

THE
CRAZY WISDOM
BIWEEKLY

#116

Butterfly Angels: Aug and Lucy's Journey
by Maggie Lourdes

PAGE 8





CRAZY WISDOM

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Word of the week:

rectitude

noun

rightness of principle or conduct; moral virtue

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

Thank you to our contributors for this issue:

- Jennifer Carson
- Brooke Curie
- Hilary Nichols
- Fran Mason
- Maggie Lourdes
- Bill Zirinsky



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“Diversity doesn't look like anyone. It looks like everyone.”

-Karen Draper



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Byron Roberts, one of the reading volunteers for Black Men Read.

BLACK MEN READ — EXPANDING POSSIBILITIES THROUGH STORYTELLING

Article and photo by Hilary Nichols

“This has to change, on my watch,” Yodit Mesfin Johnson realized. The need for change became urgent when her own son was in second grade. Her life’s work in racial justice organizing took a big pivot toward the education sector with one call. It was Black History month and there were no Black men on the Mitchell Elementary School’s faculty. Her son’s teacher called to ask if she knew any Black men that would read to his classes. Of course, Mesfin Johnson arranged a roster of volunteers that rotated through the school’s reading hours all throughout February. The realization that her son had no Black male role models at school collided with her own awakening to spur a deep dive of research into the educational system. “It turns out that less than 2% of U.S. teachers are Black men,” Mesfin Johnson was aghast to learn.

But it is her personal ethos to ask herself, “If I am going to point out an issue, then how am I going to contribute to the solution?” So after informally arranging volunteers for a few months, Mesfin Johnson invited a fellow parent at the school to collaborate. Together, Dr. Tamara Tucker-Ibarisha and she approached the school’s leadership team and PTO to ask if they could produce an afterschool program. Their proposal was met with enthusiasm at first, until they told them it was to be called “Black Men Read.”

Yodit Mesfin Johnson is the president and CEO of Non-Profit Enterprise at Work or N.E.W. On a radio interview at W.E.M.U. with David Fair she introduced herself as “a mother, poet, activist, and strategist with an abolitionist mind and a

visionary heart.” She is kept busy as a consultant, developer, and advisor at the University of Michigan research initiative documenting Black segregation, racism, and resistance in Washtenaw County. But when the Mitchell Elementary’s PTO president challenged the name “Black Men Read” with suggestions of “All Men Read” or “All Dad’s Read” Mesfin Johnson says, “that really radicalized me.” The school requested a more formal proposal rooted in evidence, which galvanized her efforts, and deepened her resolve.

Dr. Tamara Tucker-Ibarisha is a Phd Cellular and Molecular Biologist teaching in the university system. Her passion for education led her development of STEM initiatives for children of all ages. She is a co-founder of Black Men Read and focuses on the educational and creative aspects of the program.

The data was showing that only 15% of Black and brown kids in the district were reading at their grade level. “Why wouldn’t any and all efforts to address this disparity be welcomed?” Mesfin Johnson wondered. “Representation matters. You can’t be what you can’t see.” Eventually the school embraced the program. The first Black Men Read event brought out 40 families.

“Anthony Morgan was the reader that night, and it was beautiful,” remembers Mesfin Johnson. “We believe that the rich tradition of oral storytelling was how communities thrived before the written word. Now, through books, we hope that young people and their families will carry forward these Indigenous traditions by engaging in readings and learning with us.”

After a series of Black Men Read events at the school that Spring of 2016, she began to note that the students they really needed to reach were often not able to attend. “They were the kids that had to get to the bus after school.” They partnered with Black Stone Books and Cultural Center in Ypsilanti, to offer this resource to a greater community. The monthly pop-ups were a great success. “Yet we really wanted to reach the children that might not be able to make the effort. We wanted them to know that we saw them, valued them, and loved them.”

The room was full, but it did not satisfy their mission if the children at the lower literacy rates were not in the room. The organization continued to experiment, move, grow, and change for adaptability, and for agility. And every year they applied what they learned. “We started to partner with the libraries, community centers, and places that were more proximate to those areas where these kids lived.”

When Black Men Read did pop-ups at the Ypsilanti District Library, the kids would see Darryl Johnson. They would see another reader at another location and another elsewhere. She started thinking, “What if they saw the same person consistently. It wasn’t enough for them to see a reader once and to never see them again.” With no other Black men in their school environment, she realized the program still had room to grow. “From my own experience, developing trust and a love of learning relied on relationships with the teachers and principals that I saw regularly. They became like family.” That’s when Black Men Read developed the *Reader in Residence* program.

Though costly, the Reader in Residence program is an important aspect of the arc of Black Men Read. “We don’t want to exist into perpetuity. We want to exist until the gap gets filled,” explains Mesfin Johnson. “Ultimately we wanted the school to have skin in the game.” To know the value and invest in a more diverse faculty so that these supplemental programs are no longer necessary.”

