

September 16, 2022

Issue #95

**Janene Ternes**  
*spiritual director*

*The*  
**Crazy Wisdom**  
*Biweekly*

*shining a light in the dark*



Published by *The Crazy Wisdom Community Journal.*

# The Crazy Wisdom Biweekly



**The fall issue is here!** With features on Amy Garber, owner of Enlightened Soul Center, Walking Labyrinths, interviews with singer-songwriter David Magumba, author Alex Weinstein, mobile food businesses, and more! Look for it around town or have it mailed directly to you.

[Subscribe here.](#)

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## Writers Wanted

*Fun ways to be visible in the community, and connected.*

### Kids Columnist

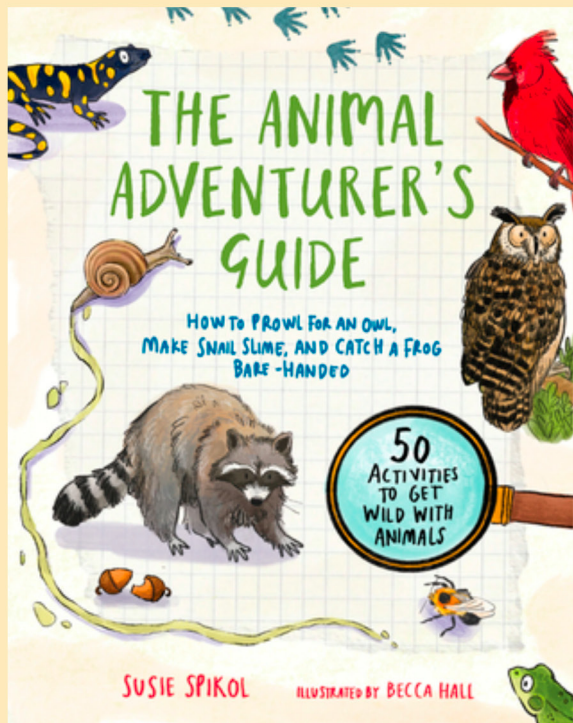
We're looking for a new columnist for our ongoing CW Kids Column. Each issue, the columnist writes a feature article which includes 3 or 4 profiles of interest to parents and their kids. We focus on people, organizations and businesses offering cool, fun, meaningful and sometimes therapeutic activities, programs, events and classes for kids. Great opportunity for a writer who is also a parent.

### Healers of Ann Arbor Columnist

Each issue this columnist profiles an established and skilled holistic practitioner or bodymind therapist. The columnist sometimes does the profile as an interview, and at other times it's a narrative. We are looking for a local/regional writer with an appreciation for non-traditional healing modalities, and a curiosity to meet and learn about a variety of the region's most interesting practitioners.

We are always looking for good articles about the holistic scene... reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

Modest but respectable pay. If you might be interested, please write to [crazywisdomjournal@crazywisdom.net](mailto:crazywisdomjournal@crazywisdom.net).



**THE ANIMAL ADVENTURER'S GUIDE**

The small things in nature—the things we can hold, touch, or lie down next to and watch closely—these are the things that open our hearts as children. These are what remind us of our connection to one another. When we stretch out a gentle finger in invitation to the snail, the worm, the caterpillar, the dragonfly, we know—even from, and perhaps especially from, a young age—that we are both alive in this one moment together.

**SUSIE SPIKOL**

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shopcrazywisdom.com**



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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, [crazywisdomjournal.com](http://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:

Janene Ternes  
Marie Duquette  
Peggy River Singer  
Lynda Gronlund  
Jennifer Carson  
Carol Karr  
Bill Zirinsky

**word of the week:**

**Kindred**

Of a similar nature or character: like a kindred spirit, or of the same ancestry—one's relations.

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](mailto:Jennifer@crazywisdom.net).

# Peace I Leave With You



By Janene Ternes

My peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid. John 14:27

Ahh, that elusive peace we seek. If it were only so easy as these words Jesus shared at the Last Supper. He claims to have already given us the gift of peace and implores us not to worry or be afraid. Then why do we feel so “unpeaceful”?

Our world is so filled with stress, worry, and frustration that it is hard to not take it on. It often feels like a battle to stay peaceful as all of the cares of this world seek to overtake me. And then of course there is that mountain of tasks that seem to need to be accomplished every day that keeps me running. Finding peace amongst all that? Not hardly.

Yes, living in peace is definitely a battle. But a fight worth having. I have found a few practices help to start my day off in peace and return me to peace when I get pulled into the fray around me.

I start my day with prayer. Every day. No matter what time I have to get up. I might vary the amount of time I pray if I have an early appointment, but I always pray. And I mean FIRST thing—BEFORE I check my phone for texts or emails. Otherwise, my mind goes in the direction of planning and worry instead, and it is hard to get it back.

I stop at some point during the day to pray again. I try for some time in the afternoon but that depends on my schedule. Again, the timeframe may vary, but the important thing for me is to stop and return to that place of peace, even if just for a few minutes.

I take a Sabbath each week. I am blessed to be able to take it on Sunday most weeks but that is not always possible if I have a retreat to give. Those times I choose a different day. God gave us the Sabbath as a day to recharge, refocus, and return to peace. On my Sabbath I try to leave my long list of things to do behind and instead spend as much of the day as I can pursuing peace and focusing on love and joy.

I see a spiritual director monthly. It’s a great way for me to stop and review my past month and see where I have been following God’s way of peace and where I may have gotten off track. If you’re interested in finding out more about what spiritual direction is and if it might be something God is calling you to, click here.

I take an annual retreat – a time away in silence to more deeply hear God’s voice and direction in my life. People ask me why I need a time away when I live alone. Indeed, I am not

getting away from any person in my home, but rather all of the demands of daily life and work. As anyone knows, there is always something more to be done around the house, from dishes and laundry to yardwork and house maintenance. The list is never-ending, so I need to get away from it for a while to find peace. I am directing a 5-day retreat at Weber Center in Adrian from October 10-14. If this sounds like something you might be interested in, [click here for more information](#).

How are you finding peace in your day? Perhaps you will feel moved to share your ideas or even your struggles. We have all been given this gift of peace by our Lord Jesus. The question we must answer every day, and many times throughout the day, is whether or not we will embrace this gift.

*Janene Ternes is a spiritual director, a graduate in Ignatian Spirituality from Manresa Jesuit Retreat House. In addition to providing spiritual direction, she also leads people in the Spiritual Exercises of St. Ignatius of Loyola.*

*Ternes founded Prayer in Motion, LLC, in 2003 in order to provide opportunities for people to grow in their relationship with God. Since then, she has developed and facilitated retreats throughout the Midwest utilizing different forms of prayer. Ternes’ goal is to help others connect more intimately with God, leading to a more loving, peaceful, joyful, and fulfilled life. For more information, visit her website at [prayer-in-motion.com](http://prayer-in-motion.com).*



# PULLING WEEDS

## *in Crow, Montana*

From Our Current Issue

By Marie Noelle Duquette

In 1994, I watched *A River Runs Through It* while I was nine months pregnant. It was filmed in Montana. As the credits rolled, I thought, “That is one of the most beautiful places I’ve ever seen.” I named the baby I was carrying, Chase Montana.

