

August 27, 2021
Issue #66

Diana Quinn Inlak'ech
**Shamanic practitioner,
ceremonialist, and
naturopathic doctor**

The
Crazy Wisdom
Weekly

shining a light in the dark



The Crazy Wisdom Weekly

The Crazy Wisdom Community Journal is looking for a few good writers! If you are interested in writing about either of the topics below, or have ideas for a feature article, please email our managing editor, Jennifer Carson, at jennifer@crazywisdomjournal.net.

In your email, please send a cover letter detailing your experience with the subject area, any previous publishing credits, and a few article ideas.

We are specifically looking for writers who are interested in writing about paganism, and local pagan related topics.

We are also specifically looking for writers who like to cover food and local food related topics.



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The Heart of the Journey

It is my honor to combine over 20 years of teaching, energy therapies, and wellness coaching to help you feel better, more confident, and more capable of living a joyful journey.

Michelle McLemore, Healing Guide
michellemclemore.com
(517) 270-0986

Coming to
shopcrazywisdom.com

***Seasons of a Magical Life
A Pagan Path of Living***

by H. Byron Ballard
Release date 8/17/21
\$18.95

“Ballard (Roots, Branches, and Spirits) encourages modern pagans to “return to a simpler and quieter time” and “re-enchant the world” in this engaging guide. She recommends a daily routine of “wake, work, wonder, and sleep” and describes the pagan practices on her Appalachian homestead. Ballard closes with an exploration of the concept of hearth—a safe hub from which to live one’s values while building kinship with one’s environment. Ballard’s gentle tone and appealing descriptions of a bucolic lifestyle will appeal to spiritual readers looking to connect with the natural world.”

—PUBLISHERS WEEKLY

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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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Thank you to our contributors for this issue:

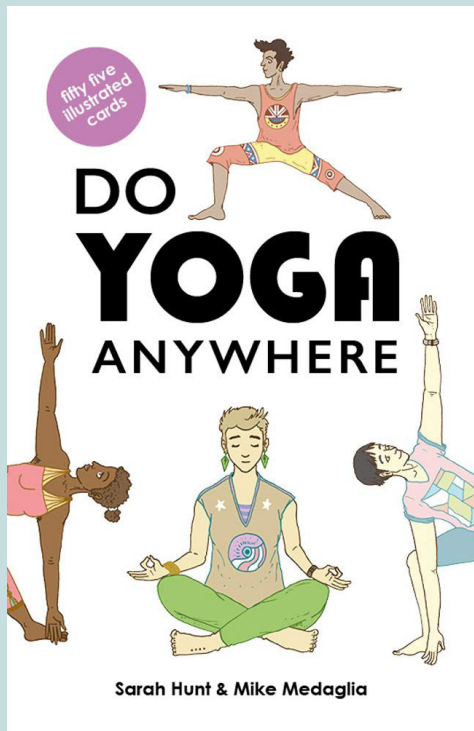
Rev. Marie Duquette
Michelle Salisbury
Diana Quinn Inlak’ech
Jennifer Carson
Carol Karr
Bill Zirinsky



Born during the pandemic, *The Crazy Wisdom Weekly* 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 pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



Crazy Wisdom Book Pick of the Week



With these lovely, illustrated cards, you can plan, study, practice, and improve your yoga anywhere and anytime at all!

With these 55 beautiful boxed cards, which capture 45 poses and 10 sequences, anyone can enjoy yoga, no matter where they are. Created by the founder of Disco Yoga®, they cover everything from downward dog, planks, and half moon to warrior, eagle, and lord of the dance—along with inspirational quotes, instructions on how to master the positions, and explanations of their particular benefits. An accompanying booklet provides additional information on breath, flow, and how to read and use the cards.

[Get your copy of *Do Yoga Anywhere* at Crazy Wisdom Bookstore.](#)



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Weathering an Avalanche

Reflections On This Pandemic Year

By Rev. Marie Duquette

I am writing this on the one-year anniversary of the first case of Covid-19 being diagnosed in Michigan. It is also the one-year anniversary of my mother's memorial service. It was held here in Ann Arbor, at the church where I serve as a pastor. Her service was live cast on Facebook, a first for our little congregation. Family and friends tuned in from Hawaii, California, South Dakota, Arizona, Texas, Ohio, Maryland, and Florida. It was the first time in my 18 years as a pastor that I fully understood the value of live casting worship, an experience I and many of my colleagues have often considered too personal and intimate... too sacred maybe...for livestreaming on social media. It seemed so...televangelistic.

Just before Covid-19 hit, I read the book, *The Weight of Ink* (Rachel Kadish), a historical fiction set in the plague in London in the 1600s. I was fascinated reading how people had survived. It makes me wonder how writers will describe this era in historical novels yet to be written. So, I decided to reflect on the little things we might remember about this time beyond the bone-chilling fear, and mind-numbing grief.

For me, last year was the first time both of my brothers had been in any of the four churches I've served while I was leading worship; it was the first time the three of us had been together in 19 years, the last time being at my father's funeral in California. It was the first time I wore a hat in church. It was the first time my congregation met my extended family and the first time my older brother, Gerry, a magnificent guitarist, played in public as everyone gathered. It was the first time I heard Led Zeppelin (*The Rain Song* and *Tangerine*), and House of the Rising Sun, as a prelude for a Memorial Service in a church.

