

# THE CRAZY WISDOM BIWEEKLY

#113

*Rachel Portnoy,*  
*yoga instructor and health coach*

PAGE 04



**May 26**  
Waxing Crescent



# CRAZY WISDOM

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Word of the week:

**Phosphenes**

The colors or "stars" you see when you rub your eyes.

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Thank you to our contributors for this issue:

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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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– Sibel Ozer

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EVERYTHING WE  
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We have whole CHIL  
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# Stretching Out of My Comfort Zone

*Rachel Portnoy, JD, CYT, CHC, lives in Ann Arbor with her husband and two adorable dogs. She was a lawyer prior to staying home to raise her children. She has been teaching yoga in the Ann Arbor area for the last 17 years, teaching exclusively at Tiny Buddha Yoga for the past eight. She is also a certified health coach. Learn more about Tiny Buddha Yoga online at [tinybuddha-yoga.com](http://tinybuddha-yoga.com).*



## By Rachel Portnoy

Generally speaking, my comfort zone is not small. I have lived in foreign countries, trekked in the Himalayas, paraglided off a 5,000 foot cliff, flown in teeny tiny planes over the Amazon rain forest, stood on my head on various mountain tops, and held a giant anaconda around my neck (that one was mostly for the photo op). But when asked to write an article about stepping out of my comfort zone, I immediately knew what I'd share. And it turns out I am not alone in this fear. In fact, it comes in at number two on the list of people's biggest fears. It is of course, the fear of public speaking (in case you're interested, fear of death is number one on the list).

But let's go back in time a bit. I discovered yoga in my late 30s. I didn't know exactly why I was so drawn to it, but it made me feel better. It took away my aches and pains and helped me feel lighter—both physically and emotionally. Even better, it settled my busy mind. I had trained as a lawyer, worked in non-profits and at the Federal Court house for a few years, but ultimately decided to set aside that part of my life to stay home with my two young sons. The yoga seemed to make me a more patient and loving mother to my boys

and partner to my husband. How could this simple activity I participated in a few times a week have so many benefits?

These questions prompted me to embark on a yoga teacher training program at the Center for Yoga with Jonny Kest in the Birmingham/Bloomfield area. It was 2005/2006 and vinyasa yoga was not as ubiquitous as it is now. I was met with doubt and concern by certain family members and yet I felt called in a way I could not ignore. The training program consisted of the study of yoga texts and philosophy, self-reflection through journaling, meditation, asana practice, and of course, learning to teach. That last part interested me the least—mostly because of my fear of public speaking. I had meticulously circumvented it most of my life, clumsily powering through in a state of near shut down when it could not be avoided. I even asked my teacher, Jonny, not to spontaneously call on me during class to practice teach as he did with the other students to avoid my discomfort. And despite his gentle messages that what we avoid is likely what we need the most, he respected my request.

As the training progressed, I told a few friends what I was doing. Apparently, word spread, and people began asking

me to teach—mostly in informal settings. At first, I avoided it, consistent with my previous pattern, but eventually I began to say yes. I was terrified, and at first, I'm certain that I was terrible. My heart raced and my voice quivered. My sentences would trail off into a barely audible whisper. I would sometimes forget an entire side or simply go blank. These mistakes were often exacerbated by technical difficulties with playlists and sound systems. But no one ever seemed to notice or at least they didn't say anything. Instead, they seemed happy to be there and grateful for the class. I kept at it and improved a bit. I began to teach at health clubs and yoga studios. What sustained me during those awkward first few years was the desire to share a practice that helped me so much. A practice that taught me how to connect to my body, to live from my heart and to stay present in the moment through breath. I wanted to share this powerful practice even if it made me profoundly uncomfortable to do so. In retrospect, it makes perfect sense that the practice that reconnected me with myself helped me overcome one of my greatest fears. And the fact that it happened organically, without forcing or pushing through, feels consistent with the practice of yoga itself.


Over the seventeen years that I've been teaching vinyasa in the Ann Arbor area, there were days here and there when I felt like a particular class was terrible and I questioned why I was even teaching. It was on those days, without fail, that a student would approach me after class and tell me how wonderful class was and how much my classes helped them through a difficult period in their lives. And I'd be right back on track.

In those early years, I would prepare by writing out my class plan. I would review it and even practice it before teaching. I'd also research and write out a corresponding theme, based on yoga philosophy. When I made a mistake, I was mortified, and I'd ruminate on the mistake for days. These days when I forget a posture or mix up which side we're on, I let it go and laugh it off. Humans are imperfect, life is imperfect, and the more we embrace that beautiful imperfection, the more loving and compassionate we can be to ourselves and one another.

*continue reading online...*




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

**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.

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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).

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*The Crazy Wisdom Community Journal*

# issue 83

## Features

Gateway Farm

Black Men Read

Ann Arbor Clothing Company, Joob  
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An Interview with  
Dr. Craig Stoller

Hilary Nichols chats with Maurice Archer  
and Anne Erlewine

Indigo Forest and chronic  
pain reduction  
...and more!

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# Crazy Wisdom is Seeking a Full-Time Manager for Events Space & Bookstore

Crazy Wisdom is offering an exciting one-of-a-kind opportunity for a full-time manager to spearhead the re-imagining of the brick-and-mortar Crazy Wisdom Bookstore, southeastern Michigan's leading body, mind, and spirit bookstore for almost 40 years. After being on sabbatical since early 2022, Crazy Wisdom Bookstore is ready to reemerge, under its same longtime ownership, in the fall of 2023. This incarnation will focus primarily on the second floor as an event and community building space, and will host a variety of events including but not limited to: meetings, workshops, poetry and storytelling nights, book discussion groups, author events, intuitive and psychic readings, seasonal rituals, witches' nights out, Salon nights, music nights, drum circles, meditation gatherings, and other types of events which it has fostered and hosted over its decades. There will also be a smaller and more focused bookshop located on a portion of the first floor. The re-imagined Crazy Wisdom will have significantly reduced hours of operation—still a destination for its regional customer base—but only open 30 hours a week, spread out over just four days each week.

**For more information about applying, minimum qualifications, duties and responsibilities, and salary and benefits, visit our website:**

[crazywisdomjournal.com/job-openings](https://crazywisdomjournal.com/job-openings)



# 22nd Annual VegFest Returns to Historic Eastern Market

VegMichigan's VegFest, the state's largest plant-based event, will return to the historic Eastern Market for a second year with nearly 100 vendors, including popular plant-based restaurants, specialty food items, and eco-friendly shopping! Additionally, attendees can enjoy cooking demonstrations, speakers, free plant-based food samples, and fun for the kids!

Taking place on Sunday, June 4, from 10:00 a.m.- 4:00 p.m., this free admission, family-friendly event is expected to draw more than 6,000 people to Detroit, which marks the 22nd anniversary of the annual event hosted by VegMichigan. With the growing popularity of plant-based eating, and the positive and inclusive atmosphere of the festival, everyone is welcome and sure to have a great time. Whether someone is completely new to plant-based eating or a longtime vegan, they are guaranteed to find a wide-variety of healthy options, comfort foods, and sweet treats to enjoy. VegFest also features free massages from Irene's Myomassology, one of the event sponsors, a photo booth, free food sampling, and a Kids' Zone.

The cooking demonstrations and presentations kick-off at 10:30 a.m. with local celebrity chef Quiana "Que" Broden from Cooking With Que and will continue throughout the day, wrapping up with the final demo given by Chive Kitchen owner Suzy Silvestre at 2:30 p.m.

VegMichigan President Tom Progar shared that, Plant-based eating has exploded in popularity and there are no signs that this trend is slowing down as more grocery stores, restaurants, and college campuses are adding plant-based options to their menus. Individuals are deciding that eating more plant-based meals is a good idea. Many of us are learning that plant-based meals can lower our carbon footprint because meat and cheese are some of the highest carbon-intensive foods. Still, others are concerned about the treatment of farm animals. In addition, many Michiganders are looking to eat healthier. We invite you to join us at VegFest to learn more about the benefits of plant-based eating and see for yourself the large variety of plant-based foods available and how delicious plant-based eating can be.

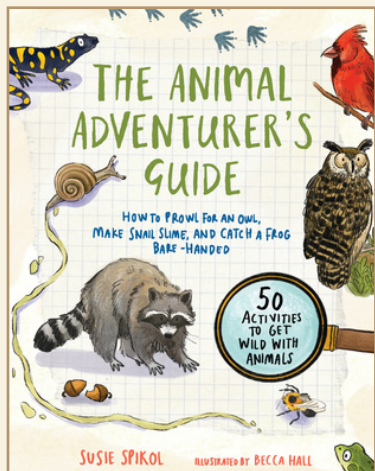
Eastern Market is located at 2934 Russell St, Detroit, MI 48207. There is plenty of free parking. The event takes place in Sheds 5 and 6, right next to Eastern Market's Sunday Street Market in Sheds 2, 3, and 4.