He wrote an essay in college that began: “My mother named me after a place she had never been. She said I would go there someday.” In 2017, Chase and I both went to Montana, on separate trips. I accompanied four youth from our church and their two young adult leaders. We stayed on the reservation with seventy high school youth, their chaperones, and Crow leaders who acted as hosts. What follows are excerpts from my journal during that time.

**July 9, 2017** “I am the oldest one here. This is new to me. I will need to remember my role if I am to survive this heat. I am the one who captures stories and weaves them together for the telling—I couldn’t force myself to work harder than I was able and pass out or get heat stroke. Earlier this evening, we gathered with other church groups in a small classroom in the elementary school where we are staying to engage in The Blanket Exercise, a participatory history lesson developed in collaboration with Indigenous Elders and educators. Its purpose is to foster truth, understanding, respect, and reconciliation among Indigenous and non-Indigenous peoples.

First, we were instructed to stand somewhere on one of the old blankets that covered the floor. The blankets represented land. Once assembled, community elders read as voices of the Native Americans; leaders from Youthworks, the group who had organized the trip, read the parts written for the U.S. Government. The Native American voices spoke far less. As these narrators moved us through the story, they picked up blankets so that we had to move closer and closer to one another to share the small amount of “land” that was left. A leader randomly walked through the middle, giving out colored index cards. I was handed a yellow card which meant I was killed by smallpox. I felt indignant when they handed me the card; I had only just begun to

play the game. How could I die so soon from a disease for which we now have vaccines?

When the game was over, a Lakota elder led a discussion about the experience. He began by quoting a character in the book, *The Wolf at Twilight*.

“I’m not saying any of this is your fault or even that your grandparents did any of it. I’m saying it happened, and it happened on your people’s watch. You’re the one who benefited from it. It doesn’t matter that you’re way downstream from the actual events. You’re still drinking the water. I don’t care if you feel guilty. I just care that you take some responsibility. Responsibility is about what you do now, not about feeling bad about what happened in the past. You can’t erase the footprints that have already been made. What you’ve got to do is take a close look at those footprints and make sure you’re more careful where you walk in the future.”

It was hard not to feel ashamed of our history; it was hard to look directly at him or at one another. “So,” the elder said. “Let’s talk about what it means to be careful about where we walk in the future.”

**July 10, 2017** Chase, the part of the Crow reservation on which we are staying is exactly what you prepared me for—abject poverty. Our base camp is an elementary school which many communities we are accustomed to living in would likely demolish without so much as a vote. I think of the well-coiffed communities of our country with typical incremental increases in taxes for things like new turf on the football field or new technology in the library—how they are often disputed, but nearly always passed. This school needs paint, new toilets, and a mirror in the bathroom would be nice. On the doors of the main entrance is a black bumper sticker with block white letters spelling out: METH IS DEATH / NOT EVEN ONCE.

Johnny is the security guard on hand. He is all Crow: skin that looks like weathered leather with a thick head of hair three inches tall. I got locked out of the building last night and John-

ny was the one to open the steel door after my muted knocks. I thanked him. His reply, "I saw you go to your car to get your water bottle."

I didn't see him see me.

**July 11, 2017** Yesterday we went to the home of Jackie Whisperstep to help clear about a quarter acre of the land surrounding her house. It is filled with tightly packed Amazon weeds, each one 10' tall. Their stalks are like hard bamboo, about 3" in diameter. It is 103 degrees. I drag bundles of these weeds out of the area all day, taking long breaks for water and lunch. The youth work endlessly with few breaks, by choice.

The skin on my hands looks like that of a Native American elder. I look at them and think, "these are getting to be the kinds of hands I would want to photograph for the stories they hold. But now that they are my own, I don't want to photograph them."

I spend quite a bit of time talking with Jackie. She brings me a cup of hot coffee when she sees me panting, my face ablaze from the heat. "Drink it, she said," it will cool you off.

I did, so as not to offend. I instantly felt revived. "What kind of magic coffee is this?" I asked.

"Dunkin Donuts," she said. "With some Hazelnut Coffeemate in it."

Jackie Whisperstep has her master's in social work from Walla-Walla University in Washington. She is retired, slightly younger than me. Her husband died last year; his hat remains on the table next to his worn leather recliner. Her dog and cat, Milo and Otis, wander reluctantly outside as we work, moving to stay in the ever-moving shade. I asked her what she planned to do with the land once it was cleared. She told me we were not clearing the land to build or plant; the fires that come in the late summer will ignite her house if they are not removed.

We sip our coffee in silence, watching the youth make their way in and out of the Amazon weeds, work gloves covering strong hands that carry bundle after heavy bundle to the truck bed so we can drive them to a far corner of the reservation. "I prayed every day that God would send people to help clear the weeds," she said. "Thank you."



# Spotlight ON THE COMMUNITY



By Lynda Gronlund

Reflective Meditation teacher and consultant Erica Dutton will offer a new class called *Patience and Compassion* starting October 2.



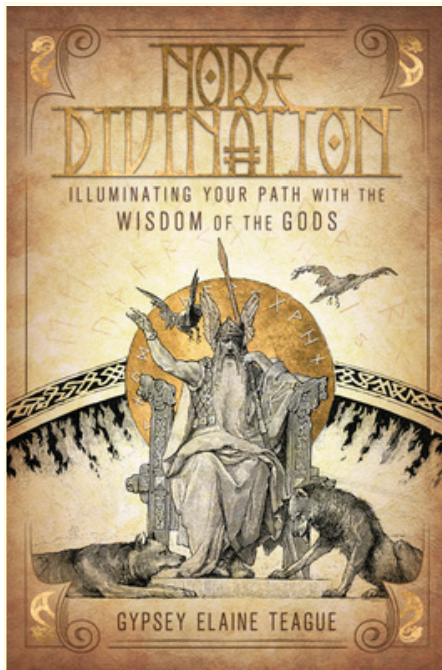
The class will explore how to cultivate and maintain patience and compassion in a world and time that is overwhelmed with anger, rage, and hatred constantly compounded and reinforced by the 24-hour news cycle. Dutton will teach Reflective Meditation as part of the class, which she described as "an open, gentle, receptive practice." She has been meditating for 30 years, and taught Vipassana Meditation for 12 years before shifting into Reflective Meditation about nine years ago, after encountering the work of Jason Siff, author of *Unlearning Meditation* and *Thoughts Are Not the Enemy*. Dutton said the concept of allowing and working with thoughts and emotions during meditation instead of attempting to eradicate them resonated strongly with her. This helped her "undercut all of the pushing, striving, self-judgement," she said, and accept and work with whatever thoughts arose during meditation.

This class will explore individuals' own definitions of patience and compassion and examine the benefits and drawbacks of practicing them: how they can help us and also hurt us. In her recent class on worrying, students explored both the positive and negative effects of worrying, which allowed a clearer view of why worrying is difficult to let go of. Similarly, concepts that seem on the surface strictly positive, can have negative aspects, and Dutton explained that it is helpful to understand both sides of this balance.

The five-week class will offer teachings, meditation sittings, and opportunities to share and discuss what participants have learned. This will be done online via Zoom, on Sundays at 5:30 p.m. to 7:30 p.m. from October 2 through October 30. Beginners and experienced meditators are welcome, and anyone from late adolescence and older can participate. Dutton follows the principle of "dāna," which means that teachings are offered freely but donations are gladly accepted, creating a mutually reciprocal practice of generosity.

