

February 18, 2022  
Issue #80

Robert Thibodeau  
The Wizard of  
Mayflower Bookshop

*The*  
**Crazy Wisdom**  
*Biweekly*



*shining a light in the dark*

# The Crazy Wisdom Weekly



## Table of Contents

Word of the Week .....	page 4
Research Divinity for Everyone By Ash Merryman.....	page 5
Crazy Wisdom Book Pick of the Week.....	page 6
The Crazy Wisdom Interview with Robert Thibodeau of Mayflower Bookshop.....	page 8
The Crazy Wisdom Weekly Calendar.....	page 16
Food of the Gods: Sacred Cacao Ceremony by Victoria Schon.....	page 17
A Final Thought.....	page 28

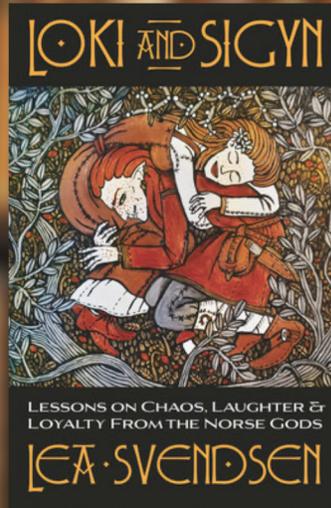
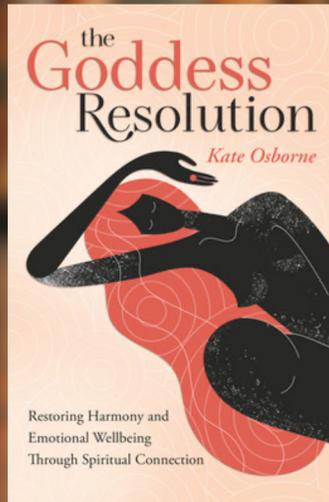
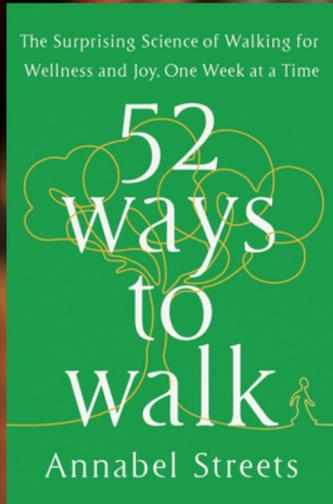
Haven't gotten your copy of  
Issue #79 of The Crazy Wisdom  
Community Journal yet?

Did you know you could have it  
delivered directly to your home?

Learn more about subscribing to  
[The Crazy Wisdom Community Journal](#) and start  
enjoying articles like: Lou Weir and the Diamond  
Approach, What We Can Predict by Rev. Marie  
Duquette, Moving Meditations, Faith and Doubt,  
our kids book picks, handcrafting column,  
restaurant reviews, calendar of events, and more!



# Coming Soon Pre-order now



# shopcrazywisdom.com

No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

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

Copyright © Crazy Wisdom, Inc., February 18, 2022.

Thank you to our contributors for this issue:

- Ash Merryman
- Robert Thibodeau
- Victoria Schon
- Jennifer Carson
- Carol Karr
- Bill Zirinsky

**WORD OF THE WEEK:**

**Querencia**

A place from which one's strength is drawn, where one feels at home. The place where you are your most authentic self.

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](mailto:Jennifer@crazywisdom.net).



# Research Divination for Everyone



By Ash Merryman

The world around us is rich with meaning and has so much guidance to offer. Throughout history, many pagan cultures have had a figure who paid acute attention to the natural world as part of a divination practice, and we can still practice this awareness today. In fact, many of us do so without realizing it when we ponder the deer who just crossed through our yard or marvel at how many butterflies we've seen lately. Sometimes certain animals, plants, or numbers appear to us repeatedly or in a way that feels significant for some unknown reason. I like to call these repeated encounters synchronicities, and by noticing and learning the meanings of synchronicities, we can enhance and better understand our own lives and journeys.

One method of gaining a greater understanding of how these synchronicities speak to us is by combining our intuitive knowing with research. When I began graduate school six years ago, I could not have divined how obsessive a researcher I would become! Research has left my office, so to speak, and become an integral part of my spiritual practice for allowing me to reach new understandings of the signs and symbols all around. I find it especially useful to research synchronicities, those symbols making significant or reoccurring appearances in life. And, as much as I love and value my tarot and oracle decks, I've come to practice divination through combining synchronicities, intuition, and research most frequently, and I call this practice "Research Divination."

I'd like to share the gifts of Research Divination with everyone, and at the end of this article I will explain how we can do this together. First, I'll share a personal story dear to my heart of how practicing in this way has bettered my life. Then I will share my process and break down how we can do it together.

A few years ago, this process helped me through a very difficult period of my life marked with grieving loved ones I'd cut ties with due to abuse, and I was experiencing severe insomnia. Along with my grief came depression and anxiety about keeping up at work while suffering insomnia until sunrise. Research Divination (and a lot of love and patience from my gentle life partner) pulled me through and out of this darkness. I believe it is because the universe, or Great Spirit, was with me and is always with us. I just needed a way to notice.

Most nights, while involuntarily awake with the moon, I'd sit outside on our patio waiting for sleep to heavy my eyelids. Outside, I grew familiar with a variety of voices in the night and learned to distinguish the calls of bats and owls among others. After many sleepless nights of being serenaded by bats and one owl in particular, a feeling of kinship grew. I felt they were keeping me company to ease the loneliness part and parcel of grief and insomnia, reassuring me that I was not the only creature of the night and many beings were nocturnal and thriving. The bats and owls challenged my self-critical narrative of being aberrant and unproductive for becoming nocturnal. Thanks to their wisdoms, I came to accept my insomnia, even viewing it as an opportunity to learn about the bustling nightlife of nocturnal beings. Being a researcher by profession, I began learning everything I could about bats and owls who were my constant companions. It was through this research that I gained the courage to work through my grief and start over. I learned that bats usually live in large colonies, and so the night critters that offered me community have come to symbolize community for many cultures. Bats have existed long before humans and so are associated with the value of life experience in offering better years to come. This old association reminded me that even grief and insomnia are valuable life experiences and wouldn't last forever. Bats, due to their supreme flexibility, remind us to pivot when our circumstances are unfavorable, so I harnessed this teaching of bats in embracing nocturnal life and shifting when I rested, worked, and spent time with people I love. They also symbolize rebirth as they emerge from their slumber at twilight. This behavior enlightened me to let go of old narratives to truly move forward. In Norse mythology, bats and owls were seen as related, a factoid I really enjoyed given my new night family.

When I researched owl behavior, symbolism, and myths, I learned about how courageously owls defend their territory. This owl attribute was affirming, as I had recently exercised boundaries more firmly than ever before to protect myself and those I love from toxic behaviors. In this way, my owl friend felt like a patron of wise protection, validating the importance of guarding a peaceful home environment. Learning that owls have remarkable memories made me think more about how to channel my memories productively in a time when many memories felt painful. Instead of flinching at my memories, I poured them into art and poetry, thereby celebrating my gift of memory in a therapeutic way. Also, owls, like many winged

beings, are not born flying but learn to fly. This gave me the strength to learn to walk again and then, in time, to fly. And, in some ancient Egyptian myths, owls guide the souls of the dead so they do not lose their way on their journey. This offered me the comforting feeling that my owl friend was right with me on my journey of letting the old die and learning to fly anew.

I am forever grateful for the wisdoms and strength shared with me by bats and owls. This experience, and countless others, are why I believe so fervently that our environment holds great and generous guidance for us in every situation, including when life feels easy. In my story are all of the components of the process behind Research Divination: awareness, intuitive knowing, research, application, learning. While awareness, intuitive knowing, and applying learning are individual processes, I'd like to do the research for you to help expand the ways you might learn from what the universe is putting in your environment and bolster your intuitive knowing.

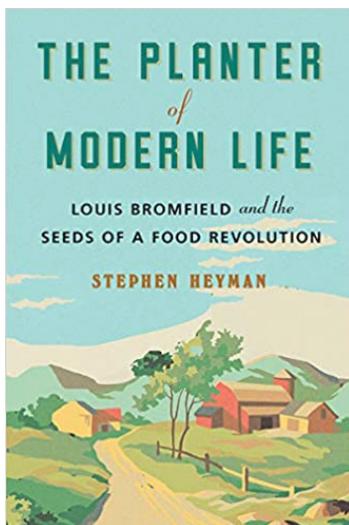
**Here is how:** Write to me at [researchdivination@gmail.com](mailto:researchdivination@gmail.com) with an animal, plant, tree, or number that is appearing meaningfully in your life. Include in your email your intuitive sense of why this sign is showing up for you and any other information you want me to consider as I research. This information will help me sort through the tons of sources available to provide you with a tailored response about the synchronicity specific to your experiences. Don't worry, you will remain completely anonymous. Then, in next month's column, look for my response to you with tailored research for you to apply and grow with!

There you have it, Research Divination for everyone! I am so excited to experience this together, share my love of research, and grow right along with you!



Ash Merryman

## Crazy Wisdom Book Pick of the Week



How a leading writer of the Lost Generation became America's most famous farmer and inspired the organic food movement.

Louis Bromfield was a World War I ambulance driver, a Paris expat, and a Pulitzer Prize-winning novelist as famous in the 1920s as Hemingway or Fitzgerald. But he cashed in his literary success to finance a wild agrarian dream in his native Ohio. The ideas he planted at his utopian experimental farm, Malabar, would inspire America's first generation of organic farmers and popularize the tenets of environmentalism years before Rachel Carson's *Silent Spring*.

This sweeping biography unearths a lost icon of American culture, a fascinating, hilarious and unclassifiable character who—between writing and plowing—also dabbled in global politics and high society. Through it all, he fought for an agriculture that would enrich the soil and protect the planet. While Bromfield's name has faded into obscurity, his mission seems more critical today than ever before.

