

THE CRAZY WISDOM COMMUNITY JOURNAL

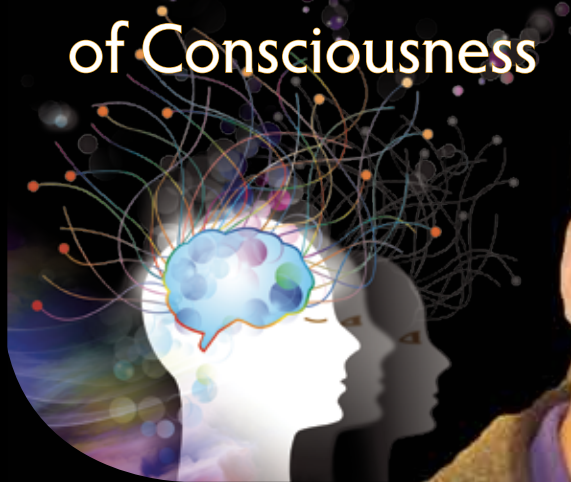
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JANUARY THROUGH APRIL 2017 - ISSUE 65

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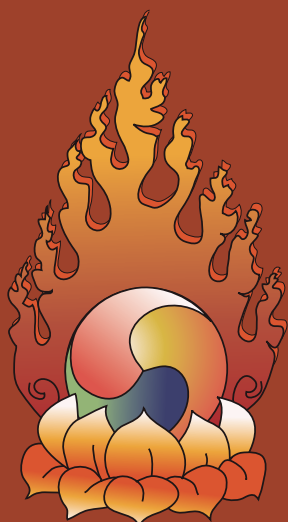
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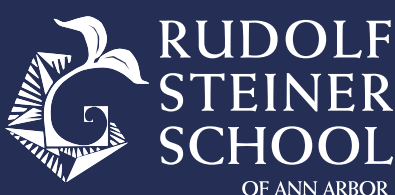
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THE CRAZY WISDOM COMMUNITY JOURNAL

SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

In This Issue ~



Page 8
In the Company of Cats
by Diane Majeske

Page 30
Leaps of Faith —
Vintage Village and
Renovatio Woodworks
By Mary Runser



Page 42
Crafting Beer,
Creating Community
by Joshua Kay

Page 55
Great Tastes in Local
Foods — Chive Kitchen
by Crysta Coburn



Page 72
Conscious Parenting
Column —
How to Help
Children be Bigger
Than Their Triggers
By Annie Zirkel

Page 104
A Better Way
to Teach Writing
By Julie Mariouw



Page 109
A Grandmother's
Letter to Her Grandson
About Meditation
and Awareness
By Dorothyann Coyne



On the Cover

Dr. George Mashour,
flanked by
Dr. Uncheol Lee and
Dr. Tarik Bel-Bahar

Cover Photo
by Joni Strickfaden

Feature begins
on page 60

CWJ Features

In the Company of Cats — Ann Arbor's First Cat Café Lets Visitors Enjoy Feline Companionship and Cat-Centered Activities
by Diane Majeske Page 8

In the Heart of the Wood on a Rainy Night — Reflections on Black Pond Woods
by Irena Nagler Page 10

Pink Castle Fabrics — A World of Creation and Joy
by Kirsten Mowrey Page 32

Integrative Medicine at the University of Michigan ~ For Want of a Nail: How the U-M's Innovative Faculty Scholar Program Could Fade Away, or Continue to Thrive
by Kirsten Mowrey Page 56

The Arrival of Consciousness Science at the University of Michigan Medical School — The Crazy Wisdom Journal Interview with Dr. Tarik Bel-Bahar, Research Investigator
Interview by Bill Zirinsky Page 60

CWJ Columns

What's New in the Community ~
by Lynda Gronlund Page 12

Crysta Goes Visiting ~
by Crysta Coburn Page 20

Leaps of Faith ~
Ann Arbor Seed Company Page 28
Vintage Village and Renovatio Woodworks Page 30
by Mary Runser

Our Yoga Column ~
by Katie Hoener Page 36

Sustainable Health ~
Sexual Health – The Sixth Vital Sign?
by Deepti Reddy, M.D., M.P.H. Page 38

A Day in the Life of a Farmer —
Kris Hanna of Old Pine Farm

By Angela Madaras • Page 45



Integrative Medicine at the U-M
For Want of a Nail: How the U-M's
Innovative Faculty Scholar Program
Could Fade Away, or Continue to Thrive

By Kirsten Mowrey • Page 56



The Art of Building a Community —
How Lunch Created and Sustains a
Group of Mostly Ann Arborites,
Now Numbering Over 450 People

By Linda Diane Feldt • Page 86



CRAZYWISDOMJOURNAL.COM

— This issue will be posted on our website as of January 1, 2017 —

CWJ Conscious and Tasty Eating and Nutrition

- Crafting Beer, Creating Community**
by Joshua Kay Page 42
- A Day in the Life of a Farmer — Kris Hanna of Old Pine Farm**
by Angela Madaras Page 45
- Raising Backyard Chickens — What to Consider Before Collecting Those Wonderful Eggs**
by Chelsea Hohn Page 50
- Well-Fed on a Budget — A Sampling of American Fare**
by Angela Madaras Page 52
- Great Tastes in Local Foods**
by Crysta Coburn
- Mikette Bar and Bistro** Page 54
- Salt Springs Brewery** Page 54
- Chive Kitchen** Page 54

CWJ Kids Section

- The Crazy Wisdom Kids Section** Starts on Page 71
- Kids Book and Media Reviews**
by Sarah Newland Page 71
- Conscious Parenting Column ~**
How to Help Children be Bigger Than Their Triggers
by Annie Zirkel, M.A., L.P.C. Page 72
- Crazy Wisdom Kids in the Community**
by Cathy Gorga
- The University of Michigan Museum of Art's Family Programs** Page 74
- Junior Naturalist Program** Page 76
- First Steps-Ann Arbor** Page 78
- Fall/Winter Events Calendar for Kids** Page 80

CWJ The Calendar

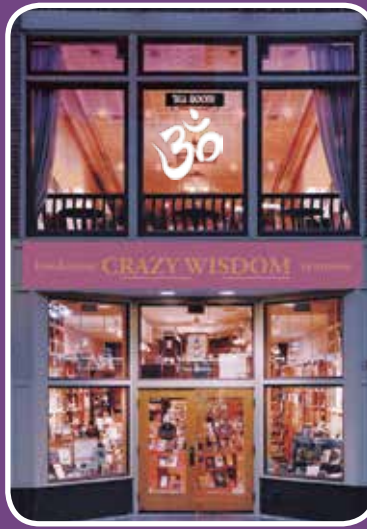
- The Crazy Wisdom Calendar Section** Starts on Page 82
- The Calendar**
Edited by Sarah Newland and Robin Lily Goldberg Page 82
- Background Info on the Teachers** Page 106
- The Art of Building a Community — How Lunch Created and Sustains a Group of Mostly Ann Arborites, Now Numbering Over 450 People**
by Linda Diane Feldt Page 86
- Working with the Magic of the Moon Cycles**
by Tatiana Scavnicky Page 95
- All That Shimmers with Shiva Lingam Stones**
by Carol Clarke-Tiseo Page 100
- A Better Way to Teach Writing**
by Julie Mariouw Page 104
- A Grandmother's Letter to Her Grandson About Meditation and Awareness**
by Dorothyann Coyne Page 109

CWJ Reviews

- Music Reviews** by Sarah Newland Page 39

CWJ Advertisers

- Resources for Conscious Living** Starts on Page 24
- Advertiser Directory** Page 112



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Publisher/Editor - Bill Zirinsky

Design and Production
Design and Production Editor: Carol Karr
Calendar Design: Julianne Linderman

Associate Publisher + Advertising Sales
Rory Russell

Staff Coordinator:
Julianne Linderman

Calendar
Calendar Editor: Sarah Newland
Associate Calendar Editor: Robin Lily Goldberg
Calendar Proofreading: Karen A'Llerio

Editorial
Senior Editor: Maureen McMahon
Editing: Crysta Coburn, Amy Garber, Deva Jebb-Albaba
Assistant Managing Editor: Julianne Linderman

Writers
Crysta Coburn, Cathy Gorga, Lynda Gronlund, Katie Hoener, Chelsea Hohn, Joshua Kay, Angela Madaras, Diane Majeske, Kirsten Mowrey, Sarah Newland, Mary Runser, Sandor Slomovits, Sara Vos, Rachel Urist

Artwork
Sara Van Zandt

Photography
Senior Photographer: Linda Lawson
Susan Ayer, Rachel Everheart, Tobi Hollander, Hilary Nichols, Edda Pacifico, Rebecca Rowe
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This issue is distributed starting in the last week of December. 11,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 235 other locations in the area.

The deadline for Free Calendar submissions for the May thru August 2017 issue is Monday, March 13. Contact Robin at calendarforms@crazywisdom.net

The deadline for Paid Advertising is Tuesday, March 28. Contact Rory@ crazywisdom.net

crazywisdomjournal@crazywisdom.net

Crazy Wisdom Monthly Book Discussion 7:30 p.m. in the Crazy Wisdom Community Room

Jan. 20 • *Becoming Nicole: The Transformation of an American Family* by Amy Ellis Nutt, hosted by Rachel Pastiva

Feb. 17 • *Science of the Magical: from the Holy Grail to Love Potions to Superpowers* by Matt Kaplan, hosted by Rachel Pastiva

Mar. 17 • *A Mother's Reckoning: Living in the Aftermath of Tragedy* by Sue Klebold, hosted by Rachel Pastiva

Apr. 21 • *Awaken the Inner Shaman: A Guide to the Power Path of the Heart* by Jose Luis Stevens, hosted by Bill Zirinsky

See listings on page 84



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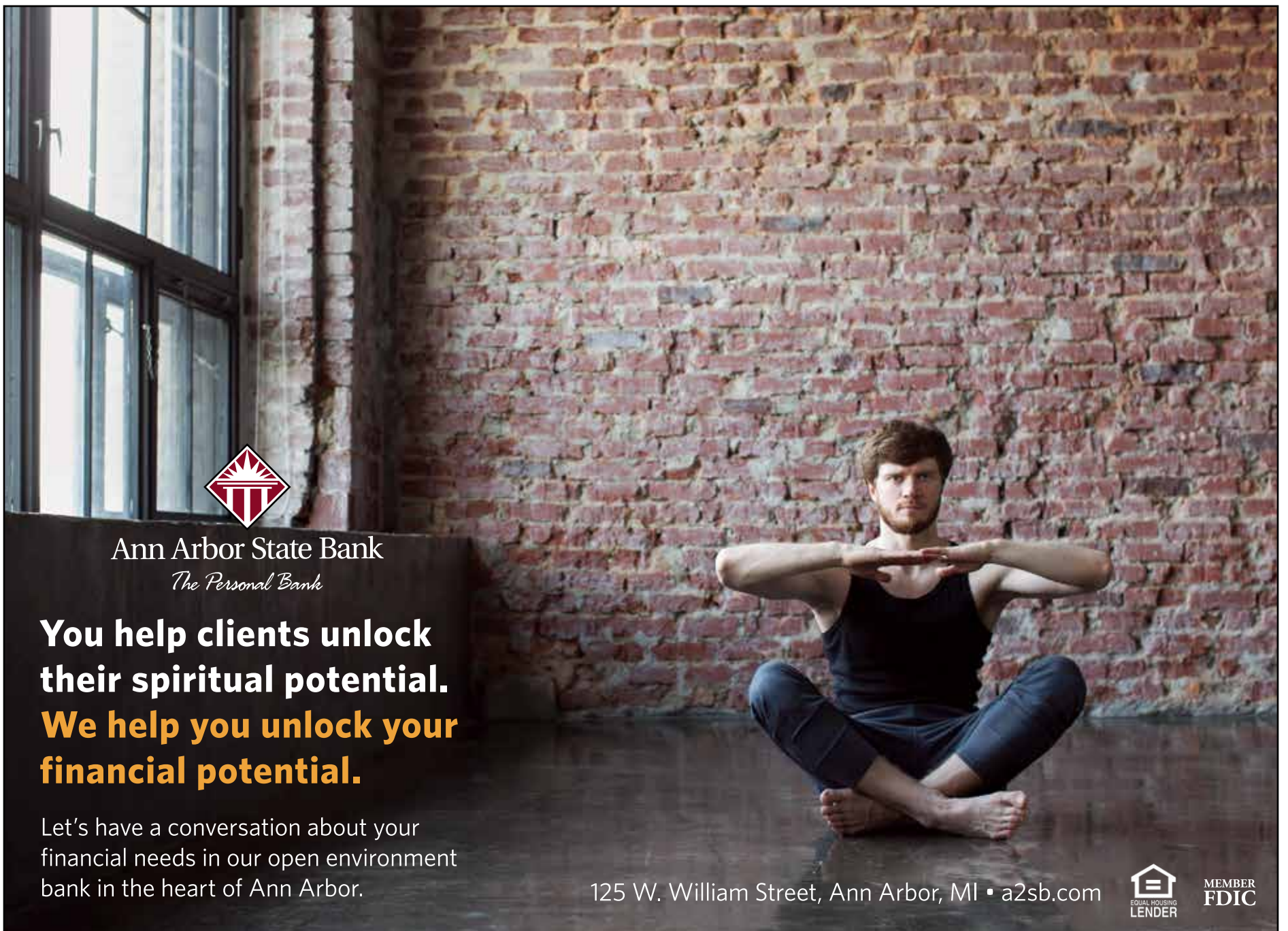
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IN THE COMPANY OF CATS — ANN ARBOR'S FIRST CAT CAFÉ LETS VISITORS ENJOY FELINE COMPANIONSHIP AND CAT-CENTERED ACTIVITIES



By Diane Majeske

The sun is just peeking over the horizon, burning off the last tendrils of early morning fog, as instructor Lisa Norgren begins teaching her yoga class. The studio is dim; a soothing fountain trickles gently in the back of the room. Students stand in front of their mats, talking softly. The room eventually becomes quiet. The cats awaken, stretch and start to roam.

Yes, the cats.

Because this is no ordinary yoga class. This is Yoga with Cats at Tiny Lions Lounge and Adoption Center, administered through the Humane Society of Huron Valley.

Students stand in front of their mats, talking softly. The room eventually becomes quiet. The cats awaken, stretch and start to roam.

“This center is for anyone and everyone who loves cats,” explained Wendy Welch, director of marketing for the humane society. “All the cats here are looking for forever homes, of course, just like at the humane society. But at Tiny Lions, the cats are free-roaming, and everyone – whether you’re interested in adopting or not – is encouraged to come in and visit with the cats.”

The nonprofit Tiny Lions center, located at 5245 Jackson Road, Suite A1, in Ann Arbor, is also known as a cat café, a concept that started in Japan and has gradually made its way to the States in a variety of forms. Some cat cafés focus on the food aspect and have resident cats who are not available for adoption. Others focus on the felines and have cats looking for homes.

Cat toys abound, and visitors are welcome to interact with any and all kitties. The money goes toward the upkeep of the center and the care of the cats.



At Tiny Lions, the focus is on adoption and human/animal bonding, and the café is in the form of a Biggby Coffee shop, conveniently located next door. Visitors are welcome to bring their refreshments into the café, pay an hourly fee of \$7, and enjoy time with the 10 to 15 felines who wander about freely. Cat toys abound, and visitors are welcome to interact with any and all kitties. The money goes toward the upkeep of the center and the care of the cats.

And if a cat and visitor bond particularly well, even better. All the cats at the center are available for adoption, and cards at the back of the large, cheery room detail the name, age, and individual quirks of each feline.



All the cats at the center are available for adoption, and cards at the back of the large, cheery room detail the name, age, and individual quirks of each feline.

“We get a lot of people who come in here with their laptops, and they try to work, but they end up playing with the cats,” said volunteer Sierra Nair, laughing. “People come in for lots of different reasons. We’ll have students who are away from home, and they miss their cat. Or we’ll have families who come in, and maybe one family member is allergic, so they can’t have a cat at home – but other family members love cats.”

The staff at Tiny Lions makes sure there is plenty to do when people arrive. Guests are welcome to simply come in without reservations, visit, and play with the cats – with some limitations. These include only gentle petting, no cat chasing, and no flash photography that may startle shy felines. The posted rules also recommend visitors steer clear of kitty belly rubs, since those often lead to play that involves claws, and safety for everyone is of the utmost priority.



For those looking for more structured, cat-centered activities, there are many available. Visitors can register for events like Cat Tales Storytime or Family Mew-vie Time.

For those looking for more structured, cat-centered activities, there are many available. Visitors can register for events like Cat Tales Storytime or Family Mew-vie Time. Niva Lin of Ann Arbor, whose longtime family cat passed away last year, enjoys taking her three young children to the latter event. She's not quite ready for another cat in the household, but says movie time allows her children to enjoy a little feline interaction.

"They really enjoy it," she said. "It's a lot of fun and a great way for them to be around cats without us having one at home."

And of course, there's the weekly Yoga with Cats. Yoga enthusiasts both new and experienced are invited to stretch and bend while sharing the floor with a few furry friends – who may at times decide to take over more than their share of the mat. Norgren keeps class casual, taking any and all kitty interruptions in stride.

"When I first started teaching this, I'd get all sorts of questions," she said, laughing. "People were like, 'Yoga with cats? Are you teaching the cats yoga? Are you using the cats to teach yoga? How does it work?'"

"When I first started teaching this, I'd get all sorts of questions," she said, laughing. "People were like, 'Yoga with cats? Are you teaching the cats yoga? Are you using the cats to teach yoga? How does it work?'"





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Since the center opened in June, more than 100 cats have been adopted. And when one is adopted, another takes its place.

Norgren didn't mind the questions; she was delighted at the new opportunity.

"I love to teach, and I feel like I'm doing something for the cats, too," she said. "I already have two rescue cats, and that's my maximum right now... so I feel like this is my way of helping."

Each class is different and equally enjoyable, she said.

"We take our time, we leave cat toys between the mats... We make it fun."

Debbie Crump, who attends class regularly with husband John, is one of her most enthusiastic students.

"For us, this is a way to promote a local business, to relax, and to have a good time," said Debbie. The couple has six cats at home, but they still enjoy coming to the café to enjoy a little cat camaraderie. "This is such a great idea – the cats get used to people, and there are so many fun activities."

In fact, she and her husband had never tried yoga until they started visiting the center. "We just thought, 'Why not?'" she said. "And we like it so much. The cats lounge on the mats, they jump around – they're so funny. And the instructors don't get overly serious. They give you time to move around... If you want to stop to take a quick picture, that's OK."

Because, in the end, it's all about the visitors and the cats bonding. And maybe, just maybe, more cats finding forever homes.

It's happening, said Welch. Since the center opened in June, more than 100 cats have been adopted. And when one is adopted, another takes its place. "The best scenario is when they fall in love with a human... and find a new home."

For more information, check out www.tinylions.org.

(CAT) HOUSE RULES

Cats are soft, quiet and gentle friends who want the same from us.

 Do scratch/pet gently, particularly around the head	 Do not fall for a belly rub invitation	 Let sleeping cats sleep and hiding cats hide
 Use a soft voice and soft eyes	 No tail pulling, poking, scruffing or harsh handling	 Do not use your hands as toys
 Do not pick up cats	 Please, no flash photography	 Watch for speed bumps and escape artists
 Do not chase or startle cats	 Please supervise small children closely	 Do lavish with compliments, adoration and love



In the Heart of the Wood on a Rainy Night ~ Reflections on Black Pond Woods

By Irena Nagler

An equinoctial night in 2016. It's raining. The injured raptor birds, often used in educational programs, sleep in little wooden houses on the hillside. Community gardens and orchards await spring, leaves poised to unfurl and earth to be turned. It is the night of the salamander survey at Black Pond Woods.

When I first moved to my north Ann Arbor neighborhood, I went for a walk one afternoon with no destination in mind. I wandered through the grounds of what I didn't know yet was Leslie Science Center.

It was late August 1988. Flowers blazed at the margin of a forest. I was drawn into the woods, up and down slopes of the moraine, until I wound up in a valley near what I realized must be a little pond. It was a summer of drought, and what water remained in the vernal pool was covered with duckweed. But it glowed green, and I knew that I had found a focal point, the heart of the woods.

I returned often to explore. The woods were shrubby near the center, giving way to mature forest on steep slopes and big oak trees along the rim of a golf course. I sometimes took books or drawing paper there and sat reading, sketching, or daydreaming, jumping up to dodge the occasional stray golf ball. The oaks reminded me of the site in one of my first childhood reading experiences, the Hundred Acre Wood from *Winnie-the-Pooh*. They anchored heaven to earth, deep-rooted and reassuring, hissing gently through fringes of leaves, dreaming both past and future.

On an April evening, friends and I followed the sound of springtime frogs. Soon we were sitting cradled in it by the pond. "Look, look," I said. A little frog was perched on a wet log near us. We could see the rhythmic puffing of its pale-green throat as it added its note to the hypnotic mesh of sound.

The calls rose, silver-green, a light that grew and grew, entreating mates and touching the pool of answering stars overhead.

In spring, the slopes in the valley near the pond were starred with trillium. Dogwood trees flung up sprays of blossoms that floated on light and shadow. A hawk wheeled above them one afternoon. The atmosphere was medieval, mythic; the bird tracing an invisible snare that bound it all together. From a high ridge, my friends and I could see into a sunlit wetland that cradled another kettle pond, small and potently alluring, with its own ensembles of frogs, their sounds welling up to splash around us.

We explored the trails and dreamed with the oak trees. But none of us knew the name of the woods.

The following summer I experienced some strange things there.

On assignment to create illustrations for the alumni newsletter of the University's School of Natural Resources and Environment, I wandered with a sketchbook up one of the paths. It was a hot July day. Green fires glimmered around the periphery of my vision. I drew small birds that alighted on branches.

Suddenly there was a rustling sound from behind a stand of trees. Or I thought so. A sense of something large, an animal shifting about on its feet. I stopped drawing, watched and listened. Nothing. I began to draw again.

Once more, that almost-heard movement. An image in my mind: a tall man with the legs of a horse. Two legs, not quite the form of the mythological centaur. I froze, listening, watching. Nothing.

At the third instance, settling into drawing, then startled by the sense of sound and motion in that same spot, I decided to leave.

A month later, I left a trail for a moment and could not find my way out of the woods. A little panicky, though I knew that I couldn't stray far from human presence here, I began to move fast, with an increasing sense of sentient things throwing projectiles and touching me with electric fingers. When I emerged on the slope above the golf course, my clothes were covered in tiny seeds. I picked them off and sowed them on the ground.



The oaks reminded me of the site in one of my first childhood reading experiences, the Hundred Acre Wood from *Winnie-the-Pooh*. They anchored heaven to earth, deep-rooted and reassuring.

These events only deepened my love for this place and the tenacity of its spirit.

One spring day, I saw signs posted at every entrance to the forest: "HELP SAVE BLACK POND WOODS", with a telephone number. It was the first time I'd seen the pond or the forest named. That evening, I called the number. Jennifer Hill answered: The woods were owned by a man who lived in Florida. He wanted to sell a portion of them for condominium development. A group, Friends of Black Pond, was forming to save them.

I stood in front of Borders Bookstore with sheaves of petitions. Usually I'm terrible at that. I want people to understand what they're signing and there isn't time to go into nuances. But this one was simple. I collected many signatures and attended Council meetings. Though I dreamed one night that a frog in the pond told me to "Speeeek", I never quite summoned the nerve to do so in Council.

Though I dreamed one night that a frog in the pond told me to "Speeeek", I never quite summoned the nerve to do so in Council.

But I met with the group at Leslie Science Center, and collected funds at a biweekly dance party I hosted at the Network on Huron at Third Street. I created in my mind imaginary panthers to guard the woods from development, and set them to work high in the trees of the woods. I sometimes dwelled on them while braver souls took the open mic at Council and Commission meetings. They showed slides of sweet green-lit columns of trees, named rare plants and animals and environmental tests that must legally be conducted, but which are sometimes glossed over in favor of lucrative property rights. We stood up en masse when asked to show support.

Jennifer, a shy person, was a heroine, steadfast and thorough, speaking eloquently, always backed up by research conducted with utmost care. After this adventure, she was invited to join the Parks Department and she served there for several years.

We learned that the kettle ponds were formed from melted ice broken off retreating glaciers. We learned about the salamanders that breed in these vernal pools in the springtime, needing the safe haven of water that dries up in summer and cannot host fish.

A smaller contingent among us asked each other if we would be willing to chain ourselves to trees if the development went ahead. We agreed that we would. We meant it.

We learned about the salamanders that breed in these vernal kettle pools in the springtime, needing the safe haven of water that dries up in summer and cannot host fish.

We won, helped by the Washtenaw Land Conservancy. The distant owner was persuaded that the site was inappropriate for development. There was a ribbon-cutting party with hikes in the forest where a dream-catcher was attached to a tree overlooking the pond. Great joy, new friendships, the beginning of what became a nature-study area. Controlled burning resulting in vivid flowers among the shrubs. Children were taken to the pond to dip nets and learn about creatures.

After some years, a pontoon bridge was installed at the pond. Some of us hated it, missing the triangular shape of the green-dark heart of the wood, glad the bridge



The [frog] calls rose, silver-green, a light that grew and grew, entreating mates and touching the pool of answering stars overhead.

could easily be removed. But we got used to the fun of looking directly from it into golden-brown water, submerged leaves glowing in filtered light. The frogs, which at first seemed to have been scared away by the vibrations of feet and forbidden bikes crossing the bridge, returned in force. We'd hang about on the bridge with the silver sound of them straining through us and rising into treetops.

Patrick explains how the male [salamanders], who arrive first, deposit spermatophores and dance near them in the water to show the females where they are.

One winter night, there was another kind of frog on the pond. Cindy Overmyer and I were taking photos in the woods, most of which I hand-altered later to bring out ghostly figures and bear-spirits among the trees. The pond was frozen, and in the center of it we found a snow-sculpture of a frog. Cindy took a photo of me hugging it. Around my neck was a wreath of branches I'd found somewhere and was using now for our little photographic modeling adventure.



On a winter day there with my best friend, Anne Beebe, who was especially fond of frogs, she spoke a spontaneous verse to the ones who might be sleeping in the mud. "Froggies, froggies, fast asleep, tell me froggies, peep peep peep. Getting stranger by the year ... Getting...How shall I end it?" "Getting strange, but never fear!" I said.

Anne died in 2003 from complications after chemotherapy for leukemia. My friends Christina Guldi and Marin Perusek and I held a gathering in her honor one evening by the pond. We stood in hollows and under trees and played small musical instruments: a rain stick, a kalimba, a thunder tube, a wooden rainforest frog with a stick drawn over ridges on its back.

I read out loud a story Anne had written that involved frogs jumping through blue rings into other dimensions. When I began, there was a loud and distinct *glunk* sound. It was soon joined by a few others, and then a rising chorus that continued to call louder and louder, until they reached top volume. The frogs called only during the space of Anne's story, though we also read other stories of our own.

March 2016. Here I am for the salamander survey on the first rainy night of spring. Normally the frogs would be vocal now, too, but the weather has been erratic, and they're silent.

We brush off our boots to avoid bringing in tiny hitchhikers, invasive species from outside the woods. Rain hoods shadow faces. Led by Patrick Terry, an educator from Natural Areas Preservation in the Ann Arbor Parks & Recreation Department, we move in single file down uneven, muddy paths, splashing in puddles. Flashlights glow here and there. Usually I prefer darkness and the use of night-adjusted eyes, but there's so much focus that it's faerie-like, sentient; the lights are nerves.

People are assigned areas to survey. They are turning over logs, startling red-backed salamanders into abrupt emergence, slither and gleam. And tiny newts, bearing neurotoxins (touch not the newt but with a glove). Many little dragons. These are here year-round, but people almost never see them.

We search layers of leaves near the pond, then move onto the bridge. A light shines on a male salamander, black and gold-spotted, swimming in the water. Patrick scoops him out, and he's passed from hand to hand. I touch him briefly with a gloved finger.

Patrick explains how the males, who arrive first, deposit spermatophores and dance near them in the water to show the females where they are. There's a blue-spotted species that is all-female, or unisexual; when they interbreed with males of another species, their offspring might have up to five sets of chromosomes.

I read out loud a story [my departed friend] had written that involved frogs...A rising chorus [of frog calls] continued to call louder and louder, until they reached top volume. The frogs called only during the space of Anne's story, though we also read other stories of our own.

We see adult newts in the water, silvery and fish-quick. Lights gleam on the rich, dark leaves at the bottom. The hills of trees behind us are fae and bristly in the dark. Rain dimples and glitters on the water. Lizard-shapes, tails flickering, burrow in submerged leaves and reappear. We see beetle larvae that bristle with tiny hairs.

The creatures are almost liquid; porous skins with the world passing through them. We see more and more of them. In their motion they are one with the water, the rain, and the forest bubbling and glimmering. It's a salamander party. It's an underworld turned inside out, glowing deep inside. The forest is pulsing, a pool of life, quantum leaps, doorways opening and closing.

We have slipped out of the world's electronic grid-net into a realm where ways are spiral and serpentine, tapped into a living web of sustenance and communication. We humans may not be able for long to live merely alongside it in another world of our own devising. Like the bridge over the pond, our world's electronic



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It's an underworld turned inside out, glowing deep inside. The forest is pulsing, a pool of life, quantum leaps, doorways opening and closing.

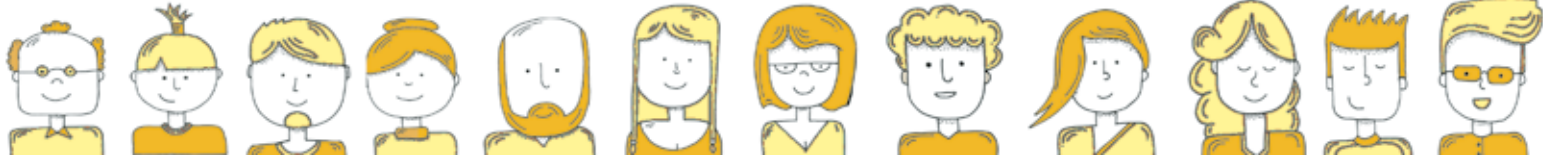
communication network is a useful, vital tool and often fun, but for many reasons incapable of sustaining itself. It doesn't know how to dream, and it cannot capture the wave-forms of life in a net, though dreams and wave-forms touch and move through it. Our electric world-network is a brief and brilliant journey, born of the yearning to connect, made necessary by imaginary divisions we've created; we're learning a lot. But the heart of the wood is fathomless and the return to it always a homecoming.

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The salamander surveys at Black Pond Woods are open to the public by registration. For information about the 2017 survey, go to the events calendar for Natural Areas Preservation at <http://www.a2gov.org/departments/Parks-Recreation/NAP/volunteering/Pages/CurrentVolunteerOpportunities.aspx>, or call 734 794-6627.

Irena Nagler writes fiction and poetry, teaches environmental movement meditation, and is a visual and performing artist. She has won an award in poetry, completed several novels, and is working toward publishing a novella on tree-free paper. The website for her dance group is www.twofeather.com/nightfire.

WHAT'S NEW IN THE COMMUNITY



By Lynda Gronlund

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.



Personal trainer and exercise instructor Molly Stamos is bringing "rebounding" classes to Ann Arbor at The Mix Studios.

See article on page 14

Photo by Joni Strickfaden

New Offerings by Established Businesses and Practitioners



At the end of the 2017 growing season, farmers Annie Elder and Paul Bantle will be leaving the Community Farm of Ann Arbor, a Community Supported Agriculture (CSA) farm in Chelsea, Michigan. Elder and Bantle have run the farm for 25 years.

Established in 1988, Community Farm is the first CSA in Michigan, and only the eighth to have formed in the country. Elder and Bantle took over operations in 1992. The farm uses biodynamic farming, a holistic, organic, and ethical approach to farming, rooted in the spiritual teachings and practices of philosopher Rudolf Steiner. Biodynamic farming was created in the 1920s by Steiner, who believed in anthroposophy, or "spiritual science." He felt that the future of

medicine, pharmacy, and farming was in combining scientific and spiritual pursuits. When Elder and Bantle started on the farm, biodynamic farming was a relatively new concept, which had started on the East Coast. Today, said Bantle, there are "tens of thousands of biodynamic farms" in the U.S.

As a CSA, the Community Farm of Ann Arbor is member-owned, and decisions are made by a board of directors and the membership. Elder and Bantle grow the food with the help of volunteers and coworkers they hire and supervise. Each week during the growing season, members pick up their farm shares of produce. Bantle said that

families, couples, and singles come to the farm and engage with it, touching the earth, seeing the animals, and enjoying the community. Sometimes, he said, there are up to four generations in a family enjoying the crops. Members are encouraged to volunteer and learn at the farm, connecting with the earth and the process of growing their food.

Shares are sold on a sliding scale, said Bantle, and every member family receives an equal share and vote no matter what they paid. It was important to Elder to make the fresh food available to as many people as possible. For people not used to seeing their whole produce bill at once, the prices may seem high, but Bantle explained that if they were to buy the same amount of biodynamic produce throughout the year, they would potentially pay much more and not have the connection to the community farm to enjoy.

After running the farm since 1992, Bantle and Elder are resigning at the end of the 2017 season to move on to the next phase of their lives. They will move to Marin County in northern California to work with the Blue Mountain Center of Meditation. They have been involved with the Center since the 1990s, making meditation part of their daily routine on the farm. When they move, they will work in the Center's retreat house. When asked if they will continue farming, Bantle said "the earth and the elements are in our bones now.... We'll definitely stay connected to the earth," though their "daily rhythms will be a bit different."

They are working on finding their successor, and said that they are excited to pass the mantle on to a new generation who can vitalize the farm in new ways. The work is very physical, said Bantle, and while he and Elder have many more years of productive work left, they feel it is a good time to move on to an endeavor their bodies can more easily sustain. "We've been really involved in the community intricately for years of love," said Elder, and they hope that the farm continues that legacy after they move on.

Information about the farm and CSA are available at www.communityfarmofaa.org. Bantle encourages people to stay in touch as the transferring process continues.

Annie Elder and Paul Bantle can be reached at (734) 433-0261. The Community Farm of Ann Arbor is located at 1525 S. Fletcher Road, Chelsea, MI 48118, and mail can be directed to P.O. Box 8353, Ann Arbor, MI 48107-8353.



Mridu Pasrija, a Northville-based Crystalline Consciousness Technique energy coach and teacher, has begun offering “coffee shop sessions.”

Clients contact her with a question or issue needing attention or care. She puts together a special mandala — a pattern of shapes and forms related to the ‘flower of life’ pattern — infused with Crystalline Consciousness vibration, and she intuitively “releases blocks to shift the problem into the solution.” She then meets with the client at a coffee shop or over Skype. While enjoying coffee (or tea), they talk, discovering “deep insights into the situation,” and discussing the solution. The client takes home a beautiful mandala chart with empowered affirmations to help him or her work through the needed changes. Follow-up sessions are available, as well.

Pasrija has also started offering an online meditation series. The program runs for 6 weeks at 30 minutes per session once a week. The time is in the late evening, so it is a good way to wind down from the day and prepare for a restful sleep. Meditators can set an intention for the week, and then participate in a 25-minute guided meditation. Meditations are recorded and participants can re-listen to them at any time. Pasrija said the course is set up to appeal to everyone, including those new to meditation. She said she started meditating at around twelve years old while growing up in Ann Arbor. Her parents are from India and meditation is a part of their religious and spiritual life. She said that meditation can help reduce stress, anxiety, and overwhelm; help with restful sleep; improve mood; and promote general wellness. Dates for the course are available online.

More information about Mridu Pasrija and her offerings is available at www.liveliferadiantly.com. She can be reached by email at mpasrija@liveliferadiantly.com or by phone at (248) 470-5610.



Dr. Deirdre Conroy, Ph.D., started her coaching practice, Happy Healthy Rested, in 2015.

She is a psychologist specializing in sleep disorders, especially insomnia. She completed health coach training through the Institute for Integrative Nutrition, where she learned about a variety of dietary theories and practical lifestyle coaching methods, as well as what the Institute calls “primary foods” — factors in life, like relationships and career satisfaction, that can influence the “secondary foods” — what actually goes into our mouths. As a licensed clinical

psychologist and board-certified cognitive behavioral therapist, she brings a strong knowledge base to the practice of coaching (though she does note that coaching is not the same as therapy and does not replace it).

Conroy aims to help people make changes to their nutrition, sleep, and life that will increase their happiness, energy levels, and overall health. She explained that these are interrelated: when someone changes their nutrition, it can help them sleep better and feel more rested. This improves mood, and when one is well rested and nourished, he or she is better able to make other positive life changes. As an example, she told me about a client who came to her because she was suffering from low mood, low energy, and low confidence. Through coaching she not only improved her diet and sleep, but also got more involved in her community and gained self-confidence and life satisfaction. Before seeing Conroy, the client was overwhelmed, as many people are, with knowing what changes to make and how. Conroy tailored a program to her specific needs, goals, and preferences and gave her actionable steps to feel and function better.

Conroy offers a free initial consultation to those interested in working with her. She offers coaching packages based on what the individual needs, and also provides support between coaching sessions and keeps her clients updated on local seminars and workshops that can help them with their goals, whether offered by her or other professionals.

She provides encouragement to people suffering from burnout in their jobs or life, low energy, and/or sleep problems, and those just looking to improve their general health. She emphasizes that she does not offer a “quick-fix diet,” but gradual lifestyle changes.

Dr. Dieder Conroy’s coaching website is www.happyhealthyrested.com. She can be reached by email at dconroy@happyhealthyrested.com or by phone at (734) 223-7148.



A team of massage therapists has come together in a new office called Ann Arbor Massage, L.L.C.

David Van Eck, Kait Keim, Jocelyn Granger, Amy Prior, and Brian M. Truskowski practice in the space, which opened in July 2016. The office is located at 107 April Drive, Suite 4A, on the west side of Ann Arbor off Jackson Road, between Wagner and Zeeb. All of the therapists are alumni of the Ann Arbor Institute

of Massage Therapy (AAIMT), which recently closed its doors. Granger was the Institute’s Director and has over 30 years of massage experience; each of the other therapists has been practicing for at least 5 years. The office is a collective, where each therapist is self-employed. If you are interested in setting up an appointment with any of them, please contact each directly.

More information is available at www.AnnArborMassage.com. Individual therapists can be reached by the phone, email address, or website listed below:

- Amy Prior: www.amypriormassage.com, (734) 645-9540
- Brian Truskowski: brian@brianmtruskowski.com, (503) 680-5388
- David Van Eck: dvaneck@massagetherapy.com, (734) 531-7890
- Jocelyn Granger: jgranger@aaimt.edu, (734) 677-4430
- Kait Keim: kait@massagetherapy.com, (734) 531-7980

New Books by Area Authors



Robin Gaines published her first novel, *Invincible Summers*, in June 2016.

The book follows Claudia, a girl growing up in a fictional middle-class suburb of Detroit in the 1960s and 70s as she loses her father at the age of ten and struggles to find her place in the world. The events of the time — the Vietnam War, Detroit riots, and assassinations — form a backdrop of chaos and uncertainty as Claudia’s family experiences not only the loss of her father, but a serious injury that disfigures her mother and her brother’s struggle with drugs and drinking.

Invincible Summers explores eleven summers of Claudia’s life, between the ages of six and twenty-three. Most of the chapters, said Gaines, started as short stories, some previously published. Claudia is not Gaines, as Gaines noted, but has similarities — Gaines grew up in the 60s and 70s in Michigan and lost her father at a young age. As she wrote and edited, Gaines said she discovered many “unintentional threads” to the stories, which she described as an “exploration of the nature of loss.” Claudia and her brother, left largely to their own devices after their father died and their mother returned to work to provide for the family, have to find their own way forward for themselves.

Gaines said the themes of the book are universal — love, loyalty, betrayal, and grief — but the story will be particularly relatable to women near her own age who grew up around the same time.

A professional journalist, Gaines had wanted to write a novel for a long time, but did not feel she had the training or ability to do so. She signed up for a writing workshop in Iowa where she began to learn and teach herself how to write fiction. She said it didn’t come naturally to her, that she had to “dismantle” others’ stories and put them back together to understand how they worked. Encouraged by her teacher at the workshop, she kept at it, eventually “finding her voice,” which resulted in *Invincible Summers*.

Gaines said she is almost done with a second novel and hopes to write more.

Invincible Summers is available at Crazy Wisdom. Robin Gaines is online at www.robingaines.net. She is available to speak at book clubs and can be reached through her website.

Continued on page 14





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WHAT'S NEW IN THE COMMUNITY



Continued from page 13



Local health coach Liza Baker published *Flip Your K!tchen*, “a cookbook, meal planning coach, and time-management tool in one,” in October of 2016.

She has taught cooking classes for many years and has observed that people love to attend the classes but tend to go home, never use the recipes, and still rarely cook. The reasons she hears most are “I don’t know how to cook from scratch” and “I don’t have time.” Baker, like many others, grew up with a working mother in the 60s and 70s, when the trend toward using packaged foods started — cream of mushroom soup as a base for anything, Hamburger Helper — which meant the skill of cooking from scratch was no longer being taught at

home. Believing that cooking at home from scratch with whole food ingredients is healthier, more economical, and, if buying locally, better for the environment and local economy, Baker wanted to make it easier and less intimidating for people to start making this change.

She said the keys to cooking homemade meals daily, while also working full time and keeping up with other obligations, are planning and understanding how cooking works. Planning involves stocking the kitchen with items that can be used for multiple meals and thinking ahead about ingredients that can be prepared ahead of time or made in larger quantities. So, for example, if a few meals call for rice, one can make a bunch of rice at the beginning of the week, eliminating that step for the rest of the meal preparations.

Understanding cooking means deconstructing recipes and realizing, for example, that “all soup recipes are basically the same: sauté some vegetables, add herbs and spices, add liquid,” then add the ingredients that make it a particular soup — chicken, beans, and so on. Different recipes will look very different on the surface, but when deconstructed, they follow a similar basic outline. Baker said once people begin thinking in this way, it’s easier to think about substituting anything they want without having to know exactly how many spoonfuls of an ingredient are needed. This makes improvising easier and also decreases the chance of someone derailing the entire cooking experience because he or she forgot a particular item at the store.

Baker acknowledged that starting off making 21 meals every week from scratch might be overwhelming for someone just learning how to cook from scratch. But she helps people break big goals down into everyday steps. As a first step, she said, she might ask someone to pick two related meals, figure out what they have in common, and determine what can be made ahead of time. The person can build from there until he or she is cooking her desired number of meals per week. The same goes for stocking a kitchen. Purchasing the staple ingredients needed to prepare for multiple meals, or “flipping” a kitchen, can be done in small steps. Doing it all at once would require a considerable investment.

A culinary school graduate, Baker owned a catering business before having children, so she knows how many tricks of the trade can be used by home cooks. She said her new book aims to bring cooking into a more practical realm as compared to the entertainment of cooking shows and celebrity chefs — “of course no one is going to cook like that every day,” she said.

Liza Baker’s website is simply-healthcoaching.com. She can be reached by email at liza@simply-healthcoaching.com or by phone at (301) 892-9485. Flip Your K!tchen

Upcoming Events



Brenda Morgan, Ph.D., founder of Grass Lake Sanctuary in Manchester, Michigan, is offering a new two-day spiritual retreat on June 24 and 25, 2017.

The retreat is called “Beyond a Little Spiritual Cream in Your Coffee: Opening Your Heart Amidst Everyday Life.” It explores “the awakening process of embodied existence that embraces both divine and human expression. The body-mind is an expression of the living spirit and is not trivial just because it is temporary.”

The retreat includes meals and snacks prepared with organic food, some of which is grown in the Sanctuary’s garden. Cabins and

bungalows are available for overnight stay, and ample free time allows for enjoyment of the Sanctuary’s 145-acre beautiful wooded trails, meadows, ponds, streams, and gardens.

More information is available at grasslakesanctuary.org or Brenda Morgan’s site, www.movedbythelight.com. Morgan can be reached at morganbrendag@cs.com or (734) 494-0674.



Gelek Rinpoche of the Jewel Heart Tibetan Buddhist Center in Ann Arbor is offering a free White Tara meditation and initiation on Saturday, February 11, 2017 from 10:00 a.m. to 12:00 p.m.

The event will be held in the Rogel Ballroom of the Michigan Union at 530 South State Street, Ann Arbor, MI 48109. Though the event is free, registration at jewelheart.org is required to reserve space. White Tara, explained Jewel Heart’s program director Kathy Laritz, is a Tibetan mother goddess associated with healing, long life, and enlightened compassion. She is there for anyone feeling alone or afraid. White Tara meditation helps to overcome all forms of suffering through her “enlightened feminine energy.”

Jewel Heart can be reached at (734) 994-3387 or kathyjewelheart@gmail.com.

New Classes



Personal Trainer and exercise instructor Molly Stamos is bringing “rebounding” classes to Ann Arbor at The Mix Studios.

Starting this past November, her Total Body Jump classes are being offered several times per week. “Rebounding” means jumping on individual-sized trampolines, which allows for high-intensity exercise without high impact on the joints. The commercial-grade trampolines have bungees instead of springs, so they are quieter than conventional models, and the level of springiness is adjustable. They can support jumpers up to 300 pounds. For beginners, specialized handles can be attached to help with balance.

Rebounding offers some unique benefits.

Stamos said that unlike running or other high-impact activities, the impact of the bounce is spread throughout the body, causing all the muscles in the body to fire simultaneously, even tiny muscles like those around the eyes. She explained that the bouncing movement can help detoxify the lymph system as it helps lymph to move through the body, and that this can even help reduce cellulite. Rebounding can be done by athletes rehabbing injuries, older people worried about their joints, and new exercisers, but it can also be a great workout for highly fit people.

Stamos is in her early fifties. She said she had been looking for a high-intensity but low-impact workout for herself as she gets older and needs to take better care of her joints. Recalling the fun and great workout she got from playing with her kids on a trampoline, she bought a small one just to “run” on indoors. She loved it and began experimenting with different movements, from dance to strength training. She discovered that rebounding classes are popular in New York City and had a chance to attend several while traveling there. Hooked, she decided to invest in the equipment and bring the classes to Ann Arbor. Stamos’ colleague Sarah Kreiner had recently moved her personal training studio, The Mix, to a larger location on State Street, and was able to provide the space for the classes. Stamos is starting with the general Total Body Jump class, but has plans for more options in the future, including a dance-jump class complete with nightclub-style lights and music.

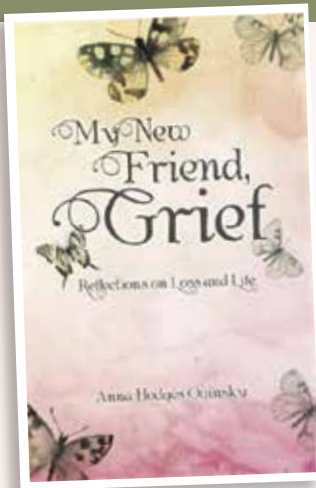
Total Body Jump is offered on Tuesday and Thursday evenings and Saturday mornings. The first class is free to try. Online registration is required at www.the-mix-studios.com. The Mix Studios is located at 2007 South State Street, Ann Arbor, MI 48104. Molly Stamos can be reached by phone at (803) 719-2732 or by email at fittogo-molly@hotmail.com. Her website is www.fittogowithmolly.com.

Continued on page 17



My New Friend, Grief: Reflections on Loss and Life

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– Tiffany Mazurek, Psychotherapist at Center for Sacred Living

Learn more at www.annaoginsky.com/mynewfriendgrief

My New Friend, Grief has received awards in both the Great Midwest Book Festival and in the Beverly Hills Book Awards

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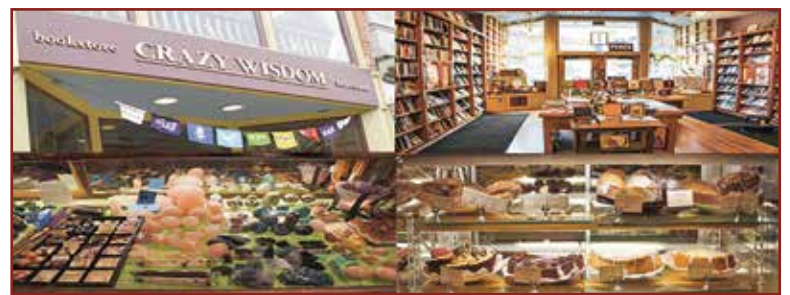
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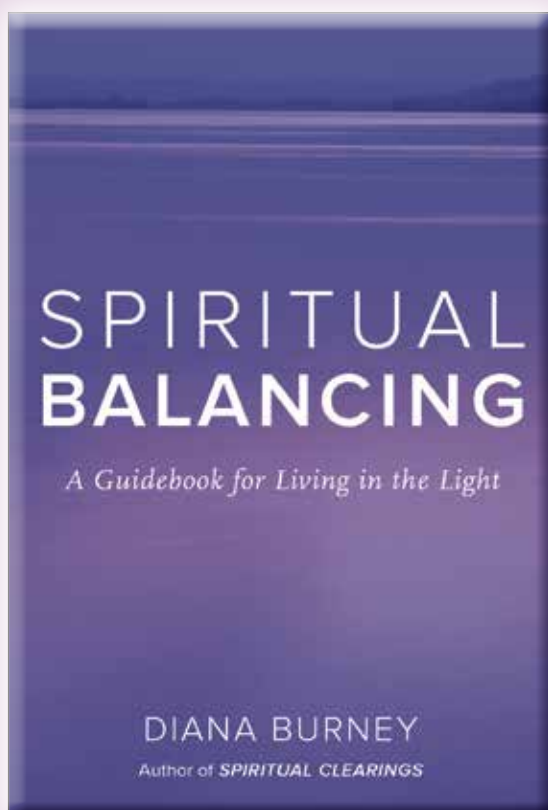
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Diana Burney is a registered nurse, certified hypnotherapist, and ordained minister of the Order of Melchizedek from the Sanctuary of the Beloved in Conesus, New York. She is also a certified Reiki Master/Teacher as well as a Magnified Healing Practitioner.

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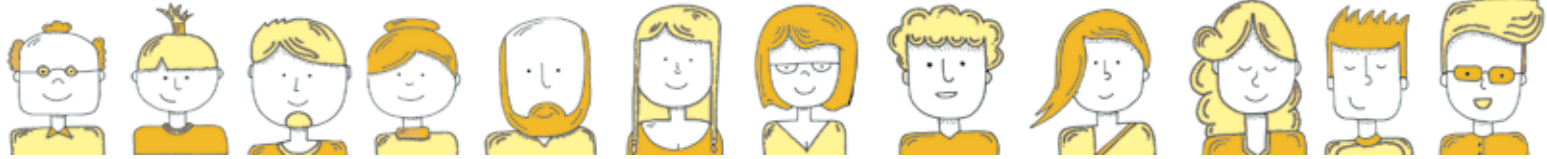


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WHAT'S NEW IN THE COMMUNITY



Continued from page 14

New Practitioners and Businesses



Maryam Vakilian, nicknamed Mima, moved to Ann Arbor from Iran in early 2016 and offers Reiki and Thai Massage out of J. La-Von Salon on Jackson Road in Ann Arbor.

She learned Reiki from an Indian Master in Iran and is focused on healing the chakras, which she said can help alleviate many physical conditions. While Reiki can be used for stress reduction and relaxation, she is most focused on improving physical health. Each person is different, she explained, and bodies react

differently to treatment, so the amount of time needed to heal a given condition can vary. She has had success, she said, in helping people with migraines, addictions, cataracts, weight loss, sexual problems, pain, asthma, acne, allergies, and even cancer. Some Reiki practitioners use light touch on some areas of the body, said Vakilian, but she keeps her hands an inch or two above the body when manipulating the energy. Since her practice is new and she is working to build a clientele, she is offering her services at low rates.

Maryam Vakilian can be reached at t_ala9@hotmail.com or (734) 263-8284. She is on Facebook at www.facebook.com/HealingHandsofMima110/?fref=nf. J. La-Von Salon is located at 5060 Jackson Road, Suite C, Ann Arbor, MI 48103. The phone number is (734) 263-8284.



Cathy Boaz opened Kokopelli's Korner in downtown Howell in January of 2015.

The store sells essential oils, herbs, teas, bath bombs, soaps, lotions, salt lamps, candles, statues, tarot cards, incense, crystals and more. Now 49 years old, Boaz said she knew in her 20s that she would own a spiritual shop called Kokopelli's Korner, and that she would be in her late

40s when she opened it. She has always been spiritually oriented, she said, with her first spiritual experience happening at three years old. Boaz offers free pendulum readings and smudging to visitors, and free tea is always available. She wants to connect with and lift the spirits of every person who comes in. The shop offers workshops and classes on topics such as Reiki, smudging, pendulums, herbs and oils, and even sacred cooking. Boaz feels that the shop is a calling, saying "I'm here to do the work I'm supposed to do."

Kokopelli's Korner is located at 111 E. Grand River Ave., Howell, MI 48843. The store is on Facebook at www.facebook.com/kokopelliskornerhowell. Cathy Boaz can be reached via phone at (586) 630-9323.



Dr. Andrew Gessert, D.C., opened Pivotal Chiropractic in Ann Arbor in mid-2016.

He provides "Specific Correction" chiropractic, which he described as a unique area of chiropractic focused on correcting underlying structural problems rather than just treating the symptoms of pain, inflammation, and decreased range of motion, which is often a temporary solution.

Gessert explained that when new patients come to Pivotal, they undergo a very detailed exam process. He examines the person externally through a 3-D structural assessment, and internally with digital x-rays. He also does a neurofunctional assessment and thermographic imaging of the neck. Once he understands the structural issues the patient is dealing with, he uses his hands to do corrections. There is no rapid rotational movement, he said. Gessert takes a "top-down" approach, beginning with the neck, which affects the entire spine. Sometimes problems that manifest lower in the spine are a compensation for problems in the neck, he said. The patient is set up to facilitate adjustment on specialized benches,

knocking or lying down. He uses firm, not rough, movements to perform corrections, then has the patient sit in a "zero-gravity chair" for about 20 minutes to allow the body to relax and the correction to stabilize. He then checks the patient again before they leave, and does more corrections if needed (though this is uncommon).

For people interested in learning about chiropractic and about Specific Correction in particular, Gessert offers a complimentary presentation on the first and third Thursdays of each month called the "Head to Toe Spinal Show." This is geared toward people who just want a little more information before scheduling a consultation. Gessert also offers a free 30-minute consultation to discuss the patient's issues, needs, and goals, and to determine whether Pivotal is a good fit for him or her. He said he doesn't do "hard sales," and there is no commitment if someone comes in for a consultation. If the patient and Gessert decide to go forward, he will schedule an exam, which takes 45 to 60 minutes. He will then hold a conference with the patient to discuss the recommended treatment plan, including frequency of corrections and any at-home measures. The goal, he said, is to get the patient to the point where he or she doesn't need correction anymore. So, a patient might come in for corrections twice a week for a period of time, then go to a "protection plan" or maintenance phase, where he or she would come in one to two times per month to be evaluated and receive corrections if needed.

Gessert said that chiropractic can help with all aspects of health, including allergies, the immune system, movement, sleep, aches and pains from activity, and more. He has been able to help people clear up problems they have had for long periods of time, such as one patient who had been suffering from severe headaches requiring daily medication for decades.

Pivotal Chiropractic is located at 905 W. Eisenhower Circle, #106, Ann Arbor, MI 48103. The website is www.pivotalchiropractic.com. Dr. Andrew Gessert can be reached at (734) 221-0362 or pivotalchiropractic@gmail.com.



Waterford-based Reiki practitioner and empath Kristen Schmitt launched www.spiritanchor.com in October 2016.

Spirit Anchor is a national website for metaphysical practitioners and those seeking metaphysical and spiritual services. In addition to promoting their businesses, practitioners can communicate through a member forum, where they can provide or seek advice and offer support to one another. In the retail section, visitors can search for practitioners in their geographic area, read articles about the various types of services, and shop for items, like angel and tarot cards, crystals, prayer bowls, salt lamps, and more. There is also a resource section listing metaphysical events.

Schmitt described Spirit Anchor as "a safe place for people to find quality information on all avenues of metaphysics and spirituality." She felt "divinely guided" to create the website last year. She had been living in California, exploring her own metaphysical and spiritual path, when she had the idea, bounced it off some web developers she had worked with, and decided to return home to Michigan to pursue it. It was important to her that the website be "inviting and professional," she said, in order to reach the most people and "not give people the heebiejeebies." Her goal is for the site to become the "number one online resource for all things metaphysical."

The site offers free and enhanced listing memberships for practitioners and is free to search and explore. Services include card readers and psychics, Reiki and other healing modalities, retreats, acupuncture, and naturopathic medicine, as well as training in these areas.

Spirit Anchor is located at www.spiritanchor.com. Kristen Schmitt can be reached at info@spiritanchor.com or at (248) 494-4044.



Ann Arbor native Courtney Blake started Mothers Own, a placenta encapsulation service, in July of 2012, three months after her daughter, Alice, was born.

On the advice of her sister, Blake decided to consume her placenta after her daughter's birth. Because her mother had suffered with severe postpartum depression and her sister

WHAT'S NEW IN THE COMMUNITY



Continued from page 17

experienced positive effects from the practice, Blake wanted to try it. Though she was skeptical, she had the hospital save her placenta, and her father shipped it in a cooler overnight to an encapsulation service in California. There it was preserved using a traditional Chinese method and returned to her in pill form in a few days.

Blake said before the pills arrived, she was crying for hours each night. Once she began consuming them, this stopped, and she felt she had more energy and was better able to enjoy new motherhood. In her research, she found that placenta consumption can “help prevent excessive bleeding and iron-loss, help the uterus shrink to its normal size, increase energy, help with insomnia, and increase milk production.” Practiced since ancient times by some cultures, and also by many animals, placenta consumption is not a new or unnatural concept. Blake explained that placenta contains hormones, stem cells, and nutrients that are tailored to the woman’s own postpartum needs.

After her experience, Blake was so convinced of the benefits that she decided to learn how to encapsulate placentas for others and bring this service to the Ann Arbor area. She offers the service using either raw or traditional Chinese-inspired methods. She also offers organic placenta smoothies immediately after birth. Mothers can choose which services they want after talking with Blake. She can also help women navigate “placenta plans,” which ensure hospitals avoid using chemicals on the placenta and place it on ice right away.

More information about Mothers Own is available at www.mothersown.org. Courtney Blake can be reached by phone at (734) 757-7381 or by email at mothersown@live.com.



Reiki Master Andrea Kennedy moved to Saline from Buffalo, New York, in 2015.

She has been practicing Reiki for over 20 years and started her business, Mainstream Reiki, in the summer of 2016. She practices out of Borer Family Chiropractic in Saline and is committed to bringing Reiki to as many people as possible, which is why she named the business “Mainstream.” Many people often view Reiki as a strange and unscientific practice, she said, and therefore they aren’t willing to try it. Science-oriented, Kennedy holds a B.S. in physics, so she aims to draw peoples’ attention to the scientific research surrounding Reiki. It is being used in some hospitals, and studies have demonstrated

faster healing after surgeries, less need for pain medication, and no harmful side effects. Kennedy also said that she is focused on healthcare and practicing Reiki in a healthcare setting to reach more people. Many practitioners use crystals and give off a “new age vibe,” she said, and while those things can be very positive, she feels it turns some people away.

Reiki, said Kennedy, requires no belief and does not involve religion. A concept in Eastern medicine, Chi or Ki, or life force energy, is used in a variety of practices, such as in acupressure and acupuncture. Reiki, she explained, is an amalgamation of the Japanese words for “higher power” (rei) and “life force energy” (ki). Reiki helps this energy to flow through pathways in the body that can easily become blocked or impeded by physical or emotional stress. The practitioner can use light touch or no touch to manipulate the Ki. One of Reiki’s benefits, said Kennedy, is that it is “intensely relaxing.” It can be used to help many different physical and emotional problems as well as general stress.

Kennedy is also a Reiki instructor and will be offering level I and II certification classes on January 28 and 29, 2017, 9:30 a.m. to 5:00 p.m. More information and registration is available online.

Mainstream Reiki’s website is www.mainstreamreiki.com. Andrea Kennedy can be reached by email at andrea@mainstreamreiki.com or by phone at (734) 664-2255.

**“What good is the warmth of summer,
without the cold of winter to give it sweetness.”**
— John Steinbeck



Maggie Perrone relocated to Ann Arbor from the Los Angeles area in May of 2016, bringing her spiritual business, Genuine Journeys, with her.

Perrone is a nurse with over 25 years of experience, and in 2008, earned a master of arts degree in pastoral ministry. Her full-time work is in oncology, administering chemotherapy and giving psycho-social counseling to cancer patients. Genuine Journeys, which she started in 2008, is about helping others “create sacred space.” She offers a wide variety of experiences, from one-hour talks to full weekend retreats, giving people tools to cope with everyday stresses. Additionally, Perrone is a Veriditas-certified Advanced Labyrinth Facilitator, and she uses the

labyrinth in a variety of ways in her work.

According to the Veriditas website, “The labyrinth is a walking meditation, a path of prayer.... It has only one path that leads from the outer edge in a circuitous way to the center. There are no tricks to it and no dead ends. Unlike a maze where you lose your way, the labyrinth is a spiritual tool that can help you find your way.” Perrone explained that the tools of the labyrinth can be used by people of any faith or no faith, and that it is “about coming to terms with yourself.”

She also emphasized that through this work she can help people “bring the spiritual into a really practical and plain place.” Within the labyrinth, she said, there is one path into the center and one out, by retracing one’s steps. She said that it is a metaphor for life. People can walk the labyrinth (locally there is one at St. Joseph Hospital and one at the Matthei Botanical Gardens) or use finger labyrinths. They can “bring a question, thought or intention, or nothing,” she said. The labyrinth can be used for “grief, meditation, contemplative prayer, to answer a question, and more.” Perrone has used this unique type of walking meditation to help people deal with chronic illness and pain, post-traumatic stress, caregiver fatigue, issues with being a woman in a sometimes misogynistic culture, and difficulties in discovering one’s own unique gifts and calling.

Perrone is working to bring her offerings to individuals and groups in the Ann Arbor area, her new home. Her work with the labyrinth can be adapted to many different needs, and she said the tools she teaches make it clear how to take them home and begin a personal practice.

Genuine Journeys is online at www.genuinejourneys.com and www.facebook.com/genuinejourneys. Maggie Perrone can be reached by email at maggie@genuinejourneys.com or by phone at (805) 750-2992.

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Please note that the “What’s New” column is an editorial (not paid-for advertising) feature of the Crazy Wisdom Journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the “What’s New in the Community” column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What’s New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (May through August 2017) is March 1, 2017.

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Jan 27-29th YIN with LYNN
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Led by Lynn Baum (www.yogawithlynn.com)

**Feb 04, 6:30-10:30 pm Breast Cancer
Workshop & DJ Party - \$35**
 Celebrate World Cancer Day
 with this informative workshop & celebration of life!
 Led by Breast Cancer Warrior in Pink DINA Sheldon
 (www.amazonyoga.net*)

April - TBA Meet the Artist & Yogi Event
 Join us for the blending of art & yoga in
 this creative evening of art, music, and movement.
 Led by Carter, artist, yogi, filmmaker (onecarter.net)

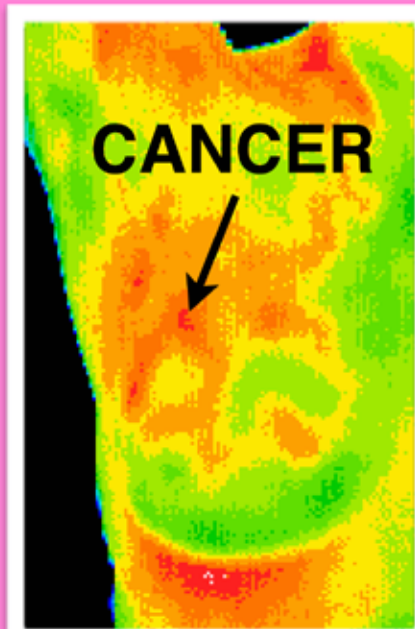
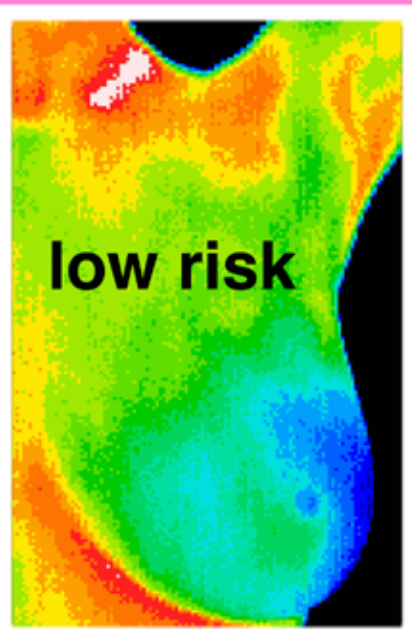
*C2 Classes: DONATIONS WELCOME 4 Weekly classes supporting local Non-profits!

Monday	Classes	Teacher
9:15 - 10:30AM	Vinyasa (Preferably no Beg.)	Sandra
10:00 - 11:00AM	Vinyasa: Yoga Foundations (Great for Beg.)	Martina
6:00 - 7:15PM	Heart-Centered Hatha Yoga	Carter
7:15 - 8:15PM	Gentle/Restorative Yoga	Natasha
7:30 - 8:45PM	Vinyasa	Carter
Tuesday	Classes	Teacher
9:15 - 10:30AM	Vinyasa	Rachel P.
9:30 - 10:30AM	Hatha	Carter
10:45 - 12:00PM	Gentle Flow Yoga	Sarah
11:00 - 12:00PM	C2* FREE Community Yoga: On-a Flow Vinyasa	Ana
6:00 - 7:00PM	NIA	Megan S.
7:15 - 8:30PM	Vinyasa	Wendy
7:15 - 8:30PM	Pre-natal Yoga: Mommy Time	Lisa T
Wednesday	Classes	Teacher
9:15 - 10:30AM	Heart-Centered Hatha Yoga	Carter
9:30 - 10:30AM	Vinyasa: PrAna Vinyasa Inspired	Ana
10:45 - 11:45AM	Beginning Yoga / Hatha Fundamentals	Ouafa
11:00-12:00PM	NIA	Ana
5:45 - 7:00PM	Vinyasa: Movement Flow	Natasha
6:00 - 7:15PM	Ashtanga Fundamentals: Primary Series	Wendy
7:15 - 8:15PM	Hatha Flow	Sarah
7:30 - 8:45PM	Hatha: YIN Inspired & Meditation	Dina
Thursday	Classes	Teacher
9:00 - 10:15AM	Gentle Yoga & Meditation	Dina
9:15 - 10:30AM	Vinyasa: Classical Yoga (Preferably no Beg.)	Samantha
6:15 - 7:15PM	Vinyasa: Moment Flow	Lisa W
7:15 - 8:30PM	Vinyasa	Jo
Friday	Classes	Teacher
9:15 - 10:30AM	Vinyasa	Wendy
9:30 - 10:45AM	Pre-Natal Yoga: Mommy Time	Lisa
12:00 - 1:00PM	Vinyasa: PrAna Vinyasa Inspired	Sarah
5:30 - 6:30PM	C2* FREE Community Yoga: On-a Flow Vinyasa	Ana
Saturday	Classes	Teacher
8:00 - 9:15AM	C2* FREE Community Yoga: Ashtanga	Self-led
9:15 - 10:30AM	Vinyasa	Rachel P.
11:00 - 12:15PM	Hatha: Traditional Yoga (All levels)	Natasha
Sunday	Classes	Teacher
9:00 - 10:15AM	Heart-Centered Hatha Yoga	Heather
9:15 - 10:15AM	Hatha: Yoga Foundations (Great for Beg.)	Carrie
10:30 - 11:45AM	Pre-Natal Yoga: Mommy Time	Heather
10:30 - 11:30AM	NIA	Megan S.
4:30 - 5:30PM	C2* FREE Community NIA: NIA	Ana

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CRYSTA GOES VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.

