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The
Crazy Wisdom
Biweekly

shining a light in the dark



The Crazy Wisdom Weekly



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

If you would like to own/operate Crazy Wisdom Bookstore in this space, or a body/mind/spirit bookstore in this space but with your own name, or just have an independent bookstore in this space, please be in touch with us. We would also consider other types of proposals to own, manage or operate Crazy Wisdom, including ones in which a purchaser would buy the bookstore over a period of years.

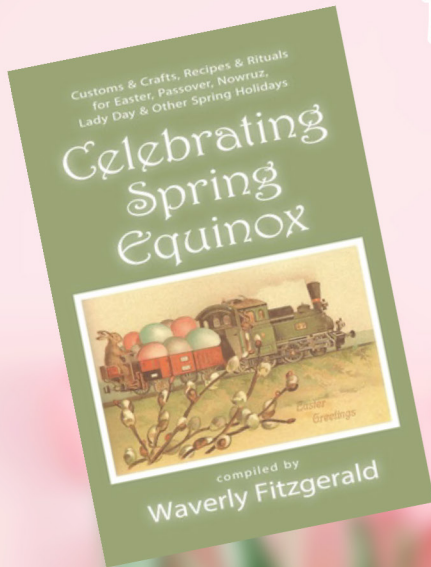
Our intention is for this space to continue to be a bookstore, and we are waiting for the right person, couple, or partners to come to us with a solid business proposal. We are patient and not in a rush.

The building itself is not for sale.

Contact Bill Zirinsky and Ruth Schekter at:
billz@crazywisdom.net

Daylight saving time will start on March 13 this year

The Equinox is March 20




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

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Thank you to our contributors for this issue:

- Larissa Ann Michelle Czuchnowsky
- Leslie Blackburn
- Tara Beth Coumoundouros
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



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

Feminine Embodiment and Relationship Coaching



By Larissa Ann Michelle Czuchnowsky M.A.

As a departure from the 17th century Cartesian idea that the mind is separate from our body, scientific schools of thought, like embodied cognition, are now coming back to what ancient traditions have maintained all along: that our cognition and beingness is influenced and determined by our body and experiences in the physical world. The old paradigm of preferring mind over body, thought over feeling, has led to a disconnection from our exquisite physical system and a minimization of the natural world around us. During these challenging times the return and honoring of the feminine embodied essence is an important part of our planetary healing. Humanity is struggling with relationships, finding life purpose incessant conflict and accessing happiness. Against this backdrop women are being drawn to remember the power of connection, pleasure, the sacredness of sensation, the beauty of the body, and relational ways of being. There is recognition that the feeling, flowing, intuitive, sensual feminine energy is the radiance of life dancing within us.

Feminine embodiment coaching is about guiding one from disconnection and confusion into clarity, self-leadership, self-connection, and power as a woman. In order to do this, women must map the journey back into the heart and body and reconnect to the internal felt senses. In so doing, women begin liberating shame and painful emotional blockages, rediscovering power, living with healthy boundaries, and accessing pleasure, sensual aliveness, magnetism, and energetic polarity. These results are achieved through feminine embodiment movement practices, guided initiation, processes to align to our power, and liberate previously unintegrated unexpressed tensions back into flow and understanding our primal resistance and avoidance patterns and how to work with them. We also focus on upgrading limiting beliefs, magnetizing and manifesting embodied goals, and most importantly, deliberately expanding self-love, pleasure, and sensuality in our lives.

The feminine embodiment program I offer focuses on five main areas:

1. Arriving in self-love and presence in daily life

2. Exploring and clearing away charge, blockages and frozen tension
3. Learning and understanding resistance patterns and familial ancestral patterns
4. Expanding and embodying deep awareness, pleasure, and sensitivity in the body
5. Radiant vision: feminine power and goals, claiming the open heart, and balance of the energetic polarities (masculine/feminine) within.

In addition to the power of feminine embodiment, I work with the material of relationships, or the desire for relationship as a means for personal and spiritual growth. Relationships, our desire for them, and our roles within them, can offer the greatest magic and ground for growth and embodiment. There is no better teacher than the friction that arises in our relationships. Our relationships, or lack thereof, show us where we are stuck, on autopilot, and where we have room to stretch our hearts and clean up our communications. It is the ultimate detoxing of all of our old stagnant beliefs and unconscious templates.

