



THE
**CRAZY
WISDOM**
BIWEEKLY

#118

Love Is All There Is

By Art Therapist Sibel Ozer

PAGE 8



CRAZY WISDOM

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Word of the week:

ebullience

noun

enthusiasm; high spirits; exhilaration; exuberance

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By Art Therapist Sibel Ozer

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Psychedelic Medicines in Trauma Recovery

By Ashton D. Justice • Photos by Mary Bortmas

“We can’t solve problems by using the same kind of thinking we used when we created them.”

—Albert Einstein

Life is hard and yes, terrible things can and do happen, oftentimes to people who do not deserve it. Denying trauma and trying to inspire people out of its impact, both individually and collectively, has been the go-to method of dealing with trauma for generations.

We live in a world where trauma is commonplace and oftentimes inevitable. And, of course, history is repeated when members of society at large follow suit in paying a bit of lip service to the issue but not really talking about it. We judge those affected by trauma and avoid facing trauma and those impacted by it at a great cost to ourselves and to others. The most significant cost being the lives and well-being of those affected. Could there be another way to help people?

PTSD (Post Traumatic Stress Disorder), which results from acute trauma, and C-PTSD (Complex Post Traumatic Stress Disorder), which results from the presence of chronic, unrelenting traumas like child abuse or neglect, domestic

violence, systemic racism, sexism, and homophobia are increasing in prevalence and severity. Trauma is all around us, showing up in “typical” families, and in more obviously scarred families. There is trauma in divorce, illness, dislocation, injuries, childhood cruelties, middle school tribalism, work-related failures, unemployment, the loss of a loved one. The disorders associated with trauma affect all of us, in so many ways.

Enter, or rather re-enter, psychedelics. A non-exhaustive list of commonly known psychedelics include: MDMA, Ketamine, Psilocybin (more commonly known as Magic Mushrooms), Mescaline, LSD, Peyote, DMT, Ayahuasca, and even Cannabis. Until 1970, when all psychedelics were classified as Schedule 1 drugs in the Controlled Substances Act, psychedelics had been used, with some success, in treating a myriad of conditions, including PTSD and other trauma-induced disorders. In recent years, there has been a robust resurgence of interest and experimentation surrounding medicinal psychedelic usage, also known by other terms including, but not limited to, plant medicines, transformative medicines, and entheogens. Cutting edge thinkers within the medical and psychiatric communities are leaving the traditional “cures” of pharmaceutical drugs and talk therapy behind in search of safe and effective solutions. In recent years, it appears many researchers and practitioners alike are independently arriving at the same conclusion, that psychedelics and the altered states of consciousness achieved by them, could be a significant and meaningful part of the answer.

While having an appropriate mindset about personal problems is a concept people understand, achieving it when plagued by the impact of trauma on the human brain can be an insurmountable task for many with (C)PTSD. Fortunately, the off-label use of ketamine injections has proven to help many MPH patients achieve this.

Southeast Michigan is a hotspot for these alternative trauma treatments and there is a small trove of qualified doctors and licensed practitioners pioneering varied means of treatment through the use of psychedelics. These treatments are available in an array of settings including fully supervised in-clinic treatments, multi-day retreat-based treatments, and practitioner-guided outpatient treatments self-administered



by patients in their own homes. Practitioners and patients alike are seeing success, and many traditionally trained psychologists and psychiatrists are taking notice. What follows are conversations with three pioneers in the area in the field of psychedelic-based therapies and treatment.

Megan Oxley, M.D., a former emergency room physician at the Detroit Medical Center, left the hospital setting in 2016 to open Michigan Progressive Health (MPH), a ketamine-assisted psychotherapy practice with offices in Royal Oak and Ann Arbor. “What we do at MPH is help patients get to the root cause of their symptoms. It’s not because you have a chemical imbalance in your brain. There’s a lot of things that have come before it in your life and your lifestyle that have led to this place, and we are trying to sort out why it is they are feeling this way so they can be empowered to change it.” In discussing the altered states of consciousness achieved via psychedelics, Dr. Oxley has continuously observed in patients “an opportunity to look at your problems differently or be in a different mindset when looking at your problems.”

While having an appropriate mindset about personal problems is a concept people understand, achieving it when plagued by the impact of trauma on the human brain can be an insurmountable task for many with (C)PTSD. Fortunately, the off-label use of ketamine injections has proven to help many MPH patients achieve this. As Dr. Oxley described it, “Creating new connections in your brain and reviving old ones that have been left in the dust...there’s physical connectivity and a psychological benefit in the brain that allows for seeing things from a different perspective.”



Coming up against a lifetime of socialization, understanding and managing the disorder is a journey for these patients, a journey which appears to be facilitated by continued treatment with psychedelic medicines. “The biggest problem in our society is not recognizing trauma for what it is... we are very emotionally restricted and that’s how we teach our children.” When asked what sources of trauma she sees coming through her doors the most, this writer was taken aback by her response: “The most common is just life...and not recognizing trauma for what it is.”