VegFest is sponsored by The Old Shillelagh, Green Beat, Irene's Myomassology Institute, Good Cakes and Bakes, The Original Meat, Planthropie, and Radical Plants.





## Book of the Week: **Calling all animal lovers! 50 hands-on activities and adventures that bring you closer to wild animals than you've ever been.**



Have you ever followed animal tracks in the mud or chased after the glowing trail of a firefly in the night sky? Want to know how to hold a snake, feed a bird from your hat, and help salamanders cross the road? If so, you're not just an animal lover—you're an animal adventurer, and this is the book for you. It's packed full of hands-on activities and projects that bring you closer to wild animals than ever before—from feathery birds and furry mammals to slippery herps, crawly arthropods, and other intriguing invertebrates. You'll get insider tips about tools and techniques of the trade, become a citizen scientist, and then record handy field notes about all your amazing animal discoveries.

[Purchase your copy of \*The Animal Adventurer's Guide\* by Sue Spirol](#)

## Wizarding Wands for Healing By Sue Hidalgo



*Energy Balancing Institute  
& Sue Burton Hidalgo*

*short presentation:*

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# Healing Wands

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Born during the pandemic,  
*The Crazy Wisdom Biweekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for walks, news of your pets, or musings on current events. Send your submission to  
[jennifer@crazywisdom.net](mailto:jennifer@crazywisdom.net).

# Stay informed!

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# The Crazy Wisdom Calendar

May through August 2023



## A COURSE IN MIRACLES

**Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 1 through August 28**  
· Monday · 6:45 p.m. to 8:45 p.m. · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 31 through August 28** · Thursday · Noon to 1:30 p.m. · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

## ANIMALS AND PETS

**Basic Telepathic Animal Communication with Judy Ramsey**  
· Saturday and Sunday, May 27 & 28 · 9 a.m. to 5:00 p.m.  
· Rediscover your natural telepathic communication skills with step-by-step instruction in a nurturing environment. Learn how to connect with animals the way they communicate with each other. It's a fun, creative, and fascinating window to the world around us! Join us for this amazing class to open your intuitive senses to your animal friends. \$150 per person/\$75 for repeat students. For more information email [info@JudyRamsey.net](mailto:info@JudyRamsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

**Advanced Animal Communication with Judy Liu Ramsey**  
· Friday, August 4 through Saturday, August 6 · 9 a.m. to 5:00 p.m. · If you have practiced communication with animals after a basic course and want to deepen your experience and to remove blocks to receiving messages, learn to apply your telepathic skills to explore the practical essence of communication with domestic and wild animals, plants, minerals, the elements, and the Earth. Ancestral ways of honoring spirit in all life will be introduced, including learning basic shamanic journeying for connection, communication, and kinship with the whole web of life. \$440. For more information email [info@judyramsey.net](mailto:info@judyramsey.net) or visit [judyramsey.net](http://judyramsey.net).

## ART AND CRAFT

**Natural Building & Sustainable Skills Program at Strawbale Studio · July 2 through July 28** · Live at Strawbale Studio and experience a variety of natural building skills through classes and hands-on training: foundation, round pole framing, thatched and living roof, strawbale walls, earth plaster and cob. Learn to fire up the Rocket Stove, Rumford Fireplace and Earth Oven (for pizza!). Enrichment: mushroom fruiting on inoculated logs, foraging, and more. \$1250 / \$950 if registered two weeks in advance. All classes, training, enrichment, plus room and board included. Some ½ pay work trade available. For more information visit [strawbalestudio.org](http://strawbalestudio.org).

**Learning Tour at Strawbale Studio with Deanne Bednar** · Sunday, May 28 10:00 a.m. or Saturday, June 10, July 15, August 6 · 9:30 a.m. to Noon · Tour the enchanting structures with thatched & living roofs, Earth Oven, Rocket Stove & Rumford Fireplaces! See "Strawbale Studio", "Hobbit Sauna" & "Middle Earth." On lovely rural land one hour north of Detroit. Questions invited! Each tour has a workshop scheduled for the afternoon. \$20. For workshop schedule and more information visit [strawbalestudio.org](http://strawbalestudio.org).

**INAI Exhibit - Seasons of Beauty with Kathleen Voss, OP, Janet Wright, OP, Mary Jean Dorsey, OP** · Monday, May 26 through October 1 · Artists Reception is June 4. Seasons of Beauty gives us a springtime look at the brilliant digital paintings of Kathleen Voss, OP, beautiful watercolor paintings of Janet Wright, OP and the extraordinary cut-out silhouettes of Mary Jean Dorsey, OP (1914 - 1988). Each artist shares her unique artwork, her unique way of seeing and creating. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Art on the Grand · June 3 & 4 · Saturday 10 a.m. to 7:00 p.m., Sunday 11 a.m. to 5:00 p.m.** · Art on the Grand takes place along Grand River Avenue in historic downtown Farmington, between Farmington Road and Grove Street. The fair features FREE admission and an array of high-quality art in a variety of price ranges and disciplines including ceramics, jewelry, painting, photography, wood, wearable art, glass, leather, and sculpture. For more information visit [artonthe-grand.com](http://artonthe-grand.com).

**Artists from the Linkage Community, an Alliance of System-Impacted Artists · Open Monday through Friday · August 11 through September 1 · Opening Reception on Friday, August 11, from 6 to 9:00 p.m.** · In cooperation with the Flint ARTWALK. Film screening is on August 31 at 7:00 p.m. The exhibition is designed to connect viewer to artist through the wide gamut of their human experiences. We all have dreams, memories, goals, pasts. We all process emotions of anger, joy, grief, nostalgia. We have specially curated works that show a culmination of ways artists in prison have dealt with complex realities of being human. PCAP worked closely with artists who were formerly incarcerated to select works that would fit the theme of this exhibition and be of interest to the broader audience. FREE. Visitors will see works from familiar artists, including Andy Wynkoop, An Art-syGuy, RIK, Roger (FREE-Hand) Stephenson, and many others. For more information call Sarah Unrath at (734) 615-5643.

**Strawbale Studio Work Trade/Sustainable Skills Program with Deanne Bednar · Four Week Program · August 1 through August 28** · Strawbale Studio Work/Skill Program. Enjoy this enriching experience of living on the land at Strawbale Studio! Help create and maintain Strawbale Studio



By Sibel Ozer

Rollo May was the first to introduce me to the idea that there are different types of courage. I was reminded of this idea through a Facebook meme I came across recently which listed six types of courage. All of us are naturally courageous in some ways, and not so much in others. All of us could increase our resilience with different types of situations requiring courage, should we want to. Keep in mind Aristotle's golden mean idea, which views too much courage as recklessness, and too little as cowardice.

**Physical courage** is about the ability to tolerate physical discomfort and to withstand pain. There are those of us that would not reveal a state secret under torture, while others would sell their mother at the mention of it—no judgment intended. The reason martyrs make it into history books is because there are so few of us willing to give our lives, let alone endure pain, even for a cause we believe in.

We have a particularly problematic relationship with pain in America that is both systemic (the medical field views pain as the 5th vital sign to be assessed and managed alongside temperature, blood pressure, respiratory rate and heart rate), and at the level of the individual psyche that views it as something to be avoided at all cost. Having grown up in a Middle Eastern culture where pain is viewed not only a part of life but often romanticized, I remember being surprised at the difference in our approaches to dealing with pain more than once.

My second son was born in America and I remember friends recommending teething tablets, which our pediatrician countered with a recommendation of baby acetaminophen. I thought, dear God, it starts when they are babies! I secretly chose to let my son bear the discomfort as part of my desire to build some resilience for it. When my older son broke his wrist playing soccer he was offered heavy-duty painkillers at the hospital. I remember being proud of him when he told the nurses that he would manage with Tylenol. At age 15 we had managed to impart to him the idea that tolerating some pain made him tougher/cooler—when really it taught him to have some grit.

I also remember the different responses patients from different countries gave to the pain scale when I worked as a translator at the Cleveland Clinic. Cultural as well as personal

factors make a difference. It would be worthwhile to ponder the mental constructs we hold around pain, how we regard it conceptually, which in turn effects how we manage the sensations in our individual bodies.

Freud's pleasure principle explains that we are wired to "seek pleasure and avoid pain" in general. No one in their right mind would seek pain intentionally of course, however, it is important to come to terms with the fact that pain is very much an inescapable part of life, no different than aging, illness, and death. Buddha's first noble truth was that life consists of pain, suffering, and misery. Not all the time, of course, but definitely sometimes. Total/absolute pain avoidance is simply not compatible with life.