In the meantime, Black Men Read is on a mission. “We really believe we can dispel the myth that Black men are not engaged in their families and their communities, because it is a myth. In fact, per capita, Black men are more engaged with their families and communities than other men in our societies,” assures Mesfin Johnson. “In many ways, this is our love letter to the Black men who have been in our lives and in our communities. Black men are valuable,” adds Tamara Tucker-Ibarisha. “Black men are active participants in our communities. Though mostly that hasn’t been portrayed in the media. It’s been really great for us to be able to lift-up and honor the men in our community in this way.”

After completing the BMR audition process,” Byron Roberts says, “I was honored to be selected. I have been a reader all of my life. Knowing the power of books to open minds and inspire dreams, I am excited to share stories with young people.” He has read for BMR at schools, a bookstore, a church, a summer festival, and at the African American Cultural and Historical Museum. “When I read, I go all out to make the story come to life. I get to feel like a kid again, and I think the kids are drawn in by my excitement.”

With a roster of 50 Black male readers at 11 participating locations, Black Men Read interacted with more than 400 kids at these wonderful in-person events right up until the pandemic. The shutdown did not stop their offerings. It took a moment, but soon their on-line presence offered even more consistency with two Facebook live reads per week. And the response was unexpected. In person, 12-40 kids received the impact. Now, at-home classrooms, parent groups and pods all turn to the Black Men Read live feed. Their outreach numbered over 40,000 views. No one expected the social unrest that ushered in our current civil rights movement, but as the Nation’s focus shifted, the need for Black-centered curriculum became enormous for Black families and white families as well.

“The reality is most of the American education system has been whitewashed. We live in a nation that has valorized whiteness. So, if all of our kids are primarily learning a curriculum that is whitewashed or doesn’t speak to the lived experience, including the Black and brown, indigenous, or LGBTQIA lived experience, then these students are not being included in the story of their own education.” Mesfin Johnson does not mince words. “The stories of Black, brown, and indigenous people have been relegated to these miniscule points.” She asks, “How do I ensure that my son knows the legacy, ancestry, lineage that he and I and other Black folks are building upon?” Black Men Read is her answer. “We think our children need to see more than slavery narratives, or civil rights narratives. They need to see themselves in normal everyday ways, the same way we normalize whiteness in this country.”

Nuola Akinde, the culture and curriculum director of Black Men Read, is an early childhood educator. As the founder of Kekere Freedom School, her belief in play-centered learning is aligned with Black Men Read’s mission of a decolonizing program. Her reading list is thoughtfully crafted to normalize and uplift Blackness. Their criteria for books on their annual list titled “Books That Every Black Child Should Read” requires that all the choices have a Black or brown protagonist, with the goal to amplify black authors and illustrators as well. Mesfin Johnson shared her enthusiasm, “We really seek out beautiful stories and illustrations. We want children to open the pages and delight in themselves. Delight in stories that are just normal kid stuff.”

For example, the book *Max and The Tag Along Moon* (written and illustrated by Filloyd Cooper) is a beautiful story that holds a grandson and his grandfather close under the same moon. These stories are human stories to which every kid can relate to as celebratory, cautionary, historic, present, and future stories. **Black Men Read** is well-rounded. “We make sure that we consistently keep these ideas present.” Akinde offers, “Like seatbelts, we don’t just tell our kids to buckle up when there’s an accident. And I think it’s really similar for race and racism,” she continued. “We encourage conversations with kids on an ongoing basis, not just when there’s an emergency or a crisis.” **Black Men Read** can be that consistent source, with over 100 in-person reads so far.

continue reading online...

Pick
up
the
spring
issue
now!



The Crazy Wisdom Community Journal

issue
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Features

- Gateway Farm
 - Black Men Read
 - Ann Arbor Clothing Company, Job Activewear
 - An Interview with Dr. Craig Stoller
 - Hilary Nichols chats with Maurice Archer and Anne Erlewine
 - Indigo Forest and chronic pain reduction
- ...and more!

