

The
CRAZY WISDOM

#133

Monthly



Folk Song Jam Along with
Lori Fithian & Jean Chorazyczewski

Shining a light in the dark.



Now Hiring: Ad Sales Associate

Crazy Wisdom Community Journal is looking for an Ad Sales Associate, to start in the spring of 2024. This is a great job for someone who is looking for very part-time work from home (and around town), loves Crazy Wisdom and the Crazy Wisdom Journal, and is happily interwoven into the Ann Arbor area. This could be perfect for someone who naturally makes friends and has relationships and connections from daily living here: shopping, playdates with kids or pets, taking dance or yoga classes, attending events, going out to eat, belonging to various singing, religious, reading, or athletic groups in the area--just being an active part of the community!

The job averages 6 hours per week (with an ebb and flow during our 4-month publishing cycle). Help to maintain our print/digital advertising base and build it up. Experience in sales, especially Ad Sales, would be a great plus, though the right attitude is even more important.

\$25 per hour base pay, plus solid commission fees above a certain level of ad revenue. Room to grow the base pay (and the commissions).

This job will start in March and will include being oriented and trained by our Ad Sales Manager, Tana Dean, and by our publisher, Bill Zirinsky. This would be a fun and satisfying job for someone who believes in what we do and would like to join our team.

Please send cover note, and resume to:
billz@crazywisdom.net





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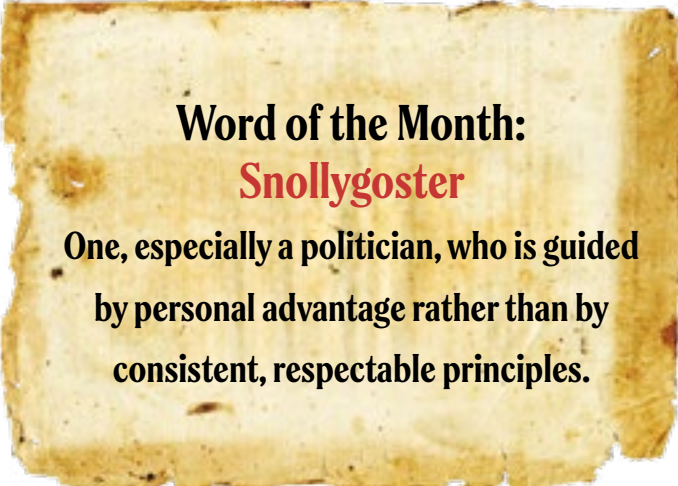
Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Tana Dean
Carol Karr

Bill Zirinsky



Word of the Month:
Snollygoster
One, especially a politician, who is guided by personal advantage rather than by consistent, respectable principles.

Born during the pandemic, *The Crazy Wisdom Weekly* (now *The Crazy Wisdom Monthly*) seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

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Lori Fithian and
Jean Chorazyczewsk
lead the Folk Song Jam Along
at the Ann Arbor Public
Library.

Photo taken by Hilary Nichols.



Dive
into
our
newest
issue!



The Crazy Wisdom Community Journal

issue 85

Features

- Jasmine Hampton, Olympic Hopeful and Local Boxing Champion
- An Interview with Anne Biris
- Prophecy, Legacy, Trees
- Hand Gestures in Spiritual Art
- Ashes in Art Glass ...and more!

Look for it around town this weekend or
have it mailed directly to you.

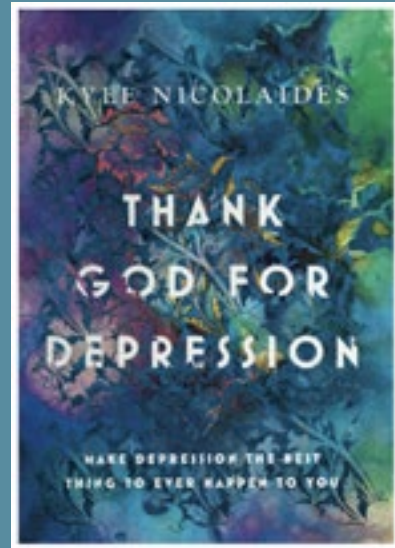
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Book Excerpt

THANK GOD FOR DEPRESSION

by Kyle Nicolaides

Excerpt from Chapter 1



A New Worldview

It's helpful to be offered a new perspective because I know how hopeless and limiting depression and anxiety can be. Some of these parts I've echoed earlier, but I want to present them in their entirety as a mantra, so you can come back to it when you're feeling lost.

Remember that this is a worldview from me, someone who never thought he would overcome depression or, quite frankly, live past thirty. I struggled, suffered, and fell headfirst into every pitfall and mistake a person can make. I felt alone and meaningless for over ten years.

If I can come out of depression better, stronger, and wiser, anyone can. Healing is possible and everyone's right. I made that long journey home, and you can too.

I'm not claiming to be a spiritual teacher, but I think we sometimes get lulled into the illusion that people who write self-help books came out of the womb perfect, Instagramable, enlightened beings who open their mouths and vomit out wisdom. It's hard to relate to that. We also forget that they too poop, occasionally yell at their printers, eat too many doughnuts, and might have weird porn caches—all to say they are ordinary people too, in no way different than you.

We create our own worlds. Whatever lens we choose to see the world through is going to affect what we see. Depression has a certain lens, and it's different from a lens of faith and divinity. What Ayahuasca gave me was a new lens through which to see the world, and I am here to share that with you.

My Mantra

I believe in a perfect, all-loving, infinite, and eternal divine intelligence in the universe that created us. This spiritual and energetic force (call it whatever you want, Divinity, God, Source, Unity, the Guru, Divine Mother) is guiding us every breath and step of our lives. Into the seemingly mundane and

mystical. Whether our search is for parking spots or overall life purpose, this force is always walking with us. This Divinity, this Source, is composed of everything. You are composed of the same matter that built the stars, the universe, plants, chia pets, you name it. You are a part of everything, connected to everything. Life is in you and could not exist without you.

There is a sense of oneness to this. We all come from this Source, this Unity, this pure consciousness whose intrinsic nature is love, joy, and bliss. This Source is infinite, boundless, limitless, and powerful. It's a place of being, beyond the mind. We come from boundless joy, and our true nature is eternal bliss. And you, personally, emanate from that. You are created from that. Your true nature is love, joy, and bliss.

In this sense, I believe your truest identity is spirit; you are an infinite and eternal soul. You are divinity incarnate, an eternal spirit having a human experience. Your identity is both Beth, who works in shoe sales, and Spirit, an incarnate piece of God.

I believe the alignment of the universe is perfect. I believe there are no mistakes, no accidents, and that every thing is for a reason. I believe at every step, every breath along the way, we are always guided by Divinity. Even in our darkest moments, Divinity is here with us, always accessible.

I believe with all my heart that there is a purpose for why you are here. There is a reason you were born into this incarnation, this physical body, the family you were born into, those problems you have. Your soul, your spirit, chose this exact time and place to be alive on planet Earth, the school of Earth, for the lessons you needed to learn.

Depression is both a lesson and a teacher. You were meant to be here. It's no accident. Maybe you don't know what the reason is yet. But I know there is a reason for it, and one day, you will see it with love and compassion.

I believe there is a plan for your life, so perfect and guided that when healing does come, you'll know it was at the exact time and place you needed and that you were ready. You'll

look at all the past moments of darkness and realize they were necessary steps for this blissful moment of healing to come. You'll realize that everything you did and didn't do led you up to that moment, and you will be overwhelmingly thankful for all of it.

I write this not from intellect or rationality but with knowing certainty, from all of my cells, from my being. There is too much light inside of you not to make its way to the surface. Your true nature is love, light, and boundless and limitless bliss and joy.

Consider that a perfect and loving divine force is writing your story and has a path and purpose for your life so beautiful and big that you could never have foreseen it or planned it alone. This plan is in motion now.

There is an end date to the pain. It's temporary. Depression is only a chapter in your life, not the entire novel. More importantly, it's not who you are, not who you ever were, and won't be who you will be.

There is a reason and purpose for your suffering. You will not only overcome this depression, but one day you will wake up and be overwhelmingly thankful for all of it because of who it has made you. In this moment, no matter what it entails, you are right where you're supposed to be.

One day I know you'll wake up and love your life so much that you wouldn't take back anything that led you here, and you'll say, "Thank God for depression."

Now let's roll up our sleeves and punch depression in the face.



Learn more about Nicolaides' journey out of depression in the spring issue of *The Crazy Wisdom Community Journal*.



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Social Work Ethics Consultant, Grief Expert, and Trainer

#1 International Best Selling Author
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Visit our website often to learn about all of our upcoming events, yoga and meditation classes, programs, retreats, and MORE! TripleCraneRetreat.org

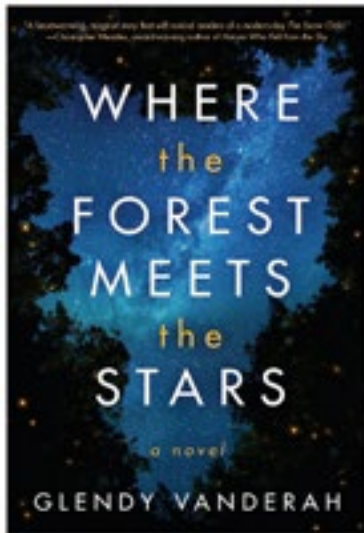
Triple Crane Retreat Center is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well as a residential and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

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

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 Office@TripleCraneRetreat.org | 248.931.5914

CW Book Picks

of the month



In this gorgeously stunning debut, a mysterious child teaches two strangers how to love and trust again.