The very next day was a Sunday of unanticipated and completely unplanned lasts. That next day would be the last service we had inside the walls of the church before Covid-19 sent us all home for more than a year. It was the last time I saw people I loved without fabric masking our expressions. The last time I lead worship with real confidence. The last time we hugged one another, we for whom expressions of support such as touch were a regular part of our communion. It was the last time we would sing together, *When the Saints Go Marching In* with tambourines and clapping, which feels prophetic today. It was the last time we shared a meal; the last time we ate inside at a restaurant.

These firsts and lasts have acted as mile markers as we moved through an avalanche of new. New fear, new masks, new rising numbers of those afflicted and those who have died. Bottles of hand sanitizer, like individual rocks in an avalanche, on every counter, at every entrance, in every purse and car. The roar of

the disaster was heard as more and more schools were closed, graduations were cancelled, weddings were postponed, and news anchor's voices became increasingly grave and worried. For every person who died, an average of nine people began to grieve—profoundly. We felt the weight of that grief like deep, wet, snow weighing us down.

At first, we moved in shock, much the same way one moves through the first days after burying a loved one. But by the time spring was in full bloom, many of us were highly invested in developing new ways to navigate through the dynamite blasts that marked the months of 2020. We perfected Zoom gatherings, online shopping, and curbside pick-ups. Fine restaurants pivoted to offer both groceries and carry-out family meals brought to your car. We congratulated ourselves for having resilience at the first birthday car parade and first video tributes to healthcare workers that made us both cry and hit replay. We tipped everyone, everywhere, as well as we possibly could. We wept when local shops closed.

For many, it was a year of discovering a depth of gratitude that, before the pandemic, we never realized was missing. We began to thank random truckers we met while pumping gas, every grocery store worker, every bus driver, and every doctor even when we only met them on a screen. We put signs of encouragement on our lawns, wore buttons of support, and masks emblazoned with: We ❤️ Healthcare Workers. As our anxiety increased, we developed a collective need to do something, anything, to make us feel like we had some control. We cleaned every closet. We created individual work areas for every family member who worked at home. We developed pods that included a few people who did not live with us, confessing, in hushed voices, that we heard it was okay. We sent care packages to neighbors. We bought ice cream as often as we bought bread.

We got our paperwork in order.

I was in an actual avalanche once. While skiing at Sundance in Utah, four of us made a game of trying to get the last lift to the top of the mountain. When we got off the last lift, we looked back and realized we were not last, as we had thought. A lift of ski patrol workers had jumped on behind us. They skied up to us quietly and said, "We are at risk of avalanche. We need you to follow us down. Try to stay in our tracks. Don't stop if you can help it. Don't yell if you fall. We'll get there together." I have never skied so well or so quietly in my life.

For the next several days, we were confined to the A-frame log chalet in the mountains where we listened to explosives that were judiciously placed and ignited so as to control the direction of the avalanches. We drank daquiris and dared one another

to jump from the hot tub into the snow outside. It was a fine distraction from the fear that lay above us.

Today, I listened to my mother's memorial service for the first time; available now because we live-streamed it then. In the welcoming remarks, I heard some words I had written, "We often grieve alone, but healing frequently happens in community. We all carry losses of many kinds. Today we grieve with Carole's family and together we grieve our own cumulative losses. We are in this together. Standing with one another in this time of loss, may we all be healed." I had no idea when I wrote that, that it would be prescriptive for how we would make it through the avalanche of lasts.

And now, it is gradually becoming time for us to all come out of the cabin. To join those who have been strategically setting the dynamite. To see the folks at our favorite coffee shop. To wipe off white boards in classrooms and greet students as they arrive. To find one another again.

If the pattern remains, the thing that follows so many firsts and lasts, seems to be the "new." My hope is that our new ways will be ones that incorporate all we have learned about ourselves, our relationships, and our ability to remain resilient and think creatively. Because people who have survived an avalanche together have a bond that can hold for a lifetime. And oh, how we might make life better, not despite—but precisely because of—all we went through and continue to go through together. And honestly, I don't think I've ever seen people rise and be transformed as much as I have this past year. It reminds me of the verse a bishop from Montana who had seen his share of inexplicable suffering used to say with great reverence: "It's a fearful thing to fall into the hands of the living God."

Rev. Marie Duquette is the pastor at King of Kings Lutheran Church. Learn more about her and the church's programs on their website kingofkingslutheran.org.



Are you an artist or an art supporter? The Chelsea Arts Initiative was developed to build more synergy and awareness of the artists and art organizations in the Chelsea area. Please complete this form to contribute to a digital "ART HUB" directory for and about the arts community. This form helps us know who you are and understand how you'd like to be included!

[Fill it out here!](#)





By Michelle Salisbury

My Reiki Adoption Healing Path as a Birth Mother
By Michelle Salisbury

When becoming a Reiki practitioner, you are taught to focus the Reiki energy daily on yourself first. As on any airplane flight, in the case of an air pressure change, you're instructed to place an oxygen mask first on yourself and then assist others.