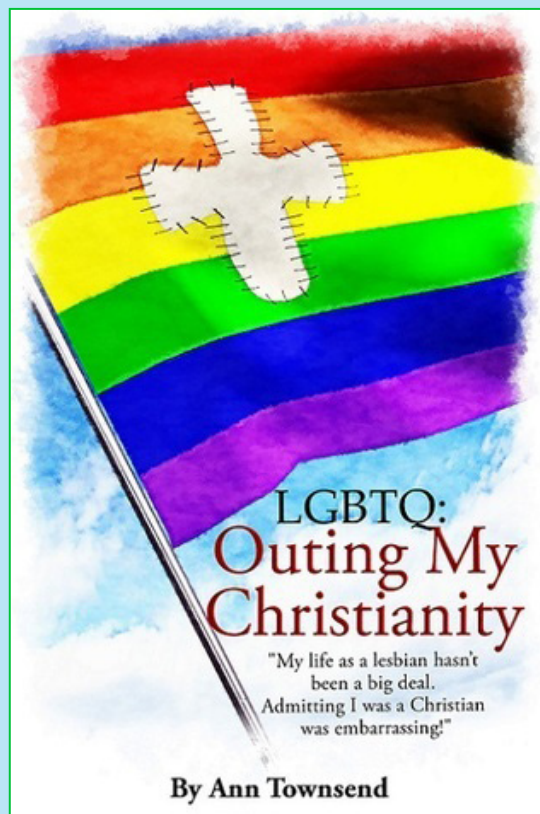
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it mailed directly to you.*

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Book of the Week:

LGBTQ: Outing My Christianity

Inspired by Vicky Beeching's coming out, her work with the United Nations, and her fight for LGBT rights in the Church and the world, **Outing My Christianity** is a story for the curious reader and the ashamed Christian about a lesbian's life, salvation, love, pain, loss, and survival. It is a story about a walk taken as a quirky flower child, awkward teenager, over-enthusiastic twenty-something, and blind adult who can now see. Regardless of your faith, the time is now, folks. We have to stand together if we want change.



[Purchase your copy of
LGBTQ: Outing My Christianity
at \[shopcrazywisdom.com\]\(http://shopcrazywisdom.com\)](#)

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



Butterfly Angels: Aug and Lucy's Journey

By Fran Mason

CW: Tell us about your new book *Butterfly Angels: Aug and Lucy's Journey**.

ML: The story features the timeless battle of good and evil, with a contemporary flare. A scrappy, cavalier angel named Augustine, or Aug for short, is discontented with his gentle missions to heal the sick. He shares the namesake and rebellious nature of St. Augustine, the Patron Saint of Brewers. He relishes a fight with the Catholic Church over its treatment of the LGBTQ community. He fearlessly confronts the depravity of modern-day gun violence, and brazenly attacks the murderous demon, Abimelech, who wreaks havoc wherever he prowls. The story's characters are diverse and strong, reflecting the truth of our world. It is riveting and contentious and balanced with humor and inspiration.

CW: As a practicing Catholic, talk about the systemic challenges you've seen or faced when addressing LGBTQ issues.

ML: The Church is presently having a healthy debate regarding LGBTQ issues. Pope Francis advocates for a more welcoming Catholic environment for LGBTQ people. However, I often experience fierce criticism when I suggest greater inclusivity. Recently, I was steadfast during a Q & A session with a retired Catholic Bishop. He insisted those living LGBTQ lifestyles were being influenced by "the devil" and he defended the Church's canon law which permits the denial of Holy Communion to LGBTQ people. The policy coalesces with the official Catholic position. Namely, LGBTQ tendencies are "disordered and unnatural." I questioned how this rule could be in harmony with the Gospel. After all, Jesus said of Holy Communion, "Take this all of you and eat of it..." No conditions, no ambiguity. Somehow, I don't believe his clear words need tweaking by the Church. Alas, the Bishop didn't relent his position—nor did I relent mine.

CW: In your estimation, is there religious dogma that supports the exclusion of certain populations from the church?

ML: The Church is not atypical of any institution run by men. It's policies aren't always fair and just. I believe it's nothing short of sinful when discriminatory policies are

purported to further God's mission. In order for Jesus' teachings to be fully realized in the Church, women must have an equal seat at the Catholic table, and LGBTQ people must be respected, loved, and treated with dignity. Here is a quote from the book that neatly addresses this question. Aug says:

"People squabble over ambiguous ordinances they themselves create in His name giving the devil great devices and delight. In fact, He makes it so simple. Love is and always will be the greatest commandment of all."

CW: What advice do you have for would-be activists?