1

Discussing Spiritual Counseling with Lauren Tatarsky

Having lived in the Ann Arbor area for six years now, I've occasionally seen listings for spiritual counseling. *What exactly is spiritual counseling?* I've often wondered, imagining a minister or

rabbi, images from my childhood. It turns out ordained individuals are referred to as "pastoral counselors," and a "spiritual counselor" can be a person of any or no religious background.

I recently sat down with Ann Arbor-based spiritual counselor Lauren Tatarsky of Inspired Life Counseling to learn about spiritual counseling and discuss her practice. Per her website, Tatarsky's "training includes therapeutic theories and techniques found in Transpersonal and Spiritual Psychology, specifically Psychosynthesis, Focusing, and Somatic Experiencing."

Tatarsky enjoys all forms of the spiritual experience. "I have a long history [of study] in Eastern meditation and Eastern religion. I also studied a lot of tarot and the paranormal, and my thesis was on after-death communication," she said. She welcomes people to share experiences that others may find unbelievable, such as visitations from loved ones who have died.

Tatarsky herself has had experiences one might call paranormal or supernatural, some while working in hospice care. Once while sitting by a patient's bedside, she had the persistent image in her head of a little boy. "I felt his presence," she explained, "and his image came to my mind. And it was really strong and clear!" She mentioned the boy to the patient's daughter, and the patient's daughter explained that her mother had had a brother who passed when he was five who fit that description.

Tatarsky feels what really set her on her spiritual path was the strong feelings of her father's presence throughout her life. (He passed when she was nine years old.) "I would be having a moment where I was really sad, and I could just feel him and know he was there," she said.



Tatarsky welcomes people to share experiences that others may find unbelievable, such as visitations from loved ones who have died.

She attended "a really special school," the Institute of Transpersonal Psychology, now re-named Sofia University, in Palo Alto, California. "I got my master's in Spiritual Guidance.... We had courses on transpersonal psychology, but then we also had courses on things that were really about spiritual development ... what it means to grow spiritually."

In her capacity as spiritual counselor, Tatarsky helps people learn to "experience the fullness of life" and be more engaged with their own lives and spiritual growth. This can involve "what they want out of their life, their meaning, and their purpose. So it could be in the form of a job, or in the form of a partner, to the extent of exploring the occult." Whatever one needs or is seeking, she is honored to walk with them.

In addition to working one-on-one, Tatarsky leads transformational workshops, ceremonies, and rituals. She has also been a Hatha Yoga teacher since 2010. If meeting in person is difficult or uncomfortable, she offers sessions via Skype or FaceTime. She also hates to turn people away over an inability to pay, so offers a sliding scale option for those in need.

Learn more about Lauren at inspiredlifecounselinga2.com. She can be reached at (303) 875-8290 and inspiredlifecounselinga2@gmail.com.

2

The Healing Properties of Essential Oils with Allegra Miller

When I first spoke with Allegra Miller, I was struck by her

knowledge, confidence, and desire to help others heal. I asked if she would describe herself as a wellness coach. She answered, "Plant Wisdom Educator and Wellness Advocate is a more fitting description. I focus on educating and empowering others to utilize natural solutions in a context that encourages them to become stewards of their own wellbeing."



Smell is the quickest way to affect mood.

Now a full-time wellness advocate/leader for dōTERRA, creators and distributors of certified pure therapeutic grade oils, Miller was once "a driven pre-med student at [the University of Michigan]" when "a series of eye-opening healing opportunities pushed me to see the power of natural solutions in elevating all levels of wellbeing. I had grown up using high caliber essential oils and, later, worked with some of the world's finest oils during naturopathic training and work." As for right now, "I am particularly passionate about contributing to workplace wellness programs and partnering with other practitioners to implement these natural solutions into their practices."

One of the reasons Miller promotes dōTERRA over other brands of essential oils is that they "have a good relationship with the FDA" and strive to "stay FDA compliant." They also utilize what they call Co-Impact Sourcing, which is, according to their website, "an initiative that seeks to develop long-term, mutually beneficial supplier partnerships while creating sustainable jobs and providing reliable income in underdeveloped areas." As Miller pointed out, many of the sources for essential oils are grown in developing countries, an opportunity for exploitation to the unscrupulous.

Miller was once "a driven pre-med student at [the University of Michigan]" when "a series of eye-opening healing opportunities pushed me to see the power of natural solutions in elevating all levels of wellbeing."

When it comes to using essential oils for healing, Miller explained that we take in oils in three ways: aromatically (smelling), internally (ingesting), and topically (putting it on our skin). How it's used depends on the oil, which a person like Miller would help guide in.

A person seeing Miller for the first time would "start with an oil experience," meaning they would be introduced to some sample oils and their general uses. "Lavender is good for burns," she offered as an example, and to "communicate from one's heart."

Next, they would "talk about primary wellness concerns," such as chronic pain, allergies, or sleeplessness, just to name a few. Suggested therapies "can consist of essential oils and supplements" or pro-biotics and proper nutrition. Miller "focus[es]

a lot on balancing the three brains: head, heart, and gut,” which are “very important for balancing the whole person.”

She also stresses “work[ing] with the medical system” in a way “that doesn’t give away one’s autonomy.” She wishes “to educate and empower people to become their own wellness advocates.” Some people, like myself, find taking medication difficult due to harsh side effects, and essential oils could be a fitting alternative treatment under the right supervision. And as real estate agents long ago discovered with cookies, “smell is the quickest way to affect mood.”

Talking with Miller, I found the potential uses of essential oils to be boundless and compelling! I look forward to learning more.

Find Allegra online at mydoterra.com/allegramiller/. Also reach her by phone at (734) 260-3910.

3 A Brief Introduction to Lomi Lomi with Stefani Colbourne

Is deep tissue massage too painful? Is Swedish massage just not doing the trick? Have you tried lomi lomi?



Lomi lomi (or just lomi to some) is the term for traditional Hawaiian massage, and it looks different from the other massage styles most people are accustomed to. It actually reminded me of tai chi with its fluid, dance-like movements when local lomi practitioner Stefani Colbourne showed me a video at her cozy studio in Saline, Michigan, Crescent Moon Healing Arts.

In fact, learning lomi starts with a dance. As Colbourne explained, “When one first learns lomi, they learn the dance first. It’s called the Flying Meditation, and that’s the prerequisite for you to learn the massage.” It centers the practitioner in the moment and in the space. They reflect on “what’s going to be shared, what’s going to come up, how am I able to serve [the client], how am I able to guide them?”

With its long, flowing strokes, lomi covers the entire body, front and back, foot to crown, including the face and up into the hairline. This is why most traditional practitioners prefer clients to be unclothed and do not use a massage sheet, though, Colbourne emphasizes, it is all about the comfort level of the client. (One man she worked on wouldn’t even take his glasses off!) “There’s a lot of tummy work,” she said, an area of the body many people aren’t used to having touched.

Colbourne told me that a mantra of lomi is *love the being on the table* — “no matter who they are or where they came from,” she said. Lomi is about loving and nurturing. (One of the alternate names for lomi lomi is “Loving Hands” massage.) This is in keeping with the concept of *aloha*, which translates to compassion, peace, love, and so on.

“When one first learns lomi, they learn the dance first. It’s called the Flying Meditation, and that’s the prerequisite for you to learn the massage.”

Given its nurturing and cleansing nature, I asked Colbourne if she has had people cry. “Oh yeah,” she answered. “Some people don’t even realize they’re doing it.” She doesn’t mind. Lomi removes blockages in the body’s flow of energy, which can be emotional! If they want to talk about it, she said she is there for them, and if they don’t, she won’t say anything either, affirming again that she is there to facilitate healing.

For most of its history, practicing lomi was kept private between certain Hawaiian families (styles vary by island and families), and it’s only relatively recently that outsiders have been allowed to learn. It could incorporate hot stones and plant medicine into the healing, as well as drumming and prayer.

Not being Hawaiian herself, Colbourne is very aware that what she practices is from a different culture. She tries to honor and “maintain the integrity” of the tradition by being true to how she was taught. She acknowledges that there are people out there claiming to practice lomi who have not properly been trained. “Watching a YouTube video doesn’t cut it,” she said wryly.

If you would like to experience lomi lomi, contact Stefani at (734) 846-9949 or crescent.moon.lomi@gmail.com.



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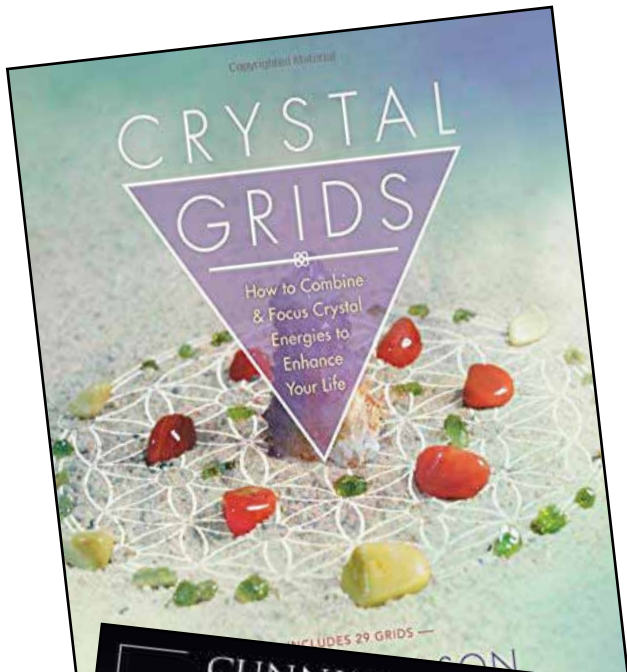
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* Read more about Dr Rose's work in Issue 64 of
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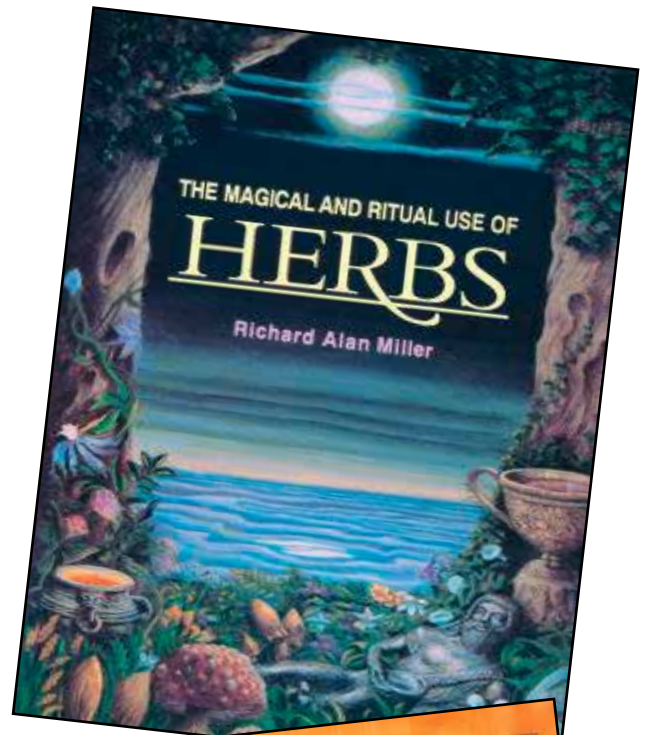
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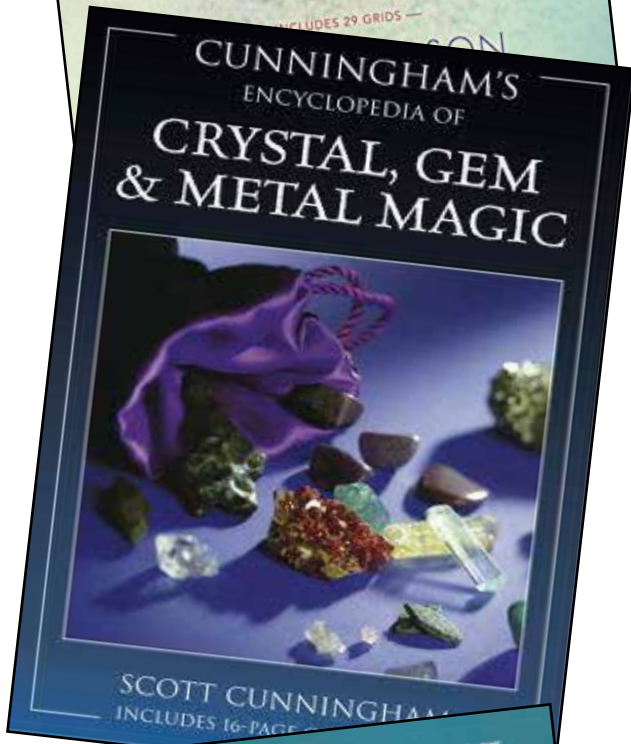
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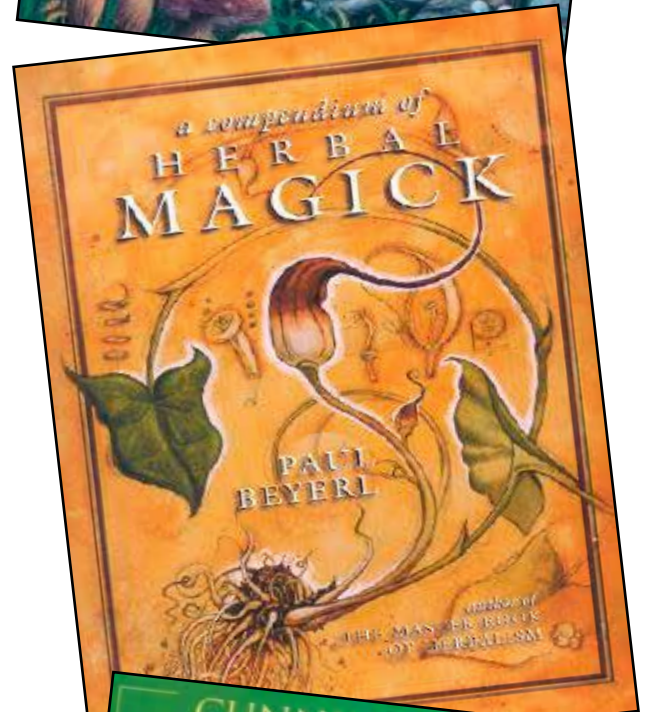


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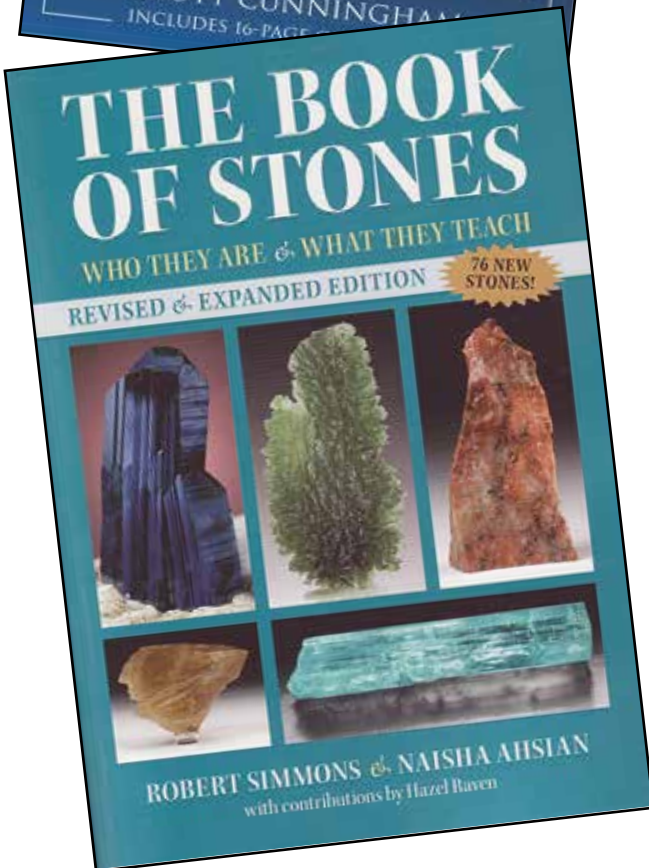
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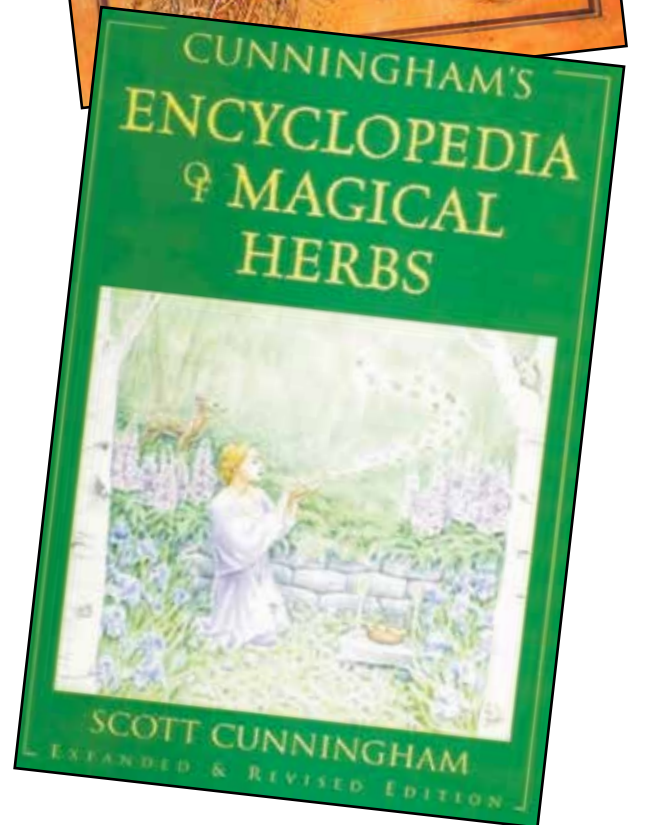


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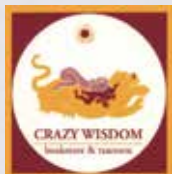
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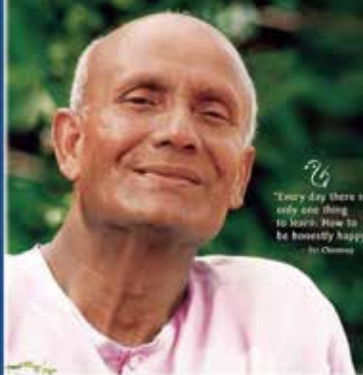



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Leaps of Faith

Tales of Local Businesses

This is part of a series of articles we've been doing on local business owners and their relatively newer businesses. As the economy in Michigan has struggled over many years, there are still brave souls who have taken the leap of faith to open their own businesses here. What follows are personal profiles of two businesses that are thriving despite the odds.

By Mary Runser
Photos by Susan Ayer

Ann Arbor Seed Company — Sowing Seeds of Goodness

Ann Arbor Seed Company
Eric Kampe
P.O. Box 3382
Ann Arbor, MI 48106
eric@a2seeds.com; www.a2seeds.com

Eric Kampe, owner of Ann Arbor Seed Company, grew up in Shelby Township, a suburb of Detroit, without a background in farming. "There was some farming in my grandparents' generation, but that's true of nearly everyone," he said. Before venturing into the life of a farmer, or perhaps gardener would be a more appropriate description, Kampe was an engineer with a computer engineering degree from the University of Michigan. "The engineering work I did was good and it was mentally engaging.... But I had this idea that I could do something with a better environmental impact; something that allowed me to work with my hands."

While living in Boulder, Colorado, Kampe began volunteering at organic farms and got swept up, falling in love with growing, farming, and gardening. Taking a leap of faith, he left engineering and began working full time at Abbondanza Organic Seeds and Produce, an organic farm outside of Boulder owned by Richard Pecoraro, who became Kampe's mentor.



"The engineer side of me likes the challenge of agriculture, and seeds, in particular," Kampe explained. "Every crop is its own puzzle, but you work at it, and it can drive you crazy because it can take years to really figure it out."

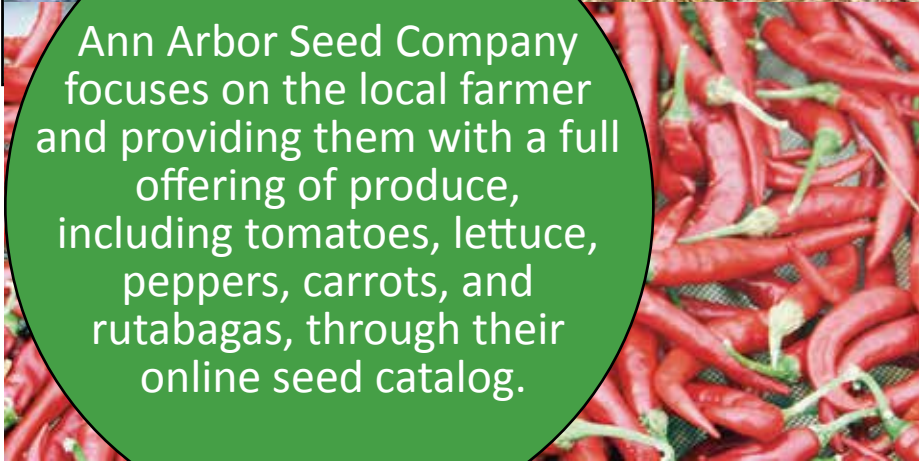
"It was luck that [it] was also a seed saving farm," Kampe said. Once the field manager for Seeds of Change (now a national seed company), Pecoraro had been doing seed work his whole life. "[While] growing produce for farmers' markets and CSA's (Community Supported Agriculture), restaurants and groceries, he was also selling seeds he had saved himself. He was doing direct pack sales, like what I'm doing [now], and also he was a contract grower, so bigger companies like Seeds of Change would buy from him."

"The engineer side of me likes the challenge of agriculture, and seeds, in particular," Kampe explained. "Every crop is its own puzzle, but you work at it, and it can drive you crazy because it can take years to really figure it out." If you make a mistake, you can't fix it immediately; you have to wait for another year before you can try again. "But it's really rewarding when you get it right."

After four years in Colorado, Kampe and his wife moved back home to Michigan, where he hoped to become a grower and seed saver. The seed saving aspect is unique because not many people do it in this area. It's a time consuming effort for the small farmer who doesn't have the large combine to do the work of harvesting, separating, chafing, and winnowing seeds for sale and later planting. A small farmer, like Kampe, can't afford the cost of such machinery, but Kampe feels "it's something important that [he] can share."



Eric Kampe & Meredith Kahn at the HomeGrown Festival



Ann Arbor Seed Company focuses on the local farmer and providing them with a full offering of produce, including tomatoes, lettuce, peppers, carrots, and rutabagas, through their online seed catalog.



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It's more convenient and less time consuming to go to the nearest grocery store and purchase the items we once went to the garden to pick. But that convenience has distanced us from the freshness and flavor of food the way it's meant to be experienced, allowing hybrid (non-GMO) and genetically modified fruits and vegetables to saturate the market.

"People aren't as attached to or as interactive with agriculture and food as we once were," Kampe explained. It's more convenient and less time consuming to go to the nearest grocery store and purchase the items we once went to the garden to pick. But that convenience has distanced us from the freshness and flavor of food the way it's meant to be experienced, allowing hybrid (non-GMO) and genetically modified fruits and vegetables to saturate the market. There are many varieties of heirlooms, each with a certain flavor, color, or other appeal, and are not meant to be grown in mass quantities, so we've lost a number of them over the years, some that have been around since the end of World War I. Kampe grows several varieties and species of heirloom produce. "I can't save them all," said Kampe, "but I can keep some of them going for a while, and that is a good feeling."

Ann Arbor Seed Company is currently finishing its fourth growing season. Kampe said, "I've made lots of mistakes and killed many plants... but I think I'm figuring out a lot about agriculture and growing as I go along." He knew that he couldn't succeed in building a successful business and make a profit in any quick manner. "I'm only able to do this because my wife has a good job as a librarian at the University of Michigan, and she's supportive of this mission. It takes time to establish a seed farm because you can't grow your entire crop every season. It takes several seasons to work the bugs out."

Ann Arbor Seed Company focuses on the local farmer and providing them with a full offering of produce, including tomatoes, lettuce, peppers, carrots, and rutabagas, through their online seed catalog. Though their main focus is growing for seeds, Kampe and his co-worker Stacy have had a fair amount of success selling their produce at Argus Farm Stop, Green Things Farm, the Farm at St. Joe's, and various local restaurants, such as the Grange and Juicy Kitchen. They also take their produce and seed racks to the Kerrytown Farmers' Market, and their seeds are available for sale in various retail locations throughout the Ann Arbor and Detroit area. "We have a great online seed catalog as well," Kampe said.

If you are interested in growing your own food and getting back in touch with the fresh, delicious taste of homegrown produce, try ordering some of Ann Arbor Seed Company's heirloom tomatoes and lettuce seeds or some Jimmy Nardello peppers online, or pick them up at a local retailer, and discover what you've been missing.

###

Feature continued on page 30

Leaps of Faith

Tales of Local Businesses

Feature continued from page 29

Vintage Village and Renovatio Woodworks —

Local Artisan Breathes New Life into Old Wood

Vintage Village and Renovatio Woodworks
12290 E Old US Hwy 12, Chelsea, Michigan 48118
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“My grandfather was a beekeeper, and one day, while he was separating some honey from the beeswax, he handed a little pile of wood, some nails, and a hammer to my brother and me and told us to build something and stay out of the way,” Matthew Millar of Vintage Village and Renovatio Woodworks recalled. He’s been working with wood ever since.

Millar lived in Northville, Michigan, until he was nine years old. He spent his junior high school years in Birmingham; Brighton for high school; and after that he joined the Navy. In the beginning, Millar taught sailing classes on Midway Island, and later was aboard a ship out of Alameda in the San Francisco Bay Area for three years. “I eventually made my way back toward the Ann Arbor area because I thought that out of all the cities I saw, Ann Arbor was just as cosmopolitan a city as any. So, I ended up settling here in Chelsea.”

While Millar has an associate’s degree from Washtenaw Community College and a bachelor’s degree in Technology Education from Eastern Michigan University, most of

“Most of what I’ve learned has come from taking furniture apart to see how things were built from the late 1800s all the way through the 1950s and 1960s. And so a lot of the woodworking techniques I employ for the furniture I build are old world style techniques.”

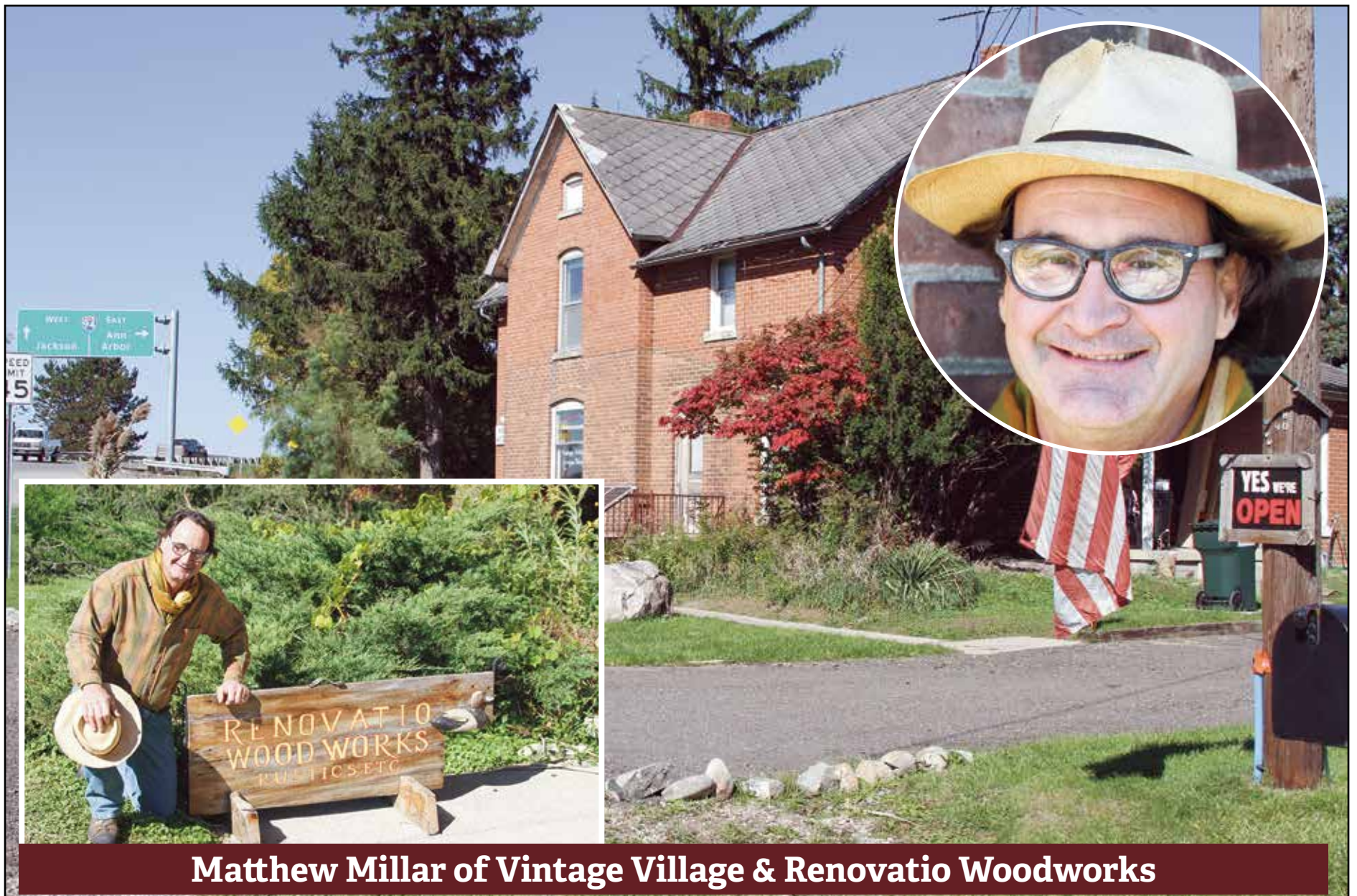
– Matthew Millar,
owner and woodworker

his formal wood-working training has come through hands-on experience with other woodworkers and contractors. “Most of what I’ve learned has come from taking furniture apart to see how things were built from the late 1800s all the way through the 1950s and 1960s. And so a lot of the woodworking techniques I employ for the furniture I build are old world style techniques,” he explained. By old world style, he means simple, strong construction versus “fanciful construction with sophisticated joinery.” Mid-century Modern is his favorite style, with flared legs and funky Space Age shaped components.

Millar credits much of his technical education and improvement in wood working to Bruce Simon of Simon Construction Company out of Bend, Oregon. “He helped me to start thinking more precisely about my cuts and joints, and about keeping within the tolerances.” When you’re working on such projects, the details matter. “I worked with an old Swedish Carpenter in Grand Rapids and learned from him that the simplest way is the best way. I was very impressed, not only with the way he did carpentry, but with the way he did life and treated people.”

One day, while working in the woodshop in the bottom of a barn, Millar looked around and noticed how beautiful the rustic wood was, the way the light hit it, the different tones it took depending on the stage of finish it was in. He reclaimed a beautiful wide piece of wood from the burn pile and turned it into a wine rack that went to a restaurant in Indiana.

“Sometimes it’s an area on a board where a horse chewed on it, and that becomes a part of the character of the wood,” he said. He aims to deliver that story in all his furniture. All the wear and tear and nail holes are a representation of the history and the life of the wood. For Millar, it’s all about embracing and sharing that complexity with people who appreciate this natural element. “I just love wood. I almost hated opening up the doors of the shop this morning because the whole place had the wonderful aroma of some cedar I’d cut last week.... It was like aromatherapy to anyone who came through the shop.”



Matthew Millar of Vintage Village & Renovatio Woodworks



One day, while working in the woodshop in the bottom of a barn, Millar looked around and noticed how beautiful the rustic wood was, the way the light hit it, the different tones it took depending on the stage of finish it was in.





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All the wear and tear and nail holes are a representation of the history and the life of the wood. For Millar, it's all about embracing and sharing that complexity with people who appreciate this natural element.

In the past few years, several young apprentices have sought Millar's help and worked under his guidance. "I always try to convey to them about feeling, understanding the wood, and the process of working with it to bring it to a point where the finished product will tell a story and convey a personality and feel," Millar explained.

We were privileged on the day we spoke to be joined by an unexpected and thoroughly delightful guest. His name was Bruno Koper, a Frenchman by birth, a retired professor and artist by trade, and a bicyclist by choice. Koper found Vintage Village by chance as he was riding his bike down Michigan Avenue. He'd flown from Paris, France, to Ontario, Canada, to visit with a friend, and was now in the process of riding from Ontario to Chicago to visit another friend. After learning that Koper taught art history, and particularly classes in poster art, Millar showed him a framed poster he had in the store. Koper was excited when he recognized the name of the artist.

"And welcome to Vintage Village," Millar said after Koper left us. "This is part of the normal experience here."

In the nine months that Millar has been in both the wood shop and the retail space, sales have nearly tripled since its first soft open above the Barbeque 52 in downtown Chelsea. "With this new visible location, we're slowly and steadily becoming known to people. Steady, slow growth is what I prefer," Millar said.

Take a drive out to Vintage Village and Renovatio Woodworks and make a new friend in Millar, peruse Vintage Village, with its offerings of fine art, handmade soaps, photography, beeswax candles, handbags, funky lamps from repurposed vintage metal, select antiques like a Victrola phonograph and trendel sewing machine, and its freshly roasted whole bean Roos Roast coffee and Mindo Chocolates. Before long you'll find you've become part of the family. Millar also likes to keep things fresh, so if you're an artist from Michigan, he would love to talk to you about sharing your Michigan art and artisanal goods with the world via Vintage Village.

###

Making it in Ann Arbor



Pink Castle Fabrics ~ A World of Creation and Joy

By Kirsten Mowrey

Last issue, *Crazy Wisdom* profiled *Maker Works*, a local business offering space, tools, and teaching about woodcraft, metalworking, and other hands on skills. This issue, we are profiling another business offering space, tools, and teaching, but in a very different medium. Pink Castle Fabrics has a small retail space on the West Side of Ann Arbor, and may seem modest to outsiders. But with a global reach through their online community, retreats, and Instagram feed, Pink Castle Fabrics invigorates and innovates in a uniquely modern format.



Entering, my eyes drink in the vibrancy on the shelves, each an explosion of color and softness.

Pink Castle Fabrics sits in a plain building behind the main post office on Stadium, adorned with a small sign. Primarily an online retailer of modern patterned quilting fabric, their physical space is modest yet appealing. Entering, my eyes drink in the vibrancy on the shelves, each an explosion of color and softness. Silky deep magenta fabric with gold circles, gossamer thin lawn fabric popping with pink and yellow crocuses, textured vibrant orange canvas with a tracery of the periodic table in yellow. The inventory is small and selective, and I note that the quality and variation exceed what I have seen elsewhere. This clearly isn't your grandmother's quilting style. Brenda Ratliff, co-owner of Pink Castle Fabrics, agrees.

It's definitely grown, especially with the modern stuff. There's a modern quilt guild out there now. We have one in Ann Arbor that I founded four and a half years ago, before we started our shop. Quilt guilds have been around for a long time, but the more modern national guild has grown over the last five years to international status, and they have a juried show.



This clearly isn't your grandmother's quilting style.

Ratliff, a woman in her early 30's with a sleek cap of light brown hair, greets me in the retail area and guides me into the back room. There I meet her husband, Jason Elliott, who manages the finances for Pink Castle Fabrics, and their son, David, who is busy coloring at his desk. We seat ourselves near David, while other employees move back and forth on their way to errands between the front retail area and the office areas behind.



Brenda Ratliff, Co-Owner Pink Castle Fabrics

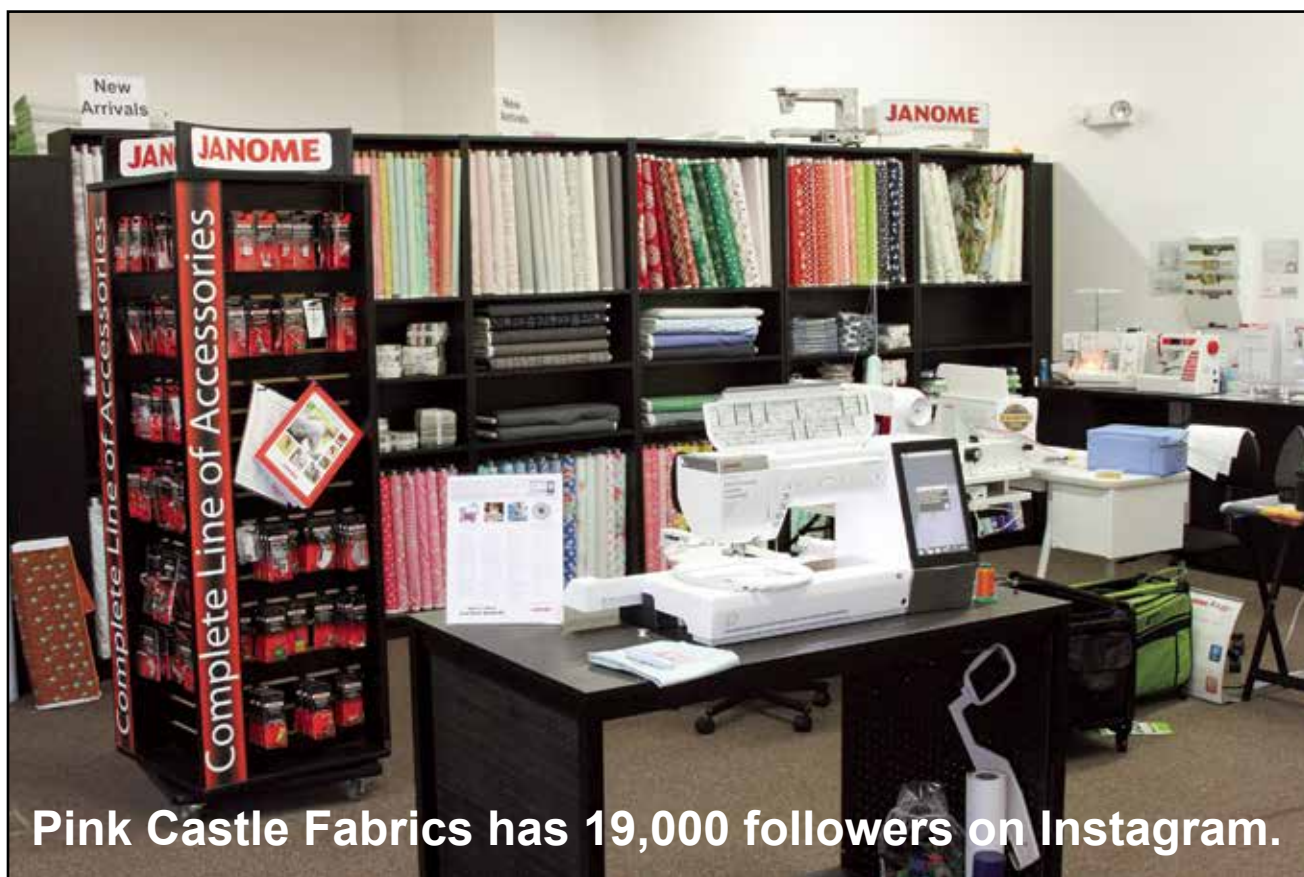
Pink Castle Fabrics began as an online store four years ago, two years after Ratliff began quilting. She had been working with a business incubator in Detroit called Bizdom, when she explained:

David was born with a heart condition, so I wasn't able to move forward with it. I tried to get a corporate job, but it's hard to get back into work when you've been away, even for a few months. I learned to quilt from tutorials online. My mom and my grandma both sew, but they sew garments, neither one of them quilt. So I knew how to use a sewing machine...I knew just enough to be dangerous! [she laughs]



Pink Castle Fabrics began as an online store four years ago, two years after Ratliff began quilting.

Elliott went to art school, focusing on 3-D animation, and did graphic design jobs and 3-D modeling for Daimler before moving over to Pink Castle Fabrics. Ratliff's degree is in sociology, but she also went to school for marketing.



Pink Castle Fabrics has 19,000 followers on Instagram.

[The] only reason our business is so big is because of the marketing we do. I'm an early adopter on social media. In 1995-96, in high school, chat rooms were just beginning, and I would skip class to chat. Lots of quilters [are] on Instagram. We've got 19,000 followers on Instagram.

After opening online in February of 2011, Pink Castle Fabrics held their first sewing retreat in December that year. The retreats have grown to 200 people, are held twice a year, and sell out months in advance. They opened their first physical space in 2013 near the airport, but have since moved to Federal Street off Stadium Blvd. Given their origins, I asked them what differences they noticed between an online community and a physical one.

"It's very different," Ratliff began, "like two separate businesses, with online being very visual, using Instagram, Facebook. With social media you get instant feedback. Manufacturers and designers inform the community as a whole of different fabric and lines, so online buyers know what they are looking for months ahead of time." Comparatively, with the in-store customer, "They

have a purpose or project in mind when they come in; it's a different type of buying. They are tactile buyers, they need to see what it looks like. On the computer screen color shows different. We are getting the hang of both." Physically, "We do better with our retreats, which are a great way to learn, but they aren't as often."

Explaining the sewing retreats, Elliott offered:

We call it Glamp Stitchalot. It's just like actual summer camp. I was there at the end of the retreat, helping them tear down and taking stuff back to the shop, and a couple of the campers were like, 'Is it done, do we have to leave now?' They're sad to see everyone go and they are sharing addresses, they all wanted to keep in touch. We've got people coming to the retreat from all around the world.

"We had one lady, Sonia, she told me two years ago: 'My family doesn't get it, they don't understand how fun this is for me. I try to talk to them about fabric, about quilting, and they don't want to hear it. It's the first time I've found my people,'" said Ratliff. "It's cool to hear that, to see them making friends with each other and keeping in touch."



We've got people coming to the retreat from all around the world.

When I remark on the exponential growth that social media and online communities have had on crafting, Elliott replied, "It's a hobby you can do with your friends outside your house, even though you are staying home. Brenda and Dave can be in her sewing room, he's watching TV, and you," he gestured to Ratliff, "at the same time, are sewing and talking to your friends, who are sewing at their house with their kids." Ratliff joins in:

Or let's say you are working, this time of life, early 30's part of your careers, sometimes you have to work a lot. I have a friend, she is an attorney, she doesn't get a lot of time off, but when she does, she browses social media. It's worldwide. First thing I do when I get up is see what people have been doing overnight, in Australia and England, it's really cool to be able to see it. The U.S. is the biggest quilting country, but in Australia and England they do brighter colors. In Asia they do a lot of different substrates, they add in a lot more linen and lawn, they do small zaka projects, things for the home, a little basket. It's fun to see the different projects, the way it differs, and it doesn't really differ.

Ratliff continued:

In fact, lots of people like to do quilt-a-longs (a round robin quilt where everyone does a piece). Online, a quilt-a-long [happens such that] 'I'm going to make this pattern this day. If you want to join, with this hashtag, quilt-a-long.' It started three years ago with Scrappy quilt-a-long: use your scraps, use what you have, right after Christmas, [and] like 3,000 people were making that quilt that weekend. It got so big they wrote an article about it in *American Quilt Retailer* and other magazines. Really crazy. You can immediately start it. You can click on the hashtag and see what everyone else is doing. You can give them encouragement, you can ask a question and get an answer, especially if you've got the hashtag right there. It was really cool that that kind of thing started. Now people will do 'Saturday night sew along' and use the hashtag.


When I ask about the collaboration she witnesses within the community of her store and its retreats, her face lit up.

Continued on page 34





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Pink Castle Fabrics

Continued from page 33



Quilters are just nice people. With the quilt guild retreats, we meet once a month and there's a lot of sharing. If I'm stitching and my seams don't match, someone may say, 'Oh, let me show you a trick I do,' and there's a lot of that going on even when there's no formal instruction. I know in some crafts some people don't share what they learn, but this is not that type of community. With quilters, people are all about free content on their blog. If you have a question, they are very open about 'here's how I do this' because that helps everybody. I'm not going to steal your technique, it's just a technique.



When I remark on the exponential growth that social media and online communities have had on crafting, Elliott replied, "It's a hobby you can do with your friends outside your house, even though you are staying home."

Community is a tangible asset of quilting, but other, intangible benefits, also accrue. Elliott reflected, "I think some of it is so many people these days have jobs where they don't actually produce something. They have jobs where they work at a computer, or they answer phones. They don't make anything and this is something they can make." I noted that it also gives the fulfillment of completion, which causes Ratliff to sit up in agreement.



"With quilters, people are all about free content on their blog. If you have a question, they are very open about 'here's how I do this' because that helps everybody. I'm not going to steal your technique, it's just a technique."

—Brenda Ratliff,
Co-Owner Pink Castle Fabrics

Right, my email box will *never* be empty. I think that's a lot of it. I think the people who quilt now, some of them are women who went to college and have a degree and are used to doing something and now they are staying home. That's what happened to me. 'I have no idea what to do and I've gotta do something or I'm going to go crazy.' You have all of these intelligent people with time to do it and then, like you said [gesturing to her husband] there are other people who have these jobs they are never going to get to the end of and now they've got all these beautiful finished projects. I think people are missing out on trying out those types of things in school. We don't have the home economics requirement anymore. You aren't required to make your own clothes; don't know how to make napkins, or something that is really, really easy.



"I think some of it is so many people these days have jobs where they don't actually produce something. They have jobs where they work at a computer.... and this is something they can make."

—Jason Elliott,
Co-Owner of Pink Castle Fabrics

Elliott added, "Or what do you do when a button falls off?"

In the book *Shop Class as Soulcraft* (Penguin, 2010) philosopher and motorcycle mechanic Matthew Crawford muses on how his work in his motorcycle shop feeds and supports a different consciousness: how being able to do — to pack a ball bearing with grease properly and make a wheel function — creates a sense of agency and accomplishment in the wider world. Physical action then supports the nonphysical world of values: struggle, skill, problem solving, and completion. He argues that we need the trades — wood shop, home economics — more now than ever. Work is no longer one job until you retire; many of us will hold many different jobs over a lifetime and those jobs demand a different skill set. Flexibility and adaptability are skills in themselves, helping us to accommodate the changes in our workplaces, and, Crawford argues, can only be learned through doing with the body.

When I mention Crawford's theory to Ratliff and Elliott, they both pause. "I don't think people think about that when they are going into it, but yeah, I'm definitely more confident after I've finished projects," said Ratliff. "I used to knit, and frogging your knitting is a sad thing; definitely easier to un-sew something than un-knit. With making a garment, it has to fit, but with quilting, sometimes you can just leave it in, that's a mistake but it's a design element now." Making also creates a different relationship to your objects. Ratliff explained:



My attitude definitely changed since I learned how to quilt and learned garment sewing. I'm definitely pickier about where I buy my clothes. I'm pickier about what I purchase, I want it to be a piece that will last a long time. It may be my age, but that's kind of a trend I see with a lot of people I know in the sewing community: less but nicer. [You] grow up, want a nicer couch. I think it's an important thing people should learn, is how long things take to make. Now there's like a big movement: who made my clothes? Like fashion exposed; the conditions of people working to make clothes for Walmart. I don't think people realize, until they start looking into it, just how long it takes to make clothing and quilts and these kinds of things, even to knit a sweater. I think in Ann Arbor we see this more than in some cities, where people are over-shopped.

"I'm pickier about what I purchase, I want it to be a piece that will last a long time. It may be my age, but that's kind of a trend I see with a lot of people I know in the sewing community: less but nicer."



**—Brenda Ratliff,
Co-Owner Pink Castle Fabrics**

Elliott added, "It's easy to throw away when you don't know where it came from." He also points out that it's hard to value something when you don't know anything about it. "People ask if you sell your quilts," he said, gesturing to Ratliff on the sofa. "It took a hundred hours, so I'll sell it for \$2,000, and people are like, 'You are crazy, I'll give you \$50 for it.' The raw materials cost more than that! But if something is mass produced, you don't know that." Ratliff added:

There are people that do appreciate quilting as an art form. And there are art quilters out there, they are a different skill set all together. The modern quilts are meant to be used. It doesn't mean they aren't pretty. That's a definite trend, people are like, 'I'm not making this to put on my wall, on my couch, but I want someone to be warm.' I probably have about 20 quilts in my living room.



Elliott related a story from their recent trip to Quilt Market, the major national event for quilting retailers, which emphasizes Crawford's theory. "We were walking with Sara, and she had made her dress and people are asking her, 'Oh, I like that dress, where did you get the fabric?' And we go outside the market and people are like, 'I like that dress, where did you buy it?' It's the same information, but a different question altogether." Ratliff finished the story, "As soon as they found out she made it, they were like," throwing her hands up in the air, "Forget it! Like, 'There's no way I could make a dress that beautiful.' She's 33! It's not like she's been sewing forever."

While quilting cotton is stiffer than garment fabric, the skills with sewing machines are versatile, allowing for cross-pollination and experimentation. "We did a dressmaking retreat in May 2015, which is a little out of my wheelhouse," commented Ratliff.

[Mostly] they all knew how to use a sewing machine. It was quilters who were trying garment sewing for once. A couple of the girls had never made a dress before, so we made a dress, a really big confidence booster. We focused on fit. It was kinda fun, we got to measure each other, find out what your actual measurements are and modify the pattern. We had a girl who was six feet tall — she had to lengthen it.

Who participates and comprises their community? "[The] age range, with retreats, I thought it would be my age [early 30's], but it's people who are older, they have the time, the means to go. It's harder for me to get away, I have a five year old," Ratliff said. Added Elliott, "It's not that the younger crowd doesn't sew though, it's that they don't have the time to go. It's a lot of new moms."

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Step into Who
You Really Are

Both express regret about the lack of gender diversity in the community. "If you are a male quilter, you are kind of instantly famous," related Ratliff, "because there aren't that many of them. In our society we look down at men who quilt, because they think it's women's work. I think there are a lot of men who would be interested; it's geometry, it's math, there's men out there who like that sort of thing but who won't do it because it's a women's thing." Elliott added, "Woodworking is not a popular hobby for women, and I think it's more accepted for a female woodworker than a male quilter."

Ratliff would love to see more men at the machine: "[It's] kind of sad, I wish there would be more men quilters. I think it would be really nice to have more men's take on it." She hands me her phone with a photograph of a white backed quilt with colorful triangles creating a circle, echoing the spectrum of visual light, and said:

One guy, his wife is an author and quilts in the U.K. He made this design, elaborate triangles in a curve on a computer, because that's his day job. And his wife taught him the skills to do it with cloth. He's taking math and making. These guys make really cool stuff. There needs to be more variety.

Propelling all of this — quilts, making, and creating — is joy. "Those ladies," said Ratliff, referring to the retreat goers,

are there to have fun, that's the thing. It's a happy occasion for all those people. It's a happy [craft], you think of quilts and you think of weddings, babies, birthday. Quilters do a lot for charity — do charity quilts for Mott Hospital and the VA.

"It's a very social hobby," added Elliott.

Ratliff continued: "When I say I quilt, people are like, 'Oh, that's nice, let's talk about the football game.' When they see what I actually do," her eyes open wide and she mimics surprise, "they are like, 'Oh, you don't just have a store on Etsy.' No, it's a legitimate business with employees and taxes." Elliott interrupts, adding, "I get that a lot, too, being a man who works in a quilt store. You always think of quilting as a grandma's hobby, not as a younger modern thing; the perception of what it has been in the past versus what it is nowadays. Then when my friends see the fabric, they are like, 'That's not so bad.'"

And the future? Elliott replied: "More exporting. Countries that can't get the fabrics that we have here and they see it through English speaking channels. Online, they are filling the need they have, but it's hard to help them finish the project if you don't have the tools." Ratliff, who debuted her first fabric line in 2015, said:

I'd like to expand to more than one physical place. More importing and add sewing machines into our shop. The Pink Castle empire. One reason our online shop is so successful is people who don't have a quality quilt shop, shop online. Quilting is a whole world. I'd like for people to at least have the knowledge of quilting, to gain appreciation, to see it come more mainstream.

Pink Castle Fabrics is located at 1915 Federal Boulevard, Ann Arbor, Michigan 48103. To see a calendar of classes and events, connect on social media, and browse their amazing collection of modern quilting fabrics, visit www.pinkcastlefabrics.com.





Dear Katie —
I have recently ventured out of my comfort zone to a new yoga studio, which uses a lot more Sanskrit. I love the way it sounds, but have found that not every term is explained. Though I often do look for context and ask questions, there is one in particular I am reticent about asking ... what is a Drishti point?

James P., Ann Arbor

Dear James —
To begin, congratulations! Trying out a new studio, or even a new instructor at your usual studio, can be a bit overwhelming as an effective yoga practice is largely built upon trust and understanding between instructor and student. For a trusting relationship to develop, the student should feel comfortable approaching the instructor with questions. But this usually takes some time. Or, you may find that your instructor chooses to explain a different term or principle in each class (there are so many!)

“Drishti” in Sanskrit translates to gaze or view. It is a technique used both in asana (postures) and meditation practices to focus the eyes. In Virabhadrasana II (Warrior Two), for example, we focus our gaze on the front fingertips.



WARRIOR II

“Drishti” in Sanskrit translates to “gaze” or “view.” It is a technique used both in asana (postures) and meditation practices to focus the eyes. In Virabhadrasana II (Warrior Two), for example, we focus our gaze on the front fingertips. By holding the gaze on this fixed point, we are able to allow the mind to focus and the breath and the body to work together to really get the most out of this posture. We also use Drishti points for engagement in balance postures. By fixing the gaze, we allow our focus to develop more fully and the body to open up into a space for stability.

Drishti also relates to Pratyahara, another aspect of yoga philosophy, which means withdrawal of the senses. One of the precursors to meditation is being able to switch off the senses in order to shift your focus

Namaste, Katie...

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, you'll find a variety of useful tips from local yoga instructor Katie Hoener.

inward. To help engage in meditation, we can practice Drishti-play, where we actually move our focus with the eyes closed! A common way to start is by bringing your awareness and focus to the tip of the nose, and then moving up to the space between the eyebrows. Only play with these when you are ready — it is helpful to first use Drishti while in an asana practice and gain confidence and comfort in that environment before incorporating it into your meditation practice.

Dear Katie —
I spent the warm months out and about hiking and enjoying nature. I am hoping to spend these winter months using yoga to connect internally in that same way, and I'd also like to maintain my strength. Any tips?

Libby T., Chelsea

Dear Libby —
Yoga is a great way to capture the serenity of nature inside the home or studio! As the practice of yoga teaches us, all the peace and serenity that we need lies within us; we simply need to take the time to connect with that space. So, whether you choose to practice at home or in a class setting, yoga is a great way to maintain strength and connect with your internal peace.

Standing postures are wonderful for maintaining leg strength over the winter months. A good posture for overall leg strength is Utkatasana (Chair Pose).



Chair Pose

Standing postures are wonderful for maintaining leg strength over the winter months. A good posture for overall leg strength is Utkatasana (Chair Pose). Some prefer the balls of the feet touching in their Utkatasana, and others prefer feet hip-distance apart. Feel free to try both to see which is a better fit for your body. With your foundation set, bend the knees, with the tailbone reaching back, as though you were moving backward to sit in a chair. Watch that the knees do not extend forward of the toes, in order to keep the ligaments of the knees safe. The arms can float up to shoulder height, shoulder blades reaching down the back, or the arms can continue to reach up in the direction of the sky. Maintain connection with the abdomen and allow the breath to be full. Stay here for a few breaths, perhaps sinking down a bit further with an exhale. When ready, use an inhale to float out of the posture and then exhale into an Uttanasana (Forward Fold Pose) to give the body space to relax. For leg strength, Chair Pose is a great place to start, and combined with other standing postures, you should have no problem keeping your legs fit over the winter months.

Dear Katie —
I've read about a few cooling/calming breath practices and, on occasion, have used them off the mat when feeling anxious. Is there a breath technique that I can use during the afternoons for my afternoon slump? A little pick-me up?

Kara L., Ann Arbor

Dear Kara—
Of course! There is a pranayama technique for everything! Should you choose to dive into the ancient yogic texts, there are breath techniques to ward off spirits, to aid in digestions, to clear the brain, to stoke desire — you name it, it exists. Of course, not too many of these have made it to our modern practice, and some practices have evolved to fit our current lifestyles (though they may still be practiced by some).

One beautiful heating breath I love when I need a little afternoon boost is Bhastrika Pranayama (Bellows Breath). Although you'll need a little space, and people may ask what you are doing, it is a quick way to increase blood flow and invigorate the breath through the body. Bhastrika can be practiced standing or sitting. Make light fists with the hands and bring them up to shoulder height. Keep the arms engaged yet light. On the inhale, raise the hands toward the sky, arms straightening, while keeping the shoulder blades grounded. The inhale stays at our regular inhale pace. The exhale will be quick through the nose, bending the elbows and returning the arms back in and close to the body, with hands near the shoulders again. Inhale nice and long, arms float overhead. Exhale quickly with sound, arms pull back to side. Repeat three to five times. Take a few breaths and see how you feel. If you feel like another round of three to five breaths, go ahead. This practice can be built over time to several rounds of 10. In the beginning we don't want to overdo it, as the addition of oxygen can leave us feeling lightheaded. Enjoy this natural boost!




Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings at Sun Moon Yoga in Ann Arbor. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send in your own yoga questions to katie@veraposeyoga.com.

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Sexual Health – The Sixth Vital Sign?

By Deepti Reddy, M.D., M.P.H.



Temperature, blood pressure, pulse, and respiration rate — these are the four classic medical vital signs. When one or more are out of range, we look for possible underlying pathologies like infections, cancers, and heart or lung conditions.

The four classic vital signs are objective measurements. However, in 1996, the American Pain Society introduced the concept of using subjective pain as a “fifth vital sign” to emphasize the importance of assessing and addressing this aspect of a patient’s experience. This awareness was particularly important to bring to an inpatient setting, such as a hospital, where it

wouldn’t necessarily come up. The designation of pain as a fifth vital sign prompted more discussion in inpatient settings between health providers and patients about this important, but ignored, concern.

Despite a general consensus that sexual health is an important marker of our vitality and wellbeing, it can be ignored in outpatient medical settings.

In the outpatient integrative medical clinic setting, if both parties have enough time and a good working relationship, most aspects of a patient’s experience get assessed and addressed in some way: pain, mood, weight gain, substance use, and almost any other physical symptom or disease process. Yet despite a general consensus that sexual health is an important marker of our vitality and wellbeing, it can be ignored in outpatient medical settings, just as pain assessment was overlooked in inpatient settings.

While providers may be comfortable talking with patients about some of the most intimate details of their bodies, the topic of sexual health is not often broached. Health providers’ reticence in asking about sexual health is understandable; many patients do not want to talk openly about their sex lives and may even feel offended when their provider brings it up. Also, there is often no need to broach the subject. Skilled integrative medical practitioners can bring many of their clientele back to health using their usual array of techniques. However, when an answer to a particularly difficult case is hard to find, it is worth seeing if there are factors like sexual health that are being left unaddressed.

The bio-psycho-socio-spiritual model of health has gained traction even in so-called conventional medical settings. This framework states that biological, psychological, social, and spiritual factors all play a role in any given disease process. What follows from this framework is the understanding that effective care addresses all of these components.

When sexual health is improved, reduction in pain symptoms, better sleep, and even enhanced immunity can be seen. Sexual health is an important aspect of wellbeing and, because it is often the most ignored, deserves special recognition.

The bio-psycho-socio-spiritual model explains why we see better control of a person’s diabetes when they reconnect with old friends, or why we might see low back pain significantly improve after a person has started a spiritual practice that resonates, or ended one that did not resonate. It can explain why we could see a cancer remission after someone has ended a difficult relationship. Conversely, it can explain why a rash might develop after someone starts a stressful new job or why a non-smoking adult might develop asthma after a loved one has passed away from lung cancer, due to unresolved grief.

Sexual health crosses the boundaries between biological, psychological, social, and spiritual domains, making its assessment an important tool in gauging overall health. For example, erectile dysfunction may be the first symptom to develop with the onset of diabetes or vascular disease. Or for some individuals, chronic abdominal pain may manifest years after being sexually assaulted. When sexual health is improved, reduction in pain symptoms, better sleep, and even enhanced immunity can be seen.

Sexual health is an important aspect of wellbeing and, because it is often the most ignored, deserves special recognition. For these reasons, perhaps sexual health should be thought of as a sixth vital sign. Would such a designation help clinicians remember to have more robust dialogue about this sensitive topic with patients? Identification of sexual health issues is complicated by several challenges. One is the task of simply defining optimal sexual health. Achieving an ideal weight or a reasonable level of depressive symptoms are difficult processes, but have identifiable goals. Optimal sexual health varies widely among individuals and within one individual’s life course. Even a permanent absence of all sexual activity can be a healthy choice. Given such variability, perhaps optimal sexual health can best be defined as “A level of intimacy with one’s own body and that of a partner’s that is satisfying to both and enhances overall vitality in the four health domains (biological, psychological, social, and spiritual).”

Perhaps optimal sexual health can best be defined as “A level of intimacy with one’s own body and that of a partner’s that is satisfying to both and enhances overall vitality in the four health domains (biological, psychological, social, and spiritual).”

Often, individuals may not feel there is a problem with their psychological, social, spiritual, or sexual health. In this case, the issue is “ego-syntonic.” An ego-syntonic problem is one that goes unacknowledged. For example, alcoholism can be ego-syntonic; despite negative consequences, a person may feel the situation is acceptable. Conversely, an ego-dystonic issue is one that a patient readily acknowledges as causing obvious distress.

When there is an ego-syntonic (unacknowledged) issue in one health domain, it may present as an ego-dystonic (acknowledged) problem in another domain. In the case of a person who has a rash develop after starting a stressful new job, they may find the work very enjoyable and have difficulty seeing the connection between the rash and the job. Or the non-smoking adult who develops asthma after a loved one has passed away from lung cancer may not have symptoms until five years later and cannot recognize the unresolved feelings underlying their illness.

Sexual health issues can be particularly ego-syntonic. Regardless of their approach, even medical providers with excellent rapport-building skills will not be able to elicit information about problems of which the patient is unaware. Ego-syntonic dysfunction in any health domain is difficult for a practitioner to deal with. Treating sexual health as a vital sign — bringing it up as part of a routine assessment and re-assessing it when improvement of a biological disease process has been stalled — normalizes discussion of the topic and helps a person feel more comfortable mentioning the problem when they have identified it, even months or years later. While definition and recognition of the problem is one hurdle, addressing the problem also has its challenges. Suboptimal sexual function can sometimes be addressed by strictly biological means, such as medications for erectile dysfunction or hormone replacement therapy in the appropriate age group. However, sexual concerns often signal problems within a romantic relationship. Most medical providers do not have extensive training in counseling techniques and worry that asking about issues they are unprepared to treat may leave people feeling stranded.

Recognition and acknowledgement of a problem is still an important first step. It allows for emotional release, which in itself is therapeutic.

In addition, it is important for providers to understand that asking about any problem with which a patient is struggling can often make the person feel worse in the short-term, which is a normal human reaction when initially acknowledging a difficult situation. Recognition and acknowledgement of a problem is still an important first step. It allows for emotional release, which in itself is therapeutic. Also, it gives an individual the opportunity to reassess their situation and come up with ways of healing themselves that are often surprisingly creative.

For all these reasons, I feel that sexual health deserves greater and more serious consideration in medical practice — as a vital sign, if you will. Open and honest dialogue about our bodies, minds, hearts, and souls will be crucial to the future of medical practice, where the primary challenge will not only be adding years to our lives, but adding joy and vitality to those years.

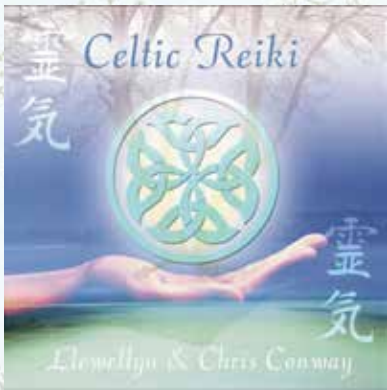
Deepti Reddy, M.D., M.P.H., is an integrative physician practicing in affiliation with Dr. Malcolm Sickels, MD, at 210 Little Lake Drive, Suite 10, Ann Arbor, MI, 48103. Her practice modalities include functional medicine and relationship-based healing. To schedule an appointment, call 734-332-9936.

Music Reviews

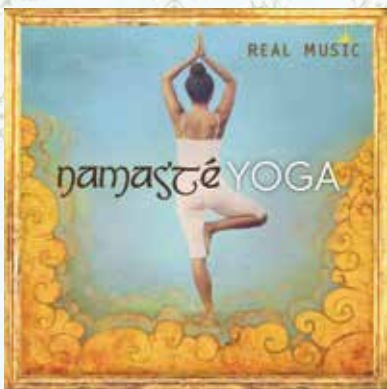
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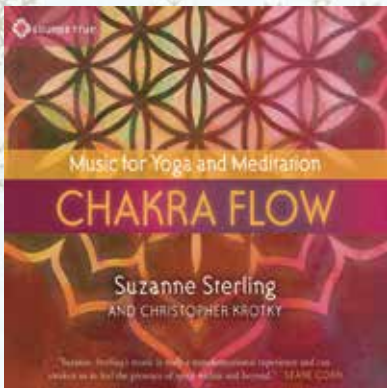
Shakuhachi Sleep Music cd by Riley Lee
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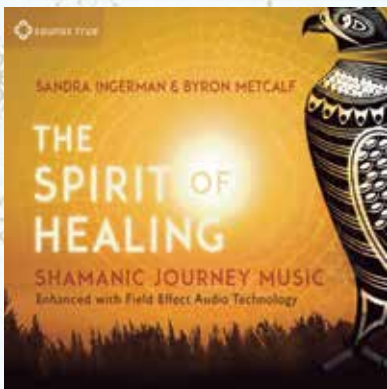
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Starting January 15, new blogs will be posted related to stories in this issue. Guest bloggers include: Julie Mariouw (p. 104, “A Better Way to Teach Writing”); Rita Benn (p. 56, “U-M’s Innovative Faculty Scholar’s Program”); Tarik Bel-Bahar (p. 60, “The Arrival of Consciousness Science at U-M”); Tatiana Scavnicky (p. 95, “The Magic of the Moon Cycles”); and more . . .