Healing is the same way, you're only able to offer what you yourself have. Your loved one, friend, or client will receive beneficial results from a practitioner that is working on their own personal healing journey.

My Reiki healing journey began when I became a Reiki practitioner in 1995. Reiki helped and supported my mind, body, and spirit to beautiful healing outcomes.

In 1971 as a teen, I had to place my baby up for adoption. My daughter never left my mind. Every child I saw that was her age would make me wonder if that child might be her. I always wondered what growth stage she might be in and if she was happy. She was always on my mind.

After experiencing the most painful time in my life, I spent many years in counseling trying to heal my childhood and the hole in my heart. Unbeknownst to me, during this fragile time, my body absorbed this pain on an energetic level, and I would need the work of an energy healer to help me further on my healing journey.

There was always a knowing inside of me that my baby girl and I would connect again someday. I felt a great responsibility to have answers for her to any questions she may have medically or with answers to the why of her adoption. I never wanted her for a minute to believe it was because I didn't want, or love, her.

When I began to use Reiki for guidance in my search for her, the path unfolded effortlessly!

First, my supervisor at work decided to confide in me that she had just searched and found her birth mother. She did not have any knowledge that I was a birth mother at the time. My supervisor and I shared many conversations about our journeys and experiences.



So, I decided it was time to ask my mother about the paperwork from the adoption and/or where the adoption took place. My mother expressed that it was a bad idea and said that she had forgotten what courthouse the adoption took place in and that they never provided her any paperwork.

My mother never understood the continued pain that I was going through. The adoption was kept quite secretive, and my father had already passed away, so I had no other information resources.

I then decided to confide in my supervisor, and she advised me to start calling courthouses. The first courthouse I called, the woman on the other end of the phone said, "Oh yes, I know who you are. Your daughter has been looking for you. She checks in regularly. Your daughter had us place a letter in the sealed adoption file three years ago, saying that she wanted to connect." I was in shock! There was a lot of trepidation on this journey.

The letter my daughter had placed in her adoption file was sent to me in the mail. It seemed like it would never arrive! It was a kind and beautiful letter. After that, my daughter and I corresponded by email for a few months before meeting

in person. We shared information about our lives and many pictures.

Reiki supported me in meeting my daughter, two granddaughters, and son-in-law in June of 1999. We walked and talked through so many emotions that needed answers and healing for us both. The hole in my heart was starting to close.

During this time, Reiki was my support system to draw from, listen to, and to help me trust my inner guidance. It helped me to disperse the fear of the unknown and continue forward with my goal of supporting my daughter with answers to her unanswered questions.

This year, I have met my new great-grandson and attended my granddaughter's wedding. When I was signing the papers for what I thought would be a lifetime of grief in a courtroom in 1971, I could never have imagined this journey. Every step of the way, Reiki provided me the guidance and courage to keep moving forward.

Having a daily self-Reiki practice provides a support system for the parasympathetic nervous system. I utilized Reiki whenever anxiety would begin to creep into my thoughts and emotions. It felt calming and helped to reassure me that I was doing the right thing by my daughter.

I am so grateful for my Daughter's adoptive family for supporting and raising a wonderful human being, and for Reiki. The healing has been immense!

Reiki is a complimentary Japanese stress reduction and relaxation technique that supports the body's natural healing capabilities. It is non-invasive, cannot harm, and works to balance the physical, mental, emotional, and spiritual areas of life, regardless of age, background, or belief.

Reiki supports many people to relax their mind, body, and spirit!! Many clients become very relaxed and some fall asleep with such a deep feeling of relaxation in their sessions. Supporting your body with rest and relaxation engages your immune system to help protect you from illness.

In what areas of your life can Reiki support you?

Where are you in need of support?

- Life balance?
- Job challenges?
- Need refreshing?
- Difficulty sleeping?
- Need a confidence boost?
- Mind busy and body tired?
- Need patience with your children?
- Do you excel at placing everyone's needs before your own?
- Other challenging emotional, physical, or life events?

I love sharing, teaching, guiding, and supporting others through Reiki.

Michelle Salisbury is a Usui/Holy Fire® Ill Karuna® Master, Practitioner and Teacher through the (ICRT) International Center for Reiki Training. You can reach her by emailing michelle@reikihealinghands.net or visit her online at reikihealinghands.net



Get your hands on the fall issue of
*The Crazy Wisdom
Community Journal*
soon!

Look for articles on Jewel Heart's Spir-
itual leader, Demo Rinpoche, Jewish
Family
Services, psychedelic plant medicine,
Aura photography, Tea Rituals for the
Divine
Feminine, and more!

On shelves September 1
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From Our Archives

HEALING OUR ANCESTORS

The Importance of Ancestral Relationships

By Diana Quinn Inlak'ech, ND

In traditional cultures worldwide, the honoring of ancestors has existed in some form throughout human history. Traditional cultures wove cosmologies around relationship with their ancestors, the natural world, and cycles of life and death. In the span of human evolution it is only in the relatively recent period that ancestor worship has become less widespread. In the West, this shift is intertwined with cultural fear of and avoidance of death and poor cultural competency with processing grief. However, in recent years, the human need to connect with our ancestors has found a new outlet through modern developments in science and technology. These advancements offer new insights to interconnection with our ancestors for contemporary Westerners who are often skeptical of the non-material and unscientific.

