 – 11 p.m. • Walking the labyrinth is a form of moving meditation. Our indoor labyrinth of more than two hundred candles offers a chance to pause and enjoy the glittering stillness within. Free. Contact Ringstar Studio at 734-335-1625 or mail@a2ringstar.com; a2ringstar.com.

Movement and Dance

Ann Arbor - Toledo Dances of Universal Peace on Zoom with Judy Lee Nur-un-nisa Trautman, Drake Moses Meadow Drake

ON-LINE • First Fridays • May 6 – August 5 • 7 - 8:30 p.m.

• Sacred dances to the mantras of the World Religions with simple folk movements. Get link or news of in person events from jltrautman@sbcglobal.net. Free on Zoom; \$5 donation if a space rental is needed. Contact Judy Trautman at jltrautman@sbcglobal.net or 419 475 6535; sites.google.com/view/a2-toledodup; facebook.com/dupannarbortoledo/.

Music, Sound, and Voice

Benefit for Refugees Fleeing Ukraine with Tret Fure • Saturday, May 21 • 7 - 9 p.m. • At the First Unitarian Universalist Congregation of Ann Arbor. Free, but asking donations for refugees fleeing Ukraine. Contact communications@uuaa.org; uuaa.org.

Aroma + Sound: Sound Bath Meditation with Rob Meyer-Kukan • Saturday, June 11 • 7 - 8:30 p.m.

• Sound elicits relaxation and calm. Scent can be equally as powerful. Participants will be treated to a relaxing sound bath of instruments from singing bowls to gongs and then some. Those gathered will also receive several essential oil samples to utilize throughout the experience. \$40 advanced registration required. Registration closes June 10. \$40. Contact Rob at 248-962-5475, rob@robmeyerkukan.com; 7notesnaturalhealth.com.

Personal Growth

HeartMath® Building Personal Resilience™ with Patricia Scott

• **Saturday-Sunday, May 21, 22 • 4 - 6 p.m.** • This a focused and practical program, combining personalized coaching with scientifically validated tools to help you self-regulate your body's response to stress and build resilience. You will learn life-long skills that you can use at any time to increase well-being, personal and professional performance, and quality of life experience. Part 2: Deepening your Practice. \$99. Contact nancy@karma-yoga.net; karma-yoga.net.

Cohousing Tours with Cohousing Tour Leaders • Sundays

weekly • May 1-August 28 • 2- 4 p.m. • An informative tour of Ann Arbor's three cohousing communities by residents, located in Scio township. Cohousing is a community of friends who work, share, learn, grow, and play together. We are three communities created and sustained by our residents with the intention of sharing the joys and challenges of life. Free. Contact Tours@Touchstonecohousing.org or 734-274-9110.

Women's Circle with Facilitated by Lisa Lorius • First Mondays

monthly, May 2 – August 8 • 6:30 - 8:30 p.m. • Women's support group: please see description on our calendar page lighthousecenterinc.org \$10 donation. Contact 734-808-1335; lighthousecenterinc.org.

MNRI Dynamic and Postural class with Jackie Kilburn • June 1-4

• **time TBA** • Inquire for cost. Contact 810-231-9042; ump-in-products.com.

Prosperity and Abundance



7 Notes Natural Health

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Contact

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www.7notesnaturalhealth.com

Moon Phase Manifestation with Alicia Clark-Teper • Third Mondays monthly • May 16, June 20, July 18, August 15, Sept 19 • 7 - 8:30 p.m. • Learn how to manifest with the Moon's energy thru the cycles, phases, zodiac, corresponding Arch Angels, goddesses, essential oils, crystals, and more. Make moon water, crystal grids, and receive crystals. Each class will have different activities. \$165 all 5 classes or \$44 each class including crystals. Contact Alicia at 734-945-5396 or clarkteper@yahoo.com.

Retreats

3 Day Holistic Yoga and Meditation Retreat at Lake Michigan with Ema Stefanova • Friday – Sunday, May 13 - 15 • Friday 5 p.m. - Sunday 11 a.m. • Experience classical yoga/meditation as a way of life; develop and refine your practice in a peaceful environment. Lodging, vegetarian meals, and six guided group classes included in cost. RYT200 and RYT500 teachers earn CE hours with the Yoga Alliance. \$479. Additional retreats TBA. Contact EmaStefanova@cs.com or 734-665-7801; YogaAndMeditation.com.