Erica Dutton can be reached via email at [eld306@yahoo.com](mailto:eld306@yahoo.com), and more information is available at her website [ericadutton.com](http://ericadutton.com).

# Crazy Wisdom Book Pick of the Week



Journey into the Norse Pantheon to Uncover the Secrets of Your Past, Present, and Future

Reveal your life's path in a brand-new way with Norse Divination, the only book designed around the Nordic gods themselves rather than the Futhark. Through concise yet enlightening analyses of these deities and their relationships to each other, you'll unlock answers to your deepest questions and find more happiness and success.

An excellent primer on Norse mythology, this book teaches you how to easily create your own thirty-six-piece divination set and use it to explore the gods and goddesses' beliefs, customs, loves, and deaths. Each deity, along with important mythological items, has a dedicated chapter outlining who they are, what their role is, and how they can help you divine the best course of action in any scenario. Featuring clear and thorough instruction on how to read all thirty-six pieces in their past, present, and future positions, Norse Divination helps you harness hidden knowledge and forge a unique practice.

[Purchase your copy of \*Norse Divination\* at shopcrazywisdom.com.](http://shopcrazywisdom.com)

## Fall Programs

### Meditation Classes and Practice

**Waking up: Living Awake**  
September 13 – December 6  
Barbara Brodsky, Aaron and John Orr

**Path to the Awakened Heart:  
The Yoga Sutras of Patanjali**  
September 15 – December 15  
Robert Jacobs



**Appying Vipassana in Daily Life  
And Seeing It's  
Progression Along The Path**  
September 5 – December 5  
Celeste Zygmont

**Cultivating Compassion and Wisdom:  
An Introduction to  
Deep Spring Center Teachings**  
September 14 – November 30  
Nancy Beckman, Iris Wolfson, Nina Bohlen

### Events with Spirit

**Remembering Wholeness**  
Occurs monthly  
Barbara Brodsky

**Weekly Silent Meditation**  
Sunday and Tuesday

**Evenings With Aaron**  
Occurs Monthly  
Barbara Brodsky

All events are held via Zoom  
Aaron, Yeshua and The Mother are channeled spirits.

They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center

[DeepSpring.org](http://DeepSpring.org) | [info@deepspring.org](mailto:info@deepspring.org) | 734.477.5848

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





# FINDING OUR WAY HOME

## EMBODIED GROUP LEARNING WITH HORSES

WORK THAT RECONNECTS &  
EQUINE GUIDED LEARNING

LYDIA VIOLET  
YOSHI BABCOCK

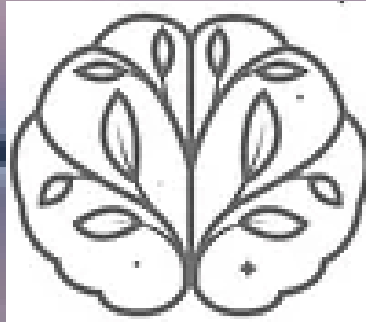
EARTHWELL RETREAT CENTER

MANCHESTER, SOUTHWEST MICHIGAN

9 . 22 . 22 - 9 . 25 . 22

[SCHOOLFORTHEGREATTURNING.COM/HORSE-RETREAT](https://SCHOOLFORTHEGREATTURNING.COM/HORSE-RETREAT)

# Uncover, Empower, and Rejoice in the Qualities of Being Human



In this series of six weekly two-hour sessions, we will explore the five human Qualities of: gender, power, love, voice, and intelligence. Each session will follow a sequence of attuning, journaling, talking, chanting, and movement.

Cost – \$650. Contact Marcia at [mhaarer@comcast.net](mailto:mhaarer@comcast.net)

Co-leaders: Christi Bemister, PsyD, LP & Marcia Haarer, LMSW

Online via Zoom. September 9, 16, 23 (skip September 30th), October 7, 14 & 21, 12:30-2:30 PM Eastern

A participant writes:

*Going through the varied steps while exploring a Quality, something uncontrived emerges. With each Quality, a knowing becomes apparent. What became apparent for me is this: these Qualities are an undeniable truth for each human being. No one can rob them from us. Even though inequalities and injustices may obscure the Qualities, they are there, ever present, and pure.*

—Deborah Bayer, creative writing teacher

We invite you to take a “deep dive” to experience the five human Qualities, while being in the support of beloved community.

The pandemic gave us the blessing to discover that we can connect and attune online with one another as deeply as we do in person. Without being in the same physical setting with one another, sometimes we “let go” even more deeply to the Unified field of Consciousness. When we do this as a group, we feel the depth of our connection within Consciousness. We open to our true identity.

Please, come dive with us.

— Christi & Marcia

# “Precious” Lessons



By Peggy River Singer

When I split from my ex in the late 1980's, I didn't take the toaster or the television with me. Instead, I got custody of the tarantula.

Let me explain.

The Christmas gift my ex wanted one year was a Red-kneed Tarantula, which he named Precious. Predictably, he quickly lost interest. So, I became the reluctant guardian of a chipmunk-sized spider that scared me so much I couldn't even touch it.

Now, to really appreciate this story, you need to know that I have been a full-blown arachnophobe all my life. Everywhere I went, legions of spiders were hanging around. In my imagination, they were waiting to jump on me and scare me to death. Therefore, the tank Precious inhabited had a very sturdy LOCKING screen top, which was a non-negotiable condition of allowing a huge spider into our home.

Time passed, and I did my best to give Precious a good life. I found that her size helped me to accept her as an animal, not a monster. That was the first breakthrough; more would follow.

Two years later, I figured out that Precious was not a healthy young female, as the pet store had told us. Instead, my pet was an elderly male, and his health was failing. Every day I found more body hairs scattered on the sand in the tank – a sign of illness and distress. Precious became old before my eyes; his abdomen shrank and wrinkled like a prune.

I faced a new dilemma: how do you euthanize a tarantula? There was no Google back then, so I made quite a few calls, including the Toledo and Detroit Zoos and the Insects Division at the U of M Natural History Museum. A few people were sympathetic but didn't have any solid ideas; others made ghastly suggestions they thought were funny.

Finally, I recalled how we had euthanized spiders and other critters for a class in Invertebrate Biology I had taken at Eastern Michigan University. I filled a mayonnaise jar with rubbing alcohol, tipped Precious into the jar (still without touching him)

and sealed the lid. I couldn't watch, even though I had been assured that he would essentially get drunk on the alcohol and pass out painlessly. I felt devastated; I sobbed.

Looking back today, I can appreciate that Precious was careful to avoid doing anything I might interpret as threatening when I was feeding him or cleaning the tank. He never approached my hand, and moved slowly whenever the tank was open. I believe this was intentional on his part, and that he was gradually helping me to build my confidence -- and even my trust -- in his goodwill.

These days, I still feel traces of the ancient fears that I share with so many humans; but I also love and appreciate spiders for their beauty, creativity, and wisdom as well as their place in the natural world. Now I understand that all those spiders around me have always been doing their best to protect me from harm, especially during a very difficult childhood. Precious, himself, was undoubtedly my courageous protector during the time I spent with an unbalanced and dangerous partner. His goal has finally been achieved: The scary fiends of my childhood have become neighbors, mentors and spirit guides.

I learned a lot from that brief marriage; but the most unforgettable memories and lessons came from a Red-Kneed Tarantula who is still with me in spirit.

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

Read more great  
blogs online!

