



THE
CRAZY WISDOM
BIWEEKLY

#119

*A Conversation with the Constellation
Delphinus the Dolphin*

By PEGGY RIVER SINGER

PAGE 8



CRAZY WISDOM

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Word of the week:

agog
adjective

highly excited by eagerness, curiosity, anticipation, etc.

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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
- Christine MacIntyre
- Angela Madaras
- Fran Mason
- Peggy River Singer
- Bill Zirinsky

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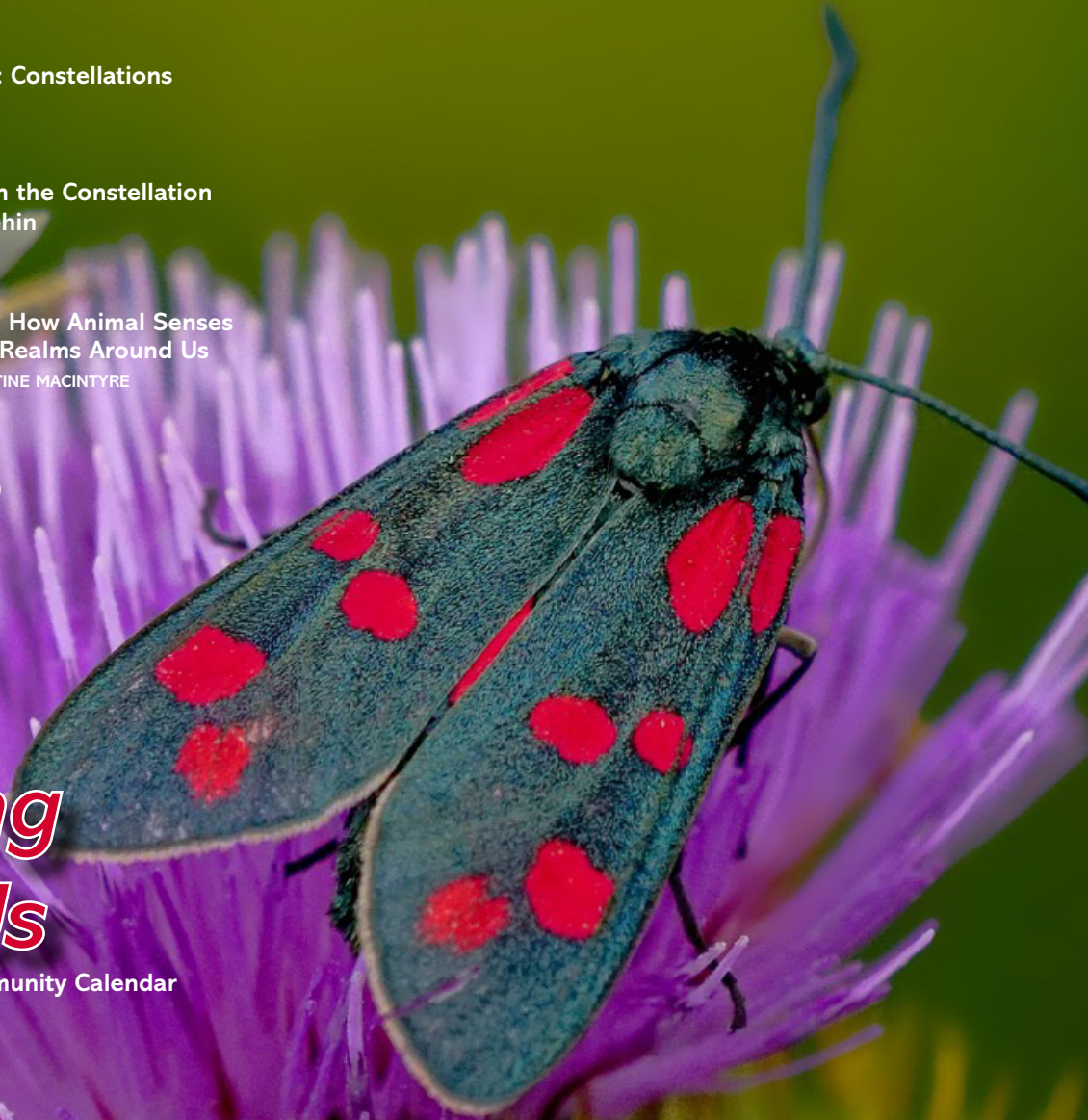
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Peggy River Singer is a Lightworker, all-beings channel and communicator, Reiki practitioner, and life-long writer.



