

October 14, 2022

Issue #98



The
Crazy Wisdom
Biweekly

shining a light in the dark



The Crazy Wisdom Biweekly

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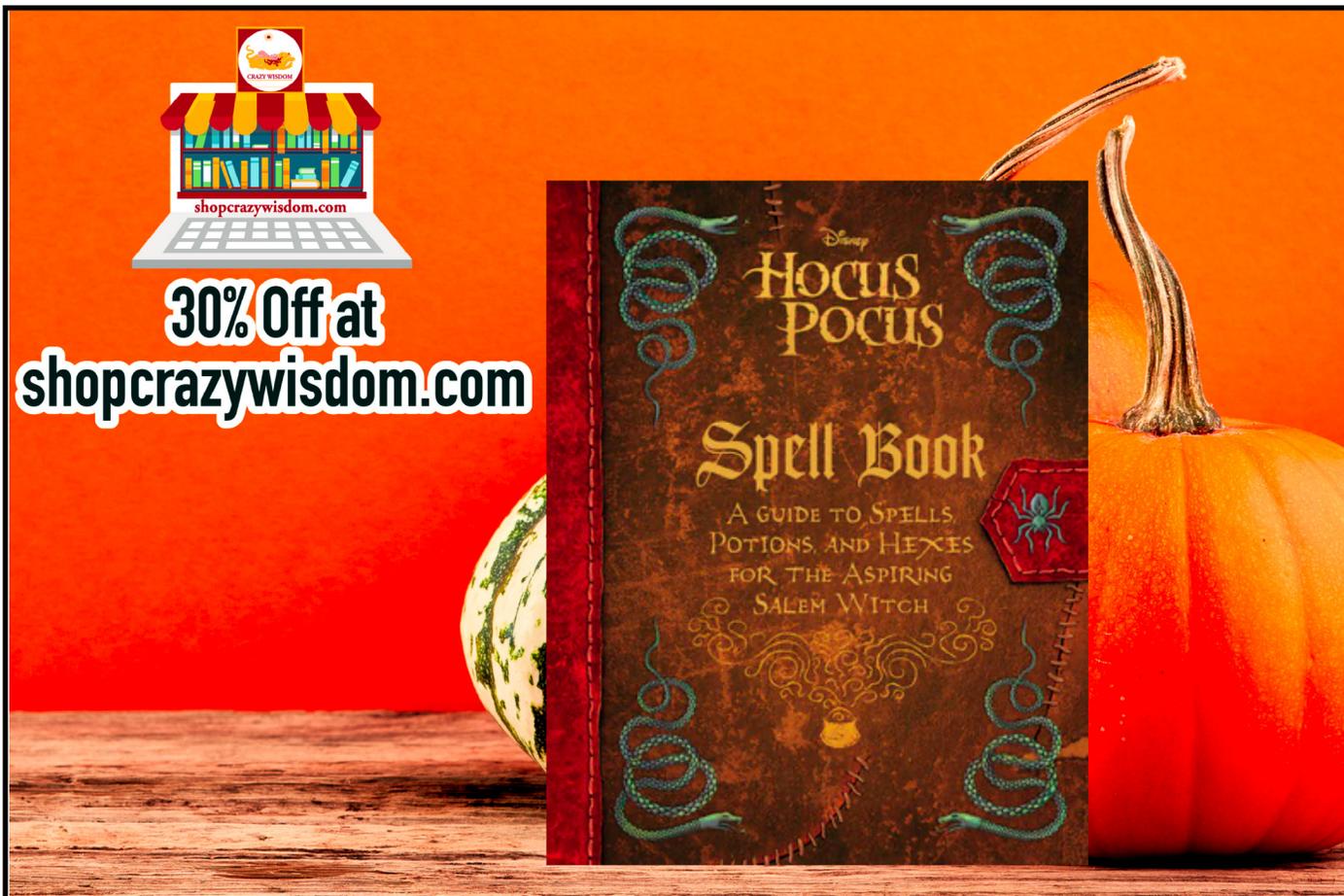
- **“Transform Your Personal Life” Master Class**
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- **“Become a Spiritual Entrepreneur” Master Class**
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"I can say beyond a doubt that my reading with Susan has helped propel me in my soul's direction and vocation! She is incredibly accurate and left me feeling more inspired and excited than I could possibly express!" Hallie S., Salt Lake City, Utah