Biweekly

# The Crazy Wisdom Calendar



## A COURSE IN MIRACLES

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

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

## ADDICTION AND RECOVERY

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

## ART AND CRAFT

**Westside Art Hop includes 90 local artists • October 1 • 10 a.m.** • Ann Arbor's quirkiest art fair! A cross between an art walk and an art fair, Art Hop springs from Ann Arbor Michigan's lovely historic West side neighborhood. Mostly local, but also national and international artists may participate. Many volunteer local hosts, more than seventy exhibiting artists, and of course, art-loving visitors, browsers and buyers, all enjoy a great day out! If you're thirsting for art and love the opportunity to meet artists and see a wide variety of high quality art and crafts, you've come to the right place. An interactive map will show venues and artists. Start at Venue 1, or at the last Venue and work back. Learn more at <https://www.westsidearthop.com/>.

## BODYWORK AND BODYMIND THERAPIES

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

**D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg's Clair-Ascension Kabbalistic Balance • Fridays • October 7, 14, 21, OR November 4, 11, 18, OR December 2, 9, 16 • 10:30 a.m. - 2:30 p.m.** •

Through the Tree of Life, learn to Kabbalistically balance client's

energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (pick any group of three dates above) + materials fee. Contact Karen Greenberg 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## BOOK DISCUSSION GROUPS

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

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

## BOOK EVENTS

**Kerrytown BookFest with Various Authors • September 18 • 10 a.m. - 5 p.m.** • A celebration of the greater Ann Arbor area's rich book history and vibrant literary community! Join us for author talks, a market with vendors offering books and products for book lovers, hands-on activities, children's story time, English country dancing, a writers' meet-up, and more. Held in the Morris J. Lawrence Building at Washtenaw Community College. Free. For more information visit [ktbookfest.org/2022-bookfest](http://ktbookfest.org/2022-bookfest).

## BREATHWORK

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

962-5378, or visit [powers365.com](http://powers365.com).

**Transformational Breath® with Julie Wolcott and Marcia Bailey**  
 • **September 16, 27, 30, October 12, November 4, 10, 14.** • **7-9 p.m.** • Seven weekday evening workshops in Dexter, Michigan. Come Breathe with us! Circular, connected breathing that is totally enlivening. We begin each workshop with a discussion of the benefits and basics of the Transformational Breath process, set intention, and then experience a full breath session and end with integration. The rewards are many – new awareness, physical and emotional healing, clarity, and joy. \$30 each session for a reviewer, \$40 for those new to the Transformational Breath. Contact Julie Wolcott, 734-355-1671 or Marcia Bailey 734-395-4799, [info@breatheannarbor.com](mailto:info@breatheannarbor.com), or visit [BreatheAnnArbor.com](http://BreatheAnnArbor.com) or [TransformationalBreath.com](http://TransformationalBreath.com).

## BUDDHISM

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

**Nagarjuna's Precious Garland of Advice to a King - Part 3 with Demo Rinpoche** • **Thursdays in September** • **7 - 8 p.m.** • In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical ethics, great compassion and the wisdom of emptiness. Note: This program is a continuation of Demo Rinpoche's earlier Nagarjuna's Precious Garland teachings. \$60 Jewel Heart members / \$75 Jewel Heart non-members. Pay what you can - no one turned away. To register contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org/](http://jewelheart.org/).

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

**Preparing for Vajrayana with H. E. Prof. Samdhong Rinpoche** • **Saturday, September 17** • **9 a.m. - 12 p.m.** • This program presents two teachings recorded by H. E. Samdhong Rinpoche for Jewel Heart in 2022. In "Introduction to Vajrayana," Rinpoche draws out the distinction between non-tantric and tantric practices, giving a brief introduction to Vajrayana as a unique method to reach full enlightenment very quickly and without great hardship. In "Six Session Guru Yoga," Rinpoche gives a

concise, yet complete explanation and oral transmission of the Full Six Session Guru Yoga, which is an essential practice for anyone initiated into Highest Yoga tantra. It is a compact method to combine the practice of Guru Devotion with affirming the pledges taken during tantric initiation, thereby providing the foundation for a successful Vajrayana practice. This program is free and open to all levels. Free / Donations welcome. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

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

**Decisive Wisdom: The Four Keys (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner** • **Saturday, October 1** • **9 a.m. - 1 p.m.** • Ignorance strongly insists on the intrinsic existence of oneself and all phenomena. With analytical precision, wisdom reveals this to be a false perception and establishes the dependent arising of all things as the ultimate reality. \$25 Jewel Heart members / \$30 Jewel Heart non-members. Pay what you can - no one turned away. To register, go to the Jewel Heart website at [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Living With An Open Heart During Challenging Times with John Orr** • **October 7-9** • Join us for an online meditation retreat with longtime Buddhist teacher John Orr. Throughout our lives many of us yearn for deeper love and connection. There is something inside us which wishes for freedom and so we become increasingly willing to live our lives with an open heart. This path of love takes courage and the willingness to live in the moment and work with pain and difficult emotions when they arise. During this weekend retreat through mindfulness and heart centered meditations we will explore and practice the Buddha's path to awakening and compassion. By donation. Contact Still Mountain Buddhist Meditation Center at [stillmountainmeditation@gmail.com](mailto:stillmountainmeditation@gmail.com), or visit them online at [Stillmountainmeditation.org](http://Stillmountainmeditation.org).

**Fall Retreat: 37 Dharma Wings for Enlightenment with Demo Rinpoche** • **October 7 and 8** • **8:30 a.m. - 8:00 p.m.** • **October 9** • **8:30 a.m. - 5:00 p.m.** • The 37 Dharma Wings for Enlightenment are available for all Buddhist practitioners who want to follow Buddha's path. With the Four Noble Truths as the foundation of Buddha's teachings, the 37 Dharma Wings for Enlightenment form the basis of Buddhist practice. For a beginning level practitioner or someone who wants to form a stable basis for Buddhist meditation at a deeper level, this is the right place to step in. \$180 Jewel Heart members / \$225 Jewel Heart non-members. Pay what you can - no one is turned away. Contact Jewel Heart at 734-994-3387, [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Indian Philosophies on the Eve of Buddha's Enlightenment with David Mellins, PhD** • **Saturday, October 22** • **10 a.m. - 1 p.m.** • While systematic schools of Indian philosophy had

yet to be formalized as textual traditions in the 6th century BCE when Gautama Buddha attained his enlightenment, the ascetic mendicant Gautama encountered, studied and ultimately refuted a broad range of doctrines professing pathways to wisdom and spiritual emancipation. This presentation provides an overview of these ancient Indian proto philosophies as evidenced by Brahmanical teachings such as the Upanishads as well as the more radical methodologies of yogis and homeless ascetics evidenced in Buddhist Sutra and Agamas literature. Students gain a more dynamic context for their study of the Four Noble Truths, dependent origination and the principle of karma, which provide the foundation for all levels of Buddhist teachings. \$30 Jewel Heart members / \$45 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

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

## CEREMONIES, CELEBRATIONS, AND RITUALS

**Anniversary Celebration and Peace Pole Rededication at Verapose Yoga House • September 24 • 9 a.m. - 12:30 p.m.** • Celebrating our anniversary with our Peace Pole Rededication, free classes (yoga, qigong), history of Gongs/Gong tasting, refreshments, and giveaways. Free. For more information contact Courtney Fitzpatrick at 734-726-0086, or [courtney@veraposeyoga.com](mailto:courtney@veraposeyoga.com), or visit [veraposeyoga.com](http://veraposeyoga.com).

