

THE CRAZY WISDOM COMMUNITY JOURNAL

ANN ARBOR'S HOLISTIC MAGAZINE

FREE

Issue 46

SEPTEMBER THROUGH DECEMBER 2010



The Crazy Wisdom Interview with Karen and David Ufer on the Lifelong Practice of Yoga

The Art of Touch ~ Profiles of the 5 Women Healers of
Complete Chiropractic & Bodywork Therapies

Crazy Wisdom Kids Section featuring
Singing Peace into the World: The Mindful Music of Joe Reilly

What's New in the Community · Free Calendar of Local Classes · Bronwen Gates ·
Questions for Oran Hesterman about the Good Food Revolution · Annie Zirkel · Lela Iduna ·
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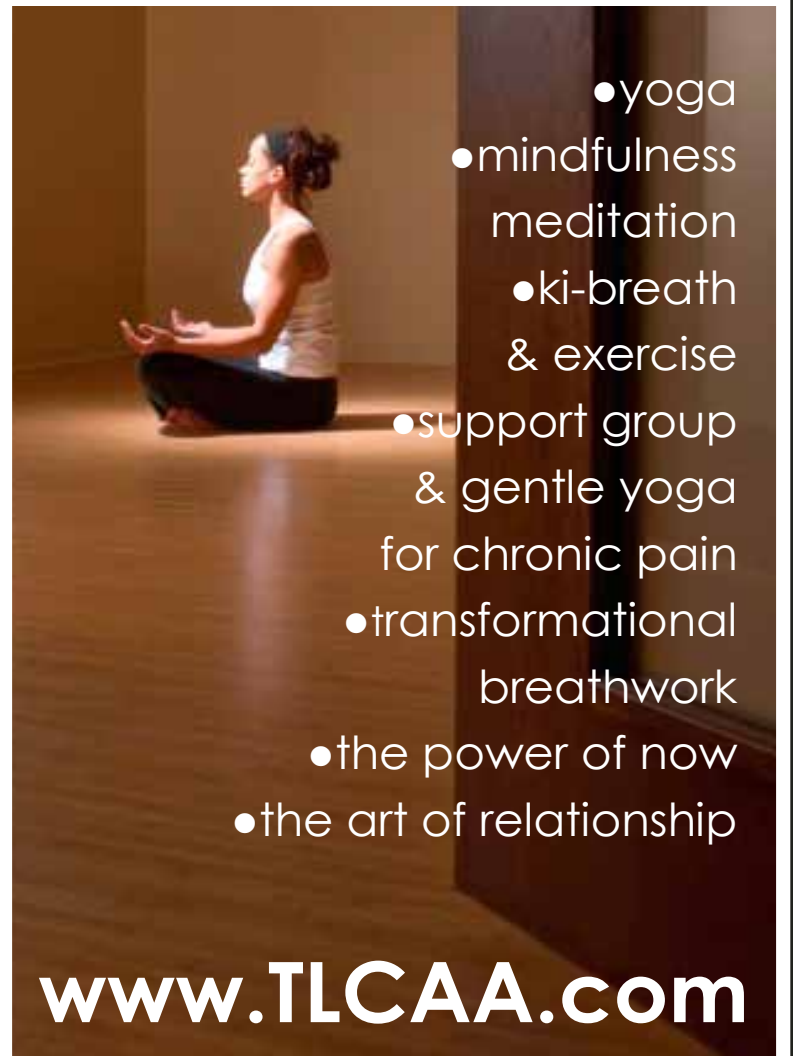
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The Crazy Wisdom Community Journal

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Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

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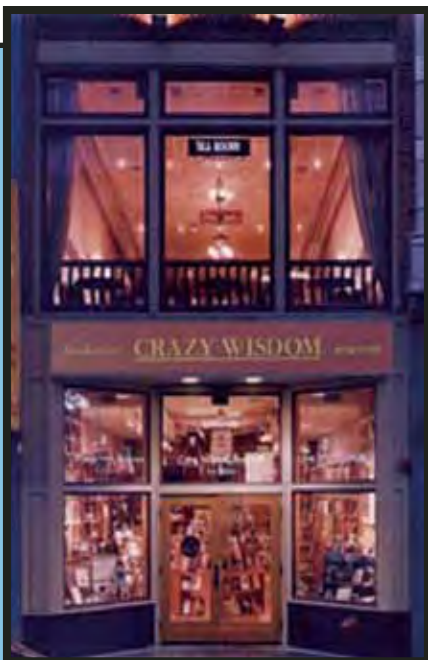
The **deadline for free calendar submissions** for the January thru May 2011 issue is **Monday, November 15**

Ad Submissions:

The **deadline for paid advertising is Wednesday, December 1**

The issue will be distributed starting the final week of December. 8,250 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 150 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

— Cover Photo by Steve Wiley —



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Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.



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What's New in the Community

By Jen Eberbach

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

New Offerings by Established Businesses and Practitioners

Psychotherapist Linden Thoburn is now practicing Sensorimotor Psychotherapy, which she says is helping her clients "become aware of how the body physically responds to anxiety, and memory of traumatic events." She was trained and certified in the technique by founder Pat Ogden, director of the Sensorimotor Psychotherapy Institute, www.sensorimotorpsychotherapy.org. This type of psychotherapy differs from many kinds of "talk therapy" because the work focuses on gaining awareness of how the body physically reacts when a person is telling her traumatic story, rather than delving deeply into talking about emotions. "We are never still, even when we think we are. If you are telling me a story, your body is also telling me the story," she says. In a session with her clients, Linden pays attention to things like "muscles contracting, breathing pattern changes, changes in vision or eye movement, and changes in the nervous system." However, her goal is to help them become "aware of themselves." She has a range of exercises and approaches she can use with clients, when appropriate, depending on what happens in a session. However, she says her work "really depends on the client. This therapy allows me to stay really fresh and do different things with people," something she really enjoys about it.

Frequently, "the body is going into a reenactment of what it did to help you survive the trauma as it was happening" and a client is "re-experiencing the memory of the trauma, as if it was happening in the present," Linden explains. Your neck might tense when you get into a car, even years after your bad accident, for example. "A person might tell me about a time when a parent hit them, and they aren't aware that their body has contracted into a frozen state. So their body is holding their memory for them, while they are talking." In addition, people experiencing certain ongoing physical problems or illnesses "may be afraid of their body's responses," she adds. For example, "some people with Parkinson's try to stop the body's contractions. They make them anxious and they want to have control over the body."

According to Linden, her work is a "Mindfulness practice," but unlike Mindfulness meditation, "this is a somatic tracking Mindfulness. If you get really quiet you can feel your own tissues, you can feel the tide of your nervous system, and you can feel your heart. We are always contracting and expanding on both a cellular level and as a whole larger organism. Getting really mindful is the thing that lets people have direct experience of themselves," she says.

She doesn't know when it will happen, but clients frequently "feel a shift in themselves at some point," when they come to "their own realizations" about "what the roots of their trauma are," she says. These shifts can mark moments when "someone begins to integrate their nervous system so that memories that would fire and create a reenactment of the trauma become only memories. Their awareness frees their bodies to move naturally, so they don't have to experience trauma over and over again," according to Linden. Call Linden Thoburn at (734) 645-7013 or email lindenthoburn@yahoo.com

Occupational Therapist Karen Jones is now in private practice, after leaving St. Joe's to pursue a more holistic path. Karen worked at St. Joe's for 10 years in physical medicine rehabilitation, as a lymphedema and pain specialist. Now in private practice, she offers CranioSacral Therapy, Lymphedema Therapy, and External Qi Healing. On top of the treatments she offers, Karen is also working on "formulating some pain and anxiety related classes," and she considers herself to be a "supplement advocate." She makes recommendations to clients in order to "take the confusion



**Kristi Davis
of Creative
Spirit Healing**

(See page 11)

out of nutrition, help people sort through misinformation, recognize how things react biochemically in the body, and where to start with supplements," she says.

Karen says the various treatments she offers not only affect the physical body - helping with pain, injuries, or specific ailments like fibromyalgia, "it is also about what the person is feeling psychologically." Many times, when someone has experienced a trauma, whether it be a physical attack, a car accident, or some other type of issue, they suffer from psychological pain along with physical pain. She has worked with people suffering from traumatic-brain injuries, amputations, and other serious conditions, and finds that disorders such as "Post-Traumatic Stress Disorder and depression diminish along with their pain," in her sessions with people. She explains that she can sense many different types of changes or imbalances in the body through her hands. During External Qi Healing treatments, Karen uses her hands to "feel for blockages and help the body's energy flow," which she says is related to the idea of Chi or life-force energy. "The hands can become the tool to help the body heal," she says. For example, "sometimes I feel temperature changes in the body or something is wrong in the tissues, they might be rock hard instead of soft and pliable," she explains. Karen Jones' office is located at 3300 Washtenaw Ave. Find out more about her at www.karenjonesot.com. Call her at (734) 260-3136.

Wilderness skills instructor and Transformational Breathing facilitator Frank Levey invited me to join him and his wife, middle school teacher Larissa Czuchnowsky, along with a friendly group of 7 to 12 year-olds, at their Blue Turtle Nature Awareness and Wilderness Camp, this past summer. Frank, who learned how to survive in the wilderness from famous naturalist Tom Brown Jr. and others, has also been a longtime student and teacher of "various natural healing arts and meditation," he explains. He has found Transformational Breathing to be a "deeply healing process, which powerfully integrates our body, mind, and spirit." He is now teaching people "how to open restricted breathing patterns so your entire respiratory system is utilized." Frank facilitates both one-on-one and small group Transformational Breathing sessions by appointment, as well as drop-in sessions. Find out more at <http://awakenedbreath.net>. Call Frank Levey at (734) 657-8742 or email frank@awakenedbreath.net.

When I visited *Blue Turtle Nature Awareness and Wilderness Skills Camp*, located on their one-acre homestead near Scarlett Middle School, Frank and Larissa were wrapping up one of their weeklong kids camps, which they offer each Spring and Summer. While I was there, the kids showed me some of their new skills, like how to safely start a campfire and how to make natural cordage. Larissa mixed up a traditional drink recipe that I tasted, while sitting in on Frank's lesson about hunting and trapping food in a survival situation, and passing around handmade hooks and tools. Over the course of the week, the kids had done a lot of different wilderness awareness activities, craft projects, and other fun educational activities. Find out more about the camp's offerings for both kids and adults at www.blueturtlenaturecamp.com. Call them at (734) 975-4448. Email Larissa Czuchnowsky at czuchnow@aaps.k12.mi.us

Naturopathic Doctor LaRene Dell has started offering acupuncture treatments. She has been using another form of "manual medicine," Shiatsu, for a couple of decades, and says that the knowledge about "meridians and the channels of the body" she has gained has caused her to become interested in adding acupuncture to her practice. LaRene practices medical acupuncture, which she says, "works for pain management. That is the main set of conditions that I treat. It also treats the autonomic nervous system for relaxation and balancing the nervous system, which helps with anxiety and mood disorders." She starts a medical acupuncture session "with a neuromuscular assessment, palpation, and Shiatsu work," before getting the needles out. In some cases, she will do acupressure, a similar technique that doesn't

Continued on page 8

What's New in the Community

Continued from page 7

use needles. LaRene also does Acudetox acupuncture, which helps with “addiction recoveries” from substances as severe as heroin, as well as other things that affect the nervous system. Acudetox acupuncture employs small balls, or “ear seeds” that LaRene tapes to specific points on clients’ ears, “which people can use in between acupuncture treatments on the rest of the body.”

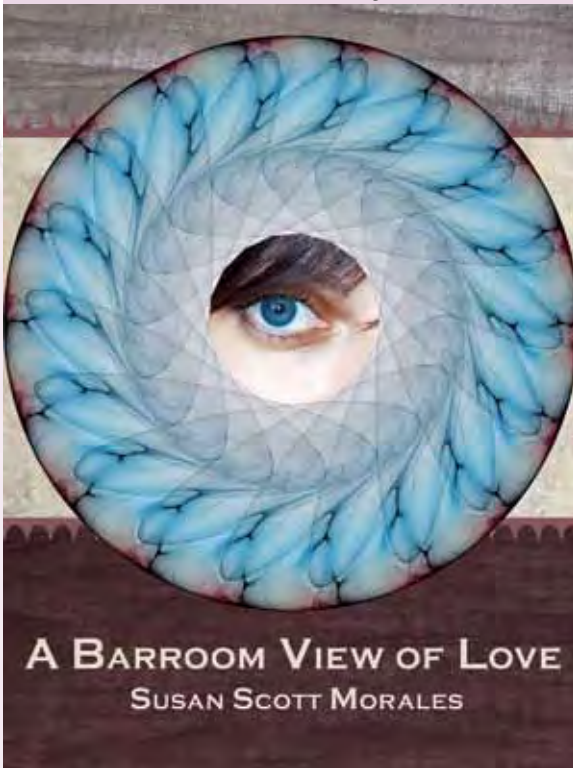
LaRene’s practice is based in western-based naturopathy and clinical medicine, with a dash of Japanese Shiatsu bodywork thrown into the mix. She also uses herbs in her practice, drawing from western traditions. As a naturopathic doctor working in Michigan, she doesn’t diagnose illness, but she will refer you to an M.D., if she sees any red flags. She encourages people to get referrals for her medical acupuncture treatments from their regular doctor because your insurance might cover it. Call LaRene Dell at (734) 945-5767 to schedule an appointment at her downtown office (117 North First) or her Ypsilanti home, once it is done being renovated.

Art Therapist Susan Boyes is leading a new group, “Women in Transition Creative Process Group,” from her new studio and counseling office on Stadium Boulevard (2311 East Stadium Boulevard, Suite 216). Her new “women’s forum,” like her individual and group sessions with clients, includes “using art materials, creativity, and supportive dialogue” in order to “encourage exploration of your own personal mythology.” You don’t need any art experience or skills to work with Susan. She says that all you need is “a willingness to explore who you are from an art experience perspective.” Meet her at her new *Center for Creative Growth* office, which is equipped with its very own art studio that she uses with clients and groups. Visit Susan Boyes online at www.centerforcreativegrowth.com and www.artistrees.blogspot.com. Call her at (734) 478-2394 or email susan@centerforcreativegrowth.com

Two multi-use studio spaces above Elmo’s downtown are particularly suitable for movement and dance classes or lessons, which are collectively called *The Phoenix Center* (220 South Main Street). The center “provides a home to local groups for practice of movement and performance arts,” according to owner Scott Berry. The center houses two studios - one large, one small - that groups and one-on-one instructors can rent by the hour. The exposed brick rooms feature hardwood maple floors, high ceilings, and a HI-FI sound system. People have been using the studios for a range of classes and uses, such as Tai Chi, dancing Salsa or Swing, and Yoga classes. Scott himself gives Yin Style Bagua martial arts lessons there. Find out about current classes and get more information about renting the space for your group on their website, www.A2phoenixcenter.com. Call (734) 846-0661, or email Scott Berry at scottberry5@gmail.com.



Susan Morales, a meditation teacher, psychotherapist, spinning fitness instructor, blogger, and poet, has written her first novel, *A Barroom View of Love*



Books by Area Authors

Susan Morales, a meditation teacher, psychotherapist, spinning fitness instructor, blogger, and poet, has written her first novel, *A Barroom View of Love*, which was recently released by a local publisher, Burns Park Publishing. “Twenty-nine year old psychology professor Katherine Sullivan becomes anxious when her chronically depressed, divorced mother attends an ashram and claims to be completely changed. Katherine doesn’t trust this and goes to the Vidya Shakti Center in upstate Pennsylvania to investigate; her mother has been conned before. Katherine’s visit is nothing she expected and her inquiry turns inward,” according to Susan’s synopsis of the story. In the book, the skeptical protagonist is met by more than she bargained for when she goes to the ashram. She not only finds a new understanding of spirituality, mysticism, and her mother, Katherine also meets a new love interest. Ultimately, “the love story carries the drama through,” says Susan, who thinks “love stories are suspenseful. Is it going to work? Is it not going to work?” Susan will sign copies of her novel at Crazy Wisdom, on October 20th at 7 p.m.

Although the work is fiction, Susan drew inspiration for the book from experiences of spiritual awakening that she has had herself - she is a long time meditator who has spent time at ashrams and meditation centers in the U.S. and India. She incorporated stories of spiritual awakenings that have happened to people she knows, as well as “things that are completely made up,” into the story, she explains. “I wanted to present information about meditation and mysticism in a very practical and grounded way that doesn’t come across as out there. The book is not magical realism; rather, it presents spiritual experiences as something that really happen to people,” she explains. Susan says she got the idea for the story all at once. By the end of a day, she had a basic story outline. However, that was six years ago. She spent a lot of time “letting the characters take on a life of their own” and changing the tense to first-person in order to “get to know Katherine on a more personal level” and “give it the feel of a memoir.” Visit Susan Morales online at <http://susanscottmorales.com> or read her annarbor.com meditation blogs. She also owns *Bodies in Balance Fitness Studio*, www.bodiesinbalancefitness.com, with her locally well-known husband, entrepreneur and t-shirt king Elmo Morales. Call her at (734) 395-6759 or email susan@susanscottmorales.com.

Robert Lewanski first released an early version of his book, *Perfect Eyesight: The Art of Improving Vision Naturally*, in the late 90’s, which he co-authored with his late friend, Robert Zuraw. Robert says that the final version of the book comes after 30 years of researching and practicing eye-healthy habits. “It took me a long time to get everything I wanted in there, but I got it straightened out,” he laughs. He describes the book as “a whole program” that explores “holistic” methods for keeping our eyes healthy. The book includes examples of specific eye exercises you can do, suggestions for an eye-healthy diet, an index covering supplements, and other information about natural and holistic approaches to managing our eye health. Lewanski says that Robert Zuraw’s vision returned to normal, after finding himself legally blind in Vietnam during the era of Agent Orange poisoning, by using a mixture of natural cleansing techniques, eye exercises, and other holistic methods of healing.

The book “draws from everywhere, from the East to the West,” according to Lewanski. “There are a lot of natural healing methods that come from the East - like Chinese medicine and Ayurveda - and then we have things like naturopathic medicine here in the West,” which all offer knowledge about eye health. One major point he makes is: “If you keep the central organs clear, clean, and metabolizing properly, then the senses will work properly. The eyes relate back to the central energy of the organs -- especially the liver.” The book also gives instructions for things like daily eye exercises that “work the eye muscles” and massage techniques that “bring blood to your eyes,” which can be preventative and healing. Find out more about Robert Lewanski at www.healthforcecenter.com. Call him at (248) 680-8688 or email healthforcecenter@sbcglobal.net

Ordained Christian minister and woodworker Jim Stacey has published his book, *Jesus Was Not a Christian*, which was inspired by “my own spiritual journey becoming disillusioned by theology.” When Jim started studying the Aramaic language, he discovered what he considers huge discrepancies between “the lessons Jesus was teaching,” during his lifetime, and Christianity’s teachings through

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the centuries. He was also doing a lot of “inner work” at the time and grappling with things he had been taught as a child, such as “we are separate from god and that god will punish us. I couldn’t find a way to feel right with that. It seemed like empty teaching and it wasn’t bringing me any healing,” he explains. On top of exploring things like early Gnostic texts and how Jesus’ teachings have been “edited” over the course of Christian history, Jim also seeks to encourage people to “find their own personal divine connection. I found that my connection to the divine is beyond spiritual belief systems,” he says. Instead, he has concluded that Jesus was about “love and compassion” not “punishment and authority.” Jim and Marcia Maria are giving a series of talks -- *Loving Transformation: Self Relationships and the Planet*, from 7 to 9 p.m. at Crazy Wisdom, on September 28th, October 19th, and October 26th.

The book takes a critical look at the history of Christianity. It presents texts that “didn’t make it into the Bible” for a range of reasons, which Jim thinks usually have to do with authorities placing restrictions on human behavior to maintain control over populations of people. For example, he thinks the way people understand “original sin” today is a problem. “Original sin wasn’t even part of the church’s teachings until the 4th century when St. Augustine officially introduced the idea,” he says, giving an example of one discrepancy he found while researching his book. He also thinks women have been given a raw deal. His interpretation of the “Book of Genesis,” which describes the creation of the universe, presupposes that both male and female energy was present in the beginning. He points to language surrounding the idea that “sacred wisdom is feminine” and presents a new translation for the phrase; “Let God make man in his image.” Jim reads it as; “Let us make people in our image.” Another way he explores gender in the book is by taking a closer look at Mary Magdalene’s life, and stories about there being “a grail bloodline”. He is working on writing a second book, which he doesn’t have a title for yet, but the working title is *Jesus Was Not a Christian: Part II*. Find out more, and read lengthy excerpts, on the book’s website, www.thedivineiswithinus.com.



The “2010 What About You Walk,” a walk-a-thon and charity expo, will raise money for 15 different non-profit charities by letting participants choose which organizations their pledge money will support.

Dietary coach Judy Sauer self-published some of the baking recipes she has learned, since she “discovered in quick succession that her son, her daughter, and she herself had multiple food allergies” (wheat, dairy, soy, and corn), according to the announcement for her new cookbook, *Footloose and Gluten-Free: Baking Hints and Recipes from a Multiple-Allergy Family*. The book explains ways to “accommodate for food allergies” and includes Judy’s recipes for things like bread, pizza, pancakes, muffins, cakes, other desserts, and other baked goods. As a dietary coach, she regularly does allergy consultations, bakes her own recipes, and shares information about the ingredients that she uses in her own kitchen to avoid her family’s allergies. Sometimes she even walks people through the grocery store to point out certain products to cook up at home. The book was a way to share her food knowledge with even more people. To order a copy of Judy Sauer’s new cookbook, call her at (734) 761-8193 or email jdsFoodSolutions@yahoo.com



Christie Clipper, Life Coach and Event Creator of the “What About You Walk”

Local “foodie” Elaina Williams’ new business, *Free to Eat*, and her new guidebook, both debut this fall. She has written *Free to Eat, a Laypersons Guide to Eating in the 20th Century*, a booklet “written with a local and a positive perspective that encourages action and the fact that we can make a difference,” she says. Elaina will sell the booklet through her new business and website, which will also sell other naturally-minded products. She hopes to circulate her guide to eating to other local “foodies” and “like-minded” businesses, in order to “get a great grasp of the local community by the time I’m done. I’ll know what is going on and where the needs are, and then I will be able to format my future business to meet those needs,” she says. To start, Elaina is thinking of selling non-toxic beauty products, along with copies of her guidebook, on <http://free2eat.net>. “Two more [booklets] are in the works,” including a coloring book for kids and *Free to Eat: Chard*. Email Elaina Williams at elaina@free2eat.net.

Upcoming Events

The “2010 What About You Walk,” a walk-a-thon and charity expo, will raise money for 15 different non-profit charities by letting participants choose which organizations their pledge money will support. Two walk-a-thons, a BBQ lunch, a charity expo and special activities will happen at Gallup Park (3000 Fuller Road), on September 25th from 10 a.m. to 3 p.m. Event creator **Christie Clipper**, who provides life coaching and wellness services through her business *Healthy Edge*, www.healthedge-llc.com, got the idea for the event, last year. She was “moved to help a broad range of charities to promote themselves,” which collectively help “the whole person,” she says. Last year, Christie brought 7 charities together for a “What About You Walk,” but she soon learned about one of the biggest uncertainties you face hosting an outdoor event in the summertime - it rained all day and cleared up just as the event was ending. Hopefully this year’s event will be sunnier. Walk participants choose where their pledge money goes. They can handpick charities from the organizations that are officially represented by the fundraiser, or select any other charitable organization they wish, as long as it has non-profit 501c3 status. “I wanted to give people a chance to choose what’s important to them. Maybe they have a personal connection with a particular charity or they benefitted from their services in the past,” she explains.

Continued on page 10

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What's New in the Community

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At the event, a 5K walk along Gallup Park's nature trails will commence at 11 a.m. and an easy going, handicap accessible, and child-friendly 2K walk will stay on the sidewalks commencing at 11:30 a.m. Registration for walk-a-thon participants is at 10 a.m. at the Maas Memorial Shelter in Gallup Park. A BBQ lunch provided by event sponsors *Damon's Grill of Ann Arbor* will follow the walks. The event's charity expo will feature resource sharing tables giving out information about charitable organizations, and Christie has asked each participant to plan special activities and consider educational or interactive things they can do. Special activities that are already planned include a game tent with carnival-style games and face painting. *Therapaws of Michigan*, one of the charities the walk supports, will bring therapy dogs for you to meet who "provide social, emotional, and physical benefits to some of the hundreds of residents and patients in Ann Arbor and surrounding communities." Composer and musician Ken Kozora will perform "Soundscapes" using a set of solar-powered instruments and P.A. system, which blend "electronica, world, new age, classical, a touch of jazz and any other bizarre noise he deems musical," according to the event announcement. Christi was still working on securing a final lineup of charity expo participants when I spoke with her this summer. Check the event's website, www.whataboutyouwalk.com, for the most current information, a list of the charities, and registration. She had some great ideas for TBA activities when we sat down to chat. Participants can register online until September 22nd. After that you can still sign up in-person on event day. If you have questions or would like to volunteer, call Christie Clipper at (734) 751-7618 or email her at info@whataboutyouwalk.com

The Lotus Center of Ann Arbor is hosting a collaborative event in celebration of Pain Awareness Month, "Holistic Hope for People in Pain," which will feature a dozen holistic or natural-minded practitioners who work with people in pain, on September 19th, from 2 p.m. to 6 p.m. Local psychotherapist **Jody Kohn**, the Michigan State Leader for the American Pain Foundation Action Network, organized the event. About a year ago, around the time she was appointed to the position, the American Pain Foundation had challenged members to celebrate September as "National Pain Awareness Month." She didn't have enough time to do an event last year, but this year Jody has assembled a diverse group of pain experts, who will present short talks and demonstrations to people seeking options for pain relief.

Each of the dozen practitioners is planning to present a brief talk on pain relief and management, and most of them are planning participatory demonstrations. For example, Nia movement instructor **Robin Okun**, of *Mindful Movement*, is likely to get a few folks dancing around. Jody, who will give a brief presentation on the American Pain Foundation and talk about psychologically-oriented therapies that help

with pain management, is also going to volunteer as a demonstration subject during "gentle" chiropractor **Kathleen Dvorak's** demonstration of chiropractic work using an activator method. "She doesn't crack you around. Instead, she uses a little tool called an activator, which looks a little like a mini-pogo stick," according to Jody, who is a client of Kathleen's. (See the profile of Kathleen Dvorak within the feature story on the *Women Healers of Complete Chiropractic*, on page __ of this issue.)

Lotus Center co-owners **Amy and Brodie Burris** are donating the space to the event, and Brodie will give a talk about acupuncture and pain management. **Janine Polley** will demonstrate the benefits of gentile yoga and therapeutic breath work for pain relief at the event, and she is also offering a gentile yoga workshop for chronic pain at the *Lotus Center* earlier in the day, from 10 a.m. to 12 noon. Massage Therapist **Kirsten Mowrey** will present on the Trager® method, which blends massage and movement, **Leilani O'Brien** will cover breath and exercise, **Libby Robinson** will demonstrate Mindfulness meditation, *Jewel Heart's* **Kathleen Ivanoff** will cover meditation practices, and **Joe Kraut** will present on Tai Chi for pain. Psychotherapist

and life coach **Felix Paulick** will present on Eckhart Tolle's *Power of Now*. **Dr. Diana Little**, M.D. will give a talk covering the importance of correct diagnosis, and a staff person from **Clark Pharmacy** will talk about supplements and other natural remedies.

Part of Jody's inspiration for the event is that "so many people have chronic pain - according to the American Pain Foundation, around 26% have pain that lasts more than a day, which translates to 76.5 million people - and many people in pain sit around isolated all day in their homes. Just getting out of the house is so important," she says. "What I want to show with this event is that there are so many ways to deal with pain other than going to the doctor and getting drugs," she explains. She hopes the event will give people in pain an opportunity to "find out ways to help themselves" in a "fun, accepting and environment," Jody says. Find out more about Jody Kohn on the *Lotus Center of Ann Arbor's* website, www.annarboracupuncture.com, or call the center at (734) 975-2745. And if you haven't gone to see the Lotus Center's newly renovated and beautifully designed building on Carpenter Road, it's worth a trip.

If you love nature and haven't been over to the Howell Conference & Nature Center (1005 Triangle Lake Road, Howell, MI), you might want to check out some of their fall events. Did you know that the Howell Nature Center has the "tallest outdoor climbing tower in Michigan," with a 500 foot zip line over a pond? Wow, that sounds pretty cool! Well, according to their website, you can reserve a spot to take the ride Saturdays and Sundays through October 17th. You can also

register for a "High Rope Day," happening September 25th, from 9:30 a.m. to 12:30 p.m. and 1:30 p.m. to 4:30 p.m. An "Eco Fun Challenge," happening October 9th from 9 a.m. to 3 p.m., will include archery, canoeing, a climbing tower and zip line, a wildlife encounter, a global adventure and more, according to the announcement. You don't need experience in any of these things, but get ready to compete for prizes. Support the Howell Nature by attending their "Wild Wonderful Night Auction," on October 14th at Cleary University in Howell, which will feature a live and silent auction, live music, gourmet food and a beverage tasting. Advanced registration is required. "Wildlife Photo Workshops" -- shoots and slideshows -- start at 11 a.m. on October 17th, when host Steve Gettle offers his slide show "A Wilderness Year," and on October 30th, when Skip Moody will host. Again, advanced registration is required. Find out more at www.howellnaturecenter.org. Call (517) 546-0249, or email henc@howellnaturecenter.org

New Classes

Yoga Meets Dance™ instructor Natasha Schaffer is hosting classes at the Phoenix Center (220 South Main) in the Fall, on Thursdays from 7:15 p.m. to 8:30 p.m. She became certified in this type of yoga and movement a few years ago, which was created by national yoga teacher trainer Beth Rigby. However, she took "a break for two childbearing years" and is "finally offering this wonderful class to Ann Arbor on a regular basis." The class "combines the sacred, sensual, and silly," using "gentle Hatha yoga, free and guided dance, music therapy, humor, community building, and meditation." She describes Yoga Meets Dance™ as a "transformational



Kate Boyd – Massage and Trauma Touch Therapist, and Reiki Practitioner

(See page 12)



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Estela Monjo Boudreau is now offering sculpting classes in small group settings. To see her latest sculpture creations visit Estela's Art on the web site.

Prime dates are available year round. To arrange a tour, or to book your preferred dates, call Estela at 313-407-0953 or e-mail emo823@comcast.net

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dance journey” practiced to “exotic world beats and rock-n-rolls hits.” All ages are welcome, and you don’t have to be a dancer or an experienced yogi to participate. Natasha’s *Yoga Meets Dance* programs sound like a really special blend of movement and meditation! Find out more at www.yogameetsdanceannarbor.com. Call Natasha Schaffer at (734) 239-3174 or email her at info@yogameetsdanceannarbor.com

Mindfulness meditation teacher Libby Robinson will offer a new 8-week “Mindfulness-Based Stress Reduction (MBSR)” class and a retreat in the fall. The class was developed by Libby’s former teacher at the University of Massachusetts’ Center for Mindfulness, Jon Kabat-Zinn, who defines Mindfulness meditation as “paying attention on purpose, in the present moment, without judgment.” Libby will lead the class in guided meditations and Mindfulness exercises aimed to “increase our capacity to manage life and the stressors we experience, leading to greater equanimity and acceptance and less emotional reactivity.” She has practiced a Buddhist form of Mindfulness for over 30 years. However, the class takes a “secular” approach, fusing both Eastern and Western knowledge. She has also taught MBSR and Mindfulness-Based Cognitive Treatment of depression at the UM Psychiatry Department, since 2003. Libby wants to touch base with potential participants before they sign up for the class and retreat, “to make sure it’s the right thing for them,” she says. Contact her at libbyrobinson7@gmail.com, if you are interested in taking the class.

New Practitioners and Businesses

Jessica Snyder has returned to Ann Arbor, her hometown, from New Mexico, and she is working as an Ayurvedic Practitioner, Massage Therapist, and Ayurvedic Postpartum Doula through her new practice, *Earth’s Cradle Healing Arts*. A recent 4-month trip to Nepal to study with an Ayurvedic physician specializing in OB/GYN was an inspiring experience for her. “I assisted with many free Ayurvedic village health camps in remote areas of the Kathmandu Valley,” Jessica reports. The experience inspired her to start a medicinal herb CSA (Community-Supported Agriculture growing project), upon returning home. She reports; “The medicinal herb CSA is modeled after the fresh produce CSA concept - there will be a membership program - but it will provide locally grown medicinal herbs and herbal preparations - like teas and oils - rather than produce.” She is growing Eastern, Ayurvedic, and Chinese herbs in a garden at the *Tsoyvelgar Dharma Center* (7145 West Liberty Road), in a garden funded by *Wishing Tree Gardens*. What Jessica is doing – creating a medicinal herb CSA – is so wonderfully Ann Arborish, so perfect for the times we are living in, and such a valuable service to the community. Jessica Snyder’s new business, *Earth’s Cradle Healing Arts*, is located at the *Center for Sacred Living* (210 Little Lake Dr., Suite 7). Find out more about her at www.earthscradle.com. Call her at (734) 904-7555 or email earthscradle@gmail.com

Eve Wilson, Healer Practitioner, Healer Trainer, and Director of the *Healer Development Program*, is moving to Ann Arbor from Royal Oak, this fall, and it will be great to have Eve working closer by. Beyond the “intuitively guided work” she does with her one-on-one clients and classes, she also trains other healers “to work intuitively to address healing at the root cause of disease in the soul contracts, hereditary issues, childhood or past life, or wherever the deeper issue lies behind the symptoms a person is experiencing.” Her program offers training in a wide range of spiritual healing modalities that teach healers how to listen to sources of spiritual guidance, and “incorporate Qabalah, power animals, aura reading and healing, genetic healing, soul contract resolution, present and past life and inner child work, and much more,” she says. Her *Healer Development Program* also offers “The Healer 101” training and Reiki Training at all levels. Visit www.spiritualhealers.com to find out more about Eve Wilson, her intuitive services, and her training program. Email her at evew@spiritualhealers.com.

Transpersonal Drama Therapist Kristi Davis is offering one-on-one sessions and group classes through her new business *Creative Spirit Healing*. According to her, drama therapy “is a powerful tool for uncovering repressed and unconscious beliefs, memories, resentments, un-forgiveness, symbols, thoughts, and emotions, which may be manifesting as mental, emotional and/or physical symptoms.” Kristi is a former professional Radio City Rockette and musical theater actress. She points out how “theatrical performances include a lot of elements, not just acting but art, costumes, background music, movement, and writing,” which she incorporates into her work with clients and class participants, along with things like “guided imagery visualizations” that help people “imagine a scene” and cognitive-behavioral therapy psychological techniques.

Some clients appreciate one-on-one work with Kristi, but she thinks there are benefits to doing drama therapy in a group. Groups can produce “transformational theater” performances that they develop together over time. “In a group, people can play roles for each other and become part of the healing process. It’s empowering for them to change their role,” she thinks. On top of that, “people feel the acceptance of others who witness their stories and trauma,” which helps give them confidence to come to terms with their issues.

Kristi has a workbook and related course, entitled *Imagine Health: Harnessing the Healing Power of Illness*, and she thinks, “illness can actually be healing.” “We tend to look at illness as a bad thing, but it is not inherently bad. It is a

messenger sending the red flags your body is giving you - survival messages,” she says. Drama therapy can be used to “externalize” illness, as well as stress and trauma, by “acting it out in order to be able to converse with it,” she explains.

Transpersonal psychology suggests that “at our core, we are designed perfectly, but our experiences and beliefs cover it up,” she says. Transpersonal therapies “peel away” beliefs and emotional reactions in order to make clients more aware that “we are not our emotions. We are the witness to emotions that pass through us,” she says. “In drama therapy, we can also be anyone we want to be and choose the roles we want to play. Embodying this through real, visceral experiences creates new neural-networks in the brain,” according to Kristi. Drama therapy also allows people to “rehearse conversations they are fearing,” and even “reverse the roles,” she explains. For example, someone who has suffered abuse might benefit from role-playing and “feeling what is it like to be in the body of her or his abuser,” she has observed. Forgiveness doesn’t come easy - whether it’s forgiving another person, god, or oneself, but she believes it is what brings “the most healing, in the end.” Visit Kristi Davis online, at www.creativespirithealing.com or call her at (734) 253-2650 for more information.

Continued on page 12

What's New in the Community



Occupational Therapist Karen Jones is now in private practice, after leaving St. Joe's to pursue a more holistic path.

(See page 7)

Continued from page 11

Kate Boyd is a new Trauma Touch Therapist, Massage Therapist, Usui Reiki practitioner, and Reflexologist who opened her holistic business, *Kate Boyd Therapy*, this year. Beyond offering massage, Reiki, and Reflexology sessions, Kate offers a 10-week program in Trauma Touch Therapy, which “allows people to work through traumas - like injury, abuse, being a witness to violent crimes - without being re-traumatized,” she says. The modality seeks to bring “more awareness to sensations in the body and how people perceive how trauma feels in their body, in the present moment, and then learn what it feels like to release it,” according to Kate. She facilitates this by using a mixture of breathing work, visualization exercises, movement and dance, creative activities, and play, according to her. In addition, Kate can use hands-on techniques like massage with her Trauma Touch clients in order to release tension in their bodies and free up the body’s energy flow. She also seeks to “normalize touch” for clients struggling with issues of abuse, in a safe environment. She thinks of herself as “a compassionate witness for them as they journey inward to become aware of sensations - how trauma feels in the body,” she says.

Trauma Touch Therapy is a somatic approach to healing, which supposes, “trauma is held in the cells, and anxiety can manifest itself physically. Tissues and the nervous system take it on,” Kate says. Whereas, “animals shake it off, humans tend to hold on to it,” sometimes for a long time, she explains. “It isn’t necessary for the client to go into the details of their trauma and what happened to them in the past,” she says. The more important thing is to pay attention to how the nervous system and body responds to certain “triggers” that relate to all five senses, she thinks. “One person’s trauma can be very different from another’s. The most important thing is the client’s perception of what happened to them. It is their perception that causes nervous reactions, which causes tension to be held in the body.”

During her 10 week program, she does a variety of techniques, exercises, and activities with Trauma Touch clients. One of them is creative visualizations that “let your body tell its own story,” she explains. Rather than making up a story herself,

Kate asks clients to “check in with their bodies” and describe what sensations feel like to them. “Maybe I feel like I have bubbles in my stomach, which I can then imagine transforming into an effervescent spring, and then I might imagine myself swimming freely through water,” for example, she says. The descriptive words people use to explain what they are sensing guide the directions the visualizations travel. Other techniques that “let the body go and let it do its thing” include activities that get you moving around, like dancing. Her office is near a park, so she frequently takes clients outdoors to “play around, jump rope, climb trees, or play school ground games like hopscotch.” Kate believes these kinds of activities help people “be in the moment, be in their bodies, and enjoy simply pleasures.” Kate Boyd’s office is located in the *Parkway Center* (2345 South Huron Parkway), on the 2nd floor. Find out more about her at www.kateboydtherapy.com. Call her at (734) 546-2387 or email kateboydtherapy@comcast.net

Therapist and coach Karen Hague has started a new business, *Boomer Solutions*, in order to “support mid-life adults caught in the intersection of competing and changing needs - their own, those of their aging parents, and those of their adolescent / young adult children.” Karen has previously worked in geriatric social work and care in the University of Michigan Health System. Her partner in her counseling business is fellow therapist **Thomas Payne**.

Karen’s business addresses issues impacting the “sandwich generation of baby boomers,” who “often find themselves challenged by economic uncertainty, job loss and change, divorce, illness, or death. At the same time, boomers are being thrust into the caregiving / care manager role for aging relatives, as well as parenting teenagers and young adults who are in the midst of their own major transitions,” which can be overwhelming, she says. Karen also spent 25 years as a manager, organizational development consultant, and coach with Ford Motor Company, while completing her MBA. She thinks her “organizational skills and experience enable me to successfully support clients confronted with workplace and career challenges,” she says. In addition to her face-to-face sessions with clients, Karen also does phone and video counseling, as well as in-home sessions.

Her partner, Thomas Payne, has worked as a therapist and clinical social worker since 1980. “At Boomer Solutions, he counsels adolescents as well as college-age and older adults undergoing life transitions and other challenges,” that “often produce surprising levels of stress and anxiety,” according to the business’ website, www.boomersolutions.org. Call Karen Hague at (734) 395-0343 and Thomas Payne at (734) 995-1385.

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Please note that the “What’s New” column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the “What’s New in the Community” column in a given issue. If you would like to submit information to be considered for this column, please e-mail Jen Eberbach at communitynews@crazywisdom.net or drop off or mail to the store: What’s New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (January through April 2011) is November 1, 2010.

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Standing (left to right) Lisa Fox - Del Zoppo and Kirsten Mowrey. Seated (left to right) Linda Berry, Kathleen Dvorak and Renée Rutz

The Art of Touch ~ Profiles of the 5 Women Healers of *Complete Chiropractic and Bodywork Therapies*



Our writer, Mary Runser, visits with Complete Chiropractic and Bodywork Therapies, as it celebrates 20 years in business. She gets to sample the work of five talented and dedicated bodyworkers – Chiropractors Linda Berry and Kathleen Dvorak, Craniosacral and Polarity Therapist Renée Rutz, Massage Therapist Lisa Fox-Del Zoppo, and Trager® Practitioner Kirsten Mowrey. And she learns how each woman found her way to satisfying work – work which makes a deep contribution to other people’s lives.

By Mary Runser
Photography by Rachael Waring

Linda Berry, chiropractor, and Renée Rutz, craniosacral and polarity therapist, started Complete Chiropractic and Bodywork Therapies of Ann Arbor (CCBT) in 1990 because they wanted to design a practice that would offer health and wholeness from more than just one angle. “We had a desire to provide a more comprehensive and caring form of healthcare within the community,” Linda said.

Their partnership actually sprang from an exchange of body therapy techniques between them, with Linda offering chiropractic adjustments to Renee, and Renee offering in return her combination of craniosacral and polarity therapy. From that came not only a friendship between the two women but the birth of their vision for a holistic treatment center, with a sense of shared concern for clients’ recovery to health and well-being, and an emphasis on the safety and comfort of each client who walks through the door.

Over the years, the pair added other practitioners to the center. In addition to chiropractic care, CCBT currently offers several different types of energy therapy and bodywork, including: Reiki, craniosacral therapy, polarity therapy, somatic and trauma healing, Trager massage, and lymphatic drainage. Each therapy is performed by a trained and certified practitioner.

CCBT has mission and value statements, to which all of the practitioners are committed. “It is our goal to honor individuals on their path to discovering lasting health, vitality, and well-being,” Renee said, “and we accomplish that through our values, which are: integrity, compassion, empowerment, continuous learning, and partnership based on what’s going on in the health of every person.”

All of the practitioners meet together twice a month to discuss the health and progress of their patients. CCBT is definitely less of a group practice and more of a community of healers, who work together to attain what is best for their patients. They also share new information and techniques with one another. “It just makes it easier to refer my patient to Kirsten, or Kathleen, or to Lisa and Renee,” Linda said. “For example, because I know what Trager feels like, I can give the patient an idea if I think it will be helpful to them...It’s actually something we do frequently.”

“One of the things I am most proud about each of the practitioners here is their commitment to education,” Linda went on. “We not only continue our own education, but we also get a thorough training in the different techniques. So everyone is certified in the techniques that they offer, and stay current with any continuing education requirements to maintain those certifications.”

Despite all its success, there are challenges that CCBT will continue to face because of the slow economy. “Our business has undergone significant change in the last 20 years,” Linda said. “There was a time when our schedules were filled for weeks in advance. I stopped taking new patients for myself for a few years, so that I could accommodate the needs of my current patients. But insurance policies and financial situations have forced many patients to look for practitioners who are in their insurance plans. There used to be many more plans that paid for massage therapy when referred by chiropractors. Now, it’s mostly [only] teachers who have this inclusive coverage.”

Last year, chiropractors Linda and Kathleen became participating providers for Blue Cross Blue Shield. Many of their previous patients have returned and they are now getting consistent numbers of new patients. “With this new change in our status, we see our schedules filling, but it also means we receive 20% less reimbursement from the insurance company. Thankfully, we also have a core group of referring practitioners within the community who recommend our services, such as Amy Saunders from Briarwood Internal Medicine, Miles Colwell from the Spine Clinic at the University of Michigan, Patrick Hoban and others from Probility Physical Therapy, and the Ann Arbor Veterans Medical Clinic.”

The business has undergone changes internally as well, but “it is the hard work, integrity, and competence of the practitioners and all the staff that have made us who we are and kept us together as a group,” Linda said, citing staff members current (Tonia Swinton, Rachel Brown, and Audra Pope) and past (Kathy Wiles, Laurie Fry, Robbie Sawitski, among many others). “Tonia, Rachel, and Audra are valuable members of the team and help keep things running in the office as smoothly as possible. They are a part of the ‘wholeness’ of our office,” Renee added. “Even though they don’t ‘treat’ our patients for specific conditions, their jobs in some ways are much harder. They help people feel safe, comfortable, and taken care of. They are a vital part of our ability to uphold our mission and values.”

Additional positive changes should be coming to CCBT since the passage of a state law at the end of 2009, which Linda says included a rider that redefines how chiropractic care can be administered in the state. Linda explained that, up until now, “Michigan has had the most restrictive laws governing chiropractic practice... We were limited to treating and adjusting the spine only, even though chiropractors are trained and educated in the same manner as a primary physician.

“What this legislation means, for Kathleen Dvorak and myself, is that we can now diagnose, adjust, and treat any joint in the body. We can use ultrasound, electrical stimulation machines, and lasers for chronic pain. We can use heat and ice, and even massage therapy. Right now, the possibilities are so staggering that the Chiropractic Board is going to have to work at redefining who we are as chiropractors and what we can do!”

Having experienced treatments from each of the CCBT practitioners, the thing that stands out in my mind, beyond their expertise, is their shared desire to help me feel better. It really is a community effort and a conscious choice on the part of each of the practitioners and staff. I can honestly say that after experiencing all of these different healing modalities, I feel like an entirely new person, or that I have been completely overhauled. I wake up in the morning without the aches and pains that I had become accustomed to and had begun to believe were normal for my age. And as each practitioner has told me, this is the way I am supposed to feel every day!



Linda Berry, chiropractor, and Renée Rutz, craniosacral and polarity therapist, started Complete Chiropractic and Bodywork Therapies of Ann Arbor because they wanted to design a practice that would offer health and wholeness from more than just one angle.



All of the practitioners meet together twice a month to discuss the health and progress of their patients. CCBT is definitely less of a group practice and more of a community of healers, who work together to attain what is best for their patients

Read on to learn more about each of the five healers ~



Linda Berry, DC: Chiropractic

While sitting in the ambient-lit waiting room of Complete Chiropractic and Bodywork Therapies (CCBT), with lovely, melodic music playing in the background, I spoke with Dr. Linda Berry, a woman small in stature, with a large and tangibly comforting presence, about how she became a chiropractor.

“I left New York, after two years at State University of New York at Albany, with the sense that the world was pretty much open to me,” Linda said. She didn’t know in which direction to go with her education, because she hadn’t lived long enough. She decided to travel cross-country with a friend and ended up in Texas. Texas was experiencing an economic boom at that time, especially in the gas and oil industry, so there were lots of entry-level jobs available that were fairly easy to get.

Linda always knew that she wanted to work in medicine. “I had a sense of wanting to touch people and put my hands on them in a healing sort of way.” The first position she took in Texas, while completing her undergraduate degree in science, was in a hypnosis clinic. She worked with a renowned surgeon who was using hypnosis as the only anesthetic for procedures such as Cesarean sections and burn debridements. “The work he was doing was incredible, and it was here that I really got turned onto the idea of mind-body and energetic medicine,” Linda said. “The whole idea of using the brain and the mind to change the body had always fascinated me; how the mind and thoughts influence the body, and how the body influences not just thoughts, but society. And so now I had a new tool. Something a little more spiritual that helped to make that connection between spirituality, intuition, the human body, and even altered states of consciousness.”

She tried out other areas in the medical field, including working in a psychiatrist’s office and with social workers. Eventually, she found Texas Chiropractic College in Pasadena, Texas, became a patient, toured the college, and was completely impressed by the level of education and the professionalism of the students and faculty.

Linda had had secondary experience with chiropractic, after a severe car accident left her mother with chronic headaches and neck pain associated with whiplash. “Chiropractic was the only thing that gave her any relief,” Linda stated. She later had personal experience with chiropractic after she suffered a trampoline accident at the age of 19, and was helped by the treatments she received. “I just had this sense that I could give people immediate assistance and almost immediate relief with this particular work, so I signed up.”

Linda explained that the field of chiropractic really has it all. “I was trained in exactly the same manner as a primary physician. My education included blood draws, EKGs, full physicals, breast exams, heart and lung exams, ears and eyes. We studied all about pathology and the disease process. We learned to read x-rays — I didn’t learn to read CT scans and MRIs, but they teach those skills now.

“We did rotations in various fields and could learn about sports injuries and taping, in addition to learning all about spinal care and health. The reason we were trained in that manner was that it’s very important for a chiropractor to know when a problem is actually something that they can treat chiropractically, versus when it’s something that they need to refer to a primary physician.”

Linda came to Ann Arbor with her then-husband, Joe Sayers, after graduating from the chiropractic college in 1985. Upon arriving in Michigan, Linda worked with Ken Large, a chiropractor and applied kinesiology specialist. “I really wanted to work with Dr. George Goodheart, a chiropractor who was the founder of applied kinesiology. Working with Ken was as close as I could get, since he worked in Dr. Goodheart’s office three days a week.”



“[Chiropractors are] trained in exactly the same manner as a primary physician... It’s very important for a chiropractor to know when a problem is actually something that they can treat chiropractically, versus when it’s something that they need to refer to a primary physician.”

Linda has studied many modalities or techniques to address the illness and wellness of the body and mind, and believes that touch is important, because information is conveyed without the need for words. “Touch doesn’t have to be intellectualized, it’s direct. Sometimes, I think it’s the greatest form of healing that any physician has. And there is some research that supports [the theory] that touch changes brain pathways, particularly in chronic pain. We aren’t sure why it happens, but there is a definite sort of tactile shift with touch therapy.” There is an emotional shift that occurs as well; the human body responds in positive ways to nurturing, healing touch.

As a chiropractor, Linda is trained in applied kinesiology, BioSET technique, Cox flexion/distraction, sacro-occipital technique, and nutrition. “I’m not sure it’s the technique [that’s important] as much as the relationship of the practitioner and patient, the power of touch and intention, and the desire for each person to re-connect with their own essential self,” Linda stated. She sees her work as the synthesis of the tools and techniques she’s learned over the years. “A patient presents with a problem along with their own set of preferences, beliefs, fears, and strengths. I can reach into my tool box and choose an approach that will likely fit that person, where they are at that moment.”

Of course, there are times when a patient doesn’t experience relief after treatment, which is frustrating. “It’s likely that a patient will not experience relief during the initial history and physical. I fix what I find and see what happens. I explain that we are beginning a journey to relief and better health. Several treatments, or a combination of approaches, may be needed before relief comes.”

Communication is a key component of treatment. If the changes or suggestions don’t work, then other options can be explored. “Sometimes,” Linda said, “knowing that a treatment creates an increase in symptoms can indicate that the body needs another approach, such as nutrition or energy work.”

One of the most challenging components of her work is the demand — physically, mentally, and emotionally — of being engaged all the time. “It is a constant effort to stay present, to stay focused, and to be engaged with a patient, with their issues and concerns.” And at the same time, Linda enjoys working with people to help them discover the mystery of their un-wellness. “I love listening to a patient’s story and then helping them redefine how they work with, play in, and accept the realities of their unique body.”

In addition to her chiropractic work, Linda is also currently on the board of *Think Local First*, the Ann Arbor organization that promotes supporting local businesses, and has co-taught a workshop series called “Spiritual Anatomy” with local poet and energy healer Elizabeth Alberda. She is also active in teaching at the University of Michigan’s Complementary and Integrative Medicine Program, and she’s been involved in teaching activities for the Arthritis Foundation, as well as other organizations.”

“The whole idea of using the brain and the mind to change the body had always fascinated me; how the mind and thoughts influence the body, and how the body influences not just thoughts, but society.”

My initial session with Linda began with an exam and adjustment. From the paperwork and through our pre-exam conversation, she knew that I had sinus problems and allergies, and she was sure that she could help. She used the BioSET (Bioenergetic Sensitivity and Enzyme Therapy) method to test me for allergies. Linda explained that most allergies have their origin in something that we eat, and BioSET therapy could help pinpoint some of those foods. "BioSET is a natural holistic healthcare system that is based on energetic medicine and meridian therapy, to prevent and resolve chronic health conditions."

For the BioSET test, I held a vial of liquid that had the same energetic frequency as certain foods I ate, such as chicken, eggs, and onions. While holding the vial, Linda used applied kinesiology to test the muscle strength in my outstretched arm. If I had sensitivity to a certain substance, I was unable to prevent her from lightly pushing my arm from a raised to a lowered position. If the muscle test confirmed sensitivity, Linda performed desensitization. Desensitization is an acupressure technique that utilizes allergen frequencies and energetics to fully clear or reprogram an individual, via the nervous and meridian systems, to any allergen or sensitivity. Afterward, I had to refrain from eating that particular food item for 25 hours to complete the desensitization.

Linda believes that touch is important, because information is conveyed without the need for words. "Touch doesn't have to be intellectualized, it's direct. Sometimes, I think it's the greatest form of healing that any physician has."

I told Linda in advance that this was the time of year when my allergies and sinuses eased up and gave me a bit of a break, so it may not be a fair assessment. She was honest and told me that this type of testing doesn't work for everyone, but that we were likely to find some things that I had sensitivity to, if not a full-blown allergy. And we did find some things to which I had a definite sensitivity.

At the end of my first session with Linda, we made an agreement to extend our work together. When I returned, I had additional BioSET treatments, and I also received a chiropractic adjustment during each session. I did notice that with each visit, my back and neck were more responsive to treatment, and I stayed in alignment for longer periods of time. My favorite part was when she manually adjusted my neck, because the sense of relief was instantaneous, like releasing a held breath. And as for the allergies, I will have to wait until later in the year to know for sure if the desensitization holds, but I am hoping that it will.

###



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Kathleen Dvorak, DC: Chiropractic

Kathleen Dvorak was born and raised in Dearborn, Michigan. “My paternal grandfather was a custom home builder in the Detroit area, and he built my folks a home in Dearborn before I was born. They lived there for fifty years, until just a few years back, when they moved to Ann Arbor.”

She is the oldest of three girls and the first grandchild on both sides of her family. All three of the daughters work in a helping profession: a teacher, a nurse, and a chiropractor. “My maternal grandfather’s mother was a midwife in Czechoslovakia. She had two small children and commuted from a tiny village to Vienna to study to become a midwife. She would stay in Vienna throughout the week and then commute back to the village for the weekend. I think that in the early 1900s, that was really quite a remarkable thing to do.” It seems that working in helping professions runs in this family.

Kathleen’s true desire was to become an interior designer, but her parents wanted her to get a “real” degree, so she went into education instead. She received her Bachelor of Science degree in education from Eastern Michigan University in 1973, with an arts group major and a children’s literature minor. “So, [my degree was] highly unmarketable if you’re not going to teach. In the early 1970s, teaching jobs were hard to get, and it took me a year to find a job. Then the school was closed down and I lost my job.”

She was married at the time, and they really liked the Ypsilanti/Ann Arbor area, so they bought a house and decided to stay. “I got a position working with Holy Trinity Chapel on Eastern’s campus, and worked with campus ministries for ten years. I received a lot of positive feedback that I was good at helping people to heal their lives. That just kind of broadened out to healing their bodies.”

As an adult, Kathleen has had severe issues with her sinuses. She found chiropractic on her own, because her family didn’t “believe” in it. “I will go on record to say that chiropractic is not a belief system, it is an actual science.” Kathleen found a great deal of relief through chiropractic and, when it came time to choose a profession that would support her, she decided that she wanted to be a chiropractor. So, she went to Kansas City, Missouri, to attend the Cleveland Chiropractic College, and earned her Doctor of Chiropractic degree in 1989.

Kathleen works full-time at Complete Chiropractic, but she also enjoys working on animals occasionally. “Let me be clear, I don’t do work on animals at Complete Chiropractic, because that is a ‘people office.’ But with the approval of a veterinarian, I can adjust animals. And it’s fun! There are no insurance issues to deal with, the patients are appreciative and cooperative, and they usually don’t overdo and mess things up that you’ve fixed.” She has worked with Dr. John Smith, DVM, of Petcare Animal Clinic on several occasions, and is currently brainstorming with the owner of Mantis Pet Supplies to set up a clinic within the store that will offer chiropractic, energy work, nutrition, and some more holistic kinds of approaches for pets.

When not working, Kathleen ushers for the University Music Society: “It’s not a paid job, but it gets me into a lot of concerts.” And since she wanted to be a designer, any time a friend calls and asks her advice for a color scheme, she is certainly more than willing to help out. She loves to cook and entertain, and she enjoys spending as much time as possible on her deck. “I consider it an additional room of my house, and I designed it myself.”

The biggest challenge for Kathleen in her work is the clock. She sometimes has difficulty finding the balance between performing fifteen minutes’ worth of work in the amount of time that insurance will cover and actually helping a client resolve



“Most people do not consider going to a doctor until they are experiencing an inordinate amount of pain... and then expect the doctor to perform a miracle. “It doesn’t work that way,” Kathleen said. “If you’ve been experiencing back pain for the last five years and you’ve just now decided to seek treatment, then one session is not going to solve the problem.”

the issue that they came in with, which might take fifteen more minutes. “I try to respect people’s time, but I also want to make sure I address the issue they came in with.”

Kathleen also finds it easier when clients discuss their reservations, disbelief, or uncertainties about chiropractic, rather than keeping those feelings to themselves. “If they tell me their concerns upfront, we can talk about them and I can assuage their fears, which allows them to be more at ease so that some real work can be accomplished.”

If a client does not experience relief after treatment, Kathleen stresses it’s important that they tell her. “If I can ask questions and investigate the situation, there may be other techniques that I can use that will provide them with relief. There are so many healing modalities available, and once I begin investigating the situation through open dialogue, we’re more likely to find the one that will help.”

With the prevailing attitude toward health and healthcare, most people do not consider going to a doctor until they are experiencing an inordinate amount of pain, or feel so badly that they cannot function normally, and then expect the doctor to perform a miracle. “It doesn’t work that way,” Kathleen said. “If you’ve been experiencing back pain for the last five years and you’ve just now decided to seek treatment, then one session is not going to solve the problem. It’s going to take time, work, and effort on your part to change habits or nutrition, or even the way that you sleep.” Kathleen feels that an attitude adjustment toward healthcare in this country is certainly long overdue, and the best tool for that is better health education.

“A friend once told me that I was a connector; that I like to connect people with people or information. And I guess that’s true, because what I really do in my work is connect people with their health, facilitate the restoration of their function, and help to reduce pain and discomfort.” Since she works in a holistic setting, she has the opportunity to connect people in other ways, too. When she does somatic release work, it gets into mental, emotional, and spiritual interfacing with the body, to facilitate the central nervous system to release what the body is holding onto. “It’s really about life connections. There’s only twenty-four vertebrae in the body, and only so many muscles that I can adjust and work on within a year. It’s the packaging, it’s the story of each of my patients, which makes my work interesting and keeps me coming back day after day.”

One tool that Kathleen utilizes is the Activator. The Activator is a hand-held device, about the size of a travel-size hair dryer, which is specifically used for adjusting a joint. “It uses the physics of high speed rather than high force, so you end up with the same results, through a different means. It’s a very fast, gentle, and targeted adjustment.” Kathleen does manual manipulation and adjustment as well, but tends to do a lot of work with the Activator. The Activator can be used on newborn infants on up to geriatrics and everyone in between.

“It’s really about life connections. There’s only twenty-four vertebrae in the body, and only so many muscles that I can adjust and work on within a year. It’s the packaging, it’s the story of each of my patients, which makes my work interesting and keeps me coming back day after day.”

“I do a lot of blending techniques; manual manipulation in combination with the Activator, but I also do a lot of soft tissue work along with Reiki energy work. Reiki can be done in combination with other methods, or it can be booked as a separate hour session. I also do craniosacral and trauma healing work, and I may well bring a few minutes of each of these modalities into an adjustment.”

My session with Kathleen was educational, as she showed me a chart of the human spine with a list of all the organs and systems that are directly affected by the spine. She asked me some general questions about my health and then some more pointed questions about my complaints. She also asked if I had ever had manual chiropractic adjustment, which I had, or an Activator adjustment, which I had not.