A Practice of Mindfulness from Seed to Plate

By Angela Madaras

I reflect on my experience with learning mindfulness cooking and eating practice during silent retreats at a Zen Buddhist Sangha in North Carolina. I examined the concept of gratitude when planting, harvesting, preparing and consuming food. Although these times were for deep contemplative study and complete silence, there was a common language spoken around the kitchen counter and table that I call reverence. Each Tenzo (cook) held a deep appreciation for the vegetables, herbs, grains and beans we lovingly turned into vegetarian meals for all to enjoy. I noticed that the attendees could feel the love and care that went into their meal as if it filled them with something deeper than just food. With my head humbly turned down, I could see out of the corners of my eyes the faces of people eating. I could hear the deep sighs of satisfaction filling the air. This gave me great joy.



The intention of Mindful Cooking Practice is to maintain the highest vibration while engaging in food preparation. Food carries energy. It emulates the grower, harvester and cook's mood and feelings. I want people to feel nurtured and content after a meal I have created. This too is why I choose to grow food in an organic and conscious way. I take great pains in planning, planting, seed sourcing, harvesting, preparing and preserving what I grow. There exists a chain of consciousness that starts with the seed and ends on the plate, both for eating and for sustaining life. I attempt to bring this practice into everyday life, but without the ceremony and ritual of temple life. In this way anyone can beget some sense of the sacred into the kitchen on any given day, even in the reheating of soup.

I recently caught up with Tongsan Catherine Brown who taught a class she calls "The Way Seekers Guide to Kitchen Practice." I spent a Saturday with other seekers of conscious cooking at the Zen Temple in Ann Arbor gleaning knowledge from Tongsan (a name given to her when she took her precepts meaning "East Mountain"). She reflected on her studies of Zen Master Dogen's Instructions for the Cook found within a small paperback book titled *From the Zen Kitchen to Enlightenment: Refining Your Life* (Dogen and Uchiyama 2005). Dogen was a great Soto Zen Master during the 1200s who had many lessons for the Tenzo. As Tongsan read verses from the book, I had to bend and sway my mind through some of the translated text she shared. Each passage carries nuggets of wisdom wrapped in obscurity. For example: "Throughout the day and night, practice the coming and going of things as arising in the mind, the mind turning and displaying itself as things." I appreciated so much Tongsan's deep reverence for Dogen's teachings, and the joy she gleans from cooking with all her senses for others to enjoy. It is a gift she offers freely. Another wonderful practice she shared is gratitude for the food donated to the temple by way of the "Begging Bowl" (tangible donations to the temple). Whole Foods had offered up a couple boxes of provisions which we used for class. In this way the menu is guided by what is available. While she no longer lives at the Temple, Tongsan graciously offers a dinner to be purchased at the temple's annual "Zenefit" auction. The highest bidder gets a vegetarian meal for six prepared to the poem of their choice. She also is often the Tenzo for Buddha's birthday dinner.

What attracted me to Catherine's class was a statement in the Temple bulletin about the class: "The way-seeking mind finds wonders in the kitchen: garlic juice on the cutting board, the shimmer on the surface of hot oil, a good knife biting into an onion, sesame seeds dancing as they toast in the pan." The sensual nature of this statement was the same feeling of reverence I felt when making meals. It overtakes all senses and becomes a tango dance for lovers of food. Tongsan brought our attention to the way food smells uncooked versus cooked, the sound of tofu being pan-fried for "Temple Tofu" (see recipe), seeing the deep redness of beets, and feeling the texture of ground garlic paste on our fingers. We tasted everything in all stages of cooking as a way of paying homage to all involved in bringing the food to the kitchen. When the meal was ready to serve we plated the main dish, salad and dessert, then set the tables with intention and an obvious style of tradition. The main dish

was set in the center of each place seating. Chopsticks and silverware had their own home around which were water glasses, the salad of the day and dessert. There was a lovely Raku tea pot in the center of the table along with a bowl of Gomassio (toasted sesame seeds with sea salt). After the table was staged with care we rang the dinner bell, and once all were seated we recited a “Meal Gatha” before eating in silence. This is similar to a blessing before a meal. It is recited with head bowed slightly down with eyes almost closed or closed. There is a gesture we made called “Hapchang” which is a sign of gratitude shown with hands facing palm to palm in a “prayer” position placed at the area near the center of chest-heart, then heads are slightly bowed. In Soto Zen Buddhism we call this “Gasho,” meaning respect or reverence. It is also used as a greeting and when entering or leaving a temple.

Meal Gatha: This food comes from the labors of beings past and present. From this, our body-mind is nourished, our practice sustained. Gratefully, we accept this food.