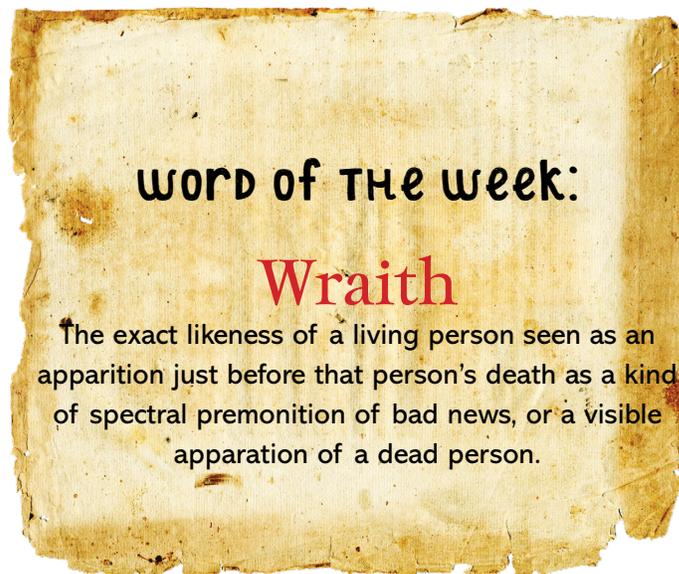
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Cashmere Morley
Hilary Nichols
Selenia Rodriguez
Jennifer Carson
Carol Karr
Bill Zirinsky



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.



making your own

MAGIC

From Our Current Issue

By Cashmere Morley

At age five, Paula Hampton knew that there was something magical about art. The way her mother would hold a pencil to paper and make a face appear on a blank canvas, unaided by anything save her imagination, blossomed a world of possibility in Hampton's heart.

It also sparked a question: Could she do that, too? Conjure something out of nothing?

Like the pencil to canvas, Hampton's life unfolded before her into several avenues: figure artist, portraitist, and AT&T phone operator, to name a few. Today, she prefers the title "wand maker."

An Ypsilanti native her entire life, Hampton cut her artistic teeth working alongside figure artist John Lockhart, at Washtenaw Community College. Under his tutelage, she gained a profound understanding of the human body, a skill that would later help her unfurl forms in felled wood when wand making became her profession.

"You don't just draw," said Hampton, "...You study the human form. You study anatomy, just like if you're going to school to become a physician. I had to learn all the human bones in order to understand structure. And how, when a human form moves *this way*, then the light changes across it *that way*. I had to translate that on the paper to shadow and form so it became a work of art."

Translating the three-dimensional onto a two-dimensional piece became her early living. In the 80's, living in Depot Town, Hampton did not have to go far to find work. Literally outside of her apartment door, Depot Town landlords helped establish the Heritage Festival, where Hampton was asked to be a resident artist. Her studio was situated in one of the old AirTrain railroad cars, where Hampton would sketch portraits alongside of her friend, another resident artist, who was working as a basket weaver.

Through her time as a portrait and figure artist, Hampton would often ask friends to sit for her. A pair of these friends—a couple of local pagans, who lived on a farm on the outskirts of town—invited Hampton over one afternoon where the couple were working on crafting a wand out of fallen wood.

"He had cut the wood for his wife, though she had chosen the wood herself because she had an interest in making her own wand. Watching them work—I was instantly curious. I immediately wanted to try making my own [wand]."

Hampton had found the incorporation of wood in her artwork intriguing since she was a child. She would paint on the backs of found wooden objects, such as the back of a mirror, then incorporate those two-dimensional paintings into a table or an item that was more three-dimensional in finality. She was always, conceptually or physically, working between the two worlds.

"It was a combination of watching her make her own wand and seeing what her husband could do with carving and the textural elements of the wood that got me curious. Even when he wasn't at work, Ken would still always have something in his hands that he was working on. And I used to just watch him carve on pieces sometimes," said Hampton.