Who are the ancestors? They are the people in our family trees who are remembered and whose names are known from the previous generations. The ancestors are also those to whom we have been joined through chosen family, adoption, and deep heartfelt connection. In addition, they are the unnamed distant relatives in those family lineages from beyond recorded history. Our deep ancestry connects us all from the beginnings of humankind through our shared origins on the African continent with "mitochondrial Eve." Ancestral awareness connects us to all of those who have gone before.

The call to deepen my own ancestral practice grew alongside my study of the clinical application of epigenetic science. The emergent field of epigenetics has settled the debate for once and for all: human development is shaped by both nature AND nurture. The term epigenetics means "above the genome", and is the study of how genes interact with the environment to determine their expression. Epigenetic research reveals that aspects of lived experience are heritable, influencing genetic expression by turning genes "on" or "off." This revelation has tremendous clinical value because we understand that genes are not one's destiny, but rather, gene expression can be modified. It has become quite accessible to test one's DNA via kits ordered on the internet and then use the raw data in analysis for epigenetic markers and single nucleotide polymorphisms (SNPs). Single nucleotide polymorphisms are the most common type of genetic variation among humans. These epigenetic factors determine genetic expression and many can be influenced by modifiable lifestyle factors like diet and exercise. In my clinical practice I often assess epigenetic variables to formulate an individualized health plan with patients in order to optimize wellness and minimize disease risk.

our lives. As Tolstoy wrote, "All happy families are alike; every unhappy family is unhappy in its own way." Family shadows such as divorce, addiction, and abuse generate adverse childhood experiences (ACEs) and are known to produce epigenetic changes that impact future health outcomes. The results of the CDC-Kaiser ACE Study revealed not only the correlation of adverse childhood experiences with poorer health later in life, but also the widespread prevalence of the continuation of adverse childhood experiences in the following generations. Of the 17,000 people who were interviewed for the original study, 64% reported that they had experienced at least one ACE. Traumatic ancestral experiences affect the health and happiness of future generations. In studies of descendants of Holocaust survivors and survivors of the Dutch famine, researchers discovered physiologic changes which occurred as the result of trauma experienced generations before. According to Dr. Rachel Yehuda, principle investigator of epigenetic research on intergenerational trauma, rather than interpreting the findings with resignation, the data can be empowering. The fluidity of genetic expression revealed through epigenetic research also highlights the potential of therapeutic modalities to shift health outcomes.

In the United States, there is a profound legacy of intergenerational trauma from colonialism, Native genocide, and slavery, which informs contemporary systems of oppression. In our current shifting political climate, the surfacing of these wounds—which have always existed, but were previously marginalized by the dominant culture—invites an opportunity for healing. We live in a world of disconnection and division by race, gender, class, religion, and national borders, all of which are human constructs. What are the ways that our ancestral lineages embodied these experiences? How were they harmed, or how did they uphold these constructs? Ancestral healing work is an invitation to take responsibility for our lineage. Through examination of our ancestral inheritance, we can interrogate, provide redress on behalf of, and ultimately forgive our ancestors for their shortcomings. We can see the ways in which they contributed to the present day "dream of life" that is out of balance, so that we can appropriately correct course. Ancestral work is social justice work, and we each have a role to play. Acknowledging and healing our collective cultural and historical trauma is a critical form of social justice activism. We do this work in our lifetime to transmute unresolved ancestral and cultural baggage so it is not carried forward, so we can dream a better dream for future generations.

Read the rest of the article online!

Epigenetic factors are also shaped by stressful experiences, emotions, and even more subtle factors that influence

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The Crazy Wisdom Calendar

weekly



Book Discussion Groups

A Course in Miracles Study Group with Randall Counts and Delyth Balmer via ZOOM • Weekly Thursdays, beginning September 9 – December 30 • 12:00 – 1:30 p.m. • Read and discuss A Course in Miracles via Zoom. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

A Course in Miracles Study Group with David Bell • Weekly Mondays, September 13 – December 27 • 6:45 – 8:45 p.m. • Read and discuss A Course in Miracles. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

Bhagavad Gita Discussion Circle with Miranda and Kishor • Weekly Wednesdays, beginning September 15 – December 29 • 6:30 – 8 p.m. • Focusing on the timeless wisdom of the Bhagavad Gita, we read a group of texts together weekly and then Miranda and Kishor lead a participatory discussion where all attendees are welcome to share their insights as well as bring up questions for the group to consider. \$Free. Contact info@theharmonycollective.org or theharmonycollective.org.

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: September 13, October 4, November 8, December 13 • 7 – 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. \$Free. Donations are welcome. Contact for each month's book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734-994-3387. For more information, visit www.jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom Meditation and Sharing with Still Mountain Buddhist Meditation Center • Weekly Sundays in September • 10 – 11:30 a.m. • Our Buddhist meditation and sharing session is open to the public. We sit in silent meditation for about 45 minutes and then allow open sharing, discussion, or teaching related to the Dharma. \$Free. Contact <https://stillmountainmeditation.org>.

Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly Sundays, September 5 – December 26 • 11 a.m. • Enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rinpoche. Stay tuned for the moderated hour discussion after the talk. \$Free, but donations are welcome. Contact 734-994-3387 or email programs@

jewelheart.org. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org.

Buddhism Practical Buddhism by Gelek Rinpoche with Gelek Rinpoche • Weekly Tuesdays from 7 to 8:30 p.m. from Sept. 7 through Dec. 28, 2021 • 7:00p.m. • Practical Buddhism by Gelek Rinpoche 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 will follow each session. Free/Donations are welcome. Contact To register, go to the Jewel Heart website at jewelheart.org/, scroll down, and select this program. For more information, call 734-994-3387 or email programs@jewelheart.org.

The Cause of Suffering (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, September 11 • 9 a.m. – 1 p.m. • There are many obvious reasons for the various kinds of human misery but underlying all of them are our own individual and collective actions, perceptions and emotional reactions. Exploring these leads to a reappraisal of our choices and a path to lasting happiness. (This workshop is one of several in the Applied Meditation Technology series that explores different approaches to gain deeper insight into our lives, aiming at gaining freedom from all suffering. All workshops include instruction, guided meditation, individual meditation, and discussion.) \$25 Jewel Heart Members / \$30 Non-Members. No one is turned away due to financial considerations. To register, visit jewelheart.org. For more information, call 734-994-3387 or e-mail programs@jewelheart.org.

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month through August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.org.

September Full Moon Ceremony with Sacred Lotus Experience • Monday, September 20 • 6:30 – 10 p.m. • Reiki, Astrology Talk, Meditation, Bonfire, and S'mores. \$25. Contact Alicia Clark Teper at 734-945-5396 or sacredlotusexperience@yahoo.com; SacredLotusExperience.com.

Channeling

Evenings with Aaron with Aaron channeled by Barbara Brodsky • Tuesdays: September 7, October 19, November 16, December 14 (Christmas stories) • 7 – 9 p.m. • A weaving together of the components of The Eden Project (Mediumship, Eden Class, Dharma Path and Vipassana and Pure Awareness Meditation) with elements of practice or daily life. Suggested donation: \$10–\$35. Contact 734–477–5848; om@deepspring.org or deepspring.org.

Children and Young Adults

Youthful Spirits Class for Young People ONLINE with Heidi Kaminski • Weekly Sundays: September 12 – December 26 • 1 – 2 p.m. • Spiritual discovery for young people on Zoom. Details on web site. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

Cohousing

Cohousing Tours • Sunday • 2 p.m. • Every Sunday starting in September. Cohousing is a form of intentional community centered on the joy that comes from residents sharing their work, resources, and talents. The Ann Arbor area is unique in the US for having 3 cohousing communities. Come find out what it's all about. Meet at the Touchstone Common House, 560 Little Lake Dr., (734) 274-9110. Learn more at touchstonecohousing.org.

Dance and Movement

Belly Dance Fitness with Lora Forgiel and Cara Barket Yellott • September – December, Weekly • Sundays, 7 – 7:45 p.m.; Mondays, 8:15 - 9 p.m. • Come join us for 45 minutes of belly dance cardio. Learn how to belly dance and get your workout in for the day. Laugh, sweat, and dance. Connect with music and your body in a deeper way. No experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Glow Flow with Michelle McLemore • September – December, Weekly Wednesdays • 9 - 10 a.m. • Greet the morning with a 60-minute combination of slower flow yoga, Tai-Chi, pranayama, and basic dance from across cultures to open your energy anatomy and promote a positive mindset. Feel the magic of merging slow breath with intentional movements while toning and increasing flexibility. Low impact. No prior experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Mini-Band Class with Austeen Freeman • September – December, Weekly Thursdays • 5:45 – 6:15 p.m. • A 30-minute full body burn. Bring your own bands or use the studios as we target major muscles group in a HITT style workout. Great for any level, very low impact, and low resistance. Strengthens and tones the body. If you have your own resistance bands, please bring them. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Death and Dying

End-of-Life Doula Training with Merylynne Rush ONLINE • Fridays, September 10, 17, 24, and October 1, 8 • 3 - 6:30 p.m. • The Dying Year EOL doula training meets five consecutive Fridays. Our six diverse teachers from varying backgrounds fully prepare you to offer your services to dying individuals and their families/caregivers. \$725; scholarships and payment plans are available. Contact Merylynne Rush at 734-395-9660 or thedyingyear@gmail.com; thedyingyear.org/end-of-life_doula_trainings.html.

End-of-Life Doula Training with Patty Brennan • Weekly Tuesdays, September 14, 21, 28 • 1 – 4:15 p.m. • Lifespan Doulas End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their family, in the final days, weeks and months of life. Professional training and certification online with Patty Brennan. \$697. Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com; lifespandoulas.com/end-of-life-doula-training.

Energy and Healing

Qigong with Master Wasantha Young • Weekly Thursdays, beginning September 16 for 10 weeks • 11:15 a.m. – 12:15 p.m. • Feeling like you could use some self-care techniques that will help to give you an energy cleanse and revitalize your sense of well-being? During these sessions you can learn basic qigong stretches, breathing, and visualization meditations, and self-acupressure (acu-points used in acupuncture) for just this purpose. \$150. Contact 734-741-0695 or Info@peacefuldragonschool.com; peacefuldragonschool.com.