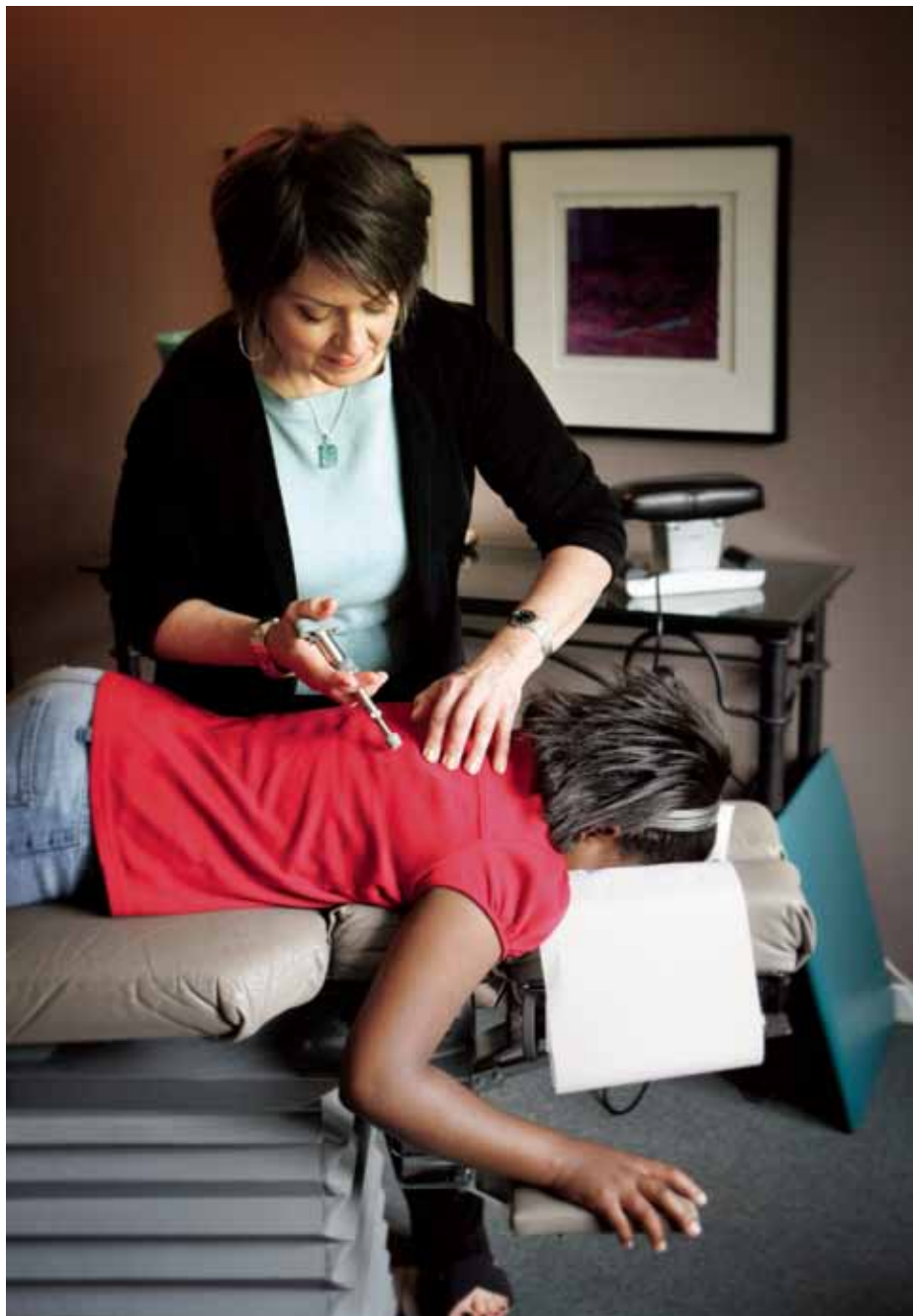
Kathleen asked me to stand, and she began taking a visual inventory of what my body looked like in that position. From performing this visual test, she could tell that my hips were slightly out of balance, that I tend to lean to one side rather than actually standing straight, and that my head also tends to tilt to the right.

Then Kathleen had me lay down on the table and began using the Activator to treat my neck and spine. There were some areas that took several tries with the Activator before going into the proper position. She had me sit up on the table as she treated my arms and shoulder areas as well.

“I will go on record to say that chiropractic is not a belief system, it is an actual science.”

The Activator is not painful, though the treated areas will tend to be sore to the touch over the next day or two after treatment. And it is certainly a quicker type of adjustment than manual manipulation. When I left the office, my body actually felt much better aligned. I felt as though I stood straighter, and I noticed that I had less tightness, tension, and soreness in my back, shoulders, and neck for an extended period of time.

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Renée Rutz, RPP, RCST, NCTMB, CPE: Craniosacral and Polarity Therapy

A native of Detroit, but raised in Warren, Renée Rutz moved to Ann Arbor after finishing her Bachelor of Arts degree in physics and math at Kalamazoo College in 1982 to study Aikido, a Japanese martial art. Her widowed mother eventually moved to Ann Arbor, too, so Ann Arbor has truly become her home.

Several of Renee's family members suffered from chronic illnesses for which traditional medical approaches did not provide relief or restore health. "The approaches used for treatment never fully felt complete to me. There seemed to always be something missing, or it seemed that the solutions didn't leave my family feeling whole."

Renee's first job after college was as a software engineer for Ford, where she sat in front of a computer for eight hours a day. Over time, she became depressed, unhappy, and confused. "A dear friend of mine gave me a gift certificate for a massage and, after just one session, I could feel my old self returning and realized the importance of movement in my being." For curiosity's sake, she continued getting massages and attending weekend workshops to learn about massage.

At about the same time, Renee was reading the book *What Color Is Your Parachute?* By doing some of the exercises in the book, she realized that she was a "kinesthetic learner," which means she learns best by moving, doing, and touching. Always active in sports and Aikido, it was no wonder that sitting and being stationary all day caused her to experience depression. "I realized that what I was doing in computer programming was not going to make me happy for the rest of my life. I'm just glad that I learned this early in my career, so that I could train to do something different. Programming was good money, and my father had done it for years, so it was the image of the American Dream that I had grown up with. I had to really work hard to rid myself of that idea."

Renee began experimenting with different types of body work, taking classes for different massage approaches. She found a woman who mentored her through her exploration, and eventually took the national exam to become a licensed massage therapist. Through exploring different massage techniques, Renee had polarity therapy from Karen Kerns, and became interested in it. "It was through my work with polarity that I began to understand things that I was feeling in my own body that nobody else talked about. It's a really beautiful model that explains how energy moves through the body and what its purpose is for the body. And it can be combined with so many other forms of body work, with tremendous results."

Through her work in Polarity, Renee was drawn into craniosacral therapy and eventually into somatic experiencing, which is trauma resolution work within the body. "So, when I was learning this work, I really felt like I was in the process of integrating several different types of work. And I think that all of those things have really shaped who I am today."

After Renee left Ford, she found another job in computers. "Thankfully," she said, "the owners of the company had the foresight to fire me and encourage me to do body work instead." Her bosses knew Linda Berry, introduced Renee to her, helped her buy a massage table, and then became clients of Renee's. Linda and Renee traded services, and over time began to talk about the ways in which their modalities complemented each other. "We both agreed that there was no one single approach, but rather that we experienced health and wholeness from a variety of angles." Linda had just moved into a new space with extra room, while Renee was just beginning her practice, so they joined forces at a time when integrative care was still relatively young.



"I realized that what I was doing in computer programming was not going to make me happy for the rest of my life... Programming was good money, and my father had done it for years, so it was the image of the American Dream that I had grown up with. I had to really work hard to rid myself of that idea."

In the beginning, it was just space sharing, but with the addition of another chiropractor and massage therapist, they really began to integrate their practices. It took many years of work to reach the level of professionalism, cohesiveness, and care that they currently have. Agreeing on and developing a vision and mission for the practice and creating a safe working environment, in which each practitioner has a voice, has become the glue that has held them together for 20 years.

For Renee, the two best things about her work are that "I love that I can move, and that I have the privilege to be a part of people's lives in a way that hopefully helps makes their lives more joyful and easier. I am humbled everyday by the beauty and wisdom of our beings to integrate and deal with sometimes overwhelming life experiences. I am in awe of the human being's innate sense of health."

In addition to her work with CCBT, Renee also teaches polarity therapy in Ann Arbor and throughout southeastern Michigan, and is co-owner of the Polarity Center. Renee explained, "Polarity therapy was developed by Dr. Randolph Stone, who was both a chiropractor and an osteopath. Dr. Stone was also very interested in Ayurveda," an ancient Hindu science of health and medicine. "Polarity therapy is a reflection of his process and synthesis of combining those two modalities with Ayurveda. He also believed that energy is the substance behind all things, and that you need to address the underpinning energy block, or energetic disease, if you really want the physical to hold and maintain itself and its health."

There are people who do not believe in energy therapy or in the value of working with an individual's energy. The simple fact is that we all have energy and each person has their own way of sensing energy, and we do so all the time. "Sometimes you have that feeling of looking over your shoulder or around

you," Renee said. "There's a way in which we are in relationship [with energy] all the time, and it's a 'felt' sense. It's just one of the ways our nervous system informs us of what's safe, what's not safe, what we're attracted to, and what we're repelled by. These are things that occur all the time, and are consistently informing us of where we are, how safe something is, but it's actually so 'under the radar' that we often don't realize it is happening. There is nothing big and mysterious about energy, we're in relationship to it all the time; it's just that once you learn how to work with it, your instruction puts you into a certain frame of reference and you become more of an observer of it."

During my session with Renee, we first sat down and talked a little bit about what she was going to do. Since it was my first visit with her, she wanted to explain the process and put my mind at ease about what would happen. Then I lay supine on the table as she began to place her hands on me in a way that suggested she was testing the flow of energy in different places throughout my body. The massage technique was extremely gentle, rather than the technique commonly associated with

"There's a way in which we are in relationship [with energy] all the time, and it's a 'felt' sense. It's just one of the ways our nervous system informs us of what's safe, what's not safe, what we're attracted to, and what we're repelled by."

deep-tissue massage. It was more like a gentle “laying on of hands,” with a focused intention directed at a certain area.

Renee began her work around the stomach area, and then slid a hand underneath my back. After settling into the process of what she was doing, I allowed myself to relax by taking some deep breaths. The process or treatment was not at all painful; I just am not the type of person who relaxes easily, so it takes a conscious effort on my part to let go.

After spending some time in the midsection area, she moved up to my head and shoulder area. She spent quite a bit of time here, so I must have had a lot of energy locked in that area. And again, it was just gentle “laying on of hands” rather than kneading the muscle tissue. Eventually she moved to my feet, where she said that I seemed to have the least amount of energy, and so she began working to move some of it in an effort to help ground me. I had to kind of giggle to myself at this, because another energy worker had told me the same thing some weeks earlier.

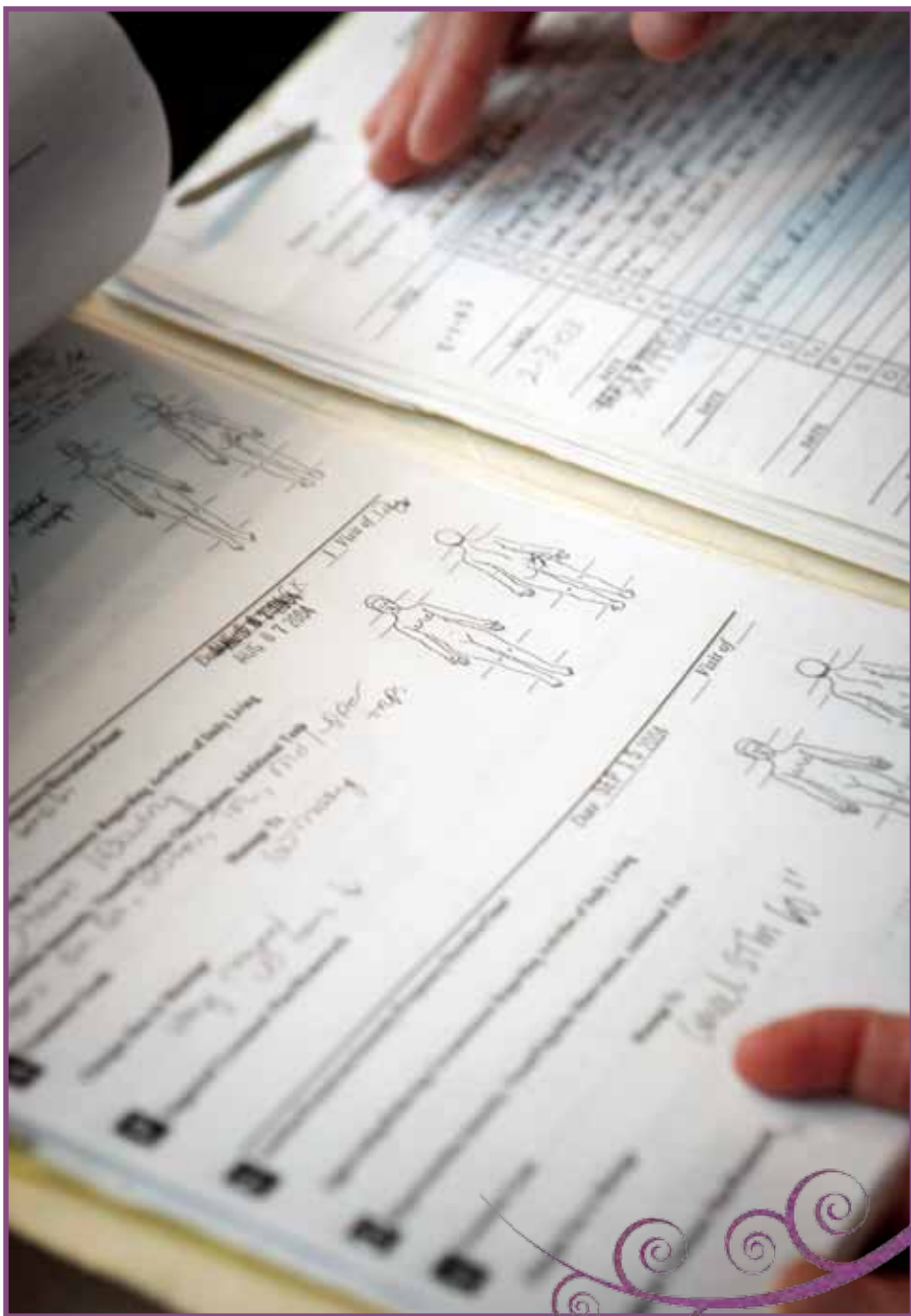
I have the privilege to be a part of people’s lives in a way that hopefully helps makes their lives more joyful and easier. I am humbled everyday by the beauty and wisdom of our beings to integrate and deal with sometimes overwhelming life experiences.

Overall, when I left the session, I felt more relaxed and certainly more aware of my surroundings. I know that I am not the most observant of individuals, but things definitely caught my attention after this session. My body felt alive and vibrant, and I was more aware of the connection between different parts of my body and the way they interacted with the earth beneath it, through the simple act of walking — of my feet striking upon the ground, and the vibrations sent up through my body through that contact. These are things that I do not pay attention to on a daily basis but, on this day, I couldn’t help but notice the way my body and my senses interacted with the world around me.

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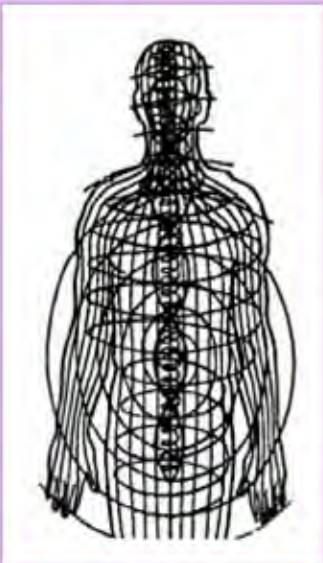
The Five Healers of CCBT and Office Staff (left to right) Tonia Swinton, Kathleen Dvorak, Kirsten Mowrey, Linda Berry, Renée Rutz, Rachel Brown, Lisa Fox - Del Zoppo, Audra Pope,



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Lisa Fox-Del Zoppo, NCTMB, LLCC: Massage Therapy/Lymphatic Drainage

Lisa Fox-Del Zoppo was born and raised in Ann Arbor with a sister and two brothers. Her parents divorced when she was young and both remarried. Included in her stepfamily are three elder sisters and a brother. Both sets of parents still reside in Ann Arbor.

Lisa has one daughter, Alyssa, from her first marriage, and a grandson born last year. Three years ago she remarried, changing her name from Darrow to Fox-Del Zoppo, and joined a wonderful new family of in-laws, including four stepchildren.

Although she did not grow up with alternative therapies as part of her regular health regimen, Lisa was drawn to them since her first experience with them. "When my daughter was a baby, I had a co-worker who was attending massage school. Without any background in bodywork, I was fascinated by the things she would share with me. It continued to pull at me and in 1994, when my daughter went to kindergarten, I entered massage school at the Ann Arbor Institute of Massage Therapy."

This was during a time when Lisa's life was changing and she was becoming more self-reliant, brought about by necessity and desire. "When I got involved in massage therapy," Lisa said, "I had a sense of connectedness and grounding, and it made sense. The more I studied, the more I could visualize and appreciate the down-to-earth benefits of the skills I learned."

Lisa has been with Complete Chiropractic and Bodywork Therapies (CCBT) for 14 years and she loves that every day is different. "There are always opportunities to learn from my clients and colleagues and to share my experience with them. I am inspired by the incredible way the body heals itself when obstacles are removed. By assisting people who are taking steps to improve their health, I am able to witness that transformation." Lisa works with people afflicted by acute and chronic conditions, as well as anyone seeking preventive health maintenance.

Lisa primarily works with Swedish and deep-tissue massage, as well as lymph drainage therapy (LDT). She has continued to seek out training since she graduated from AAIMT in 1995. She is nationally certified in therapeutic massage and bodywork, has been certified by the Upledger Institute in LDT, and is a member of the American Massage Therapy Association.

Lisa began her training for LDT with the Upledger Institute in 2001. This system included three levels of training followed by a certification course, which she completed in 2005. Since then, Lisa continues to take training in the field.

LDT was developed by the French physician Bruno Chikly, MD, to help reduce edema (swelling) by stimulating the flow of lymph fluid. The LDT technique also aids in detoxification and regeneration of tissue, and provides deep relaxation. Cancer patients often have lymph nodes removed, which results in the lymphatic system being compromised. "This work is very gentle and helps the body find new pathways to continue the lymphatic flow," Lisa said. "I've also found it to be beneficial for pre- and post-surgical patients to stimulate the lymph flow in the area, and to reduce swelling and inflammation. For these same reasons, LDT is also helpful for the healing of injuries. And, I've found it extremely helpful for patients who suffer from sinus conditions."

Most people have been affected by the current poor economic conditions these past few years, which have caused us to reassess our priorities. "Economic



"Cancer patients often have lymph nodes removed, which results in the lymphatic system being compromised. "[Lymph drainage massage] is very gentle and helps the body find new pathways to continue the lymphatic flow," Lisa said.

concerns place additional pressures on all of us, and these pressures can adversely affect our health. At the same time that many find a greater need for health care, they find themselves in the difficult situation of choosing to spend money on health care or other needs."

While she has made a living in the field of massage since graduating from massage school, Lisa also took over the bookkeeping for her husband's electrical contracting business, to fill a need. When she isn't working, she can be found with her grandson or outside. "Being avid gardeners, birders, hikers, and paddlers, my husband and I create balance in our lives by spending time outdoors connecting with nature. We have been volunteers with the local Friends of Wildlife organization for years, and we love to travel as time and money permit."

When I went in for my session with Lisa, she asked me whether I would like to have Swedish or deep-tissue massage or lymph drainage therapy. I'd had a deep-tissue massage once, at least ten years ago. I remembered how wonderful and revitalized I'd felt afterward. I was feeling more connected to my physical self after recently having had sessions with Linda, Kathleen, and Renee at CCBT, and I wanted to experience that more fully, so I chose the deep-tissue massage.

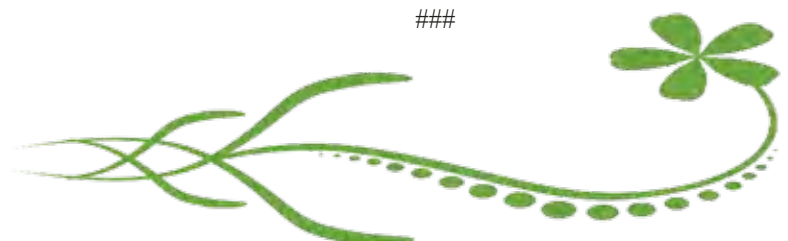
Lisa had me start by lying on my stomach, and she began to massage and work the muscles throughout my back, arms and legs. My body immediately began to relax and feel more open. It was at this point that I really began to realize how tense, tight, and stressed that my body really had become over the years. I seem to be the kind of person who carries all of that tenseness and tightness in the back and shoulder area.

Then Lisa had me turn over onto my back, where she did massage work throughout my chest, arms and legs. Afterward, she also performed lymphatic

drainage massage to help reduce the swelling and discomfort caused by the sinus pressure that I often experience. The LDT massage was very similar to the deep-tissue massage, minus the pressure, and oriented around the face, head, and neck. It was a very gentle and extremely relaxing technique.

Throughout the rest of the day, I realized how relaxed my body felt. There was no tightness or stiffness across my neck, shoulders, or back, and there was no pain when I moved my head to one side or the other. I could move with ease, and could turn or bend without having to mentally remind myself to do so in a certain way, so as not to create pain somewhere in my back. In a similar way to the other CCBT treatments I experienced, I felt energized and revitalized; I felt like an entirely different person!

###





“I am inspired by the incredible way the body
heals itself when obstacles are removed.”



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Kirsten Mowrey, NCTMB: Trager® Method

Kirsten Mowrey was raised in Michigan, with some formative experiences living in Australia and Europe as an exchange student. “From a young age, I was always fascinated with other cultures, other ways of living. I still am, and I enjoy traveling whenever I can.” This provides a context for her work, because we are all products of our backgrounds, and “of the ‘stew’ of values, people, and experiences that we absorbed growing up. Sometimes that history may be in conflict with what we believe as adults, and part of healing is negotiating that conflict and resolving it,” Kirsten said.

Kirsten came to Ann Arbor to attend the University of Michigan and earned her bachelor’s degree in English and German. She was drawn to the work she does from a desire to help others. In her early 20’s, Kirsten worked for the UM Challenge Program, “an outdoor education ropes course that works on team building and personal and group cohesion, by working through physical obstacles. I enjoyed the work, but felt the limitations of working only with groups. I wanted to work more directly with individuals, which led me to massage school.”

Kirsten attended the Florida School of Massage in Gainesville, because Florida offers state licensing for massage therapists (Michigan is supposed to begin licensure this year). From massage school, she went on to complete the St. John Neuromuscular Workshop series, then attended the Upledger Institute for craniosacral training, both also in Florida. For trauma healing training, Kirsten went to the Center for Well Being in Arkansas, and then took Trager training. Each of those trainings took two to three years to complete, with workshops held three to four times a year.

“Trager is primarily movement work and, while it’s never really discussed, there is a component of energy to it as well,” Kirsten explained.

“Trager was developed by Milton Trager, M.D., who began just using movement with his patients to see what could be different. He experimented with the work on his father, who was very ill, as well as with many WWII veterans who were his patients. The focus of Trager is on the joints and movement; what moves and what does not, and how does it move?”

From Kirsten’s own first experience with Trager, she said that she felt not only relaxed, but incredibly mobile, and had a deepened sense of herself as fluid and able to move. “Massage focuses primarily on tissue, while Trager focuses on joints and connective tissue, and on the potential and possibility for movement.” For Kirsten, it added an entirely new dimension to her massage work, because “now I cannot only ask the body to relax, but I can also ask it to move, to experience movement not as effort, but rather as an effortless, flowing experience. To move with natural grace and ease, while experiencing relaxation, is a more holistic and pleasantly aware experience of life.”

“Massage focuses primarily on tissue, while Trager focuses on joints and connective tissue, and on the potential and possibility for movement.” For Kirsten, it added an entirely new dimension to her massage work.



“In Western medicine, health is usually defined as ‘not ill’. That really isn’t the same as feeling vibrant, whole, and full of vitality; in other words, healthy.”

Trager is meant to be gentle, and the practitioner is to be in a meditative state to become attuned to what is happening with the client lying on the table. Kirsten believes that when the practitioner puts themselves into that meditative space, they begin to experience a different level of vibration that allows them to interact with a patient on their own level, so it becomes more of an exchange or give-and-take between the practitioner and the patient.

“When I am present with a client,” Kirsten said, “the most important piece is that he or she feels safe, and that will dictate the direction of the session. I often ask a client if she has an intention for her session, or something she wishes to experience. This also provides direction, and further opens the possibility for dialogue that can deepen awareness.” It is this dialogue that helps Kirsten determine which approach (trauma healing, deep tissue massage, or Trager) she will use with her client.

During a session, the movements are sometimes big, and sometimes small. “It’s really dependent upon the individual you are working with and what is possible for that person in a certain movement,” Kirsten said. She might begin with a patient gently swinging an arm, and once the patient has done that for a while, to just stop and notice what feels different. “This pause is important, because it re-engages the cognitive brain in noticing what is different. Is there more weight or is the temperature different? Does it feel like there is more volume or does it feel longer? And you can talk about these things in more clinical terms, such as extension and flexion, or you can talk about them in more sensory terms.”

“When you’re working with the body,” Kirsten said, “there are many layers, and you are working with the whole—the physical, the emotional, the psychological, the spiritual.” It’s necessary to bring clarity to what is requested and to decide if it is appropriate for her scope of practice. Kirsten consistently listens to what the client is experiencing and then addresses

the changing need. Perhaps the client arrived with one need, but that need changed, so she must move with where the body is going. “I try to do what I can, refer as appropriate, and be present and compassionate in that moment.”

There is not yet a lot of clinical research behind the Trager Method, though a foundation for research has been started to find out how and why it works with certain body conditions. “All the movement work does seem to change the tissue,” Kirsten said, “so that people who have experienced trauma don’t feel as much discomfort. It also seems to work really well with patients suffering from Parkinson’s disease.”

The greatest challenge Kirsten faces with her work is the general attitude toward health. “In Western medicine, health is usually defined as ‘not ill’. That really isn’t the same as feeling vibrant, whole, and full of vitality; in other words, healthy.” Cultural attitudes toward health are similar to attitudes about owning a car; if it runs fine, you don’t have to pay attention to it until something happens. But cars require maintenance such as oil changes, new tires, and fluids that need to be checked. “The same is true for the body,” Kirsten said. “Not in the mechanistic sense, but that our systems change regularly, and bodywork is a way to return our attention to what is changing within ourselves. My work is focused on helping the client feel more connected, more aware, more ‘good’; to take them beyond being ‘not in pain’.”

On the opposite side of that, what keeps her engaged in her work is the belief that she is helping to bring joy and healing into the world. Like the hummingbird from the book *The Flight of the Hummingbird*, “doing what she can” by carrying

“In Western medicine, health is usually defined as ‘not ill’. That really isn’t the same as feeling vibrant, whole, and full of vitality; in other words, healthy.”

droplets of water from the river and releasing them over the forest fire, so too Kirsten is doing what she can. “I want my world to be healthy, loving and aware, and I am fortunate to be able to work toward that goal every day of my professional life.”

When I walked into her office, first Kirsten had me make some movements with my body, turning my head to one side and then the other, and bending forward from the waist. As I did these things, she observed how my body actually moved. When I lay down on the table, she began her work in much the same way as Renee did with her combination of Craniosacral and Polarity Therapy, just kind of reading the energy.

As Kirsten began working with my body, I noticed that the Trager technique was somewhat more vigorous than the above-mentioned methods, but still very gentle. Starting at the head and shoulder area, she began a light touch technique and worked her way down my body to my feet.

After this, Kirsten began the movement aspect of the treatment that, especially in the shoulder and arm area, was reminiscent of physical therapy work I had experienced both pre- and post-surgery for a shoulder injury. She performed gentle and passive joint movement of my shoulders and arms, and then again, moved down to my legs and feet. Much of the movement was natural and similar to everyday movements that we make without even thinking about it. But some of the movements were also very different, because my body doesn’t move that way every day — so it was like an instant reminder: “Oh yeah, that joint can move in that direction as well.”

When I left the session, I felt much more in tune with my physical body. I was more consciously aware of how my body moved, and how it felt as it did so. I was suddenly aware of the physicality of the ball rolling inside the joint of my hip as I walked, or how the ball of the humerus felt inside the joint of my shoulder as I lifted my arm to reach for a cup. I guess I was somewhat surprised by the fluidity and ease of those movements. Again, part of that is likely due to the fact that I take those kinds of things for granted, as I’m sure many of us do, and don’t really pay attention to them. It was also after this particular session that I began to notice an awareness of my body; I felt less pain and stiffness, primarily, but also an overall awakening to the sensations of my body and its ability to move.

###



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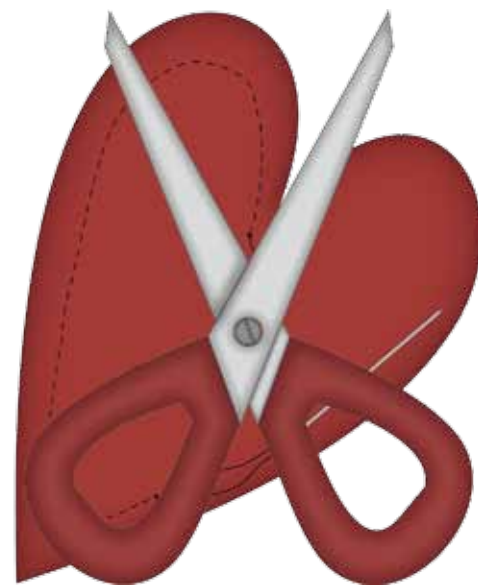
From Our Hearts to Our Hands: How Handiwork has the Power to Transform Us

By Rachel Pastiva

I made my boyfriend an apron for his birthday last December. Having been nowhere near a sewing machine since my crooked attempt at a sweatshirt in seventh grade home economics, I was compelled to create a challenge for myself and work to meet it. In truth, I was looking for an incentive to finally learn to use the second-hand sewing machine I'd purchased off Craig's List last summer.

My initial spark of interest in sewing came while researching Transition Ann Arbor for my Green Living column for the *Crazy Wisdom Journal*. A main ingredient in the Transition movement is "re-skilling"--the notion of reclaiming sustainable skills that are dying with our elders, skills that seem unnecessary in an industrialized world. The concept of re-skilling made me realize how detached we as a society have become to how things are made, and how our lack of knowledge perpetuates unchecked consumerism. In the spirit of gaining awareness, I set out to learn to sew.

I was guided along on my apron sewing project by my good friend Mary Matias, whom actually retained the skills she learned in junior high home economics. Mary taught me how to follow the grain of the fabric, measure twice and cut once, and that there are few mistakes in sewing that can't be undone. Before I even learned how to thread the bobbin on my machine, I was in love. As I held the beautiful cotton fabric in my hands, folded its edges and carefully pierced it with a pin, something stirred inside me. This simple contact awakened something in me, and I could feel myself transforming as I began to realize the possibilities suddenly open to me. As I pieced together the apron I felt empowered by the countless ways I could put my new skill to use.



The completion of a well-made (and well-received) apron inspired me to make a variety of Christmas presents for my family of eight. With only two weeks during a traditionally stressful season, I worked quickly with a creative fervor I have never experienced. It was during this time of inspiration that I began to contemplate the value of working with my hands, and the positive impact it had on my life in such a short period of time.

In search of a greater understanding of how using our hands impacts our lives, I spoke with others who do handiwork. They all came to work with their hands for a variety of reasons: one out of tradition, one through necessity and the last compelled by a spiritual connection. But working with their hands has granted all of them the same thing; a greater connection to themselves.

"There are a lot of people looking for answers. They buy books and hope they're going to find it, but the answer is right here, that's what I think. The answer is right in your hands."

~ Paul Spater



"As much as I appreciate the sewing experiences in my life, I have even more passion for knitting. The display of colorful skeins of yarn--in baskets or on shelves--stirs something in my soul."

~ Connie Lorenson



I knew right away that I wanted to speak with my boyfriend's grandmother, Connie Lorenson, after seeing the beautiful dress she made to wear to her granddaughter's wedding last fall. Connie learned to sew as a fifth grader at Marian Law Elementary in Detroit, and practiced the skill by making doll clothes. "My mother and grandmother were excellent seamstresses. My mother gave me scraps of material to make doll clothes, which I sewed by hand until I was old enough to reach the tread on the Singer machine." Her greater love of knitting would come a bit later. "I started as a knitter at age twelve...Crowley-Milner's department store, as prominent as J.L. Hudson's in the early 1940s, gave free knitting and crocheting lessons to children when they purchased the supplies from the store. I first made a scarf and then graduated to gloves, mittens and sweaters."

These knitted items were only the beginning of what would become a lifelong hobby for Connie. "After I was married my knitted pieces included sweaters for my children and later my grandchildren. I can't count the many socks, mittens, and slippers I've knitted for gifts through the years." She also sewed pajamas and shirts for her children growing up, and continues to sew tablecloths and napkins, but knitting is what is closest to her heart. "As much as I appreciate the sewing experiences in my life, I have even more passion for knitting. The display of colorful skeins of yarn--in baskets or on shelves--stirs something in my soul."

I was excited to hear about this passion Connie has for using her hands to knit, as it resonates with my own experience of discovering work that stirs something inside. It is clear that for Connie, a lot of love is in the process. "You can sew a piece faster than you can knit a piece. Perhaps that is why I feel a personal attachment to that knitted item my hands embraced stitch by stitch."

After speaking with someone whose experience validates my own, I found someone who has an entirely different perspective on how working with his hands impacts his life. Paul Spater has spent the last two years restoring a house he purchased on my street in the fall of 2007. A retired bookseller and the owner of the acclaimed Books in General, Paul's only prior experience doing handiwork was when he decided to build the bookcases for his bookstore as a

**Knitted trivet by
Connie Lorenson**



Will Balice



way to save money. Though Books in General has since closed, the hand-built cases were often admired and added a certain intention to his shop.

Having a somewhat preconceived idea of the value of working with our hands, I was somewhat surprised in speaking with Paul, that he hadn't been moved to work on his house the way Connie or I have been to knit and sew. That's not to say that the work he does with his hands holds no value, only that for Paul, its value comes from how it connects him to the the community around him.

Paul's decision to purchase the house was spur of the moment, so a lot of the work he's done is through necessity. But in working on the house, he has come to build a relationship with it, and members of his neighborhood. "While working on the outside of the house, many people in the neighborhood have stopped to chat and express admiration for my efforts. These people have their own stories of working on their houses and the time and effort required." To Paul, this social connection is a valuable part of the work he's doing. "To have interaction with people—I think it's really important, but I think it's easier to engage in that if you're actually doing things...when you have something in common, something to talk about."

Restoring an old house has also allowed Paul to see things with new eyes, and appreciate the work that is put into how things are made. "I would walk around the neighborhood and see how professional painters handled certain tasks." His observations would then inform his own work, and Paul has received even more helpful advice, and compliments, from professional contractors who stop to talk as they walk by.

"It starts with pure love. You see the piece of furniture in your mind, and you see the wood, and you see the grain and color. You see the tree the wood once was, and all you can think is: here is this precious, amazing, lovely bit of earth on my bench. What a miracle." ~ Will Balice

Paul feels that having this chance to interact with others is what's missing in our world today. "It provides you with a way of interacting, [of] finding out what people are doing. And to me, I think it's sort of the antithesis of the way we're headed—sort of the *Brave New World* where people don't have interactions." For Paul, remedying this all starts with getting back to using our hands. "There are a lot of people looking for answers. They buy books and hope they're going to find it, but the answer is right here, that's what I think. The answer is right in your hands." In speaking with Paul I realized he is moved by the relationships his work has helped create.

I knew I had to speak with woodworker Will Balice after hiring him to build a counter top that ended up transforming my tiny kitchen into a place I wanted to be. It was evident in talking with Will that his relationship to his craft is of a very personal and spiritual nature. A lighthearted and charismatic man, Will's eyes light up even more the moment he starts talking about wood. "It starts with pure love. You see the piece of furniture in your mind, and you see the wood, and

Further Reading on the Value of Handiwork

Check out these titles, all available at Crazy Wisdom Bookstore

Made by Hand: Searching for Meaning in a Throwaway World by Mark Frauenfelder (Portfolio, 9781591843320, \$25.95). From the editor in chief of the leading publication of the DIY movement, *Make* magazine, and founder of the blog boingboing.net, comes a personal account of one man's attempt at slowing the pace of his life by learning how to make things himself. An honest account and inspiring glimpse into the trials and tribulations of do-it-yourself culture.



Shop Class as Soulcraft: An Inquiry into the Value of Work by Matthew B. Crawford (Penguin, 9780143117469, \$15.99) A

philosophical discussion on the nature of work, Crawford ruminates on the lost art of working with our hands and the disconcerting spread of "knowledge workers" in the work force. An important read on the often-overlooked value of knowing how things are made, and more importantly, how to fix them.

Zen and the Art of Knitting: Exploring the Links between Knitting, Spirituality, and Creativity by

Bernadette Murphy (Adams Media, 9781580626545, \$10.95). This is a fascinating book that explores the many benefits of knitting, including knitting as a form of meditation, creative expression, therapy and a way to connect generations. This book will resonate with anyone who does craft work, as Bernadette Murphy expertly articulates the reasons why handicraft is so fulfilling.



you see the grain and color. You see the tree the wood once was, and all you can think is: here is this precious, amazing, lovely bit of earth on my bench. What a miracle."

Will's passion for woodworking has recently inspired him to follow his heart and develop an idea he's been contemplating for a while; he is now the proud owner of Haven Fine Carpentry, which specializes in collaborative efforts with other local artists to create beautiful spaces. Now deeply acquainted with wood, Will's interest was sparked on a job during his early years of carpentry work. "We were framing an addition, and as I made another cut into a piece of lumber, a cloud of saw dust flew into my face. My eyes burned and my tongue tasted the tree that once was. It was then that I knew -- wood was in my blood, and from me, the wood could continue to live, that it would always be my friend."

As a young boy, Will often took walks in the woods where he gained great reverence and admiration for trees, understanding that they were both his ancestors and his keepers. He continues to hold this reverence for the wood he works with today. "Woodworking, and sharing such closeness with earth's beauty,

Continued on page 28

From Our Hearts to Our Hands

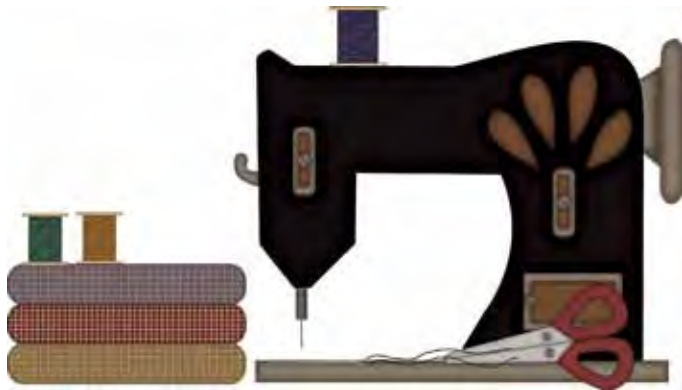
Continued from page 27

reminds me that nothing is dead in the sense of 'lifeless'. Wood is cut, dried, and then crafted into a new shape, it's finished with an oil or spray, and even after all that, the wood will still move, it still vibrates and still holds life within it...to hold a bit of un-dying nature in your hands, to know that you can feel the pulse of the earth within your palm, it has given me happiness that is never lonely."

In speaking with Connie Lorenson, Paul Spater and Will Balice, it became clear to me that they view the work they do with their hands differently. For Connie, making things with her hands is a way of life, a part of her identity she would feel lost without. The practical skills learned as a child have been gifts in her life that allow her to give to others. To Paul, the ability to work with his hands has been a means to an end, but a labor of love. And in the learning process, he's gained a valuable connection to the community around him. Will's work connects him to the very soul of his craft and to the earth itself. Through it he has gained an understanding of his relationship to life itself.

Through my own experience I feel a connection to each of their stories. Out of a personal sense of necessity I taught myself a practical skill I've already used to give to others. And in the process, got in touch with a part of myself I could not reach any other way. Perhaps it is the connection we make with ourselves that makes all the other benefits possible. As Will Balice says, "Life begins with what is in your heart, and manifests itself into what is in your hands. Listen to the beauty in your heart, and express it for others to enjoy."

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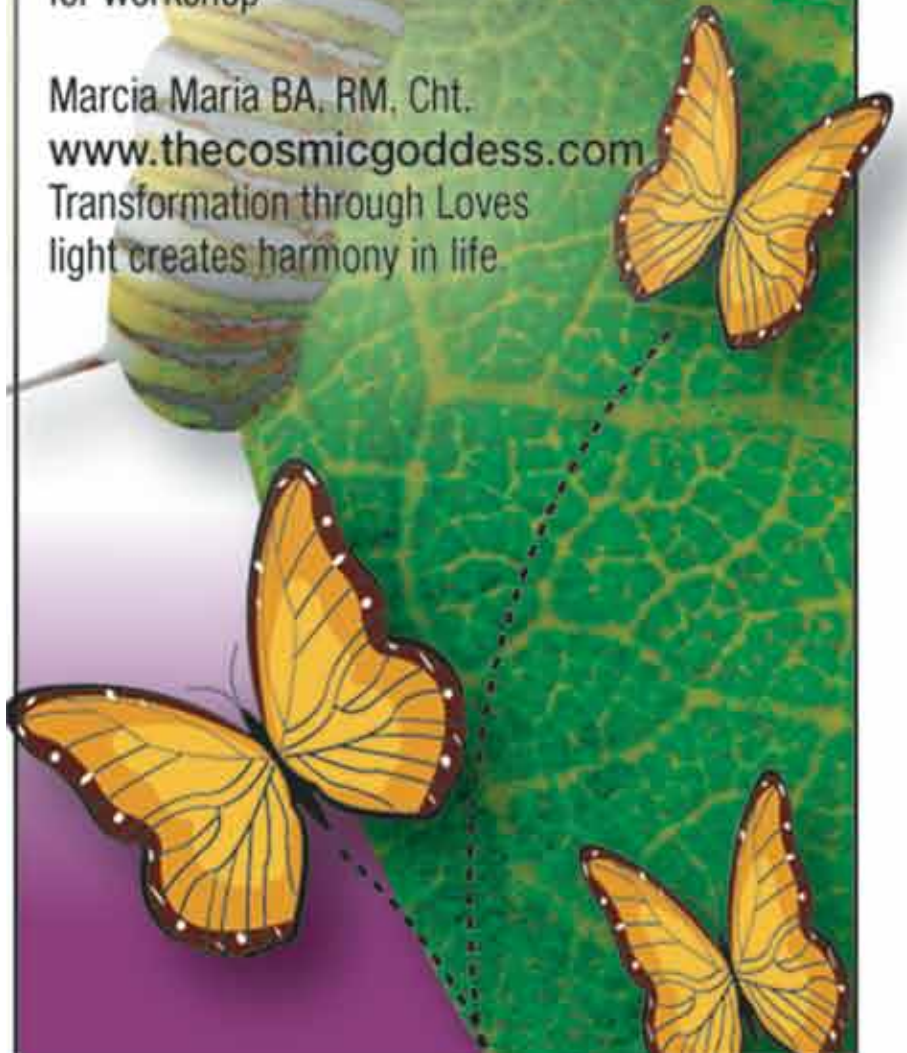
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Questions for Oran Hesterman about the Good Food Revolution

Bill Zirinsky: Oran, you have said that Fair Food Network is working at the intersection of food systems sustainability and food equity. Please explain what you mean by that.

Oran Hesterman: Fair Food Network is a national nonprofit dedicated to building a more just and sustainable food system. We work at the intersection of food systems, sustainability and equity to guarantee access to healthy, fresh and sustainably grown food, especially in underserved communities. We implement model programs and bring the right people together to generate ideas, share resources and promote policy changes that will repair our food system.

We are faced with a broken food system that undermines the wellbeing of people, the environment and the economy. Our current food system leaves many communities without equitable access to healthy food. Neighborhoods dominated by fast food chains and convenience stores are prevalent in underserved communities nationwide. Diet-related illnesses such as diabetes and childhood obesity are reaching a crisis point, and disproportionately afflict low-income communities and communities of color.

Current production, processing, and distribution systems have serious, negative impacts on workers and the environment. The people who pick, process, deliver and serve our food are underpaid, live in poor conditions and often work in hazardous environments. Many current farming methods are contaminating our air, soil, and water.

Our food system needs a re-design and Fair Food Network is dedicated to working with others to bring about a food system that is more sustainable and equitable.

Bill Zirinsky: You had previously been the Executive Director of the Fair Food Foundation. How was that structured differently from FFN, and what happened to it?

Oran Hesterman: Fair Food Foundation was a private foundation fully funded by a family who wished to dedicate their wealth to a philanthropic organization with a mission to provide access to healthy, fresh food to historically excluded populations. They asked me to take the leadership of this new foundation because they understood my dedication to this same vision. For a year and a half I created the structure, systems, and hired a stellar staff to move this vision forward on a regional and national level. Unfortunately, this family lost their ability to continue funding the Fair Food Foundation when Bernie Madoff's Ponzi scheme was uncovered. Virtually overnight, just as we had really hit the ground running, we needed to close our doors.

But the good news is that, shortly thereafter in 2009, I incorporated Fair Food Network as a nonprofit organization, and it is moving energetically forward with a similar vision and mission but with a nonprofit, public charity, organizational structure.

BZ: You have had a long career in philanthropy, working as the Food and Society Programs Director at the Kellogg Foundation. Please tell us about your work with the Kellogg Foundation, and how that relates to the important work you're now doing with the Fair Food Network.

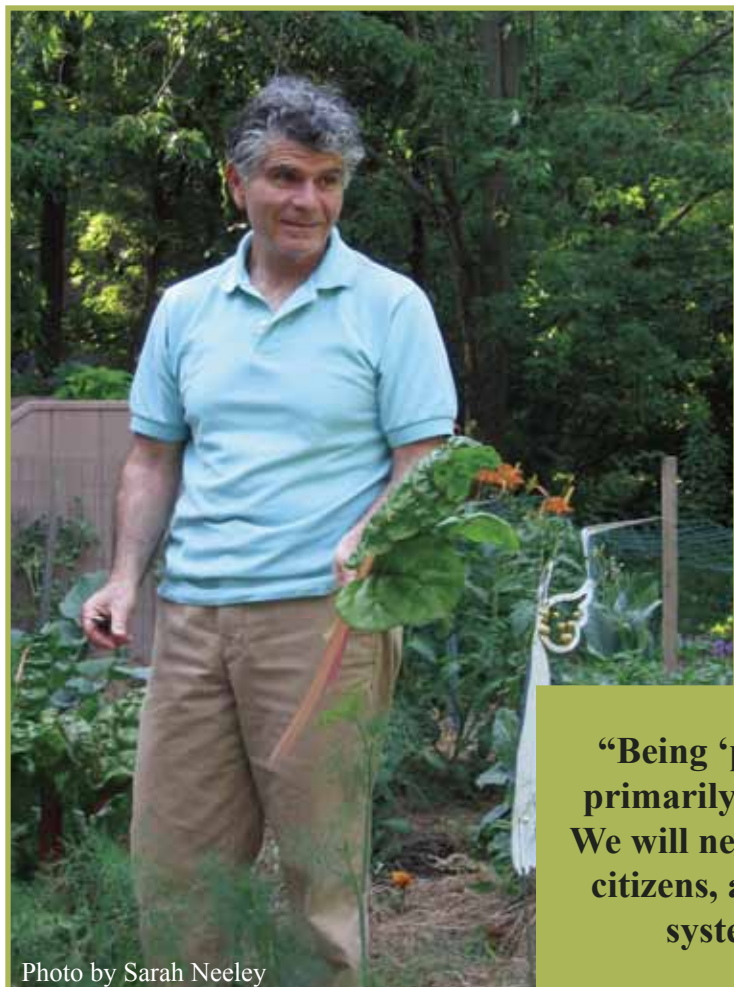
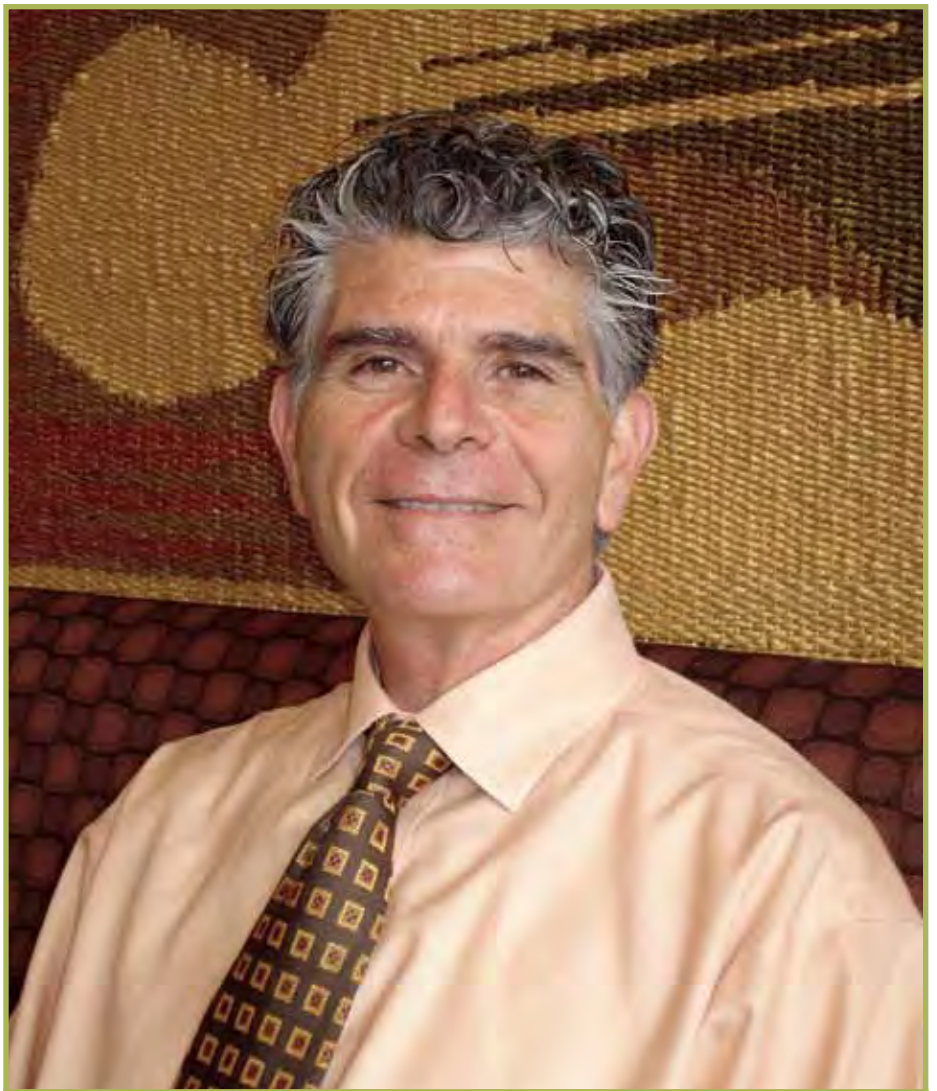


Photo by Sarah Neeley

you're now doing with the Fair Food Network.

Hesterman: I led the sustainable agricultural grant-making program at Kellogg Foundation for 17 years. In 1991, I helped Kellogg Foundation initiate the Integrated Farming Systems program that funded projects focused on

“Being ‘plate-centric’ means that we relate to the food system primarily by what goes into and comes out of our refrigerators. We will need to move beyond the refrigerator, to engage as active citizens, and all of us take responsibility for our collective food system, in order for the system re-design to happen.”



Oran Hesterman is the director of the Fair Food Network, based in Ann Arbor. He led the sustainable agricultural grant-making program at the Kellogg Foundation for 17 years, and is one of the nation's leaders in the sustainable food revolution which has spread like a prairie fire across the country in recent years.

“I'm writing a book about the need for the good food revolution and the heroes who are already developing this vision into a reality. It is time to create a food system that fosters healthy families, healthy communities, and a healthy environment. *The Good Food Revolution* lays out a vivid, concrete vision of how we can shape the food culture in our homes, communities, and in the public sphere.”

local and sustainable farming practices and production systems. It became clear that to repair the broken food system we needed to change not just individual farms and individual consumers but to support change at the local and national levels through informing public policy to create systemic change. Over the years at Kellogg Foundation, I had the opportunity to help the Foundation invest over \$200 million in projects and organizations nation-wide that have all been working to create a more sustainable food system in the U.S. These projects, organizations, and leaders have become the base of the Good Food Movement that we see taking root in so many communities and institutions.

Can you tell us about the current programs of the Fair Food Network?

Hesterman: *Double Up Food Bucks* is Fair Food Network's Double Value Bonus Token Project that provides incentives for families who receive food assistance benefits (SNAP, or Food Stamps) to buy healthier food by increasing their purchasing power for fresh fruits and vegetables. When Food Stamp customers shop at a farmer's market, the amount they spend is matched with Double Up Food Bucks bonus tokens to purchase any Michigan-grown fruit or vegetable. This concept, already piloted in Detroit and several other cities in the U.S., demonstrates that a small incentive can shift buying and eating habits and result in healthier outcomes for low-income families. Without such an incentive, tens of billions of public dollars allotted through food stamps are being spent on nutritionally inadequate foods.

Double Up Food Bucks will also provide a badly needed boost to the local food economy by increasing demand for locally grown produce. All local growers can benefit — from traditional farmers, to urban gardeners, to locally owned small groceries, farmers' markets and farm stands.

The Good Food Social Enterprise Laboratory is an education and training program for entrepreneurs in the nonprofit sector who want to become more adept at creating revenue-generating enterprises for their

organizations. We piloted this project last Winter with about 10 leaders and plan to expand the program this fall.

Informing Public Policy is an important part of our programmatic structure at Fair Food Network. If we are going to build a truly sustainable food system for the future, we need to not only demonstrate good practices on the ground, we also need to have the community-based work inform future public policy. To that end, Fair Food Network has a presence in DC, working with policy makers at the US Department of Agriculture and on Capitol Hill. We are interested in helping to inform the future Farm Bill around food assistance and nutrition policy so that it can better serve the nutritional needs of low-income families, while supporting local food economies and local farmers.

Assisting foundations and funder collaboratives to make good investments in the area of sustainable food and agriculture is another focus of Fair Food Network. With our long experience of funding projects in this field, we are able to advise other funders about what projects make the most sense to invest in, given their strategic goals.

You have emphasized that people with low income have the least access to healthy, organically grown foods. Please elaborate on that, and specifically tell us about the situation in southeastern Michigan, and in Detroit.

Hesterman: There is a \$1 billion food economy in Detroit. About \$450 million – 45% is composed of food purchased with federal food assistance (food stamps). 60% of all redemptions are at liquor stores, convenience and corner stores, few of which carry any fresh fruits or vegetables. Detroit is the 11th largest city in the US, and there is not a single major super market left in the entire city.

While Detroit is a stark example of what USDA has termed a “food desert”, this is the situation in virtually all underserved or historically-excluded communities across the country.

Organizations similar to the Fair Food Network are sprouting forth around the country. Over the course of your years at Kellogg, you helped to build this network of food equity and sustainability organizations around the country. Please tell us more.

Hesterman: As a decision-maker in the largest funding program in sustainable agriculture and food systems, I have funded (as I noted earlier) over \$200 million of grants to well over one hundred organizations. I have also had the opportunity to review many hundreds of proposals from those individuals and their organizations who have shared with me their thinking and their most creative ideas about how we can improve the food system in our communities and beyond. Many of these organizations have become the leaders of the Good Food Movement, and this network is responsible for much of the work happening on this issue in communities around the country. I am drawing upon all this experience in my new position as President and CEO of Fair Food Network.

For a few moments, take us back two and three decades. Take us back to when talking about our food system wasn't a very popular thing to be talking about.

Hesterman: When I was a new professor in the Crop and Soil Science Department at Michigan State University in the mid-1980's, trying to have a serious conversation about organic farming or sustainable agriculture was not possible. There was no



Photo courtesy of Fair Food Network

At Eastern Market in Detroit

The Fair Food Network's *Double Up Food Bucks* project provides incentives for families who receive food assistance benefits (SNAP, or Food Stamps) to buy healthier food by increasing their purchasing power for fresh fruits and vegetables.

“There is a \$1 billion food economy in Detroit. About \$450 million – (45%) is composed of food purchased with federal food assistance (food stamps). 60% of all redemptions are at liquor stores, convenience and corner stores, few of which carry any fresh fruits or vegetables. Detroit is the 11th largest city in the US, and there is not a single major super market left in the entire city.”

“Only in the last 10-15 years has there been a new awareness that the food system is as broken as any of the other systems, such as our health care system or our education system.”

recognition of any problem with our food system. Only in the last 10-15 years has there been a new awareness that the food system is as broken as any of the other systems, such as our health care system or our education system. Now it is more acceptable to talk about the broken food systems. But when I started a new organization at

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Questions for Oran Hesterman about the Good Food Revolution

continued from page 31



Photo courtesy of Fair Food Network

“There are many reasons for the current state of the food system, primary among them, decades of bad public policy.”

MSU, the Michigan Agricultural Stewardship Association, there was a great deal of defensiveness and opposition on the part of most of the faculty who did not see the need to address the issues I felt were critical.

You’ve called our food system “a runaway train”. Is it irretrievably broken, compromised, out of control?

Hesterman: If you're like many Americans, you have spent much of your life treading the well-worn path between the kitchen and the supermarket without giving much thought to where the food you eat comes from. But if you look around, you will see a growing number of signs that our food system is reaching a crisis point. The system that was meant to bring us abundant food at low cost while maintaining rural economies is endangering what's most precious to us: our environment, our health, our soil and water, and our future. There is chemical runoff from agriculture in our waterways; soaring rates of diet-related illness in our inner-city communities; loss of prime farmland to urban and suburban sprawl; corporate concentration that delivers 80% of our meat from only four suppliers and 42% of all groceries from just three retailers. These are not problems that can be solved one by one. If we try to create a healthy food system by solving individual problems, we will likely create more unintended consequences. Instead, we need to view these as symptoms of a larger system that is broken and out of control, like a runaway train. There are many reasons for the current state of the food system, primary among them, decades of bad public policy. The good news is that many people, those I think of as the heroes of the new Good Food Revolution, have been working for a couple of decades to help us see how to bring this runaway train under control, and there are glimpses of this starting to happen.

There is SO much interest in food, right now. Locally grown food. Organic food. Sustainable farming practices. Growing, buying, eating local. Why is the food system riding this wave of interest? Has the wave peaked?

Hesterman: My sense is that it is still building. Signals are everywhere such as the change of leadership at USDA and the explosion of farmers markets and CSAs. My belief is that this movement has a lot more growing to do to bring about the change needed to repair this broken system. Most of the wave we have seen building is still based on individual families and their relation to their refrigerator. As more of us make the transition from conscious consumer to engaged citizen, we will see policy change start to take place, which will be the real sign of systems change in the food system.

On a more personal level, what has aroused people’s interest so much? Is it diet-related illness, is it food safety, is it public policy, is it economics --- why are people caring so much now, about the food they eat?

Hesterman: My direct experience says that people initially wake up because of some personal experience that is often health related either in their own personal life or the life of a loved one. For example, there is new research connecting the use of certain pesticides and increased incidence of ADHD in children. As parents of young children read this information, they are aware of the health impact on those we love of the food we eat, and they will be more mindful of the kinds of produce they choose for their children.

Will you talk about staying “plate-centric”...and say more about our morphing from conscious consumers to engaged citizens?

Hesterman: This building of conscious awareness among consumers is really important AND it is only one aspect of the wave we are experiencing. The transition from conscious consumer to engaged citizen is what will take this wave and cause it to create the kind of significant change that is needed for the system to get back on track. It is important for each of us to take personal responsibility for the food system we create in our homes and our families. Being “plate-centric” means that we relate to the food system primarily by what goes into and comes out of our refrigerators. We will need to move beyond the refrigerator, to engage as active citizens, and all of us take responsibility for our collective food system, in order for the system re-design to happen.

You have said that childhood obesity “isn’t a problem we can solve”. Please elaborate.

Hesterman: Childhood obesity is a symptom of the system similar to environmental pollution or the poor treatment of farm workers. Rather than solve problems one by one, it is far better to redesign the system.

You are hoping that some of the Fair Food Network’s on-the-ground projects will help inform public policy. How?

Hesterman: Ultimately the best public policy is policy that is informed by direct experience in the communities. We will have a very sophisticated evaluation procedure for our Double Up Food Bucks that will analyze the effect of the program on the health of the consumers, the economic viability of the farmers’ markets and the profits to the small farmers. In this way, we can have hard data to illustrate the effectiveness of this program and the need to expand it and other similar programs to underserved populations. As policy makers learn about this project, and others like it, they can understand how public policy could be shifted to support programs like this.

Why do you call the Fair Food Network a ‘network’?

Hesterman: It truly is a network and a collaboration between farmers, producers, distributors, inner city food activists, consumers, farmers markets, and CSAs, the USDA, food coalitions, anti-poverty groups, academics, and all people who are interested in ensuring a healthy diet for Americans. I see FFN as an organization that brings people and ideas and resources together to benefit our community.

You are writing a book. Why are you writing it, and what is it focused on? What will you cover in the book?

Hesterman: I’m writing a book about the need for the good food revolution and the heroes who are already developing this vision into a reality. It is time to create a food system that fosters healthy families, healthy communities, and a healthy environment. *The Good Food Revolution* lays out a vivid, concrete vision of how we can shape the food culture in our homes, communities, and in the public sphere. My hope is that by writing about my experience with the Good Food Movement for close to 40 years, and by highlighting success being achieved in many small projects, I can help inspire others to action and help them connect with organizations and leaders across the country who are dedicating themselves to building a better food system for our children and grandchildren.

If people want to know more, and engage on this subject, how do they contact you and the Fair Food Network?

Hesterman: Please sign onto our website at www.fairfoodnetwork.org and you will receive periodic updates about our work. You can also reach me directly at ohesterman@fairfoodnetwork.org

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Sustainable Health

By Judy Stone, CN, MSW



Food Fight in Lansing

(The points of view expressed in this article are those of the author. In addition to being our Sustainable Health columnist, Judy Stone is also a board member of the Michigan Nutrition Association.)