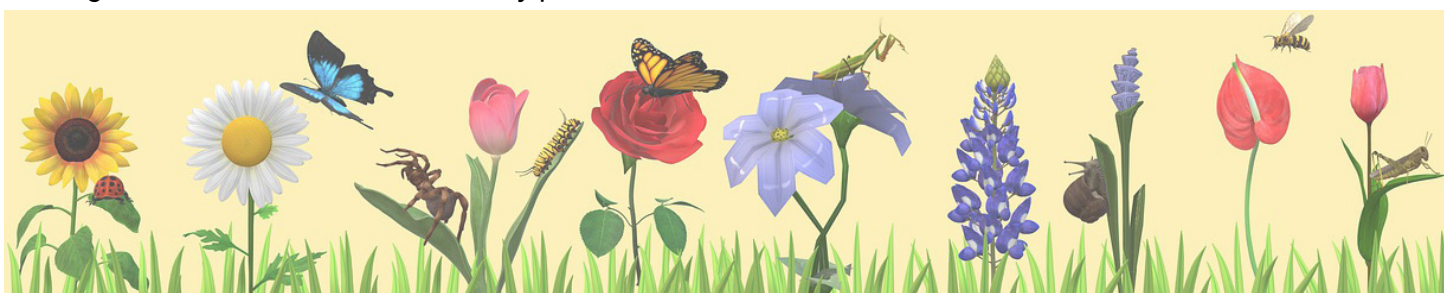
ML: The barbs of discrimination cut deeply and leave painful wounds. As disenchanted and angry as you may feel because of injustice, don't become hardened or hateful. Jesus said, "Peace I leave you, my peace I give you." Whether you are Christian or not, the idea is relevant to you. You are entitled to peace. Take it and then spread it to others. Ultimately, love and peace will defeat hate and evil.

CW: What is your hope for the future?

ML: My favorite scene in the book is when Aug orchestrates drag queens and LGBTQ people to pack a Catholic Cathedral for Sunday mass. It certainly prompts a surprised and resistant priest to think about diversity! My hopes and prayers are for every Catholic Church in America to experience that scene in real life. Enlightenment is a blessing.

Margaret Ann "Maggie" Lourdes is a life-long Michigander. She attended Madonna University and Michigan State University College of Law. She practices law at a national law firm and teaches law adjunct. She began publishing fiction as a 14-year old. She also publishes scholarly writings for her academic and legal career. She loves animals, nature, quiet beaches, and anything chocolate. Maggie can be reached at maggielourdes@aol.com or cmda-law.com/attorney/margaret-a-lourdes/

*Maggie's book *Butterfly Angels* will be available for **FREE** on July 8, 2023. Log into Amazon, search the book's name, and download your free Kindle e-book.





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The Crazy Wisdom Calendar

JUNE 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.

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.

ANIMALS AND PETS

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. \$440. For more information email info@judyr Ramsey.net or, visit judyr Ramsey.net

ART AND CRAFT

INAI Exhibit - Seasons of Beauty with Kathleen Voss, OP, Janet Wright, OP, Mary Jean Dorsey, OP · Monday, May 26 through October 1 · 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). For more information call the Weber Center at (517) 266-4000 or visit webercenter.org.

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. FREE. Visitors will see works from familiar artists, including Andy Wynkoop, An ArtsyGuy, RIK, Roger (FREE-Hand) Stephenson, and many others. For more information call Sarah Unrath at (734) 615-5643.

BOOK DISCUSSION GROUPS

Jewel Heart Readers with Jewel Heart Instructors · Monday, 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, call Jewel Heart at (734) 994-3387, or send an email to 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. Cost: \$15.00 Includes book & dinner. For more information call the Weber Center at (517) 266-4000 or visit webercenter.org.

BUDDHISM

Join us as we sing and contemplate songs of the masters together · Saturday, July 15 · 12-1 p.m. · Buddhist teachings and spiritual experiences are often communicated through songs, such as those famously sung by the great Tibetan yogi, Milarepa. Following the teachings of Khenpo Tsultrim Gyamtso Rinpoche, we will sing in English, without judgment of “good” and “bad” as we try to move beyond an intellectual approach to the Dharma. Held at Bethlehem United Church of Christ. FREE. For more information contact Nancy at lamanancy@karunabuddhistcenter.org or visit: karunabuddhistcenter.org.

Why are we still stuck in samsara? · Tuesday, July 18 * 8 to 9:30 p.m. · One reason is that we haven't fully developed the motivation to transform our lives. Deep contemplation of the Four Thoughts that Turn the Mind to the Dharma will arouse our desire to free ourselves and others from suffering. FREE. To join this live zoom teaching, contact Nancy at lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Practical Buddhism by Gelek Rinpoche · Tuesdays, June 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

ARTS INTEGRATION, MORE THAN JUST A PRETTY SPACE



By Brooke Curie

I'd like to invite you as a guest to my house. Walking in, you might admire the variety of beautiful art that fills the walls. You'd see light-filled flowing water colors, intricate tile mosaics, gorgeous reproductions of Van Gogh and Degas, bold self-portraits in black and white acrylic, vibrant silk paintings, and more. I'd feel proud when I told you that this art was created by my children. You might think I have a very talented family, and that may be true. But the deeper explanation is that I have five children who attend, or have graduated from, Rudolf Steiner School of Ann Arbor, a Waldorf school.