It seems valuable therefore to invest in efforts to develop resilience in the face of unavoidable pain at least as much as we invest in our efforts to get rid of pain when we can. We seem to be experts in the latter and not as well versed with the former. I highly recommend Paul Brand's book *The Gift of Pain* as an exercise in contemplation on this topic, the title alone suggests that this avoid at all cost approach might indeed not be something desirable for us after all.

It is unfortunately also part of human nature to not be as aware of things when they are readily available to us, and this includes our phenomenally intricate pain mechanism. Few of us give thanks when we stub a toe, unawares that it is this very uncomfortable sensation that keeps us safe from all manner of injury that would lead us to lose our toes and fingers all together.

**Social courage** is about the ability to be oneself unapologetically. That is, to be able to not hold back due to social pressures to express and act on one's thoughts and feelings. The polarity of social courage has the social pariah on the one end and the prude behaving in accordance with the ideal norms of society to the extreme, on the other. Social courage presents a conundrum for all of us given we are social animals brought up within circles of social influence (family, culture, the Zeitgeist) giving us mixed messages about individuality and conformity. Many inspirational quotes are to be found on the downside of following the crowd all the while group think in general abhors individuality.

*continue reading online...*

# The Crazy Wisdom Calendar

May through August 2023



buildings and grounds while learning many sustainable living skills along the way! two hands-on classes taught each week, such as spoon carving, lashing, foraging, and wood splitting. Includes Room, board, and sustainable skills in exchange for 25 hours infrastructure work trade, half of which will be natural building-related activities. Also participate in any classes held for the public. For more information visit [strawbalestudio.org](http://strawbalestudio.org).

## BOOK DISCUSSION GROUPS

**Jewel Heart Readers with Jewel Heart Instructors · Monday, June 12, July 10 · Online only · 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 the book selection and participation information, visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Dine & Discuss Book Announcement, Dinner & Discussion with Matthew Desmond · August 7 · 5:30 to 7:30 p.m. ·** This fall we will be reading, *Evicted: Poverty and Profit in the American City*, by Matthew Desmond. *Evicted: Poverty and Profit in the American City* is a 2016 non-fiction book set in the poorest areas of Milwaukee, Wisconsin. The book follows eight families struggling to pay rent to their landlords during the financial crisis of 2007–2008. Winner of the Pulitzer Prize and a New York Times Bestseller, this book not only opens our eyes to the plight of those struggling to keep a roof over their heads, but also offers some possible solutions to this crisis. \$15.00 Includes book & dinner. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

## BUDDHISM

**Dharma Study and Practice Workshop with Lama Nancy Burks · May 27 · Noon · 12 to 1 p.m. ·** Bring your questions about meditation practice, thoughts about your Dharma study, and responses to the teachings to a group discussion led by senior students. All of us go through doubts, confusion, and stuck places as we progress on our spiritual journeys, and sharing these experiences with others helps us create community as well as understanding. Held at Bethlehem United Church of Christ. [karunabuddhistcenter.org](http://karunabuddhistcenter.org). FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org). For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

**Compassion Workshop: Exchanging Oneself with Others with Lama Nancy Burks · Saturday, June 3 · Noon to 1:00 p.m. ·** Lama Nancy Burks will present an explanation and practice instructions for tonglen, a meditation aimed at helping reverse our usual habit of putting ourselves first. Held at Bethlehem United Church of Christ. [karunabuddhistcenter.org](http://karunabuddhistcenter.org). FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

**Practical Buddhism by Gelek Rinpoche · Tuesdays, May 30, June 6, 13, 20, 27, July 11 and 18, August 1, 8, 15, 22, 29 · Online only · 7 to 8:30 p.m. ·** “Practical Buddhism” offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Each session reviews Gelek Rinpoche’s 2012 and early 2013 Sunday talks. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche · Sunday, May 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · No discussion on July 30 · Online and on-site · 11 a.m. to 1:15 p.m. ·** Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha’s previous lives. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**FREE Film & Discussion with Jewel Heart Instructors · Fridays, June 9, July 14, August 11 · 7:00 p.m. ·** Bring your friends and enjoy a FREE film and discussion about the film. Concessions are also available. May 12—*Happy* (2011) *Happy* combines cutting-edge science from the new field of “positive psychology” with real-life stories of people from around the world whose lives exemplify these findings. June 9—*Queen of the Sun: What are the Bees Telling Us* (2011) Taking us on a journey through the catastrophic disappearance of the bees and the mysterious world of the beehive, this engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists, and philosophers from around the world. July 14—

# The Crazy Wisdom Calendar

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**Blessings: *The Tsoknyi Nangchen Nuns of Tibet* (2009)** In Tibet, the word for woman translates as “lower rebirth.” In a remote eastern region of the country, the Tsoknyi Nangchen nuns defy this definition. Devoted to the ancient practices of Tibetan Buddhism—once primarily a male domain—over 3,000 nuns have attained elevated status. August 11—***Travelers and Magicians* (2005)** A universal tale of a young man with big dreams and no real plans to achieve them, linking how we live our lives and how we imagine our lives should be. Filmed entirely in Bhutan, directed by Khyentse Norbu. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**All is Empty with Guy Newland · Saturday, June 10 · 10 a.m. to 1:00 p.m.** · Professor Newland will provide an introduction and explanation of what “emptiness” does (and doesn’t) mean in the Dalai Lama’s system of Tibetan Buddhism. He will explore such questions as why does anything matter if it’s all empty? How can empty things work? How can empty persons do anything and why should they? And how does an understanding of emptiness affect our way of life? \$75 Jewel Heart members / \$90 Non-members. Pay what you can—no one turned away. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Mindfulness & Self-Compassion with Anthony King · Wednesday, June 7, 14, 21 · 7 to 9:00 p.m. · Online only** · In the context of the Buddhist spiritual path, meditation practice is ultimately for the purpose to bring the practitioner closer to spiritual enlightenment. On a practical, secular level, meditation can also have benefits. This three-week experiential class will explore the relationships between traditional Buddhist and “therapeutic” meditation programs (e.g., mindfulness and compassion) and provide an accurate and contemporary discussion of the psychology and neuroscience underlying these programs, based on rigorous scientific evidence. \$60 Jewel Heart members / \$80 Non-members. Pay what you can—no one turned away. For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Liberation of Life Service at the Ann Arbor Zen Buddhist Temple · June 18 · 10:00 a.m.** · In keeping with the Buddhist Precept “Do not harm, but cherish all life”, the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Ullambana Day Service with Ann Arbor Zen Buddhist Temple · Wednesday, August 30 · 11:30 a.m.** · Rites and service for the dead to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation appointment necessary. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Sunday Services at the Ann Arbor Zen Buddhist Temple · Ongoing · 10 to 11:30 a.m.** · Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Temple Stay/ Visitor’s Program and Residential Opportunities with Ann Arbor Zen Buddhist Temple · Ongoing** · The Visitor’s Program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue one’s spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

## CEREMONIES, CELEBRATIONS, AND RITUALS

**Entering the Healing Ground: The Sacred Work of Grief with Kirsten Mowrey · Saturday, August 26 · 10 a.m. to 4:00 p.m.** · Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily until our hearts and souls become weary and overburdened. This day-long gathering invites us to share in a time of honoring the losses we hold in our hearts. We will come together and turn our attention to the grief we carry—for ourselves, the loss of those we love, the wider community and our struggling world. This gesture brings us into the circle of restoration and into the arms of our human and more-than-human community. Grieving together, we reconnect with the practices of our ancestors, building a temporary village that can hold our grief and loss in human communion. Sliding scale \$40-\$60. For more information contact Kirsten Mowrey at [greatlakesrituals@gmail.com](mailto:greatlakesrituals@gmail.com).

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# The Crazy Wisdom Calendar

May through August 2023



## CHILDBIRTH

**Doulas' Night Out · Friday, May 26, June 23, July 28, and August 25 · 7 to 9:00 p.m.** · All Doulas and Birthworkers are invited to join us for a fun night of connection, support, and fun. Speakers and activities will vary each month. We do ask that you RSVP by emailing [Hello@NestandNurture.org](mailto:Hello@NestandNurture.org). FREE-\$10. Presenters will be determined closer to the event, but in the past, they have included a chiropractor, pelvic floor therapist, and acupuncturist. For more information email [Hello@nestandnurture.org](mailto:Hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

**One Day Prenatal Bodyfeeding Class with Erica McLeod · May 28, June 24 · 2 to 4:30 p.m.** · This 2.5-hour comprehensive class enables us to take time to answer all your feeding questions, and concerns. We will cover information beginning with the prenatal period to feeding in the early weeks. ASL and Queer affirming. This class will be taught at Nest & Nurture. Private classes are also available in person and virtually. \$100. For more information contact [EricaMcLeod@gmail.com](mailto:EricaMcLeod@gmail.com).