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • Through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. \$10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Festivals and Fairs

Great Lakes Herb Faire with Tieraona Low Dog; other speakers include Jim McDonald, David Windston, Ellen Kamhi, Talal Al Hamad, Mimi Hernandez, Diana Quinn, Sajah Popham and Lottie Spady. • Sept. 10-12 • Annually, weekend after Labor Day • 4:30 p.m. • 7th annual Great Lakes Herb Faire! This year we will once again gather virtually in celebration of the sharing of herbal knowledge. Join us for a fantastic lineup of herbalists. \$100-\$150. Contact anna.motherbloom@gmail.com or info@greatlakesherbfaire.org; greatlakesherbfaire.org;

Ghidrah's Mystic She Ways Psychic Fair • Saturday, September 18 • 11 a.m. – 7 p.m. • Psychic readings, tuning fork healings, past life regression, tarot readings, crystal light bed, mini reiki, chair massage \$45 – \$70 per session. Contact Support@ghidrahs.com; mysticsheways.com.

Health and Wellness

Help Yourself with Self-Hypnosis • Wednesday, September 8 • 11:00 a.m. • Come learn and practice self-hypnosis with Conrad Welsing in this workshop, find the power to change you! For more information visit [Washtenaw Community College](http://WashtenawCommunityCollege) or call 734-677-5060.

Intuitive and Psychic Development

Focused Mind Meditation – Teleconference with John Friedlander • Monthly, first Sundays: September 5, October 3, November 7, December 5 • 9 a.m. – 12 p.m. • 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. \$15. Contact Violeta Viviano at mvaviviano@gmail.com or 734-476-1513; psychicpsychology.org.

Meditation

Beginner's Yoga and Meditation 2– Day Seminar with Ema Stefanova • Saturday September 4, 2:30 – 4:30 p.m. and Sunday, September 5, 1 – 5 p.m. • Total beginners, busy professionals, people looking for safe yoga and meditation as therapy, athletes, and all are welcome to experience practices they can apply right away in real life. No stretchy pants, mats, or props required. Come as you are. \$179 early registration; \$199 regular. Contact EmaStefanova@cs.com; YogaAndMeditation.com.

White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays, September 5 - December 26 • 9:30 – 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. \$Free, but donations are welcome. To register, visit jewelheart.org/free– weekly–

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virtual— programs. For more information, visit jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Weekly Mondays, September 6 - December 27, • 12 – 1 p.m. • Sagolla leads a 30 – 40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization and contemplative meditations. \$Free, but donations are welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.

Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • First and Third Thursdays: September 9, 23, October 7, 21, November 4, 18, December 2 • 7 p.m. • This class will explore the Yoga Sutras of Patanjali. We will consider the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. This non-dual school emphasizes śakti, the divine energy of the Absolute that creates our universe and forms the basis of the streams of our Awareness. Along with studying the text, we will practice tantric forms of meditation to help us understand the sutras. Suggested donation: \$120– \$360. Contact 734-477-5848; om@deepspring.org or deepspring.org.

Myriad of Meditations (series) with Karen Greenberg • Sundays, September 12, 19, 26; October 3, 10, 17, 24 • 10 a.m. – 12:30 p.m. • Meditation is an essential component to spiritual evolution. Learn a myriad of techniques to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful archetypes, spiritual beings, qualities of G– D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Vipassana and Pure Awareness Meditation with John Orr • Wednesdays, September 15, 29, October 13, 27, November 10, 24, December 8 • 7 – 9 p.m. • Module 4 of The Eden Project. Deepening of Vipassana (Insight Meditation) and Pure Awareness. Designed for those who already have the basics and have the ability to be mindful in daily life situations. Developing and sustaining a daily formal meditation practice will be encouraged. Refer back to The Eden Project description (listed under Spiritual Development). Contact 734-477-5848; om@deepspring.org or deepspring.org.

Maha-Mantra Kirtan Jam with Devin O'Rourke • Thursdays, September 16 – December 30 • 6 – 8 p.m. • An immersive kirtan experience with the Hare Krishna maha-mantra. Musicians are welcome to bring instruments to join in for this fluid program and all levels of experience with kirtan are invited to join. Kirtan is meditation using mantras with musical accompaniment and provides an easy and pleasing atmosphere to focus the mind. \$Free. Contact info@theharmonycollective.org; theharmonycollective.org.



Get your
calendar listings in by
Monday morning at
10 a.m. for the next
Crazy Wisdom
Weekly Issue!
Send your listing
in here.

Mindfulness

Days of Mindfulness with Esther Kennedy • Monthly Saturdays: September 11, October 9, November 20, December 11 • 10 a.m. – 2:30 p.m. • Basic Connection, Looking Deeply, Wandering Mind, Wholeness, Happiness, Peace. Registration is required. \$35 (includes lunch). Contact Weber Center 517-266-4000; webercenter.org.