[Purchase your copy of \*The Planter of Modern Life\* at shopcrazywisdom.com.](https://shopcrazywisdom.com)



**After 40 years of serving the community,  
the most recent incarnation of  
Crazy Wisdom Bookstore  
closed on February 15th, 2022**

**We want to remind you that  
Crazy Wisdom's publications —  
*The Crazy Wisdom Community Journal*,  
and the *CW Biweekly Ezine*  
are thriving and will continue to publish.  
Visit them at [crazywisdomjournal.com](http://crazywisdomjournal.com)**

**Also, our weekly E-news will continue  
to be delivered to your inbox each Monday,  
and shopcrazywisdom.com will remain open  
for your shopping convenience!**

**Please follow us on Facebook, Instagram, or Twitter for  
our latest news.**

**Again, all of us at Crazy Wisdom want  
to extend a heartfelt thank you  
to our loyal and kind customers!**

## The Crazy Wisdom Interview With

# ROBERT THIBODEAU

*Robert Thibodeau is the owner of the Mayflower Bookshop in Berkley, MI. He's also a singer/songwriter, astrologist, and purveyor of ancient wisdom.*

### What are your future plans for Mayflower Bookshop?

Well, after 50 years of sharing every spiritual avenue and garden of thought and heart experience I could find, I'm looking forward to another 50 years! Of course, an ever-growing part of me thinks I should let *someone else* run the "open to the public" side of the business of metaphysics, crystals and gemstones, spiritual books and artifacts, art and wisdom knowledge literature, poetry, and healing. Then I could be a wee bit more behind the scenes with ideas, creative impulses, songs, talks and writings, astrology readings and consultations. I would love to create a vegetarian restaurant and bookshop together. In the 90's, and until 2018, I had Om Cafe with Colleen Smiley, but Mayflower and Om were four miles apart. It would be good to have a cafe within Mayflower bookshop—knowledge and social life together. I think that's what Crazy Wisdom was doing, but not so much food. It's good to work and play.

### How did your interest in Astrology begin?

In the early 70's, I met an astrologer who could reveal meaningful insights about myself and others that I'd never thought of. Also, she predicted events, which to my surprise, happened. At the time I was already doing radio interviews for Yoga, Meditation, Krishnamurti, metaphysics, HPB, Rudolf Steiner, getting the public interested in learning alternative spiritual lifestyles, organic food and gardening, having your baby at home, and more. I then met Dane Rudhyar, perhaps the father of modern astrology, at the 100-year celebration of the Theosophical Society in New York City, 1975. He later came to stay at my house for 12 days and I procured paid talks for him around town. Through the years many great authors and teachers came to Mayflower to give talks. Around the year 2000, I slowed that down. I concentrated more on my own talks, study, meditation, writings, making songs up with an upbeat and creative message. In the early days all the best Astrologers came to Mayflower Bookshop to share. After it got out in *Cream Magazine* with a story that I was doing astrology for rock stars and politicians, street folk and business folks, Mayflower and I took off like a summer flush of garden flowers and goodies. Soon I was on the Howard Stern radio show, and then on with JP McCarty on WJR who had a national listening audience.



Astrological insights, predictions, and an expression of the higher octaves of the planets and aspects became a great way to get people involved and interested in learning more about spiritual worlds, alternative lifestyles, and inner development.

All the early astrologers: Alan Leo/Rudhyar/Marc Edmund Jones, and Carter were into Theosophy and Esoteric Wisdom Traditions. Later, I would sell the book *Thrice Greatest Hermes* by GRS Meade, secretary to H.P. Blavatsky who started the Theosophical Society of which Rudolf Steiner was a strong member. Robert Hand told me later that Meade's book triggered his interest in Renaissance, historical, and classical Astrology.

Always pushing for further growth, I would question him about his not using (for a while), the trans-saturnian planets Uranus, Neptune, and Pluto. Dane Rudhyar influenced me not to get too lost in asteroids which would fragment spirituality into psychology or far out trans Neptunian (exoplanets) which may not matter to the more struggling personality, or the Soul seeking wholeness, or in general further harmony with the world around us (I do poke around with a few asteroids by the way).

Rudhyar influenced me to primarily stick to the Sun and Moon, Mercury on out to Pluto (Pluto now being a mischievous dwarf of gold and power, compassion and mercy, and emptiness practice as I delineate in my book *Astrological Aspects, the Art*). By the way, Rudhyar has a book on how each major psychologist of his time is conditioned by the patterns in their own personal chart. We talked a lot about Buddhism, and Rudhyar had great respect and working openness for such, as did Joseph Campbell. Even Chomsky acknowledged to me it had something, but he didn't to stick to a certain vocabulary to reach folks he was trying to educate or awaken. Everything is connected to everything somewhere in time.

I originally got into Astrology to open the door to higher consciousness and metaphysics, to move folks to what Aristotle referred to as the ultimate miracle, Virtue; and to the ‘gods’ of universal good—true beautiful, as Manly Hall indicates. In time, I soon learned that astrology itself was a wonderful form of spiritual practice in itself if one can see the planets as the virtues and non-virtues possible for human beings. The planets quickly became the time lords of karma and dharma, the chart a mandala of moving parts and levels of consciousness (or unconsciousness). The planets and their patterns and aspects, reveal the virtues and non-virtues—the ideals and practical ground of reality, possibilities, and timing. At times the planets reveal the work still to be done, the shadow (or lesser and greater dweller on the threshold), our own ‘higher and lower self.’ The planets reveal Astral and Etheric energetics as well as vehicles or subtle bodies. The planets in the astrology chart trigger possible event horizons in time, as well as revelational insights.

As Osho indicated, the ‘still point’ at the middle and center of the chart rightly realized frees us from karma. Marion Woodman also spoke of the ‘Stillness Point’ in the dance of life. The astrological chart wheel holds it all in one whole movement and focus. Each of us is one unique individual spark of divinity, seeking to consciously be co-creative with all of life (Socrates says that is HAPPINESS!).

Rudhyar thought that not everybody was ready for a real astrology reading because it brings into consciousness the unconscious. Woodman, too, spoke of the importance of making what unconsciously moves us, conscious; to avoid mere fate. Who doesn’t want instead, destiny? One is then able to work off oneself to change the world.

Marion Woodman, a Jungian psychologist who shopped and chatted with me a few times at Mayflower said, “That which moves you which you don’t make conscious, becomes your fate,” or perhaps in my mind, your difficult karma. Spiritual practices attempt to awaken the ‘higher dweller on the threshold’—the Christ Sophia, the Hermes, the Higher Self, the Creative Artist, the fully human being—call it what you will. The right revelation can avoid apocalypse, can precipitate opportunity, prevent unnecessary crisis or the experiencing of more lessons in the school of hard knocks. In time all is good, but the space we are in often calls for ‘the Time is Now!’ Spiritual wisdom and right use of astrology can quicken what nature is taking too long to do. It’s a sense of timing for it all and making holy space to distill experience into the elixir of insight, wisdom, compassion, right action, and rest. For many, ‘rest,’ is the gap between lifetimes.

I originally got into Astrology to open the door to higher consciousness and metaphysics, to move folks to what Aristotle referred to as the ultimate miracle...

[https://youtu.be/2vD\\_gQMIEWc](https://youtu.be/2vD_gQMIEWc)

**Do you consider yourself a singer/songwriter? How long have you been playing music and where did your interest in music come from?**

Umm, in last couple years I’ve been an eight-time finalist in The Detroit Music Awards, and I play acoustic guitar every day—making up chords and words. In the last public interview with Tom Petty after his last tour, Tom actually said he felt that he’d finally made it—finally made it as a singer songwriter, and successful band. So, I guess I have a way to go, but I sure like making up songs and singing em’!

I’ve strummed guitar for years, but it’s only been since my two CDs, released in 2010, *Wonderland*, *Songs of the Wild Midwest* and *Second Chance Moons* that I realized I may be on to something. It’s only been the last couple years that other musicians I respect, as well as folks I don’t know, seem to acknowledge and like my songs. That’s fun, yet all alone with a guitar is sweet, too—even birds at times outside my window sing along. WRIFF, a prominent local rock station, recently played my *Straight from the Heart* Song. That’s a new development!

I woke up to music with the Beatles, the Rolling Stones, and Jimi Hendrix (Hendrix I met and hung out with at the Ann Arbor Arboretum). Plus, all the early folk rockers were a big influence; Cat Stevens, Dylan, and even Joni Mitchell (met at the Chess Mate club in Detroit). Later, I’d do readings for some rock stars like ZZ Top, Grateful Dead, and many more. Being good friends with Dougie Maclean and hanging with Fred Eaglesmith and the Flying Squirrels may have finally sunk in a bit to my musical feelings, not sure. Every new song reveals at first, that I, like Plato, CRC, and Saint Germaine, “know nothing.”

Music comes from the planetary spheres, Dane Rudhyar, a French Romantic at heart, talked music in a romantic way, and that few knew what ‘TIME’ and ‘timeing’ really is. Maybe that’s the Christos Hermes Sophia? Rudhyar played piano. The breath and heartbeat are the first musical instruments, then the

# ROBERT THIBODEAU

*continued...*

limbs as percussion. Thinking for the most part is dissonance, the rhythmic full and empty, and the stillness heart listening is in the gaps, the intervals between notes. The notes, rhythm, and beat, hold the reincarnating ego and persona of the song; it's in the melody! For the most part, music is whatever is happening now, in a way. Good songs touch the eternal something, and one is touched back in the fleeting moment, one participates both in playing, paying attention, and listening. Some 'be here nows' take years to realize they were here all along—the higher octaves, the future is born here now. The higher self is identified with the gods, the virtues, the Christ or Krishna, the Universal Mind Heart. Its Hermes and Athena. One can identify with this Hero or Higher Self intonation of Virtue Mind Stream Continuum. Ultimately, we are these qualities of Odysseus, Hercules, or Ulysses, or even a back yard biodynamic gardener! It's all poetry and song to the creative artist/spirit/ soul side of you. Rudolf Steiner calls it the transformation or alchemy of transforming the astral body into the Spirit Self. Everybody's got different words for this becoming fully a Human Being.

## **Do you have any predictions for 2022 you'd like to share?**

Well right off, with Jupiter rushing through Pisces until the first week in May, all the water signs (Cancer, Scorpio, Pisces) are having a happiness/prosperous inward and/or outward moment. The wish for collective peace and love is in the air. President Biden and the USA are starting to have good aspects for a while! Should be good for all of us becoming happier and freer from restrictions.

After May 10<sup>th</sup>, Jupiter, the Santa Claus of the Zodiac, goes into Aries to bless rather than test the fire signs of Aries, Leo, and Sagittarius until the end of October when Jupiter retrograde revisits Pisces for a bit. The Cardinal Signs in your chart wish for new growth. Depending on your other planetary aspects, Jupiter in the coming three years is activating the higher dreams and prosperity, happiness, and growth of Pisces, Aries, Taurus—all the water, fire, and earth signs. Air signs, Aquarius, Gemini, and Libra—need the right partner or special friend to open new doors? You can look at what houses are activated or what planets in this water, fire, earth sequence. Gemini and Libra have been benefited with securing and keeping good foundations, ground, roots with the help of Saturn in Aquarius trine.