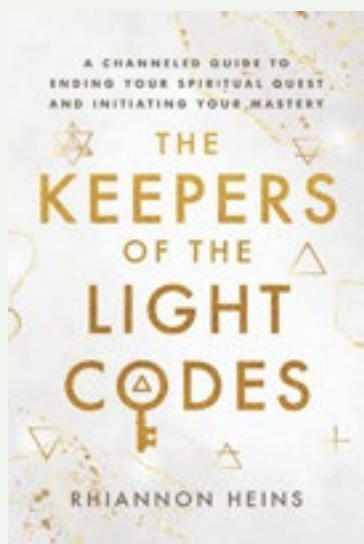
After the loss of her mother and her own battle with breast cancer, Joanna Teale returns to her graduate research on nesting birds in rural Illinois, determined to prove that her recent hardships have not broken her. She throws herself into her work from dusk to dawn, until her solitary routine is disrupted by the appearance of a mysterious child who shows up at her cabin barefoot and covered in bruises.

The girl calls herself Ursa, and she claims to have been sent from the stars to witness five miracles. With concerns about the child's home situation, Jo reluctantly agrees to let her stay—just until she learns more about Ursa's past.

Jo enlists the help of her reclusive neighbor, Gabriel Nash, to solve the mystery of the charming child. But the more time they spend together, the more questions they have. How does a young girl not only read but understand Shakespeare? Why do good things keep happening in her presence? And why aren't Jo and Gabe checking the missing children's website anymore?

Though the three have formed an incredible bond, they know difficult choices must be made. As the summer nears an end and Ursa gets closer to her fifth miracle, her dangerous past closes in. When it finally catches up to them, all of their painful secrets will be forced into the open, and their fates will be left to the stars.

[Purchase your copy of *Where the Forest Meets the Stars* at shopcrazywisdom.com](https://shopcrazywisdom.com)



Rhiannon Heins is emerging as one of Australia's most sought-after channels and energy healers. With a strong and grounded connection to the galactic realms, Rhiannon has channeled *The Keepers of the Light Codes*, a powerful text to assist humanity during these times of great change. This book shows its awakened readers how to finally put an end to the seemingly never-ending journey of spiritual growth and personal development, and how to live a divinely supported and inspired life. The channeled lessons and techniques within *The Keepers of the Light Codes* alchemise the reader into a higher state of consciousness wherein self-mastery can be realised. If you are reading and resonate with the words of this text and the channeling states, then you must trust that you are more ready than you know to rise up, beyond all doubt and veils of illusion, beyond all limitations of the mind and the emotional body, to claim your spiritual mastery and take your place as a keeper of the light codes.

[Purchase your copy of *The Keepers of the Light Codes* at shopcrazywisdom.com](https://shopcrazywisdom.com)

From Our Cover



Folk Song Jam Along— Singing and Playing Just for Joy

By Sandor Slomovits

A half hour before the six o'clock start time of the monthly Folk Song Jam Along, there were already about a half dozen people in the program room at the Westgate Branch of the Ann Arbor District Library. Song leaders Lori Fithian and Jean Chorazyczewski greeted early arrivals at the door and chatted with familiar regulars. There were about fifty chairs facing the large pull-down screen at the front of the long rectangular room. Fithian had set her Mac laptop, complete with purple case, on the lectern on one side of the screen, and Chorazyczewski's Yamaha electric keyboard rested on its stand near the other side. Fithian's brother, Eric Fithian, an excellent guitarist and bass player who has performed in a variety of bands around town for years, had plugged in his amplifier near Chorazyczewski's keyboard and sat in the front row, noodling on his vintage Gibson electric guitar.

By six 'o clock there were about twenty people seated throughout the room, some holding instruments—several guitars, a banjo, a baritone ukulele—while others were perusing the two-page song list that Fithian and Chorazyczewski had placed on every chair. There were 236 songs on the list, titled in alphabetical order, from the "Addams Family theme song" to "Zip a Dee Doo Dah," with a number next to each.

Fithian projected the lyrics of "Come and Go with Me to That Land" on the screen, with the chords above the words, and set the rhythm and tempo on her guitar. Everyone joined in, plucking, strumming, and singing. Chorazyczewski played chords with her right hand and bass lines with her left. Eric Fithian added tasteful guitar fills, and Fithian called out each new word to "zip" into the successive verses of this traditional gospel blues "zipper song." *There'll be" justice... freedom... singing... dancing... in that land where I'm bound.*

Partway through the song, someone near the back of the room joined in with a tambourine. When the song was done,

Fithian asked, "You guys know the drill, right? Call out a number, whatever song you want to do next."

Chorazyczewski added, "We're still just warming up, then we'll introduce ourselves."

Someone called out, "How about 119?"

Fithian tapped on her laptop, projected "Clementine" on the screen, and Chorazyczewski started the song's waltz rhythm.

"*In a cavern, in a canyon...*" Everyone sang along, some on the melody, some adding harmonies, some giggling at the silly lyrics. When the song was done, a man in the front row said, "You missed a verse."

"Is there another one?" Fithian asked.

"Yes," the man replied.

"How does it go?" Fithian asked.

The man sang, *How I missed her/ How I missed her/ How I missed my Clementine/Til I kissed her little sister/Dreadful sorry Clementine.*

After the laughter died down, Fithian asked, "What's next?"

Jean Chorazyczewski and Lori Fithian have been leading interactive community music-making events for decades. They met in 2003 when Fithian was holding regular drumming sessions on the second floor of the Crazy Wisdom Bookstore. For years they've also hosted annual winter solstice holiday sing-alongs every December at the Unitarian Church. They were inspired to start the Folk Song Jam Alongs in 2012, after participating in a world-wide community sing called One Earth One Voice—Global Sing for Peace...

[Read the rest of the story online.](#)

The Crazy Wisdom Calendar

March & April 2024



Art and Craft

Artworks by Carlos Tobar • Daily through April 21 • 9:00 a.m. to 5:00 p.m. • Carlos Tobar has explored and experimented with a variety of painting styles and media including stone, mosaic using recycled porcelain, and most recently pen and ink. Using exaggeration, color, and emotion, the inspiration behind his work often comes from observation of daily life or from his reaction to current events, the simple, the ordinary, the endeavor to capture a unique moment in time. **FREE.** For more information contact the Weber Center at (517) 266-4000, email webercenter@webercenter.org, or visit webercenter.org.



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Contact Lev Linkner, MD at (734) 973 1010

or

Dennis Chernin, MD at (734) 973 3030.

28th Annual Exhibition of Artists in Michigan Prisons with the Prison Creative Arts Project • Friday, March 29 through April 2 • Sunday and Monday 10:00 a.m. to 6:00 p.m. and Tuesday through Saturday 10:00 a.m. to 7:00 p.m. • The 28th Annual Exhibition of Artists in Michigan Prisons, a program of the Prison Creative Arts Project at the University of Michigan, showcases the work of incarcerated artists living in Michigan prisons. The work is by men and women from all 25 state prisons in both the upper and the lower peninsulas: 24 men's prisons and one women's prison. This year there will be about 700 works in two and three dimensions, including portraits, tattoo imagery, landscapes, fantasy, and wildlife, as well as images about incarceration and visions that are entirely new. We invite you into the space to enjoy the work and, if you like, make a purchase. All proceeds, minus necessary taxes and fees, go directly to the artists. **FREE.** For more information contact the Prison Creative Arts Project at (734) 647-6771, email pcapinfo@umich.edu, or visit prisonarts.org.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monday, March 11, & April 8 • 7 to 8:30 p.m. • Enjoy lively discussions on monthly Buddhist-related book selections with our community. All are welcome. Online only. **FREE**, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org or visit jewelheart.org.

Breathwork

Guided Group Breathwork with Jackie Miller • First and Third Sundays • March 3, March 17 • 6 to 7:30 p.m. • A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. For more information and registration, visit thisbreath.com.

Buddhism

9 Stages of Shamatha Meditation with Khenpo Tshering Chophe • Ongoing Saturdays • 10:30 to 11:30 a.m. • You will be taught how to practice Shamatha (calm-abiding) meditation in the Mahayana Buddhist tradition on Saturday mornings. Lessons given with reference to the sutras and other texts and guided meditation sessions. Topics covered in earlier meetings Frequently reviewed. Newcomers welcome! FREE. For more information visit karunabuddhistcenter.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sundays through April • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales,

stories from the Buddha's previous lives. Online and on-site. FREE, donations welcome. No discussion on March 3. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rinpoche • Tuesdays, Through April 30 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. The sessions review Gelek Rinpoche's 2012 Sunday talks and into early 2013. No class February 27. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

New to Buddhism with Khenpo Tshering Chophe • Friday, March 9 & April 13 • Noon to 1:00 p.m. • A series of talks for those new to Buddhism. Topics include teachings common to all Buddhist paths, as well as beginner-level subjects found in Mahayana and Vajrayana Buddhism. Newcomers welcome! FREE. For more information visit karunabuddhistcenter.org.