**Newborn Care with Toni Auker · Saturday, June 17 · 10 a.m. to 1:00 p.m.** · In this class we will answer all of your questions about bringing home a newborn. We will talk about how to soothe a crying newborn, bathing, different diapering choices, babywearing, car seat safety, safe sleep, and much more. We will give you several different tools and techniques for each topic and discuss the wide range in normal when it comes to newborns. This class is ideal for expectant parents as well as adoptive and fostering parents. Private classes are also available. \$100. For more information email [Hello@nestandnurture.org](mailto:Hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

## CHILDREN AND YOUNG ADULTS

**Camp Jump-In 2023 Intensive Therapy Camp with Jacquelin Kilburn · July 17 through 28 · 9 a.m. to Noon** · Therapy camp benefits children with sensory processing difficulties, learning problems, apraxia, in-coordination, low muscle tone, auditory processing dysfunction, and other neurological delays or disorders. We use the "Frequency, Intensity, Duration Model" which has been proven highly effective at making large gains in a small amount of time. We require one parent or caregiver for each camper, because the camp becomes a parent training, networking, and support system. We can accommodate eight campers. All camp activities are held outdoors, weather permitting. Activities involve the use of suspended equipment, gross motor activities, fine motor activities, social interaction, brain gym, language, body work, and pool time. Campers new to Jump-In need an evaluation

prior to camp. Due to the intensity level, campers must be at least four years old. Program may be covered by health insurance. For more information call (810) 231-9042 or email [Info@jumpinot.com](mailto:Info@jumpinot.com).

**Summer Peace Camp with Ann Arbor Zen Buddhist Temple · Friday, July 28 through Friday, August 4** · Tent camping for families and children of all ages, by the lake and in the forest, close to Ann Arbor. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants while seeking to balance structure and spontaneity. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Parenting, Teaching, Coaching, and Working with Indigos with Karen Greenberg · Sunday, August 27 · 9 a.m. to Noon** · Your Indigo child is a genius! What worked with earlier generations, simply doesn't work and can even be counterproductive and self-defeating. Indigos, parents, teachers, coaches, employers, and employees: learn how to discover, understand, encourage, support, nurture this genius, novel patterns of bonding, how emotional needs differ from those born previously, mate agreements, social difficulties, organization, hyperactivity, and alternative strategies to drugs, how Indigos learn differently, and mirror unresolved family issues (private individual/family sessions available, too). \$77. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## DEATH AND DYING

**Death Café via Zoom with Rev. Annie Kopko · First Tuesday of the month · 6:30 p.m. to 8:00 p.m.** · Open discussion of death and dying. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Ann Arbor Death Cafe via Zoom with Rachel Briggs · June 17, July 15, August 19 · 10:30 a.m. - Noon** · Please join us in an open, respectful, confidential (virtual) space for an agenda free discussion on all things life and death. People of all ages, experiences and needs gather to talk about all aspects of death. Bring your heart and curiosity. Everyone is welcome. We meet via zoom the third Saturday of each month. Learn more about worldwide Death Cafes at [deathcafe.com](http://deathcafe.com).

**End-of-Life Doula Training with Patty Brennan · Saturday and Sunday, July 29 & 30 · 10 a.m. to 4:00 p.m.** · Online professional training with Patty Brennan to become a certified end-of-life doula (EOLD) through Lifespan Doulas. Hybrid program includes 50 hours of self-paced study plus



a live, interactive workshop on Zoom. Course prepares you to support family and friends on their final journey, seek employment as an EOLD, enhance your support efforts as a hospice volunteer, or open an income-generating community-based doula practice. Explore creative ways to blend the doula model of care with your unique experience, gifts, and passion. \$697.00. For more information contact Patty Brennan at (734) 663 -1523, email [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com), or visit [lifespandoulas.com/end-of-life-doula-training](http://lifespandoulas.com/end-of-life-doula-training).

## ENERGY AND HEALING

**Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer · Friday** · What's new in personal and planetary healing and ascension, support for your journey including practical and spiritual tools, insights, visions, and finding hope, trust, and joy through the process. This international award-winning blog is cutting edge and timely. Eve Wilson is a leader in World Healing and Ascension. FREE. Visit [spiritualhealers.com](http://spiritualhealers.com) to sign up for weekly links.

**Healing Through the Akashic Records Practitioner Certification with Shellie Powers · JUNE: 3-4 & 10-11; OR JULY 29-30; OR AUGUST 12-13 OR 19-20 · \$500.** For more information call 734-926-8423, email [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/eventsor](http://powers365.com/eventsor).

## FESTIVALS AND FAIRS

**Community Chalice with Evenstar's Chalice · June 24, July 30, August 26 · Noon to 5:00 p.m.** · "Community Chalice" is a monthly gathering where we learn, play, do ceremony, and grow together in community! Each month will have a theme. June's theme is "Keep it Light!", July's theme is "Plant Magic / Plant Medicine" and August's theme is "Tarot." For more information visit [EvenstarsChalice.com/Happenings](http://EvenstarsChalice.com/Happenings) or email Mara at [mara@evenstarschalice.com](mailto:mara@evenstarschalice.com).

**Enlightened Soul 2-Day Psychic Fair with Enlightened Soul Center & Shop · 1st & 3rd weekends: June 3-4, June 17-18, July 1-2, July 15-16, Aug. 5-6, Aug. 19-20 · Saturdays, 11 a.m. to 6 p.m. Sundays, Noon to 5 p.m.** · Join us for TWO DAYS of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Psychic Fairs. WHAT A GREAT WAY TO EXPLORE A VARIETY of readings, energy healing, & metaphysical shopping at one time, under one roof! Admission: \$5 Sat./\$3 Sun. = FREE gift, FREE snacks, FREE parking Readings & Energy Work: \$2/minute (minimums vary). For more information contact Amy Garber, 734-358-0218, email [amy@enlightenedsoulcenter.com](mailto:amy@enlightenedsoulcenter.com), or visit [enlightenedsoulcenter.com/enlightened-soul-psychic-fair](http://enlightenedsoulcenter.com/enlightened-soul-psychic-fair).

**Art on the Grand · June 3 & 4 · Saturday 10 a.m. to 7:00 p.m., Sunday 11 a.m. to 5:00 p.m.** · Art on the Grand takes place along Grand River Avenue in historic downtown Farmington, between Farmington Road and Grove Street. The fair features FREE admission and an array of high-quality art in a variety of price ranges and disciplines including ceramics, jewelry, painting, photography, wood, wearable art, glass,

leather, and sculpture. For more information visit [artonthegrand.com](http://artonthegrand.com).

**21st Annual Michigan Lavender Festival · Friday through Sunday, June 23 through June 25** · It's the most fragrant and relaxing event of the season! The Lavender Festival will showcase Michigan's top lavender farms, growers, and producers along with more than 200 Artists and Makers. Our festival also features a food truck gathering with Metro-Detroit's best food trucks, and guests will be able to learn about the many benefits of lavender, including growing, harvesting, cooking, crafting, along with medicinal and aromatic uses for this beloved herb. A variety of lavender themed classes, artist workshops and demonstrations offer a hands-on learning experience. Learn more at [themichiganlavenderfestival.com](http://themichiganlavenderfestival.com).

**Saline Celtic Festival · Friday and Saturday, July 7 & 8** · Join us for our 26th festival! We've relocated to the Washtenaw Farm Council Grounds just north of Saline at 5055 Ann Arbor Saline Road. Celebrate your Celtic heritage with Highland dance competitions, Ancient Athletics competitions, merchants, workshops, and more! Magical fun for the whole family. For more information visit [salineceltic.org](http://salineceltic.org).

**Holistic, Metaphysical & Spiritual Fair with Unity of Bay City · Friday and Saturday, June 9 & 10** · Join Unity of Bay City for a weekend of holistic, metaphysical, and spiritual practitioners, readers, speakers, vendors, artists, and musicians as we come together to offer wellness services, products, performances, education, and experiences to the community so that you can learn how to care for yourself and your loved ones in alternative healing ways and have fun doing it! Presenters and speakers include healing touch, organic composting, assisted yoga, drumming circle, a children's area, and so much more! Entrance fee is \$5.00, \$2 for kids 12 and up, children 12 and under are FREE. For more information contact Tammy Monroe at (989) 686-0265, or email [unityhearhub@gmail.com](mailto:unityhearhub@gmail.com), or visit [shorturl.at/qMSU8](http://shorturl.at/qMSU8).

**Holler Fest with the King Family at Frog Holler Farm · Friday, August 25 through Sunday, August 27 · Begins Friday at 2:00 p.m. through 8:00 p.m. on Sunday** · A family-friendly farm festival featuring over 60 top local music artists on four stages with guided nature walks, yoga and movement workshops, local food vendors, and kid's activities throughout the weekend. FREE camping. Check [hollerfest.com](http://hollerfest.com) for when tickets go on sale. For more information follow Holler Fest on Facebook and Instagram or email [kings@hollerfest.com](mailto:kings@hollerfest.com).