I'm just now putting together my predictions for the future year and more. Jupiter was in Pisces until going retrograde last June. It was then that Jupiter in Pisces was short of the trine to the USA Venus/Jupiter/Sun in water sign Cancer. We thought the virus was going away then and folks started to party back to life, but the virus came back as Jupiter went retrograde. Now again, Jupiter entered Pisces on December 28th, on until it enters Aries on May 10, 2022. Mid-January through February 2022, Jupiter

will complete that good aspect to USA Venus/Jupiter/Sun. Will the virus recede? Or just the party hardy emerge again? Have we learned anything real and lasting? There should be a good time coming soon I hope, yet tougher aspects in the sky, such as Pluto's return in USA chart is still in play, which indicates a need to figure out what money really is, what is a sure investment of self, time, and resources. With Uranus in Taurus, a sense of urgency in such matters is at hand.

Another tough moody psychic weather time will be March 2nd to 6th with Venus/Mars/Pluto conjunct in Capricorn; that too can be severe weather and dog fights in life, politics, money, securities. It all depends personally on how those planets aspect your natal chart. Otherwise, it's a world phenomena, and synchronicity of events that will profoundly confound us, tripping us into change without seeing where it's all going. Good time for making peace, compromising, transforming negatives to positives, cleaning, and making alchemical gold.

Perhaps the big aspect of the year is April 12th when Jupiter conjuncts Neptune! It is a mystical overwhelming feeling, this Pisces event. For many, this will be a peak time for the pursuit of pleasure, the arts, high romance, travel, escape, big plans, and great 'happenings.' Although one has to take care not be under the spell of illusions and deceit, risky gambling, and perhaps lost investments—this could be a great time to pursue the true meaning of happiness, bliss, and joy. Avoid risk and danger and jumping too quick into something. Danger of flooding or feeling overwhelmed. Avoid overdoing or going to extremes. Yet, 'magic is afoot' as Sherlock Holmes would say. So, for some, from end of December into April and beyond, a quest for inner gold and higher octave expression is at hand, a higher consciousness is knocking on our door both individually and collectively. Astrology is a sense of timing. More predictions soon. Of course, finding a good astrologer to take a fuller view is always good. Many more folks are now learning astrology, and with Uranus conjunct with north node in July, astrology is about to take a front seat in popular culture again.

The coming Jupiter Uranus conjunction in April 2024 will be a most exciting time for planetary progress. Future indications felt Sept. 2023 as Jupiter retrogrades 7 degrees from Uranus conjunction. Freedom and Scientific breakthrough galore, new music and culture, a more planetary consciousness. Of course, more machine people trying to put the cell phone inside people or something weird from a new star wars vs. peace mentality. Big money structural changes, possible planetary uniform currency or chip then.

A past and future strange astrological coming event is this: President Biden and VP Kamala Harris have really tough aspects, and it's hard to see them winning the next election unless there is a bottoms up ground swell of populace to uplift them. President Trump, and the Florida Governor, have really 'hot shot' 'positive aspects' for the next presidential election in 2024. Michelle Obama, the wife of past President Obama has pretty good aspects, too for 2024. She could win!? Will she run? Will she pick President Obama for her Vice President?! Wow, that would be something, wouldn't it? Astrology can't really predict. Astrology reveals the positive and negative possibilities, tendencies, probabilities. Each individual can pull themselves up by the bootstraps and follow a higher star. There is free will for those able to invoke it.

interview continued on page 12

# The Crazy Wisdom Community Journal

## *Calendar Editor / Social Media Manager Wanted!*

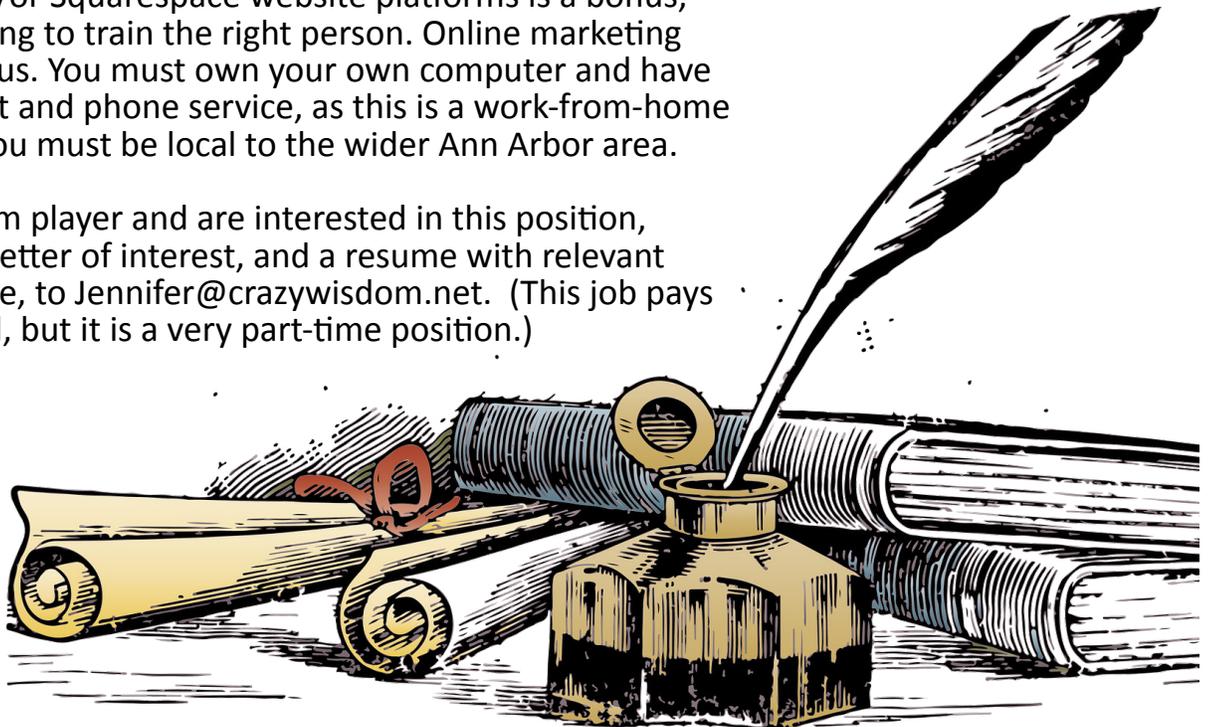
*The Crazy Wisdom Community Journal* is looking for a detail-oriented Calendar Editor, and for that person to also be our Social Media manager and the editor for our *Ann Arbor Holistic* website—a person who is interested in the holistic and conscious living subjects we cover. This job entails 25-35 hours of work on each issue of *The Crazy Wisdom Community Journal* (we publish 3 issues per year) plus 5 hours per week as our Social Media manager and *Ann Arbor Holistic* website editor.

This person will work closely with our Managing Editor on the Calendar, upload calendar events to our online community calendar; send out deadline reminders; reach out to holistic practitioners; and help build online presence for the *Ann Arbor Holistic* website.

In terms of Social Media, this person will be posting many times a week to various platforms such as Facebook, Instagram, Pinterest, and elsewhere. She/he will be working to build more readership for our *Crazy Wisdom BiWeekly* and *Crazy Wisdom Community Journal* content.

This person, as our Calendar Editor, would be in charge of compiling and editing the seasonal community calendar for our readership—somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. Experience with Wordpress and/or Squarespace website platforms is a bonus, but we are willing to train the right person. Online marketing experience a plus. You must own your own computer and have reliable internet and phone service, as this is a work-from-home position, and you must be local to the wider Ann Arbor area.

If you are a team player and are interested in this position, please email a letter of interest, and a resume with relevant work experience, to [Jennifer@crazywisdom.net](mailto:Jennifer@crazywisdom.net). (This job pays reasonably well, but it is a very part-time position.)



# ROBERT THIBODEAU

*continued...*

Oh, and Dr. Oz, past fave on the Oprah show is now running GOP for Senate and has pretty good aspects, for a voice at least. Oprah has really tough difficult aspects next election. Her good aspects last election supported my public prediction that Mr. Biden would win. Astrology is a simple, yet a complex think. There is a higher and lower octave each of us can activate to make even 'bad' or 'tough' aspects work for good. Astrology at its best comes out of freedom, wisdom, and love of all life. Or so I think. For instance, we're in the midst of transiting Uranus in Taurus for several years, thus Uranus conjuncts one's planets in Taurus, squares Leo and Aquarius, and opposes Scorpio. Uranus is change or be changed. Those fixed signs normally don't like change, but Uranus is compellingly 'demanding' upgrades, creative updates, and changes, and intelligent progress.

Otherwise, Uranus is sudden forced changes, separations, partings, a quickening or enlivening of something (see house and planets affected). Uranus makes new news—makes one look, act or react, re-construe reality and creative free enterprise. Uranus impels and sparks an urge to free. Neptune calls for compassion with smarts, and Pluto necessitates either a feeling of death and rebirth, or a radical selflessness capable of considering what's right to do for the benefit of the greater whole, the larger community, even what's up with our planetary relationship to all life, or not. Pluto can go big or be a mini seed of possibility able to influence greater surroundings with little virtuous deeds weaving into the spirit of oneness we all share in life.

I publicly predicted long ago Trump running and winning the office of President, but losing next round no matter who ran. It's just astrology, no one's always right, some have better batting averages. Over 300 astrologers were mentioned in Wall Street Journal article that Hillary Clinton would win. I was considered the only notable astrologer predicting Trump. (As reported in Financial Astrologer Ray Merriman's newsletter). Next election looks tough no matter who wins, but republicans (or new third party?!) have a better astrology take on it. Is it just a pendulum swing or is there a more stellar influence?

The 2020-2021 Saturn conjunct Pluto and then Saturn square Uranus gave us insights into nearly every trouble and problem the planet has. No one of us can deal with it all, but together we can deal with it all. As in my song, *Straight from the Heart* available to hear on Band Camp ([bandcamp.com](http://bandcamp.com)), the words, "Lets find ONE SONG we can sing together, straight from the Heart!" is a quite real call to humanity. Songs aren't here to put us to sleep or to chase false dreams, although healing is always great; but songs and astrology, metaphysics, hermetics, religion for that matter, are here to enliven, awaken, empower us, to share, dare, co-create a better life for us all. (Or so I think).

The Jupiter/Neptune conjunction on April 12 will bring each of us much spiritual perception and experience of higher possibility to act, feel, think, be, and become. Come March through May 2022 especially, folks will feel more enlightened. Of course, the danger of Jupiter/Neptune aspects is disincarnate fantasy, unwieldily imaginations, illusions, and delusions. May imaginations, inspirations, intuitions of the greater good, true, and beautiful for us all prevail, spark, and nourish us on our journey!