Finally, we ate our meal together in silence. Hot tea was poured into the main dish bowl after every morsel was eaten. We used the tea to “clean” the bowl, and then drank the tea. This serves as a metaphor for respect for the labor that went into the meal at all stages. This instills the concept of wasting nothing. The table was cleared and the dishes were washed in joy and conversation. I ended my visit with a few questions for Tongsan Catherine and a walk through their lovely vegetable garden cared for by Haru Sara Juster, who also raises bees.



Catherine, what sparked your interest in cooking and how long have you been tending to the practice of mindful cooking?

My mother was a very good cook in the Julia Child generation. I remember talking with my mother about cooking as I was growing up. When I went off to college, she took me out and bought me two chef’s knives. She made sure I knew how expensive they were, and then said, “It’s worth it because you’ll use them all your life.” That was 1977. I still use and care for and love those knives.

In graduate school, I discovered that cooking as a practice (though I wouldn’t have called it that then) was essential for keeping my balance. It brings me out of my head and in contact with my senses. In my other creative activities (writing), it takes a very long time to see a project through from conception into the world. In cooking there’s immediate gratification.

What are your top 3 tips for cooks starting mindfulness kitchen practice?

1. Engage your senses. Listen to frying. Feel the knife bite into tomato skin. Smell the heating oil. See, really see, the colors.
2. Taste everything. Taste it raw, taste it cooking, and taste it cooked.
3. Dogen says: “Build temples out of ordinary greens. Wash the rice as if it were your own eyes.”

TEMPLE TOFU:

Compliments of Tongsan Catherine Brown



1. Cut your extra-firm tofu (best to use fresh and locally made) into slices about ½” thick. If you have time, it’s nice to blot the slices dry on a clean kitchen towel. Then cut into fingers about ¾” wide, then into squares ½-¾” wide. Eyeball it: is this enough to feed who you’re feeding? If not, make more. If it looks like enough, make a little more anyway.
2. Put a heavy frying pan (we use cast iron) on the flame to heat. Pour in vegetable oil to cover the bottom of the pan. Get this nice and hot — but not smoking — and drop in the tofu. Even it out quickly so that the bottom is evenly covered. (The size of your pan — i.e., how full it ends up being — will have an effect on the final product. At temple we tend to crowd as much tofu into the pan as we can. This makes for a soft, almost creamy dish. At home, because I’m not cooking for an army of meditators, I tend to crowd my pan less, and the tofu comes out crispier. Both methods give delicious results. See which one you like better.)
3. Sprinkle with salt and nutritional yeast. Let it cook undisturbed over medium heat for about three minutes (the more full your pan is, the more time you can wait). Now get out your spatula or stir-fry flipper and loosen the tofu from the bottom of the pan, flipping it around so that another side gets the heat now. Sprinkle a little more nutritional yeast and a little more salt. Cook undisturbed for another three to five minutes. Flip the tofu around again. Keep doing this until a little nibble makes you want more. Now splash in some soy sauce. A whoosh of steam billows up. Cook until the soy has evaporated, drizzle on a little dark sesame oil, and you’re done.

** A garnish will give extra joy. Sprinkle with sesame seeds, chopped peanuts, gomassio, paprika, chopped cilantro, or anything else that you have on hand that looks nice on the golden cubes of temple tofu.*

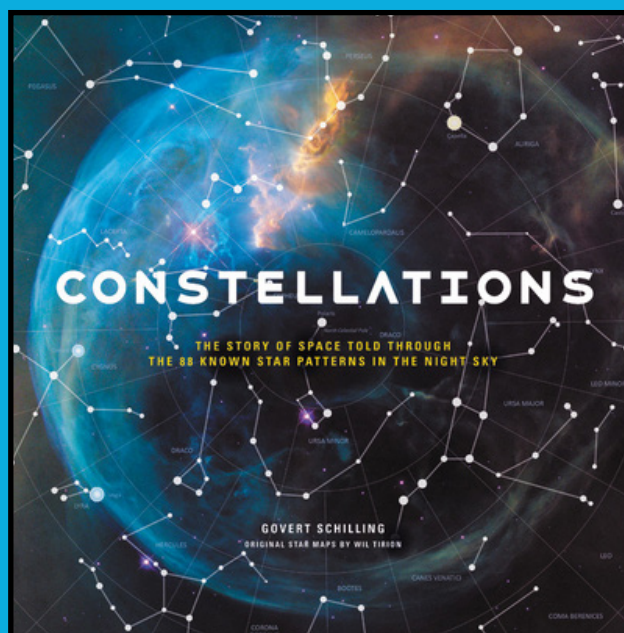
Book of the Week:

CONSTELLATIONS

by Govert Schilling

Perfect for stargazers and armchair astronomers of all ages, *CONSTELLATIONS* is a beautifully illustrated, fascinating guide to all 88 constellations, including an illustrated star map for each.