My inspiration for feminine embodiment and relationship coaching has come from my own yearning to embody sacred partnership, from working with my partner, and using our relationship as a laboratory of learning and inner expansion. Our studies, training, and coaching experience has inspired us to write a course for couples and to offer our insights and expertise to those wanting the deepest relationship to themselves and to others. Though the principles and practice of feminine embodiment and relationship coaching, we can usher in a new paradigm for embodied presence and love for the world and the planet.

To learn more about beginning your feminine embodiment journey, visit wisdomheartcoaching.com





**Crazy Wisdom
Bookstore
will be open three
Thursdays in March.**

**March 10, 17 & 24,
from Noon to 5pm**

**25% off all
merchandise**



HEALING INTERGENERATIONAL SHAME THROUGH THE ANCESTORS

By Leslie Blackburn

I was raised in a family where it wasn't okay to ask questions, and it wasn't okay to be curious. It was unspoken, maybe, but it was assumed that asking questions was being intrusive.

It wasn't your place.

One result of this family dynamic was that I felt disconnected from my extended family, which I began to sense as I grew up and got older. It wasn't okay to ask questions about them. In 2008, long after this pattern had been established, as an adult I visited my maternal grandmother, Violet, in hospice. Looking at her face, with the tension across her forehead and her mouth dropped open as if holding a silent scream of anguish, I felt her shame and fear, shame and fear she might carry to her grave. I knew none of the reasons why. I sensed so much heaviness at the time, yet with my heart open from my recent spiritual practices, I felt what was going on with her and silently whispered to her that it was ok to let go; she was safe to make her journey.

My mother shared with me later that the family had a secret: Violet had given a child up for adoption. The child's birth name was Jimmy. Apparently, years later, some of the family had tried to find Jimmy but had no success.

My grandmother carried that shame, anguish and regret ever afterward. After she died, my uncle shared about how she said to him, with huge sorrow and guilt, "There's not a day that goes by that I don't think of him."

I wondered: Was this part of the reason why we never asked questions in our family?

Diving back into my genealogy research with the help of my ancestral guides in the summer of 2021, I also started to realize that wow, there are other things in our family history that aren't making sense in the timeline. As I started asking questions, I

learned that this first big family secret was only barely scratching the surface of all that had been hidden in my family. I began with my grandmother Violet, and then with my grandfather Gerald, and then started to piece together the timelines and started to see, there was a lot of messy information back there. It felt like my grandmother and my grandfather came together to hide their pasts. By the time they were married, they had each made choices that maybe they weren't so proud of, and tried to just start over and have a new family together.

Both had prior marriages and prior families, and prior unmarried partners they had children with, too! But an elder in my family I had reached out to shared with me that by 1949 they were like, "Well, we found Jesus." They met in the Methodist Church, and had decided "Let's start over and put the past behind us and not talk about it."

So, this history had been hidden to the point that I didn't even know something was hidden. For context, this was mid-20th century rural Ohio. And, whether to avoid being caught in the shadow of this shame or for some other reason, the rest of the family went along with it: Violet and Gerald closed the gates on the past and no one else got a say in the matter. Later, I was born of one of the two children in this new partnership: my mother Linda.

Why dig up the past, one might wonder? What's the point of looking into old shame, old pains, old wounds? For me, all of this is part of what I call ancestral healing work, which I believe is crucial for many of us right now as we support collective liberation. Ancestral healing work is one of the four foundations for personal and collective growth that I've identified and now pursue in my work. [\[Read more about The Four Foundations in my blog\]](#)

Beginning in 2020, I came into inner contact with a really well, kind, vibrant and resourced guide in my mother's mother's line (my mother, her mother and all the mothers before them) as part of a focused and intentional path involving ritual

HEALING INTERGENERATIONAL SHAME

continued...

and inner work. The ancestor from very long ago came to me, expressed her support, and shared her wisdom. I also felt into my mother's father's line (my mother, her father and all the fathers before him), and I found it harder to access but pleasant, and a little distant. I did some work there, but then I had to come back to my mother's mother's line.