It was not until the Harry Potter craze during the early 2000's, when wand woodworking would levitate its way into Hampton's creative brain once more. After attending a Halloween party dressed as a Hogwart's character, Hampton put her artistic talents back to work, crafting a wizard wand for her costume. Soon, her nephews took notice of the special piece, and it wasn't long before Hampton had family members calling upon her for a wand of their own.

"That's when I knew I had something really special here," said Hampton.

Coincidentally, Hampton's career at AT&T was coming to a close around the same time. A new door was opening up, and, as if by a flick of a wand, the energy in Hampton's life was unexpectedly moving.

[Read the rest of the article online!](#)

My Path to Reiki Healing

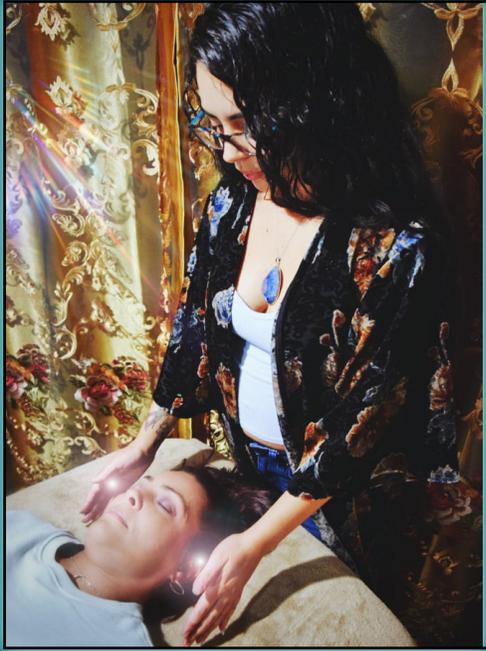
By Selenia Rodriguez

I grew up in a very open, spiritually minded, and magical household. There were always talks about other worldly things, energy, healings, the power of crystals and herbs, spirits, prophetic dreams and the like. I knew I was a little different from a young age. I was very sensitive and very in sync with other people's energy and the things going on around me. Most of my life, I encountered so many strangers that felt the need to reveal all their hurt and traumas to me, as if they were unburdening themselves. I never quite understood this until I realized that I was gifted with the ability to heal.

This recognition led me down a path of exploring, researching, and trying to learn and experience everything I could. I began reading lots of different books, learning as much as I could about different spiritual paths, crystals, tarot, oracle, color therapy, crystal therapy, meditation, natural medicines, essential oils, and so much more. I started making crystal jewelry, playing around with energy healing techniques, and even took a class to learn how to read tarot.

When I was 18, I ended up with a migraine that wouldn't go away for about two weeks. After trying everything I could, natural and otherwise, I decided to look into more spiritual remedies. That's when I discovered someone near to me who was certified in Healing Touch. Her name is Michelle McLemore, and she was the first person to ever do energy work on me. Her energy was so comforting and peaceful and I was amazed by the things that I was feeling when she was performing Healing Touch on me. By the end of my session, she was able to get





in recovery from SUD. Even though this is something I'm very passionate about, this is not my only focus, nor is Reiki the only service I provide. I'm a health and wellness advocate as well as a crystal jewelry artist and I work with people from all walks of life. I've always had a deep connection with crystals and by creating one of a kind crystal jewelry pieces, I'm able to reach people in a different kind of way, while still being able to help those who are further away by providing them with another tool for their healing journey. I also love creating high vibrational essential oils blends for spiritual and emotional purposes. Some of my favorite oil blends were created to develop a deeper connection to the elemental realm, angelic realm, and to ignite your inner Goddess.

Check out Selenia's website at www.healingluna22.net or email her at healingluna22@gmail.com if you would like to inquire about any of her services, book a session, or request a custom piece of jewelry or essential oil blend.



rid of my headache, and she also felt other things that were going on in my body physically and emotionally. After this experience, I knew it was something I wanted to do with my life, so that I could help others in the same way.