Music, Sound, and Voice

Sound Bath ONLINE with Rob Meyer-Kukan • Monthly first Sundays: September 5, October 3, November 7, December 5 • 7 – 7:15 p.m. • Come, settle into the safety and comfort of the combined sounds of singing bowls, gongs, chimes, and more as Sound Therapist, Rob Meyer-Kukan, weaves together a blanket of sound sure to comfort and relax the soul. Each month has a different theme: Sound Sanctuary, Mystery of Sound, and The Season of Hope. To watch/listen to this sound bath meditation, visit youtube.com/robmeyerkukan. A link will be posted on my Facebook timeline when the video is live. \$FREE, but donations gratefully accepted at paypal.me/robmk. Contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com; fb.me/e/5hdyA8OnH.

Celebrate with Sound: Sound Bath Meditation with Rob Meyer-Kukan • Saturday, September 25 • 7 – 8:30 p.m. • Relax. Calm. Soothe. Renew... with the soothing sounds of singing bowls, gongs, and more. \$25. Advanced registration and payment by September 24 are required to secure your space. Contact Rob Meyer-Kukan at 248-962-5475 or rob@robmeyerkukan.com; fb.me/e/Q37BfqrZ, robmeyerkukan.com.

Sacred Sound Journey with Victoria Schon • Mainly Saturdays: September 25, October 9, November 6, 27 • 6:30 – 7:45 p.m. • This is a non-invasive complementary healing modality that provides an environment of sound, tone and vibration to create

harmony, order, and deep relaxation in which insights and a deep meditation state can be experienced. \$40. Contact victoria@veraposeyoga.com; veraposeyoga.com/events.

Personal Growth

PSYCH– K Basic Workshop with Mary Mazur • Friday, September 10 – 12 • 9 a.m. – 6 p.m., ending 5 p.m. on Sunday • During this three-day workshop, you will learn how to transform beliefs within your subconscious mind utilizing PSYCH– K® in your Daily Life using two balance processes and bringing clarification to the subconscious mind when needed. You will also learn and transform any perceptions of stressful situations (past, present, and future), to offer you peace, clarity, and joy in new levels. \$850. Contact mary@igniteandhealyourlife.com.

Professional Development

End-of-Life Doula Training with Marilynne Rush ONLINE • Fridays, September 10, 17, 24, and October 1, 8 • 3 - 6:30 p.m. • The Dying Year EOL doula training meets five consecutive Fridays. Our six diverse teachers from varying backgrounds fully prepare you to offer your services to dying individuals and their families/caregivers. \$725; scholarships and payment plans are available. Contact Marilynne Rush at 734-395-9660 or thedyingyear@gmail.com; thedyingyear.org/end-of-life_doula_trainings.html.

Evolving Your Doula Business Workshop with Patty Brennan • Saturdays, September 18, December 11 • 8:30 a.m. – 5 p.m. • Learn how to approach the business side of being a doula. How to get started, establish your value, grow your business, and more! \$247. Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com; https://lifespandoulas.com/doula-business-workshop/.

Retreats

Can the Earth Heal? Insights from Teilhard de Chardin (Virtual presentation) with Ilia Delio • Saturday, September 18 • 9:30 a.m. – 3:30 p.m. • Global warming, racial conflict, gender discrimination all mark the early decades of the 21st Century. The environmental crisis, in particular, poses a real danger to the future of planetary life. Despite the signals of systems' breakdowns, the western consumer lifestyle proceeds unabated. Our unhealthy patterns of liberal autonomy do not have a sufficient rationale for radical change because they are supported by old philosophical principles. Teilhard de Chardin reframed the human phenomenon within the process of evolution and offers new directives for interpersonal planetary life. Registration Required. \$45 (no discounts). Contact Weber Center 517- 266- 4000; webercenter.org.

The ABC's (and DEFG's) of Light Body Development ONLINE with Karla Zarley • Saturday, September 25, 8:30 a.m. – 1 p.m. and Sunday, September 26, 1 – 5:30 p.m. • Please join me for this Zoom mini-retreat for total beginners or those who want more foundational information about the Light Body. There will be a 1/2-hour break during each day's session for body care. Registration deadline September 18. \$110. Contact Karla Zarley at 734- 834- 1566.

Shamanism

Extraction: Illness and Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday, September 18 – Sunday, September 19 • 9 a.m. – 5 p.m. • From a shamanic perspective, there are three causes of illness: loss of power, loss of soul essence, and intrusions. Explore different ways to diagnose an illness as well as to spiritually address its healing. Working with partners, you will deepen your understanding of power restoration and learn ways to address and extract spiritual intrusions. This is an advanced in-person class with a limit of 6 persons. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual Light. Suggested Reading: Walking In Light by Sandra Ingerman. This class will repeat via ZOOM with a limit of 4, October 23– 24. \$180 if paid by September 10. \$220 if paid after September 10. Visit judyramsey.net.

Spiritual Development

Light Worker Activation with SANDYA– Sandra Shears • Weekly Wednesdays: September 1 – December 29 • 7 p.m. • As a Light Worker or World Server you have incarnated at this time in order to facilitate the transition in the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. \$100 per month prepaid – ongoing commitment required. Contact SANDYA– Sandra Shears at 734-340-2616 or sandya2033yahoo.com; sandya- sandrashears.com.