As I continued this journey of meeting these lines in the ancestral healing and the ritual space, I started to see things changing in the 3D world in my family relationships with my mother, sister, niece, daughter. Things were happening that any other person might look at and call miraculous! It began with finding my great-aunt living in Ohio and building a supportive new relationship with her that opened the doors to stories from my great-grandmother Opal that had been locked away behind the rift between Opal and Violet. I also saw positive changes in my relationship with my mother, where we started talking again after a stretch of rift and no contact, plus improvements in my mother's physical health, and healing in relationships with my niece and sister, just to name a few. Healing up the line resulted in healing down all the lines.

How it started was that I had called in this well guide and really connected with her, and she helped bring the healing forward in the line so that the gates could open from the collective wellness.

My guide is from a time of intact wellness around 1500 years ago and has been helping me bring that wellness forward through the generations. After seven months of working with my guide in this line, the time opens up in April 2021 for something more. I call in my guides, ask for their support: Will you help bring the healing forward to the more recently dead?

They answer: Yes.

As I hold open the space and start the ritual, it begins... I feel Opal finally now join the well ones, then oh wow, Violet steps in easily. Then the floodgates open, the flow ignites to become bright and spacious on my right side, which happens to be aligned to the west during this ritual, the place I connect with my mother-mother line.

Songs move through me, ecstatic, then grief... deep grieving waves actively come up and through. I wail, "I am soooo sorry for your pain... Violet, Opal, Della," and my mother, daughter and other living family members, lovers and friends.

I cry and grieve and wail their names and express how sorry I am, which, as the alchemy happens, moves into how thankful I am, and the ecstatic waves shift to joy.

*The mourning doves are here during all this — I love you!
Grandma Violet, I love you! The doves have been with me always*

reminding me of your land since I was a little girl. They were here, making love during this ritual.

This knowing comes in loud and clear and puts a fine point on the bigness of what had just transpired:

"I've gained freedom from a mess that has had me bound for years!"

I rest.

The next few days move with ease as I integrate the new liberation.

After that, even more revealed itself in my research. What I now know to be true is that the ancestors make things happen when they are ready, and when we are in a position to help clear unfinished business. I've held this care and love and forgiveness. And I think this is part of it: the shift in forgiveness that I am holding in my heart. I've held a new care and a place of: "Family, I love you! Ancestors, I love you! And wow, yeah, you made some decisions and did some things that really sucked and I can find new space around that and I can hold you with the new care and not have blame or more shame or more heaviness associated with it."

Moving into this space, I feel a freedom, a freeing, as if the ancestors are saying: "Oh, thank God...finally we can bring this information into the light of day!" There's space. There's relief. We can let some of these stories and secrets be heard! Not as a way of creating more blame, anger, judgment or finger-pointing, but as a way of expressing, "Oh! All of our people have had to carry the weight of this guilt and this shame too long in our blood, our cells, our bodies, our lines. It's time. Let's not have our descendants carry this anymore."

We can free that up. One of the miracles is that my 71-year-old mother, whom I had experienced as holding back ever since I was a child, said to me in this process, "No more secrets, Les. It's time." I felt a huge shift in her, a relief, a new curiosity and hope. My uncle, her brother, called me and said he noticed a peace in her he had not seen in her in a very long time, perhaps ever before. And I feel that through this healing work my grandmother and my grandfather as ancestors have been welcomed back into the collective wellness, have come to a new place and been welcomed in a way that they finally feel safe to reveal this information, "Yes, please. Let this stuff be heard!" And in the wake of all this, the miracles have been happening. I believe it's with their help I keep finding pieces of information in 3D world that weren't available before.

In summary of months of research, what's now been revealed is that my grandmother had six children by four different fathers. My grandfather had five children. One was not his biological child and the other four were by three different mothers. It became clear that there are a lot of half siblings in my family. All of this happened in an era and geography — a small conservative

village in northwestern agricultural Ohio — when anything outside of the standard monogamous nuclear family narrative was considered to be bad and therefore shameful.

Also, we now believe that we have confirmed a major piece of the story that my mother had only recently suspected: that her father of all those years who was there for her and raised her, is not her biological father. This is a noticing, not with blame, but with the curiosity of “Yes... and!”

Who is this other father, her biological father? I now believe I’ve honed in on the family that he’s from: from Italy. I have been able to communicate with a distant cousin from this side of the family, and we are continuing the research.