In 2015 I learned that there would be a Usui Reiki Level 1 class being held at the New Age store I was working at. I felt like my prayers of finding a deeper purpose in life had been answered, so I decided to take the class. I had never experienced Divine love, Kundalini awakening, or even a deep connection like this until I took this class. My life was forever changed after that, and I knew I needed to take all three levels. In 2016 I took a Holy Fire II Reiki Master class and this past winter I took a Holy Fire III Karuna Reiki Master class. My Reiki Master teacher, Julie Sotteck, has been a wonderful teacher, and an important person on my spiritual journey. If not for her, I may not be on this path today.

Holy Fire Karuna Reiki is a gentle, yet powerful energy healing technique that has the ability to heal on all levels; mental, emotional, physical, and spiritual. It's an amazing technique that helps with stress, trauma, life transitions, insomnia, and so much more. Reiki has sent me down a path of deep healing, having a deeper connection to myself, to the people around me, and realizing my purpose in life. Although my home growing up was magical, there was also a lot of trauma, violence, and addiction in my family. I've known for a long time that I've needed to work to end these traumatic cycles, heal the generational pain, and help my family and those around me to step out of the darkness and to receive deep healing. Currently, I'm in college going through an addiction studies program, and I plan on incorporating that knowledge into my Reiki healings and hopefully, in the future, natural medicines as well as spiritual coaching. At the moment, I offer Reiki sessions at a discounted rate for anyone





Kindred Conversations

Story and Photos By Hilary Nichols

Where does music begin? When you're a musician, the search is inward. David Magumba realized that, "Beyond inspiration, you do the work. You make it happen. As a songwriter, that is the effort I am making right now."

When Magumba writes a piece, he sees the science of it. "I line up as many of the parameters as I can before I dive in—How do I want the lyrics to hit, the melodies to harmonize, and what instruments and why?—until the voice of the piece begins to emerge." With a temperament for detail work, he is suited for the long hours alone, crafting a song into being. The devotion is worth it. It is undeniable. Music is his world.

Magumba has been told, "you have a gift," ever since he was small. He was advanced to primary in the church choir by age six at his Catholic school in Price Hill, near Cincinnati, Ohio. The area was tough, but his parents, having escaped Ida Amin's Uganda, found each other there, and the church became their safe haven. He followed his sisters into the choir, "'cause that's what the cool kids did." The first time he opened his mouth and started singing, he found the response was bizarre. All he knew was that he was making people happy. He knows he was lucky to find music. Quickly, he became a professional, singing at weddings and funerals as early as first grade.

He entered the Vocal Performance major at the University of Michigan school of Theater and Dance after some false starts. Originally, he entered college in the business management department at Michigan State, which "didn't work out at all." It was a job at Zingerman's that brought him to Ann Arbor where he enrolled initially at WCC. Still not it. The aha moment came with a realization that he should audition for the opera department at U-M, in order to fully develop his singing voice, which would take more training, which would take more funding. Once he auditioned, the school agreed, he was meant for the program, and did provide some support, though he paid his own way through most of his college career.

But that doesn't mean this career comes easily. Being a professional musician can be slow, methodical, and agonizing work. "I want to put my message in the best light that I can." To get the work out of his head, Magumba has had to learn to share the process. From the Amazin' Blue Acapella group, and theater and music writing workshops, he has finally



David Magumba is a Singer-Songwriter, U-M Graduate, and an opera vocalist.

found his home and family of fellow creatives. By creating this microcosm to collaborate with, the creation begins to flourish—it grows and takes on a life of its own. "It enlightens me to dig deeper and to be able to evaluate how I actually want to say what I mean in different ways. With these respected reflections the work is honed until it really hums," Magumba muses.

He and I are sitting at Black Diesel Coffee House on a Tuesday morning, when he shares his performance schedule. He is keeping busy as an artist these days. He completed his roles in *Dead Man Walking* (U of M), *La Boheme* with the Detroit Opera House, *Smokey Joe's Cafe* with the Encore Musical Theater, and contributed to recordings with Emma McDermott and Hannah Baiardi, and S.N.O.T. chamber orchestra, ([youtube.com/watch?v=Nj2rmvXYM-U](https://www.youtube.com/watch?v=Nj2rmvXYM-U)) all while continuing to pursue his solo career.