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The Food Section

Conscious and Tasty Eating and Nutrition



Page 42

Crafting Beer, Creating Community
by Joshua Kay



Page 45

A Day in the Life of a Farmer –
Kris Hanna of Old Pine Farm
by Angela Madaras



Page 52

Well-Fed on a Budget
by Angela Madaras

Great Tastes in Local Food
by Crysta Coburn



Page 54



Page 50

Raising Backyard Chickens
by Chelsea Hohn

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Crafting Beer, Creating Community



By Joshua Kay

"I never imagined a time when craft beer would become so mainstream," said Rene Greff, co-owner of Arbor Brewing Company brewpub in Ann Arbor and ABC Microbrewery in Ypsilanti. In 1995, when Rene and her husband, Matt Greff, opened the brewpub on Washington Street, craft beer was anything but mainstream. A few brands were paving the way, including Samuel Adams in Boston, Sierra Nevada and Anchor Brewing in California, and Bell's Brewery in Michigan, but American beer sales and consciousness were dominated by light, insipid lagers produced by mega-breweries like Anheuser Busch, Coors, and Miller. The American palate was trained to expect beers with thin body and little flavor. Jumping into the nascent craft brewing industry was an act of courage and faith that the nation's tastebuds would come around.

"When we opened, we were the seventh brewery in Michigan," Rene told me. She estimated that there are now over 250, but she confessed that she can't keep track of them all. The Michigan Brewers Guild lists 207 member breweries on its website. As someone who has followed the industry for over 20 years, I remember noticing when we hit 50, then 70, and then 100, and then one day realizing that breweries were opening too quickly for me to keep up. As I write, there are at least eight in Ann Arbor, with another under construction on the west side. Ypsilanti has two, as do Saline and Chelsea, and Dexter has one. The American beer industry has never had so many breweries producing such a wide variety of brews, and Michigan is a leading craft beer state. The Michigan Brewers Guild estimates that Michiganders are never more than an hour from a brewery and that the total economic impact of the industry is well over half a billion dollars.

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Yet despite their statewide and even national impact, brewpubs and brewery tasting rooms and restaurants are decidedly local places, places where communities gather to celebrate, relax, debate, and play. Rene Greff said that she and Matt just wanted to "open a little place where people could get a beer and some food and we could talk with them across the bar." As large and varied a business as Arbor Brewing has become (in 2013, ABC opened a brewpub in Bangalore, India), the Ann Arbor brewpub and Ypsilanti microbrewery are still places where casual chats across the bar happen all the time.

The idea of a "little place" for people to gather, a community place, is the thread that connects the breweries across the Ann Arbor area. Ann Arbor's newest brewery, Glasshouse Brewing, opened this summer. Head of Operations Cole Bednarski noted that people work hard day in and day out, and a brewery is a "conversation space" where they have an opportunity to just enjoy themselves.

Similarly, Jerry and Heidi Tubbs opened Stony Lake Brewing in Saline in November, 2015, to give the town the sort of social gathering spot it had previously lacked.

They've decided not to have TVs despite some pressure to do so. Jerry said, "For every person who bugged us to add television, there were two that whispered in our ears 'don't ever get televisions.'" Without televisions blaring, there's room for conversation, and Jerry pointed out that on Friday and Saturday nights, Stony Lake is packed with people talking and playing board games. Jerry credits Arbor Brewing's microbrewery in Ypsilanti for inspiration, noting that he and his wife could sit there either inside or in the beer garden and just enjoy conversation and meet new people. "It brings people together," he said.

The idea of a "little place" for people to gather, a community place, is the thread that connects the breweries across the Ann Arbor area.

Also in Saline, the owners of Salt Springs Brewery carefully converted a historic former church into a brewery-restaurant. Original stained glass filters sunlight into the large dining room, where the ceiling features a huge painting of a deific hand pointing to a cluster of hops. Like Stony Lake, Salt Springs has sought to give Saline something the town didn't have. "Our instincts told us that in this building, in this setting, in this town, with the right menu and making really good beer, people would embrace it and it would be something for Saline to be proud of," said co-owner Ron Schofield. He added that lots of nearby towns have breweries, and before Salt Springs and Stony Lake opened, Saline "had a demographic that wasn't being served."

Opening on the southeastern edge of brewery-rich Ann Arbor, Jason and Tori Tomalia looked to create and occupy a unique niche when they opened Pointless Brewery and Theatre. The couple shares a theater background, and they believed that theater and craft beer make a good combination. Pointless has an in-house improv company, the League of Pointless Improvisers, which Jason directs, and even offers Saturday morning children's theater programs run by Tori since the tasting room isn't open in the morning. The couple shares a passion for providing performance space for the community. Jason noted that some people come mainly for the shows, others for the craft beer, and there's a lot of cross-pollination as craft beer aficionados fall in love with the theater offerings and theater fans discover craft beer. The combination is made manifest in an improv show called Test Batch; local improvisers get some stage time, and the audience also submits suggestions for new beer flavors and styles. Jason told me that he is especially proud to have created a community space for collaboration, laughter, and play.

Other local breweries fill niches that are more particular to beer. Wolverine State Brewing Company on Ann Arbor's westside specializes in lager brewing as opposed to ales. Brewed at cooler temperatures and requiring a long period of cold storage, called "lagering," lagers are known for clean, crisp finishes. Wolverine set out to show that lagers aren't limited to the light, yellow versions from the mega-breweries, and the taproom features a wide array of beers, from stout-like dark beers to a top example of India pale lager that has spurred other breweries to create similar offerings. Wolverine also offers a food menu, including pulled pork smoked in-house. Dexter's Jolly Pumpkin, which has a restaurant in Ann Arbor, occupies a completely different category, specializing in the beers native to Franco-Belgian farm regions.



PHOTO BY TYLER BRUBAKER

Barrel aged and carefully blended batch by batch, these farm ales can be sour, funky, and fruity, with complex wine- and cider-like flavor profiles. A forerunner of the barrel aging craze that has swept craft brewing, Jolly Pumpkin has achieved international renown with its beers.

“This movement, more than many other market growth movements, is about authenticity, and customers can spot it in a second. So if you open a place and you don’t have a passion for beer and you just see it as a profit center, people are going to sniff you out as a fraud.”

(quote by Rene Greff)

Rounding out the brewpub scene in Ann Arbor are Grizzly Peak and the Blue Tractor, both on Washington Street. “The Grizz” offers a broad food menu and a wide array of well-crafted beers. The Blue Tractor features barbecue fare and a beer selection that has blossomed over the years. Finally, Biercamp on South State Street combines a market and lunch counter featuring house-smoked and cured meats with a small brewery, with beers available for on-premise consumption or to-go.

As more and more breweries have opened, competition has increased. Rene Greff described a huge amount of industry growth in the 1990s, followed by a contraction in the early 2000s. At the time, she thought she had seen the “industry’s growth spurt, and from there on out, it was just going to be sort of steady, maybe a little bit of growth.” But the industry was by no means done. “I don’t think anybody saw the second wave coming. In the late 2000s, we went into another huge expansion that has been much bigger, much more explosive, than the first expansion.” Nevertheless, she said, “We may be seeing [a contraction] happening again.” Asked why, she replied, “This movement, more than many other market growth movements, is about authenticity, and customers can spot it in a second. So if you open a place and you don’t have a passion for beer and you just see it as a profit center, people are going to sniff you out as a fraud.” She thinks that’s happening now as venture capitalists buy up breweries merely because they see them as opportunities for big profits.

In addition, with the proliferation of craft breweries and the fact that craft beer is much more mainstream than it once was, consumers have become more discerning. It’s no longer good enough to be the local place serving mediocre beer. Now breweries need to make consistently good beer to survive. Those that don’t, or that market themselves as “craft” yet make beer with additives more common to the mega-breweries, risk not only closing but also damaging the industry as a whole. As Rene put it, “We’ve worked really hard to build consumer confidence in craft beer so that a consumer can go into a store and grab a six-pack of a beer they’ve never had and have the confidence that it’s going to be good.” The danger of turning off consumers and scaring away newcomers is a significant challenge faced by the industry.

I asked Rene how much room is left for further growth in craft brewing in Michigan. She said, “I think we’re going to continue to see tons of growth in local brewpubs, nanobreweries, and local microbreweries. We’re going to see contraction — and are already starting to see it — in bigger breweries, especially the breweries that need national distribution. We’re starting to see a tremendous amount of consolidation in the industry, with big breweries buying smaller breweries and trying to expand their footprint.” Overall, she predicts continued volume growth but fewer players in the larger market, but small, local breweries making great beer should continue to multiply and thrive.

After I moved to Ann Arbor in the fall of 1994 as a craft beer-loving graduate student, I was thrilled to learn that two new brewpubs were opening on Washington Street. I remember watching their construction impatiently. In July, 1995, Arbor Brewing Company opened, followed about a month later by Grizzly Peak just down the street. I never would have predicted that within the next two decades, Michigan would become a major player in craft brewing, and Ann Arbor and its surroundings would have over a dozen breweries. Each shares the desire to provide a space for the community to gather, relax, and celebrate, even as each fills a slightly different niche. As Cole Bednarski of Glasshouse Brewing told me, “Keep your eyes open, because this place is always going to be changing.” She was describing the desire to produce experimental beers at Glasshouse, but she also could have been describing our dynamic craft beer scene.

Chelsea



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Arbor Brewing Company Brewpub

114 E. Washington Street, Ann Arbor
(734) 213-1393
arborbrewing.com
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Arbor Brewing Company Microbrewery

720 Norris Street, Ypsilanti
(734) 480-2739
arborbrewing.com
Has a beer garden in the summer and a fireplace in the winter

Biercamp Meat Shop & Brewery

1643 S. State Street, Ann Arbor
(734) 995-2437
bier-camp.com
Artisanal smokery and brewery, four taps, lunch counter

Bitter Old Fecker Rustic Ales

12855 East Old US Hwy 12, Chelsea
(734) 655-2299
drinkoldfecker.com
Find them in stores and on tap, no tasting room

Blue Tractor BBQ & Brewery

207 E. Washington Street, Ann Arbor
(734) 222-4095
bluetractor.net
Brewpub featuring traditional barbecue fare

Chelsea Alehouse

420 N. Main St. Suite 100, Chelsea
(734) 475-2337
chelseaalehouse.com
Enjoy your beer with a snack, sandwich, or salad

Glasshouse Brewing Company

2350 W. Liberty Street, Ann Arbor
(734) 436-8847
glasshousebrewing.com
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Grizzly Peak Brewing Company

120 W. Washington Street, Ann Arbor
(734) 741-7325
grizzypeak.net
Wide variety of food to go with their craft beer

Jolly Pumpkin Café & Brewery

311 S. Main Street, Ann Arbor
(734) 913-2730
jollypumpkin.com
Renowned for barrel-aged, Franco-Belgian style farmhouse ales

Null Taphouse

2319 Bishop Cir. E., Dexter
(734) 792-9124
nulltaphouse.com
Jolly Pumpkin’s taphouse in Dexter, also offers wine and spirits

Pointless Brewery & Theatre

3014 Packard, Ann Arbor
(989) 455-4484
pointlessbrew.com
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Salt Springs Brewery

117 S. Ann Arbor Street, Saline
(734) 295-9191
salspringsbrewery.com
Full-service restaurant and brewery in a converted historic church

Stony Lake Brewing Company

447 E. Michigan Avenue, Saline
(734) 316-7919
stonylakebrewing.com
Big beers in a cozy pub, carry-in or order-in food

Wolverine State Brewing Company

2019 W. Stadium Boulevard, Ann Arbor
(734) 369-2990
wolverinebeer.com
Lager brewery, sandwiches, burritos, killer nachos, and its own smoke pit

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A Day in the Life of a Farmer ~ Kris Hanna of Old Pine Farm



By Angela Madaras | Photography by Fresh Coast Photography



This past summer I was privileged to visit Old Pine Farm in bucolic Manchester, Michigan, where a variety of breeds are raised to produce high quality beef, pork, chicken, and lamb. I found my host, farmer Kris Hanna, wrenching a piece of equipment when I pulled into the driveway by her charming yet modest farmhouse. I noticed she had little by way of “garden or landscaping,” which she later explained is not her area of expertise. Her son did a fine job of perennial plantings in the area surrounding her homes’ entrance as a Mother’s Day gift. The iconic Midwest red barn with silo stands proud among several smaller barns and paddocks, dappled by a background of rolling green fields. These fields lead way into wooded trails where lazy cows spend sunny days in the shade. As we meandered down a hill that snakes between the smaller structures and a chicken grazing yard I could see free-range hogs mudding themselves. Hanna pointed out a patch of kale, radish, and other verdant delectables she lovingly planted for the fowl. I was struck by a calming sense of place from a gentler time of years gone by. There were no cars on the secluded dirt road, and all I could hear was the wind in the trees, the muted sounds of the animals, and soft music echoing from a barn.

...what life is really like for a small scale sustainable livestock farmer.

I came to her farm for an interview because I wanted to know firsthand her philosophies in raising grass-fed animals for meat and what life is really like for a small scale sustainable livestock farmer. I wondered if she spent winters hibernating, reading livestock catalogs, recuperating from fall’s harvest, and planning for the year ahead. I was also curious if she had help or collaboration in managing the rigors of farm life. I soon realized just how busy she is on a daily basis *all seasons long*. Just in the one day I visited in August, Hanna witnessed a calf being born before she engaged in the morning chores, moved animals



around pastures, checked the fences, engaged in office work, errands, and picked up vegetable scraps from Hand Sown Farm near Manchester. Here in the late afternoon we talked as we fed the organic vegetable “scraps” out of eight large plastic bins to exceptionally healthy-calm hogs; a “swine salad bar” of sorts. This is one of many ways in which she collaborates with other neighbors and farmers like Hand Sown Farm, and The Gardner Farm where she pastures some of her cows.



These fields lead way into wooded trails where lazy cows spend sunny days in the shade.

The extra effort that goes into community collaboration is quite time consuming. I could see that it is a true passion for her, well worth it in the long run. Not only do the animals benefit, the entire community reaps rewards in the end. In this way, one landowner can lease acres to grow hay or pasture cows, while yet another vegetable farmer reduces the amount of compostable matter on their scrap pile in order to feed her happy hogs. It is also about building sustainable relationships and healthy farming practices that benefit future generations. I, for one, because I have grandchildren who will inherit the earth, appreciate the added value and positives this endeavor produces.

Hanna clarified that her philosophy ensures that all the animals she cares for are free-range, pastured, never subjected to a feed lot or fed corn, are GMO-free, with no growth hormones or animal by-products. They also do not use steroids or feed antibiotics. Old Pine sells their meat frozen, on their website exclusively; pork by the half and whole, beef by the eighth, quarter, half and whole, chicken only in variety packs with beef and pork, and lamb by the half and whole when available. Her products sell pretty fast because of happy regular customers who pre-order in advance

of processing to ensure all meat harvested is sold. Because of this conservation-minded and compassionate approach there is no waste or glut. This seems a much more responsible and respectful way to engage in farming practices. In addition, the livestock are humanely treated throughout the animal’s life. I witnessed her benevolent behavior with my own eyes and through her eloquent words:

Everyone’s definition of “humane” is a bit different. In my case, I believe animals should be on pasture and in open space whenever possible. I’ve also learned over the years that working around the animals in an even-tempered manner is really helpful. I think it makes for a better, calmer life for them and a better product for us. I’ve seen pigs rotated on pastures that roll over for a belly scratch. I “talk” to my cows and sometimes scratch their backs! When I’m working in the barn I play music. It makes the animals much easier to work with. Stress hormones and meat are not a good combination.

Stress on every level is not good for the animals nor the flavor, consistency, and color of meat as noted here by the Food and Agriculture Organization of the United Nations: *“The energy required for muscle activity in the live animal is obtained from sugars (glycogen) in the muscle. In the healthy and well-rested animal, the glycogen content of the muscle is high. After the animal has been slaughtered, the glycogen in the muscle is converted into lactic acid, and the muscle and carcass becomes firm (rigor mortis). This lactic acid is necessary to produce meat, which is tasteful and tender, of good keeping quality and good color. If the animal is stressed before and during slaughter, the glycogen is used up, and the lactic acid level that develops in*



This seems a much more responsible and respectful way to engage in farming practices.



Not only do the animals benefit, the entire community reaps rewards in the end.

the meat after slaughter is reduced. This will have serious adverse effects on meat quality.”

The end result of her efforts, respect for the animals, stewardship of the land, and endless labor is that customers enjoy very tasty-healthy fare! And there is little to no “down time” for a nonstop livestock farmer as Kris Hanna explains in the following interview, for which I am very grateful.

So Kris, do you spend time studying or researching farming and related fields? In other words, how much time do you allocate to education, new research, and agriculture news as part of your “farm work”?

I do spend time studying. The timing varies. I participate in MSU grass-fed beef programs and pasture walks around the state whenever they are available and the timing works (maybe four or five a year). I’m a member of the Mid Michigan Cattle Association and another Grazing Group. I also subscribe to a magazine called *Graze*. Through MSU extension, I receive information via email regularly and a daily email Ag News Report. I was also lucky enough to attend a national grazing conference last fall put on by the Grass-fed Exchange.

How much time do you spend on marketing, promotion, sales, emails, office, and so on?

One to two hours a day on average. I can work in this area as much as four to five hours in a day. It is a big part of my job.

A few years ago I remember you and one of your sons attending, as local delegates, Slow Food International Terra Madre bi-annual event in Turin, Italy.

[To give a bit of background, this event assembles thousands of “slow food” producers who observe fair and sustainable food practices from around the world. Together, farmers, fishermen, chefs, educators, millers, beekeepers, vintners, bread bakers, and cheese purveyors are selected to participate based on their commitment and practice of upholding Slow Food principles in creating a “good, clean and fair” food system.



Slow Food

In 2010, Kris and her son, Casey Hirth, were joined by Brandon Johns of Grange Kitchen and Bar, John Savanna of Mill Pond Bread, and Deirdra Stockmann, and Kim Bayer, both leaders of Slow Food Huron Valley, to represent the Ann Arbor area. Slow Food Huron Valley is a nonprofit that works to strengthen our region’s food system, build

community food security, and preserve our culinary heritage. They aim to inspire a transformation in food policy, production practices and market forces so that they ensure equity, sustainability and pleasure in the food we eat.]

Were your sons’ active in farming and food as youth?

Both sons were involved in 4-H and showed steers, hogs, dairy cows, goats, and chickens. The last time they showed was around 2009. Casey (Hirth) was sent to Turin as a young farmer delegate by Slow Food Huron Valley. I was also one of the farmer delegates from our area who attended. Josh (Hirth) cuts and transports the hay from our field in Saline, where my parents have owned acres of land on which they grow hay. They both appreciate quality food and one of them works in the cooking industry.

Do you see the value in youth participating in organizations such as 4-H, and how did that shape your children? Were your parents active in this way? Do you have any words of wisdom to share in a world where kids may not have a sense of responsibility or understand hard work ethics?

4-H helped develop an immeasurable sense of responsibility and work ethic in both kids. That work ethic is still evident today in both of them. The first year they showed

animals in the club I had friends and family commenting on the change in them. My dad loved farming and I believe there is a “genetic” love of farming that was passed on to me that can’t be denied! Neither parent was involved in 4-H as a child but my parents helped my kids with their 4-H projects and provided the barn and property for them to be raised.

Is farming a way of life for you or a passion?

It’s both. It has to be. It is not a great way to make a living as expenses meet income. I’m doing what I love and I am very grateful to be able to do it. It takes a lot of determination to keep going (hours are long, work is sometimes tough) and that’s because I have a deep passion for the animals I raise and take care of.

You mentioned that you are not a gardener. Many people make assumptions that every farmer can grow crops, tend gardens, and care for animals. What are your favorite and least favorite tasks?



4-H helped develop an immeasurable sense of responsibility and work ethic in both kids.

I could possibly divide most farmers I meet into three groups. Like other professions there are “areas of expertise”: vegetable farmers, crop farmers, or livestock farmers. One of my favorite things to do is work with the cattle. I love to “call” and move them. When they are done eating a section of grass and need to go to a new area I call them. Heads pick up, moo’s start, and here they come — headed to the new grass I’m standing in and calling them towards! My least favorite task is anything when it’s 90 degrees or above or below zero! I work out in the weather every day. One task might be running and draining hoses when it’s below zero because a hydrant has frozen.

Can you offer more insight into your relationship with other area farmers? For example, the day I visited your farm you and I fed your pigs with vegetable scraps that were given to you by a local vegetable farm. Can you provide more on this subject? How important are relationships and community to you and your business?

I may not be in business without the farmers I network with. Hand Sown Farm and I have a great working relationship. We’ve shared farm workers, composted manure, and vegetable scraps! I’ve rented pasture from several other farmers and couldn’t have grass-fed without it. One of them has 30 legume-rich paddocks/pastures and, in my opinion, is essential to producing a good grass-fed beef product. I also purchase hay from another farmer to supplement what we produce.

How does being a full-time “Four Season Farmer” affect your social life, vacations, down-time, and other activities outside of the farm?

I’m fortunate enough to have a farm helper this year that is very reliable and helpful. Thanks to Richard R. From Manchester for helping me on the farm and allowing me much needed time away. I could not do it without his help. I also appreciate my sister, Kendra McClure, for helping in the busy seasons. There are times of the year that I absolutely can’t leave, like in the spring when baby calves and lambs are being born, *(and fall when it is harvest time)*. I do work seven days a week, but with some planning I can take some time off.

I know from personal experience a farmer must also know construction, welding, mechanics, and a plethora of other skills. What skills have owning your own farm taught you that seem unrelated to farm chores?

I’ve *definitely* developed skills in all of those areas (maybe not so much welding). I also have learned to operate equipment, such as a skid steer, and different types of hay making equipment. Last year I bought a “sawzall” to cut some metal bars off a hay feeder! I don’t know if this is a “skill,” but one of the biggest things farming has taught me is confidence.



It is not a great way to make a living as expenses meet income. I’m doing what I love and I am very grateful to be able to do it.

Who is your favorite writer of farm related subjects?

Probably Joel Salatin of Polyface Farms, Northern Virginia. I also really appreciate the unpublished work of Gabe Brown in the area of polycultures. He is out of the Dakotas.

Who and what inspired you to start your own farm?

My dad, who passed away last year, inspired the farmer in me. Farming was his passion. That being said, my mom has always been passionate about healthy food. Between the two of them, and my love for animals, I believe becoming a grass-based farmer was a natural choice!

Continued on page 48

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Old Pine Farm Continued

I grew up in Ann Arbor and attended Ann Arbor Public Schools, but my family/ grandparents owned a farm in northwest Ohio (where I was born and then moved to Ann Arbor at about the age of four). We went there regularly while I was growing up; my dad loved the field/crop work and being outdoors working on the tractor. Visiting the farm was by far the most memorable and favorite part of my childhood. Eventually, my grandparents passed away, and the farm was visited much less often. It was sold in the late 90's and my parents purchased about fifty acres near Saline. A place we've raised both livestock and hay. When in high school I considered becoming both a livestock veterinarian as well as going into agriculture. I was discouraged from going into agriculture for "financial" reasons. I went to Eastern Michigan University and received a B.S. and University of Detroit where I received a M.S. (Neither degree is in Agriculture). I worked full-time in an unrelated field for about nineteen years. When I was nineteen I moved out of Ann Arbor into the country and knew I would never live in the city again.



Ground beef in this country comes from multiple cows and multiple countries, combined into one package.

Our meat comes from one cow only, processed one animal at a time.

Do your customers notice a difference in your meat products compared to store bought and to other local farms? Is your meat better for humans than CAFO (concentrated animal feeding operations) grown livestock? Why do you feel yours is better?

Absolutely...I hear that often! There is no comparison to grocery store meat — it's not raised the same or processed the same. *It's really a totally different product.* Ground beef in this country comes from multiple cows and multiple countries, combined into one package. Our meat comes from one cow only, processed one animal at a time. Our beef is 100 percent grass-fed and raised. There are so many definitions of "grass-fed." Many give grain at some point in the cow's life. Some grass-fed markets are now raising cows in feedlots on all hay as well. True grass-fed beef is high in omegas. You won't find any beef higher in omegas than ours as all we're feeding is rich grass and great legumes!



I am 58 and hope to continue farming for as long as I am physically able and income meets expenses!

What breeds do you prefer to rear? I know you have some recognized by the American Livestock Breed Conservancy, as part of an effort to reintroduce endangered breeds into the marketplace and protect the genetic diversity of these animals.

We value genetic diversity and raise a variety of animal breeds recognized by the American Livestock Breed Conservancy and the Slow Food Ark of Taste that are adapted to our region. Some these include the Highlander Cattle, Berkshire and China-Poland Hogs, and Ketahdin Sheep.

Explain what and how you feed your livestock in basic, simple terms anyone can understand.

Beef: All grass and hay. Pork: Outside and fed a combination of G.M.O.-free grain. They were just turned into a turnip patch to eat and root. Chickens: Raised outside, free range, fed G.M.O.-free grain, grass, and scrap veggies. Lambs: Grass/hay only.

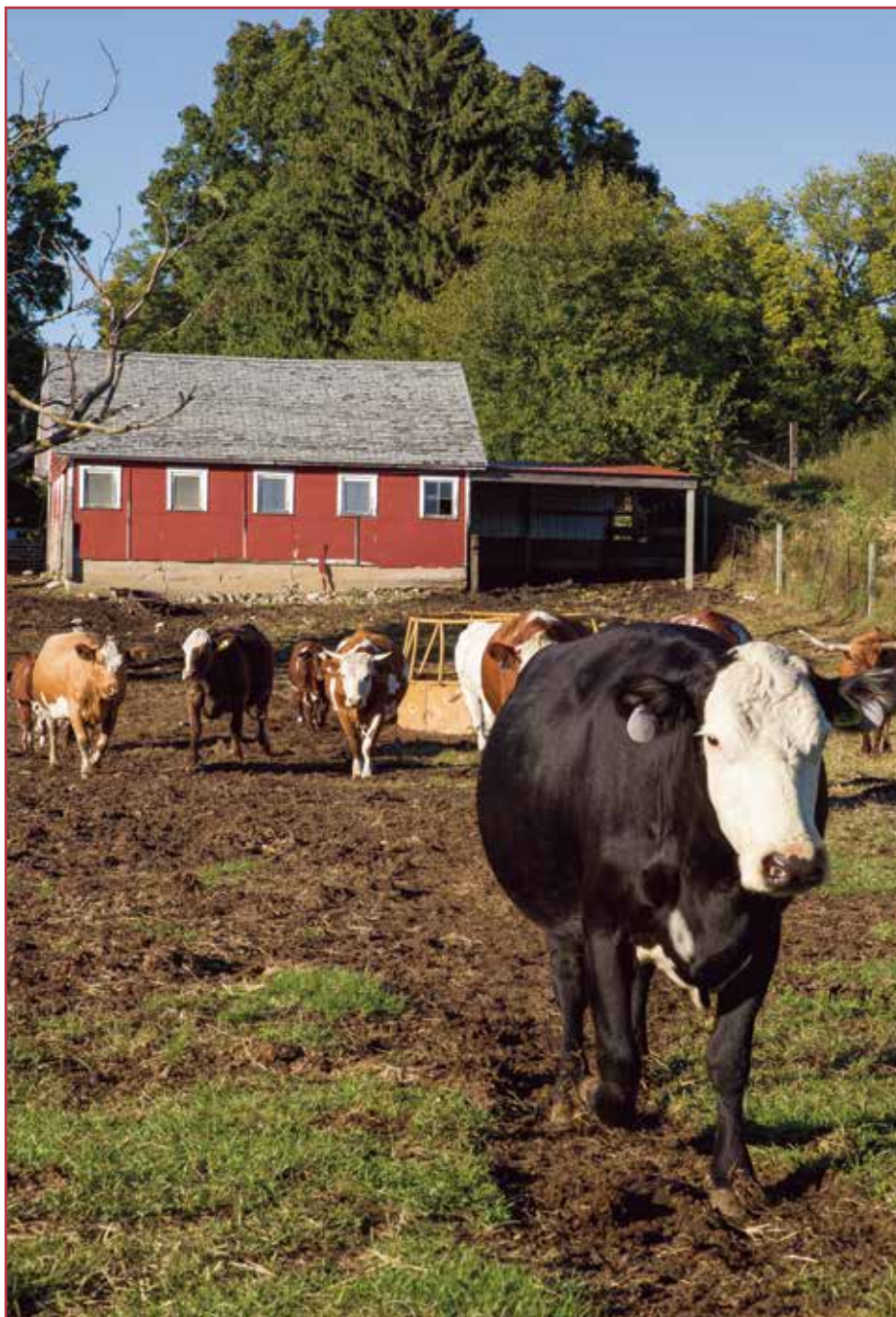
Do you work solely on the farm or do you depend on work outside of the farm to earn a living?

I have been farming at Old Pine for ten years while working part-time at a family engineering firm doing custodial work to help bring in extra income. I am 58 and hope to continue farming for as long as I am physically able and income meets expenses! This is a common challenge small organic farms face. I would like to share the *Salon* essay "What nobody told me about small farming: I can't make a living" by Jaclyn Moyer, which I think is the best I have ever read on trying to earn a living off a self-started farm. (http://www.salon.com/2016/01/01/what_nobody_told_me_about_small_farming_i_cant_make_a_living_2/)

Can you share details of a typical "Day in your life as a farmer"?

Kris's journal entry June 17, 2016

8:00–9:30 a.m. I'm at our "partner farm" in Northern Michigan. I traveled three hours yesterday pulling a livestock trailer containing two cows. (Weight on the combined cows about 2,700 lbs. — you know when you are pulling that kind of weight). They were brought up for the summer to enjoy some richer pastures!



This morning we were off to check and see how the cows are doing, their pasture grass height (all of them in this group equaled about 20 now) and to check the water tanks to make sure they were working o.k.

9:30–11:00 Packed and loaded to go home.

11:00–2:30 Headed home.

2:30–3:00 Had some lunch!

3:00 Fed a very pregnant cow a bale of hay and gave water. She's up in the barnyard so I can keep an eye on her and make sure everything goes o.k. Also fed the 100 chickens we're raising for meat!

3:45 Packed supplies, including a tarp, ropes, and straw to head to Saline where the sheep and hayfield are.

4:00 Left to go to Saline to string up a tarp (and lay down some straw), which will hopefully provide some shade as they are in full sun. Walked out in our hay field and checked on the newly mowed hay (my son just finished). It looks great!

5:30–6:30 Went to pick up diesel fuel for the tractor so my son could finish mowing hayfield.

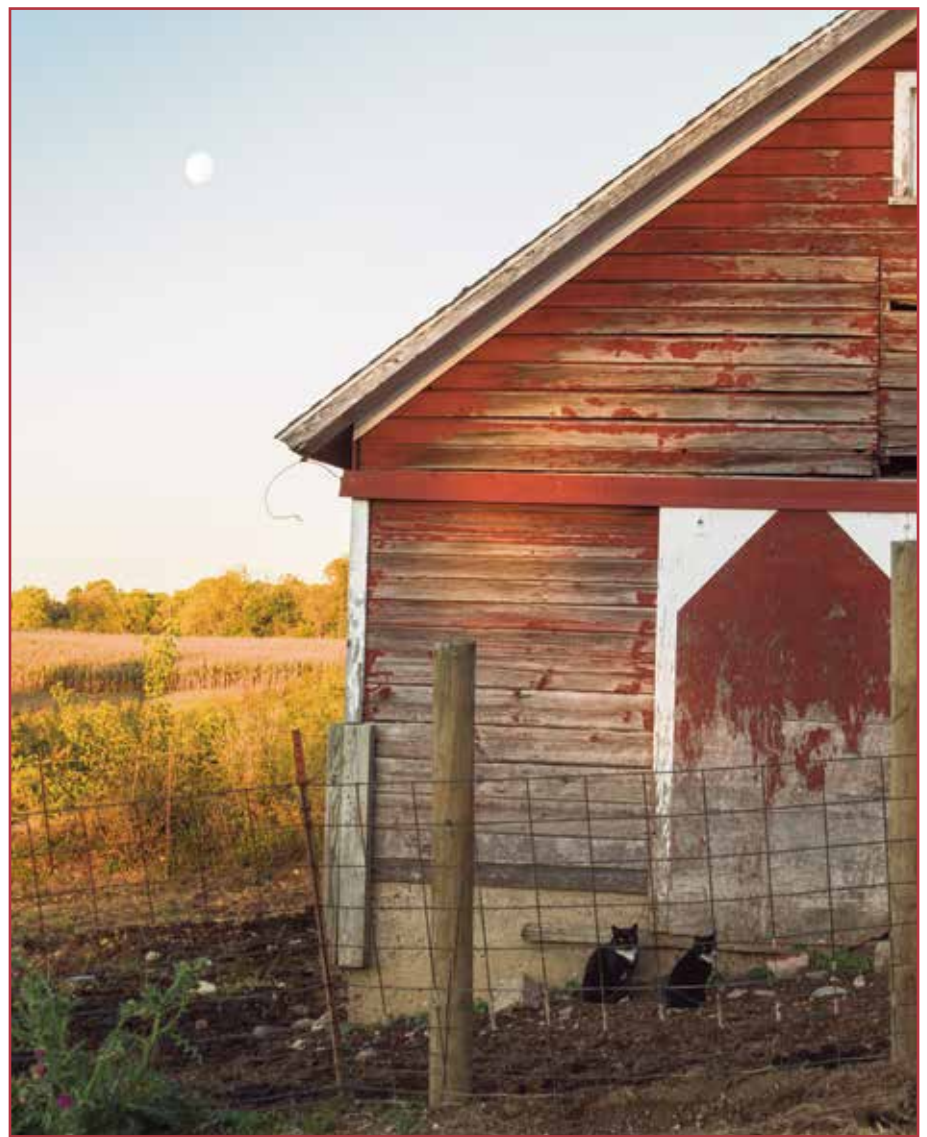
7:00–7:30 Needed to go to the hardware for some fencing supplies, so did that on the way back from Saline.

7:30–8:30 Returned home to finish the rest of barn chores.

Whew! Another long day!

To learn more about Old Pine Farm, visit oldpinefarm.com. All their cuts come individually wrapped and frozen and are available on their website.

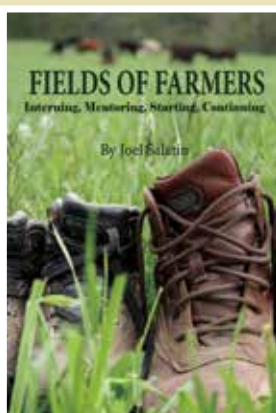
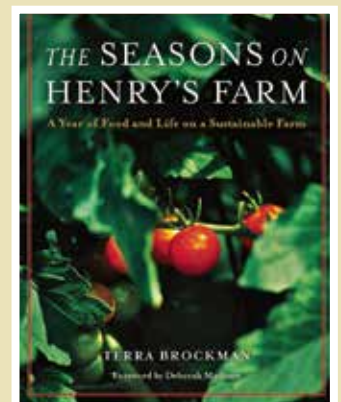
Barn icon made by Freepik from www.flaticon.com



Related Reading List Available at Crazy Wisdom Bookstore

The Seasons on Henry's Farm: A Year of Food and Life on a Sustainable Farm
By Terra Brockman, Deborah Madison (Foreword by)
Surrey Books • Our Price: \$15.30

Henry's Farm, run by Henry Brockman, is in central Illinois, some of the richest farming land in the world. There, he and his family of five generations of farmers, including a sister, Terra, have bucked the traditional agribusiness conventional wisdom by farming in a way that's sensible, sustainable, and focused on producing healthy, nutritious food in ways that don't despoil the land. Terra Brockman tells the story of her family and their life on the farm in the form of a year-long memoir (with recipes) that takes readers through each season of life on the farm. Studded with vignettes, digressions, photographs, family stories, and illustrations of the farm's vivid plant life, the book is a one-of-a-kind treasure that will appeal to readers of Michael Pollan, E. B. White, Gretel Ehrlich, and Sandra Steingraber.

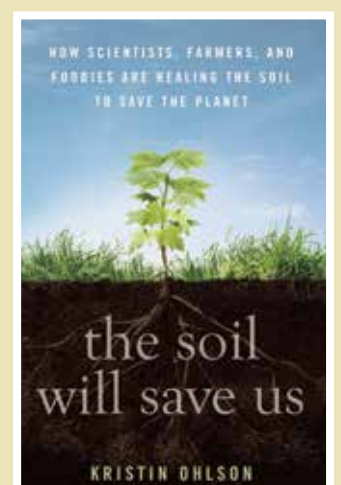


Fields of Farmers: Interning, Mentoring, Partnering, Germinating
By Joel Salatin
Polyface • Our Price: \$22.50

America's average farmer is sixty years old. When young people can't get in, old people can't get out. Approaching a watershed moment, our culture desperately needs a generational transfer of millions of farm acres facing abandonment, development, or amalgamation into ever-larger holdings. Based on his decades of experience with interns and multigenerational partnerships at Polyface Farm, farmer and author Joel Salatin digs deep into the problems and solutions surrounding this land- and knowledge-transfer crisis. This book empowers aspiring young farmers, midlife farmers, and non-farming landlords to build regenerative, profitable agricultural enterprises.

The Soil Will Save Us: How Scientists, Farmers, and Foodies Are Healing the Soil to Save the Planet
By Krisin Ohlson
Rodale Books • Our Price: \$21.59

Thousands of years of poor farming and ranching practices and, especially, modern industrial agriculture have led to the loss of up to 80 percent of carbon from the world's soils. That carbon is now floating in the atmosphere, and even if we stopped using fossil fuels today, it would continue warming the planet. In *The Soil Will Save Us*, journalist and bestselling author Kristin Ohlson makes an elegantly argued, passionate case for "our great green hope," a way in which we can not only heal the land but also turn atmospheric carbon into beneficial soil carbon and potentially reverse global warming. Ohlson introduces the visionaries scientists, farmers, ranchers, and landscapers who are figuring out in the lab and on the ground how to build healthy soil, which solves myriad problems: drought, erosion, air and water pollution, and food quality, as well as climate change. Her discoveries and vivid storytelling will revolutionize the way we think about our food, our landscapes, our plants, and our relationship to Earth.



Raising Backyard Chickens:

What to Consider Before Collecting Those Wonderful Eggs



By Chelsea Hohn



As of December 2016, 22 permits for backyard chickens had been issued, already rising above the 14 that were issued in 2015.

A chicken ordinance was passed in Ann Arbor in 2008, allowing residents to keep up to four hens in their backyards for the first time. Happily, residents of Ann Arbor began building coops and transforming their backyards into a haven for their chickens. The popularity of backyard chickens has continued to grow. As of December 2016, 22 permits for backyard chickens had been issued, already rising above the 14 that were issued in 2015. Early in 2015, the number of chickens allowed went from four to six, delighting those who already had them and instilling curiosity in many who have never had chickens.

“...it’s not as easy as picking up fresh eggs every morning... [but] it’s worth the small amount of work for the quality of eggs.”

But it’s not as easy as picking up fresh eggs every morning. There’s work involved before and after reaping that benefit, such as planning before the chickens arrive and figuring out what to do with them once they’ve stopped laying. If there’s one thing that everyone who has chickens can agree on, it’s that it’s worth the small amount of work for the quality of the eggs, the amount of which can vary anywhere from a couple dozen a week to only a handful, depending on the ages of the chickens, time of year, and, of course, how many chickens you have.

What to know before you start:

You will become emotionally attached to your chickens — if you let yourself. “In the city, when you get chickens, generally they become your pets,” said Judy Stone of Ann Arbor, who has been keeping chickens for seven years. According to Stone, the eggs are without a doubt the best part of keeping chickens, but when they stop laying after a few years, they start costing more than it’s worth to some. At that point, it becomes difficult for many to picture their dear chickens in a soup pot. Stone spoke from first-hand experience. Her first chickens became her pets, and a few of them are still with her seven years later.

The next step is to think about the amount of work and money that it takes to get started. Eileen Dickinson, another Ann Arbor resident, has had chickens for years, and spends about \$27 a month on the upkeep of her six chickens. This covers food and maintenance of the coop. Judy Stone pays about the same price, coming in at around \$30 per six chickens each month.

Surprisingly, the amount of work that it takes to keep chickens is not extensive, and is easily managed. To collect eggs, feed the chickens, and clean the coop takes only a few minutes each day, plus a few hours a year to thoroughly clean your coop. “I don’t consider it a lot of a work,” said Dickinson. “I feel like it’s just part of my life.”



Buff Orpington

Dickinson also suggests going into the process with an understanding of what it’s like having chickens. “I think it’s really helpful when talking to neighbors to have an understanding. Some talking points might include that they aren’t noisy, they aren’t smelly, and they don’t attract rats.”

Dickinson said that her neighbors enjoy it, and having some advance information to navigate getting neighbor permission is important. Getting your neighbors' signed permission is part of acquiring the permit that you need to

keep chickens. (In order to apply for the permit go to a2gov.org and search “backyard chicken permit.” The steps are relatively simple.)

Surprisingly, the amount of work that it takes to keep chickens is not extensive, and is easily managed. To collect eggs, feed the chickens, and clean the coop takes only a few minutes each day, plus a few hours a year to thoroughly clean your coop.

Where to get started:

The Coop

Once you have your permit and a clear decision to start raising chickens, the first step is to build a home for them. Chicken coops can vary from an elaborate chicken manor to a simple four walls, but there are certain requirements for each. There’s an entire industry built around coops that you can buy online, and stores like Home Depot have pre-made chicken coops, but there are several thoughts that should go into building your own.

The first is space. Stone recommends two square feet per chicken, and if you start with fewer than six, possibly allowing room for growth. It’s also important to remember that chickens aren’t the only ones that will be in the coop. Allow room for yourself to get in and collect eggs and clean the coop. “It needs to be easily cleanable,” said Stone. “If it’s burdensome to clean it then you won’t.”

Dickinson also pointed out that it needs to provide a roosting area for the chickens or a nest box. There also should be a spot for food so that it doesn’t get wet, the usual culprit behind the stereotype that keeping chickens is a smelly business. When food and flooring gets wet it can ferment. Some suggestions for flooring include pine shavings or straw.



Barred Rocks and Buff Orpingtons

Another important aspect is making sure that the coop is predator-proof. The most common predators in Ann Arbor are hawks, stray dogs, raccoons, possums, and even coyotes or foxes. It’s important to make sure that if the chickens are in the coop, they are safe from predators that might come from above or from the ground. Having something in the ground around the coop prevents animals from digging into the chickens' space, as well.

Keep in mind also that the chickens will be spending a fair amount of time inside of the coop, during the winter months especially. It’s important to make sure that it stays fairly warm inside and that their water doesn’t freeze.

There are over 50 different types of chickens. Certain breeds are better for egg production, some are better with being handled, some are more winter-hardy, the list goes on.

Breeds and raising:

There are over 50 different types of chickens. Certain breeds are better for egg production, some are better with being handled, some are more winter-hardy, the list goes on. Think about what’s important to you, how you will be treating and handling them, and do some research on which breeds seem to fit your purpose of having chickens. Buff Orpingtons are popular, and Dickinson and Stone both have experience with this breed. Dickinson says they are like the golden retriever of chickens, because of their pleasant demeanor. Stone also has Australorps and Araucanas, which lay different colored eggs and are wonderfully nicknamed “Easter eggers.”

There is also the option of raising them from chicks, which has many rewards and a few risks. Attempts are made to sex chicks at birth, but unless the breed indicates the sex by the color of the feathers, chances are you’re going to get a rooster, and then you’re going to have to figure out what to do with it. Many farms will take roosters, and it will most likely end up in a soup pot. If you’re lucky, you can trade for a hen.

Raising day old chicks, despite the rooster risk, is a good idea, according to Dickinson. “I would definitely recommend starting with day old chicks. They’re really cute. It’s good to handle them, and then they get used to being handled,” she said. Integrating them into the coop should be a gradual process though, slowly introducing them to less heat and more space.

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Once you decide which chickens to get, deciding how many is the next step. Chickens are social creatures, and the most common suggestion is to start with four. Stone and Dickinson both said that more chickens doesn’t necessarily make for a significant amount of more work, only more feces to clean up and providing slightly more food.

Once you’ve dived in:

Plan for the future. Chickens will produce eggs for about two to three years with egg production lessening over time. Once your chickens stop producing, it’s important to know what you’re going to do with them. It’s also important to have a plan in place in case a chicken gets sick. This is where the pet/livestock line gets drawn, again. A visit to the vet can mean keeping chickens is an expensive game, and having a plan before something happens is a good idea.

Keeping the coop clean is an important part not only for your chickens' health, but for your neighbors' and your own happiness. Cleaning the coop keeps it from smelling and keeps your chickens happy in a clean environment.

Food is another part of upkeep, and making the decision to feed your chickens organic feed affects whether or not you’re getting truly organic eggs. You can also supplement chicken scratch with scraps of compost from your kitchen, which can mean buying less food and provide other nutrients for your chickens. Keep in mind that laying hens need extra calcium, and this can be found from crushed oyster shells or limestone grit that the chickens can pick at.



It can seem daunting. The coop, the feed, raising from chicks, the cleaning, and the planning. But it’s worth it.

Why it’s worth it:

It can seem daunting. The coop, the feed, raising from chicks, the cleaning, and the planning. But it’s worth it. “It’s part of the cycle of my garden,” said Dickinson. “They’re an integral part of my garden.”

For her, keeping chickens isn't a lot of work, and not only does she enjoy keeping chickens for the eggs, they’re entertaining to watch, her neighborhood kids enjoy them, and it’s satisfying. She enjoys knowing where her food comes from, and it’s hard to beat when that place is your own backyard.

Stone enjoys them for similar reasons. “It adds to my life to have them around,” she said. “Listening to the sounds they make, or seeing how happy they get from compost. I get a lot of pleasure out of that.”

It also is an integral part of her urban farm. By keeping chickens, she is able to work with the whole life cycle. “It’s really important to me that I work to keep the soil healthy because it keeps the food I grow healthy and regenerates our climate,” she explains. “I consider it a complete cycle.”

But above all, the thing that everyone who keeps chickens raves about the most is how absolutely wonderful the quality of the eggs are. And for most, that’s enough.

Well-Fed on a Budget

Part 1 of 2: a Sampling of American Fare




By Angela Madaras


Like many people, I find myself on a tight budget when it comes to eating out. While I desire to eat organic, whole, and clean foods, I tend to seek out restaurants where I can either have breakfast, lunch, or “happy hour” for around ten dollars. Because of this dilemma, I eat out less and prepare more meals from food we have raised and grown ourselves. But when I do want to dine out, I now understand my grandparent’s penchant for the “Early Bird Special.”

I challenged myself to find and write about some of the spots in our area where I can eat well while sticking to a tight budget.

The greater Ann Arbor region is home to a plethora of choices from which to pluck a savory meal thanks in large part to the University of Michigan and Eastern Michigan University’s hungry student population. Chelsea, on the other hand, possesses a large retiree population mixed with young families, and thusly caters to those demographics. Downtown Ann Arbor is home to more “high-end” eateries intermingled with college joints. Ypsilanti boasts affordable, ethnic, and funky eateries, and bars. I challenged myself to find and write about some of the spots in our area where I can eat well while sticking to a tight budget. To up the ante, I further decided to sample from a few higher end restaurants to see if I could stay on task monetarily while splurging a bit in the gastronomic department. In this first installment of my thrifty explorations, I want to share with you my go-to spots for uncompromising American fare.

 **THE COMMON GRILL**, Chelsea’s anchor restaurant, which opened in 1990 by owner and executive chef Craig Common, is one of my much loved winter spots for lunch. The large windows fill the space with natural light. They primarily serve up beautiful seafood flown in regularly, salads, fresh baked yeast rolls, pasta, and inspired American cuisine. My favorite budget lunch at The Common Grill is a bowl of savory tomato-based chowder with huge chunks of shrimp, scallops, and fish. It comes with two yeast rolls and butter; all for only five dollars. It was filling and comforting on the cold Michigan winter day when I last dined here. When I go alone I sit at their open bar and watch the kitchen pump out food. I do love the buzz of a well-greased kitchen. They also sell their uncooked pasta (including gluten-free options), house-made sauces, and hot rolls for folks who want to prepare a chef-inspired meal in the comfort of their own kitchen.

When I go alone I sit at their open bar and watch the kitchen pump out food. I do love the buzz of a well-greased kitchen.

 **MORGAN AND YORK** is heaven for a Midwesterner like me. With their wide selection of cured meats, olives, cheese, and liver pâté, my cravings can always be satiated. However, on one particular cold and rainy day I arrived wanting a whole sandwich and hot nurturing soup. Sadly, I was a wee bit early, or they a little late getting the soup ready for the lunch crowd. No worries for me, as I asked if I could make up my own sandwich and the answer was “yes, of course.” (I later found out this is actually an item on their menu). I pursued this by purchasing a hunk of baguette, sliced and toasted, with a one inch slice of *braunshweiger* (a type of liverwurst), a smear of Dijon mustard, and a thin slice of red onion. It was just like my grandmother used to make. With this, I ordered a cup of hot herbal tea to wash it down. I spent ten dollars, with a dash added to the tip jar. Morgan and York is a gourmet specialty food and wine shop with ample amounts of seating to dine in. They even have old-fashioned candies by the pound. Additionally, they serve breakfast and lunch during limited hours with expected standard items such as bagels, pastries, soups, salads, and their signature sandwiches, called *bocatas*, which are traditional Spanish-style sandwiches on locally baked, crusty organic bread with all sorts of creative fillings. It may be high-end gourmet, but you can dine here on any budget and be well-fed.

It may be high-end gourmet, but you can dine here on any budget and be well-fed.

PHOTO BY SUSAN AYER



PHOTO BY SUSAN AYER



MONAHAN’S SEAFOOD MARKET is a local treasure and fairly famous in the food biz. Anthony Bourdain visited in 2010, promoting the release of his book, *Medium Raw: a bloody valentine to the world of food and*

the people who cook. This is where I buy seafood because I trust their sources and it is completely fresh. You order at their counter and tell them where you’ll be sitting. It usually takes ten to fifteen minutes for lunch to be made per order. You can order any fish out of the counter at market price to be prepared as desired with a choice of their signature sauces, rice, and vegetable of the day. Or they also offer sandwiches, daily specials, a raw bar, and chowder. On this one particular day, my lunch was their daily special: Salmon Sandwich with slaw on the side. It was very tasty and filling with just enough pizzazz in the patty. Lining the table area is an extremely wide variety of condiments from which to choose. I could have added sides or soup but the amount was perfect. Had I more space, I likely would have gone with either their hand-cut fries or the sautéed lemon-garlic spinach. A final thought in a setting like Monahan’s – always tip the counter help; they bring your food and serve you water, plus they are some of nicest people you will meet.

This is where I buy seafood because I trust their sources and it is completely fresh.



THE LUNCH ROOM RESTAURANT AND BAR

is pleasantly located in a ground level corner space within Kerrytown Shops, in downtown Ann Arbor. They have a second smaller location near U-M North Campus, featuring a bakery and café, but the downtown locale is convenient to parking and lovely on a warm day. The seating extends to the garden atrium where one can sit in the shade of trees with little road noise. I have ordered several items from their all-vegan menu, but the one I feel most drawn to in the moment is the Powerup Bowl for an even ten dollars. It is full of fresh vegetables like kale, carrots, red peppers, avocado, rice, walnuts, and tofu. It is served with a sweet and savory maple Dijon sauce and they have other condiments such as Clancy’s Fancy Hot Sauce and Sriracha. The Lunch Room’s non-dairy and non meat menu items are made fresh with local ingredients that, when possible, are also organic. You can leave knowing you ate a very clean, healthy, protein-filled meal at budget. And if you still have space left, it’s worth noting they also bake all sorts of goodies, including gluten-free options.

You can leave knowing you ate a very clean, healthy, protein-filled meal at budget.



I did say something about happy hour. **THE LAST WORD BAR** is kind of a speakeasy, essentially located in the basement of LIVE Nightclub but with its own entrance. There are no signs on the darkly lit side door off W. Huron Street, just west of First Street. They open at 5 p.m. sharp.

The ambiance is seductive and reminds me of an old hunting lodge.

Lighting is low and they have plenty of seating in booths, at tables, or around the bar. My table of four sat in a good-sized booth with a lot of privacy, and romantic candles dotting the table. The space smelled intoxicating too — in an earthy kind of way, with high notes of cypress and juniper. I later learned they infuse their cocktails with smoke and other essences or aromas of the natural world. I was invited by a couple of family friends with my father as my date. Our friend paid the tab like a sly fox, but I stayed on my budget mission none-the-less. Well, I am slightly telling the truth....I did go over because I had a happy hour cocktail. The small plate menu on offer consisted of snacks and small prepared dishes. The combinations were provocative, slightly trendy, and mostly locally sourced. My pick was their Game Pot Pie, made of local rabbit, veggies, and cream sauce, all in a housemade tart with microgreens for exactly ten sheckles. It was yummy and comforting on a day with wind chills below zero. My dad opted for pork tacos, which were very sweet and three per order, so he added one extra so we could each sample. Another friend had Goat Poutine, which came in a large bowl with Sparrow Market goat, gravy, and cheese curds. Our other friend had a snack of Shishito Peppers blistered in truffle salt, sporting a gentle fragrance. All dishes were reasonably priced and brimming with flavor. In this way, they do have the *last word*.

The space smelled intoxicating too — in an earthy kind of way, with high notes of cypress and juniper. I later learned they infuse their cocktails with smoke and other essences or aromas of the natural world.

It is impossible to list all my favorite Americana eateries where I can “bargain dine” in our area, but this is a sampling of some of my picks. Truly, you can dine almost anywhere for five bucks by simply ordering a cup of soup. In the next issue, I will take you to a selection of more globally inspired eateries. Until then, enjoy! Life is too short to compromise flavor and pleasure.

Please note: before visiting these establishments, always check their hours on their website or by phone, as they may change seasonally.

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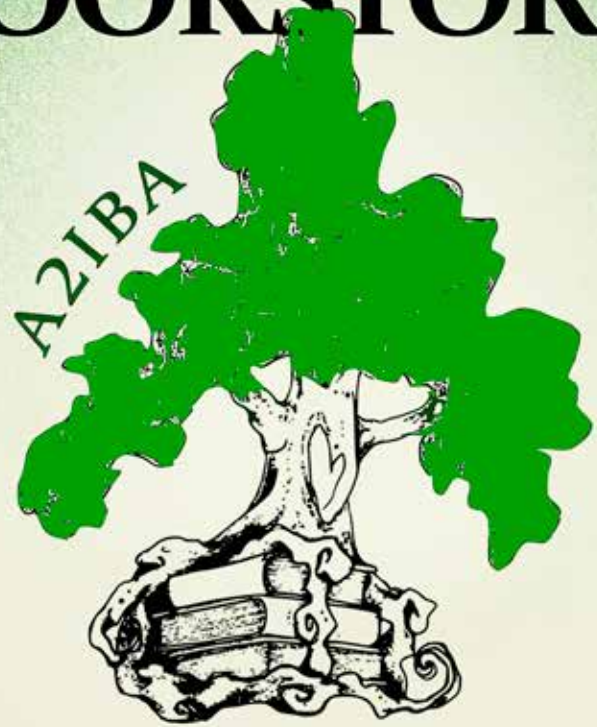
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407 N. Fifth Avenue, Ann Arbor, MI 48104
Ph: (734) 662-5118
www.monahansseafood.com
Metered parking, wheelchair accessible, no reservations, catering, limited indoor-outdoor casual seating, counter service only, no alcohol, family friendly, Wi-Fi.

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www.thelunchrooma2.com
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The Last Word Bar
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Great Tastes in LOCAL FOOD

Column by Crysta Coburn • Photography by Rachel Everheart



MIKETTE BAR AND BISTRO

Southern French cuisine is varied and rich with fruits of the land and sea, wine, and herbs. Mikette Bistro and Bar located on Ann Arbor's north side brings a little of this beloved culinary region to southeast Michigan.

Mikette's atmosphere is relaxed yet far from quiet as the air is filled with the animated conversations of contented patrons. Though the menu's presentation reflects the simplicity of a children's menu, Mikette is not really a family restaurant (though there is a small children's menu with three items). It is a gathering place for friends to enjoy food, drink, and — well, maybe not song exactly.

Southern French cuisine is varied and rich with fruits of the land and sea, wine, and herbs. Mikette Bistro and Bar located on Ann Arbor's north side brings a little of this beloved culinary region to southeast Michigan.

The food menu is divided into six sections: oyster and raw bar, cheese, les plats (small plates), soup and salad, les classiques (main dishes), and a three-item kid's menu. You can choose to treat each section as a course or make a meal of oysters, crab, or shrimp cocktails; cheese served with French bread, almonds, and pickled peaches (as it was when I dined); and the wide selection of small plates such as Moroccan spiced meatballs, eggplant tagine, ratatouille, and frites (french fries). When I see an assortment of cheeses on a menu, I am certain to order some. My companions and I chose for our spread the *Valencay* (classic French from goat's milk), *Fromage d'Affinois* (similar to Brie, but creamier), and Country Wind Farmstead goat cheese. We were all skeptical of the pickled peaches, but they paired so well with the creamy cheeses and french bread that I really liked them. They're sweet, like bread and butter pickles.



The Moroccan spiced meatballs were savory and had a coarser texture than El Harissa's (CWJ issue 59). They were also not "spicy" in the sense of "hot," but packed with spices and herbs. Southern France is known for its herbs and has historically traded with its Mediterranean neighbors like Morocco.

Speaking of herbs, my steak frites (steak with french fries) was surprisingly herby. Obviously, steak is prepared countless ways. It is fitting that Mikette finishes theirs with Maître d'Hôtel butter, though I've never had it this way before. It adds quite a punch of flavor!

I want to touch on the beverage selection. Yes, the wine, beer, and cocktail lists are very fine, exactly what I'd expect from a French restaurant in Ann Arbor. (I hear good things about their Vie en Rose, and my husband was impressed with their inclusion of the Sidecar.) But for non-drinkers, Mikette also offers some delicious alternatives, such as the Honey and Sage Spritzer — delightful! — and citron pressé. They also serve Orangina, which I haven't had in ages.

If you're looking for a new place to pass a pleasant evening with friends in a relaxing atmosphere where the wait staff really takes care of you, consider Mikette. *Et bon appétit!*

Located at 1759 Plymouth Rd, Ann Arbor, MI 48105, Mikette Bar and Bistro is closed on Mondays and open Tuesday through Saturday from 4:30 p.m. to 10 p.m. and Sunday from 4:30 p.m. to 9 p.m. Find them online at mikettea2.com.



SALT SPRINGS BREWERY

Located in downtown Saline, Salt Springs Brewery is beautiful. The 116-year-old building was once a church, and obvious care has been taken to preserve the polished blonde wood and vibrantly colored stained glass windows. What was once the place for the choir is now the kitchen, and a dining room has replaced the pews, a bar to one side.

Yet a restaurant is not out of place in these surroundings. The tables and chairs are simple and unobtrusive; the seats at the bar, cushioned and with backs, are light brown and comfortable. The beer is made in-house and ingredients for both the food and the beer are sourced locally as much as possible. According to their website, (regarding the beer): "Located in farm country, fresh, local ingredients are used whenever possible. In return, spent grains are sent back to farmers for feed and compost."

The 116-year-old building was once a church, and obvious care has been taken to preserve the polished blonde wood and vibrantly colored stained glass windows. What was once the place for the choir is now the kitchen, and a dining room has replaced the pews, a bar to one side.

I'm not big on beer, but I do love fresh, local ingredients. "There isn't even a deep freezer on site!" proudly proclaimed our amiable server. I also love menu items like poutine, a dish synonymous with Canada. It's a simple construction of french fries topped with cheese curds and brown gravy, and it is catching on rapidly in the States. With just the right amount of salt, the poutine at Salt Springs Brewery is the best I have had since my trip to Quebec.

Though I could have made a meal out of the poutine, I shared it with my husband and ordered the Creamy Shrimp Pasta for my dinner, composed of Key West shrimp (so plump!), broccoli, red peppers, garlic, shallots, butter, Parmesan cheese, and a white wine cream sauce. It was a true delight. The pasta was cooked *al dente*. (Coming from an Italian background, I am a stickler for pasta.) I paired it with an Arnold Palmer, another perfect blend, not too sweet or sour. I tried the smallest bite of my husband's Smoked Pulled Pork sandwich (I don't eat pork), and I was surprised by the pronounced smoky flavor. It made me even more curious about the Smoked Chicken Salad sandwich, which had originally caught my eye before I settled on the pasta. I will just have to go back and try it on another visit.

Atmosphere and food are wonderful things to have in a restaurant, and I do appreciate them immensely. But people can make a difference. I really liked our server! She was friendly, attentive, and ready to answer any question. She clearly had pride in her job and the brewery, and that enthusiasm was inspiring. I had a great time, and I'd like to go back soon! In warmer weather, we can try the biergarten and firepit.

Salt Springs Brewery is located at 117 South Ann Arbor St., Saline, MI 48176. Closed on Mondays, they are open Tuesday through Thursday from 11:30 a.m. to 10 p.m., Friday and Saturday from 11:30 a.m. to 11 p.m., and Sunday from 11:30 a.m. to 9 p.m. Brunch is served on Saturday and Sunday from 11:30 a.m. to 3 p.m. Their website is saltspringsbrewery.com.



CHIVE KITCHEN

When I stepped through the door of Chive Kitchen, an all vegan restaurant in downtown Farmington, Michigan, I smelled food. I don't mean it smelled like a restaurant. A freshness permeated the air unlike I've ever experienced outside of a farmers' market. Per their website, Chive Kitchen "focus[es] on fresh and local products." And my nose confirmed it.

The atmosphere is super casual with a youthful vibe. Vintage style light bulbs singularly hang from the ceiling on black wires, and art dots the walls. When I spotted the painting above the front door of a woman writing on parchment with a quill, I decided this place was for me.

My favorite of the appetizers happens to be gluten-free: the fried chickpeas with smoked paprika salt. They pop in your mouth! I want to have these at home! Far superior to popcorn for movie night or beer snacks.

Unlike other vegan restaurants I've visited, this one has a bar. It is a little known fact that many alcohols are not vegan-friendly due to animal products used in the filtration. Modern crafters have gotten better about this, and many no longer use that technique, so Chive Kitchen's bar is fully stocked and vegan-friendly. They also offer some tasty nonalcoholic drinks, such as the refreshing Cherry Bitty (like a cherry limeade).

Many of the dishes are, or can be made gluten-free, though the grill and fryer are not. My favorite of the appetizers happens to be gluten-free: the fried chickpeas with smoked paprika salt. They pop in your mouth! I want to have these at home! Far superior to popcorn for movie night or beer snacks.

I almost ordered the mushroom pasta with its smoky cream sauce (our server's favorite, she later confessed), but instead, I was persuaded by the bourbon-maple brown butter in the sweet potato rigatoni. Though cooked a little beyond *al dente*, this was still an enjoyable dish. I loved the sage-sweet potato cream sauce! I can't imagine anyone who didn't already know it was vegan would have guessed that it was.

Chive Kitchen's menu is not sparse by any means, and I think it will surprise a lot of non-vegans. Take, for example, the oatmeal cream pie on the dessert menu with its "buttery oatmeal cookie" and "vanilla bean buttercream" filling. Or the orange cream cupcake with orange-infused buttercream. They have unique items, too, such as the kombucha float made with coconut ice cream (which is creamier than dairy ice cream, for the record). I would have tried one if I hadn't been so full!

A meat-eating friend recently declared to me that vegan lentil tacos are the best tacos he has ever eaten "hands down." Chive Kitchen's tacos are made with tofu, but their chili is composed of lentils, mustard cumin aioli, and red onions, which sounds scrumptious to me. I wouldn't have thought to use lentils as a meat substitute in a recipe. My culinary horizon has been expanded. Thanks, Chive Kitchen!

Chive Kitchen is located at 33043 Grand River Ave. in Farmington. Closed on Sunday and Monday, they are open Tuesday through Thursday from 11 a.m. to 10 p.m. and Friday and Saturday from 11 a.m. to 11 p.m. Find them online at chivekitchen.com.



THE DISHES PICTURED:

MIKETTE, warmed French Baguette over the Beef Bourguignon; **CHIVE KITCHEN**, start of section on second page: Jalapeño Burger — Cannellini-Setain herbed patty, guacamole, cashew nacho cheese, fried jalapeños, crispy onions; end of section: Mole Tacos — Smoky tofu, butternut squash mole, house salsa, tofu crumble, jalapeño cream. Gluten-free.

Integrative Medicine at the U-M

For Want of a Nail: How the U-M's Innovative Faculty Scholar Program Could Fade Away, or Continue to Thrive



Rita Benn

After 15 years, 150 scholars, numerous programs designed and implemented and countless classes, Rita Benn has persuaded and inspired many of her colleagues of the value of integrative health for all, especially for those who teach.

By Kirsten Mowrey

Photography by Susan Ayer

In 2013, Professor Ana Baylin found herself in a professional crisis. After training as an M.D. in Spain, getting her Ph.D. in Nutrition and Epidemiology, and working at the U-M School of Public Health, she found herself wanting to do... something else. A colleague encouraged her to enroll in the Faculty Scholar Program (FSP), a year-long educational group. The faculty in the program study recent research on integrative medicine, such as meditation, yoga, and chiropractic, as applied to cardiovascular disease, cancer, chronic pain, and mental health. By exposing professionals to the benefits of other disciplines outside their own, and building bridges based on science between medicine (disease treatment) and health (vitality and well-being), faculty find themselves creating new methods and solutions to patient problems. The program has been innovative and successful, and a key element in the slow but steady growth in the acceptance of integrative medicine at the University of Michigan.

By exposing professionals to the benefits of other disciplines outside their own, and building bridges based on science between medicine (disease treatment) and health (vitality and well-being), faculty find themselves creating new methods and solutions to patient problems.

Baylin, for example, met Max Shtein, an engineering professor. Shtein was working on designing UV lamps to affect appetite and obesity. As Baylin looked at the implications of Shtein's lamps, she found herself getting excited. From a public health perspective, the lamps offered an intervention to change local metabolism, affect appetite, and decrease risk of obesity, particularly for healthy people who worked night shifts, irregular hours, and in a cubicle. During the year-long program, Baylin and Shtein began collaborating on an experiment involving the lamps, with Shtein providing the technical side and Baylin providing the public health aspect. They have applied for grants to do experiments, collect data, and research if this could be an effective intervention for obesity. Baylin said "[This was] the best thing. I was in the middle of a professional crisis. [Then] I met Max, and now I'm in a project I love. It opened me to a different way of thinking."

"We felt that, no matter how much teaching we – myself, Sara Warber, Suzie Zick, and others – could do in the [traditional medical] curriculum, we wouldn't be able to reach all the schools in order for them to understand what needed to occur in integrative medicine. Bringing faculty on board who could have that understanding, they could then teach their departments or their students in their schools."