And what about the child, Jimmy, who was given up for adoption? As I write this, as of just yesterday, I believe I’ve found him!! My family’s been trying to find Jimmy for years! Wow, the magic of this possibility. It happened when DNA test results revealed connections to areas of the globe that do not show up in my family tree as I knew it. I have possibly found the family from Italy that includes my biological grandfather, and I have written and mailed a letter to the man who may be my half uncle: the long-lost Jimmy.

And in this tender new relationship with my mother, we’re both just blown away, humbled and grateful... and it feels like the sun is coming out and blasting my body with gratitude for the ancestors for helping us reveal what’s ready now. It’s time for these things to be revealed and healed as a way to care, as a way to release shame, as a way to come together, or at least to not carry the burden of hiding any longer so that we can be who we are.

In what ways has shame been passed down to you from past generations? How has this impacted the way you move through your life? How would it feel to release the way shame is held in your family? In your body? Is this something you’ve noticed before or is it coming into awareness only now as you place attention there? There are resources to get you started on this healing path, I share about them in *The Four Foundations*. And please also feel free to reach out if you would like support in unwinding the intergenerational shame that impacts so much of our lives, including our sexuality and ability to feel pleasure. I support folx to remember who you are, trust your power, and reclaim your sexual sovereignty. You deserve to be uplifted and celebrated in who you are.

Leslie Blackburn is a queer, white, omnisexual, polyamorous, ecosexual, kinky, genderqueer supporter of all beings to be authentically who they are, and uses the pronouns they, them. Their work blends Sacred Sexuality, Ancestral Healing, Grief & Emotional release, Anti-Racism work to support collective liberation, self-awareness, vitality, empowerment, and joy. Leslie stewards the land at One Space: a private sanctuary, home, Temple and community space on nearly four wooded acres in Ann Arbor, Michigan. www.LeslieBlackburn.com

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Sometimes love is just being there.

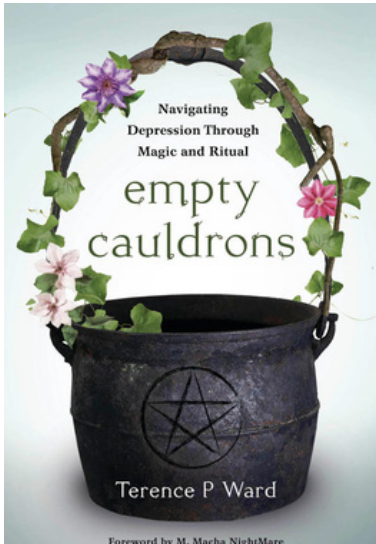
If you could use some snuggles around now (and who couldn't?), come into our Kitty café. Bring one home if you want, sign up for Yoga with Cats or other activities, or just enjoy the warm fuzzies and Wi-Fi!

tiny lions
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Crazy Wisdom Book Pick of the Week

[Purchase your copy of *Empty Cauldrons* at
shopcrazywisdom.com.](http://shopcrazywisdom.com)



A Pagan Guide to Coping with Depression

Whether is it impacting you or a loved one, depression can be difficult to discuss or even acknowledge. *Empty Cauldrons* explores the isolating influence it can have and why many people resist professional help. With contributions from Pagan clergy, depression sufferers, and therapists, author Terence P Ward creates a picture of depression that draws upon both science and religion. He also shares his own experiences with this common affliction and the spiritual methods he has used for relief.

Discover how to draw off miasma, appeal to the gods of the wind, purify yourself with sound, and host a traditional Hellenic ancestor feast. Learn about conducting shadow work, tending a depression shrine, keeping a dream journal, and much more. Throughout the book, Ward compassionately presents dozens of simple strategies for developing a polytheistic relationship with depression, seeking comfort, and rekindling.

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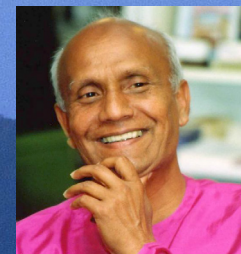
or call 734-994-7114

Info: 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.