Overnight Beginners Zen Retreat with Maum Gloria Cox • May 20-21, July 22-23 • 7 p.m. Friday - noon Saturday • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. \$160/\$120 students or unwaged, includes accommodation and a vegetarian breakfast. Contact 734-761-6520 or annarborzentemple@gmail.com.

Guided Personal Retreat with Song of the Morning Yoga Retreat Community • May 27-29, June 10-12, July 8-10, August 19-21 • Friday 4 p.m. - Sunday 2 p.m. • An uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. Join our daily schedule of events, including yoga, meditation, devotional practices, community meals, and more; opportunity to consult with an experienced meditator for guidance and answers. Free; lodging starting at \$50/night. Contact 989-983-4107 or office@songofthemorning.org; songofthemorning.org.

Spring Retreat - Praise of Buddha: Unrivaled Lion of the Shakyas with Demo Rinpoche • Friday – Sunday, May 27, 8:30 a.m. - 8 p.m., May 28, 8:30 a.m. - 8 p.m., and May 29, 8:30 a.m. - 5 p.m. • The main purpose is to evoke Buddha's love and to call on Buddha's grace to enable oneself to follow his path. \$180 members / \$225 Non-Members. Pay what you can. Contact 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Summer Monastic Retreat with Haju Sunim • May 30 - June 27, OR July 11 - August 8 • Learn the practical skills of waking up both for ourselves and others. Schedule includes early morning, noon, and evening meditation practice and liturgy, Buddhist study and daily dharma discussion, work with the hands, and community service. Students at all levels accepted. Simple accommodations and vegetarian meals provided. Cost is \$75/week or \$300/month. Scholarships available. Contact 734-761-6520 or annarborzentemple@gmail.com.

The Differences Among Us: Seeking Unity in Diversity with Laurie Brink, OP • Tuesday, June 7 • 7 - 8:30 p.m. • As women religious, we have taken to heart the urgent invitation to become Anti-racist. We recognize the definition of "neighbor" extends beyond our borders, and so we welcome the immigrant and exiled. We strive to heed the clarion call of Laudato Si' to care for our common home. Donation. Contact webercenter.org. Five-Day Summer Retreat (Jeongmaeng Jeongnin) in Chicago with Toan Jose Castelao • June 28 - July 3 • 7 p.m. Thursday - 10 a.m. Sunday • This retreat is an intensive period of Zen practice geared toward the experienced student. Cost is \$60/day, \$50/day for members. Contact 734-761-6520 or annarborzentemple@gmail.com.

Illness and Healing from a Shamanic Perspective: Extraction with Judy Ramsey • Saturday – Sunday, May 21-22 in person; ON-LINE June 18-19 • 9 a.m. – 5 p.m. • This is an advanced class limited to six. Deepen your understanding of how spirit can help the physical body thrive or not. Explore ways to "diagnose" an illness and address healing and learn ways to extract spiritual intrusions. Inquire for prerequisites and reading. \$180 per person/\$75 for repeating students. Contact Judy at info@judyramsey.net; JudyRamsey.net.

Introduction to Journeying with Connie Lee Eiland • Sundays, May 22 or July 17 • 10 a.m. - 5 p.m. • Six hr. class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. \$70 until 2 wks. before, \$80 after. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Creating Safety and Sacred Space with Connie Eiland • June 12 • 10 a.m. - 5 p.m. • This class gives you practices, ways of looking at safety and sacred space that will serve you. We set an altar together, so you become aware of the aliveness of all beings. Ability to journey is a requirement. \$80 until May 28, then \$110. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Shamanism

Journey Circle with Judy Liu Ramsey ON-LINE • First and Third Thursdays monthly: May 19, June 2 and 16, July 7 and 21, August 4 and 18 • 7 - 8:30 p.m. • A shamanic circle to explore the perspective of different human conditions, to heal those, and to retrieve practical knowledge for everyday life. Pre-requisite: know how to journey. \$25 per session/\$40 per month. Contact Judy at info@judyramsey.net; JudyRamsey.net. Community Painting, Meditation, and Pipe Blessing with Darryl Barking Dog Brown, Medidigwe Animush • May 6 - 8 • May 6 at 7 p.m.; May 7 from 10 a.m. – 6 p.m.; May 8 at 11 a.m. • See the 2021 Community Painting unveiled; participate in a 2022 group painting. Saturday, a daylong Atavistic painting meditation workshop experience. Sunday, a Pipe Ceremony Blessing of the Huron River and Prayer Walk at Riverside Park. Most events Free. Contact Cynthia Greene at 734-476-7111 or Thiagreene@aol.com.