By Judy Stone

Those of us living in southeastern Michigan are incredibly fortunate to have an enormous talent pool of alternative health practitioners from whom to draw. But a pending law in Lansing is poised to make it illegal for most holistic nutritionists to practice in the state, effectively gutting your freedom to choose who you go to for nutritional help. For those of you who value being able to choose to work with a holistic health counselor, a raw foods coach, a holistically trained, certified nutritionist, or any other variety of nutrition professional who is not a Registered Dietitian (RD), this is the story of why you are close to losing the right to make that choice. This is real, and it is imminent.

In 2006, the legislature passed Public Act 333, a law requiring nutritionists and dietitians to be licensed. Regulatory laws are most often sought when one professional group wants to protect its economic turf and this case is no different. Since the 1980's, the American Dietetic Association (ADA), and its state chapters, have been lobbying state by state to enact laws that would legally insure them a close-to-monopoly in the field of nutrition. Unfortunately, in large part, they have been successful; 47 states, including Michigan, have laws, in many cases substantially restrictive ones, governing the field of nutrition. One of the most RD-friendly and restrictive laws in the country exists in neighboring Ohio, which is actively enforcing those restrictions through vigorous prosecution.

Once this law passed, Governor Granholm took applications and appointed the Michigan Dietetics and Nutrition Board (MiDNB) to write the specifics of how the law is to be applied--who can call themselves by what title, and what a person has to do in order to qualify. Almost no one but the Michigan Dietetics Association, who lobbied for the law, knew it had passed. Also, Public Act 333 declares that only RD's are eligible to fill the 5 professional positions! Two very RD-friendly public members have the other two spots. The biased board composition, and why, four years after the law's passage, the rules are still being developed, is emblematic of the fight behind this law.

With cozy financial relationships with corporate food and drug sponsors, and decades of functioning as organized trade groups, the state dietetic associations have had a relatively easy time getting favorable legislation passed under the radar. It has helped their cause that there is no single organization representing the range of professionals who employ nutrition counseling but are trained outside of traditional dietetics programs. Many go through credentialing bodies, which give titles such as Certified Clinical Nutritionist (CCN), Certified Nutrition Specialist (CNS), or Holistic Health

Counselor (HHC), based on prescribed coursework, a comprehensive exam, or a combination of both.

The upside of this alphabet soup of nutrition training is that the field of nutrition has grown tremendously in the last two decades providing a breadth and accessibility of training that meets the growing interest on the part of the public for more prevention, less medically-based treatment, and a desire for healthier food. We've reached a tipping point that has brought with it an acceptance of, and movement towards, the integration of therapeutic nutrition in health care. People in unprecedented numbers, fed up with 5-minute-here's-your-prescription doctor visits, are seeking nutrition as both prevention and treatment. The non-dietetics training programs have *birthed* the field of Complementary / Alternative Nutrition. To be sure the ADA has anxiously been watching this garden grow with great calculation as to how to reap the harvest. In their spring 2010 newsletter, the Michigan Dietetic Association president had this to say about the Michigan licensure law:

"The Licensure Committee is currently establishing the rules and regulations. MDA received some national insight on how we can best proceed to ensure that our scope of practice is not infringed upon by inadequately trained wannabes."

<http://www.eatrightmich.org/mdaLink/pdf/Spring2010LINK%2Epdf>

Whoa! "Our scope of practice"? "Inadequately trained wannabes"? This insulting, arrogant, and frankly uneducated statement frames the licensing issue. Clearly dietitians see themselves as having ownership of the entire field of nutrition. But does the public?

In fact, *not*. An ADA-commissioned nutrition trends survey of consumers, in 2008, indicated that despite efforts to position themselves as "the nutrition experts", 78% of respondents named both nutritionists and dietitians as credible sources of nutrition information. Also, consumers, by a margin of 3 to 1, perceive that nutritionists and dietitians are different. While the ADA would like to interpret this as evidence of top dog status, there is zero data to suggest that the public sees RD's as any more or less qualified than other nutrition professionals.

In their own *Journal of the American Dietetic Association* (March 2005), an article titled "A look at the educational preparation of the health-diagnosing and treating professions: Do dietitians measure up?", the authors concluded: *dietitians don't*. "Basic educational requirements for dietitians were developed almost 80 years ago and remain largely unchanged." The field of dietetics grew out of home economics in the early 1900's. Although, early on, it included rigorous science and was not, and is not, by any means, a flimsy education, the majority of dietetics training is aimed at preparing professionals for food service management and hospital-based dietetics. Over 40% of the RD certifying exam questions are related to food service management, government food programs, and food science. But the face of nutrition has changed, as have the needs and desires of the nutrition consumer. And dietetics education has not kept up. Even RD's who want holistic training have to go elsewhere for it.

While dietetic associations were dissing supplements as unproven, touting the food pyramid, and funding themselves with money from Hershey's, Pepsi, Kellogg's, Mars, and ConAgra, the public went in search of a different kind of help. That segment of the population that coined the phrase 'you are what you eat', rejects symptom-based health care, and finds something flagrantly and seriously immoral in corporate controlled, nutrient-negative "food", is the same segment of the population that has spawned an entirely separate system of nutrition education, attracting

...Consumers, by a margin of 3 to 1, perceive that nutritionists and dietitians are different.

thousands of practitioners who deliberately said, 'no thank you' to the dietetics model.

The "RD" is likely the most recognized nutrition credential. The battle over the guts of the licensure law centers on whether that fact, along with purchased lobbying power, equates with being the standard by which all nutritionists, nutrition education, and credentialing options should be measured. To the Michigan Dietetic Association, and its parent ADA, the answer is yes. And they are hell-bent on using this licensure law to force themselves on the public.

Currently, under the proposed rules, non-RD nutrition professionals of varying credentials will face requirements that will, in effect, put many out of business because of the heavy burden of time and money required to comply. While the rules aren't final yet, there clearly are not the votes on the board to win substantial change.

Yet there is hope. The Michigan Nutrition Association, a coalition of multidisciplinary practitioners who use nutrition in their work, has formed, and it is actively fighting to protect nutrition in Michigan. MNA represents the interests of both professionals and consumers who will be affected by this drastic law. Several national organizations advocating free choice in health care have thrown their organizing support to the Michigan Nutrition Association and Michigan citizens. As the fight gets close to the wire, there are signs that public outcry is having an impact.

After the Board passes its final set of rules, likely this November, the Michigan Department of Community Health, which will have to implement these rules, is required to hold a public hearing. Anyone can go, and speak, and *any reasonable objection must go back to the board for reconsideration*.

One section of the law under scrutiny is this:

"The department, in consultation with the board, shall not promulgate rules under this section that diminish competition or exceed the minimum level of regulation necessary to protect the public."

To those who favor holistic health and choice, these stipulations are far from being met. The proposed rules are excessive, far beyond what is needed to safeguard citizens, and would eliminate your right to choose from whom you seek nutrition help. By their own declaration, the clear intent of the rules is to protect the turf of the Michigan Dietetic Association.

Those who want to protect nutrition in Michigan must speak up to push back against overly restrictive rules. I urge all Sustainable Health readers to visit the MNA website, www.michigannutritionassociation.org, to learn more about the proposed rules, how you might be affected, and what actions you can take.

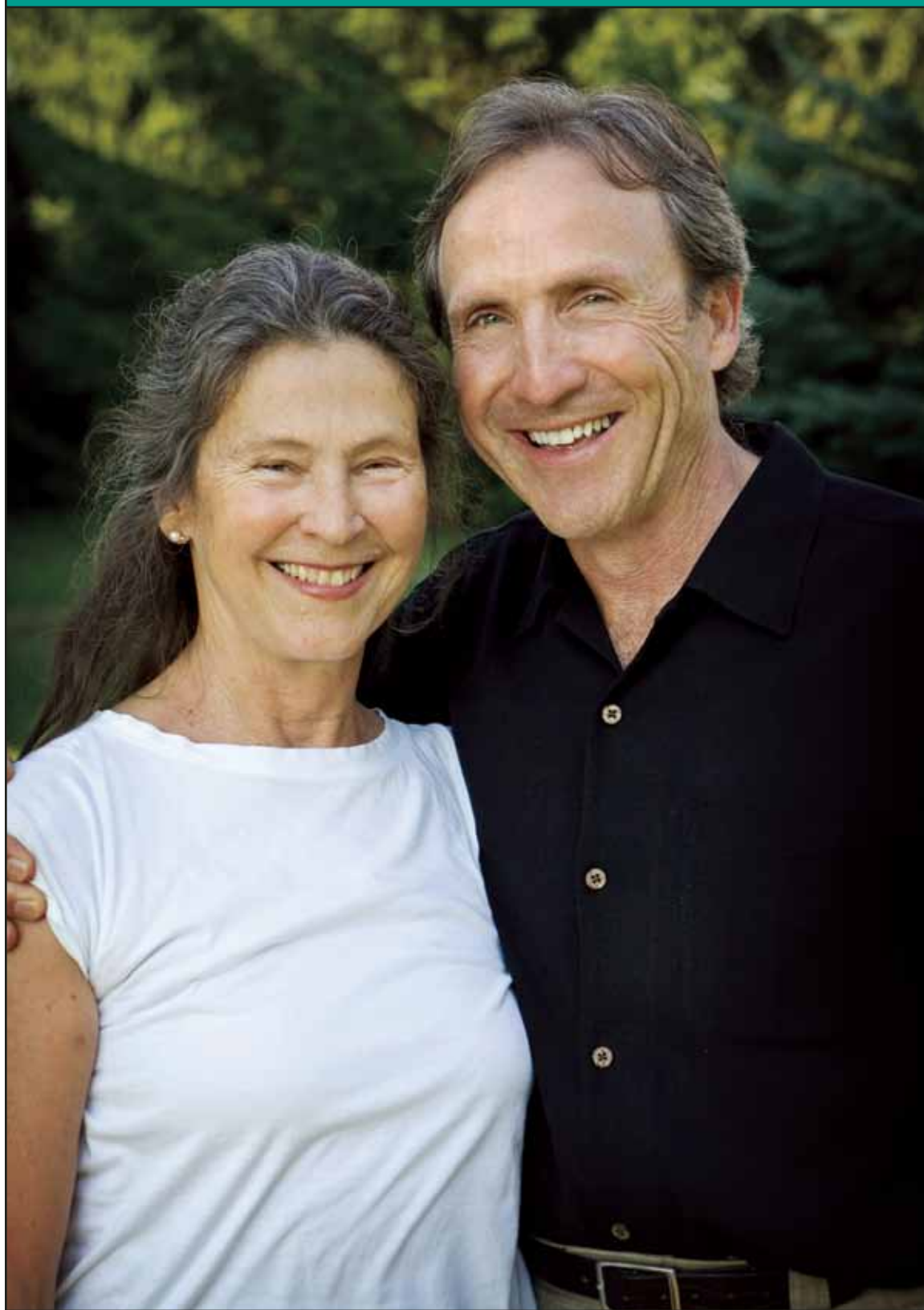
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(Author's correction: In my last column, Thinning Facts, Thinning Bones, I incorrectly wrote the Vitamin D test as 1-25 (OH) Vitamin D. The correct test is 25 (OH) Vitamin D (without the 1). I regret any inconvenience due to my error.)

People in unprecedented numbers, fed up with 5-minute-here's-your-prescription doctor visits, are seeking nutrition as both prevention and treatment. The non-dietetics training programs have *birthed* the field of Complementary / Alternative Nutrition.



The Crazy Wisdom Interview with Karen and David Ufer on the Gifts of a Lifelong Practice of Yoga



Ann Arbor's Leading Yoga Couple Talk about Parenting and Marriage, Graceful Aging, and Transformation

(Karen and David Ufer are long-time, deeply rooted Ann Arbor yoga teachers. They are well-known and well-liked, and widely respected. They have both been teaching yoga since 1984, and were certified in 1993. Karen, 63, runs the Yoga Focus studio on Packard, and both of them teach classes there. David, 59, is also an owner (with his brother, Tom) of the Ufer Group, Inc., an insurance business.

The Ufers are the parents of two grown sons: Ben, 32, and Evan, 29. Ben and his wife, Lara, live in Manhattan with their young son, David James. Ben works in banking. Evan and his bride-to-be, Rachel, live in Chicago, and Evan is in the graduate school of business at the University of Chicago.

Karen was raised in a small town in Wisconsin. She moved to Ann Arbor (from Vermont) in 1974, and graduated from the U of M. David grew up in Ann Arbor, and then graduated from Indiana University in 1973, having majored in History and Religion. His father, Bob Ufer, was the much loved voice of Michigan football from 1946-1981.

The Ufers were married 34 years ago in the backyard of the house they still live in -- a beautifully restored farm house on 100+ acres west of town. Their dog, Charlie, was the only one in their wedding party -- he wore a white bow tie. The photographs that accompany this interview were taken at their home.)

Interviewed by Bill Zirinsky
Photography by Rachael Waring

Bill Zirinsky: Karen, please tell us the story of your early yoga practice.

Karen Ufer: I took my first yoga class at the Ann Arbor YMCA in 1975. A friend, Dale Simmerman, recommended yoga to help my lower back pain. The class helped almost immediately, but quite honestly, I then only practiced when my back hurt. Gradually, both the compelling method and philosophy as taught by Mr. Iyengar's teachers at the Y motivated me to practice. I remember being told by one of my teachers, Susie Vidrih, after showing up for my third class one week, to go home and practice. It was devastating, like being thrown out of the nest. It was also the beginning of a commitment.

Bill Zirinsky: David, what is the story of your yoga practice back in the 1970's?

David Ufer: As one of the first yoga teachers in Ann Arbor in the mid-1960's, Barbara Rose shared her love and understanding of the practice with friends and students at the Ann Arbor Y. When Barbara left town to join the newly formed Peace Corp, she asked Mary Palmer to carry on with the teaching. A gathering of students joined Mary and began practicing together. This group included Priscilla Neel, Barbara Linderman and soon thereafter, Susie Vidrih. On a recommendation from across her dining room table from the world-renowned violinist, Yehudi Menuhin, who was in town to perform at Hill Auditorium, Mary, soon thereafter, flew to India to study with Mr. Menuhin's yoga teacher. Upon her return, she persuaded the Y to invite this relatively unknown 50-year-old from Pune, India by the name of BKS Iyengar, to come to Ann Arbor. These 1973

classes at the Ann Arbor Y would become the first to be taught by Mr. Iyengar in the United States.

In 1972, I was a hippie playing water polo on the Indiana University team, when a leg injury ended my athletic career. After college, I returned to Ann Arbor to attend business school, coaching the Y swim team on the side. It was now a few years after the accident, and it was becoming evident to me that I needed to do something about my leg, as a dull ache in my leg and hip never seemed to subside. Physical pain is a good motivator. With encouragement from a dear friend and co-worker at the Y, primarily to rehab my leg, I enrolled in a beginning yoga session.

I began studying with Priscilla and Susie and also Mary and Barbara, and when Mr. Iyengar returned again to Ann Arbor to teach, I took my first class with him and witnessed, first hand, this man's genius. In the basement of the old VFW, below Seva on Liberty St., old peanut shells on the floor and stale beer smells wafting from the bar, my life changed.

In returning to my hometown in 1973, little did I know I would be landing pretty much on the ground floor of what is now a world wide yoga movement.

BZ: When did each of you begin to teach?

Karen Ufer: I applied for the teacher apprenticeship program at the Ann Arbor Y in the early 1980's. There was no formal certification program in those days. We were required to take a class, observe a class, and assist in a class for 2-3 years with a senior teacher. My first teaching experience was to be the substitute for my teachers when they went away. You can imagine how thrilled folks were to see the apprentice in the front of the room. I started *Yoga Focus* in 1995, but taught first at the Ann Arbor and Jackson Y's as well as the Ann Arbor and Saline Recreation Departments.

David Ufer: After eight years as a student in their classes, I began to apprentice with these same teachers at the Y, observing and assisting. With Susie's encouragement, I conjured up the courage and confidence to share my practice in front of a group. In 1984, I taught for the first time for the Parks and Recreation Community Program at Bach School, and soon thereafter began to also teach for the Y. In 1994, when Karen established her studio, *Yoga Focus*, with Ada Cowan, I was pleased to be asked to also join her teaching staff.

BZ: Your boys are now adults. How did your practice of yoga work around your parenting when the boys were young?

David Ufer: Their mom and I probably embarrassed them from time to time when one of their friends would come over, and Karen or I was in head balance. We were together at the Y Yoga Camp Al-Gon-Quian, on the shores of Burt Lake in Northern Michigan, for a short time each summer --for ten years -- when Ben and Evan were quite young. I heard Fred Rogers say shortly before his death, "Our culture values information over wonder and activity over silence." Anyone who has experienced the August Northern lights over Burt Lake, or a walk through the Pines to bubbling brook, knows about wonder and silence. Yoga and parenting both, from time to time, value wonder and silence.

Practicing yoga postures is a matter of hearing – the ear – must listen to the body to know if the body is ready to go further. Is this not also a valuable practice as a parent?



There is no prescription for graceful aging. I hope to keep practicing (yoga) in some way until the day I die. Someone once told me just think how easy the poses will be when we drop the physical body! Maybe that is heaven.

--- Karen Ufer

Karen Ufer: Our sons, now grown, never knew a time when we were not involved in a home yoga practice. I do remember when their friends came over, we were under strict orders to not wear our yoga shorts or stand on our head. Life never stops, so sometimes that meant helping quiz our kids on spelling while doing standing poses. Perhaps this was early multi-tasking.

BZ: Can you remember back to stories or anecdotes that reflect on the ways in which your yoga practices were interwoven with your parenting?

Karen Ufer: The practice of yoga teaches the development and art of giving attention. That simple definition is the first understanding I had of yoga and it stands the test of time. Parenting also requires constant attention, being present. Our kids must have recognized something about attention, too. I remember a day when I was particularly crabby and one of our sons asked if I had done my yoga practice yet! More importantly, I think they saw the value of discipline and commitment by example and not by imposition.

David Ufer: Could the whole Star Wars Saga not be included? It had such appeal as a religious-myth story. Luke Skywalker was on a lifelong quest for personal meaning, his search for a family. He moves into a new reality, which is an understanding of the Force as some concept of good. In the process he finds a new family. At its heart it is a tale of conversion and redemption. George Lucas's group put together a story that speaks to the human thirst for meaning and connection, human connection.

The root of the term yoga, in Sanskrit, is yuj, to join, connect, to unite. Whether it's from Carl Jung or George Lucas or BKS Iyengar, the observation that one can never understand the true nature of light, or grace or love until one has taken a good look at the darkness is spot on. The practice of both parenting and yoga, if we are paying attention, reveal to us our own "black holes".

Continued on page 36



BZ: And, more generally, any thoughts about couples practicing yoga together?

David Ufer: I say practice yoga. Together, alone, 95 degrees temp, or 5 degrees temp, early, late, for richer or poorer, practice yoga.

--- David Ufer

The Crazy Wisdom Interview with Karen and David Ufer on the Lifelong Practice of Yoga



Marriage is a daily practice of being conscious.
Anyone can do a vacation well.

--- Karen Ufer

Continued from page 35

Both of our sons are good athletes. I hope the many hands-on leg stretches and hip openers, before and after track events and tennis matches, are as fond memories for them as they are for me.

BZ: What might you like to share with us about your yoga practices in the next phase of your lives -- in the 80's and 90's?

Karen Ufer: When you are not a kid in your 20's and 30's, the study of yoga moves beyond the physical, the muscular. The technique is important but is not the end itself. The first time I went to India, I realized that I could not possibly absorb it all. The sheer expansiveness of the subject was beyond the grasp. Strangely enough that was a relief. To have a lifetime to study and never run out of discovery! The inside joke in yoga is that the stiffest muscle in the body is the brain. We all get that one.

David Ufer: Being a student in daily classes taught each day by Mr. Iyengar at his home yoga institute in Pune, India in the 80's and then with his daughter, Geeta Iyengar, in the 90's, are memories I cherish. Although we did not attend intensives together because of parenting responsibilities, Karen and I took turns. Through these years we both had the privilege of learning at a site that carries Mr. Iyengar's wife's name: *The Ramamani Iyengar Memorial Yoga Institute*. Ann Arbor's Mary Louise Dunn, whose teaching lit up the last quarter century for so many in the US and around the world, continues to inspire after her passing. Manousos Manos and Lois Steinberg, who began to teach workshops here in the 80's and 90's, are remarkable senior teachers in the Iyengar tradition, and they have continued to return to teach here in Ann Arbor each year.

BZ: You two are, arguably, Ann Arbor's leading "yoga couple"—that is, you both teach yoga, you teach at the same studio which Karen founded, and you've been married for a very decent interval. How has yoga affected your relationship? You, first, David. And then Karen.

David Ufer: I don't know. I say that with a smile because in the 34 years we have been together there has never been a time when yoga was not in our lives. We didn't meet in a yoga class, but we well could have as we both began as students about the same time. When asked why he practices the yoga asanas or postures, B.K.S. Iyengar once answered, "Because of how I feel after my practice." This rings true to me and to experience that feeling with someone whom you love is a pure joy. Karen made a business decision in 1994 to open her own yoga studio. At the time she set up her own business plan and has adhered to that plan quite successfully. As a person who has participated in the business community for over 35 years, and has seen many locally owned businesses come and go, I respect what she has done.

Karen Ufer: Marriage and yoga is perhaps the most interesting and the most elusive. We rarely practice together and yet the practice is pervasive in our conversation. Not the conversation about technique, that can always be learned, but more about daily observations: learning from mistakes, opportunities missed or taken, a new thoughtfulness, a stiff brain response. There is a continual balancing act for each of us between distraction and consciousness. By definition, habit is not conscious practice. Marriage is a daily practice of being conscious. Anyone can do a vacation well.

BZ: And, more generally, any thoughts about couples practicing yoga together?



We learn to stretch the arms and legs in practicing yoga, to twist, bend and invert the body and to breathe more fully, all of which benefit the bones, muscles, nerves and glands. Every bit as important, if not more so, is the benefit of practice to the mind. We challenge the mind, so often dwelling in the past or anticipating the future, to focus on the present.

--- David Ufer

David Ufer: I say practice yoga. Together, alone, 95 degrees temp, or 5 degrees temp, early, late, for richer or poorer, practice yoga.

Karen Ufer: I am enormously grateful we both study and practice yoga. It gives our marriage a strong, common bond I could not do without. To be honest, a daily practice of anything together creates bonds of understanding. Yoga is not the answer for everyone. I also believe that one partner can support and appreciate the practice of yoga by the other.

BZ: When in the day do you each practice yoga?

Karen Ufer: I practice in the mornings when I do not teach. In the afternoons I do inversions. Many days I practice both times. Continuous time away from teaching is wonderful because then I am practicing and learning for myself. I can check in and decide what I need and not what I have to do. But time has to be put into the practice to have options: what to do for stiff hips, what for fatigue, what for a sore back. There are no guarantees. Just because you practice does not translate to a long life. It would be wrong practice to allow yoga to make you feel invulnerable or inhumane. I regularly talk to one of my first teachers, Susie Vidrih, who in each conversation is still teaching the art of practicing life at 80 years old.

David Ufer: I practice early morning before my workday, and depending upon my teaching schedule will practice again either midday or in the early evening.

BZ: I'm in my 50's and finding my body stiffening and my joints becoming less fluid and cushy. Have you both been able to escape those particular ravages of aging? And with respect to other long-time practitioners that you know, does it appear that a lifetime yoga practice gives you a "get out of jail free" pass when it comes to the physical wear-and-tear of aging?

Karen Ufer: I recognize lots of changes as I age. We all do. Yoga can not stop the aging process but it gives us both tools and hope. Strong legs go a long way in coping with age but so does attitude. Yoga is not a quick fix in the sense of being a fad or a drug. There is no prescription for graceful aging. I hope to keep practicing in some way until the day I die. Someone once told me just think how easy the poses will be when we drop the physical body! Maybe that is heaven.

David Ufer: Maxine Tobias, an experienced teacher of yoga for many years in London, and author of *Stretch and Relax*, told me years ago that she sent her preliminary manuscript to Mr. Iyengar to edit. One of her opening comments in her first chapter was that "stretching is natural." Mr. Iyengar returned her manuscript with a red circle, indicating in the margin, "Ms. Tobias, to contract is natural; we must learn how to stretch."

When you are not a kid in your 20's and 30's, the study of yoga moves beyond the physical, the muscular. The technique is important but is not the end itself.

— Karen Ufer

I have been asked, through the years, to teach classes for teams of young athletes and for groups who share a specific activity such as running. Those are fine and good but I must say I continue having the most fun sharing my practice as a teacher with a group consisting of 30-year-olds on mats next to 80-year-olds on a mat next to 18-year-olds on a mat next to 50-year-olds. Those yoga students in their later years continue to inspire. They are my heroes. The body does stiffen, the joints do become less fluid, for most that are fortunate to live long lives. Perhaps it is true when some say, "Yoga just may be able to cure what we cannot endure and help us to endure what we cannot cure." That said, after all these years, I still love monopoly.


BZ: David, I remember a conversation we had in which you discussed the way in which yoga has increased your flexibility, not just in the physical sense, but in the interpersonal and emotional realms. Please elaborate on that for us?

David Ufer: I do sometimes wonder how these hips could still be this stiff after years of practice. Then I think how these same hips might feel if I had NOT been practicing and I am somehow, perhaps oddly, grateful for the level of stiffness that is there now. Some are mistaken in believing that a strong flexible spine is a prerequisite to the practice of yoga when in fact, a strong flexible spine is the result of the practice.

We learn to stretch the arms and legs in practicing yoga, to twist, bend and invert the body and to breathe more fully, all of which benefit the bones, muscles, nerves and glands. Every bit as important, if not more so, is the benefit of practice to the mind. We challenge the mind, so often dwelling in the past or anticipating the future, to focus on the present. Uninterrupted

Continued on page 38






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The Crazy Wisdom Interview with Karen and David Ufer on the Lifelong Practice of Yoga

Continued from page 37

concentration on what is before us now, this moment, is a practice of mindfulness. This focus is not easy when change is such a constant in life. And with change so difficult for most of us, the ability to transform ourselves may be viewed as simply another definition of flexibility. So even if our hips are still tight, our flexibility, that is our ability to embrace or at least resist change less, may be improving.

Yoga is a tool for transformation on so many levels. Let me share one of Mr. Iyengar's many eloquent aphorisms -- "extension brings space, space brings freedom, freedom allows for precision, precision is truth and truth is God." His words suggest yoga as spiritual practice in physical form. So what may start out as an external practice may become, with time, an internal exploration. We may find this journey brings about change in how we treat and respond to ourselves and to those around us.

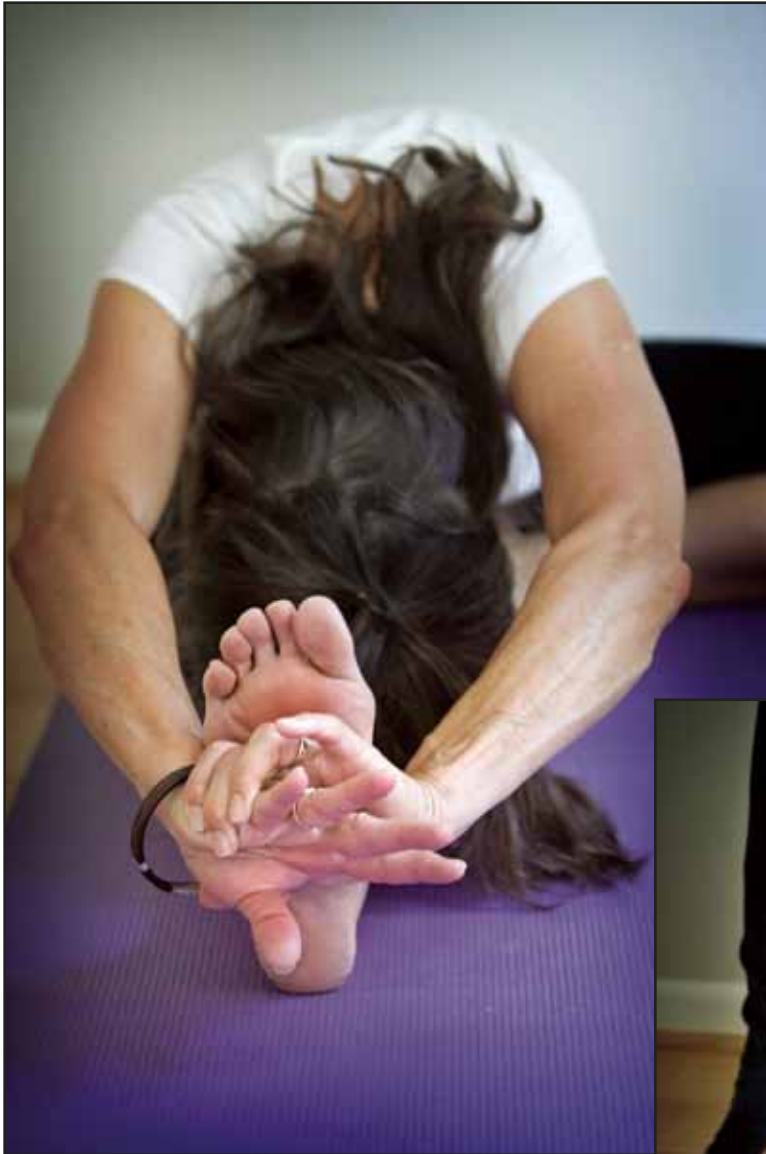
BZ: Karen, what are the gifts for you at this point?

Karen Ufer: At this point in my life, I feel more appreciative. I read that one definition of happiness is the ability to feel gratitude. Think about the last time you felt pure gratitude and it translates as contentment. Conversely, we all feel distractions and negativity. Those can become the pattern of our responses. That pattern creates a physical and emotional imprint. The practice of yoga can transform. What a relief there is something more out there than our desk. Understand we need our desk but do we not all want something more?

BZ: Karen, how has your yoga practice challenged you the most?

Karen Ufer: The challenges of yoga are many. But first and foremost there is the aspect of will. Each practice calls upon the will. To say another way, can the determination be found to continue to practice, to do the pose again, to be challenged by a difficult pose? Mr. Iyengar has said that when we practice we should be humble, playful and bold. What a dynamic combination! Perhaps one day there is no boldness or the practice is not humble or playful. So your determination and will makes the shift to experience an ethical and balanced practice.

BZ: David, the Ufer family is a well-known Ann Arbor family, to say the least. Thirty-five years ago, yoga was somewhat more "far out" than it is today. Did your parents appreciate your "second career" as a yoga practitioner and teacher?



I am enormously grateful we both study and practice yoga. It gives our marriage a strong, common bond I could not do without. To be honest, a daily practice of anything together creates bonds of understanding.

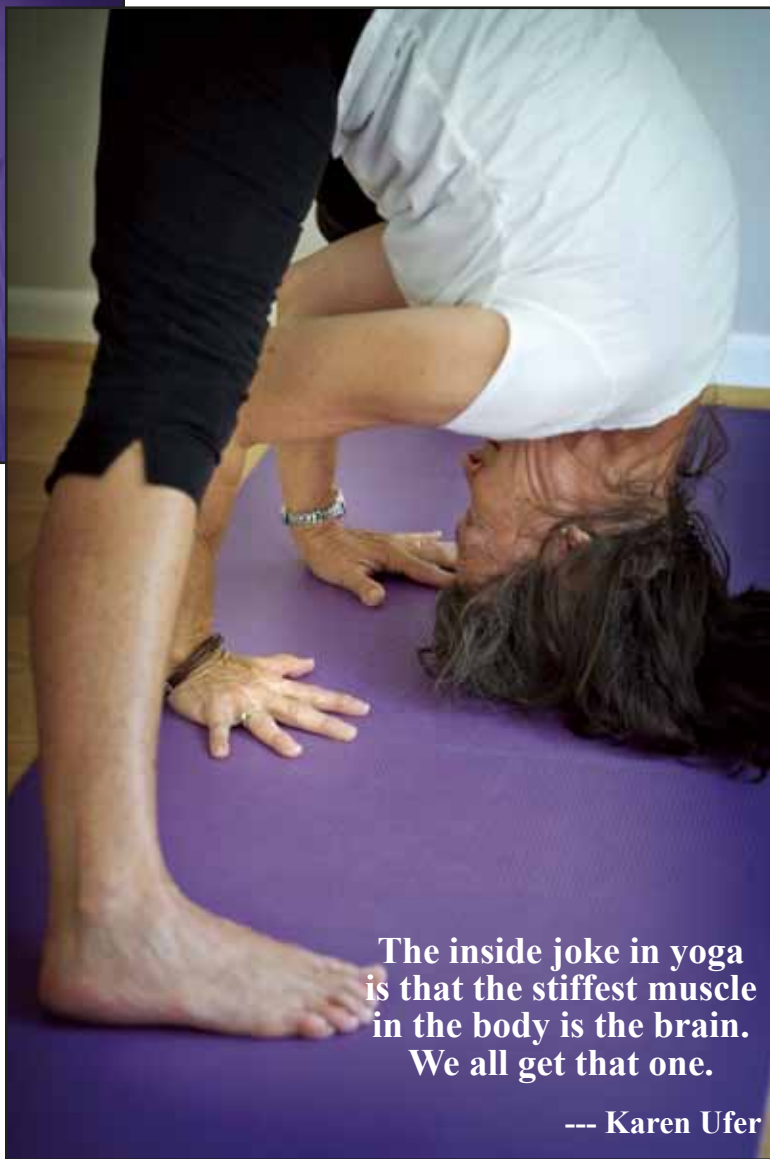
--- Karen Ufer

David Ufer: Both of my parents, independent of one another, which is how they lived the majority of their adult life, briefly involved themselves in the practice of yoga. Unfortunately, both of them were living with serious health issues when they first put their toes in. To this day, I don't think I have seen a more colorful outfit in a yoga class than my father's well worn madras pants that he wore to a class at the Y one spring evening in the late 1970's. Those were his favorites, and I think he truly felt they might just, somehow, help those tight hamstrings of his in *supta padangustasana*.

My mother embraced the practice of restorative poses in the years just before her passing from cancer in the late 1980's. She was a student in classes for a couple of years. Karen's love and attention, hands on, assisting my mother with the poses that brought some relief to her in those last months of her life, are etched in my memory.

BZ: And over these decades, did you sometimes have to create a "bridge" of understanding between your father's world of football and the decidedly less mainstream yoga world? Any anecdotes?

David Ufer: Anyone, over time, who continues in a practice comes to



The inside joke in yoga is that the stiffest muscle in the body is the brain. We all get that one.

--- Karen Ufer

understand in his or her mind and heart, if sincere, that discipline is not the enemy of enthusiasm. I met Mr. Iyengar for the first time picking him up at Detroit Metro Airport as he was arriving here from India. I was 25 years old and alone in the car with him returning to Ann Arbor. I asked him, as I remember back, some pretty lame questions, but I did manage one that engaged him, got his eyebrows dancing. I asked him if he had attained perfection in his practice of yoga. He answered me that perfection was not

attainable, that perfection was not the goal. His practice however, he said, was leading him to an ever clearer understanding. At least that is how I remembered it years later when a friend shared a quotation attributed to the legendary Green Bay Packer Coach Vince Lombardi that read, "Perfection is not attainable but in chasing it you may catch excellence." Is there a need to create a bridge?

Before his return to India later that month, Mr. Iyengar signed for me a copy of his book *Light on Yoga*. I did not expect what he had to say to me. He wrote, "David, life is a struggle so struggle in the practice of yoga." I knew from the beginning, when we first met and I was his student, that I was in the presence of someone who possessed a truly rare gift. Here was a man who was not only passionate about the subject of yoga but who lived yoga. And he had the unique ability to kindle the flame in others.

In my father's world of football, two of the greatest collegiate football coaches of all time, Fritz Crisler, the head coach at U of M when my father began broadcasting in the late 1940's, and Bo Schembechler, who coached the U of M team the last 12 years of my father's life, both possessed that same gift. My father loved the contest and Fritz and Bo epitomized what my

father valued: strict adherence to practice and discipline, an unabashed love of the game. Don Canham, his good friend and Michigan Track teammate, said about my father at his passing, "Bob was fortunate, he had something in life that completely captivated him, which he was totally passionate about." If there is a writer, composer, yogi, musician, football player or coach who has not struggled, there is a soul lacking in passion. The bridge of understanding, in my eyes, never had to be created. It was already there.

BZ: You and your brother own a well-established insurance company in town. How has your yoga practice made you a better businessperson?

David Ufer: I don't know. Through all the years I have been in business with my brother, which is now over 30 years, I've been practicing yoga. Sometimes I don't know how we have remained together all these years but we have. I'm very thankful and grateful for that. Jim Weir, for years a loving husband, father, and grandfather who was also an avid tennis enthusiast here in town, when asked what he did for a living, would respond with a smile, "I sell a little real estate between tennis matches." I've borrowed Jim's line with slight variation but I imagine, a similar smile, many times.

BZ: Karen and David, what are you most relishing about life these days?

Karen Ufer: The relish of life seems to be more rewarding the relishes. What a great job we all have to be life long learners. I am a better person, a better partner, a better mother and a better friend when I continue to learn. We all make mistakes. What happens next after that matters. My first teacher, Mary Palmer, was famous for saying, "Carry on dear." Think of all that means, especially the 'dear' part.

David Ufer: Good health. Beginning and ending most everyday with my closest friend. Witnessing both of our grown sons falling in love with dear people and embarking on the next chapter in their lives. Being a grandfather. My friends.

BZ: Karen and David, let me ask you about the seasons. What do you most look forward to about spring and summer in Ann Arbor?

David Ufer: Living in this region with seasons, I look forward in Spring to the color green. Walking on firm ground, hearing the songbirds with no ice or snow to navigate. Getting my bicycle out of the garage for the first time with the pavement dry, just as I did back in third grade on Granger. Walking out of the Michigan Theatre at night after seeing a great film and not freezing. Swimming in the pond and in Lake Michigan.

Karen Ufer: Spring and summer in the Midwest is all about green. I read somewhere about how hard it is to live out West and give up the color green. We have lived in the country outside Ann Arbor for almost 35 years. The small changes in season, like when the goldfinch turns gold, are observed every year like small celebrations. We both grew up in the Midwest so the landscape of meadow, woodland and pond is very comforting.

BZ: Karen, what do you look forward to about fall in Ann Arbor?

Karen Ufer: I love the change of seasons. We in the Midwest often have at least two seasons in a day. However, that does not seem to prepare us to like change in general. In fact, most of us resist change. Many philosophies say, in one way or another, that the only constant is change. Since this interview is about yoga, Mr. Iyengar talks about yoga being in this moment and then in the next. The challenge of being present by definition requires not living in yesterday or tomorrow. Asana is the actual physical pose. Yoga is the ability to live in the commotion of change. That may be the hardest pose of all.

BZ: David and Karen, you are always reading interesting books. Would either of you like to tell us about a few books you've loved in the past couple of years.

Karen Ufer: David and I often read the same book. Once we did the unforgivable and tore *The Mists of Avalon* in half to be able to continue reading it at the same time. I love historical fiction and biographies. Just now I am reading *Abigail and John (Adams), Portrait*

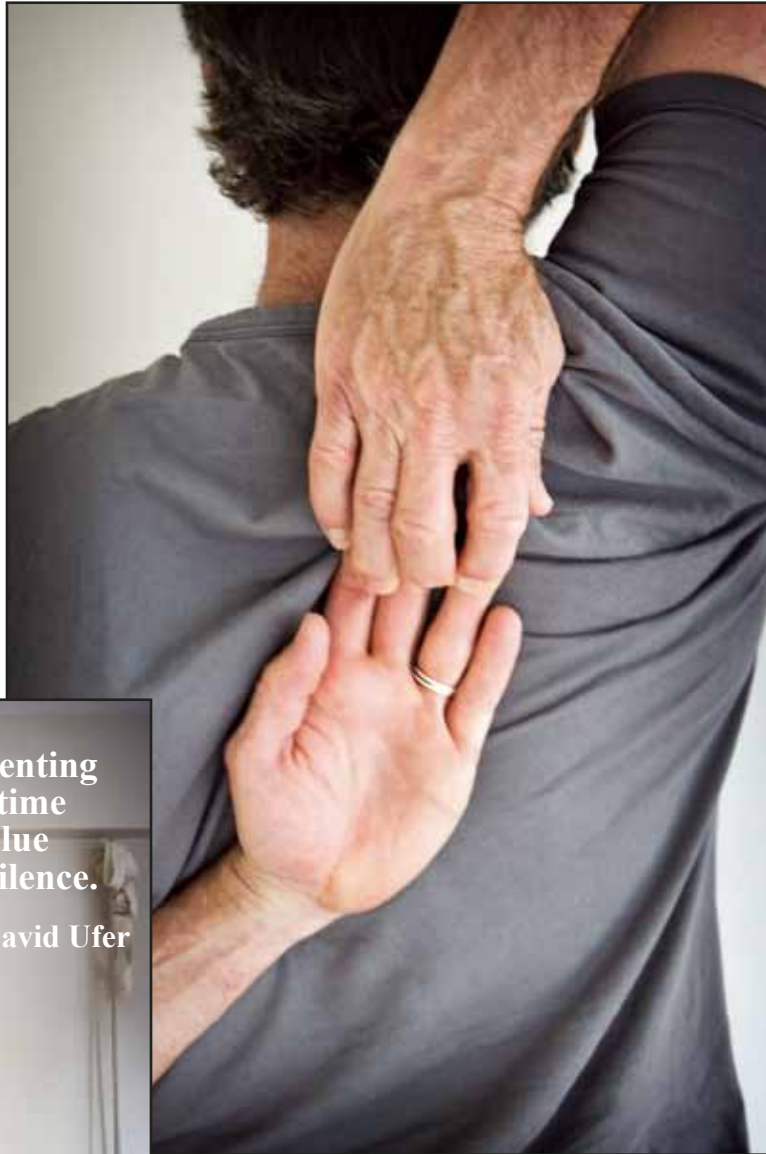
Whether it's from Carl Jung or George Lucas or B.K.S. Iyengar, the observation that one can never understand the true nature of light, or grace or love until one has taken a good look at the darkness is spot on. The practice of both parenting and yoga, if we are paying attention, reveal to us our own "black holes".
--- David Ufer

of a Marriage by Edith Gelles. My favorite book in the last year was *The Elegance of the Hedgehog* by Muriel Barbery.

David Ufer: Muriel Barbery's *The Elegance of the Hedgehog*, David Wroblewski's *Edgar Sawtelle*, and John Knowles' *A Separate Peace* are the last three books I've read. In regard to the past couple of years, among others, I have particularly enjoyed Ann Arbor's own authors: Nicolas Delbanco's *Old Scores* and *Spring and Fall*, Charles Baxter's *Feast of Love* and Elizabeth Kostova's *The Historian*.

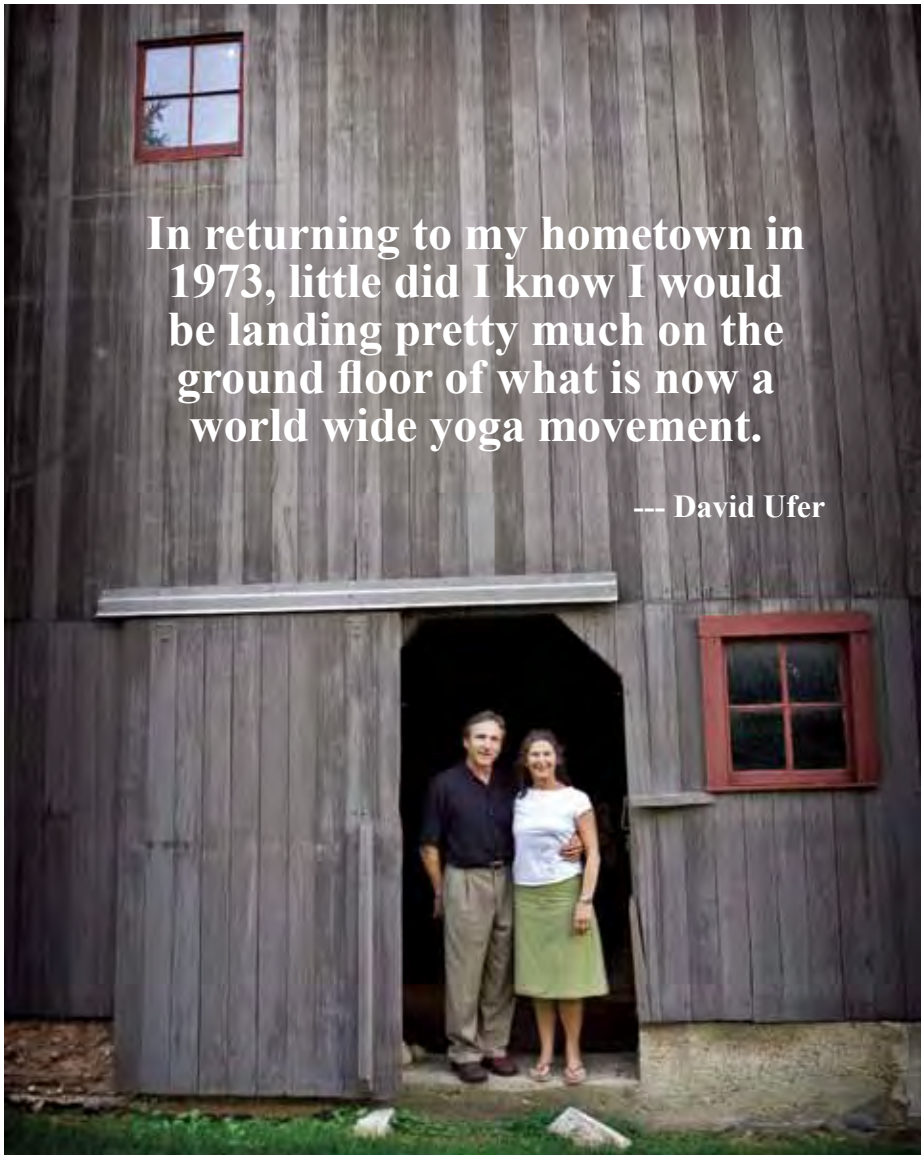
BZ: Anything else either of you would like to add?

Karen Ufer: I want to acknowledge the gratitude I feel to my first teachers: Mary Palmer, Priscilla Neel, Susie Vidrih and Barbara Linderman. They, and especially Mary, did some serious arm twisting and convinced the Ann Arbor Y to sponsor Mr. Iyengar to teach at the Y. Can you imagine this -- a Hindu, Indian man in shorts, teaching yoga at a local YMCA in the Midwest when yoga was barely known? We actually stood on our heads in the diag to promote his visit! Those early teachers recognized the brilliance of his teaching and this system. The rest of us were the lucky tag-a-longs. Those early teachers practiced diligently, studied in India, and brought the teachings back. Further, we are indebted to our current teachers, Manouso Manos and Lois Steinberg. None of the above would have been possible without the lifelong practice and dedication of Yogacharya Sri B.K.S. Iyengar. He developed the brilliant use of props to help us learn the poses with our bodies, and continues to show us and ask us to practice with our hearts.



The Crazy Wisdom Interview with Karen and David Ufer on the Lifelong Practice of Yoga

Continued from page 39



In returning to my hometown in 1973, little did I know I would be landing pretty much on the ground floor of what is now a world wide yoga movement.

--- David Ufer

Our sons, now grown, never knew a time when we were not involved in a home yoga practice. I do remember when their friends came over, we were under strict orders to not wear our yoga shorts or stand on our head.

---- Karen Ufer

David Ufer: Karen and I will receive letters, yes, hand-written with beautiful penmanship, from our first yoga teacher, periodically, in the mail. Ever the teacher, now in her 80's, Susie Vidrih lives on the West Coast with her husband, Bill. She continues to share. Her most recent, sent some weeks ago, went something like this, "Tell everyone that if they are looking for the meaning of life or truth, they will not find it. Yoga has to be for the joy of the moment. The only truth you know is yourself and you will find yourself, you will meet yourself in your practice of yoga. Love, Dogwoman."

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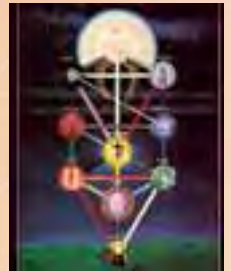
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across the surface of glass.
She is greeted by the dragonfly, wind dancing
and the rhythmic strides of the water gliders.
The bass rise up to kiss her, as they break the surface.
We can hear her when the loons call,
as they glide across the water.
Experience her regal presence as the heron
stands motionless at the Point.
We feel her gently touch and hold us
as we float in her embrace.
Connecting our heartbeats in this womb of grace.
Wise ones hear her calling, beckoning for our return.
Those who know her, feel the tug within their hearts,
and remember her voice.
The Goddess gives this gift of Love,
as our inheritance.
She ignites our inner flame, in the passionate
and magical moments we share together,
in the sacred space of Heart Lake.

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Corporate Headquarters
By Tom Staicar

On the top floor
the CEO and other suits -
the brains -
produce giant thoughts.
Their ideas work their way
downward
downward
downward
descending
floor
by
floor
Turned into breathing, circulating
work projects
by the muscle of production staff.
Ideas digested fully
moving
lower
and
lower
inexorably through the bowels
of packaging and shipping
then down to the bottom floor
and out the exit orifice
of back doors
with regularity
to the loading dock near the compactor
and dumpster
where the CEO's ideas
are flushed out
to their deserved destinations.

My Work in This Life
By Karen Totten
To Michael

I am more than the work
of the day,
less than my desires.
It is my job to measure the length of each
across the floor of hours,
to witness the unraveling of your body life.
You pull against the strictures. It's hard.
I draw a dragon for you to chase,
and irises for myself, to forget.
My work in this life is endless.
My work in this life is trembling and wavering
and vacillating, and shielding
the inner from the outer.
It's too big to fit into one sentence.
It's too small to quantify.
I take no chances.

To submit poetry, contact Sarah
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Barbara Brodsky's Healing Journey Continues

By Barbara Brodsky

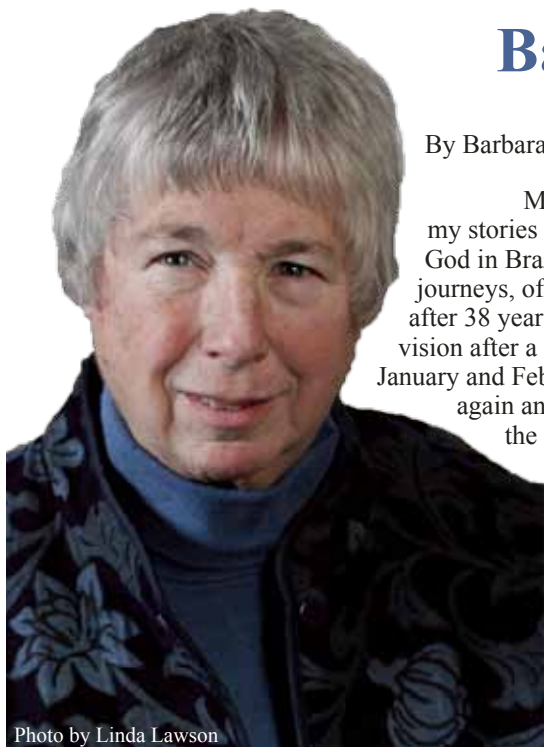


Photo by Linda Lawson

Many of you have been following my stories of my visits to the Casa of John of God in Brazil. I've written of the gift of these journeys, of a very gradual return of hearing after 38 years of deafness, and the return of vision after a serious accident in 2004. In January and February of 2010 I visited the Casa again and am still absorbing and integrating the experiences. Sometimes big events look big, as in hearing thunder or hearing *Amazing Grace*, stories that I told in previous essays for the *Crazy Wisdom Community Journal*. Sometimes it's not until one looks back that one sees the enormity of the gifts given. These experiences help me to better understand the meaning of healing. Let me start at the beginning.

I came to the Casa this year with several intentions beyond the usual request of help for my hearing and right eye. For over a year I had had severe shoulder pain; medical tests showed advanced osteoarthritis in both shoulders. I had severely limited range of motion of the arms, pain when I moved them, and worse, pain even when they were still. There was nerve pain shooting down both arms, which was challenging in the daytime and impossible at night. I had not slept well in over 6 months; throbbing sensations kept me awake most of the night. There was no comfortable sleep position that didn't lead to strong pain in a few minutes. In late September at Omega Institute, the Entity working through John of God was able to alleviate some pain but said I needed to come back to Brazil for him to do deeper healing of the shoulders.

Another intention: I was still looking for the right way to bring my new book out into the world. I came to the Entity on my first day at the Casa with all of these intentions. As usual, he didn't even wait to hear what I was asking, just said "Surgery," and dismissed me. About the book, he just nodded and said, "It is done." The doubting mind immediately jumped to the thought, "He doesn't care about me." How long have I carried that old baggage, believing myself in some way to be lesser than others, wrong in some way, unloved or unlovable? Such thought arises very seldom now, and when it does I know it as old conditioning, but it still does come and still has power to cause pain. What most needed to be healed then was not the deafness, eye or shoulders, but this old myth that still had roots and arose with conditions.

That first week flew by. For two days after surgery I slept an exhausted sleep, not just recovering from surgery but from months of sleep deprivation, for (miraculously) I could sleep with no pain. The third day, I awakened enough to check my email and found a letter from a wonderful publisher in California who expressed strong interest in my book. By the end of the week this interest had deepened into a commitment; he wanted to publish it. How can one keep the myth going, of "I am not seen or heard?" with these responses? And yet the roots were still not fully resolved.

The day before the surgery review, I met with Heather, my friend and translator. The pain was so much less, but I told her there was still no motion possible in the shoulders. Held still, they were pain free, but movement was agonizing. She said to show the Entity the limited motion that I demonstrated for her, and I returned to my pousada for lunch. Midway through lunch, I started to feel light-headed and very sleepy, so I went to my room, lay on the bed and immediately fell into a deep sleep. I dreamed I was having surgery. I next opened my eyes three hours later. It felt like coming out of general anesthetic; it took me an hour to get myself into an awake state, as that drugged sleep kept pulling me back. When I finally was able to move, I walked out of my room to sit on a chair in the garden. When I reached for the chair, my arm moved freely, without pain. I started to move both arms and was immediately cautioned by spirit to be very gentle; no big movements for a week; they must heal; there are stitches. I sat, filled with wonder, which would increase in a few minutes when I realized that for the first time since the retinal vein tore in 2004, I could see color with the right eye rather than just shades of grey. I just sat for half an hour, feeling loved and expressing gratitude.

I was busy these next two weeks with my group, the 12 people for whom I was serving as a guide, and did not see the Entity personally except for passing through the lines for surgery review and taking my group members to him. When I wasn't busy with my group, at the Entity's request, I sat in his Current (meditation) Room, but my meditations were shallow and it felt like nothing was happening. Then those 2 weeks ended, part of the group left, and I was no longer official guide for those who remained. It was time for me to pass by the Entity again, and I pondered what to ask him. Here is the ironic part; despite the enormous gifts of those first 3 weeks, I still felt like I must be doing something wrong. Around me, I saw profound healing and heard stories from people about their healing cancer, MS, and other

ailments including deafness. Why could I not hear? Why did nothing new happen this year with my ears?

I had the wisdom to see the grasping and fear, and not get totally caught in it, but it was there. Finally I decided to ask him, "What I can I do to support healing of the hearing?" It sounds like an innocent and upbeat question, but at some level I was still asking, "What am I doing wrong? Tell me so I can fix it." The incorporated Entity that morning, Jose Pentead, truly saw where I was and had the perfect response. He said, "Love supports healing." He was holding a small flower, placed it into my palm, gently closed my fingers around it and continued, "Here is my love. Now sit in my Current."

I spent the next 10 days reflecting on his message, as I sat many hours in Current and meditated in the garden. I do believe I'm a loving person, able to love others, to treat myself with love and to receive love from others. Yet as I watched the arising thoughts and my response to them, I saw myriad ways in which I was less than loving to myself. Especially, I saw that when a thought arose of, "What am I doing wrong," I immediately condemned myself with a follow-up thought, "I should be beyond that kind of thinking by now." I was amazed at how many judgments and "shoulds" I saw.

I sat and the tears came. There was such a deep level of healing, and with each tear shed, a profound release of old beliefs.

Yet the myth persisted. If I just did *something* right, I would hear. If he would just put his hands on my ears, surely he could bring hearing. I could imagine it happening! "Why is he ignoring me? What am I doing wrong?" Then one day I was standing in the Main Hall before the day started when the incorporated Entity came out on the stage. As he faced the assembled hundreds of people, he looked directly at me, then walked right toward me, stopped inches away, looked into me for a long time with a deeply penetrating look, then stepped back one step and put his hands on the head of the woman standing next to me. With his hands on her head, he continued to look at me. It was clear he was aware of my thoughts and was challenging me to release them.

Twice in one day, the Entity walked up to where I was sitting in the front row of his Current. My eyes were closed but I could feel his energy approach. The first time he put his hand on the head of the woman sitting next to me, then moved her to a big chair right next to his seat. Another time, he called a different woman sitting next to me, to come from the Current, up to talk with him, and asked her to stay another week so he could do more work with her. Each time, the same old habits arose. "I am invisible; unloved; imperfect." Each time they were noted with mindfulness, and I was able to skillfully note the tension and not build further stories, but these thoughts still came. And judgment of them came. It was a painful 2 weeks.

Finally it was my last day, and I would pass through the line again. The logical mind did feel gratitude. By now, with his blessing, I was swimming and able to move the arms fully and with no pain. I slept soundly. I saw in color again. I had a perfect book contract for *Cosmic Healing*, my book about this healing journey. Balance was improved. I had been riding a bike with increasing ease and balance for 5 weeks. I was walking with greater ease.

As I had pondered the book, I was very aware of the responsibility to bring this book fourth without a lot of ego, but from a very clear space. I had been told by spirit for years, "The book will be published when *you* are ready." In other words, I would not be given the opportunity for this next step until I was ready not to have ego grab hold of it. If the opportunity was now here, then I was ready; and that felt true. Yet the question still came. Thousands may read this book; I will travel and give talks with it. Already I had an invitation to speak in California, to share some of the book's teachings with a large audience. Can these words come from a place of emptiness and love? So I asked the Entity what seemed at first to be another clear and innocent question; "Please help me to do my teaching and work with the book with humility, wisdom and love."

Again the Entity, this time Dr. Valdivino with whom I have worked intensively though these years, saw right through my question and into my fears and doubts. Am I "good enough" to do this well? He gave me an exquisitely tender smile, and the kind of look a parent might give a beloved child, of "You still don't get it. . . . Please try now. . . ." He took my hand, and said very clearly, enunciating each word so I could lip-read it, "I love you very much," and he placed two radiant roses in my hand. "Sit in my Current."

I sat and the tears came. There was such a deep level of healing, and with each tear shed, a profound release of old beliefs.

Are these beliefs completely eradicated? Probably not. Hopefully the next time they emerge I can remember, smell those roses and feel spirit's love, release the thought faster, and rest in Truth. We are loved. We are home. There is nothing to fear.

###

(Cosmic Healing; A Spiritual Journey with Aaron and John of God, by Barbara Brodsky, published by North Atlantic Books, will be released in March of 2011. Please watch for it at Crazy Wisdom.)

"Please help me to do my teaching and work with the book with humility, wisdom and love."

Musings...

Let the Muse take each of us through the fires of Awakening, Transformation, and Purification...

By Bronwen Gates

It was just before the Millennium that I became consciously aware of the Muse. Before that I hadn't paid much attention. I thought they only worked with Men Who Were Brilliant Poets, since this was the only context in which I'd heard of them (forgive my ignorance), which was not exactly an image I had of myself. Then something woke me up – probably the Muse herself, since the first trinity of these Nine Maidens Magic is the Muse of Awakening. I now realize they were in my life always and it is to them that I am indebted for so much pleasure.

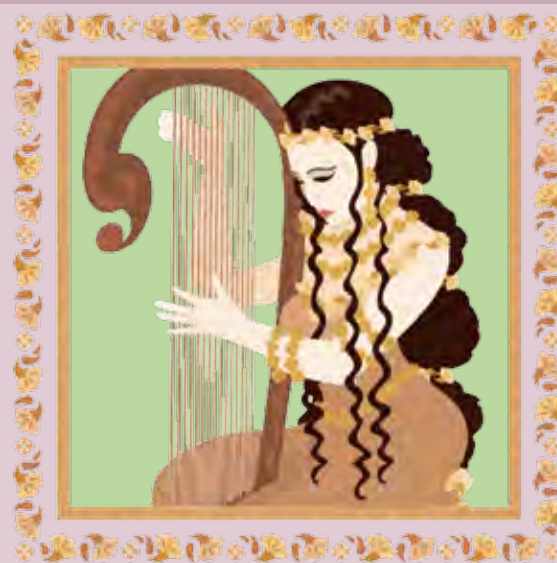
So who are the Muse? The Maidens of the Flame, Source of all Inspiration, Passion's Progenitors and Playmates (that last one came from them – they often like to interject when I'm writing, and with quite a bit of sylph sparkle thrown in for good measure.) They are a Unity, since they can never be separated – where does one flame end and another begin? – yet within this Unity we call the Muse there are nine distinct energies that can be constellated around the names they were given by the Greeks – Thalia, Clio, Calliope; Terpsichore, Melpomene, Erato; Euterpe, Polyhymnia, Urania. The Muse have borne a multiplicity of names for they are universal, and known to the hearts of many. In the absence of a classical education (or even with one), you are unlikely to call this energy that accompanies some of your most inspired moments 'Calliope' or 'Polyhymnia.' Instead we may give this feeling-sense a name of intimacy, probably of mutual choosing.