Patients coming through the doors at MPH are desperately searching for a deeper understanding of the trauma and

resulting conditions influencing every aspect of their life and hope to find a solution that will provide a way through the darkness and into light. Referencing her deep dives into the profound work of author and physician, Dr. Gabor Maté, Dr. Oxley said, “I believe that most of the conditions are rooted in trauma: ADHD: rooted in trauma. Addiction: rooted in trauma. Autoimmune conditions: rooted in trauma.”

Furthermore, elaborating on the relationship between trauma, mental health disorders, and autoimmune disease, she said, “The condition is just the label created by psychiatry for the sake of convenience and billing. That may be an unpopular opinion, but it’s not that important in the grand scheme of things. Here in the clinic, we have fixed these conditions that have basically been stemming from the root cause.” In talking with Dr. Oxley it became increasingly clear people do not identify their conditions as being a result of trauma. And society supports the pattern by touting bad luck, faulty genes, poor lifestyle choices, and really anything but trauma as the root cause for debilitating conditions. Dr. Oxley believes the western medical establishment has contributed to further this notion as well. “We saw the patterns, but no one talked about it, and nobody was curious.”

Somewhat in its infancy, much remains to be understood about how and for whom these treatments can be most fruitful. As an example, Dr. Oxley explained, “There is some early evidence that people with childhood trauma, which can be emotional or physical, respond better to ketamine than people who don’t, which is really interesting, and is yet to be sorted out by science.” MPH is actively researching this phenomenon now.

Historically, psychedelic experiences were often deeply sacred, and as much part of an emotional and spiritual journey as a medicinal treatment. It seems there was something to the way these medicines were consumed with such intention in more ancient times, and Dr. Oxley believes holding close to those traditions should be part of the protocol.

Patients seeking treatment at MPH are subjected to a series of assessments and exams to make sure they are eligible to safely receive off-label ketamine treatment. Once a patient has been determined eligible for treatment, a highly individualized treatment plan is developed. Most patients receive approximately six-to-eight in-clinic treatments over the course of several months, with follow up visits in between to track progress. While the use of such powerful medicines would ideally be used in tandem with a long-standing therapeutic relationship, Dr. Oxley acknowledges this is not always possible, and the reasons are quite tragic. “We strongly recommend that patients are working with a therapist, but we do see a lot of people who have been either disenchanted or disenfranchised by the therapy system.” Even without an established therapist, patients and practitioners alike see results that previously felt impossible. “Once you started seeing people get better with ketamine

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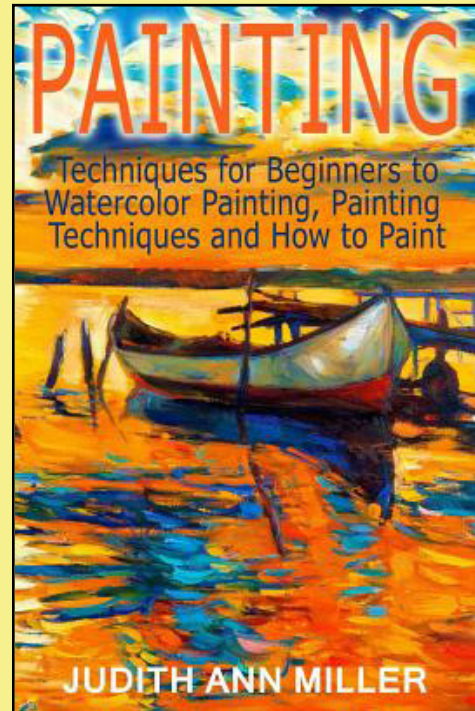
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by Judith Ann Miller

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The Crazy Wisdom Community Journal