Spiritual Development

Interfaith Sunday Service • Sundays, May 1 - August 28 • 10:45 a.m. - 12:15 p.m. • Sunday celebration. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Akashic Records Intro and Upcoming Classes with Shellie Powers ON-LINE • Mondays, May 2 - August 29 • 10 – 10:30 a.m. • The Akashic Record is an experiential body of wisdom, insight, guidance, and healing information. Introduction to the Certified Practitioner, Advanced Certified Practitioner and Healing Through the Akashic Record Certification classes, and upcoming classes, both in-person and online. Free. Contact Shellie at info@thepowersof.com or 734-926-8423; thepowersof.com.

Midrash Study with Karen Greenberg • Mostly first Fridays: June 3, July 8, August 5 • 2:30 - 5:30 p.m. • The Old Testament (Torah) compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180. Contact Karen at 734-417-9511 or krngnbg@gmail.com; clair-ascension.com.

Science of Mind for Today with Interfaith Center for Spiritual Growth & Janet Somalinog • May 11, 25, June 8, 22, July 13, 27, August 10, 24 • 7 - 8:30 p.m. • Study of a Science of Mind by Ernest Holmes. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Lightworker Activation with SANDYA - Sandra Shears • Wednesdays • Starting May 18 - • 7 p.m. • As a Lightworker or World Server you have incarnated at this time to facilitate the transition into the next Age. It is time to bring forth the gifts that will accelerate healing and activate Spiritual Purpose. \$100 per month. Contact sandya2033@yahoo.com; sandya-sandrashears.com.

Lightworker Development with SANDYA - Sandra Shears • Third Fridays Monthly • Starting May 20 - • 7 p.m. • Contact sandya2033@yahoo.com; sandya-sandrashears.com.

Akashic Records Practitioner Certification with Shellie Powers • Saturday – Sunday, May 21 - May 22 • Saturday, 4 p.m. to 7 p.m.; Sunday, 10 a.m. to 5 p.m. • Experience the Akashic Records through the Pathway Prayer Process© to access the heart of the Records. Learn about the method of access and develop skills for successful navigation of the Records for yourself and others. Inquire for certification requirements and prerequisites. \$360. Contact Shellie at 734-926-8423 or info@thepowersof.com; thepowersof.com.

Lightworker Activation with Sandya--Sandra Shears • May 20 • 7 p.m. • As a Lightworker or World Server you have incarnated at this time to facilitate the transition into the next Age. It is time to bring forth the gifts that will accelerate healing and activate Spiritual Purpose. Ongoing Wednesdays - \$100 per month. For more information email sandya2033@yahoo.com or visit sandya-sandrashears.com.

Akashic Records Practitioner Certification with Shellie Powers ONLINE • Friday-Saturday, June 10 - June 11 • Friday, 7 - 10 p.m.; Saturday, 12 - 7 p.m. • Experience the Akashic Records through the Pathway Prayer Process© to access the heart of the Records. Learn the method of access and develop skills for successful navigation of the Records for yourself and others. Inquire for pre-requisites and certification requirements. \$360. Contact Shellie Powers at 734-926-8423 or info@thepowersof.com; thepowersof.com.

Akashic Records Practitioner Certification with Shellie Powers • Friday-Saturday, June 24 - June 25 • Friday, 6 - 9 p.m.; Saturday, 10 a.m. - 5 p.m. • Experience the Akashic Records through the Pathway Prayer Process© to access the heart of the Records. Learn the method of access and develop skills for successful navigation of the Records for yourself and others. Inquire for pre-requisites and certification requirements. \$360. Contact Shellie at 734-926-8423 or info@thepowersof.com; thepowersof.com.