The Bodhisattva's Way of Life with Demo Rinpoche • Thursdays through March 28 • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. Cost to be

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The Crazy Wisdom Calendar

March & April 2024



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Ceremonies, Celebrations, and Rituals

Cacao Journey with Alicia Clark-Teper • Friday, March 15 & April 19 • 7 to 9:00 p.m. • With each cup of cacao, we set an intention, join in a circle, connect with each other, learn about the power of cacao, receive a guided meditation and Reiki journey, and come back to a circle sharing of whatever may be opening up for you in that moment. Our sacred life journey can be more enjoyable and accelerated when surrounded by community. Cacao Journey is every third Friday. \$45. For more information contact Alicia at (734) 945-5396, email clarkteper@yahoo.com, or visit SacredLotusExperience.com.

Entering the Healing Ground: A Community Grief Ritual with Kirsten Mowrey • March 1, 2 & 3 • Friday at 4:00 p.m. through Sunday at Noon • Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily until our hearts and souls become weary and overburdened. This weekend gathering invites us to share in a time of honoring the losses we hold in our hearts. Cost TBD. For more information visit greatlakesrituals@gmail.com.

Spring Equinox Ritual Celebration with Esther Kennedy • Sunday, March 17 • 3:30 to 4:30 p.m. • Come celebrate, pray, wonder anew, and dance spring's welcome. Gift us with a poem, story, a treat to share. FREE. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Channeling

Gallery Reading and Channeled Messages with Ron Muka • Saturday, February 17 • 7:00 p.m. • Come get a message from Spirit or a look into your present and future life with Ron, the Large Tall Medium. Ron is a psychic, medium, and spiritual counselor. As a medium, he brings you short messages from the larger spirit world. Ron says the "larger" spirit world because he may bring messages from your deceased loved ones, pets, angels, ascended masters, spirit guides, and more. As a psychic, he may also see into many aspects of your present life and future possibilities. Readings can be interactive, so bring your questions and who you want to connect with. Ron usually brings a message for each

person. For more information contact ron@largetallmedium.com or (248) 705-8077 or visit enlightenedsoulcenter.com.

Evenings with Aaron with Barbara Brodsky and Aaron • Wednesday, March 6, April 3, & May 1, 29 • 7 to 9:00 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. Suggested donation: Individual: \$10-\$30; All sessions: \$60-\$180. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Explorations with Spirit with Barbara Brodsky, Colette Simone, and Spirit Friends • Saturday, March 2, & May 11 • Tentatively 10:00 a.m. to 2:00 p.m. OR 11:00 a.m. to 3:00 p.m. • This series is a continuation of the three workshops in Fall 2023. Topics will include: 1) Deepening awareness of one's fuller essence and living from that foundation of love and freedom. 2) Understanding karma. 3) Moving beyond perceived limitations. 4) Staying grounded in the midst of difficulty. Suggested donation: \$30-\$110. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Remembering Wholeness; Darshan with the Mother with Barbara Brodsky • Sunday, March 24, April 28 & June 2 • 2 to 5:00 p.m. • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. The Mother will offer personal and group messages that can most support program participants. People are able to hear what resonates for each one. Suggested donation: Individual - \$10 - \$30; All winter - \$50 - \$150. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Classes and workshops

Tuesday Night Kirtan with Krishna • Tuesdays, 6:30 to 7:30 p.m. • Join us for an exciting, blissful, meditative, and enlightening Kirtan Program, every Tuesday. Kirtan uses live music and chanting mantras using a call-and-response style with traditional instruments such as the harmonium (a cross between a keyboard and an accordion), veena or ektara (forms of string instruments), the tabla (one-sided drum), the mrdanga or pakhawaj (two-sided drum), flute and other woodwind instruments, and karatalas or talas (cymbals). Free, Donation graciously accepted at the door
To register text "MANTRA" and your name to:

(240) 474-3636. For more information contact Krishna at 240-474-3636 or email your questions to krishnagpknt.jps@gmail.com or visit <https://fb.me/e/39OVXxR8v>

Understanding the Esoteric Tarot: Tarot for Beginners
• **Beginners Drop-in Group** • **Fridays (ongoing)** • **7:00–8:30 p.m.** • Have you wanted to begin your journey into understanding the symbolism behind the Tarot? Do you not know where to take your first step in looking at the cards? This class will feature the bare bones and basics of Tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session, giving students an introduction to what the Tarot has to offer. \$15. Pay at the door (Cash, credit, electronic)

Understanding the Esoteric Tarot: Advanced topics • **Ongoing** • **6:30 p.m.** • In the Advanced Tarot Study Group, we study the deepest aspects of the Tarot through the lenses of Numerology, Astrology, Hermetic Kabbalah, Etymology, and the Esoteric Symbolism within the cards. After exploring the mystical aspects of the Tarot, we use meditation to imprint the teachings into our minds. After the meditation session, we apply our skills with the means of divination, giving and trading readings with each other. For more information, visit: enlightenedsoulcenter.com/advanced-tarot-study-group

Death and Dying

Ann Arbor Virtual Death Café with Meryllyne Rush • **Third Saturday of Every Month** • **10:30 a.m. to Noon** • Join us for a conversation about all things related to death and dying. This is not a grief support group, but rather a “death-positive” event. Participants join in small and large group discussions with deep listening and sharing from the heart. No agenda, no presentation. For more info about the Death Cafe movement, visit DeathCafe.com. Open to all adults. To receive the link, please email TheDyingYear@gmail.com and specify Death Cafe. FREE. For more information email thedyingyear@gmail.com.

Advance Care Planning Facilitator Training with Meryllyne Rush • **Friday, April 19** • **8:45 a.m. to 5:00 p.m.** • Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. \$265 includes online study modules. For more information contact Meryllyne at (734) 395-9660 or email thedyingyear@gmail.com.

Drumming

Intro to Taiko Drumming with Eileen S. Ho • **Sunday, March 3** • **3 to 5:00 p.m.** • Explore the empowering art of Taiko in a 2-hour introductory workshop with demonstrations and hands-on activities that introduce participants to Japanese Taiko drumming. Share in the joyous energy and



A Conversation with Sherman, the Hermit Crab

By Peggy River Singer

Hermit crabs are well known for carrying a shell to protect the parts of their bodies that are unarmored and vulnerable. As they grow, they move into larger shells so, they have always been a living symbol of how to grow and expand as we mature as physical and spiritual beings.

Back in the late sixties, my brother surprised me with a trio of Land Hermit Crabs. Not the tiny babies you usually find in pet stores these days; but big enough to require six-inch shells to live in. For me, it was love at first sight! I called the largest one Sherman, after the American tank of World War Two (our father was a veteran); and it was a great pleasure to connect with him now that I have that ability.

Peggy: Sherman, are your people aware of their symbolic identity among us humans?

Sherman: *Oh, yes, indeed, that was the intention, you see. Since we live on the land, we were asked to provide this example to our human neighbors. Water-dwelling hermit crabs do the same, though they are seen by far fewer humans. In this way we provide inspiration and example between the elements of earth and water, and we help maintain the balance between them.*

Peggy: Do you have a song or vibration that you use in this work?

[I hear/feel a long sequence of gasping, crunchy, grinding sounds.]

Sherman: *This is our song, as expressed by our physical and emotional bodies.*

Peggy: It's very different from anything I've heard before, from other beings!

Sherman: *That's natural enough. The portion that your brain is able to process is rather limited, you see. Your scientific instruments might be able to record it for study. That would be interesting to us.*

Peggy: Is it a language, then?

Sherman: *Not really, it is intended for the balancing.*

Peggy: Do your people and the water-living hermit crabs have any kind of organized plans, or rituals, to sing together?

Sherman: *The song is eternal and we maintain the song between us at all times. We connect with each other easily, just as you and I are talking together; and our shared consciousness ensures that the song is maintained.*

Peggy: Isn't the song disrupted when great storms or other natural events cause mass deaths among your peoples?

Sherman: *Disrupted, no. As long as a single crab can sing, the song is effective. Even if all hermit crabs were to die somehow, the song would be maintained by us in our spiritual forms.*

Peggy: Millions of hermit crabs are captured for the pet trade each year and sent far away from their homes. How does that affect the song?

Sherman: *The song continues regardless of physical location. However, this harvesting—especially of our youngest—causes enormous disruption in our societies and grief in our families. The lands we occupy are feeling the effects of our reduced populations. We hope that humans will abandon this practice and help restore the balance of nature that they are damaging so deeply.*

Peggy: I hope so, too. Thank you for this talking!

Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer who combines her gifts to help create harmonious relationships among all who share the Earth. Previous columns and articles about her experiences and insights are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call 734-548-0194.

generous spirit of Taiko as we practice moving in space, using our voices, playing with instruments, and exploring the rhythm and groove of Taiko music together. Practice drums (taiko) are provided and drumsticks (bachi) are available to borrow or purchase. Drum and Dream with us! \$49, optional \$10/pair of bachi. For more information contact Eileen at (248) 773-8899, email eileen@greatlakestaiko.org, or visit michigantaiko.net/aareced.

Drumcommunity Jam with Lori Fithian • Saturday, February 17, March 16 & April 20 • 7 to 9:00 p.m. • Come join us for a family-friendly drum circle and improv jam. Bring your voices, instruments, drums, and other sounds, and together we'll create an evening of rhythmic fun for everyone! This is a 'facilitated' circle, where Lori leads drum circle games and musical improvisation activities with a focus on fun and building community. Drums provided, no experience necessary, all ages welcome. Come jam! FREE, donations to the center are welcome. For more information contact Lori at (734) 426-7818, email lorifithian@mac.com, or visit drumcommunity.com.

2024 Drum and Dance Jam with Curtis Glatter • First Saturdays Beginning April 6 • 6 to 7:30 p.m. • Local drummer Curtis Glatter will host the 13th season of the Drum and Dance Jam beginning April 2024 at the Interfaith Center of Spiritual Growth in Ann Arbor. No experience is necessary. You can bring your own drum or use a drum provided by the center. A sliding scale donation is \$5 is requested. Contact Curtis at (734) 972-6098, email cgindetmi@gmail.com, or visit facebook.com/glattercurtisav1972.

Energy and Healing

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

Fairs and Festivals

Enlightened Soul Center 2-Day Psychich Fair • Saturday, March 2 • Noon to 6:00 pm • Sunday, March 3 • Noon to 5:00 p.m. • Join us for a fun-filled day at the Enlightened Soul Center! We have a variety of readers and healers for your enjoyment, along with visiting vendors for shopping! WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and healings at one time, under one roof: intuitive tarot & intuitive oracle card readings, psychic readings, clairvoyant medium, & spirit art drawings. PLUS energy healers, shopping, FREE snacks & parking. Admission: \$5 Sat./\$3 Sun. FREE gift, FREE snacks, FREE parking. For more information contact Amy Garber at (734) 358-0218 or visit enlightenedsoulcenter.com/enlightened-soul-psychic-fair.

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Winterfest! at Michigan Friends Center • Sunday, March 3 • 2:00 p.m. • Nature Scavenger Hunt, Sledding (if there's snow), Guitar and Didgeridoo Music, Story Telling, Hot Chocolate, and Cookies! Please pre-register if you can by calling the Michigan Friends Center (734)475-1982. Or email manager@mfcenter.org. If you can't we will still be happy to see you. Dress for the weather! For more information call the Michigan Friends Center at (734)475-1892 or email manager@mfcenter.org.

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Film

Film and Discussion with Jewel Heart Instructors • Friday, March 8 & April 12 • 7 to 9:15 p.m. • FREE. Concessions available. For more information contact Jewel Heart at 734-994-3387, email programs@jewelheart.org, or visit jewelheart.org.

- March 8. *The Keeper of the Keys* (2012). What are the keys to changing your life? Appearances by Jack Canfield, John Gray, Marci Shimoff and other personal-development luminaries who teach Michael (Scott Cervine) the key ideas to transforming his life. An imaginative adventure, think Harry Potter meets Woody Allen meets *The Secret*.
- April 12. *Café* (2016). Focused on the denizens of a coffee shop, the film asks tantalizing questions about and glimpses into the riddle of our very existence: who are we really as human, spiritual beings? What are we doing in this magical experience called life? Why are we here?

Herbal Medicine

Empowered Home Herbal Medicine Practices with Mary Light • Third Saturdays • 9:30 a.m. to 2:30 p.m. • This is an apothecary/clinical-oriented certificate pathway, conducted by a medicinal clinical herbalist with 25 years of experience as a teacher and practitioner. Intended to empower participants in the use and understanding of applied natural medicine and herbal medicine and techniques for personal or clinical use. Students will learn to create, make, store, apply, and use a variety of herbal medicines upon completion. Students will directly learn which body systems, physiology, and conditions the herbal formulations should be used for or applied to. \$1,500.00 or by advanced per diem. For more information contact the Naturopathic School of Ann Arbor at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Intuitive and Psychic Development

Focused Mind Meditation – Teleconference with John Friedlander • Sunday, March 3 & April 7 • 9:00 a.m. to Noon • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. See the website for phone and payment information. \$15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group – Teleconference with John Friedlander and Gloria Hemsher • Tuesday, March 5 & April 2 • 7 to 8:00 p.m. • For Women Only. Meditations concentrate on women's issues relative to biological energies as well as that of the aura. See the website for the teleconference number and billing information. \$10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Spring Intensive 2024 - Webinar/Teleconference with John Friedlander • April, See Website for Details • New material will be introduced with the continued development of advanced core techniques seeking a natural sense of skills in practical everyday life. Prerequisite Level 1 Psychic Development class, CD set, or permission of instructor. \$275. For more information email Gilbert Choudury at gchoud@yahoo.com or visit psychicpsychology.org.

Love and Relationships

Kabbalah for Couples with Karen Greenberg • Sunday, March 31 & April 28 • 3 to 5 :00 p.m. • Has social distancing amplified the distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour monthly session is not couples therapy; it can help you get your relationship to the place that you always wanted it to be but did not know how. Future course dates to be determined. \$274 per session. For more information contact Karen at (734) 417-9511, email, krngrnbg@gmail.com, or visit clair-ascension.com.

Massage

Community Massage & Foot Reflexology with the Ann Arbor Massage School Staff • Ongoing Tuesdays Through April • 9:30 a.m. to 12:30 p.m. • Open format community massage and foot reflexology. Fully clothed 20-minute sessions alongside staff with the goal of vitality and relaxation in our quiet, peaceful studio. \$25. For more information contact the massage school at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Meditation

Still Mountain Buddhist Meditation Center Sunday Morning Sitting • Ongoing • 10 to 11:30 a.m. • Our weekly meditation and sharing is open to the public. We will sit in silence for 45 minutes, take a quick break, and gather for

sharing related to the Dharma. Zoom option is available. FREE. For more information contact Kenneth Morley at Kenwmorley@yahoo.com.

Weekly Silent Meditation Practice via Zoom with Celeste Zygmunt • Sunday 11:00 a.m. to Noon AND/OR Tuesday 9 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Please note this is not a class or a guided meditation. Suggested donation: \$5. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly on Sundays through April 28 • 9:30 to 10:30 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. No meditation March 3. Online and on-site. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Weekly on Mondays through March 18 • 7 to 8:30 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. No classes February 26 or April 1. Online only. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Day of Mindfulness Meditation with Esther Kennedy • Saturday March 2 & April 6 • 10 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be loved within family, neighborhood, city, and world. \$35 with lunch included. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Myriad of Meditations with Karen Greenberg • Sunday, March 3, 10, 17, 24 & April 7, 14, 21 • 10 a.m. to 12:30 p.m. • Meditation is an essential component of spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you--possibly dissolving years of resistance to mediation. Learn meditations with fire, water, air, earth, the Four Worlds, different breathing, Holy Geometry, sacred letters, powerful archetypes, biblical figures, spiritual beings, higher self, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees. Includes several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen at (734) 417-9511, email, krngrnbg@gmail.com, or visit clair-ascension.com.

Mastering Meditation with Kapila Castoldi • Saturday, March 9, 16 & 23 • 2 to 4:00 p.m. • Introductory meditation series offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques, music, mantras, and meditation on the heart. FREE. For more information contact Kapila at castoldi@oakland.edu or visit meditationannarbor.com.

Sound & Vibrational Therapies Double Certification with Meditation School of Mindfulness • March 16, 17, 18 & 19 • Saturday through Monday • 10:00 am to 6 p.m. • Tuesday 10:00 a.m. to 4:30 p.m. • This interactive training is centered around the teaching of Sound Healing and vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing but to give you a “hands-on” experience. \$1,690. For more information contact Brian at (954) 641-8315, email brian@meditateyou.me, or visit meditateyou.me.

Letting Go - Loving the Life You Have Right Now with Janene Terns • Saturday, April 6 • 9:30 a.m. to 3:00 p.m. • We are told that God works all things for our good but that is often hard to see in the midst of our day. Join us to discover the spiritual, emotional, physical, and practical aspects of your life which God may be inviting you to surrender. Learn everyday practices to live in this challenging world while increasing your trust, peace, and joy so you can truly love the life you have today. \$60. For more information visit prayer-in-motion.com.