This class not only resolved Baylin's professional difficulties, it led her to new innovations that may address a current public health challenge, as well as offer new technologies for health. All that from the work of two scholars in one year. And the FSP has been running for 15 years. What other amazing doors have been opened, interventions and innovations created? What else is possible? And it's also possible that this very worthwhile program might slowly disappear, underfunded, dismissed, and lost in the University's Medical School.

The Faculty Scholar Program is the creation of Rita Benn, Ph.D., and Dr. Sara Warber M.D., with others collaborating. Benn is a curly haired, bright eyed woman, who cocks her head to the side as she listens to your questions. Her home office is stuffed

with books, and stacks of paper and journals sit on her desk with a computer and recessed keyboard. It was late summer when we talked, and she, as program director and teacher, was preparing for a new year of scholars and projects.

Originally from Montreal, Benn arrived in Ann Arbor in 1975 to do a Ph.D. in Clinical Psychology and Education with clinical child and school specialization. Upon receiving her doctorate, she traveled to India and worked at Boysville in Clinton before starting her family in 1982. When her first son was over a year old, Benn began work at the Merrill Palmer Skillman Institute for child and family development at Wayne State. She worked with attachment in infants and mental health, developed policies for assessing children at risk for developmental delay and disability, and wrote grants with the state for social services. Her Ph.D. had prepared her well for bringing together the many disciplines necessary to help one- to five-year-old Michiganders to thrive: social work, education, and public health joined in campus collaborations.

There are usually anywhere from 10 to 15 scholars a year coming from all over the University. Rita Benn points to that as one of the accomplishments of the program. “Faculty have an opportunity across campuses and disciplines to learn from each other. Ours is very broad: art, music, business, engineering.”

In 1997, after years of commuting to Detroit from Ann Arbor, her husband commuting to Jackson, and her three children in elementary school, Benn decided that someone needed to be local, and she left Wayne State. She had heard about a new grant to research Complementary and Alternative Medicine therapies (now called integrative medicine) in cardiovascular disease, given to Dr. Sara Warber, Suzie Zick, and Alana Gillespie at the U-M Medical School. She was invited by her friend Coco Newton (who was featured in the cover story of issue #60 of the Crazy Wisdom Journal, available on its online archive) to a lecture Newton was giving at Parke-Davis, which Dr. Warber also attended and where they were introduced. After meeting Benn, Warber said, “We’ve got to figure out a way to get you part of us.” Benn wrote her job description for Warber and was hired in 1999 to do education-related research for the grant.

In 2001, Benn and Warber wrote a second grant to the National Institutes of Health. Its goal: to bring integrative medicine to the medical school and its allied schools of health. Alternative health use had been increasing among the public since the 70’s but ballooned in the late 1990s. Many patients were using massage, herbs, chiropractic, yoga, and meditation along with conventional medicine, yet there was little research available about them. Also, many conventional medical practitioners had little to no experience with these modalities, how they would affect treatment, or if they were contraindicated.

The grant funded two programs, student development and faculty development. Said Benn, “We felt that, no matter how much teaching we – myself, Sara, Suzie Zick, and others – could do in the [traditional medical] curriculum, we wouldn’t be able to reach all the schools in order for them to understand what needed to occur in integrative medicine. Bringing faculty on board who could have that understanding, they could then teach their departments or their students in their schools.” This was the beginning of the Faculty Scholar Program.

Grant restrictions originally required faculty to create a project that was educational in nature. Benn explained, “That could be a course – in the School of Public Health that’s 32 credit hours, or in the medical school that’s five or six hours – or could be targeted to residents, a few lectures, but it had to be education related.” Once the funding from NIH was discontinued, that restriction lifted and faculty pursued what they wished. It also allowed Benn to open the program up to faculty doing research and clinical service. As an example, she said,


“For some faculty members it changed the trajectory of their research careers. Our most famous scholar was Barbara Fredrickson, who is the queen of positive psychology and President of the International Positive Psychology Association. Barb developed a research project on lovingkindness, published it, and is now researching lovingkindness versus mindfulness meditation and the effects on anxiety and depression. She’s finding that one may be more beneficial than the other and looking at how our physiological functioning is affected by one over the other. Before [the FSP] she wasn’t doing that kind of work.”

There is a new national board certification in integrative medicine that is recognized by conventional medical boards. This could create a stream of students and professionals seeking certification. While the Faculty Scholars Program currently does not qualify, it easily could. The decision to do that would be up to Benn’s successor.

Faculty scholars meet one Friday a month. “We always have an evidence based presentation, they have readings they have to do, there are discussion questions on those readings,” Benn elaborated. “Then we have a practitioner who comes in, who teaches us, and we may have a patient of that practitioner who shares their experience of that practice and what it afforded them. The scholars present an update of their project, and then there is some free floating discussion. It’s a packed day, and the discussions tend to be focused more on the transformation of health care.”

Continued on page 58

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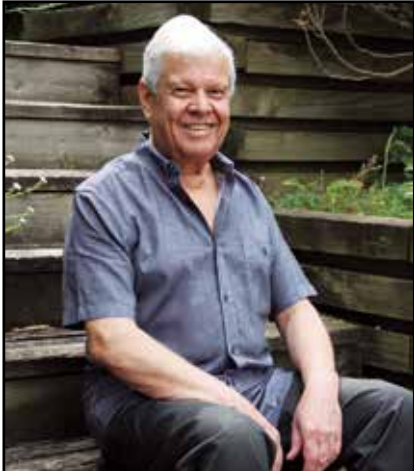
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Rita Benn and the Faculty Scholar Program

Continued from page 57



Discussions, class time, and the year-long structure create what many scholars call the best part of the class: community.



Each day has a focus; cancer, cardiovascular, chronic pain, and mental health, to name a few. Benn invites a presenter to talk about a given topic, and collects research articles and data about integrative medicine on that particular topic for the day's schedule.

There are usually anywhere from 10 to 15 scholars a year coming from all over the University. Benn points to that as one of the accomplishments of the program. "Faculty have an opportunity across campuses and disciplines to learn from each other. Ours is very broad: art, music, business, engineering." Some years they've also had faculty from other institutions, such as Eastern Michigan University and St. Joe's Hospital.

As far as projects go, they vary. A pharmacy faculty member mimicked the medical school program and had her pharmacology students visit alternative practitioners in the community to develop familiarity with non-pharmacological options for care. A math professor distracted his students from their math anxiety by having them solve real world issues, such as calculating the glycemic index for foods they ate.

Then there is Sean Ahlquist, a Professor at the Taubman School of Architecture and Urban Planning. His research is on tactile and interactive environments. He also has a daughter with autism. His project united both of those areas, constructing a positive view of mental health. He created a video of his daughter titled *Every Day We Look to Define Mental Health on Ara's Terms*. From that video, and with the support of Benn and his peers in the program, he developed a workshop for parents to construct a mindful view of the mental well-being of their autistic child. The workshops ran in the fall of 2015 for the first time.

Discussions, class time, and the year-long structure create what many scholars call the best part of the class: community. Michael Rice, M.D., Inpatient Medical Director of Gastroenterology, came to the program because "50% of inflammatory bowel

Jane Dutton, U-M Professor of Business Administration and Psychology calls the program one of "the transformative educational experiences I ever had, the most pivotal important intervention in [my] career."

patients use integrative medicine. I wanted to better understand for myself, for patients, and to incorporate [it] in [my] practice." Rice, who went through the FSP with Ahlquist, says he was surprised by the camaraderie of the group. "It was a group of phenomenal people. [I] looked forward to spending time with them. [They were a] sounding board and inspired me." Baylin concurred, "I was looking forward to that day."

Hank Greenspan, a psychologist and playwright in the Residential College said, "It was a chance to talk across disciplines, to create a common language. People tend to talk in a certain language and style of work; professionally, [it was] an intercultural exchange." Quyen Epstein-Ngo, of the Institute of Research on Women and Gender, said she went through a "withdrawal" at the end.

Benn points to a growing recognition among the medical profession of the importance of wellness "not only for their patients, but for themselves." The program is a professional renewal of faculty, a "nurturing of faculty," a quality that often falls by the wayside in the high pressured, achievement oriented University community. Many are so burnt out, according to Benn, or bored, or contemplating leaving academia. The monthly format "allows for deep work. I would say there is a therapeutic element; unexpected for them but [not] for myself. It is what will occur when you are a small group over time, talking about your own personal professional beliefs and views; you are also having these experiences (class visits and demonstrations)."

By allowing faculty to become students, they are given the permission all students have: to be curious, to inquire, to evaluate and reevaluate, to err, to test theories, and see how well they work, not just from a base of theory, but with experiential knowledge as well. The program creates an open, supportive space to learn, design, and play with new ideas, innovations, and cross fertilizations, then apply them into projects.

With elated reviews, professional transformations, inter-professional connections, and innovative research, replication and expansion of the Faculty Scholar Program would seem obvious. However, that is not the case.

Baylin is one of the many faculty who has had her professional life reinvigorated. Jane Dutton is another. A distinguished Professor of Business Administration and Psychology, Dutton credits the program with giving her the courage and facts to pursue what she wanted to professionally 15 years ago.

Dutton's interest was in rethinking management in the business world, how workplaces affect people's health and how workplace design affects human flourishing. The research she was exposed to "fired her up to explore" what eventually became the University's Center for Positive Organizations, a part of the Business School. She calls the program one of "the most transformative educational experiences I ever had, the most pivotal important intervention in [my] career."

Baylin credits Benn with making it work so well. "Everything is consistent with the program, not just the talk – the food, the setting. I love the work Rita does and the people involved." Dutton added, "Part of the magic [is the] safe and welcoming learning space. Able to handle conflict, able to handle vulnerability. We felt *known* as a person, could take risks, and authentically show up as you were."

There is another, subtler aspect to supporting and nurturing faculty. When many of us reference "the University" or "the Medical School," we may mean the physical location, but often we mean the institution and the culture, both of which are represented by the people in that culture. Our interactions with those people affect our understanding and perception of the institution itself. Think for a moment: what are your interactions and experiences like when you are overwhelmed or stressed out? How does that differ when you feel supported, engaged, and inspired? Nurturing faculty to bring out their best selves changes the face of the institution that patients, students, and the community interact with regularly.

With elated reviews, professional transformations, inter-professional connections, and innovative research, replication and expansion of the Faculty Scholar Program would seem obvious. However, that is not the case. While the start-up costs and first five years were covered by the NIH grant, and the next three by the Esperance Family Foundation, during the past seven years they have had to search for money.

Faculty who attend pay tuition, which usually comes from their department. Some faculty have paid themselves. Funding within the University is a topic of its own, but in general, faculty are encouraged to find grants to support their projects. In the medical school, research receives funds but not education, at least not directly. To receive money once a grant has been given, it is channeled through the department to faculty. The FSP is education focused and cross disciplinary, so while it has found a home in Family Medicine, it belongs to the entire medical school. It is an ongoing program, which most foundations have no interest in, instead wanting the institution to take up the costs.

Added to this is Benn's position as adjunct faculty, a change she made seven years ago to teach at Dr. Andrew Weil's Arizona Center for Integrative Medicine. After a year of flying between the program in Ann Arbor and Tucson, she decided to remain in Ann Arbor as an adjunct.

Adjunct faculty have a different role in the university hierarchy than permanent faculty. They participate less administratively, and therefore, as Benn says "the University has less obligation to them." They are also limited in access to funding opportunities. These factors combined with those listed above have hampered the project financially, and there is a precedent for failure. The University of Washington had a similar program that ran for three years, with staff trained by Benn, but then

“the staff left and the funding left, so there wasn’t a champion to keep it going.”

Costs for the program are a short list: Benn’s salary from the Department of Family Medicine, copies to give to the faculty scholars, food for their meals, renting the classroom, payment to the visiting practitioners (although many give their time unpaid). Benn herself does all of the research collection, email coordination, recruitment, arranges the food, the location, the practitioner visits, as well as the teaching. A small amount of money is paid to the Department of Family Medicine to keep track of the financials – has tuition been paid, the food vendors, the practitioners?

When asked what the program needed to be sustainable, Benn said that an extra \$10,000 aside from tuitions would cover it. Similar programs nationally cost \$5,000 to \$15,000, according to her, whereas the University charges faculty and their departments \$2,250 to take the program. If they were to raise the cost to between \$3,000 and \$3,500, Benn believes it would be sustainable locally, although she added, “donors are welcome.”

Northwestern University implemented the program last year and is continuing it this year with assistance from two of Benn’s graduates. Benn is currently training an individual at Beaumont Hospital in metropolitan Detroit to run a similar program there, and recent changes in the world of medicine could assist the program. There is a new national board certification in integrative medicine that is recognized by conventional medical boards. This could create a stream of students and professionals seeking certification. While the FSP currently does not qualify, it easily could. The decision to do that would be up to Benn’s successor.

There is a new national board certification in integrative medicine that is recognized by conventional medical boards. This could create a stream of students and professionals seeking certification. While the Faculty Scholars Program currently does not qualify, it easily could. The decision to do that would be up to Benn’s successor.

When I originally spoke to Benn in 2015, there was no successor in sight and the FSP’s demise appeared certain. Benn had searched for a successor and had just had a potential candidate bow out due to too many commitments and the funding difficulty remained. When I contacted her again in the middle of 2016, she emailed that she was in discussions with her department, Family Medicine.

In October 2016, Dr. Sara Warber retired. Her leaving proved a catalyst to decision-making and made apparent that if the program was not to disappear, it would need leaders. Suzie Zick, Naturopathic Doctor and M.P.H., and Jill Schneiderhan, M.D., stepped forward. Zick is a researcher, Schneiderhan a clinician and a graduate of the program. Current plans are for the two to co-direct for the next five years and bring it more firmly under the umbrella of Integrative Family Medicine.

Benn says there has been “a recognition of the core value of integrative medicine to family medicine for patients. We have shown the value in the last 15 years and made our case.” The question is, will that case be strong enough to garner funding? Will it become fully funded as it moves deeper within Family Medicine? Will it become absorbed in the total curriculum, giving faculty the support for developing new programs and initiatives that could benefit students and patients? Or will it disappear in five years, a legacy unfulfilled?

For Benn, she says this may be her last year or there may be one or two more. She is very involved with Michigan Collaborative for Mindfulness in Education (MC4ME), a group working on bringing mindfulness into elementary education (See the interview with Mary Spence in issue #62, available on CWJ’s archive online), and should hear soon about another grant, this time with Suzie Zick, to train professionals in integrative oncology. She would like to get the program into more universities and hospitals and leave a legacy of integrative health. And then there is Alice, her granddaughter, who recently moved to Ann Arbor while her mother does

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a fellowship at the medical school and her father finishes his Ph.D. Having Alice local “thrills me!” says Benn, especially since her other children live in California and New York.

The final class offered to the faculty scholars is optional. Its title is “Leadership and Systems Change.” Benn stated, “I think what can also transform the system is when the leadership of that system has their own personal experience. We have the data and the data supports [a] benefit of quality of life for these modalities. We think that policy change occurs because of data but it doesn’t, it occurs because of personal experience and persuasion.” After 15 years, 150 scholars, numerous programs designed and implemented and countless classes, Rita Benn has persuaded and inspired many of her colleagues of the value of integrative health for all, especially for those who teach. For it to flourish and grow, nourished and funded, and continue to benefit faculty, patients, and students in the future is up to her successors and the University.

To view a list of scholars and their projects go to www.med.umich.edu/umim/education/um-scholars.html. Rita Benn can be contacted at ritabenn@umich.edu.

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The Arrival of Consciousness Science at the University of Michigan Medical School

The Crazy Wisdom Journal Interview with Dr. Tarik Bel-Bahar, Research Investigator

Interview by Bill Zirinsky
Photography by Joni Strickfaden

The Center for Consciousness Science at the U-M Medical School was inaugurated in June 2014 by its Founder and Executive Director, Dr. George Mashour. That was around the same time that Dr. Tarik Bel-Bahar arrived in Ann Arbor. We were approached by Bel-Bahar in mid-2015, who suggested that CCS's mission and activities might be ripe for a story in the CW Journal. We agreed. So what follows is an interview with Dr. Bel-Bahar, about the Center and its work. For long-time Crazy Wisdom Journal readers, this is a "must-read" about exciting work on the frontiers of consciousness research being done right here in Ann Arbor, right at the University, in the Medical School, no less.

Tarik Bel-Bahar is a Research Investigator at the CCS. He does data collection, analysis, and reporting on studies using psychometrics (questions and tests) and neurometrics (high-density EEG). His interests are focused on brain dynamics, consciousness, emotion, and other topics including psychopathology, personality, social cognition, mobile biosignals, ritual cognition and experience, and religio-contemplative metaphysics.

Bel-Bahar is highly intelligent, gentlemanly and quick-witted. He has an exceptional grasp of the many and varied threads of the fields of consciousness science and consciousness studies. He is as at home talking about altered states of consciousness induced by meditation, shamanism, Roman Catholic chants, psychoactive substances or Sufi dances, as he is talking about examining brain dynamics with research-grade high-density-array EEG. Best of all, he's possessed of a twinkle in his eye and a wizard-like appreciation for the mysteries yet to be solved in the field of consciousness exploration.

Bel-Bahar, 43, was born in Poland and spent his early childhood there. He spent some of his growing up years in Algiers, and then in New York City. He went to the University of Alaska in Anchorage as an undergraduate, and later received his Ph.D. in Psychology and Neuroscience from the University of Oregon. Currently single, he lives in Ann Arbor Hills.

Bill Zirinsky: Thank you for agreeing to this interview, Tarik. The Center for Consciousness Science (CCS), part of the Department of Anesthesiology at the U-M Medical School, is doing some exciting research, and I think our readers will be interested in the Center, its research, and what's ahead.

Please tell our readers some basic information about the Center. How long has it been around? How did it come to be? Who are the movers and shakers behind its inception?

Tarik Bel-Bahar: The CCS is only two years old and was born after a decade of growing efforts at the U-M Medical School by Dr. George Mashour and colleagues to explore brain and behavior changes associated with anesthesia, and especially the induction of unconsciousness and the emergence of consciousness. The Center's leaders also include Tony Hudetz and Uncheol Lee, two deans in the world of anesthesia and consciousness research.

As one of a few centers worldwide, the Center for Consciousness Science is at the forefront of research into anesthesia, sleep, and altered states, but also reflects to some degree the broad multi-disciplinary nature of modern consciousness research.



Developing a better understanding of the mechanisms and measurement of consciousness (i.e., awareness, subjectivity, and conscious experience) is fundamental for the mind and brain sciences, and may have profound psychological, clinical, philosophical, and theological implications. Building on recent advances in consciousness research by the Department of Anesthesiology (U-M Medical School) and on the strong need for research centers dedicated to rigorous multidisciplinary studies of consciousness, the Center for Consciousness was founded. The CCS is focused on innovative and long-term research that will advance interdisciplinary models of consciousness. Researchers at the CCS are doing basic and translational research funded by NIH grants, using advanced brain connectivity and modeling techniques, providing training and research opportunities, and engaging with the emerging international community of consciousness researchers. In the first year and half of the CCS, we have grown to include over 50 core and associated faculty from the fields of neuroscience, physiology, anesthesiology, neurology, neurosurgery, psychiatry, psychology, philosophy, engineering, physics, mathematics, computer science, and music across seven institutions.

A research center is usually setup by dedicated scientists when there is: 1) a strong core set of researchers with overlapping interests, 2) young or growing research agenda with international merit, and 3) good research infrastructure. The development of a center serves as a galvanizing force that can make the research more impactful.

We are part of a growing movement in the cognitive, medical, and engineering sciences to better understand the fundamentals and complexities of mind, brain, and behavior. As one of a few centers worldwide, the CCS is at the forefront of research into anesthesia, sleep, and altered states, but also reflects to some degree the broad multi-disciplinary nature of modern consciousness research. CCS faculty and associated faculty come from a range of disciplines including medicine, philosophy,

psychology, physics, and engineering. This past year in April, we co-sponsored the premiere Science of Consciousness conference in Tucson and presented a range of experimental, behavioral, and brain-imaging work there. Readers are invited to peruse the Tucson conference website, the CCS website, and to look out for CCS-sponsored events open to the community.

This groundbreaking work has well established the main effects of light doses of ketamine on quickly reducing depression.

Bill Zirinsky: Can you tell us about the background of Dr. George Mashour? And how does he define the purpose of the Center?

Tarik Bel-Bahar: George A. Mashour, M.D., Ph.D., is an anesthesiologist and neuroscientist who founded and directs CCS. Dr. Mashour's primary scholarly interest is in consciousness and anesthesia. In his clinical research he studies intraoperative awareness and has conducted several major randomized controlled trials on brain monitoring. In his laboratory he investigates the mechanisms of unconsciousness during general anesthesia and sleep. Finally, his computational research group explores network science approaches to consciousness and unconsciousness. Mashour's research is funded by the NIH and the James S. McDonnell Foundation.

Bill Zirinsky: Can you give us a sense of the size of the Center? How many scientists and researchers are working at the Center, how much money is being budgeted for the Center, either out of the U-M budget and/or from grant money and other funding sources? Were there also a few major donors to the Center, and who are they?

Tarik Bel-Bahar: The Center consists of about ten core faculty, about ten other collaborators at U-M, and about fifty associated faculty from around the country. We have an external advisory board of world leaders in consciousness research. Our current budget comes mainly from current and new federal grants focused on research into anesthesia, along with support from U-M. We actively seek out new opportunities to build out our research portfolio into other research areas. We have received some private funding for a one-year project examining kundalini yoga. Considerable seed funding is required to jumpstart long-term research programs into traditionally underfunded research areas such as altered states of consciousness associated with religious, mystical, psychedelic, or contemplative practices.

BZ: In explaining to me why the growth of the Center is an interesting story, you noted it is a story of anesthesia "rediscovering" consciousness just as the "consciousness science movement is heating up." Please elaborate.

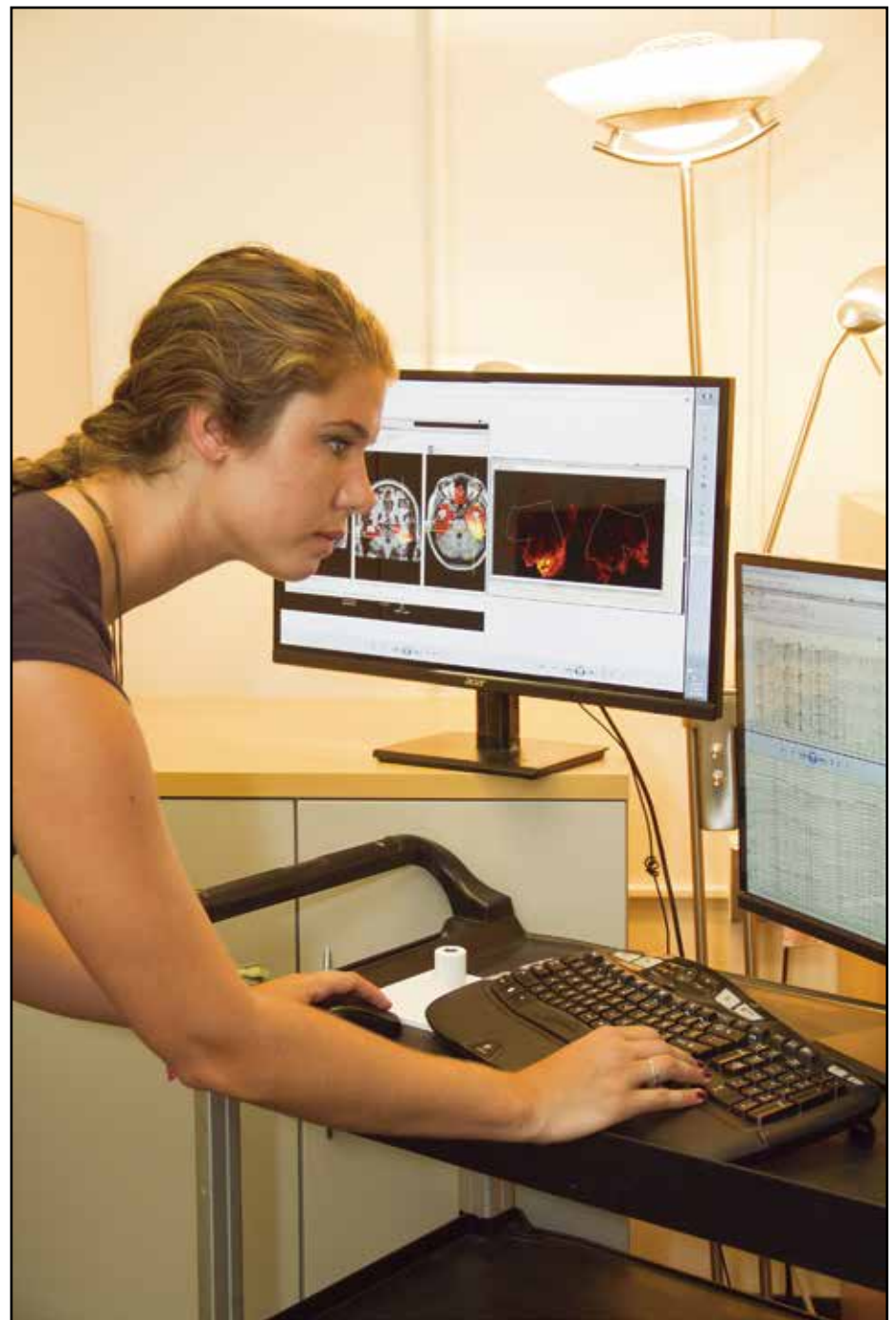
Tarik Bel-Bahar: For nearly a century and a half, anesthesiologists have been working with turning general consciousness on and off in operating rooms for millions of people around the world. But to date we still do not understand this on/off process in terms of neuropsychology. What is this consciousness that we lose when we go to sleep and that returns when we wake up? Some researchers, including Dr. Mashour, have increasingly focused on directly examining cognition and brain dynamics before, during, and after anesthesia. This kind of research reflects a growing synergy between the medical, brain, and cognitive sciences. It builds on the extensive knowledge about anesthesia at a neurochemical level and in terms of fine titration and control of various substances used for anesthesia. It also builds on developments in cognitive neuroscience, millisecond-resolution functional brain imaging, and advanced computational methods that draw from advanced math and physics, including graph theory and dynamical systems. In another sense, this line of research brings about interesting findings that consciousness and cognition researchers can benefit from, and anesthesia research in turn benefits from the wide range of techniques and theories for examining consciousness and cognition. Other influences have included research programs focused on the cognitive unconscious (some pioneered by CCS collaborators here at U-M) and disorders of consciousness involved with brain damage and coma.

BZ: You noted that there are three pillars of the Center's work. Please delineate those three pillars?

Tarik Bel-Bahar: There are three "pillars" or general research themes. They are: 1) Human experiments focused on brain dynamics and monitoring of consciousness, 2) Experimental neuroscience with small animals, focused on brain and biochemical dynamics, and 3) Altered States of Consciousness (including those related to anesthesia, contemplation, mysticism, etc.). The Center is also associated with multi-center studies of anesthesia effects and post-surgery recovery.

BZ: You provided an article for me by Anil Seth, the co-director of the Sackler Centre for Consciousness Science at the University of Sussex, on "Consciousness: Eight questions science must answer." Which of those eight questions is the CCS engaged in exploring and understanding more deeply?

Tarik Bel-Bahar: We are primarily looking into questions one and two regarding anesthesia, what are the critical brain regions and mechanisms for consciousness? Researchers at CCS look at how different parts of the brain work together in modulating local and global network dynamics during anesthesia and other forms of altered states of consciousness. We are also looking at which brain regions are



Discover how dynamic patterns of neural activity are transformed into cognition, emotion, perception, and action in health and disease. This is the ultimate current goal of the brain and mind sciences, and is strongly related to explaining how human consciousness happens.

Consciousness: Eight Questions Science Must Answer

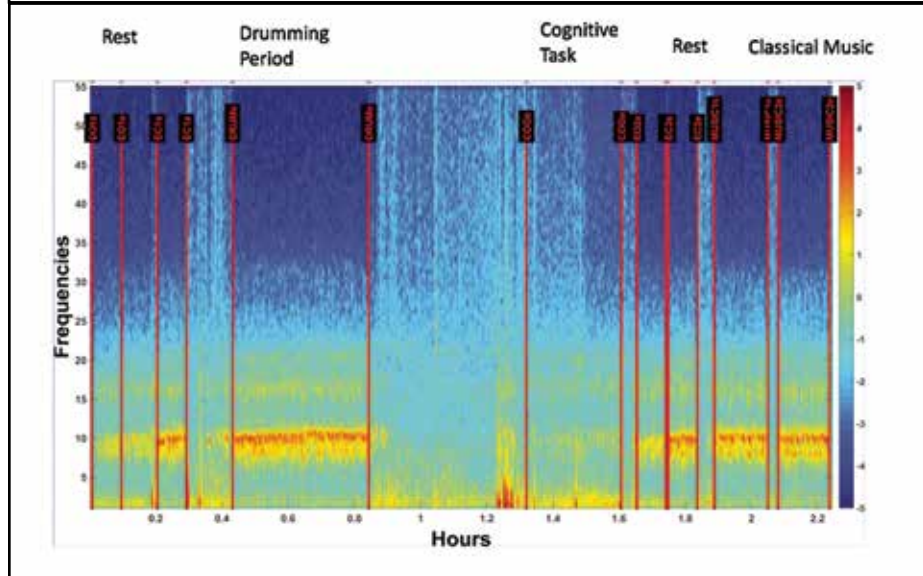
- What are the critical brain regions for consciousness?
- What are the mechanisms of general anesthesia?
- What is the self?
- What determines experiences of volition and 'will'?
- What is the function of consciousness? What are experiences for?
- How rich is consciousness?
- Are other animals conscious?
- Are vegetative patients conscious?

Continued on page 62

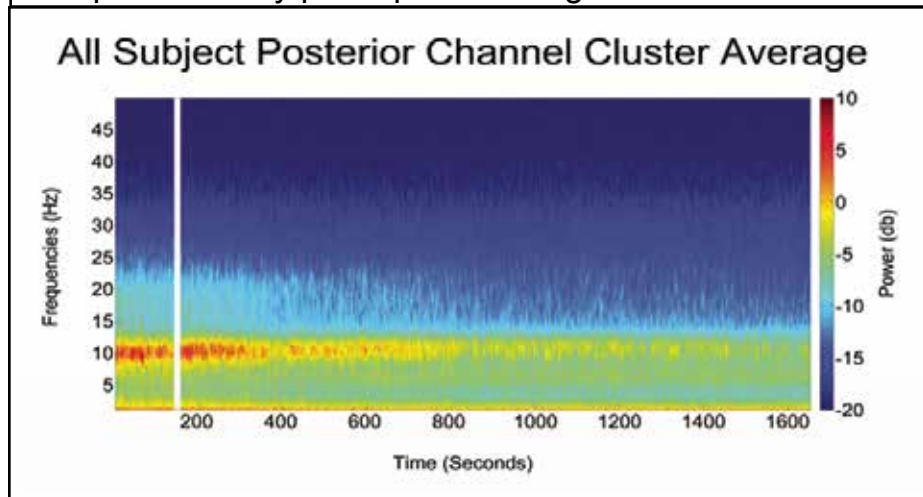
The Crazy Wisdom Journal Interview with Dr. Tarik Bel-Bahar

Continued from page 61

This is an example of a spectrogram at different frequencies, and different conditions from the shamanism study. One can see increased alpha (10hz) during eyes closed periods including the drumming music and classical periods



This image (below) from a ketamine study depicts oscillatory brain dynamics from a healthy young adult participant. The image shows EEG frequencies' power over time, with a general decrease in alpha (the red amplitudes at about 10 Hz) during the time of the sub-anesthetic period relative to the baseline period at the start. The white vertical line represents the end of the eyes-closed baseline period and the start of the eyes-closed sub-anesthetic period. In this study we also examined altered states of consciousness experienced by participants during the ketamine dose.



active and coordinated most during specific kinds of altered states. By understanding how these brain effects and associated altered states are modulated in different conditions, we also contribute to the growing knowledge about the mechanisms of anesthesia, especially in terms of fluctuations in high-order cortical function linked to awareness and integrated cognition.

BZ: I saw that John Krystal, Chair of Psychiatry at Yale, was in town a few months ago talking about ketamine therapy for depression. You mentioned to me that there is a 50-year history of ketamine research, and ketamine can be an anesthetic, an analgesic, an anti-depressive, and a psychedelic. Tell us more about ketamine, and, in a nutshell, what Dr. Krystal talked about.

Tarik Bel-Bahar: Ketamine is an important compound in anesthesia, on which early tests in humans were run in the early 1960's by Dr. Edward Domino, a scientist from the U-M Department of Anesthesiology. Since then there has been continuing work on the mechanisms and effects of ketamine, including ongoing studies by CCS researchers that focus on examining brain dynamics and altered states during different ketamine doses. Overall, ketamine is a great example of a substance that can help us understand more about mind, brain, and behavior. It has known effects that can be replicated and studied in controlled medical contexts.

Dr. Krystal's talk was the 2nd Annual CCS Lecture and focused on developments over the last decade or two (among others) in the use of ketamine as a therapy for clinical and/or chronic depression. This groundbreaking work has well established the main effects of light doses of ketamine on quickly reducing depression. The work now continues to examine these effects over time, at different dosages, and over treatments of varying length. Although much research remains to be done, this progress at a premiere academic institution bodes well for more research in psychiatry on the effects of substances that have psychedelic and dissociative properties.

What is this consciousness that we lose when we go to sleep and that returns when we wake up?

So, unlike some anti-depression medicines, ketamine has a psychoactive component? And how might that be useful in the treatment of depression?

Yes, ketamine is known for its psychedelic properties including, particularly, dissociation and disembodiment. The total effect on depression is what has been mainly studied thus far, and the specifics are not clear, though there is a growing set of data and theories that attempt to explain what's going on. The empirical story about how psychoactive components might be useful in various forms of psychiatric therapy is still in development, and the real systematic and long-term work has not yet really begun. One theory that makes some sense is that ketamine helps to disrupt coordinated brain activity, which along with producing a psychedelic component, also somewhat "resets" or "de-stabilizes" the system. It's probable that it's useful for chronic depression for these reasons of "resetting," and other psychedelic substances may have positive mental health effects (e.g., LSD or psilocybin for insight therapy). The effects of various dosage levels, long-term psychological effects, and the variety of effects across different psychedelics have yet to be studied comprehensively.

The current age of brain science has been going on for about 25 years, is that correct?

Overall, brains, like minds, are seen from afar, like stars, through the telescopes of scientific methods, and different kinds of telescopes are needed to really "see" the action in full. Further, there are of course multiple arcs in science and society, some short, some taking years, some taking decades or longer. The current version of modern cognitive neuroscience really jumped off in the late 80's with the advent of human brain MRI and functional-MRI (fMRI) for psychological research, which followed up on the heyday of cognitive science in the 70's and 80's. But the field has grown quickly and moved past older points of view focused on particular brain regions as loci of mental faculties (aka blob-ology).

Over the past few decades there have been several waves of changes, including moves to combine various brain imaging technologies, stronger synergy between cognitive and brain sciences, advances in brain imaging technologies and analysis methods, and, recently, growing national and international funding for big-data/brain science projects. So, in a sense, a new age of brain science has already begun, and the fields of brain imaging and cognitive neuroscience are likely to make big strides as over this century, increasingly in synergy with genetics, molecular-imaging, medicine, and engineering. One thing for sure is that new technologies and more computational capacity will continue to transform the brain and cognitive sciences. It's also important to note that various kinds of experimental neuroscience have been going on for over 60 years, including work with brain pathologies, cellular and systems neuroscience, and with electroencephalogram (EEG) approaches to capturing brain dynamics. Overall we should expect many new and interesting developments in the analysis of brain dynamics in the coming decades.

You explained to me that "the way each of us is brain-wired is the connectome." Can you define for our readers what the human Connectome Project is about? How long has connectome research been going on? And what are a couple examples of the kinds of cutting edge research in brain-science being done as part of the Human Connectome Project (HCP)?

Work into the brain connectome is only a few decades old and represents important current questions in neuroscience. For example, there are tens of thousands of miles of wiring in the brain, and single neurons have thousands of connections. The idea of "connections" and "connectivity" have gained more importance as researchers have started assessing the influence of major fiber tracts in the brain on cognition and behavior, and as researchers continue to hunt in more complex ways for the "brain code," which is likely based on the functional-dynamic interactions across brain regions and networks. The rise of connectomics and connectivity is also a reflection of society-wide trend of increased interest into networks and complex systems over the last 20 or 30 years.

The HCP is an example of a large brain science initiative that is really pushing the boundaries forward and creating a whole new playing field for researchers. There are several similar initiatives focused on special populations such as autism or pain, or focused on particular kinds of brain imaging methods. The HCP is a federally funded project that includes various forms of data about brain connections, structure, and connectivity in a large number of participants. It also provides tools for viewing and analyses. It is reflective of current mood focused on big standardized databases,

partly due to developments in engineering and computing, but also partly to push for standardized and coordinated efforts that can make big impacts. With continued effort, this kind of big-push funding will lead to amazing new brain-based technologies and industries over this century.

In a sense, our brains' idiosyncratic patterns of connectivity make us who we are, both unique and similar to other individuals who presumably have slightly different connectivity patterns. We can also see this emphasis on "individuality" in the growing emphasis on "personalized or precision medicine."

You sent me a link about the U.S. Brain Initiative. You explained to me that the European Union has been ahead of us in devoting research dollars to brain science, and I learned, from reading about the U.S. Brain Initiative, that President Obama got behind brain science in mid-2014 by making a commitment to fund \$4.5 billion dollars over 12 years to seven high-priority research areas. And that, later in 2014, \$46 million was given in grants to over 100 investigators in 15 states and other countries. What are the seven high-priority research areas? And what are some of the research projects now taking place at University of Michigan, or soon to take place, as a result of this?

Yes, America has gotten on board in terms of coordinated funding into brain and mind, a program, which in the long run may be more impactful than the heyday of the U.S. space program with all its benefits to humanity. We are also likely to see synergy across U.S., E.U., and other brain-research initiatives, both public and private. The final seventh goal of the U.S. initiative is the most telling: Discover how dynamic patterns of neural activity are transformed into cognition, emotion, perception, and action in health and disease. This is the ultimate current goal of the brain and mind sciences, and is strongly related to explaining how human consciousness happens. It may take us several centuries to really get there, but big consolidative leaps in progress are on the way. The first six research goals are about the heavy lifting and fundamental work needed to really reach that seventh goal.

In brief, anesthesia, drugs, and altered states have long been intertwined topics.... Looking further into these approaches, some of which also entail the use of specific drugs or rituals, may help us better understand altered states across a range of contexts, and build up a brain-based theory about the neural and cognitive mechanisms during altered states.

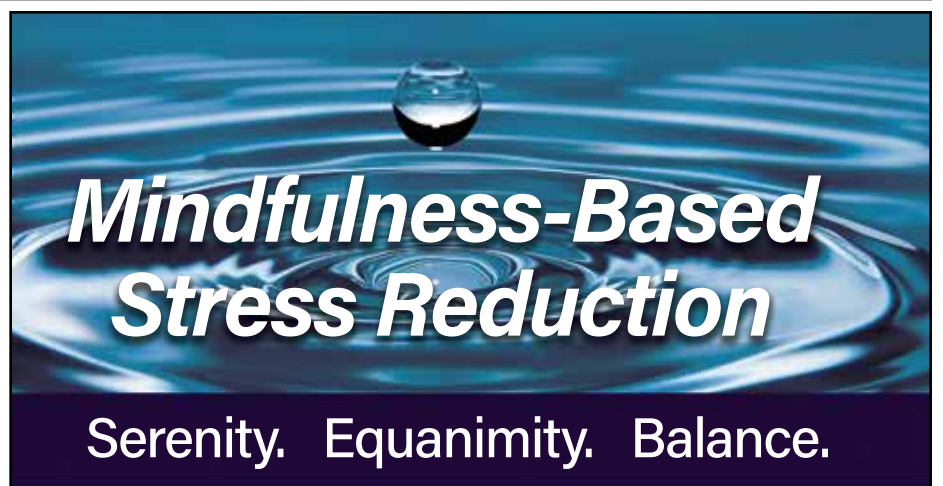
These goals involve a lot of fascinating work, including mapping the brain circuits of mice and monkeys, building computer simulations of the brain in action, and building out new ways to compute and visualize data. In brief, the first six goals are as follows 1) full parts list including specific types of cells across the brain, 2) maps ranging from synapses to the whole brain, 3) large-scale monitoring of neuronal populations, 4) brain-behavior causality, 5) fundamental principles for biological basis of mental processes, and 6) innovative technologies and research networks for understanding the brain and treating associated disorders. One of the center's recent publications is from Dr. Cindy Chestek's U-M lab, a Brain Initiative awardee, where recent work has shown for the first time that ketamine anesthesia disrupts connectivity between sensory and motor neurons.

Can you connect the dots for our *Crazy Wisdom* readers who will be interested in the work CCS is doing and how it relates to the contemplative sciences, meditation, yoga, psychedelics, shamanism, and so on. Please lead us through this thicket so we can understand how it happened that the Department of Anesthesia became a logical, albeit beguiling, place for cutting edge brain and consciousness research to be taking place, and how CCS is integrating practices not customarily studied at the Medical School?

In brief, anesthesia, drugs, and altered states have long been intertwined topics. Relatedly, altered states also go together with yoga, meditation, prayer, religion, and psychedelics. The CCS connection with altered states is based on several reasons. Altered states often happen during or after anesthesia. Tracking specific altered states is important for anesthesia and consciousness research. At CCS, some of our studies focus on the anesthetic and cognitive effects of drugs such as ketamine and nitrous oxide, which are known for inducing altered states of mind. Traditionally, altered states have been generated endogenously via a range of structured practices associated with religion and mysticism. During the early days of the psychedelic movement, pioneering psychonauts such as John Lilly self-administered ketamine and other drugs as part of their explorations. Looking further into these approaches, some of which also entail the use of specific drugs or rituals, may help us better understand altered states across a range of contexts, and build up a brain-based theory about the neural and cognitive mechanisms during altered states.

A science of consciousness, as we envision it, builds on models and methods from psychological, biological, and social sciences and is perfectly poised to make breakthrough contributions in our scientific understanding of experiences in practitioners from the world's religious and contemplative traditions. As part of the CCS commitment to studying a wide range of normal and altered states of consciousness, our current and planned studies focus on expert long-term

Continued on page 64



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Who is on the Cover

In the Middle: George A. Mashour, M.D., Ph.D., is the director of the Center for Consciousness Science and the associate dean for clinical and translational research in the Department of Anesthesiology, and director of the Michigan Institute for Clinical & Health Research. He also serves as executive director of translational

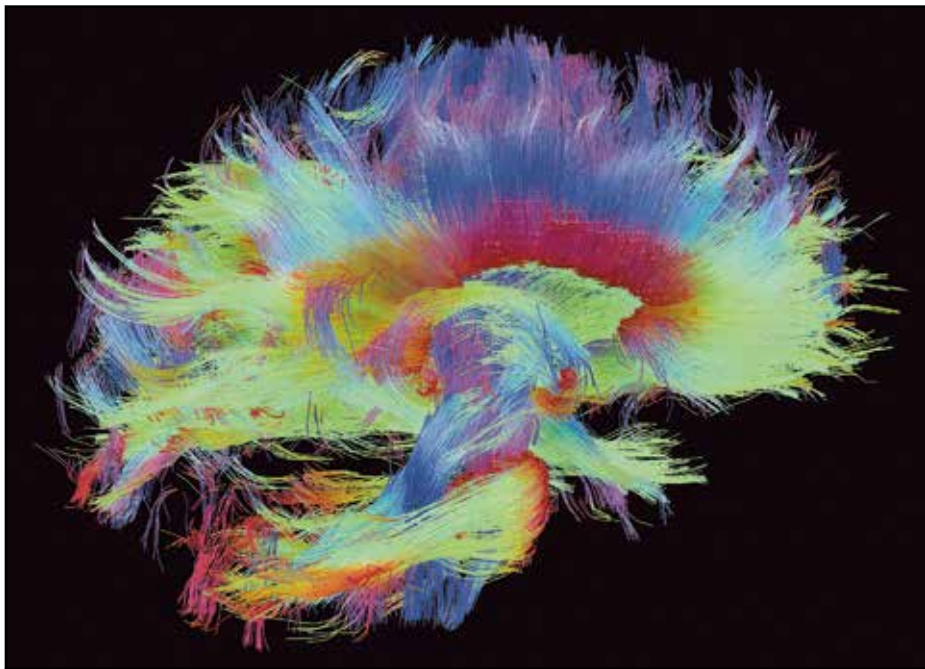
research in the Office of Research. The Bert N. La Du Professor of Anesthesiology Research in the Medical School, he holds additional faculty appointments in the Department of Neurosurgery and the Neuroscience Graduate Program. He is an internationally recognized expert on the topics of consciousness, anesthetic mechanisms, and sleep. His investigations include a range of approaches, from computational modeling to animal studies to clinical trials. He currently serves as the principal investigator of two grants from the National Institutes of Health (NIH), and as lead principal investigator for a multi-center James S. McDonnell Foundation grant.

On the Left: Dr. Uncheol Lee is Associate Director of the Center for Consciousness Science and Research Assistant Professor with the U-M Medical School Department of Anesthesiology. He earned his Ph.D. in nonlinear dynamics & complex systems in Korea and was subsequently a postdoctoral fellow at the Max Planck Institute for the Physics of Complex Systems. His main research interests include complex brain networks, functional connectivity, dynamic state transitions during general anesthesia, and linking anesthesiology to complexity science. His team has focused on computational studies to understand consciousness and the mechanisms of general anesthesia at a network level. Dr. Lee is also developing novel methods for quantifying levels of consciousness based on brain activity recordings such as EEG and fMRI.

On the Right: Dr. Tarik Bel-Bahar – Interviewed in this Feature Article

The Crazy Wisdom Journal Interview with Dr. Tarik Bel-Bahar

Continued from page 63



In recent decades, structural brain connectivity (such as the white matter fiber tracts depicted in the image) and functional brain connectivity (the co-activation of regions) have been studied ever more intensely. This image shows “connectome” data for white matter fibers, color coded by their direction, left-right (red), front-back (green), and ascending-descending (blue).

practitioners involved with certain forms of shamanism, yoga, and Buddhism. In the long-term, we are also interested in altered states during prayer, religious ritual, and mystical states. For example, what are the brain and consciousness dynamics involved during experiences of God, divinity, sacredness, total/absolute reality, non-duality, unity of being, self-cessation, transcendence, ineffability, bliss, or various forms of “awakening”?

Research is heavily under-developed in comparative religious studies as well as the neuroscience of religion and contemplation, with most of the basic descriptive and exploratory research work yet to be done. New data-driven models and taxonomies are needed now. To build an understanding of complex phenomena such as spiritual experiences requires high-resolution scientific models that track various neuropsychological processes (e.g., awareness, cognition, perception, emotion, memory, motivation) and states of consciousness (e.g., the experience of God, bliss, non-duality). The new work being planned by the CCS can serve as a basis for future explanatory and predictive studies on the mechanisms of specific religious-spiritual practices and their effects. Such systematic projects will lead to important implications for our understanding of 1) the neuropsychological processes and consciousness states associated with religious experiences, in general and in specific traditions, 2) the impact of religious practices on practitioners’ experiences in terms of agency and free will, beliefs and expectations, emotion and pain regulation, self-knowledge, self-control, well-being, and character strengths, and 3) enriching inter-religious, inter-cultural, and science-religion dialogues.

For example, what are the brain and consciousness dynamics involved during experiences of God, divinity, sacredness, total/absolute reality, non-duality, unity of being, self-cessation, transcendence, ineffability, bliss, or various forms of awakening?

Please tell us about your study of shamanic healing and the brain?

Our study is mainly focused on brain dynamics and altered states of consciousness in shamanic healing experts while they do shamanic healing at a distance directed at a specific adult human target. Shamanic traditions are found across human cultures, and include proto-religious and visionary elements that serve as a foundation for modern ritual, prayer, and contemplative practices. Shamanic practitioners are thought to enter altered states of consciousness (ASC) including trance, interacting with non-physical entities, and traveling to different levels of shamanic reality. Currently there are few empirical studies that have examined shamanic practices and associated psychological states in controlled laboratory conditions.

In this study we assessed ASC and emotion states in experienced shamanic healing practitioners relative to an age/gender-matched control group with no interest in shamanism. All participants experienced two music conditions with simultaneous EEG recording: shamanic drumming and classical. The shamanic-practitioners performed shamanic healing during the drumming music condition whereas controls only listened to the drumming music. We are examining changes in self-reported altered states and brain dynamics across the different conditions and groups.

Here is an example of findings regarding self-reported altered-states: In the drumming versus the classical music conditions, the shamanic-practitioners group, relative to controls, reported significant increases for the following ASC dimensions: bliss, changed meaning of percepts, complex imagery, disembodiment, experiences of unity, insightfulness, spiritual experiences. Further, for shamanic-practitioners, retrospective-timeline reports of states across the shamanic healing period showed a gradual increase and decrease in: lack of environmental awareness, communicating with the healing target, intensity and being in a different physical or spiritual place. Shamanic-practitioners also reported an initial brief increase at the start of the drumming music condition, and a subsequent gradual decline for visual imagery, effort, traveling, flying, and communication with helping forces.

How do participants enter altered states of consciousness in the shamanic and meditation studies? Do you get oral histories of their interpretations of these processes?

All participants are asked to perform a prototypical well-known series of steps. In some cases we ask participants what the steps are that they take. Expert participants in our recent shamanic healing study used their personal technique for beginning their shamanic healing ritual, which involved some combination of drumming, rattling, focusing on a sacred object, and the like. They also listened to drumming music during this period.

And, yes, we get “written and/or oral descriptions of their experiences” after a particular experimental period is over. We also use more quantitative psychometric measures of ASCs, like emotion, and associated psychological states like the ASC dimensions I just mentioned.

In some of our meditation-related studies, participants perform a specific technique from their contemplative tradition, with as clear of a start and end as possible. In all our studies we ask specific questions about the expected experiences within that tradition, as well as more general questions about a range of known ASCs (disembodiment, unitive experience, complex imagery, and so on). Some of the tradition-specific questions are often done on a timeline to better capture temporal aspects of the experiences (such as, in shamanism, flying, presence of spiritual beings, or travelling-between-worlds).

Can you cite some questionnaire feedback from people reporting on their ASC? What does the reporting read like compared to people answering the same question in the control group?

We mainly analyze the questionnaire data, and found that the shamanic healers reported a lot more ASCs related to spiritual experience relative to the controls, as well as experiencing generally more positive emotion during the 25 minutes of listening to drumming music. In terms of brain dynamics, the differences between the shamans and the controls are more subtle and we are currently working on the results. Currently, the differences in terms of the brain dynamics seem to not be very different between the shamanic healers and controls. We expect to publish the results early next year .

Shamanic practitioners are thought to enter altered states of consciousness (ASC) including trance, interacting with non-physical entities, and traveling to different levels of shamanic reality.

What does the brainwave activity look like for people during an ASC?

We use baseline periods of eyes-closed resting to compare to other periods where we believe ASCs to be occurring. Our main work, in terms of the neuropsychology of ASCs, is associating self-reported ASCs with specific aspects of brain dynamics (including brainwaves). However, it should be noted there are many dimensions to ASCs.

You have an upcoming study on meditation and the brain. Tell us about that. Who will be your subjects, and what are you hoping to accomplish?

We plan to work soon with long-term 15+ year Zen Buddhist practitioners in one upcoming project. Of all kinds of meditation, Zen probably has the strongest roots and development in the Western world, and we plan to work primarily with ordained monks and abbots from across the nation, as well as long-term lay practitioners. We will look for unique activity of altered-states and EEG brain dynamics associated with several kinds of meditation and chanting, relative to baseline control periods, control cognitive tasks, and a control group of matched participants. The control groups will consist of meditation-naïve people that are age, gender, and education matched to

the Zen practitioners. Some tasks to be performed are unique to Zen, and some of the tasks are designed to be comparable to meditation practices in other traditions, such as specific forms of chanting or compassion prayers. We also hope to compare outcomes of this study with those from similar studies we have developed looking into shamanism and yoga. This kind of research also allows the development of a database of information about psychological variables in Zen practitioners relative to controls, including ASC levels in daily life and practice, health factors, quality of life, pain, depression, anxiety, and character strengths such as optimism and patience.

And, later on, you are intending to also study kundalini yoga from an "Effects of Aging" angle?

The Kundalini Yoga movement in the West is fascinating in many ways, and offers an opportunity to study yoga-based practices that are relatively formulaic and well-rehearsed. Our Kundalini Yoga study is designed similarly to the Zen study, except that it is focused on practitioners over 50 years of age, and includes Kundalini Yoga practitioners as the "expert" group. The focus will be on understanding altered states and brain dynamics that are unique to a small subset of the varied Kundalini Yoga practices originally taught by Yogi Bhajan. For example, this would include some advanced kriyas, pranayama, and meditation practices. As with the Zen study, the focus on these studies is to develop small yet impactful well-designed research focused on isolating the "active" ingredients, if any, in well-selected expert groups. These kinds of studies will make a big difference in advancing research into meditation and contemplation techniques, especially by mapping out similarities and differences between groups and practices, and overcoming many of the problems with past research into meditation techniques.

And in these research projects which you just described, you are using EEG testing, not MRIs, is that correct? And why?

The CCS includes researchers that use a range of technologies including EEG, MRI, and other methods. The focus in the projects I am involved with is examining brain dynamics with research-grade high-density-array EEG. Modern EEG is really a thing of wonder that is set to outclass current fMRI for functional brain imaging. EEG is five percent of the cost and size of fMRI, provides exquisite millisecond temporal resolution, as well as "pictures" of brain activity and connectivity that are quite similar to those from fMRI. Further, EEG has a strong base of over 60 years of active research, relative to the youth of newer approaches.

You said to me that there is a move in brain science to get out of the lab and move into more realistic, day-to-day situations. You told me that there are now mobile, wearable and "dry" EEG systems. Tell us about them, and their uses for brain science research, and also, will there come a time that there will be wearable MRI "hats," and if so, when?



George A. Mashour, M.D., Ph.D., is the director of the Center for Consciousness Science

In the future we will wear (in our clothes) or implant (in our bodies) tools for continuous brain and body assessment. It will most likely be something like EEG, or some new technology that integrates developments in nanotechnology and computation speed. Currently, there are new EEG systems that allow movement which is usually restricted in traditional cognitive and EEG studies. These new systems increase the realism of the studies, as we are usually moving about when we think and act. Some of these systems also require very little time or training to apply, and have dry electrodes which require none of the traditional sticky gel. There are a few consumer-grade systems on the market that can be bought and used by anyone, but they are still low-quality. There are also a handful of companies that build mobile EEG systems such as Cognionics.com in San Diego.

Overall these mobile systems are important because they can be used for studying everyday life perception, cognition, and interaction. They will also provide a window into the embodied mind, as our mind-brains are continuously and permanently intertwined with the rest of the body and the world. This area of research is really a frontier territory, and we're still a bit away from a time when everyone puts on their brain monitor all day long to track themselves or to send data to their doctors (but we're almost there!). In the near future, wearable and unobtrusive brain and bio-signal monitors will be used for augmenting performance and cognition across domains and the lifespan.

Continued on page 66

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The Crazy Wisdom Journal Interview with Dr. Tarik Bel-Bahar

Continued from page 65

...the focus on these studies [Kundalini Yoga and Zen Buddhist] is to develop small yet impactful well-designed research focused on isolating the “active” ingredients, if any, in well-selected expert groups.

How do you screen for people with 15 or 20 years of expertise as meditators or yoga practitioners or shamanic healers?

“High-quality and representative” participants is one of the major issues in meditation and religious science. This is a general issue for researchers working in communities without large homogenous groups of contemplative practitioners. First there are some historical (which schools and methods are most developed in the West?) and regional (major coastal cities that are hotbeds of alternative spirituality) factors. Further, self-ascribed “great meditators” will likely not be that great, and true “great meditators” are most likely to be hard to find. For some of our studies, verifiability and authenticity of training depends to some degree on the “official” affiliation of a potential participant with a specific tradition. We’re not expecting to find the top one percent, but rather in the upper twenty percent of the population, in terms of documentable expertise in particular practices.

Other issues abound, such as the heterogeneity and individualism of contemplative practices in the West, Westernized and de-contextualized forms of yoga and Buddhism, and the degree to which researchers choose to draw only from formal contemplative communities. The success of finding experts also depends on the specific group and type of practice in question. Finally, there is no one well-known method for pulling expert contemplatives from the population. We vet our protocols and target “expert” groups with consultation from tradition-specific experts, and plan a collaborative alliance with other related centers of research to maximize our efforts and share the opportunity to work with high-quality long-term practitioners.

Some steps that can be taken to maximize the quality of participants in empirical studies of meditation, contemplation, and religious experience include:

- 1) Advertising through direct contacts to practice communities, contemplative hotspots, and major cities around the country, and word-of-mouth with leaders in specific practitioner community
- 2) Focusing on people that are usually over 40 or 50 with practice experience mainly in only one or two major traditions
- 3) Focusing as much as possible on formally trained and ordained contemplative practitioners, although advanced lay/self-taught practitioners are an interesting sub-group of participants
- 4) Interviews about background, training, and practice history, including general descriptions of practice actions and content. Getting details about “other practices” besides the one of interest in the study

- 5) Confirmation by the participant of training under an expert in a known established school or methods for two or more years
- 6) Confirmation by the participant of ongoing practice of a specific form of practice for at least the last five years with a certain number of hours per week and month
- 7) Confirmation by the participant of ongoing practice of specific form(s) of practice(s) for at least the full number of years that are set as the threshold for the study
- 8) Brief interview with three references (other practitioners) to confirm practice history of the participant

Screening questions to make sure that the person can do the tasks (for example, sitting relatively still, doing a specific practice) and does not have various characteristics (for example, epilepsy, traumatic brain injury, major physical or psychiatric illness)

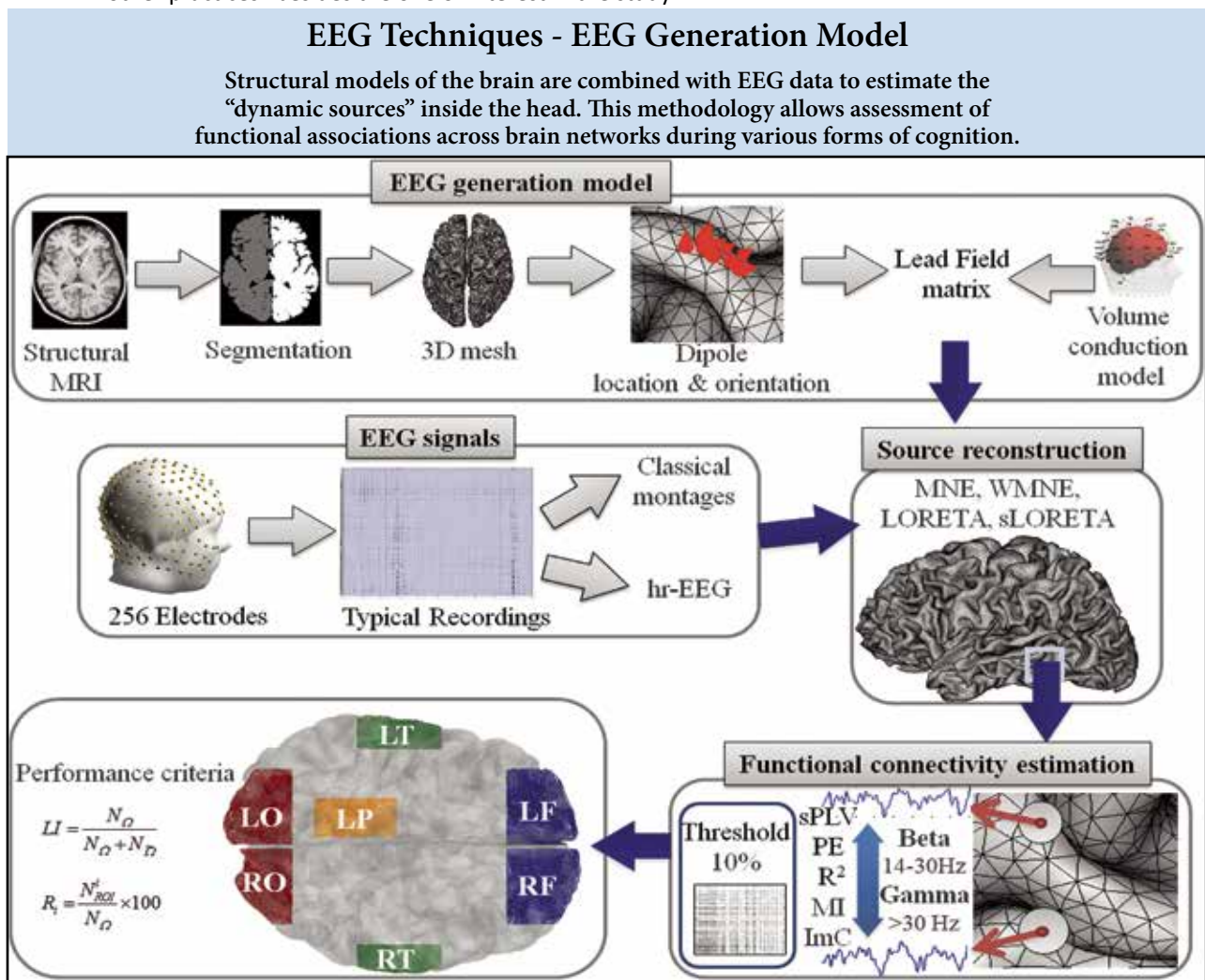
In the near future, wearable and unobtrusive brain and bio-signal monitors will be used for augmenting performance and cognition across domains and the lifespan. We ask people questions about their experiences during various experimental periods, such as after a shamanic healing session, a light dose of ketamine, a round of pranayama, or a non-dual meditation.

Please tell us about the "extensive self-report measures of altered states of consciousness" that are being used across the CCS studies? You sent me a link to an article on "psychometric evaluations of altered states of consciousness." Can you explain that to our readers, in laymen's language, because I think it's pretty darn interesting now that I have a layman's inkling of what you're doing in building standard measures for understanding altered states?

We ask people questions about their experiences during various experimental periods, such as after a shamanic healing session, a light dose of ketamine, a round of pranayama, or a non-dual meditation. The questions vary in number and topic, but essentially touch on emotional states and a range of empirically well-established altered states including disembodiment, unity, bliss, oceanic boundlessness, changed meaning, visual imagery, audio-visual synesthesia, and insightfulness. These questionnaires build on over a half-century of work in measuring altered, religious, mystical, and drug-induced states. Our work will allow comparison of altered states across groups and conditions, and also allow comparison of our findings to those of other researchers assessing altered states in a similar way. In the near future, a range of new questionnaires are being developed focused on experiences that are specific to particular practices (for example, bliss about what?, or describing the specific features of one’s experiences of unity). In our meditation studies, questionnaires are also supplemented with brief post-task interviews and open-ended questions that allow participants to provide a personal narrative about their experiences. Future studies will have no-self-report “behavior” or “performance”-based assessments of changes during or after a specific experience, which will be detecting or reacting to some kind of visual or auditory stimulus.

In the article on psychometric measures, it appeared to me that current-day consciousness researchers would like to understand and evaluate the experiences of "oceanic boundlessness" and "visionary restructuring" that one might go through in ingesting psilocybin, MDMA, ketamine or other substances. In other words, the time has finally come that academia is again able to study the properties of, and the effects of, and the value of, hallucinogens and other psychoactive substances, after decades in which academia had to turn away from such research and exploration. Can you briefly survey for us where else this kind of consciousness research is going in this country? How unique is the work going on at CCS?

There are so few consciousness science centers that most of the work done at each center is unique. There are several other consciousness science centers, for example in Arizona, Finland, and England. These include several other groups that work in the areas of anesthesia and/or consciousness. Consciousness science centers also have a focus on perceptual and cognitive processes, simulation of brain and mental dynamics, as well as robotics and artificial intelligence. A lot of work related to these topics is also done under the auspices of more traditional psychology and neuroscience centers, or centers associated with Integrative/Complementary healthcare, Contemplative Studies, Or “Integrative Studies.”



Research into altered states and psychedelics is certainly on an uptick in the last five years or so. For research into altered states and psychoactive substances, it's worth taking a look into research at Johns Hopkins and at Imperial College London. We're still far from a full opening of the floodgates of research into psychedelics, but the recent research is well-controlled, done in healthy humans, and promising. In the long run, old and new psychoactive substances will likely serve as excellent empirical telescopes to better understand the mind and consciousness both at the level of mental-health effects and the level of examining the "nature and architecture" of consciousness.

You would like to build a "self-report platform" online. Tell our readers what that would be, and how and why?