Tai Chi, Martial Arts, & Self Defense

Beginner Tai Chi with Master Wasantha Young • May 2 - Aug 4 • Mondays, 10 - 11:15 a.m.; Thursdays, 6 - 7:15 p.m. • The T'ai Chi form, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner which integrates both physical and mental energy mechanics, promotes relaxation, a sense of prowess, and spatial awareness. Hybrid class, in-person, or on-line. \$195. Contact 734-741-0695 or info@peacefuldragonschool.com; peacefuldragonschool.com.

Wu Style Tai Chi Chuan with Sifu Genie Parker & certified teachers • Mondays and Thursdays • 10 a.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. Additional times available. \$45/month for 1 class per week; \$70 for 2 classes per week. Student/senior rates available. Contact info@wustyle-annarbor.com or 734-249-9887.

Yang & Chen - Qigong & Tai Chi with Karla Groesbeck • Monday through Friday • 1-hour classes - various times • Yang & Chen - Qigong & Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside & zoom. Yang Long Form 108, Chen Laojia Yilu. Various qigong sets & Zhan Zhuang. Staff, Bang, Ruler, Tuishou, Push Hands. Free (Seniors); Low Fee. Contact Karla Groesbeck at 734-276-3059, info@taichilove.com; TaiChiLove.com.

Chen Tai Chi Chuan with Joe Walters • Mondays and Thursdays, 5 - 6 p.m.; Saturdays, 9:30-10:30 a.m. • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Free. Contact annarbortaiichi@gmail.com; annarbortaiichi.com.

Okinawan Karate-Do with Asian Martial Arts Studio • Monday – Thursday • 10:30 a.m. • The core curriculum of the Karate-do program is based on two systems of traditional Okinawan Karate-do: Shorin-ryu Karate-do and Shudokan Karate-do. The Shudokan tradition incorporates several different systems including Goju-ryu, Tomari-te, and others. At advanced levels, students also train in Kobujutsu. Additional days and times available. \$40 for

From Depot Town to Showtime: AN INTERVIEW WITH ACTOR Leo Sheng



By Cashmere Morley

“The roles I’ve taken so far have all been trans characters. And so, they are innately trans stories,” said Leo Sheng. “And with my job comes this joy of getting to be this type of representation that I didn’t have growing up. So maybe [the reason I’m an actor] is a little selfish, but I’m excited I have this opportunity to tell stories, period.”

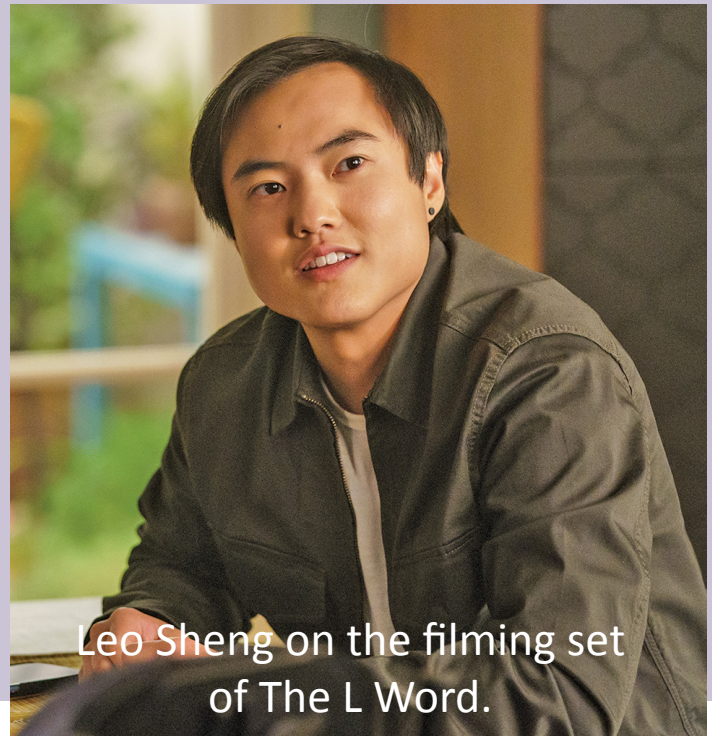
Sheng, a Ypsilanti-native-turned-LA-actor, is still awaiting news that his *Showtime* drama, *The L-Word: Gen Q*, is getting a green light for a third season.