The Uranus conjunct North Node in late July will influence June into August and maybe on for months. It's a strong impulse to rise to the occasion, invoke each other's creativity and music, fashion, and new design, freedom, and new relationship. It may prove an impulse to migrate. Of course, some will shift gears and migrate spiritually, mentally, astrally, emotionally; yet many will feel forced or persist in moving or 'migrating' physically. Many more will try to move out of state, or even with Steiner's Buddha to Mars, anywhere but here. We are all refugees of a divine heavenly estate. We each

are the 'Prodigal Son' or Odysseus, trying to get home. We tire of the Iliad wars and the first half of Goethe's Faust.

We tire of Shakespeare's tragedies and yearn for the heart of the real Grail—the real cup holds all our hearts together. The planet calls for each of us to make sacred right where we are first,

before traveling out. And yeah, there is a divine quest, but these days it's more about going in circles with the wheel of fortune and misfortune, the wheel of Samsara, repetition, electronic addiction, habit, and boredom. The 'prodigal son' is waking up in the animal kingdom and making a turning point in time, a raising of consciousness from the Golgotha of worldly descent, to make ascent into 'Higher Consciousness' as Ken Keyes and Willy Nelson once called it. Some of us still stick to the middle way hoping for reconciliation, or meeting, gold, and god making. One is reminded of Jesus the Christ's admonition to those around him; "Do ye not know? Ye are gods in the becoming!" In pre-Christian Neoplatonic times, 'gods' meant 'virtues.' We are virtues, angelic futures, inner gold in the becoming!

A return to the greater spiritual oneness and letting such transmute the metals is the alchemy each of us uniquely seeks to express. Each of us is a beautiful myth reality in the making and unfolding. In kabala and rosicrucian hermetics, it's the marriage of heaven and earth, William Blakes marriage of heaven and hell. Its Ain Soph, the wisdom of selflessness, no-self, weaving within and through each of us. It's, "Not I but the Christ within." It's the heart Sun at kabalah's 'tiperoth' uniting all above and below, truth and love, by the philosopher's stone, the alchemical heart of knowing, caring, daring, to share and 'keep learning' until all the world is free and co-creatively at peace!

A return to the greater spiritual oneness and letting such transmute the metals is the alchemy each of us uniquely seeks to express. Each of us is a beautiful myth reality in the making and unfolding.

interview continued on page 14

# Mastering Meditation

## Free Introductory Series

Topics include:

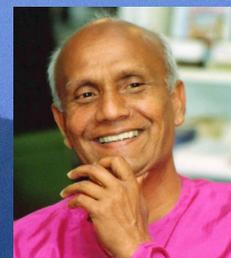
Concentration, relaxation, and visualization techniques; exploring a meditative lifestyle; self-awareness through meditation

Sundays, March 13, 20, 27 2-4 pm  
To register: email [castoldi@oakland.edu](mailto:castoldi@oakland.edu)  
or call 734-994-7114  
Info: [www.meditationannarbor.com](http://www.meditationannarbor.com)

*My morning begins,  
and I closely listen  
to the singing heartbeat  
of my life.*

*My evening descends  
to teach me  
how to claim in silence  
the heartbeat of the  
vastness world.*

Sri Chinmoy



The program is taught by Dr. Kapila Castoldi who has studied meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over 30 years. The program is offered free of charge as a community service.

## Cohousing tours

Every Sunday rain or shine. 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. Free.

[Tours@TouchstoneCohousing.org](mailto:Tours@TouchstoneCohousing.org)  
<https://www.touchstonecohousing.org/>



We craft our CBD tinctures, capsules and topicals using:  
Hemp flower grown regeneratively in Willis, MI  
Full-spectrum extract  
Third-party safety testing  
Organic ingredients  
Sustainable packaging

[pottfarms.com](http://pottfarms.com)



# ROBERT THIBODEAU

*continued...*

Spirituality, Metaphysics, Astrology, Yoga, Steiner, and Theosophy, Buddhism and more, reveal a language of the soul weaving eternity into each passing moment, and back again. At this time in history, a new medicine and alchemy of the Spirit Self, the Spiritual Soul, and the everyday life, is emerging.

## Can you give me your take on hermetic wisdom?

Yes. In the wonderful Hermetic treatise, *The Divine Pyramander*, meaning 'the Good Sheperd', a pre-Christian book depicting Hermes, the universal mind, only begotten Son of the Virgin Isis, who writes the Secret Sermon on the Mount where virtue overcomes non-virtue, reveals the secret of 3 and 4, the Trinity and the sense of 'I AM', the mystery of self-seeking wholeness or enlightenment.

Very similar to Steiner's Foundation Stone Meditation, or Plato's and NeoPlatonic 'Nous,' universal mind, and Anima Mundi World Soul. It is the thinking and wish for harmony in all things, it's the Solar Logos, the Word, the Hermes Sophia, the Christos, the Krishna, and Buddha Mind. It's that part of us that suspects it is part and parcel of the universe, that we can come to know and thus love all things, all beings, all spaces, in all times. We have some God given ability to make things sacred, and to divine the divine in each other. That's Hermetics!

Hermetics means half revealed, half concealed, or as above, so below, the Emerald Tablet of Trismegistus, and more. 'Tris' is three-fold. The initiated are freely awakened to intelligence and freedom—able to move in the three worlds of heaven, earth, and the underworld (for most the underworld is the underpants, the unconscious will). Thrice Greatest Hermes in us, is not stuck in any of the three worlds of what the Tibetan Buddhists call the hell beings, animal kingdom, and hungry ghost realm—in other words, not stuck in the physical/emotional/mental. Some are stuck in DevaChan or heaven, higher Samsara as Tibetans call it.

All plants for instance, have a life above and below the ground which connects each plant to the rhythms and vibrations of planets and stars, sun and moon, as well as to the inner Spirit of the dark—known to us as Earth. This relationship of the macrocosmic whole universe to each and every little thing is way more than just a picture or hologram in another dimension, it's Steiner's 'World Word', a breath of life for the artist and spiritual aspirant to 'joyfully participate in the world's suffering' as Joe Campbell put it.

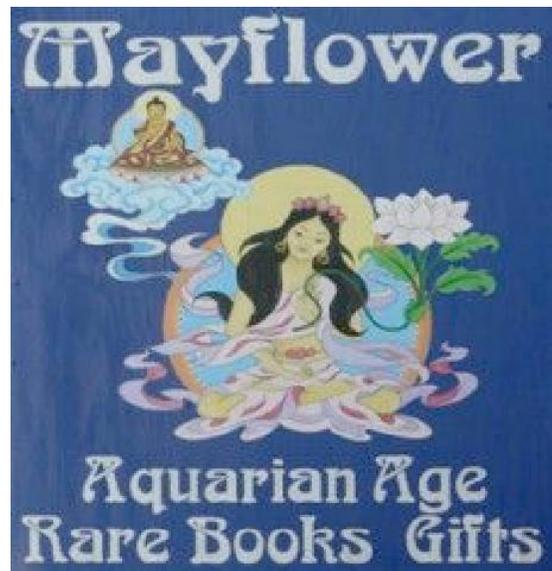
Nettle herb plant, for instance, has been scientifically shown to pull iron from a hundred miles away, but it also drinks up the sky rhythms. Our modern food often lacks that true upper and inner rapport, that transcendental and intrinsic vibratory harmonic. Everything is alive above and below, within and without us. It's a question of each of us awakening the mind and heart to that middle way relationship, to a more eternal life woven with an

ever-moving temporal passing moment. Hermetics reveals that stillness at heart is able to listen and see, awakening the great breath of the universe to offer creative change to the moment at hand. The awakened heart is the middle way between thinking and willing/doing and is awakening a new sense of hearing and spiritual seeing, doing, in humanity.

Originally, Hermetics led to alchemy, then medicine and science. Now it is bringing us back to spiritual science. Hermetics is an all-inclusive term for the intelligence of Love capable of alchemically transforming negative to positive. Hermetics is another way of psychic intuitive thinking, leading to the heart becoming a sun shining. Tibetan Buddhism actually has its roots in Hermetics and NeoPlatonism. I got Robert Thurman to agree to that with me. In Higher Yoga Tantra, the winds of change melt into the heart's changeless truth, and one is able to merge and emerge from the clear light of bliss into the work of the gods, actualizing the virtues and becomings of a Buddha or Christos, a Hermes or Goddess hero. The Hero has a thousand and one faces.

Hermetics is half revealed and half concealed because at the very best, any one of us can only reveal 'half truths'; the other half is in the other person next to us. Hermetics is a big thing and a very small seed-like matter. That is why I published long ago many hermetic books with Hermes Press and Trismegistus Press, including Meade's *Thrice Greatest Hermes*, a three-volume set, and the *Philosophy of Hermetics*, my astrology book, and a soon to be released *Hermetic Tarot* book.

Hermetics is, like all good true beautiful things, an unending story!



Visit Robert Thibodeau and the Mayflower Bookstore at 2645 Twelve Mile Road in Berkley, MI.

Check their website for hours and contact information at <https://mayflowerbookshop.com>.



# Education From Every Perspective



High School Life Drawing Class

A liberal arts high school helping develop young people who believe in themselves.  
Who recognize their differences and celebrate their uniqueness.  
Who can imagine, analyze, create and collaborate.  
Young people who can change the world.



**RUDOLF  
STEINER  
SCHOOL**  
OF ANN ARBOR

**More Than Meets The Eye**

SteinerSchool.org  
734-995-4141

Biweekly

# The Crazy Wisdom Calendar



## Art/Crafting

**Bushcraft: Lashing, Ladders, Quadpods with Deanne Bednar** • Friday, February 18 or Saturday, February 19 • 1 - 5 p.m. • Learn Ladder Lashing and how to make projects using Japanese square knot and the A-frame and Quadpod design. Make small models to take home and construct a full-scale ladder on site at Strawbale Studio 1 hour north of Detroit. \$35. Contact [strawbalestudio.org](http://strawbalestudio.org).

**CORDING from local, natural fiber with Deanne Bednar** • Sunday, February 20 • 1 - 4:30 p.m. • Enjoy learning to make string cord from local natural fibers that we will harvest on the land at Strawbale Studio, 1 hour north of Detroit. Practice the skill and make a project to take home. \$30. Contact [strawbalestudio.org](http://strawbalestudio.org).

**Byzantine Iconography with Aruna/Olga** • Saturday and Sundays, February 26 – 27, March 26 – 27 • 10:30 a.m. - 4:30 p.m. • Learn to Paint “write” your own Byzantine Icon: beginners’ class. All students will be painting an image of Archangel Michael in the traditional 14th century monastic style with all organic materials. This is a liturgical process, much like “doing meditation.” Approx. \$400 for the 4 days. This includes gessoed wood board, egg tempera paint, clay and gold leaf, oils to seal icon, instruction with theological meaning, and rent for space. Contact Aruna/Olga at [aruna8475bliss@gmail.com](mailto:aruna8475bliss@gmail.com).