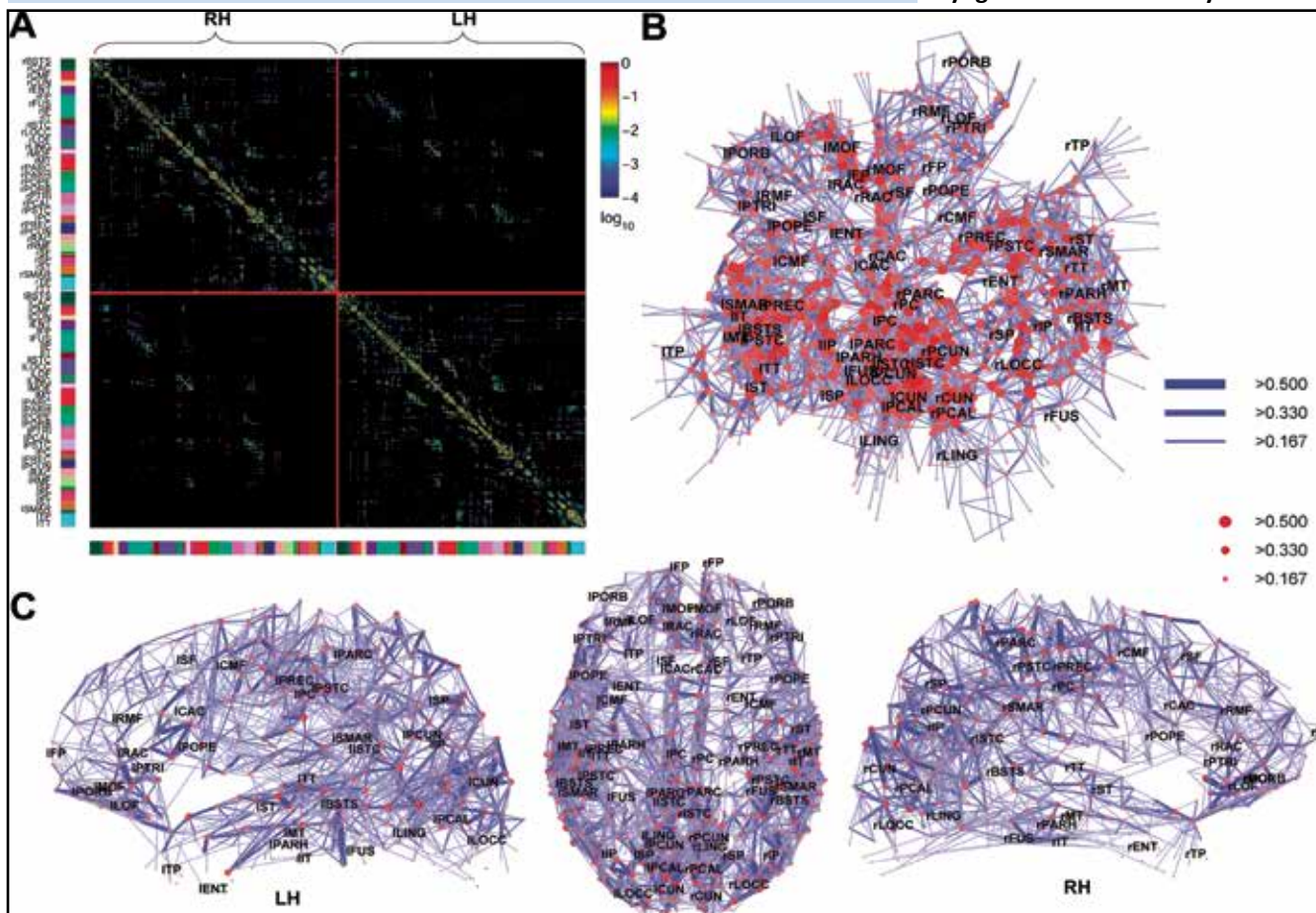
This is a pet project of mine, an easy to use web-based data-gathering platform for assessment of mind-body practices for use by scientists and practitioners. It would essentially contain high-quality questionnaires and cognitive tasks regarding health, emotion, and a range of psychological factors including altered states of consciousness. There would be short version and long versions, which people could take just once or twice, or many times in order to get a data report. The idea is that millions of practitioners (and teachers) at yoga, meditation, and other mind-body centers can "share" data to get a clearer empirical picture of what's happening as a result of mind-body practices. These kinds of questions require international samples in the thousands and more to be valid and robust in their implications and usefulness. Such a system would allow individual centers or teachers to track before/after scores for classes and retreats, and, over time with many respondents, would potentially lead to a kind of consumer reports on known schools and styles (for example, which class, teachers, or style is good for anxious types? What are the increases in positive emotion after classes using a particular style or at a particular center?). In brief, the tool would benefit the students, the teachers, and the community with more refined information about what's going on with mind-body practitioners in the U.S. and around the world. In a sense it would be a mind-body assessment toolkit in line with a range of NIH toolboxes for assessment of mental health and pain using well-established questionnaires and tasks.


In the long run, old and new psychoactive substances will likely serve as excellent empirical telescopes to better understand the mind and consciousness both at the level of mental-health effects and the level of examining the "nature and architecture" of consciousness.

What led to your interest in altered states of consciousness? Please trace the evolution of that interest, and bring it to your current activities at CCS.

We all have altered states awareness, consciousness, and experience, of one kind or another, and that is fundamentally interesting. I initially had a natural interest regarding internal experience as a born introvert, only child, and a bookworm. Understanding the life of the mind, and the varieties of mental life, both loom large as core motivating factors for many research-focused psychologists and neuroscientists.

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In my early 20s I was a yoga enthusiast and interested in becoming a mind-body therapist or counselor. However I could see that the "data was weak" for treatments/theories in New Age and complementary health techniques, they smacked too much of the philosophical or spiritual, and thus chose to go into psychology, where I could continue my interests in the self, mind, and people, as well as possibly make a contribution to empirical knowledge on those topics. I went through a phase with serious interests in mysticism before coming to psychological science as a career, as it seemed there was no "career" in mysticism besides being a "spiritual/philosophical" counselor (now the situation has changed, with the continued growth of Yoga, Mindfulness, and CAM Health approaches in the last two decades).

Have you been personally involved in the practice of meditation in addition to yoga? What have been your own consciousness-altering practices? What's worked well for you, and what has not-so-much worked for you?

Yes, I've had a few experiences in my life with a few specific traditions, with a focus primarily on hatha yoga and ritual-devotional yoga. As I assume many others *Crazy Wisdom* readers do, I practice a DIY amalgam based on my own brew of experiences, teachers, loves, and sorrows. However, I generally recommend adherence to tradition rather than purely DIY approaches, so to make use of all the technologies available to adherents when they "adhere in the prescribed manner" to a specific tradition's methods and overall praxis.

My consciousness-altering practices have included daily thinking and feeling, hatha yoga, deity yoga, as well as, in general, "focusing" and "opening up" meditation techniques. A few experiences with psychedelics have given brief but deep insights (back in late adolescence) and helped with my healing from some life losses. Overall, I've had the chance to experience good and very simple/easy experiences in a range of religious and contemplative traditions, including ones that involve others in ritual

Continued on page 68

The Crazy Wisdom Journal Interview with Dr. Tarik Bel-Bahar

Continued from page 67



Dr. Uncheol Lee is the Associate Director of CCS

spaces/movements/chants/mesmerizations (such as Roman Catholic Mass, Krishna/Vaishnavite celebrations, Buddhist ceremonies, Muslim prayers, Sufi circles, Zen sitting, Sikh ceremonies). However, most of my personal practices (in the past and now) are personal, quiet or musical “alone time,” in nature or in a quiet room. Sufi poems and Krishna scriptures such as the Gita were especially useful in pointing out the immanence of a transcendental reality and “personality.” Music has played a pivotal role, for achieving some minor trances and ecstasies. The most important work has been that which one tries to get done day in, day out, chopping wood, carrying water. Or in my case, chopping self and spilling water, all mostly by accident!

I encourage readers to embrace their extremely rich global heritage in terms of contemplative practices, communities, and experiences. We don't have to know it all or explore it all, but it is our cross-cultural treasure chest. And we can also certainly build new traditions, both collective and personal. However, I think it's our duty to know our global contemplative heritage, as a path to better understanding the diversity of possible “interior spaces and lives” that “others” might experience. In the same sense, understanding a culture's literary canon (Shakespeare, the Mahabharata) can provide new eyes into the lived realities of minds and hearts from “other” places, as well as our own “internal” and “subjective” realities.

Overall, for good long-term personal progress, I believe it's best to be connected with a particular tradition with a specific set of practices, and a community of “practitioners” is important for a healthy spiritual life. However No Guru, No Method, No Teacher can certainly work well for some percentage of the population, regardless of the spiritual culture they may have been born into.

It's fascinating to hear how dynamic and diverse your background is. And what a keen sense of humor you bring to bear on this subject. We are all chopping ourselves and spilling water, indeed! Every day. Blindsided by life, every day.

The idea [with the ASC self-report platform] is that millions of practitioners (and teachers) at yoga, meditation, and other mind-body centers can “share” data to get a clearer empirical picture of what's happening as a result of mind-body practices.

Returning to the Center for Consciousness Science, anesthesia research has gone on for a very long time. Can you succinctly describe for us how the anesthesia research going on at CCS is qualitatively different from much of the previous research, or from much of the current research in anesthesiology that is unrelated to “consciousness studies”?

Brain and cognitive research into the many forms and effects of anesthesia is only a few decades old and will likely take many more decades to achieve to deliver on the promise of providing some major theory about consciousness. Each center for consciousness, as the field is so young, reflects the core interests of the leaders of those centers. The research at the CCS is unique in part because it focuses on the specifics of brain activity before, during, and after anesthesia in healthy humans, and because of our focus on examining brain network dynamics using advanced computational methods (e.g., systems-level and dynamical-systems analyses). The CCS network of collaborators do both similar and different studies in the realm of neuroscientifically-oriented anesthesia research.

Can you illuminate our readers on what blobology is, how it is analogous, in a sense, to phrenology of the 19th century?

Blobology is not a scientific term and just refers to the tendency to dumb down refined scientific findings into something like the following statement: “this lit-up blob in the fMRI picture represents ‘fear’ or ‘language.’” This kind of localism is false, as brain activity is usually ongoing throughout various brain networks, and no brain process occurs independently as some kind of isolated blob of activity. The isolated blob is usually just a peak at the signal, and does not reflect the full complex picture. There are also other problems that have to do with mis-reading current scientific findings about brain activity, which altogether are not always that clear or decisive. Overall we are still far from really understanding the nature of brain function and direct links to cognition. The field of research is currently often called Brain Mapping or Brain Imaging, and in many ways we are still far from Brain Explaining. Phrenology was similar to blobology as it focused on trying to link the morphology of the skull to specific mental traits. Even though Walt Whitman may have decided to be a poet because he visited phrenologists in lower Manhattan, phrenology was pseudo-science, and we should always remain wary of trends in over-simplified popular models of brain-behavior explanations.

Can you tell us about two or three other interesting research projects going on at CCS?

One involves neuromolecular dynamics during and after anesthesia. Another is impact of anesthesia on delirium and recovery in adults. Another is tracking awareness and brain dynamics during and after operations. As well as computational modelling of brain networks during transitions between consciousness and unconsciousness.

And can you tell us a bit about Dr. Chestek's NIH grant through the Brain Initiative having to do with mapping “the circuitry of the brain and how individual neurons communicate with one another”?

Yes, this is fascinating work and I encourage readers to learn about her work from their lab website, chestekresearch.engin.umich.edu. In brief, Dr. Chestek is one of the only U-M investigators to receive direct Brain Initiative funding for her work on arrays of electrodes that can sit directly on the brain surface in order to more directly measure the dynamics of neuronal ensembles. It is this kind of work, in alignment with needs outlined by the Brain Initiative, which will push our understanding of brain function and communication further.

Yes, I've had a few experiences in my life with a few specific traditions, with a focus primarily on hatha yoga and ritual-devotional yoga. As I assume many others Crazy Wisdom readers do, I practice a DIY amalgam based on my own brew of experiences, teachers, loves, and sorrows.

I see that Dr. Mashour gave a talk last year, in Ann Arbor, on the “psychedelic brain.” What was he covering in that talk?

The talk was about the history of psychedelic culture, research, and propaganda, with a focus on LSD. Dr. Mashour emphasized some of the recent work from Dr. Robin-Carhart Harris and colleagues in the U.K. on brain dynamics during psilocybin, and some of the work on ketamine being done at University of Michigan.

What is happening in the area of contemplative studies around the country? Succinctly, how are contemplative studies programs at places like Brown University and University of Virginia interfacing with the purer science approach being taken at CCS? And what else do you regard as exciting and worth noting in what is happening in the new contemplative studies programs that have sprouted forth?

This is an interesting topic that is still in development. Essentially, faculty, departments, and funders get together and form centers around their core interests. It's also likely we have a lot more researchers now in academia than 30 years ago who've had strong experiences with transpersonal psychology, altered states, meditation, contemplation, yoga, and/or other religious or mystical practices. There is also a strong interdisciplinary trend in contemplative studies and science. Most of these centers are associated with at least several empirical data-driven researchers that use modern psychological and neuroscience methods, as well as scholars of religion, mindfulness education, death and dying, history, literature, and other topics. My view is that within a few years we'll see more formal agendas from these centers rather than what currently looks like a patchwork quilt of common interests. The most important thing about these centers is that they serve as a meeting place for interested minds and dialoguing. These are nutritive contexts for the next generation of empirical research into contemplative techniques.

At the University of Virginia site for its contemplative studies program, much is made of the concept of “disciplined interiority.” What does it mean, what is its application in the real world, and is your own research concerned, also, with disciplined interiority? Are you seeking to isolate the ingredient/s present for an experienced meditator or shaman or yogic master?

At the CCS, we want to track the dimensions, contours, and changes of subjective (phenomenological) experience, an important goal for consciousness science. In the case of our studies with contemplative practitioners, we are looking to “get data”

about instances where people are “presumed” to be in specific well-practiced states of so-called “disciplined interiority.”

This concept is considered by some to refer to what happens during meditation and contemplation in general. I don't really agree with such views, but concepts can be helpful organizing forces in new fields. It's associated with an inward focus, and relates to the internal, subjective, and phenomenological aspects of experience, and draws to some degree from depth psychology. This kind of disciplined interiority is presumably something that occurs with contemplative practitioners who spend a long-time practicing it, or in general with people who try to really get strong and grounded feel for their internal experiences. It is also presumably the primary focus of centers of education and research with a contemplative focus, to advance disciplined interiority.

However, I'm not sure that there is yet a testable theoretical empirical model of disciplined interiority that we can refer to here. As a simple example, let's consider a brief mindfulness program for war veterans that have P.T.S.D. A brief training course in a clinical version of mindfulness should lead to some greater awareness and control of one's “interiority,” and thus perhaps increased emotion regulation. Another example could be a research protocol where individuals are asked to pay close attention to their emotional states over short periods of time in the lab, thus fleshing out the dimensions and temporal dynamics of their own affective phenomenology. Presumably this is part of what happens in contemplative training, where one comes to know the ups and downs of one's inner life quite well.

My consciousness-altering practices have included daily thinking and feeling, hatha yoga, deity yoga, as well as, in general, “focusing” and “opening up” meditation techniques.

You said to me that within the field of consciousness studies, meditation researchers are not the integrative medicine researchers who are not the contemplative studies researchers who are not the mindfulness researchers, and so on. Tell us about the continuum within consciousness studies (between pure research and research with realistic applications).

There is no perfect continuum, but it would be safe to say that it consists of several dimensions, including medical treatment focus, experimental psychology focus, pro-meditation focus, and psychometric focus. And there is certainly overlap in those researchers that you mentioned. However, in general, there are also unclear definitions about mindfulness and meditation that abound in the scientific literature, and low quality in a lot of previous studies, problems that are only just beginning to change. Thus the context is not solid, and the field is still somewhat nascent and fragmented.

In terms of the consciousness studies field, it's a very diverse field, ranging from experimental neuroscience with animals and humans, to theories about mysticism and the nature of mind, to distance healing, and to robotics, AI, machine-learning, virtual-reality, and futurism. The realism (and empiricism) also depends on one's stance, training, and values. Scientists would tend to focus on theories and data, therapists tend to focus on treatments and outcomes, and engineers tend to focus on building new tools. Although it's a complex mix, one can easily look to more well-established fields to see that the trend is towards integrating pure research with translational applications. In the case of contemplative science, it's such a young field that pure first-questions research is probably the best approach to take. However, due to the way federal research funding works, most researchers have to modify their approaches so as to somehow make them useful or novel (for example, focusing on treating depression, eating disorders, or addictions; or working with athletes, military personnel, or seniors).

Bill Zirinsky: Tell us about the continuum within consciousness studies (between pure research and research with realistic applications)?

Tarik Bel-Bahar: There is no perfect continuum, but it would be safe to say that it consists of several dimensions, including medical treatment focus, experimental psychology focus, pro-meditation focus, and psychometric focus.

You and others from CCS attended a major conference in Tucson, called "Toward a Science of Consciousness," in Spring 2016, is that correct? Can you share two or three highlights of the conference?

The CCS co-funded and helped organize this important annual conference. It was an exciting conference that is inclusive to many different kinds of thinkers and groups, including non-scientists from the public, with presentations ranging from across philosophical, psychological, spiritual, and technological approaches. The primary speakers included Dr. Mashour and Dr. Hudetz from the CCS, who both talked about major types of empirical approaches to consciousness. Several of the other speakers included world leaders representing major approaches to consciousness science, including Stan Dehaene speaking on his theory of the Global Neuronal



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Level 1—Sat., 9 am—12 noon
Level 2—Sat., 1 pm—4 pm
Jan. 14 | Feb. 18 | March 18
Teacher: Dorothy Ann Coyne

Introduction and Continuing Vipassana Meditation
Thurs., 6 pm—8 pm
7 classes | Jan 12—April 13
Teachers: Mike Kost, Nina Magshoodi and Bill Riccobono

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Open session with Aaron channeled by Barbara Brodsky
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Join us at the center
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Tues., 6:30 pm—9:00 pm
10 classes | Jan 10—May 16
Teachers: Barbara Brodsky and Dan Muir

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Darshan with Barbara Brodsky and The Mother
Sun., begins at 2:00 pm
Jan. 15 | March 19 | April 16 | May 21
All are welcome! | No registration

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Workspace of Consciousness, Anil Seth speaking about how prediction plays a major role in consciousness, and Robin Carhart-Harris speaking about his research into psychedelics. There were also a range of non-science activities including meditation groups, live music, and great “consciousness” parties. I was especially moved regarding the sense of community and togetherness I felt there compared to more mainstream psychological and neuroscience conferences.

I understand that a Neuroscience Graduate Program course on consciousness was taught here at U-M recently, and another one is in the works? What department at the University is the course associated with, or is at the Medical School, or where? And what are the prerequisites for taking that course?

Yes, Dr. Mashour was the first to develop a course in the Neuroscience Graduate Program that focused on consciousness. This past fall we had another iteration of this seminar that consisted of reviews of major new research work and theories in consciousness. There are few prerequisites besides being matriculated, and several attendees are interested non-students from the campus or community.

Overall, I've had the chance to experience good and very simple/easy experiences in a range of religious and contemplative traditions, including ones that involve others in ritual spaces/movements/chants/mesmerizations (such as Roman Catholic Mass, Krishna/Vaishnavite celebrations, Buddhist ceremonies, Muslim prayers, Sufi circles, Zen sitting, Sikh ceremonies).

I understand that CCS recently hosted a one-day symposium on “Altered States of Consciousness.” Please tell us about who the keynote speakers was, and what were the other highlights?

The Center for Consciousness Science hosted a one-day symposium on “Altered States of Consciousness” this past August in the U-M Rackham Amphitheatre. The symposium was open to the public and is the first in a series. Invited speakers discussed diverse altered states of consciousness, including the psychedelic experience, ketamine anesthesia, emergence from unconsciousness, and near death experiences. Keynote speaker Dr. Robin Carhart-Harris, Imperial College London, discussed his outstanding work on the basic action and effects of psychedelics. Additional speakers included George Mashour, Jimo Borjigin (University of Michigan), Alex Proekt (University of Pennsylvania), Ben Palanca (Washington University),

Continued on page 70

The Crazy Wisdom Journal Interview with Dr. Tarik Bel-Bahar

Continued from page 69



Even though Walt Whitman may have decided to be a poet because he visited phrenologists in lower Manhattan, phrenology was pseudo-science, and we should always remain wary of trends in over-simplified popular models of brain-behavior explanations.

Andrew McKinstry-Wu (University of Pennsylvania), and Dinesh Pal (University of Michigan). Some highlights included Carhart-Harris' reports on his ground-breaking work on brain dynamics and entropy during psychedelic experience, as well as a small recent study examining the possibility of positive effects of LSD for depression. Dr. Borjigin talked about her innovative work in rats looking at the interaction of heart and brain dynamics during death, providing fascinating insights into how the body attempts to protect itself during serious physical trauma, and how heart, brain, and body systems are coordinated in more ordinary states of consciousness. Other presenters focused on understanding acetylcholine-based arousal systems as a method to perhaps facilitate awakening from anesthesia (Dr. Pal), as well as reports from our multi-center work on neural aspects of anesthesia (Drs. Pallanca and McKinstry-Wu).

However, most of my personal practices (in the past and now) are personal, quiet or musical "alone time," in nature or in a quiet room. Sufi poems and Krishna scriptures such as the Gita were especially useful in pointing out the immanence of a transcendental reality and "personality." Music has played a pivotal role, for achieving some minor trances and ecstasies. The most important work has been that which one tries to get done day in, day out, chopping wood, carrying water. Or in my case, chopping self and spilling water, all mostly by accident!

I noticed that one study at the CCS was about neurophysiological coherence and connectivity in the dying brain. So I asked you about that, and was disheartened, in my naiveté, to learn that it was an experiment on rats. I understand the practical and ethical and spiritual problems inherent in doing tests on human beings who are dying. But, one day, it sure would be interesting to understand more about "neurophysiological coherence and connectivity in the dying brain" especially in the dying brains of those long-time yogis and Zen masters and shamans, in the dying brains of those who say they're reached a state of non-duality, an "awakened state." Can you envision the steps to get there? Any ideas of what we might find?

Studies about brain activity during death in humans are possible, it just requires really fine-tuned and humane protocols that work with medical patients that are near death, for example, during advanced stages of cancer. In terms of working with long-time contemplation experts, this would take a lot of specialized hunting down of older experts and having them agree to have brain recordings done around the time of death. One way to do this kind of research would be to work with collaborators in hospices and therapists focused on thanatology. One can also imagine a future where most people have their bio-signals recorded via wearable or implanted technology across the lifespan from birth to death.

It's hard to know what we would find, because we don't know exactly what happens in typical humans who are not contemplation experts. Let's imagine that the self, memory, expectations, and other features of the brain-mind have been expunged or

Further Reading about Consciousness and Altered States of Consciousness: A Reading List by Tarik Bel-Bahar

When we asked Dr. Bel-Bahar for a reading list related to consciousness and altered states of consciousness, he suggested three categories.

Not exactly for the lay audience but highly recommended: *The Play of Consciousness* by Muktananda, plus books by Trungpa, Yogananda, Swami Rama, and SUNY Press Shaivism books.

Publicly available scientific articles: Public Library of Science (plos.org) and Frontiers (home.frontiersin.org) journals are accessible by all, and individuals can also read materials online from the Multidisciplinary Association for Psychedelic Studies, similar groups, as well as the online archives at the Tucson Consciousness Conference site, www.consciousness.arizona.edu.

And last, **books about consciousness science written for a lay audience and put out by the popular press:**

- *Consciousness: Confessions of a Romantic Reductionist* by Christof Koch (MIT Press, 2012)
- *Consciousness and the Brain: Deciphering How the Brain Codes Our Thoughts* by Stanislas Dehaene (Viking, 2014)
- *Introducing Consciousness: A Graphic Guide* by David Papineau and Howard Selina (Icon Books, 2010)
- *The Cambridge Handbook of Consciousness* (Cambridge University Press, 2007)
- *The Ancient Origins of Consciousness: How the Brain Created Experience* by Todd E. Feinberg and Jon M. Mallatt (MIT Press, 2016)
- *Self Comes to Mind: Constructing the Conscious Brain* by Antonio Damasio (Vintage, 2012)
- *Consciousness: A Very Short Introduction* by Susan Blackmore (Oxford University Press, 2005)
- *The Diving Bell and the Butterfly: A Memoir of Life in Death* by Jean-Dominique Bauby (Vintage, 1998)
- *Sex, Ecology, Spirituality: The Spirit of Evolution* by Ken Wilber (Shambhala, 1995)
- *Altered States of Consciousness* by Charles T. Tart, Ed. (Harper, 1990)
- *Cognitive Models and Spiritual Maps: Interdisciplinary Explorations of Religious Experience* by Jensine Andresen and Robert K.C. Forman (Journal of Consciousness Studies, Jan. 2001)
- *From Bacteria to Bach and Back: The Evolution of Minds* by Daniel C. Dennett (W.W. Norton & Co, Feb. 2017)
- *The Philosophy of Cognitive Science* by Mark J. Cain (Polity, 2015)
- *Neuroscience: A Historical Introduction* by Mitchell Glickstein (MIT Press, 2014)



totally transformed in experts. Let's imagine that experts have somehow connected and merged (temporarily or permanently) with a fundamental matrix of life or consciousness. One simple hypothesis is that, as a result of beliefs and practices over many decades, experts simply would not have brain dynamics related to death that we see in typical humans. The "death" of the personal consciousness and body in experts could look very different, or completely "still" or "usual." In another sense, it very much depends on the tradition too, as each set of practices emphasizes differing beliefs, realities, selves, and notions of death and after-life. This last point is also important in understanding that most contemplative practices might only be "correctly practiced" if they are practiced by individuals fully embedded in the culture and beliefs associated with those particular contemplative practices. This represents a culture-first view that is odds with the de-contextualized and DIY approach of many western contemplative practitioners who believe that they are "correctly practicing" a particular set of techniques.

Thank you for collaborating on this, Tarik. Finally, what's most personally meaningful to you about the work you've been doing at CCS?

Having a chance to grow professionally in an interdisciplinary center, and helping answer basic questions about the nature, architecture, and dynamics of human awareness and consciousness. Contributing to novel and much-needed studies regarding psychological and brain dynamics during practice of contemplative techniques known to generate specific Altered States of Consciousness. Thanks, Bill.

Thank you, Tarik.

###

The Crazy Wisdom Kids Section

Book Reviews – Great Kids Books available at Crazy Wisdom in our Children’s Section

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By Waldorf parent Sarah Newland

Sweetest Kulu

By Celina Kalluk

This beautiful bedtime poem, written by an acclaimed Inuit throat singer, describes the gifts given to a newborn baby by all the animals of the Arctic. Lyrically and tenderly told by a mother speaking to her own little Kulu, an Inuktitut term of endearment often bestowed upon babies and young children, this visually stunning board book is infused with traditional Inuit values of love and respect for the land and its animal inhabitants. Winner of Wordcraft Circle Award and USBBY Outstanding International Book.

\$7.95



They All Saw A Cat

By Brendan Wenzel

When you see a cat, what do you see? In this glorious celebration of observation, curiosity, and imagination, Wenzel shows us the many lives of one cat, and how perspective shapes what we see. Wenzel is an ardent conservationist and collaborator with organizations working to ensure the future of wild places and threatened species. A Junior Library Guild selection.

\$16.99

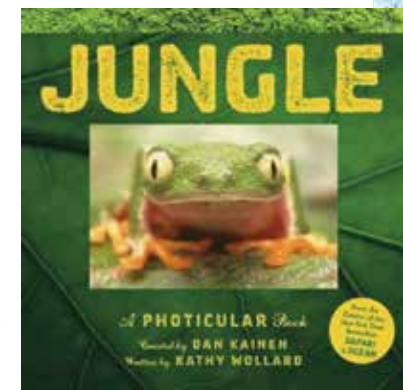
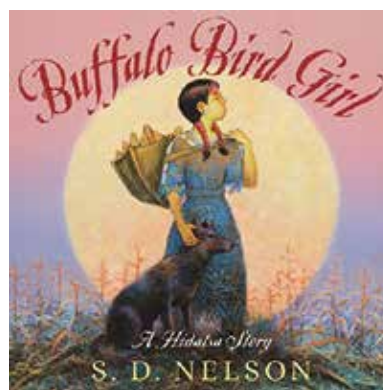


Jungle: A Photicular Book

By Dan Kainen

Discover a world teeming with life. Dense and humid and filled with secrets, rain forests are home to more than half the world’s plants and animals. Using unique Photicular technology, Jungle parts the mysterious veil of this sun-dappled land, revealing in color and motion the living exuberance within.

\$25.95



Buffalo Bird Girl: A Hidatsa Story

By S.D. Nelson

Born in the 1830s, Buffalo Bird Girl was a member of the Hidatsa people, a Native American community that lived in permanent villages along the Missouri River on the Great Plains. She learned the ways of her people through watching, listening, and doing. Along with her chores, there was time for playing games and training her dog. Interweaving her actual words and stories with artwork and archival photographs, Nelson captures her spirit and lost way of life.

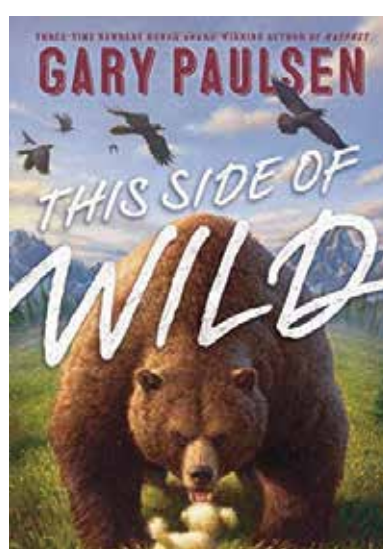
\$19.95

This Side of Wild

By Gary Paulsen

This adventurer has competed in two Iditarods, survived the Minnesota wilderness, and climbed the Bighorns. None of this would have been possible without his truest companions: his animals. Sled dogs rescued him in Alaska, a poodle guarded his well being, and a horse led him across a desert. Through his interactions with dogs, horses, birds, and more, Paulsen has been struck with the belief that animals know more than we may fathom. This book explores how they’ve taught him to be a better person. He is the beloved author (in our household and around the world) of Hatchet and other wilderness adventures.

\$7.99



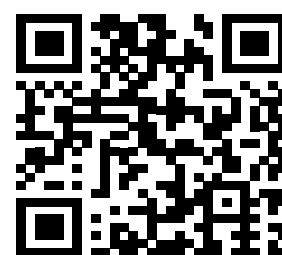
Speak Up! A Guide to Having Your Say and Speaking Your Mind

By Halley Bondy

Between academic expectations, family issues, changing hormones, cultural pressures, and a growing awareness of the larger world, girls can end up feeling overwhelmed and speechless. We’ve had many dinnertime discussions about this with our daughter – even coming from a Rudolf Steiner School. It’s often harder for girls to speak up in class, stand up for their beliefs, and let their voices be heard. This book confronts these issues head on, letting girls know that what they have to say is important and that their thoughts are worth hearing.

\$15.99

You may also purchase the reviewed books at shopcrazywisdom.com by either visiting the website or scanning the QR code below.



shopcrazywisdom.d7.indiebound.com/kidsbooks

**“You can find magic wherever you look. Sit back and relax. All you need is a book!”
- Dr. Seuss**

Conscious Parenting

How to Help Children be Bigger Than Their Triggers



By Annie Zirkel, M.A., L.P.C.

Years ago in one of my parenting classes, a father shared a story about getting triggered when his 10-year-old son went to bed without turning off the family room light. (*For reasons of confidentiality, the details of this story have been combined from similar exchanges and do not represent one person.*) Accosted by the glare of that bulb, Dad stormed up to his son's bedroom,

shook him awake, marched him down to that switch, and stood menacingly over him until the light got turned off. After complying, his son – angry, hurt, and dejected – stormed back off to bed.

The following days found Dad flipping from being mad at himself for his intense reaction to feeling anger toward his son for “making” him lose it. This pattern had not started with that one event, and by the next class, Dad was committed to digging deeper to find new approaches.

We started with the question: *what did you make that infraction mean?*

What becomes a trigger ultimately stems from underlying beliefs, expectations, and values that are limiting, faulty, unreasonable, rigid, or overly simplistic.

What triggers one person may not trigger another because it's not the source, but a person's relationship to that source that matters. These relationships usually start when we are young and are formed by various factors, including: our personal sensitivities to stress and anxiety; vulnerabilities within our personal connections; trauma; and current situations that overwhelm our abilities.

Beneath these factors, though, what becomes a trigger ultimately stems from underlying beliefs, expectations, and values that are limiting, faulty, unreasonable, rigid, or overly simplistic. Most of these limiting beliefs are some variation of one theme, that the world (circumstances, ourselves, others, the weather, and so on) should be a certain way. Usually a way that makes life work easier, where people know and do what we need them to do.

The attachment to this belief gets us in trouble. If the world was the way it was supposed to be, it would do X, Y, and Z. For this dad, it might have looked like: *If my son respected and appreciated my hard work, he would not leave the light on (EVER). If I was a good parent, my son would be doing what he was told.* Then later: *If I was a good parent, I would not have lost it so badly.*

All parents are tasked with not only trying to bring their “A” game to parenting, but to support their children to do the same. The good news is that even without direct instruction, research has shown that children stay calmer, more present, and more positively engaged when parents and other adults strive for at least a “B” and practice what they would like to be preaching about this skill.

Deeper discussion about Dad's own childhood unearthed more understanding about where some of those beliefs originated, as he recounted his own dad being even more fanatical with rules and using corporal punishment to teach compliance. When asked to get in touch with his 10-year-old self, Dad recalled how worthless he felt when he couldn't live up to his father's expectations.

Recognizing that he was passing on this sense of inadequacy to his own son, Dad set about detangling himself from this trigger and its origins. He reframed this incident to mean that his son, as a 10-year-old boy, was naturally a work in progress, and just did not have this habit down yet. He also expanded his vision of his son to see that he was bigger than this one flaw, bringing a sense of acceptance and more wholeness to who his son was. Dad was also invited to give himself permission to see his own 10-year-old self in the same way, rather than the way his father portrayed his mistakes.

Beyond this reframing, Dad used impartial data to challenge his limiting belief that his son was costing him *lots* of money. In researching this, he discovered that it cost about one penny for an hour of forgetfulness. Gaining this bigger perspective, while still wanting to instill a good habit in his son, Dad was able to find more patience and forgiveness.

Finally, we talked about the reasonable belief that creating good habits is best started young, and being conscientious about the electric bill is a good lesson to learn.

Moving forward, Dad came at that task from a very different place; still sometimes frustrated and impatient with the amount of success, but working hard to notice improvement in both his son and his own reactions, and replacing his triggered energy with logical and natural consequences. (I believe it was 25 cents an infraction, which led to a great discussion on interest versus principal!)

All parents are tasked with not only trying to bring their A game to parenting, but to support their children to do the same. The good news is that even without direct instruction, research has shown that children stay calmer, more present, and more positively engaged when parents and other adults strive for at least a B and practice what they would like to be preaching about this skill.

Prevention starts with being mindful of what you choose to take on; noticing when there may be too many situations that are overly prone to triggering; noticing hot spots such as transitions or times of day that are adding extra vulnerabilities to losing it.

With that dual role in mind, here are some steps to support both parents and their charges in this pursuit.

Preventing Triggering Before It Starts

Know what your Bigger self looks like.

Being Bigger than your triggers means keeping your Bigger self (and your goals, beliefs, intentions, and values) informing your actions and reactions so that the world has less power to distract you from your wiser course.

Consider: Do you want to be reasonable, respectful, kind, fair, smart, grateful, honest? Someone who doesn't lose your sense of humor? Someone who does not let trigger sources hijack you so easily? Someone who is kind to yourself when you trip up? Someone who has faith that both you and your children can learn? Contemplating what you want your Bigger self to look like – whether through discussion, journaling, or list making – can help in knowing what to bring when it's crunch time.

Be thoughtful with the challenges you bring into your life (or your child's day).

Prevention starts with being mindful of what you choose to take on; noticing when there may be too many situations that are overly prone to triggering; noticing hot spots such as transitions or times of day that are adding extra vulnerabilities to losing it. Work with the environment and temperament you (and your child) have. Finding just the right level of challenge where success is possible.

Teach.

With your children, teach awareness of these concepts. Books, TV, movies, and observations of others are wonderful for finding examples of people grappling with their Bigger and triggered selves. Use analogies of games like Pokemon, Magic: the Gathering, checkers, or chess where you have to counter moves or attacks with different (bigger) moves or skills. *The Blind Men and the Elephant* is great story for teaching perspective, as are examples of you or your child growing and learning. “Remember last year when you couldn't read that word, ride a bike, drive that car?” The poem *Autobiography in Five Short Chapters* by Portia Nelson is phenomenal for appreciating growth. Teach also about the body and what happens physiologically when it (the limbic system specifically) gets triggered.

Before working to remember that you actually can handle the world's imperfections, it is super valuable to grieve for a second. Letting go of the world in your head that knows what you need and does what you want warrants acknowledgment.

Intervention in the Midst of Being Triggered

Notice your body, your urges, and your thoughts.

The mind and body feed off each other. The body influences the mind and visa versa. A racing heart may tell you that you are in danger. Believing you are in danger may trigger the body to increase your heart rate, and so on.

Noticing involves becoming aware of yourself, of any physiological sensations that point to being triggered. Consider where you first sense a trigger response. Is it in your chest or your breathing? In clenched fists or sweaty palms? Do your facial expressions say it all? What urges show up? (For example, the urge to run, hit, yell, shut down, sleep, quit, put your child in his or her place, and so on.)

The earlier you can notice that your warning system has been activated, the more options you have to intervene without falling all the way into that hole. (Note: If your trigger source is trauma-related, it will likely be more resistant to this kind of cognitive guidance. Please consider working with a professional to find deeper opportunities for healing.)

First BREATHE...

Breathe...
breathe...
ahhhh...

Then grieve.

Before working to remember that you actually can handle the world's imperfections, it is super valuable to grieve for a second. Letting go of the world in your head that knows what you need and does what you want warrants acknowledgment. Yes, it would be really nice if it always worked that way. Yes, it is disappointing that you are having to deal with a less cooperative, more stressful version than you would like. Taking a minute to notice this can actually be incredible for freeing up the space you need to deal with that less than idyllic world, person, or situation.

Ask yourself: what am I making this mean?

And can I make it mean something else? Remind yourself of a limiting belief that might be feeding your downward slide. Work to make that trigger source mean something much smaller, more do-able, more momentary, less devastating, and less personal. And certainly don't take this moment as any proof that you are not a wonderful, valuable, lovable person – flaws, imperfections, and all.

Challenge yourself to own how you distorted the threat. Challenge your thoughts. Challenge your limiting belief. Challenge yourself with data. Challenge your disconnect between the Bigger person you want to be and your actions and reactivity now.

Hold yourself or (within reason) your child to do the least amount of damage possible.

Being triggered isn't a free pass to wreak havoc. Work to separate the urge to fight or run away from the action.

Support a challenge mindset.

Challenge yourself to own how you distorted the threat. Challenge your thoughts. Challenge your limiting belief. Challenge yourself with data. Challenge your disconnect between the Bigger person you want to be and your actions and reactivity now. See your trigger source as the very opportunity to challenge yourself to rise above it. And especially challenge yourself to learn something for next time.

After an Episode (and Before the Next One)

Hold yourself (or your child) accountable.

Hold yourself accountable for your words and actions, and when appropriate, make amends for any damage you've done while being triggered. For your child, teach from a reasonable place, and hold him or her accountable for their triggered selves while asking them to work on getting beyond that triggering response. Here's where reasonable, learning-focused consequences can be an especially valuable part of the growth process.

Dig deeper into limiting beliefs.

And challenge yourself to grow them into bigger wisdom. Remember: your Bigger self tells you that these limiting beliefs are a trap that takes you away from the very person you want to be. Challenge unreasonable expectations of yourself (perfection?) and your children (think age, temperament, and situational challenges that might limit abilities). Also check that your values have not become rigid "shoulds."

Grow perspective.

First, validate your own and your child's valid perspectives. Then seek to reach beyond them without making it an either/or set up.

Practice strength-spotting.

Noticing incremental improvement is the best way to keep energized for learning and growing. Did you (or your child) last longer before getting triggered, or not dig such a deep hole, or fall so far? Maybe you (or your child) got untriggered more quickly, easily, or smartly, or didn't berate yourself as much for getting caught in the first place. Practice spotting these strengths to keep encouragement and energy high.

Offer self-compassion (and compassion for your child).

Learning the traits and skills of Being Bigger is a lifelong pursuit and a daily practice. No one is ever finished with this pursuit, just as no one is ever finished needing water to sustain themselves. It helps to remember this wisdom when being hard on yourself or your child for getting triggered yet again. Replace harsh judgment with understanding, lightness, and a curiosity for learning. Learn for next time, and teach this to your child. Because: oops, you're triggered again. But maybe this time it is just a little less.

Annie Zirkel, M.A., L.P.C., is a local Parenting Consultant, author, and presenter. Reach her at annie@practicehow.com.

###



Fairy Tea

Where: Crazy Wisdom Tea Room

When: Feb. 16, 1 p.m. and 4 p.m. seatings
and

Mother's Day Fairy Tea, May 14, 1 p.m.

Children and their families are welcome for a magical time with our fairies, including story time and a special activity.

Fairy attire is encouraged. Be creative!

Tickets are \$11/person

(free for babies 18 months and younger).

Tickets available online at crazywisdom.net

or on the Kiosks at Crazy Wisdom prior to the event.

For more information, contact Jessica at fairytea@crazywisdom.net

114 S. Main St., Ann Arbor • 734.665.2757

What does it mean to be triggered? Being triggered means:

- Reacting to the world (person, situation) as if it is against you.
- Responding physiologically to a perceived threat by releasing various hormones, altering breathing patterns and heart rate, and preparing the body for action (to fight, flee, freeze or submit in order to survive).
- Having your thoughts and emotions hijacked by fear and self-preservation (literally losing your mind as the limbic system takes over).
- Taking actions based on your go-to survival strategies (think of the survival strategies of animals from lions, tigers, and bears to deer, rabbits, chameleons, possums, snakes, turtles, and so on).
- Losing the ability to appreciate the temporariness of the state you are in.
- Losing the ability to keep the current threat in a bigger perspective in terms of importance over time, the bigger picture, and nuances.
- Losing the ability to appreciate that, when triggered, you should question your ability to accurately judge the threat.

Examples of Limiting Beliefs along with their wiser alternatives:

Limiting Belief: *Life should be fair.*

Bigger Belief: *Life isn't really fair, but fair does feel better.*

Limiting Belief: *Kids should do their chores without being told, talk respectfully, think of others, be grateful, tell the truth, and so on.*

Bigger Belief: *It feels better when kids do their chores without being told, talk respectfully, think of others, are grateful, tell the truth, and so on.*

Limiting Belief: Things should go according to plan.

Bigger Belief: Going as planned is nice, but often unlikely, and being ready for unforeseen circumstances is really useful. Unplanned can have advantages, too.

Examples of Strength-Spotting:

- You lasted longer before getting triggered or didn't dig such a deep hole or fall so far.
- You got untriggered more quickly, easily, or smartly.
- You showed persistence in trying a new solution.
- You showed a good sense of humor for your setback.
- You showed self-compassion or didn't berate yourself so much for getting triggered.
- You owned your triggered behavior and made amends.
- You worked to uncover a limiting belief so that you will not repeat the same pattern in the future.
- You turned that trigger source into an opportunity to fortify and practice your Bigger self, thereby making it stronger and even wiser.

New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community



By Cathy Gorga

UMMA The University of Michigan Museum of Art's Family Programs



Some of the coolest places to take kids are the ones you wouldn't necessarily think of. Sure, there are parks and playgrounds and children's museums — but have you considered an art museum? And specifically, the University of Michigan Museum of Art? It may not be a place for running and screaming, but UMMA is the perfect venue for kids to explore history and cultures, to exercise their active observation skills, and to develop their own creative processes, all in the company of 20,000 master artworks.

Lisa Borgsdorf is the manager of public programs at UMMA, and it's her job to find ways for members of the community, from teenagers to university students to parents and children, to engage with the museum's extensive collection. She coordinates film screenings, concerts, artist talks, and more, all with the goals of, as she put it, "giving you lots of reasons to come...and reducing barriers to access to the arts."

Certainly not every program at UMMA is child-friendly, but families are absolutely a primary target audience for the museum. In the past, UMMA had participated in Ann Arbor Family Days, where roughly a dozen campus and downtown organizations offered family-friendly events for a weekend. While that was well received, UMMA wanted to offer regular family-specific activities in lieu of participating in a once-a-year event. To that end, they have developed two programs in the past few years that are for parents and children together: Storytime and the Family Art Studio.

During Storytime, which is held nearly every month for children ages four to seven and their parents, families listen to a story while gathered in front of a particular work of art that's related to the story. Afterwards, everyone heads to the multi-purpose room for an activity, combining a hands-on component with the sitting-still-and-listening aspect. Borgsdorf noted how enlightening the Storytime programs were for not only the kids, but their parents, too: "Parents don't know everything; they're learning also [about the artwork]. And they're learning about ways they can talk with their kids about art, or just creative ways to engage in the space."

"Parents don't know everything; they're learning also [about the artwork]. And they're learning about ways they can talk with their kids about art, or just creative ways to engage in the space."

—Lisa Borgsdorf, UMMA

Storytime has proven very successful and well attended, said Borgsdorf, "and we found that families really responded to the intimate format, the opportunity to interact together in age-appropriate ways in the gallery." Many Storytime events are led by U-M student docents reading the stories, which has been a highlight of the program from Borgsdorf's perspective: "It really has helped us engage two target age groups, Michigan students and area families."

The UMMA staff knew they wanted to incorporate more family programs, and the perfect chance presented itself in the winter of 2014. The museum was hosting a Doris Duke art collection, which turned out to be especially "rich in terms of its opportunities for programming," Borgsdorf remembered. Duke was an heiress and philanthropist who, through her extensive world travels, cultivated a collection of vibrant, colorful, eye-catching pieces. The staff recognized how children especially could be drawn in to the collection: "Not every exhibition wants a family program to go with it, but this one did." So they piloted the first Family Art Studio, which is for children ages six and up along with their parents.

Family Art Studios last about two hours. Docents begin by leading a 20- to 30-minute "gallery experience," which is a focused tour of the works (either in one exhibition or throughout the museum's collection) that are related to the day's theme. The docent leading the gallery experience helps children and parents alike critically examine the artworks, finding ways to connect what they're seeing with the project they'll be doing afterwards. Borgsdorf explained, "We probably spend more time talking about colors, patterns, decoration, shape, composition, symmetry — things like that, without being really formal about it." They sometimes give the kids clipboards with paper so they can make notes and sketch ideas during the tour, all to bring as a reference into the studio. At the same time, the docents are "making connections between the art and everyday life" with the families.

"In terms of kids, you hope that you're building over time a comfort level and positive associations and reasons to make art museums and art an ongoing part of their lives."

—Lisa Borgsdorf, UMMA



During an African mask workshop the museum held, the conversation centered around rites of passage from adolescence to adulthood, as that's what the masks represented. The docent asked the families to think about "moments in life that we celebrate that mark time," like birthdays and bar or bat mitzvahs — which, as Borgsdorf mentioned, not only connects them to the art but is also a nice way for families to reflect on their own traditions and memories.

Following the gallery tour, the families participate in a 90-minute hands-on project, typically facilitated by local artists. The projects could be anything from clay works to African masks to creating mythical creatures. These project sessions at UMMA are unique for a couple reasons. First, many museums have drop-in spaces, but UMMA's Family Art Studios are facilitated by experts, allowing parents to enjoy the experience alongside their children as another adult takes the lead. Borgsdorf pointed out that this kind of shared activity is rare for families these days; it's hard to find family activities where the parent doesn't have to act primarily as the facilitator or supervisor.



To encourage parent participation, UMMA provides project materials for everyone. "Sometimes the projects are very specifically collaborative," said Borgsdorf, and participants create something together as a family. Other times, participants do individual projects, but are checking in with one another about color choices or how to do a certain step. Borgsdorf said that "some parents don't participate" in the projects, which is fine, too: "We're allowing for a range of family interaction styles. You can be your family unit, however you are, and find a way that it's meaningful to you."

Following the gallery tour, the families participate in a 90-minute hands-on project, typically facilitated by local artists.

Borgsdorf is fully aware that the idea of bringing children to an art museum can be a bit intimidating for parents: "I remember when my kids were that age, and being here can be really exciting — big tall spaces, that sort of open architecture, and it has that feeling of specialness." She then laughed and said, "At the same time, you're like, 'I hope it's not *my* kid that goes and sticks their finger through the painting!'" That's exactly why the family programs at UMMA are structured the way they are, so that there are focused experiences at the art museum. She described them as developmentally appropriate opportunities where parents and kids are "creating connections and access points with the collection and with the exhibitions." The docents, Borgsdorf mentioned, are especially skilled at finding ways for kids to feel connected to the artworks without physically touching them — for example, by encouraging kids to use their imaginations and think about being inside the art: "What do you think it sounds like? What do you think it smells like? It's cool because it works with your senses through your imagination, rather than your actual senses."



UMMA recently increased the frequency of their family programs, thanks to funding from the University of Michigan Credit Union. Borgsdorf said the increase will help them reach even more families, since their Storytimes and Family Art Studios are frequently full. This advances UMMA's belief in the value of exposing children (and adults) to the arts, in part to help us all become more informed global citizens. As Borgsdorf said, "Part of what's exciting and valuable about [the arts] is the way they provide us a window onto the world. You can learn about other cultures, you can gain perspective of yourself and your place on the planet." When families are discussing artworks, either in Storytime or in the Family Art Studios, they wonder together about the artists and the subjects, and what their lives may have been like, which "builds some of the empathy and desire to work beyond just yourself in the world," Borgsdorf said. That's exactly why the chief goal of UMMA's family programs is engagement, versus specific learning goals about, say, art history. They've found that the learning comes naturally with repeated, regular exposure: "In terms of kids, you hope that you're building over time a comfort level and positive associations and reasons to make art museums and art an ongoing part of their lives."

The next Storytimes will be on Saturday, January 21, and Saturday, February 18; the next Family Art Studios will be on Saturday, January 14, and Saturday, February 11. For times, topics, and more information, visit the UMMA website at www.umma.umich.edu. To register, email umma-program-registration@umich.edu.

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Crazy Wisdom Kids in the Community



Junior Naturalist Program

If you think back to your favorite parts of outdoor field trips, what stands out? Of course, there was the fact that you were away from the classroom for a morning, but you probably also loved the opportunity to be outside, see cool animals, and get your hands dirty. The Junior Naturalist Program, run through Washtenaw County Parks and Recreation, incorporates those most idyllic parts of outdoor into regularly scheduled, hands-on nature discovery programs for young explorers.

Led by park naturalists, the program offers year-round opportunities for kids, ages seven to twelve, to dive a little deeper into nature, going beyond a simple trail walk — and all at no cost to participants. Kelsey Bolda, a naturalist who's been with the park systems for about six years, said that she and the other Parks and Rec naturalists have developed a huge variety of individual programs, covering topics like animal tracking, vernal pools, bees, snowflakes, and wilderness survival. When brainstorming the program's content and curriculum, Bolda explained, "We all sit down and say, 'What are we passionate about?'" The naturalists understand that their passion will be contagious. "For me, I was super pumped — I know, that's the nerdy side of me — [about] skulls." And so a skull identification session was slotted in, where children learn to examine bone structure and teeth to figure out what animal a skull came from.

...Parks and Rec naturalists have developed a huge variety of individual programs, covering topics like animal tracking, vernal pools, bees, snowflakes, and wilderness survival.

Bolda is an enthusiastic outdoor educator who remembers being thrilled to learn that she could cultivate a career dedicated to teaching others about nature. When she started working with the Junior Naturalist Program, it ran during the summers only. Recently, though, they expanded it to year-round, reflecting not only increasing interest, but also the range of environmental activities that are accessible during the colder months.

Every few Saturdays, a group of about ten kids gathers at a predetermined location, usually a county park like Parker Mill or Independence Lake. The naturalist leading the session begins with an introduction. For example, Bolda said, during their stream ecology lesson, "We'll give a brief introduction of what is a stream, what kinds of things live in the stream, and here's how we're going to go about exploring the stream." For the next hour and a half, the kids — armed with nets, journals, and data sheets — are immersed in the details and beauty of nature. They come back together at the end to share their findings and review what they learned.



During the wilderness survival lesson, participants hike into the woods with the naturalist and imagine a storm is imminent. How could they stay dry?

While parents can drop their children off for the programs, Bolda said that many choose to stay. "I think a lot of times they stay because they love it, too, and they're actually learning things." During the wilderness survival lesson, participants hike into the woods with the naturalist and imagine a storm is imminent. How could they stay dry? What kind of shelter could they build with only the materials available in their surroundings? "I think parents do find it fascinating — like, how *is* my kid going to get through this? What *would* they do if a thunderstorm was about to roll in and they didn't have the right materials?" It's a unique opportunity to not only learn about nature themselves but also to watch their children's critical thinking skills in action. For those reasons, Bolda said, parents tend to stick around.

Parents are also excited to give their kids a chance to engage in expert-led nature discovery outside of the school setting. While the Washtenaw County Parks and Rec naturalists lead frequent school field trips, Bolda acknowledged that budget constraints in many schools make field trips increasingly difficult. She personally believes it's critical "to provide that outlet for kids that really want to know what's going on in the world around them." She once conducted a survey for her own school project that revealed a broad lack of awareness about issues like endangered species. As a naturalist, she said, that was disheartening. Via the Junior Naturalist Program, Bolda takes advantage of every opportunity to inspire a love of the wild in children, which is often sparked by their hands-on interactions with nature. In the middle of the woods, they'll discover everything from tracks to skulls to scat — memorable encounters for their target age range. "[They] end up loving it. Instead of just sitting inside watching cartoons, here you are looking at poop! And they get to pick it apart, and you can see fur and bones. It's thrilling."



During the vernal pools lesson, kids find and hold tiny pool dwellers like salamanders, often for the first time.

Bolda especially appreciates witnessing the moment when a Junior Naturalist participant falls in love with nature. During the vernal pools lesson, kids find and hold tiny pool dwellers like salamanders, often for the first time. Bolda said their eyes light up as they experience a “tangible item instead of a photo in a book,” and she recognizes the significance of that moment: “It’s so exciting to see that spark and to hope that even just that one encounter will lead to something — to, ‘Well, now I care about salamanders. Now I want to make sure good things happen for salamanders.’”

Although the participants are typically excited to return for more sessions, Bolda and her colleagues developed a Junior Naturalist certification program to encourage ongoing participation. All participants earn a badge for each program they attend, and after earning four, they’re considered certified Junior Naturalists and are eligible for a prize. Bolda’s prize bucket is stocked with high-quality naturalist tools, such as drawstring backpacks, scientific journals, magnifying glasses, flashlights, and more. Kids can even earn badges by attending certain adult programs offered through Parks and Rec, such as the Monarchs and Milkweed hike, which is helpful if Saturday mornings don’t always work for a particular family.

In addition, Bolda noted, there are benefits to attending multiple sessions and allowing for a relationship to build between a participant and the naturalists leading the program. Not only does that promote a deeper level of engagement and learning, but it’s also a great way to foster a relationship between community members and the county parks. The kids are also connecting with other kids who share an interest in wildlife, but typically are from different schools and different parts of the county. Bolda said it’s especially cool to see the children, strangers to each other at the beginning of a lesson, start to work together and problem-solve as a team — for example, building a shelter together during the wilderness survival session. Bolda prefers to step back at certain points and “to not help,” by design. That way, she doesn’t inadvertently limit their imaginations or their opportunities to work collaboratively.

Besides earning their Junior Naturalist badges, Bolda speculated that the kids’ favorite part of attending the programs is the freedom they’re allowed to do things like get dirty, run in streams, and discover living things. “We always try to make sure each program offers some sort of hands-on [experience], or we’re going to see a creature,” which keeps the excitement level high.

“...you are getting school-level science, and you’re not paying anything for it, and you get to go to these beautiful, stunning locations.”

—Kelsey Bolda, Washtenaw County Naturalist

Bolda and her co-naturalists are proud to offer the Junior Naturalist Program (along with many other Parks and Recreation programs) completely for free, allowing for greater accessibility to families, “which is really cool, because you are getting school-level science, and you’re not paying anything for it, and you get to go to these beautiful, stunning locations.” Their goal is to foster a love of nature in as many children as possible, much the way their own passion was nurtured along the way, in a structured but pressure-free setting — all to the end of cultivating fellow stewards of nature.

To find out information and locations for upcoming Junior Naturalist sessions, including winter programs in skulls (1/21) and stargazing (1/28) and snowflakes (2/4), snow tracks (2/12), and night owls (2/25), visit their website at www.ewashtenaw.org/government/departments/parks_recreation/naturalist/junior-naturalist. A calendar of current programs and events is available there, with Spring programs TBA, as well as registration information. Pre-registration is suggested for Junior Naturalist sessions and space is limited to ten students per 1.5 hour session. For further questions, contact the administrative offices at (734) 971-6337 or email parks@ewashtenaw.org.

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Crazy Wisdom Poetry Series Featured Readers



Jan. 25 - Caroline Maun is associate professor of English at Wayne State U. She teaches creative writing and American literature and is Director of Graduate Studies. Her poems have appeared in *Eleven Eleven*, *Third Wednesday*, and *Peninsula Poets*, and in her collections, *The Sleeping* and *What Remains*.

and

Glen Armstrong has an MFA in English from U. of Massachusetts, Amherst, and teaches writing at Oakland U. in Rochester, MI. He is editor of the journal *Cruel Garters*. His recent chapbooks are *Set List*, *In Stone*, and *The Most Awkward Silence of All*.



Feb. 22 - Robert Haight was born in Detroit and has published three poetry collections: *Feeding Wild Birds*, *Emergences and Spinner Falls*, and *Water Music*. His essays and articles on fly fishing, the environment, education and spirituality have appeared in many anthologies and magazines. He teaches at Kalamazoo Valley Community College.

Mar. 22 - Jennifer Clark has work published in *failbetter*, *The Midwest Quarterly*, *Flyway*, *Nimrod*, and *Ecotone*. Her first poetry collection is *Necessary Clearings* (Shabda Press) and her second is the forthcoming *Johnny Appleseed: The Slice and Times of John Chapman*. She lives in Kalamazoo, Michigan.



and



Alise Alousi has work in *Graffiti Rag*, *The Alternative Press*, *The Malpais Review*, *We are Iraqis: Aesthetics and Politics in a Time of War*, *Inclined to Speak: An Anthology of Contemporary Arab American Poetry*, and *To Light a Fire: 20 Years with the InsideOut Literary Arts Project*. She’s Interim Executive Director of InsideOut Literary Arts Project, Detroit.

Apr. 26 -John Hazard has poems in *Carolina Quarterly*, *Gettysburg Review*, *New Ohio Review*, *Ploughshares*, *Poetry*, and *Shenandoah*. His 2015 collection is *Naming a Stranger*. He’s taught at U. of Memphis, Cranbrook Schools, and now Oakland University. Originally from southern Ohio, he lives in Birmingham, MI.



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Crazy Wisdom Kids in the Community



First Steps-Ann Arbor

Starting school can be an overwhelming experience for the whole family. It's a huge system for parents to navigate, and children have the daunting task of learning not only their letters and numbers but also how to be around other kids and function in a group setting away from their parents.

The state of Michigan understands this, along with the notion that children begin learning long before they enter a kindergarten classroom. So, in 2001, Washtenaw County received a grant from the state to promote early interactions in school settings, and to support parents in their important role as their children's first teachers. These days, the program is known as First Steps-Ann Arbor, and it's thriving as a fun, nurturing, and supportive way for families and schools to collaboratively promote optimal early childhood development.

Marj Hyde is the manager of the Early Childhood division for Ann Arbor Rec & Ed, which oversees First Steps, and she's been running the program since day one. She said she loves to spread the word about First Steps classes, reasoning that "the more people know about it, the better option they can have to be supported." She and her team have developed a range of playgroups and classes over the years, hoping to reach families with a variety of needs and interests.

Currently, First Steps offers over a dozen class options to choose from, all offered at various times of the day throughout the year.

Currently, First Steps offers over a dozen class options to choose from, all offered at various times of the day throughout the year. While most classes are held at the Ann Arbor Preschool and Family Center on Boardwalk Drive, there are also options available at Haisley, Eberwhite, and Logan elementary schools. Does your child love acting out stories? Maybe the "Fairy Tales & Flashlights" class is for him, where he can do different art, pretend play, sensory, cognitive, and motor activities around the theme of a fairy tale — and then act out the fairy tale, complete with flashlights for extra fun. Does your little one love to be physical? "Kids in Motion" offers tons of organized motor activities, like spinning, jumping, rolling, climbing, throwing, and parachute play. There's an all-outdoors class called "Nature Kids," and there's a mindfulness class called "Mindful Me." There's a "Jump Into Speech" class, in case you'd like to help your toddler use more language. There are art classes, music classes, sensory-activity classes, and even classes just for infants — like "Curious WiggleWorms," where babies can practice tummy time and crawling while their parents connect with their children and with each other.

The assortment of classes is important, Hyde explained, in order to engage many different kids and families. After all, the goal is for the classes to be "[school] practice without pushing, in a child-directed way." The First Steps staff see their role with the children as helping them grow and learn while familiarizing them with a school-type setting. Kids in First Steps classes begin to develop a schema of what "school" is — one that's meant to be fun and exciting, which they can later carry over to their first formal school experience, whether that's preschool or kindergarten. They practice important skills: managing themselves in a group setting, interacting with new



After all, the goal is for the classes to be "[school] practice without pushing, in a child-directed way."

children, and attempting social tasks like waiting, turn-taking, following directions, and playing together. They experience typical school day events like circle time and snack time, all with the support of a parent, but without the pressure to sit and stay if the child isn't ready yet. And throughout each class, they're getting cognitive stimulation via the play-based activities available.

Just as the classes are a gentle introduction to school for children, so can they be for the parents as well, starting right away with the registration process. If that process is confusing, Hyde said, the First Steps staff will do it for and with the parents: "We do our best to make it easy, and also give them tools so they can do it the next time themselves." Once parents are in a class, they have the chance to form a relationship with their child's teacher, which also means they have ready access to the teacher's developmental expertise when questions arise. They can see firsthand how their child's personality and temperament play out in a group setting, which in turn can help them advocate for their child in later years; for example, knowing a child is a kinesthetic learner might help a parent understand that a school with regular recesses would be a good match. The teachers also help parents manage their developmental expectations, explaining why kids might run screaming from circle time or fall apart at a simple parent request. "We help families feel good about that," Hyde said, "despite the fact that they may feel like their child is the only one who did that." All of these learning experiences for parents can be applied to their children's formal schooling later on.



They experience typical school day events like circle time and snack time, all with the support of a parent, but without the pressure to sit and stay if the child isn't ready yet.



Importantly, First Steps is closely intertwined with Early On, the state's early intervention program for children ages birth to three who are experiencing developmental delays.

Importantly, First Steps is closely intertwined with Early On, the state's early intervention program for children ages birth to three who are experiencing developmental delays. Hyde said that moving into the newly-built Ann Arbor Preschool and Family Center on Boardwalk Drive about ten years ago allowed them to provide "totally integrated services" among different sectors of early childhood programming. If a First Steps family is "struggling with something, whether it is behavior or development or speech development or just needing something, then we're going to provide it. And they don't have to do anything" — meaning they're already working with Hyde via First Steps, and since she also works with Early On, she can easily facilitate the process of connecting families to the proper Early On services. In fact, Hyde said, it happens "several times a month" that a First Steps family will seek a referral for intervention services. "So we sit down and I do it. I'm the same person, it's the same place," which helps break down barriers. Parents tend to feel more comfortable seeking assistance from someone they're already familiar with, and their kids can get quicker access to whatever support they may need.



This year, Kid Fest will be on Saturday, March 11 at Forsythe Middle School, and anyone in the community is welcome to come and bring their kids for a live musical performance by Joe Reilly, followed by food, games, and prizes.

First Steps' biggest current difficulty, said Hyde, is funding. The program operates solely on what it receives in tuition fees, which presents a challenge when the staff are dedicated to offering the classes at costs that work for a range of family incomes. They provide unlimited scholarships, which essentially puts the class costs on a sliding scale, and Hyde said people "pay by family and not by child, so you don't pay any more if you have three kids [in a class] than if you have one." To help sustain the breadth of the program, the staff formed a PTO, which is made up of current First Steps families and general community members. The PTO works hard "to ensure that First Steps keeps going" — for example, that more money is coming in than going out. To that end, the PTO runs two annual fundraisers, a Trike-A-Thon in the fall and Kid Fest in the spring. This year, Kid Fest will be on Saturday, March 11 at Forsythe Middle School, and anyone in the community is welcome to come and bring their kids for a live musical performance by Joe Reilly, followed by food, games, and prizes.

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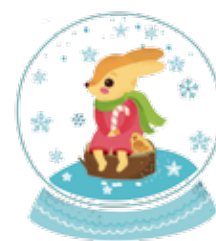
Hyde said that First Steps continues to emphasize the importance of parents understanding their role as their children's first teachers, and that the staff welcome parents as partners: "We try to nurture them but help them know how [school] systems work so they can use them to their own benefits." At the same time, they try to foster relationships between families, since First Steps classes present a unique opportunity to connect with parents who have kids the same age as yours. As Hyde put it, "We're here to facilitate your relationships with other people doing the same job." The early stages of parenting are a particularly vulnerable time for people and represent one of the biggest life shifts. "It's an equalizer," Hyde explained. "Everybody's child is struggling with doing this, or you're struggling with them doing this, and everybody is enjoying the amazing ideas that you're now hearing come out of this little person."

The First Steps program, in Hyde's view, is not only an introduction to the school system, but also an entrance into the world community. With a common thread of parenting young children and encouraging real connections among participants, Hyde's belief is that "peace comes from these kinds of programs." Though she and her staff clearly work hard to promote kinship, Hyde noted that the supportive community within First Steps arises from "each and every family that comes. Thank goodness they come and contribute and share their families and share their stories. That's what makes whatever program they're part of so valuable."

For class descriptions and schedules, as well as registration and cost information, visit the First Steps-Ann Arbor website at hyde140.wixsite.com/first-steps-annarbor, email firststeps@a2schools.org, or call (734) 994-2300 x 53186. First Steps classes are also listed in the periodic Rec & Ed catalogs.

If you'd like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net.

The deadline for submissions for the May through August issue is March 1, 2017.



The Crazy Wisdom Community Journal

Events Calendar for Kids • January through April 2017

New, Fun, and Just Plain Cool Things to do!

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"There is no seven wonders of the world in the eyes of a child. There are seven million."

—Walt Streightiff

Fairy Tea in the Crazy Wisdom Tea Room • Feb. 16, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for a magical afternoon with our fairies, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are \$11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net prior to the event. For more information, contact Jessica at jessicameyer@crazywisdom.net.

Mother's Day Fairy Tea in the Crazy Wisdom Tea Room • May 14, 1 p.m. • Children and their families are welcome for a special Mother's Day tea, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are \$11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net prior to the event. For more information, contact Jessica at jessicameyer@crazywisdom.net.

Bilingual PlayClasses with Manzanitas Spanish Immersion Playschool • First Saturdays, 10:30 a.m.-12:30 p.m. • Want to raise a bilingual child? This Spanish immersion playclass teaches language development best practices to take home. Parents will learn how to reinforce new vocabulary through stories, movement, and play. Recommended for children ages 12 months-2 years. Free, donations accepted. Call Jessica at 975-9104; manzanitas@appleplayschools.org or manzantiaspreschool.org.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • This class invites kids to learn about themselves and introduces them to skills that can bring a lifetime of happiness. It covers the slow Tai Chi form, playful pushing hands, and meditation techniques to use at home or school. Open to children ages 5-17. \$21/drop-in or \$70/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org/kidstaichi.

Horseplay and Horse Feathers with Kathleen A. Hinderer • Tuesdays-Saturdays by appointment • Mounted activities will promote fitness, wellness, and the ABCs of Horseplay (agility, balance, and coordination). Stress reduction and relaxation strategies will also be incorporated as children discover the healing power of horses. For youth with attention, learning, or social interaction challenges. Prices vary. Call 622-9500; macinfo@michiganabilitiescenter.org or michiganabilitiescenter.org.

Breastfeeding Cafe at Center for the Childbearing Year • Mondays, 1-2:30 p.m.; Fridays, 10-11:30 a.m. • This informal drop-in group meets weekly. Breastfeeding moms and babies welcome! Free. Call 975-6534; bfcaa.com.

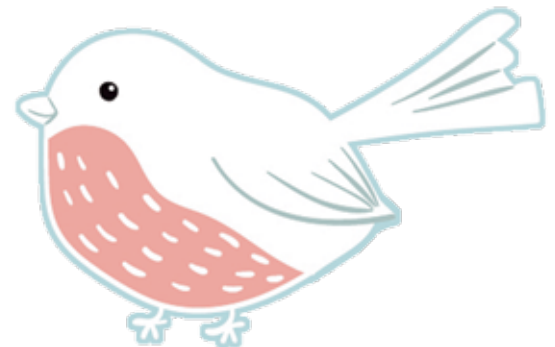
Pop-Up Makerspace with Ann Arbor Hands-on Museum • Jan. 21, 22 • Design, build, and test! Children will discover their inner engineer during this interactive afternoon. The theme will be "Spheres and Slides." Call 995-5439; aahom.org.