Metaphysics for All of Us with Mary Alice Truitt • Weekly Wednesdays: September 1 – December 29 • 9:15 – 10:45 a.m. • Explore metaphysics via Zoom. \$Free, but donations gratefully accepted. Visit interfaithspirit.org.

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Chen Tai Chi Chuan with Joe Walters • September 2 – December 30 • Monday & Thursday, 5 p.m., Saturday, 9:30 a.m. • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. \$Free. Visit annarbortataichi.com.

Beginner Tai Chi with Master Wasantha Young • September 13 – December 16 • Mondays, 10 – 11:15 a.m. Thursdays, 6 – 7:15 p.m. • \$195. You can attend one or both classes during the week. Contact Info@peacefuldragonschool.com or 734-734-7410 ext. 695; peacefuldragonschool.com,

Adult Martial Arts • Weekly Mondays and Wednesdays: September 13 – December 16 • 7:45 – 8:15 p.m. • The Chelsea ATAT Martial Arts curriculum provides a great way for adults to stay in shape. It won't become dull or routine because as soon as you get better and continue learning, there are always

more challenges ahead to keep you inspired and coming back for more. Confirm days and times on website. \$100 per month. Contact 734-846-1914 or info@chelseaata.com; chelseaata.com/about-us/Chelsea.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, 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 offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissoJiZen.org.

Write with your Shadow Self with Julie Mariouw • Thursdays, September 9 – October 28 • 6:30 – 9 p.m. • An 8– week online writing workshop in which we will work with dreams, access the unconscious, locate sensations in the body that correspond to the shadow, and write narratives using this material. \$250. Contact Julie Mariouw julie@wellspringwritingworkshops.com; wellspringwritingworkshops.com/events.

Critique—a–thon with Write On, Ann Arbor! • Tuesday, September 14 • 6 – 8 p.m. • Bring some printouts of a couple pages typed and get your critique on with the members of Write On, Ann Arbor! It is an outdoors in-person event. \$5. Details at meetup.com/Write-On-Ann-Arbor.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. \$21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

RYT200, RYT300, and RYT500 Holistic Yoga and Meditation Teacher Training with Ema Stefanova • Tuesday, September 7 – Sunday, December 19; Flex Start/Finish Dates • Our intelligent programs are hands–on, user–friendly, and common sense. Our approach is student–centered and takes in account each trainee's talents, special interests, prior learning or lack thereof. Professional Teacher Training Certificate earned automatically qualifies to become registered at the RYT200, RYT500 or RYT300 level with the Yoga Alliance national registry. Our high


quality programs are designed to: systematically deepen your understanding of all aspects of yoga, help develop skills for safely teaching, help integrate yoga and meditation in your professional career as a social worker, school teacher, massage therapist, healthcare professional or other. Our graduates teach worldwide. Contact EmaStefanova@cs.com; YogaAndMeditation.com.

The Yogic Path with Courtney L Fitzpatrick • Fridays: September 10, October 1, 22, November 12, December 3, January 7 • 6 - 9 p.m. • The Yogic Path Program is for students interested in diving into the study of Yoga, or the Science of Self– Realization, for personal growth. Each Friday evening session is a sacred time to gather for friendship, practice, discussion, learning and profound self–discovery. While this program is non–certifying, the curriculum and themes are based on our Yoga Alliance Teacher Training approved curriculum. The Yogic Path is concurrent to our RYT200 program weekend intensives; this intentionally flexible program allows students to pick and choose what interests them within the RYT200 curriculum, yet not have the rigor of the Yoga Alliance standards of completion. This program is for students ready to live a well–lived life, and to discover the essence of their own true nature. \$1600 early bird before Aug 15 (reg \$1700) which includes Unlimited Yoga Membership. Or, with no Membership \$1000 early bird by Aug 15 (reg \$1250). Contact courtney@veraposeyoga.com.

Free Iyengar Yoga class with David Rosenberg and Ann Arbor Rec & Ed • Monday, September 13, 6 – 7:30 p.m., Thursday, September 16, 7– 8:30 p.m.; On-line free class Saturday, September 18, 10 a.m.– 11:30 a.m.; outdoor Sunday, September 19, 10 a.m. – 11:30 a. m. • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well–being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. \$Free. Contact David Rosenberg at 734–646–4195 or massage4@aol.com; aarecedonline.com.

Psoas Release Workshop ONLINE with Sharon Hillenaar • September 17 • 7 – 9 p.m. • The psoas (pronounced with a silent p) is often called the muscle of the soul. Join us for a stress relieving practice which will focus on movement and poses that help to release the psoas muscle leaving you feeling calm, relaxed, and de–stressed. We will end the practice with a Psoas release technique called the Psoas Shake. Please make sure you have 2 yoga blocks (hard covered books are great too!), a bolster, or pillow and a blanket. \$30. Contact courtney@veraposeyoga.com; veraposeyoga.com.



A person wearing a dark, fringed costume with a horse head mask is shown from the waist down. They are surrounded by a dense shower of golden sparks or embers, which are falling around them and creating a bright, fiery atmosphere. The person's legs are visible, and they appear to be wearing dark shoes. The background is dark, making the sparks stand out prominently.

It's okay if you fall
down and lose your
spark. Just make sure
that when you get back
up, you rise as the
whole damn fire.

—Colette Werden