In *CONSTELLATIONS*, award-winning astronomy writer Govert Schilling takes us on an unprecedented visual tour of all 88 constellations in our night sky. Much more than just a stargazer's guide, *CONSTELLATIONS* is complete history of astronomy as told by Schilling through the lens of each constellation. The book is organized alphabetically by constellation. Profiles of each constellation include basic information such as size, visibility, and number of stars, as well as information on the discovery and naming of the constellation and associated lore.



Purchase your copy of
CONSTELLATIONS

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up
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The Crazy Wisdom Community Journal

issue
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Features

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

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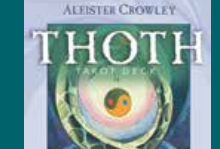
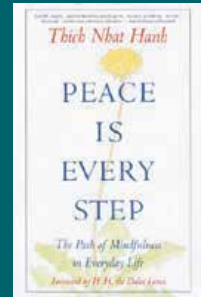
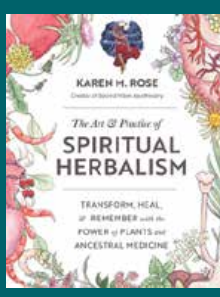
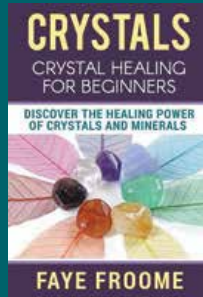
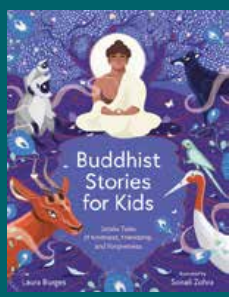
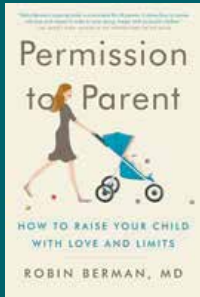
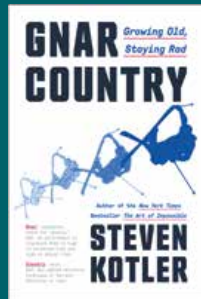
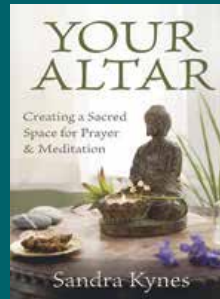
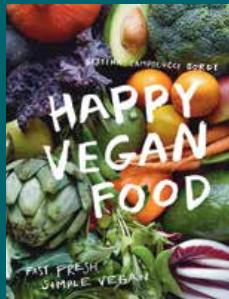
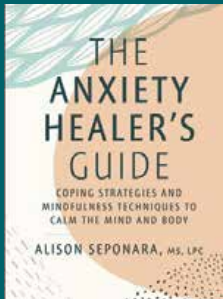
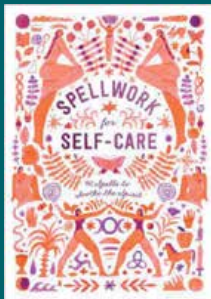
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A Conversation with the Constellation Delphinus, the Dolphin

By Peggy River Singer

Back in the 1960's, we spent summers at Clark Lake in the Irish Hills. Mom and I would take our little telescope out on the dock at night and see how many moons of Jupiter we could count. We'd also look for different constellations. I've been in love with the night sky ever since, and this article is about one of my favorite constellations!

About Delphinus

Delphinus isn't the brightest group of stars (it's kind of faint), or the largest (it's pretty small), and it doesn't have any exotic features. Even so, it's been a favorite of countless stargazers for a very long time because it actually does look like a dolphin leaping out of the water.

Who is Delphinus?

This constellation reminds us that humans and dolphins have shared a long relationship. It represents a dolphin who saved the life of Arion, the most famous singer/musician of his time. He traveled to many lands to present concerts, then hired a ship to take him and his treasure back to Greece. The captain and crew decided to kill him and throw his body overboard, so they could split his riches. He begged to be allowed to sing one last song, and he truly sang for his life; so sweetly that dolphins gathered around the boat and sang along with him.

Knowing that dolphins often help drowning humans, Arion realized they were his only chance to survive. As he finished the song, he jumped overboard. The dolphins immediately surrounded him, and Delphinus, the leader of the group, gave him a ride all the way to Greece. The Greek gods honored Delphinus for his compassion by placing him in the night sky, where he still sings beautiful silvery songs on clear summer evenings.

Finding Delphinus

Face southeast and look for the Summer Triangle formed by the brightest stars of Cygnus, Lyra and Aquila (you may need to look at a star map, but it will be worth the trouble!). Then look to the lower left of Altair (in Aquila)

for a diamond shape formed by four stars, with the fifth star forming the dolphin's tail.