Music, Sound, and Voice

Music Improv Session with Jesse Morgan • Reoccurring First Tuesdays • 7:30 to 9:00 p.m. • This session is a supportive, inclusive musical group improvisation. Skilled improvisers play alongside novices to make music in the moment, together. No musical experience necessary. All are welcome. We generally create three instrumental and one vocal improvisation. You may choose your degree of participation. FREE. For more information contact Jesse at (734) 355-1501, or email jessemusictherapy@gmail.com

Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski • Friday, March 6 & April 2 • 6 to 7:30 p.m. • Come sing and play, just for fun! Bring your voice and/or strummy (Ukulele, Guitar, etc.) instruments to play and sing along - we've got a lot of songs to choose from - it's like group Karaoke with our own band! We project lyrics and chords on a screen, so all can sing and/or play along. Beginning players are most welcome! We meet alternating days and locations - the Malletts Creek and Westgate library branches. FREE. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, March 1 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Through the gift of sound, you will be transported to places and spaces that are “out

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of this world." \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Yoga + Sound with Rob Meyer-Kukan & Paul Barr • Saturday, March 23 • 6:00 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this heartfelt pairing of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on deep relaxation and release. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the practice while being immersed in sacred sound. \$40. For more information contact Rob Meyer-Kukan at contact@7notesnaturalhealth.com, or call (248) 962-5475, or visit 7notesnaturalhealth.com.

Yoga + Sound Sound Bath Meditation with Rob Meyer-Kukan • Friday, April 19 • 7 to 8:30 p.m. • Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Hosted by Breathe Yoga, Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. Often simply called a "Sound Bath", it is an experience that washes you with the sounds of intentionally chosen instruments that bring calming vibrations to reduce stress and tension. \$28. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Chakra Sound Bath with Rob Meyer Kukan • Friday, April 5 • 7 to 8:30 p.m. • In our understanding of them, we have seven main chakras but hundreds of minor chakras. In this time of sound bath meditation, we will seek to balance your energetic system with sounds from singing bowls, gongs, and more. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Music, Sound, and Voice continued

Sound Meditation with Mike Tamburo • Friday and Saturday, April 12 & 13 • Friday 7 to 9:00 p.m. & Saturday 8 to 10:00 p.m. • Enter a timeless space of listening as Crown of Eternity's Mike Tamburo orchestrates his way through 40+ overtone-rich instruments including Gongs, Bells, Sound Sculptures, Hammered Dulcimer, and tuned metal instruments. \$40 each night. For more information contact Anne Taylor at (517) 962-4725, email anne@infintelightjackson.com, or visit infintelightjackson.com.

Learn & Explore Gongs Workshop with Mike Tamburo • Saturday, April 13 • 10 a.m. to 7:00 p.m. • Join Mike for a one-day in-person exploratory and experiential workshop that will deepen one's gong practice and bring the player to a new level both in playing and in understanding the potential of working with gong music. Open to all levels. \$175. Contact Anne at (517) 962-4725, email anne@infintelightjackson.com, or visit infintelightjackson.com.

Praise, Poetry, and Potpourri with John Macnoughton • Thursday, April 18 • 1:30 to 2:30 p.m. • Enjoy prose, poetry, music, and song from a variety of presenters. Feel free to bring your own creations. FREE. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Parenting

Harnessing the Power of Talking Out Loud for Parents with Leeann Fu • Sunday, March 10 • 4:15 to 5:15 p.m. • Saturday, April 27 • 1:30 to 2:30 p.m. • Monday, April 29 • 6:45 to 7:45 pm • It happens so often. Something you say causes a disconnection, and your child checks out. What becomes possible if you offer to be a "teddy bear?" Teddy bears say very little. When a teddy bear talks, it's because the talker has asked the teddy bear to do something small, like ask questions or reflect some things back. Explore the power of listening in this one-hour in-person workshop for parents. Bookable online times also available. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@umich.edu, or visit teddybeartalksupport.com.

Personal Growth

Stop Sabotaging Your Self-Care with Christy DeBurton • Self-Paced • In this compact but powerful self-paced course, you'll get at the root causes of your self-sabotaging habits. Learn effective tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm, and resentment. Get inspired to eat healthy, sleep well, and live better in your body. For more information email Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Artful Reflection: Expressive Art & Holistic Coaching Workshop with Idelle Hammand-Sass and Susan Young • Saturday, March 2 • 12:30 to 4:30 p.m. • The workshop begins with a grounding exercise followed by a one-hour group coaching session (topic to be announced) Our discussion will be guided by self-reflective prompts that are designed to get us from our heads into our hearts. A "Witness to an Image" mini workshop follows as an intro to

The Quartz Crystals in Our Lives — Necessity, Healing, and Magic

By Wintermoon

For as long as I can remember I have had a fascination with quartz crystals. They call to my heart and sing to my soul. I have them in most every room of my home. As a spiritual person, I believe in the metaphysical and healing use of crystals of all varieties. My favorite crystal is clear quartz. I love the beauty and clarity of these faceted wonders of nature.

Whether you're aware of it or not, our lives run on crystals. As a technology junkie I was curious about the role that these beautiful clear crystals play in our daily modern lives. Television sets, radios, computers, cell phones, cameras, and electric watches all have quartz crystals. Like humans, quartz crystals have a heartbeat. Quartz crystals are used in watches, computers, and other devices to keep time. When electricity is applied, the quartz crystal vibrates, or ticks, an exact 60 seconds per minute. A tiny quartz crystal slice, about 1/20th by 1/5th of an inch, creates a computer's heartbeat.

Crystals for electronic use were originally mined from the ground. Thankfully, since the 1950s, it's been possible to grow them synthetically, which makes crystals not only more accessible, but also saves this wonder of nature from being over mined.

Now we hear that our cell phones, computers, and other electronics are powered by silicon chips. Curiosity sent me looking for more information about silicon versus quartz in electronics and found on *Satya Center* that, "Silicon dioxide forms naturally as quartz crystals. Over time, quartz erodes into beach sand, which is the non-crystalline form of silicon dioxide. Computer manufacturers extract pure silicon from the sand, heat the silicon to 1,500 degrees Celsius, and dip a tiny quartz crystal into the super-heated solution. The crystal is rotated and slowly extracted from the mixture creating a larger mass shaped like a cone. The cone is turned on its side and sliced into flat disks which are then sub-divided into the tiny computer chips so ubiquitous in our homes, offices, cars, airplanes, and briefcases. It is no exaggeration to say that the digital age is the age of the quartz crystal."

Since quartz crystals respond to electricity, I believe it is possible to use the electricity in our bodies to program quartz for metaphysical and healing purposes. Our bodies use electricity called e-impulses. These e-impulses in our bodies come from charged chemical signals and our

human cells use that power to move, think, feel, and so much more. I am not a scientist, but as a person who lives with atrial fibrillation, I know how strong and important those electrical impulses are.

Crystals are found within the earth and on its surface. They are pure and have a purpose—to balance nature. When we take possession of one of these crystals and plan on programming it for our personal use, our intent should be to use them in a positive and responsible way.

[Read the rest of the article and learn more about quartz crystals online.](#)

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COACHING — HEALING
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Reiki

Second Degree, Usui System of Reiki Healing with Suzy Wienckowski • March 22 & 23 • Friday 7 to 9:00 p.m., Saturday 10:00 a.m. to 4:00 p.m. • This 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. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First-Degree training is a prerequisite. \$500. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

First Degree Usui System of Reiki Healing with Suzy Wienckowski • Saturday and Sunday, April 13 & 14 • Saturday 10:00 a.m. to 5:00 p.m., Sunday 10:00 a.m. to 1:00 p.m. • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind, and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. The First-Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$200. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Retreats

Personal and Mini Wellness Retreats with The Yoga Room and Christy DeBurton • Ongoing • When you haven't got the time or budget for a full weekend retreat but just need a little 'me-time,' choose a Mini Retreat or a Personal Retreat to relax and renew. For more information email Christy at info@christydeburton.com or visit yogaroomannarbor.com.

ReVillaging for Modern Mothers with Miriam Dowd-Eller and Emily Adama • Sunday, April 28 • 9:30 a.m. to 5:30 p.m. • Modern motherhood can leave women struggling with everything from social isolation, mood-disorders, and health challenges, to simply dealing with the near-constant ache for a more organic and effortless village for themselves and their families. Through movement, sharing circles, stillness, nature-connection, and song, these retreats will explore some of the qualities, mindsets, and tools you can use in your journey of "ReVillaging," to find and build the support, community, friendships, and connections you dream of. Price ranges from \$70 to \$150. For more information visit EarthWellRetreat.com.

Letting the Gaze of Jesus Rest on Us During Holy Week with Father Dan Crosby • Sunday, March 24 at 6:30 p.m. through Thursday, March 28 at 11:00 a.m. • The very first chapter of John's Gospel tells us Jesus, "turned and saw," the Baptist's two disciples following him at a distance. He then invites them to, "Come and see," where he lives, where he dwells. During this Holy Week retreat we'll, "Come closer and see," Jesus turning to gaze on us, inviting us deeper into his way of looking, loving—and living. Cost including meals: Commuter: \$160; Double Occupancy: \$325; Single: \$425. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, March 7, 21 & April 4, 18 • 7 to 8:30 p.m. • For those who know how to do shamanic journeying, this Zoom group explores the tools and resources needed for life's transitions and cycles. Enrich your life by joining us in this open and welcoming community of practitioners. The circle is online via Zoom. \$25 per session or \$40 per month per household. For more information email Judy at info@judyramsey.net or visit judyramsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, April 27, 28 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class, you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, and intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. Online class via Zoom. \$160 per person/ \$80 for repeating students. For more information email info@judyramsey.net or visit judyramsey.net.