One of my favorite ways to access the Muse is through Bride, Brigid, the 'Mary of the Gaels', whom the Greeks called Mnemosyne, Mother of the Muse. She holds the Gates of Memory – for we have to free the Muse from the pasts and futures we have imposed upon them to really get to know them. Mnemosyne teaches me to listen and hear with my heart, lets me touch Cosmic Memory, and then I hear their Siren-sweet song - for it is irresistible. Thank goodness for that, for the Muse initiate and effect transformation that takes us to transcendent states we cannot imagine this side of the transformation.

Right now I am deeply engaged with the one who has been called Euterpe, who invites us to the distillation of Music, of What Really Matters. She can be the most misunderstood of the Muse when we project compliance and silence onto the feminine, and women in general. She opens the door to challenge, not of domination, but of invitation – the invitation to release outmoded yet still cherished misunderstandings of our past and our future, and move into the high delight of Truth. When we refuse to engage, we hear her music as discord, as noise – the noise of battle; when we allow ourselves to open our hearts to her invitation, we find the music that lies at the heart of challenge, the complexity of the harmony that our impure understandings hide from us. So often it is our refusal to engage the music that keeps us in judgment and fear of Newness, keeps us choosing to see as faulty and flawed what we do not understand of the new that is being birthed. Too often we give our fealty to the past.

The invitation of the Muse, the challenge of Euterpe, is not for the faint-hearted, though we all are made of the metal that can be forged into the instrument that is perfectly tuned to our Soul Song. The Muse are superior smith-workers – metal smiths, silver and gold smiths, wordsmiths – alchemists of Joy. Whatever your current relationship to the Muse might be, you are invited to claim deeper, richer, more conscious intimacy with them. Let the Muse take each of us through the fires of Awakening, Transformation, and Purification to create and reveal a more brilliant, brighter, stronger self – a transcendent Self. Accept the Invitation.

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Whatever your current relationship to the Muse might be, you are invited to claim deeper, richer, more conscious intimacy with them.

New Issues Poetry & Prose

Kerrytown BookFest 2010

Sunday, September 12th, 11 a.m. to 5 p.m.

Kerrytown BookFest 2010,
315 Detroit St, Ann Arbor, MI 48104
www.kerrytownbookfest.org

Visit the New Issues booth for book signings by Michigan poets and to peruse the latest small press poetry titles.

- 1:30 / Khaled Mattawa, *Tocqueville*
- 2:00 / Josie Kearns, *New Numbers*
- 2:30 / Deanne Lundin, *The Ginseng Hunter's Notebook*
- 3:00 / John Rybicki, *Traveling at High Speeds*
- 3:30 / Linda Nemeč Foster, *Talking Diamonds*
- 4:00 / Mary Ann Samyn, *Beauty Breaks In*

Poetry Reading at Crazy Wisdom

Sunday, September 12th, 5 - 6:30 p.m.
at the Crazy Wisdom Bookstore and Tea Room



Khaled Mattawa, Linda Nemeč Foster, Deanne Lundin,
Josie Kearns, John Rybicki, and Mary Ann Samyn

This reading series is funded by the Michigan Council for Arts and Cultural Affairs

Music Reviews

By Sarah Newland



A Hundred Blessings cd

By Mirabai Ceiba

Listening to this new release from the partnership duo Mirabai Ceiba is like wrapping yourself in soothing, comforting melodies with the warm, gentle voices of Angelika Baumbach and Markus Sieber. This cd was made while Angelika was pregnant. The music is like a lullaby to your soul, like listening to the voice of a loving mother and father singing to your inner child. Love and devotion shine through. Both musicians also contribute instrumentals and are joined by other excellent musicians,

including Cameron Stone on cello.

\$17.99 by Sprit Voyage Records
Shelved in Chant Music.

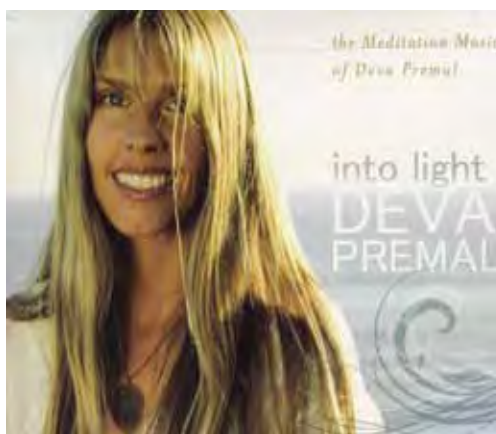
Leave Your Sleep cd

By Natalie Merchant

On her first album of new material in seven years, the beloved Natalie Merchant is joined by over 100 musicians on 26 new songs, composed by Merchant with text by various poets. We've been waiting long for this cd and are so happy to have it in the store! She is one of the longtime leaders in the women's music genre with her soft folk-rock style and lovely, lilting vocals. Includes two cds and an 80-page booklet.

\$25.98 by NoneSuch

Shelved in Women's Music.



Into Light cd: The Meditation Music of Deva Premal

The music of Deva Premal has captivated audiences for its simple purity of devotion. In these eight luminous mantras and chants, she invites you to relax into the sacred space of each song as it carries you inward to your divine light. A bestseller at Crazy Wisdom over the years, Premal's angelic voice carries you through your practice and your day, infusing each moment with a spiritual embrace. She was raised in a German home permeated with Eastern spirituality.

By the age of five, she was already chanting the Gayatri Mantra daily. Premal has released 14 albums and dvds with her partner, Miten.

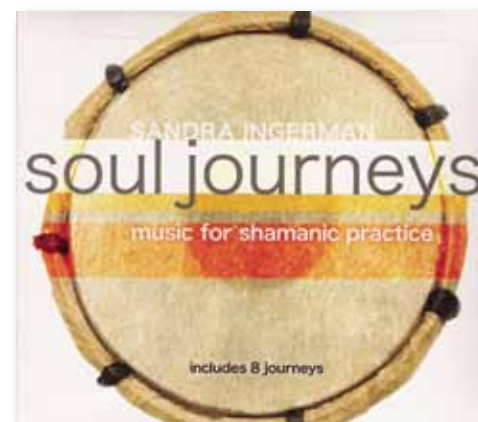
\$17.98 by Sounds True
Shelved in Chant Music.

Soul Journeys cd: Music for Shamanic Practice

By Sandra Ingerman and the Shamanic Transmission Band

In the practice of shamanic journeying, rhythm fuses with intent to carry us into the unseen worlds for wisdom, healing, and insight. With this cd, Ingerman presents a unique collection of musical journeys made to transport you into an expanded state of perception. In addition to drumming sessions for general use in shamanic practice, there are tracks to enable key journeys for self empowerment. Played on traditional instruments and infused with the intention of experienced shamanic practitioners, these recordings support you in ascending to the upper world, contacting a helping spirit, and communing with a spiritual ally.

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The Crazy Wisdom Kids Section

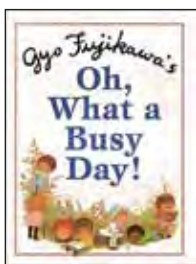
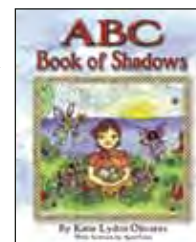
Great kid-relevant articles, reviews of books, music and dvds, and listings for upcoming events for kids.

Children's Book and Media Reviews

By Sarah Newland, mother of two (ages four and eleven) and devoted parent of Waldorf education

ABC Book of Shadows by Katie Lydon Olivares

This colorful board book uses whimsical, delicate, hand drawn illustrations to present the alphabet while celebrating the magick and ritual of the ways of witchcraft. Often misunderstood, witchcraft is an earth-based belief respecting natural and personal cycles, as well as individual responsibility. *ABC Book of Shadows* introduces children of all ages to the magick and mysteries of ancient wisdom. Although not newly published, this book stands out for its unusual content and wonderful expression of pagan tradition. Written for young ones, it's also entirely appropriate for older children for its short but informative explanations. This book is lovely! \$9.00, Itty Bitty Witch Works

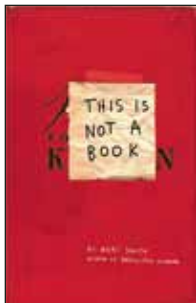
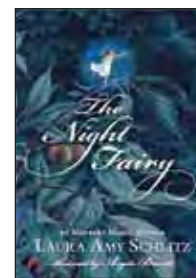


Oh, What a Busy Day by Gyo Fujikawa

Originally published in 1976 and recently re-released, *Oh, What a Busy Day* is a delightful oversized hardcover describing an incredibly lengthy, busy day! From lemonade stands to hide and seek, quacking ducks to gooey mud puddles, picnics to sunsets, it's everything a young child will recognize. Maybe it's because I was young when this book first came out and the illustrations look so familiar, but I love the simple, warm quality of this book as well as the sweet illustrations of children and animals. There's a lot for young children to see. Be sure to leave plenty of time before bed to make it through all the poems and verses! \$9.95, Sterling

The Night Fairy by Laura Amy Schlitz, Newbery Medal Winner

I brought this book home for my eleven year old daughter, and she read right through it, loving it all the way. It's the story of a fairy who loses her wings and is no longer able to fly. Flory finds that the world is a big, dangerous place, but she is fierce and willing to survive. Skuggle the squirrel becomes a helpful friend. This book is made all the better by beautiful color illustrations by renowned illustrator and miniaturist Angela Barrett. \$16.99, Candlewick



This Is Not a Book by Keri Smith

Written by creative artist Keri Smith, this book is more of a project than anything! Each page involves an activity, related to the book itself. This book is a journey using your willingness and imagination. Examples of the pages include: "This is a transformation. Come up with a way to permanently alter this page and change it into something completely different." "This is a map. Create a map based on some aspect of your everyday life." "This is a mirror. Create a self portrait by documenting the things that define you." This workbook/book/journal is excellent for children, teenagers, and adults. (I loved going through my own copy!) \$12.95, Perigree

Come Follow Me cd, Volume 2 by Lorraine Wolf

This second cd is just as wonderful as the first, with sweet, gentle songs, poems, and verses performed by vocalist Lorraine Wolf. Here you'll find beautifully arranged folk and Waldorf-inspired songs to sing with your children. From a bright May Day to a frosty Canadian sleigh ride, travel through the seasons as "robins, bluebirds, thrush, and all" greet you with their merry call. \$16.95, Steiner



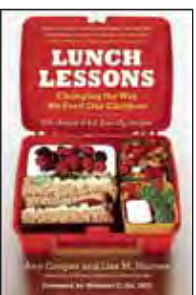
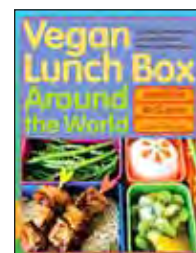
The Little Prince cd, written by Antoine de Saint Exupery

Performed by Richard Burton and many others
One of our favorite books at home, this audio recording is a faithful rendition of the original story. Emmy award-winning, the cd sounds like a play performance with its varied cast and music. I played it for my four year old son, who liked it because of the little prince's little voice. But I think it's perhaps for older children and adults, as is the book, because of its themes of loss, journeying, and realization. \$15.99

BACK TO SCHOOL INSPIRATION:

Vegan Lunch Box Around the World: 125 Easy, International Lunches Kids and Grown-ups Will Love! by Jennifer McCann

What's for lunch? Mexican, Italian, Chinese, and much more! With this book, it's easy to enjoy all your favorite international and American dishes, free of meat, eggs, and dairy products. Inspired by her son's request for sushi on the first day of school, vegan mom Jennifer McCann began creating unique vegan lunch boxes and writing about them on her blog. I loved the Japanese recipes, Asian lunch menus, and photographs. Lunch becomes an art form and, when you wake up just a little bit earlier, you have time to do it! McCann has also written *Vegan Lunch Box*, her first book. \$18.95, Lifelong Books



Lunch Lessons: Changing the Way We Feed Our Children by Ann Cooper and Lisa Holmes

Chef Ann Cooper has emerged as one of the nation's most influential and respected advocates for changing how our kids eat. She has worked to transform cafeterias into culinary classrooms. In this book, she presents how parents can help instill healthy habits in children and explains the basics of good childhood nutrition with dozens of tasty, home-tested recipes for breakfast, lunch, and snacks. We tried the Red Lentil Burgers and the Apple Date Bars, and they were wonderful. This is an inspiring book, although some of the recipes sound more like dinner fare (Lemon Herb Roasted Chicken and Squash Soup with Fried Sage Leaves). \$14.95, HarperCollins

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New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community

By Karen L. Totten



Jessica & Maraca show off their musical skills at Robinsongs for Kids

Music Together offers music enjoyment for little ones and their parents

“All children are musically inclined.” That is the premise of a national program for babies, toddlers, and young children called Music Together, run locally by Robin Robinson of Robinsongs for Kids. The program is aimed at bringing music back to families, through interactive play designed to engage and delight children and adults alike.

Every child can achieve basic music competence, which Music Together defines as singing in tune and tapping in rhythm. “You don't have to be an Olympic swimmer to have fun swimming.”

Robinson, who brought this internationally known music program to the Ann Arbor area, says every child can achieve basic music competence, which Music Together defines as singing in tune and tapping in rhythm. “You don't have to be an Olympic swimmer to have fun swimming,” she notes. In the same way, children can enjoy hearing and moving to music and singing or playing along, without having to feel they need to be evaluated on their level of skill. She stresses Music Together is not performance based, but a fun program of both unstructured and guided activities designed to let each child participate at their own pace and on their own level.

“Children look to their parents to see how to behave in this situation,” says Robinson. Adult involvement with the music is important. For parents who might be a bit shy to tap their fingers, sway to the music, dance, or play a kazoo, Robinson reminds them that skill is not at all a factor. “Adults are modeling the behavior” for the children, she says. “That is how their children learn. Some children will watch for a long time, even months; some will be more active in class. It does not matter, because each child is processing according to her individual way.”

Robinson says participating in making music in this kind of group setting can increase social skills. It can also provide bonding for parent and child, and provide a bridge to more formal music training in school or private lessons. “And they love it!” she adds.

Classes are for mixed ages, from birth through age five, which leads to the question: How does a three-month-old respond to a conga beat? “You will see his arms and legs get going,” says Robinson, “or he will shake the instruments, instead of chewing on them.” Parents can engage the littlest ones with tummy rubbing or swaying to the beat, among other strategies. “Even with singing, you can listen to an infant's tonality or phrasing when he vocalizes,” says Robinson. That cooing and vocalizing can tell much about a child's mood and response to what is happening in his environment.

Robinson stresses music, in general, is good for what ails us, too. In her blog on her website, Robinson posts a link to a Dana Foundation article on the use of music therapy for treating brain injury. “Music activates more parts of the brain than any other activity,” say researchers Michael Thaut, professor of music and a professor of neuroscience at Colorado State University, and Gerald McIntosh, medical director for the Center for Biomedical Research in Music at Colorado State University. New technologies help scientists look at our brain's response to music, and the findings are amazing.

The application of this research has already begun in physical therapy, for instance, where therapists might ask patients to walk or move limbs in time to a rhythmical beat. The music helps establish parameters within which the patient can work, making it easier to move smoothly and with less effort. Music can also help those with language and cognitive issues.

Robinson came to Ann Arbor two years ago from New York City, where she received her Music Together training and had been teaching the program for eight years. She also was a musical theater actress, performing on Broadway and around the world, and fronted her own country-rock-pop band, for which she wrote songs and played acoustic guitar. Robinson earned a BFA from U of M in musical theater, including two years as a music major, where she learned all the theory basics.

The Music Together program originated in 1986 when Ken Guilmartin and Lili Levinowitz began collaborating on music education materials and classroom techniques. Both had extensive backgrounds in music and theory. Guilmartin, a graduate of Swarthmore, studied composition and pedagogy at the Manhattan School of Music and earned a certificate in Dalcroze Eurhythmics. Levinowitz was a Ph.D. candidate at Temple University doing innovative research focused on tonal and rhythm development in young children. She is now a professor of music education at Rowan University and director of research at Center for Music and Young Children, which Guilmartin founded and directs. The program they developed now serves over 2,000 communities in 25 countries.

For more information on the Music Together program, including class times, locations and prices, contact Robin at Robinsongs for Kids, 734-929-2133, or visit robinsongsforkids.com.

Gemini sets tales to music on new CD and in concert

Gemini, the energetic and highly entertaining musical duo of Sandor and Laszlo Slomovits, transport listeners old and young to places of delight on their recently released CD, called “Once Upon a Time.” A collection of traditional stories and original works with musical accompaniment, the brothers regale their listeners with their musical talents, rich harmonies and wonderful story-telling abilities.

Robin Robinson, director & teacher at Robinsongs, and Cooper.



Ann Zalek, BS, NCTMB, CPMT, CEIM is a nationally certified massage therapist, certified pediatric massage therapist, and certified educator of infant massage



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The popular duo has been telling stories at their concerts for years. (Their original story, "The Rooster," also appears in this collection.) So, in 2008, the brothers decided to begin collecting some of their best-loved tales. The result is a project that includes traditional stories such as "The Bremen Musicians," and original pieces such as "Perfect Pitch," on which San's daughter, Emily, now in high school, plays beautiful violin to accompany the plot line.

"These tales are not only wonderful to listen to, but in one way or another are consistent with our core values," says San. Each story imparts something that all can learn. In fact, San often is asked to name his favorite song, to which he replies, "I won't sing a song I don't like. They are all my favorites! It is the same with the stories."

Gemini performs their Annual Thanksgiving Benefit Concert on November 28 in support of the Holden Newborn Intensive Care Unit at Mott Children's Hospital, where San's daughter, Emily, was born 16 years ago.

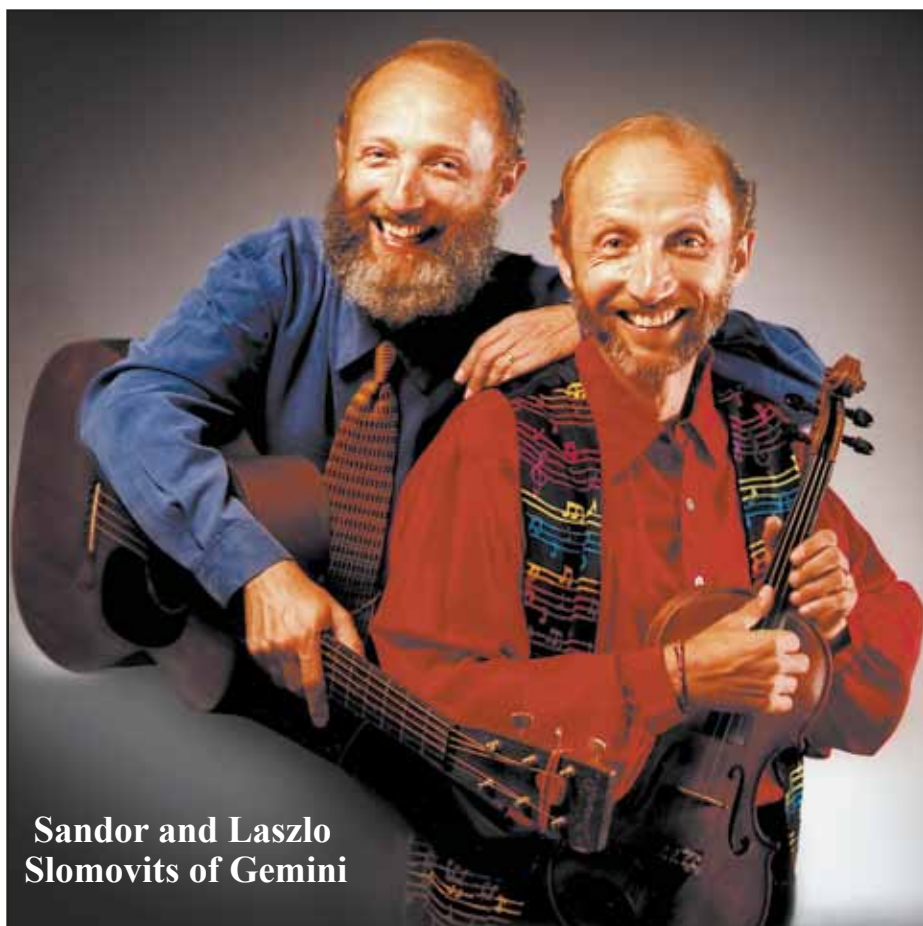
One very lovely and tender piece is "The Two Brothers," which is reminiscent in some ways of O. Henry's classic tale "Gift of the Magi," in its theme of sacrifice for others, blended with a bit of irony. In the song that accompanies the story, San and Laz quote some Hebrew, which San translates in the singing version as, "How good it is and lovely, for people to live as one."

Another wonderful tale is "The Crowded House," wherein both the main character and the audience come to understand at the same time the brilliance of the local rabbi, who gives advice throughout. The original Yiddish tale involved a man having difficulty living near his noisy animals, for which problem he seeks out the wisdom of his rabbi. San changed the premise to use musicians, not animals, and the influx of more and more music creates "a musical madhouse" involving everyone from a piano-playing friend to a gathering of townspeople as audience. Crowded, indeed.

Many Crazy Wisdom readers likely already know that the Slomovits brothers have been writing music and performing together many years — in fact, since 1973, when they first came to Ann Arbor. Born in Hungary, and having lived in Israel for three years before moving to the U.S., the two come from a musical home. They are accomplished on many traditional instruments like violin and piano, and less common instruments such as the bones and the bodhran, an Irish frame drum. Their list of honors and awards is impressive and include awards from *Parent's Choice Magazine* and the American Library Association.

One upcoming opportunity to experience their humor and excellent musicianship is at the Annual Thanksgiving Benefit Concert that Gemini performs in support of the University of Michigan Mott Children's Hospital. The Holden Newborn Intensive Care Unit is where San's daughter, Emily, was born and cared for 16 years ago. She will be joining her uncle Laz and dad San on violin and vocals for that performance. Aron Kaufman will also join the duo, playing percussion, and Brian Brill will play piano. This year's concert will be at The Ark on Sunday, November 28, at 1 p.m. Stories will abound.

It is well worth a visit to the Gemini website at geminichildrensmusic.com to explore further. The CD is available locally at Nicola's Books or through the Gemini website.



Sandor and Laszlo Slomovits of Gemini



Leo Robertson paints the town-- well, one part of it!

Why did Leo Robertson, a junior at Ann Arbor's Skyline High School, spend a month of his summer out on the sidewalk in the hot sun on Washington Street? He had a mission: redesigning and painting the façade of Ann Arbor's teen center, The Neutral Zone.

The façade makeover is Robertson's original design, done in a modified Art Deco style. The building had been a fairly quiet, earth-toned neo-Gothic former warehouse, the front made of old brick and timber. No longer is it modestly self-effacing. Now you can't help but notice the electric blue and shocking pink anchor stones as you pass by, or the deep green steps leading into the building, just down the street from Amadeus and across from the Bank of Ann Arbor, at 301 E. Washington.

"Leo is an exceptional young person," says John Weiss, Neutral Zone's executive director. "Teens here are encouraged to take initiative and take ownership of the space where they hang out." So when the idea came up to paint murals on the back of the building, Robertson's interest was piqued. He had an idea — instead of murals behind the Zone, he wanted to paint the front of the building.

"Leo put together an elaborate proposal," says Weiss. "He had color samples of different paints and schematics. I was very impressed with the deliberate thought he put into the project." And so were others Weiss consulted with Robertson's proposal in hand, including other teens and two adults on the Center's Board of Directors. He also conferred with a lawyer who works with the group, who determined there was no historic designation precluding altering the building façade in the manner proposed.

Robertson, who has been a member of the Visual Arts Council at Neutral Zone for two years, has painted murals before— two, in fact, for the Ann Arbor Open School.

Crazy Wisdom Kids in the Community

Continued from 47

“One of my murals was painted over in anticipation of a movie shoot that never materialized,” said Robertson. He still feels a bit unhappy about its loss. But you can still see the other one at the school, on the wall by the office. In addition, Robertson has worked on set design for productions at Skyline High. Asked about his preference for murals over painting on canvas, Robertson said it is easier to create detail with a two-inch wall brush than with a small standard brush, as one would use on canvas.

After high school, Robertson plans to put his repertoire of building and artistic skills to work. He plans to study architecture, not only to learn design, but also to participate in the manufacture of eco-friendly building materials and in the construction of projects. He already has learned something about interior design and landscaping, and he can do brick laying, small projects in wood frame construction and painting. Tilework, he says, is next. “I plan to teach myself,” he smiles.



Children performing at Nightfire Performance Theatre

Community High's Springer Scholarship winner is a younger-than-usual novelist

Nadeem Persico-Shammas is the kind of recent high school graduate who likes to dabble with computers and play video games. He's read and enjoyed all the Harry Potter books, and likes a variety of music from alternative rock to classic, electronic, and metal. Sound like a fairly typical 18-year-old? Maybe not so much. He's also the kind of person who, in the fifth grade, set himself the task of writing a novel. He wrote 40 pages of a fantasy story about time travel and evil emperors and then stopped, but the experience was enough to convince him that he liked writing and that it might be his forté.

Winner of this year's Suzanne Ruth Springer Scholarship Award for creative writers at Ann Arbor's Community High School, Persico-Shammas received a \$1000 honorarium toward his college education. That fifth-grade writing practice proved helpful. “I still think it was a big job for a young kid,” he says. He hasn't tried to finish the work, but he is still amazed that he attempted it. “I enjoy writing,” he says.

Persico-Shammas was chosen from among his peers by the Community High school English Chairperson Judith DeWoskin, in conjunction with other English faculty. The scholarship, named in honor of the mother of local businessman David Ufer of Ufer Insurance and Yoga Focus, was established in 2003. Ufer explained that the intent was “not to impose another academic requirement on an already jam-packed senior year,” but to honor excellent writing.

Students do not compete for the award in the traditional sense. It's very important that the student chosen is not only a great writer, but one who possesses love of the written word and who encourages that love in the community around him or her. Past recipients include Claire Seibers, 2003; Amelia Granger, 2004; Katherine Shanks, 2005; Anneka Goss and Maggie Dethloff, 2006; Eva Miller, 2007; Noam Samuel, 2008; and Lisa Raymond, 2009.

Nowadays, Persico-Shammas writes about concepts. “I write experimental prose,” he says. “I'd like to think it doesn't fall into one particular genre.” As for favorite authors, heavyweights top his list, including Kurt Vonnegut, Jr., Jorge Luis Borges, and Gabriel Garcia Marquez. Although he hasn't yet chosen a major at U of M, where he will be an entering freshman in the fall, Persico-Shammas definitely has creative writing classes on the agenda. He adds, “I might do something with computer science or film, which is another kind of storytelling. I'd like to learn film making.”

Suzanne Ruth Springer, for whom the scholarship is named, loved Emily Dickinson and Robert Frost. Springer attended Ann Arbor High School, where she was Senior Class Officer. “She was certainly an important reason why I love to read,” said Ufer. Throughout his childhood, Ufer was offered opportunities to extend his familiarity

Robertson admires the work of artists such as Salvador Dali and Harlem Renaissance painter Aaron Douglas. He is fond of Art Nouveau styles, which shows in his choice of colors and design for the Neutral Zone project. The color choices are reminiscent of those used in painting Victorian homes: bright, light colors that draw attention to architectural details.

Joining Robertson on the façade project were Neutral Zone Art Director Trevor Stone and Carlos Vasquez, a longtime friend of Robertson's and a fellow Skyline student. Paint used for the project was the low-VOC, latex base, self-priming and sealing kind, donated by Anderson Paint Company. Robertson received professional advice from John Crawford of G & Q Painting, who has worked with Neutral Zone on a number of previous projects. Crawford helped secure supplies and offered his opinion on the art and science of painting a building exterior.

The Neutral Zone, established in 1998 by teens for teens, is dedicated to “personal growth through artistic expression, community leadership and the exchange of ideas,” as expressed on their website. They offer programs in the visual arts, music, literary arts and leadership, and are known for performance poetry, all-area teen art shows, and their newly remodeled, student-run recording studio. Teens can learn about everything from how to write a good college admissions essay, to DJ-ing for fun or profit, to screen-printing t-shirts and banners, to the best cadence to present a piece of poetry to an audience.

Their website is www.neutral-zone.org and the phone number is 734-214-9995.



Halloween performance at Nightfire Performance Theatre

Sing with Me!
The More We Get Together
 Nurturing Relationships Through Music, Play, Books & Art
 A Resource & Activity Guide for Families & Educators
More Than a Class
 Research based program nourishes your child's brain & affects total development.
Mixed Age Class Birth - 5
 Tues., Wed. 9:15 or 10:45
Music, Movement & Making Art
 For 3 1/2 - 5s
 Weds. 12:45-2:15
Baby and You
 A Special Class for Infants and the Grown-Ups Who Love Them...
 A warm, gentle, nurturing environment of activities to support your daily routine.
 Together we will bounce, chant, wiggle, play instruments, listen, rock, folk dance, share hugs-lullabies and more. Tues. 12:30
 Staff Development
 Family Concerts
 School Assemblies for Pre-K - 2nd Grade
 Gari Stein
 garistein@aol.com
 www.little-folks-music.com
 ph/fax 734-741-1510

with books and authors, from an invitation to see Robert Frost when the poet came to speak in Ann Arbor (Ufer was a third-grade student who declined the offer, much to his later regret) to opportunities to use the bookmobile when it came through his neighborhood.

Springer taught at the Children's Play School on Forrest, begun by Margaret Grace Dow Towsley, where she worked with young children. Ufer chose Community High as the location for this honorarium in part because "Community is the kind of school I could envision my mother attending, if it had existed in the 30's and 40's." Other schools already had scholarships of a similar nature in place, he added.

To extend awareness of the Suzanne Ruth Springer award, and to further honor the recipients, Ufer is planning a website with a sampling of material from this year's and past Springer Scholarship winners. Look for the site in the months to come at srsscholarship.org.

Mayan Womb Massage technique aids fertility and more

The Naturopathic School of Ann Arbor will be offering a 16-contact-hour course in Mayan Abdominal Massage Training, Level One Self-Care training in techniques that can support conception, fertility and childbirth, aid in digestion and support men's prostate health, among other things. The three-class series will be offered November 5, 2010 from 6 p.m. to 9:30 p.m. and November 6 and 7 from 9 a.m. to 6 p.m. Registration is \$350.00, with a deposit of \$200.00 due by September 30.

The course will be taught by instructor Jen O'Hagen of New Jersey, an affiliate of the Arvigo Institute. O'Hagen will apply techniques developed by Dr. Rosita Arvigo in conjunction with Don Elijiio Panti, a renowned Mayan shaman of Belize, with whom Dr. Arvigo studied for a 10 years. Don Elijiio believed a woman's center is her uterus, and to maintain good health it should remain in balance.

In conjunction with the class, private, one-on-one, half-hour sessions will be offered to interested persons.

Mary Light, founder and director of the Gaia School of Herbal Medicine and the Naturopathic School of Ann Arbor, suggests that this course will be helpful to a range of midwives, massage practitioners, nurses, and women and men interested in abdominal massage and its benefits. Students will learn structural work to reposition a prolapsed, tilted or fallen uterus. This technique also supports the prevention and treatment of benign prostate enlargement and digestive problems. "The goal," says Light, "is to give women and men access to techniques they can use to support their own health care and its processes." She notes, "It is empowering information and practice."

Fertility is, of course, a sensitive subject. Many women who desire pregnancy are not able to achieve it, for a variety of reasons. This class will not address any medical reasons for fertility issues. In addition, newly pregnant women (up to 19 weeks); those with active abdominal cancer, infection, or hernia; women in active menstruation; or those using an IUD for contraception are not recommended for the course.

For more information about the class and about the Mayan Womb Technique, please contact Mary Light at 734-769-7794 or visit her website at gaiaherbalstudies.net.

Nightfire teaches dance improvisation-exploration for Halloween

Just in time for Halloween, Nightfire, a performance theater and dance troupe in Ann Arbor, will offer workshops and a dance party for families and children in late October. Bring your mask, if you like, and wear clothing in which you can move freely as you learn about cats, their history and nature. Purr, prowl and play! Workshops will include instruction and improvisation utilizing a mix of World Music and various approaches to movement, including dance forms from the Middle East, Asia, and Africa.

Nagler has been working with children since 2000, and she has a long history of involvement with dance. She notes that Nightfire's emphasis on creativity and collaboration helps children explore avenues of performance and theater that they might not obtain in other settings. "As a result," she says, "children often come away with renewed confidence," which serves them in school drama activities or ignites their interest in more traditional dance instruction.

In fact, the name of the group comes from a place of imagination, says Nagler, where a community might gather around a fire to tell stories or celebrate. Nightfire courses often explore environmental or mythic themes, and Nagler offers courses throughout the year.

A sliding fee scale is applied; prices for the two events will range from \$5 to \$12. The location and exact dates for the workshops can be obtained from Irena Nagler at 734-996-1772 or birena@umich.edu or on the Nightfire website at www.twofeather.com/nightfire.

Playful Wisdom coaches students to find their learning style

Learning Coach Michelle Gantert Guenther of Playful Wisdom is an advocate for students struggling with school and its myriad tests, projects, reports and reading requirements. In her work with children and young adults, Guenther takes discouraged learners and helps them find positive, personally-tailored means of addressing learning challenges. She helps kids learn how smart they are and guides them to confidence in matters academic.

An engineer by training, Guenther's job at one point was to observe natural systems to see how they work, in order to then find ways to use those natural processes to help solve engineering dilemmas. After deciding to home-school her children and studying the work of various learning theorists, Guenther developed a system for assessing and addressing the learning processes of children.

Each child is an educational world unto herself, Guenther observed. She also observed that many educational programs assume all children learn the same way. Hence, Playful Wisdom was born, as an alternative to that approach.

Clients come in for an initial assessment, wherein Guenther observes and gently works to reveal the individual learning process of a student. She discovers whether

**Each child is an educational world unto
herself... (but) many educational programs
assume all children learn the same way.**

or not one doodles when listening to new material, if one likes to listen to music when he studies, or hums while working, or if one lets ideas percolate awhile before writing, among other things. These and many other unique learning habits can be understood and then applied in positive ways, so that they can help students feel more comfortable as learners.

Students meet with Guenther for six or seven sessions following the initial two-hour consultation. She shows clients tools they can use to let their learning process work for them. Clients have ranged in age from six to 39. With younger students, Guenther involves parents in the process, both as reassuring presence and as an integral part of the educational process. Her work also includes communications counseling for couples or those interested in learning how they process information and ideas, and how they can interact with others to communicate those ideas. Guenther can be contacted at 517-795-6026 or info@playfulwisdom.com.

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CRAZY WISDOM KIDS

**A new regular section of
*The Crazy Wisdom Community Journal***

Articles, calendar listings, advertisements, music
and book reviews, and other features... focused on
raising conscious and spirited kids...

Mindful Parenting

Good Eating Habits

Integrative Medical Care for Kids

Yoga and Kids

Dads
and Babies

Mothers and Daughters

Eco-friendly family living

(If you like our new CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

Singing Peace into the World: The Mindful Music of Joe Reilly



“I have always been called to connect with kids and youth and to share with them my talents and interests. I believe that, just as music is a continuation of my parent's talents and gifts, so is education.”

**By Rachel Pastiva
Photography by Doug Russell**

Ann Arbor is lucky to have Joe Reilly. It's true. I challenge you to spend an hour outside on a sunny Saturday morning at one of his children's concerts, and come to a different conclusion. More so, I challenge you to spend one hour at his show and not be moved to turn into a tree and sway along to the breeze of his music.

Like an invigorating hike through the woods, Joe Reilly's music reminds us of the magnitude of life that goes on around us and our deep and unending connection to it. From the life cycle of a tomato to the family life of a mosquito, his lyrics celebrate the intricacies of our natural world and teach us the responsibility we

have in protecting it. Couple his thoughtful lyrics with catchy tunes, and it's easy to see how the environmental messages in this young man's music can inspire children young and old to be more mindful of their impact on our living planet. And to actively improve the ways we choose to live upon it.

The song “Little Tomato” from Joe's recent album, *Touch the Earth*, is a perfect example of how he inspires us to take a closer look at the world we are so deeply connected to, and honor our relationships to it. This particular song, which Joe dedicates to “all the tomatoes--in gardens, in soups, salads, and sauces,” is a celebration of the relationship we share with the food we eat. In it, he sings to the tomato in his bean stew and thanks it, along with the gardener, the harvester, the soil and sunshine for allowing the tomato's energy to flow into him. As if this isn't enough to make us more grateful for our food, the tomato responds with his own feelings, giving us a deeper understanding:

“...sittin' in your
bean stew you might think I'm
depressed
but I'm quite content
to become part of you, your
thoughts and your body
it's like one big
energy exchange party.
And what you ask,
started all of this? It was the
sun and photosynthesis.”

These smart lyrics, the inflection in Joe's voice, and the rhythm of his guitar generate feelings of joy and gratitude that result in a powerful sense of enlightenment. *This* is the stuff Joe Reilly's music is made of—*this* is how his music transforms us.

In his early thirties, Joe's long dark hair, olive skin and brown doe-like eyes bespeak his Cherokee heritage. Soft spoken with a kind smile, he radiates a sense of peace that draws you towards him. Joe has been working with kids as an environmental educator at the Leslie Science Center for the last six years, but his work with children began long ago, as did his music.

Joe Reilly was raised in Kalamazoo, Michigan, and grew up surrounded by music. Both of his parents are singers and play guitar and his dad also plays the upright bass. Joe's parents played contemporary Catholic folk music at church services. “Music was always a part of our household. I didn't really appreciate it as much as a kid growing up...but realized later that it was a gift being passed along-- even if I wasn't conscious of it.”

Music wasn't the only gift passed down to Joe. “I have always been called to connect with kids and youth and to share with them my talents and interests. I believe that, just as music is a continuation of my parent's talents and gifts, so is education. My mom is a teacher and her mother was a teacher as well.” He first began working with kids in high school when he started volunteering at the Kalamazoo Nature Center. This experience sparked an interest in Joe that has inspired him to work with kids in a variety of ways. “As my passion for [working with kids] grew I continued as an environmental educator, youth prevention specialist, and mentor through college and beyond. I have worked with the youth alcohol, tobacco, and other prevention programs at American Indian Health and Family Services in Detroit since I was a college student—for about twelve years now—in addition to working at the Leslie Science Center.”

It was during his summers at the Kalamazoo Nature Center that Joe came to love and understand



“Even when I was in elementary school, I became very concerned about environmental issues like the ozone layer, pollution and other large issues of human impact. Then, when I was in high school, being at the nature center opened me up to the real ecology of the world around me—recognizing how beautiful and wonderful it is, and what a gift it is.”



Like an invigorating hike through the woods, Joe Reilly's music reminds us of the magnitude of life that goes on around us and our deep and unending connection to it.



At Leslie Science and Nature Center, kids are prepped before recording their parts on songs to appear on Joe's upcoming album *Let's Go Outside*.

nature, but his concerns about the environment started when he was much younger. “Even when I was in elementary school, I became very concerned about environmental issues like the ozone layer, pollution and other large issues of human impact. Then, when I was in high school, being at the nature center opened me up to the real ecology of the world around me—recognizing how beautiful and wonderful it is, and what a gift it is.”

High school was also the time when Joe began to explore his native roots. Part Irish and part Cherokee, Joe's family didn't have a direct connection to the native community, but an Indian education program in the schools allowed him to explore it. In his own exploration of his roots Joe began attending pow-wows, where he was introduced to drumming, but only as a listener. Later, when he moved to Ann Arbor to attend the University of Michigan, he became actively involved in it. “When I came here to college at U of M, I was really introduced to the drum. There was a group of students and community members and they sang at a reception for incoming Native students and I was really inspired by that.” Joe asked if he could join the group and soon was attending practices and drumming along.

Playing with the group and building a relationship with drumming taught him a great deal about music. “It taught me a lot about opening up my voice and really putting my voice out to share it. It taught me about having a role as a singer—a role that is greater than just myself as an individual—one that serves something in the community... It taught me to take it seriously. There's a responsibility to being a singer.” He began to understand its role in an even deeper sense. “[Music is] also a part of ceremony. Music can be prayer and music can be healing. It can be part of a spiritual expression, which is a continuation of what my parents taught me.”

Joe graduated from the University of Michigan in the summer of 2000 with a degree in Environmental Justice and began working on his first album, *Mothers & Daughters*, which came out in the spring of 2001. The fall and winter after college, he also worked two jobs to save up money for what he refers to as his “Greyhound Bus Tour” which he embarked on in the summer of 2001. For \$500, Joe purchased a sixty-day Greyhound AmeriPass that would allow to him travel anywhere in the country. Having no scheduled shows, he visited places he had friends he could stay with: New York City, Washington D.C., Texas, San Diego, San Francisco, British Columbia, Seattle and Chicago. He spent about a week at each location, and while there, he played in parks, on street corners and at open mics. “It was basically a dare to myself to see if I can do this and also, I think, kind of asking the universe for help, too. Saying, ‘Hey, this is

Continued on page 52

Teenager Ryan Shea on Joe Reilly

(Fifteen-year-old Ryan Shea plays guitar on some songs on Joe Reilly's upcoming album, *Let's Go Outside*. This fall he will be a junior at Community High School and plans to pursue an education in music technology, law or musicology upon graduation.)

Rachel Pastiva: How long have you known Joe Reilly? When, and under what circumstances, did you meet?

Ryan Shea: I have been a regular at the Leslie Science and Nature Center since I was five, so I met Joe when he started working as a camp counselor there (maybe 4 or 5 years ago).

Rachel Pastiva: Do you remember what you thought of his music the first time you heard him perform?

Ryan Shea: I had actually heard him perform before he worked at Leslie, with a group called the Longhairz Collective. I enjoyed his music with that group so much that I still listen to the old CDs occasionally.

RP: In what ways has his music changed your perspective on nature and the environment?

Ryan Shea: One of my favorite aspects of his music is that there is a lot of input from kids in many of his songs. Often, at Leslie, he will take a group of kids and write a song with them. This makes them (and made me when I was that age) look more closely into a certain aspect of nature (the topic of the specific song they are writing) and explore it more in depth.

RP: Has Joe's music inspired you to change the way you live at all?

Ryan Shea: I'm sure it has, subconsciously, over the years. It is very infectious music, and it promotes a positive message, so the ideas are pretty firmly engrained in the young minds that enjoy it.

RP: Joe mentioned that you play guitar on some songs on his upcoming album. How long have you been playing guitar? Has his music inspired you in any way to make music yourself?

Ryan Shea: I have been playing guitar for five years. His music has shown me that you can use music to help others improve their lives. Many of his songs are aimed at reinforcing good, healthy habits and I aim to incorporate some of this style into my own music.

RP: What was it like to play music with Joe?

Ryan Shea: It's always a joy to play with Joe. His style is simple but infectious, and lots of fun to play.

RP: How would you describe Joe and his music to someone who doesn't know him?

Ryan Shea: Singer-songwriter folk-rock with a positive message.

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Singing Peace into the World: The Mindful Music of Joe Reilly

Continued from page 51



"[Meditation] gives me an anchor in love and compassion rather than anger or despair. This peace is also the source of my music, and I love to share that with others in a way that can communicate some of that loving energy."

what I'm going to put out, how is it going to fit in? Is there support for this?"

Joe's Greyhound Bus Tour gave him a better sense of what music is about. "It was a huge experience and I learned a lot as I went around. I learned that doing music is about relationships. That was the real value [of the trip]. The friends I stayed with and times with them and their support and help and encouragement--that's really what it's about. In music there can be this tendency to feel like 'I need to be noticed, I need to be recognized, I need to have some kind of fame...' There's a real hollowness to that, a real emptiness. The real richness is in the relationships with people."

Shortly upon returning home from his tour, the tragedy of September 11th happened, and it changed Joe's outlook on life. "[9/11] really was a big opening moment for everybody. But the way I experienced it was feeling very vulnerable and really knowing in my heart that this was a moment in our history where we need to remain open to compassion and understanding and peace. But I was so discouraged then when our country took the other way, which was vengeance, war, consumerism... and more violence in response to the terrible violence that had happened. That is

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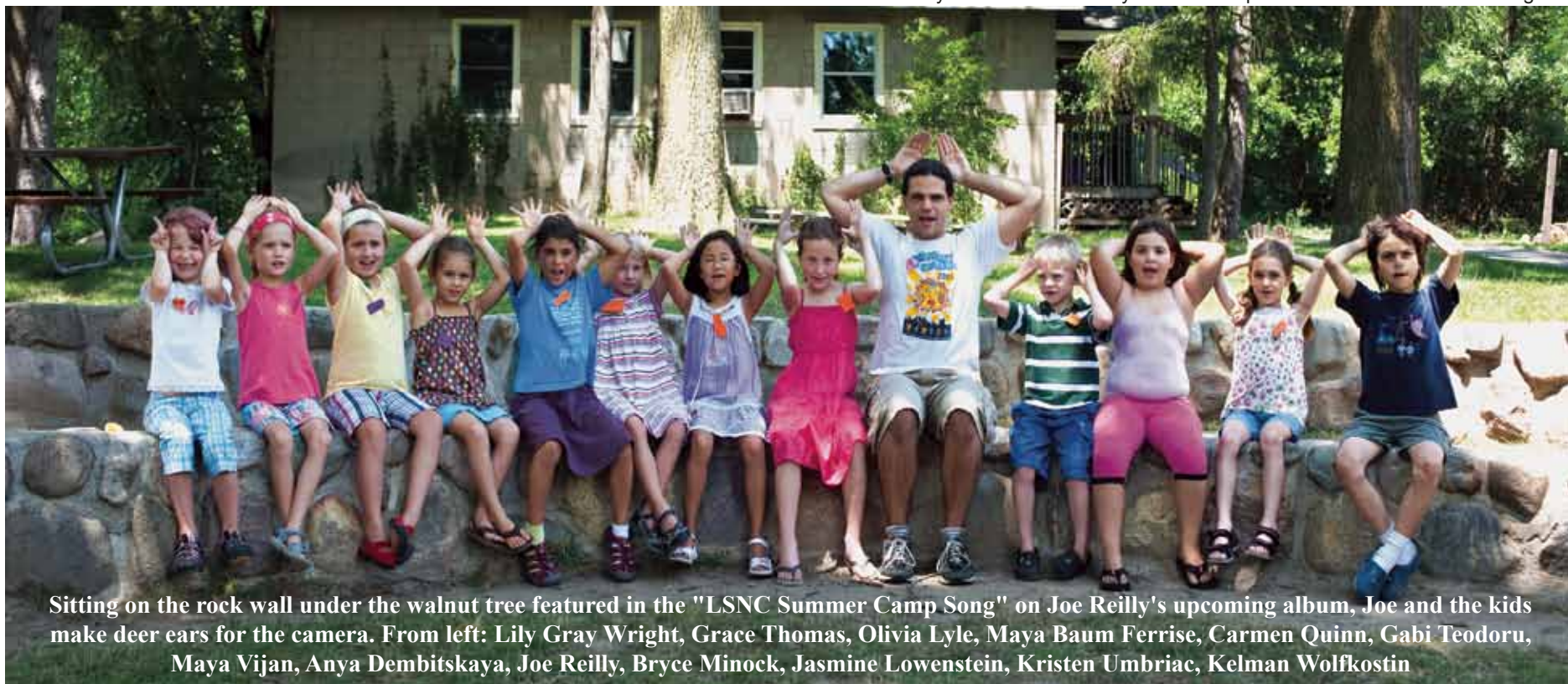
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Sitting on the rock wall under the walnut tree featured in the "LSNC Summer Camp Song" on Joe Reilly's upcoming album, Joe and the kids make deer ears for the camera. From left: Lily Gray Wright, Grace Thomas, Olivia Lyle, Maya Baum Ferrise, Carmen Quinn, Gabi Teodoru, Maya Vijan, Anya Dembitskaya, Joe Reilly, Bryce Minock, Jasmine Lowenstein, Kristen Umbriac, Kelman Wolfkosti

“The practice of mindfulness and meditation has given me such growth and such fertile soil for my music and spirit to grow in.”

when I started to be more conscious. My work in the world, be it music or whatever, needs to be aligned with peace somehow.”

In response to his feelings about September 11th, Joe picked up a book by Thich Nhat Hanh called *Being Peace*, which was his first introduction to Buddhist teachings and the work of Thich Nhat Hanh. Joe was transformed by the concept of looking within to find the peace we want to see in the world. “That planted a seed for me, which has taken a long time to cultivate: how do I find peace in myself?” Joe began meditating and continued studying Buddhism and the teachings of Thich Nhat Hanh. “The practice of mindfulness and meditation has given me such growth and such fertile soil for my music and spirit to grow in.”

Since his introduction to Thich Nhat Hanh, Joe has visited Plum Village three times, the Buddhist monastery and meditation center in Southern France, and home of Thich Nhat Hanh. He visits Plum Village in January when it is more of a monastic retreat, which allows him more space and time to write. “Every time I go to Plum Village, I write many songs. That's a combination of all the conditions there...the support of the community, the Sangha, is really strong. The teachings of Thich Nhat Hanh are very heart opening and inspiring, and then the space and time to write. I bring a journal and fill it up. All those things together have made it a really wonderful way for me to not only just write songs, but for me to have a solid spiritual foundation for my music. It's like the soil; I really think that's true. And every time I go, my roots grow a little deeper in it and I can reach a little more into the world by just doing the work.”

Joe found that his spiritual work reaches the space inside him where his music also lives. “[Meditation] gives me an anchor in love and compassion rather than anger or despair. This peace is also the source of my music, and I love to share that with others in a way that can communicate some of that loving energy.” Joe's music is clearly infused with

the intention of mindfulness, which he credits to his life experiences. “Somehow it's all connected. The Greyhound Tour, September 11th and then reading the book by Thich Nhat Hanh. It's all part of the same path of trying to sing peace into the world.”

Like his meditation practice, working with kids has taught Joe some valuable lessons that he can apply outside of his work with them. “Kids have taught me the importance of play—of doing things just for fun and not necessarily trying to get something out of it...they've taught me about honesty too. It's better to be honest

about where I'm at then to try to put on a front or a mask. I think as a performer that can be an easy thing to fall into: 'Okay, I have to be like this...' But I think with kids they help give me that because they are [honest]. If they're not into it their response is going to show you. It's not a personal attack, it's just the honest truth.”

Watching Joe perform kids' shows, it's evident that he's embraced the lessons that he's learned from working with them. He relates to them easily and encourages their participation through direct communication with audience members and lots of movement during songs. “What I love about working with kids [is] they help me get out of my own self. I can start to imagine what it's like to be them---How do I connect with them? Well, let me imagine what it's like to be them. Let me put myself in their shoes. Let me recognize their selves within me. And then ultimately that's what the music has to become. It has to become this way to transcend our separateness. It's a way to connect.”

Today, Joe Reilly has no reason to play his music on random street corners across the country. He put himself out there and asked the universe if there is support for what he does, and the universe

“[Drumming] taught me a lot about opening up my voice and really putting my voice out to share it. It taught me about having a role as a singer—a role that is greater than just myself as an individual—one that serves something in the community.”

**Little Tomato
(from Touch the Earth, released 2009)**

This one goes out to all the tomatoes, in gardens, in soups, salads, and sauces. This is for you...

**Well, hello, little tomato, can you tell me all the secrets of this life that you know?
In what type of environment did you grow, have you ever seen the city streets of Bordeaux?
Hello, little tomato, I'm happy to have you as part of my bean stew
Again let me ask you do you remember last September growing together with the cucumber
in the fall slumber, sometimes I wonder if it felt a little edgy to be a young veggie before the harvest time**

**Well I started out as just a seed, and when I germinated I was just a weed
I grew up strong, my branches crept along, I always hoped that someday I'd be in a song
but alas! I know I've digressed, sittin' in your stew you might think I'm depressed
but I'm quite content and will not prevent you from eating me, no I'm so happy
to become part of you, your thoughts and your body
it's like one big energy exchange party
and what you ask, started all of this, it was the sun and photosynthesis
I'm a producer, you're a consumer,
I'll say it again I was fed by the rain and received the most from the compost,
decomposing matter helped me grow fatter
more red and juicy now won't you excuse me it's time for you to stop talking and consume me**

**Well thank you, little tomato, there's so many more things that I can say oh but it's enough to say I'm grateful
for all the stuff that you're made of
the water, the soil and the sunshine, the gardener who staked out your vine
the harvester who picked you at the right time
I even have to acknowledge the energy divine that is in you and flows from you to me
I will do my very best to live and to be worthy of your time and your energy
I will eat you happily, mindfully
come rest for a while with me in my belly then return to the earth for another
rebirth
I'll see you again my vegetable friend, I'll see you again my little
veggie friend, I'll see you again...**



###

Singing Peace into the World: The Mindful Music of Joe Reilly



Patiently waiting for a chance to talk about Joe Reilly, from left: Anya Dembitskaya, Samantha Marchand, Hayley Marchand, Lily Gray Wright, Grace Thomas, Olivia Lyle

Continued from page 53

responded with a resounding “YES!” In 2007, Joe released his first children's album, *Children of the Earth*, and he is currently working on his second. He also has four albums geared towards an adult audience, but he's come to understand that the separation is unnecessary. “Over the past few years I have realized more of an ability to share music with people of all ages, and have appreciated that versatility, rather than limiting myself to being only a children's singer or only a singer songwriter for an adult audience.” This past spring Joe completed his third West Coast tour and does shows year-round all over southern Michigan at a variety of venues, including community centers, schools and churches.

It turns out Ann Arbor isn't the only place lucky enough to have Joe Reilly. And that's a good thing. His messages of love, compassion and mindfulness transcend all boundaries and are important lessons for us all. Just as drawing our awareness to them can change the trees, water, and soil, we can be changed by the words of his songs. We can choose how we live upon the earth. We can also stop sometimes to sway in the breeze with the tree branches to remind ourselves that we are all one.

###



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How Kids Feel about Joe Reilly's Music

*(On a beautiful and hot July Saturday this past summer, Joe Reilly invited kids to the Leslie Science and Nature Center to help record songs for his upcoming album, **Let's Go Outside**. I had the great pleasure of watching the recording process and got a chance to speak with some of the kids after the recording session to find out how they feel about Joe's music.)*

Rachel Pastiva: *What is your favorite Joe Reilly song?*

Carmen Quinn (age 8): The Leslie Nature Center song because they sing all funny.

Olivia Lyle (age 8): Summer Camp song because it's really good.

Grace Thomas (age 7): Summer Camp song because it's fun.

Maya Baum Ferrise (age 6): Amphibian song because it's the danciest.

Hayley Marchand (age 6): At the rock wall under the walnut tree song. It just has a lot of my attention and I want to sing along with it.

Kristen Umbriac (age 8): The Summer Camp song because the hand motions are really fun to do.

Jasmine Lowenstein (age 6): I like them all.

Rachel Pastiva: *What makes Joe Reilly's music so much fun?*

Gabi Teodoru (age 8): He always sings about nature and his songs are so easy to memorize because the chorus is really often.

Olivia Lyle: Because the music is not all played in one beat.

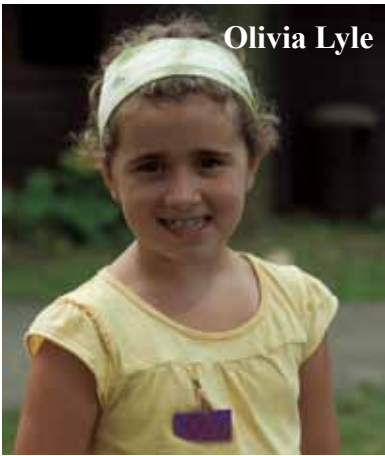
Anya Dembitskaya (age 9): It's kids songs but adults can listen to it too. It's fun for kids.



Kristen Umbriac: He lets kids help record it.

Maya Baum Ferrise: It's so fun but I wish it was outside more.

RP: *What have you learned from listening to Joe Reilly's music?*



Olivia Lyle

Carmen Quinn: That we need to clean up nature more...

Gabi Teodoru: I want to go to summer camp because I never did it before and I want to do more of the performances.

Olivia Lyle: About nature in an outside way.

Anya Dembitskaya: That you should respect nature no matter how much it annoys you. But I'm kind of against the

Mosquito song where Joe says you're supposed to NOT kill mosquitoes and you're supposed to let them sit there and drink your blood.

Kristen Umbriac: It really matters if you litter and don't do bad things to the earth.

Lily Gray Wright (age 6): To respect nature.

Maya Baum Ferrise: I've learned more about nature like what things are called, like what amphibians are.

Hayley Marchand: Respect nature. Instead of throwing away your paper you can recycle it so you can use that and you can save more trees.

Samantha Marchand (age 8): To play outside more instead of staying inside.



Hayley Marchand

RP: *Has Joe Reilly's music changed the way you live?*

Kristen Umbriac: I like to use recycled things to make toys.

Olivia Lyle: To not throw compost away, put it in your compost can instead.

RP: *How would you describe Joe Reilly's music to someone who hasn't heard it before, so that they would want to listen to it?*

Gabi Teodoru: You should listen to it because it's all about nature and it makes you feel confident in yourself and it's really easy to memorize and you can get it stuck in your head easily.

Carmen Quinn: It's really cool and really fun and you should try it.



Lily Gray Wright

Maya Baum Ferrise: It's dancing music. Come on, let's go listen to it!

Hayley Marchand: His music is really good and he's really good at it.

Anya Dembitskaya: It's just really good and it can be good for anybody. It doesn't matter how old you are.

Kristen Umbriac: It's fun and lively.

Jasmine Lowenstein: It's about the Earth and plants and animals and trees.

(Let's Go Outside will be released sometime during the 2010-2011 school year. Be on the look out for it at Crazy Wisdom!)

###

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Bill Zirinsky: As you look back on it now, what interests in your childhood foretold your becoming a martial arts instructor?

Rob Byas: Funny enough, I've always known. My older sisters tell everyone to this day that I announced it at the sagely age of 7. I used to watch Saturday karate movie marathons on television. My friends and I would immediately proceed outside where we would reenact the fight scenes and battles. (Laughs) Boy, were those epic! I used to read all the ninja books and magazines from the 80's ninja boom. I saved one year's allowance to purchase an "authentic" ninja uniform when I was 10. I practiced postures from books religiously, and taught myself how to cartwheel, summersault, and back flip. I climbed up and over everything I could find.

Bill Zirinsky: Tell us about your path to opening up the Ann Arbor College of Martial Arts.

Rob Byas: I began training 17 years ago. In 1999, I opened a video game store in Hamtramck as a way to help kids stay off of the streets, and provide them a safe, uplifting environment. I built a training gym in the store. Neighborhood kids watched me train and enthusiastically asked questions. I began instructing a few of them. One student was accepted to U of M and wanted to continue training. I regularly commuted to Ann Arbor to teach at another facility, so I agreed to come on Sundays to work with him. We grew to become the largest martial arts organization on the campus. Several senior students graduated college and petitioned me to open a commercial school with them.

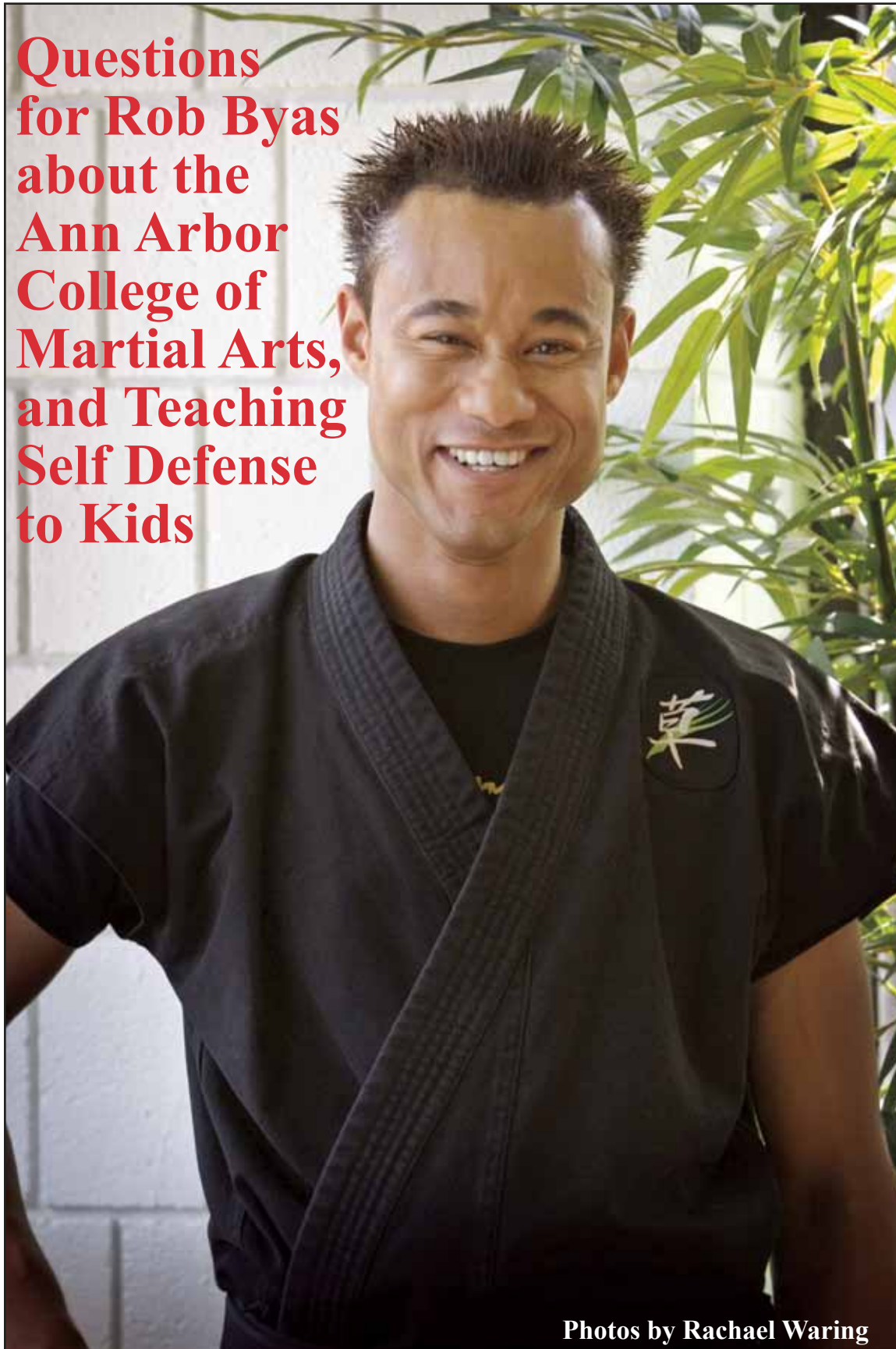
BZ: How long has the Ann Arbor College of Martial Arts been in business, and how is it going? And tell us a bit about your partners, as well.