My journey with Waldorf education began 14 years ago, when my oldest was starting kindergarten. One of the first things that attracted me to Rudolf Steiner School was the opportunity for my children to have balance in their school day. A variety of artistic activities are interwoven with rigorous academic endeavors to achieve this harmony. Bursting with joy and vitality, my children would not sit all day getting filled with information, staring at worksheets, textbooks, and various screens. There would always be a thoughtful rhythm to their day. From early childhood through high school, Waldorf students experience many kinds of fine and practical arts: drawing, painting,

sculpting, singing, folk dancing, handwork, woodwork (you should see the container of hand-carved wooden spoons in my kitchen!), instrumental music, and the list goes on... Weaving artistic practices with intellectual ones creates a healthy flow in the school day – an inbreath and outbreath. Imagine an 8th grade class: focusing intently during a chemistry lesson (inbreath), next they draw the experiment they just observed in their main lesson books (outbreath), later they have woodworking class where they'll work on the three-legged stool they're making this year – it started as a rough tree trunk (outbreath), next is math class (inbreath), you get the idea. The arrangement of the school day is healthy and harmonious, allowing students to restore their energy, renew their focus, and take in information in a deeper way.



I was so inspired by this way of educating children I eventually got my MEd from Sunbridge College, where many teachers learn how to practice the art of Waldorf education. Throughout these years, I've been able to delve deeply into the complexities of arts integration in education, and I'm always amazed at how layers continue to unfold for me. On a surface level I have some pretty amazing art on my walls. Yet these layers range from the

superficial, to the profoundly deep, illuminating the wise way Waldorf schools integrate arts across the curriculum. Everything in the Waldorf curriculum is selected with utmost care, based on Rudolf Steiner's insight into human development. In the early childhood program, children paint with liquid watercolors on wet paper- the colors flow and blend as though alive, providing a sensory experience that is just right for this dreamy stage. As students get older, they become able to bend these fluid watercolors to their will and create intentional forms in their paintings, not an easy feat. In 6th grade, students do black and white drawings to address their 'all or nothing' way of seeing the world. In 7th grade, perspective drawing is introduced, because students are beginning to look at issues from many sides. The curriculum is full of examples of activities designed to meet developing students in significant ways.

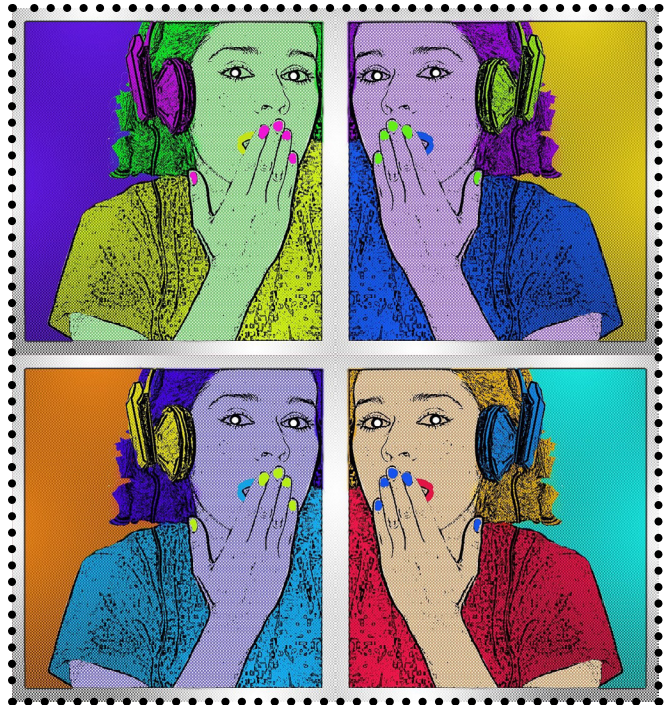


Rudolf Steiner students experience various modes of artistic expression, while their teachers bring everything to them in an artistic way. Waldorf teachers take in the information for their lessons, make it their own, and present it creatively – through story, songs, poetry, drama, demonstrations. These teachers strive to perform an art of education, embodying their subject matter and giving dynamic lectures from the heart. Students come away from lessons like these with a richness and depth of living knowledge.



The most exciting aspect of arts integration involves cultivating a truly human intelligence. What does this mean? I think a good way to think about this idea is through questions. Since artificial intelligence is on the rise in a seemingly exponential way these days, what is

the value of one-sidedly fostering the kind of thinking that machines will always surpass us at? Imagine a future full of people who are great at thinking like machines. On the other hand, what is the value for the future, of humans who can think in an artistic way? What is the creative process, that state of mind that is cultivated when practicing art? Albert Einstein said, "Imagination is more important than knowledge".



There is a realm we can access for inspiration – brand new ideas, healthy ways of working in the world. Wonderful things come from this place – new inventions, breakthroughs, ways of communicating. How can humans gain more access to this world?