Peggy: May I speak to a representative of the dolphin folk about this legend?

Dolphin: *I am here, little one. What would you like to know?*

Peggy: We have many stories of dolphins helping humans in different ways. The Delphinus story is one of the earliest examples we know of. Do the dolphin folk know about this legend?

Dolphin: *[gentle chuckle] Yes, of course! It is a tale told to our young, an illustration of the connection between our people. A fine example of the proper way to be a Dolphin, you see.*

Peggy: How long has this beneficial connection existed?

Dolphin: *It was conceived of in the great era of human seafaring, thousands of years ago. So many vessels experienced storms and other dangers; so many humans perished. You understand, up to that point we (and other sea folk) would often assist a human in peril, as an individual act of Grace. But with more and more sea travelers, and more and more assistance needed, our people called for a "virtual conference" from all the seas, and much talking was done. And we agreed to, as what you humans might call a "policy," set aside our own doings if necessary, in order to be of service in this manner.*

Peggy: Are the dolphins able to see the group of stars that represents the legend, and the heroic Delphinus?

Dolphin: *Yes, we can see quite well through air. But we primarily feel/see it internally, in our hearts, as we do many other sky objects, so we may share its energy whenever we wish to. Your description of the "silvery songs" is very accurate. That is how the energy of the constellation feels to us. The spirit/soul of the constellation is also with me here, and willing to speak to you.*

Peggy: Thank you. Delphinus, I never would have dreamed, as a child, that I would ever be able to talk to a constellation! It's a great honor.

Delphinus: *[a higher pitched, thinner voice]* I, too am pleased. We have felt your affection, from your heart to ours. You are comparing our feel, our appearance, our vibration to the mineral Selenite; and this is very perceptive. Selenite, with its glistening threads and its purity, is a good representation of our energies.

Peggy: Thank you, I was wondering about that. Did your group of stars exist as a personality before it was recognized as a dolphin by humans?

Delphinus: A very astute question. I shall say, we knew of each other, as all stars can communicate at will, even though we are many light years apart. The legend was brought to our attention when a human named the group of stars. So we stars formed an alliance/family, taking the identification of the dolphin hero. This brought us closer in relationship, and we are quite enjoying being associated with the legend. The physical dolphins chat with us, and we exchange news and ideas –so it is a very pleasant relationship.

Peggy: Do other constellations have similar stories?

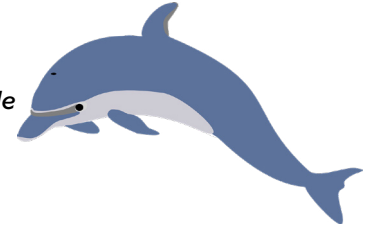
Delphinus: Yes, indeed. It provides variety and freshness in our lives, which as you know are very long indeed.

Peggy: Is there anything else you'd like to share with those who will read these words?

Delphinus: The connection between our people are beyond ancient. They are far deeper and more complex than most humans realize, and those connections are based on, and woven from, Love.