Rob Byas: Almost two years and we're exploding! Ann Arbor has been waiting a long time for a martial arts school that actually teaches self defense. I have three partners, one of whom runs the daily operations of the school with me.

BZ: I believe you mentioned to me that Ninpo Taijutsu was the form of martial arts practiced at the Ann Arbor College. Please tell us about this form of martial arts.

Rob Byas: You are correct. The art originated in Japan and has a 900 year legacy of battle tested philosophies and techniques of self protection. It encompasses both Samurai and Ninja disciplines. Comprehensive in nature, it covers all aspects of self defense -- armed, unarmed, multiple attackers, stand up defense, ground defense, and psychological. The focus is on efficient, effective, intelligent, and practical methods of self protection and life skills. We practice and teach Godai Goshin Taijutsu, a

Questions for Rob Byas about the Ann Arbor College of Martial Arts, and Teaching Self Defense to Kids



Photos by Rachael Waring

Rob Byas of the Ann Arbor College of Martial Arts, located on South Industrial. Rob and his partners started the Ann Arbor College two years ago, and he says that business is exploding. For more information, check out their website at: www.A2CoMA.com or call 734-913-6000.

“Parents want practical martial art for their kids that will not advocate violence and aggression, yet prepares them to appropriately address assault scenarios.”

contemporary system of self protection based on these time tested methods.

BZ: You mentioned that your form is the parent martial art for a lot of other Japanese martial arts. Can you tell us a bit about that?

Rob Byas: Over the last two centuries, the Samurai and Ninja warrior arts were segmented into specialties. However, they all have common sources. Aikido for example, is derived from Aikijutsu, which comes from Jutaijutsu; a core component of Ninpo Taijutsu. Likewise, Judo is from Jujutsu, also from Jutaijutsu.

What hopes or concerns bring parents to your martial arts studio...what are they seeking for their kids?

Rob Byas: Parents want practical martial art for their kids that will not advocate violence and aggression, yet prepares them to appropriately address assault scenarios. Some enroll their kids to develop focus, discipline, confidence, respect and physical fitness, academic tutoring, and exposure to outstanding role models that provide 'Living Examples'.

Tell us a bit about the philosophical underpinnings of your approach to martial arts.

Rob Byas: We use a model called "Godai" which means "5 great elements". The elements are Earth, Water, Fire, Wind and Void. They are representations of mental and physical states of being. Form without function is fatally flawed, so we practice responses to assault scenarios as opposed to punching and kicking at the air for points or trophies. We advocate escape and evasion as the best solution with practical, direct, effective physical defense when necessary. One won't always be the biggest, fastest or strongest in a fight. Consequently, superior athleticism is not the basis of our techniques. We utilize distancing, timing, bone alignment and an attacker's momentum to our advantage to escape harm.

You said to me that "self defense begins with defense against self." Please explain.

Rob Byas: Over time we develop habits that make us vulnerable to dangers in various guises. If we fail to practice moderation for example, we develop health issues, financial troubles, chaotic relationships, etc. By diminishing the frequency and presence of negative habits in our lives, we are in fact practicing self defense.

Tell us about the role of self defense vis-à-vis the sport/competition aspects and the self improvement aspects of martial arts?

Rob Byas: Martial Arts exist for the purpose of self defense, first and foremost. By default and design, self improvement dovetails into this imperative. Sport and

“We identify and cultivate areas of proficiency and potential. We conversely strive to diminish what's lacking, dangerous or destructive within kids. We set them on paths of positive growth and success.

competition should always be tertiary to the other two. Unfortunately, many sports centered martial arts schools purport themselves as self defense focused, and it is both a deception and a disservice to their students and clients that come to learn self defense. There are no rules of engagement when your life, health and safety are in jeopardy; you do what you must to make it home safely. I wish more consumers were educated on the differences, and that more school owners were forthcoming about the true nature of their programs.

How does your martial arts program help kids in “tempering or mastering oneself,” to use your words?

Rob Byas: This relates back to “self defense begins with defense against self.” We identify and cultivate areas of proficiency and potential. We conversely strive to diminish what’s lacking, dangerous or destructive within kids. We set them on paths of positive growth and success.

You said to me that kids in martial arts programs are “investing in their future.” What are the social, academic, and developmental advantages that a kid in your program may receive? What’s unique about your children-specific programming?

Rob Byas: Our kids benefit from a culturally diverse family oriented environment, a highly educated and motivating staff willing to serve as academic tutors, mentors and life coaches, and a home away from home. We are unique in that we can bridge the gap between parental authorities and youthful peers, in a positive, productive and functional way. We “get” young people.

How does your program evolve as kids get older?

Rob Byas: As children mature, we build on their motor and cognitive abilities. For example, the hand/eye coordination games played in our Tigers’ program are the basis of evasion skills in our Dragons’ program. The evasion skills of the Dragons coupled with vocalization drills form the foundation of our anti-bullying/anti-predator lessons of the Juniors’ curriculum.

How old are your own children, and have they trained in the martial arts?

Rob Byas: I have two children. My daughter is 18 and in college. My son is 15 and attends Skyline High. Both train with me.

You said to me that martial arts instructors are ‘living examples’...and they must hold themselves to a high standard. Please explain the words ‘sifu’ and ‘sensei’.

Rob Byas: “Sifu” is Chinese and means both teacher and honorary father. “Sensei” is



“Our kids benefit from a culturally diverse family oriented environment, a highly educated and motivating staff willing to serve as academic tutors, mentors and life coaches, and a home away from home.”

Japanese and is often thought to mean teacher but actually means, “One who comes before”. Neither is to be self titled, they are bestowed by students to those deemed worthy. My students have chosen to call me Sensei, as I am travelling the path to self mastery ahead of them. In this way, we are living examples to all those that come after us.

You mentioned to me that “we really suggest finding joy in everything we do as a sustainable fuel to get through it.” Can you elaborate on the essence of that, as a closing thought?

Rob Byas: If one can find some measure of joy in every task, no matter how much one may dislike it, one can endure and persevere to its completion. The “Nin” in Ninpo Taijutsu means “To endure and persevere”.

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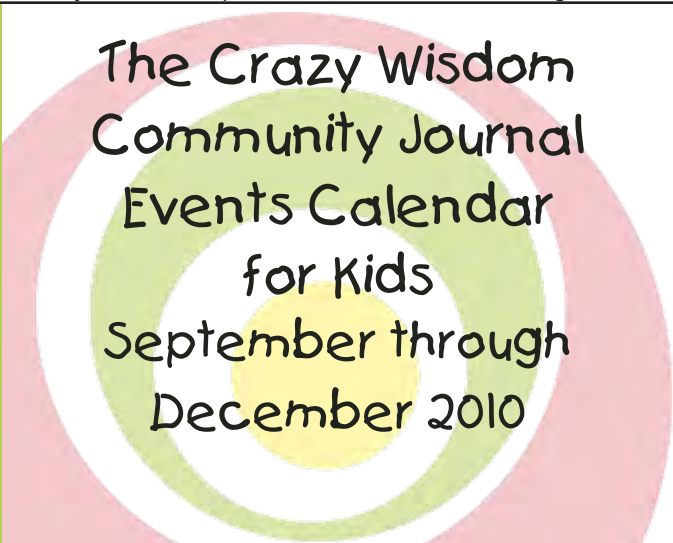
Ross Winkler (left) and Rob Byas (right) are partners in running the daily operations of the Ann Arbor College of Martial Arts.

“One won’t always be the biggest, fastest or strongest in a fight. Consequently, superior athleticism is not the basis of our techniques. We utilize distancing, timing, bone alignment and an attacker’s momentum to our advantage to escape harm.”

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Tea with the Fairies at Crazy Wisdom Tea Room • Oct. 21 and Dec. 9; 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! \$10.50 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; ashley@crazywisdom.net or crazywisdom.net.

Nature Awareness and Wilderness Living Skills with Frank Levey • Ten sessions: Tuesday, Wednesday or Thursdays; 4-6 p.m. • This after-school program offers children the opportunity to learn about and reconnect with the world of nature. Through developing and refining the skills of orientation, shelter building, water and food gathering, and fire making, children gain the knowledge needed to feel safe, secure, and at home in the wilds. Includes an overnight at the end of series. \$250. Call 657-8742; frank@awakenedbreath.net or blueturtlenaturecamp.com.

Circles of Story: Family Storytelling Concert • Nov. 14, 2 p.m. • The Ann Arbor Storytellers' Guild presents a Family Storytelling Concert for ages 4 and older at Pittsfield Branch Library, co-sponsored by Ann Arbor District Library. Free. Call 662-3770; lauragami@digitalrealm.net or annarborstorytelling.org.

Youth Karate with Barb Christensen at Mind, Body + Spirit Academe • Tuesdays, 6:10-8 p.m. and Thursdays, 4:15-5:50 p.m. • Karate classes for children. Little Dragons for ages 4-6 and Youth Karate for ages 7-14. \$100 for eight weeks of Little Dragons; \$65 per month for Youth Karate. Call 665-2840; BLChristensen@earthlink.net.

Finding Calm through Meditation and Art for Children with Margaret Maderal Wyngaard and Cristo Bowers • Sept. 14-Oct. 28: Tuesdays, 4-5:30 p.m. for grades 3-6; Thursdays, 4-5:30 p.m. for grades K-2 • Your child will learn how to find calm and connect with his inner strength through 30 minutes of meditation, followed by an art project focusing on the positive energy of the chakras. \$84 for seven weeks plus \$15 art supply fee. Please provide a light snack for your child. Call Margaret at 649-1850; ritualarts@google.com.

Music, Movement, and Making Art for Children Ages 3 1/2-5 with Gari Stein • Sept. 22-Dec. 8: Wednesdays, 12:45-2:15 p.m. • Girls and boys, with the grown-ups who love them, enjoy a music class together. Optional parent participation for art component. Activities are designed to stimulate creativity, imagination, and self-expression. Dynamic small group enhances listening and social skills. \$259 includes materials. Call 741-1510, #1; little-folks-music.com.

Baby and You! with Gari Stein • Sept. 21-Dec. 14: Tuesdays, 12:30 p.m. • Music and movements for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance the adult-child bond. Join anytime. \$160 includes two cds. Call 741-1510 #1; little-folks-music.com.

Sing with Me! with Gari Stein • Sept. 21-Dec. 14: Tuesdays or Wednesdays, 9:15 or 10:45 a.m. • Musical enrichment for children birth to age 5 and the grownups who love

them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research-based program that enhances development, learning, listening, and literacy. \$210 includes four cds. Call 741-1510 #1; little-folks-music.com.

Meditation and Markers with Jennifer Flowers-Gutman • First Thursday of each month, 6:30-7:30 p.m. • Now is the time to give your children a gift they will forever cherish! This meditation class is geared to children ages 7 and up. We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw, whichever they choose. \$12 each, and \$6 for each additional family member. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki for Kids with Jennifer Flowers-Gutman • Sept. 26, Noon-5:30 p.m. • In this hands-on class, you will learn techniques to heal yourself and others. After receiving an attunement, you will practice giving Reiki to pets, plants, and food. You will also learn fun ways to feel and increase your energy field and explore your chakra system. \$59 plus \$20 materials fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Crystal Kids Group for Ages 6-12 with Carol Clarke • Fourth Thursday of each month beginning Sept. 23, 6:30-7:30 p.m. • We will talk about two different groups of stones per month and how we can use them for a variety of purposes. Perfect for any child who loves rock formations, geodes, crystals or stones. \$10. Call 734-416-5200; info@bodyworkshealingcenter.com.

Fall Drum and Dance Classes for Children and Teens through Tree of Life Cultural Arts Studio • Fall session: Sept. 13-Dec. 11 • Join us for a variety of classes including African Dance, Capoeira, Jazz/Hip-hop, and more for teens as well as creative movement classes for kids ages 3-12. \$120 for twelve weeks. Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

BollyFit Kids with Anuja Rajendra at Mind, Body, Spirit Academe • Ages 4-7: Sept. 21-Oct. 26 and Nov. 2-Dec. 14, Tuesdays, 4:30-5 p.m.; Ages 8 and up: Oct. 5-Nov. 30, Tuesdays, 5:10 p.m. • Awaken to BollyFit Kids, where hearts pump to the energizing music of Bollywood and beyond and your sweet peas learn a dance number synthesizing traditional and modern steps. Cultural connections around the world are reinforced through fun visual aids. Success is "to awaken a lifelong love of world dance and music in all children." Performance opportunities for registered students. Ages 4-7: \$59 each session or \$99 for combined sessions. Ages 8 and up: \$79. Call Anuja Rajendra at 657-6680; anuja@bollyfit.com.

Music Together with Robin Robinson at Mind, Body, Spirit Academe • Sept. 14-Dec. 11: Tuesdays at 10 a.m., 11 a.m., 12:30 or 6:30 p.m.; Thursdays at 10 a.m., 11 a.m. or 4 p.m.; Fridays at 9 or 10 a.m.; Saturdays at 10:30 a.m., 11:30 a.m. or 4 p.m. • This is an internationally recognized early childhood music program for infants, toddlers, preschoolers, and the adults who love them. Registration includes twelve 45-minute classes, an illustrated songbook, and a cd. For cost, call 929-2133; director@robinsongsforkids.com or robinsongsforkids.com.

Storytime through Art for Kids Ages 5-7 with Shaq Kalaj • Saturdays, 9:30-10:30 a.m. • Children will interact with a story as a way to be inspired through art. They'll be encouraged to think of creative characters or other worlds and fantasy. \$8 includes supplies. Call 734-634-8117; imshacha@me.com or artandideasgallery.com.

Interactive Art for Tweens and Teens: Drop-In with Shaq Kalaj • Saturdays, 11 a.m.-12:30 p.m. • Students will explore materials, styles, and approaches to art making that will open the imagination with possibilities. \$10 includes supplies. Call 734-634-8117; imshacha@me.com or artandideasgallery.com.

Magical Mornings with the Angels and Faeries for Ages 4 and Up with Marcia Maria Roberts and Jennifer Styblo • Sept. 21, Oct. 19, Nov. 16; 11-11:45 a.m. • Come have fun exploring the magical world of faeries and angels through stories and crafts. Parent or guardian must attend with child. \$10 per child per session. Call Marcia at 419-283-4344 or Jennifer at 419-944-3989; marciamaris@thecosmicgoddess.com.

Play Exhibit at Henry Ford Museum • Through Sept. 19 • Gigantic billiard balls, human-sized football, six-foot dice. Nacho Rodriguez Bach's colossal interactive installation is an entertaining metaphor on how we learn together. U.S. debut. For cost and times, call 313-982-6001; henryford.org.

Hallowe'en at Greenfield Village • Oct. 8-10, 15-17, 22-24 • Spooky? You bet. But scary? Never. This is a Halloween celebration that's still fun. Enjoy an idyllic autumn evening with eye-popping costumes, hundreds of outrageous jack-o-lanterns, and hearty seasonal foods. For cost and times, call 313-982-6001; henryford.org.

Holiday Nights at Greenfield Village • Dec. 4, 10-11, 17-23, 26-27 • Reclaim the joys of a traditional holiday gathering: roasted chestnuts, carolers, skating, and lots of music during these cozy, comforting, and endlessly merry evenings. For cost and times, call 313-982-6001; henryford.org.

Chills in Chelsea Halloween Party for Ages 7-12 at Chelsea Library • Oct. 27, 6:30-8 p.m. • Celebrate all things spooky and terrifying at our fifth annual Halloween Party. We'll tell scary stories, do creepy crafts, and walk through Haunted KidSpot! Goody bags for the first 30 to come in costume. Free. Call 475-8732; chelsea.lib.mi.us.

Not-Too-Scary Halloween Storytime for Ages 3-6 at Chelsea Library • Oct. 28, 6:30-7 p.m. • Join Miss Karen for Halloween stories, songs, and crafts for the youngest spooks in this special evening storytime. Come in costume! Free. Call 475-8732; chelsea.lib.mi.us.

Stroller Strides at Gallup Park • 9-10 a.m. • Stroller Strides is a total body workout that moms can do with their babies and toddlers (approximately six weeks to four years old). Taught by certified instructors who are also moms, it is a great workout for moms of all fitness levels. First class is free. Call 717-8744; strollerstrides.net.

Shortstop Toddler Storytimes at Ypsilanti District Library • Tuesdays and Wednesdays, 10:30 a.m. • Children 1-3 years old and their caregivers participate in stories, songs, and action rhymes. Free. Call 482-4110; ypsilibrary.org.

Major League Preschool Storytime at Ypsilanti District Library • Thursdays, 10:30 a.m. • Stories reinforce basic concepts to jump-start preschoolers into learning. Free. Call 482-4110; ypsilibrary.org.

Mothering Arts Toddler Group at Center for the Childbearing Year • Wednesdays, 10-11:30 a.m. • If your baby can crawl, toddle or run and jump, this group is for you! Discussion topics and playtimes each week. \$2 suggested donation. Contact center4cby.com.

Nursing Cafe at Indigo Forest • Wednesdays, 2-3 p.m. • Hang out with other breastfeeding moms and enjoy a pot of nursing tea, with professional support on-hand for questions and help. Pregnant moms also welcome. Free. Call 994-8010; visitindigo.com.

Children's Storytime at Borders • Wednesdays, 10 a.m. • Borders staff reads from picture books and books for babies and toddlers. Free. Call 997-8884.

Children's Storytime at Nicola's Bookstore • Saturdays, 11 a.m. • An experienced storyteller spins yarns for the 7 and under set. Free. Call 662-0600; nicolasbooks@gmail.com or nicolasbooks.com.

Mr. Bones Books at Barnes and Noble • Saturdays, 11 a.m. • Bookseller, teacher, and librarian, Mr. Bones selects his favorite picture books and engages the children with questions, music, crafts, and more. Free. Call 973-1618; bn.com.

Free Dinosaur Tours at Exhibit Museum of Natural History • Saturdays and Sundays, 2 p.m. • Free 30-minute docent-led tours of the dinosaur exhibits. Limited to 15 people. Free. Call 764-0478; isa.umich.edu/exhibitmuseum.

Harry Potter Party at Chelsea Library • Nov. 5, 6-9 p.m. • Celebrate the opening of the next to last Harry Potter movie, *Harry Potter and the Deathly Hallows, Part 1* with an after-hours party! We'll have wizard rock music, a trivia contest, Bertie Botts flavor bean contest, food, crafts, a costume/look-alike contest, and a magical appearance by a wizard at 7 p.m. Before there was Dumbledore, there was a wizard by the name of Merlin, and he will be here! Free. Registration required. Call 475-8732; chelsea.lib.mi.us.

Fall Storytimes for ages 2-3 and ages 3-5 at Chelsea District Library • Wednesdays, 10:30 a.m. and 11:30 a.m. • Stories, poems, songs, and a craft. All events are free. For more information and to register, call 475-8732.

Legos for Ages 5+ at Chelsea Library • Oct. 4 and Nov. 1, 3:30-4:30 p.m. • Build to your hearts' content with a wide variety of Legos. Free. Call 475-8732; chelsea.lib.mi.us.

6-11 Club at Chelsea Library • 3:30-4:30 p.m. • Monthly activities centered on a theme. Free. Call 475-8732; chelsea.lib.mi.us.

Sept. 13 • Ancient Rome • What was so special about the ancient Romans? We'll play Roman games, learn about gladiators, and even eat Roman snacks!

Nov. 8 • Dragons • Learn about these fantastical creatures as we play Hunt the Dragon's Egg, make model dragons, and eat dragon cookies!

Guys Read Book Club for Ages 10-14 at Chelsea Library • Oct. 20, 3:30-4:30 p.m. • A book club for guys only, with a free book just for signing up, featuring *Jason's Gold* by Will Hobbs. Free. Call 475-8732; chelsea.lib.mi.us.

Dungeons and Dragons Weekly Gaming Night for Ages 13+ at Chelsea Library • Tuesdays, Sept. 14-Oct. 26; 6:30-8:30 p.m. • Build your character, solve puzzles, battle villains, and find treasure. New or experienced gamers welcome. Free. Call 475-8732; chelsea.lib.mi.us.

Animanga Club for Teens at Chelsea Library • 3:30-5:30 p.m. • Come for the Pocky, stay for the anime! New episodes each week. Free. Call 475-8732; chelsea.lib.mi.us.

Sept. 3 and 10 • Shrine of the Morning Mist

Oct. 1 and 15 • Naruto Shippuden

Nov. 19 • Bleach

Art Classes at Ann Arbor Art Center • Fall Session: Sept. 21-Nov. 14 • For complete information, call 994-8004 ext. 101; annarborartcenter.org.

Parent/Child Ceramics for Ages 9+ • Sundays, 12:15-1:45 p.m. • \$180.

Mixed Media: My First Art Class for Ages 3-4 • Thursdays, 10-11 a.m. • \$70.

Ceramics for Ages 5-8 • Wednesdays, 4:30-6 p.m. or Saturdays, 10:30-Noon • \$100.

Drawing and Painting for Ages 6-12 • Thursdays, 4:30-6 p.m. or Saturdays, 10:30-Noon • \$100.

Ceramics for Ages 9-12 • Wednesdays, 4:30-6 p.m. or Saturdays, 10:30-Noon • \$100.

Graphic Novel Academy for Ages 9-12 • Tuesdays, 4:30-6 p.m. • \$100.

Teen Graphic Novel Academy • Wednesdays, 4-6 p.m. • \$114.

Wheelthrowing for Teens • Saturdays, 1-3 p.m. • \$114.

Figure Drawing for Teens • Saturdays, 10:30 a.m.-12:30 p.m. • \$114.

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Tea with the Fairies at Crazy Wisdom

Thursdays, Oct. 21 and Dec. 9
1 p.m. and 4 p.m. seatings

Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic.

There will be storytime from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged.

Be creative!

\$10.50 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event.

Babies 18 months and younger free.

For information, call 665-2757;
info@crazywisdom.net or crazywisdom.net.



Innovative Natural Playground is in the Works

by Karen L. Totten

Imagine that you are a school-age child. Now, imagine being able to spend every recess and lunch hour splashing about a rain garden or hopping between tree stump stepping-stones. Think of yourself lolling among the squash, kale and berries of generous garden spaces, or playing hide-and-seek among the wheat grass.

That's the vision of a captivating new play space for pre-kindergarten through eighth-grade students in the final planning stages at the Lower Campus of Rudolf Steiner School of Ann Arbor. The design, by Shannan Gibb-Randall of InSite Design, has reached its end phase of development, with a grant from the James A. and Faith Knight Foundation enabling completion of the Master Plan. The school is now beginning fundraising, after which will follow solicitation of construction bids. Work on the grounds will be done in steps, as funding becomes available.

The school looked at "transforming the play space so that it could more fully encourage creative problem-solving and appropriate risk-taking."

Katrina Klaphake, Development Director at RSSAA, says that a natural playground concept is in keeping with the emphasis on creative, open-ended play that the Waldorf curriculum supports and the Waldorf pedagogy advocates. She notes that when the school began to contemplate improvements to its grounds over a year ago, they looked at "transforming the play space so that it could more fully encourage creative problem-solving and appropriate risk-taking." The goal is to honor the environment while simultaneously honoring each child's real need for less structured play.

Some of the planned changes include reshaping the landscape into gentle slopes and curves and removing many existing standard play structures. Those will be replaced with more open-ended pieces, such as wooden horses and stepping-stones. A rain garden will help drain water away from blacktop areas and direct spillage from the roof into a natural stream, trickling into an existing drain. It will also give children a place for water play. Some natural fences will be put in place to discourage grazing deer.

Additionally, the existing garden's size will be expanded to further use it as a teaching tool. Currently, second-grade students plant seeds in spring, tending them to sprout, later to return as third-graders who weed and harvest the crops for use in the annual Thanksgiving feast. Celia Larsen, school gardener and instructor, has fashioned a welcoming space in the garden's center, behind a curvaceous wood plank fence, where stands a larger-than-life garden matron statue. The matron is made of sticks and wood, sporting a ceramic head. Her generous hands, on corn-stalk arms, spread wide to gather the gardens together. It provides a lovely spot to sit and talk, or to invent games.

What advantage could all this beauty create in the mind, heart and soul of a seventh-grade student contemplating math or Renaissance history? What is its benefit for the third-grade student learning to build structures? Steiner himself said, "Before we think, before we so much as begin to set our thinking in motion, it is essential we experience the condition of wonder." The Waldorf curriculum honors the interest



and engagement of children with activities that lead to enthusiasm and awakening. Natural play areas will encourage in the students a love of the world they live in.

Renovating the outdoor space at Steiner is not a matter of simply making it more conducive to teaching academics by immersion, such as biology, but also it places an emphasis on letting children explore the outdoor environment and make it their own. They can look to the skies and watch the clouds and weather, see the movements of the birds and sun; they can dance among the flowers and be present as the seasons bring change. In this natural setting, via imaginative play, aspects of the good, the beautiful and the true can be developed. Through the hands, into the heart and mind, is nature and its wonders perceived. Then, each child can bring that wonder and inquisitiveness into the classroom.

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The goal is to honor the environment while simultaneously honoring each child's real need for less structured play.

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Spotlight on Annie Burnside, Author of *Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family*

(Annie Burnside, M.Ed. is the author of *Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family*, published in June 2010 by Wyatt-MacKenzie Publishing. She received both a Bachelor of Arts degree in Sociology and a Master's degree in Education from DePaul University. Annie created her own spiritual support practice in 2005 called Dancin' in the Light, and writes a regular Family Consciousness column in *Evolving Your Spirit* magazine. She lives in Wilmette, Illinois with her husband and three children.)

Rachel Pastiva: Your website, <http://www.annieburnside.com/>, describes you as a "parent, educator, author and professional soul nurturer." What is a "soul nurturer" and how long have you been one?

Annie Burnside: Officially, I have been a soul nurturer for five years. I created this career as it has always been the most natural aspect of who I am. A soul nurturer helps others awaken to their own truth in all aspects of life by providing the tools and encouragement to look more closely at their inner world. She assists others in viewing their life from an expanded perspective by helping them to remember their divine, creative, intuitive, eternal nature and how to integrate this knowing into their life choices. A soul nurturer's primary role is to inspire others to listen to the voice of their own soul so that direct divine connection can become fully accessible within daily reality.

Your book, *Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family*, aims at showing parents how to infuse spiritual awareness into everyday life. What are a couple of ways the book suggests doing this?

“Gone are the days for most where spiritual contemplation takes place in solitude on a mountaintop.
We are a modern family leading a very busy life.”



Author Annie Burnside writes a *Family Consciousness* column and is the mother of three children. She will be appearing in the Crazy Wisdom Tea Room on Sunday, September 26th at 2pm.

“We hold a weekly family discussion, utilize role-play, and use visual cues around our home as three daily means to integrate a spiritual practice into our lives.”

Annie Burnside: We hold a weekly family discussion, utilize role-play, and use visual cues around our home as three daily means to integrate a spiritual practice into our lives. Once life-affirming themes such as self-love, authenticity, and oneness have been introduced, then they can be woven into all aspects of life—friendships, disappointments, decisions—to offer an expanded perspective in everyday life.

How has your own family been changed by practicing the concepts outlined in your book?

Annie Burnside: Our family has become more conscious in all areas—meaning greater responsibility and accountability for each and every choice due to the deeper understanding that we are shaping our own reality through our thoughts, words, deeds, priorities, beliefs, focus, and especially our state of being. There exists a higher degree of self-love, joy and freedom to live true within our family and the world at large now, and the capacity to dissect life experiences to uncover the underlying meaning that may at times not be readily apparent.

Are there any challenges that are common among families working to infuse a more spiritual outlook in their lives? If so, what is your advice in facing these challenges?

Annie Burnside: Gone are the days for most where spiritual contemplation takes place in solitude on a mountaintop. We are a modern family leading a very busy life. As you understand the importance of allowing each individual family member to live authentically and follow his or her passions, a great deal of balance is needed within the family requiring daily reminders and discussions. Also, the more transparent you become, the more you bump up against one another, because emotions are no longer stuffed down or denied or saved for later. So a conscious family is definitely not about peace at all costs, but rather utilizes the safety of the family to process all kinds of emotions as they come up so that individuals do not acquire "psychic debris" that will eventually have to be dealt with...

What can people expect to take away from your book event at Crazy Wisdom on Sunday, September 26th?

Annie Burnside: My hope is that parents will walk away both inspired, and with some specific tools that resonate, to begin living more consciously as spirit-embodied global citizens on a daily basis within their own home, side by side and soul to soul with their children.

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(For more information, visit www.annieburnside.com or email annie@annieburnside.com. You can also follow Annie on Twitter at www.twitter.com/soulparent)



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Spotlight on Annie Zirkel, Author of *You'll Thank Me Later: A Guide to Nurturing Gratitude in Our Children and Why That Matters*

(Annie Zirkel, M.A., LPC is a parenting consultant, therapist, and speaker. She is a Nationally Board Certified Counselor with a Master's degree in counseling from EMU. She works with families on communication power struggles, optimism and gratitude. Annie writes regularly for AnnArbor.com. She also is the past Editor of A Different Path, a publication for the families of special needs children in Washtenaw County. Annie is grateful to live in Ann Arbor with her husband and three teenage sons.)

Rachel Pastiva: Your book, *You'll Thank Me Later: A Guide to Nurturing Gratitude in Our Children (and Why That Matters)*, is a guide for parents on how to instill gratitude in their children. How does gratitude change a child's outlook?

Annie Zirkel: Gratitude is, quite frankly, one of the critical elements for a child to have in order to develop into a more connected, responsible, resilient and happier grown-up. Noticing what you have and remembering the positives of your life help you savor your good experiences and bounce back better from life's challenges. Children who practice gratitude show more of this life satisfaction and resilience and even, according to a study by Robert Emmons, et al, like school and their families more.

On the back of your book you suggest that children experience a sense of entitlement in our fast paced world. What do you attribute this attitude to, and how do you suggest parents help their child overcome it?

Annie Zirkel: Entitlement is about believing that you deserve something even when you haven't done anything to earn it. Parents feed entitlement by giving too much (stuff and of ourselves) and asking too little of our children. When it comes to appreciation, getting something for nothing is about the hardest thing to notice and be grateful for.

Add to this our societal consumerism messages which encourage you to be unsatisfied with what you have, and the speed with which our worlds are moving, and it creates the perfect storm for ingratitude. The practice of gratitude is a reflective process which means you need the right messages and enough time to notice.



“Add to this our societal consumerism messages which encourage you to be unsatisfied with what you have, and the speed with which our worlds are moving, and it creates the perfect storm for ingratitude.”

Parents can help children avoid entitlement by doing less, and instead having their children participate in earning the material items and privileges that they want. Through chores, working for life's rewards, and behaving in positive ways children can reap the benefits of their participation. And in doing so, hopefully feel more connected and appreciative of the end results.

In your book there is a chapter on relationship challenges to teaching your child gratitude. What is the most common relationship obstacle parents face in nurturing gratitude in their children?

Annie Zirkel: Probably the most common relationship obstacle for parents trying to nurture gratitude is pushing too hard and expecting gratitude too fast. Whether with too much shame and impatience or because of a lack of empathy for the big feelings of 'small' disappointments, parents can struggle to get this just right.

Watching the 'shame factor' and allowing some time to process a disappointment before we ask them to 'get over it' and remember all that is positive can actually help children get to gratitude faster and in a more genuine way.

What can people expect to learn from your book event at Crazy Wisdom in November?

Annie Zirkel: I hope that those who attend walk away with a refreshed sense of appreciation for the many facets and benefits of gratitude. And that they find ideas on how to instill this important trait into their children's repertoire of life skills so that their kids really can ~ thank them later.

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(Annie Zirkel's writings can be found on her website, anniezirkel.com, under the tagline, *The Writer Side of Annie*. She can be reached at 734-735-5522, or at annie@practicehow.com.)



Parenting Consultant and Therapist Annie Zirkel will be doing a Book Signing and Talk in the Crazy Wisdom Tea Room, on Wednesday, November 3rd at 7pm.

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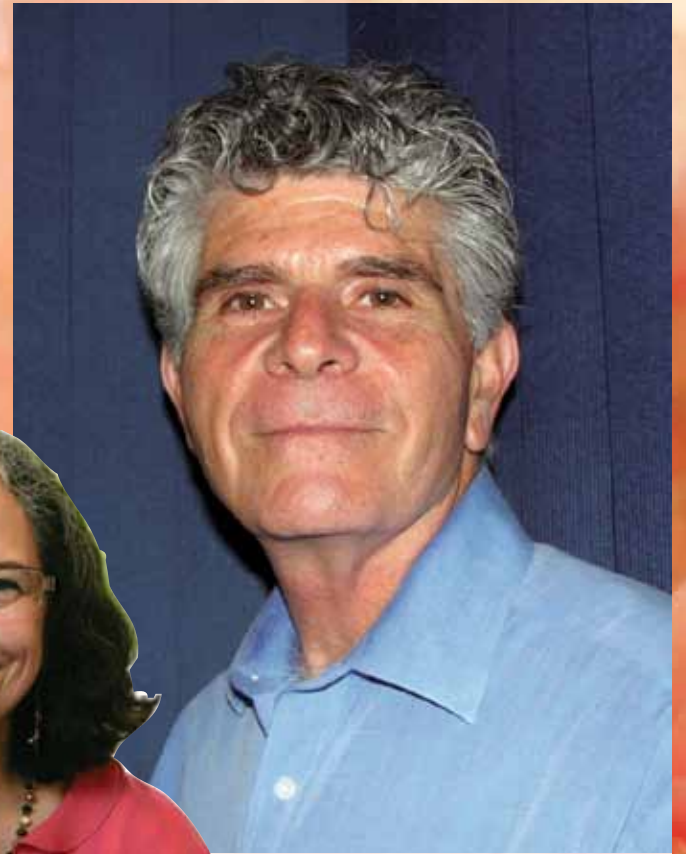
THE CRAZY WISDOM CALENDAR

A Free Guide to Local Classes, Workshops and Events

SEPTEMBER THROUGH DECEMBER 2010



The Mindful Music of Joe Reilly on Page 50



Oran Hesterman of the Fair Food Network on Page 30



Polarity Therapist Renée Rutz and Chiropractor Linda Berry on Page 14



Barbara Brodsky's Healing Journey on Page 42



Christian Mystic Rev. Lela Iduna on Page 65

The Crazy Wisdom Calendar

Acupressure, Shiatsu & Reflexology

Introduction to Shiatsu with Cynthia Conklin • Sept. 14, 7-8 p.m. • Shiatsu is a Japanese healing therapy that refines and systematizes ancient Chinese medical theories. The discussion will include the history, theory, and techniques as well as its physical and energetic benefits. Free. Call 417-9714; clconklin@mac.com or easternsunshiatsu.com.

Do-It-Yourself Shiatsu with Cynthia Conklin • Nov. 14, 1-3 p.m. • Learn simply shiatsu techniques you can share with family and friends at home. We will focus on the back, neck, and shoulders for pain relief and relaxation. \$30. Call 417-9714; info@easternsunshiatsu.com or easternsunshiatsu.com.

Introduction to Shiatsu with Craig Parian • Nov. 13-14, 9-5 p.m. • This introductory course of the Japanese healing art, Shiatsu, is a system for healing and health maintenance. Students will learn basic Asian philosophy, meditation guidelines, location of meridians, as well as basic acupressure that can be integrated into other massage work. Open to the public. No prior experience necessary. \$250. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Reflexology with Prema Lindsay Smith • Oct. 9-10, 9-5 p.m. • This is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes of the feet. We will explore the history dating from 3000 BC to current, international research as well as its clinical significance. The basis for treatment evolves from the harmful effects of stress on the body's systems. \$250. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Chi Beads: Introduction to the Benefits of Ear Acupressure and Energy Management Techniques with Esther Morton-McCormick at WCC • Sept. 23, 6-8:55 p.m. • Looking for a drug-free, needle-free solution for anxiety, attention problems, insomnia, food addictions or stress? By way of the ancient wisdom of Chinese medicine, acupressure is known to safely stimulate the body's production of endorphins. \$25. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Chi Beads: Practical Application of Ear Acupressure Protocol and Energy Management with Esther Morton-McCormick at WCC • Saturdays, Oct. 2-30; 9 a.m.-12:55 p.m. • Ear acupressure, using small beads on the surface of the ear, is said to decrease anxiety, pain, burnout, stress, and addictions. Apply them to yourself, family, and friends and notice a difference. Results such as relaxation, grounding, increased energy, focus, and openness have been reported with the first treatment. Chi Beads: Introduction is a prerequisite. (See above.) \$229. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Acupuncture

Acupuncture: A Bridge between the Ancient and Modern with Gary Merel • Dec. 8, 7-9 p.m. • Acupuncture is over 4,000 years old and offers a unique model of how the human body works based on how the influences of one's life (stress, anger or grief) interact at the physical level of the body. Come explore how an extremely thin piece of metal (an acupuncture needle) can have such a profound effect on resolving muscular skeletal pain, headaches, women's health issues, respiratory and digestive conditions, and stress, and provide immune system support. \$15. Call 222-8210; gmerel165@msn.com or annarborholistichealth.com.

Peaceful Happy Hour with Ellen Porter through Body Mind Spirit Wellness • Sept. 10, Oct. 8, Nov. 12, Dec. 10; 5:45-7 p.m. • Relaxing ear acupuncture in a group setting melts stress away. Ear acupuncture brings balance and harmony and helps the body let go of toxins and stress. \$10. Call 845-2166; ellen@AcuThrive.org or AcuThrive.org.

Aging & Sageing

The Gift and Wonder of Years with Mary Sue Kennedy • Nov. 5, 7 p.m through Nov. 6, 4 p.m. • This workshop will explore the grace and wisdom that comes with the gift of years and will focus on the spirituality of aging and the many blessings that come with living life fully. There will be time for presentations, quiet reflection, and small group sharing. \$175 single occupancy, \$110 double, \$55 commuter. Call Weber Center at 517-266-4000; weber@adriandominicans.org.

Animals & Pets

PetMassage for Dogs Foundation Workshop with Jonathan Rudinger • Sept. 20-23, Oct. 25-28, Nov. 8-11; 9-4 p.m. • This workshop is for massage therapists and pet care professionals as well as people who are in "vocational transitions" and would like to learn PetMassage to create businesses. We cover basic anatomy, physiology, western and esoteric canine massage, body mechanics, ethics, business marketing, and a field trip to massage rescue dogs. \$1,400 includes text and syllabus. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com.

Animal Healing Course through Self Realization Meditation Healing Centre • Oct. 30-31 • This class is for those who wish to learn how to give natural spiritual healing to animals. Working with love and respect for all animals, the course shows you how to help enhance the animal's quality of life and to stimulate their body's own healing mechanism. This is a very practical and supportive class, giving students all they need to use this discipline professionally or in their own homes. \$225 includes vegetarian lunches and refreshments; \$272 includes lodging and all meals. For times, call Joanne at 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Animal Healing with Ray Golden • Oct. 9-11: Saturday, 7-9 p.m.; Sunday, 10-6 p.m.; Monday, 7-9:30 p.m. • This class is oriented toward working with animals. The first two days are the traditional Reiki One class. The third day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724, intuitivehealth@aol.com or rayogoldenreiki.com.

Aromatherapy

Young Living Essential Oils Study Group with Mariah Newborne • Sept. 20, Oct. 18, Nov. 15, Dec. 20 • Come and study the power of aromatherapy with pure therapeutic grade essential oils and their medicinal properties that support health and wellness. Learn about distributor opportunities and special discounts. \$5 with first time free. For times, call 657-4652; mariahnew@charter.net or essentialoilsannarbor.younglivingworld.com.

Aromatherapy: Introduction to Essential Oils with Julie Jeffery Peale • Oct. 23, 10-3 p.m. • Learn about the therapeutic benefits of essential oils and how to make use of them in your daily life. In this workshop, you will learn how to make creams, massage oils, sprays, and household disinfectants that will improve your health and well being. You will take home the essential oil creations that you make! \$65 includes lunch and materials. Call 395-6776; juliejefferypeale@hotmail.com or bodybalance4u.net.

Art & Craft

STITCH: Crazy Wisdom Craft Night • First Tuesday of each month: Sept. 7, Oct. 5, Nov. 2, Dec. 7; 6:30-8:30 p.m. in the Crazy Wisdom Tea Room • We welcome all crafters to bring their projects and join us in two hours of creating in our cozy tea room! We are a small group that meets once per month. We mostly knit, crochet, embroider, and sew, but all crafts are welcome. This circle is free. Pots of hot tea, bowls of warm soup, and delicious desserts are also available. For more information, please contact Sarah Newland at 665-2757; sarah@crazywisdom.net.

Exploring the Tao through Watercolor with Susan Bloye at WCC • Fridays, Oct. 1-Nov. 19; 1-2:55 p.m. • In a safe, non-judgmental atmosphere, we further develop our artistic style through an exploration of more watercolor techniques, related readings, and coming into contact with our centered internal wisdom. We participate in creative and fun painting exercises as well as nurturing our souls. \$125. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wwwnet.edu/lifelong-learning.

3rd Annual Craft Fair at Interfaith Center for Spiritual Growth • Oct. 23, 9-4 p.m. • Buy handmade crafts. Sales benefit the Interfaith Center programming and outreach. Free admission. Call Staci at 327-0270; staci@itbeginswithbooks.com or interfaithspirit.org.

Art for Personal Healing Workshop with Marnie Burkman • Nov. 10, 6:30-8 p.m. • Part of April Wellness Center's "De-stressing for the Holidays and Everyday Life" Month. Tapping into your personal creativity is a powerful way to gain awareness and insights into your life issues. In this hands-on workshop, you will create art to catalyze healing change. Pre-registration required. \$20 includes art supplies. Call 913-0345; michiganintegrative@gmail.com or AprilWellnessCenter.com.

Creative Release Workshop with Shaqe Kalaj • Sept. 8, 6-9:30 p.m. or Oct. 6, 1-4:30 p.m. • Find creative release that changes your perspective and heals through art making. We'll use words, color, and art history to formulate abstractions, drawings, and the human figure. All levels welcome. \$50 includes supplies. Call 734-634-8117; imshacha@me.com or artandideagallery.com.

Intuitive Painting Workshop with Shaqe Kalaj • Eight Wednesdays: Sept. 22-Nov. 10, 6:30-9 p.m. • Explore your inner world through painting and the power of intuition. The workshop is divided into three parts: our beginnings - birth, the goddess - the feminine, and our instincts - animals. A therapeutic, empowering, and transformative workshop. \$220 includes supplies. Call 734-634-8117; imshacha@me.com or artandideagallery.com.

The Crazy Wisdom Calendar will be posted online starting September 8, 2010, at crazywisdom.net.



Becoming a Being of Light ~ A Christian Mystic's Path

Rev. Lela Iduna is the director of the Center of Light in Ann Arbor. She is also a physician.

By Rev. Lela Iduna
Photos by Rachael Waring

People often look at me and ask, "How did you get into Christian Mysticism?" I can understand that question. As someone born a Muslim in Pakistan, raised in the Middle East, and working in the United States as an emergency room physician, what have I got to

"As someone born a Muslim in Pakistan, raised in the Middle East, and working in the United States as an emergency room physician, what have I got to do with Christian Mysticism?"

do with Christian Mysticism? I first muse inwardly at God's mercy and grace that drew me to this path and then share my story.

About six years ago, I was at the lowest point in my life. My life felt empty. On the outside, everything was perfect: a beautiful house on the Long Island Sound, an awesome job and lavish vacations. To an outsider, I had the perfect dream life. But inside, I was one big, dark, empty hole. I was sad, lonely and depressed. I knew that my boyfriend and my family did not know me or see me. They saw my physical body and my money.

Something in my life was dreadfully wrong and I knew that I needed God. I knew that some special people could hear God and see God, and God talked to them. I was mad at God that I did not have that special privilege. I also felt shame and guilt, and that I was unworthy of that privilege.

Nevertheless, one day I wrote a letter to God saying that I was done looking for love on my own, that I gave all control over to God and I asked that God bring back love into my life, and that I didn't care what it looked like. Did you know that God reads mail? Very soon after that, I was given a book by one of the resident doctors whom I was training, who is

a priest with the Centers of Light, a Christian mystical order. The book was called *Giving Birth to God*, written by Mother Clare Watts.

I read that book and was blown away. Mother Clare told the story of her life's journey of coming into relationship with God, and it really spoke to my heart and my soul. I knew that I so badly wanted what she had – a relationship with God.

I never in my wildest dreams would have thought that I would meet Mother Clare, be taught by her, or be trained and initiated by her into a relationship with God, but clearly God had that all worked out. I initially started working with the local priest at the nearby Center of Light in New Haven, Connecticut, learning to meditate and pray, learning about light and soul. I was given exercises that helped my concentration and devotion. I was given counseling to help work through the pain, anger, and sorrow in my life.

"I would not have been able to say six years ago that I wanted to be a mystic, let alone a Christian mystic. I was not that sophisticated. I did know that I really wanted to know God and know real love."

I started to learn to connect to Jesus and Mary and, through their love, forgive people who had hurt me and, more importantly, to forgive myself and accept love. For the first time in my life, I felt like someone really cared about me, knew me and loved me for who I was – and not because I was a rich doctor.

Mother Clare invited me to move to Boston so I could get intensive live-in training at the novice house, a modern-day novitiate program. I promptly accepted that offer. The training was free and I paid my room and board. A year later, I was ordained a minister-deacon and then a priest and was asked to move to Lansing, Michigan to start a center and train others.

Through the work I have been doing, my life has changed completely. I still have everything on the outside (still working as a physician), but now I feel peace and love inside of me. I do not live in constant fear and worry and anxiety.

"Something in my life was dreadfully wrong and I knew that I needed God. I knew that some special people could hear God and see God, and God talked to them."

I went through the great initiations of baptism and illumination and was brought into self-realization by my teachers, Mother Clare Watts and Father Peter Bowes. I now can actually see God, literally, and have a real, personal and intimate relationship with God, much sweeter and deeper than anything I could ever before imagine. I am filled with gratitude that God heard my prayer and accepted me back, as torn and tarnished as I was.

I now live at the Center of Light in Ann Arbor, which opened in June. I teach classes and guide others into their relationship with God, in the same way that I was taught by my teachers. It is possible. I did it. This is exactly what mysticism is: knowing through one's experience.

I would not have been able to say six years ago that I wanted to be a mystic, let alone a Christian mystic. I was not that sophisticated. I did know that I really wanted to know God and know real love. My prayer is for each one of us on this planet to come into this real relationship with God, to find complete inner peace, and to know what it is to love and be loved. Blessings to all.

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(For more information, visit annarbor.centersofflight.org or email revlela@centersofflight.org)

The Crazy Wisdom Calendar

Art & Craft (continued)

Open and Guided Art Drop-In with Shaq Kalaj • Second and Fourth Thursdays of each month, 6-9 p.m. • The intention of this bi-weekly class is to allow for individual development and guidance with your art work. Find your direction, voice, expression, and techniques. \$25 includes basic supplies. Call 734-634-8117; imshacha@me.com or artandideasgallery.com.

Experimental Art Night Drop-In with Shaq Kalaj • First and Third Thursdays of each month, 7-8:30 p.m. • A drop-in class where experimentation with materials, styles, concepts, and approaches open a new vehicle of expression for the seasoned artist and the amateur through individual and group work. \$15 includes supplies. Call 734-634-8117; imshacha@me.com or artandideasgallery.com.

Fearless Creating with Shaq Kalaj • Eight Tuesdays: Sept. 28-Nov. 16 or Nov. 23-Jan. 11, 7-9 p.m. • A workshop for writers, visual artists, musicians, etc. and any would-be creator. Learn about the steps of the creative process and how to heighten creativity and move through blocks. \$195. Call 734-634-8117; imshacha@me.com or artandideasgallery.com.

Spin a Great Yarn with Leslie and Kathy Moskal at Chelsea Library • Sept. 16, 6:30-8 p.m. • Talented local crafters will teach the art of spinning your own wool for fiber arts, using the extremely portable drop spindle! Free. Pre-registration required. Call 475-8732; chelsea.lib.mi.us.

Piece Work - Soul Work with Ann Hughes and Barbara Harvey • Oct. 8, 7:30 p.m.-Oct. 10, 1 p.m. • The soul work portion of this weekend will explore the ways by which we serve and love each other following His example and teachings. The piece work periods allow participants ample time for creative pursuit, conversation, and quiet thought. This year's project is a mystery quilt. \$300 single, \$200 double, \$150 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Ritual Workshops: Make Creativity a Sacred Practice with Margaret Maderal Wyngaard • Every other Wednesday starting in October, 7:30 p.m. • Take time out to gather with like minded and lovely people who have a desire to make beautiful things by hand. We will work with a wide variety of supplies. \$25 per class. Space is limited. Call 649-1850; ritualarts@gmail.com or margaretmaderal.com.

Astrology

SMART's Annual Solar Return and Holiday Party coordinated by Bon Rose Fine sponsored by the Southeast Michigan Astrologers' Round Table (SMART) • Dec. 5, 2-4:30 p.m. • Everybody's welcome to join members of the local astrological community as we usher in the holiday season with complimentary refreshments, good company, and pleasant conversation. If you'd like to learn more about membership in SMART, a chapter of the National Council for Geocosmic Research, there will be representatives on hand to answer your questions. Free with donations cheerfully accepted. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Thursdays with the Original Astrologers and Friends coordinated by Bon Rose Fine sponsored by SMART • Most Thursdays, 7 p.m. • This event was started by SMART in early 2006 and these weekly gatherings give the astrological community a chance to network or chat about astrological matters. We also can offer a welcoming environment to trade readings with one another or offer mini readings to the general public. Free, unless a reading is desired. Call in advance. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Local Space Astrology with Nancy Bahlman sponsored by SMART • Sept. 26, 2-4:30 p.m. • This technique will allow you to see how your planets relate to your living space, work area or office, and/or neighborhood. Participants may learn how to set up a local space chart and how to use it. Bring your local space chart and a map of your local area to the workshop, or call at least four days in advance for information on how to receive a chart for an additional cost. \$10. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

The Astrology of Violence with Debra Rozek sponsored by SMART • Oct. 17, 2-4:30 p.m. • Violence in our society takes many forms; it may involve intentional or unintentional injury or death to the physical body. We will examine charts that involve rape, assault, suicide, homicide, and automobile or industrial accidents, with an introduction to the role of the transneptunian planet Hades. \$10. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

The Lady Asteroids with Elizabeth Hazel sponsored by SMART • Nov. 14, 2-4:30 p.m. • Learn about the mythic and interpretive features of Juno, Vesta, Ceres, and Pallas. Sample charts will blend discussion about asteroid placements in attendee charts. Bring your natal chart with asteroid placements, or call at least four days in advance to receive a chart. \$10. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Auras

Your Energetic Aura Field with Carol Clarke • Oct. 8, 7-8:30 p.m. • This is an introductory class on auric fields. We will discuss layers, colors, and how to protect your energy from others. Good as a refresher for bodyworkers or anyone that works with the public. \$20 includes worksheets. Call 734-416-5200; info@bodyworkshalingcenter.com.

Author Events

Booksigning and Talk: Jim Stacey, author of *Jesus Was Not A Christian: Discovering the Jesus Who Was Replaced by Theology* • Sept. 21, 7 p.m. at Crazy Wisdom Bookstore • Reaching deep inside himself, local author Jim Stacey has brought forth a wealth of wisdom guiding us to move beyond religion and control to find the divine connection within. Taking you from looking outside of yourself for the divine, to trusting the divine within you brings a newfound freedom. Jim will do a reading and signing. Free. Call 635-0453; jimstacey777@gmail.com or thedivineiswithinus.com, or email rachel@crazywisdom.net.

“Above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it.”

- Roald Dahl

Booksigning and Talk: Annie Burnside, author of *Soul to Soul Parenting: A Guide to Raising a Spiritually Conscious Family* • Sept. 26, 2 p.m. at Crazy Wisdom Bookstore • This event will allow parents to walk away both inspired and with some specific tools that resonate to begin living more consciously as spirit-embodied global citizens on a daily basis within their own home, side by side and soul to soul with their children. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Booksigning and Talk: Paul Quinn, author of *Tarot for Life: Reading the Cards for Everyday Guidance and Growth* • Oct. 17: 12:30-1:15 p.m. Author Talk, 1:15-1:30 p.m. Booksigning, 2-4 p.m. Workshop at Crazy Wisdom Bookstore • Explore delightful and effective ways to do intuitive tarot readings for yourself or others, using techniques derived from storytelling, dream work, and games. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Booksigning, Reading, and Talk: Susan Scott Morales, author of *A Barroom View of Love* • Oct. 20, 7 p.m. at Crazy Wisdom Bookstore • Susan will read an excerpt from her newly published novel, and answer questions about her process of writing and finding a publisher. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Booksigning and Talk: Annie Zirkel, author of *You'll Thank Me Later: A Guide to Nurturing Gratitude in Our Children (And Why that Matters)* • Nov. 3, 7 p.m. at Crazy Wisdom Bookstore • Most parents appreciate the value of gratitude and want their children to possess and express it. Being grateful for the world that holds you up has huge benefits in terms of resiliency, responsibility, and happiness. Yet our children face a world of entitlement, materialism, and low expectations so that the opposite of gratefulness is often the result. This discussion focuses on getting to the heart of gratitude and exploring real strategies for cultivating this valuable trait. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Bodywork

Healing Touch Certificate Program Level 1 with Barb McConnell • Sept. 25-26 in Farmington Hills, 8 a.m.-5 p.m. each day • Use your hands to clear, balance, and energize the human energy system. Helps reduce pain and promotes healing for mind, body, and spirit. Twelve techniques with lecture, demo, and hands-on experience. \$250 plus \$25 notebook. Call 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

Healing Touch Certificate Program Level 2 with Barb McConnell • Oct. 23-24 in Jackson, Oct. 30-31 in Ann Arbor; 8:30-6 p.m. each day • Renew Level 1 techniques and learn back techniques and others that will enhance deeper work. Available to Level 1 Healing Touch students. \$250 plus \$25 notebook. Call 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

Healing Touch Certificate Program Level 3 • Nov. 13-14 in Farmington Hills, 8 a.m.-6 p.m. each day • Must have completed Level 2. Learn how to increase your energy level for deeper work on your clients, back work, and lymphatic drain. \$275 plus \$25 notebook. Call Barb at 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.



Ongoing Feldenkrais Awareness Through Movement Class: “Development Do-Overs” with Joanna Myers • Sept. 8-Oct. 13 or Oct. 27-Dec. 8: Wednesdays, Noon-1 p.m. or 6-7 p.m. • What if you could revisit some key learning experiences of your infancy with the power and awareness of your adult mind? Find out how these essentially human movement patterns can re-wire you for greater efficiency and skill in even the most sophisticated activities, like competitive sports, performing arts, and abstract thought. Everyday benefits include sounder sleep, feeling more fully present and relaxed, relief of chronic tension, improved posture, and profound improvement in overall physical comfort and well being. \$90 for six classes or \$20 drop in. Call 395-8486; joanna@feldannarbor.net or feldannarbor.net.

Protect Your Health and Release Stress with Alice Greminger • Wednesday evenings, 7 p.m. • Just as Alexander Technique helps performers and athletes overcome performance anxiety and mental/physical blocks to excellence, it also helps all of us destress and function at our highest level. Learn how to use your body’s design for free, effortless movement in all your activities. No class Sept. 15. \$15. Call 665-0849; agreminge1@gmail.com or agreminge.musicteachershelper.com.

Improve Your Movement, Renew Yourself with Alexander Technique with Alice Greminger • Sept. 15, Oct. 13, Nov. 10, Dec. 8; 7-9 p.m. • Experience how Alexander Technique releases old tensions, giving new energy to you and all your activities, from quiet activities such as computer work and walking, to complex activities such as sports and performing. Alexander Technique helps with injury recovery and prevention and, as a person becomes freer physically, personal well being and creativity are enhanced. \$30. Call 665-0849; agreminge1@gmail.com or agreminge.musicteachershelper.com.

Cranio-Sacral Bodywork for Health and Healing with Karen Caruso • Oct. 19, 6:30-7:30 p.m. • If you have ever wondered what Cranio-Sacral bodywork can do for you, come to this informative talk and learn about the physical and emotional benefits, some of which can be felt immediately. Find out how this gentle therapy can help with even painful and chronic conditions. \$14 with early registration discount offered. Call Pat at 734-416-5200; info@bodyworkshealingcenter.com.

The Power of Touch with Karen Caruso • Nov. 17, 6:30-7:30 p.m. • Being touched is vital to human health. We cannot survive without it! Come join us for this informative class about the power of touch and how it can help promote physical, mental, and spiritual healing. We will discuss the body’s meridians and energy centers and learn how light healing touch therapy can benefit anyone, even those who are in the dying process or who are in too much pain to be touched. \$14 with early registration discount offered. Call Pat at 734-416-5200; info@bodyworkshealingcenter.com.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • 7 p.m. at Crazy Wisdom Community Room • Join our monthly book discussion group. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off purchase of the current month’s title. It is recommended to read the book before meeting. All are welcome; just show up! (Authors absent from events.) Call 665-2757; information@crazywisdom.net.

Sept. 10 • Pandora’s Seed: The Unforeseen Cost of Civilization by Spencer Wells

Oct. 15 • The Idle Parent: Why Laid-Back Parents Raise Happier and Healthier Kids by Tom Hodgkinson, hosted by Bill Zirinsky

Nov. 12 • The Death of Religion and the Rebirth of Spirit: A Return to the Intelligence of the Heart by Joseph Chilton Pearce

Dec. 10 • The Power of Rest: Why Sleep Alone Isn’t Enough - A 30-Day Plan to Reset Your Body by Matthew Edlund

The Yoga Room’s Book Club with Christy DeBurton • October and December meetings • Join us as we take our yoga practices to a deeper level by reading and discussing books on yoga philosophy, spirituality, and other holistic topics. Free. Bring a vegetarian dish to pass for an hors d’oeuvres potluck. Call 761-8409. For a list of upcoming book selections and meeting dates, visit christydeburton.com or info@christydeburton.com.

Jewel Heart Readers • Sept. 14, Oct. 12, Nov. 9, Dec. 14; 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

International Book Club at Chelsea Library in partnership with Mission Marketplace • 7-8:30 p.m. • This book club features books that take you to cultures around the globe. Refreshments provided. Free. Pre-registration required. Call 475-8732; chelsea.lib.mi.us.

Sept. 8 • Stealing Buddha’s Dinner by Bich Minh Nguyen

Oct. 7 • The Farming of Bones by Edwidge Danticat

Nov. 4 • Paddy Clark Ha Ha Ha by Roddy Doyle

Books and Banter at Chelsea Library • 1:30-3 p.m. • This book club is hosted by Michaelina Brown. Free. Pre-registration required. Call 475-8732; chelsea.lib.mi.us.

Sept. 16 • The Scarlet Letter by Nathaniel Hawthorne

Oct. 21 • The Art of Racing in the Rain by Garth Stein

Nov. 18 • Isadore’s Secret by Mardi Link

Breathwork

Transformational Breathwork Drop-In Sessions with Frank Levey • Tuesdays: 9:30-11 a.m. or 7-8:30 p.m. • Transformational Breathwork is a powerful self-healing process that assists in opening and clearing restricted breathing patterns. When these blockages are cleared, our lives are enriched on all levels of our being: physically, mentally, emotionally, and spiritually. Each class will include basic instructions, a full hour long facilitated breathing session, and integration of the experience. First timers should come 30 minutes early. \$25 suggested donation with sliding scale available. Call 657-8742; frank@awakenedbreath.net or awakenedbreath.net.

Integrative Breathwork with Linda Adamec • Sept. 11, Sept. 25, Oct. 9, Oct. 23, Nov. 13, Nov. 20, Dec. 4, Dec. 11; 10 a.m.-6 p.m. • A musical journey for insight, emotional healing, and creativity that can assist with life changes, grief/loss, job stress or burnout, trauma and abuse, depression or addictions. \$80 with some partial scholarships available. Call 269-388-2988; lkadamcz@juno.com or adamczassociates.com.

Transformational Breathing Sessions with Julie Wolcott and Marcia Bailey • Sept. 10, 17, 23; 7:30-9:30 p.m. • These classes are designed to create community and support for experienced Transformational Breathers. A group breathing session will be offered, followed by an integration process. \$30 each class; \$40 for first timers. Call Julie at 355-1671 or Marcia at 395-4799; jlwolcott@aol.com or mbailey@tm.net or BreatheAnnArbor.com.