**Spoon Carving Class with Deanne Bednar** • Friday and Sunday, March 11, 13 • 1 - 5 p.m. • Enjoy learning a skill to last a lifetime! Basics of safe techniques and tools that we will apply to making a few projects to take home: spoon, spreader knife, and chopsticks. Great for gift-making. \$20 - \$45. Contact [strawbalestudio.org](http://strawbalestudio.org); event details/registration/contact info.

## Aromatherapy and Essential Oils

**Creating Personalized Bath Collection with Karen Greenberg** • Sunday, February 27 • 6 - 9 p.m. • Choose from a massive collection of essential oils to create your own personalized bath collection to take home, to awaken, to believe in yourself, to help move you closer toward your life’s purpose, for purity, for clarity, to envision, for inspiration, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. Special \$75 + \$50 Materials Fee (Normal Class Rate = \$125 + \$50 Materials Fee). Contact Karen Greenberg at 734-417-9511 or [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com); [clair-ascension.com](http://clair-ascension.com).

## Book Discussion Goups

**Jewel Heart Readers with Jewel Heart Instructors** • Monthly, Usually Second Monday: March 14, April 11 • 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](mailto:programs@jewelheart.org) or call Jewel Heart at 734–994–3387. For more information, visit [www.jewelheart.org](http://www.jewelheart.org).

## Buddhism

**Equanimity: Living Inclusively (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner** • Saturday, March 5 • 9 a.m. - 1 p.m. • Wishing to help all beings is only possible by first acknowledging our fundamental equality with all, excluding no one and overcoming obsession and hatred in our own hearts. These sessions offer methods to expand the spiritual vision to include all living beings and lead the practitioner in practices aimed at full enlightenment. All workshops include instruction, guided meditation, individual meditation, and discussion. \$25 Jewel Heart Members / \$30 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, [programs@jewelheart.org](mailto:programs@jewelheart.org); [jewelheart.org](http://jewelheart.org).

**Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rinpoche** • Weekly Sundays: January 2 to April 24 • 11 a.m. - 12 p.m. • Weekly Sunday morning talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion (12:15 – 1:15 p.m) based on the morning talk. Free. Donations welcome. Contact 734-994-3387, [programs@jewelheart.org](mailto:programs@jewelheart.org). For more information, visit [www.jewelheart.org](http://www.jewelheart.org).

**Jissoji Zen Ann Arbor Meditation - Half-day Sitting with Rev. Taikodo Marta Dabis** • Monthly, Second Sunday: March 13, April 10 • 8:15 a.m. - 12:45 p.m. • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by dharma talk at 11:00 am. Free. Donations welcome. Contact [jissojizen@gmail.com](mailto:jissojizen@gmail.com), 248-202-3102; [jissojizen.org](http://jissojizen.org).

**Practical Buddhism by Gelek Rinpoche with Gelek Rinpoche** • Weekly Tuesdays: January 11 - April 26 • 7 - 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. Free. Donations welcome. Contact 734-994-3387, [programs@jewelheart.org](mailto:programs@jewelheart.org); [jewelheart.org](http://jewelheart.org).

# The Food of the Gods

From Our Current Issue

## The Sacred Cacao Ceremony

By Victoria Schon

Over 5,000 years ago, the cacao bean was first used by early Mesoamerican civilizations. It has been celebrated ever since as a sacred plant medicine in many indigenous cultures in South and Central America. Cacao (kə-'kaú) known as the “food of the gods,” is the seed found in the fruit of the *Theobroma cacao* tree, which is native to the Amazon basin.

A sacred cacao ceremony is a powerful community building ritual and has remained a staple in many cultures. Contemporary indigenous cultures in Ecuador, Guatemala, Mexico, and Costa Rica, have become the West’s foundation of celebration and ritual as they share their knowledge and gifts of this potent sacred plant medicine. The intention of the ceremony is to uplift the communal disposition, restore individual vitality, facilitate a heart opening, re-connect to our intuition, and other personal spiritual desires.

Ceremonial cacao is a whole pure food made from cacao paste. Cacao paste is processed from a single ingredient—cacao beans. Once harvested, they are fermented, sundried, then ground down into the ceremonial paste that becomes solid at cooler temperatures. Nothing is removed or added during this process, which leaves the ceremonial cacao pure and potent. The cacao is then rehydrated and may be blended with herbs and spices to create a warm beverage to be consumed during the ceremony.

There are many health benefits and effects of consuming ceremonial-grade cacao. The cacao contains rich nutrients such as plant-based iron: 7.3mg per 100g; antioxidants—up to 40 times more antioxidants than blueberries; calcium; magnesium—a nutrient that’s important for many processes in the body, including regulating muscle and nerve function, blood sugar levels, and blood pressure. It can also sharpen the mind while relaxing the body. Theobromine is a chemical that has a similar structure to caffeine, but the difference is that instead of being a nervous system stimulant like coffee, theobromine dilates the cardiovascular system, which results in an opening of the blood vessels, causing a sense of alertness and relaxation at

the same time—a feeling of being awake and energized, while also simultaneously feeling relaxed, bringing balance clarity, and focus. Tryptophan teamed with magnesium supports the release of serotonin (that feel good molecule) in the brain. Consuming cacao contributes to our heart health, muscles, joint, and nervous system relaxation, and also supports the health of our brain. The cacao butter contains those healthy fats which are essential for our metabolism and cellular health.

Cacao contains anandamide, a neurotransmitter produced in the brain that binds to the THC receptors. It’s also known as the “bliss molecule” (named after “ananda,” the Sanskrit word for bliss). Anandamide is considered an endocannabinoid—a substance produced in the body that binds to cannabinoid receptors. As a plant medicine, cacao is known as a playful, gentle medicine that re-connects you to your own deep-rooted wisdom within. It also serves as an “ally tool” for connecting to the energetic space of your heart, as well as to people around you. As a participant in a sacred cacao ceremony, one can experience feelings of happiness, fortitude, and strength, as well as additional physical energy...

*Victoria Schon is a holistic health coach and sacred sound journey facilitator and has been leading cacao ceremonies for four years. To learn more about participating in a sacred cacao ceremony, visit Victoria Schon online at [victoriaschon.com/calendar-of-group-events](http://victoriaschon.com/calendar-of-group-events).*

*Read the rest of the article online.*

## Buddhism continued

**The Bodhisattva's Way of Life with Demo Rinpoche • Weekly Thursdays from January 13 - April 28 • 7 - 8 p.m.** • Shantideva's Bodhisattva's Way of Life was composed in the 8th century and is among the most beloved and inspiring works in the Mahayana Buddhist tradition. With the motivation of unselfishly helping others, a bodhisattva aspires to follow in the footsteps of the Buddha. Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals. Members \$95 / \$120 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

## Ceremonies, Celebrations, and Rituals

**Full Moon Gathering - Lunar Mid-Winter with Sophia Unfolds • Wednesday, February 16 • 7 - 9 p.m.** • We will gather online for this lunar cross-quarter celebration. Visit SophiaUnfolds.org for more information. Donation. Contact sophiaunfolds@gmail.com; SophiaUnfolds.org.

**Tea Ceremony at Verapose Yoga and Meditation House with Courtney Fitzpatrick • February 20, April 23 • 4 - 5:15 p.m.** • An opportunity to enjoy the joyfully simple act of tea drinking. We leave the complexity of life behind for a while as we tune into the ancient wisdom of tea. Join us for a deepening of one's connection to nature, to Self, to the stillness of the mind, and to our authentic community. \$35. Contact courtney@veraposeyoga.com; victoriaschon.com/event-calendar.

**Sacred Cacao Ceremony with Victoria Schon • Sundays, February 27, March 13, April 3, 24 • 4-5:30 p.m.** • Drinking ceremonial cacao is considered spiritual medicine by many indigenous cultures around the world. As we sit together in a small group and consume this sacred beverage, practice mindfulness, participate in guided meditation with intention in a backdrop of sacred sound, our soul is nourished, our hearts open, and we experience greater spaciousness. It is a time for deeper reflection and connection. 3173 Baker Road, Dexter, Michigan. \$40. Contact victoriaschon.com/event-calendar.

**Ryaku Fusatsu – Full Moon Ceremony with Rev. Taikodo Marta Dabis • Monthly, Final Sundays: February 27, March 27, April 24 • 11 a.m. - 1 p.m.** • Participate in a traditional Japanese Soto Zen Full Moon Ceremony as practiced at the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. Free. Donations accepted. Contact jissojizen@gmail.com, 248-202-3102; jissojizen.org.

## Channeling

**Remembering Wholeness - Darshan with The Mother, channeled by Barbara Brodsky • Monthly Sundays: February 20, March 20, April 10, May 15, June 12 • 2 - 5 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. In Remembering Wholeness as we continue, I will

be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation: \$10-\$30 individual; \$90-\$180 winter/spring. Contact om@deepspring.org.

**Evenings with Aaron, channeled by Barbara Brodsky • Monthly Tuesdays: March 15, April 12, May 17 • 7 - 9 p.m.** • Unlike the previous years' Aaron evenings, where I often simply spoke about a timely topic, my focus this year will be weaving the themes of The Eden Project together. All are welcome. You need not be in The Eden Project classes to find value in these talks. Suggested donation - \$10-\$30 per session; \$90-\$180 for winter/spring. Contact om@deepspring.org.

## Childbirth

**Postpartum Doula Training and Certification with Patty Brennan • Saturday, Feb 19 • 10 a.m. - 4 p.m.** • Online professional training from Lifespan Doulas includes self-paced study modules and a workshop with Patty Brennan. Program covers how to provide non-medical comfort and support to the birthing mother and her partner. \$697. Contact Patty Brennan at 734-663-1525.

**Birth Doula Training and Certification with Patty Brennan • Saturday, April 9 • 10 a.m. - 4 p.m.** • Online professional training from Lifespan Doulas includes self-paced study modules and a workshop with Patty Brennan. Program covers how to provide non-medical comfort and support to the birthing mother and her partner. \$697. Contact Patty Brennan at 734-663-1524.

## Children and Young Adults

**Youthful Spirits Class for Young People via ZOOM with Heidi Kaminski • Sundays, January 2 - April 24 • 1 - 2 p.m.** • Spiritual discovery for young people on Zoom. Free. Donations accepted. Contact Interfaithspirit.Org/Events.