Sheng’s character, Micah Lee, is laying some crucial groundwork for other transgender-Asian stories to be told. Micah is soft-spoken but determined. He’s masculine but sensitive. He’s humble but he’s also one of the show’s queer Casanovas.

The result is a complex, queer character whose story lines are the sum of more than just his gender identity. Micah is all of these things while also carrying some of the show’s more emotionally heavy scenes as a budding young therapist. Genuinely, he wants his friends and family to be *happy*—a word the show explores through the filters of a diverse L.A. friend group of 20-somethings who are discovering the complexities of who *they* are and what *happiness* means to *them*.

Season two of *Gen Q* evolves the character of Micah into a relatable, deeply sensitive, and at times, messy human being, who is exploring love, sex, and life like the rest of us, one moment at a time. But as a queer Asian trans man, the lens is uniquely focused on these moments in a way not represented often on the screen. Sheng, having lived through certain parallels, is uniquely aware of how special the character is.

He credits Micah’s complex story lines to the writers of *Gen Q*, but it is as much of Sheng’s own willingness to tell a human story, not just a transgender story, that really makes Micah’s character transcend queer stereotypes on screen. Micah’s transness does not define him as much as it propels him.



Leo Sheng on the filming set
of *The L Word*.

During the interview, a baby, not Sheng’s, will coo in the background of his apartment. He explains, “My household is four adults, and one baby. One Christmas, one of the gifts between us was a set of shot glasses of the Golden Girls. All the adults have one we relate to the most; I am Rose. I think it’s my Midwestern naivete.” Underlying the L.A. sparkle is Sheng’s Midwest charm.

Sheng giggles when asked if he had held any jobs around Ypsilanti he wanted to talk about, before his acting days on the set of *Gen Q*. “None that lasted very long,” Sheng confessed.

Before sharing the screen with Jennifer Beals and Rosie O’Donnell, Sheng did what most college students around here do: work a few months at Bob Evans (or some Bob Evans equivalent), dabble with various student jobs around campus, and put in 20,000 steps a day collecting shopping carts as a Whole Foods employee.

“I just graduated in 2017 with my bachelor’s in sociology [from the University of Michigan], when I was messaged on Instagram by a casting office in New York, and they were looking for trans actors to play trans characters,” Sheng said. “At that point, I had no acting experience, and they decided to take a chance on me. I read for the role from Michigan from the Charter Multicultural Center. Actually, one of my co-workers helped me audition.”

Shortly after that, Sheng flew out to New York to read with the director for an indie movie called *Adam*, where Sheng would land the part of Ethan. This was Sheng’s first acting role.

READ THE REST OF THE
ARTICLE ONLINE!

The Crazy Wisdom ^{Biweekly} Calendar

2 introductory classes; \$90 per person, \$105 monthly. Contact 734.994.3620 or info@a2amas.com; a2amas.com/contact.php.

Okinawan Karate-Do with Asian Martial Arts Studio • Monday – Thursday • 10:30 a.m. • The core curriculum of the Karate-do program is based on two systems of traditional Okinawan Karate-do: Shorin-ryu Karate-do and Shudokan Karate-do. The Shudokan tradition incorporates several different systems including Goju-ryu, Tomari-te, and others. At advanced levels, students also train in Kobujutsu. Additional days and times available. \$40 for 2 introductory classes; \$90 per person, \$105 monthly. Contact 734.994.3620 or info@a2amas.com; a2amas.com/contact.php.

Kung Fu with Asian Martial Arts Studio • Tuesday & Wednesdays • 6:30 p.m. • The curriculum includes external martial arts, such as Hung Gar, Praying Mantis, Ying Chao, T'an T'ui, and Dragon. These emphasize power sources gained through physical development, hand-eye coordination, reaction time, agility, power, mechanical advantage, and balance. Additional dates and times are available. \$40 for 2 introductory classes; \$90 per person, \$105 monthly. Contact 734.994.3620 or info@a2amas.com; a2amas.com/contact.php.