Yo-Yo Master Zeemo with Ann Arbor Hands-on Museum • Feb. 4, 5 • Enjoy an exciting display of over 200 different yo-yo tricks. Zeemo will also encourage audience participation as he spins other toys such as hula-hoops, spin tops, Frisbees, and the Chinese diabolo. Call 995-5439; aahom.org.

Apple Playschools Family Visit Day and Open House • Feb. 4, 2:30-4 p.m. • Come visit Apple Playschools, meet the staff, and learn about the progressive early childhood programming at Green Apple Garden and Manzanitas Playschools. For children ages 12 months-6 years. Free. Call 369-8248; greenapplegarden@appleplayschools.org or appleplayschools.org.

Beyond How to Keep Your Kids Healthy with Chinese Medicine with Bart Vermilya • Mar. 1, 6-7 p.m. • Learn how Chinese medicine and simple herbs can keep children from getting sick. Discover how Chinese massage techniques can keep infants happy and healthy, and Japanese pressure point techniques can help with common childhood illnesses. Free. Call (517) 592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Kids' Smoothie Making with Delynn Lake • Apr. 5, 6-7 p.m. • Smoothies can be fun for the whole family. They can also make life easier by incorporating many disease-preventing fruits and veggies. Samples provided. Preregistration required. \$15. Call (517) 592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.



Parents' Night Out with Leslie Science and Nature Center • This is a night out for grown-ups while kids enjoy an evening at LSNC. They will explore the grounds after dark, so please dress for outside activities. Includes pizza and carrots for dinner plus late-night popcorn. For ages 6-12 years. \$30/child (\$25 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Feb. 4, 5-10 p.m. • Whoooo's There?
Mar. 11, 5-10 p.m. • Pop, Fizz, BANG?

My Turn at Leslie Science and Nature Center • Mar. 12, 10 a.m.-12 p.m. • Explore the woods in the early spring, meet live animals up-close, practice scientific skills, and follow paths to the Critter House and raptor enclosures using a new iPad app. Participants will touch, smell, hear, and see new things at this exclusive event for elementary-age kids with Autism Spectrum Disorders and their families. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Hooray for Herps! With Leslie Science and Nature Center • Mar. 18, 6-8 p.m. • Become a herpetologist by studying reptiles and amphibians in this hands-on program. Investigate the similarities and differences between these incredible cold-blooded animals and meet scaly and slimy creatures up close. Recommended for children ages 5-12 and their families. \$9/person (\$8 for members), \$34/family (\$30 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Spring Break Camp—Soil to Sky! With Leslie Science and Nature Center • Apr. 3-7, 8:30 a.m.-3:30 p.m. • This week-long camp is perfect for young scientists who want to play outside, explore nature, create art, and make new friends. They will study organisms that live underground, dip into the depths of the Black Pond, identify spring plants and look for animal homes in the trees. Age-appropriate camp groups for

children in kindergarten through fifth grade will be created upon registration. \$260/camper (\$250/member). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Spring Break Camp Cool Down with Leslie Science and Nature Center • Apr. 3-7, 3:30-5:30 p.m. • Unwind from an action-packed day of exploration by playing games, reading, making art, and relaxing outside. Campers get an extra two hours of fun and parents have the benefit of a later pick-up time. Registration required. \$75/camper (\$70/members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Spring Eggstravaganza with Leslie Science and Nature Center • Apr. 15, 10 a.m.-12 p.m. • Birds, reptiles, amphibians—oh my! Enjoy a morning of investigating the many animals that lay eggs. Participants will hunt for eggs in the woods and fields by following clues, solving riddles, or using GPS devices. They may even win one of five grand prizes for finding a mysterious golden egg! Bring a bag or basket for collecting eggs. \$8/child, free for adults. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Earth Day Festival with Leslie Science and Nature Center • Apr. 23, 12 p.m.-4 p.m. • Attend an afternoon celebration of the Earth with entertainment, education, and exploration! This family-friendly event features live animal demonstrations, hands-on activities, energy topics, water awareness, sustainable agriculture, green building and commuting technologies, and displays from local environmental, nonprofit, and governmental organizations. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Day Off Outdoors with Leslie Science and Nature Center • 8:30 a.m.-5:30 p.m. • Every LSNC day camp includes opportunities to play silly games, make art, spend time outside, and meet resident animals up close. Call 997-1553; info@lesliesnc.org or lesliesnc.org. \$70/child/day (\$65 for members).

Jan. 3 • Mammal Madness • Winter is a wonderful time for a one-day camp where children can track mammals, study the feat of hibernation, and explore the winter woods.

Jan. 4 • Bird Bonanza • Learn how birds fly, where they live, and what they do to survive. For children in kindergarten through seventh grade.

Jan. 5 • Cold-Blooded Critter Carnival • Discover the incredible survival tricks of reptiles and explore how they move, hide from predators, and find food. For children in kindergarten through eighth grade.

Jan. 6 • Find Your Way • Make maps, track animals, and learn how animals navigate in unfamiliar territory. For children in kindergarten through fifth grade.

Jan. 7 • Nature Detectives • Solve natural mysteries, complete team challenges, test hypotheses, conduct investigations, and go on adventures in Black Pond Woods. For children in kindergarten through fifth grade.

Feb. 20 • Grossology • Investigate how turkey vultures defend themselves with vomit and experiment with molds and yeasts. Study scat and dissect owl pellets to explore the food chain from another perspective. For children in kindergarten through fifth grade.

Nature Tales with Leslie Science and Nature Center • 10-11 a.m. • Each themed session includes hands-on activities like live animal encounters, guided hikes, group games, and enticing stories to inspire parents and children to explore and appreciate the outdoors in Ann Arbor's backyard. Open to children age 5 and under. Please dress for the weather. \$4/child (\$3 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Jan. 19, 21 • Terrific Trees

Feb. 16, 18 • Sounds of Nature

Mar. 2, 4 • Furry Friends

Mar. 16, 18 • Squirrels—Oh my!

Mar. 30 • Oh, Deer!

Apr. 1 • Sensational Spring

Apr. 13 • Extravagant Eggs

Apr. 27, 29 • Earth Helpers

Nature Playgroup with Leslie Science and Nature Center • Jan. 18, Feb. 15, Mar. 1, 15, 29, Apr. 12, 26; 10-11 a.m. • Outdoor environments are great places for toddlers to develop their senses and for children to exercise. Come for a mix of guided and self-guided outdoor activities that allow children ages 1-3 and their grown-ups to experience the outdoors. Please dress for the weather and meet on the front porch of the Leslie House. \$4/child (\$3 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Nature Tykes with Leslie Science and Nature Center • 10-11:30 a.m. • This drop-off program is designed to encourage children ages 4-5 to ask questions and explore the natural world. Each session allows early learners to have authentic, age-appropriate, nature-based experiences. Monthly themes will guide activities that include live animal presentations, hikes in Black Pond Woods, natural crafts, and hands-on experiments. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Jan. 10, 17, 24, 31 • Winter Woods • \$38/child/month (\$36 for members).

Feb. 7, 14, 21, 28 • Natural Expressions • \$38/child/month (\$36 for members).

Mar. 7, 14, 21, 28 • Mammal Madness • \$38/child/month (\$36 for members).

Apr. 11, 18, 25 • Sensing Spring • \$29/child/month (\$27 for members).

Fireside Fun: A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Mar. 19, Apr. 9; 6:30-8 p.m. • Families can enjoy a relaxing campfire while roasting marshmallows and swapping stories. Bring camp chairs, and s'mores fixings. LSNC will provide the campfire and marshmallows. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Dance Classes with Arts in Motion Dance Studio • Ongoing • This studio offers classes for both children and adults in ballet, modern, creative movement, jazz, tap, lyrical, hip hop, Zumba, ballroom, and swing. Prices vary. Call Amanda at 222-6246; amanda@artsinmotion.net or artsinmotion.net.



"Kindness is
like snow-
it beautifies
everything it
covers."

—Croft M. Pentz

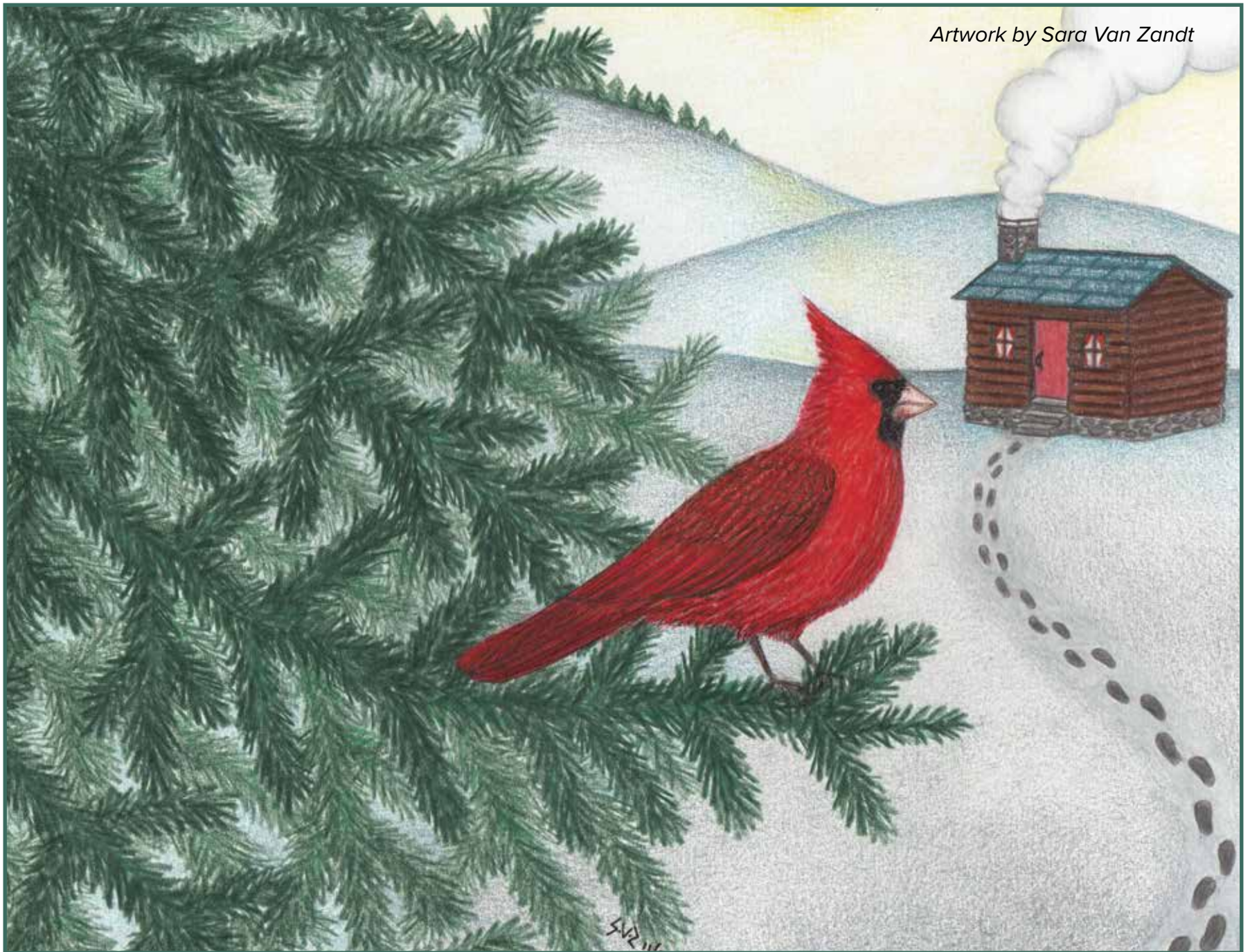
***New, Fun, and
Just Plain
Cool Things to do!***

**List your kid, tween
or teen events
in the May through
August 2017
issue of the
CW Journal!**

**Deadline for
submission is
March 13, 2017**

The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops, and Events
January through April 2017



Artwork by Sara Van Zandt

Addiction and Recovery

Family Matters with Katie Gordon • Jan. 4, 11, 18, 25; Feb. 1, 8, 15, 22; Mar. 1, 8, 15, 22, 29; Apr. 5, 12, 19, 26; 6-7:15 p.m. • This is an educational event and skill-building support group for family members and loved ones of people struggling with or in recovery from alcohol or other drug addiction. It provides opportunities to learn about addictions and family dynamics and to share experiences with others who understand. Free. Call 821-0216; info@dawnfarm.org or dawnfarm.org/programs/family-support.

Teens Using Drugs: What To Know and What To Do with Ray Dalton and Jules Cobbs • Part One on Jan. 3, Feb. 7, Mar. 7, Apr. 4; Part Two on Jan. 10, Feb. 14, Mar. 14, Apr. 11; 7:30-9 p.m. • This ongoing series helps participants learn to understand, identify, and address adolescent alcohol and other drug problems. Targeted primarily to parents, inclusive of teens, other family members, professionals, and others interested. Free. Call Ray at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Safe and Effective Management of Pain and Addiction with Carl Christensen • Jan. 17, 7:30-9 p.m. • People with pain deserve relief, and the good news is that there are many strategies for managing both acute and chronic pain that are safe and effective for people at risk of or in recovery from substance abuse disorders. This presentation will describe creative approaches to pain relief and discuss pharmacologic and non-pharmacologic pain management options along with their risks and benefits. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

How to Support Recovery and Not Support Addiction with Charles F. Gehrke • Jan. 24, 7:30-9 p.m. • This program will outline simple but effective actions for family, friends, and others to avoid enabling another person's addiction while supporting the person's recovery and maintaining their own health and wellbeing. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

*silently, like thoughts that come and go, the
snowflakes fall, each one a gem.*

— William Hamilton Gibson

Suicide Prevention and Addiction with Raymond Dalton • Jan. 31, 7:30-9 p.m. • This program will raise awareness of the prevalence of suicide among people with addiction, describe signs of suicidal thinking, and discuss effective ways to offer support and help people who may be contemplating suicide. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Addiction and Families with Anna Byberg • Feb. 21, 7:30-9 p.m. • This program will describe the roles and behaviors that family members often acquire when living with addiction, ways in which each person is affected, and options for family members to obtain help with coping. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Relapse Prevention with Erik Anderson • Feb. 28, 7:30-9 p.m. • This program will discuss the dynamics of relapse, factors that contribute to relapse, signs that may forewarn of relapse, how to develop a relapse prevention plan, and creative strategies to handle every day and high-risk situations. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Cultivating Mindfulness to Support Recovery with Libby Robinson • Mar. 28, 7:30-9 p.m. • This presentation will describe theory and research supporting mindfulness, demonstrate mindfulness techniques, and provide opportunities for the audience to experience and cultivate mindfulness. It will also cover evidence of the positive effects of mindfulness on recovery from addiction and other conditions. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Emerging from the Darkness: The End of the Drug War and the Rise of Recovery with Kevin T. McCauley • Apr. 20, 7:30-9 p.m. • As the nation emerges from the rubble of the Drug War, it can rebuild on the foundation of astonishing brain research that has quietly accumulated through decades of zero-tolerance and mass incarceration. Dr. McCauley will discuss the rising science of recovery, describe concepts of recovery management, and explore innovative new policies. Preceded by a reception at 6:30 p.m. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

The Brain and Recovery: An Update on the Neuroscience of Addiction with Kevin T. McCauley • Apr. 21, 12:30-2 p.m. • This lecture summarizes the most current neuroscientific research about addiction—research that explains how the brain constructs pleasurable experiences, what happens when this process goes wrong, and why this can have a dramatic impact on the ability to make proper choices. Preceded by a reception at 11:30 a.m. and followed by a Q&A period from 2-2:30 p.m. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Grief and Loss in Addiction and Recovery with Amanda Eidemiller and Barb Smith • Apr. 18, 7:30-9 p.m. • This program will explain theories of grief and grief recovery, describe losses that chemically dependent individuals and their families experience throughout the addiction and recovery processes, and discuss how recovery program tools can help individuals cope with grief and loss. It will include a personal story of grief, loss, and recovery. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Spirituality in Recovery with Jerry Fouchey • Apr. 25, 7:30-9 p.m. • This presentation will encourage participants to clarify their personal understanding of a higher power, examine the quality of their relationship with that power, and explore vehicles to build their conscious contact when in recovery from substance use disorders. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Animals and Pets

Animal Communication Basic Class with Judy Liu Ramsey • Jan. 20-22, Mar. 31-Apr. 2 • Learn how to communicate with animals and how they communicate with each other—telepathically! Participants will open their intuitive senses through a fun, step-by-step process of exercises and interaction with live animals. \$150. Call 665-3202; ramsey.judy003@yahoo.com or hearttoheartanimalcommunication.net.

PetMassage™ Foundation Level Workshop with Jonathan Rudinger • Feb. 16-20, Apr. 20-24 • Participants will learn the roadmap to creating and marketing a canine massage business, including the theory, techniques, vocabulary, culture, and vision of PetMassage™. They will become aware of body mechanics, learn to understand and provide for diverse canine needs, learn complementary bodywork techniques, and understand basic dog anatomy and physiology. \$1,955. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

Dog Owner PetMassage™ Workshop with Jonathan Rudinger • Mar. 11 • This workshop will teach basic skills to provide dogs with a comforting, nurturing, and well-resting PetMassage™. \$79. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

Dog Handling/Leadership Skills for the Dog Owner with Jonathan Rudinger • Mar. 11 • This workshop will teach ways to change how dogs read body language and intentionality. Learn what “space” is, what to do in it, and how to own it. Learn to live comfortably, lovingly, and safely with your dog. \$65. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

PetMassage WaterWork™ Workshop with Jonathan Rudinger • Mar. 13-16 • This event will take place in Kalamazoo to help participants create a profoundly rewarding business: PetMassage WaterWork™ for Dogs. Involving massage and swimming, it is a perfect addition to canine rehabilitation, weight loss, conditioning, behavioral training, and palliative care programs. \$2,000. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

Art and Craft

Loving Kindness Knitting Social with Jewel Heart • Jan. 8, Feb. 12, Mar. 12, Apr. 9; 1-4 p.m. • All are invited to this monthly Sangha Council social gathering. Loving Kindness Knitting & Crafts includes all crafts, arts, and handiwork. Bring current projects or join the Squares project. There is lots of yarn to go around! Free. Call 994-3387; a2sanghacouncil@gmail.com or jewelheart.org.

The Art of Brush Lettering with Amber Lee • Mar. 29, 6-7 p.m. • Learn the relaxing art of brush lettering, from the basics to writing favorite quotes (come ready with ideas). \$10. Call (517) 592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Blacksmithing 101 with Mike Cameron • Apr. 29, 11 a.m.-2 p.m. • The class will begin with an historical overview of blacksmithing and then move to a demonstration and Q&A session. Participants will go home with a small piece by Mike and a handout of local blacksmithing businesses and resources. \$20 (includes materials). Call Ben at 834-8396; education@robinhillsfarm.com or robinhillsfarm.com/events.

Discover SoulCollage®! With Laura Seligman • Jan. 15, 18, Apr. 12, 16; 1-4:30 p.m. • This workshop begins with creating a personal deck of collaged cards to reflect one's life and inner wisdom. Then participants will explore how the many facets of their personality, relationships, archetypes, and energetic dimensions impact their lives and how the personalized cards can bring more self-awareness, guidance, and transformation toward a richer and more creative life. For artists and non-artists alike. \$55 (includes materials). Call 649-2777; lauraseligman@gmail.com or lauraseligman.com.

The Creative Impulse with Idelle Hammond-Sass • Feb. 25, Apr. 8; 1:30-4 p.m. • Participants will freely paint without planning or editing, using paint on paper with different brushes and various ways of applying paint. They will explore color and images along with any stories or ideas that may surface. Followed by time to write about the piece and talk about the experience. \$65 (includes materials). Call 741-4441; hammond_sass@msn.com.

Astrology

Drop-In Astrology Readings with Alia Wesala • Second and Fourth Saturdays, 3-6 p.m. at Crazy Wisdom • Alia provides brief astrological consultation sessions to individuals, couples, and families. \$1.50 per minute. No appointment necessary. Call 719-0782; astrolibration@gmail.com.

2017 Panel Predictions with Pat Perkins, Carol Ray, and Liz Hazel • Jan. 22, 1:30-4 p.m. • This annual think-tank event features three regional astrologers on the planetary trends of the year. \$20 (\$15 for members). Call Sue at (248) 765-3131; susan_lees@hotmail.com.

Positively Pluto with Robert and Pamela Taylor • Feb. 12, 1:30-4 p.m. • An open forum discussion on the positive side of Pluto through the horoscope. Participants are encouraged to bring their charts. \$10. Call Sue at (248) 765-3131; susan_lees@hotmail.com.

Astrology Workshop: Finding Your Path with Lighthouse Center • Feb. 25, 10 a.m.-4 p.m. • The Natal Astrology Chart shows the climate of the solar system at the moment of one's birth and it carries a theme of possibility. This workshop will show participants how to find and see what leads the narrative of their path's walk as they are guided through time in divine order. \$35. Please send full birth date, city, state, and time of birth via email to smootfish@gmail.com by Feb. 21. For questions call Prachi at 645-2188; cprachi17@gmail.com or lighthousecenterinc.org.

Astrology Consultations with Richard and Victoria Smoot • Feb. 26, 1-4 p.m. • The Natal Astrology Chart shows the climate of the solar system at the moment of one's birth. The sun, moon, and planets, along with one's family, friends and experiences reflect and fill in the details of the chart. \$75 for 45-minute consultation. Please provide full birth date, city, state, and time of birth via email to smootfish@gmail.com by Feb. 21. For questions call Prachi at 645-2188; cprachi17@gmail.com or lighthousecenterinc.org.

SMART's Annual Spring Blast • Mar. 18, 1-3 p.m. • Celebrate the Spring Equinox and National Astrology Day at a group luncheon. Treats include fortune eggs, tarot readings, and other forms of divination, a raffle, and time to chat with fellow astrologers. Free. Call Sue at (248) 765-3131; susan_lees@hotmail.com.

Using Local Space Astrology for Home and Office with Nancy Bahlman • Apr. 23, 1:30-4 p.m. • Learn the basics of relocation astrology and how it can influence one's career, love, and money. \$20 (\$15 for members). Call Sue at (248) 765-3131; susan_lees@hotmail.com.

Book Discussion Groups

Poets of Spirit and of Nature with Michigan Friends Center • Jan. 20, 7 p.m. • Come to this second annual evening of sharing poetry and celebrating winter. Host Richard Tucker will bring copies of his favorite poems, and participants are encouraged to bring their own. Everyone is welcome. Refreshments provided. Free (donations welcome). Call Carolyn at 475-1892; manager@mfccenter.org or mfccenter.org.

Jewel Heart Readers • Jan. 10, Feb. 14, Mar. 14, Apr. 11; 7-8:30 p.m. • All are welcome to enjoy a lively discussion on monthly dharma-related book selections with fellow sangha. Free (donations welcome). Call 994-3387; annarbor@jewelheart.org or jewelheart.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 106.

The Crazy Wisdom Calendar

Book Discussion Groups (cont.)

Lighthouse Book Club: *Breakfast with Buddha* • Wednesdays, Jan. 11-Feb. 15, 7:30-9 p.m. • Participants will read Roland Merullo's spiritual fiction novel in which Otto Ringling, a skeptic and editor of food books who lives in New York, reluctantly goes on a road trip with Volya Rinpoche, a Siberian monk. \$30 room rental. Call Prachi at 645-2188; cprachi17@gmail.com or lighthousecenterinc.org.

Crazy Wisdom Monthly Book Discussion • 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Call 665-2757; rachel@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com.

Jan. 20 • *Becoming Nicole: The Transformation of an American Family* by Amy Ellis Nutt, hosted by Rachel Pastiva • The inspiring true story of a transgender girl, her identical twin brother, and an ordinary American family's extraordinary journey to understand, nurture, and celebrate the uniqueness in us all.

Feb. 17 • *Science of the Magical: from the Holy Grail to Love Potions to Superpowers* by Matt Kaplan, hosted by Rachel Pastiva • Noted science journalist Matt Kaplan plumbs the rich, lively, and surprising history of the magical objects, places, and rituals that infuse ancient and contemporary myth. Informative and entertaining, this book explores the world through the compelling scope of natural and human history and cutting-edge science.

Mar. 17 • *A Mother's Reckoning: Living in the Aftermath of Tragedy* by Sue Klebold, hosted by Rachel Pastiva • This book chronicles with unflinching honesty the journey of the mother of Dylan Klebold, a student who conducted the Columbine High School shooting in 1999. Filled with hard-won wisdom and compassion, this is a powerful and haunting book that sheds light on one of the most pressing issues of the time.

Apr. 21 • *Awaken the Inner Shaman: A Guide to the Power Path of the Heart* by Jose Luis Stevens, hosted by Bill Zirinsky • Dr. Stevens presents a direct and practical guide to help readers open their eyes to the greater wisdom and knowing within—to the wiser self that is not bound by fears, worries, or perceived limitations. His book prompts people to step into the power and responsibility each one possesses to shape and serve the world.

Bodywork

Equine Assisted Therapy and Mindfulness with Kathleen Hinderer • Tuesdays-Saturdays by appointment • Therapy on horseback and equine-inspired mindfulness create a powerful healing session as the motion of the horse generates a deep sense of relaxation, and the connection with the horse draws in energy. Through mounted and grounded activities that promote wellness, participants of all ages can discover the ABCs of Horseplay (agility, balance, and coordination). No experience necessary. Facility is sensory-friendly and barrier-free. Prices vary. Call 622-9500; macinfo@michiganabilitiescenter.org or michiganabilitiescenter.org

Bodywork Hydrotherapy with Naturopathic School of Ann Arbor • Feb. 3-5 • This is an introduction to hydrotherapy principles and therapeutic bodywork applications with opportunities for in-house mentored practicum. Experience how hydrotherapy can enhance therapeutic goals for clients, bring about nervous system relaxation, and enhance the immune system. Open to all healing arts students. \$150. Call 796-7794; nshaassociates@gmail.com or naturopathic.schoolorannarbor.net.

Breathwork

My Day, My Way! The Art of Creating the Perfect Day with Dave and Pat Krajovic • Jan. 28, 3-6 p.m. • How wonderful would it be to experience delightful days where everything comes together with ease? The way one starts the day will determine how grand it will be. Learn a system that sets the energies in motion for more joy, prosperity, and beauty in life. \$59.95. Call 416-5200; relax@bodyworkshealingcenter.com, BodyWorksHealingCenter.com, or ascensionbreathing.com.

Consciousness Rising Breathwork/Meditation with Dave and Pat Krajovic • Jan. 9, Feb. 6, Mar. 13, Apr. 10; 10:30 a.m.-12 p.m. • This workshop will combine group energies with meditation and conscious breathing to expel stress, uplift the spirit, and bring more joy and peace. Includes invocations, choreographed music, guided meditation, affirmations, and personal hands-on facilitation. \$29. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Secrets of Living an Inspired Life: The 5 Golden Keys to Mastering Your Day Dave and Pat Krajovic • Feb. 7, 9:30 a.m.-4 p.m. • Learn ancient teachings with a modern twist to allow life to flow effortlessly. These sacred attitudes are choreographed to transform the present moment and uplift one's life experience. \$179. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

On January 1, 2017, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

Breathing the Chakras: Consciousness Rising Group Breathwork/Meditation with Dave and Pat Krajovic • Mar. 6, 10 a.m.-12 p.m. • Take a journey through the chakras and experience working with color prana. Affirm the attribute of each chakra and restore balance in the chakra system. \$39. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Unleashing Unlimitedness—The Soul of Creation with Dave and Pat Krajovic • Mar. 12, 9 a.m.-4 p.m. • Learn a powerful breathing technique that simultaneously taps into universal laws of attraction, intention, least effort, detachment, destiny, and infinite possibility. These teachings can harness the energies of creation to bring the heart's desires into manifestation. \$199. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

I am blooming from the wound where I once bled.

—RUNE LAZULI

Buddhism

Buddha's Enlightenment Sitting with Zen Buddhist Temple • Jan. 6, 8-10 p.m. and/or 10 p.m.-Midnight • Participants are welcome to come and meditate to awaken their true nature, inspired by Shakyamuni Buddha, who sat under the Bodhi tree and came to freedom. Bring an offering of flowers, fruit, candles, nuts, incense, or money for the altar. Free. Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Introductory Zen Meditation Courses with Zen Buddhist Temple • Five Thursdays beginning Jan. 12, Mar. 9, Apr. 20; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, not the means for something else. This course takes place in the temple's meditation hall and includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. \$160 (\$120 for students). Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Overnight Introductory Meditation Courses with Zen Buddhist Temple • Jan. 20-21, Mar. 18-19 • Designed for those unable to take the Thursday evening course because of schedule or distance. These weekends take place in the temple's meditation hall and includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. \$160 (\$120 for students). Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

The Four Noble Truths with Jewel Heart • Jan. 21, 28; 10 a.m.-1 p.m. • This course introduces Buddha's revolutionary message that suffering can come to an end through one's own efforts. Following Gelek Rinpoche's transcript of the Four Noble Truths, participants rely on readings, discussion, and meditation. Sliding scale \$20-40 (free for members). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

World Peace Chanting Service with Zen Buddhist Temple • Jan. 28-Feb. 3 • A week-long kido chanting and purification service for repentance, peace of the world, and happiness for all beings. Morning and evening options offered. Open to all. Free. Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Self-Compassion—Three Principles of the Path, Part One with Jewel Heart • Wednesdays, Feb. 22-Apr. 12, 7-8:30 p.m. • The Three Principles of the Path is a condensed summation of the path to enlightenment, which includes the determination to be free, unlimited compassion, and wisdom. Gelek Rinpoche's transcript serves as course material for the six-month course offered in three eight-week sections. \$80 (free for members). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Sunday Sadhana Meditation Practice with Karma Thegsum Choling • Sundays, 11 a.m. • Sadhana practice includes chanting and mantra recitation. Medicine Buddha sadhana on first Sundays, Green Tara sadhana on third Sundays, Chenrezig/Amitabha sadhana on second and fourth Sundays, and silent sitting meditation on occasional fifth Sundays. Texts provided. Free. Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Wednesday Meditation with Karma Thegsum Choling • Wednesdays, 7:30 p.m. • Silent sitting meditation and exploration of the Karma Kagyu lineage of Tibetan Buddhism. Includes a mix of readings, films, and recordings. Free. Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Lama Karma Drodhul's Visit with Karma Thegsum Choling • Apr. 7-9 • Lama Karma became a monk when he was nine years old and received both intermediate and full ordination from Khenchen Thrangu Rinpoche at age twenty. After completing his education, he was sent to the U.S. where he teaches in English and enjoys smart phones and Facebook. Please see the website for prices and details about his public talks, refuge, and empowerment. Call Pat at 761-7495; aaktc@yahoo.com or annarborktc.org.

Sunday Services with Zen Buddhist Temple • Sundays, 10-11:30 a.m. or 4-5:30 p.m. •
The morning meditation service consists of two periods of meditation followed by chanting and a talk. The afternoon dharma service has two shorter periods for sitting meditation, sometimes a walking meditation, reflection, chanting, and a short talk. Donations accepted. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Family Services with Zen Buddhist Temple • Jan. 8, Feb. 12, Mar. 12, Apr. 9; 10-11:30 a.m. • Age-appropriate groups are offered for toddlers through children in grade seven. The program includes music, activities, and dharma lessons from qualified instructors. Donations accepted. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org. **Sundays with Gelek Rimpoche • Sundays, 11 a.m.-12 p.m. •** Weekly Sunday morning talks by Gelek Rimpoche. Speaking from Ann Arbor, New York, and other locations, these talks will also be live video webcast. Open to all. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

Ceremonies, Celebrations, and Rituals

New Year's Day Service with Zen Buddhist Temple • Jan. 1, 11:30 a.m. • All are welcome to begin the new year together. Call 761-6520; annarbor@zenbuddhisttemple.org.

Yogananda's Birthday Celebration with Song of the Morning Community • Jan. 5, 4:30-9:30 p.m. • This celebration will involve hatha yoga, meditation, live music, a delicious vegetarian meal including birthday cake, and an *Autobiography of a Yogi* book club commemoration. Free. Call Erin at (989) 983-4107; programs@songofthemorning.org or songofthemorning.org.

Peruvian Fire Ceremony on the Full Moon with Mateyo Empie • Jan. 12 • Join the Ann Arbor Athanor for a traditional Peruvian fire ceremony to bring healing and change. \$5. Call Janice at 709-4630; leachj@gmail.com.

Spring Equinox with Esther Kennedy • Mar. 19, 3-4:30 p.m. • Participants will gather to affirm their commitment to care for Earth and for the children of all species. Donations welcome, registration requested. Call the Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Vernal Equinox Celebration—A Multigenerational Celebration of Balance and Rebirth with Michigan Friends Center • Mar. 20, 7-9 p.m. • All ages are welcome to celebrate the balance of light and dark with a sharing circle and bonfire. Bring a flashlight and a verse, song, or story about the meaning of this season. Free, but please register in advance. Call Carolyn at 475-1892; manager@mfccenter.org or mfccenter.org.

Easter Satsanga and Meditation with Self Realization Meditation Healing Centre • Apr. 16, 10:15 a.m. • All faiths are welcome to share in song-chants, inspired thoughts, and Mata Yogananda Mahasaya Dharma's Easter message and blessing, followed by Pure Meditation and Silent Prayer. Free. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Earth Day Celebration for All Ages with Zen Buddhist Temple • Apr. 23, 9:30-11:30 a.m. • Everyone is welcome to attend a morning service followed by a celebration and garden planting. Free. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Channeling

The Gathering with Karlta Zarley • Third Tuesdays, 7-9 p.m. • Participants will share a channeled message from spirit about what is happening in the world and how to shift energy so that humanity can move forward along ascension pathways easily. Time for questions and answers, and personal messages may also come through. Participants are welcome to drop in at any time. Suggested donation \$10. Call Eden at 904-0076; edenwinter1946@yahoo.com.

Michigan Bashar Meetup with Elisabeth Maddix • Second Mondays, 5:30-7:30 p.m. • For individuals with an interest in watching Bashar's channelings and discussing his work. Even those who have never heard of Bashar are welcome. Suggested donation \$5-10. Call 330-3333; Elisabeth.maddix@gmail.com or meetup.com/Michigan-Bashar-Meetup.

Evenings with Barbara Brodsky and Aaron • Jan. 18, Mar. 15, Apr. 12; 7-9 p.m. • Aaron will offer talks channeled by Barbara Brodsky on topics such as vipassana and pure awareness meditation, working with inner guidance, and supporting changes in both physical and spiritual bodies through work with body energy, the elements, sound, and open heart. Donation requested. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

The moon doesn't consider one phase better than another; she just glows, equally stunning at each turn. Why should we be any different?

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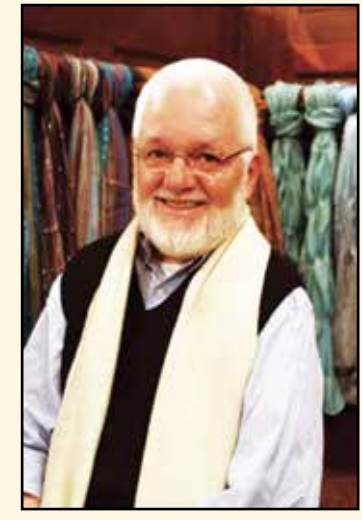
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Train to be an independent spiritual director?

Spiritual director Jonathan Ellis is a former co-owner of Crazy Wisdom and then continued to be a mentor and friend to the longtime current owners. He serves five dozen or so individuals each month from a variety of backgrounds, faiths, and professions who seek guidance on their own spiritual journey through life. He writes:

"If you do something over 10,000 times, you are ready to teach! I have had more than that number of sessions with folks, in person in Ann Arbor and by phone around the country, as an independent spiritual director for over 20 years now.



"I will turn age 70 soon and want to train new colleagues in the next few years. As a spiritual director, you are not someone who decides a direction for others. In sessions once a month, you help people sort through their ideas and feelings about the spiritual path of their own choosing. With your support, folks get to step back, see their life from a spiritual perspective, and focus their intention.

"I have so far mentored over a dozen people to become independent spiritual directors, all of whom had a background in a helping profession and a well developed spirituality of their own. Training now involves two individual sessions a month with me for a year, then working yourself under my guidance for a second year.

"In a common practice, I offer this independent spiritual director training on an open donation basis. To inquire, please see www.blogellis.weebly.com and then call 734 761-5155 (no text). Afternoons or evenings are best times to reach me. Jonathan Ellis"

The Art of Building a Community

How Lunch Created and Sustains a Group of Mostly Ann Arborites, Now Numbering Over 450 People



By Linda Diane Feldt

"I'm Ed Vielmetti and I organize lunch." For more than ten years, Ed has been organizing lunch. Every Thursday, except for the major holidays, this eclectic and ever evolving group, called A2B3, has met for lunch, and Ed Vielmetti has made it happen.

Everyone and anyone is welcome. Some are regulars, some come once. Most of the regulars make it one to two times a month, and some come just when they can or when they are in town. During the recession, A2B3 was a welcoming and sometimes next step for people who were out of work or with too much free time. With the group offering easy access to information about Ann Arbor (especially startups in the area), support and an informal sounding board for ideas, and a chance for making new contacts, many lunch participants found themselves newly launched into the community or a business venture. Lunches were large, with 20 to 35 people most weeks. The location was fixed at Eastern Accents, until they went out of business.



The group has spawned startups, friendships, collaborations, and shared projects. But mostly friendships. A2B3 even has its own diminutive bumper sticker, suitable for car, bike, or laptop.

In the years since, the number of attendees has settled to somewhere between 6 and 12. We never know how many will show up for lunch, although people can now make a reservation through the Meetup website, which helps limit the guessing.

The group has always been great at networking and making connections. Our mailing list on Yahoo Groups is now up to more than 450 members. Here, members can continue the discussion between lunches, share resources, and ask for or offer advice on repairs and technology problems. The list is also used to post job openings, events, and ideas.

The group has spawned startups, friendships, collaborations, and shared projects. But mostly friendships. A2B3 even has its own diminutive bumper sticker, suitable for car, bike, or laptop.



The name "A2B3" comes from the original intent of the group, which was to sample bi bim bop at all of the Korean restaurants in town. So the full name is Ann Arbor Bi Bim Bop. Today the group travels around town, enjoying a selection of restaurants that can accommodate a large group at one table, with separate checks, and in a space quiet enough that everyone can hear one another.

Hearing is important because, at 12:30, Ed introduces himself and asks a question. Everyone has a chance to respond after introducing themselves to the group with their name and what they do, with whatever response the question triggers for them. The questions range from the frivolous (*give an answer that is about water; what's in your pocket?*) to those that really bring out a chance to be personal — *talk about goals and successes*. But sometimes the question is practical — how do you track appointments, how to get the best service when you are calling tech support, and so on.



Having a face-to-face weekly gathering is a somewhat outmoded method for connecting, and yet it remains uniquely effective and satisfying.

The group attracts intelligent people, who nearly all have a great sense of humor. Members of the group also have a chance to talk about hobbies and an incredible range of interests. The range of conversation before 12:30 reflects the very broad knowledge and curiosity of the members. Any subject is fair game, it would seem. Everyone has a chance to contribute and to feel welcome and drawn into the group.

Ed Vielmetti is a self-employed entrepreneur, who can claim over 30 years experience as a writer and active internet user. He has worked for a number of local software companies, as well as AnnArbor.com as a paid staff person working with blogging. A frequent commenter at Ann Arbor City Council meetings, he has made a name for himself learning the ins and outs of filing FOIA requests and pointing out where transparency is lacking in government.

While Ed clearly provides leadership, the group also influences the flow of conversation and interests. One member recently remarked, "The group itself varies, and that variation changes over time." Ed makes leadership look easy, but his style of quiet awareness of the group, ability to find the connections between strangers, and ease in making individuals feel welcome is certainly the largest part of why the group

A2B3 has become a gathering of friends and potential friends, people willing and able to make deep connections, and those who recognize a warm and welcoming gathering of people who don't always agree but certainly have a wide range of interests and even expertise.



Linda Diane Feldt and Ed Vielmetti



From left: Peter Honeyman, Annie Wolock, Barbara O'Connor

has worked for so many years.

During the recession, the group offered a welcoming and non-judgmental environment for people out of work and seeking connections, as well as a social outlet. With so many programmers, contract workers, and self-employed workers in the group, there is an immediate acceptance of life challenges and changes in circumstance.

The process of building community and making friends can seem mysterious and also difficult. Ed has found success in doing both. Having a face-to-face weekly gathering is a somewhat outmoded method for connecting, and yet it remains uniquely effective and satisfying. There are members who have never made it to lunch, but who are just part of the online network that communicates via email.

A number of new people are drawn to the group for the opportunity for networking, which can be a nerve-wracking and high-stakes process. Those who join primarily to make business contacts usually either fade away or change their goals. The group is more casual and not focused on promotion and certainly not on making sales contacts. If there is common interest found, then something might continue, but a sense of humor or a wise contribution is given much more reinforcement and attention. Newcomers to town have enjoyed the group as a way of jumpstarting friendships and accessing the deep well of information about all aspects of Ann Arbor.

Groups can succeed or fail on the strength of a leader. The group functions well with Ed and can also carry on without him. Yet when he is absent, the person who takes his place is jokingly referred to as "Faux Ed." He is receptive to suggestions, he appreciates and perpetrates the tradition of the group, and he is a storyteller that inspires other people's sharing of themselves.

It could have simply been a group of technology-oriented geeks and nerds. It could have just been a place to talk about yourself and your work. Instead, A2B3 has become a gathering of friends and potential friends, people willing and able to make deep connections, and those who recognize a warm and welcoming gathering of people who don't always agree but certainly have a wide range of interests and even expertise.

It's a true community. A group of self-selected people who have come to care about each other, support each other, and enjoy the chance to share a meal together.

Linda Diane Feldt is a local holistic health practitioner, teacher, and writer, who has provided an integrated approach to holistic health care since 1980. She has been a member of A2B3 for about eight years and is a co-organizer of the group. Join A2B3 on Meetup at www.meetup.com/a2b3-lunch/ or on Yahoo Groups at groups.yahoo.com/neo/groups/a2b3/info. You can contact Linda through her website at holistic.lindianefeldt.com or via email at ldf@lindianefeldt.com.



The Crazy Wisdom Calendar

Chanting

Guru Gita with Atmaram Chaitanya • Saturdays, 10-11 a.m. • The Guru Gita is a devotional chant from the Skanda Purana on the esoteric significance of the guru and the guru-disciple relationship. Guests are invited to bring a small photo or murti of their guru to place on the altar during the program. Chanting books are provided. Free. Call Kashi at 883-6947; atmaran@kashinivas.org or kashinivas.org.

Chanting with Ann Arbor Kirtan • Jan. 13, Feb. 17, Mar. 17, Apr. 14; 7:30-9:30 p.m. • This event is an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. Suggested donation \$5. Call Kashi at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Chanting, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Fridays, 8 p.m. • People of all faiths, meditation practices, and traditions are welcome to participate in chanting (in English) to open the heart and go deeper into peace and stillness. Followed by Pure Meditation and Silent Prayer with Winged Prayer for those in need. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealization-CentreMichigan.org.

Childbirth

Ready for Birth with Center for the Childbearing Year • Wednesdays, Jan. 18-Feb. 22 or Mar. 15-Apr. 19, 6:30-9 p.m. • Navigate the birth journey with confidence by learning natural approaches to pain management, support techniques, and comfort measures (how partners can help). \$275/couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Ready for Birth Condensed Class with Center for the Childbearing Year • Jan. 14, 21; 9:30 a.m.-1 p.m. or Feb. 25, 9:30 a.m.-4:30 p.m. or Thursdays, Apr. 27-May 11, 6:30-9 p.m. • This interactive, hands-on class is perfect for couples with busy schedules or those seeking a refresher class. Learn natural approaches to pain management, support techniques, comfort measures, and tips for smoothing recovery and adjustment postpartum. \$175/couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics and Caring for Your Newborn with Center for the Childbearing Year • Jan. 28, Mar. 4, Apr. 29; 9:30 a.m.-4:30 p.m. • This hands-on class is designed to guide new parents through their choices and teach skills to start strong with breastfeeding and caring for newborns. Take the full-day workshop or choose Breastfeeding Basics in the morning (topics include reading hunger cues, latching and positioning, and how often and how long to nurse) or Newborn Care in the afternoon (topics include techniques to calm a newborn, baby wearing, diapering options, and bathing). \$100/couple for the full day, \$60/couple for a half day. Call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics for Doulas with Barbara Robertson • Feb. 16, Apr. 20; 6-9:15 p.m. • Learn the latest in evidence-based breastfeeding support from a lactation expert. This class will enhance a doula's ability to assist breastfeeding mothers immediately post-birth and in the early days postpartum, and it fulfills a DONA International certification requirement for doulas. \$80 (\$65 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Feb. 17-19 or Apr. 21-23 • This workshop prepares participants to become professional doulas through hands-on training that fulfills two certifications requirements through DONA International. Neither motherhood nor a medical background is necessary to become a doula—just a passion for birth and the desire to support moms. \$535 (\$485 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

Top Seven Questions about Becoming a Doula: Monthly Teleseminar with Patty Brennan • Jan. 9, Feb. 6, Mar. 6, Apr. 3; 8-9 p.m. • Doula business expert and author of *The Doula Business Guide* will host an interactive conference call for anyone wanting to learn about doula training, career paths, the "on call" lifestyle, blending doula work and family life, the viability of doula businesses, and more. Free. Preregistration required. Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan and Guest Instructors • Mar. 16-19 • Turn your passion for helping moms, babies, and new families into a profitable career by becoming a professional postpartum doula. This course prepares participants to provide in-home care to families in the postpartum period by focusing on breastfeeding support, baby wearing basics, support strategies for depressed moms, working with families with multiples, and more. This training fulfills two certification requirements for postpartum doulas through DONA International. \$595 (\$535 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

Dancing for Birth with Whitney Kolongowski • Wednesdays, Jan. 10-Feb. 14 or Feb. 28-Apr. 11; 6:45-8:15 p.m. • This class is a fusion of pre/postnatal fitness, birth preparation, and support circle. Laugh, move, and get endorphins flowing while learning moves that open the pelvis and help baby settle into a good birthing position. New moms can wear their babies and keep dancing. First week free; \$25/class for drop-in; \$127 for six-week series. Call 663-1523; patty@center4cby.com or center4cby.com.

The Crazy Wisdom Calendar

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar for Kids section on page 80. This section is devoted to events for children and young adults along with their families.

Fairy Tea in the Crazy Wisdom Tea Room • Feb. 16, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for a magical afternoon with our fairies, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are \$11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net prior to the event. For more information, contact Jessica at jessicameyer@crazywisdom.net.

Mother's Day Fairy Tea in the Crazy Wisdom Tea Room • May 14, 1 p.m. • Children and their families are welcome for a special Mother's Day tea, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are \$11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net prior to the event. For more information, contact Jessica at jessicameyer@crazywisdom.net.

Fireside Fun: A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Mar. 19, Apr. 9; 6:30-8 p.m. • Families can enjoy a relaxing campfire while roasting marshmallows and swapping stories. Bring camp chairs, and s'mores fixings. LSNC will provide the campfire and marshmallows. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Horseplay and Horse Feathers with Kathleen A. Hinderer • Tuesdays-Saturdays by appointment • Mounted activities will promote fitness, wellness, and the ABCs of Horseplay (agility, balance, and coordination). Stress reduction and relaxation strategies will also be incorporated as children discover the healing power of horses. For youth with attention, learning, or social interaction challenges. Prices vary. Call 622-9500; macinfo@michiganabilitiescenter.org or michiganabilitiescenter.org.

Dance Classes with Arts in Motion Dance Studio • Ongoing • This studio offers classes for both children and adults in ballet, modern, creative movement, jazz, tap, lyrical, hip hop, Zumba, ballroom, and swing. Prices vary. Call Amanda at 222-6246; amanda@artsinmotion.net or artsinmotion.net.

Chiropractic

Stress, Kids, and Chiropractic with Diane Babalas • Jan. 7, 2-4 p.m. • Attend an open house at Gateway Chiropractic that involves a fun, family-friendly class followed by assessments for kids. Free. Call 239-6060; gatewaybgi@gmail.com or gatewaychiropracticbgi.com.

Meditation for Healing with Diane Babalas • Feb. 5, 1-2 p.m. • This is an introductory class about meditation for healing. \$25. Call 239-6060; gatewaybgi@gmail.com or gatewaychiropracticbgi.com.

Working with Emotions and Intuition with Diane Babalas • Mar. 5, 2-4 p.m. • This is an introductory class about working with emotions and intuition. \$45. Call 239-6060; gatewaybgi@gmail.com or gatewaychiropracticbgi.com.

A Course in Miracles

A Course in Miracles Study Group with Lorri Coburn • Thursdays, 12-1:30 p.m. • All are welcome to study in a non-dualistic interpretation of *A Course in Miracles*. Free. Call 646-6585; lorri.coburn@gmail.com or lorricoburn.com.

Crystals

Tap into the Healing Power of Self-Love with Healing Crystal Energy with Jennifer Vanderwal • Feb. 26, 11 a.m.-1 p.m. • Self-love is the greatest of healers yet one of the most elusive and difficult things to do. Learn the importance and benefits of self-love and how to work with crystals to enhance self-reflection and inner knowing. Experience the energy of a crystal array along with a guided meditation to open specific chakras and engage the healing power of love. \$44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Crystals for Empaths with Jennifer Vanderwal • Mar. 26, 11 a.m.-1 p.m. • Learn what it means to be empathic and how to enrich your life by becoming more empathic. Participants will identify and discuss crystals that can benefit empaths and learn techniques for using those crystals. \$44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Using Crystals to Maintain Perfect Health with Jennifer Vanderwal • Apr. 23, 11 a.m.-1 p.m. • Learn to identify various crystals that can be used to help the physical body maintain its perfect state of health. Discuss different techniques for using crystals in healing arrays and guided meditation. \$44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Death and Dying

Death Cafe with Merilynne Rush and Diana Cramer • Third Saturdays, 10 a.m.-12 p.m. in the Crazy Wisdom Community Room • Eat cake, drink tea, and talk about death. Conversation led by participants with no agenda other than to listen and share. All are welcome. Free. Call Merilynne at 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

Advanced Care Planning Facilitator Training with Merilynne Rush and Patty Brennan • Jan. 21, 8:30 a.m.-5 p.m. • This is a Respecting Choices® First Steps Facilitator training for healthcare providers, counselors, clergy, and anyone in helping professions. It includes learning how to assist healthy adults to identify a healthcare advocate, discuss their values and wishes, and complete an advance directive document. \$150. Call Merilynne at 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

Divorce Support

Cultivate Peace During and After Divorce with Melanie Fuscaldo • Jan. 3, 12-1:30 p.m. • Cultivate inner peace during and after divorce using a process that focuses on the gifts in any situation. This seminar is designed to help participants find hidden blessings and move into joyful power. \$30. Call 666-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Drumming

Drumcommunity Circle with Lori Fithian • Jan. 24, Feb. 22, Mar. 21, Apr. 20; 7 p.m. in the Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drumcommunity.com.

Energy Healing

The Power of Pendulums with Julie Sottek • Jan. 18, 6-7p.m. • This class covers the basics such as what a pendulum is, how to use one, and how it has been used effectively in history. It will describe which items you can use as pendulums and ways people use them in daily life. Free. Call 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Emotional Freedom Technique with Melanie Fuscaldo • Jan. 23, 12-1:30 p.m. • This workshop shares a powerful tool to enhance health, reduce stress, support careers and relationships, and increase wellbeing. \$30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Chi Clinic with Joanna Myers and Alexis Neuhaus • Mondays-Thursdays, 2-3 p.m.; Fridays, 12:30-1:30 p.m. • The Chi Clinic was founded to support individuals in person or remotely by helping them feel centered, rested, focused, and energized. This modality is designed to provide a sense of wholeness from the inside, deep healing, mental stability, and ability to reach full potential. \$100/month (first week free). Call Alexis at 845-9786; alexis@sunshen.org or chiclinic.org.

School of Inner Cultivation and Healing with Master Sang Kim • Thursdays, 10:30 a.m.-12:30 p.m.; Fridays, 3:15-5:30 p.m. • The SUN SHEN Internal Cultivation and Healing System is an intimate, hands-on integrated approach which incorporates spiritual counseling, tai-chi, energy cultivation, and healing to resolve physical, emotional, and spiritual problems for oneself and others. \$300/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Healing Touch Certificate Program, Level One with Barb McConnell • Jan. 14, 15, Feb. 17, 18 • Learn 12-14 basic techniques to balance and energize the human energy system and promote healing. This class involves lectures, demonstrations, and hands-on practice. 18 CEs for nurses and massage therapists. \$290 (\$310 late fee). Call 517-914-4133; barbmccconnell7@gmail.com.

Healing Touch Certificate Program, Level Two with Barb McConnell • Apr. 1-2, 8:30 a.m.-6:30 p.m. • Review level one plus learn back techniques and spiral. Emphasis on developing healing sequence for specific needs. Completion of level one required. 17.5 CEs for nurses and massage therapists. \$290 (\$310 late fee). Call 517-914-4133; barbmccconnell7@gmail.com.

Healing Touch Certificate Program, Level Four with Barb McConnell • Apr. 20-23 • Learn two new techniques, put together a case study, and begin one year apprenticeship in preparation for completing the Healing Touch Practitioner program. CEs for nurses and massage therapists. \$425. Call 517-914-4133; barbmccconnell7@gmail.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the next section, which is called "Background Information" on page 106.

Enneagram

Being Human, Being Divine with Su Hansen • Jan. 28, 10 a.m.-3 p.m. • Being human and trying to make that work keeps people caught in patterns of behavior, attention, and thought that prevent them from coming into their essential selves. Participants will learn to recognize those patterns as well as the virtues and deep understandings of the divine. They will also learn ways to release the patterns and allow the divine to rise within. \$65 (sliding scale available). Call 417-8397; su@suhansen.com or suhansen.com.

Fours Only—I Can Relate with Su Hansen • Feb. 4, 10 a.m.-3 p.m. • People yearn for the sense of connection that meaningful relationships can bring, but forming and maintaining them can be a struggle. This workshop will focus on the challenges particular to enneatype fours and teach awareness practices to make relationships more fulfilling. \$65 (sliding scale available). Call 417-8397; su@suhansen.com or suhansen.com.

Loving One Another with Su Hansen • Feb. 18, 10 a.m.-3 p.m. • Encounters with others are important parts of the spiritual journey that teach valuable lessons and enable people to express the love and compassion that reside in their true selves. This workshop will explore ways of relaxing the ego and moving into relationships to further spiritual growth. \$65 (sliding scale available). Call 417-8397; su@suhansen.com or suhansen.com.

Dancing with the Divine with Su Hansen • Mar. 25, 10 a.m.-3 p.m. • Fixations of the ego prevent people from interacting fully with the divine. Participants will learn how to release the contractions that keep them from fully being who they are and moving into the divine dance. \$65 (sliding scale available). Call 417-8397; su@suhansen.com or suhansen.com.

Exercise and Fitness

Tai-Chi Conditioning and Movement Meditation with Joanna Myers • Saturdays, 8-9:50 a.m. • Tai-Chi conditioning combines traditional muscular conditioning (sit-ups, push-ups, squats, and bridges) with awareness of the breath and alignment. This class also includes flexibility training, energy movement practices, and an in-depth movement meditation. \$25/drop-in, \$65/month. Call 395-8486; joanna@sunshen.org or sunshen.org.

Festivals and Fairs

5th Annual Spring Holistic Psychic Expo • Apr. 22-23 • All are welcome for guidance, healing, and learning over two days with readers, aura photography, energy work, body work, and more. The event includes vendors with holistic and spiritual products, free presentations in the auditorium, quiet and private reader room with concierge service, and ample free parking. Sponsored by Crazy Wisdom Bookstore & Tea Room and Body Mind Spirit Guide. \$10/day pass or \$15/weekend pass. Call Amy at 358-0218; intuitivesinteractive@hotmail.com or intuitivesinteractive.com.

Film

Free Films and Discussion at Jewel Heart • 7 p.m. • Enjoy a film followed by discussion about dharma and film. Free. Concessions available. Call 994-3387; annarbor@jewelheart.org or jewelheart.org.

Jan. 27 • Little Buddha (1993) • This film tells the story of a young Seattle boy who may or may not be a reincarnation of a venerated Buddhist teacher. Tibetan and American worlds meet, leading to an extraordinary adventure.

Feb. 24 • Yangsi Reincarnation is Just the Beginning (2012) • This coming of age documentary offers an intimate portrait of a young Tibetan boy who is recognized as the reincarnation of Dilgo Khyentse Rinpoche.

Mar. 31 • The Visit (1964) • Veteran actors Ingrid Bergman and Anthony Quinn star in this dramatization of a play about a bitter woman whose attempts to right past wrongs channel her through the eight worldly dharmas.

Apr. 28 • The Human Experience (2008) • This film follows a band of brothers who travel the world in search of answers to the burning questions: Who am I? Who is man? Why do we search for meaning? Through interviews and real life encounters, the brothers awaken to beauty of the human person and the resilience of the human spirit.

Ann Arbor Film Festival • Mar. 21-26 • Founded in 1963, this is the oldest avant-garde and experimental film festival in North America. Over six days, it will present 40 programs with more than 180 films from over 20 countries of all lengths and genres. For details, visit aafilmfest.org.

There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of yourself.

—MIYAMOTO MUSASHI



Crazy Wisdom Tea Room Readers



Tarot • Psychic • Intuitive
Astrology • Palmistry

No appointment needed
Readings \$1.50 per minute

Monthly Schedule

Tarot Readings with Kathy Bloch.
1st and 3rd Tuesdays, 5:30-8:30 p.m.
klbloch@hotmail.com

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Intuitive Readings with Irena Nagler
2nd and 4th Fridays, 6:30-9:30 p.m.
birena@umich.edu - 734.996.1772

Astrology Readings with Alia Wesala
2nd and 4th Saturdays, 3-6 p.m.
astrolibration@gmail.com - 734.719.0782

Tarot Readings with Gail Embery
1st and 3rd Fridays, 6:30-9:30 p.m.
ReadingswithGail.com - 313.655.7694

Palmistry Readings with Vijayalaxmi Shinde
1st and 3rd Saturdays, 3-6 p.m.
and 2nd and 4th Sundays, 3-6 p.m.
vijaya_laxmi@comcast.net - 734.961.8052
www.positivepalmistry.com

Intuitive Readings with Marcella Fox
1st and 3rd Sundays, 3-6 p.m.
marcellapfox@gmail.com - 717-8513

Crazy Wisdom Bookstore & Tea Room
114 S. Main St, Ann Arbor - 734.665.2725

The Crazy Wisdom Calendar

Flower Essences

January Blahs? Cabin Fever? A “Make and Take” Your Winter Flower Remedy Workshop with Carol Bennington • Jan. 30, 6:45-8:45 p.m. • Ready to break through the January blahs? Discover how flower remedies can help you move through challenges and stress less. Participants will make their own unique remedy. Preregistration required. \$20. Call 726-4303; journey@awakening-hearts.com or awakening-hearts.com.

Fundraisers

Friends of the AADL February Book Sale • Feb. 25, 10 a.m.-4 p.m.; Feb. 26, 1-4 p.m. • This bag sale supports children’s programs at the Ann Arbor District Library. \$5 for large bags (standard paper grocery bags or average reusable bags), \$4 for smaller bags. Free to browse. Call Melanie at 302-7774; melaniebaldwin89@gmail.com or faadl.org.

Dawn Farm Ride for Recovery • Apr. 30, 8 a.m.-2 p.m. • This family fun and fitness event is a fundraiser for Dawn Farm. It involves bike rides from 10-100K as well as 5K and 10K runs and walks. Breakfast, snacks, and a recovery celebration lunch are included. \$35 (\$25 by Apr. 1). Call Olivia at 485-8725; rideforrecovery@dawnfarm.org or dawnfarm.org.

Healing

Healing Night with Lighthouse Center • Third Thursdays, 7:30-9 p.m. • Half-hour meditation followed by Reiki healing provided by healers from Lighthouse Center. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Transformational Healing Retreat with Self Realization Meditation Healing Centre • Feb. 3-5 • The weekend includes a private appointment to receive Natural Spiritual Healing and learn a healing breath, a group transformation hatha yoga class for all abilities, plus time for meditation, rest, reading, contemplation, and walking in nature. \$240 (includes shared room and meals). Those who cannot afford the fee may inquire about a bursary. Call (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealization-centremichigan.org.

Out of the Blue: Say Goodbye to Depression for Good with Sharon Sedgwick • Feb. 10-12, 9 a.m.-6 p.m. • Is life dull, empty, shut down? A depression diagnosis is not necessary to experience its many symptoms, but there are many solutions. This three-day workshop explains and provides fundamental healing from what depression is and from what it is not. Participants will experience and learn powerful skills to unlock the body’s grip on depression and patterns of ill health at the cellular level. \$495. Call Suzanne at 904-4952; sharon@thejourneynusa.com or thejourneyna.com.

Clair-Ascension Kabbalistic Balance Divine Original Vibration Embodiment Workshop with Karen Greenberg • Three Fridays in a row, beginning Jan. 13, Dec. 3, Mar. 3; 10 a.m.-6 p.m. • Participants first learn to identify and repattern a client’s limiting beliefs and thoughts, and then assist them in expressing any commensurate low vibrational emotions through the tree of life and by balancing a client’s energy kabbalistically. Techniques will include art, movement, music, toning, sound, aromatherapy, gemstones, and more. \$777 (plus materials fee). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

The Healer and Ascension Certification Course with Eve Wilson • Every other Thursday starting Mar. 23, 7-10 p.m. • This series of 28 classes involves earning a UCM Healing Practitioner certificate to practice deep levels of healing and ascension. It will cover auras, chakras, the healing Qabalah, archangels, ascended masters, spiritual surgeons, DNA, treating root causes of disease, and assisting people, animals, and the planet into harmony with their true essence and to ascend. \$2,900 (\$2,750 early bird). Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Advanced Healing Techniques for Experienced Healers with Karlta Zarley • Apr. 1, 9 a.m.-5:30 p.m. • This is the first in a three-part series where participants will learn and practice techniques to support higher level energy work. It includes working with people on the ADHD-Autism spectrum, soul groups and families, the Assemblage point, and traumatized DNA repair. Please bring sack lunch. \$125. Call 834-1566; zkarley88@gmail.com or karltazarley.com.

Health and Wellness

Post-Holiday Detox Online Challenge with Vikki Narayan • Starts Jan. 22 • Need a post-holiday detox? Ready to get back on track and crowd out the not-so-good things? For 12 days, participants will receive one email per day with tips to get on the right path with healthy eating. They will also have access to a private Facebook group for support. \$79. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

It’s Not You, It’s Your Hormones with Vikki Narayan • Feb. 12, 3:30-4:30 p.m. • Suffering from low energy, cravings, moodiness or stubborn weight gain despite doing the “right” things? Learn why it could be due to hormones and what can help. \$15. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.



Eating for Beauty: Anti-Aging Workshop with Vikki Narayan • Mar. 19, 3:30-4:30 p.m. • This class covers the “ins and outs of healthy skin.” Attendees will learn what to do internally to have glowing skin and tips on choosing healthy anti-aging products. \$15. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Herbs, Plants, and the Garden

Herbal Salve Making with Holly Rutt • March 6, 6:30-8:30 p.m. • This class will focus on healing herbal salves that can be made at home. It will include a demonstration in which each student will pour their own muscle rescue balm and discuss dried botanicals that can be grown or gathered in the backyard. Students will receive an herb sourcing and recipe guide book. \$25. Call Ben at 834-8496; education@robinhillsfarms.com or Eventbrite.com/e/herbal-salve-making-tickets-27220113091.

Plant Propagation: Getting a Start on Your Growing Season with Bee Ayer • Mar. 14, 6-7 p.m. • Students will learn the basics of plant propagation from seed to harvest, plus the many considerations a plant grower must address before embarking on cultivation. \$15. Call Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com.

Sustainable Family Gardening with DeLynn Lake • Mar. 15 • DeLynn has fed her family with gardening all her life and she will show how easy it is to start a family garden. Learn how gardening can be therapeutic throughout life. \$10. Call 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Herbal Medicine with Mary Light • Mar. 25, 8:45 a.m.-4 p.m. • Join master herbalists for an overview of basic botanical concepts and hands-on medicine-making techniques. The event will involve samples, discussion, and formulas. \$75. Preregistration required. Call 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

A Beginner’s Guide to Soil Chemistry with Bee Ayer • Apr. 18, 6-7 p.m. • Students will learn the basics of soil types, how to identify them, and what to grow in them. This is a field-based class, so students should prepare to get their hands dirty. \$15. Call Ben at 834-8496; education@robinhillsfarm.com or robinhillsfarm.com.

More Herbal Medicine with Mary Light • Apr. 22, 8:45 a.m.-4 p.m. • This event will cover medicine-making techniques and apothecary skills. It will also include a nature connection and wild plant walk (weather-permitting). \$75. Preregistration required. Call 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Holistic Health


Integrative Mental Health with Deepti Reddy in the Crazy Wisdom Community Room • Jan. 10, 7-8:30 p.m. • This is an introduction to basic neurochemistry and an overview of supplements and other integrative treatments that can improve mood and cognitive function by correcting neurochemical imbalances. Free. Sponsored by the People’s Food Co-op. Call 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Nutrition and Consciousness Connections with David M. Hall in the Crazy Wisdom Community Room • Apr. 4, 7-8:30 p.m. • Does nutrition have any correlation to a person’s mental and spiritual states? Are there connections between the food people consume and their IQ, basic awareness, and the ability to think constructively? Come to discuss this fascinating subject. Free. Sponsored by the People’s Food Co-op. Call David at 520-343-5976; outreach@peoplesfood.coop or peoplesfood.coop.

Intestinal Health: “Leaky Gut Syndrome and our Microbiome” with Deepti Reddy in the Crazy Wisdom Community Room • May 2, 7-8:30 p.m. • This is an exploration of the connection between intestinal health and various disease processes, as well as an overview of treatments to improve intestinal health. Special attention is given to the role of gut permeability in autoimmune disease, and the relationship between the microbiome and mood disorders, cardiovascular disease, and other illnesses. Free. Sponsored by the People’s Food Co-op. Call 212-0010; outreach@peoplesfood.coop or peoplesfood.coop.