**Autumn Equinox Celebration with Alicia Clark-Teper • September 23 • 7 - 9 p.m.** • The changing of the seasons to autumn brings a time to reflect and gear up for the dwindling daylight. The Equinox is equal day and equal night, let's rebalance our internal compass and get ready for autumn. We will talk about the season change, what it brings energetically, as well release what is no longer serving us from the year so far. Join me in rebalancing your equilibrium. \$35. For more information contact Alicia Clark-Teper at [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com), 734-945-5396, or visit [sacredlotusexperience.com](http://sacredlotusexperience.com).

**Autumn Harvest Gathering and Celebration with Courtney Fitzpatrick and Victoria Schon • September 24 • 6:30 - 8:30 p.m.** • The autumn harvest season is an opportunity to gain perspective and the season to reap what you have sown. Join us for some gentle movement (yoga), celebration, sacred sound,

and a cacao ceremony as we relish in our accomplishments of the passing summer season. Bring a yoga mat, blanket, water bottle, journal, and optional pillow, bolster, and eye mask. \$50.00. Contact Verapose Yoga House at 734-726-0086, [courtney@veraposeyoga.com](mailto:courtney@veraposeyoga.com), or visit [veraposeyoga.com](http://veraposeyoga.com).

## CHANNELING

**Remembering Wholeness, Darshan with The Mother with Barbara Brodsky and The Mother • September 18, October 16, November 13, December 11 • 2 - 5 p.m.** • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear all my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. \$10-\$120 suggested for donation. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Evenings with Aaron presented by Barbara Brodsky and Aaron • September 21, October 19, November 16, December 14 • 7 - 9 p.m.** • Evenings with Aaron meets once a month. All are welcome. Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Deep Spring Center focuses on how we can live with more wisdom and compassion. Our primary work includes meditation and spiritual inquiry. \$10-\$120 suggested for donation. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

## DEATH AND DYING

**Ann Arbor Death Cafe 10 Year Anniversary Party with Merylynne Rush and Friends • September 17 • 2 - 5 p.m.** • Ann Arbor Death Cafe is celebrating our 10-year anniversary with a party at a home in Dexter. All friends of Death Cafe, significant others, and anyone interested in connecting with like-minded people are welcome. It will be an outdoor potluck. Free but RSVP requested. For more information contact [DianaRuth1226@gmail.com](mailto:DianaRuth1226@gmail.com) or go to the Death Cafe Ann Arbor Facebook page for more info.

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

## ENERGY AND HEALING

**Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg, P.T • Sundays, October 16 and 23 • 5:30 - 9:30 p.m.** • Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to,

# The Crazy Wisdom Calendar

Biweekly



sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, Archangels, Angels. \$200 for both days. Contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com or visit clairascension.com.

independence and a healthy relationship with money? Did you know that you CAN get rid of unconscious money blocks and press reset on a fresh money story, starting today? Here's how: Within you is a unique "money code" called your Sacred Money Archetypes®. Once you discover what YOUR money archetypes are, it will feel as if all the puzzle pieces of your life easily fall into place. We will work on activities to start your journey to changing your relationship with money - how exciting is that?! For more information visit <https://evenstarschalice.com/institute>.

## EXERCISE AND FITNESS

**Beauty Loves Movement with Katie Westgate • September 22, October 20 or 27, November 3 or 17, or December 1 or 8 • 6 - 7:30 p.m.** • In this fun and unique class you will learn techniques for vibrant, healthy skin through self-massage, Gua Sha and other tools, breath work, facial exercise, meditation and the why's of the importance of these techniques. Bring a yoga mat and yoga attire. Masks will not be worn throughout class. Please come with makeup free clean face. \*Tools will be available for purchase or you may bring your own! Q+A to follow class. Register by 5:00 p.m. day of on website. Class size is limited to seven. \$35. For more information visit [kwestskinbodyspirit.com](http://kwestskinbodyspirit.com) or call 734-436-8991.

## FESTIVALS AND FAIRS

**Sunday in the Park at Ann Arbor Burn's Park: Active Against ALS • September 18 • 2 - 4:30 p.m.** • Family event with games, crafts, food, raffle, a silent auction, and more fun! Free. For more information visit [activeagainstals.org/sunday-in-the-park](http://activeagainstals.org/sunday-in-the-park).

## HEALING

**Healing for the Healer with Rob Meyer-Kukan, Bri Babiera, and Alicia Clark-Teper • October 2 • 9 a.m. - 4:45 p.m.** • Healing for the Healer is a day of free opportunities designed to give back to those who care for others. We want to offer this opportunity to anyone who works in the healthcare system—doctors, nurses, PAs, therapists/social workers, administrators, janitors, and all who work in the healing arts—reiki practitioners, massage therapists, intuitive readers, sound healers. FREE. For more information contact Rob Meyer-Kukan at 248-962-5475, or [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

## HEALTH AND WELLNESS

**Sacred Money Archetypes with Heather Schram • September 17 • 10 a.m.** • Are you ready to get rid of unconscious money blocks and start fresh on a path of creating freedom,

## INTUITIVE AND PSYCHIC DEVELOPMENT

**Focused Mind Meditation with John Friedlander • October 2, November 6, December 4 • 9 a.m. – 12 p.m.** • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. \$15. For more information contact Violeta Viviano at [maviviano@gmail.com](mailto:maviviano@gmail.com), call 734-476-1513, or visit [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • October 4, November 1, December 6 • 7 - 8 p.m.** • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. For more information contact Violeta Viviano at [maviviano@gmail.com](mailto:maviviano@gmail.com), call 734-476-1513, or visit [psychicpsychology.org](http://psychicpsychology.org).

**Fall Intensive 2022 Webinar/Teleconference with John Friedlander • Saturday and Sunday, October 8 and 9 • 10 a.m. - 12 p.m. and 2 - 4 p.m. • Monday October 10 through Friday October 16 • 7 - 9 p.m. • Saturday and Sunday October 17 and 18 • 10 a.m. – 12 p.m. and 2 – 4 p.m.** • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical perspective. Prerequisites: Foundations Level 1 class, CD, or instructor's permission. For more information contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com), or visit [psychicpsychology.org](http://psychicpsychology.org).

## LOVE AND RELATIONSHIPS

**Creating Your Ideal Mate with Karen Greenberg, P.T., • Sunday, September 18 • 1 - 6 p.m.** • Has it been lonely being in lockdown during the pandemic? Identify your Ideal Mate's qualities (as I did so to manifest my mate of over two decades), learning how to use ceremony, meditation, chanting, movement, fragrances, essences, elixirs, herbs, flowers, colors, shapes, metals, altars with sacred symbols, Archetypal images, and candles. Learn to work to remove blockages, to work through fears and "not

deserving” issues, and to trust the Divine Order and Timing! \$150. For more information contact Karen Greenberg at 734-417-9511, krngnrbg@gmail.com, or visit clair-ascension.com.