One way is through a consistent training in the arts. Investing in a Waldorf education will do so much more than fill your walls with beautiful artwork. Integrating arts with academics trains people to think in multi-dimensional ways, adds warmth, and cultivates humanity. Is this becoming more important as our world becomes increasingly mechanized?

At its pinnacle, the goal of integrating arts in education is to develop humans who can access inspired wisdom and bring it into the world through acts that are good, beautiful, and true.



The Crazy Wisdom Calendar

JUNE THROUGH AUGUST 2023



BUDDHISM...CONTINUED

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. For more information visit the Jewel Heart-Ann Arbor website, jewelheart.org/chapters/ann-arbor, call Jewel Heart at (734) 994-3387, or send an email to programs@jewelheart.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche · Sunday, July 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, call Jewel Heart at (734) 994-3387, or send an email to programs@jewelheart.org.

FREE Film & Discussion with Jewel Heart Instructors · Fridays, 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.

—July 14—*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, call Jewel Heart at (734) 994-3387, or send an email to programs@jewelheart.org.

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.

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.

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.

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. 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. Contact Kirsten Mowrey at greatlakesrituals@gmail.com.

CLASSES AND WORKSHOPS

Monthly Group Sound Bath with Rev. Amy Feger, Shaman & Reiki Master · Sunday, July 30 · 4:00–5:30pm · Sunday Aug. 27 • 4:00–5:30 pm · 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. Suggested donation: \$15 at the door. Contact Amy Feger at (734) 210-1312 or sacredwhisper teachings@gmail.com
Enlightened Soul Center

Ann Arbor, MI 48108 Reiki I training • Sunday July 30, 12:00–2:00pm; Sunday August 27, 12:00–2:00 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. Questions and more information: Contact Jenny at reikitherapy@sbcglobal.net or 734-478-0866.

Beyond the Veil Mediumship • 6 Thursdays: June 15–July 20 • 6:30–8:30 pm • Mediumship is the ability to connect and communicate with loved ones who are in spirit. Develop your mediumship abilities with this 6 part class series. Topics: Types of mediumship experiences and the types of information that comes through; Developing and strengthening your mediumship connection and abilities; Recognizing your communication language and interpreting the messages; Evidential information ~ "proof" and identifying information about the departed. Guided meditations and practice mediumship sessions. Cost: \$200 ~ Payment Plans Available. SPECIAL! Pay in Full by 6/15: \$180.
www.enlightenedsoulcenter.com/beyond-the-veil-mediumship

Level 1 Intuition Development Class • June 6–August 2, 2023, 6:30–9:00 p.m. • EVERYONE has intuition! It's our birthright, our internal GPS, our 6th sense that uses the other five senses — plus dreams, synchronicities, and other means to communicate with us. It's more than just predicting the future; in fact, that is only ONE aspect of intuition. Whether you were a psychic child, are having visions or hearing things now, or are just curious and wanting to explore, NOW is the time to decode the messages and learn what you can do! For more information contact Lori at ZSourceConnection.com or visit enlightenedsoulcenter.com/intuitive-healing-for-self-care-classes

Drop-in Tarot Study Group • Every Sunday 6:30–8:00 pm. • This is a drop-in group of Tarot enthusiasts that meets once a week, facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. The meetings consist of focused open Tarot discussion, Tarot meditations, Tarot theory and theosophy, Tarot reading, Tarot history, Tarot symbolism, etc. Deepen Tarot understanding and build a local Tarot community. After questions, a 25-minute mindfulness meditation that is focused on the Tarot will conclude the formal meeting. Minimum donation: \$10 (Cash, credit, electronic). Contact Nick: nicksvictorygardens@gmail.com or call/text (734) 299-6472. Enlightened Soul Center: enlightenedsoulcenter.com

Natural Building & Sustainable Skills Program at Strawbale Studio • July 2 - 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. \$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: strawbalestudio.org.

Learning Tour at Strawbale Studio with Deanne Bednar • July 15, August 6 • 9:30 a.m. to Noon • Tour the enchanting structures with thatched & living roofs, Earth Oven, Rocket Stove & Rumford Fireplace! 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 more information: strawbalestudio.org.

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 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. For more information visit strawbalestudio.org.

CHILDREN AND YOUNG ADULTS

Camp Jump-In 2023 Intensive Therapy Camp with Jacquelin Kilburn • July 17-28 • 9 a.m.- 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.

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

Meditation Classes and Practice | Retreats and Workshops
Events with Spirit

Register for Fall 2023 Programs

Visit our website for a complete list of our programs

**Channeling
Events with Spirit**

Remembering Wholeness
Barbara Brodsky and The Mother

Evenings With Aaron
Barbara Brodsky and Aaron

Classes

Serendipity
**An Exploration of Spirit
Dharma & Meditation**
Barbara Brodsky,
Aaron and John Orr

**Shamanic Journeying
For Guidance and Healing**
Lauren Jubelirer

All events are held via Zoom.