## GARDENING

**Mushroom Inoculation Workshop with Deanne Bednar · Sunday, May 28 · 1:00 p.m.** · Hands-on Class, inoculating Shiitake logs. Take a 12" log home with you! See the Mushroom Garden with Lions Mane, Oyster, Wine Cap... on logs and garden bed form. Held at the enchanting Strawbale Studio & grounds 1 hour N of Detroit. For more information visit [strawbalestudio.org](http://strawbalestudio.org).

# GAIN FREEDOM FROM THE PAST WITH EMOTIONAL COMPLEX CLEARING GET THE RESULTS OF LONG-TERM THERAPY IN JUST A FEW HOURS

Join us to learn how to uncover and resolve your underlying issues.  
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Tired of dealing with  
anxiety and/or depression  
or just stuck?

You've tried everything,  
but your emotional/mental  
issues prevent you from  
embracing life?

Ready to root out  
the causes of your  
challenges and  
clear them up?

**Free Introduction via Zoom**  
**May 24, 2023 at 7:30pm ET.**  
Watch replay at [ecctherapy.com](http://ecctherapy.com)

*"This is a powerful technique to explore the heart of human trauma."* Susan Downes, M.D.  
*"It was the best workshop I've ever taken."* Mary Framo, Ph.D., L.C.S.W.  
*"I was amazed by the healing I personally experienced with ECC."* Carole Inglis, M.F.T.

Location	Seminar	Admission
Ann Arbor, Michigan	June 23, 2023 7-9:30pm June 24 & 25 9:30am-5:30pm	\$345 if paid by May 25 \$375 after May 25

### IN THIS SEMINAR YOU WILL LEARN TO...

- Get accurate information from the subconscious.
- Assess chronic anxiety, depression, and other core issues and resolve them.
- Address concerns at the mental, emotional, and physical levels.
- Discover whether self-sabotage will undermine results, and overcome it.
- Determine whether a physical/mental issue has some emotional cause and resolve the issue at its source.
- Coordinate both hemispheres to achieve whole-brain learning.
- Ensure your results will last, thus enjoying enduring relief and release.
- Feel lighter, freer, and clearer.

Presenter: **Brad May, Ph.D.**

A licensed therapist for four decades and author of

**FEELING GOOD ABOUT FEELING BAD** and **MUSCLE TESTING MIRACLES**

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For more information and to register: [ecctherapy.com](http://ecctherapy.com)

find us on **facebook** "Emotional Complex Clearing"

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## HEALTH & WELLNESS

**The Journey of Abundance with Angie, Paula, and Valentine** · Saturday, June 24 · 2:00 p.m. · Have you ever wanted to try all the things Spirit has to offer but didn't have the time or resources to do so? Well now you have the opportunity! Come join us on The Journey of Abundance where we sample all the things we love ~ Meditation, Chair Yoga, Breathwork, Sound Healing, Essential Oils, Reiki and a Gallery Reading all while relaxing at the beautiful Infinite Light Center. \$33 pre-registered or \$44 at the door. Register online at [jotform.com/assign/231207040506138/231275743857061](http://jotform.com/assign/231207040506138/231275743857061)

## HOLISTIC HEALTH

**PTSD in Modern Society with Conrad Joseph Welding Jr.** · Wednesday, June 14, 21 · 6 to 8:00 p.m. · Explore the gap between the real-world presentation of anxiety disorders and post-traumatic stress disorder (PTSD). Explore research into this area, the options and hope to individuals suffering from posttraumatic symptoms and increased societal awareness. \$99 For more information visit [wccnet.edu/noncredit](http://wccnet.edu/noncredit) or call (734) 677-5060.

**Holistic Health Classes with Beth Barbeau at the Natural Health Expo—Part of the Lavender Festival** · Friday, June 23 through Sunday, June 25 · 10 a.m. to 6:00 p.m. · Beth is teaching three FREE classes at the Natural Health Expo: Healthy Births-Healthy Lives, Why Birth Matters to All of Us Even When We Aren't Having Babies, Natural Pain Relief That Works and Family Herbology. See event websites for descriptions and schedule. Lavender Festival admission \$8, under 12 FREE. For more information visit [wearebloomingwell.com](http://wearebloomingwell.com) or email [Beth@IndigoForest.com](mailto:Beth@IndigoForest.com).

## INTUITIVE AND PSYCHIC DEVELOPMENT

**Focused Mind Meditation – Teleconference with John Friedlander** · Sunday, June 4, July 2, August 6 · 9 a.m. to Noon · Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. See website for phone and payment information. \$15. For more information contact Violeta Viviano at (734) 476-1513 or visit [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group - Teleconference with John Friedlander** · Thursday and Friday, July 20 and 21 · 7 to 9:00 p.m. · Saturday and Sunday July 22 and 23 · 10 a.m. to Noon and 2 to 4:00 p.m. · New material introduced with continued development of advanced and core techniques seeking a natural sense of skills in practical

everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or permission of instructor. \$275. For more information contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com) or visit [psychicpsychology.org](http://psychicpsychology.org).

## MASSAGE

**FREE Massage Class with Irene's Myomassology Institute** · Saturday, June 9 · 7 to 9:00 p.m. · You can relax and have some fun at Irene's FREE massage class! This is an excellent opportunity for those interested in massage as a hobby or an introduction to massage as a career possibility. If you've never given a massage before, this is a great chance to explore the benefits of healthy touch. For more information call (248) 350-1400 or visit [irenes.edu](http://irenes.edu).

**Infant Massage with Irene's Myomassology Institute** · Saturday, August 26 · 9 a.m. to 1:00 p.m. · Students are taught how infant massage can enhance development and well-being of babies. Techniques included are for infants up to one year old. Students are asked to have a friend or family member bring a baby to class. If a student wants to work with their own baby, another care-giver will need to bring the infant to class. You will also need a sheet, doll or stuffed animal large enough to practice techniques. \$88. For more information call (248) 350-1400 or visit [irenes.edu](http://irenes.edu).

## MEDITATION

**Healing and Compassion Meditations with Hartmut Sagolla** · Mondays, June 5, 12, 19, 26, July 10 and 17, August 7, 14, 21, 28 · Online only · Noon to 1:00 p.m. · Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**FREE open meditation with Jewel Heart Instructors** · Thursday, June 1, 8, 15, 22, 29, July 6, 13, 20, August 3, 10, 17, 24, 31 · On-site only 6 to 6:45 p.m. · Facilitators offer lightly guided concentration meditation sessions for all levels of experience. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**White Tara Guided Healing Meditation with Jewel Heart Instructors** · Sunday, June 4, 11, 18, 25, July 2, 9, 16, 23, August 6, 13, 20, 27 · No event on July 30 · Online and

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**on-site · 9:30 to 10:35 a.m.** · Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**A Day of Mindfulness Meditation with Esther Kennedy, OP · Saturday, June 10, July 15 · 10 am to 2:30 p.m.** · Meditation has a way of going to the heart of who you are, the choices you make, and the way you live. The heart of meditation is awareness of and staying with whatever rises. We just stay. We just breathe. As the mind begins to ease, a taste of compassion rises. \$35, lunch included. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Peace Generator via Zoom with Interfaith Center for Spiritual Growth · Friday, June 16, July 21, August 18 · 7 to 9:00 p.m.** · Manifest peace for the planet. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Day of Meditation with Carol Blotter · Friday, June 9 · 9 a.m. to 4:00 p.m.** · Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Donation only, suggested is \$30-\$60. For more information email [manager@mfcenter.org](mailto:manager@mfcenter.org).

**Cacao + Sound with Rob Meyer-Kukan · Saturday, June 11 · 7 to 9:00 p.m.** · Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark-Teper of Sacred Lotus Experience at 7 Notes Natural Health for a heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, over 40 different instruments (singing bowls, gongs, therapeutic harp, shruti box, and more), Alicia and Rob will create an experience that will immerse you in peace and tranquility. \$50. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Solstice Celebration: Labyrinth Walk with Rob Meyer-Kukan · June 17 · 1:00 p.m.** · Join Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ in Dexter for a labyrinth walk to celebrate the Solstice. This event is offered as a donation-based event to support programs at the Labyrinth. Parking for this event can be found along Farrell Road or near to the barn. Once parked, follow the signs to the labyrinth. Pre-registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit **20** [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Summer Solstice with Esther Kennedy, OP · Sunday, June 19 · 3:30 p.m. to 4:30 p.m.** · Ritual Celebration. FREE. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Myriad of Meditations with Karen Greenberg · Sunday, July 9, 16, 23, 30, August 6, 13, 20 · 10 a.m. to 12:30 p.m.** · Seven classes in the series. Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to meditation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

Get your event  
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Submit  
your listing  
two weeks  
in advance.