**H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade and up) with Karen Greenberg • Sundays, February 27, March 20, April 24 • 1 - 3 p.m.** • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." \$50/session. Contact Karen Greenberg at 734-417-9511, krngnrbg@gmail.com; clair-ascension.com.

## Death and Dying

**End-of-Life Doula Training with Patty Brennan • Saturday and Sunday, March 5-6 • 9:30 a.m. - 3 p.m.** • ONLINE. End-of-life doula online training covers how to provide comfort and support to the dying person and their loved ones. Topics include: advance care planning, vigil support, legacy projects, home funerals,

# PRAXIS PROPERTIES

# TOUCHSTONE COHOUSING



**OPEN HOUSE**  
**Every Sunday**  
**2-4pm**  
**560 Little Lake**  
**An Intentional**  
**Multigenerational**  
**Cohousing**  
**Community**  
[touchstonecohousing.org](http://touchstonecohousing.org)



## Features

- |            |              |
|------------|--------------|
| 3 Bedroom  | 9' Ceilings  |
| Townhome   | Granite      |
| Main Floor | Deck         |
| Bedroom    | \$397,500.00 |

**Only 1 Available**

**Jane Finkbeiner**

Touchstone II

Praxis Properties

734-323-0019

[jane@praxisproperties.com](mailto:jane@praxisproperties.com)



**THE BOOK COACH**  
KEN WACHSBERGER

**World-Class Book Editing & Coaching**  
with Decades of Experience and Success

*You've Got the Time: How to Write and Publish That Book in You*  
#1 INTERVIEWED BESTSELLER  
Ken Wachsberger

ken@kenthebookcoach.com  
734 635 0577  
<https://kenthebookcoach.com>

"Ken Wachsberger gets it!"  
– Lois Creamer

"Impeccable editing skills. He's the best!" – Kathryn Dempsey

green burial, caregiver burnout and respite care, bereavement support, and more! Two-day workshop plus self-paced study modules. \$697. Contact Patty Brennan at 734-663-1523.

**Death Cafe via ZOOM with Rev. Annie Kopko • Monthly, First Tuesdays: March 1, April 5 • 6:30 - 8 p.m.** • Join us for a discussion of death and dying. Free. Donations welcome. Contact [Interfaithspirit.Org/Events](http://Interfaithspirit.Org/Events).

## Fairs and Festivals

**Psychic Saturday Holistic Fair at Enlightened Soul Center & Shop • Saturday February 18 • 12 p.m. - 6 p.m.** • Join us for a fun-filled day at the Enlightened Soul Center & Shop (2711 Carpenter Road, Ann Arbor) at our twice-monthly ESC Psychic Fairs. WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and energy healing at one time, under one roof! Psychics~Mediums~Tarot~Energy Healers~Shopping Admission: \$5 at the door = FREE gift, FREE snacks, FREE parking Readings & Energy Work: \$2/minute (minimums vary). For more information visit [enlightenedsoulcenter.com/enlightened-soul-fair](http://enlightenedsoulcenter.com/enlightened-soul-fair) or contact Amy Garber at (734) 358-0218.

## Gardening and Ecosystems

**Yard Transformation: A Beautiful, Climate-Crisis-Reversing Oasis with Rosina Newton • Saturday, February 26, 5 – 6:30 p.m. or Wednesday, April 13, 12-1:30 p.m. or 7 – 8:30 p.m.** • Learn

about an array of simple techniques, products, and principles that you can use today to heal our planet, one yard at a time. It's possible to enjoy an outdoor landscape that is rich with beauty and interest, while sequestering more Carbon and providing habitat for pollinators, too. \$20. Contact [rokanew@gmail.com](mailto:rokanew@gmail.com); [newearthhomeandgarden.com](http://newearthhomeandgarden.com).

## Holistic Health

**Acudetox Community Ear Acupuncture with Virginia June • Every Monday, January 3 – April 25 • 5 - 6:30 p.m.** • Drop in Acudetox Ear Acupuncture. \$20.00 per person. Contact [whitewolfhealing.com](http://whitewolfhealing.com).

**Midweek Wellness Workshops with Liza Baker • Monthly, First Wednesdays: March 2, April 6 • 9 - 10 a.m.** • Join for a midweek wellness workshop. We'll cover a wide range of holistic health topics, from the best way to eat to how to get better sleep to how to invest your energy rather than trying to manage your time. \$20 + processing fees. Contact [liza@simply-healthcoaching.com](mailto:liza@simply-healthcoaching.com); [eventbrite.com/o/simply-health-coaching-352-503-5623](https://eventbrite.com/o/simply-health-coaching-352-503-5623).

## Intuitive and Psychic Development

**Teleconference: Psychic Psychology Women's Group with John Friedlander • Monthly, First Tuesdays: March 1, April 5, • 7 - 8 p.m.** • For women only, meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$125. Contact Violeta Viviano at 734-476-1513, [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com); [psychicpsychology.org](http://psychicpsychology.org).

## Meditation

**White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays January 2 to April 24, 2022. • 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-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit [jewelheart.org](http://jewelheart.org), call 734-994-3387, or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Chakra meditation and Sunday Services with Lighthouse Center staff • Every Sunday through April 24 • 10:30 a.m. - 12:30 p.m.** • Meditating 10 minutes on each of 7 chakras and/or a Sunday Service. Free. Contact [lighthousecenterinc.org](http://lighthousecenterinc.org).

**Zen Meditation in the SFZC Suzuki Lineage with Rev. Taikodo Marta Dabis • Sundays, February 20, March 6, 20, April 3, 17 • 11 a.m. - 12:30 p.m.** • Sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by noon service and informal check-in. Everyone is welcome. Free. Donations welcome. Contact Marta Dabis at [jissojizen@gmail.com](mailto:jissojizen@gmail.com) or 248-202-3102; [jissojizen.org](http://jissojizen.org).

## Meditation continued

**Silent Meditation Practice with Celeste Zygmunt • Weekly, Sunday 11 a.m.- 12 p.m.; Tuesdays 9 – 9:30 a.m.** • All levels of meditators are welcome. Held via Zoom. No instruction. Donation. Contact [om@deepspring.org](mailto:om@deepspring.org); 734.477.5848; [deepspring.org](http://deepspring.org).

**Meditation Healing and Compassion Meditations with Hartmut Sagolla • Weekly Monday: through April 25 • 12 - 1 p.m.** • Guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free. Donations welcome. Contact [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs), 734-994-3387, or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

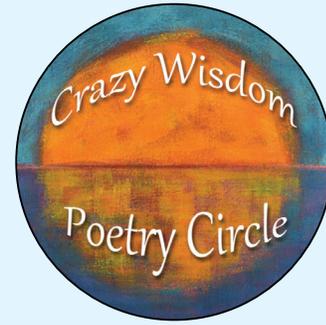
**Putting Out the Nervous System's Fire: Meditations for Coping in Crisis with Amy Hertz • Weekly Fridays: through April 29 • 4 - 5 p.m.** • Settling the mind is tough in the best of times, but when we are hit with circumstances that change our reality, getting access to that part of ourselves that can think clearly and problem solve becomes nearly impossible. Using the breath, writing exercises, and guided meditations, we'll explore ways to calm the body's threat response and regain balance. Free. Donations welcome. Contact 734-994-3387, [programs@jewelheart.org](mailto:programs@jewelheart.org); [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs).

**Day of Mindfulness with Esther Kennedy, O.P.—Life Orients Itself Toward Happiness • March 12 • 10 a.m.** • Life Itself Orients Toward Happiness. We turn again to the Eightfold path and with the next three steps, the Buddha reminds us how our external actions, how our moral choices impact the whole. We practice Skillful Action, not because of rules but because we wish to live moral lives, to do no harm and to abstain from any physical activity that hurts another. With Skillful Livelihood, we choose ethical work and conduct ourselves with honesty and integrity. Skillful Effort calls us to be aware of negative attitudes and states of mind; and to cultivate wholesome thoughts and more friendly and open-hearted behaviors. For more information contact [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).

## Movement and Dance

**Zoom Ann Arbor / Toledo First Friday Dances of Universal Peace with Judith L. Trautman and Elizabeth Rand • Monthly, First Fridays: March 4, April 1 • 7 - 8:30 p.m.** • Online dance instructions and music for meditation and dancing at home. Donation. Contact [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net), [sites.google.com/view/a2-toledodup/home](https://sites.google.com/view/a2-toledodup/home).

**Sacred Sound Journey with Victoria Schon • February 23, March 12, 23, April 27 • 6 - 7:15 p.m.** • Join Victoria for this deeply restorative sound journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming, and other sacred sound instruments. She begins with guided meditation and relaxation techniques to expand one's ability to find equilibrium and harmony at the cellular level. Experience a deeper meditative state, thus opening a portal of creativity and connection to inner



## Crazy Wisdom Poetry Series

hosted by Edward Morin,  
David Jibson, and Lissa Perrin

Second and Fourth Wednesday  
of each month, 7-9 p.m.

All sessions are virtual and accessible through Zoom.  
Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.

Second Wednesdays, 7-9 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 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.

## Featured readers



**January 26 – Mary Minock's** new poetry collection, *A Time When You Know a House*, explores the Southwest Detroit neighborhood where she grew up during the 1950s and 1960s and returned to in 1996. She is the author of *The Way-Back Room* (memoir) and *Love in the Upstairs Flat* (poems), and Professor Emerita and former Chair of English at Madonna University.



**February 23 – Ron Koertge** has had poems twice in *Best American Poetry* and received grants from the NEA and California Arts Council. His novels for Young Adult readers have won two P.E.N. awards. An animated film made from his flash fiction, *Negative Space*, was shortlisted for the 2018 Academy awards. Billy Collins calls his presentations “deliciously smart and entertaining.”



**March 23 – Margaret Rozga's** fifth book of poems is *Holding My Selves Together: New and Selected Poems* (2021). While Wisconsin Poet Laureate in 2019-2020, she co-edited *Through This Door: Wisconsin in Poems* with Angie Trudell Vasquez. Margaret is currently the inaugural artist/scholar at the University of Wisconsin Milwaukee at Waukesha Field Station. Website: [margaretrozga.com](http://margaretrozga.com)



**April 27 – Colby Cedar Smith** has poems published in *Pleiades*, *Mid-American Review*, and *The Iowa Review*. Her debut novel in verse, *Call Me Athena: Girl from Detroit*, is a Junior Library Guild Gold Standard Selection, an American Booksellers Association Indie Next Pick, and a Cybils Award Nominee. She was awarded a New Jersey Council on the Arts Fellowship in Poetry.