Medicine For the Earth/Healing with Spiritual Light with Judy Liu Ramsey • Wednesdays from March 6 through April 10 • 7 to 9:00 p.m. • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform energy behind toxic thoughts, achieving harmony and balance in yourself and the world. Connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community, and your environment. Suggested reading: *Medicine for the Earth: How to Transform Personal and Environmental Toxins* by Sandra Ingerman. Journeying skills are not necessary. All levels and traditions are welcome. The class will be taught online via Zoom. \$400 per person/ \$200 for repeating students. For more information email info@judyramsey.net or visit judyramsey.net.

Ancestors: The Power Within with Judy Liu Ramsey • April 6 & 7 • 9:00 a.m. to 4:00 p.m. • Ancestors can be powerful allies in your practice, and healing our ancestral lines can help us heal ourselves and our families. Explore your heritage and deepen your connection with the grandmothers and grandfathers in ceremony, in initiation, and in the shamanic journey. Prerequisite: basic journeying skills. The class will be taught online via Zoom. \$160 per person/ \$80 for repeating students. For more information email info@judyramsey.net or visit judyramsey.net.

Shamanic Healing for Animals with Judy Liu Ramsey • Tuesdays from April 16 to June 11 • 7 to 9:00 p.m. • Explore unique perspectives for animal healing that draw upon core shamanic practices. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Prerequisite: journeying basics. Knowledge of animal communication is not necessary. The class is taught via Zoom. \$375 per person/ \$155 for repeat students. For more information email info@judyramsey.net or visit judyramsey.net.

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Shamanism continued...

Introduction to Shamanism with Connie Lee Eiland • Sunday, April 21 • 10:00 a.m. to 4:00 p.m. • This class includes power animal retrieval and journeying to upper, lower, and middle worlds. Journeying is done utilizing drums and rattles. For more information contact Connie at (248) 809-3230 or email clshebear@gmail.com.

Spiritual Development

Twelve Tribes with Karen Greenberg • March 3, 10, 17, 24 & April 7, 14, 21 • Additional Dates TBA • 1 to 4:00 p.m. • Learn the history of the patriarchs / matriarchs who fostered the Twelve Tribes and familiarize yourself with: the Twelve Tribes highlighting Levi, Joseph, Benjamin, and Judah; the conquering and disseminating of the Holy Land, the Ten Lost Tribes of Israel, and the magic of the Breastplate. This course will help you discern your Soul's Purpose, the tribes you're most drawn to, and tribe archetypes that give you the knowledge, power, and wherewithal to fulfill your soul's purpose. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Angels and Egos with Adriana Medina • Saturday, March 9 • 10:30 a.m. • Join us for an in person conversation with neuroscientist Adriana Medina about connecting with Angels, her spiritual journey, and how she has reconciled coming across mystical experiences with her scientific training. Limited space, free tickets available on [eventbrite.com](https://www.eventbrite.com). For questions contact [@kindmindedadri](https://www.instagram.com/kindmindedadri) on Instagram

Spiritual Development continued...

Finding Joy: An Online Introduction to the Diamond Approach with Lou Weir • Wednesday, March 27 • 6 to 7:30 p.m. • We all have a natural connection to joy and happiness—a spiritual quality. Our conditioning (early environment) creates obstacles to this. We will explore the barriers to and the quality of joy in these teachings—and help us find our way back. The Diamond Approach is a spiritual path which uses meditation and inquiry to uncover the truth of who we are in our authentic nature. This is an introduction to the diamond method, recommended before the full course. FREE. For more information email Lou at dwmich22@gmail.com or visit diamondworkmichigan.org.

Finding Joy with Lou Weir • Saturday, March 30 • 9:00 a.m. to 5:00 p.m. • We all have a natural connection to joy and happiness—a spiritual quality. Our conditioning (early environment) creates obstacles to this. We will explore the barriers to and the quality of joy in these teachings—and help us find our way back. The Diamond Approach is a spiritual path which uses meditation and inquiry to uncover the truth of who we are in our authentic nature. This is the full course. \$205, \$180 if paid a month in advance. For more information email Lou at dwmich22@gmail.com or visit diamondworkmichigan.org.

Thomas Aquinas and Teilhard de Chardin: Christian Humanism in an Age of Unbelief with Donald Goergen • Saturday, April 20 • 7 to 8:30 p.m. • Thomas Aquinas, a medieval philosophical theologian, and Pierre Teilhard de Chardin, a modern priest-scientist, may seem like quite a contrast. What does each have to offer our understanding of God, ourselves, and the world today? Are there fundamental views and visions compatible? What can we learn from each? \$45 Livestreamed only. Registration required. For more information contact the Weber Center at (517) 266-4000, email webercenter@webercenter.org, or visit webercenter.org.

Sustainable Living Skills

Fire! Rocket Stove & Earth Oven Workshop with Deanne Bednar • Saturday and Sunday, April 13 & 14 • 9:30 a.m. to 5:00 p.m. • Create useful heat efficiently from local materials! Tour buildings and Fire Devices on site, (Rocket Stove, Earth Oven, Rumford Fireplace.) Hands-on: brick mockup of Rocket Stove combustion unit, model of an Earth Oven and mix cob and finish plaster. Make a pizza in the Earth oven! Info on principles, and design. Online handouts. Rocket Stove and Earth Oven books for sale. Limit of 12 students. Some overnight accommodations are available. \$110 paid two weeks in advance or \$125 thereafter. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Candle Making & Crafting with Deanne Bednar • Saturday, March 9 • 10:00 a.m. to 4:00 p.m. • Enjoy the rhythmic process of this ancient art as you dip six tapered beeswax candles, craft candle holders out of an earthen "cob" mix and decorate matchboxes with nature items. Relax with the smell of beeswax and the beauty of natural materials. Held at the Lovely Michigan Folk School, outside Ann Arbor. \$100. For more information visit mifolkschool.com.

Equinox Tour of Strawbale Studio & Earth Oven Pizza with Deanne Bednar • Wednesday, March 20 • 9:30 a.m. to 3:30 p.m. • Explore the enchanted buildings and grounds, make and fire your own Earth Oven Pizza, and enjoy a day

NI UNE MÁS



Presented by Healing Bells and the Institute for Research on Women and Gender

A trailblazing world premiere production, “Ni une más” braids music, theatre, and dance to tell survivors’ stories of growing agency. From the tender “Te recuerdo” (I remember you) to the rumbling subway sounds of “Metro Asfixia;” from the ironic rap, “This Doesn’t Happen at Michigan,” to the foot-stomping chorus, “It’s Not My Fault,” this audience-engaging production is both mesmerizing and memorable.

Our production team—led by Grammy-nominated artistic director and composer Pamela Ruiter-Feenstra with award-winning journalists Ana Ávila and María Arce, and athlete Tad DeLuca—co-created new material for “Ni une más” with survivors. The title is based on a slogan used in many Latin American countries to stand up to domestic violence and femicide. As gender-based violence is a local and global health crisis, we move this often-silenced topic to the spotlight to transform trauma into healing power through the arts.

This show is survivor-centered and features all true stories. We deliberately avoid giving the spotlight to perpetrators, and do not depict violence. Instead, we focus on the survivors’ agency and path to healing. That said, our survivors report brief moments of the trauma and silencing tactics, and

these stories may evoke strong emotions in audience members. Ultimately, the survivors claim their own voices and agency and reveal how they heal by developing survivor communities and by engaging in the arts. It is precisely due to the suffering, silencing, and institutional betrayals that we choose to stand up to the violence and call for action to prevent future violence. We invite you to take care of yourself and step out if you need to take a break. We will have trauma-trained advocates available in private rooms, and an audience discussion after the show.



Join us for “Ni une más” on March 15–16, 2024 at 7:30 p.m. at Bethlehem United Church of Christ, 423 S. 4th Ave., Ann Arbor, MI 48104. Secure your free tickets now for March 15, 2024 and/or March 16, 2024 at <https://www.eventbrite.com/e/ni-une-mas-tickets-769031432717?aff=oddtcreator> and/or <https://www.eventbrite.com/e/ni-une-mas-tickets-789809931767?aff=oddtcreator>, respectively.

This project is made possible by a grant from the Arts Initiative at the University of Michigan, and is co-sponsored by ODEI, SMTD’s RCI Grant, IRWG, the CEW+ Frances & Sydney Lewis Visiting Leaders

Fund, Communications & Media, SAPAC, Sociology, and Bethlehem United Church of Christ.