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

## 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

# The Crazy Wisdom Calendar

May through August 2023



**Meditation Getaway with Rob Meyer-Kukan · Saturday, August 19 · 9 a.m. to 5:00 p.m.** · You are invited to join Rob at 7 Notes Natural Health for a chance to get away and meditate. This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, to your higher self. Walking/hiking meditation opens our day at one of Ann Arbor's many local parks. We continue with various forms of meditation, yoga nidra, journal writing, breath work, sound, and aroma experience, and more. Ample time for sharing and reflection will be provided. Registration required. \$125. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Weekly Silent Meditation Practice with Celeste Zygmunt via Zoom · Sunday, 11 a.m. to Noon · Tuesday, 9 to 9:30 a.m.** · We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Donation. For more information email [om@deepspring.org](mailto:om@deepspring.org).

**Sunday morning meditation with Insight Meditation Ann Arbor · Sunday · 10 to 11:15 a.m.** · Join us for a silent 45-minute meditation, followed by a talk or sharing. A chance to be in community and practice together. Donations appreciated. For more information visit [insightmeditationannarbor.org](http://insightmeditationannarbor.org).

**Still Mountain Buddhist Meditation Center Sunday Morning Sitting with Kenneth Morley · Sunday · 10 a.m. to 11:30 a.m.** · Our weekly meditation and sharing is open to the public. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing related to the Dharma. Zoom option is available. FREE. For more information contact Ken Morley at [kenwmorley@yahoo.com](mailto:kenwmorley@yahoo.com).

## MOVEMENT AND DANCE

**First Friday Dances of Universal Peace with Judith L. Trautman · Friday, June 2, July 7, and August 4 · 6:00 p.m.** · We meet on Zoom. By donation if in person—we are in transition. People on our list receive updates. To be on the list, or for more information email Judy Lee Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net).

## MUSIC, SOUND, AND VOICE

**Monthly Group Sound Bath with Rev. Amy Feger, Shaman & Reiki Master · Sunday, May 28 · 4:00 p.m.** Uplift and renew through a group sound bath! An experienced sound healing teacher at Irene's Myomassology Institute in Southfield, Amy Feger applies her unique techniques in sound healing to the group experience. From shamanic

spirit drumming to rattles, keeping one foot in the spiritual side and the other in the present, she brings deep energy healing through sound vibration. While playing quartz crystal singing bowls in a meditative state, Amy intentions deep healing and release of what no longer serves you and allows the frequencies to fill and uplift your chakras, for a deep meditative and uplifting experience through sound healing. \$15. Space is limited. For more information contact Amy Feger at (734) 210-1312 or [sacredwhisper teachings@gmail.com](mailto:sacredwhisper teachings@gmail.com) or visit [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com).

**Drum Circle with Spirit led by Shaman Brenda Kieswetter · Sunday, May 28 · 7:00 p.m.** Circles are intricate to healing the spirit, never ending and never beginning. To this end, you are invited to join us for a gift as we sound the notes of courage, lament, and triumph in a drum circle. Brenda will guide us through the energies of the night, dancing with the heartbeat of the Earth. Feel free to bring your own drums/rattles or borrow ours! No experience necessary! \$25 For more information contact Brenda at (313) 515-4221 or email [furmosa@aol.com](mailto:furmosa@aol.com). Learn more @Guiding Energy on Facebook.

**Sound Bath Meditation with Rob Meyer-Kukan · Friday, July 14, August 4 · 7 to 8:30 p.m.** · Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. \$40. Registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Singing for Comfort, In Person & Zoom Interfaith Center for Spiritual Growth · Thursday, June 8, July 13, August 10 · 7 to 8:30 p.m.** · Singing for comfort FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Bowls + Harp: Sound Bath Meditation with Rob Meyer-Kukan and Celia van den Bogert · Friday, June 2 · 7 to 8:30 p.m.** · Join Rob Meyer-Kukan and Celia van den Bogert for this special event celebrating the sound of harp and bowls. Join us as we celebrate the creative possibilities of this bliss-filled pairing of instruments creating sacred sound that is like no other. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. \$50. Registration required. For more information contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski at Ann Arbor Library Branches · Wednesday, June 6, July 5, August 1 · 6:00 p.m. ·**

Folk Song Jam Along: Bring your voices and/or acoustic instruments for some all-ages community music-making, just for FUN! Beginners most welcome! Guitar, Ukulele, harmonica, kazoo... even tuba! You pick from 300+ songs, we put lyrics & chords up on a screen. When we say "Folk Songs" - we mean songs by folks! For more information contact Lori Fithian at (734) 426-7818 or email lorifithian@mac.com. Join us on Wednesday, May 3 and July 5—Malletts Creek Branch. Tuesday, June 6 and August 1—Westgate Branch.

**Cafe 704 via Zoom and In-person with David Mosher · Saturday, June 10 · 7 to 9 :00 p.m. · \$10/per person.** For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Cafe 704 via Zoom and In-person with Path and Friends · Saturday, July 8 · 7 to 9:00 p.m. · \$10/per person.** For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sound & Vibrational Healing Certification with Bill Gisclair-Sullivan · Saturday, July 15 through Tuesday, July 18 · Saturday, Sunday, and Monday, 10 a.m. to 6:00 p.m., Tuesday, 10 a.m. to 4:30 p.m. ·** This interactive training is centered around the teaching of Sound Healing & Vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing, but to give you "hands-on" experience. Level I and Level II are both available at this training. Level I - \$795, Level II - \$795, Levels I & II - \$1590. For more information contact Brian Gisclair-Sullivan at [meditateyou@gmail.com](mailto:meditateyou@gmail.com) or visit [meditateyou.me](http://meditateyou.me).

## PARENTING

**Infant/Pediatric CPR and First Aid with Lorenda Lewis · May 28 · 10 a.m. to 1:00 p.m. ·** Nest & Nurture is excited to team up with Lorenda Lewis to offer this class, which includes Red Cross Certification for infant/pediatric CPR and First Aid. \$120. For more information email [hello@nestandnurture.org](mailto:hello@nestandnurture.org).

**Work & Play Hours at Nest & Nurture · May 30, and June 6 · 10 a.m. to Noon OR 1 to 3:00 p.m. ·** It can be difficult to find a safe place to let our little ones play away from home. We started our play area so our own children could come to work with us. Thanks to some generous donations from community members and The Little Seedling, we now have a beautiful area that is perfect for toddlers and preschoolers. Our space has a variety of seating options, Wi-Fi, and coffee. We will be here working, and we would love to invite you to do the same. \$0-10. For more information visit [nestandnurture.org](http://nestandnurture.org).

## PERSONAL GROWTH

**Cohousing Tours with Cohousing Residents · Sunday, May 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · 2 to 4:00 p.m. ·** Explore Ann Arbor's intentional communities, Sunward, Great Oak, and Touchstone Cohousing. We are self-governing condo communities built around shared values of connecting, sustainability,

and consideration for differences. We are a community of friends who work, share, learn, grow and play together. Our neighborhood is a comfortable space that supports both individual expression and shared experiences. Come find out what it's all about! For more information call (734) 274-9110, or email [Tours@Touchstonecohousing.org](mailto:Tours@Touchstonecohousing.org).

**Finding Your Ground: A Personal Growth Group for Women with Jessica Ryder and Rachel Egberman · Wednesday, July 12, 19, 26 · 6 to 8:00 p.m. ·** Summer Series Nourishing the physical, emotional, and spiritual roots that allow us to blossom in human form. Join us for guided explorations and practices of deep listening – to ourselves and each other. Seeing beyond the fog of judgement we naturally align more fully with our true nature, finding greater ease of being and the ability to live in heart-centered belonging. \$150. Some scholarship support available. Limited to six participants. Open to adults who identify as women, independent of sex assigned at birth. Contact Jessica or Rachel to set up a FREE 20-minute consultation to find out if this is a good fit for you. For more information visit [jessicaryder.net](http://jessicaryder.net), email [jessica@jessicaryder.net](mailto:jessica@jessicaryder.net) or visit [celebratedheart.com](http://celebratedheart.com) or email [tellrachel123@gmail.com](mailto:tellrachel123@gmail.com).

## REIKI

**Monthly Reiki Sharewith Jennifer Jennifer LaFeldt, LMT, RMT · Sunday, May 28 · Noon to 2 p.m.** Have you been looking for a Reiki share group so you can practice what you've learned? Let's get those cobwebs gone, and start sending that Reiki energy again. Even if you were attuned years ago and haven't used it, the Reiki energy is STILL THERE! It can benefit others as well as you, as you send it through you and out. Reiki practitioners at ANY level are welcome to attend! We will guide you if you have forgotten the hand positions. If you are interested in Reiki and have not attended a Reiki class yet, feel free to come by and experience it as a "practice client!"