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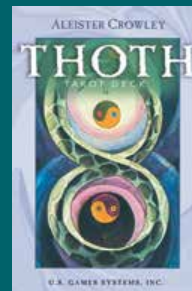
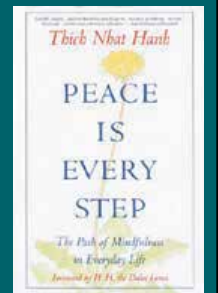
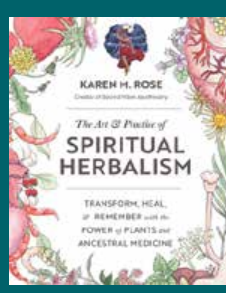
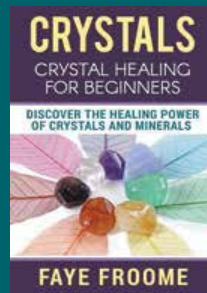
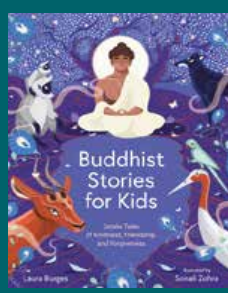
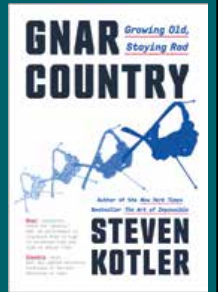
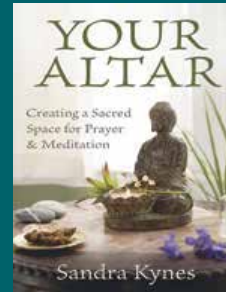
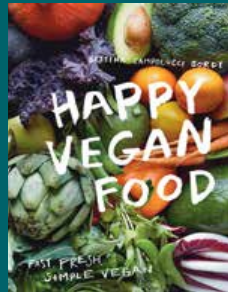
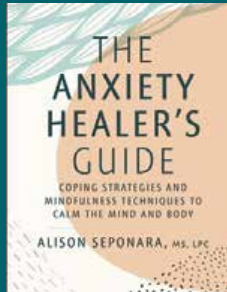
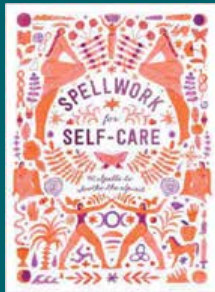
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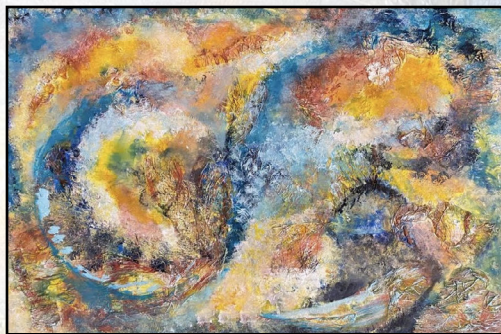
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LOVE IS ALL THERE IS

By Sibel Ozer

I was in Tuscany, Italy recently joined with friends and fellow artists from our international Art of Allowing group. I haven't been inspired to write in the longest time, but the paintings that came through this retreat wanted me to put words to their messages. There is something about engaging in our craft in a group setting that increases the potency of what wants to be communicated. Our teacher Flora said, "The Circle is the teacher." I was watching her facilitation closely this time around, as I am getting ready to facilitate soon myself. She and Ree really didn't do much overt work—sageing us in the beginning, getting us to listen to the words our psyches were whispering to get us started, and then mostly silently holding our container. It was a sweet reminder of the principle "less is more."



The first day is always about laying the groundwork. We started our paintings by incorporating the words we were encouraged to listen to from deep within ourselves. I had heard the word *Nefes* first, which means breath in Turkish. Then came the word *Nefs*, which means the Ego. I was reminded of a concept from Islam—God is closer to us than our carotid arteries, and a practice taught by a Sufi teacher whereby you try to feel into your connection with the Divine through breathing. The invitation is to think of the in breath as God's gift of life, and our exhale as the expression of our gratitude for this life we are given. That the in breath and the exhale are points of connection, a time for the exchange of gifts. This was the backdrop to what was in my mind and heart as I let myself be taken over by the liberating nature of the painting process.

Painting is one of the ways I can let go of the thinking mind and engage what feels like my primary consciousness. This is the consciousness that we share with the animal kingdom, the consciousness that is connected to our senses and bodies; it lies deeper than our conscious thinking, problem solving minds, and is filled with knowledge and wisdom about the state of our own souls. It is through primary consciousness that we can access our collective consciousness and possibly beyond into the wisdom of transpersonal realms as well.

The laying of the background is one of my favorite parts of this art of allowing practice because it is so utterly devoid of performing. There is absolutely no way one can get this part wrong—we are literally invited to let our hands randomly fill the background using colors our hearts desire.

Once the laying of the background is finished comes the more serious business of stepping back and adopting a soft gaze that

will allow us to see what wants to emerge from the background. We are looking for forms and shapes akin to spotting figures in the clouds as kids. They are never not there if we can relax into trusting this emergence. This trust is no different than the principle of faith in a higher power, and therefore it can be a spiritual practice in its own right. We typically take a photo of our paintings and continue turning it around and around to spot what gestalt is begging to be given form. This is a challenging phase, as the mind is asked to acquiesce to the forms; listening to the deeper parts of the psyche is needed as we simultaneously try to hold the mind back from commandeering its desires. The mind will lean toward choosing what is familiar, easier to give form to, or will end up being more acceptable to others. The deeper parts of the psyche will ask that we allow what is ready to emerge that is of value, however inconvenient to the mind, ourselves, or others.



You can see the profile on the left as well as the face facing forward, the heart on the bottom right, the blue hair extending into a portal like moon with beings inside if you scroll back to the original background. It is always fun for me to track the images back to where they were hiding in the background. I do this to convince myself that I didn't force my will on the painting, but that it was a true practice of allowing what was there to come forward. I admit this is an equally enthralling part of this way of painting as it often feels slightly miraculous how a painting, and then gradually its story, begins to come into being through an activity that feels like surrender. I offer my trust and yield to the process, and am rewarded with image, story, and nuggets of wisdom. I breathe in and receive the gift of life. I breathe out and receive the gifts of insight for my trust. The giving of my heartfelt gratitude and deep trust was not easy initially but developed over the years through dedicated intention.