**4 week on-line Couples Workshop: Compassionate Communication for Couples with Lisa Gottlieb MSW and Rob Eames MA • October 10 • 1:30 p.m.** • This engaging and interactive on-line level I couples course is geared for couples who are looking for practical tools and practice time to improve their communication and bring more compassion and kind honesty into their relationship. This course is offered through the lens of Nonviolent Communication, based on the work of Marshall Rosenberg and the Center for Nonviolent Communication. Geared for newbies and those with some workshop experience. Follow the link for more information and registration. <https://couplesfocus.corsizio.com/c/62c86654b4863fafa423ed2d>.

## MEDITATION

**Peace Generator at Interfaith Center for Spiritual Growth • September 16, October 21, November 18, December 16 • 7-9:00 p.m.** • Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Free, but donations gratefully accepted. Visit [Interfaithspirit.org](http://Interfaithspirit.org) for more information.

**Overnight Introductory Meditation Course with Temple Clergy • September 16 - 17, or December 2 - 3 • 7 p.m. Friday evening and overnight at the Temple until noon on Saturday** • Designed for those unable to take the Thursday evening course because of schedule or distance. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple’s meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost including accommodation and breakfast. \$160/\$120 students. For more information contact Zen Buddhist

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Send your listing in  
two weeks in  
advance!

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Temple at 734-761-6520, or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Day of Mindfulness Meditation with Esther Kennedy, OP • October 15, November 12th, December 12th • 10 a.m. - 2:30 p.m.** • Join our mindfulness community as we deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. \$35.00, with lunch Included. Contact Weber Retreat and Conference Center at 517-266-4000, or [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).

**Free Introduction to Mindfulness-Based Stress Reduction with Libby Robinson, Ph.D., MSW • September 17 • Eight-week class from September 24 to November 19 • 2 - 4:30 p.m. Retreat on November 5 • 12 - 4 p.m.** • MBSR, developed by Jon Kabat-Zinn, has been extensively researched and found helpful with stress, pain, depression, anxiety, and chronic unhappiness. It started the current wave of mindfulness-based strategies for coping with many human problems. The class focuses on practicing mindfulness – compassionate awareness of the present moment – in and out of class. Meeting weekly for 2.5 hours for eight weeks, this virtual class includes guided meditations and informal practices, discussions, daily home practice, and a half-day retreat. \$300 (negotiable); SW CE credits available. For more information visit [libbyrobinsonmindfulness.com](http://libbyrobinsonmindfulness.com).

**Deep Relaxation: Sound Bath Meditation with Rob Meyer-Kukan • September 23 • 7 - 8:30 p.m.** • Join sound therapist and healer, Rob Meyer-Kukan for this time of sound bath meditation. The sound bath will include a meditation by Thich Nhat Hanh entitled “Deep Relaxation.” Thay’s words will be intermingled with intentional tones of singing bowls that are intended to deepen the practice. A sound bath, featuring gongs, singing bowls, chimes, and more will conclude the event. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$40.00. For more information contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Fall Reset: Yoga, Meditation, and Health with Ema Stefanova • September 24 – 25** • Yoga is a science of consciousness, personality, and creativity. Experience how it works and how it can help you stay healthy this fall. This two-day seminar will help train your willpower to transform your life. Excellent for every *body*. Weather permitting, we will hold this two-day seminar in the park. \$199. For more information visit [yogaandmeditation.com](http://yogaandmeditation.com).

**Developing Patience and Compassion with Erica Dutton • Sundays, October 2 – October 30 • 5:30 - 7 p.m.** • This five-week class will offer teachings, meditation sittings, and an opportunity to share what you have learned. You can have an established practice or be new to meditation. Erica will take time in the class to teach Reflective Meditation, an open, gentle, receptive practice for those who are interested in learning this insight practice. Suggested donation- \$125 - \$200. For more information contact Erica Dutton at [eld0306@yahoo.com](mailto:eld0306@yahoo.com) or visit [ericadutton.com](http://ericadutton.com).

**Meditation Made Easy with Ema Stefanova • October 8 - 9** • Beginners and all level students are welcome to join. You will



learn how to successfully meditate, keep meditation practice interesting and fresh, and benefit from it in no time. \$199. For more information visit [yogaandmeditation.com](http://yogaandmeditation.com).

**Sound Bath Meditation and Gallery Reading with Rob Meyer-Kukan and Marcy McCourt • October 14 • 7 - 8:30 p.m.** • Join sound therapist, Rob Meyer-Kukan and Intuitive Healer, Marcy McCourt for this time of sound bath meditation including a gallery reading. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob at your request, Marcy will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, Elementals, and Animal Guides. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$50.00 For more information contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Introduction to Mindfulness Meditation with Biha Birman-Rivlin and Ken Morley • October 17, 24, 31, November 7, 14, 21 • 10:30 a.m. – 12:00 p.m.** • Offered through Washtenaw Community College. Mindfulness is a gateway to lasting personal transformation. Learn about mindfulness and concentration in a kind and supportive environment, as you take the first steps toward establishing your own meditation practice. There will be a strong emphasis on cultivating an open heart as a support to experiencing the full benefits of mindfulness. All are welcome. Suitable for beginners and anyone seeking a refresher. \$65. For more information visit Contact Bilha Birman-Rivlin at [ybirvlin@att.net](mailto:ybirvlin@att.net), or call 734-330-9376.

**Candlelight Labyrinth Walk with Rob Meyer-Kukan • October 28 • 6 p.m.** • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, Dexter, Michigan for a candlelight labyrinth walk. Fee by donation. For more information contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

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

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

**Sunday Public Meditation Service with Temple Clergy • Sunday • 10 - 11:30 a.m. and 4 - 5:30 p.m.** • Join us in person or by live stream for group meditation practice and a dharma talk. Live

stream at <https://bit.ly/a2zenyoutube>. By donation. For more information contact Zen Buddhist Temple at 734-761-6520, or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

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

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

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

## MOVEMENT AND DANCE

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

## MUSIC, SOUND, AND VOICE

**Play the Piano with Joy, Read Music with Ease, Taught by Tammy Renner • September 1 • 6:15 - 7 p.m.; September 6 • 2:45 - 3:30 p.m.; September 7 • 2:45 - 3:30 p.m.; September 8 • 6:15 - 7 p.m.** • The Snowman's Dream Piano Method emphasizes learning the location of the five most used C's on the piano and their placement on the music staves. All other notes are read and played in relation to the C's. Thus, the emphasis is on learning the patterns of how notes relate to each other, instead of memorizing note-names. Tammy Teaches group and private piano lessons with the Snowman's Dream. Free introduction session. For more information contact Tammy Renner at

734-330-6479 or visit <https://tammyrenner.wixsite.com/tammyrenner/music-lessons>.

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

**PATH (Scott McWhinney and band) via Zoom with Interfaith Center for Spiritual Growth • September 10 • 7 – 9 p.m.** • Songwriter and guitarist Chris Hedly joins Tim Prosser on mandolin and Scott McWhinney on harmonicas for sweet vocal harmonies, handcrafted rhythms and upbeat musical fun. \$10. For more information visit [Interfaithspirit.org](http://Interfaithspirit.org).