We also welcome those who have chronic or acute illnesses and wish to receive the Reiki energy. Please contact Jenny at [Reikitherapy@sbcglobal.net](mailto:Reikitherapy@sbcglobal.net) or 734-478-0866 to reserve your spot. A donation of \$15 from Reiki practitioners and practice clients is appreciated to help with rental of the space.

## RETREATS

**Three-Day SW Lake Michigan Holistic Yoga and Meditation Retreat with Ema Stefanova E-RYT500, C-IAYT · Friday 5 p.m. through Sunday 11 a.m. · June 16-18, July 14-16 or 21-23, August 11-13 or 25-27 ·** Our small group retreats are held minutes away from sandy Lake Michigan beaches at the Vivekananda Retreat Center. Vegetarian meals, accommodations in double rooms with shared bathrooms in cottages, and daily group classes are included. Our retreats work well for solo travelers, women, and men. The Center sits on 110 acres of beautiful non-farming land with a meditation Shrine Trail on it, huge indoor spaces, and a private patio that provide plenty of space for practice, solitude, and safe distancing. Our retreats book fast, reserve your seat early. \$559/\$529 for early registration. For more information email [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com).

# The Crazy Wisdom Calendar

May through August 2023



**Living From our Unlimited Essence Through Meditation with Barbara Brodsky and John Orr · Saturday June 3 through June 10 · 10:00 a.m. · Pure Awareness, and Lovingkindness retreat practice and instruction, on Zoom.** The retreat will be held in silence; those joining will maintain that silence from their homes as best they can, around family, necessary work, and other matters. There will be clear instruction in sitting, standing, and walking meditation for beginners and experienced meditators, evening talks, optional discussion periods with the teachers and some chanting from various spiritual traditions. Suggested donation \$200 - \$800. For more information email [om@deepspring.org](mailto:om@deepspring.org), call (734) 477-5848, or visit [deepspring.org](http://deepspring.org).

**Private Directed Retreat with Janene Ternes of Prayer in Motion, LLC · Monday, July 10 through Friday, July 14 · 2:00 p.m. · 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. \$450.00 for five days, includes private room, meals & daily spiritual direction (\$260 Commuter). For more information visit [prayer-in-motion.com](http://prayer-in-motion.com) or email [PrayerInMotionLLC@gmail.com](mailto:PrayerInMotionLLC@gmail.com).

**A Retreat on the Mystics with Thomas Berry and Caryll Houselander · Sunday, July 23 through Wednesday, July 26 · 11 a.m. · The lives and works of two contemporary mystics, Thomas Berry and Caryll Houselander, will be explored and discussed.** Commuter \$180; Double Occupancy \$280 each; Single Occupancy: \$380 (meals included). For more information call Weber Center at (517) 266-400 or visit [webercenter.org](http://webercenter.org).

**Mini Wellness Retreats at The Yoga Room with Christy DeBurton, RYT · Ongoing · When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-time,' choose from a variety of 3-hour Mini Retreats at The Yoga Room to relax and renew.** Watch for details for scheduled mini retreats in newsletter or grab up to three friends and schedule your own bespoke mini retreat! For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## SHAMANISM

**Introduction to Journeying with Connie Lee Eiland · Sunday, June 4 · 10 a.m. to 4:30 p.m. · Class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds.** Journeying is with drums and rattles. Journeying is also a way to connect with your spiritual teachers and guides to aide you on your path. Establishing relationships with teachers and guides can help in everyday life. \$80 until two weeks before, \$90 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

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**Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey · Saturday and Sunday, June 3 & 4 OR July 15 & 16 · 9 a.m. to 5:00 p.m. · This is an advanced in-person class with a limit of 6 persons.** Deepen your understanding of illness and how one's spirit can help the physical body thrive or not. Explore different ways to "diagnose" an illness as well as to address its healing. Working with partners, deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine For the Earth/Healing With Spiritual Light. Suggested Reading: *Walking In Light* by Sandra Ingerman. \$195 per person/\$100 for repeating students. For more information email [info@judyramsey.net](mailto:info@judyramsey.net), or visit [judyramsey.net](http://judyramsey.net).

**Shamanism, Death & Dying with Connie Lee Eiland · June 24 & 25 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4:00 p.m. · This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach transition.** The class also includes psychopomp, which is crossing lost souls over. Psychopomp is done individually and with the class. \$200 until June 10, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Cycles of Life with Connie Lee Eiland · July 15 & 16 · Saturday 10 a.m. to 6:30 p.m. and Sunday 10 a.m. to 4:00 p.m. · This class presents pathways to help with you own life explorations.** We will work with the Medicine Wheel, the Spirit of the Moon and her cycles, our personal shield, our circle of ancestors. This class includes journeying, healing, divination, and ceremony. Introduction to Journeying is required. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Ancestors & Descendants with Connie Lee Eiland · August 12 & 13 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4 p.m. · This class investigates our connections to the ancestors and descendants in ways that impact them and us.** This class includes journeys, healing, sacred art--mask making and decorating a staff, and ceremony. Introduction to Journeying and Cycles of Life are prerequisites. \$200 until July 22, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey · August 26 & 27 · 9 a.m. to 3:00 p.m. · The shamanic journey is an easy and powerful tool we can use to access spiritual information.** Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. Meet a compassionate spirit or power animal who is



coming forward to help you at this time in your life. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$150 per person/\$75 for repeat students. For more information email [info@judyramsey.net](mailto:info@judyramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

**Journeying Circle with Judy Liu Ramsey · First and Third Thursdays · 7 to 8:30 p.m.** · If you know how to do shamanic journeying, please join us to explore the gift and healing of different states of the human condition in a friendly, nurturing, and supportive environment. \$25- \$40. For more information email [info@judyramsey.net](mailto:info@judyramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

## SPIRITUAL DEVELOPMENT

**Drop-in Tarot Study Group with Nicholas O'Donnell · Sundays through August · 6:30 to 8:00 p.m.** This is a drop-in group of Tarot enthusiasts that meets once a week. The meetings will consist of focused open Tarot discussion, Tarot meditations, Tarot theory and theosophy, Tarot reading, Tarot history, Tarot symbolism, etc. The intention is to deepen Tarot understanding and build a local Tarot community. Tarot practice usually occurs after the formal meeting has ended. Group hosted by Enlightened Soul Center & Shop. \$10 donation. For more information contact Nick by email at [nicksvictorygardens@gmail.com](mailto:nicksvictorygardens@gmail.com), call/text (734) 299-6472, or visit [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com).

**Sunday Services via Zoom with Interfaith Center for Spiritual Growth · Sundays through August 27 · 10:45 a.m. to 12:15 p.m.** · Sunday celebration. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sufi Chanting Meditation and Discussion on Zoom with Interfaith Center for Spiritual Growth · Tuesdays through August 29 · 7 to 8:00 p.m.** · An exploration of Sufism. \$5-10 per class. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Akashic Records Practitioner Certification with Shellie Powers · JUNE: 5-6-7 OR 16-17 OR 24-25; OR JULY: 8-9 OR 11-12-13; OR AUGUST 5-6 OR 14-15-16** · This class certifies you with Linda Howe's Center for Akashic Studies. \$360 For more information contact contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](http://powers365.com/events).

**Advanced Akashic Records Practitioner Certification with Shellie Powers · June 26-27-28, OR July 14-15 OR 22-23, OR August 26-27 · \$430** · This advanced class certifies you with Linda Howe's Center for Akashic Studies. For more information contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](http://powers365.com/events).

**Cultivating a Personal Relationship with G-D with Karen Greenberg · Sunday, May 28 and June 4 · 1 to 4:00 p.m.** · Create a Sacred Space, compose/ask questions of your Higher Power, decipher if you are receiving "Yes," "No," or "Essay" answers from your spirit vs. thinking in your head vs. emoting or having sensations in your body. Ask G-D how you can serve (learn to trust/surrender to G-D); express gratitude, awe, and be comforted, healed, protected, guided by G-D. Compose prayers, feeling close to G-D, like G-D were a close

friend: HE/SHE IS! \$90. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg · Sunday, June 4, 11, 18, 25 · 5 to 9:30 p.m.** · Learn how to create a sacred, protected space to astral travel safely to spiritual dimensions, gates of heaven, planets associated with the Sephirot (Spheres) in the Tree of Life, and other celestial bodies and star systems. Become more deeply acquainted with different aspects of G-D. Learn that which you don't normally learn when you're incarnate (some of which is accessible to you usually only after you leave your physical body and go to spiritual school). \$777 total (includes all 4 parts). For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Art as Spiritual Practice: The Art of Shamanism with Rocky Rains · August 5, 12, 19 · 1 to 4:00 p.m.** · "The truest expression of any thought is the art which it inspires." In these workshops we shall be making a Shamans drum, rattle, and spirit bag, and learning the spiritual power behind them. \$350. For more information contact Rocky Shadowbear Rains at (734) 799-7502, or email [rainsrocky4@gmail.com](mailto:rainsrocky4@gmail.com).