## Crazy Wisdom Poetry Circle

*The Poetry Series is open to all.  
There is never a charge.*  
<https://cwcircle.poetry.blog/>

wisdom during and following her sound journey. \$40. Contact [victoriaschon.com/event-calendar](http://victoriaschon.com/event-calendar).

**Singing for Comfort via Zoom with Interfaith Center for Spiritual Growth • Monthly, Second Thursdays: March 10, April 14 • 7 - 8:30 p.m.** • Please join us for music and song. Pay what you can, no one turned away. Contact [Interfaithspirit.Org/Events](http://Interfaithspirit.Org/Events).

**Intro to Crystal Singing Bowls Workshop with Victoria Schon • Saturday, February 19 • 1 - 5 p.m.** • Learn about the extraordinary and beautiful effects of playing crystal singing bowls in this 3-hour workshop. Learn about the fascinating science of sound and how it affects our brain waves, meditation, and our physiology; Learn techniques of playing a crystal singing bowl for your own personal meditation and enjoyment; Learn how to offer sound for others; This is a hands-on workshop; The cost of the workshop includes a 7" crystal bowl personally selected for you to keep. Experience and facilitate a sound bath in a group setting. Tea and snack provided. \$300. Contact [victoria@victoriaschon.com](mailto:victoria@victoriaschon.com); [victoriaschon.com](http://victoriaschon.com).



them as a series. \$20 + processing fees. Contact [liza@simply-healthcoaching.com](mailto:liza@simply-healthcoaching.com).

## Online Workshops

**Pain, Fear, and Things As They Are • February 19 • 1 p.m.** • The workshop aims to uncover and personalize pathways that allow each of us to right-size our own pain and fear, so that we are not crippled by it, or drowning in it, but rather living with it and still moving forward -- fully present in what life is offering us now. Registration required. Learn more at [uuaa.org/nepoevent](http://uuaa.org/nepoevent).

## Nutrition & Food Medicine

**Fl!p Your K!tchen® The Kitchen Sessions with Liza Baker, INHC • 44563 Monthly, First Sundays: March 6, April 3 • 10 a.m. - 12 p.m.** • Curious about what it's like to meal plan and prep for the week? Come into my (virtual) kitchen and follow along! On the first Sunday of every month, we'll spend some time cooking together—on Zoom—and talking about whole foods nutrition and meal planning. Each session can stand alone, or you can take

## Peace

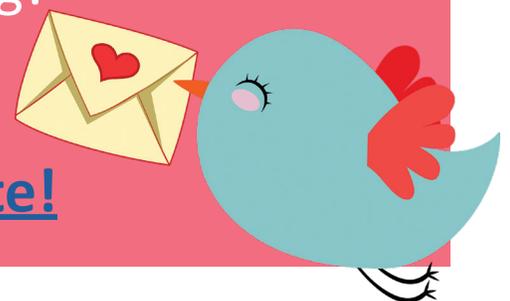
**Peace Generator via ZOOM with Craig Harvey • March 18, April 14 • 7 - 9 p.m.** • Please join us in creating peace for the planet. Sing, Dance, Chant, set your intentions. Free, but donations accepted. Contact [Interfaithspirit.Org/Events](http://Interfaithspirit.Org/Events).

## Dear Crazy Wisdom Journal Readers,

We are in the planning stages of expanding our publications and would love to know what you think about the Journal. We are offering **15% off any purchase at [shopcrazywisdom.com](http://shopcrazywisdom.com)** for 5 minutes of your time to answer a few questions about how you read the magazine and what you might like to see in the future from us as we grow. Thank you in advance for participating!

CWCJ Staff

[Click here to Participate!](#)



## Personal Growth

**The Enneagram and Development via Zoom with Ronda P Diegel • Monthly, Second Wednesdays: February 9, March 9, April 13 • 7 - 9 p.m.** • Explore child and adolescent development through the lens of the Enneagram. Each month a different Enneagram type will be featured. Each meeting includes a brief lecture, meditation, panel interview of the featured Enneagram-type, and a community check-in. Meetings are held on Zoom. \$20 per meeting. Contact Ronda Diegel at [drrondadiegel@comcast.net](mailto:drrondadiegel@comcast.net), 248-730-0597.

## Personal Growth

**Midrash Study with Karen Greenberg • Monthly Fridays: February 25, March 18, April 29 • 2:30 - 5:30 p.m.** • The written version of the Old Testament (Torah) tells a story—the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data likewho ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one 3-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately four 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com); [clair-ascension.com](http://clair-ascension.com).

## Prosperity and Abundance

**Women and Money - an FWW Conversation with Angela Barbash, Melissa Joy and Eboney Byrne • Friday, March 4 • 12 - 1 p.m.** • With years of experience in investment advising, financial advising, financial education, and money coaching, our three experts will bring their best ideas for women to better plan and manage their finances at every phase of their life. \$18. Contact Dr. Suman Tewari at 734-418-2188, [fww@a2hg.net](mailto:fww@a2hg.net); [foundations-of-wellness-for-women.mailchimpsites.com](http://foundations-of-wellness-for-women.mailchimpsites.com).

## Reiki

**Reiki I and II Certification with Celia Fellin • Saturday, March 5 • 12 p.m.** • Become certified to practice Reiki healing on yourself and others. Learn about the power of Reiki energy healing and how to apply it to yourself and others. Reiki is a powerful healing technique used to reduce stress and improve physical and emotional well-being. It's easy to learn and easy to apply to yourself for the ultimate in self-care. Become an advanced practitioner with the tools of symbols that allow for distance sessions and the ability to channel greater energy to yourself and others. Class runs March 5 (12-5) and March 6 (9-2). This sign up is for Reiki I and II together. \$350 fee. contact Celia Fellin for more information at [info.yogacentric@gmail.com](mailto:info.yogacentric@gmail.com) or visit <https://www.yogacentric.net>.

## Retreat

**Deep Relaxation and the Higher Teachings of Yoga Retreat with Trevor Chaitanya Eller and Master Zhong Hai (Winnie) • February 19 • 10 a.m.** • Join us for the mid-winter relaxation experience. The deeper teachings of Yoga can transform your life. Join for a weekend of Yoga practice focusing on deep relaxation into our Eternal Nature. These weekend retreats will include Gentle Yoga Posture, Meditation, Breathwork, Yoga Nidra, and Walking Meditation guiding us to dwell deeply in the present moment. Meals will be vegetarian and organic, informed by Ayurveda and Yogic diet (gluten free and vegan options will be provided). You can join us in-person or online. The retreat begins on Saturday with the option to join us on Friday night for a deeper experience. \$100/\$350 with Work Trade options for those in need. Contact Kamakshi at [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org), 734-713-6163; [TripleCraneRetreat.org](http://TripleCraneRetreat.org).

## Shamanism

**Intro to Shamanism: Path of Empowerment and Healing with Kate A. Durda and Stephanie Tighe • Saturday, March 5 • 10 a.m. - 5 p.m.** • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. One of the most remarkable methods to enter into the world of the spirit, or 'non-ordinary' reality, to access personal truths, healing, peace, and to enhance creativity and oneness with the world. Class is in Charlotte, MI. \$85. Contact Kate Durda at 517-667-0694; [spiritweavers.net](http://spiritweavers.net).

**Shamanic Healing for Animals I with Judy Liu Ramsey • 9-week class Tuesdays, March 8 - May 3 • 7 - 9 p.m.** • Learn to do remote healing for animals of all species. Explore unique perspectives for animal healing that draw upon core shamanic practices as well as other traditions. 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: students must know how to journey. Knowledge of animal communication not necessary. The class is taught via Zoom. \$360 if paid by February 20/\$400 if paid after. Contact Judy Ramsey at [ramsey.judy003@yahoo.com](mailto:ramsey.judy003@yahoo.com); [JudyRamsey.net](http://JudyRamsey.net).

**Medicine For the Earth and Healing With Spiritual Light with Judy Liu Ramsey • March 12 and 13, 26, 27 • 9 a.m. - 4 p.m.** • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. You will 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. \$360 if paid by March 1/\$400 if paid after. Contact Judy Ramsey at [ramsey.judy003@yahoo.com](mailto:ramsey.judy003@yahoo.com); [JudyRamsey.net](http://JudyRamsey.net).



# 7 Notes Natural Health

*Celebrating 7 Years!*

**Hear, see, and feel true wellness!**

## Bodywork

- Massage
- Sound Therapy
- Reiki
- Reflexology
- Aromatherapy

## Events

- Sound Baths
- Classes
- Mini Retreats
- Yoga
- Book Club

## Natural Health

- Muscle Response Testing
- Iridology
- Flower Essence Therapy
- Aromatherapy
- Homeopathy
- Diet & Nutrition

**Rob Meyer-Kukan** is a Licensed Massage and Sound Therapist, a Natural Health Educator, and a lifelong musician. He uses his extensive anatomical knowledge, coupled with his passion for natural health practices to help others hear, see, and feel true wellness.



7 Notes HEAR, SEE, AND FEEL TRUE WELLNESS  
EST. 2015  
Natural Health

### Contact

248-962-5475

[contact@7notesnaturalhealth.com](mailto:contact@7notesnaturalhealth.com)

[www.7notesnaturalhealth.com](http://www.7notesnaturalhealth.com)

## Writers wanted!

The Crazy Wisdom Community Journal is looking for new writers, specifically for writers interested in writing about food and farm related issues, pets, and restaurant reviews. If any of these subjects are of interest to you, please email a letter of interest and links or attachments to previously published writing to [jennifer@crazywisdom.net](mailto:jennifer@crazywisdom.net).

We are always on the lookout for good articles about the holistic scene, psychological growth and body/mind modalities, integrative medicine topics, pagan-related subjects, personal journaling and essays, profiles and interviews of local green and sustainable business owners and holistic practitioners, and other feature writing. Please review our writer's guidelines at [crazywisdomjournal.com/writers-guidelines](http://crazywisdomjournal.com/writers-guidelines). We look forward to reading your article pitches. Please send them to [jennifer@crazywisdom.net](mailto:jennifer@crazywisdom.net).

## Spiritual Development

**Connecting with Archangels—Parts 1 - 4 with Karen Greenberg**  
 • **March 6, 13, 22, April 10 • 9 a.m. - 1 p.m.** • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, on whom to call for particular assistance, and how to safely call upon them. Connect, ask questions, often receive helpful information. \$777 for all 4 parts. Contact Karen Greenberg at 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com); [clair-ascension.com](http://clair-ascension.com).

**Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg** • **Sundays, March 6, 13, 20, April 10 • 5 - 9:30 p.m.** • Learn how to create a sacred, protected space to astral travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life, to become more deeply acquainted with ten different aspects of G-D. Learn how to connect to the energy of each different aspect of G-D, and the special quality that it represents. You may receive invaluable messages and/or answers to compelling questions. \$777 for all 4 parts. Contact Karen Greenberg at 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com); [clair-ascension.com](http://clair-ascension.com).

**Appreciating and Celebrating Jewish Holidays • Tuesdays, March 15, 22, 29 • 1:30 p.m.** • This program is offered as an opportunity to reach out and recognize the common roots of the three Abrahamic religions, Judaism, Islam and Christianity. The program will introduce the theology, scriptures and rituals of Jewish household observances. The first presentation will provide information and experiences related to Sabbath observances and the lesser Jewish festivals of Hannukah and Purim. The subsequent presentations will provide information and experience of the three Jewish New Year festivals celebrated each fall: Rosh Hoshana, Yom Kippur and Sukkot. The study will conclude with the spring observances of Passover, or Pesach and Shavuot. Cost: In Person-\$25; Virtual-\$15. For more information visit [webercenter.org](http://webercenter.org) or email [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).

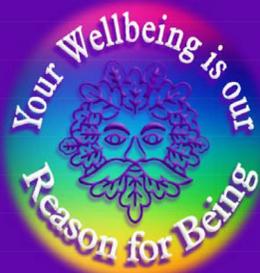
## Sound Healing

**Intro to Sacred Sound Instrument Training • February 19 • 1 p.m.** • Intro To Sacred Sound Instrument Training Healing Heart Sacred Sounds© is a Non-Certified Training Learn to effectively offer sacred sound for others as a powerful complementary healing modality. Acquire the skill and knowledge to offer sacred sound journeys, as well as offer sacred sound in Reiki, yoga, massage, meditation and other various healing arts practices. Learn about the extraordinary and beautiful effects of playing crystal singing bowls, Tibetan singing bowls, gongs and various other sacred instruments in this 5-hour intensive training.

This is a hands-on intensive training workshop with numerous sacred sound instruments. You will have the opportunity to discover the instruments you deeply connect with. No prior training or experience required. Pre-registration and payment are required to reserve your spot. Learn more at <https://victoriaschon.com/sacred-sound-training>

Lenawee County's  
LARGEST  
Crystal & Rock Shop!

Offering Aura Photography Sessions




DNA Sales 2100  
Metaphysical & Natural Store

406 North Pearl Street	🌐 <a href="http://DNAsales2100.com">DNAsales2100.com</a>
Tecumseh, MI 49286	✉ <a href="mailto:ann@dnasales2100.com">ann@dnasales2100.com</a>
517-605-9720	📘 DNA Sales 2100
517-424-2903	📷 <a href="https://www.instagram.com/dnasales2100">instagram.com/dnasales2100</a>



**Sound Bath Meditation with Rob Meyer-Kukan • February 25 • 7 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. 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. Sign up here: <https://breatheyogaschedule.as.me/soundbath-event> or learn more at <https://www.facebook.com/events/1331778510626645>.

## Tarot and Divination

**Introduction to Tarot with Conrad Welsing • March 8, 15 • 6 - 8 p.m.** • Explore the history, discover how to use the imagery and symbolism of tarot to discern personal beliefs that can impact our lives in negative or positive ways. We will use the several decks to support insight, with a perspective about one’s past, present, and future. \$39. Contact [wccnet.edu/noncredit](http://wccnet.edu/noncredit) or call 734-677-5060.

## Writing and Poetry

**Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays, beginning January 12 • 7 - 9 p.m.** • All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. All sessions are virtual and accessible through Zoom. Free. Contact Edward Morin at 734-668-7523. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link. [cwcircle.poetry.blog](http://cwcircle.poetry.blog).

**Sit. Stop. Write. –Zen and Poetry with Dmitry Berenson • February 27, March 27, April 24 • 1:15 - 2:45 p.m.** • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We’ll 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. Free. Donations welcome. Contact 248-202-3102, [jissojizen@gmail.com](mailto:jissojizen@gmail.com); [jissojizen.org](http://jissojizen.org).

**Write Time Writers’ Retreat • February 26 • 9 a.m.** • Join this two day retreat Saturday and Sunday February 26-27, for focused time to write that long dreamt of project or supported self-exploration through poetry and memoir writing. Enjoy a home environment with multiple writing niches, kick-starter creativity prompts, roundtables on craft and publishing, feedback as desired, and optional focus/relaxation activities. Meals and snacks included. \$100 for the retreat. Limited overnight accommodations available. Visit <https://bit.ly/WriteTimeRetreat> for all details or contact Michelle at 517-270-0986.

# EBIKES AND CARGO BIKES ARE FOR EVERYONE!

They’re green transportation, safe exercise, and accessible recreation. Experience the Midwest’s largest Ebike store!



410 N. 4th Avenue • HEH; 734-238-2269 • Urban Rider; 734-929-5995

Walk-in Hours: (subject to change; always check the website)

Monday-Saturday 10am-6pm • Sunday 11am-4pm

Appointments are available; schedule through the websites.

Email: HEH; [info@human-electric-hybrids.com](mailto:info@human-electric-hybrids.com) • Urban Rider; [info@urbanrider.bike](mailto:info@urbanrider.bike)

[www.human-electric-hybrids.com](http://www.human-electric-hybrids.com) • [www.urbanrider.bike](http://www.urbanrider.bike)



Sometimes love is just being there.

If you could use some snuggles around now (and who couldn't?), come into our kitty café. Bring one home if you want, sign up for Yoga with Cats or other activities, or just enjoy the warm fuzzies and Wi-Fi!

*tiny lions*  
LOUNGE & ADOPTION CENTER

5245 Jackson Road  
Ann Arbor, Michigan 48103  
[tinylions.org](http://tinylions.org) 734.661.3530

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

Yes, Crazy Wisdom Bookstore is closing, but you can still find the 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  
Cultivate Coffee and Tap House  
Evenstar's Chalice  
This, That, and Odder Things  
Twisted Things  
Unity Vibration Kombucha  
Ypsilanti Food Co-op

## Plymouth, Livonia & Canton

Earth Lore  
Yoga Practice Center  
Zerbos

## Saline:

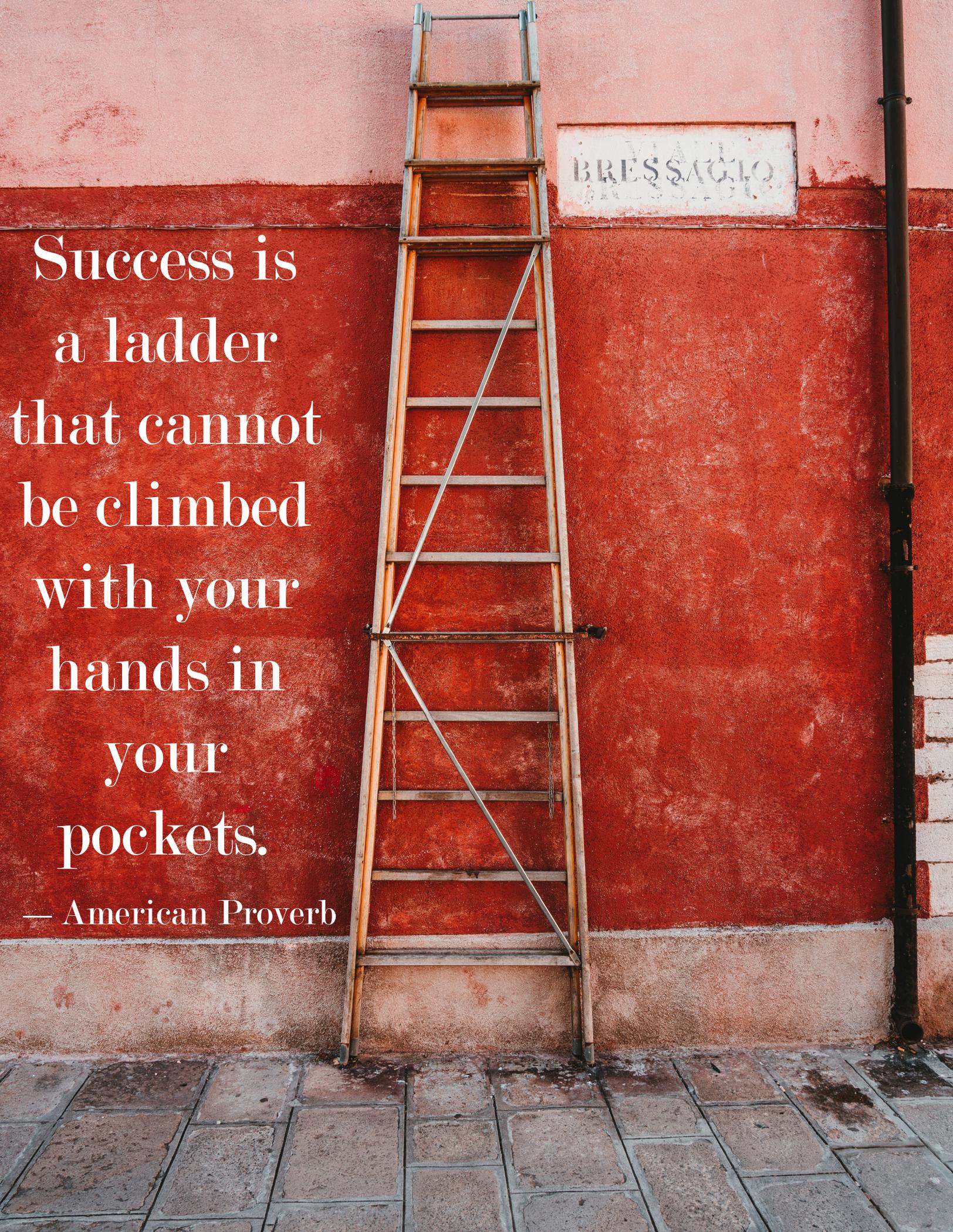
Andrea Kennedy Center for Innovation and Education  
Earth Elements  
Eleanor's Sweets and Sodas  
Salt Springs Brewery  
Stony Lake Brewing Company

## Chelsea and Dexter:

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

## Jackson & Lenawee County:

Essential Energies  
Divine Sanctuary  
Pegasus Spa and Leisure  
Free to Be Yoga and Massage  
DNA Sales 2100  
Gidrah's Mind Body Spirit

A wooden ladder leans against a red wall. The wall has a sign that says "BRESSAGLIO". The ladder is made of light-colored wood and has a diagonal brace. The wall is a deep red color with some texture. The ground is paved with large, light-colored stones.

Success is  
a ladder  
that cannot  
be climbed  
with your  
hands in  
your  
pockets.

— American Proverb