**Sound and Art with Rob Meyer-Kukan • September 17 • 7 - 8:30 p.m.** • Come and join Whitepine Studios and Seven Notes Natural Health for our fourth collaboration, as we listen to the melodic sounds of the singing bowls while painting a beautiful coneflower composition in watercolor. These perennials are valued for their medicinal properties and widely used as herbal remedies. They are often associated with strength and healing. \$35. For more information contact Rob Meyer-Kukan at 248-962-5475 or [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Katie Geddes and friends at Interfaith Center for Spiritual Growth • October 8 • 7 - 9 p.m.** • Katie sings traditional and contemporary folk, country-folk, and folk-pop tunes. \$10 per ticket. For more information visit [interfaithspirit.org](http://interfaithspirit.org)

## NUTRITION AND FOOD MEDICINE

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

## PERSONAL GROWTH

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

## PROSPERITY AND ABUNDANCE

**Abundance and Prosperity with Karen Greenberg, P.T. • Sundays October 2 and 9 • 6:30 - 9:30 p.m.** • Identify and work through limiting beliefs, lack mentality, scarcity fears, low-vibrational emotions of shame and guilt, feelings of unworthiness, self-sabotage, procrastination, and imbalances of giving and receiving that have contributed to your current state of affairs regarding cash flow, money management, and prosperity (your birthright). Define your dreams, set attainable goals, employ visualizations, affirmations, tithing, essential oils, the law of attraction, spiritual beings can do the rest! \$99 for both days. Contact Karen at 734-417-9511 or [krngnrbg@gmail.com](mailto:krngnrbg@gmail.com) or visit [clair-ascension.com](http://clair-ascension.com).

## REIKI

**First Degree Reiki Class with Suzy Wienckowski • Saturday October 8 • 10 a.m. – 5 p.m. and Sunday October 9 • 10 a.m. – 1 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. \$150. Contact Suzy Wienckowski at 734-476-7958, or [suzyreiki@aol.com](mailto:suzyreiki@aol.com).

**Holy Fire Reiki I and II Certification with Celia Fellin • October 8 - 9th • 1 p.m - 6 p.m..** • Reiki Level I and II Training (Holy Fire® III). Reiki is a Japanese healing technique that promotes relaxation and stress reduction in order to promote healing of physical and emotional ailments. It is a technique that allows for little or no physical contact to share the healing benefits with others. Anyone can learn to use this healing modality on themselves and others. All you need is a willingness to learn. In just one weekend, you will learn Reiki Levels I and II and become certified to perform Reiki on yourself and others. \$350 Questions? Email: [celia.yogacentric@gmail.com](mailto:celia.yogacentric@gmail.com)

## RETREATS

**SW Lake Michigan Three-Day Holistic Yoga and Meditation Retreat with Ema Stefanova • October 14 - 16; November 4 – 6.** • Our small group retreats are for total beginners, and pros who would like to experience classical yoga and meditation as a way of life, healing, and growth, and develop and refine their practice in an environment dedicated to peace. The Vivekananda Retreat Center has provided home for our retreats since 1991. It is located on 110 acres of beautiful non-farming land minutes away from Lake Michigan beaches. Lodging (some private and double occupancy rooms with shared bathrooms), vegetarian meals, expertly guided group classes are included in the cost. Register early to save. RYT200 and RYT500 teachers earn CE hours with the Yoga Alliance. The retreats also count toward RYT200 and RYT300 Teacher Training Certification through the Ann Arbor Yoga and Meditation School. \$479. Contact Ema at 734-665-7801, or [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com), or visit [YogaAndMeditation.com](http://YogaAndMeditation.com).

**Silent Half-Day Sittings with Marta Dabis • October 9, November 13, December 11 • 8:15 a.m. to 1 p.m.** • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11 a.m. Donations are appreciated. Everyone is welcome. Can come for any portion of the program. FREE. For more information contact Marta at 248-202-3102, jissojizen@gmail.com, or visit jissojizen.org.

**Self-Realization Fellowship Regional Retreat with Self-Realization Fellowship Sisters Preeti and Ranjana • September 30 - October 2** • We are honored to welcome Sisters Preeti and Ranjana to Song of the Morning this fall when they will spend time with our community and offer a Self-Realization Fellowship Regional Retreat. The retreat will be open to all SRF lessons students and SRF Kriyabans. We hope you will join us! \$108 plus accommodations. Contact Song of the Morning Yoga Retreat at 989-983-4107, office@songofthemorning.org, or visit songofthemorning.org.

**Autumnal Paramahansa Yogananda Retreat at Golden Lotus School of Yoga Teachers • October 7 - 9 • 5 p.m.** • Immerse yourself in the sacred essence of yoga as taught by Paramahansa Yogananda; renowned avatar, author of one of the world's most acclaimed spiritual classics "Autobiography of a Yogi." It will include gentle hatha yoga classes, traditional Song of the Morning meditations, devotional kirtan, self-reflective workshops, nature immersions within our 800 acres of consecrated forest along the Pigeon River, and many other opportunities to calm the mind, open the heart and nourish the soul so that we may live victoriously in harmony with all. \$108 plus accommodations. Contact office@songofthemorning.org, or 734-983-4107, or visit songofthemorning.org.

**Private Directed Retreats with Joan Delaplaine, Janene Ternes, Trudy McSorley, Joan Ebbitt, and Esther Kennedy • Monday, October 10 • 2 p.m. through Friday, October 14** • Step away from your busy days and retreat to Weber Center. Walk our labyrinth and outdoor garden, enjoy the quiet of the INAI gallery space, and find time to explore the spiritual questions of your heart. This retreat is for those looking for solitude and guidance. It offers time and space for prayer, quiet reflection and participation in campus liturgies (if Covid protocols allow). Each participant meets daily with a spiritual director of his or her choice. Commuter \$260. Double Occupancy \$325. Single occupancy \$425. This includes meals. Contact The Weber Center at 517-266-4000, or visit webercenter@adriandominicans.org.

**Private Directed Retreat with Janene Ternes • October 10 – 14** • Experience the serenity and clarity that comes from listening to God's Spirit within you. This retreat will provide time and space for solitude, personal prayer, quiet reflection and daily spiritual direction. \$475. For more information contact Janene Ternes at 734-347-2422, PrayerInMotionLLC@gmail.com, or visit prayer-in-motion.com.

**Yongmaeng Jeongjin (Intensive Retreat) with Temple Clergy • October 12 – 16** • Yongmaeng Jeongjin, which means 'Fearless Practice', is a period to free oneself from all worldly ties and absorb oneself completely in meditation. It provides a wonderful opportunity for discovering wisdom mind and developing a compassionate heart. It is usually reserved for those members with a serious meditation practice. Minimum attendance is two

days. For more information contact Zen Buddhist Temple at 734-761-6520 or annarborzentemple@gmail.com.

**One-Day Zen Meditation Retreat with Temple Clergy • October 13 and November 26 • 9 a.m. – 5 p.m.** • This retreat offers sitting and walking meditation, simple manual work, a delicious vegetarian lunch, and rest – an interval of deepening, of slowing down, silence, and mindfulness. \$60, includes lunch. For more information contact Zen Buddhist Temple at 734-761-6520 or annarborzentemple@gmail.com.

**In Person Retreat with Lou Weir • October 14 - 16** • The theme of this retreat is presence. Being present in each moment as a doorway to the spacious awareness that is us. The retreat will be a combination of silent sittings and led sittings with some time for questions and personal exploration. It is aimed at experienced meditators, but beginners may join with permission of the teacher. Donation based sliding scale. Contact Insight Meditation in Ann Arbor for more information or visit insightmeditationannarbor.org/retreats.