[Read the rest of the feature online!](#)





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Biweekly

The Crazy Wisdom Calendar



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 annarborzemple@gmail.com.

ART AND CRAFT

Subject Matters: How to Think – How Photography and Image Processing Offers a Window Into the Human Creative Process Too with Ray Wetzel • November 15th • 6 p.m. • This free event meets in-person at UMMA. Registration required. When light hits photo-sensitive paper it creates a chemical reaction. Is that so different from the chemical reaction happening in our brains when we make and create? Maybe not. Guest Faculty member Ray Wetzel (Residential College) will explore this idea using photography in UMMA’s collection. Register here: <https://events.r20.constantcontact.com/register/event?oeidk=a07ejcqsyf4d2d7b612&llr=uhlrs88ab>. For questions email umma-news@umich.edu.

BODYMIND THERAPIES

It’s time to feel good!! With Robin Bosilovick • 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 • 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, or visit clair-ascension.com.

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, or visit 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 or call Jewel Heart at 734-994-3387.

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.

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. For more information contact 734-994-3387, or programs@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

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

10



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

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

Online via Zoom. Beginning January 2023.

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

session. Sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. Free / Donations welcome. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387 or 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 for more information.

CHANNELING

Remembering Wholeness, Darshan with The Mother with Barbara Brodsky and The Mother • 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, or visit deepspring.org.

Evenings with Aaron presented by Barbara Brodsky and Aaron • 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, or visit deepspring.org.

DEATH AND DYING

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 or visit DeathCafe.com.

HEALTH AND WELLNESS

Days of Mindfulness with Emily Adama • November 5 • 10 a.m. • Come delve deeply into the mysterious and nurturing realm of silence and stillness. Immersed in nature, we will spiral through guided walking meditation, seated meditation, body scanning, mindful

movemen, and sensory meditation. For more information contact Emily Adama at hello@earthwellretreat.com or visit <https://www.earthwellretreat.com/service-page/days-of-sanctuary-3>.

LOVE AND RELATIONSHIP

Level II 3 week online Couples Course: Compassionate Communication for Couples with Lisa Gottlieb and Rob Eames MA • November 6 • 1:30 p.m. • This 3 week online couples course, including 2 extra practice sessions, is geared towards those who have taken our Level I Couples Course, or have experience with Nonviolent Communication foundations and practices. In this engaging and interactive workshop we will delve deeper into the practical applications of compassionate listening, honest self expression from a place of kindness, making effective requests, self-soothing, and shifting from "me v. you" to "us". For more information contact Gottlieb at nvclisagottlieb@gmail.com or visit <https://couplesfocus.corsizio.com/c/62c867c0b4863f2fff23ed7d>.

Focused Mind Meditation with John Friedlander • 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 maviviviano@gmail.com, call 734-476-1513, or visit psychicpsychology.org.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • 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 maviviviano@gmail.com, call 734-476-1513, or visit psychicpsychology.org.

Peace Generator at Interfaith Center for Spiritual Growth • 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 for more information.

Day of Mindfulness Meditation with Esther Kennedy, OP • 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.

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, or visit 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.

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.

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.

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, or visit 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. For questions email 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. For questions email Office@TripleCraneRetreat.org.

**Meditation Classes and Practice | Retreats and Workshops
Events with Spirit**

<p>Fall Retreat 2022</p> <p>Awakening – as Sudden, Gradual and Both October 29 - November 5</p> <p>Weekly</p> <p>Silent Meditation Sunday and Tuesday</p>	<p>Monthly</p> <p>Events with Spirit</p> <p>Remembering Wholeness Barbara Brodsky and Aaron</p> <p>Evenings With Aaron Barbara Brodsky and Aaron</p>
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*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*



Deep Spring Cent
for Meditation and Spiritual Inq

DeepSpring.org | info@deepspring.org | 734.477.5848
Deep Spring Center is a 501(c)(3) non-profit. See website for details.