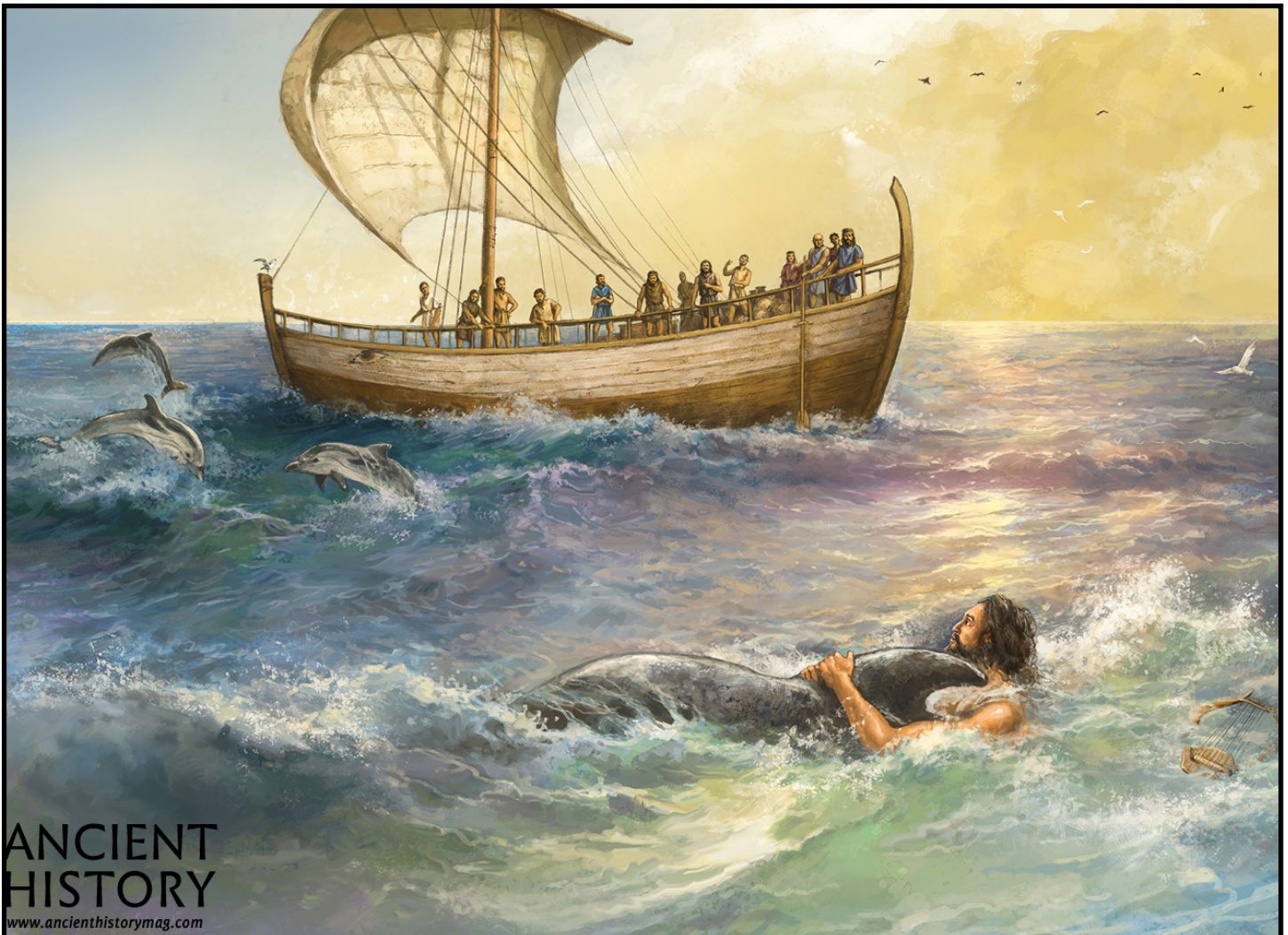
Peggy: My thanks to you all; I am grateful for this conversation.

Dolphin and Delphinus:
Go with our blessings, little sister.



Peggy River Singer is a Lightworker, all-beings channel and communicator, faerie ally, Reiki practitioner, and life-long writer who combines her gifts to help create harmonious relationships among all who share the Earth.

Connect by phone at (734) 548-0194, or by email at newbluecanoe@aol.com or peggytalkstoanimals.wordpress.com.

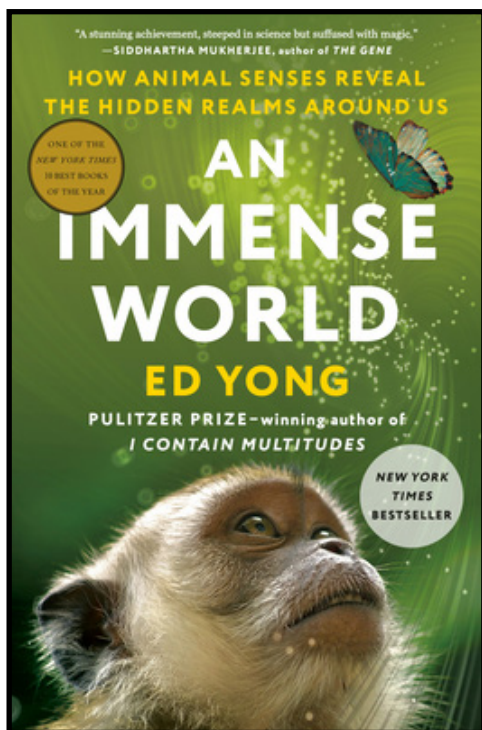


BOOK REVIEW

An Immense World: How Animal Senses Reveal the Hidden Realms Around Us

By Christine MacIntyre

Many books praise the natural world, but none quite like Ed Yong does in his book *An Immense World: How Animal Senses Reveal the Hidden Realms Around Us*. He takes readers on a journey into the sensory bubble in which we live, examining the nuances between each creature's unique perception. He explains this sensory bubble, or *Umwelt*, and how each being experiences the same environment differently. The result of this explanation, a book unlike others in its category, is surprising in that it regards an animal's inner world as something worth contemplating.



“Animals are not just stand-ins for humans or fodder for brainstorming sessions. They have worth in themselves.”