Here's the finished painting and the beings as they revealed themselves to me. What that means is I didn't think up their names or meaning, but rather they were disclosed through free consciousness writing as I continued the practice of deep listening.

The profile that represents the Ego has a big smile and thinks it's facing forward; in other words, it thinks it's in the lead. It has control over my life and my safety. It is most content when it is leading as it is convinced it is superior to the rest of my being. It is the smartest part after all, at least in terms of computing things using deduction and logic. This part of my being has done rather well in life and yet I have never been in tune with it like the other parts. Intellectualism is something I am capable of embracing, but my heart has never really been in it. My nature (or what we might refer

to as my archetypal make up) loves the contemplation of deeper matters that often extend the limits of our intellectual minds. Since my younger days, I've been most interested in the complex dynamics of relationships, the phenomenon of love or heart connections, the matter and mystery of death and cycles. I carry a natural caring for living things and have no taste for the prioritizing of intellectual superiority over compassion. I noticed early on that intellectualism is often accompanied by a belittling of what isn't that. I have been on the receiving end of being mocked or humiliated by smart people growing up and know how shitty it feels regardless of the accuracy of the judgment. We are all so different, better in some ways and not so much in others; I am simply not interested in landing in the rightness or wrongness of things, as much as I like to seek compassion and understanding given the tremendous complexity of our diversity. I don't think God intended to create single persons to be good at everything anyways, but rather for us to live in community where we each contribute with what we are good at while we are accepted with what is not our cup of tea.

There was a time I felt rather bad about myself, that I was dropping the ball or messing up because I was surrounded by family members who revered intellectualism and were disdainful of spiritual explorations. I was aware of my internal cravings and ended up carrying a lot of shame due to this mismatch. Years of self-exploration led me to realize that some things are just not my thing, and I do not have to feel like I'm coming short and feel dreadful as a result. When I make a mistake with my scheduling or finances or am lost in another story while I might have been learning about another scientific study, I can recognize the Ego's desire to give me a good tongue lashing and choose to shrug my shoulders and say this is just not my thing.

The forward-facing figure represents the Self, the part of the psyche that prioritizes wisdom to knowledge, that is more connected to the bigger matters rather than details, the one that is more heart centered and spiritual. It resources itself from the heart which is the ultimate symbol of the Divine. It is in her hairs that all the other

parts are held, honored, and welcome. Rumi's poem The Guesthouse best explains this welcoming. The winged creature with the big ears in the left part of the cradle/portal goes by the name Bambinitto and represents my inner child. She was able to be very present during the retreat as she is curious, creative, and filled with energy by nature. She loves the invitation to open the doors to the body and soul that this Art of Allowing practice offers. To her left stands Big Nose who is somewhat of a calming force to the child part, in that he invites slowing down and pondering. He seems to embody an unshakable stability. To his left is Angel Bloom and she is the embodiment of my creativity, she is the one who sprinkles the fairy dust that enables the magic of creation, she is responsible for the blooming of form as well as meaning. Toward the tail end of the hair two faces can be seen, one of a Rhino who represents connection to the ancestors, and the other of a skull who represents a connection to death and dying. It doesn't feel of the morbid kind though, but rather in a way that mortality teaches us to live fully as opposed to in fear of this or that and muted as a result.

The peacock that is perched above represents my introverted, awkward self that prefers to stay in the background. Our culture seems to favor extroversion and confidence that embraces speaking on stage to hundreds, which definitely isn't my thing. This part too, has found a place and compassion in this painting. The moral of the story is that compassion comes from the heart and when we can tap into it, all our parts are welcome and can be integrated whether they are ideal by family or culture's standards or not. The title "Love is all there is" came from a song we were dancing to at the end of the retreat that seemed to capture the essence of this heart centered welcoming, this balanced view of our many parts. It tickles me to see that even my Ego seems content, somehow having found a balance of coexistence with the Self rather than having to be subdued or overcome. I wish everyone an equally welcoming psychic landscape for your various inner parts. Thankfully, we can cultivate the landscape of our psyche's—no different than our gardens. It requires dedication and ongoing pruning, attention to our hard and soft boundaries, and yet can be designed by our own

preferences and end up being our most unique creation. chic landscape for your various inner parts.

Thankfully, we can cultivate the landscape of our psyche's—no different than our gardens. It requires dedication and ongoing pruning, attention to our hard and soft boundaries, and yet can be designed by our own preferences and end up being our most unique creation.