Biweekly

The Crazy Wisdom Calendar



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, or 419-475-6535, or visit sites.google.com/view/a2-toledodup/home.

MUSIC, SOUND, AND VOICE

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.

NUTRITION AND FOOD MEDICINE

Cacao Journey with Alicia Clark-Teper • Every third Monday 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, or visit sacredlotusexperience.com.

PERSONAL GROWTH

Healing defenses that create holding patterns: fight, flight, freeze, collapse, and grasp with Christy Bemister and Marcia Haarer • November 12 • 10 a.m. - 4 p.m. • Holding patterns are early forms of protection created in the midst of confusing or traumatic events. Each person may create a defensive structure according to their nature and extent of the protection needed. For example, if a child experiences consistent rage from a parent,

the child may collapse as a way to not fuel parental rage. In this workshop, you will learn about and experience each holding pattern. Individually and in pairs, you will hold the pattern yourself as well as experience breathing in your core to support others disentangling holding patterns. One-day virtual workshop.

Cost \$350. For more information email christitherapy@gmail.com or visit <http://drchristibemister.com>.

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.org.

RETREATS

SW Lake Michigan Three-Day Holistic Yoga and Meditation Retreat with Ema Stefanova • 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, or visit YogaAndMeditation.com.

ReVillaging for modern mothers: a day-long retreat with Miriam Dowd-Eller • November 19 • 9:30 a.m. Modern Motherhood can leave women struggling with everything from social isolation, mood-disorders, and health challenges ...to simply dealing with the near-constant ache for a more organic and effortless village for themselves and their families. Through Movement, Story, Stillness and Song, these day-long retreats in nature (with an optional overnight add-on) will explore some of the qualities, mindsets, and tools you can use in your journey of “ReVillaging” (finding or building the support, community, friendships, and connections you dream of). This retreat is for mothers of all ages and stages looking to fill their cup with self-connection, community-building, and normalizing the challenges of motherhood. It is for women who long to feel witnessed and validated, find companionship and kinship, and process our lives using timeless ways of healing. For more information visit <http://www.earthwellretreat.com/service-page/revillaging-for-modern-mothers>.



Fall Retreat | Awakening - as Sudden, Gradual or Both with Barbara Brodsky, Aaron and John Orr • October 29 • 9 a.m. •
 A week-long vipassana retreat, online via Zoom. For millennia spiritual aspirants have contemplated whether enlightenment is a sudden experience or a gradual process. Learn more at <https://deepspring.org/calendar/fall-retreat-2022-awakening-as-sudden-gradual-and-both/>.

Silent Half-Day Sittings with Marta Dabis • 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.

One-Day Zen Meditation Retreat with Temple Clergy • 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.

SHAMANISM

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>.

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 or visit <https://JudyRamsey.net>.

SPIRITUAL DEVELOPMENT

Monthly Midrash Study with Karen Greenberg, P.T. • 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 or visit clair-ascension.com.

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.

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 annarbortaiichi@gmail.com or visit annarbortaiichi.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; or visit TaiChiLove.com.

Get your event listed in the
 CW Biweekly
 calendar for **FREE**.

Send your listing in two
 weeks in
 advance!

[Submit your listing
 here.](#)



WRITING AND POETRY

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson •

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 or 248-202-3102 or visit jissojizen.org.

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 or visit christydeburton.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, or visit compassionateyoga.info.

Facebook Live Yoga and Meditation Class in Chinese with Master Zhong Hai (Winnie) • Every Saturday • 9 - 10:00 a.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. For more information contact Office@TripleCraneRetreat.org or visit TripleCraneRetreat.org.



Happy Halloween!



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.

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.



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/>

All sessions are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link.

Featured reader is followed by Open Mic reading. **FREE.** All writers are welcome. Read your own or other favorite poetry. Sign up begins 6:45 p.m. Poetry Series readings are every fourth Wednesday, hosted by Edward Morin, David Jibson and Lissa Perrin. See our blog at <https://cwcircle.poetry.blog/>.