Tending the Divine Feminine Flame

By Tara Beth

*The moment I heard my first love story,
I went looking for you. —Rumi.*

I awoke in my first breath with a deep yin in my heart. My soul's purpose and mission on earth was to know the nature of the feminine and to find myself constantly in love with love and being loved. I searched for her, the face of the feminine divine, everywhere. I looked under stones, oh how I worshipped the woods. I dipped curious fingers into streams filled with crawfish because water was my solace. I leaned on trees and listened for her. In the night sky with winking stars and shining moon I would gaze, wishing to see a glimmering reflection of that which is in me. I devoured the power of femininity in women's narratives and every book my young fingers could grip. In the sanctuary of a church, and the ritual of song and word, I wished to feel her. My young soul was a deep well of wanting to know her. Our deepest desires are non-negotiable.

Desires will keep coming back. Like the shadow-self lurking in the recesses of your psyche, desire is a powerful force, and it will push until the whispers or screams are heard. My soul knew what I yearned for, but my conscious mind did not. I was searching blindly. I've always loved a good story of females who are strong, courageous, loved, and loving.

I asked questions yet received answers that felt false. My favorite question was when my nine-year old self dropped a Bible at catechism class and the nun told me that I needed to say a number of Hail Mary prayers to atone. I curiously asked her if we weren't to worship anyone but God as the father, and as it was his book, why I would need to pray to her? Was she God the mother because she was his mother? Her answer spoke of reverence for the way that Mary served her God but nothing of her being holy or a vessel. You can imagine the reaction that I received from that interaction. I had a yearning for something deep, feminine, and spiritual that wasn't being met in the masculine, Christian, western society. Where was *she*?

She was elusive. In my awkward pre-teen years, I stumbled into a witch's store. The energy in that store drew me like a moth to a flame, I picked up a book. It was titled *Wicca: A Guide for the Solitary Practitioner* by Scott Cunningham. I chose it because

inside the light pink cover, it contained the word GODDESS. It felt so radical to my teenage soul. It made me smile as though I had discovered some secret ancient wisdom. I remembered the joke on a mug my father was gifted with. It said, "When God Created Man, She Was Joking." Was *She* joking? *Could* God be a woman? It was there, in black and white on the pages. According to this book there was both a God and a Goddess and I could not have been more thrilled. I peeled page after page open and devoured it. I ate the book in its entirety. I took it so seriously and I have my original copy with all the highlighted passages to prove it. I set up an altar in my room. This had to be it for me; this had to be what was calling me!

Being a woodsy creature, I was no stranger to alone time in the forest. I went deep into the woods, and I intuitively built a giant stone circle, sweeping it clean and readying myself and the space. I needed to feel full in my spirituality—desperately needed to feel like my life in this human feminine form was just as godly as any man. I built the stone circle. I spoke the words. I called a rudimentary half-learned circle casting from the book and I demanded to meet God. Laying down on the soft earth of the woods, I closed my eyes and waited, but God did not come.

I thought, God did not love me enough to find me. I was so sad. My young brain couldn't process it fully, but I know I stored another layer of "I am not good enough," another layer of "I am not worthy," another layer of "I am just a girl." She who wasn't a reflection of holiness. She who was innately flawed by original sin. I tucked the book away and headed into adolescence. I know in retrospect that I was not as ready to meet God that day as I had believed. I wasn't paying attention to the signs of *She*, even if she had shown up. I did not hear a change in the wind, a subtle shift in the call of the birds, or perhaps she really had not come to me after all on that day. Either way, I was lost, deflated, and without the spark that the maybe *She* as God had ignited in me. I dove headlong into the wave of societal norms and learned how to operate in a Goddess-lacking society.

*Tara Beth holds a doctorate in pharmacy and teaches yoga, hosts women's circles, healing classes and more online and through her sanctuary, Mystic She Ways, an apothecary and yoga space in Adrian, MI. You can contact her online at mysticsheways.com.
[Read More about Mystic She Ways here.](#)*

Read the rest of the article online!

The Crazy Wisdom Community Journal

Calendar Editor / Social Media Manager Wanted!