REIKI WITH DALI LLAMA



by Laura Cowan



I'm guessing you've never had a ram approach you like a puppy, because even if you are lucky enough to know one, that isn't the sort of thing rams do — unless they have a reiki therapist like Dona Duke as a friend. Dona is an Usui Reiki Ryoho Reiki master, and the resident animal reiki therapist at the Humane Society animal shelter. She accepted my invitation as a locally based holistic living editor to interview her and see animals receiving reiki in a farm environment. Dona wanted me to bring you the experience of something beyond cat shelter or hospital reiki that is so often written about these days. I'm so glad reiki is written about enough to require the variety, and she was so right. Reiki on a farm is a world unto itself. Let me tell you about this ram at Fluffy Bottom Farms. Call him Ishmael.

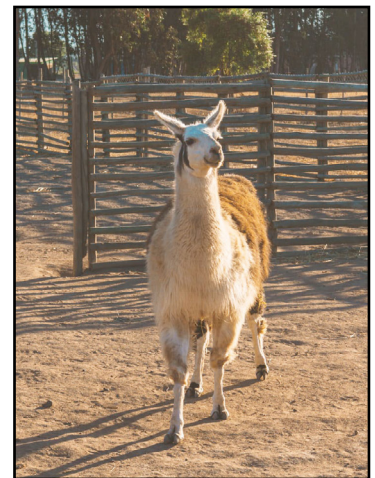
No, really. Everyone on this farm has a fabulous name. The ram was just the beginning.

Ishmael and his herd of sheep and cows at the Fluffy Bottom Farms farm and creamery in Chelsea, receive reiki from Dona on a weekly basis. I wish I had the data to prove to you that reiki improves the cheese they make, but suffice it to say it's phenomenally delicious stuff, now sold at grocery stores and retailers all over Michigan. I tried the aged raw manchego, which went perfectly in a cherry spinach salad. Owners Kelli Conlin and Angie Martell were out of the house the day I visited. Dona brought treats for the turkeys and hens on the

day she introduced me to the animals. The three tom turkeys were not so welcoming, but it was mating season and they were strutting their stuff, so I won't hold it against them that they followed me around with fanned feathers and a serious attitude.

I was nervous. Why was I nervous? I have turkeys in my rural wooded yard daily so it wasn't about being stalked by birds half my size. I used to belong to a dairy farm share myself, so I'm comfortable around herds of cows and sheep, and free-range birds. I am also trained as an animal reiki master. Was I nervous because I know I shouldn't walk up to farm animals and assume they're friendly when I enter their pen? Maybe, but this growing awareness of my own nerves led to a profound reiki-led epiphany in short order. Ishmael was climbing the gate of his pen to nuzzle Ms. Duke, and the other ram, Gabriel, accepted me into his pen to rub up against me for reiki and a pet. I was experiencing the effects of animal reiki before I even realized it. I'm used to giving reiki, you see, but I'm not used to receiving it from animals.

We entered the sheep pen in the barn, where a tall brown llama named Dali watched me attentively. He was gentle and protective, that much was obvious, but I didn't expect what came next. Dali noticed I was nervous, Dona said, and as the protector of the herd against local coyotes, he was investigating why. Ah, that was the reason for the nerves. I had been considering a number of ways of applying reiki in my own life and career with animals, and I had expected to be more at ease. It hardly does to have an animal reiki master acting jittery around a flock of sheep. But by now, I should have known something else was afoot. This was animal reiki in action. It wasn't magic. It was reciprocity. Suddenly, it was just me and Dali, experiencing that connection of minds that comes from the unity consciousness of universal life energy flow. The llama was teaching me, not only to experience sacred space on the receiving end from an animal, but he was giving



me a nudge. Suddenly I knew. I wasn't meant to focus on animal reiki. With one glance, I understood. I should have figured, given what I know about reiki, that it would be the animals to give me that course correct on how to apply healing energies in my life and career. I wish I could tell you how this felt, but maybe if you have experienced reiki, you already know. Even getting a nudge of "no, not quite this path" is a profoundly healing experience. It was just that in

this case, it was the llama receiving reiki that helped me as much as I helped him, if not more. "You must approach them as equals," Dona said. So true. Because they are. That's where the reciprocity comes from, however you experience it. "It's easy for me to work with animals, because I approach them as friends," Dona tells me. Indeed. These animals dearly loved this woman, crowding her for treats — the largest behaving the most gently of all. The new lambs watched her with cocked faces from behind



their mothers. The llama was at complete peace around her. The sheep readily decided to try to eat the buttons off my coat rather than ask too many questions about whether I belonged, since I came with recommendations from Dona. She was at home. This was her herd.

Dona used to have horses and rode dressage. "What you learn training horses is that if anything goes wrong, it's not the horse's fault," she tells me, adding:

What is key in training horses is being present, being consistent, and in an emotionally good place, because you are literally sitting on a large animal's nervous system. It's the same thing with reiki. You need to communicate with their whole system. You have to learn to be quiet and be still, and work together.

This is true of human reiki, as well, and is particularly true of animals who live outdoors, as they are highly tuned in to their environment.