Yong makes it clear from the onset that he is not interested in scientific explanations of animals, like how the study of animal senses lends to understanding human sensory

systems or the reverse-engineering of animal senses to create new technologies. Instead, he explores animal senses as a method of understanding the lives of animals themselves. He says, “Animals are not just stand-ins for humans or fodder for brainstorming sessions. They have worth in themselves.” True to his word, his book reveals a world of animals and the miraculous nation among them.

Yong conveniently organizes the chapters around specific stimuli such as light or sound and “is a gateway into the varied things that animals do with each stimulus.” The chapters stray from the primary senses, examining color, pain, surface vibrations, echoes, magnetic fields, and more. However, as Yong takes readers through each chapter, he cautions that their perceptions and intuitions will likely stand in the way, limiting how far into animals' *Umwelt* they can step. He asks readers to open their imaginations to optimize the value and glory of learning something new and unexpected. “...all is not as it seems, and that everything we experience is but a filtered version of everything that we could experience.” Readers' worlds will expand and deepen, opening the mind to exploring animals' worlds.

Chapter one dives into smells and tastes. Yong introduces readers to an expert on dog olfaction, or their sense of smell, with whom he discusses all things “sniffy and nasal.” The resulting text relays the world of a dog—how his prominent nose is his main interface with the world and how it works. Readers learn how dogs perceive



smell and the similarities and differences between humans. Scientific evidence intersperses the text with statistics, data, case studies, and quoted text from experts. Further, the text conveys why the way animals smell and taste are phenomena worth exploring.

Chapter two explores vision and how various animals perceive light. Interestingly, the text reveals how humans' perceptual biases come into play. For example, humans have sharp vision, which “muddies our appreciation of other *Umwelten*” because of the assumption that animals can see what we can see. This false perception prompts readers to wonder what other biased assumptions they make about

the animal kingdom. Cows or chameleons, for example, view things drastically differently than humans, so one must ponder what it must be like for animals who don't share humans' relentlessly forward-facing visual field.

Yong manages to dispel assumptions about pain perception in chapter four, where he goes to great lengths to explain that not all animals experience pain in the same way humans do. Additionally, he demonstrates pain function. While highly subjective and variable across species, it's imperative to understand pain among animals. "...We rarely distinguish between the raw act of sensing and the subjective experiences that ensue," Yong explains. But understanding the constructs of pain "is a morally, legally, and economically vital matter, which affects our cultural norms around catching, killing, eating, or experimenting on animals." Again, the explanation educates readers on why understanding this pain in animals matters.



"Similarly, chapter six explains why the sense of touch among animals should be addressed."

Similarly, chapter six explains why the sense of touch among animals should be addressed. "...by considering how touch contributes to the Umwelten of different creatures, we will see sandy beaches, underground tunnels, and even internal organs in new ways." Yong gives readers more than information; he gives them the gift of a deeper understanding of something so powerful that it can be life-changing in how they perceive the world. He explains how sea otters, star-nosed moles, birds, wasps, and manatees experience touch and how it shapes their world.

To tie all the chapters together and connect the dots for readers, Yong utilizes chapter 12 to explain that while we dissect each animal sense to understand their uniqueness better, animals combine and cross-reference information from each of their senses at once.



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**Shamanic Journeying
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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

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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.

ARTS AND CRAFTS

NAI 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 · Open Monday through Friday · August 11 through September 1 · 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.

BUDDHISM

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

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche · Sunday, August, 20, 27 · 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, August 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.

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

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. **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. 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.

Dharma Talk: Is Emptiness Really Empty? · September 2 · 12:00 pm. Emptiness is one of the most misunderstood concepts in Buddhist philosophy, which is not surprising temporary village that can hold our grief and loss in human

given that it is counterintuitive to our normal perception of everyday reality. Join us for a discussion of this fascinating concept. Held at Bethlehem United Church of Christ. karunabuddhistcenter.org. Visit: karunabuddhistcenter.org. FREE.

Meditation and Discussion • September 13 • 7:00 pm. The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting may include a Dharma talk, meditation, Q and A, and/or book discussion. Questions welcome! Join in person or zoom. Enter through back door, 614 Miner Street. Visit: annarborktc.org. FREE.

Buddhist Songs of Realization • September 16 • 12:00 pm. Join us as we sing and contemplate songs of the masters. Buddhist Songs of Realization 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. FREE

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, & 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. 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

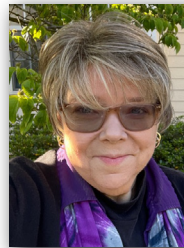
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communion. Sliding scale \$40-\$60. Contact Kirsten Mowrey at greatlakesrituals@gmail.com.