## SHAMANISM

**Healing Curses and Spells with Connie Eiland • September 17 – 18 • 10 a.m.- 5:30 p.m.** • This class involves recognizing the importance of words and energy for health and well-being. Participants will learn to recognize when curses are in place and how to remove them in a safe manner. Methods of healing come from Peruvian, Hawaiian, and Tibetan shamanic practices. \$180 until September 3, then \$220. For more information contact Connie Eiland at 248-809-3230, clshebear7@gmail.com, or visit shewolfshaman.com.

**Introduction to Journeying with Connie Lee Eiland • October 2 • 10 a.m.- 4:30 p.m.** • This six-hour class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. \$70 until 9/17/22 then \$80. For more information contact Connie Eiland at 248-809-3230, clshebear7@gmail.com, or visit shewolfshaman.com.

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

**Basic Journeying: the Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • October 22 – 23 • 9 a.m. – 3 p.m.** • Shamanic journeying is an easy and powerful tool to access spiritual information. You be introduced to shamanism and its principles for empowerment, healing and balance in your life. You will meet compassionate spirits who will support, protect and teach you in very gentle ways. Join us and learn to move through the world in a balanced and intentional way. This class is prerequisite to ongoing and more advanced shamanic studies. The class will be taught online

via ZOOM. \$150 per person/\$75 for repeating students. For more information email [info@judynamsey.net](mailto:info@judynamsey.net) or visit <https://JudyRamsey.net>.

**A Shamanic View of Death and Dying with Judy Liu Ramsey • October 28 – 30 • 7 p.m.** • One of the traditional roles of a shaman was to prepare the dying person for a good death, escort the souls of the deceased to their ancestors, and to help those grieving left behind. By doing psychopomp work, a shamanic practitioner can heal those who have passed and help suffering souls to be at peace. This advanced level workshop will provide opportunities to learn about helping people in the dying process, connecting with compassionate spirits to do psychopomp, helping spirits of the departed after death, and experiencing your own beautiful death. Initiation and ceremony will anchor your learning. Prerequisite: Journeying Skills, Soul Retrieval. Suggested Reading: *Walking In Light* by Sandra Ingerman. \$250 tuition, \$250 room and board. For more information email [info@judynamsey.net](mailto:info@judynamsey.net) or visit <https://JudyRamsey.net>.

## SPIRITUAL DEVELOPMENT

**Monthly Midrash Study with Karen Greenberg, P.T. • October 9, November 13, December 11 • 1 – 4 p.m.** • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one three-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511 or [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com) or visit [clair-ascension.com](http://clair-ascension.com).

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

**Youthful Spirits class at Interfaith Center for Spiritual Growth • Sundays through December 25 • 1 – 2 p.m.** • Spiritual classes for young people. Free, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Akashic Records Practitioner Certification with Shellie Powers • September 16 - 17, September 20 – 22, October 4 – 6, October 11 -13, November 29 – 30, December 1, December 3 - 4** • Practitioner Certification: Experience the Akashic Records through the Pathway Prayer Process to access the heart of the Akasha©. Encounter the energy and wisdom and develop your skills for successful navigation of the Records. Learn about the Akashic Records, the method of access, and the tremendous personal possibilities for you. Find out how to use the Akashic Records for yourself and others. Enjoy a more conscious relationship with your own Soul and honor its wisdom. \$360. Contact Shellie Powers at 734-926-8423 or 517-962-5378 or visit [powers365.com](http://powers365.com).

**Akashic Records Advanced Practitioner Certification with Shellie Powers • October 15 - 16, October 25 - 27** • Advanced Practitioner Akashic Records Certification: Deepen your spiritual awareness by developing skills facilitating your transformation! energy healing, ancestral clearing, past lives: these are the foundational protocols for mining the Records and enjoying the benefits of this work. Experience the aliveness that can come through you as a result of your relationship with the Records. \$430. Contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit [powers365.com](http://powers365.com).

## TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

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

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

## TEA EVENTS

**Tea Gong- Tea Ceremony and Qigong Energy Practices with David Stouffer • September 24 • 7 - 9:00 p.m.** • Tea has many healing compounds that enhance well-being. Enjoy a special selection of teas and learn Qi Gong postures that can help increase your health. The techniques taught in this class are known to improve circulation, prevent bone loss, and enhance physical, mental, and emotional aspects of health. \$55. For more information contact David at 858-344-9417 or [ancientwaysofhealth@gmail.com](mailto:ancientwaysofhealth@gmail.com) or visit [ancientwaysofhealth.com](http://ancientwaysofhealth.com).

## THEATER

**Black Cat Cabaret at Neighborhood Theatre Group • October 21 and 22 • 8 p.m.** • Black Cat Cabaret is back with all new songs and scares. Join us this Halloween season...it'll be a scream! \$13-\$25. For more information contact [info@ntgypsi.org](mailto:info@ntgypsi.org) or visit [ntgypsi.org](http://ntgypsi.org).

## WRITING AND POETRY

**Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • September 25, October 23, November 27, December 18 • 1:15 - 2:45 p.m.** • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Free. Donations

are appreciated. Contact Marta Dabis at [jissojizen@gmail.com](mailto:jissojizen@gmail.com) or 248-202-3102 or visit [jissojizen.org](http://jissojizen.org).

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

## YOGA

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

**RYT200 and Advanced RYT300 Teacher Certification with Ema Stefanova • September 12 or Flex Start and Finish Dates** • Our programs are a cut above what commercial yoga studios offer. For more information visit [YogaAndMeditation.com](http://YogaAndMeditation.com).

**Iyengar Yoga with David Rosenberg • Weekly • Mondays at 6 p.m., Thursdays at 7 p.m., Saturdays at 10 a.m.** • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Free. For more information contact 734-994-2300, or [recedstaff@a2schools.org](mailto:recedstaff@a2schools.org), or visit [aarecedonline.com](http://aarecedonline.com).

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

**Open Level Yoga with Michele Bond • September - December • Sundays, 4 - 5:30 p.m. • Tuesdays, 6 - 7:30 p.m. • Saturdays 10 - 11:30 a.m.** • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 if registered for fall semester, \$20 drop in with instructor's permission. Contact 734 358-8546, or [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

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



## 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](mailto: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

**September 28 – Charles Harper Webb** has a new novel (*Ursula Lake*), twelve poetry collections (the latest being *Sidebend World*), and collected essays titled *A Million MFAs Are Not Enough*. His “stand-up” West Coast poetry brings comedy, relevance, and vision to the literary scene. A qualified psychotherapist, he teaches Creative Writing at California State University, Long Beach.



**October 26 – M. Bartley Seigel**, Poet Laureate of the Michigan UP, lives in Ojibwe homelands and Treaty of 1842 territory on the shores of Lake Superior. His poems appear in *Poetry Magazine*, *Michigan Quarterly Review*, and his book—*This Is What They Say*. He is Associate Professor of Creative Writing at Michigan Technological University in Houghton.

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



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

### Crazy Wisdom Poetry Circle

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

# 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  
A Healing Feeling Wellness Center  
Living Grateful

A close-up photograph of a hand holding a stalk of golden-brown grass against a warm, golden background. The hand is positioned in the lower left, with fingers gently gripping the stem. The grass stalk is the central focus, extending from the bottom left towards the top right. The background is a soft, out-of-focus golden light, suggesting a sunset or sunrise. Other stalks of grass are visible in the background, some in focus and some blurred.

There will come a time when you  
believe everything is finished; that will  
be the beginning.

-Louis L'Amour