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Call Rachel Pastiva
or Bill Zirinsky
at Crazy Wisdom
734-665-2757

The Crazy Wisdom Calendar

Breathwork (continued)

Reclaim Your Breath with Julie Wolcott and Marcia Bailey • Oct. 1, 7-10 p.m.; Oct. 2 and 3, 10 a.m.-5 p.m. • This weekend demonstrates how you can bring vitality, joy, and health back into your life through the vehicle of Transformational Breath. This in-depth introduction provides the opportunity to learn breathing techniques that transform and heal. Five full breathing sessions are included. Personal coaching invites a natural, open, flowing breath that becomes a vehicle for transforming old, suppressed, negative material into more useful life energy. \$375. Call Julie at 355-1671 or Marcia at 395-4799; jlwolcott@aol.com or mbailey@tm.net or BreatheAnnArbor.com.

100 Breaths for a Better Life: Free Talk with Dave Krajovic • Nov. 22, 7-8:15 p.m. • If you feel stressed or have low energy, then come find out how to make dramatic improvements in your health and well being by breathing just 100 breaths. We will teach you this simple but amazing technique that you can use everyday to have the kind of life you deserve. Free. To register, call 734-416-5200; info@bodyworkshealingcenter.com.

The Presence Process with Dave and Pat Krajovic • Ten Wednesdays beginning Aug. 18, 6:30-8 p.m. • Facilitation through Michael Brown's bestseller, *The Presence Process*. Ten facilitated breath sessions. This is an inspiring life changing, priceless journey into the pathway of awareness. \$247 with web class only \$147. Call 734-416-5200; info@bodyworkshealingcenter.com.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • Sept. 21, Nov. 1, Dec. 9; 7-9:30 p.m. • Andrew Weil says that breathing is the most important thing you can do for optimum health. Learn what the breath can do for you, not just to restore health, but to bring a renewed sense of vitality, optimism, and joy to your life. Soothe your soul and free your spirit with a powerful breath session. \$50. Call 734-416-5200; info@bodyworkshealingcenter.com.

Group Breath Session with Dave and Pat Krajovic • Sept. 20, Oct. 21, Nov. 3, Dec. 1, Dec. 20; 7-8:30 p.m. • This class is for experienced breathers who want to deepen the benefits of conscious breathing by developing a consistent breath practice. The workshop will consist of intention setting, a facilitated breath session, and sharing and integration. You must have previously attended at least three Transformational Breathing Introductory workshops. \$25. Call 734-416-5200; info@bodyworkshealingcenter.com.

Buddhism

Mindfulness of the Dhammas with Ann Barden of Deep Spring Center • Sept. 8, 15, 22, 29, Oct. 6; 7:30-9 p.m. • In the Satipatthana Sutta, the Buddha introduced the four frames of reference, the Four Foundations, within which we practice mindfulness. Appropriate for those who have had at least beginning meditation instruction and for review for intermediate students. Donation to both the teacher and Deep Spring Center. Call 477-5848; info@deepspring.org or deepspring.org.

Transcendent Wisdom with Geshe Yeshe Thabkhe of Jewel Heart • Sept. 17, 7:30-9 p.m.; Sept. 18, 10-Noon and 2-5 p.m.; Sept. 19, 2-4 p.m. • Dedicated to the extinction of all causes of suffering for all living beings, the ancient sage Shantideva shared Buddha's timeless message of compassion and the true nature of reality. Eminent scholar and practitioner, Geshe Yeshe Thabkhe, is particularly renowned for his expertise with this deeply profound and transformative topic and will address it within the context of Shantideva's inspirational text, *Guide to the Bodhisattva's Way of Life*. \$75. Call Kathy Laritz or Hartmut Sagolla at 994-3387; programs@jewelheart.org or jewelheart.org.

Ganden Lhagyema: Hundreds of Deities of the Land of Joy with His Holiness Ganden Tripa Rizong Rinpoche of Jewel Heart • Nov. 12, 7:30-9 p.m.; Nov. 13, 10-Noon and 2-5 p.m. • One of the most popular practices in the Je Tsong Khapa tradition of Tibetan Buddhism, the Ganden Lhagyema deepens our connection with the enlightened through meditations and enriches our inner development. Grounded in appreciation for one's spiritual master, the practice uplifts us through familiarity with generosity, respect, purification, rejoicing, and other beneficial activities. \$90. Call Kathy Laritz or Hartmut Sagolla at 994-3387; programs@jewelheart.org or jewelheart.org.

Two Sunday Services at the Zen Buddhist Temple • 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation, chanting of the Three Refuges, and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, a short talk, and question period. By donation. Call 761-6520; annarbor@zenbuddhisttemple.org.

Zen Family Program at Zen Buddhist Temple • Second, Third, and Fourth Sunday of each month, 9:30-11 a.m. • For complete information, call 761-6520; annarbor@zenbuddhisttemple.org.

Introductory Zen Meditation Course at the Zen Buddhist Temple • Five Thursdays starting Sept. 9 or Oct. 21, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. \$160 or \$120 students. Call 761-6520; annarbor@zenbuddhisttemple.org.

Overnight Introductory Meditation Course at the Zen Buddhist Temple • Dec. 3, 7 p.m. to Dec. 4, Noon • This format is primarily for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. \$160 includes accommodation and breakfast. Call 761-6520; annarbor@zenbuddhisttemple.org.

One-Day Zen Meditation Retreat at Zen Buddhist Temple • Sept. 11 and Nov. 6, 9-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, rest, and some discussion - an interval of deepening, of slowing down, noble silence, and mindfulness. \$60 includes vegetarian lunch. Call 761-6520; annarbor@zenbuddhisttemple.org.

Yongmaeng Chongjin Three-Day Meditation Retreat at Zen Buddhist Temple • Sept. 30, 7 p.m. through Oct. 3, 8 a.m. • This retreat, conducted by Ven. Haju Sunim, is an intensive period of zen practice geared toward the experienced meditation student. For cost, call 761-6520; annarbor@zenbuddhisttemple.org.

Core Buddhist Teachings and Their Application in Our Lives Seminar at Zen Buddhist Temple • Oct. 23, 9 a.m.-Noon • Learn about some of the key scriptures in the Buddhist tradition and their relevance today through presentations, pictures, and discussion with students of the Maitreya Buddhist Seminary. \$60 includes lunch and study materials. Call 761-6520; annarbor@zenbuddhisttemple.org.

Working Person's Retreat at Zen Buddhist Temple • Dec. 26, 7-9 p.m. and Dec. 27-31, 6-8 a.m. and 7-9 p.m. • Attend as often as you wish. Each session includes sitting and walking meditation, prostrations, and chanting. Free to members and \$5 per session for others. Call 761-6520; annarbor@zenbuddhisttemple.org.

Wisdom Weekend Teachings: Gelek Rinpoche via Webcast from Jewel Heart New York • Nov. 5, 7:30-9 p.m. and Nov. 6, 10 a.m.-Noon and 2-5 p.m. • Wisdom, the reliable understanding of the true nature of reality, dispels the fearful darkness of ignorance, liberating us from confusion and suffering. With topics supported by visualization and analytical meditations, Rinpoche presents Buddha's powerful and revolutionary message of interdependence. \$20. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Guntang's Prayer for the Longevity of Je Tsong Khapa's Teachings with Ganden Tripa Rizong Rinpoche via Webcast from Jewel Heart New York • Nov. 8, 7:30 p.m. • For more information, call 994-3387; programs@jewelheart.org or jewelheart.org.

Odyssey to Freedom Section 1 with Jewel Heart Instructors • Wednesdays: Sept. 15, 29, Oct. 13, Nov. 3, 17, Dec. 1; 7-8:30 p.m. • Gelek Rinpoche created Odyssey to Freedom as an accessible and concise Lam Rim, encompassing the stages on the spiritual path from our current situation, as it is, through to full enlightenment. \$90 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

The Healing Practice of White Tara with Jewel Heart Instructors • Mondays, Sept. 13-Nov. 8; 7-8:30 p.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. This course uses visualization techniques relying on the feminine energy of White Tara to overcome physical, mental, and emotional suffering. \$80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation with Jewel Heart Instructors • Thursdays: Sept. 16-Nov. 4; 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of the mind and how it influences our experience. While this course is open to all, it is recommended to follow *Creating Space: Clarity and Insight through Meditation*. \$80 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.



...to a mountain
the pebble grows.



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each of us is a drive
toward wholeness
and unitive reality.*

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Guide to Bodhisattva's Way of Life: Chapter 1 with Jewel Heart Instructors • Wednesdays: Sept. 22, Oct. 6, 20, Nov. 3, 17, Dec. 1, Jan. 12, 26, Feb. 9, Mar. 2; 7-8:30 p.m. • Commentary by Gelek Rinpoche details the writing of the Indian saint and scholar Shantideva on the activities of a bodhisattva. This first chapter focuses on the benefits of developing bodhimind. \$100 non-members. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Sunday Morning Talks with Gelek Rinpoche and Jewel Heart Instructors • Sundays, Sept. 5-Dec. 26; Talk 10-11 a.m. and Tea 11-11:30 a.m. • Join us for a taste of Buddhism through introductory talks on contemporary issues, followed by tea and cookies or brunch. Open to all. Free with donations welcome. Call 994-3387, programs@jewelheart.org.

Sept. 5 • Celebrate Life with Gelek Rinpoche
 Sept. 12 • Buddhism in the Body with Aura Glaser
 Sept. 19 • Illusion of Self with Geshe Yeshe Thabkhe
 Sept. 26 • Creating Space with Chris Branson
 Oct. 3 • What is Spiritual Materialism? with Gelek Rinpoche
 Oct. 10 • Loving Kindness with Sandy Finkel
 Oct. 17 • Buddhism in the Body with Aura Glaser
 Oct. 24 • Anger and Patience with Supa Corner
 Oct. 31 • Changing Lives with Hartmut Sagolla
 Nov. 7 • Karma and Interdependence with Gelek Rinpoche via Webcast, NY
 Nov. 14 • Jamgon Lama Tsong Kapa Longevity Initiation with Ganden Tripa Rizong Rinpoche
 Nov. 21 • Understanding Love with Tony King
 Nov. 28 • Buddhism in the Body with Aura Glaser
 Dec. 5 • The Selfless Self with Gelek Rinpoche
 Dec. 12 • Turning the Table on Jealousy
 Dec. 19 • Buddhism in the Body with Aura Glaser
 Dec. 26 • Life Directions

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays, Sept. 5-Dec. 26; 8:45-9:45 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. No class Nov. 14. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Meditation Sessions with Jewel Heart Instructors • Sundays, Sept. 5-Dec. 26; 8:45-9:45 a.m. • Help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as a point of focus. Open to all levels of experience. No class Nov. 14. Free with donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Ceremonies, Celebrations & Festivals

Readers/Healers Night at the Center for Integrative Well Being • Sept. 13, Oct. 11, Nov. 8, Dec. 13 • Come join us for a night of fun and more: psychics, healers, speakers, door prizes, clairvoyants, angel readings, reiki, massage, tarot, esoteric healing, and more. Experience healing and spiritual modalities presented by gifted practitioners or learn ways to improve and expand your life through interesting topics presented. \$5 admission; \$15 for mini readings and healings. For times, call Deb Foggio at 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Christmas Celebration Silent Retreat at Self Realization Meditation Healing Centre • Dec. 24 before dinner through Dec. 27 after breakfast • A truly spiritual way to celebrate the inner beauty of Christmas. Following a "talking" dinner, giving time for participants to get to know each other, this retreat is held in silence to meditate, contemplate, relax, and get in touch with the inner self - higher wisdom. Includes guidance on how to make the most of your time in silence. \$175 includes shared room lodging and meals. Private room may be available. Call Joanne at 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Christmas Celebration Gathering at Self Realization Meditation Healing Centre • Dec. 25, 10:15 a.m. • We warmly welcome you to join us. We will share in song-chants, inspired thoughts, and a recorded message from Mata Yoganandaji, followed by silent prayer and pure meditation for as long as you wish. People of all faiths, meditation practices, and traditions welcome. Free; reserve lunch by Dec. 22 for \$9.54. To register, call Joanne at 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

New Year's Retreat at Self Realization Meditation Healing Centre • Dec. 30 before dinner through Jan. 1 after breakfast • With opportunities for quiet time, meditation, introspection, and sharing, this retreat will help you assess and evaluate your experience of the year that has passed, of how you have been affected, grown, and progressed, and help you prepare for the year to come. \$150 includes shared room lodging and meals. Private room may be available. Call Joanne at 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

Special Year-End Candlelighting Service at Zen Buddhist Temple • Dec. 31, 7-9 p.m. • Everyone is welcome to join in this special candlelighting service - a gentle and contemplative way to let the old year go and focus on peace and wisdom for ourselves and the world for the new year. \$10 suggested donation. For those wishing to greet the new year in contemplation and reflection, overnight accommodation is available at the Temple for a donation of \$45. Call 761-6520; annarbor@zenbuddhisttemple.org.

New Year's Day Service at Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us for a peaceful start to 2011 (2555 in the Buddhist calendar). For cost, call 761-6520; annarbor@zenbuddhisttemple.org.

Winter Solstice Celebration with Judy Crookes through Gateways • Dec. 19: 6 p.m. Potluck, 7:30 p.m. Fire Ceremony and Meditation, 9 p.m. Dessert • Winter Solstice marks the longest day of the year and begins the return of the sun to your days. Traditionally a time for spiritual renewal, it is an opportunity for you to join with others in celebration with fire ceremony, songs, a Solstice story, and meditation lead by Jacob. By donation. Bring a dish to pass. Call 913-4927; JacobSpeaks.com.

Eucharistic Celebration with Rev. Thomas Lumpkin and Rev. Charles Morris • First Wednesday of each month, 7 p.m. • Come and share fellowship and spiritual nourishment in this mid-week celebration of the Eucharist. Dec. 24th Christmas Eve caroling followed by Eucharistic Celebration beginning at 10:30 p.m. No charge. Call River House IHM Spirituality Center at 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Thanksgiving Eve Meditation with Lighthouse Center • Nov. 24 • Gather at 7 p.m. and meditate from 7:30-8:30 p.m. Veggie potluck to follow. No cost. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Christmas Eve Meditation with Lighthouse Center • Dec. 24 • Gather at 6 p.m. and meditate from 6:30-7:30 p.m., celebrating the Christ light and the joy of Christmas. Christmas carols, also. No cost. Call Prachi at 734-449-4381; thielp17@yahoo.com.

New Year's Eve Meditation with Lighthouse Center • Dec. 31 • Gather at 11 p.m. and meditate from 11:30 p.m.-12:30 a.m. to release the old year and bring in the new year in the highest vibration. No cost. Call Prachi at 734-449-4381; thielp17@yahoo.com.



Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available as well. When daylight savings time ends, meet from 5-6:15 p.m. No cost. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Chakras

Chakras, Kundalini, and Psychic Development with Glenn Pailthorp • Sept. 12, Oct. 10, Nov. 14, Dec. 12; 1-3 p.m. • Using guided meditations, we will explore our chakras for healing and psychic development. We will also practice stimulating and working with the Kundalini life force for our physical and spiritual health. \$10. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

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Drop-In Tarot & Astrology Readings with Jillian Kerry
2nd & 4th Saturdays each month,
10:30 a.m.-1:30 p.m.
Value based payment system
No appointment necessary
734-395-4999 • jilliankerry@gmail.com

Drop-In Intuitive/Psychic Readings with Diane Evans
Saturdays, 2-5 p.m. • \$1 per minute
No appointment necessary
734-327-9568 • in-genius@comcast.net

Drop-In Intuitive/Psychic Readings with Amy Garber
First and Third Saturdays, 6:30-9:30 p.m.
1 per minute • No appointment necessary
734-358-0218 • metafizzy@gmail.com.

Drop-In Intuitive Tarot Readings with Joshua Wilde
Sundays from 11:30 a.m. to 2:30 p.m.
No appointment needed • \$1 per minute
517-402-3260 • heyyou@overthere.net

Drop-In Palmistry Readings with Vijayalaxmi Shinde
Sundays, 3:00 to 7:00 p.m.
\$1 a minute • No appointment needed
734-222-9160 • vijaya_laxmi@comcast.net

Drop-In Intuitive Readings with Irena Nagler
1st & 3rd Tuesdays of each month, 6 - 9 p.m.
\$1 a minute, no appointment necessary.
Call 734-996-1772; birena@umich.edu

Drop-In Tarot Readings with Rebecca Williams
Thursdays, 6 - 9 p.m. • \$1 per minute
No appointment needed
rebeccawilliams999@comcast.net

Drop-in Intuitive/Psychic Readings with Marcella Fox
1st & 3rd Fridays, 7-10 p.m.
\$1 a minute, no appointment necessary
734-717-8513

Drop-In Tarot Readings with Christine Leigh
2nd & 4th Fridays of each month, 7-10 p.m.
\$1 a minute, no appointment necessary
Call (734)355-4934; tarotbyheart@gmail.com

Crazy Wisdom Bookstore and Tea Room
114 S. Main Street, Ann Arbor
734-665-2757 • www.crazywisdom.net

The Crazy Wisdom Calendar

Chakras (continued)

Your Complete Chakra System with Carol Clarke • Seven-week series beginning Oct. 15, 7-9 p.m. • This in-depth class will go into each major chakra in our system. We will talk about our body's physical systems associated with each chakra, along with toning, clearing, and protection techniques. \$280 includes book. For day of the week, call 734-416-5200; info@bodyworkshalingcenter.com.

Channeling

Channeling Angels with Shala Kilmer • Eight Mondays beginning Sept. 20, 6:30-9 p.m. • Learn how to allow the angels to speak through you. Limited to eight participants. \$250. Call 248-258-8287; IntuitionPath.com.

Evenings with Aaron (Channeled) with Barbara Brodsky • Sept. 15, Oct. 27, Nov. 10, Dec. 8; 7:30-9:30 p.m. • The evening is led by Aaron - a being of light, love, compassion, wisdom, and gentle humor - channeled by Barbara Brodsky. Aaron offers a talk and answers personal and universal questions. December is Christmas stories. All welcome. Donations gratefully accepted to Deep Spring Center. Call 477-5848; info@deepspring.org.

Conscious Channeling and Mediumship with Glenn Pailthorp • Sept. 17, Oct. 1, Nov. 5, Dec. 3; 7-9 p.m. • Working with your spirit guides is a great way to enhance your psychic abilities while you receive guidance and healing. Using guided meditations and soul journeys, we will meet our invisible helpers. Bring a notebook or journal. \$10. Call 417-8682; glenn@pailthorp.com or pailthorp.com.

Jeshua ben Joseph and Aaron: A Conversation Channeled by Judith Coates and Barbara Brodsky through Interfaith Center • Oct. 24, 1:30-5 p.m. • An afternoon spent with Jeshua ben Joseph (whom many call Jesus), channeled by Judith Coates and Aaron (a boyhood friend of Jeshua), channeled by Barbara Brodsky, will engage people in a discussion of great importance in this time of change. We are living in challenging times. Our choices impact not only ourselves, but the whole earth in this time of transition. How do we choose to live with love? Aaron and Jeshua will dialogue between themselves and with the audience. Reserve tickets by phone or email. For cost, call Dave Bell at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta channels information from spirit about changes we experience as we move along our spiritual path, and current trends and issues that affect us. Often there is time for questions and answers with the guides. Bring a dish to share. \$10 suggested donation. Call 433-9333; karltazarley.com.

An Evening with Jacob with Judy Crookes • Sept. 10, Oct. 1, Nov. 5, Dec. 3; 7:30-9:30 p.m. • Evenings with Jacob are a delightful time of laughter and learning. Jacob usually begins the evening by briefly speaking with most participants. They will then move on to an informational talk relevant to those who have gathered. Typical topics have been attitude, abundance, power, gaia or reality creation. Jacob will then ask for questions, which can be personal or general. Most evenings close with a meditation. \$15. To register, call Gateways Center for Life Enrichment at 913-4927; JacobSpeaks.com.

An Evening with Jacob with Judy Crookes at Center for Integrative Well Being • Sept. 27, Oct. 25, Nov. 29; 7-9 p.m. • Judy Crookes channels Jacob, a nonphysical being of light who is a wise teacher. Jacob's sole purpose is empowerment of each individual who seeks guidance. Jacob usually speaks with each participant for a minute or two, making statements about the energy that they see in and around the person. Jacob will then teach a lesson pertinent to the group that has gathered for the evening. \$20. Call Deb Fogio at 248-702-7064; lightworkscenr@att.net or integrativewellbeing.com.

Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • Sept. 9, Oct. 14, Nov. 11 • Meditation, channeled commentary, and guided visualizations illuminate issues and events from the personal to the collective. Receive empowering messages and uplifting energies to assist in this time of transformation. Space is limited. \$20. For times and to register, call 996-8799; nancirosegerler.com or crystalclearexpressions.com.

Chant

Joy Song: Chants and Dance to Uplift the Soul with David Winfree and Melanie Fuscaldo • Oct. 23, Noon-1:30 • Enjoy listening to short songs and discover easy movements and meditation to playfully bypass the ego and touch the heart and soul. Appropriate for all skill levels. Learn practical strategies to decrease stress and connect with others heart to heart. \$30. Contact melaniesfuscaldo.com.

Kirtan with Shantala co-hosted by Yoga House and Interfaith Center • Oct. 28, 7 p.m. • Call and response chanting with Shantala is fun, uplifting, inspiring, and is open to people of all religious backgrounds. This ancient practice of kirtan can help us realize some of the effects of meditation without the hard work of quieting the mind. It is a wonderful way to bring people together. \$20 or \$15 in advance. Call Dave Bell of Interfaith at 327-0270 or Michele Bond of Yoga House at 358-8546; dave@interfaithspirit.org or michele@yogahouseannarbor.com.

Ann Arbor Kirtan • Sept. 17, Oct. 22, Nov. 19; 7:30-9:30 p.m. at Friends Meeting House; Dec. 19 will be the Holiday Kirtan with time to be announced • Come join us for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. \$5-\$10 suggested donation. Call Karen at 645-8904; krlevin@comcast.net or kirtanannarbor.org.

Childbirth

Childbirth Preparation: Everything You Need to Know with Kate Stroud through Center for the Childbearing Year • Seven Tuesdays: Sept. 7-Oct. 19 or Seven Wednesdays: Oct. 27-Dec. 15; 6:30-8:45 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, alternatives to drugs, cesarean prevention, and the baby's needs. \$235 per couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Childbirth Preparation: Focus on Labor and Birth - Condensed Series with Kate Stroud through Center for the Childbearing Year • Sept. 11 and 18 or Oct. 16 and 23, 9:30 a.m.-1 p.m. • The two-session condensed series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques and comfort measures, and the postpartum recovery period. \$165 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Negotiating the Medical Setting: What Parents Need to Know about Epidurals, Cesareans, Birth Plans, and Informed Consent with Kate Stroud through Center for the Childbearing Year • Sept. 25 or Oct. 30, 9:30 a.m.-1 p.m. • The title says it all. This class is designed to be an optional third class to accompany our Condensed Series of Childbirth Preparation classes for parents who want a comprehensive preparation in a weekend class format. \$70 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Newborn Care 101 with Jaminda Springer through Center for the Childbearing Year • Nov. 20, 1-5 p.m. or Two Wednesdays: Oct. 13 and 20, 6:30-8:30 p.m. • As parents, we are all figuring it out as we go along. Trial and error will definitely be a learning strategy as you get to know your baby. We will try to limit the "error" part of trial and error by sharing practical insights and identifying supportive resources. We discuss how to hold a newborn, the sensory capacities of a newborn, the "stuff" that's necessary, as well as diapering, bathing, and calming the baby. \$60 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • Sept 29 and Oct. 6 or Dec. 7 and 14; 6:30-8:45 p.m. • We want to help your breastfeeding experience be satisfying, joyful, and pain-free! This class prepares the mother-to-be for a successful breastfeeding experience. Topics include latching and positioning the baby, overcoming common obstacles, learning your baby's hunger cues, and more. \$60 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Birth Doula Workshop with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Nov. 13-14, 8:30-6 each day • Are you interested in a career working with moms and babies? Become a professional Birth Doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be in a support role for other moms. Class leads to professional certification through DONA International. \$375 with advanced discounts available. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Postpartum Doula Workshop with Patty Brennan through Center for the Childbearing Year • Oct. 7-10: Thursday 1:30-7:15 p.m., Friday and Saturday 8:30-6 p.m., Sunday 8:30-3:15 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of birth experience and its impact on postpartum recovery, normal physiologic recovery for mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, and postpartum mood disorders. Leads to professional certification through DONA International. \$425 with advanced discounts available. Call 663-1523, patty@center4cby.com or center4cby.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 94.

Professional Education in Breastfeeding and Lactation with Barbara Robertson through Center for the Childbearing Year • Oct. 2, 9 a.m.-2 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. \$75 with advanced discounts available. Call 663-1523, patty@center4cby.com or center4cby.com.

Introduction to Childbirth for Doulas with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Nov. 12, 10-6:30 p.m. • Want to become a doula and wondering where to start? Get grounded in the basics of childbirth education. Learn how to facilitate informed decision making for your clients with up-to-date information on the benefits, risks, and alternatives to medical interventions in the birth process and with the newborn. Topics include anatomy and physiology of pregnancy, labor, birth, nutrition, and more. \$120. Call 663-1523, patty@center4cby.com or center4cby.com.

Children & Young Adults

Listings for children are now found in our new Children's Section of this Journal, devoted to events and classes for children, young adults, and families!

Tea with the Fairies at Crazy Wisdom Tea Room • Oct. 21 and Dec. 9; 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! \$10.50 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; ashley@crazywisdom.net or crazywisdom.net.

Course in Miracles

A Course in Miracles Study Group with Interfaith Center • Mondays, 6:45-8:45 p.m. • All are invited to join a group reading and discussion of this popular Foundation for Inner Peace metaphysical book. Includes study materials and text. Donation requested. Call 327-0270; interfaithspirit.org.

A Course in Miracles Workbook Study Group with Lorri Coburn • Thursdays, Noon-1:30 p.m. • All are welcome to join in studying the workbook of A Course in Miracles. This group's focus is applying forgiveness to the study of the previous week's lessons in the popular Foundation for Inner Peace metaphysical book, *A Course in Miracles*. Drop-ins welcome. Practice of the lessons on your own encouraged, but not required. Free with donations requested for Interfaith Center. Call 646-6585; loricassie@sbcglobal.net or interfaithspirit.org.

Creativity

The Artist's Way Experience with Jill Blixt • Oct. 7 and 8, 10 a.m.-4 p.m. each day • The Artist's Way is a proven, powerful process that helps individuals unlock their creativity and authenticity, and transforms their lives. It is designed for anyone interested in finding their true voice - that part of themselves they believe is buried and yearns to be set free. Using creative play in the form of writing, collage, and image making, we explore and reclaim our personal creativity. \$125 includes lunch and supplies. Call 665-4577; jillblixt@aol.com.

Crystals

Chakra Healing Class with Maret Johnson • Third Tuesday of each month, 6-8 p.m. and First Thursday of each month, Noon-2 p.m. • Level 1: Create a one-of-a-kind bracelet incorporating various healing stones as you find out about their healing properties. \$35 includes supplies. Level 2: Using gallery wrap, create your special necklace of healing stones with charms available. For cost, call 481-9981; worldofrocks.com.

Dance & Movement

Dreaming a Place: Environmental Dance and Movement Meditation with Irena Nagler • Sept. 5 and Oct. 10, 3:30 p.m. • We will explore and celebrate the sense of place, allowing its elements to speak through us in dance and movement. \$5-\$20 sliding scale. Call 996-1772; birena@umich.edu or twofeather.com/nightfire.

Fall Dance Classes through Tree of Life Cultural Arts Studio • Fall session: Sept. 13-Dec. 11 • Join us for a variety of classes including African Dance, Tribal Bellydance, Capoeira, Jazz/Hip-hop, and more for teens and adults as well as creative movement classes for kids ages 3-12. \$120 for twelve weeks. Call 433-0697; info@treeoffifestudio.org or treeoffifestudio.org.

BollyFit with Anuja Rejandra at Mind, Body, Spirit Academe • Sept. 13-Nov. 7 and Nov. 15-Dec. 19: Mondays and Thursdays, 7:15 p.m.; Wednesdays, 7 p.m.; Sundays, 9:05 a.m. • Do you dream of fitness that is like a spa experience you look forward to? Check out the new wave in health and fun that unleashes energy and fitness! Bolly refers to the Bollywood film industry. BollyFit combines elements from Indian "film dances" with classical and folk styles in a dynamic, aerobic workout. \$99 for first session, \$49 for second session or \$269 "all you can dance" pass. Call 657-6680; anuja@bollyfit.com.



The Crazy Wisdom Calendar

Dance and Music (continued)

Friday Night Swing through Mind, Body, Spirit Academe • Fridays, 7-Midnight • The Friday Night Swing Dance Party includes a free beginner lesson at 8 p.m., which covers the swing basics and another dance move every week, and then open dancing at 8:45 p.m. featuring two different swing djs every week. Dance styles include lindy hop, east coast swing, charleston, blues, and balboa. Very beginner friendly! \$5 or \$3 students. Contact Jeffery at ziembajr@yahoo.com.

Ballroom Dance with Natalia Vail through Mind, Body, Spirit Academe • Thursdays, 6:15-7:15 p.m. or Saturdays, 5-6 p.m. • Group classes allow students to learn new steps with a variety of different partners in a fun, social atmosphere. Both singles and couples welcome. We rotate partners throughout. Group lessons will help you explore variations in each dance and the feeling of dancing with new partners. \$10 per lesson or \$100 for twelve. Call 478-2233; natalia.vail@yahoo.com.

The most common way people give up their power is by thinking they don't have any.

- Alice Walker

Jackie's Aerobic Dance with Pam Gee at Mind, Body, Spirit Academe • Mondays, 4:30 p.m.; Tuesdays, 2:30 p.m.; Wednesdays, 4:30 p.m. • This class is for all ages, shapes, and sizes. Jackie's offers three criteria of fitness: stretching and flexibility, muscle toning and strengthening, and a cardiovascular workout. Choreographed with dance steps to a wide variety of music, it whispers exercise and shouts fun! For cost, call 668-7260; dpall_gee@yahoo.com.

Silat Traditionale with Leonardo Stoute "Bapak Waleed" • Mondays and Wednesdays, 7:30-9 p.m. and Saturdays, 10-Noon • Experience dance and movement arts from Indonesia taught in the traditional manner. These arts help develop balance, strength, flexibility, breath control, and balance in a way that is energetic, artistic, and meditative all at the same time. First class free. For costs, call 678-4523; internationalsilatfederation.com.

The Art of Indian Classical Odissi Dance with Ishika Rajan and Kritika Rajan of Srishti Dances of India through Copper Colored Mountain Arts • Sundays: Sept. 5-26, 2-4 p.m. • Drawing on a 2,000-year-old tradition of Odissi dance and spirituality, this series will focus on basic techniques of dance style, its history, background, and cultural context, its relationship to yoga and spirituality, and its evolution as a performance style. You will learn the hand gestures, eye movements, body and feet positions, and a short dance piece. \$120. Call Christina at 904-6520; info@ccmarts.org or ccmarts.org.

Dreamwork

The Power of Dreams: A Creative Approach to Dream Interpretation with Kristi Davis at WCC and Lincoln High Wednesdays: Sept. 22-29 or Oct. 13-20, 6-7:55 p.m. • Experience and learn various creative methods for interpreting your dreams. Learn about multiple meanings and elements of dreams, how to improve dream recall, and how dreams give you feedback for problem solving and positive life change. \$39. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Drumming

Drumunity Circles hosted by Lori Fithian • Sept. 15, Oct. 12, Nov. 17, Dec. 15; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drum-unity.com.

Fall Drum Classes through Tree of Life Cultural Arts Studio • Fall session: Sept. 13-Dec. 11 • Join us for a variety of African drumming classes for children and adults. \$120 for twelve weeks. Call 433-0697; info@treeoflifestudio.org or treeoflifestudio.org.

One Dance, One Drum, One Heart with Janet Farnsworth and Laney Goodman sponsored by Drum 4 Wellness and Interfaith Roundtable • Oct. 2, 7-11 p.m. • This is an interactive dance, music, and chanting event that connects us with self, community, and spirit. This presentation was met with such enthusiasm at the 2010 Drum Circle Facilitators Guild Conference in SC that the presenters were promptly dubbed the "Wild Women". \$25 or \$20 in advance. Call Don Allen at 480-1219; Don@drum4wellness.net or Drum4wellness.net.

Drum 4 Wellness Circle with Don Allen • Sept. 4, Nov. 6, Dec. 4; 7:30-9 p.m. • Facilitated community drum circle. Bring your own or use a drum provided. \$5 suggested donation. Call 480-1219; Don@drum4wellness.net or Drum4wellness.net.

Drum 4 Wellness Circle with Don Allen at Center for Creative Well Being • Sept. 17, Oct. 15, Nov. 19, Dec. 17; 7-8:30 p.m. • A facilitated community drum circle using the power of group drumming to build community cohesion, empower individual expression, and create strong support networks. There is no experience necessary. Extremely creative and fun. All instruments provided, but you're welcome to bring your own. \$15. Call Deb Foggio at 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Drum Circle with Curtis Glatter • Sept. 19, Oct. 17, Nov. 21, Dec. 19; 3-4 p.m. • Our community drum circle is a noisy and fun, family-friendly event where people come together to share their spirit by entertaining rhythmically as a percussion ensemble. Everyone who comes and participates has something to offer the circle. All welcome. Free. Call Body Mind Spirit Wellness at 678-4523; bmswc.com.

Drumming Circle with Kristyne Lemerand at Visitation • Second Thursday of each month, 7-9 p.m. • For complete information, call 734-240-5494; riverhouse@ihmsisters.org or ihmsisters.org.

Energy Healing

Pulse Technique with Linda SIMRAN Harvey • Oct. 23, 1-2 p.m. in Crazy Wisdom Community Room • Experience an hour of powerful new clearing energy. Bring a list of five or six things you would like to have different in your life. Shed past failures, heartaches, and limiting patterns to make way for the new. \$15. To register, call 428-0254; bluemoonastrology@yahoo.com.

HTI Professional Development Series with Diane Wardell • Oct. 16, 8 a.m.-5 p.m. • Increase your repertoire of healing tools with a variety of different healing approaches that will aid in balancing the body, decrease symptoms from muscle-skeletal disorders, and provide the client an opportunity for deep healing. Explore sacred geometry and the foundations of energy medicine. Open to all experienced energy workers. For cost, call Barb McConnell at 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

HTI Professional Development Series: Healing Disruptive Energy Patterns with Diane Wardell • Oct. 17, 8 a.m.-5 p.m. • Chronic pain often involves an injury that creates a pattern of memory that is retained within the body. Learn how to work with these energy patterns through an extensive review of the body system. Assist in re-creating a healing pattern to release the cellular memory, and re-pattern the energy for a higher level of functioning. Open to all experienced energy workers. For cost, call Barb McConnell at 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Sept. 10 and 17, Noon-1:30 • Learn a powerful energy healing tool you can use at any time to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life enhancing (fear, emotions, trauma, depression, negative thinking, and disease) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce suffering and increase peace. \$30 per session. Contact melaniefuscaldo.com.

Preventing Illness with Energy Healing with Dave and Pat Krajovic • Sept. 16 • Vibrational medicine is said to be the medicine of the future. The future is here now. Find out why energy healing is not only effective at preventing disease and illness, but in treating it. By donation. For times, call 734-416-5200; info@bodyworkshalingcenter.com.

Field Hygiene for Healers with Karlta Zarley • Oct. 23-24, 9-5:30 p.m. each day • We will look at repairing the field and removing foreign objects, vovlocks, and booby traps, and how to balance the body systems that first interact with the energetic realm. \$250 with early registration discount available. Bring a lunch. Call 433-9333; karltazarley.com.

The Metaphysical Body with Nancy Tappe through Gateways • Oct. 9, 10 a.m. • Our physical body is an amazing messenger. It is set up to show us both flow and blockage on a mental, emotional, and spiritual level. All we have to do is become aware of these signals to discover what the body is trying to tell us. Is your ankle swollen? Which toe is longest on each foot? Does your thumb curve a certain way? Become familiar with your metaphysical body. \$60. Call 332-4666; Gatewayscenter@hotmail.com.

Healing Circle with Deep Spring Center Teachers • Tuesdays, Noon-1 p.m. • We will circle together, then offer or receive the loving touch of health and wellness. All welcome. Donations gratefully accepted. Call 477-5848; info@deepspring.org or deepspring.org.

Living the Qigong Way of Life with Annette Mullett at Center for Integrative Well Being • Oct. 5, 11:30 a.m.-1 p.m. • This is an expanded discussion of previous qigong classes, with other healing energy techniques to be covered. \$15 drop-in. Bring your lunch. Call Deb Foggio at 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Kinesiology Introduction with Annette Mullett at Center for Integrative Well Being • Nov. 12, 11:30 a.m.-1 p.m. • A discussion of kinesiology and how you can use it along with other energy techniques. \$15 drop-in. Bring your lunch. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Expanding Your Vibrational Body with Marcia Maria Roberts and Jennifer Styblo • Sept. 21, Oct. 19, Nov. 16; 12:15-1:15 • Embrace and embody all that you are in this lifetime. Through meditation and energetic practices, you will learn and experience ways to expand your vibration with the loving light of the universe. \$10 per session. Call Marcia at 419-283-4344 or Jennifer at 419-944-3989; marciamaria@thecosmicgoddess.com.

The Healer Development 101: Intuition Development and Self Healing with Eve Wilson • Six days beginning Sept. 1 in Ann Arbor; beginning Sept. 15 in Berkley, 7-9:30 p.m. • Intuition development, sacred space and energy boundaries, guardian angels and gatekeeper guides, chakra tuning, purifying water, power animals, crystals, intro to Qabalah, and aura reading. \$250 covers deposit and last four classes plus \$40 each for first four classes. Call 248-545-3928; evew@spiritualhealers.com or spiritualhealers.com.

The Accelerated Healer Development Program: Legal Healer Practitioner Certificate with Eve Wilson • Beginning in Oct., one night every other week, 7-10 p.m. • Work with ascended masters, etheric surgeons, archangels, Qabalah, identify and treat root cause of disease of body, emotion, mind, and spirit; auras, soul contracts, DNA, ascension, people and pets. Includes five private healing sessions and class materials. \$2,900 pay as you go or \$2,750 in advance. Call 248-545-3928; evew@spiritualhealers.com or spiritualhealers.com.

Enneagram

Enneagram Introductory Evening with Su Hansen • Oct. 5, 7:15-8:45 p.m. at Crazy Wisdom Community Room • Learn about this ancient dynamic personality system that describes nine distinct, interrelated patterns of attention, thought, motivation, and behavior. Learn how to integrate this understanding into your current personal and spiritual growth practices and into your life to open to greater compassion for self and others. Free constricted energy. \$10. Call 417-8397; su@enneagramcenterofannarbor.com.

Enneagram: Introduction and Search for Type with Su Hansen • Sept. 25, Oct. 23 or Nov. 13; 12:30-4:30 p.m. • Learn about the Enneagram and join with others in a search for your type. We will explore behavior patterns, motivations, and focus of attention with special emphasis on preferred type of energy and center of perception: mind, body, and heart. \$40. Call 417-8397; su@enneagramcenterofannarbor.com.

Enneagram Study Group with Su Hansen • Sept. 20, Oct. 4, 18, Nov. 1, 15, Dec. 6; 7:15-8:45 p.m. • This drop-in group is an opportunity to use the Enneagram for personal and spiritual growth. In the first half hour, a particular aspect of the Enneagram will be studied. We will then explore how type plays out in our lives and how we can relax it. \$15 each. Call 417-8397; su@enneagramcenterofannarbor.com.

Exercise & Fitness

Metabolic Fitness Program with UM at Cardiovascular Medicine at Domino's Farms Team • Second Tuesday of each month • Metabolic syndrome is a cluster of conditions that greatly increases the risk of heart disease, stroke, and diabetes. This program facilitates behavioral change by combining education, coaching strategies, and group exercise. \$350 for three-month block. For times, call Ronda Barnes at 998-5679; rondabarn@med.umich.edu or umcvc.org/mfp.



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Exhibits

Art Exhibitions at the University of Michigan Museum of Art • Free with \$5 suggested donation. For more information, call 764-0395; srieke@umma.umich.edu or umma.umich.edu.

Jakob Kolding through Oct. 24 • Jakob Kolding's work revolves around the experience of life in the contemporary built environment, particularly the relationships and contradictions that emerge between how architectural spaces are planned and how they are actively used. His collages, drawings, posters, and mixed media sculptures incorporate a wide range of source material.

On Beauty and the Everyday: The Prints of James McNeill Whistler through Nov. 28 • Features nearly 100 works of art from UMMA's extraordinary Whistler collection, covering the artist's entire career in Europe, ranging from his student days and early orientation towards Realism to the evanescent and atmospheric lithographs and etchings of his mature style.

Simon Dybbroe Moller begins Nov. 6 • For contemporary Danish artist Moller's first solo exhibition in a North American museum, UMMA will present a new body of work that continues his ongoing engagement with and critique of the modernist paradigm of transparency.

Schoolcraft College Art Faculty Exhibition • Oct. 2, 6-10 p.m. • Opening reception of show featuring artwork by Ellen Moucoulis, Robert Bielay, and Sarah Olson. Free. Call Shaqe Kalaj at 734-634-8117; imshacha@me.com or artandideagallery.com.

Feng Shui

Feng Shui: Expand Your Consciousness with Annette Mullett at Center for Integrative Well Being • Oct. 12, 11:30 a.m.-1 p.m. • This is a feng shui introduction and discussion. \$15 drop-in. Bring your lunch. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Three Ways Art Can be a Powerful Feng Shui Cure with Joy Naylor • Sept. 26, Oct. 24 or Nov. 21; 4 p.m. • Learn about the significance of where you place art in your home and office environment. Take advantage of the energetic nature of your art and furnishings, which can assist you in making positive change in your life. \$25. Call 645-1188; gaita@joynaylor.com.

Introduction to Feng Shui with Wendy Warrick • Nov. 9 and 16, 10:30 a.m.-12:30 p.m. • Feng shui is an ancient Chinese system for aligning and harmonizing the life force or "chi" in a house, other building or land. Through the placement and arrangement of made features (architecture and furniture), feng shui not only creates better designs, but can be employed to enhance or create prosperity, health, loving relationships, and more. You will learn the basics as well as how to diagnose and realign "chi" using special feng shui cures. \$15. Call 433-1000; adultlearnersinstitute.org.

Film

Conscious Cinema: Free Movie Night with Members of Body-Mind-Spirit Family • Sept. 24, Oct. 22, Nov. 19, Dec. 17; 7-9 p.m. • Join us for an engaging evening of movies and conversation. We will watch uplifting, insightful, and intriguing movies that make us think, feel, and share. All are welcome! Free. Call 678-4523; bmswc.com.

With One Voice Documentary Showing with Interfaith Round Table and Life Sciences and Society Program of UM • Sept. 14, 6:30 p.m. • *With One Voice* explores the unity of humanity, reveals our essential oneness, explores the way to true peace in the world, and spreads the single message that binds all faiths together. Free. Call Carol at 475-0942; cb.meditate@gmail.com; WithOneVoiceDocumentary.org.

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Celebrating the Peaceful Dragon School's 20 Years in Ann Arbor

By Master Wasantha Young, Director

The land holds sacred messages that are transmitted through plants, animals, livelihood, people and community. It also reflects how we experience our well-being and personal growth. True to the notion that what we need to be healthy is usually within our grasp or in our immediate environment, the Peaceful Dragon School of Tai Chi Ch'uan and Chi Kung has been a part of the Ann Arbor community for 20 years. Focused on health and well-being, the Peaceful Dragon School offers a comprehensive program in the healing arts of tai chi, chi kung (also spelled qi gong), and meditation.

The Peaceful Dragon School is located in the basement of an unassuming office building but, upon entering, its safe atmosphere and peaceful, open-minded environment is palpable. Those seeking complementary health-promoting art forms and other self-care practices will find the teachers have an air of presence and calm and use a variety of learning styles, including humor.

I began my study of tai chi in 1968 at Grandmaster William C.C. Chen's school in New York.

Grandmaster Chen initiated his tai chi studies in Taiwan during 1949 as a live-in understudy of Professor Cheng Man-ching. Professor was a student of Yang Chang-fu. The Yang style is the lineage that I brought with me when I arrived in Ann Arbor in 1988 and opened my school in 1990. Often I am asked, "Why Ann Arbor?"

Ann Arbor has been a wonderful place for me to grow — not only as a human being, but as an instructor as well. When I left New York City, where I grew up and was trained in tai chi, I was in my early 20's. In Taos, NM, I lived for six months without electricity, running water, or locks on the front door (I had four in NY). I learned to cook on a wood-burning stove, surviving on the bare minimum — serious culture shock! It was just the elements, open sky, and myself. My mind was plagued with the internal and external "chatter" that I brought with me from NY.

William LeSassier (1948-2003), owner of the Christos School of Natural Health and Healing,

where I taught in Taos, told me that a good midpoint between the cultures of NY and Taos would be Boulder, CO. When winter came to Taos and people started to talk about chain-sawing wood, I headed for Boulder and Trungpa Rinpoche's Buddhist community and school, the Naropa Institute. Taos had been about finding myself and Boulder became the place I began to know myself, teaching small classes and studying my mind through the teachings of Trungpa.

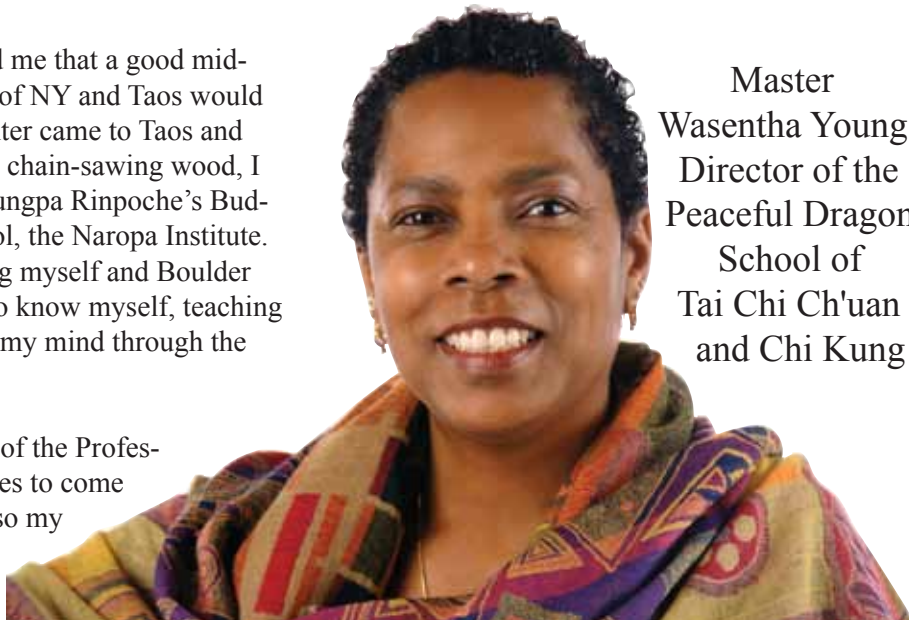
Trungpa also invited some of the Professor's first American disciples to come to Naropa to teach tai chi, so my learning of tai chi continued. I delved deeper into Taoist philosophy through my study with Ga Fu Feng, an eminent teacher and translator of the Tao Te Ching.

In about 1982 I returned to NM, this time settling in Santa Fe. There, the lessons of creativity in living and art took shape. I learned how to bring nature, presence of mind, and

were not; so I figured, why not try living in Ann Arbor?

In 1994, I went to Berkeley, CA to study at the Institute of Acupresure for a couple of years. The school carried on in my absence, subletting by the hour in the former Dance Gallery Studio (now site of the current YMCA), with the assistance of Jim Carey, Norman Cox, and Beth Wiggert. When I returned to Ann Arbor, the Peaceful Dragon moved to Pauline Blvd. near Stadium, sharing space with a hard-style martial arts teacher. About a year later, it became solely the Peaceful Dragon School, and it has remained in the same location since then.

Master Wasantha Young, Director of the Peaceful Dragon School of Tai Chi Ch'uan and Chi Kung



"It has been 20 years of growing here. Having a stable place to build an atmosphere that mirrors the intent of peace and calm has attracted many people. During this time, the school has touched well over a thousand lives."



Students and Teachers of the Peaceful Dragon School grouped around Master Wasantha Young.

"I am committed to holding fast in providing Ann Arbor with this haven. We are still here, downstairs in the place I call the 'sacred cave,' and we plan to celebrate."

tai chi as a health art form together in my teaching.

So, why bring the Peaceful Dragon School from Santa Fe to Ann Arbor? An acquaintance (now friend) of mine named Gae Winn, an Ann Arbor pagan, told me that Ann Arbor could use a female tai chi instructor. I was having trouble surviving in Santa Fe because of the economic gap between those who were financially well off and those who

During this time, the school has touched well over a thousand lives. Considering the size of the Ann Arbor community, this is substantial. Many of the school's patrons have been individual Ann Arborites, but the school has also served the University of Michigan and small businesses alike.

To date, Ann Arbor has afforded me the opportunity to grow in love and in the art of consciously

It has been 20 years of growing here. Having a stable place to build an atmosphere that mirrors the intent of peace and calm has attracted many people.

giving to the health of the community in which I live. I honor and am grateful for what the land and the nature of life around me have given. Here I have learned how to love all of who I have become.

“So, why bring the Peaceful Dragon School from Santa Fe to Ann Arbor? An acquaintance (now friend) of mine named Gae Winn, an Ann Arbor pagan, told me that Ann Arbor could use a female tai chi instructor.”

Sharing that notion — of loving oneself deeply — with others journeying on the path toward becoming divine creatures is an honor.

Some years are better financially than others. Because of the current economic situation, today we are hanging on by the Dragon’s nails. The school does not make much of a profit these days; if I am lucky, it makes \$500 in a month. Nonetheless, I am committed to holding fast in providing Ann Arbor with this haven. We are still here, downstairs in the place I call the “sacred cave,” and we plan to celebrate.

On September 25, the Peaceful Dragon School will be observing its 20th year in Ann Arbor. Grandmaster Chen is coming to teach



Master Wasentha Young and Grandmaster William C.C. Chen

“On September 25th, Grandmaster Chen is coming to teach a seminar open to all styles of tai chi practitioners, followed by a celebration at Rudolf Steiner High School, and a dinner at Gourmet Gardens.”

a seminar open to all styles of tai chi practitioners, followed by a celebration at Rudolf Steiner High School, and a dinner at Gourmet Gardens. On Sunday, September 26, the Peaceful Dragon School will invite seminar attendees for free, open, and collegial sharing and reviewing the material that Grandmaster Chen presented.

For more information or to register for the seminar, call 734-741-0695 or email info@peacefuldragonschool.com.

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Film (continued)

ONE PEACE: Celebration of the UN International Day of Peace Film Showing • Sept. 21, 6-9 p.m. • Come and see Barbara Marx Hubbard’s film *Visions of a Universal Humanity* and Neal Rogin’s film *The Awakening Universe*. \$5 suggested donation. Call Colleen Mills at 425-0079; cmills0079@yahoo.com or onepeace.us.

Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Bring your friends and enjoy a free film and discussion about dharma and the film. Concessions are available. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Sept. 24 • “Departures” with Rory Russell

Oct. 29 • “The Legend of Bagger Vance” with John Schramm

Nov. 19 and Dec. 17 • Film to be announced

Flower Essences

Flower Power! An Introduction to the Flower Essences of Dr. Bach with Bronwen Gates at WCC • Sept. 30, 6-8:55 p.m. • Restore emotional balance and heal the body, mind, and spirit. Come enter the world of flower essences by learning about those of the renowned Dr. Edward Bach of England. You will go home with your own personal flower essence combination. \$39. Call Phillip or Christine at 677-5060; lifelong-learning@wcc.net or wccnet.edu/lifelong-learning.

Fundraisers

The Zen Buddhist Temple’s Famous Annual Great Green Recycling Yard Sale • Sept. 4-6: Saturday, 9-5 p.m.; Sunday, Noon-5 p.m.; Monday, 9-5 p.m. • Once again, we will focus primarily on furniture - couches, love seats, chairs, desks, chests of drawers, and tables, as well as books and other household items. Our members clean and repair all items. This exciting event always draws hundreds of environmentally-caring people and bargain hunters. While we concentrate on the sturdily useful, you never know what exciting bit of treasure you may find. Call 761-6520; annarbor@zenbuddhisttemple.org.

Lighthouse Center’s 3rd Annual Walk for Peace at Hudson-Mills Park • Sept. 25: Gather at 9:30 a.m. and Walk at 10 a.m. • A three-mile walk to support the Lighthouse Center, who makes monthly donations to others in need, including Partners in Health for Haiti and Sasha Farms in Manchester. Flyer and pledge form available online. Call Nirali Becky Kleinschmidt at 734-649-1234; lighthousecenterinc.org.

Games

Secrets to Better Scrabble with Michael Betzold • Oct. 13, 7 p.m. at Crazy Wisdom Community Room • For casual Scrabble players, learn the strategy experts use to play the game for more fun and more points. You don’t have to be a word freak to compete! Free. Call 277-7748; mbetzold@comcast.net or makebingos.com.

Green Living

Green Cleaning Friendly for Pets, People, and the Planet with Bronwen Gates at WCC • Oct. 7, 6-8:55 p.m. • Learn how easy and economical it is to clean your home using non-toxic essential oils that contain natural antibacterial, antiviral, and space clearing properties. Take home several samples you make in class and have fun doing it! \$39. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Grief & Grieving

Life Happens... What We Do with it Determines Our Potential for Joy! with Tamara Sutton • First and Third Tuesdays of each month, 7 p.m. • The impact of “loss” can be devastating and crippling. The death of someone you love launches you into a new and unexpected path. You will never be the same again; you’re not meant to be. Healing only occurs when we are willing to look for the miracles within. I invite you to participate in this new life and turn the greatest challenge of your life into the greatest opportunity. \$30 per class. Call 517-896-3173; tamara@tamarasutton.com or TamaraSutton.com.

Herbs, Plants & the Garden

Herbs from Your Own Backyard! with Karen Caruso • Sept. 14, 6:30-8 p.m. • Herbs are all around us. Come join us for an informative and fun class about what valuable herbs may be growing in your own backyard or in your neck of the woods. We will cover how to identify, grow, harvest, and prepare and use herbs to benefit your health and wellness. \$18. Call Pat at 734-416-5200; info@bodyworkshealingcenter.com.

History

Life in the Middle Ages with Barony of Cynnabar of the Society for Creative Anachronism • Sundays, Noon-4 p.m. • Learn about the singing, dancing, clothing, arts and sciences, fencing, and martial arts of the Middle Ages and Renaissance. Free. Contact chatelaine@cynnabar.org or cynnabar.org.

The Crazy Wisdom Calendar

Holistic Health

Welcome to the Aprill Wellness Center with Mariah Newborne • Sept. 2, Nov. 4, Dec. 2; 6:30 p.m. • Tour our new Wellness Center and learn about our many services, including detox ionic footbaths, heartmath, natural skin care, acupuncture, integrating conventional and holistic mental health care, yoga, and more. Free. Call 657-4652; mariahnew@charter.net or aprillwellnesscenter.com.

Intro and Demo of the Detox Ionic Footbath with Mariah Newborne • Sept. 13, Nov. 22, Dec. 13; 7-8 p.m. • Detoxify the body at a cellular level, purifying the blood and alkalizing the body. Within a few treatments, users notice that their body becomes stronger, their organs function correctly, energy increases, concentration improves, and metabolism strengthens. Free. Call 657-4652; mariahnew@charter.net or aprillwellnesscenter.com.

Imagine Health: A Creative Approach to Harnessing the Healing Power of Illness with Kristi Davis • Seven Saturdays: Oct. 2-Nov. 20; 1-3:30 p.m. • Learn and experience how illness can help heal your life and how, by exploring the connection between body, mind, and spirit, we can reach levels of well being we never dreamed possible. This psychotherapeutic, holistic, creative group process is intended to inspire people to live a higher quality of life no matter what their circumstances. Drama Therapy and creative arts exercises will be used to tap into our body's innate healing capacity and to help unblock obstacles to health and wholeness - our natural state. \$245 plus \$25 workbook. Call 253-2650; kristi@creativespirithealing.com or creativespirithealing.com.

Intensive Health Retreat at Rudolf Steiner Health Center • Sept. 13 at 9 a.m. through Sept. 25 at 6 p.m., or Nov. 8-20 • This retreat is designed for ambulatory individuals with chronic illnesses or anyone seeking a restorative regimen. A unique feature of these therapeutic sessions is the availability of anthroposophical therapies: therapeutic eurythmy, speech formation, art therapy, color-light, music, rhythmical massage, therapeutic baths, and nursing therapies. Cost varies. Call Sara McMullen-Laird at 663-4365; info@steinerhealth.org or steinerhealth.org.

Build Stronger Bones Naturally with Sandy Baumann at WCC • Oct. 21 and 28, 6-8:25 p.m. • How can you naturally strengthen your bones? Gather many non-prescription strategies, including fun physical activity, that rebuild bones of women, men, and children at any age. \$59. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Sunday Afternoon Chats Series: pH - Are You Confused? with Gail Wyckhouse • Oct. 10, 1-3 p.m. • Am I too acidic? Should I be alkaline? Find out about pH and how to balance it with foods and diet. Class includes presentation, pH testing, recipes, and some healthy snacks. \$10. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Healing Yourself from the Inside Out with Corinne Bonafino Sherman and Tina Shafer • Oct. 9, 1-4 p.m. • Everyone can learn holistic healing techniques to release trapped emotions and transform limiting beliefs! Reduce stress, manage pain, and take back control of your life. Includes lecture, demo, and hands-on work. \$37. Call Corinne at 517-759-4714; cbsherman@aio-healthconnection.com or meetup.com/healingplayshop.

East Meets West for Your Health with Annette Mullett at Center for Integrative Well Being • Oct. 19, 11:30 a.m.-1 p.m. • We will discuss working with the body and not against it, and how it can lead to a more joyful and healthy lifestyle. \$15 drop-in. Bring your lunch. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Homeopathy

The Homeopathic Kit Class: What It Is and How to Use It with Mary Tillinghast • Sept. 15, 7:30-9:30; Sept. 25, 2-4 p.m.; Oct. 12, 7:30-9:30; Oct. 23, 2-4 p.m.; Nov. 8, 7:30-9:30 p.m.; Nov. 20, 2-4 p.m.; Dec. 1, 7:30-9:30; Dec. 11, 2-4 p.m. • This class is a practical class that teaches you how to use homeopathic remedies for yourself and loved ones. The class briefly touches on the history and theory of homeopathy, then covers choosing remedies for colds, coughs, and sore throats, headaches, minor infections, skin conditions, fevers, stomach problems, minor injuries, and colic and teething for infants. \$55 (couples may attend for one fee). Call 973-8990; castleremedies@gmail.com or castleremedies.com.

Hypnosis

Tools for Change: An Intro to Hypnosis with Christine Allyson • Sept. 6, Oct. 4, Nov. 1, Dec. 6; 7-9 p.m. • Hypnosis is about aligning the 10% of what we do consciously with the 90% of what we do subconsciously. Learn a series of specific tools and principles to successfully facilitate your growth and enhance your life. Come with issues, fears or pains you'd like to transform to have more peace, confidence, and prosperity in your life. \$10. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Intuitive & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors, and messages to be utilized as tools for self-insight. \$1 per minute. No appointment necessary. Call 327-9568, in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Fridays of each month, 7-10 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot to Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing, and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). \$1 per minute. No appointment necessary. Call 717-8513 or mpfox@umich.edu.

Drop-In Intuitive Readings with Irena Nagler in the Crazy Wisdom Tea Room • First and Third Tuesdays of each month, 6-9 p.m. • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. \$1 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Amy Garber in the Crazy Wisdom Tea Room • First and Third Saturdays, 6:30-9:30 p.m. • Amy is a medium, psychic, and channel who aids you on your path by consulting with your spirit guides, illuminating past lives, and connecting with loved ones who have passed on, as appropriate. Clients may receive homework to aid them with life lessons and to practice accessing their own guidance. \$1 per minute. No appointment necessary. Call 358-0218; metafizzy@gmail.com.

Psychic Development 1 with Deb Foggio • Sept. 16-Oct. 7, 7-9:30 p.m. • Students are guided through the process of connecting with and developing their psychic ability. The class helps awaken your awareness, then stimulates psychic development by teaching the fundamentals required to develop and use this skill in everyday life and more. No experience necessary. \$125. For day of meeting, call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Psychic Development 2 with Deb Foggio • Oct. 14-Nov. 4, 7-9:30 p.m. • Students are guided through the process of connecting with and developing their psychic ability. More in-depth experiential study of psychic phenomenon and processes. Learn how you can use it in everyday life or to further enhance spiritual growth. \$125. For day of meeting, call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Advanced Psychic Development with Deb Foggio • Nov. 11-Dec. 23, 7-9:30 p.m. • Students who have embraced their psychic gifts are guided through the process of experiencing their abilities on a deeper, more spiritual plane. The class will focus on more in-depth, experiential study of psychic phenomenon and processes. Learn how to access your abilities on multiple levels. \$175. For day of meeting, call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Living in Awareness: Foundations in Psychic Development I with Tiffany Mazurek • Nov. 13, 9-5 p.m. • You will learn simple yet powerful techniques for sensing, clearing, and repairing the chakras and aura. These techniques help you become more psychic while allowing your natural energy to flow easily as emotional and/or physical blockages release. This is a basic class in John Friedlander's system. \$125. Call 709-2096; tiffany@sacred-healing.com or sacred-healing.com.