Dali the llama blinked with his long soft lashes. I felt the healing space around us. We were connected with everyone and everything, but we were also just the two of us. How odd. Sometimes a feeling of discomfort and nerves as you receive reiki is the message. There was nothing wrong with me. Healing in general often comes to us like this — wrapped up in the messages of anxiety and health problems and feelings that warn us of the importance of a change.

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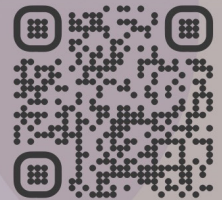
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Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 1 through August 28 · Monday · 6:45 p.m. to 8:45 p.m. · Course study group. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

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

ARTS 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

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

Group mediation · Every Wed. All are invited for a group meditation practice and Dharma discussion. Questions are welcome! 7-8:00p.m., Visit: annarborktc.org for more information Free.

Sitting and walking meditation · Saturday mornings. We meet for sitting and walking meditation, followed by informal discussion and tea. Newcomers are always welcome! Held at Bethlehem United Church of Christ. Visit: karunabuddhistcenter.org for more information.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche · Sunday, July 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.

Practical Buddhism by Gelek Rinpoche · Tuesdays, July 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. 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 · Friday, August 11 · 7:00 p.m. · Bring your friends and enjoy a FREE film and discussion about the film. Concessions are also available. —*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.

Join us as we sing and contemplate songs of the masters together · August 19. 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. Visit: karunabuddhistcenter.org for more information.

Bring your thoughts and questions about your meditation practice and Dharma study to a group discussion · August 26. All of us go through doubts and confusion as we progress on our spiritual journeys, and sharing these experiences with others helps us create community and understanding. Held at Bethlehem United Church of Christ. Visit: karunabuddhistcenter.org for more information.

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

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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.

CHILDREN AND YOUNG ADULTS

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,



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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 clairascension.com.

CLASSES AND WORKSHOPS

Lighthouse Center annual picnic and open house • August 19 and August 26 • 1:00-6:00. Showcasing programs and offerings at the Lighthouse Center. All are welcome: Free admission, pizza and ice cream, social /picnic atmosphere and tour of the Lighthouse center. Visit: lighthousecenterinc.org

Drop-in Tarot Study Group • Every Sunday • 6:30-8 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. The intention is to deepen Tarot un

CLASSES AND WORKSHOPS...CONTINUED

and build a local Tarot community. Tarot practice usually occurs after the formal meeting has ended. Contact Nick: nicksvictorygardens@gmail.com or call/text (734) 299-6472. Visit: enlightenedsoulcenter.com/tarot-study-group

Sound healing at Irene's Myomassology Institute • Sunday, Aug. 27 • 4:00-5:30 pm. 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. Visit: enlightenedsoulcenter.com/group-sound-bath

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.

Learning Tour at Strawbale Studio with Deanne Bednar • 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.

Mindfulness and You • September 12 • 7:00 pm.
During this in person event you will learn practical tools to incorporate mindfulness into your daily life, reducing stress and enhancing your overall well being. Visit: nikkinanos.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. Visit: interfaithspirit.org.
Ann Arbor Death Cafe via Zoom with Rachel Briggs • 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.

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 • August 12-13 -or- 19-20 • \$500. For more information call 734-926-8423, email info@thepowersof.com, or visit powers365.com/eventsor.

FAIRS AND FESTIVALS

ESC Holistic Psychic Fairs • Saturday, drop in 12:00am-6:00 pm; Sunday, drop in 12:00-5:00 pm. Join us for TWO DAYS of high vibrations at the Enlightened Soul Center & Explore a variety of readings, energy healing, & metaphysical shopping at one time, under one roof! Psychics~Mediums~Tarot~Energy; Healers~Crystals~Shopping, plus crystals & stones, gemstone jewelry, malas & spiritual items, tools for energy grounding & protection. Admission: \$5 Sat./\$3 Sun. = FREE gift, FREE snacks, FREE parking. Readings & Energy Work: \$2/minute (minimums vary). Cash, credit/debit, & electronic payments accepted. Visit: enlightenedsoulcenter.com/enlightened-soul-psychic-fair

HEALTH AND WELLNESS

Sound bath meditation • August 4. Rob Meyer-Kukan and Daniel Dinay. Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring human, and willing to try something new. ABSOLUTELY NO calming vibrations to reduce stress and ease tension. Visit: <https://www.facebook.com/events/940771530418698/> for more information.