Aaron, Yeshua and The Mother are channeled spirits.

*They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center
and Colette Simone, PhD*

Workshops

The Joy of Awakening
Barbara Brodsky
and Colette Simone

**Fall Retreat
Practice and Q&A**
Barbara Brodsky,
Aaron and John Orr

[DeepSpring.org](https://www.DeepSpring.org) | info@deepspring.org | 734.477.5848

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

"THE THING ABOUT
MEDITATION
IS YOU BECOME MORE
AND MORE YOU."

-DAVID LYNCH



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CHILDREN AND YOUNG ADULTS...

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.

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, or visit 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.

Ann Arbor Death Cafe via Zoom with Rachel Briggs · 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.

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. \$697.00. For more information contact Patty Brennan at (734) 663 -1523, email patty@lifespandoulas.com, or visit 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 to sign up for weekly links.

Healing Through the Akashic Records Practitioner Certification with Shellie Powers · July 29-30 -or- August 12-13 -or- 19-20 · \$500. For more information call 734-926-8423, email info@thepowersof.com, or visit 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. July's theme is "Plant Magic / Plant Medicine" and August's theme is "Tarot." For more information visit EvenstarsChalice.com/Happenings or email Mara at mara@evenstarschalice.com.

Enlightened Soul 2-Day Psychic Fair · 1st & 3rd weekends: 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. Admission: \$5 Sat./\$3 Sun. = FREE gifts, snacks, and parking Readings & Energy Work: \$2/minute (minimums vary). Contact Amy Garber, 734-358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com/enlightened-soul-psychic-fair.

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



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competitions, merchants, workshops, and more! Magical or the whole family. For more information visit salineceltic.org

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 For more information follow Holler Fest on Facebook and Instagram or email kings@hollerfest.com.

INTUITIVE AND PSYCHIC DEVELOPMENT

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 or visit psychicpsychology.org.

MASSAGE

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.

MEDITATION

Introduction to Mindfulness 4-Week Online Series · July 13 - Aug 3, 7:45-9:00 p.m. · Are you interested in learning what mindfulness is and how it can benefit you? Perhaps you are hesitant to commit to a longer program or want to refresh your mindfulness practice. If so, this introductory 4-Week Online Series may be right for you.

Healing and Compassion Meditations with Hartmut Sagolla · Mondays, 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. Visit: Heart-Ann Arbor website, jewelheart.org/chapters/ann-arbor, call Jewel Heart at (734) 994-3387, or send an email to programs@jewelheart.org.

FREE open meditation with Jewel Heart Instructors · Thursdays, July 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, call Jewel Heart at (734) 994-3387, or send an email to programs@jewelheart.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors · Sundays, July 9, 16, 23, August 6, 13, 20, 27 · No event on July 30 · Online and 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, call Jewel Heart at (734) 994-3387, or send an email to programs@jewelheart.org.

A Day of Mindfulness Meditation with Esther Kennedy, OP · Saturday, 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.

Peace Generator via Zoom with Interfaith Center for Spiritual Growth · Friday, 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.

Every Saturday morning, we meet for sitting and walking meditation, followed by informal discussion and tea. Newcomers are always welcome! Held at Bethlehem



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United Church of Christ. FREE. For more information contact Nancy at lamanancy@karunabuddhistcenter.org or visit: karunabuddhistcenter.org.

Meditation and Discussion with Lama Nancy Burks • Wednesdays • 7 to 8 p.m. • The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Join in person or on zoom. FREE. For more information contact Pat a (734) 678-7549, email aaktc@yahoo.com or visit annarborktc.org.

Dharma Study and Practice Workshop with Lama Nancy Burks • Saturday, July 22 • 12-1 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. FREE. For more information contact Nancy at lamanancy@karunabuddhistcenter.org or visit: karunabuddhistcenter.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 myriad of meditation techniques, to discover which resonate for you. 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. Cost: \$25 per class. For more information contact Karen Greenberg (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

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. Registraton required. \$125. For more information call Rob Meyer-Kukan, at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Weekly Silent Meditation Practice with Celeste Zygmont 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.

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.

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.

MOVEMENT AND DANCE

First Friday Dances of Universal Peace with Judith L. Trautman • Friday, 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.

MUSIC, SOUND, AND VOICE

Sound Bath Meditation with Rob Meyer-Kukan • Friday, July 14, August 4 • 7 - 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. \$40. Registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Singing for Comfort, In Person & Zoom Interfaith Center for Spiritual Growth • Thursday, July 13, August 10 • 7 to 8:30 p.m. • Singing for comfort FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.