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

Yes, Crazy Wisdom Bookstore has closed, 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
- 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:

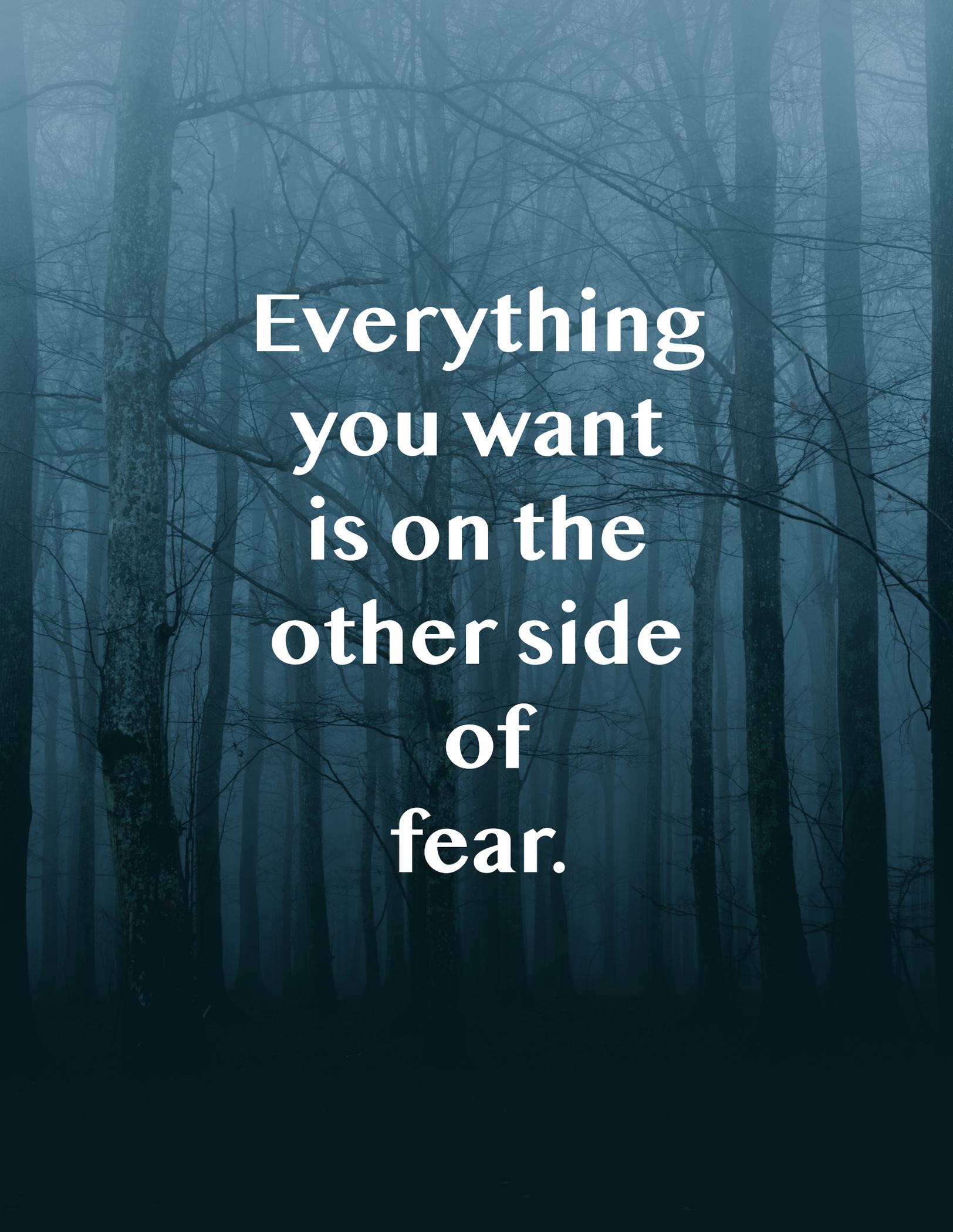
- Andrea Kennedy Center for Innovation and Education
- Earth Elements
- Eleanor's Sweets and Sodas
- Salt Springs Brewery
- Stony Lake Brewing Company

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



**Everything
you want
is on the
other side
of
fear.**