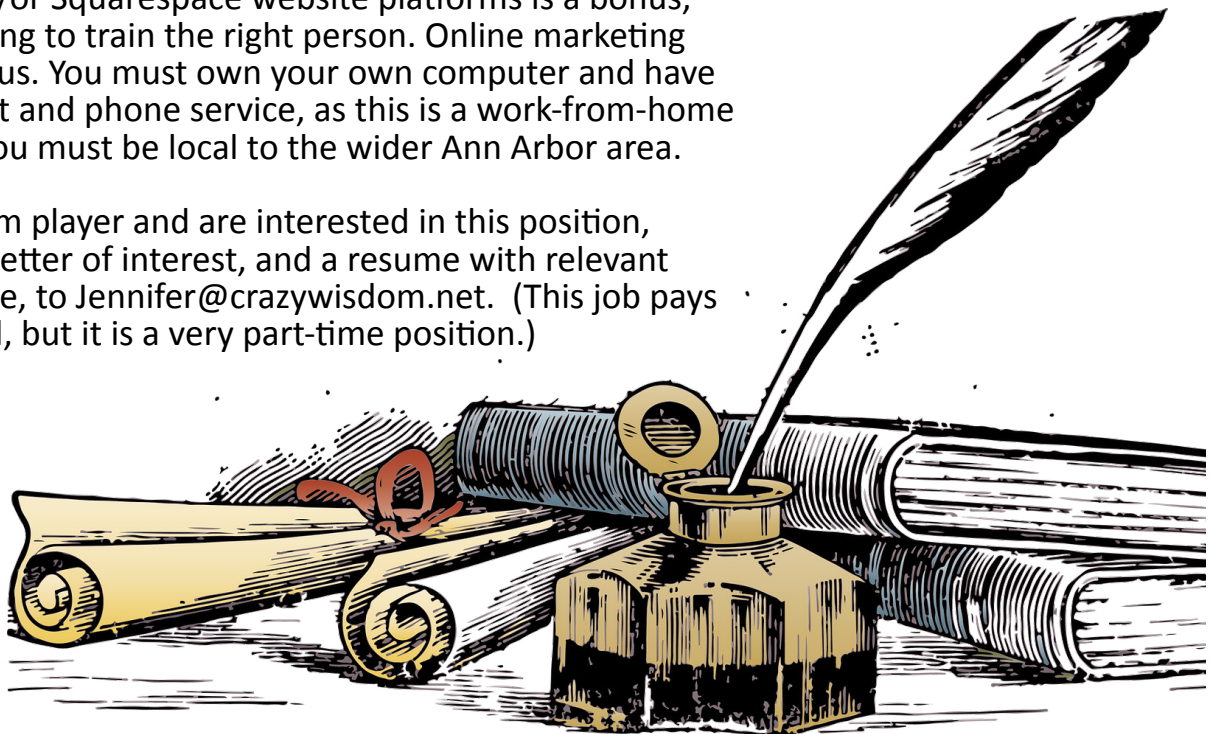
The Crazy Wisdom Community Journal is looking for a detail-oriented Calendar Editor, and for that person to also be our Social Media manager and the editor for our *Ann Arbor Holistic* website—a person who is interested in the holistic and conscious living subjects we cover. This job entails 25-35 hours 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. (This job pays reasonably well, but it is a very part-time position.)



The Crazy Wisdom Calendar

Biweekly



Art/Crafting

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; event details/registration/contact info.

26th Annual Exhibition of Art by Michigan Prisoners • Tuesday March 22 • 5 p.m. • The free, public exhibition, highlights the work of 392 artists from 26 state correctional facilities in Michigan. It features 714 paintings, drawings, and three-dimensional works. The show features a diversity of both artists and artistic choices. Artists range in age from 18 to 80, men and women from across the state with diverse racial, ethnic, and socioeconomic backgrounds. Most pieces are offered for sale, with proceeds going directly to the artists. For more information visit <https://lsa.umich.edu/pcap/exhibits/26th-annual-exhibition-of-art-by-michigan-prisoners.html#view=month>.

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 or call Jewel Heart at 734-994-3387. For more information, visit 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; 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. For more information, visit 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, 248-202-3102; 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; jewelheart.org.

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

Tea Ceremony at Verapose Yoga and Meditation House with Courtney Fitzpatrick • 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, 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.

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu – Full Moon Ceremony with Rev. Taikodo Marta Dabis • Monthly, Final Sundays: 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: 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

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.

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, 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: April 5 • 6:30 - 8 p.m. • Join us for a discussion of death and dying. Free. Donations welcome. Contact Interfaithspirit.Org/Events.