InterPlay is an active, creative way to unlock the wisdom of the body • August 6, September 3 • 2:15 pm. Gently facilitated to be incremental and easy-going: Rob the Buffalo and Me-again will guide you through forms that the coax movement, stillness, story and song. Creativity flows and authenticity reigns. The only requirement is that you are EXPERIENCE NECESSARY! Suggested Cost \$15-25 sliding scale: no one turned away for lack of funds. ALL bodies welcomed. Visit: meagaindance.com

Experience embodied connection and creative expression with dance • August 10 • 5:45 pm. Sacred Sweat is an outdoor Nia class two Thursdays a month, with a roving Ann Arbor location listed at meagaindance.com. Nia is the original holistic dance exercise accessible to all levels of fitness (not all sites will be wheelchair accessible). Me-Again guides from the heart so that You can feel like You-Again. Visit: meagaindance.com

Somatic Activated Healing, aka the SAH Method • August 12 • 10:30 am. SAH is dynamic and multi-faceted approach to healing and wellness. Experience the present moment through our bodies and release any emotions or stories that we might be hanging onto. There will be one hour of breath work, meditations, specific movement sequences paired with positive affirmations, and freeform dance. We work from the “bottom up” meaning that we use the body as the entry point to healing and don’t engage with the stories in the mind. Vist: <https://www.handstamp.com/event/somatic-activated-healing-kp9nhkvs>

**Get Unstuck.
Be Unstoppable.**

Soar!

Live from the **HEART** of what really matters. **RECLAIM** a rich, meaningful life. **LOVE** who you are as you do it!



~Maria Sylvester, MSW, CPC

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Experience embodied connection and creative expression with dance • August 17 • 5:45 pm. Sacred Sweat is an outdoor Nia class two Thursdays a month--August we meet at the Geddes entrance of Nichol’s Arboretum--location listed at meagaindance.com. Nia is the original holistic dance exercise accessible to all levels of fitness (not all sites will be wheelchair accessible). Me-Again guides from the heart so that You can feel like You-Again. Visit: meagaindance.com

Get away and meditate • August 18. You are invited to join Rob at 7 Notes Natural Health for a 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 will be provided. Visit: <https://www.facebook.com/events/742264377412023/> for more information.

Guided Group Breathwork • First and third Sundays. This is a 90-minute group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience activated breath energy and learn a variety of supportive breathing techniques. Visit: thisbreath.com



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Sound bath meditation • August 26. Join Rob Meyer-Kukan for this sound bath meditation in the creative space of the Plymouth Artist Collective at the PARC in downtown Plymouth, Michigan. In this time of sound bath, Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. Visit: <https://www.facebook.com/events/563978109207641/> for more information.

Experience embodied connection and creative expression with dance • September 7 • 5:45 pm. Let's lift the harmonized energy for all to share! Sacred Sweat will culminate in a community open mic gathering at the "Little Stage" in Nichol's Arboretum. We'll meet at the Geddes entrance at 5:45-6pm and walk there together. Bring a song, poem, story, instrument, or just willingness to help heal the web of life with your presence, in community. Me-Again guides from the heart so that You can feel like You-Again. Visit: meagaindance.com

Sound bath meditation and gallery reading • September 8. Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoust-Gauthier for sound bath meditation and gallery reading. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob, Ryan will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, and more. Visit: <https://www.facebook.com/events/651129456563076/> for more information

Whitepine Studios and Ann Arbor's 7 Notes collaboration • September 9. Join Whitepine Studios and Ann Arbor's 7 Notes Natural Health, for our seventh collaboration. As you paint and listen to the soothing sounds of the singing bowls, your muscles will lose tension, breathing and heart rates will slow down as the body begins to receive the waves of vibration and the meditative benefits of art. No art experience necessary. Investment: \$50. Register for the event by clicking here: whitepinestudios.corsizio.com/

Introduction to Mindfulness • September 16 • 2:00. This workshop covers fundamental concepts and practices for cultivating moment-to-moment compassionate awareness of whatever arises in our experience. It will include experiencing a number of methods of practicing mindfulness. A brief review of the vast research findings on the benefits of mindfulness is included. Free, virtual, 2.5 hr workshop. Visit: libbyrobinsonmindfulness.com

Sound bath meditation • September 22 • 7:00 pm. Join Rob Meyer-Kukan for this in the creative space of the Plymouth Artist Collective at the PARC in downtown Plymouth, Michigan. In this time of sound bath, Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. Bring a yoga mat and blanket and any additional supports you would like for your comfort (pillows, bolster, eye pillow, etc). Please note, the studio floor is concrete and we are unable to provide yoga mats and blankets for this event. Investment: \$40 Advanced registration required. Register here: <https://forms.gle/2HTYmQky798CXC9P7>. Visit: <https://www.facebook.com/events/969959987752792/>

Labyrinth Walk to celebrate Autumnal Equinox • September 23 • 12:30pm. Join Rob Meyer-Kukan at Webster United Church of Christ in Dexter for a labyrinth walk to celebrate the Autumnal Equinox. Enjoy 30 minutes of relaxing and soothing tones of singing bowls on the labyrinth. We begin at 12:30 pm with singing bowls and a walk for gratitude will follow. This is a donation based event to support programs at the Labyrinth. PLEASE NOTE - the Webster Fall Festival is taking place the same day, so please plan to enjoy the offerings at the church and the grounds across the road from the labyrinth. Parking for this event can be found on the grassy area in front of the labyrinth or along Farrell Road. Register here: <https://forms.gle/XztgsP1KXxRWCM2n8>. Visit: <https://www.facebook.com/events/536857955300901>