Foundations in Psychic Development I: How to Perceive Your Aura and Chakras in Meditation with Violeta Viviano • Sept. 13, Sept. 20, Oct. 4, Oct. 11; 6-9 p.m. • We each have a bubble of spiritual energy surrounding us called the aura. Using our own perceptive skills, we learn two easy yet powerful techniques from which the other foundation classes build upon. These techniques help us find our own psychic energy, clear blockages, and repair our chakras and aura. This is a basic class in John Friedlander's system. \$175. Call 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

There is a wonderful mythical law of nature that the three things we crave most in life - happiness, freedom and peace of mind - are always attained by giving them to someone else.

- Peyton Conway March

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 94.

The Artist and the Intuitive Self with Violeta Viviano • Sept. 21, Sept. 28, Oct. 5, Oct. 12; 6:30-9:30 p.m. • Exploration of meditative techniques and elements of John Friedlander's system to tap into an artist's intuitive and inspirational self. Bring a sketchbook and notebook. \$175. Call 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development: Level I-II Practice Sessions with John Friedlander • Nov. 9, Dec. 14; 7-9 p.m. • Open to all students who have finished Level I or I and II. Class begins with a clearing meditation. John continues to bring new insights and deepening awareness to the development of the basic skills learned in the foundation classes. \$10. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development II: The Clairvoyant Beauty of Creating Your Reality through Space and Wisdom with John Friedlander • Nov. 13, 9-6 p.m. and Nov. 14, 9-3 p.m. • We will explore how desires and ideas come to fuel specific outcomes so as to better direct our energies toward more pleasant, wiser outcomes. There are two basics components to the creation of an event through our aura. They are: 1. how much of the space in a person's aura is conditioned or colored by 2. a particular intensity of emotion given shape and direction by his or her ideas and spiritual will. We then develop specific ways to open our space and find our true spiritual impulses, our authentic desires and ideas. \$225. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development: Level III Reading Practice Sessions with Violeta Viviano • Sept. 29, Dec. 22; 7-9 p.m. • Open to all students who have finished Level III. We continue to deepen our perceptive skills and clairvoyance by reading our own aura and that of others, which helps us clear our own space. Class begins with a clearing meditation. \$10. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Etheric Energy and Magic with John Friedlander • Sept. 4, 9-6 p.m. and Sept. 5, 9-3 p.m. • Another class in a series exploring the development of etheric clairvoyance and healing skills for the etheric plane. Prerequisite: Level I or instructor's permission. \$250. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Teleconference Focused Meditation Practice Sessions with John Friedlander • Sept. 12, Oct. 3; 9-Noon EST • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. Each participant will both leap ahead with his/her spiritual abilities, and also make an excellent start in developing sustained focused attention so valuable in developing both abilities and character. Prerequisite: Spring Intensive or Focused Meditation Class. \$15. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Teleconference Seven Planes of Consciousness Practice Sessions with John Friedlander • Sept. 15, Oct. 20, Nov. 17, Dec. 15; 8-9 p.m. EST • The 49 specific energies of the seven planes, each with seven sub-planes, as described in the Theosophical literature of the early 1900s. The Theosophical writers brilliantly described the whole scope of human potential, synthesizing eastern, western, and channeled material in a relatively easy to understand schema of the 49 sub-planes. Prerequisite: Level I and Seven Planes Class. \$12.50. Call Violeta at 677-2761; violetaviviano@ameritech.net or psychicdevelopment.cc.

Heart Based Intuitive Development with Melanie Fuscaldo • Sept. 21, Noon-1:30 • Develop your intuition with heart based techniques to discover information about relationship, health, and spiritual goals. Explore inner purpose and career path. \$30. Contact melaniefuscaldo.com.

Get Intuit with Shala Kilmer • Eight Tuesdays beginning Sept. 28, 6:30-9 p.m. • Have you wondered why your intuition works so well sometimes and not so well in situations where you really need it? This class will introduce many techniques for tapping in. The results are immediate. \$198. Call 248-258-8287; IntuitionPath.com.

Toe Reading Workshop Level 2 with Deb Foggio • Oct. 9, 1-4 p.m. • Toe reading is the understanding of a person's life through their experiences reflected in the formation of toes and feet. Develop your abilities as a toe reader. Learn the process as you connect with your own intuitive abilities. \$40. Call 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Clairvoyant and Intuitive Development Seminars with Ray Golden of Center for Intuitive Health • Early registration discounts available. For more information, call 663-9724; intuitivehealth@aol.com or raygoldenreiki.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing • Sept. 18-19, 10-5 each day • Learn simple, powerful techniques to begin to perceive, ground, and heal your psychic and emotional space, aura, and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field. \$189.

Intuitive Awareness 2: Deepening Awareness and Skills • Oct. 23-24, 10-5 each day • Continue to develop your intuitive perception, do personal healing, and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healing work. Prerequisite: Intuitive Awareness 1. \$199.



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The T'ai Chi form is a series of postures linked together in a continuous, fluid manner. As an internal Chinese martial art, the form integrates both physical and energetic mechanics that promote relaxation and presence of mind. Tai Chi is often characterized as a moving meditation. The T'ai Chi form is studied in thirds.

Chi Kung has four major characteristics of Chi Kung: medical; longevity practices using breath movement and visualization; meditation practices promoting clarity of mind and spirit; and exercises that strengthening muscle energy. The Wild Goose Chi Kung system taught embodies all four.

Tuition

T'ai Chi Beginners (Learning Form) - \$180

Chi Kung Beginners (Learning Wild Goose Form) - \$180

September 7 - December 13

Mon	Tue	Wed	Thu	Fri	Sat
Evening 7:15 - 8:30 TC1	Evening 6:00 - 7:15 Chi Kung 7:15 - 8:30 TC2 and 3	Evening Advanced TC Push Hands Sword	Evening 6:00 - 7:00 Intermed. TC 7:15 - 8:30 TC1, 2, and 3		10:00 - 11:00 AM Morning Practice

Morning Classes at Peaceful Dragon School through AA Rec and Ed

Ann Arbor Holistic Resource Guide

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**The Ann Arbor Holistic Resource Guide
was created by Crazy Wisdom to
provide information about the terrific
array of Practitioners and Teachers in
the fields of Integrative and Alternative
Medicine, Holistic Health, Spiritual
and Psychological Growth
and more...
practicing in and around
the Ann Arbor area.**



www.annarborholistic.com

The Crazy Wisdom Calendar

Massage

Sports Massage for the Young Athlete with Carol Clark • Sept. 24, 7-8 p.m. • This is an educational class for parents of student athletes. We will discuss pre-2nd post event stretching techniques and the importance massage plays for them. Free. Call 734-416-5200; info@bodyworkshealingcenter.com.

Massage Therapy Program Informational Orientation at the Ann Arbor Institute of Massage Therapy with Sara Martens • Oct. 1, 10-11:30 a.m.; Oct. 28, 6-7:30 p.m.; Nov. 17, 10-11:30 a.m.; Dec. 2, 6-7:30 p.m.; Dec. 17, 10-11:30 a.m. • Are you interested in a massage therapy career but do not know where to start? Are you confused by all the different massage programs out there? Do you have questions about our school and what we have to offer you? Would you like to know how we compare to other area schools? If so, join us for our informal orientation! AAIMT is dedicated to assist each student in achieving excellence in therapeutic skills, personal awareness, and the sensitivity needed for a successful and rewarding career in massage therapy. The 800-Hour Massage Therapy program begins Sept. 2 and is a year-long program with classes 9 a.m.-12:30 p.m. or 6-9:30 p.m. It includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage, and various components and related approaches to therapeutic massage. Classes qualify for CE credits. Free Orientation. \$75 application and registration fee. For complete costs and more information, call 677-4430; info@aaimt.edu or aaimt.edu.

Raindrop Therapy with Cynthia Haas • Sept. 12, 10 a.m.-2 p.m. • This workshop combines the art of aromatherapy with massage in the application of essential oils to various areas of the body. This therapy provides a revolutionary means of bringing balance and harmony to the body - physically, mentally, and emotionally. The oils for a raindrop therapy session are included. No lunch break. \$115. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Quantum Touch with Cathleen Francois • Nov. 6, 9-6 p.m. and Nov. 7, 10-6 p.m. • Quantum Touch is rooted in energy work and helps with burn victims, cancer patients, the elderly, infants, and more. The work can be seamlessly combined with any modality. It provides healing bioenergy for the practitioner as well as for the person seeking great health. This workshop is open to all. \$295. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Thai Massage: An Introduction with Jennifer Giacomelli • Dec. 17-19, 9-5 p.m. • This course covers the foundations of Thai Massage and is suitable for new students or practitioners seeking an alternate modality. Students will focus on the supine positions when learning techniques of Nuad Bo Rarn Thai Massage. \$465. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Thai Massage II with Jennifer Giacomelli • Oct. 22-24, 9-5 p.m. • In this intermediate workshop, students will build on what they have learned in the introductory course. They will move on to skills and techniques for recipients in a seated position, sidelying, and prone. Upon completing the course, students will be able to offer a complete 2.5-3 hour Thai massage. \$350. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Skills Builder Series 1: The Head and Neck with Christa West • Sept. 26, 9-5 p.m. • Improve therapeutic skills for working with head and neck issues. Gain confidence in working with muscles of the neck. Palpation and hands on techniques are taught. Integrative approach with review of anatomy, common injuries, and hands on practice of techniques. \$175. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Skills Builder Series 2: The Low Back with Christa West • Oct. 17, 9-5 p.m. • Low back pain is often the cause for people seeking massage therapy. Improve your assessment and therapeutic skills to better meet your client needs. Integrative work with anatomy review, common injuries and technique presentation, and hands on practice. \$175. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Skills Builder Series 3: The Shoulder with Christa West • Dec. 5, 9-5 p.m. • The shoulder is complex; the cause of pain is not always obvious. This workshop will focus on how to best assess treatment plans. Learn more about how to treat common shoulder conditions including anatomy review, assessment, and hands on practice. \$175. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Myofascial Therapy II with Christia West • Sept. 17-19, 9-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage that addresses postural distortions and chronic myofascial patterns of strain. In this class, we are treating the core muscles. We learn to correct dysfunction due to muscular imbalances in the core area. \$350. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Professional Ethics and Boundaries at AAIMT • Oct. 5, 9 a.m.-12:30 p.m. or 6-9:30 p.m. • This is a very basic class on professional ethics and boundaries. This is for the new integrative therapist to learn how to provide safe care and have collegial relationships in their business community. \$60. For presenter, call 677-4430; info@aaimt.edu or aaimt.edu.

Neuromuscular Therapy I with Jocelyn Granger • Dec. 10-12, 9-5 p.m. • This workshop begins with an examination of the theory and history behind neuromuscular therapy. Back, neck, and posterior hip are the areas of focus. \$350. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Pathology with Christia West • Nov. 20, 9-5 p.m. • Massage therapists are ethically responsible for recognizing clients' deviations from ideal health and knowing if massage is indicated or contraindicated. This class helps the beginning massage student form a knowledge base upon which they can build as they begin to practice. \$150. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Seated Massage with Christia West • Sept. 25 • This course concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort are taught. \$150. For times, call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Sports Massage II with Jocelyn Granger • Oct. 29-31 • This is clinical massage therapy with a focus on injury prevention and correction. We learn about common sports injuries, how to treat them, and how to help an athlete prevent them. Basic orthopedic assessment techniques are also taught. \$350. For times, call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Myofascial Therapy III with Christia West • Oct. 1-3, 9-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage that addresses postural distortions and chronic myofascial patterns of strain. In this class, we are treating the core muscles. We learn to correct dysfunction due to muscular imbalances in the core area. \$350. Call AAIMT at 677-4430; info@aaimt.edu or aaimt.edu.

Bellanina's Facelift Massage Seminar with Nina Howard • Nov. 5-7, 9 a.m.-5 p.m. • CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. \$995 includes professional treatment kit. Call 800-235-2844 or 747-7661; operations@bellanina.com.



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Meditation

Be Who You Love Meditation with Susan Morales • Sept. 19, Oct. 17, Nov. 21, Dec. 19; Noon-2 p.m. • Through a variety of techniques, guided meditations, and practice sessions, we'll deepen our love for ourselves and our lives. Bring a journal. \$20. Call 761-3334 or 395-6759; susanmmorales@yahoo.com or susanmorrals.com.

Meditation for Everyday Living with Dave Krajovic • Sept. 23, 7-9 p.m. • Most people know that meditation has great benefit but are afraid to try it, have tried it and found it doesn't work or don't know where to start. This practical class will help you bring the benefits of meditation into your life now. Learn about the physiological benefits of meditation and its history, basic postures, breathing patterns, and pitfalls. Includes a guided meditation. \$37. Call Pat at 734-416-5200; info@bodyworkshalingcenter.com.

Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center Teachers • Sundays, 10-11:30 a.m. • Sunday morning sitting meditation for one hour, followed by mindful sharing. Donations gratefully accepted. Call 477-5848; info@deepspring.org.

Meditation: Day of Practice with Carol Blotter of Deep Spring • Sept. 12, Oct. 10, Nov. 21, Dec. 18; 9-4:30 p.m. • One-day retreats are a great opportunity to enjoy deep meditation and to experience support for our practice. The day includes brief meditation instructions (vipassana or insight meditation), sitting and walking meditation, a dharma talk, and, if requested, private interviews with the teacher. \$30 suggested donation as a fundraiser for Michigan Friends Center and Deep Spring Center. Call 475-0942; info@deepspring.org.

Deep Spring Fall Retreat: Practicing Vipassana and Dependent Origination with Barbara Brodsky, John Orr, and Aaron • Oct. 22-24 • Open to all meditators who have completed a beginner's series of classes and are ready for the next level of instruction. The Buddha's teaching of Independent Origination helps us to see both the arising of suffering and freedom from it. We will break down this important teaching in such a way that participants will be able to understand and see this chain of events with more clarity. We will focus on practice and silence, with morning and afternoon instruction periods and discussions. \$165 includes meals and lodging, with retreatants responsible for providing meals. Call Mary at 369-2628; deepspring.org.

Tuesday Morning Group Meditation with Bilha Rivlin of Deep Spring Center • Tuesdays, 6:30-7:15 a.m. • Sitting meditation to start the day! Please enter and depart in silence. Instruction is not provided. Donations gratefully accepted. Call 477-5848; info@deepspring.org.

Mindfulness of the Dhammas with Ann Barden of Deep Spring Center • Wednesdays, Sept. 8-Oct. 6; 7:30-9 p.m. • In the Satipatthana Sutta, the Buddha introduced the four frames of reference, the Four Foundations, within which we practice mindfulness. These are the body, the feeling characteristics of experience, the minds, and the dhammas. This class is appropriate for one who has had at least beginning meditation instruction and may be introduced to these teachings for the first time, or for intermediate students. Donations accepted. Call 477-5848; info@deepspring.org.

Deepening Practice and Dharma Insight with Barbara Brodsky and Frank Levey of Deep Spring Center • Wednesdays, Sept. 8-Dec. 15; 6:30-9 p.m. • This Level 2/3 class for continuing and those aspiring to a daily practice involves sitting together with encouragement to share. Teachers will offer guidance to deepen and sustain practice. Questions will be addressed and class members will each have a dharma buddy for support. Our hope is to create a mini sangha where we can discuss and deepen practice. \$56 building fee with donations accepted. Call 477-5848; info@deepspring.org.

Level 1 - Beginning Introduction to Meditation Workshop with Deep Spring Center • Oct. 16, 9-Noon with Mary Grannan; Nov. 13, 1-4 p.m. with Julie Wolcott and Lisa Zucker; Dec. 4, 1-4 p.m. with presenter TBA • An introduction to insight meditation. No experience necessary. Wear comfortable clothes. Cushions and chairs provided. \$20 building fee with donations accepted. Call 477-5848; info@deepspring.org.

Level 1 - Beginning Insight Meditation with Lisa Zucker and Julie Wolcott of Deep Spring Center • Five Wednesdays: Sept. 29-Oct. 27 or Nov. 3-Dec. 8, 7-8:30 p.m. • Insight meditation is an ancient and profound practice of moment-to-moment awareness of mind/body processes as a path to freedom. As we begin to free ourselves from habitual patterns that have caused our suffering, we start to experience the open, radiant heart that has always been with us, but may have gone unnoticed. This class is designed for students new to insight meditation and anyone who would like a review. \$49 to Ann Arbor Rec & Ed. Call 477-5848; info@deepspring.org.

Beginning Insight Meditation with Peg Tappe and Mary Grannan of Deep Spring Center • Five Thursdays, Sept. 23-Oct. 21 or Nov. 4-Dec. 9; 9:30-11 a.m. • You can learn to calm your mind. That will be the focus of this class: learning to establish a kind, calm awareness in which the activities of the mind that influence our behavior are revealed. Things may seem different, which can lead to insight. \$49 to Ann Arbor Rec & Ed. Call 477-5848; info@deepspring.org.

It's All In Your Mind, Or Is It? Mindfulness On and Off the Cushion: Level 2 - Continuing with Erica Dutton and Mary Grannan of Deep Spring Center • Saturdays: Nov. 6-Dec. 18, 10-Noon • The practice of mindfulness can lead to deepening your meditation practice and one where the richness of life is brought center stage. For most of us, we spend a considerable part of our day on automatic pilot, lost in thought or planning for the future, while the moment right in front of us goes unnoticed. This class focuses on deepening your mindfulness practice by being aware of your body, mind, feelings, and world around you rather than being adrift or assailed by events that you react to before you have time to think. Open to meditation students familiar with Vipassana who are ready to develop a regular practice. \$59 to Ann Arbor Rec & Ed. Call 477-5848; info@deepspring.org.

Meditation Night with Deb Foggio • Wednesdays, 7:30-9:30 p.m. • Setting of intention is a powerful tool to help us discover answers to the questions we seek. Group meditation enhances our energy through tapping into the energy of the group to move into new levels of experiencing wisdom or healing. On occasion, messages will be received for those participating in the meditation. \$15. Call 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Easy Meditation with Cathy DeLauter • Sept. 28, Oct. 26, Dec. 7; 7-9 p.m. • Learn some easy, simple-to-use techniques for meditation. This class will help you believe that meditation works for you as we explore various kinds of meditation. Learn to relax and breathe easier, and deepen your connection with the wiser, higher self in you. \$30. Call 994-8847; cdelauter@yahoo.com or cathy.delauter.com.

Second Wednesday Meditation and Healing Night with Jude Shepard and Christine Fodor • Sept. 8, Oct. 13, Nov. 10, Dec. 8; Gather at 7 p.m. • Enjoy a guided meditation leading into silent meditation to release, rejuvenate, and heal, and benefit from the powerful energy of ancient atlantean healing tools and Reiki energy. Featuring biogenesis tools and meditating in a grid. Program starts at 7:30 p.m. Bring a vegetarian snack if you wish. \$20 suggested donation. Call Jude at 810-599-8855; Jude@AMiracleToday.com or BrightonHealingArts.org.

Mastering Meditation with Kapila Castoldi • Oct. 16, 23, 30; 3-5 p.m. • Introductory meditation series explores various techniques for entering the meditative state, including exercises in concentration, breathing, chanting, and visualization. The class will also touch on basic concepts of Indian philosophy and Ayurveda. Free. Call 994-7114; castoldi@oakland.edu or srchinmoycentre.org.

Self-Healing through Meditation with Kapila Castoldi • Nov. 7, 14, 21; 2-4 p.m. • Meditation brings awareness of what is hidden deep inside us. This is the key to solve longstanding issues within ourselves, which results in happiness and better health. The class explores the basics of meditation and Ayurveda. Free. Call 994-7114; castoldi@oakland.edu or srchinmoycentre.org.



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Psychotherapy
Massage Therapy
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The Crazy Wisdom Calendar

Meditation (continued)

Active-Reflective Meditation with Susan King • Sept. 1, 15, 29, Oct. 6, 20, Nov. 3, 17, Dec. 1, 15, 29; 7-8:15 p.m. • This class includes varying activities each session to encourage reflective meditation using active, multisensory engagement. The rituals borrow from Native American, shamanic, and eastern elements to incorporate meditation with sound, movement, and visualization, such as using a medicine wheel, working with sacred story, and soul card meditations. Donations accepted. Call 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

Meditation Service with Annie Kopko through Interfaith • Sept. 8, 22, Oct. 13, 27, Nov. 10, 24, Dec. 8, 22; 7-8 p.m. • This is a brief service including a spiritual reading and sharing, silent meditation, and music. All are welcome. Donations requested. Call 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

Meditation in the Tradition of Thich Nhat Hanh with Huron River Sangha • Sundays, 6:30-8:30 p.m. • Two periods of 20-minute sitting meditation and ten-minute walking meditation, followed by tea and dharma sharing in the tradition of Vietnamese Zen Master Thich Nhat Hanh. \$10 suggested donation. Call Joe Reilly at 846-2848; joereilly-music@gmail.com or Mary at marytillinghast@gmail.com.

Meditation: Finding Peace of Mind with Hans Posselt at WCC • Oct. 4, 7-8:55 p.m. • Learn how meditation may be able to help you reduce stress, lower blood pressure, gain mental clarity, and enjoy inner peace. \$15. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Meditation: Theory and Practice with Hans Posselt at WCC • Mondays: Oct. 18-Nov. 22, 7-8:55 p.m. • This class is based on the ancient teachings of yoga, but it also deepens the spiritual understanding underlying the teachings of all major religious traditions. \$95. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Ann Arbor Open Meditation at Lotus Center • Thursdays, 7:30 p.m. • Weekly meditation sittings, primarily mindfulness with some loving kindness, for individuals at all levels of experience. Format is two 20-minute sittings (one guided, one silent), with a brief break. \$5 suggested donation. Call Libby at 975-2745; libbyrobinson7@gmail.com.

Mindfulness Meditation: Beginning with Martha Kimball • Tuesdays: Sept. 7-28 or Nov. 9-30, 6-7:30 p.m. • Learn to observe each moment without judgment from a place of cultivated stillness. This quieting boosts the immune system and reduces cardiovascular risk. It is useful for managing blood pressure, sleep disorders, lifestyle changes, and pain. The enhanced awareness that comes with meditation practice supports a shift from habitual reactivity to more conscious choice. \$82. Call 998-5679; rondbarn@med.umich.edu or umcvc.org/stress.

Mindfulness Meditation: Deepening with Martha Kimball • Wednesdays: Oct. 13-Nov. 3, 6-8 p.m. • See above description. \$107. Call 998-5679; rondbarn@med.umich.edu or umcvc.org/stress.

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for an evening of Siddha Yoga meditation and chanting. No charge for programs. Call 747-7116; symcannarbor@gmail.com.

New Moon Meditation and Potluck Party Social and Sharing with Christine Fodor • Sept. 12, Oct. 10, Nov. 7, Dec. 5; Gather at 3:33 and Begin at 4 p.m. • Guided meditation for manifesting the new in your life. Learn about lunar cycles, the month energies, and select guidance cards. Bring a journal if you wish to write down your thoughts and inspirations. Potluck 6-8 p.m. Bring a dish to share. \$15 suggested donation. Call 248-444-7408; sheenadwah@yahoo.com or myspace.com/sheenadwah.

Learn to Meditate with Nirmala Nancy Hanke of Lighthouse Center • Sept. 24, Oct. 29, Nov. 26 • Introduction to mantra meditation in the Jain tradition with meditation and empowerment. \$35, \$25 students, \$15 repeat. Call Prachi Patricia Thiel at 734-449-4381; thielp17@yahoo.com.

Chakra Meditation Class with Nirmala Nancy Hanke of Lighthouse Center • Tuesdays: Sept. 28-Nov. 16, 7-9 p.m. • Introduction to the seven chakra energy centers, with empowerment of the mantra for each chakra. Prerequisite: two months mantra meditation. \$85 non-pledging. Call 645-2188; nirmalanh@aol.com.

Intensive Meditation at Lighthouse Center • First and Third Friday of each month, 7:30-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakra energy centers. No cost. Call Prachi Patricia Thiel at 734-449-4381; thielp17@yahoo.com.

Guided Meditation Course with Ema Stefanova • Wednesdays, 5:30-6:45 p.m. • Learn a variety of meditation techniques to relax and improve memory and concentration. Purely practical experience. Does not interfere with personal beliefs. Beginner through advanced welcome. For cost, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

I thank you God for this most amazing day, for the leaping greenly spirits of trees, and for the blue dream of sky and for everything which is natural, which is infinite, which is yes.
- e.e. cummings

Music, Sound & Voice

Shari Kane/Big Dave Steele, and Davy Rothbart Fundraising Concert for Michigan Friends Center • Sept. 24, 7 p.m. • Experience a riveting mix of blues and storytelling in a benefit evening that brings together hometown favorites. Join Michigan Friends Center in celebrating their 20th year of fostering peace, social justice, spiritual growth, and protecting the environment with these talented local artists! The event will also include a silent auction and refreshments. \$20 tickets or \$15 students. Call Dana Wright at 475-1892; director@mfccenter.org or mfccenter.org.

Heartsounds: Music and Meditation for the Soul with Andrew Rogers • Sept. 15, Oct. 20, Nov. 17, Dec. 15; 7:30-9:30 p.m. • A once per month session of conversation, live channeled music, and meditation. The live music channeled for each session from angels and guides is unique, dependent upon the guides and energy of the individuals in attendance. \$15. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Nature Awareness

Nature Awareness and Wilderness Living Skills with Frank Levey • Oct. 16, 9 a.m.-Noon and Oct. 24, Noon-3 p.m. • This class, offered to adults and mature teens, will cover basic wilderness survival strategy and methods. With only the clothing on our backs, we will learn and practice shelter (insulation) building, water and food gathering and purifying, and primitive fire making skills. \$30. Call 657-8742; frank@awakened-breath.net or blueturtlenaturecamp.com.

New Science

Quantum Theory with Annette Mullett at Center for Integrative Wellbeing • Sept. 28, 11:30-1 p.m. • Is the world that we live in an illusion? What does quantum theory tell us? What does the work of Masaru Emoto tell us? Discussion and experiments for personal verification. \$15 drop-in. Bring your lunch. Call Deb Foggio at 248-702-7064; lightworkscenter@att.net or integrativewellbeing.com.

Nutrition & Food

Five Healthy Supplements for Boosting Energy: Free Talk with David Leavitt • Sept. 16, 7-8 p.m. • As part of Aprill Wellness Center's "Boost and Balance Your Energy" month, come learn about several helpful dietary supplements and other ways to increase feelings of well being. Free. Call 913-0350; michiganintegrative@gmail.com or aprillwellnesscenter.com.

A Day in the Vineyard: From Grapes to Glass with Michigan Agritours and Joel Goldberg of MichWine • Sept. 19, 9:30-4:30 p.m. • We will visit three unique area vineyards/wineries: Glacier's Edge, Sandhill Crane, and Chateaux Aeronautique. Meet and chat with growers and wine producers, walk the vineyards, sample the grapes, and taste the wine. Understand what's required to grow grapes in Michigan and how they become wines you enjoy. Everything you wanted to know about grapes and wine, but were embarrassed to ask! \$95 includes transportation and a local foods lunch. Call Lauren at 239-1901; laurenzinn@gmail.com or michiganagritours.com.

Soulstar Healing Hearts

Kate Rogers

- * The Feldenkrais® Method
- * The Anat Baniel Method – Mastery Level in Children
- * Conscious Channel
- * Shamanic Journeys
- * Channeled Energy Healings
- * Homeopathy
- * Channeled Custom-mixed Blends of Floral Essences
- * Channeled Tarot Readings
- * Channel for the Hathors, the Archangels, the Ascended Masters, the 12 Masters of the Creation, & Na.Ho.Mesh, a Shaman of Ice Age Michigan



The Parkway Center
2345 S. Huron Parkway
Ann Arbor, MI
By appointment only
e-mail: tookatyhoo@yahoo.com
734-945-9178

Healing for Adults, Children,
Animals, & Environments

An Amish Ag-Retreat: From God to Farm to Table with Michigan Agritours and Interfaith Round Table • Sept. 25, 10-6 p.m. • An open faith workshop retreat in Hillsdale County. Explore the intersection of agriculture (food systems) and religion (belief systems). Reflect on religion's influence over food ways and its influence on agriculture. Meet and chat with an Amish family. Consider a future of sustainable agriculture and sustainable spirituality. Space is limited. Register early. \$100 includes Amish-made lunch and dinner, and tours. Call Lauren at 239-1901; laurenzinn@gmail.com or michiganagritours.com.

Hydroponics and Aquaculture: The New Agriculture? with Michigan Agritours • Oct. 29, 10 a.m.-1 p.m. • Scenarios for the future of food abound from disasters to high tech salvation. Our agritour visit to a hydroponics and aquaculture facility lets you decide where the future of food lies. Is it a path we want to go down? Why or why not? Be part of this excursion, gain and offer insight, and learn how this reviving form of agriculture is unfolding. For cost, call Lauren at 239-1901; laurenzinn@gmail.com or michiganagritours.com.

Sunday Afternoon Chats Series: Your Right Diet is the Best Diet with Gail Wyckhouse • Nov. 14, 1-3 p.m. • Take the myths out of losing weight. Learn how to eat right for your body. Bring carbohydrates and energy into your life. Health snacks and class materials provided. \$15. Call Deb Foggio at 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Sunday Afternoon Chats Series: Don't Let the Grinch Steal Your Holiday with Gail Wyckhouse • Dec. 12, 1-3 p.m. • Learn how to prepare and eat healthy foods that will be just as pleasing as old traditional holiday favorites without the guilt. Your foods will be the hit of the party! Demonstrations and recipes, healthy snacks, and materials provided. \$20. Call Deb Foggio at 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Drink Your Greens and Love It! Green Smoothies to Sweeten and Nourish Your Life with Tamara Wendt • Sept. 23, 6:30-7:30 p.m. • Have a hard time digesting raw greens? Does fruit sugar space you out? This engaging and playful class will explore ways to get a lot more raw greens and fruit into your life - nutrition that is easy to digest, simple to prepare, and great tasting. Join us for inspirations from local gardens. \$22 proceeds go to Grass Lake Sanctuary. Call Chris at 433-2208 ext. 6001; hbrumwell@yahoo.com or aprillwellnesscenter.com.

Delicious Gluten-Free Breakfasts with Joanna Mills • Sept. 20, 6:30-7:30 p.m. • Do you feel like you're missing out on great, healthy breakfasts because you don't eat gluten (wheat)? Come experience fun shakes, pancakes, and some surprises. Learn how to start your day with a smile and oodles of energy. \$22 proceeds go to Grass Lake Sanctuary. Call Chris at 433-2208 ext. 6001; hbrumwell@yahoo.com or aprillwellnesscenter.com.

Simple Tips for Stress-Free Cooking and Baking with Patty Hart • Oct. 21, 6:30-7:30 p.m. • Join us for these simple, fun shortcuts and streamlines to allow your cooking and baking endeavors to flow unimpeded from bowl to plate. \$22 proceeds go to Grass Lake Sanctuary. Call Chris at 433-2208 ext. 6001; hbrumwell@yahoo.com or aprillwellnesscenter.com.

Amazing Grains with Wendy Warrick • Nov. 15, 6:30-7:30 p.m. • Whole grains can be tasty as well as adding healthy complex carbohydrates to your diet. Through cooking demonstrations, tastings, and information, we hope you'll experience how "going with the grain" can expand your enjoyment of food and bring your body into balance. \$22 proceeds go to Grass Lake Sanctuary. Call Chris at 433-2208 ext. 6001; hbrumwell@yahoo.com or aprillwellnesscenter.com.

Food Solutions: A Support Group for Living with Food Allergies with Judy Sauer • Second and Fourth Saturdays of each month, 9:30-11 a.m. • Whether you are newly diagnosed with food allergies or just seeking tasty recipes and helpful hints, reaching out for support from others can bring joy to the journey. During each session, this drop-in support group will explore new recipes and helpful hints for accommodating common food allergies including wheat, dairy, soy, and corn. Bring your questions, frustrations, and concerns, and leave feeling empowered. \$20. Call 761-8193; judy@jdsfoodsolutions.com or jdsfoodsolutions.com.

Heal Your Digestive System, Heal Your Life with Gary Merel • Oct. 6, Oct. 13; 7-9 p.m. • A healthy digestive system is essential to a healthy life. Problems like inflammatory bowel disease, Crohn's disease, allergies, gluten intolerance, psoriasis and eczema, sinus conditions, acid reflux, allergies, and asthma are directly influenced by a comprised digestive system. This workshop will explore the basic strategies of healing our digestive and immune systems. We will discuss the use of digestive enzymes, healthy eating lifestyles, probiotics, and essential fatty acids, as well as methods of testing for allergies. \$15. Call 222-8210; gmerel165@msn.com or annarborholistichealth.com.

Probiotics: The Friendly Microbes You Have to Have! with Yael Dolev at WCC • Nov. 3 and Nov. 10, 6-7:25 p.m. • Discover and sample tasty dairy and non-dairy probiotic foods and learn how you can incorporate them into your diet. Gain valuable knowledge about the various types of yogurt and kefir available. \$39. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Remedies from Your Kitchen with Bronwen Gates at WCC • Nov. 4, 6-8:55 p.m. • Your flavorful kitchen herbs and spices are a treasure chest of wealth for health. Come watch remedies being made and sample a few, too. You will take home remedies that are easy to make in your own kitchen. \$39. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

The Saavy Food Shopper: Don't Be Fooled by Sneaky Claims with Yael Dolev at WCC • Oct. 20 and Oct. 27, 6-7:25 p.m. • A shopper proficient at reading labels can distinguish sneaky advertising from valid claims and be confident about the healthiness of food. Learn more about food additives you should bypass, and have hands on experience in reading food packages. \$39. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Tofu for Your Good Health: Healthy Chinese Cooking with Angela Yang for WCC at Whole Foods • Sept. 30, 6-7:55 p.m. • You will learn to combine traditional Chinese flavors with this nutritional powerhouse in three recipes that will excite your palate and open your eyes. \$42. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Vegan Foods: Cholesterol-Free Living with Jenney Gordon for WCC at Whole Foods • Nov. 6, 10-11:55 a.m. • The key to a nutritionally balanced vegan diet is variety. \$42. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Wellness Superheroes: CoQ10, Magnesium, Omega-3 Oil, and Vitamin D with Sandy Baumann at WCC • Sept. 29, 6-8:25 p.m. • Discover the secret superheroes that are revolutionizing healthcare. Take home handouts describing deficiency symptoms, common food and supplement sources, and recommended dosages. \$25. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Chocolate: Food of the Gods (and Everyday People) with Yael Dolev at WCC • Oct. 14, 6-7:55 p.m. • Incorporate antioxidant-rich, healthy, unsweetened chocolate into some unexpected dishes for breakfast, lunch, and dinner that go way beyond fattening, sugar-laden desserts. \$29. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Nutrition Contradictions and Clarification with Annette Mullett at Center for Integrative Wellbeing • Sept. 21, 11:30-1 p.m. • There is so much confusion about the topic in magazines and media. We will discuss an overview of diet, nutritional contradictions, and clarification. Ayurvedic and eastern approaches will also be presented. \$15 drop-in. Bring your lunch. Call Deb Foggio at 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Supplements for Health with Anne Duffy at Body, Mind, Spirit Wellness Center • Nov. 14, 1 p.m. • You will learn how to determine which supplements you need to support your perfect health! By donation. Call 765-5830; theconnectingbridge@yahoo.com or theconnectingbridge.com.


Making Peace with Food Workshop with Abbe Grossman • Sept. 8, Oct. 14, 16, 28, 30, Nov. 4, 6, 18, 20, Dec. 2, 11 • Break free from compulsive eating, heal emotional roots of overeating, and learn meditation, energy work, and body awareness tools for overcoming overeating. Make peace with your inner critic. \$10 each. For morning and evening times, contact grossmanabbeima@att.net. or abbejgrossman@weebly.com.

From Carnivore to Vegan... and Back! with Francisca Fernandez • Sept. 8, Oct. 6, Nov. 17; 1-3 p.m. • The latest battleground in our society: food wars! Vegan? Vegetarian? Carnivore? Each class will focus on recipes geared to one of these diets. All are delicious, easy to make, and suitable for company. There will be a presentation, cooking demonstration, and sampling of foods in each class. \$15. Call 433-1000; adultlearnersinstitute.org.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • Sept. 14, Oct. 12, Nov. 9, Dec. 14; 7 p.m. • Come join us for tea and networking on Witches' Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. \$3.75 for a pot of tea with free refills. For more information, call Carol at 665-2757; info@crazywisdom.net.


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The Crazy Wisdom Calendar

Parenting

Raising a Balanced Child in an Imbalanced World with Joanna Myers, Wendy Mauntel, and Judy Sauer • Sept. 25, 10 a.m.-1 p.m. • Many forces in our modern world make it challenging to keep children balanced, focused, and able to function at their best. We will explore the power of diet, movement, and flower essences to support children in moving through life with grace and ease. Parents will leave with a toolkit of information and resources to raise healthy, happy, and vibrant kids! Dress light for movement. Allergen-free refreshments will be provided. \$60. Call Joanna at 395-8486; Joanna@feldannarbor.net.

La Leche League with Center for the Childbearing Year • First Thursday of each month, 10-Noon • Drop-in support group for breastfeeding mothers and their children. Pregnant women and toddlers welcome. Free. Call 663-1523; patty@center4cby.com or center4cby.com.

Mothering Arts Support Group with Barbara Robertson and Cia Gabriel with Center for the Childbearing Year • Eight Mondays, 10-11:30 a.m. • This group focuses on making a positive adjustment to the joys and challenges of being a new mom. Topics include sleep issues, breastfeeding, baby-wearing, taking care of yourself, sex after baby comes, birth stories, infant massage, baby signs, and more. Class repeats consecutively and can be joined at any point in the series. Moms and babies up to six months welcome. \$60. Call 663-1523; patty@center4cby.com or center4cby.com.

The Breastfeeding Cafe with Barbara Robertson of Center for the Childbearing Year • Fridays, 10-11:30 a.m. • Come and meet other women who are breastfeeding their babies! This free drop-in group focuses on supporting the new breastfeeding pair. We will provide a combination of a nurturing environment and accurate, up-to-date information. Time is set aside to address each individual mother's concerns. Moms and babies can come for as many weeks as they need. Please bring your baby and your questions. Free. Call 973-6534; barbara@aol.com or bfcaa.com.

The Nutritious and Delicious Lunchbox at Chelsea Library • Sept. 12, 2-3 p.m. • While parents enjoy the routine that school brings, it's hard to face making all those school lunches. This program is packed with healthy lunch ideas, lunch making tips, and recipes that will help families create nutritious lunches for school AND work. Learn how to teach your children to make healthy choices in the school lunch line, too. Fun food demo with food samples! Children welcome. Free. Pre-registration required. Call 475-8732; chelsea.lib.mi.us.

Peace

Peace Generator Silent Meditation/Prayer Circle with Craig Harvey • Oct. 21, Nov. 19, Dec. 17; 7-9 p.m. • All are invited to join a silent meditation on world peace and individual (inner) peace. Free with donations accepted. Call 971-8576; dave@interfaithspirit.org or peacegenerator.org.

24-Hour Peace Generator Drop-In Meditation Circle: Celebrating with the Rest of the World - The United Nations International Day of Peace with Craig Harvey • Sept. 20 at 6 p.m. through Sept. 21 at 6 p.m. • A peaceful planet starts from within. Join in silent prayer or focused meditation on inner/outer healing, love, harmony, peace, understanding, cooperation, and joy for your family, the world, and for yourself. Sign up for a time slot or just drop in anytime during the 24-hour period to keep this continuous silent prayer/meditation going. Refreshments provided. Free with donations accepted. Call 971-8576; dave@interfaithspirit.org or interfaithspirit.org.

Walking Barefoot on Holy Ground with Paula D'Arcy • Oct. 22, 7:30 p.m.-Oct. 24, 1 p.m. • Living with our eyes wide open to the world is a great challenge, yet we are all beings asked to become a person of peace and to move with our deepest heart. This level of love and awareness teaches us which things really matter in life and which do not. During the retreat, we will see how to live and walk with reverence for life. \$350 single, \$250 double, \$150 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Blessed are the Peacemakers: Following the Nonviolent Jesus in a World of Violence with John Dear • Oct. 9, 9:30-4 p.m. • We will share reflections about the world of violence and war, the life of creative nonviolence and peace, Jesus' active nonviolence, and how we can become contemplatives, activists, and prophets of peace and justice to work for a new world without war, poverty, nuclear weapons or global warming. \$50 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Personal Growth

Accessing the Golden Shadow with Dave and Pat Krajovic • Sept. 19, 9-4 p.m. • Explore the darkness within and examine how it controls us and affects every aspect of our life. Becoming aware is the first step to embrace and understand it. Using shamanic journey techniques, Debbi Ford's template for shadow work, and transformational breathing, we will embrace the shadow and allow the gold within to shine. \$147. Call 734-416-5200; info@bodyworkshealingcenter.com.

HeartMath with Melanie Fuscaldo • Oct. 15, Noon-1:30 • Learn a strategy to bring harmony to your heart and nervous system for positive health, and emotional and spiritual results. \$30. Call 668-2733; melaniefuscaldo.com.

Discover the Power and Joy in Your Life Transition with Melanie Fuscaldo • Part 1: Nov. 9, Noon-1:30; Part 2: Nov. 16, Noon-1:30 • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. \$30. Contact melaniefuscaldo.com.

Learn and Practice the Work of Byron Katie with Melanie Fuscaldo • Oct. 26, Noon-1:30 • Learn how four questions can transform your life. \$30. Contact melaniefuscaldo.com.

Brain Gym for Everyone: An Introduction with Lucy Niemann French • Sept. 30, 7-8:30 p.m. • This class will provide an overview of the why, what, and wherefore of Brain Gym. Come experience the movements, notice the impact, and contemplate the potential! \$20. Call Pat at 734-416-5200; relax@BodyWorksHealingCenter.com.

Brain Gym 101 with Lucy French and/or Nancy Kelly • Eight Tuesdays beginning Oct. 5, 6:30-9:30 p.m. • In this core Brain Gym course, you will learn and experience the 26 Brain Gym movements, plus two repatterning programs. Participants will also learn and experience the most powerful way to use the Brain Gym exercises in a "balance" format. \$250 includes manual. Call Pat at 734-416-5200; relax@BodyWorksHealingCenter.com.

Munay-Ki: Nine Rights of Initiation with Lorna Brown • Tuesdays beginning Oct. 5, 10 a.m. or Thursdays beginning Oct. 14, 7-9:30 p.m. • The prophecies of the ancient Americas speak about a new human appearing on the planet - one who lives free of fear and resides in his or her transcendent nature. The Munay-Ki are codes for the new human and are delivered in the form of energetic transmissions. They come to us from the Inca shamen of Peru and are the nine gates that heal us and transform our human energy field into that of homo luminous. \$40 per session/\$200 total. Call 734-428-8748; starlab6@aol.com or RevLornaBrown.com.

What In the World Is Going On? with Nancy Tappe • Oct. 8, 7-9:30 p.m. • Given the time in which we are living and nearing the 2012 transition date, we are in the midst of a number of personal and planetary changes. Insights and answers will be provided regarding the significance of it all. \$10. Call Gateways at 332-4666; Gatewayscenter@hotmail.com.

Holiday Blues? with Linda SIMRAN Harvey • Dec. 4, 1-2:30 p.m. • Bring five or six things you would like different this holiday season. An hour of a powerful new clearing technique will make all the difference in your experience! \$12 suggested donation. Call 734-428-0254; bluemoonastrology@yahoo.com.

Soul Wisdom Expansion: Creating New Energy to Live Fearlessly with Deb Foggio and Jane McLaren • Oct. 22, 7-10 p.m. and Oct. 23, 9-4:30 p.m. • A systemic family constellations approach providing insights and revelations for living creatively with a higher level of awareness and inspiration. Are you ready to tap into the full expression of your creative power? \$95. Call Deb at 248-702-7064; Lightworkscenter@att.net or integrativewellbeing.com.

Healthy Body, Healthy Spirit with Deb Foggio and Jane McLaren • Sept. 24, 7-10 p.m. • Let systemic family constellations reveal the hidden dynamics of disease and discomfort around your true beauty and vitality. Shift your internal vision of being "overweight", "out of shape" or "unhealthy" to your soul's true vision. \$25. Call Jane at 248-705-1111; AvastarInc@comcast.net or integrativewellbeing.com.

Soul Essence Evolving: Revelations of Your Spiritual, Mental, Emotional, and Physical Essences with Deb Foggio and Jane McLaren • Sept. 10, 24, Oct. 8, 22, Nov. 12, Dec. 10; 7-10 p.m. • A systemic constellations approach that reveals how you are creating your life through your four essences: spiritual, mental, emotional, and physical. This process allows the internal hidden, unconscious blocks of your life to be externalized, seen, revealed, and healed through universal wisdom and energy. \$25. Call Deb at 248-702-7064; Lightworkscenter@att.net or integrativewellbeing.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 94.

Energy Healing through EFT: Emotional Freedom Technique with Cathy DeLauter • Sept. 22, Oct. 20, Nov. 17; 7-9 p.m. • Ready to increase your energy, stamina, health, and your relationships with others, yourself, and to money? By using the EFT simple process of lightly tapping on the meridians along with simple phrases, one can move out of very stressful situations and move into a calmness, a sense of peace, and joy. It's easy to learn and use. Format consists of discussion, video, and interactive exercises. \$40. Call 994-8847; cdelauter@yahoo.com or cathy.delauter.com.

Introduction to "The Work" of Byron Katie with Cathy DeLauter • Sept. 18, Oct. 9, Nov. 20; 9 a.m.-1 p.m. • Undo stressful thoughts by learning this simple, easy-to-use process of inquiry. By clearing your mind, you begin to find healing in all areas of your life - in relationships with others and with yourself. Find freedom from anger, resentment, stress, anxiety, and depression and move into the joy and peace you have longed for. Format consists of discussion, video demos, and interactive exercises. \$50. Call 994-8847; cdelauter@yahoo.com or cathy.delauter.com.

"The Work" of Byron Katie with Cathy DeLauter • Third Tuesday of each month, 7-8:30 p.m. • Clear your mind of stressful thoughts that may be keeping you from enjoying life to its fullest. Using this simple, easy "inquiry process" will help to heal relationships with others and yourself and lead to the peace you seek. Participants should have prior experience before attending this inquiry circle, either by reading *Loving What Is* or practicing "The Work". \$10. Call 994-8847; cdelauter@yahoo.com or interfaithspirit.org.

From "Energy Crashing" to "Energy Flowing": Lifestyle Changes to Balance Your Energy Level with Marnie Burkman • Sept. 30, 7-8 p.m. • Part of Aprill Wellness Center's "Boost and Balance Your Energy" Month. There are infinite creative ways to balance your energy by making big and small personal lifestyle changes. These will be explored in this interactive presentation. \$10. Call 913-0345; michiganintegrative@gmail.com or AprillWellnessCenter.com.

Higher Consciousness Group with David Winfree • Thursdays, 7-9 p.m. • All are invited to join a group discussion and to practice techniques to raise one's awareness of love. Donations requested. Call 353-0906; dave@interfaithspirit.org or interfaithspirit.org.

Step into the Transformative Power of Choice with Elaine Stenger • Oct. 6, 7-8:30 p.m. • How do you bring your longing into the world? How do you make real the deep ache that tugs at your heart and lingers in your mind? Come explore how our everyday choices have the power to awaken our hearts and transform our lives. Free. Call 513-328-5300; estenger2@gmail.com or elainestenger.com.

EFT/Emotional Freedom Technique: Tapping Can Set You Free! with Cathy Holland at WCC • Oct. 19 and 26, 6-7:55 p.m. • The "tapping"/EFT technique is easy to learn, inexpensive, and without harmful side effects. This method harnesses the subtle energies that course through the body. Discover how to ease pain and eliminate negative energy and emotion. \$49. Call Phillip or Christine at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning.

Digging for Treasure with Mara Evans • Oct. 23, 1-4 p.m. • Let our spirits come out, play, and learn a transpersonal practice that is a delightful way to access our inner wisdom. Like messages that come in dreams, this form of mandala making and word play allows us to tap into our subconscious and get a glimpse into our rich inner lives. \$40. Call 255-0852; mara@arammai.com or arammai.com.

We Live Inside a Story! with Megan McKenna • Sept. 24, 7:30 p.m.-Sept. 26, 1 p.m. • The title of this weekend is based on Matrushka (nesting) dolls from Russia and Eastern Europe. We tell our stories, from the smallest doll and then work our way out, family, friends, etc. What would our stories sound like and how would we tell them if we started at the other end with the largest/deepest/truest stories, i.e. the Trinity, the universe, the incarnation, etc.? \$325 single, \$225 double, \$150 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Forgiveness Creates Our Future with Patricia McDonald • Dec. 1, 10 a.m.-2:30 p.m. • Forgiveness is a huge part of recognizing the choices we make and how we exercise our options. Come take a look at where you have been, where you are living now, and the house of your future! \$35 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

2012: Evolving Humanity with Annette Mullett at Center for Integrative Well Being • Oct. 26, 11:30 a.m.-1 p.m. • Discussion will be based on the Mayan prophecy, astronomy, and anthropology facts. This is not about doomsday but rather the formation of a new and higher evolved humanity. \$15 drop-in. Bring your lunch. Call Deb Foggio at 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.

Loving Transformation of Self, Relationships, and Planet with Jim Stacey and Marcia Maria Roberts • Sept. 28, Oct. 19, Oct. 26; 7-9 p.m. • Being able to love ourselves brings us into perfect alignment to attract loving relationships that, in turn, bring loving transformation to the planet. Come explore these topics in a three-part series beginning with loving transformation of self. \$45 for three sessions. Call Jim at 635-0453; jimstacey777@gmail.com or thedivineiswithinus.com.

Embodying the Divine Twin Flame Energy with Marcia Maria Roberts • Oct. 30, 1-3 p.m. • Are you feeling the call of the celestial beings of light asking you to embody the light of divine balance? Come discover the reasons behind the call. Explore the heart opening of embracing the divine twin flame energy within you. \$25. Call 419-283-4344; marciamaria@thecosmicgoddess.com or thecosmicgoddess.com.

Polarity

Take the Middle Road with Karen Kerns through Lighthouse Center • Sept. 22 and 29, 7-9 p.m. • Dr. Randolph Stone, founder of Polarity Therapy, taught that everything comes from neutrality, the source of all things. Using involution/evolution and the six pointed star, we will find ways to manage and change difficult energies in all aspects of our being. \$25 each session. Call Prachi Patricia Thiel at 734-449-4381; thielp17@yahoo.com or lighthousecenterinc.org.

Prayer

Praying with Body, Mind, and Spirit: Finding Peace with Janene Ternes • Oct. 16, 10 a.m.-3:30 p.m. • God desires for us to live in the peace that comes only from trusting and following God. Using everyday movements, music, scripture, guided meditation, journaling, and our whole selves to pray, we will deepen our focus to find serenity in the midst of daily concerns. We will learn basic movements that anyone can do, regardless of experience or physical limitation. We invite all to discover the deep peace resulting from mindfully being in God's presence. \$45. Call 734-429-7754; PrayerInMotionJT@aol.com or prayer-in-motion.com.

Praying with Body, Mind, and Spirit: Embracing Change with Janene Ternes • Nov. 13, 9 a.m.-2:30 p.m. • Change is a constant; what we do with it is a choice. Using simple body movements in conjunction with music, scripture, guided meditation, and journaling, we will utilize our whole selves - body, mind, and spirit - to discover or recover the prayer that wants to come alive within us. We will focus on the many changes of our lives and savor the gifts in each of them. Basic movements will be taught. \$45. Call 734-429-7754; PrayerInMotionJT@aol.com or prayer-in-motion.com.

Christmas Presence and Presents: Praying with Body, Mind, and Spirit with Janene Ternes • Dec. 4, 10 a.m.-3:30 p.m. • How often do we go through life not truly present to the moment? During the holidays when the demands on us increase, we can become even more distracted. Unwrap God's gifts of the season in this tranquil time away from the frenzy. Prepare for Christmas as you deepen your focus and serenity, using your body, mind, and spirit to pray with movement, music, scripture, and guided meditation. Basic movements will be taught. \$45 includes lunch. Call 734-429-7754; PrayerInMotionJT@aol.com or prayer-in-motion.com or Weber Center at 517-266-4000; webercenter@adriandominicans.org.

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Step into Who
You Really Are

Spotlight on Cynthia Pomerleau, Author of *Life after Cigarettes: Why Women Smoke AND How to Quit, Look Great and Manage Your Weight*



Author Cynthia Pomerleau will be giving a talk about her new book, at the Crazy Wisdom Tea Room on Thursday, October 7th at 7pm. For more information, see the Calendar Listing in the Author Events category.

(Cynthia Pomerleau is Research Professor Emerita in the University of Michigan Department of Psychiatry. She has written over 100 articles and book chapters on smoking, and also contributed to the 2001 Surgeon General's Report on Women and Smoking. Cynthia has two grown daughters and two grandchildren, and lives in Ann Arbor with her husband and two cats.)

Rachel Pastiva: Your website, www.lifeaftercigarettes.com, mentions that you served as the director of the Nicotine Research Laboratory at the University of Michigan from 1985 until your retirement last year. What attracted you to research this particular field?

Cynthia Pomerleau: Long before I became involved in research on smoking, I had an interest in women's issues. I wrote my doctoral dissertation on

autobiographies of English women in the seventeenth and eighteenth centuries and later served as director of an Oral History Project on Women Physicians, based in the Library of the Medical College of Pennsylvania (MCP was historically a women's institution that had recently begun accepting men). This project resulted in a book entitled *In Her Own Words*, which remained in print for many years and can still be readily obtained.

In the early 1980's, I entered a master's program in psychology and began working in my husband's laboratory. He was a psychologist doing research on addiction and regarded smoking as an ideal model for laboratory research because it is legal, has a short addiction cycle (around 30 minutes in highly dependent smokers), and doesn't cause behavioral disruption such that it would be unsafe for participants to drive home after ingesting their drug of choice. At that time he was studying only men because their behavior was not "complicated" by cycling hormones. Studying women smokers was my contribution to the laboratory, and of course we had to start by studying the impact of the menstrual cycle on smoking. We then went on to study the effect of weight concerns and of various psychiatric disorders upon smoking and quitting. Studying women's smoking turned out to be a wonderful career choice for me because the topic is both critically important to public health and fascinating in its own right.

Rachel Pastiva: It's interesting that your book, *Life After Cigarettes: Why Women Smoke AND How to Quit, Look Great, and Manage Your Weight* is geared specifically towards women. Do women face stressors that make them more susceptible to smoking than men?

Cynthia Pomerleau: Since the smoking rate in men and women is currently very similar—around 20%—it is probably not the case that women are more susceptible to smoking than men, although there is a fair amount of evidence that women find it a little harder to quit than men. In response to your implied question about my book being "geared specifically towards women," however, the important thing to note is that factors that influence women to initiate and continue smoking differ from those that influence men, especially with respect to weight concerns and depression. Taking those special considerations into account and tailoring our prevention and intervention efforts to the special needs of women will increase our ability to help women become and remain smokefree.

The subtitle of your book suggests that appearance and weight concerns are key issues for women who are trying to quit smoking. Can you elaborate on how these issues undermine their ability to quit?

Cynthia Pomerleau: Nicotine suppresses appetite and revs up metabolism, with the result that smokers typically weigh around ten pounds less than people who have never smoked. For some women—for example, women who "use" nicotine to manage a tendency towards binge-eating—the differential may be even greater. Most women have some degree of concern about or dissatisfaction with their body weight; for many women smokers, this concern is so intense that they will not even consider quitting smoking, or they will not make it beyond the first few days of abstinence as the needle on the scale begins to creep up.

Many so-called experts, mostly male, have a hard time relating to these concerns and either actively or implicitly "dis" women for putting them above concerns about health (as though men didn't take unnecessary risks with their health!). My book, by contrast, makes clear that there is nothing wrong with wanting to be the most attractive "you" you can be, and to have the sense of well-being that goes with looking and feeling good. The problem is, smoking also has many negative effects on appearance as well as on health. My book's message is that there are far better ways to take charge of weight and appearance.

Prayer (continued)

Explore Diverse Prayer and Meditation Styles with Melanie Fuscaldo and Craig Harvey • Part 1: Sept. 29, Part 2: Oct. 20; 7-8:30 p.m. • Play with a range of prayer and meditation methods. Share the experience with others. Add your unique gifts to the mix. Feel the joy! \$10 per session. You may attend Parts 1 and 2 separately. Call Melanie at 668-2733; mfuscaldo@gmail.com or MelanieFuscaldo.com.

Power of Your Word: United Centers for Spiritual Living Curriculum with Erin Fry • Wednesdays, Sept. 15-Nov. 3; 5:30-7 p.m. • Learn the basics of affirmative prayer, focusing on two types: conscious, directed prayer emphasizing affirmations and treatments and unconscious, indirect prayer emphasizing known and unknown beliefs. By donation. Call 277-4858; erinfry.rscp@gmail.com or a2som.com.

Professional Enrichment

Natural Spiritual Healing Diploma Course with Self Realization Meditation Healing Centre • Sept. 26-Oct. 9 • Help yourself and others towards wholeness of mind, body, and spirit with this comprehensive professional program (weeks 1 and 2 of 5). Lodging and meals available. \$990 includes lunches and refreshments. Call Joanne at 517-641-6201; SRMHCMichigan@cs.com or SelfRealizationCentreMichigan.org.

HTI Professional Development Series with Diane Wardell • Oct. 16, 8 a.m.-5 p.m. • Increase your repertoire of healing tools with a variety of different healing approaches that will aid in balancing the body, decrease symptoms from muscle-skeletal disorders, and provide the client an opportunity for deep healing. Explore sacred geometry and the foundations of energy medicine. Open to all experienced energy workers. For cost, call Barb McConnell at 517-914-4133; mcconb51@bigplanet.com or healingtouchmichigan.com.

There are many books, CDs, medications, and so on, designed to help people quit smoking. What unique tools does your book offer women to help them quit for good?

Cynthia Pomerleau: I have never seen *Life After Cigarettes* as a quit-smoking book per se. (As you say, there are already lots of them, and though many are of questionable value or based on unsubstantiated methods, a few of them are pretty good.) You will notice that my book does not contain self-tests for smoking typology or step-by-step behavioral prescriptions for the reader to follow. It also does not try to scare the reader into quitting by telling her upfront about all the morbidity and mortality associated with smoking.

“Most women have some degree of concern about or dissatisfaction with their body weight; for many women smokers, this concern is so intense that they will not even consider quitting smoking, or they will not make it beyond the first few days of abstinence as the needle on the scale begins to creep up.”

In my original manuscript, in fact, information on quitting smoking was relegated to an Appendix, since I wanted to be sure the book would also appeal to former smokers who had already quit but hoped to go back and “get it right” with respect to weight and depression. When my publisher insisted that the subtitle include the words “how to quit,” however, I decided that truth-in-advertising required me to add a chapter providing comprehensive, up-to-date information about approved behavioral and pharmacological interventions for smoking. I think this turned out to be a good addition to the book and hope anyone seeking guidance on how to quit smoking will find it helpful. But the unique contribution of my book is its focus on problems that often deter women from even trying to quit -- in particular, concerns about weight and abstinence-emergent depression:

- *Life After Cigarettes* provides motivation to quit and stay quit based on realistic observations about the likelihood of weight gain, encouragement to accept a modest weight gain, and evidence-based information on how to avoid large weight gain. The emphasis, for both quitting smoking and managing weight, is on finding the way that is right for the reader, the one she can and will carry out.

- Smoking is more common among people with a tendency towards depression, possibly because of nicotine’s antidepressant effects, and these people are particularly susceptible to experiencing depressed mood as a withdrawal symptom when they quit smoking. Because depression is around twice as common among women as it is among men, this aspect of smoking and quitting is particularly relevant to women. My book includes suggestions for coping with depressed mood after quitting and, in severe cases, encouragement to seek professional help.

What can women expect to learn from your book event at Crazy Wisdom on Thursday, October 7th?

Cynthia Pomerleau: Please note that my presentation will be framed to appeal to people with a general interest in women’s issues, not just smokers. Topics to be covered include:

- How has the tobacco industry attempted to encourage women to initiate and maintain smoking, both in the US and globally?
- How does nicotine act on the body and why are its effects particularly relevant to the needs and concerns of many women?
- Is weight gain upon quitting smoking inevitable, and how can it be managed?
- What is the connection between smoking and depression?
- How can a woman smoker become not just someone who no longer smokes cigarettes, but one who has actively embraced her nonsmoking status and feels good about herself and her world?

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(Cynthia Pomerleau lives in Ann Arbor, Michigan. Her email address is cspom@med.umich.edu.)

HTI Professional Development Series: Healing Disruptive Energy Patterns with Diane Wardell • Oct. 17, 8 a.m.-5 p.m. • Chronic pain often involves an injury that creates a pattern of memory that is retained within the body. Learn how to work with these energy patterns through an extensive review of the body system. Assist in re-creating a healing pattern to release the cellular memory, and re-pattern the energy for a higher level of functioning. Open to all experienced energy workers. For cost, call Barb McConnell at 517-914-4133; mconb51@bigplanet.com or healingtouchmichigan.com.