The Crazy Wisdom Calendar

March & April 2024



in nature. Celebrate the Equinox with a Strawbale Studio Learning Tour 9:30 to 11:30 a.m. & Earth Oven Pizza-making & bonfire, Noon to 3:30 p.m. \$35. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Making Cordage & Learning to Lash with Deanne Bednar • Saturday, March 23 • 10:00 a.m. to 4:00 p.m. • Join this fascinating workshop taught with materials straight from nature. Held at the Michigan Folk School outside Ann Arbor. Learn the traditional craft of cording using several different local plants! Then learn several very useful knots and apply them to some small-lashed model-making of your choice (ex. lashed ladder, A-frame Structure,). We will also make a few larger-scale projects together. Handouts will give ideas! A very interesting, fun, and practical class. \$100. For more information visit mifolkschool.com.

Equinox Tour of Strawbale Studio & Earth Oven Pizza with Deanne Bednar • Wednesday, March 20 • 9:30 a.m. to 3:30 p.m. • Explore the enchanted buildings and grounds, make and fire your own Earth Oven Pizza, and enjoy a day in nature. Celebrate the Equinox with a Strawbale Studio Learning Tour 9:30 to 11:30 a.m. & Earth Oven Pizza-making & bonfire, Noon to 3:30 p.m. \$35. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

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April Worktrade Program at Strawbale Studio with Deanne Bednar • April 1 through 28 • Come participate in this unique learning environment! Come join the crew and live on-site as you learn skills and help out. This work trade opportunity provides basic food and lodging in exchange for 25 hours of help per week on the grounds, buildings, and infrastructure. Assist with and participate in classes and activities held during the month; foraging and some crafts. 25 hours of worktrade per week. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Simple Spoon Carving Workshop with Deanne Bednar • Wednesday, April 17 • 9:30 to 5:00 p.m. • Learn whittling techniques to make a wooden spreader knife and a simple spoon during this mid-week class. We will be using wood harvested from the land, and several types of knife tools plus a draw shave and shaving horse. A traditional skill to last a lifetime. Bring a lunch. Enjoy being in the enchanting thatched Strawbale Studio in the woods. Limit of eight students. \$65 paid one month in advance or \$80 thereafter. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Tarot

Six Lessons on Learning the Contemporary Tarot with Nicholas O'Donnell • Friday, February 16 • 7:00 p.m. • These 6 classes will consist of basic tarot knowledge and allow students to become confident performing 3- to 5-card reading spreads. The objective of the 6-week course will be to help students work through each major arcana card by "taking the fool's journey." Every class will consist of about 1 hour of learning and 1 hour of reading practice. \$120. For more information and to register contact Nick, nicksvictorygardens@gmail.com or call/text (734) 299-6472

Tai Chi, Martial Arts, and Self-Defense

Wu Style Tai Chi Chuan with Disciples and Advanced Students of Sifu Genie • Ongoing • Monday 1 to 2:00 p.m. or 7 to 8:00 p.m., Tuesday 6:30 to 8:00 p.m., Wednesday 5:30 to 7:00 p.m. or 6:30 to 8:00 p.m., Thursdays 11:00 a.m. to 12:30 p.m. or 6:30 to 8:00 p.m., Saturday 9 to 10:30 a.m., 10 to 11:30 a.m. or 2:30 to 3:30 p.m., and Sunday 4:00 a.m. to 12:30 p.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. Everyone welcomed to learn this ancient art of meditation in motion. \$45/month for 1 class per week; \$70 for 2 classes per week. Student/senior rates available. For more information email info@wustyle-annarbor.com, or visit wustyle-annarbor.com. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Wu Style Tai Chi Chaun with Marylin Feingold • Weekly on Sundays from January 7 to April 28 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, \$5 per session collected at the door. No class on March 3. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Now Hiring: Ad Sales Associate

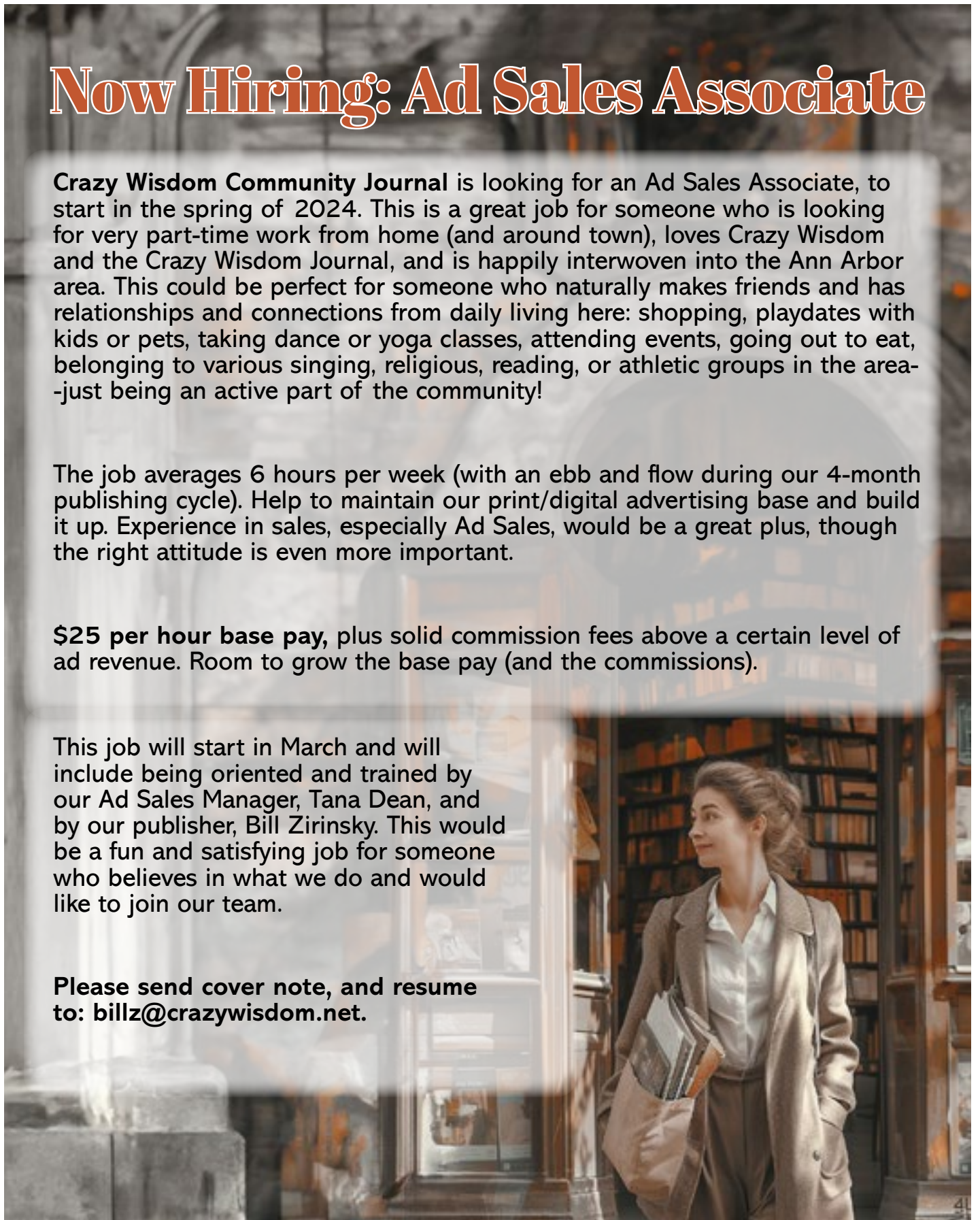
Crazy Wisdom Community Journal is looking for an Ad Sales Associate, to start in the spring of 2024. This is a great job for someone who is looking for very part-time work from home (and around town), loves Crazy Wisdom and the Crazy Wisdom Journal, and is happily interwoven into the Ann Arbor area. This could be perfect for someone who naturally makes friends and has relationships and connections from daily living here: shopping, playdates with kids or pets, taking dance or yoga classes, attending events, going out to eat, belonging to various singing, religious, reading, or athletic groups in the area-just being an active part of the community!

The job averages 6 hours per week (with an ebb and flow during our 4-month publishing cycle). Help to maintain our print/digital advertising base and build it up. Experience in sales, especially Ad Sales, would be a great plus, though the right attitude is even more important.

\$25 per hour base pay, plus solid commission fees above a certain level of ad revenue. Room to grow the base pay (and the commissions).

This job will start in March and will include being oriented and trained by our Ad Sales Manager, Tana Dean, and by our publisher, Bill Zirinsky. This would be a fun and satisfying job for someone who believes in what we do and would like to join our team.

Please send cover note, and resume to: billz@crazywisdom.net.



Yang & Chen - Qigong & Tai Chi - Beginner – Advanced with Karla Groesbeck • Ongoing Tuesdays, Wednesdays & Thursdays • See Website for Times • Solo, two-person, weapons. Outside, inside & zoom. Yang Long Form 108, Chen Laojia Yilu. Various qigong sets & Zhan Zhuang. Sword, Staff, Bang, Ruler, Tuishou, and Push Hands. Free for folks 65+. Contact us for under 65. For more information contact Karla at, (734)276-3059, email info@taichilove.com, or visit taichilove.com.