Meditation and Health Workshop with Ema Stefanova • Jan. 14, 4:30-6:30 p.m. • What happens physiologically when meditating? How does meditation work? Why does meditation combine well with other therapies and holistic health modalities? This workshop will answer these questions and lead attendees through three kinds of guided meditation. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Intro to Essential Oils with Kimberly Harrison • Jan. 25, 6-7 p.m. • Discover simple, natural, and safe solutions for health and wellbeing. This workshop will cover how to choose high quality oils to address anxiety, asthma, coughs, colds, flu, emotions, inflammation, and skin conditions. Free. Call (517) 592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

 On January 1, 2017, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

Yoga Therapy for Anxiety and Depression Workshop with Ema Stefanova • Jan. 28, 4:30-6:30 p.m. • Experience guided practices and hear about research on this popular topic. Audio will be available to purchase for home practice. Call 665-7801; emastefanova@cs.com or yogaand-meditation.com.

Introduction to Pal Dan Gum Qigong with Antonio Sieira • Jan. 11, 11 a.m.-1 p.m.; Jan. 25, Feb. 8, 22, Mar. 29, Apr. 27, 6-8 p.m. • This workshop introduces the eight silken movements of Pal Dan Gum Qigong that have been used for thousands of years to promote health and cure disease. Participants will engage in moving meditation where the body learns to move in a mindful and graceful way that releases stress and reenergizes the body. \$40 (after completing two sessions, attend any session for \$20). Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Mar. 26, 12:30-8:30 p.m. • This class will teach myriad tools and techniques to change one's vibration from lower to higher, and to sustain it. Includes sacred letters, Archetypes, sacred oils, affirmations, visualization, meditation, prayers, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning names of G-D, Archangels, and Masters of Light. \$125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Business and Marketing for Holistic Practitioners with Naturopathic School of Ann Arbor • Apr. 6-7 • This workshop provides foundational teachings on opening and maintaining a productive practice, avoiding common pitfalls and misconceptions, and developing marketing techniques that represent one's gifts and services. \$75/day. Call Naturopathic School of the Healing Arts at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Homeopathy

Introduction to Homeopathic Home Care with Mary Tillinghast • Jan. 4, Feb. 22, Apr. 19; 6:30-8:30 p.m. or Jan. 21, Feb. 11, Mar. 4, Apr. 1; 2-4 p.m. • This class will briefly touch on the history and theory behind homeopathic prescribing. The main focus will be on learning how to choose and use remedies safely and effectively. \$70. Call 973-8990; info@castleremedies.com or castleremedies.com.

Hypnotherapy

The Weight is Over: Women's Group Hypnosis Program with Holistic Hypnotics • Saturdays, Jan. 14-Feb. 4, 10-11:15 a.m. • This four-week protocol is designed to help women subconsciously develop healthy habits, accelerate metabolism, and clear emotional blocks that are preventing them from achieving their ideal weight. Past participants have also reported lower blood sugar and cholesterol, improved self-esteem, and reduced stress. \$128 (includes CD). Call Heidi at 788-6478; heidi@holistichypnotics.com or holistichypnotics.com.

Self Hypnosis with Holistic Hypnotics • Feb. 16, 7-8:45 p.m. • Learn the benefits that hypnosis can offer and how it can introduce positive change through the power of the subconscious mind. This class is experiential, so students will undergo a hypnotic induction, learn to hypnotize themselves, and personalize the process to achieve their own goals. \$32 (includes CD). Call Heidi at 788-6478; heidi@holistichypnotics.com or holistichypnotics.com.

Intuitive & Psychic Development

Drop-In Intuitive Readings and Dreamwork with Irena Nagler • Second and Fourth Fridays of each month, 6:30-9:30 p.m. at Crazy Wisdom • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. She can help with exploration of dreams recalled from sleep or waking dream-states. \$1.50 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Marcella Fox • First and Third Sundays, 3-6 p.m. at Crazy Wisdom • \$1.50 per minute. No appointment necessary. Call 717-8513; marcellapfox@gmail.com.

Psychic Development: Raise your Vibration with Holistic Hypnotics • Thursdays, Mar. 2-23, 7-8:30 p.m. • It's never too late for people to develop the natural gifts they were born with. This class will teach ways to elevate intuition through meditation and hands-on experience using crystals, scrying, dowsing, aromatherapy, and more. Remedies to counteract physical inhibitors will also be shared. \$92 (includes take-home materials). Call Heidi 788-6478; heidi@crystalmoonparanormal.com or crystalmoonparanormal.com.

Teleconference: Focused Mind Meditation Practice Session with John Friedlander • First Sundays, Jan.-Apr., 10 a.m.-12 p.m. • The development of sustained focus meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a new level of mental clarity and spiritual openness. \$15. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.



Su Hansen, M.A., L.L.P., is a certified Enneagram teacher in the Narrative Tradition, a psychotherapist, and a personal and spiritual guide. She is facilitating Enneagram and other spiritual workshops this winter. For more information, see the Enneagram category on page 89.

Teleconference: Psychic Psychology Women's Group with John Friedlander • Jan. 3, Feb. 7, Mar. 7, Apr. 4; 8-9 p.m. • This group is for women only. It will feature meditations concentrating on women's issues relating to biological energies as well as that of the aura. \$12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Seven Planes of Consciousness Practice Session with John Friedlander • Jan. 18, Feb. 15, Mar. 15, Apr. 19; 8-9 p.m. • This workshop is a continued exploration of the 49 specific energies of the seven planes, each with seven subplanes, as described in the theosophical literature of the early 1900s. \$12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Kundalini Meditation and Clearing with John Friedlander • Jan. 24, Feb. 21, Mar. 21, Apr. 25; 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using their own kundalini to increase power and clarity. \$12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Webinar: Exploring Core Techniques and Advanced Material with John Friedlander • Feb. 16-19 • This course involves developing advanced skills for practical use in everyday life. Prerequisite: Level One Psychic Development class, CD set, or permission of instructor. \$275. Contact Gilbert at gchoud@yahoo.com or psychicpsychology.org.

Mystic Night: Goddess Gallery Reading with Tatiana Scavnicky • Jan. 28, 7-10 p.m. • Enjoy a night of one-on-one mini intuitive readings! Attendees may receive guidance about current issues and learn from the rest of the group's readings. Includes live meditation music with Mark Watson of Angel Earth Music. Limited seating. \$44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Mystic Night: Leo Full Moon Gathering with Tatiana Scavnicky • Feb. 11, 7-10 p.m. • This will be a night of meditation, live music, light refreshments, and oracle card readings. Participants will set new moon intentions. Please bring a magical notebook and pen. \$44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Intuitive School: How to Get Your Intuitive Guidance—The Clairs with Tatiana Scavnicky • Mar. 15, 7-9 p.m. • Everyone has intuitive abilities! Participants will unlock and learn how to use their inner-guidance by discovering their unique style. Recommended for all Oracle Card classes and for healing practitioners. \$33. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

The Crazy Wisdom Calendar

Intuitive & Psychic Development (cont.)

Intuitive School: How to Get Your Intuitive Guidance—The Clairs Part Two with Tatiana Scavnicky • Mar. 22, 7-9 p.m. • Participants will deepen their understanding and access to intuitive guidance using special meditation techniques designed to unblock intuition and expand intuitive gifts. Recommended for healing practitioners and those wishing to ignite intuition. \$33. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Intuitive School: How to Read Oracle Cards with Tatiana Scavnicky • Mar. 29, 7-10 p.m. • Participants will learn the basics of oracle card reading, access their intuitive style, and learn how to complete a Three Card: Past-Present-Future Reading. Recommended prerequisite: How to Get Your Intuitive Guidance class. \$44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Intuitive School: Oracle Card Mixer—A Fun Night of Intuitive Reading Practice with Tatiana Scavnicky • Apr. 1, 7-10 p.m. • Give and receive readings in a fun and mystical setting. Learn tips and techniques to empower and enhance intuitive reading abilities. Recommended prerequisite: How to Read Oracle Cards class. \$44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Intuitive School: Moon Magic—Working with the Magic of Moon Cycles with Tatiana Scavnicky • Apr. 12, 7-9 p.m. • Discover how the cycles of the moon help to supercharge desires and empower people on the night of the full moon. \$33. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Demonology 101 with Beverly Fish and Matt Brown • Feb. 25, 7-9 p.m. • Psychic medium Beverly Fish and Reverend Brown will discuss their encounters with negative entities through their work as demonologists. Find out how to keep demons at bay and what to do if you do encounter an evil presence. \$20. Call 474-8663; beverly.fish@comcast.net or fullmoonrising.com.

*Magic is not something you do,
magic is something you are.*

Kabbalah

Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Jan. 25, Feb. 15, Mar. 22, Apr. 26; 10 a.m.-1 p.m. or 7-10 p.m. • This three-hour workshop meets monthly for about a year. This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Participants will become empowered to join with G-D and become co-creative, proactive manifestors of dreams, desires, and goals, opening to miracles, and fulfilling destinies. Call Karen for prices at 417-9511; krngnrbg@gmail.com or clair-ascension.com.

Life Transitions

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Jan. 9, 12-1:30 p.m. • This workshop will share a process to help open the heart and mind to the gifts of transition for anyone experiencing a transition in career, health, retirement, or relationship. \$30. Call 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Biofeedback: How Frequencies Can Help Clear Stuck Trauma and Emotions with Lauren Tatarchuk • Feb. 22, 6-7 p.m. • Learn about frequencies and how they affect daily life. This class will cover what frequencies are, why they are important, and how people can use them to clear hidden, lingering traumas and emotions. It will also discuss how trauma and emotions that are not dealt with can lead to physical ailments and disease. Free. Call (517) 592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Living Your Calling with Holly Makimaa • Jan. 9, 23, Feb. 6, 20, Mar. 6, 20 • In this spiritually-minded life coaching group, participants will receive support and structure for discerning their calling and for making continuous small changes to start using their gifts now. They will gain holistic tools and writing practices to activate their calling. Call for prices 757-5700; hollymakimaa@gmail.com or yourtransformationaljourney.com.

Helping Families Strategize As Members Age with Linda Steinborn Bender • Jan. 15, Feb. 16, Mar. 12, Apr. 20 • Parents and adult children often struggle to talk about the best way to manage changes that occur due to aging. This workshop will offer strategies to help the family system through this time of transition so that everyone feels heard and respected. Free. Call 395-2285; lindabender3680@gmail.com.



Love and Relationships

Owl Do I Love Thee with Leslie Science and Nature Center • Feb. 11, 7-9 p.m. • Treat someone special to an evening of romance with owls. Enjoy tasty desserts and beverages, snuggle up on a candle-lit poetry walk, and get close and personal with these magnificent night hunters. Nothing says “I love you” like a night out in nature! Open to ages 18+. \$25/2 people. Call 997-1553, info@lesliecenter.org or lesliesnc.org.

Kabbalah for Couples with Karen Greenberg • Starts Jan. 22, 3-5 p.m.; future dates TBD • This program is for couples in basically good relationships in which both parties are willing to work to make their relationship even better physically, emotionally, mentally, financially, spiritually, and energetically. The monthly two-hour format enables couples to get more work done in a shorter amount of time. \$205/two-hour session (if one or both have taken beginning Kabbalah). Call 417-9511; krngnrbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • Feb. 14, 6:30-9:30 p.m. • This workshop helps participants identify and enhance an ideal mate’s qualities and presents how to use techniques such as ceremony, meditation, movement, fragrances, elixirs, herbs, metals, colors, altars, and more. Participants learn to work through blockages in order to trust divine order and timing. \$125. Call 417-9511; krngnrbg@gmail.com or clair-ascension.com.

Massage

Introduction to Holistic Massage and Bodywork with Naturopathic School of Ann Arbor • Jan. 20-22 • For home use or career consideration, this three-day workshop will introduce basic contemporary western massage techniques, offer time to practice, and guide participants through an introduction to therapeutic bodywork. No experience necessary. \$50/day or \$125/three days. Call 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Meditation

Wisdom of the Ancient Rishis with Kapila Castoldi • Jan. 21, 1-5 p.m. in the Crazy Wisdom Community Room • Thousands of years ago in India, ancient Rishis (sages) “saw” eternal truths which they transmitted in the form of sacred speech. These truths became the mantras recorded in the ancient Indian scriptures, the Vedas and Upanishads. This class covers famous mantras and basic Hindu philosophy. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Mastering Meditation Part I with Kapila Castoldi • Feb. 5, 12, 19; 1-3:30 p.m. in the Crazy Wisdom Community Room • This three-week introductory meditation series includes topics such as relaxing and quieting the mind when starting meditation. Techniques include concentration, breathing, and chanting. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Mastering Meditation Part II with Kapila Castoldi • Mar. 12, 19, 26; 1-3 p.m. in the Crazy Wisdom Community Room • These classes follow the February series. Topics include exploring a meditative lifestyle, achieving self-awareness through meditation, and basics of Eastern philosophy. Techniques include visualization, meditation on positive qualities, meditative music, and singing. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Being in Tune: Mindfulness Meditation at The Ark with Ann Arbor Center for Mindfulness • Tuesdays, 12-12:30 p.m. • This is a weekly mindfulness meditation gathering in the warm, inviting environs of The Ark. This practice has no religious affiliation, and instruction is provided by experienced mindfulness meditation teachers. No experience necessary. Free. Call Lynn 332-3365; lynnsipher@gmail.com or aacfm.com.

Drop-In Meditation at Kashi Nivas with Atmaram Chaitanya • Tuesdays, 7:30-9:30 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation at Kashi Nivas. 20 minutes of silent group meditation, japa, chanting, or contemplative prayer, followed by refreshments and an inspiring group discussion. Free. Call Kashi at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Siddha Yoga Satsang: Chanting and Meditation • Thursdays, 7 p.m. • Each satsang consists of a reading, video, or audio teaching, followed by chanting and meditating. All are warmly invited. Free. Call Dunrie at 726-0318; symcannarbor@gmail.com or symcannarbor.org.

Recovery Meditation Service with Temple Echad • Last Fridays, 7-8 p.m. • Blending meditation practice with living one day at a time, this service is all about healing from divorce, addiction, mental or physical illness, trauma, life shifts, codependency, eating disorders, or religion. Free. Contact Abby at temple.echad@icloud.com or temple-echad.org.

Sunday Meditation Group with Deep Spring Center • Sundays, meditating 5-6 p.m., mindful sharing 6-6:30 p.m. • All levels of meditators are welcome and there is a facilitator each week. No registration necessary. Dana (donation). Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Silent Group Meditation with Jason Riggs and Rori Stienstra • Second and Fourth Sundays, 11 a.m.-12:30 p.m. • These gatherings involve brief optional instructions followed by a 45-minute silent sitting and then 20 minutes for optional and nonjudgmental sharing. Donations accepted. Call Jason at 277-1625; jriggs@umich.edu.

Use Your Breath with Aubrey Musolf • Jan. 11, 6-7 p.m. • Participants will learn the power of the breath and how to regain control of life through deep breathing. They will practice different types of breathing and different ways to meditate using the breath. Free. Call (517) 592-3030; info@sacredtouchhealing.net or sacredtouchbrooklyn.com.

Introduction to Meditation—Level One with Dorothy Ann Coyne • Jan. 14, Feb. 18, Mar. 18; 9 a.m.-12 p.m. • These single-session classes are designed for those new to meditation and those with little or no experience with instructions for vipassana (insight or mindfulness) meditation. \$30. Call Tana at 477-5848, om@deepspring.org or deepspring.org.

Introduction to Mindfulness Meditation with Lynn Sipher • Mar. 18, 10 a.m.-12 p.m. • What is mindfulness? How can it benefit me? This workshop will provide answers and teach ways to practice mindfulness in everyday life. Suggested donation \$50 to benefit the Women's Center. Registration required. Call 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Kundalini Yoga and Meditation with Billie Wahlen • Tuesdays, Jan. 3-Apr. 25, 7-8:30 p.m. and Fridays, Jan. 6-Apr. 28, 9:30-11 a.m. • Experience the state of inner silence using the technology of yoga through the breath, sound, movement, and concentration. These powerful teachings as taught by Yogi Bhajan can bring people into a state of profound awareness and healing. \$15. Call Billie for location and registration at 276-6520; starbillie@gmail.com or a2kundaliniyoga.com.

Pure Meditation Foundation Class with Self-Realization Meditation Healing Centre • Jan. 7, Jan. 14, Mar. 25, 3 p.m. and Feb. 11, 10 a.m. • This class is designed to help participants find inner peace and take charge of how they feel with just a few minutes of practice each day. Includes a book and follow-up appointment. \$60. Those who cannot afford the fee may inquire about a bursary. Call (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Pure Meditation Course Including Raja-Kriya Yoga with Self-Realization Meditation Healing Centre • Mar. 5-11 • This course addresses the whole being—mind, body, and spirit. It is designed to enable participants to realize the God-within, and bring love, peace, joy, and fulfillment to all aspects of life. It can help them learn how to master their mind and energies in today's challenging world. \$765 (includes shared room and all meals). Please inquire about private rooms or bursaries. Call (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Three-Hour Meditation with Song of the Morning Community • Jan. 7, Feb. 4, Mar. 4, Apr. 1; 1-4 p.m. • These events involve listening to scriptural readings (including the writings of Paramahansa Yogananda), and to sacred chants leading to the silence within. Participants may stay for all three hours or come and go on the hour. Free except for \$12 optional dinner (registration required). Call Erin (989) 983-4107; programs@songoftthemorning.org or songofthemorning.org.

A Day of Solitude and Meditation Practice with Carol Blotter • Feb. 25, 9 a.m.-4 p.m. • This day-long silent retreat practices sitting and walking meditation in the quiet of the country. Beginners will have break-out instruction, experienced meditators can be in silence all day, and those in-between can practice and have their questions answered. Suggested donation \$30. Preregistration requested. Call 475-0942; cb.meditate@gmail.com or mfcenter.org.

Myriad Meditations with Karen Greenberg • Mar. 5, 10 a.m.-10 p.m. • Participants will learn meditations with fire, water, air, earth, the Four Worlds, breathing, Holy Geometry, sacred letters, Archetypes, spiritual beings, movement, music, colors, scents, gemstones, and trees. They can discover which meditation techniques resonate with them, possibly dissolving years of resistance to meditation. \$125. Call 417-9511; krngnrbg@gmail.com or clair-ascension.com.

Introductory and Continuing Vipassana Meditation with Mike Kost and Nina Magshoodi • Jan. 12, 26, Feb. 9, 23, Mar. 9, 23, Apr. 13; 6-8 p.m. • This class is designed to support the establishment and progressive development of a regular meditation practice. Each week includes instruction in vipassana meditation, practice sessions of walking and sitting meditation, and opportunities to reflect, share, and learn in a supportive community. \$105. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Days of Contemplative Prayer, Meditation and Mindfulness Practice with Esther Kennedy • Jan. 21, Feb. 18, Mar. 4, Apr. 29; 10 a.m.-2:30 p.m. • This mindfulness community gathers monthly for contemplative meditation. They practice mindful breathing and simple chants and seek to release the fruits of experience into a world of beauty and pain. \$35/event (includes lunch). Registration required with \$10 non-refundable deposit. Call 517-266-4000; webercenter@adriandominicans.org.

Meditation and Spiritual Inquiry Continuing Class with Barbara Brodsky and Dan Muir • Jan. 10, 24, Feb. 7, 21, Mar. 7, 21, Apr. 4, 18; 6:30-9 p.m. • This course continues the fall discussion of Aaron's book *Human*. Participants will look at the ways they create separation in their lives, and the suffering that comes from attachment to dualities. They will use vipassana, pure awareness meditation, non-dual meditations, energy practices, heart-centered practices, observing intentions, and connecting with guidance as tools for support through this venture. \$150. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Six-Week Online Meditation Series with Mridu Pasrija • Mar. 6, 13, 20, 27, Apr. 3, 10; 8:30-9 p.m. EDT • This class is designed to help people start the week off right by connecting more deeply to their own joy and inner calm from the comfort of home. Participants will be invited to turn off distractions, set intentions for the week, and experience a relaxing and rejuvenating meditation. \$20 for drop-in class; \$75 for six-week series. Contact Mridu at mpasrija@hotmail.com or liveliferradiantly.com.

The Mindfulness Meditation System (MSS) with Antonio Sieira • Jan. 31, Mar. 22; 6-8 p.m. • The MSS is a system of breathing, flexibility, and mental focus/concentration practices designed to create a total mind-body meditative experience. These techniques help people to start or improve meditation. \$49.95 for initial instruction; \$15 for repeaters. Individual sessions by appointment. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Open Mindfulness Meditation Practice with Antonio Sieira • Tuesdays and Thursdays, Jan.-Apr., 6-7:30 p.m. • Mindfulness meditation including Tibetan singing bowl, Metta meditation, with discussion of philosophy, science, and spiritual basis of meditation. \$15/class (\$60/six sessions). Call Pat for dates at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Guided Full Moon Meditation with Body Mind Spirit Radio • Jan. 12, Feb. 10, Mar. 12, Apr. 10; 9-9:30 p.m. • These meditations employ breathwork, guided imagery, and mindfulness to help people to uplift their spirits, regain centeredness, enjoy peace and calm, and connect to Source. Each month has a different theme such as joy, prosperity, or relationships. Free. Accessed via bodymindspiritradio.com. Call Dave at 416-5200; ascensionbreathing.com.

Chakra Meditation Class with Nirmala Nancy Hanke • Wednesdays, Mar. 1-Apr. 19, 7:30-9:30 p.m. • Introduction to the seven chakra energy centers with empowerment of the mantra at each chakra. Prerequisite: two months of mantra meditation. \$85 (\$75 for pledging Lighthouse members). Call Prachi 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Learn to Meditate with Nirmala Nancy Hanke • Second Saturdays, 4-6:30 p.m. • Participants will learn how all meditations are good and how thoughts are an essential part of the process. Talk followed by 20-minute meditation experience with a mantra. Vegan snacks after meditation. Register one week in advance. \$35 (\$25 for students; \$15 for repeaters). Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Life is to be lived, not controlled; and humanity is won by continuing to play in the face of certain defeat.

—RALPH ELLISON

Sunday Candlelight Meditation and Healing with Lighthouse Center • Sundays until Daylight Savings, 5-6:15 p.m.; Sundays after Daylight Savings, 6-7:15 p.m. • Candle lighting, Sanskrit chanting, meditation, affirmations, visualization, and healing circle. Reiki healing available. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Intensive Meditation with Lighthouse Center • First and third Fridays, gather at 7 p.m.; chanting, 7:30-10:15 p.m. • Chanting and prayer, followed by meditating 20 minutes on each of the seven chakra energy centers. Participants may enter and leave meditation room at any time. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Meditation Teacher Training Course with Ema Stefanova • Jan. 21-22, Feb. 11-12 • This systematic course is for those who would like to learn, deepen, and teach meditation to others for therapeutic or personal growth purposes. Excellent for therapists and yoga teachers. Additional hours required. \$1,450 (\$1,250 early bird by Dec. 21). Call Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Meditation Retreats with Ema Stefanova • Apr. 21-23 • The weekend will be spent doing guided meditation, gentle yoga, systematic relaxation, and nature walks at the Vivekananda Retreat Center in Ganges, MI. Registered Yoga Alliance teachers receive CE hours. Counts toward Meditation Certification Training. \$425 (\$395 early bird by Mar. 21). Call Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

JissoJi Zen Ann Arbor Meditation • Jan. 8, Feb. 12, Mar. 12; 11 a.m.- 12 p.m. • Everyone is welcome to participate in a meditation practice in the Soto Zen Buddhist tradition of Shunryu Suzuki, author of *Zen Mind, Beginner's Mind*. No experience necessary. Donations accepted. Jissojizen.org.

Movement and Dance

Dances of Universal Peace with Judy Lee Trautman • First Fridays • Dances of universal peace began in the 1960s in San Francisco where Sufi teacher Samuel Lewis celebrated the world's religions through simple folk dance steps. The dances are a form of moving meditation that require neither partner nor experience. \$5 donation. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org/.



The Crazy Wisdom Calendar

Movement and Dance (cont.)

Folk Dances Around the World with PenPen Prosoptham • Jan. 19, 1-2:30 p.m. • Travel around the world through folk dances! This event will include traditional dances from Colombia, Argentina, Ireland, Israel, Turkey, and many other countries. The dances will be choreographed into a Zumba style dance party so everybody can participate. Free. Call Dilek at (517) 488-5820; dilekkirca@gmail.com or international-neighbors.org.

Dance Classes with Arts in Motion Dance Studio • Ongoing • This studio offers classes for both children and adults in ballet, modern, creative movement, jazz, tap, lyrical, hip hop, Zumba, ballroom, and swing. Prices vary. Call Amanda at 222-6246; amanda@artsinmotion.net or artsinmotion.net.

Tango 101 Series with Sophia Daly and Jose Luis Fernandez Garcia • Thursdays, Jan. 5-Feb. 9, 7-8 p.m. • Argentine Tango is a beautiful vehicle for expression and connection. Sophia and Jose will teach the fundamentals, giving students the tools to connect with their partners, to walk with both grace and intensity, and to improvise to the music. Open to all levels, no partner or experience necessary. \$50. Call Ben at 834-8496; education@robinhillsfarms.com or Eventbrite.com/e/tango-101-tickets-28809491966.

Music, Sound, and Voice

Rise Again Community Sing-Along with Jeanne Mackey • Jan. 11, Feb. 8, Mar. 15; 7 p.m. in the Crazy Wisdom Community Room • Join song leader Jeanne Mackey for a community sing-along from the recently released *Rise Again Songbook*, a guide with lyrics to over 100 songs, from Beatles to ballads, Dylan to Broadway. Purchase the songbook at Crazy Wisdom or use the store copy. Shower singers welcome! Suggested donation \$5. Call 665-2757 or email info@crazywisdom.net.

“Come on In, Come on Out: Be Safe and Sound” with Out Loud Chorus • Jan. 20, 21; 8 p.m. • Washtenaw County’s original mixed LGBTQQA chorus presents their winter 2017 concert. \$18 (\$15 in advance), \$12 students and seniors. Olcoline.org.

Gong Sound Meditation with Billie Wahlen • Jan. 21, Feb. 18, Mar. 18, Apr. 22 • The gong is one sound that supersedes the mind. The body-mind deeply relaxes and great change can take place. It’s a profound experience to be in the right setting for a well-played gong meditation. \$25. Call 276-6520; starbillie@gmail.com or a2kundaliniyoga.com.

Ann Arbor Folk Festival • Jan. 27-28 • This annual fundraiser for The Ark presents two different nights of folk and roots music. It features a wide range of genres and a strong sense of tradition, especially when performers join together in song to conclude the show on Saturday. \$37.50-\$90. Tickets available at theark.org.

Singing for Your Soul Voice Class with Kimberly Harrison • Feb. 1, 6-7 p.m. • This class will focus on tapping into the gorgeous sanctuary within. Participants will learn how and why sound is so powerful, and how their voice can become a sensuous meditation to ground, soothe, and heal. They will also explore breathing, mindfulness, and vocal exercises for igniting inner fire and creativity, and moving gracefully through personal obstacles. Free. Call 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Winterfest! With Gemini and Michigan Friends Center • Feb. 5, 1-5 p.m. • Winterfest is an annual benefit concert with the award-winning family music duo, Gemini. It is a celebration of community and winter play for all ages. The afternoon will involve upbeat folk music, snowmen, and hot cider. Family activities begin at 1 p.m. followed by the concert at 3 p.m. \$10/person or \$25/family. Call Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.

Harmony Bones at Café 704 • Mar. 11, 8 p.m. • Share an evening with this quintet of veterans of the Ann Arbor folk music scene including Jeanne Mackey, Tom Voiles, Linda Teaman, Laz Slomovits, and Eric Fithian. Enjoy rich vocal harmonies and an array of folk instruments—guitar, flute, pennywhistle, fiddle, bass, banjo, percussion, uilleann pipes, accordion, and sitar! Suggested donation \$8/person or \$15/two people. Call 327-0270; cafe704@gmail.com or interfaithspirit.org/café-704-coffehouse.

March International Neighbor Day with Dixieland Jazz Trio • Mar. 16, 1-2:30 p.m. • Enjoy an afternoon jazz feast with James Dapogny on the piano, Paul Klinger on the trumpet, and Rod McDonald on the guitar and banjo. Sponsored by International Neighbors of Ann Arbor, a local non-profit welcoming women of all nations. Free. Call Dilek at 517-488-5820; dilekkirca@gmail.com or international-neighbors/org.

Naturopathy

Natural Heath for the Special Needs Child or Adult in Your Family with Nia-Avelina Aguirre • Jan. 25, 9:30-10:30 a.m.; Feb. 21, 6:30-7:30 p.m. • These sessions are for parents or care-takers to ask questions and learn about natural therapies for special loved ones. Free. Call 883-7513; niaaguirre.nd@gmail.com.

What You Can Do for Non-Threatening Lumps, Bumps, Cysts, and Fibroids with Nia-Avelina Aguirre • Jan. 30, 6-7 p.m.; Feb. 18, 2-3 p.m.; Mar. 19, 2-3 p.m. • Discover natural options for common non-threatening lumps, cysts, and fibroids. They may reduce in size or disappear completely! \$65 (includes take-home package). Call 883-7513; niaaguirre.nd@gmail.com.

Head-to-Toe Gentle Cleansing Program with Nia-Avelina Aguirre • Mar. 12, Apr. 9; 2-3:30 p.m. • Learn new ways to remove chemicals, heavy metals, environmental toxins, parasites, yeast, and other build-up in the body using foods, water therapies, herbs, and more. \$65 (includes take-home package). Call 883-7513; niaaguirre.nd@gmail.com.

Nutrition and Food Medicine

Winter Seminar Series: Homemade Nut Milk with Amanda Klain • Jan. 30, 6:30-8 p.m. • This Robin Hills Farm class covers making milk from nuts and seeds. It includes a demonstration, tasting, discussion, and recipe handout to take home. Free. Call Ben at 834-8496; education@robinhillsfarm.org or Eventbrite.com/e/winter-seminar-series-homemade-nut-milk-tickets-29250793912.

Kombucha Making with DeLynn Lake • Feb. 15, 6-7 p.m. • Learn to make a delicious, nutritious, probiotic drink at home for the fraction of the cost of purchasing. Great for kids and adults alike. Includes a recipe and baby SCOBY. \$15. Call 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Way-Seekers’ Kitchen Practice with Zen Buddhist Temple • Apr. 1, 15, 22, 29; 9:30 a.m.-2 p.m. • An introduction to vegetarian cooking as a practice of attention, taught by Tongsan Catherine Brown. The way-seeking mind finds wonders in the kitchen: garlic juice on the cutting board, a good knife biting into an onion, sesame seeds dancing as they toast in the pan. Participants will be guided by *Zen Master Dogen’s Instructions for the Cook*. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

World Food and Nutrition Congress with Maria Gougouli • May 22-24 • This prestigious international event will address the latest innovations and technologies in food and nutrition. It is the premier event that brings together a mixture of experts, researchers, and decision-makers in academia and industry from across the globe to exchange knowledge and experience to build a better world of food and nutrition. Takes place in Las Vegas. \$699. Call Lina at (605) 268-9744; food@conferenceseries.net or food.conferenceseries.com.

Paganism

Witches’ Night Out • Jan. 10, Feb. 14, Mar. 14, Apr. 11; 7 p.m. in the Crazy Wisdom Tea Room • These gatherings involve drinking Witch Brew tea and networking with like-minded others. No cover. \$3.50 for a pot of tea with free refills. For more information, call Carol at 665-2757; info@crazywisdom.net or crazywisdom.net.

Parenting

Peaceful Warriors for Children and Essential Oils with Sacred Touch Healing Arts Center • Jan. 4, Mar. 22; 6-7 p.m. • The way of the peaceful warrior teaches how to find inner peace in the most trying moments. This class will cover emotional essential oils to support parents with children who experience anxiety, nervousness, or sleeplessness. Free. Call 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Peace

Winter Seminar Series: Nonviolence in Practice with Ben Wielechowski • Jan. 23, 6:30-8 p.m. • This seminar features the history, philosophy, and practice of nonviolence along with its applications to psychology, religion, the environment, and more. Free. Call Ben at 834-8496; education@robinhillsfarm.org or Eventbrite.com/e/winter-seminar-series-nonviolence-in-practice-tickets-29253985458.

Personal Growth

Understanding Introverts and Extroverts and How They Make the World “Go Round” with Carole Kirby in the Crazy Wisdom Community Room • Jan. 15, 2-4:30 p.m. • This class will examine the rise and effects of the “extroverted ideal” in the 20th century along with the advantages of introversion. Parents and teachers can get tips for working with children who are introverted or seen as socially awkward and isolated. Carole will share information from her experience as a therapist and from Susan Cain’s book, *Quiet, The Power of Introverts in a World That Can’t Stop Talking*. Free, but please register in advance. Call 369-2016; carole777@aol.com or therapy4couples.com.

Amends Making and Forgiveness, Why It’s So Important with Carole Kirby in the Crazy Wisdom Community Room • Feb. 26, 2-4:30 p.m. • Safety and trust are the foundations of any good relationship. When human beings hurt each other inadvertently, the relationship is jeopardized. This class will provide information about making amends and getting to forgiveness by restoring goodwill and connection. Free, but please register in advance. Call 369-2016; carole777@aol.com or therapy4couples.com.

Spiritual Talk: Pure Meditation and Silent Prayer with Self Realization Meditation Healing Centre • Sundays, 7 p.m. • This weekly event welcomes people of all faiths, meditation practices, and traditions to listen to one of Mata Yogananda Mahasaya Dharmaji’s recorded Inspiring Talks, followed by Pure Meditation and Silent Prayer. Concludes with Winged Prayer for those in need at 9 p.m. Participants may come and stay as long as they wish. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.




Working with the Magic of the Moon Cycles

By Tatiana Scavnicky

The moon has long been a wondrous and mysterious force of nature. Here on Earth, for ages, we've been looking up at her, especially during full moons, reveling in her beauty and magic. Captivated, we aren't even fully aware we are being invited to synchronize with this force and power. Just as we are activated and energized by the sun, soaking up the vitamin D we need for health, we are also deeply affected by the moon. Her energy is more emotional and draws us in. We need both the masculine energy of the sun and the moon's feminine nurturing energy.

Just as we are activated and energized by the sun, soaking up the vitamin D we need for health, we are also deeply affected by the moon. We need both the masculine energy of the sun and the moon's feminine nurturing energy.

The power of the moon is evident all around us. When Sister Moon is full, emergency rooms are busier, and there are more traffic accidents. She influences the ocean tides. I even had a hairstylist who had me come in for trims during new moon because she said your hair grows more during that cycle. (My hair was down to my waist then.) In my moon classes, I teach that full moons are for releasing and letting go of what you no longer need, and new moons are for new beginnings and starting new projects. Here is a brief rundown of the moon phases:

New Moon is the time to plant seeds and starts about three and a half days after the balsamic moon. This is the time to really think about what you want and be crystal clear about your goals. Reverent rituals, like writing your goals down and "safely" burning or burying them, super charges your intentions and plants seeds. Celebrating your desires by dancing them in and having a party with your girlfriends to bring in the new is equally as powerful, as long as the intention is present. Movement creates energy.



Waxing Crescent Moon is for giving energy to your dreams, about three and half days after new moon. Now that you've already written them down, think on them. Read them. Sprinkle them with good juju and manifestation power by pondering them. Feel what your wishes would feel like and be like for you as if it were real life. Our subconscious, the part of our brain that creates, responds to images and feelings.



First Quarter Moon can be challenging. It is halfway between the new moon and the forthcoming full moon. Keep picturing, feeling, and conjuring. Life challenges and issues can take us away from what we've started. Keep reading and believing.



Gibbous Moon Phase is the time in between first quarter moon and full moon. Don't give up. It takes time for the Universe to respond to your requests. You may find the need to change up your intentions or get clearer about what you want. This phase can feel empty. Stand by what you want and stay true to your wishes.



Full Moon brings on emotion and intensity and is underway around 14 days or so after new moon. You might not sleep as well, especially if the full moon is in one of your challenging astrological houses. Full moons naturally stimulate what we need to let go of. They are cosmically doing their work in alignment with the natural lunar cycles. I usually feel great and energized during a Virgo full moon because I am a Virgo, but I could also be highly aware of what I need to organize, get rid of, and clean



up, the alchemical virtue of Virgo. Many of my clients call me for a session around the full moon because things can feel challenging and emotional. Intuitive confirmation of their feelings, wishes, and plans gives them the hope and faith that fuels the manifestation that happens at new moon.

Disseminating Moon is when we can relax, be with our emotions, and accept where we are, so we can let go and let the moon do its work. You've released. Be with where you are. Cultivate trust and relax during this time about three and a half days after full moon.

Third Quarter Moon — if you asked for something huge, like a new car, promotion, or a new relationship, they may not have happened. The Universe needs to catch up with our desires, or it could be that something bigger and beyond what we could imagine is in order. What changes do you see already in yourself? What revelations or insights have popped up letting you know you are on the right track? Have people or opportunities in line with your desires come your way?

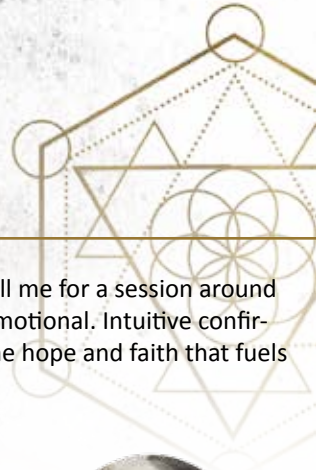
Balsamic Moon or Dark Moon Phase says surrender. Be soft and vulnerable to what has gone and what will be coming. Be in receiving mode even more so now for your Highest Good and the Good of All. I recommend adding that to your desire list. This is said to be a highly psychic time. Be present. Meditate. Take care of yourself. Rest and prepare for the birth of the coming new moon when you will cast your desires. Now that you know the phases of the moon, a good way

Feel the love, beauty, and cosmic support of Sister Moon. We are deeply connected to her and to the sun and stars.

to start working with her power is to practice rituals at new moon and full moon. Rituals ignite powerful cosmic and spiritual power. I was at a wedding recently, when I was reminded about the power of ritual. Two people declaring their vows and coming together to be one sets an intention, which is then consummated spiritually; two become one in the eyes of Spirit. Through intention and the practice of ritual, a union is activated, sanctified, and put into motion. Life will never be the same for the couple. This same great power can be accessed during a moon ritual. For instance, during a full moon, lighting candles in reverence and taking a sea salt bath, while meditating upon what you would like to release, can be super potent. New moons call for us to sit with and clearly think through our deepest desires. Writing these desires down and then casting them to the Source, or whatever you may call your Higher Power, can lead to their ultimate manifestation. You can cast them into the ocean or a fire to release them to the Source.

It's amazing to think our ancestors looked up to Luna like we do, the beautiful feminine moon glowing in the sky, heavy and seemingly pregnant with possibility. Many believed the moon was the embodiment of the Goddess and the blessings she bestowed, and many still do. In my work, I recommend my clients work with the moon to achieve balance between goal setting and action. Feel the love, beauty, and cosmic support of Sister Moon. We are deeply connected to her and to the sun and stars.

Tatiana Scavnicky is a teacher, intuitive life coach, singer-songwriter, and Angel Therapy Practitioner®. She teaches classes on working with the moon cycles at Bodyworks Healing Center in Plymouth, Michigan. For more information or to contact Tatiana, visit www.rockgoddessatiana.blogspot.com or www.tatianascavnicky.com. For more information about Bodyworks Healing Center, visit bodyworkshealingcenter.com.



The Crazy Wisdom Calendar

Personal Growth (cont.)

Creating Internal Resources with Cam Vozar • Jan. 11, 6:30 p.m. • This workshop will help participants create internal resources to cope with stress and increase wellbeing as they learn to connect to spiritual, nurturing, and protective resources. \$10. Call 747-9073; cam.vozar@gmail.com.

SUN SHEN One Prayer Class with Joanna Myers • Wednesdays, 6-7:30 p.m. • The One Prayer is a dynamic, custom-designed, self-management tool that people can take anywhere and update as they learn and grow. This course is for anyone wanting a greater understanding of themselves, more focus in life, and more satisfaction. The One Prayer is about having a vision and following one's heart, but it is also concrete and practical. \$65/month. Call 395-8486; joanna@sunshen.org or sunshen.org/oneprayer.

How to Be a Happier Person—Now! With Bob Bedard • Last Saturdays, 1:30-4:30 p.m. • Each class will focus on a component of the intrapersonal happiness theory as a means to becoming a happier person. Monthly updates at ithappiness.com. Donations accepted. Call 426-5685; happinessdocin@comcast.net or ithappiness.com.

Tools for Balanced Living—Two Day Course with Self Realization Meditation Healing Centre • Jan. 21-22 • This course is for everyone who wishes to deepen their understanding and care for their own energy, thus enhancing their whole life: work, home, and play. Includes delicious home-cooked vegetarian lunches and refreshments. Comfortable overnight lodging and additional meals are also available. \$225. Those who cannot afford the fee may inquire about a bursary. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Power and Wholeness through Vision and Goals with Jennifer Darga • Wednesdays, Fridays, and Sundays, Jan. 30-Feb. 27 • This four-part program is designed to give individuals access to having power and choice in their lives. They will be provided with the tools and curriculum to take the leap to creating a life aligned with their purpose. This development experience creates powerful visions and goals. \$400/four sessions. Call 412-6078; jdarga22@hotmail.com or igolu.com.

How to Know Your You with Lauren Tatarчук • Feb. 8, 6-7 p.m. • People are not their symptoms, traumas, origins, jobs, or past experiences. This introductory class uses the psychosomatic map to help participants discover the essence of who they are. It is intended to help them find out what makes them unique and gets their motors churning so they can embody their essence as much as possible. Free. Call (517) 592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

How to Optimize Your Life with Lauren Tatarчук • Mar. 8, 6-7 p.m. • The whole point of existence is the quality of life experience one fulfills. Attendees will learn simple yet effective ways to optimize life through fun exercises. Free. Call (517) 592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Deepening Mindfulness: Emotions, Compassion, Forgiveness with Lynn Sipher • Wednesdays, Mar. 8-Apr. 9, 6-8 p.m. • This eight-week class is designed to support awareness of emotions, cultivate compassion, and practice forgiveness all within the context of mindfulness. Each class begins with mindfulness meditation and may include poetry, personal reflection, and discussion. \$300. Call 332-3365; lynnsipher@gmail.com or lynnsipher.com.

What the Bleep Do We Know with DeLynn Lake • Apr. 12, 6-7 p.m. • Attend a film screening that takes viewers on a journey to unlock the secrets of life. Follow Amanda Marlee Matlin, a divorced, middle-aged woman who is thrust into a world where science and spirituality meet and challenge her concept of reality. Free. Call 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

But out of limitations comes creativity.

—DEBBIE ALLEN

Prosperity and Abundance

Using Crystals to Attract Prosperity with Jennifer Vanderwal • Jan. 29, 11 a.m.-1 p.m. • The vibrational energy of crystals can enhance infinite abundance by transforming poverty consciousness to prosperity consciousness. Learn which crystals can attract prosperity. This event also covers aromatherapy, feng shui, and prosperity meditation. \$44. Call Pat at 416-5200; relax@bodyworkshalingcenter.com or BodyWorksHealingCenter.com.

Building Your Spiritual Business with Karen Greenberg • Mar. 7, 6:30-9:30 p.m. • This workshop will provide universal spiritual practices and principles to repattern limiting beliefs and work through limiting low-vibrational emotions, worthiness issues, and sabotaging behaviors in order to create and sustain abundance and prosperity for a thriving spiritual business. \$99. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Reiki

Reiki Dojo Sesshin—One Day Reiki Retreat with Michigan Reiki • Jan. 15, Apr. 16; 10 a.m.-6 p.m. • The Reiki Dojo Sesshin is an intensive day-long retreat and practice period for strengthening one's Reiki method, promoting health, inviting happiness, and cultivating compassion. It will involve covering the essentials of Japanese Reiki in detail, practicing full hands-on healing sessions, sitting for extended meditation periods, and enhancing one's sense of wisdom and compassion. \$100. Call Andrew at 480-8107; aanders@michiganreiki.org or michiganreiki.org.

Reiki Level One: Shoden with Michigan Reiki • Feb. 4, 11; 9 a.m.-3 p.m. • Shoden stands for "beginner's teachings." This two-day course aims to help students develop a strong and functional foundation in Reiki Ryoho. Students are introduced to an overview of the system, basic principles, Japanese terminology, practice methods, and history. Handouts provided and certificate awarded upon completion. \$135. Call Andrew at 480-8107; aanders@michiganreiki.org or michiganreiki.org.

Reiki Level Two: Okuden with Michigan Reiki • Mar. 4, 11; 9 a.m.-4 p.m. • Okuden stands for "hidden teachings," an important key to understanding the direction of this level's training. This intermediate course aims to solidify beginner concepts as well as introduce individuals to a deeper understanding of Reiki Ryoho with emphasis on a traditional Japanese healing paradigm. Handouts provided and certificate awarded upon completion. \$155. Call Andrew at 480-8107; aanders@michiganreiki.org or michiganreiki.org.

Michigan Reiki Dojo with Michigan Reiki • Sundays, Jan. 8-Apr. 9, 1-3 p.m. • The Michigan Reiki Dojo is a weekly practice space for committed practitioners and students seeking a place to learn, grow, and share Reiki practices and methods. Class focus will vary from week to week, with in-depth lecture and practice on one or more of the many aspects of the Usui Reiki system or related Japanese spiritual healing methods. \$30. Call Andrew at 480-8107; aanders@michiganreiki.org or michiganreiki.org.



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First Degree Reiki with Suzy Wienckowski • Jan. 20-21, Apr. 7-8 • This two-day workshop is the first level of training in the Usui system of Reiki healing. Reiki is a gentle, hands-on healing art that is easily learned by all. Students learn the history of Reiki, hands-on treatment forms for self and others, and receive four individual initiations. Certificate awarded. \$150. Call 476-7958; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • Mar. 24, 7-9 p.m.; Mar. 25, 9:30 a.m.-4 p.m. • This two-day workshop is the second level of training in the Usui system of Reiki healing. Students learn and are empowered to use the three sacred Reiki symbols, which focus and intensify the Reiki energy, enabling the practitioner to heal on a deeper level and at a distance. Prerequisite: First Degree training. \$500. Call 476-7958; suzyreiki@aol.com.

Curious about Reiki? With Suzy Wienckowski • Apr. 19, 7-9 p.m. • Learn about Reiki, a gentle hands-on healing art in which universal life energy is transmitted through the hands of a practitioner to promote balance of the whole person. Mini-treatments offered. Free. Call 476-7958; suzyreiki@aol.com.

Usui/Holy Fire Reiki Levels One and Two Certification with Andrea Kennedy • Jan. 28, 29; 9:30 a.m.-5 pm. • This two-day program covers how Reiki works, what it can heal, the history, the level one placement, scanning the energy field, and hand positions to heal oneself and others. It will also address level two placement, three Reiki symbols and their uses, distant healing, beaming, and Japanese techniques to channel Reiki with the breath and eyes. Ample practice time and manual included. \$325. Call 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

Animal Reiki Training and Reiki Level Three: Shinpiden with Kathleen Prasad • May 5-7, 9 a.m.-5 p.m. • This class is for level two Reiki practitioners interested in learning to teach Reiki and animal Reiki classes, as well as for level three practitioners and teachers interested in deepening their Reiki knowledge or adding an animal Reiki program to their curriculum. \$1,250. Call Andrew at 480-8107; aanders@michiganreiki.org or michiganreiki.org.

Retreats

New Year's Gathering with Self Realization Meditation Healing Centre • Dec. 31-Jan. 1 • This retreat is designed to help participants prepare for the new year with opportunities for quiet time, meditation, introspection, a stretch and breathe class, spiritual discussions, and sharing inspirations. \$136/person covers shared room and vegetarian meals. Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Peace and Quiet Weekend Retreats with Self Realization Meditation Healing Centre • Jan. 14-15, Mar. 25-26 • Spend time in the peace and quiet, with lots of free time and a silent Sunday morning. \$75 covers comfortable shared room lodging and delicious home-cooked vegetarian meals and refreshments. An optional Pure Meditation Foundation class is offered Saturday afternoon for an additional \$60. Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

One-Day Retreat with Zen Buddhist Temple • Feb. 6, Mar. 15, Apr. 22; 9 a.m.-5 p.m. • The retreat offers sitting and walking meditation, simple manual work, vegetarian lunch, and rest for an interval of deepening, slowing down, silence, and mindfulness. \$60. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Caring for Yourself with the Michigan Collaborative for Mindfulness in Education • Feb. 11, 9 a.m.-12:30 p.m. • As the winter cold settles in and Valentine's Day approaches, what can be better than taking time to pause, reflect, and enjoy silence with a like-minded supportive community? This half day of mindfulness is geared toward parents, teachers, and professionals who support mindfulness practice for youth. It is essential that they nourish and nurture their own practice. \$45 (\$35 by Jan. 27), \$25 (\$20 for students by Jan. 27). Call Rita at 277-0394; ritakbenn@gmail.com or mc4me.org.

Three Day Spring Retreat (Yongmaeng Jeongjin) with Zen Buddhist Temple • Apr. 6-9 • This retreat is an intensive period of Zen practice geared toward the experienced student. Led by Ven. Haju Sunim, resident priest at the Temple in Ann Arbor. Partial attendance can be arranged. \$60/day (\$50/members). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Easter Celebration Retreat with Self Realization Meditation Healing Centre • Apr. 14-16 • A spiritual way to celebrate the inner beauty of holy time, this retreat is held in silence, with ample free time to meditate, contemplate, relax, and get in touch with the inner self in a quiet country setting. \$140/person includes a shared room and vegetarian meals. Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Developing Your Light Body with Karla Zarley • Apr. 30-May 3 • This retreat, at an A-frame cottage on the shore of Lake Michigan, teaches participants about the light body (what it is, how it develops, how to enhance progress towards it, and how to check evolution). Shared vegetarian cooking responsibilities. \$350 for fees, food, and lodging. Call 834-1566; kzarley88@gmail.com or karltazarley.com.

Visitor's Program and Residential Options with Zen Buddhist Temple • Ongoing • This program provides participants with an opportunity to spend time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue a spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Jan. 6, 12-1:30 p.m. • Participants will identify their unique career dreams and gifts to share with the world. \$30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Shamanism

Quodoushka 2 Sacred Sexuality Intro Night with Karen Krauss • Jan. 18 in the Crazy Wisdom Community Room or Feb. 8; 7-9 p.m. • Imagine that sex is natural, sacred, and beautiful. In this introductory workshop for

both singles and couples, participants will experience how the gift of sexuality is a powerful resource for full self-expression, health, hope, happiness, harmony, and humor. Free. Call Brian at (517) 518-4883; brian@outer-edge.com or quodoushka.org.

Shamanism: Spiritual Path of Empowerment and Healing with Kate Durda • Jan. 28, Feb. 25; 10 a.m.-5 p.m. • This workshop involves experiential training in the shamanic journey and an introduction to shamanism healing methods and practice. It is a prerequisite for all intermediate and advanced training, including the Shamans' Cosmology Series starting September 2017. \$95 (\$85 early bird). Call to preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Path of the Open Heart Shamanism Apprentice Series Part One: Lower World, Power Animals and Allies with Kate Durda • Mar. 4, 10 a.m.- 5 p.m. • This workshop welcomes beginners and advanced practitioners to see what shamanism can offer in everyday life. This is the first in a series of three stand-alone sessions that will guide people to practice the journey to the lower world, work closely with power animals, and learn about power songs, healing methods, shapeshifting, and more. The ability to do a shamanic journey is a prerequisite. Complete series recommended for serious practitioners. \$100 (\$90 early bird). Call to preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net..



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The Crazy Wisdom Calendar

Shamanism (cont.)

Path of the Open Heart Shamanism Apprentice Series Part Two: Upper World, Teachers and Guides with Kate Durda • Apr. 15, 10 a.m.-5 p.m. • This workshop welcomes beginners and advanced practitioners to see what shamanism can offer in everyday life. This is the second in a series of three stand-alone sessions that will guide people to experience the upper world, a realm of spiritual enlightenment and truth, and the realm of teachers, masters, and guides. Complete series recommended for serious practitioners. \$100 (\$90 early bird). Call to preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Path of the Open Heart Shamanism Apprentice Series Part Three: Divination, Methods of Shamanic Inquiry with Kate Durda • May 6, 10 a.m.-5 p.m. • This workshop welcomes beginners and advanced practitioners to see what shamanism can offer in everyday life. This is the third in a series of three stand-alone sessions that will introduce participants to the practice of divining the truth, an effective method of seeking knowledge. Complete series recommended for serious practitioners. \$100 (\$90 early bird). Call to preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Creating Safety and Sacred Space with Connie Lee Eiland • Mar. 19, 10 a.m.-5 p.m. • This class provides practices plus ways of looking at safety and sacred space. In addition to lecture, there will be experiential practices and journeys. Participants will receive a protective cloak. Ability to journey is a prerequisite. \$110 (\$80 by Feb. 25). Call 248-809-3230; clshebear7@gmail.com or shewolfshaman.com.

Introduction to Journeying with Connie Lee Eiland • Apr. 30, 10 a.m.-5 p.m. • During this class, participants will learn power animal retrieval and journey to upper, lower, and middle worlds with drums and rattles. This class is a prerequisite for advanced classes. \$80 (\$70 by Apr. 8). Call 248-809-3230; clshebear7@gmail.com or shewolfshaman.com.

Quodoushka 2 Sacred Sexuality Program with Karen Krauss and Michael Stein • May 11-14 • Quodoushka is spiritual sexuality from the shamanic tradition for singles and couples. Participants will learn more about themselves as spiritual sexual beings and accept their sexuality as healthy, natural, and exciting. \$500-745. Call Brian at (517) 518-4883; brian@outer-edge.com or quodoushka.org.

Spiritual Development

A Simple, Brief, Effective Spiritual Exercise with Spiritual Growth Meetup and Eckankar of Ann Arbor • Fridays, 6:30-7:15 p.m. in the Crazy Wisdom Community Room • Singing HU, an ancient name for God, can be a way to tune into the spiritual currents and initiate profound experiences. This group sings HU as an undirected prayer to harmonize consciousness, open the heart to God's love, and for spiritual upliftment. Free. Call John at 320-2010; tutdebon@gmail.com or eck-mi.org.

Starting Anew with Holly Makimaa • Jan. 7, 1-4 p.m. • Learn how to use journaling and mindfulness to set and keep powerful intentions for the new year. \$30. Call 757-5700; hollymakimaa@gmail.com or yourtransformationaljourney.com.

Introduction to the Diamond Approach with Lou Weir • Jan. 10, 7-9 p.m. • The Diamond Approach is an embodied spiritual practice that uses meditation and inquiry in the journey to discovering one's essential nature. Suggested donation \$10. Call 657-1821; diamondworkmichigan@gmail.com.

Diamond Approach Study Group with Lou Weir • Jan. 10, 24, Mar. 14, 28, Apr. 11; 7-9 p.m. • This class will study and practice with the book *Diamond Heart 1* by A.H. Almaas. Each meeting will include a meditation, short teaching, and inquiry practice. Suggested donation \$10/session. Book not required. Call 657-1821; diamondworkmichigan.com.

Because I Said So . . . with Jane Pierce • Jan. 11, 7-9 p.m. • How can people increase the power of their words in the world? This class will discuss simple techniques for increasing personal power and examine possible inhibiting factors. Participants will join together in ritual to banish blocks and give words more weight. \$20. Call Janice at 709-4630; leachj@gmail.com.

Light Worker Activation with Sandya Sandra Shears • Wednesdays, 7:30 p.m. • Participants will learn how to serve as a light worker or world server who has been incarnated at this special time to facilitate the transition to the next age. It is time to bring the gifts that will accelerate healing and activate spiritual purpose. Includes sound attunement, energy healing, and activation with channeled meditation. Monthly fee. Call 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Advanced Light Worker Activation with Sandya Sandra Shears • Third Fridays • Those who vibrate to the thirteenth frequency will manifest great things in the world. This program involves individual energy setups plus monthly groups featuring a channeled transmission of 5D energy with energy adjustments and sound attunements. Monthly fee. Call 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Coming Home—On Right Relationship with Soul's Purpose with ShuNahSii Rose • Mondays, Feb. 20-Apr. 3 • This class aims to provide a supportive community where people can slow down and learn to trust answers found from deep knowing. Attendees may discover useful affinities and allies in the natural world and align their lives using guided meditation, song, storytelling, readings, and discussion. Odd-numbered weeks involve in-person meetings from 7-9:30 p.m.; Even-numbered weeks involve teleconference calls from 9-10 p.m. \$250. Call 761-9148; robin@insacredbalance.com or insacredbalance.com.

New Year Resolve 30-Day Challenge with Ema Stefanova • Jan.-Apr. • This one-on-one spiritual development course will focus on helping clients set and achieve goals using classical yoga and meditation tools. Contact Ema for prices and details at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Women Reading the Scriptures Series: Jesus and Women with Anneliese Sinnott • Jan. 19, Feb. 16, Mar. 16; 1:30-3 p.m. • Do women read the scriptures differently than men? Come and learn more about the women who appear in the Bible. Registration required, donations accepted. Call the Weber Center (517) 266-4000; webercenter@adriandominicans.org or adriandominicans.org/registration.aspx.

Cultivating a Personal Relationship with G-D with Karen Greenberg • Jan. 24, 6:30-9:30 p.m. • Unless people turn to G-D because they are in desperate times, they often do not connect with a higher power. Learn how to create a sacred space and receive information, advice, clarity, direction, healing, comfort, strength, and love from a higher power. \$83. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Monthly Ascension Support Class with Eve Wilson • Every fourth Thursday starting Feb. 9, 7:30-9:30 p.m. • This monthly class is designed to help people heal, clear soul contracts, and help the world ascend smoothly as it goes through great changes. \$300. Call 780-7635, evew@spiritualhealers.com or spiritualhealers.com.

The Weekly Word for Healing and Ascension with Eve Wilson • Fridays and Saturdays • Eve will send email links to share her wisdom, empowering tools, and updates about changes in the world. Free. Call 780-7635, evew@spiritualhealers.com or spiritualhealers.com.

Connecting with Archangels with Karen Greenberg • Jan. 31, 6:30-9:30 p.m. • Participants will become acquainted with the archangels represented in the sephirot (spheres) in the tree of life. Course will explore archangels, their roles, what assistance they provide, and how to safely call upon them. \$125. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Weekly Torah and Zohar Study with Karen Greenberg • Torah on Thursdays starting Jan. 12, 8-9 p.m.; Zohar on Thursdays starting Mar. 2, 9-10 p.m. • Participants can join a weekly study of the Torah (Old Testament) and/or the deeper meanings within Zohar (Book of Radiance) from the comfort of home. Sessions are conducted via conference call and access codes are provided with each monthly pre-payment. \$40/month (Torah), \$50/month (Zohar), or \$80/month (both). Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Feb. 28, 6:30-9:30 p.m. • This workshop teaches how to travel safely to the planets associated with the ten sephirot in the tree of life, to become more deeply acquainted with the ten aspects of G-d and how to connect with each energy. The goal of the workshop is to provide access to messages or answers to compelling questions. \$125. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Inclusivity: No Outsiders Anymore with Diarmuid O'Murchu • Apr. 7, 7-8:30 p.m. • Based on his book, *Inclusivity: A Gospel Mandate*, Diarmuid O'Murchu will highlight a long-neglected element of Christian faith practice. He will also provide suggestions for a more inclusive church in the future. \$25 (\$10 non-refundable deposit). Call the Weber Center (517) 266-4000; webercenter@adriandominicans.org or adriandominicans.org/registration.aspx.

Elements of an Inclusive Spirituality with Diarmuid O'Murchu • Apr. 8, 9 a.m.-4 p.m. • Through input and dialogue, Diarmuid will explore contemporary challenges of a faith that moves beyond exclusive church commitment and embraces larger horizons of meaning in the 21st century. \$45 (\$10 non-refundable deposit) or \$105 for Friday and Saturday events, overnight, and meals. Call the Weber Center (517) 266-4000; webercenter@adriandominicans.org or adriandominicans.org/registration.aspx.

Holy Week Retreat: "See What Love . . ." with Patricia Walter • Apr. 9-13 • The celebration of Holy Week offers an opportunity to reflect on key moments and movements in personal life and the life of Jesus. \$300 or \$225 commuter (\$25 non-refundable deposit). Call the Weber Center (517) 266-4000; webercenter@adriandominicans.org or adriandominicans.org/registration.aspx.

Monthly Oral Torah Study with Karen Greenberg • Tuesdays starting Apr. 18, 6:30-9:30 p.m. • The written version of the Old Testament tells a story while what has been passed down orally is the backstory. It is rich, colorful, detailed, and elucidates complexities that lend themselves to deeper comprehension and more sensitive codes of behavior toward humanity and all living things. \$125/month. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Anything's possible if you've got enough nerve.

— J.K. ROWLING

Storytelling

Story Night with Members of the Ann Arbor Storytellers' Guild • Second Thursdays; 7-9 p.m. in the Crazy Wisdom Tea Room • Come to hear stories for grownups. Enjoy yummy desserts, exotic teas, or light supper while listening to Ann Arbor Storytellers' Guild members. Free, donations accepted. For more information, see annarborstorytelling.org or facebook.com/annarborstorytellers.

Ann Arbor Storytellers' Guild at the Ann Arbor District Library • Fourth Sundays, 2-4 p.m. • Monthly meetings always start with stories and then more stories! Listeners and tellers welcome. Free. For more information, see annarborstorytelling.org or facebook.com/annarborstorytellers.

Stress Management

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Jan. 5, 12-1:30 p.m. • Tune into messages from body, mind, and spirit to learn effective strategies for wellbeing. Identify unique stressors and leave with coping strategies to enhance effectiveness. \$30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Relaxation for Body, Mind, and Spirit Day with Self Realization Meditation Healing Centre • Jan. 7, 10 a.m.-5 p.m. • Enjoy a relaxing yoga class for all abilities, a delicious home-cooked vegetarian lunch, and quiet time for the spirit. \$39 covers one day with lunch, \$86 adds meals and overnight shared room. Optional Pure Meditation Foundation class offered for additional \$60. Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealization-CentreMichigan.org or SelfRealizationCentreMichigan.org.

Sustainability

Permaculture Solutions for a Changing World with David M. Hall in the Crazy Wisdom Community Room • Feb. 7, 7-8:30 p.m. • Attendees will discuss basic tools and practices to apply immediately in daily life. The focus will be on the practical uses of sustainable solutions, simple and direct. Free. Sponsored by the People's Food Co-op. Call David at 520-343-5976; outreach@peoplesfood.coop or peoplesfood.coop.

Building Resilient Communities: 10 Simple Steps with David M. Hall in the Crazy Wisdom Community Room • Mar. 14, 7-8:30 p.m. • Participants will look at ten simple ways to promote and sustain positive change in local and national communities. Free. Sponsored by the People's Food Co-op. Call David at 520-343-5976; outreach@peoplesfood.coop or peoplesfood.coop.

Winternship—Natural Building and Sustainable Skills with Deanne Bednar • Jan. 8-Feb. 8 • This unique and comprehensive one month on-site program, located on rural land north of Detroit, provides the basics of thatching, reed collection, earth plastering, and sculpting on conventional walls and strawbale. It also covers round pole framing, rocket stove construction, fermenting, and whittling. Fireside lectures include site, house design, and code information. \$950 (\$850 early bird) or \$475 (\$425) for worktrade. Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Thatching—An Introduction with Deanne Bednar • Jan. 14-15, 10 a.m.-5 p.m. • Explore a beautiful, ecological, and long-lasting roof system. Participants will tour several thatched roof buildings, see a demo of thatching and try their hands at it, and learn about harvesting and storing reed. 12 person limit. \$110/weekend (\$95 early bird). Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Round Pole Framing—The Basics with Deanne Bednar • Jan. 21-22 • Learn principles and hands-on basics of round pole framing for small structures. Tour thatched roofs and round pole structures on site, harvest wood, use hand tools, design a small structure, and make a mallet to take home. 12 person limit. \$110/weekend (\$89 early bird). Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Rocket Stove and Fire Workshop with Deanne Bednar • Jan. 28-29 • Create useful heat efficiently from local materials. Participants will tour buildings and stoves on site and make a small earth oven. Bring a bag lunch. Other meals provided for those who stay overnight. \$150/weekend (\$125 early bird). Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Earth Plaster and Sculpting with Deanne Bednar • Feb. 5-6 • Learn the joy of natural earthen plasters that can be used in a variety of applications to beautify and naturalize an existing dwelling, future strawbale home, or earth oven project. Learn to mix and apply natural local soil to create simple or artistic expressions. Bring bag lunch. Overnight stay available. \$120/weekend (\$95 early bird). Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Internship in Natural Building and Sustainable Skills with Deanne Bednar • Apr. 1-30 • Interns will immerse themselves in a one-month learning experience that includes a variety of hands-on skills and classroom subjects in design and construction. They will live and learn on-site with others in a beautiful natural wooded setting. \$950 (\$850 early bird) or \$475 (\$425) for worktrade. Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.



Vic Divecha is a facilitator of the Sahaja Meditation meetup in southeast Michigan and an Instructional Designer at the University of Michigan. Weekly meditation meetings in Ann Arbor, Farmington Hills, Ypsilanti, and East Lansing are announced through the Michigan Meditation Meetup site at www.meetup.com/meditation-michigan.

Tai Chi, Martial Arts, and Self-Defense

Chen Style Tai Chi with Joe Walters • Mondays and Thursdays, 5:30-6:30 p.m.; Saturdays, 10-11 a.m. • Classes cover Chen style tai chi chuan basic principles. This is a unique movement art that emphasizes inner stillness and relaxation developed through disciplined whole body integration and refined awareness. It focuses on balance, relaxation, and whole body unity. \$85/month. Call 761-8786; annarbortaiichi@gmail.com or annarbortaiichi.com.

Tai Chi: Beginning through Advanced with Good EnerChi Studio and Staggerin' Dragon School of Tai Chi • Ongoing classes • Tai Chi classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. Tai Chi is a peaceful, flowing, low-impact exercise, well-suited for calming and centering. Free/low fee. Call Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Wu Style Tai Chi Chuan with Sifu Genie Parker • Mondays, Wednesdays, Thursdays • Wu style tai chi is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. \$45/month for one class/week; \$70 for two classes/week. First class free. Call 248-229-1060; wustyleannarbor@gmail.com or wustyle-annarbor.com.

SUN SHEN Basic Tai-Chi Form with Ann-Margaret Giovino, Jan Katz, and Alexis Neuhaus • Mondays, 6-7 p.m.; Tuesdays, 7-8 p.m.; Thursdays, 1-2 p.m., 7-8 p.m. • Participants will learn to build a solid foundation in tai-chi principles in an intimate setting, with guidance and personal adjustment in the SUN SHEN 35 forms. Learn the sequence and details of the form as you experience the calm, effortless power which comes from relaxed focus. \$17 drop-in; \$55/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Morning Tai-Chi with Master Sang Kim • Mondays-Fridays, 7-8:30 a.m. • Participants will learn how tai-chi enables them to cultivate happiness, power, and potential, and get to know a part of themselves that was hidden and that they have been looking for all their lives. \$225/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Tai-Chi Pushing Hands with Sifu Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive tai-chi training, which helps participants experience the world in a non-reactive, calm way. Participants find freedom and power within themselves and interact with others without compromising the self. \$21 drop-in; \$70/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Chen Taiji Study Group with Joel Robbins • Thursdays, 6:30-9 p.m. • Open to all levels, this class addresses body mechanics, energy flow, and martial techniques in a focused, small group setting. \$100 monthly. Call 205-7348.