CQC Self Defense with Close Quarters Combat Academy • Wednesdays • 7 p.m. • This class is designed to teach self-defense through a simple, straight forward approach. The class covers empty hands, weapons, throws/takedowns, chokes/locks, and grappling. First class Free. \$50 monthly. Contact 734-726-4417; cqcademy.com.

Satria Fighting • Wednesdays • 8 p.m. • (SFA) is a dynamic ancient martial art and a unique Yoga system. Although its lineage date back to Vedic culture, SFA remains highly effective in Self-Defense and is applicable to today's society. SFA also promotes health and wellness through moving meditation and the Satria Yoga system. First class Free. \$50 monthly. Contact 734-726-4417; cqcademy.com.

54 Form Tai Chi with Wu's Tai Chi Chuan Academy • Saturdays • 8:30 - 10 a.m. • 54 Form combines elements of the 108 round and 108 standard forms to help develop the circularity and looseness in more advanced training. Prerequisite: 108 Standard Form. \$45/month. Contact 734-249-9887; info@wustyle-annarbor.com.

12 Form Tai Chi with Wu's Tai Chi Chuan Academy • Mondays • 10-11 a.m. • 12 Form: The beginning form that introduces Wu Style and orients the new practitioner to basic principles and alignments while learning a short sequence that can be practiced on one's own. \$45/month

Beginner Judo with ANN ARBOR YMCA • Mondays – starting week of Jun 12 • 5:30 - 6:30 p.m. • Students learn maximizing efficiency while minimizing effort. Judo teaches falling, throwing, grappling and submission techniques along with prearranged forms. Judo Club is Free to students enrolled in a Judo technique class. \$15-\$103. Contact 734-661-8043 or efransen@annarborymca.org; annarborymca.org.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Second Wednesdays: May 11 – July 13 • 7pm - 9pm • Poetry Workshop • Free. Contact Edward Morin at 734-668-7523 or eacmorso@sbcglobal.net; cwcircle.poetry.blog. Crazy Wisdom Readers Series • Fourth Wednesdays • May 25 – July 27 • 7 - 9 p.m. • Featured Reader(s) for 50 minutes, open mic reading for one hour. Featured readers include May 25: Miles David Moore and Jo McDougall. June 22: Shutta Crum and Mike Maggio. July 27: Jim Daniels. Free. Contact Edward Morin at 734-668-7523 or eacmorso@sbcglobal.net; cwcircle.poetry.blog.

Yoga

Yoga Classes with David Black • May 3 - Sept 6 • 6:30 - 8 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. \$60 for all 6 classes or \$12 per drop in class. Contact 734-761-6520 or annarborzentemple@gmail.com.

Karma Yoga Academy with Susann Spilkin, Nancy McCaochan, Valerie Weir, Katherine Austin Wooley • Saturdays, May 7, June 18, July 16, August 20 • 1 - 6 p.m. • Our updated, relevant-for-today's-world, comprehensive curriculum covers Gods & Goddesses, Multi-dimensional Self/Koshas, The Science of Light, Mantras, Mudras, & Meditation. Now with our KYA courses (offered in-studio & Zoom), there's a new way to provide you with tools for amazing growth. \$150 / session. Contact nancy@karma-yoga.net; karma-yoga.net.

The Gods & Goddesses with Susann Spilkin • May 7 • 1 - 6 p.m. • Every picture tells a story. Every god, goddess, and demon does too. As we unpack their iconography and mythology, we will have the keys to their stories and our own. This course is a rich "who's who" of Hindu mythology. \$150. Contact Nancy McCaochan at 248-797-4271 or nancy@karma-yoga.net; karma-yoga.net.

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

Yes, Crazy Wisdom Bookstore is closing, but you can still find the 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
Cultivate Coffee and Tap House
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibration Kombucha
Ypsilanti Food Co-op

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:


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

Chelsea and Dexter:

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

Jackson & Lenawee County:

Essential Energies
Divine Sanctuary
Pegasus Spa and Leisure
Free to Be Yoga and Massage
DNA Sales 2100
Gidrah's Mind Body Spirit



**Nature has given us all the pieces required to
achieve exceptional wellness and health, but has
left it to us to put these pieces together.**

—Diane McLaren