Chen Tai Chi Chuan with Joe Walters • Every Tuesday, Thursday & Saturday • 4 to 5:00 p.m. • Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. For more information contact Joe at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Work and Right Livelihood

Sound & Vibrational Therapies Double Certification with Meditation School of Mindfulness • March 16,17,18, &19 • Saturday through Monday 10:00 am to 6:00 p.m., Tuesday 10:00 a.m. to 4:30 p.m. • This interactive training is centered around the teaching of Sound Healing and vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing but to give you a “hands-on” experience. \$1,690. For more information, contact Brian at (954) 641-8315, email brian@meditateyou.me, or visit meditateyou.me.

Advance Care Planning Facilitator Training with Merilynne Rush • Friday, April 19 • 8:45 a.m. to 5:00 p.m. • Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. \$265 includes online study modules. For more information contact Merilynne at (734) 395-9660 or email thedyingyear@gmail.com.



Writing and Poetry

Write for Life with Mary Ledvina • Do you want to begin, stick with, and complete a creative project? Learn the tools that Julia Cameron used to

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write more than 40 books with her new book: Write for Life: Creative Tools for Every Writer (A 6-Week Artist's Way Program). Develop a writing practice and fill your well with inspiration. See website for class dates. \$180. For more information contact Mary Ledvina at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesday, March 13, 27, & April 10, 24 • 7 p.m. to 9:00 p.m. • Crazy Wisdom Poetry Series hosted by Edward Morin, David Jibson, and Lissa Perrin Second and Fourth Wednesday of each month. Second Wednesdays, 7-9:00 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays, 7-9:00 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. FREE. For more information contact Edward at (734) 668-7523, email emaileacmorso@sbcglobal.net or visit <https://cwcircle.poetry.blog>.

Featured Readers:

- **March 27 - Ken Meisel**, a Detroit-area psychotherapist whose poems dramatize personal and social conflict and recovery, is author of nine poetry collections, including *Mortal Lullabies*, *The Drunken Sweetheart at My Door* and—released just this year—*The Light Most Glad of All*. He was featured poet in the movie, *Detroit: Tough Luck Stories*.
- **March 27 - Russell Thorburn** has authored five books of poems, including *Somewhere We'll Leave the World*, and *Let It Be Told in a Single Breath* due for publication in 2024. Among his awards is a National Endowment for the Arts Fellowship. He wrote the play, *Gimme Shelter*. In 2013 he was the Upper Peninsula's first Poet Laureate.

At Work Underground - A Writing Workshop with Tarianne DeYonker • Saturday, March 9 • 1 to 4:00 p.m. • Hidden from sight under piles of snow and ice, nature continues her work during winter months. Sometimes against great challenges, plants, trees, and creatures small and large use these cold, dark winter days to rest and rejuvenate. As writers, we also need the same space and time to re-energize our writing. Why not join us for an afternoon to pay attention to the writing you're working on or create something new? Beginning and experienced writers are welcome whether in person or online. If you choose to attend online, the Zoom link will be sent to you a few days before the workshop. \$35. For more information contact the Weber Center at (517) 266-4000, email webercenter@webercenter.org, or visit webercenter.org.



Joy in Journaling: Sunday Blend with Debra Hopper, Certified Embodiment Coach • Sunday, March 17th • 1:00 p.m. • Parkour with a pen! Escape the Sunday blues and dive into an oasis of

creativity with “Joy in Journaling.” Register here <http://tinyurl.com/5dfb35zn>, and join us at 1:00 pm for a 90-minute exploration of embodied, expressive writing conducted via Zoom. For more information contact Debra Hopper at hello@debrahopperonline.com or visit debrahopperonline.com.

Yoga

Yoga Fit with Jenny Grone • Monday, March 4, 11, 18, 25 • 6:00 p.m. • Build your strength, balance and flexibility in this unique Yoga class. A gentle move through vinyasa flows will fine tune your practice and focus on your needs. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Hatha Yoga with Wendy Dolen • Tuesday, March 5, 12, 19, 26 • 5:00 p.m. • Hatha yoga is a branch of yoga primarily concerned with mastery of the body. The term is derived from the Sanskrit ha, meaning “sun,” and tha, meaning “moon,” leading to the common interpretation that Hatha practices are designed to unite and balance these two energies. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Yoga Fit with Sara Atwell • Wednesday, March 6, 13, 20, 27 • 6:00 p.m. • Build your strength, balance and

flexibility in this unique Yoga class. A gentle move through vinyasa flows will fine tune your practice and focus on your needs. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Yin/Hatha Yoga Flow with Sara Atwell • Thursday, March 7, 14, 21, 28 • 6:00 p.m. • This relaxing and meditative class is appropriate to all levels. Gentle poses are held for 3-5 minutes focusing on healing the fascia and connective tissues. Practitioners are fully supported by blankets and props to encourage total relaxation and engage the parasympathetic nervous system, in charge of “rest and digest.” For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Yoga Your Way with Christy DeBurton, RYT • Ongoing • Holistic private yoga sessions, hybrid Live and Virtual Yoga Wellness Courses, 15-minute Yoga for Busy People videos, and yoga audio sessions. Hatha, Vinyasa and Yin yoga. See website for details. For more information, contact Christy at info@christydeburton.com or visit christydeburton.com.

Open Level Yoga with Michele Bond • Sunday, 4 to 5:30 p.m. • Tuesday, 6 to 7:30 p.m. • Saturday, 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed-level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting

Meditation Classes and Practice | Retreats and Workshops
Events with Spirit | Sunday & Tuesday Weekly Online Meditation

COMING SOON! Beginners Vipassana - 8 online classes

taught by Aaron—channeled by Barbara Brodsky

Channeled Sessions:
Evenings with Aaron March 6
Remembering Wholeness March 24

*All programs are held via Zoom.
Aaron, Yeshua and The Mother are channeled entities.
They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center*



DeepSpring.org | info@deepspring.org | 734.477.5848

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

The Crazy Wisdom Calendar

March & April 2024



philosophy. Myofascial release is a recent—and welcome—addition to all classes. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358.8546, email michele@yogahouseann Arbor.com, or visit yogahouseann Arbor.com.

Yoga Essentials with Michele Bond • Ongoing Tuesdays • 6 to 7:30 p.m. • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun! Myofascial release techniques help ease our way into the poses. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358.8546, email michele@yogahouseann Arbor.com, or visit yogahouseann Arbor.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, and enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Students return year after year to enjoy the benefits of this life-enhancing practice. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information. contact Michele

at (734) 358.8546, email michele@yogahouseann Arbor.com, or visit yogahouseann Arbor.com.

Hatha Yoga with Samantha Lieberman • Weekly on Thursdays • Through April 25 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in \$15 per session – First visit is free! Cash or Venmo at door. Seniors receive 10% discount. Discounted packages available. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga with Jillian Diwan • Ongoing Saturdays beginning February 10 • 10 to 11:00 a.m. • This is a beginner ashtanga yoga class, offered with lots of modifications to make it accessible to everyone. Donations are welcome. Held at the First Congregational Church of Ann Arbor. For more information email Jillian at jill@jamhandsbodywork.com.

Yoga at the Depot Town Freight House with Sarah Kreiner • May 18 • 10 to 11:00 a.m. • Free Yoga at the Farmers Market / Freight House facilitated by The Mix Fitness Studios. FREE. Donations accepted to go toward the Rutherford Pool in Ypsilanti. For more information visit the-mix-studios.com.



Winter is when Mother Nature dusts the world with glitter and helps us see life's sparkle.

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

You can find *The Crazy Wisdom Community Journal* in many places around Ann Arbor and in surrounding areas.
Here's a sample of places around town where you can pick up a copy of the current issue:

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Ann Arbor Senior Center
Arbor Farms
Argus Farm Stop
Balance Point Fitness
Bio Energy Medical Center
Booksweet
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
El Harissa Market Cafe
Enlightened Soul Center
First Bite
Fiery Maple Wholistic Healing
Healing Hands Physical Therapy
Integrative Healthcare Providers
Jewel Heart
Kerry Town Market
Kouyate Healing Arts
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Coffee
Move Mind-Body Fitness and Wellness Studio
Nicola's Books
Oz's Music
Peaceful Dragon School
Peachy Fitness
Pharmacy Solutions
Pointless Brewery and Theatre
Roos Roast Coffee
Sweetwater's Cafe
Therapeutic Riding, Inc.
Thrive Wellness Center
Washtenaw Community College Student Center
Washtenaw CC Health and Wellness Center
Wine Wood Organics

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibration Kombucha
Ypsilanti Food Co-op

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas
Salt Springs Brewery
Stony Lake Brewing Company

Chelsea and Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Corner Cup Cafe
White Lotus Farm & Tsogyelgar
Triple Crane Monastery

Jackson & Lenawee County:

Essential Energies
Divine Sanctuary
Pegasus Spa and Leisure
Sacred Touch
Living Grateful

Now delivering to spots in Brighton,
South Lyon, and Royal Oak, too!

Staying positive doesn't mean you have to be happy all the time. It means that even on hard days you know there are better days to come.

—unknown