Beginning Tai Chi with Peaceful Dragon • Mondays, 10-11:15 a.m.; Tuesdays, 2:30-3:45 p.m. and 7:15-8:30 p.m.; Thursdays, 7:15-8:30 p.m. • Tai Chi is a Chinese internal martial art consisting of a series of postures linked together in a continuous and fluid form. As a moving meditation, it promotes balance, coordination, concentration, and relaxation. Beginners can attend any or all classes for the same tuition. \$185. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.





All That Shimmers with Shiva Lingam Stones



By Carol Clarke-Tiseo

Remember the film *Indiana Jones and The Temple of Doom*? The highly sought-after ancient stones in the movie, referred to as “Sankara Stones,” were based on Shiva Lingam stones. The Sankara Stones were actually plastic props with lights inside them, representing the “diamonds” inside that would only glow if the stones were brought together. Unlike the movie, Shiva Lingams do not actually contain diamonds, but the primal energies stored deep within these stones can bring out beauty, force, and love. When we think of the New Year, we think new beginnings, removal of old patterns, and welcoming change. The Shiva Lingam stone is perfect to incorporate into your healing and wellness practice at this time of year. It doesn’t look like much from the outside, but its power can go deep within you, awakening tantric energy and allowing it to flow freely.

A Shiva Lingam is an oval shaped stone made of cryptocrystalline quartz. It shares the same metaphysical and healing properties as Jasper. Lingams are found in the Narmada River, which is one of the seven holy sites of India. They also go by several different names, including Shiva, Shiva Lingams, Boji Stones, and Shiva Linga. The stones are gathered from the river once a year and are hand-polished by villagers to correct and balance the shape. The stones represent the Hindu deity Lord Shiva, and for centuries have been an integral part of spiritual practice in Hinduism, only recently being recognized in the West for their healing and restorative powers. Each stone is unique, with different striations, patterns, and spots creating a very personalized, one-of-a-kind crystal for the individual. The markings, also known as the yoni, symbolize the feminine energy manifesting the creative power in the dance of the cosmos. Geologists theorize that the iron oxide, of which the yoni is composed, was pressed into the Narmada river bed millions of years ago by a meteorite.



Common folklore states that a Shiva Lingam stone contains a microscopic version of the universe, where its form represents the energy of knowledge and the markings represent the energy of wisdom.

In ancient Sanskrit, “Shiva Lingam” means a sign or symbol. Stimulating the electric flow in the body — its currents, or “meridians” — these symbolic stones can raise and harness Kundalini energy — great for spiritual evolution. Kundalini refers to primal energies, or shakti, located at the base of the spine. Kundalini is described as lying “coiled” at the base of the spine (Wikipedia), represented like a sleeping serpent waiting to be awakened for the purpose of spiritual enlightenment. This symbolizes the Hindu god Shiva’s union with the Shakti, or uniting the higher with the lower and moving those energies throughout the entire system, almost like gears on a machine. Activating primal Kundalini energy can assist in having you look deep within yourself to release what you have outgrown in order to move on in your spiritual development. Shiva symbolizes the masculine principle of opening consciousness, while Shakti symbolizes the feminine principle of power



The stones represent the Hindu deity Lord Shiva, and for centuries have been an integral part of spiritual practice in Hinduism, only recently being recognized in the West for their healing and restorative powers.

and activation of energy — a lot like balancing the yin and yang of the body. Common folklore states that a Shiva Lingam stone contains a microscopic version of the universe, where its form represents the energy of knowledge and the markings represent the energy of wisdom.

Ways to use Shiva Lingam Stones

Powerful second (spleen/sexual) chakra healer. Can be placed in the front of the body in the area just two fingers below the belly button or over the lower back/sacrum to assist in correcting emotional health and balance, sexual dysfunction, reproductive issues, prostate health, menopause, infertility, et cetera. Amazing for sexual abuse survivors to help reinstate trust in others.

- This stone can be placed anywhere on the spine or back for pain issues, spine dysfunctions like scoliosis, or spinal joint disorders.
- Meditating with this stone on your solar plexus can bring instant corrective healing, balancing the female Shakti/male Shiva energies of ourselves. Perfect for those wanting to get back to a healthy lifestyle!
- Practicing yoga and using this stone in your meditation can promote great results with posture realignment and restoring proper energetic Kundalini movement throughout your chakra system.
- Using it with the heart chakra, you can bring unity and openness to receiving unconditional love, beginning a true relationship with one’s authentic self while banishing fears.
- Placing a Shiva Lingam stone in your home, bedroom, or office can bring power to purify and balance energies in a space, as they have been used in sacred temples and holy sites for centuries.

**Important Note: Beware of purchasing these stones from unreliable sources (like certain stores on the Internet), as they can be fakes. Copies can be made of Shiva Lingams from a similarly colored African sandstone that is then shaped and polished. No two Lingam stones should look exactly alike.*

Carol Clarke-Tiseo is a Melody Master Crystologist, Reiki Master, and licensed massage therapist who recently relocated to South Lyon, Michigan. She has ten years of experience in energy healing and eleven years of experience in therapeutic massage and bodywork. Carol can be contacted at cclarke2005@hotmail.com.



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The Crazy Wisdom Calendar

Tai Chi, Martial Arts (cont.)

Tai Chi with Michigan Tai Chi Association • Ongoing Classes • Tai Chi is a great overall exercise that can be practiced by people of all ages and health conditions. Tai Chi is a meditation form of exercise that promotes balance and flexibility, and it has been found to reduce stress and lower blood pressure. \$50/month unlimited, \$40/month for seniors. Call Sally at 591-3530; michitaiichi@aol.com or taotaichi.org.

Martial Arts Classes with Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children's Aikido. For complete information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • An extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s and older. Classes include yoga, pilates, cardio kickboxing, boot camp, and specialized martial arts training. First class is free. Memberships available. Call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as "the way of harmony with nature or universal energy." Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strike harmony with nature. Children's classes offered also. Call 662-4686; aikidoyoshokai.org.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fun, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes also offered. Call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes • Classes include Chen style tai chi chuan basic principles, a unique movement art that emphasizes inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance relaxation, and whole body unity. \$85/month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaiichi.com.

B.C. Yu Martial Arts Center • Ongoing classes • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kick Boxing. Children's program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

Wu Style Tai Chi at Jewel Heart • Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Suggested donation \$5. Call 994-3387; programs@jewelheart.org or jewelheart.org

Tarot and Divination

Drop-In Tarot Readings with Gail Embery • First and Third Fridays, 6:30-9:30 p.m. at Crazy Wisdom • Make enlightened life choices as Gail guides you through difficult times by skillfully consulting the Tarot to get answers for you and by accessing her psychic/medium abilities. \$1.50 per minute. No appointment necessary. Call 313-655-7694; readingswithgail.com.

Drop-In Tarot/Psychic Readings with Rebecca Williams • Thursdays, 6-9 p.m. at Crazy Wisdom • \$1.50 per minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-In Tarot/Psychic Readings with Kathy Bloch • First and Third Tuesdays, 5:30-8:30 p.m. at Crazy Wisdom • \$1.50 per minute. No appointment necessary. Contact klbloch@hotmail.com.

Drop-In Tarot/Palmistry Readings with Vijayalaxmi Shinde • First and Third Saturdays, 3-6 p.m.; Second and Fourth Sundays, 3-6 p.m. at Crazy Wisdom • Using palmistry, numerology, and the art of Tarot cards divination, learn the subconsciously hidden answers to important concerns in life to guide towards positive energy, joy, peace, abundance, and health. \$1.50 per minute. No appointment necessary. Call 961-8052; vijaya_laxmi@comcast.net or positivepalmistry.com.

Right Brain/Left Brain Tarot with Jane Pierce • Feb. 8, 22, Mar. 1, 8, 15, 29 • A beginner-level Tarot course provided by and for those coming from either a right- or left-brain perspective. Learn the traditional meanings of each card as well as how to use psychic gifts. Then participants will actually give readings and receive feedback. \$200 (\$150 by Jan. 11). Call Janice at 709-4630; leachj@gmail.com.

Tarot Spells with Jane Pierce • Apr. 12, 7-9 p.m. • Explore the meaning and power of the Tarot deck in focusing on intentions. Bring a Tarot deck to discuss the spells that can be done and which cards work best for a variety of results. Class will end with a small ritual to charge a personal spell that participants create. \$20. Call Janice at 709-4630; leachj@gmail.com.



Tea Events

Fairy Tea in the Crazy Wisdom Tea Room • Feb. 16, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for a magical afternoon with our fairies, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are \$11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net prior to the event. For more information, contact Jessica at jessicameyer@crazywisdom.net.

Mother's Day Fairy Tea in the Crazy Wisdom Tea Room • May 14, 1 p.m. • Children and their families are welcome for a special Mother's Day tea, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are \$11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net prior to the event. For more information, contact Jessica at jessicameyer@crazywisdom.net.

A Mad Hatter's Tea Party with The Blushing Violet Project • Feb. 18, 2-4 p.m. • Attend an afternoon tea filled with frivolity, nonsense, and a touch of magic. Enjoy tasty treats, spellbinding scenes, and extraordinary guests woven into a unique storytelling experience. Costumes encouraged and applauded. \$30 (proceeds benefit the Blushing Violet Project). Contact Jen at blushingviolethats@gmail.com or lushlapel.blogspot.com.

Breakfast Around the World with International Neighbors • Apr. 20, 1-2:30 p.m. • Members of the International Neighbors will showcase breakfasts from their home countries for sampling. There will also be a "folk fashion show" where traditional costumes from several countries will be displayed. Free. Call Dilek at (517) 488-5820; dilekkirca@gmail.com or international-neighbors.org.

Therapy and Support Groups

Mindfulness-based Cognitive Therapy (MBCT) for Those Age 60+ with Mariko A. Foulk • Fridays, Mar. 17-May 5, 1:30-4 p.m. • An evidence-based therapy group for those with depression and/or anxiety. Mindfulness-based skills will be taught in a supportive environment to prevent future relapses. Please contact Mariko to schedule an initial assessment/orientation interview in Jan. or Feb. Medicare or insurance may cover class fees. Call 764-2556; mfoulk@umich.edu.

Wilderness Awareness

Long-Distance Backpacking: How-To Backpacking Tutorial with Ben Wielechowski • Mar. 25, 10 a.m.-12 p.m. • This event is the first of three in Robin Hills Farm's Long-Distance Backpacking Series. It will provide information about purchasing supplies, packing, and equipment to help backpackers go into the woods with confidence. \$15 (50% discount for children who attend with adults). Call 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Long-Distance Backpacking: DIY Camp Stove with Ben Wielechowski • Apr. 1, 10 a.m.-1 p.m. • Using a few common waste materials and tools, participants can create their very own ultra-lightweight camp stove. This workshop will discuss many camp stove options and finish with each person creating his or her own stove to take home. \$20 (50% discount for children who attend with adults). Call 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Long-Distance Backpacking: Backpacking Day Trip with Ben Wielechowski • Apr. 8, 10 a.m.-5 p.m. • Students will complete a 10-mile round trip hike in the Waterloo Recreation Area. During the hike, the instructor will give brief demonstrations on various water purification techniques, "bear-bagging," and other backpacking techniques. \$15 (50% discount for children who attend with adults). Call 834-8496; education@robinhillsfarm.com or robinhillsfarm.com/events.

Volunteer Workday with Leslie Science and Nature Center • Apr. 9, 9 a.m.-12 p.m. • Help maintain and beautify the Leslie grounds! This site will be used for a multitude of environmental education events and school programs, so volunteers are essential for keeping it in great condition. Free. Call Brea at 997-1553; info@lesliesnc.org or lesliesnc.org.

John Muir Birthday Party: An Earth Day Celebration with Michigan Friends Center • Apr. 22, 1 p.m. • Attend a birthday party featuring the documentary film, *John Muir in the New World*. The group will celebrate one of the greatest wilderness advocates and the founder of the Sierra Club. Donations welcome. Call Carolyn at 475-1892; manager@mfc.org or mfccenter.org.

Women's Health

Women's Divorce Workshop • Jan. 21, Feb. 18, Apr. 29 • Experienced divorce professionals will present a workshop addressing the emotional, legal, and financial aspects of divorce. The more support women have during the divorce process, the more confidence they will have in their choices and decisions moving forward. \$35 (\$25 in advance). Call Vicki at 248-915-0847; info@womens-divorce.org or womens-divorce.org.

WomanSafeHealth Open House with Elizabeth Shadigian • Jan. 23, Feb. 20, Mar. 20, Apr. 17; 4-5 p.m. • Meet Dr. Elizabeth Shadigian. She will answer questions and sign copies of her newly released book, *WomanSafeHealth, The Antidote to Status Quo Health Care*. Free. Call Emma at 961-5221; womanager@womansafehealth.com or womansafehealth.com.

Womenspirit

Ann Arbor Women's Circle with Lauren Tatarsky • Second and Fourth Thursdays, 6:45-8 p.m. • This is a gathering for women who wish to come together in a supportive, loving, and empowering space. It offers an intentional time for women to create a sacred place for authentic connection, to honor rites of passage, and to offer support through life's ups and downs. Participants will engage in simple yet powerful rituals, visualizations, and meditations and practice the gift of being deeply present for ourselves and others. \$5 cash. Call (303) 875-8290; inspiredlifecounselinga2@gmail.com or inspiredlifecounselinga2/ann-arbor-womens-circle.html.

Writing and Poetry

Crazy Wisdom Poetry Series hosted by Joe Kelty, Ed Morin, and David Jibson • Second and Fourth Wednesdays, 7-9 p.m. in the Crazy Wisdom Tea Room • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.
Second Wednesdays: Poetry Workshop • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.
Fourth Wednesdays: Featured Reader for 50 minutes, Open Mic Reading for one hour • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

Jan. 25 • Caroline Maun is associate professor of English at Wayne State University. She teaches creative writing and American literature and is the Director of Graduate Studies. Her books of poetry include the volumes *The Sleeping* and *What Remains*.

Jan. 25 • Glen Armstrong has an MFA in English from the University of Massachusetts, Amherst, and teaches writing at Oakland University in Rochester, MI. He is editor of the journal *Cruel Garters*. His three recent chapbooks are *Set List*, *In Stone*, and *The Most Awkward Silence of All*.

Feb. 22 • Amorak Huey, former newspaper editor and reporter, author of the poetry collection *Ha Ha Thump* and chapbooks *The Insomniac Circus* and *A Map of the Farm Three Miles from the End of Happy Hollow Road*. He teaches writing at Grand Valley State University.

Mar. 22 • Jennifer Clark has work published in *failbetter*, *The Midwest Quarterly*, *Flyway*, *Nimrod*, and *Ecotone*. Her first poetry collection is *Necessary Clearings* and her second is the forthcoming *Johnny Appleseed: The Slice and Times of John Chapman*. She lives in Kalamazoo, MI.

Crazy Wisdom Poetry Series hosted by Joe Kelty, Ed Morin, and David Jibson • Second and Fourth Wednesdays, 7-9 p.m. in the Crazy Wisdom Tea Room • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.

Mar. 22 • Alise Alousi has work in *Graffiti Rag*, *the Alternative Press*, *The Malpais Review*, *Inclined to Speak: An Anthology of Contemporary Arab American Poetry*, and *To*

Light a Fire: 20 Years with the InsideOut Literary Arts Project. She is Interim Executive Director of InsideOut Literary Arts Project, Detroit.

Apr. 26 • John Hazard has poems in *Carolina Quarterly*, *Gettysburg Review*, *New Ohio Review*, *Ploughshares*, *Poetry*, and *Shenandoah*. His 2015 collection is *Naming a Stranger*. He has taught at the University of Memphis, Cranbrook Schools, and now Oakland University. Originally from southern Ohio, he lives in Birmingham, MI.

Wellspring Writing Workshops with Julie Mariou • Thursdays, Jan. 12-Mar. 2, 6:45-8:45 p.m. in the Crazy Wisdom Community Room • This eight-week creative writing workshop group focuses on nurturing and developing the writer's authentic voice. It uses the Amherst Writers & Artists group teaching method. \$160/eight sessions. Contact julie@wellspringwritingworkshops.com or wellspringwritingworkshops.com.

Writing Ourselves Awake: Embodying Mindfulness with Holly Makimaa • Jan. 30, Feb. 13, 27; 6:30-8:30 p.m. in the Crazy Wisdom Community Room • In this experiential workshop, participants will explore the benefits of a grounding journaling practice that brings them into their bodies and transforms their consciousness. They will learn simple yogic movements, breath practices, and writing techniques to awaken the hara, heart, and head centers. \$20/session (\$10/students.) Call 757-5700; hollymakimaa@gmail.com or yourtransformationaljourney.com.

Yoga

Yin Yoga with Vicki Paglione • Tuesdays, Jan. 17-Feb. 21 and Mar. 7-Apr. 11, 6-7 p.m. • This seated practice involves holding poses for longer periods of time to work ligaments, joints, deep fascial tissue, and even bones. Students can set their intention to benefit physically, mentally, emotionally, and energetically. \$70/six-week session. Call (248) 777-0081; mygratefullyyoga@gmail.com or mygratefullyyoga.com.

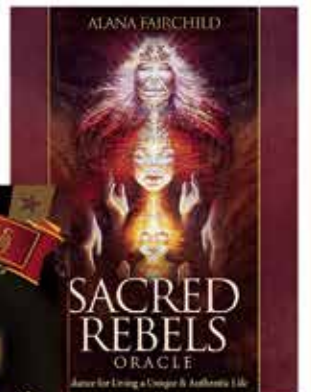
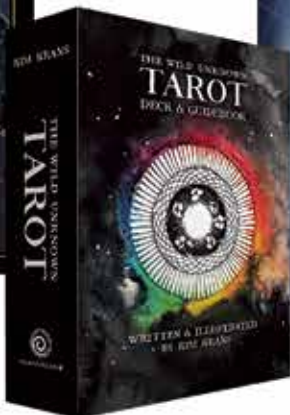
Purna Yoga with Raisha Love • Mondays, 8:15-9:15 p.m.; Tuesdays and Wednesdays, 9:30-10:30 a.m. • The Purna tradition offers safety in a non-competitive setting where students can practice and progress toward healthier lives with more purpose and direction. Prices vary. Call (989) 284-1042, askraisha@yahoo.com or purnayogaannarbor.com.

Warm Up Yoga—Light an Inner Fire with Sally Rutzky • Jan. 7, 9:30-11 a.m. • This class will be held to collect donations for the local charity Food Gatherers. It is the perfect way to warm up for winter classes. Suggested donation \$20. Call Sue at 622-9600; sue@yogaspacannarbor.com or yogaspacannarbor.com.

Gentle Yoga with Robin Lily Goldberg • Tuesdays, 5:30-6:30 p.m. • Gentle yoga enables everyone to experience the mental, physical, and emotional benefits of yoga by blending influences from hatha, yin, and restorative yoga. It includes poses modified for individual needs, as well as stretches and breathing exercises to incorporate balance and mindfulness into daily life. All levels of experience welcome. \$18-\$20. Call Robin at 274-9482; robin@aurily.com or aurily.com.

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A Better Way to Teach Writing



Photo by Rebecca Rowe

By Julie Mariouw

I spent a good deal of my life writing — and teaching — *from the neck up*. I received an excellent grade school/high school education, earned a B.A. in English from the University of Michigan, and studied teaching at Eastern Michigan University. I wrote well-formed essays, taught students how to read and write, and thought I had a pretty good understanding of the English language. Until one day I learned that I had missed the point entirely.

I came up against my own personal brick wall: the coping mechanisms that I had been using to deal with unprocessed childhood trauma — overuse of alcohol, food, etc. — came back to bite me, and I realized that I had to stop assuaging my symptoms and focus more deeply on my underlying wounds. It isn't that I hadn't been working in therapy prior to this — I had — but suddenly my attempts to kill the pain did not work; my deeper self broke open, and I was taken to a different place within. It became more painful for me to stay the way I was than to change — so I changed.

Since that day seven years ago it has been my mission to create a space where new writing can be born, where a writer's authentic voice can surface and be nurtured, and where workshop participants can come together and hold each other up to the light.

I began using my daily writing in a way that I never had before. I let go of some of the previous tight control and let the writing lead me. My notebook became my refuge and my classroom, a literal home. It was a mirror reflecting me to myself, teaching me about my behavior patterns, my emotions, and my unhealed wounds. It was a place for me to practice being me, a cocoon of sorts, in which I could safely develop until I was ready to be launched out into the world again, in a new form.

Unhealed emotional wounds, I have found, will always come back to haunt you, and that can be one of the greatest gifts you can ever receive. This has certainly been the case for me. I knew that if I continued to cooperate with this writing process, I would be led to where I needed to go, and it became clear to me that my true calling — besides writing for myself — was to help other interested people experience a transformation, in their own way, in their own time, through writing. I felt that I had become, as Pat Schneider states in her book *Writing Alone and with Others*, “[a midwife] to that which was already within [my] students.”

Since that day seven years ago, it has been my mission to create a space where new writing can be born, where a writer's authentic voice can surface and be nurtured, and where workshop participants can come together and hold each other up to the light. My first task in accomplishing this was to create a journaling group — Women Writing for Recovery — in which women recovering from alcoholism

could learn to use writing to further their personal growth. One of the things I witnessed while leading this group was the miraculous way in which each writer was led directly to what she needed in order to heal. The only thing that could interfere with this process was if the writer attempted to control the outcome. So my job became to help people put aside what they had learned in school about writing — making an outline, using correct grammar, etc. — and to teach them to let go.

So my job became to help people put aside what they had learned in school about writing — making an outline, using correct grammar, etc. — and to teach them to let go.

I was reading quite a bit during these years, searching for books that seemed to fit what I was trying to accomplish — *Writing from the Body* by John Lee; *Writing the Natural Way* by Gabriele Rico, PhD; *Reclaiming the Wild Soul: How Earth's Landscapes Restore Us to Wholeness* by Mary Reynolds Thompson; and finally, *Writing Alone and with Others* by Pat Schneider.

While reading Pat Schneider's book, I became intrigued with the teaching method she had developed — the Amherst Writers & Artists Workshop Method — and realized that it was much like what I had already been trying to do in my workshop. I signed up for the 40-hour training certification program that was offered, and I became certified in this method. The training was a great

experience, in that it gave structure to some of the things I had been trying to do on my own. For instance, I had wanted to move more toward fiction writing rather than journaling in my workshops, and part of what Schneider proposes in the Amherst Writers & Artists Teaching Method is that all workshop writing be treated as fiction (unless the writer specifically states that the writing is autobiographical). This “keeps the focus on the writing rather than on the writer; it allows members to gain access to, and then express, thoughts and emotions that may be too powerful, painful, embarrassing or surprising to expose otherwise.”

Another aspect of the workshop that I consider essential is that I (the leader) write along with the participants and share my work; this is important for bringing about equality of risk-taking and building of trust. And, as Schneider has said, “the last thing people want is another ‘expert’ standing up there behind a lectern, telling everyone, ‘Do it like me.’” Instead they want, “...someone who will extend the courtesy of listening, rather than lecturing, who will say, don't let me get in the way, this is all about you and your journey.”

In the workshop we deal with just-born writing — the writer does not even know what they've written yet — and as such, this writing is not ready for editing.

During the workshop, participants are given the opportunity to share their newly-written work, and I guide the remaining members in their responses. No criticism, suggestion, or question is directed toward the writer, but instead we comment on what we found strong in their writing, what was memorable and powerful for us, and what we will take with us from the work. In the workshop we deal with just-born writing — the writer does not even know what they've written yet — and as such, this writing is not ready for editing.

When people's work is honored and supported in the ways that I have been describing, authentic writing voices emerge, self-esteem and self-confidence grow; people become willing to experiment with new writing techniques, and they begin to know each other in deeper than average ways. The whole process feels to me like a breath of fresh air and like we are moving along some invisible highway, being guided to new healing and growth. In my eight years of experience teaching this way, I have watched people open like flowers, revealing layer upon layer of what has been trapped inside them for years. I consider it a great privilege to be able to witness and support such transformations, and I look forward to continuing to do so.

Julie Mariouw has a B.A. in English from the University of Michigan, and studied teaching at Eastern Michigan University. She has taught in the Ann Arbor Public Schools and currently runs a journal workshop in Ann Arbor. She runs Wellspring Writing Workshops, L.L.C, through which she offers creative writing workshops in the Ann Arbor area, including Crazy Wisdom. Visit her website wellspringwritingworkshops.com or contact her at julie@wellspringwritingworkshops.com for more information.

The Crazy Wisdom Calendar

Yoga (cont.)

Slow-Flow Vinyasa Yoga with Ellen Livingston • Starting in March on Wednesdays, 5:30-7 p.m.; Fridays, 9:30-11 a.m. • These classes lead a slow, mindful yoga flow with breath, movement, and sacred music. New students are welcome and everyone is encouraged to find their own pace. Classes are small and take place in a unique round yurt studio heated by a woodstove on five beautiful acres. \$15 drop-in; \$6-12/class with eight-week pass. Call 645-3217; ellen@ellenlivingston.com or ellenlivingston.com.

Free Yoga at the Yoga Space with Sue Salaniuk • Last Fridays, 6-7 p.m. • This class is open to anyone interested in learning how to develop stamina, strength, flexibility, and focus. No experience or preregistration necessary. Free. Call 622-9600; sue@yogaspacennarbor.com or yogaspacennarbor.com.

Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, Pam Lindberg • Daytime,

Evening, and Saturday classes, Jan. 9-Apr. 29 • Iyengar yoga can increase focus, reduce stress, balance strength, flexibility, and stamina. Classes for beginners, intermediate, and more advanced students with individualized instructions in all classes. \$105/seven-week session. Call Sue at 622-9600; sue@yogaspacennarbor.com or yogaspacennarbor.com.

Iyengar Yoga with David Rosenberg • Mondays, 6-7:30 p.m.; Thursdays, 7-8:30 p.m.; Saturdays and Sundays 10-11:30 a.m. • Experience invigorating yoga postures using the methods of B. K. S. Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. \$119/10 classes. Call 646-4195; massage4@aol.com or aareced.com.

Yoga Essentials with Michele Bond • Tuesdays, 6-7:30 p.m. • For those new to yoga or new to this system, this course teaches universal principles of alignment that are an invaluable aid to learning the postures, deepening understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun. \$14 if registered; \$18 drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine at Nine with Michele Bond • Thursdays, 9-10:15 a.m. • Enjoy a mixed level practice to start the day in the most auspicious way. \$14 if registered; \$18 drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga for Athletes with Michele Bond • Wednesdays, 6-7:30 p.m. • This class caters to anyone looking for an energetic practice who enjoys increasing core strength, flexibility, agility, balance, and mental focus. Includes universal alignment principles to open the door for peak performance in sports and other areas of life. \$14 if registered; \$18 drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Open Level Yoga with Michele Bond • Sundays, 7:30-9 p.m.; Thursdays, 6-7:30 p.m.; Saturdays, 10-11:30 a.m. • Each student is encouraged to honor their unique abilities and limitations in this mixed-level class, with variations offered for all levels. This method blends the science of biomechanics with an openhearted, uplifting philosophy. \$14 if registered; \$18 drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Happy Hour: Basics Plus Restorative with Michele Bond • Fridays, 6-7 p.m. • Learn basic alignment, simple postures and breath, along with delicious restoratives. Feel stress melt away during candlelight practice in a peaceful setting surrounded by the inspiration of nature. \$11 if registered; \$13 drop-in with a reservation. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Inward Bound Yoga at Friends Meetinghouse • Ongoing classes; Winter and Late Winter Sessions, Jan. 3-Apr. 29 • Since 1995, Inward Bound has offered a variety of approaches to the ancient discipline of yoga. Class options include several levels of hatha yoga, prenatal and postnatal yoga, ashtanga yoga, and flow classes coordinated with music. The heated floor is wonderful in winter! For class descriptions and fees, see ibyoga.com.

Restorative Yoga with Kashi Walters • Sundays, 4-5:30 p.m.; Thursdays, 6:30-8 p.m. • Yoga to soothe and refresh at Kashi Nivas. See website for more details. \$12. Call 883-6947; kashi@kashinivas.org or kashinivas.org.

Open Level Yoga with Ema Stefanova • Tuesdays, 5:30-6:30 p.m.; Wednesdays, 9:30 a.m., Thursdays, 4:30-5:30 p.m. • These classes include posture sequences for strength and flexibility plus breathing and meditation techniques. New and continuing students are welcome. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Classical Yoga Therapy Group and Private Consultations with Ema Stefanova • Ongoing • Consultations for adults and children are by appointment. Specialties include anxiety, depression, PTSD, stress management and yoga meditation programs for common diseases. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Yoga Nidra Certification Course with Ema Stefanova • Jan. 14-15, Feb. 4-5 • Two hours of yoga nidra equals eight hours of sleep. Students will experience its therapeutic benefits and learn how to teach it effectively. No previous experience necessary. \$1,450 (\$1,250 early bird by 12/21). Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

200-Hour Yoga Teacher Training with Ema Stefanova • Flexible dates from Jan. 7-Apr. 9 • This unique teacher training includes working on oneself, understanding techniques, methodology, philosophy, ethics, and more. \$3,195 (\$2,900 early bird). Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

300-Hour Yoga Teacher Training with Ema Stefanova • Flexible dates from Jan. 7-Apr. 9 • This course is for yoga teachers who have completed a 200-hour training and would like to advance in their yoga and meditation education and experience. Starting at \$3,900. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Yoga with Zen Buddhist Temple • Six Tuesdays, beginning Jan. 10, Mar. 7, or Apr. 18; 6:30-8 p.m. • Beginning and experienced students learn traditional hatha yoga postures with an emphasis on relaxation, concentration, and working with breath. Instructors were trained by the Sivananda yoga organization and combine that experience with meditation training. Early registration recommended. \$60 (\$12 drop-in). Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Yoga with Cats with Humane Society of Huron Valley and Tiny Lions Cat Café • Sundays, 8:30-9:30 a.m.; Mondays, 6-7 p.m. • Practice hatha-style yoga with the furry feline masters at the new cat café. This class is designed to bring peace to the mind and body while filling hearts with joy and supporting animals in the community. Open to ages 16+. \$10. Call 661-3575; humaneed@hshv.org or hshv.org/yogawithcats.

Intensely Gentle Yoga with Patty Hart • Ongoing classes • These classes are for those seeking a slower-paced class, those who are new to yoga, or those needing more adaptation for postures using props. Students are encouraged to develop a deeper sense of self-observation and concentration by focusing on their breathing while moving into, sustaining, and exiting poses. Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Yoga Classes with Christy DeBurton • Ongoing Classes • This is a small, supportive, non-competitive, friendly yoga studio teaching various yoga styles that focuses on individual attention to challenge you in a balanced, rejuvenating way. See website for rates. Call 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Iyengar Yoga with Yoga Focus • Day, Evening, and Weekend classes • All levels of classes are taught including gentle, new beginner, and prenatal. All props are provided. Instruction in Iyengar method is invigorating, safe, and enhances well being. \$18 drop-in; \$15 class for session. Call Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Iyengar Yoga with Laurie Blakeney • Ongoing classes • Iyengar classes are safe, challenging, and transformative. Prices vary. Call 663-7612; info@annarorschoolofyoga.com or annarorschoolofyoga.com.

Weekly Iyengar Yoga with Erica Dutton • Wednesdays, 11 a.m.-12 p.m. • Iyengar Yoga for all levels, no experience necessary. Gentle enough for those with back and other body issues. Please bring a yoga mat and wear loose clothing. Preceded by optional meditation from 10:30-11 a.m. Donations welcome. Call 477-5848 or deepspring.org.

Prenatal and Postnatal Yoga with Marlene McGrath • Ongoing Classes • These classes are designed to support the changes of a pregnant body, instill confidence in the body's abilities, and provide physical, mental, and emotional preparation for birth and mothering. Postnatal yoga is practiced with babies present. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Gentle Yoga with Marlene McGrath • Ongoing Classes • Expanded offerings of gentle yoga classes designed for students who want a more supported and slower-paced class. These classes feature props and modifications to promote elasticity, strength, and stability for those who may have mobility, stamina, or balance issues. Suitable for beginners or experienced students. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Harmony Yoga of Ann Arbor: Iyengar Yoga Classes with Karen Husby-Coupland • Ongoing classes • Small yoga studio on Ann Arbor's west side offers classes for beginners and for more experienced yoga students, as well as gentle yoga for those who prefer a supported, slower-paced approach to the practice of yoga. \$18 class (discounts for multiple classes). Call 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

*Normality is a paved road: It's comfortable to walk,
but no flowers grow.*

— VINCENT VAN GOGH

Teachers, Lecturers, Workshop Leaders, and The Centers



Ann Arbor's first group of locally-trained Ayurveda Lifestyle Counselors is pictured here along with their teacher Arpita Shah, disciple of Dr. Lad from the Ayurvedic Institute of New Mexico. Ayurveda Lifestyle Counselors help to guide the body, mind, and spirit back towards their intended constitution (*prakriti*) using lifestyle recommendations, foods, herbs, breathing and yoga exercises. An Ayurveda Walk-in Community Clinic will be held every Thursday from 11 to 12 p.m. beginning in January. Donation-based. For locations of the walk-in clinics or for more information, visit www.involution.yoga.

Aaron is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime he was a vipassana meditation master, but he has lived in many different bodies and followed many spiritual paths. He is channeled by Barbara Brodsky.

Nia-Avelina Aguirre, ND, is a board-certified Naturopathic Doctor and has been in the natural health, fitness, and wellness profession since 1983. She offers non-toxic, non-drug options along with bodywork and energy therapies for all health concerns. She is a faculty member at NITE.

Andrew Anders is a professional Reiki teacher and liability-insured practitioner. He has trained in a variety of Reiki systems with an ongoing emphasis on traditional Japanese Reiki practices and methods. He advocates for the sincere and credible communication and presentation of Reiki, especially the roots and founding traditions of Usui Reiki Ryoho.

Erik Anderson, LMSW, CAADC, is a Dawn Farm Out-patient Program Therapist.

Ann Arbor Center for Mindfulness has a mission to cultivate and support the understanding of mindfulness to promote health and wellbeing.

Ann Arbor Karma Thegsum Choling was founded in 1978 by Ven. Khenpo Karther Rinpoche, abbot of Karma Triyana Dharmachakra.

Arts in Motion Dance Studio has a mission to promote happy and healthy kids through creative, fun, and challenging dance classes.

Bee Ayer is an organic farmer, floral designer, teacher, and consultant. She has a certificate in Ecological Horticulture from UC Santa Cruz and a BA from the University of Michigan.

Diane Babalas, DC, applies concepts from the chiropractic model Bio-Geometric Integration (BGI). She has been the student of Dr. Sue Brown, BGI's founder, since 1998 and graduated from the BGI Academy of Mastery in 2013.

Bob Bedard, PhD, is the author of five books about happiness. He has 25 years of experience teaching and speaking about the Intrapersonal Happiness Theory to individuals and groups.

Deanne Bednar trained with the Cob Cottage Co. in 1996 and has been doing and teaching natural building since then. She is the illustrator of *The Hand-Sculpted House*, *The Natural Plaster Book*, and *The Cobblers' Companion*. She has a master's degree in social ecology from Goddard College.

Linda Steinborn Bender, ACSW, LMSW, has spent 30 years helping adults manage their day-to-day life by adjusting to health, trauma, abuse, and grief.

Carol Bennington, PhD, BFRP, is a Bach Foundation Registered Practitioner and an instructor for the Bach International Education Program. She has been teaching flower essences for two decades.

Carole Blotter draws her meditation practice from dual roots in Quaker and Buddhist traditions. She has been teaching meditation since 1999, and she is a teacher for The Forest Way, an organization dedicated to providing retreats conducive to balanced and integrated spiritual growth.

Blushing Violet is a philanthropic passion project that emerged from Lush Lapel Millinery. It is based on the impact that a simple hat can have on a person in need of a pick-me-up, and it strives to share that joy with as many women as possible.

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.



Teachers, Lecturers, Workshop Leaders, and The Centers

Michele Bond has over 800 hours of training in yoga, yoga therapeutics, and meditation with internationally-recognized instructors. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Breastfeeding Center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations, weekly MotherBaby support groups, and breastfeeding-related retail.

Patty Brennan, Director of Center for the Childbearing Year, has advocated for childbearing families for over 30 years as a childbirth educator, doula trainer, midwife, and nonprofit executive. She is a DONA International-approved birth and postpartum doula trainer and author of *The Doula Business Guide—Creating a Successful MotherBaby Business*.

Barbara Brodsky is the founder and guiding teacher of Deep Spring Center and an ordained Interfaith Minister. She has been practicing meditation since 1960, teaching since 1989, and she draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Jonathan Buckman is a lifetime student of the martial arts and an instructor with SUN SHEN. He is also a social worker and a chess teacher to over 2,000 children.

Anna Byberg, LMSW, CAADC, is the Program Coordinator of the Dawn Farm Sera Recovery Center and co-presenter of Dawn Farm's Family Program.

Mike Cameron is a jack-of-all-trades. He is a blacksmith, farmer, carpenter, and machinist. He owns a small farm in the Waterloo area with his wife, Mary, who also works at Robin Hills Farm.

Kapila Castoldi has studied meditation under the guidance of spiritual teacher Sri Chinmoy for 30 years. Her interest in Ayurveda as a complement to meditation spans two decades.

Atmaram Chaitanya is the director of the non-profit Kashi Nivas Shiva Meditation Center. He has offered over 40 years of service as a teacher of meditation, self-inquiry, and kirtan chanting in the Ann Arbor area.

Center for the Childbearing Year is Michigan's premier DONA doula training center. It is a childbirth preparation and parenting community offering comprehensive online childbirth preparation, hosted by Patty Brennan, in addition to community-based education.

Carl Christensen, MD, PhD, FCOG, FASAM, ABAM, specializes in the treatment of pain and addiction.

Jules Cobb is the Dawn Farm Youth and Family Services therapist.

Lorri Coburn, MSW, is a psychotherapist and interfaith minister. She is author of *Breaking Free: How Forgiveness and A Course in Miracles Can Set You Free*.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. She is a certified Kripalu yoga teacher and senior teacher of meditation for Deep Spring Center.

Raymond Dalton, MA, CAADC, is the coordinator of Dawn Farm Outpatient Services, Community Corrections, and Youth and Family Services.

Sophia Daly started training in dance at age three and has been part of the Michigan tango community since she first encountered Argentine Tango several years ago.

James Dapogny is a retired Professor of Music from the University of Michigan. He has led his Grammy-nominated Chicago Jazz Band for over 31 years, touring across North America and releasing numerous records and CDs.

Jennifer Darga has 15 years of experience with leadership development along with vision and goal coaching. She is working to create a movement of goal setters loving and living by their purpose.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, education and support services for adolescents experiencing problems with alcohol and other drug use and for their families.

Christy DeBurton, RYT, is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Lama Karma Drodhul is one of the resident lamas at Karma Triyana Dharmachakra in Woodstock, NY. He has trained at the Thrangu Monastery in Tibet and with Khenpo Karther Rinpoche at Karma Ling Retreat Center. Now he travels the world to teach.

*Being deeply loved gives you strength;
loving deeply gives you courage.*

— LAO TZU

Kate Durda, MA, is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, Buryatan, and various Native American traditions.

Amanda Eidemiller, LMSW, is a social worker with the Adult Palliative Care Consult Service at the U-M Hospital.

Connie Lee Eiland has been a shamanic practitioner for 15 years and a physical therapist for 47 years. Since 2000, her shamanic studies have been with Sandra Ingerman, Betsy Bergstrom, Carol Proudfoot-Edgar, Nan Moss, and Larry Kessler.

Mateyo Empie has provided a variety of shamanic and healing services for 40 years.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 30 years.

Beverly Fish is a psychic medium who has been investigating the spirit world since she became aware of the spirit person in her family home at the age of ten. She teaches ghosthunting and psychic development classes at WCC.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Jeremy Fouche, BS, MA, SpA, CADC, is a Dawn Farm Outpatient and Personal Medicine therapist.

Mariko Foulk, LMSW, ACSW, is an experienced clinical social worker with the U-M Geriatric Center. She was trained by the lead author of MBCT and has been offering this therapy since 2010.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

The Friends of the Ann Arbor District Library is a committed non-profit group of volunteers that operates the Friends Book Shop in the downtown library and supports the activities of the Ann Arbor District Library.

Melanie Fuscaldo, MA, LPC, NCC, is a licensed and nationally-certified counselor and life coach specializing in joyful transformations.

Amy Garber, BA, RMT, is a medical intuitive, psychic, and channel who aids people on their path by consulting with their spirit guides, illuminating past lives, encouraging intuitive development, and connecting with departed loved ones.

Jose Luis Fernandez Garcia came to the States from Spain in 1988. He teaches Spanish at U-M and has studied tango for the past ten years.

Charles F. Gehrke, MD, FACP, FASAM, is an addictionologist.

Ann-Margaret Giovino, Jan Katz, and Alexis Neuhaus are SUN SHEN tai-chi instructors and senior students of SUN SHEN Tai-Chi Lineage Holder Master Sang Kim.

Robin Lily Goldberg is a writer, researcher, and holistic healthcare practitioner. She holds certifications in Reiki and Reflexology along with Hatha Yoga, Street Yoga, and Laughter Yoga.

Golden Lotus, Inc. teaches the science of yoga and its practical applications so that all can achieve the highest levels of physical, mental, emotional, and spiritual wellbeing as they progress on their path toward self-realization.

Katie Gordon is a therapist with Dawn Farm Outpatient Services.

Karen Greenberg is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype around the world. She is currently a metaphysical teacher of personal and spiritual growth.

David M. Hall is a bee-keeper, educator, and rescuer, having rescued over 4.5 million honeybees from extermination and founded two apiaries. He also has a Permaculture Design and Permaculture Teacher certification.

Idelle Hammond-Sass is a trained facilitator of the Open Studio Process. She is an artist and educator who works in jewelry and mixed media. She runs OSP groups in the Ann Arbor area.

Nirmala Nancy Hanke, MD, is a long-time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP, is a certified Enneagram teacher in the narrative tradition, psychotherapist, personal and spiritual guide, relationship coach, and workshop leader.

Harmony Bones is a quintet of veteran Ann Arbor folk musicians. It includes Jeanne Mackey, Tom Voiles, Linda Teaman, Laz Slamovits, and Eric Fithian. The name comes from an acupuncture point that harmonizes imbalances.

Kimberly Harrison, MM, is a widely experienced singer, musician, music educator, and sound healer. She has clients from around the world who stay connected through singingforyoursoul.com.





Teachers, Lecturers, Workshop Leaders, and The Centers

Patty Hart, E-RYT, has been teaching yoga classes, private sessions, and workshops since 1998. She specializes in adapting poses for specific student needs while maintaining a safe space for grounding and exploration within yoga practice.

Kathy Hinderer, PhD, MS, MPT, PT, has more than 25 years of experience as a physical therapist, and 10 years of experience with equine assisted therapy. She has considerable clinical experience treating a broad spectrum of disabilities across the lifespan.

Karen Husby-Coupland is a certified Iyengar Yoga teacher who has been practicing yoga since 1993 and teaching since 1999.

Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga since 1995.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

David Jibson is a retired social worker with poems published in literary journals and three poetry collections.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Andrea Kennedy is a Reiki Master Practitioner and Instructor, practicing since 1995. She sees clients at Borer Family Chiropractic in Saline, MI, and brings Reiki into the mainstream through education.

Esther Kennedy, OP, MSW, a Dominican Sister of Adrian, is a spiritual director, retreat leader, and clinical social worker.

Master Sang Kim is an engineer, Christian mystic, and inheritor of Master Gabriel Chin's Yang Style Tai-Chi lineage. Originally from Korea, he has practiced martial arts, cultivation methods, and healing for more than 30 years and has been teaching since 1992.

Carole Kirby, LMSW, has over 40 years of experience as a therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter specializing in couples therapy.

Amanda Klain is always outside or in the kitchen. She is inspired by nature and she brings creativity and inspiration to food preparation, with an emphasis on live, fresh, simple food. Healthy drinks are her passion.

Whitney Kolongowski is a childbirth educator, birth doula, and Dancing for Birth certified instructor. She teaches at the Center for the Childbearing Year.

Mike Kost undertook a year-long spiritual sabbatical that allowed him to learn and practice vipassana meditation during several long, silent retreats. He recently completed a yearlong meditation teacher training program at Deep Spring.

Karen Krauss has been a teacher on the Sweet Medicine Sundace Path for 30 years and has traveled worldwide teaching and facilitating Quodoushka and other ceremonial experiences.

Dave Krajovic and Pat Krajovic founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

DeLynn Lake, ND, RN, uses a wide variety of tools to educate the next generation on the marvels of their creation and relationship with nature, encouraging balanced wellness one person and family at a time.

Amber Lee, LMT, has a long history of arts and crafts. She is highly skilled and trusted to the tasks of beautifying sacred touch.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.

Mary Light, ND, MH, LMT, is a traditional naturopath and consultant herbalist with a private practice and state licensed school of natural medicine in Ann Arbor.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, non-violence toward all beings.

Pam Lindberg is a certified Iyengar Yoga teacher.

Ellen Livingston has been a student of yoga for 30 years and a certified instructor for a decade. She is also a coach, mentor, public speaker, author, and retreat leader living an authentic, heart-centered, healthy lifestyle.

Raisha Love has been teaching since 2007. She is a Purna Yoga Certified Teacher at the 500-hour level. She is currently enrolled in the 2,000-hour program.

Jeanne Mackey, MSW, explores emotional, creative, and relational skills through workshops, rituals, writing, and music. She is a member of the musical group Harmony Bones and an instructional designer at the University of Michigan.

Elisabeth Maddix is a graduate of the University of Michigan living in the Ann Arbor area.

Nina Magshoodi came to Deep Spring Center in 2012 to clarify and deepen her meditation practice. She recently completed a one-year meditation instructor training through Deep Spring Center.

Holly Makimaa is a transformational life coach, spiritual counselor, holistic writing teacher, and sacred activist.

Julie Mariouw is a former English teacher and published author who has completed an intensive Amherst Writers & Artists training program in leading writing workshops. She is an AWA affiliate.

Kevin T. McCauley, MD, is the co-founder of the Institute on Addiction Study, and writer of the award-winning DVD *Pleasure Unwoven* and the new DVD *Memo to Self*.

Barb McConnell, LPN, CHTPI, is a nurse, Certified Healing Touch Practitioner, and instructor for Levels 1-4 with 30 years of experience in hospital, clinical, industrial nursing/industrial management. She has a private practice in Grass Lake, Michigan.

Michigan Collaborative for Mindfulness in Education uses evidence from scientific research, personal experience, and training to inform the understanding and teaching of mindfulness in educational settings.

Michigan Friends Center, built in 1994, is a not-for-profit organization located on the wooded 90-acre land of Friends Lake Cooperative Community. As a spiritually grounded community, they enjoy discussions that explore their shared experience of renewal through nature.

Ed Morin is a poet and former English teacher at area universities and colleges.

Dan Muir found his spiritual home at Deep Spring center in 1999 and has been teaching since 2006. He tries to convey the peace, joy, and deep wisdom he has found through honest intention, an effort at clean living, and daily meditation.

Aubrey Musolf, LMT, is a graduate of Ann Arbor Institute of Massage Therapy with certifications in Neuromuscular Therapy and Myofascial Release. She has been a licensed massage therapist since November 2014.

Joanna Myers is a SUN SHEN healer, disciple, and senior student of the SUN SHEN founder, Master Sang Kim. Her passion is listening deeply and tapping into a person's ability to change quickly, effortlessly, and permanently.

Vikki Narayan, RN, is a Certified Holistic Health Coach who works with women who want to eliminate fatigue, balance hormones, and lose weight naturally to create a body and life they love.

Diarmuid O'Murchu, MSC, is a priest of the Sacred Heart Missionary Congregation and a social psychologist. He has authored numerous books and leads workshops around the world.

Vicki Paglione, RYT, has certifications in Yin Yoga and Yoga for the Special Child.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and a gatekeeper of the Wu style.

Mridu Pasrija is an energy coach and meditation teacher of Live Life Radiantly. She offers healing and transformative sessions to help individuals realize and connect with their own power, wisdom, and joy.

PenPen is an accomplished Ann Arbor-based dance, Zumba, and yoga instructor.

Jane Pierce has been active as a teacher, healer, and organizer in the Pagan community of Detroit and Ann Arbor for over 25 years. She is a professional tarot and astrology reader who has studied and taught ceremonial magick, Wicca, Shamanism, and energy work.

Kathleen Prasad is the founder of Animal Reiki Source and president of the Shelter Animal Reiki Association (SARA). She has been published in magazines such as *The Journal of the American Holistic Veterinary Medical Association*, *The Whole Dog Journal*, *Dog Fancy*, and *Dogs Naturally Magazine*.

Judy Ramsey has offered animal communication and interspecies counseling for over ten years. She applies her social work and linguistic skills to animals. She has mentored with Penelope Smith and teaches three levels of animal communication.

Deepti Reddy, MD, MPH, is an integrative physician practicing in affiliation for Dr. Malcolm Sickels in Ann Arbor. Her practice modalities include functional medicine and relationship-based healing.

Jason Riggs can consciously channel many different levels and types of beings from crystals and nature spirits to spirit guides and Archangels.

Gelek Rimpoche is the founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Rimpoche's command of western culture enables him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Barbara Robertson is the Director/Owner of the Breastfeeding Center of Ann Arbor. She is a board-certified Lactation Consultant and breastfeeding educator who loves working with moms and babies.

Elizabeth (Libby) Robinson, MPH, MSW, PhD, has been practicing mindfulness meditation since 1979, was trained by Jon Kabat-Zinn and colleagues at the UMass, has attended 23 silent retreats, and has been teaching MBSR since 2003.

ShuNahSii Rose began her practice as a teacher, healer, and community organizer in 1990. She has roots in nature-based feminist practice and her passion involves balancing a spiritual/political worldview that honors all, including earth.



A Grandmother's Letter to Her Grandson About Meditation and Awareness

By Dorothyann Coyne

Dearest Alex — Thank you so very much for the lovely brunch we shared the other morning. I so enjoy spending time with you. Love anticipating it, love being with you, love remembering it. Crazy, eh? Guess I simply love you.

You asked me about meditation, and you hit me right where I truly live. So, I'm going to write a few general instructions that you can look over, and maybe they will serve you as you de-stress.

First of all, know that you can quiet the mind, spirit, and inner agitation whether "sitting, standing, walking, or lying down," to quote the ancient masters. And there is no special place you have to be. The old instructions mention leaving town and going to sit under a tree. There is no doubt that nature gives us the most supportive place, but, not to worry, you can find the inner peace on a train, in a bus, at your desk, walking from here to there, standing at a window, stopping anywhere and just being there.

Sometimes I teach a curious acronym — BRFWA. Doesn't spell anything, but sums up the qualities of this practice. I learned it in my yoga training at Kripalu. It stands for breathe, relax, feel, watch, and allow.

BREATHE — This is so basic it would seem unnecessary to mention. But the breath is truly the link in the body/mind loop. We change our whole autonomic nervous system when we observe and take control of our breath. We literally move from "fight or flight" to "easy does it." At any moment, we can stop and take three conscious breaths. At any time when we have stopped and are trying to unwind, it will be the breath and the clear awareness of the breath, in some detail, that will settle us down. So, "know if you are taking in a long breath, know if you are taking in a short breath, know if you are letting out a long/short breath," to quote the Buddha directly. Find the apertures in the breath. Rest there. Just let nothing be happening. Return to this breath awareness at any moment in life that gets tough. This can be done at a party with a drink in your hand.

RELAX — As the central experience of meditating mindfully is to simply be able to let the stuff of the mind come and go without attachment, I am convinced that relaxation is what makes this all happen. A great time to practice is after a workout. I use my yoga for this, but I could see stopping after a good run or time in the gym. At those moments, the body is a bit used up and so it is willing to be still. A still body encourages a still mind. At the very least some stretches, loosening of the shoulders, releasing the jaw, getting comfortable are all strategies that bring us to the optimum place to "sit," which may or may not be in a chair.

FEEL — The body is always in the present moment, and returning to a clear knowing of how the body is will pay dividends. Some masters advocate a scanning of the body — mentally sweeping one's awareness from head to feet and back again. We can let this careful experience of the body help relieve any mental stress that is bugging us. Along with physical awareness is checking in with what's going on with our emotions. Just noticing any anxiety, fear, wanting of things to be different somehow — here is the heart of the practice.

In just observing things as they are, we let go of controlling the situation. In classic instruction, this is often called "choiceless awareness." We really have no idea what the mind is going to cook up next or what itch or body sensation will surface.

WATCH — Okay, so we're just noticing, just watching. No judgement, comment, no decision making. Just a strong feeling experience. I also think that huge doses of kindness to oneself can come into play here. This is especially true if pain, mental or physical, is present. And even more especially true if the pain or distress is self-inflicted. In just observing things as they are, we let go of controlling the situation.

In classic instruction, this is often called "choiceless awareness." We really have no idea what the mind is going to cook up next or what itch or body sensation will surface. But here, we have taken a time-out, however brief or long, to simply be with ourselves. And we're paying attention. This whole business is not asking of us something we do not know how to do. We can notice. We can pay attention. Simple. Easy even. But practicing it regularly is rather unusual you could say.

ALLOW — One teacher I've learned from says that this whole practice is like being a child again in the back seat of the car. You are not controlling this experience and really have no say in where it's going. I remember times in my parents' car very vividly, even to this day. Often I would be pressing my nose against a window in the back seat and just seeing what was going by with no particular energy. As I have practiced again and again watching my mind bring up thoughts and stories and observed sounds, smells, or body sensations around me, I have become stronger and stronger in the ability to allow the world, my life, to unfold as it does — to allow the meditation experience to unfold as it does. This does not mean that I have become a passive ninny but knowing what's happening and allowing it without resistance gives me the ability to then work with the moment from a place of peace. I no longer have to "try" or force events in my life. And when a truly big moment

There is no doubt that nature gives us the most supportive place, but, not to worry, you can find the inner peace on a train, in a bus, at your desk, walking from here to there, standing at a window, stopping anywhere and just being there.



comes (Grandpa's death) I am right there, not running from it, not wishing it away, but simply present. From that stance, I can operate with some clarity and effectiveness.

Well, my dearest one, I can only hope that these words are helpful to you. Your grandfather and I began to learn such things in our early thirties. So you are ahead of us, already asking to know this stuff in your late twenties. I can only say that this practice so very much contributed to real happiness in both our lives. And I know you recognized the inner strength and fortitude that he had as he faced the end of his days. Deep happiness, less struggle and suffering, clear strength — a pretty wonderful payoff for taking a few minutes a day to stop, relax, and breathe.

I wish you well with all this and am right here any time to talk about it again.

**Love you so dearly,
Grandma**

Dorothyann Coyne has been practicing yoga and meditation for over 40 years and is currently teaching beginning meditators Vipassana meditation, also known as insight meditation or mindfulness. She is a senior faculty member of Deep Spring Center. The Center's classes are offered at the Interfaith Center for Spiritual Growth in Ann Arbor. For more information, visit deepspringcenter.org. Dorothyann can be contacted at mickeyda@icloud.com.



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David Rosenberg has been teaching Iyengar Yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Jonathan Rudinger, RN, LMT, is the founder of PetMassage™. He has worked in the canine massage field since the mid-1990s.

Merilynne Rush, RN, and **Diana Cramer, MA**, are natural death educators, home funeral guides, green burial advocates, and advanced care planning consultants. They have been co-facilitating the Ann Arbor Death Café since 2012.

Holly Rutt is the founder and lead designer of two businesses, The Little Flower Soap Co. and Sweet Pea Floral Design. She lives and works at her home studio in Chelsea with her husband, a doctor, who often helps her develop her healing and nurturing all-natural recipes.

Sally Rutzky is a certified Iyengar Yoga teacher with 32 years of experience.

Sue Salaniuk holds a Senior Intermediate 1 Iyengar Certificate. She has studied with the Iyengars in India 12 times and continues to advance her studies regularly with teachers in the U.S.

Sandya-Sandra Shears is a Spiritual Channel, Healer, and Counselor since 1990 as guided by the Higher Communities of Light. As a Light Worker and Vibrational Practitioner, she specializes in activating other Practitioners, Light Workers, and World Servers.

Tatiana Scavnicky is a psychic intuitive, teacher, songwriter, and Angel Therapy Practitioner with Angel Therapy Advanced Training.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Sharon Sedgwick is an Accredited Journey Practitioner and seminar presenter.

Laura Seligman, MS, is a SoulCollage® facilitator, artist, and docent. She also volunteers at the U-M Museum of Art.

Elizabeth Shadigian, MD, is an obstetrician-gynecologist, consultant, educator, and researcher specializing in the health, safety, and wellbeing of women.

Antonio Sieira, PhD, is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner, and is the creator of the Mindfulness Meditation System.

Anneliese Sinnott, OP, is a Dominican Sister of Adrian, MI. She recently retired from the profession of professor of systematic theology at Ecumenical Theological Seminary of Detroit.

Lynn Sipher, LMSW, has provided psychotherapy since 1985 and mindfulness-based classes and workshops since 2006. She is a founding member of Ann Arbor Center for Mindfulness.

Barb Smith is the author of *Brent's World*.

Richard and Victoria Smoot have been astrologers for over four decades.

Julie Sottek is a Reiki Master.

Southeast Michigan Astrologers' Round Table (SMART) is a local chapter of the National Council for Geocosmic Research (NCGR).

Ena Stefanova, MA, E-RYT500, YACEP, Member IAYT, is a yoga and meditation master as well as an experienced teacher trainer, healer, author, and therapist. She belongs to the Satyananda yoga lineage and has taught worldwide for over 30 years.

Rori Stienstra has extensive experience with self-exploration through various insight meditation techniques.

Lauren Tatarchuk, CNHP, has a BBA plus certifications as a Natural Health Professional, Loomis Digestive Health Specialist, and Biofeedback and Bioresonance Specialist.

Lauren Tatarsky, MA, RYT, is a trained spiritual counselor who is passionate about nurturing sacred space for individuals and groups. She has experience with leading and participating in women's groups, dream groups, and groups promoting spiritual growth and development.

Stephanie Tighe, MSW, is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years of experience healing and leading workshops nationally and internationally.

Mary Tillinghast has managed Castle Remedies for 33 years and received hands-on training with Dr. Lev Linkner, having worked with him in his medical practice.

Judy Lee Trautman is a certified leader of the dances, an initiated Sufi, and an ordained Sufi Cherag.

Jennifer Vanderwal is a Healing Facilitator, Reiki Master, Intuitive Spiritual Counselor, and Melody Crystal Healer Instructor. She has taught classes for over ten years.

Bart Vermilya, L.Ac., has a master's degree in Oriental Medicine and training in Tui Na (Chinese style massage) and Seifukujitsu, a Japanese style of restorative body work used by martial artists. He also specializes in Chinese herbs, cupping, and Gua Sha.

Cam Vozar, LMSW, LMFT, a psychotherapist in private practice for over 25 years, has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Patricia Walter, OP, is an educator, author, and preacher. She has given retreats, lectures, and conferences around the world. She has also served as Prioress of the Dominican Sisters of Adrian, MI.

Joe Walters has over 20 years of experience practicing Chen style Tai Chi with Richard Miller.

Kashi Walters is the Co-Director at the non-profit Kashi Nivas Shiva Meditation Center in Ann Arbor. She is an experienced hatha yoga, meditation, and self-inquiry instructor.

Sifu Joseph Wang is the Head SUN SHEN Tai-Chi Instructor and Senior Tai-Chi Students of Master Sang Kim. He has been teaching since 2005.

Mark A. Weiner, MD, specializes in the treatment of pain and addiction.

Lou Weir is a long-time student of the Diamond Approach and a teacher-in-training. He is also a founding teacher of Insight Meditation Ann Arbor.

Billie Whalen has been practicing and teaching Kundalini yoga and meditation for 14 years in Ann Arbor. His experience and radiance can hold the space for one's transformation.

Ben Wielechowski is the Education Director at Robin Hills Farm. For over seven years he has been a teacher specializing in college-level composition. He is a new father, writer, and adventure enthusiast.

Suzy Wienckowski is a Reiki Master and Massage Therapist with over 35 years of experience in healing arts. She teaches the traditional Usui System of Reiki Healing and is a member of the Reiki Alliance.

Eve Wilson is the creator and Director of the Healer Development Program and a full-time Healer Practitioner since 1986. She is a groundbreaking leader in healing and ascension who helps others access their gifts and realize their potential as healers.

Women's Divorce Resource Center (WDRC) is an all-volunteer, non-profit, educational organization. It offers workshops by experienced divorce professionals including Licensed Marriage and Family Therapists, Certified Divorce Financial planners, and Attorneys.

Yoga Focus, an Iyengar Yoga studio, is celebrating 25 years as a yoga center. Teachers value their practice of yoga and the respect for their students.

Yoga Space consists of teachers certified in the Iyengar method with decades of experience. They excel at making yoga fun and accessible for everyone.

Master Wasantha Young is a Master of T'ai Chi and Qigong with over 48 years of experience. She has received formal instruction in different styles of meditation and massage therapy and has a master's degree in Transpersonal Studies.

Karlita Zarley, RN, CHTP, has 36 years of experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 19 years as a professional healer and educator. She leads classes and retreats, and also provides energy work, spiritual direction, and consultations on essential oils and flower essences.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.



The Crazy Wisdom Community Journal

www.crazywisdomjournal.com on the web

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Flip through the pages of *The CW Community Journal* — virtually! Our entire issue is made available online via Issuu Technology, a leading digital publishing platform, so it's easy to read *CW Community Journal* while traveling, or to share it with out-of-town friends and family.

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▶ Find events, classes, workshops, & more

Our **local events calendar** (found at the back of each print issue) is also available online, making it easy to search for events, classes, workshops, and also read about the teachers, lecturers, and workshop leaders around the community.

... and read *The CW Community Journal* **blog**

A unique mix of content, from local voices — writers, holistic practitioners, workshop leaders, artists and others — **and a variety of topics to explore**: spirituality, health and nutrition, astrology, meditation, tarot, psychology, art therapy, and more.



New posts starting January 15
related to stories in this issue.

Guest bloggers include:

- Tarik Bel-Bahar
- Julie Mariouw
 - Rita Benn
- Tatiana Scavnicky
 - and more!

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A2IBA – Ann Arbor Independent Booksellers Association.....	53	Inn at the Rustic Gate.....	85
A2Yoga.....	19	Intentional Living Collective/Callan Loo.....	39
AcuThrive Acupuncture/Ellen Porter.....	24	Interfaith Center for Spiritual Growth.....	57
Alice Mixer.....	25	Intuitives Interactive, Holistic Psychic Fair.....	23
Amy Garber.....	26	Irene’s Myomassology Institute, Inc.....	6
Andrea Kennedy.....	27	Jewel Heart.....	IFC
Ann Arbor State Bank.....	7	Jon Ellis/Spiritual Director Training.....	85
Ann Arbor Thermography.....	19	Joni Strickfaden Photography.....	33
Anna Oginsky/Book Release.....	15	Judy Ramsey/Heart to Heart Animal Communication.....	24
Barbara Salem.....	24	Jump-in Products.....	26
Beverly Fish.....	25	Karen Lang/Healthy Balance Nutrition.....	29
Bgreen, Inc.....	25	Karla Zarley/Healing Touch.....	35
Bio Energy Medical Center.....	6	Kokopelli’s Korner.....	31
Bloom Gardens.....	59	Kyle Morgan.....	37
Brady Mikusko/Life Coaching.....	37	Laura Seligman.....	25
Cam Vozar.....	27	Lauren Devany/Free Soul Reiki.....	27
Carole Caplan/Yoga.....	9	Laurie Bueche.....	27
Caroline Charlesworth.....	24	Leslie Science & Nature Center.....	75
Castle Remedies.....	59	Leslie Pertz.....	26
Cherie Ann McMullen.....	25	Linda Steinborn Bender.....	27
Crazy Wisdom – AnnArborHolistic.com.....	65	Lori Irvin/Z Source Connection.....	85
Crazy Wisdom Blog.....	40	Lou Weir/The Diamond Path.....	27
Crazy Wisdom Bookstore ad.....	22	Melisa Schuster.....	24
Crazy Wisdom Fairy Tea.....	73	Michigan Yoga/Sahaja Yoga Community.....	1
Crazy Wisdom Journal Website.....	111	MIX.....	11
Crazy Wisdom Poetry Series.....	77	Monica Turenne/Four Paws Veterinary.....	47
Crazy Wisdom Store Manager Wanted.....	16	Mystery School of the Healing Arts/Leslie Blackburn.....	27
Crazy Wisdom Tarot.....	103	Nanci Rose Gerler.....	26
Crazy Wisdom Tea Room Music.....	2	Naturopathic Institute (NITE).....	113
Crazy Wisdom Tea Room Readers.....	89	Naturopathic School of the Healing Arts.....	19
Cynthia Conklin/Eastern Sun Shiatsu.....	27	Pat Krajovic/Inspired Life Mastery.....	67
Dancer’s Edge.....	75	Peachy Fitness.....	79
Dave’s Honey.....	25	People’s Food Co-op.....	BC
Deep Spring Center.....	69	Princess Designs.....	101
Deidre Conroy/Happy Healthy Rested.....	13	Rebekah Hansen/Treetown Therapy.....	27
Denise Held/A2 Reflexology.....	24	Reinaldo Couto/Alexander Technique.....	57
Diana Burney/Spiritual Balancing Book.....	15	Ringstar Studios.....	37
Diane Babalas/Gateway Chiropractic.....	37	Roos Roast.....	55
Diane Evans/Intuition Consulting.....	96	Roseanne Emanuele/Acupuncture.....	24
Douglas Gross/Raymond James Financial.....	7	Rudolf Steiner School.....	3
Dr. Kong/Acupuncture.....	24	Sage Nutritional Therapy.....	51
Elizabeth Robinson/Mindfulness Meditation.....	39	Seva.....	44
Elizabeth Robinson/Mindfulness-Based Stress Reduction.....	63	Sri Chinmoy Meditation Center.....	26
Eve Avrin.....	26, 110	Stephen Rassi/Chrysalis Facilitation and Counseling.....	26
Eve Wilson/Healing & Ascension.....	39	Susan Rose/Osteopathy.....	21
Fairytale Scones.....	75	Suzy Wienckowski.....	27
Frederick Glaysher/The Parliament of Poets Book.....	15	The Yoga Space.....	37
Gail Embery.....	26	Thrive Wellness Center/Shannon Roznay.....	25
Harmony Yoga.....	97	Todd Stockwell.....	57
Henry Buchtel.....	24	Unity Vibration Kombucha.....	41
Humane Society of Huron Valley/Tiny Lions Cat Cafe.....	37	Vijayalaxmi.....	25
Idelle Hammond-Sass.....	25	Wellspring Writing Workshops/Julie Mariouw.....	27
Iglesia Martell Law Firm.....	21		

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