Drum and Dance Jam • April 6, 2024 • 7:30 pm. Located at the Interfaith Center of Spiritual Growth in Ann Arbor. There no experience necessary, \$5 sliding donation and you can bring a drum with you or use one provided by the Interfaith Center. Please join me. Visit: <http://facebook.com/glattercurtisav1972>

Self defense class for female-identified people. Great for individuals or parent + teen. Empowering and inspiring. Not scare-mongering. Visit: nestandnurture.org

FESTIVALS AND FAIRS

Enlightened Soul Holistic Psychic Fair - August 5: 12 pm-6pm (drop in) and August 6: 12 pm-5pm (drop in). Also, Aug. 19-20. Join us for TWO DAYS of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Holistic Psychic Fairs. WHAT A GREAT WAY TO EXPLORE A VARIETY of readings, energy healing, & metaphysical shopping at one time,

under one roof! Psychics~Mediums~Tarot~Energy. Healers~Crystals~Shopping. PLUS crystals & stones, gemstone jewelry, malas & spiritual items, tools for energy grounding & protection. Admission: \$5 Sat./\$3 Sun. = FREE gift, FREE snacks, FREE parking. Readings & Energy Work: \$2/minute (minimums vary). Cash, credit/debit, & electronic payments accepted. Visit: enlightenedsoulcenter.com/enlightened-soul-psychic-fair

Community Chalice with Evenstar's Chalice · 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.

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.

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

Healing and Compassion Meditations with Hartmut Sagolla · Mondays, 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, 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 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.

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

Myriad of Meditations with Karen Greenberg · Sunday, 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. Registration required. \$125. For more information call Rob Meyer-Kukan, at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.



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Weekly Silent Meditation Practice with Celeste Zygmunt via Zoom · Sundays, 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 · Sundays · 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 · Sundays · 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, 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, 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, August 10 · 7 to 8:30 p.m. · Singing for comfort FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

PERSONAL GROWTH

Cohousing Tours with Cohousing Residents · 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.

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. 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. · 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.

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

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 Shamanic Journeying · 2 day class: August 19-20 · 11 am to 6 pm. Visit: shamantom.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@judyr Ramsey.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@judyr Ramsey.net or visit JudyRamsey.net.

SPIRITUAL DEVELOPMENT

Akashic Records Practitioner Certification with Shellie Powers · August 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.

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.

Advanced Akashic Records Practitioner Certification with Shellie Powers · 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.

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Hallie S., Salt Lake City, Utah



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

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. 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@songofthemorning.org, or visit songofthemorning.org.

Ironing Out the Wrinkles-- Balancing spiritual and material dimensions • October 1. This will be an on-going seminar, meeting on the first Sunday of every month. Limited to seven participants. The process includes cognitive tools for self-development, time for silent meditation, and personal sharing in a safe, supportive environment. Visit: lighthousecenterinc.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,

Triple Crane Monastery is now



TRIPLE CRANE
RETREAT CENTER

Retreat and workshop space available.

Donations gratefully accepted

Visit our website often to learn about all of our upcoming events, yoga and meditation classes, programs, retreats, and MORE! TripleCraneRetreat.org

Triple Crane Retreat Center is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well as a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

Work-Exchange and Volunteers Program
 Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

TripleCraneRetreat.org | 7665 Werkner Road, Chelsea MI 48118
 Office@TripleCraneRetreat.org | 734.713.6163

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 · Workshop on August 9 · 7-9:00 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 welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible

WRITING AND POETRY

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

ROCK OF THE WEEK: PREHNITE

Prehnite is a calcium aluminum silicate mineral that can be found worldwide. It is usually yellow-green or grey-green but can also be white, orange, pink or colorless. Its elements are Earth and Water and it harmonizes with the solar plexus (3rd) and heart (4th) chakras. Thus, the will of the 3rd chakra is linked to the heart rather than the mind, and because of this linking, Prehnite can aid in the broadcasting and receiving of energy and transmissions. Intuition, psychic powers, and energy flow can be enhanced. The mineral can also soothe and ground anxiety and worry. Its vibration can assist in toning and purifying energies of the digestive system, kidneys, adrenals,



liver and gall bladder and supports the healing of imbalances of the circulatory and lymph systems. It's a nice stone to meditate with.

The lustrous, pale green Prehnite specimen is surrounded and backed by colorless Apophyllite crystals and is from the Virginia Trap Rock Quarry in Loudoun County, Virginia. It is available for purchase at ulrichfineminerals@gmail.com.

Sources: mindat.org, "The Book of Stones" by R. Simmons and N. Ahsian, en.wikipedia.org.


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CRYSTALS AND MINERALS



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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.

[Click to sign up for our newsletter!](#)

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

Workshops

The Joy of Awakening
Barbara Brodsky
and Colette Simone

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

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

DeepSpring.org | info@deepspring.org | 734.477.5848

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

"In summer, the song sings itself."

-William Carlos Williams (1883-1963)