Fairs and Festivals

Psychic Saturday Holistic Fair at the Enlightened Soul Center • Saturday, March 5 and March 19 • 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~Crystals~Shopping Admission: \$5 at the door = FREE gift, FREE snacks, FREE parking Readings & Energy Work: \$2/minute (minimums vary) Cash & credit/debit accepted. For more information visit: <https://www.enlightenedsoulcenter.com/enlightened-soul-fair>

Gardening and Ecosystems

Yard Transformation: A Beautiful, Climate-Crisis-Reversing Oasis with Rosina Newton • Saturday, 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; 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.

Midweek Wellness Workshops with Liza Baker • Monthly, First Wednesday: 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; eventbrite.com/o/simply-health-coaching-352-503-5623.

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



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**The fine print - Some restrictions apply.*

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.



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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. For more information, visit jewelheart.org, call 734-994-3387, or email 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.

Zen Meditation in the SFZC Suzuki Lineage with Rev. Taikodo Marta Dabis • Sundays, 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 or 248-202-3102; jissojizen.org.

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; 734.477.5848; 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, 734-994-3387, or email 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; jewelheart.org; 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.

Mastering Meditation with Kapila Castoldi • Starts Sunday, March 13 • 2 p.m. • Free introductory meditation series. Meets March 13, 20 and 27. The class will cover the basics of meditation and introduce concentration and meditation techniques. For questions contact Kapila at castoldi@oakland.edu or 734-994-7114 or visit meditationannarbor.com

Meditation and Discussion with Ann Arbor KTC • Wednesday, March 16 • 7 p.m. - 8 p.m. • Weekly. The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Enter through back door, 614 Miner St, annarborktc.org. Free but donations accepted.

Dance and Movement

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, sites.google.com/view/a2-toledodup/home.

Sacred Sound Journey with Victoria Schon • 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 wisdom during and following her sound journey. \$40. Contact 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.

Health and Wellness

7th Anniversary Open House • Saturday, March 19 • 1 p.m. • Join us for an open house celebrating our 7th anniversary and our new (additional) office space for 7 Notes Natural Health. Light Refreshments, Door Prizes, Grounding Bowl Sessions, Discounts, Tours of our New Space. Grounding Bowl Sessions will be donation based - all proceeds from these sessions will be given to support the work of Ozone House. For more information visit <https://www.facebook.com/events/1069542497179157>.

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 them as a series. \$20 + processing fees. Contact liza@simply-healthcoaching.com.

Online Workshops

Sacred Self-Care - Free online course with Shalina Rankin • March 10 • 6:30 p.m. • Do you believe selfcare can be a sacrament? A sacred duty instrumental to your mental, emotional, physical and spiritual resilience? Do you believe that by pouring care and love into yourself, the friends, family and organizations that depend on your well being will bloom in new and exciting ways? Sacred Selfcare, is an interactive presentation that invites you to remember the importance of loving and caring for yourself, FIRST. You'll learn how to create and ritualize a selfcare practice that is deeply personal and designed to feed your unique life and soul needs, while simultaneously acting as a protective energetic boundary and magnetic field. This course is FREE but registration is required. Questions? Contact Mara Evenstar at evenstar.institute@gmail.com or visit <https://evenstarschalice.com/courses>.

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.



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 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



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/>

The Crazy Wisdom Calendar

Personal Growth

Midrash Study with Karen Greenberg • Monthly Fridays: 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; 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; 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 or visit <https://www.yogacentric.net>.

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.

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; 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; JudyRamsey.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; 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; 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 or email webercenter@adriandominicans.org.

Sound Healing

Bowls + Harp Sound Bath Meditation • March 12 • 7 p.m. • Join Rob Meyer-Kukan and Celia van den Bogert for this special event celebrating the sound of harp and bowls. Join us as we celebrate our 7th business anniversary with this restorative and delightful pairing of instruments.

Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc). A limited number of yoga blankets will be available. Current COVID safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. Investment: \$50 Advanced Registration Required. Space is limited, please register early. Please note that registration closes on 03.11.2022. 7 Notes Natural Health, LLC reserves the right to adjust this event based on concerns related to Covid-19. Learn more about 7 Notes Natural Health by visiting: www.7notesnaturalhealth.com

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 wcnnet.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 for Zoom link. cwcircle.poetry.blog.

Sit. Stop. Write. –Zen and Poetry with Dmitry Berenson • 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; jissojizen.org.