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, 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.

CLASSES AND WORKSHOPS

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.

Sound Immersion Journey • August 18 • 7:00-8:00 pm. A sound immersion journey is a holistic practice creating unity of our body, mind, and spirit by surrounding and bathing our energy field, using the theories of sound vibrations and reverberation. Earthen ancient elements are played, through tools such as: crystal Himalayan singing bowls, metal gongs, metal Tibetan sound bowls, and stone and metal chimes. The creation of sound and harmonies played by these musical instruments allows for a relaxation-inducing meditative state. Visit: enlightenedsoulcenter.com/sound-immersion-journey

Understanding the Esoteric Tarot: Advanced Topics • Every Sunday • 6:30-9:00 pm. Join the Advanced Tarot Study Group as we study the deepest aspects of the Tarot through the lenses of Numerology, Astrology, Hermetic Kabbalah, Etymology, and the Esoteric Symbolism within the cards. After exploring the mystical aspects of the Tarot, we use meditation to imprint the teachings into our minds. After the meditation session, we apply our skills with the means of divination, giving and trading readings with each other. This class usually runs 3-ish hours, and the sessions are designed to exercise concentration, critical thinking, sensory clarity, and equanimity for the entire session, leaving no stone unturned. Each week rotates to a new card, as the group works through the Fool's journey. Visit: enlightenedsoulcenter.com/advanced-tarot-study-group

Level 1 Intuition Development Class • 8 Mondays: September 11- October 30 • 6:30-9:00 pm. 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! Visit: enlightenedsoulcenter.com/level-1-intuition-class

Women's Circle • Every Tuesday • 6:30-7:30 pm. The circle will start off with a meditation and then move into open-sharing, where the women participating may share what they feel called to. The other women at this time will act as a container for this story and listen deeply without offering advice or judgment. Through this, we see ourselves reflected in the other and feel united in our shared humanity. Visit: enlightenedsoulcenter.com/womens-circle-reilly

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 19-20. 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 12:00 pm-6:00 pm; Sunday, drop in 12:00 pm-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

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

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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 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

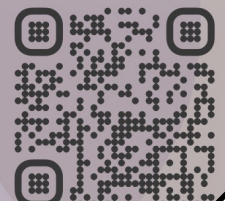
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with various forms of meditation, yoga nidra, journal writing, breath work, sound and aroma experience, and more. Ample time for sharing will be provided. Visit: <https://www.facebook.com/events/742264377412023/> for more information.

Group guided breathwork • August 20 • 6:00 pm. A 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. Free, donations welcome. Visit: <https://thisbreath.com>

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.

InterPlay is an active, creative way to unlock the wisdom of the body • 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 human, and willing to try something new. ABSOLUTELY NO 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 • 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 Mehmandoost-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/>

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/>

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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

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.

Enlightened Soul 2-Day Psychic Fair • 1st & 3rd weekends: Aug. 19-20 • Saturdays: 11a.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.

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.

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MEDITATION

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.

Myriad of Meditations with Karen Greenberg · Sunday, August 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.

Guided Healing Meditation with Jewel Heart Instructors · Sundays, August 20 and 27 · Online and on-site · 9:30-10:35 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.

Healing and Compassion Meditations with Hartmut Sagolla · Mondays, August 21 and 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 24 and 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.

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.

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. 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 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.



PERSONAL GROWTH

Co-housing Tours with Co-housing Residents · August 20 and 27 · 2 to 4:00 p.m. · Explore Ann Arbor's intentional communities, Sunward, Great Oak, and Touchstone Co-housing. 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. For more information visit: earthwellretreat.com

RETREATS

Three-Day SW Lake Michigan Holistic Yoga and Meditation Retreat with Ema Stefanova E-RYT500, C-IAYT · August 25-27 · Friday 5 p.m. through Sunday 11 a.m. 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.

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SHAMANISM

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

Art as Spiritual Practice: The Art of Shamanism with Rocky Rains · August 19 · 1 pm 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.

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 enduring 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.

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.

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.

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. 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.

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.

YOGA

Chair Yoga Flow • 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. Visit: enlightenedsoulcenter.com/chair-flow-yoga-Tuesdays.

"Happiness is when what you think, what you say, and what you do are in harmony."

—Mahatma Gandhi (1893-1948)



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](#)

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



**IF THERE ARE RIPPLES ON THE SURFACE OF A LAKE,
WE CANNOT SEE THE DEPTH.**

**SIMILARLY, UNLESS THE MIND IS RESTFUL,
WE CANNOT EXPERIENCE THE
HARMONY AND UNION WITHIN US.**

~SRI RAVI SHANKAR (1956-)