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MUSIC, SOUND, AND VOICE...CONTINUED

Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski at Ann Arbor Library Branches · Wednesday, 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! For more information contact Lori Fithian at (734) 426-7818 or email lorifithian@mac.com. Join us July 5—Malletts Creek Branch. Tuesday, August 1—Westgate Branch.

Cafe 704 via Zoom and In-person with David Mosher · Saturday, July 8 · 7 to 9 :00 p.m.: July 8 · \$10/per person. For more information visit 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 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 or visit meditateyou.me.

PERSONAL GROWTH

Cohousing Tours with Cohousing Residents · Sunday, July 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. For more information call (734) 274-9110, or email Tours@Touchstonecohousing.org.

Finding Your Ground: A Personal Growth Group for Women with Jessica Ryder and Rachel Eggherman · 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. Cost: \$150. Some scholarships 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. Contact Jessica: jessica@jessicaryder.net, or Rachel: tellrachel123@gmail.com. Visit celebratedheart.com

REIKI

Reiki Retreat. · September 15th & 16th · Join us for a three day transformative, in-person retreat to become Reiki Certified and connect with a group of like-minded people in a quiet private nature venue. This retreat will prepare you to start your Reiki healing journey through our workshops, placements and hands-on practice. You will learn how to empower your daily life and gain the knowledge to effectively help yourself and others. This retreat will encompass Holy Fire 3™ Reiki 1 & 2, self-care/love, balancing morning yoga & meditation, breathwork, ceremonial circles, sacred sound healing, energy healing with essential oils and learning the use of other healing modalities in your Reiki practice. During your stay you will enjoy delicious nourishing meal options. If this resonates we invite you to join us on for a weekend reiki certification training by passionate Holy Fire 3 Reiki Masters at the Earth Well Retreat Center and Nature Sanctuary Home, Manchester, Michigan. For more information visit: earthwellretreat.com

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. · 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. Cost: \$559/\$529. Reserve your seat early. For more information email EmmaStefanova@cs.com.

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 or email 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.

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 or visit christydeburton.com.

SHAMANISM

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey · Saturday and Sunday, July 15 & 16 · 9 a.m. to 5:00 p.m. · This is an advanced in-person class, 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, or visit JudyRamsey.net.

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 your 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, or visit 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, or visit 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 or visit 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 or visit JudyRamsey.net.

SPIRITUAL DEVELOPMENT

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.

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.

Akashic Records Practitioner Certification with Shellie Powers · 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, or visit powers365.com/events.

Advanced Akashic Records Practitioner Certification with Shellie Powers · 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, or visit powers365.com/events.

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.

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

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

JUNE THROUGH AUGUST 2023



SPIRITUAL DEVELOPMENT...CONTINUED

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. You can join this either for the weekend, and complete the retreat on Sunday afternoon, or continue for the full week. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email office@songoftthemorning.org, or visit songoftthemorning.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.

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 or visit 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, or visit 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, 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 or visit christydeburton.com.

WRITING AND POETRY

Crazy Wisdom Poetry Series Hosted by Edward Morin, David Jibson, and Lissa Perrin · Workshops on July 12, August 9 · Featured Readers on 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 for Zoom link. For more information contact Edward Morin at (734) 668-7523, email eacmorin@sbcglobal.net, or visit cwcircle.poetry.blog

—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



The Crazy Wisdom Calendar

JUNE THROUGH AUGUST 2023



WRITING AND POETRY...CONTINUED

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. Beginning and experienced writers are welcome in this workshop. \$60, lunch included. For more information call the Weber Center at (517)266-4000, or visit: webercenter.org.

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: Michele Bond at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

YOGA

Chair Yoga Flow with Paula Burke • Every Tuesday
11:00 am–12:00 pm • Looking for more muscle tone or just wanting to boost your mood? Then join us to add more movement into your day and improve your overall health. This class is very supportive and beneficial, assisting you in finding mobility and strength at any age or level. Maintaining balance and flexibility is essential for your health and well-being. Paula will begin each class with a short meditation, offer a drop of essential oil and then flow into gentle yoga bends, twists, and stretches to assist in relieving tension and stress. See you in the chair every Tuesday morning at 11 am for one hour of your self-love practice. Fee: \$15/session Save! 4 sessions for \$40. Enlightened Soul Center & Shop enlightenedsoulcenter.com/chair-flow-yoga-tuesdays

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. 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, or visit 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: Michele Bond at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga for Athletes with Michele Bond • Ongoing through July • Wednesdays 6 to 7:30 p.m. Athletes or anyone looking



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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, art and photos, favorite places for walks, or musings on current events.

Send your ideas to fran@crazywisdom.net.

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*“The world says fall in love, but
the universe says rise in love.”*

-Matshona Dhliwayo (1982-)