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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

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Yoga Practice Center
Zerbos

Saline:

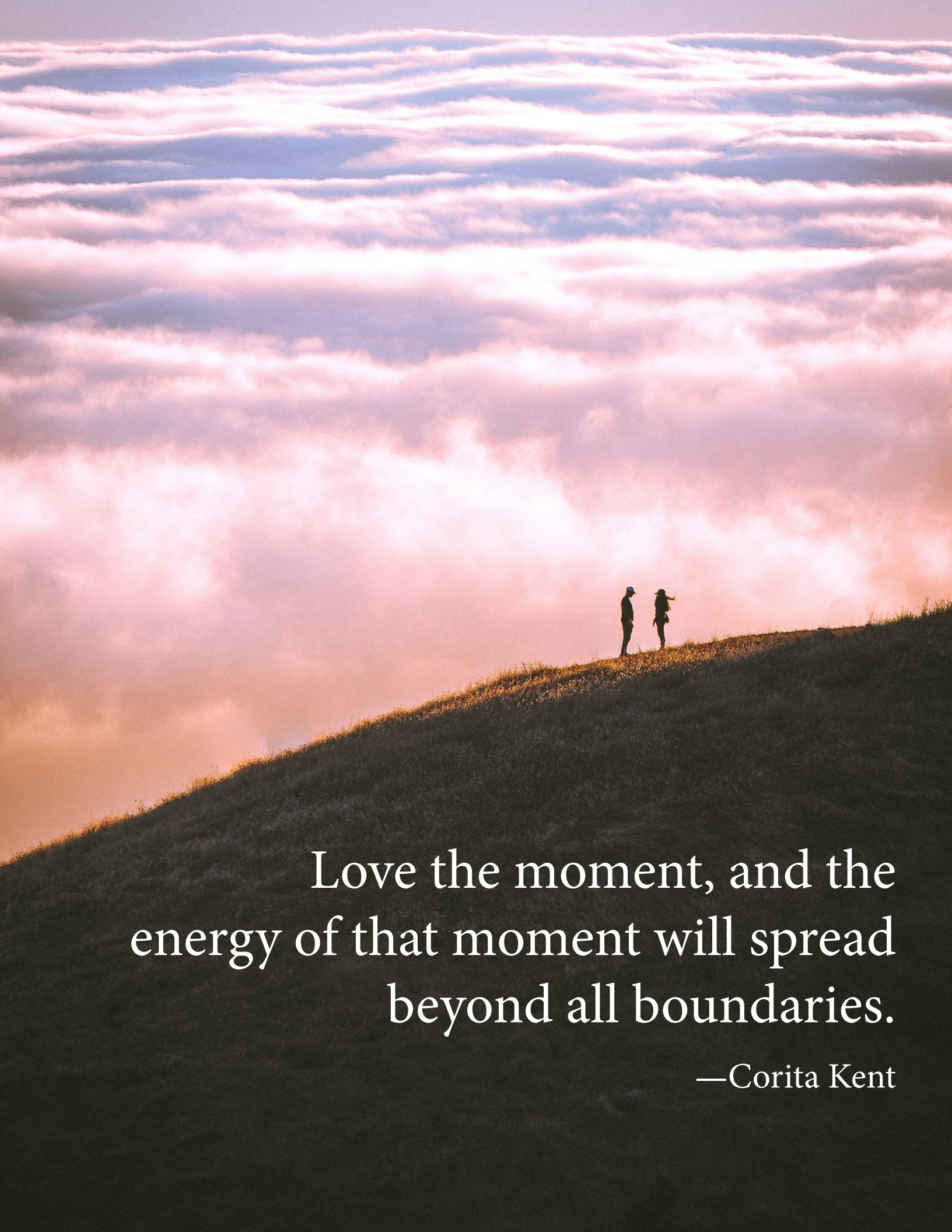
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Earth Elements
Eleanor's Sweets and Sodas
Salt Springs Brewery
Stony Lake Brewing Company

Chelsea and Dexter:

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

Jackson & Lenawee County:

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Divine Sanctuary
Pegasus Spa and Leisure
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DNA Sales 2100
Gidrah's Mind Body Spirit



Love the moment, and the
energy of that moment will spread
beyond all boundaries.

—Corita Kent