**Be Still and Know Silent Retreat with Swami Sankarananda · August 18-25 · Beginning at 5:00 p.m.** · Deepen and uplift your experience of Life through silence, meditation, chanting, yoga asana and introspection. The retreat is guided by Swami Sankarananda in accordance with the holistic Sivananda Yoga Vedanta tradition. The program is specifically developed to aid participants in their evolution from fear to fearlessness, from discord to Harmony, and from pieces to Peace. This retreat is both a weekend and a weeklong retreat. We've been offering the weekend Be Still and Know retreats for six years now, and the one consistent request was for the retreat to be longer, and so we extended it to one week for the first time two years ago. You can join this either for the weekend, and complete the retreat on Sunday afternoon, or continue for the full week. FREE plus lodging. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email [office@songofthemorning.org](mailto:office@songofthemorning.org), or visit [songofthemorning.org](http://songofthemorning.org).

**Catholic Social Teaching: Continuity, Change, and Relevance with Barbara Wall, Ph.D · Saturday, August 19 · 9:30 a.m. to 3:30 p.m.** · An exploration of perduring themes in Catholic social teaching such as the sanctity of all creation, the common good, human rights, and the appropriate uses of power. \$45.00 Lunch included. For more information call Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

## STORYTELLING

**"Do Something Beautiful for God!" A Reflection Day on Mother Theresa of Calcutta with Joy Barker, OSF/S · June 14 · 9 a.m. to 3:00 p.m.** · \$30, lunch included. For more information call Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

# The Crazy Wisdom Calendar

May through August 2023

## STRESS MANAGEMENT

**Stop Sabotaging Your Self-Care with Christy DeBurton, RYT · Self-Paced** · In this compact but powerful self-paced course you'll find effective tips and tools to honor your feelings, set boundaries, and thrive in the face of life's challenges. Get at the root causes of your self-sabotaging habits. Learn to set healthy boundaries--without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well + live better in your body. \$79. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## TAI CHI, MARTIAL ARTS, AND SELF-DEFENSE

**Yang and Chen - Qigong and Tai Chi with Karla Groesbeck · Ongoing** · Classes available in Yang and Chen - Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Long Form 108, Chen Laojia Yilu, Xinjia Yilu. Various qigong sets. Zhan Zhuang. Staff, Bang, Ruler, Push Hands/Tuishou. Low fee, FREE for seniors. For more information call (734) 276-3059, email [info@taichilove.com](mailto:info@taichilove.com), or visit [TaiChiLove.com](http://TaiChiLove.com).

**Chen Tai Chi Chuan with Joe Walters · Ongoing Monday, Thursday 5 to 6:00 p.m. · Saturday, 9:30 to 10:30 a.m.** · Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. For more information contact Joe Walters, [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com), [annarbortaiichi.com](http://annarbortaiichi.com).

## WOMEN'S HEALTH

**Creating Your Perimenopause Plan with Christy DeBurton, RYT · Self-Paced** · Creating Your Perimenopause Plan combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this e-Guide Christy shares everything she learned during her own perimenopause journey, and then helps you create a plan to support your body—pro-actively—through nutrition, supplements, exercise, stress relief and more. \$59. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## WRITING AND POETRY

**Crazy Wisdom Poetry Series Hosted by Edward Morin, David Jibson, and Lissa Perrin · Workshops on June 14, July 12, August 9 · Featured Readers on May 24, June 28, July 26 · 7 to 9:00 p.m.** · Second Wednesdays are Poetry Workshop days. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new

participants begins 6:45 p.m. Fourth Wednesdays are for Featured Reader(s) for 50 minutes, then Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link. For more information contact Edward Morin at (734) 668-7523, email [eacmorin@sbcglobal.net](mailto:eacmorin@sbcglobal.net), or visit [cwcircle.poetry.blog](http://cwcircle.poetry.blog)

- June 28 – Terry Bohnhorst Blackhawk founded, and for 20 years directed, the InsideOut Literary Arts Project for Detroit students. Her poetry has won the John Ciardi Prize (for *Escape Artist*), the 2010 Pablo Neruda Prize, and a Kresge fellowship. Her fifth book, *One Less River*, was a Top 2019 Indie Poetry title. Her latest chapbook is *Maumee, Maumee*.
- June 28 – Derek Pollard is Editor of the Poets on Poetry Series at University of Michigan Press. A widely published poet, book critic, longtime educator, and workshop leader, he founded Constellar Creative, a creative agency that specializes in content marketing and copywriting. His most recent poetry collection is *On the Verge of Something Bright and Good*.
- July 26 – Jack Driscoll's *Twenty Stories: New and Selected*, won the 2022 Pushcart Editors Prize. His novels or story collections received the PEN/Nelson Algren Award, AWP Grace Paley Short Fiction Prize, Society of Midland Authors Award, and Michigan Notable Book Awards. He founded the creative writing department at Interlochen Center for the Arts.

**The Promise of Summer: A Writing Workshop with Tarianne DeYonker, OP with the Weber Center · Saturday, July 15 · 10 am to 4:00 p.m.** · When planting seeds in my garden my hope is palpable. As spring turns to summer, I need patience and support to persist in watering, weeding, and aerating the soil to nurture what I have planted. The same is true for writing. What are some of those nurturing activities that keep us writing when the words just won't come, or time seems to drift away from us? You can give yourself the time to write with others during this workshop day. This workshop may be just the "fertilizer" your writing needs to thrive. Beginning and experienced writers are welcome in this workshop. \$60, lunch included. For more information call the Weber Center at (517)266-4000. Registration is required at [webercenter.org](http://webercenter.org).

## YOGA

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

**Yoga Essentials with Michele Bond · Ongoing through July · Thursday 6 to 7:30 p.m.** · For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga for Athletes with Michele Bond · Ongoing through July · Wednesdays 6 to 7:30 p.m.** Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Universal Alignment Principles help open the door to peak performance in sports and all areas of your life. \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Guided Personal Retreat with Song of the Morning Staff · June 30 – July 2** · The Song of the Morning Yoga Retreat community invites you to join us for an uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. Offered during select weekends in 2023, guided personal retreat offers a greater sense of community and support, so that you might get the most out of your retreat experience. During these special weekends you are invited to join our daily schedule of events which includes meditation, devotional practices, community meals, and more (see schedule below). At the beginning of the retreat, our community facilitators will be happy to welcome you, and offer simple guidance and answer questions in our sincere effort to help you get the most out of your retreat, and experience what our founder envisioned: "Spiritual refreshment and relaxation." \$108 plus lodging. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email [office@songofthemorning.org](mailto:office@songofthemorning.org), or visit [songofthemorning.org](http://songofthemorning.org).

**Yoga + Sound with Rob Meyer Kukan · Friday, June 23 · 6 to 7:30 p.m.** · Join Sound Healer, Rob Meyer-Kukan and Yoga

Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. \$40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Yoga Chill Summer Course with Christy DeBurton, RYT · July through August** · Summer is a season full of activity, which means that we need a yoga practice that is a nice balance to this: slowing us down, cooling us off, giving us a chance to relax and just be. This soothing 8-week 'Yoga Chill' Live+Virtual course will help you feel more grounded and calm. \$130-\$140. For more information contact Christy DeBurton by email at [info@christydeburton.com](mailto:info@christydeburton.com), or online at [christydeburton.com](http://christydeburton.com).

**Sivananda Yoga with David Black at Ann Arbor Zen Buddhist Temple · Ongoing · 6:30 to 8:00 p.m.** · Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill up quickly, so early registration is necessary. Cost is \$60 for all six sessions or \$12 per drop-in class. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Yoga for Resilience with Julie Woodward · Tuesday · 9 to 10:30 a.m.** · Join us for this weekly yoga posture, breath, and meditation practice designed to support you in cultivating greater resilience. Drawing on recent research about the brain, participants will experience powerful practices that enhance nervous system regulation, calm anxiety, or energize a low mood. Each class will feature embodied mindfulness practices for cultivating greater self-awareness, fostering stability of attention, tuning in to the felt sense of the body, and navigating inner experience with greater skill. Suitable for all levels, gentle movement may be modified to suit individual needs. \$20 per class, advance registration required. Email [jawh@comcast.net](mailto:jawh@comcast.net) with questions and to register or visit [juliewoodwardmsw.com](http://juliewoodwardmsw.com) for more information.





*The legacy of heroes – the memory of  
a great name, and the inheritance of a  
great example.*