Skills for Facilitating Workshops with Renee Stevens • Sept. 27, 9 a.m.-Oct. 1, 3:30 p.m.; Oct. 25, 9 a.m.-Oct. 29, 3:30 p.m.; Dec. 6, 9 a.m.-Dec. 10, 3:30 p.m. • This is a course designed for those who lead others and who wish to better understand and practice the art and skill of empowering groups. The course entails all three sessions, listed above. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

The Accelerated Healer Development Program: Legal Healer Practitioner Certificate with Eve Wilson • Beginning in Oct., one night every other week, 7-10 p.m. • Work with ascended masters, etheric surgeons, archangels, Qabalah, identify and treat root cause of disease of body, emotion, mind, and spirit; auras, soul contracts, DNA, ascension, people and pets. Includes five private healing sessions and class materials. \$2,900 pay as you go or \$2,750 in advance. Call 248-545-3928; evew@spiritualhealers.com or spiritualhealers.com.

Prosperity & Abundance

Life Skills, Abundance, and Energy Series with Self Realization Meditation Healing Centre • Nov. 8-10, 7-8:15 p.m. • We all have the ability to take charge of our lives and choose to flow or not flow with life. When we flow with life, we have more energy for ourselves, our families, our work, and pleasurable pursuits. We can then experience life’s abundance. These workshops will help each individual see what blocks get in their way from living the life that is possible for them. \$90. Call Joanne at 517-641-6201; SRMHC-Michigan@cs.com or SelfRealizationCentreMichigan.org.

Living an Abundant Life with Dave and Pat Krajovic • Sept. 28, 7-9 p.m. • Learn tools and techniques to enhance abundance in your life. We will explore Randolph Price’s 40 Day Abundance Program and focus within as the cause of all that is and all that we have. We will also weave this concept into the law of attraction, affirmations, and energetic clearing. \$37 plus \$7 book. Call 734-416-5200; info@bodyworkshealingcenter.com.

Prosperity Embrace: Revelations on Debt and Distress with Deb Foggio and Jane McClaren • Nov. 12, 7-10 p.m. • Systemic constellations work can reveal hidden blocks to your peace and prosperity. This powerful work can reveal dynamics that have been operating in the past and release them. \$25. Call Jane at 248-705-1111 or Deb at 248-702-7064; Lightworkscenter@att.net or integrativewellbeing.com.

Harness the Tools of Prosperity with Jill Blixt and Joyce Koehn • Ten Tuesdays starting Sept. 28, 6:30-9 p.m. • Feeling the security and delight of having the financial prosperity you desire is priceless. Yet often, we encounter the discomfort of scarcity and avoid using the tools available to harness the energy of prosperity and create abundance. This workshop is for anyone who wants to combine the tools of manifestation with the knowledge of financial planning to create their own unique path to prosperity. \$30 per week. Call Jill at 665-4577; jillblixt@aol.com.

Reiki

Intro to Reiki and Energy Therapy with Mariah Newborne • Sept. 22, 7-9 p.m. • Part of April Wellness Center’s “Boost and Balance Your Energy” month. Our bodies are energy systems. Through the ancient method of self healing with reiki, acupressure, Jun Shin Jyutsu, and conscious breathing, we can harmonize, recharge, and rejuvenate our systems and experience renewed energy and health. \$20. Call 657-4652; mariahnew@charter.net or aprillwellnesscenter.com.

Reiki I Certification with Mariah Newborne • Oct. 23, 1-5 p.m. and Oct. 24, 1-4:30 p.m. • Experience a hands-on weekend on the ancient healing art of reiki, translated as “universal life force energy”. Facilitate deeper healing for yourself and others you touch in this transformational workshop. \$150. Call 657-4652; mariahnew@charter.net or aprillwellnesscenter.com.

Free Reiki Share with Andrew Anders • Sept. 19, Oct. 17, Nov. 21, Dec. 19; 3-4 p.m. • Reiki Share is a gathering of local reiki enthusiasts to share information, practice techniques, and trade energy. All reiki students, practitioners, and masters welcome. Energy workers and anyone interested in learning more about reiki are encouraged to come also. Free. Call 678-4523; bmswc.com.

Reiki Classes with Jennifer Flowers • Learn how to access universal life force energy to heal others or yourself. Reiki works on all levels by integrating and balancing the physical, mental, emotional, and spiritual aspects of your being. In each class, you will receive attunements and learn the history of Reiki, hand positions, and practice on yourself and classmates. \$154 for each class includes materials. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki I • Oct. 2, 4-8 p.m. and Oct. 3, 9-3 p.m.

Reiki II • Nov. 13, 4-8 p.m. and Nov. 14, 9-3 p.m. • Learn the power symbol and absentee healing.

Reiki III • Dec. 4, 4-8 p.m. and Dec. 5, 9-3 p.m. • Learn the Usui master symbol and increase energy flow with breathing exercises as well as how to clear aura energy blockages.

Reiki Share • Second Thursday of each month, 6:30-8 p.m. • Come and practice your skills by working on others. By donation.

The Crazy Wisdom Calendar will be posted online starting September 8, 2010, at crazywisdom.net.

The Crazy Wisdom Calendar

Reiki (continued)

Reiki Classes with Suzy Wienckowski • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The first degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four initiations. The second level of training includes the use of the three sacred Reiki symbols to focus and intensify the energy, and to send Reiki at a distance. Certificates awarded. Call 665-8665; SuzyReiki@aol.com.

First Degree Class • Oct. 8-10 or Nov. 12-14: Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30 a.m.-12:30 p.m. • \$150.

Second Degree Class • Oct. 22-23: Friday 7-9 p.m., Saturday 9:30-4 p.m. • \$500.

Curious about Reiki? Free Introductory Talk • Oct. 20, 7-9 p.m. • Free mini treatments will be offered.

Reiki Classes with Ray Golden of Center for Intuitive Health • Reiki is a powerful, natural, non-invasive, easy to learn healing technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, causal, and spiritual. Class sizes limited. Cost includes certificate and manual. Early registration discounts available. For times, call 663-9724; IntuitiveHealth@aol.com or RayOGoldenreiki.com.

First Level Reiki Workshops • Oct. 9-10 or Dec. 4-5; Saturday, 7-9 p.m. and Sunday, 10 a.m.-6 p.m. • The student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing, and self-healing techniques. \$125.

Second Level Reiki Workshops • Nov. 20-21; Saturday, 6-10 p.m. and Sunday, 10 a.m.-6 p.m. • Traditional advanced attunements deepen the process. The student learns more powerful healing techniques and distance healing techniques. \$230.

Free Reiki Introduction and Healing Night • Sept. 2, Oct. 7, Dec. 2; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free.

Retreats

Igniting Your Spiritual Passion with Peter Rengel sponsored by Human Awareness Institute • Oct. 29-31 • This weekend is both a meditation retreat and a workshop. A sweet flavor of spiritual vulnerability opens doors into the non-linear realms of your being. As you come into harmony with your infinite inner self, you ignite your passion and renew your dreams. \$425 includes room and meals. Call Debbie at 734-523-8566; HaiDebz@aol.com or www.hai.org.

Personal Development Seminar with Dave and Pat Krajovic at Inn at the Rustic Gate • Oct. 24-29, 9 a.m.-6 p.m. • Create amazing shifts in health, awareness, and well being by learning to master your breath. This powerful, life changing week includes facilitated breathing sessions, learning to love what is, soul communication, forgiveness exercises, affirmations, manifesting abundance, as well as the rites of balance for unprecedented joy and personal transformation. \$1,500 with early registration discounts offered. Call 734-416-5200; info@bodyworkshealingcenter.com.

Embracing the Unknown with Karlta Zarley in Sedona, AZ • Oct. 8-12 • Life seems to be changing rapidly and unpredictably. How can you stay calm when things are so uncertain? This retreat uses the energy of 10/10/10 and the vortexes to help us vision, heal, and manifest so we may return home with more strength, wisdom, and peace. \$615 includes retreat, double room price, and hiking fees. Single room option available. Call 433-9333; karltazarley.com.

Seven Day Retreat with John Friedlander in Cincinnati, OH • Oct. 25-31 • Deep, sustained meditation and training, spending one day on each of the seven major chakras from a clairvoyant, technical, sophisticated perspective. Prerequisite: Foundations Level I or instructor's permission. Cost varies. Call Gloria Hemsher at hemsherglo1@yahoo.com or psychicdevelopment.cc.

Silent Retreat at Self Realization Meditation Healing Centre • Oct. 15 before dinner through Oct. 17 after dinner • Come join us in a restful and rejuvenating retreat! Following a "talking" dinner, giving time for participants to get to know each other, this retreat is held in silence, giving ample time to meditate, contemplate, relax, and get in touch with the inner self. Includes guidance on how to make the most of your time in the silence. \$140 includes shared lodging and meals. Call Joanne Rowe at 517-641-6201; SRMHC-Michigan@cs.com or SelfRealizationCentreMichigan.org.

The Healing Power of Yoga Retreats with Ema Stefanova in Ganges, MI • Sept. 24-26, Oct. 15-17 • Experience and experiment with the wholeness of yoga as something that can bring out the potential from within, to heal, feel good, and relieve stress. This retreat will be held at Vivekananda Monastery and Retreat near Lake Michigan. \$375 includes meals and lodging. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Snowga: Therapeutic Yoga for Winter with Ema Stefanova at Song of the Morning Ranch in Vanderbilt, MI • Oct. 29-31 • Get ready for winter with yoga therapy aimed at overcoming cold weather. Learn yoga practices that will boost your immune system and how to generate warmth with cold weather breathing techniques. The weekend includes a special yoga class for those suffering from arthritis, joint pain, and similar winter aches. Appropriate for all levels. For cost, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Relax and Renew Yoga Day with Ema Stefanova • Nov. 14 or Dec. 5 • Treat yourself to a one-day retreat with two classes and two workshops of yoga and meditation experience. Learn common sense yoga practices to help with real life challenges, health, and relationships. For cost and times, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Yoga, Hiking, and Swimming with Ema Stefanova in Macedonia • Sept. 14-19 • Yoga and meditation goes a lot further when practiced in environmentally clean and peaceful surroundings. Lake Ohrid and Mount Galicia abound in uplifting energies. Visit this ancient cradle of literacy, art, and culture. For cost, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

I prefer you to make mistakes in kindness than work miracles in unkindness.

- Mother Teresa

Looking for Meaning in All the Right Places: A Retreat for Men with Jim Kiefer • Dec. 10, 7:30 p.m.-Dec. 11, 4 p.m. • Relying on scripture, wisdom thinkers, and our own experiences, we will search for paths to pursue which are important. We will reconsider the value of strengthening our relationships with self, others, and God. \$175 single, \$110 double, \$55 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

A Serenity Retreat for Women with Rose Celeste O'Connell and Cora "Tommie" Dayton • Pre-retreat: Sept. 30, 7:30 p.m.-Oct. 1, 6 p.m.; Retreat: Oct. 1, 7:30 p.m.-Oct. 3, 1 p.m. • Sharing our experience, strength, and hope through the 12 Steps of AA. \$350 single, \$225 double. For retreat only: \$300 single, \$150 double. Cost includes all meals. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Salons

Crazy Wisdom Salon: World as Sanctuary and Its Consequences • Thursday, Nov. 11, 7 p.m. in Crazy Wisdom Tea Room • "We either sanctify the world in which we live or we perish sooner or later. One way of sanctifying the world is to treat it as a sanctuary and to realize LIGHT as our ally. We are all beings of Light." **A Special Evening with Professor Henryk Skolimowski, eco-philosopher and cosmic visionary.** Now in his 80's, Skolimowski is the author of 40 books and 600 articles; he taught at the University of Michigan and other universities. His most recent book is *Let There Be Light: The Mysterious Journey of Cosmic Creativity*, published by Wisdom Tree. Also participating in the evening will be U-M (Dearborn) Philosophy Professor David Skrbina, editor of *World as Sanctuary: The Cosmic Philosophy of Henryk Skolimowski*, published by Creative Fire Press, which is an anthology of articles and essays about Skolimowski's life and work. For more information about Skolimowski, visit ecophilosophy.org. For more information about the Salon evening, email bill@crazywisdom.net or call 665-2757. The salon is free.

Crazy Wisdom Salon: Return to Wholeness: Bridging Modern and Ancient Healing • Thursday, Nov. 18, 7 p.m. in Crazy Wisdom Tea Room • Our panelists represent both Western medicine and Ancient Eastern Healing. They will each give a brief talk on their fields. Then, the Salon will be opened up for group discussion. Salon moderator: **Jody Tull**, Sivananda Yoga instructor, Naked Voice Facilitator, and Ayurvedic consultant. Panelists: **Barbara Scholz**, owner of Ahimsa Healing, LLC, Energy Healer, and Intuitive Counselor, with a practice in Ann Arbor, and **Martin Philbert**, Ph.D., Professor of Environmental Health Sciences, and Senior Associate Dean, School of Public Health at the University of Michigan. For more information, email jody@BeinAwe.com or bill@crazywisdom.net or call 665-2757. The salon is free.

Shamanism

Connecting with Your Helping Spirits: Shamanic Journeying to the Upper World with Don Allen • Dec. 18, 1-3:30 p.m. • This is a workshop to aid individuals in gaining experience in shamanic journeying. We will journey to the upper world to connect with our teacher or guardian spirit. Experience guided imagery journeys and drumming and dancing with intention. Enhance your emotional and spiritual well being. Includes two or three journeys, drumming, and dancing, with time to process and share our experiences. \$25. Call Deb Foggio at 248-702-7064; lightworkcenter@att.net or integrativewellbeing.com.



Soul Retrieval Retreat with Lorna Brown and Ann Bradley • Nov. 19 at 7 p.m. through Nov. 21 at 3:30 p.m. • Soul retrieval is the shamanic way of accessing and restoring lost parts of our spirit or soul. We will use energy medicine combined with a journeying process and group dynamics to heal old wounds and restore ourselves to wholeness. \$275 includes lodging. Call Lorna at 734-428-8748; starlab6@aol.com or RevLornaBrown.com.

Trance Postures and Shamanic Journeying with Dena Bown and Jude Shepard • Sept. 15, Oct. 20, Nov. 17, Dec. 15; 7-9:30 p.m. • An evening of meditation with trance postures and shamanic journeying to help you with your spiritual work. The study of sacred postures based on the work of Belinda Gore. Transform and heal on all levels in the light and of the light. \$20 suggested donation appreciated. Call Dena at 810-824-1604 or Jude at 810-599-8855; Jude@AMiracleToday.com or BrightonHealingArts.org.

Shamanism: Path of Healing and Empowerment with Kate Durda • Sept. 11, 11-5 p.m. in Grand Ledge • Learn the ancient and powerful spiritual practice of Shamanism, utilized throughout history and still today to restore spiritual and physical health and obtain self-knowledge. This will be an experiential workshop, based upon the Foundation for Shamanic Studies "Core Shamanism" approach. You will learn methods for journeying to discover, and study with your own individual spiritual teachers in non-ordinary reality, a classic step in shamanic practice. \$60. Call 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Shamanism: The Hollow Bone with Kate Durda and Stephanie Tighe • Sept. 25, 11-5 p.m. in Grand Ledge • This is a one-day stand alone workshop to focus on deepening our practice. This is the next level of work developed from the Medicine for the Earth work of Sandra Ingerman and our own work. The focus of this training will be on learning new methods of healing that can be integrated into your shamanic healing practice. We will explore the use of transfiguration (shapeshifting into your own divinity) as well as methods of merging with helping spirits to go beyond traditional healing methods and open us to the power of the universe that knows how to heal and transmute illness. \$70. Call 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Shamanism: Path of the Open Heart with Kate Durda • Five Saturdays starting Oct. 16 (over four months), 11-5 p.m. in Grand Ledge • You will receive intensive training and, through personal experiential work, you can develop a powerful spiritual practice. During our ongoing training, the same group will learn methods of spiritual journeying, shamanic healing methods, divination methods, working with nature spirits, shamanic practices from other shamanic cultures, use of power objects, use of ceremony and ritual, and dream work. For cost, call 517-543-6754; SpiritWeavers@gmail.com or SpiritWeavers.net.

Space Clearing

Smudging and Incense with Carol Clarke • Sept. 10, 7-8:30 p.m. • This class will teach you different uses for various types of incense to bless and clear your home or business. \$25. Call 734-416-5200; info@bodyworkshealingcenter.com.

Spiritual Development

Ongoing Spiritual Discovery Group based on the Works of Eckhart Tolle with Melanie Fuscaldo • Ongoing discussion and skill building based on the work of Eckhart Tolle. Practice releasing the ego and pain body. Experience silence, spaciousness, and the "joy body". Awaken to your inner purpose. \$30 per session. For dates and times, contact melaniefuscaldo.com.

Spirit Circle with Layla Ananda • Sept. 10, Oct. 8, Nov. 12, Dec. 10; 6:30 p.m. • A monthly potluck and support group for people on a spiritual journey. Come to one or the other, or both! Bring your dreams and hopes, issues and challenges. Potluck begins at 6:30 p.m. Support group begins at 7:45 p.m. Bring a dish to pass. Donations accepted. Call Gateways at 973-0684; Layla.ananda@gmail.com.



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The Crazy Wisdom Calendar

Spiritual Development (*continued*)

Help and Healing on the Spiritual Path through the Teachings of Bruno Groening with Cathy DeLauter • Oct. 2, Nov. 13, Dec. 18; 11 a.m. • Learn how to harness the divine energy that surrounds us through the teachings of Bruno Groening. This event will serve as an introduction into our community. After attending one of these introductory lectures, you will be invited to join our community hours that occur every three weeks on Monday evenings. We welcome people of all faiths to our circle of friends. Donations appreciated. Call 994-8847; cathy@delauter.com or bruno-groening.org/english.

Gussy Up Your Spirit: Contagious Joy with Pat Hergenroether • Oct. 13, 9 a.m.-1 p.m. • This day will encourage us to renew within us the joy and enthusiasm of God and challenge us to set the earth on fire by radiating God's contagious joy. \$35 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Servant Leadership for a Renewed Church with Richard Gaillardetz • Sept. 10, 7:30 p.m.-Sept. 12, 1 p.m. • This workshop will help participants explore a theology and vision of servant leadership capable of responding to the new pastoral challenges of our time. \$425 single, \$325 double, \$200 commuter. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Storytelling

Circles of Story: Storytelling Concert for Adults • Nov. 13, 7:30 p.m. • The Ann Arbor Storytellers' Guild presents its annual Tellabration Storytelling Concert for ages 14 and older at Genesis. \$10 tickets. Call 662-3770; lauragami@digitalrealm.net or annarborstorytelling.org.

Circles of Story: Family Storytelling Concert • Nov. 14, 2 p.m. • The Ann Arbor Storytellers' Guild presents a Family Storytelling Concert for ages 4 and older at Pittsfield Branch Library, co-sponsored by Ann Arbor District Library. Free. Call 662-3770; lauragami@digitalrealm.net or annarborstorytelling.org.

Stress Management

Fighting Stress is a Losing Battle with Dave Krajovic • Dec. 2, 7-8:15 p.m. • 70-90% of visits to a doctor have stress as a root cause. Our response is to fight stress with an array of approaches. Most fail. Find out how fighting stress is a losing battle and learn how surrendering to life can make all the difference in the world. By donation. Call Pat at 734-416-5200; info@bodyworkshealingcenter.com.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: Sept. 28, Part 2: Oct. 5; 2-3:30 p.m. • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. \$30 per session. Contact melaniefuscaldo.com.

The Self Care De-Stress Kit: Parts 1 and 2 with Mariah Newborne • Nov. 8 and Dec. 8, 7-9 p.m. • As part of Aprill Wellness Center's "De-stressing for the Holidays and Beyond" month, this talk will help you reduce stress and discover how you can take care of your skin, body, and state of mind using simple techniques including Jin Shin Jyutsu, acupressure, breath work, and more. Improve your physical and mental well being with a self-care kit of new information and inspiration. Take one class or both. \$20 each or \$35 for both. Call 657-4652; mariahnew@charter.net or aprillwellnesscenter.com.

Releasing Stress Using HeartMath Biofeedback with David Leavitt • Nov. 18, 7-8 p.m. • As part of Aprill Wellness Center's "De-stressing for the Holidays and Beyond" month, this talk will provide a demonstration of a powerful, fun tool for stress reduction and well being. Free. Call 913-0350; michiganintegrative@gmail.com or aprillwellnesscenter.com.

Moving through the Winter Blues with Marnie Burkman • Dec. 16, 7-8 p.m. • As part of Aprill Wellness Center's "De-stressing for the Holidays and Beyond" month, this interactive talk will discuss ways to move through depression and isolation triggered by the shifting light and rhythms of winter. Regain balanced emotions throughout the winter season. \$10. Call 913-0345; michiganintegrative@gmail.com or aprillwellnesscenter.com.

Mindfulness-Based Stress Reduction with Libby Robinson • Eight-Week Class beginning Sept. 27 • Developed by Jon Kabat-Zinn, a significant body of research has shown MBSR to be helpful in coping with stress, chronic pain, anxiety, depression, and ordinary human suffering. Participants will receive cds with guided meditation and handouts to support their practice. \$350 includes a one-day retreat. For times, call 476-3070; libbyrobinson7@gmail.com.

Restoring Balance: Tools for Stress Management with Sandra Finkel • Wednesdays, Sept. 15-Oct. 20 or Mondays, Oct. 25-Nov. 29; 5:30-7 p.m. • Examine sources of stress and mind training anchor practices that bring a sense of well being, insight, and a positive attitude. These practices include meditation, imagery, reframing, breathing, mindfulness, and writing exercises. A supportive atmosphere makes this a relaxing and insightful experience. \$118. Call Ronda Barnes at 998-5679; rondbarn@med.umich.edu or umcvc.org/stress.

Stress Buster with Ema Stefanova • Mondays, 8:15-9:15 p.m.; Fridays, 9:30-10:45 a.m. • This class offers simple yet powerful yoga "tools" to help manage stress. Physical postures, breathing practices, and meditation techniques introduced can be used in daily life. Suitable for all regardless of health or fitness level. For cost, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Sufism

Sufi Circle and Zikr with Leonardo Stoute "Shaykh Waleed"/Ali Hashmi • Thursdays, 7:30-8:30 p.m. • Come experience Sufi healing and meditation. Join in a traditional chanting circle and share in the zikr, or remembrance, as it has been passed down for generations. All are welcome! Doors open at 7 p.m. Free. Call Body-Mind-Spirit at 678-4523; bmswc.com.

Tai Chi, Martial Arts & Self Defense

Adult Okinawan Shorin Ryu Karate-Do with Missy Siudara at Mind, Body + Spirit Academe • Sundays, 10:30-Noon and Wednesdays, 7-9 p.m. • We study karate to condition the body, strengthen the mind, and open the heart. We train in empty hand karate, the six traditional Okinawan weapons, and self defense. Adult martial arts designed for health, self-defense, and physical fitness. \$65 per month. Contact snowryu33@yahoo.com.

Karate Instructor Training with Missy Siudara at Mind, Body + Spirit Academe • Thursdays, 4-5 p.m. • For description and cost, contact snowryu33@yahoo.com.

Youth Karate with Barb Christensen at Mind, Body + Spirit Academe • Tuesdays, 6:10-8 p.m. and Thursdays, 4:15-5:50 p.m. • Karate classes for children. Little Dragons for ages 4-6 and Youth Karate for ages 7-14. \$100 for eight weeks of Little Dragons; \$65 per month for Youth Karate. Call 665-2840; BLChristensen@earthlink.net.

Wu Style Tai Chi Chuan with Genie Parker • Tuesdays, Wednesdays, Thursdays: 6-7:30 p.m.; Sundays: 2:15-3:45 p.m. and 4-5:30 p.m. (at Jewel Heart) • Wu style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. \$45 monthly for one class per week; \$70 monthly for two classes per week. Call 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Wu Style Tai Chi with Marilyn Feingold and John Adams at Jewel Heart • Sept. 5-Dec. 26: Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. \$5 donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Jomon Exercise: Introductory Series with Cynthia Conklin • Oct. 19, 26, and Nov. 2; 10-11 a.m. • You will learn the seven basic Jomon exercises, a combination of stretching, meditation, and bodywork. Sensei Kazuko Kuratomi created these methods to heal our instinctual body. They rely on the Hirata Zones, which pre-date the more commonly known meridian system in modern shiatsu and acupuncture. \$15. Call 417-9714; info@easternsunshiatsu.com or easternsunshiatsu.com.

Shindo Exercise: Introductory Series with Cynthia Conklin • Nov. 16, 23, 30; 10-11 a.m. • The six exercises we will learn and practice are the zen meridian stretch exercises developed by shiatsu master Shizuto Masunaga. As part of the Shindo method, they are practiced in a meditative fashion. \$15. Call 417-9714; info@easternsunshiatsu.com or easternsunshiatsu.com.

Shindo Bodywork for Pairs with Cynthia Conklin • Dec. 12, 1-3 p.m. • You will learn a series of techniques called Free Fall Meditation, which allows us to experience gravity as affection flowing from the sky through our bodies and into the earth. This work is done in pairs and can be practiced at home. \$30. Call 417-9714; info@easternsunshiatsu.com or easternsunshiatsu.com.

Introduction to Jomon and Shindo Healing with Cynthia Conklin • Oct. 12, 7-8 p.m. • The Jomon and Shindo healing techniques are the original work of Sensei Kazuko Kuratomi. Jomon techniques address the instinctual body, while those of Shindo work with the emotional body. This keynote presentation will describe the history and application of these techniques and will be followed by a hands-on demonstration. Free. Call 417-9714; info@easternsunshiatsu.com or easternsunshiatsu.com.



Qigong with Annette Mullett • Tuesdays, 10-11 a.m. • Qigong is very powerful to health and well being in that it helps you to direct your “qi”, also known as chi or life force, and can be life changing if practiced regularly. It helps the body align and return to its natural balance by moving qi smoothly through the energy meridians. It helps the mind and body work together and brings a feeling of bliss. All levels of fitness can practice. \$10 class prepaid or \$15 drop-in. Call Deb Foggio at 248-702-7064; lightworkscenr@att.net or integrativewellbeing.com.

Move Into Alignment with Tai Chi and Feldenkrais with Joanna Myers and Joseph Wang • Eight Tuesdays beginning Sept. 28, 6:30-7:30 p.m. • Would you like to learn more effortless ways to perform physical tasks and actually get pleasure out of exercise? This class helps you find ways to align yourself skeletally, which means a lot less work! You’ll discover ingenious ways to undo habitual tension patterns that interfere with skeletal alignment, so you can feel balanced and comfortable without having to constantly monitor or correct your posture. For cost, call Joanna at 395-8486; joanna@feldannarbor.net or feldannarbor.net.

Tai Chi Seminar with Grand Master William C.C. Chen • Sept. 25, 10 a.m. • Experience the physical application of internal tai chi principles, refine the use of alignment, relaxation, and focus, and receive feedback on the subtle changes you can make to your tai chi for effective and powerful Push Hands and Applications. \$45 per session or \$200 full day. Call Wasantha Young of Peaceful Dragon School at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Tai Chi Chuan 1 with Susan Boyle and Stephen Harrigan for WCC • Tuesdays, Sept. 21-Dec. 7 at Noon-1:15 p.m.; Wednesdays, Sept. 22-Dec. 8 at 6-7:15 p.m. • In this beginning class, based on the Yang style, you’ll learn techniques to promote relaxation of the mind and body, centering, better balance, concentration, and improved health. Tai chi may also facilitate academic, intellectual, and conceptual learning. \$119. Call Phillip or Christine at 677-5060; lifelong-learning@wcc.net or wccnet.edu/lifelong-learning.

Tai Chi Chuan 2 with Daniel Kirksey and Stephen Harrigan for WCC • Tuesdays, Sept. 21-Dec. 7 at 1:30-2:45 p.m.; Wednesdays, Sept. 22-Dec. 8 at 7:30-8:45 p.m. • This class offers a higher level of instruction in Yang style tai chi chuan. You can work on the form at your own pace and practice some elementary pushing hands and application. Prerequisite: Tai Chi Chuan 1. \$119. Call Phillip or Christine at 677-5060; lifelong-learning@wcc.net or wccnet.edu/lifelong-learning.

Wu Style Tai Chi with Marilyn Feingold and John Adams • Sundays, Sept. 5-Dec. 26 • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. Due to possible changes in schedule, please check with Jewel Heart to confirm. \$5 suggested donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Martial Arts Classes with Huron Valley Aikikai • Classes offered Monday-Saturday in mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children’s Aikido. For complete schedule and costs, call 761-6012 or hv-aikido.com.

Martial Arts Advantage • Morning and evening classes offered daily • Offering an extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s. Classes include yoga, pilates, cardio kickboxing, bootcamp, and specialized martial arts training. First class is free. Memberships available. For complete schedule and costs, call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as “the Way of harmony with nature or universal energy”. Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strive to create harmony with nature. Children’s classes offered Saturday mornings. First class is free for adults; \$50 for five classes. \$60 per month for beginning children or \$70 for advanced. For complete schedule, call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes offered • Traditional, fully asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Classes include Juko Ryu Hakutsuru White Crane Kempo (Hard Fist) and Kin-da (Locking and Throwing), Juko Ryu Aiki Inyo Tai Ki (similar to Tai Chi), and Juko Ryu Aiki Inyo Goshin Jutsu (self-defense art). For complete schedule and costs, call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes offered • Martial arts classes include Aikido, Kung-Fu, Karate-do, Tai Chi, Wing Chun, and Lion Dance, with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in asian culture, providing the opportunity for improved health and self-cultivation while accurately representing and transmitting the technical, cultural, and spiritual aspects of our martial arts traditions, and contributing to the progressive evolution of the living art form and its propagation. Children’s program offered Mondays and Saturdays includes Karate-do, Judo, and Aikido. For complete schedule and costs, call 994-3620; a2amas.com.

Be in Awe fall events calendar



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Weekend Teachings and
Jamgon Lama Tsong Khapa
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**Special Guest: H. H. Ganden
Tripa, Kyabje Rizong Rinpoche**
November 12 - November 14

Special Sundays - Open to All

Celebrate Life – September 5
10 - 11am with Gelek Rimpoche
Illusion of Self – September 18
10 - 11am with Geshe Yeshe Thapkhe
What is Spiritual Materialism
October 3, 10 - 11am
with Gelek Rimpoche
Karma and Interdependence
November 7, 10 - 11am
with Gelek Rimpoche
**Jamgon Lama Tsong Khapa
Longevity Empowerment**
November 14, 10 am
with H.H. Ganden Tri Rinpoche
The Selfless Self – December 5
10 - 11am with Gelek Rimpoche



JEWEL HEART - 1129 Oak Valley Drive,
Ann Arbor, MI 48108

For more information on these special events, weekly Sunday programs and other offerings, visit www.jewelheart.org, email programs@jewelheart.org or call 734 994 3387

The Crazy Wisdom Calendar

Tai Chi, Martial Arts & Self Defense (continued)

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Monday and Thursday evenings, Saturday mornings • Classes include Chen style tai chi ch'uan basic practices, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance, relaxation, and whole body unity. \$85 per month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaiichi.com.

B.C. Yu Martial Arts Center Classes • Ongoing classes offered • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. If you're ready to increase your focus, stamina, confidence, and coordination, come and learn valuable and practical self-defense. Children's program teaches life skills that provide the knowledge kids need growing up today, including the five tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control, and indomitable spirit. For complete schedule and costs, call 994-9595; questions@bcyu.com or bcyu.com.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • \$1 per minute. No appointment necessary. Call 660-9680.

Drop-In Tarot Readings with Christine Leigh in the Crazy Wisdom Tea Room • Second and Fourth Friday of each month, 7-10 p.m. • Christine has been providing insight through the medium of The Golden Dawn Tarot deck for over 30 years. \$1 per minute. No appointment necessary. Call 355-4934; tarotbyheart@gmail.com.

Drop-In COSMO Readings with John Fredericks in the Crazy Wisdom Tea Room • First and Third Saturday of each month, 10:30 a.m.-1:30 p.m. • Take a moment to explore your inner psyche and cosmic connections with COSMO, a delightfully rational divination system. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool to explore the complexities of our lives. \$1 per minute. No appointment necessary. Call 368-1780, johnrhino@comcast.net.

Drop-In Tarot and Astrology Readings with Jillian Kerry in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. • Jillian uses Tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. Value based payment system. No appointment necessary. Call 395-4999, jilliankerry@gmail.com.

Drop-In Intuitive Tarot Readings with Joshua Wilde in the Crazy Wisdom Tea Room • Sundays, 11:30-2 p.m. • Joshua Wilde studies the Tarot from a wide variety of angles: psychological, Kabbalistic, astrological, numerological, and esoterically. \$1 per minute. No appointment necessary. Call 517-402-3260, heyyou@overthere.net.

Palmistry Readings with Vijayalaxmi Shinde in the Crazy Wisdom Tea Room • Sundays, 2:30-5:30 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. \$1 per minute. No appointment necessary. Call 734-222-9160.

The Art of Wands, Pendulums, and Quartz with Carol Clarke • Sept. 17, 7-8:30 p.m. • This is a how-to class on pendulums for dowsing or manifesting, working with wands for cord removal or divination, and all about various types of quartz and how to use them. \$20. Bring your own pendulum or purchase one during class. Call 734-416-5200; info@bodyworkshalingcenter.com.

Tea Events

Tea with the Fairies at Crazy Wisdom Tea Room • Oct. 21 and Dec. 9; 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be storytime from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! \$10.50 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757; ashley@crazywisdom.net or crazywisdom.net.

Tea Tasting with Adam Kripke • Sept. 14, Oct. 12, Nov. 9, Dec. 14; 7-8 p.m. • Come tease your taste buds with a soothing array of fine teas. Sample premium high end teas from China and Taiwan. Taste the difference between green, oolong, herbal, black, pu-erh, and white teas. \$5. Call 474-1608; bmswc.com.

Theater

Hildegard of Bingen and the Living Light with Linn Maxwell Keller • Nov. 7, 3 p.m. • Known as the "Sybil of the Rhine", Hildegard became well-known throughout Germany for her writing, prophesying, and preaching, as well as her healing. In this one-woman play, Linn Maxwell Keller combines her spirituality and her life-long commitment to music and drama to portray this amazing woman. She performs seven of the many songs Hildegard composed, accompanying herself on the psaltery, medieval harp, and organistrum. \$15. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Therapy & Support Groups

Creating Internal Emotional Resources with Cam Vozar • Sept. 22, 6:30-8 p.m. • Create internal emotional resources to cope with stress and increase well being. Learn to connect to nurturing, protective, and spiritual internal resources. \$10. Call 747-9073; cam.vozar@gmail.com.

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Thursdays, Sept. 30-Nov. 18; 6-7:30 p.m. with Orientation on Sept. 23, 6 p.m. • Eight-week skill based class designed to help change your relationship with anxiety and depression. Learn various tools and concepts that cultivate being in the present moment. \$325 includes book, written materials, and individual appt. Call 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Transpersonal Psychology

Ann Arbor Ken Wilber Meetup Group with Dennis Hunt • Sept. 18, Oct. 16, Nov. 20, Dec. 11; 4:30 p.m. at Crazy Wisdom Community Room • Discussion and transformational practices related to the philosophy of Ken Wilber. \$5-\$10 suggested donation to cover expenses. Visit website for upcoming topics. Call 658-7619; dhunt98@earthlink.net or meetup.com/kenwilber-32/.

Tutorial in Transpersonal Psychology with Richard Mann • One-hour sessions on Monday, Wednesday or Friday • Small group tutorial sessions meeting anywhere from every week to every month to explore topics in transpersonal psychology and non-ordinary experience. \$90 per hour. For times, call 213-7075; rdmann@umich.edu.

Travel

Trek to Mt. Everest April 2011 with Heather O'Neal • Sept. 2 and Sept. 16, 7 p.m. • Join local adventure tour company Of Global Interest on a trip of a lifetime through the high Himalayas in Nepal. In the living room of Heather's B&B, travel vicariously via a large screen dvd screening of her documentary video that describes her last trip. Free. Call 369-3107; ofglobal@aol.com or ofglobalinterest.com.

Weight Loss

Ending the War with Food with Cindy Gault and Jackie Sova • Thursdays: Sept. 30-Nov. 11 • This group is based on the principles and practices outlined in Geneen Roth's book, *Women, Food and God*. Participants will learn skills in mindfulness, identifying body signals, and working effectively with the inner critic. \$180. Call Cindy at 765-3057; cgault@umich.edu.

Weight Loss Tool Box: Healthful Strategies for Losing Weight with Gary Merel • Nov. 3 and Nov. 10, 7-9 p.m. • Many of us are challenged when it comes to losing weight. Diets are often punitive and always lead to chasing hunger. In addition to food choices, exercise, hormones, thyroid health, and lifestyle influence weight loss. Find a sustainable eating lifestyle that is right for you. We will also discuss how to improve food absorption, the influence of hormones, menopause, thyroid health, good and bad fats, animal and plant protein, carbohydrates, and balancing your pH. \$15. Call 222-8210; gmerel165@msn.com or annarborholistichealth.com.

Hunger Within with Marilyn Migliore • Mondays: Sept. 13-Nov. 29, 5:30-6:30 or 6:45-7:45 p.m.; Thursdays: Sept. 16-Dec. 9, Noon-1 or 5:30-6:30 p.m. • This treatment course takes the focus off food and guides participants through an intensive program unlocking the psychological barriers to permanent weight loss. This concrete, lucid, step-by-step workshop explores the core reasons for overeating, identifies the triggers that precipitate a binge, and helps break the vicious cycle of emotional eating. \$325 for twelve weeks. Call Ronda Barnes at 998-5679; rondbarn@med.umich.edu.



Women's Health

Balancing Your Hormones: Balancing Your Life with Gary Merel • Sept. 22, 29, Oct. 20; 7-9 p.m. • Estrogen, progesterone, testosterone, and thyroid are four very powerful hormones that have a wide ranging effect on reproduction, menopause, blood pressure, weight loss, healthy sexual function, bone loss, and many other essential functions of life. This workshop will explore how to safely balance these hormones using holistic, sustainable, and natural methods. Learn about bio-identical hormones, good and bad estrogen, the effects of estrogen dominance, soy and other plant based estrogens, as well as environmental factors that affect proper hormone balance, and learn strategies to help resolve issues of menopause, hot flashes, uterine fibroids, low thyroid function, and adrenal fatigue. \$15. Call 222-8210; gmerel165@msn.com or annarborholistichealth.com.

Gaining Control of PCOS: Treating Polycystic Ovarian Syndrome with Terrie Holewinski • Sept. 7 and 14, 10:30-Noon or Oct. 18 and 25, 3:30-5 p.m. • PCOS is a hormonal disorder with symptoms that include obesity, abnormal hair growth, acne, and infertility, to name a few. The most effective way to treat it is with nutrition, exercise, and weight management. Learn optimal food choices, healthy meal planning, role of exercise and medication, and ways to handle emotional eating. \$138. Call Ronda Barnes at 998-5679; rondbarn@med.umich.edu or umcvc.org/pcos.

14-Week Women's Chi-Wellness Empowerment Workshop with Chinonye • Saturdays: Sept. 18-Dec. 18, 11 a.m.-Noon • Chi-wellness is a hands-on group wellness workshop that utilizes the wellness energy systems framework of Dr. John Travis as we undertake an adventurous journey of self empowerment. Each week, we will explore one of the twelve dimensions of wellness as we rejuvenate the whole; mind, body, spirit through supportive group coaching; Chi-oneness guided meditation series; and Chi-flow rhythmic healing dance meditation. \$200. Call 206-202-8253; calabartheatre@live.com or wix.com/chinonye/calabar.

The Grouchies and the Munchies: Help for Women to Cope with Monthly Cycles with Marnie Burkman • Oct. 28, 7-8 p.m. • Part of April Wellness Center's "Women's Wellness" month. Women are gifted with monthly cycles that can cause emotional and physical intensity ranging from mild to extreme. Learn to cope and even thrive during these monthly changes in this interactive talk. \$10. Call 913-0345; michiganintegrative@gmail.com or AprilWellnessCenter.com.

Is Our Health at Risk from Our Personal Care Products? with Mariah Newborne • Oct. 25, 7-9 p.m. • Part of April Wellness Center's "Women's Wellness" month. Learn the shocking truth about many personal care products and their effect on our longterm health and longevity. Understand the unique benefits of using organic, biodynamic, and natural products and taking a holistic approach to your complexion in this fun and rejuvenating class. \$20. Call 657-4652; mariahnew@charter.net or AprilWellnessCenter.com.

Depression in Women: What to Know and What Can Help with David Leavitt • Oct. 13, 7-8 p.m. • Part of April Wellness Center's "Women's Wellness" month. This talk will provide an overview of major depression and will explore what women should know to get the help they might need. Free. Call 913-0350; michiganintegrative@gmail.com or AprilWellnessCenter.com.

Marvelous Menopause: Sunday Afternoon Chats with Gail Wyckhouse • Sept. 12, 1-3 p.m. • When you're hot, you're hot! Learn how to make menopause marvelous instead of uncomfortable. Understand some of the common problems women experience and learn some good news about traditional cultures. \$10 includes snacks and materials. Call Deb Foggio at 248-702-7064; lightworkscenr@att.net or integrativewellbeing.com.

Womenspirit

Awakening the Power Within: Women's Fall Retreat with Jean Cornell at Windrise Resort in Metamora, MI • Oct. 15, 6:30 p.m. through Oct. 17, 11 a.m. • Come enjoy the serenity of 140 acres of beautiful property. Workshops include gentle yoga and meditation, the sacred triad, manifestation and vision board/book, and sacred spaces. Open your heart to the power of the feminine within you! \$399. Call Soul Journey Center at 248-292-1756; jean@souljourneycenter.net or souljourneycenter.net.

Women's Circle Meditation with Kathi Finney • Sept. 16, Oct. 28, Nov. 18, Dec. 16; 6:30-8 p.m. • Join the circle to connect and heal your inner power for true direction in your life. Learn to trust and honor your inner guidance. Experience the safe containership of loving sharing that occurs in this sacred circle, where women can speak their truth in privacy and confidence. Participate in group meditation to heal not only yourself, but others, too. \$15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Women's Retreat and Day of Rejuvenation with Pat Krajovic • Oct. 17, 10 a.m.-4 p.m. • Indulge yourself in a pleasant day of relaxation. Stretch and experience your body/mind through yoga, practice meditation, explore your breath pattern, and experience the freedom of an open breath. Have fun! Enjoy a healthy lunch. Find inner peace and serenity. Let us take care of you! \$77. Call 734-416-5200; info@bodyworkshealingcenter.com.

Weaving Faith and Experience: A Woman's Perspective with Patricia Cooney Hathaway • Dec. 11, 10 a.m.-3:30 p.m. • Just as there are seasons of life, so too there are seasons in our human and spiritual journey to God. Part 1, The Morning of Life, will explore the challenges, opportunities, and tasks of the spring and summer of women's lives, those years between 17 and 40. Part 2, The Afternoon of Life, will explore those years between 40 and 85+. It will focus on the challenges, tasks, and questions of the autumn and winter of our lives. \$45 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org.

Work & Right Livelihood

Lifeworks: Pathways to Inspired Living with Deb Foggio • 12 week series beginning Sept. 19, 9:30-11:30 a.m. • Losing your job? Displaced? Seeking fulfilling work? Want to find your passion, or just improve your life? Life coaching can help! Create successful change and make a commitment to yourself. Change the way you create your life using a proven step-by-step process based on spiritual ideas found in ancient spiritual law that will change your consciousness and thus change your life. For cost, call 248-702-7064; lightworkscenr@att.net or integrativewellbeing.com.

Live Your Career Dream with Melanie Fuscaldo • Part 1: Oct. 1, Part 2: Oct. 8; Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. \$30 per session. Contact melaniefuscaldo.com.

Writing & Poetry

New Issues Poetry & Prose presents Michigan Poets • Sept. 12, 5-6:30 p.m. at Crazy Wisdom Bookstore • Poets Khaled Mattawa, John Rybicki, Mary Ann Samyn, Josie Kearns, Linda Nemece Foster, and Deanne Lundin will read from their works. Free. Call Kim at 269-387-8185; umich.edu/newissues or call Rachel at 665-2757; rachel@crazywisdom.net.

Writing Down Your Soul with Cathy DeLauter • Wednesdays, Sept. 15-Dec. 8; Noon-1 p.m. • Learn how to activate and listen to the extraordinary voice within - that deeper part of you that is connected to all. We will read, share, discuss, and do exercises from the book, *Writing Down Your Soul* by Janet Conner. No class Nov. 24. \$120. Call 994-8847; cdelauter@yahoo.com or cathy.delauter.com.

Author's Boot Camp with Jeannie Ballew • Five Thursdays: Sept. 23-Oct. 21 or Weekend format: Sept. 18-19 or Oct. 9-10 • Nonfiction book coaching classes help fledgling writers identify their purpose, goals, objectives, and readership as well as complete a detailed outline of their entire manuscript - all before they start writing. This ensures clarity of focus, a targeted market, and a well-organized structure, all factors that give new writers a serious advantage when it comes to getting published. Class size limited to six. \$450. Call 994-6663; editprose@provide.net or editprose.com.

One Pause Poetry: Fall Conference with Copper Colored Mountain Arts • \$75 for day-long conference. For more information, call Sarah Messner at 910-616-0372; ccmarts.org.

Sept. 10, 7-9 p.m. • Free public reading and book signing with Christine Hume and Julie Carr

Sept. 11, 9:30 a.m.-12:30 p.m. • Moving into Writing: Writing into Sound Master class with Christine Hume and Julie Carr • A series of movement-based explorations and improvisations will generate original written material. We will develop this material into sound driven texts that perform the ways that sound allows language to connect to the body. We welcome dancers, writers, and performers all of kinds, though no prior experience is necessary. \$55.

1:30-4:30 p.m. • Workshop with Joel Brouwer

1:30-4:30 p.m. • Workshop with Sabrina Orah Mark

7-9 p.m. • Free public reading and book signing with Joel Brouwer and Sabrina Orah Mark

One Pause Poetry presents Free Public Reading, Book Signing, and Reception with Copper Colored Mountain Arts • Free. For more information, call Sarah Messner at 910-616-0372; ccmarts.org.

Oct 15, 7 p.m. • Peter O'Leary and John Tipton

Oct. 16, 7 p.m. • Nathaniel Mackey

Yoga

Holy Yoga with Diane Buckery • Mondays, 6-7 p.m. • Holy yoga is a form of yoga that is Christ-centered and incorporates scriptures, prayer, and meditation for experiential worship. Physically, this will be a traditional yoga class with standard poses at a beginner/intermediate level. Holy yoga will give you the opportunity to deepen or begin your relationship with God as well as improve your health and well being. For cost, call 517-581-2452; dianeb@holyyoga.net.

Yoga Postures with Optional Lunch with Diane Kimball • Wednesdays, 10:30-Noon • Taught by Deep Spring experienced yogis, the class structure will be sitting meditation, yoga postures, and relaxation. Please bring a mat and/or blanket to class if you have your own. Optional lunch after session (brown bag or pick up something nearby). All welcome. Donations gratefully accepted. Call 477-5848; info@deepspring.org.

Yoga Classes for All Levels with Sue Salaniuk, Nancy Udow, Sally Rutzky, Alicia Rowe, and Pam Lindberg at The Yoga Space • Sept. 7-Oct. 23 or Oct. 25-Dec. 18 • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of individuals. Classes offered during weekdays, evenings, and Saturdays. Seven-week series: \$84 for 90 minutes. For complete information, call Sue at 622-9600; sue@yogospace.info or yogospace.info.

The Crazy Wisdom Calendar

Yoga (continued)

Yoga for Teens Ages 10-14 with Alicia Rowe at The Yoga Space • Sept. 7-Oct. 23 or Oct. 25-Dec. 18; Mondays, 4:30-5:30 p.m. • This fast-paced class is taught in a fun, easygoing style. Seven-week series: \$60. Call Sue at 622-9600; sue@yogaspace.info or yogaspace.info.

Yoga for Teens Ages 14 and Up with Alicia Rowe at The Yoga Space • Sept. 7-Oct. 23 or Oct. 25-Dec. 18; Thursdays, 4:30-5:30 p.m. • This class is for older teens. It is a fun class that gives a little more detail than the class for younger teens. Seven-week series: \$60. Call Sue at 622-9600; sue@yogaspace.info or yogaspace.info.

Yoga Space Free Trial Class • Sept. 2 or Oct. 24, 6-7 p.m. • Come and try yoga and experience how good you feel after a class. Yoga helps to balance all aspects of your body and helps you cope with stress. Free. Call Sue at 622-9600; sue@yogaspace.info or yogaspace.info.

Ageless Class with Nancy Udow of Yoga Space • Sept. 7-Oct. 23 or Oct. 25-Dec. 18; Tuesdays, 9:30-11 a.m. • This class is for students who need a slower, more supported approach for stretching and lengthening. \$84 for seven weeks. Call Sue at 622-9600; sue@yogaspace.info or yogaspace.info.

Yoga Classes with Michele Bond of Yoga House • Anusara blends the science of biomechanics with an openhearted, uplifting philosophy. Anusara brings us Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun! Learn to look for the good in yourself as you enjoy a dynamic practice. \$13 if registered or \$17 drop-in with permission. Call 358-8546; yogahouseann Arbor.com.

Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 9:30-11 a.m. or 5:45-7:15 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class based on the teachings of Anusara Yoga.

Yoga for Athletes • Wednesdays 6-7:30 p.m. • Enjoy an energetic practice to increase strength, flexibility, agility, balance, and mental focus. Learn how correct alignment enhances joint function, decreases risk of injury, and can aid in healing pre-existing injuries.

Yoga Essentials • Tuesdays 5:45-7:15 p.m., Thursdays 7:45-9:15 p.m. • For those new to yoga or new to this system. Begin a journey into the principles and philosophy and learn the essentials for a rewarding practice.

Yoga Happy Hour: Restorative Yoga • Fridays 5:45-6:45 p.m. • Relax in a peaceful, serene setting as you discover the joys of restorative yoga. Simple breathwork to balance your energy, gentle stretching, and supported postures help your stress melt away. No yoga experience required. \$10 or \$12 drop-in with permission.

Posture Yoga with Ita Reyes • Saturdays, 9-10:15 a.m. • This class focuses on strengthening the core muscles while opening and stretching the hips, allowing for proper posture and a healthy spine. Poses are held to build endurance and breath work will release tension so flexibility of the spine and hips can be achieved. This class is a must for anyone that spends hours sitting at a desk or driving long hours each day. First class is \$5. \$115 for ten classes or \$13 drop-in. Call 604-5697; itayoga@comcast.net or itayoga.webs.com.

Ashtanga Yoga with Ita Reyes • Fridays, 5:30-6:45 p.m. • This practice intends to heat up the body, promoting increased flexibility while detoxifying and strengthening the entire being. Classic sun salutations combined with variations help the body regain its natural range of motion, providing overall health and well being. The class moves at a comfortable pace, making it a welcoming environment for all interested to come. First class \$5. \$115 for ten classes or \$13 drop-in. Call 604-5697; itayoga@comcast.net or itayoga.webs.com.

Yin Yoga with Ita Reyes • Last Friday of each month, 5:30 p.m. • Yin yoga is a practice in which passive poses are guided through the energy of gravity to take the body into an intense state of relaxation where the muscles feel free to deeply stretch, even reaching hard to get connective tissue. First class \$5. \$115 for ten classes or \$13 drop-in. Call 604-5697; itayoga@comcast.net or itayoga.webs.com.

Iyengar Yoga Classes at Harmony Yoga of Ann Arbor with Karen Husby-Coupland • Fall session begins Sept. 7 • Yoga classes taught in the Iyengar method are available for beginners and more experienced students. There is also a Gentle class for those who prefer a slower-paced, more supported approach to the practice of yoga. Classes are small to medium-sized in a friendly atmosphere. \$16 drop-in with discounts available for registering for a session. Call 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

Yoga Serves Community Potluck with Christy DeBurton • Sept. 26, 5-7 p.m. • Take your yoga practice off the mat and into the community and, in the process, make new friends! Bring a vegetarian dish to pass, and come ready to sign up for a variety of community service projects throughout the coming months. We serve the hungry, the homeless, the environment, the elderly, and other good causes that need our help. Free. Call 761-8409; info@christydeburton.com or christydeburton.com.

Yoga Classes at The Yoga Room with Christy DeBurton • The Yoga Room offers a relaxed and intimate atmosphere, an alternative to commercial studios and gyms. Classes are small, a maximum of 12 people, to allow individual attention. For description and fees, call 761-8409; info@christydeburton.com or christydeburton.com.

Monday:
5:45 p.m. • Vinyasa
7 p.m. • Hatha
Tuesday:
9:30 a.m. • Hatha
5:45 p.m. • Vinyasa
7 p.m. • Energy Flow
Thursday:
4:30 p.m. • Hatha
6 p.m. • Vinyasa
Saturday:
8:30 a.m. • Vinyasa
10 a.m. Energy Flow

Fall Colors Yoga Retreat with Christy DeBurton • Oct. 8-10 • Join us for our 8th annual retreat in the natural splendor of Song of the Morning Yoga Retreat Center in Vanderbilt, MI. Nestled among 800 forested acres of the pristine Pigeon River Wildlife Area, this is a wonderful northern woods setting for solitude and reflection. Deepen your yoga practice, meditate, enjoy nature, and eat delicious vegetarian meals. \$235 includes yoga classes, two nights lodging, and meals. Early registration discount available. Call 761-8409; info@christydeburton.com or christydeburton.com.

Yoga teaches us to cure what need not be
endured and endure what cannot be cured.
- B.K.S. Iyengar

Beginning Iyengar Yoga Class with David Rosenberg • Sept. 25-Dec. 9: Mondays, 6-7:30 p.m.; Thursdays, 7-8:30 p.m.; Saturdays, 10-11:30 a.m. • Experience invigorating yoga postures using the methods of B.K.S. Iyengar to strengthen the body, create a feeling of well being, reduce stress, and release tension through physical activity and meditation. The use of yoga props (provided or bring your own) and individualized teaching are emphasized so students of varying experience, ages, flexibility, and strength can participate together. \$109 to Ann Arbor Rec & Ed (\$131 for non-residents). Call 662-6282; massage4@aol.com or aareced.com/reced.catalog.

Yoga Classes with Patty Hart and Janine Polley of Every Body Happy Yoga and Healing Center • Small group classes invite students to relax, feel, and deepen their bodies' relationships with breath, movement, and energy through balanced yoga practice. \$15 drop-in with registration discount available. Call Patty at 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Mondays, 6-7:30 p.m. • Multi-level with Patty
Wednesdays, 6-7:30 p.m. • Multi-level with Patty
Thursdays, 6-7:30 p.m. • Multi-level with Janine
Fridays, 9:30-11 a.m. • New Beginnings with Patty
Saturdays, 9-10:30 a.m. • Multi-level with Patty

Attitude of Gratitude: Free Yoga Classes with Patty Hart of Every Body Happy Yoga and Healing Center • Sept. 26, Oct. 31, Nov. 28, Dec. 26; 1-2:30 p.m. • Join us for a free multi-level yoga class. No previous yoga experience required. Call Patty at 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Somatic Movement with a Yogic Twist with Patty Hart of Every Body Happy Yoga and Healing Center • Sept. 19, 1-3 p.m. • Part of Aprill Wellness Center's "Boost and Balance Your Energy" month. Somatics provides easy movements that re-educate the brain to reconnect "forgotten" muscles that have become chronically tight due to stress triggered reflexes. Workshop space is limited. \$25. To register, call Patty at 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Feeling the Balance of Giving and Receiving: A Women's Restorative Yoga Workshop with Patty Hart of Every Body Happy Yoga and Healing Center • Oct. 10, 1-3:30 p.m. • Part of Aprill Wellness Center's "Women's Wellness" month, this is a deeply nurturing workshop designed for women who often find themselves at the bottom of their own "give to" lists. Restorative yoga practice invites the body to open gently and passively into poses with the body fully supported by props. No yoga experience necessary. Workshop space is limited. \$30. To register, call Patty at 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Your Holiday Getaway: A Restorative Yoga Workshop with Patty Hart of Every Body Happy Yoga and Healing Center • Dec. 5, 1-3:30 p.m. • Part of Aprill Wellness Center's "De-stressing for the Holidays Every Day" month. A soothing afternoon workshop of restorative yoga. No yoga experience necessary. Workshop space is limited. \$30. To register, call Patty at 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Yoga Classes through Inward Bound Yoga • Sept. 13-Oct. 30 or Nov. 1-Dec. 18 •

Inward Bound Yoga offers a variety of approaches to the ancient discipline of yoga, including four levels of hatha yoga instruction, prenatal and postnatal yoga, Ashtanga yoga, Integral yoga, meditation for yogis, and several flow classes coordinated with music. For class descriptions and fees, visit ibyoga.com. To contact Inward Bound: info@ibyoga.com.

Monday:

5:45-7:15 • Level 2-3 with Martha

7:30-9 p.m. • Level 1 with Caitie

Tuesday:

9:30-11 a.m. • Morning Yoga with Lynette

5:45-7:15 p.m. • Integral Yoga with Caitie

7:30-8:45 p.m. • Vinyasa Yoga with Caitie

Wednesday:

7:30-8:30 a.m. • Wake-Up Yoga with Janine

4-5:30 p.m. • Breath, Meditation, Posture with Dottie

5:45-7:15 • Level 2 with Lynette

7:30-9 p.m. • Level 2 with Martha

Thursday:

5:30-7:15 p.m. • Flowing Yoga to Music with Aileen

7:30-9 p.m. • Level 1-2 with Barbara

Friday:

7:30-8:30 a.m. • Wake-Up Yoga with Roddy

9:30-11 a.m. • Prenatal Yoga with Marlene

11:15-12:30 • Postnatal Yoga with Marlene

Saturday:

8:15-10 a.m. • Ashtanga Yoga with Jonathan

Yoga Classes with Karen Ufer at Yoga Focus • Fall Session: Sept. 7-Dec. 6 • This system of yoga stretches, strengthens, and enhances well being through the effort of muscles, organs, nerves, and circulation. Many classes available for all levels, including prenatal and gentle, based on the work of B.K.S. Iyengar. \$15 drop-in or \$13 per class if signed up for eight-week session. Call Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Vinyasa Yoga with Janine Bennett at Matthaei Botanical Gardens • Sept. 14-Oct. 19 or Oct. 26-Nov. 30: Tuesdays, Noon-1 p.m. • For those who enjoy a flowing practice of sun salutations and postures coordinated with music. Class meets in the auditorium. \$60 per session or \$48 per session for members and UM students. Call 647-7600; mbgna.umich.edu.

Expert Yoga Therapy Workshops with Ema Stefanova • Oct. 23, Nov. 13, Nov. 20, Dec. 4, Dec. 11; 2-4 p.m. • These hands-on holistic and medicinal yoga therapy programs can be learned and practiced with good results by beginners through advanced students. Continuing education for yoga teachers. For cost, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Weekend Yoga and Meditation Seminars with Ema Stefanova • Oct. 23-24, Nov. 13-14, Dec. 4-5; Saturday afternoons and all day Sunday • Learn complete programs for health and personal growth. For ages 12 and up and all levels and abilities. Unique, authentic, doable, pleasant, and pain-free yoga as yoga was meant to be. CEUs for yoga teachers. For cost, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Yoga Classes with Ema Stefanova • For costs, call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Prenatal Yoga Class with Ema Stefanova • Thursdays, 5-6 p.m. and Fridays, 10:40-11:40 • Learn a whole person holistic yoga to prepare you for the birth of your child and self-care after.

Mommies Do Yoga with Toddler with Ema Stefanova • Wednesdays, 10:40-11:40 a.m. • Adult yoga class that lovingly welcomes infants and toddlers in a safe, padded environment.

Open Level Yoga with Ema Stefanova • Mondays, 6:10-7:25 p.m.; Wednesdays, 9:15-10:30 a.m. • This class will peacefully energize you and enable you to develop a healthy body and stress-free personality. Beginning and continuing students welcome.

Fresh Start with Ema Stefanova • Wednesdays and Fridays, 6:45-8 a.m. • Fast pace, vigorous yoga. Not for students with health problems. Healthy beginners welcome. Concentration practices included.

Beginning Gentle with Ema Stefanova • Tuesdays, 4:15-5:30 p.m. and Thursdays, 8:30-9:45 a.m. • Learn whole person practices that are easy to do and apply to real life challenges and pressures. Not only stretching!

Yoga Classes at Zen Buddhist Temple • Beginning and experienced students in the classes learn traditional (hatha) yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill early. \$60 for six sessions or \$12 per class. For cost and information, call 761-6520; annarbor@zenbuddhisttemple.org.

Yoga I for Beginners • Six Tuesdays starting Sept. 14 and Oct. 26, 6-7:30 p.m.

Yoga II • Six Tuesdays or Thursdays starting Sept. 14/16 and Oct. 26/28, 6:30-8 p.m.

Bikram Yoga Ann Arbor Classes • Morning, afternoon, and evening classes offered daily • The Ann Arbor studio is a friendly, comfortable, and welcoming place to learn yoga, begin a healthier lifestyle or continue to improve your Bikram yoga practice. All classes are great for beginners. 30 classes per week in a 105 degree room. Be prepared to sweat! New student special: ten days for \$20. Call Lora Rosenbaum at 975-0505; bikramyogaa2@gmail.com or bikramyogaannarbor.com.

New and Special Classes:

Tuesdays, Noon • Guided Practice

Wednesday evenings • New class for beginners

Oct. 15 • Annual Fall Potluck at Gladwin Farms

Nov. • Manouso Manos workshops

Dec. • Donate Your Stretch classes benefitting local non-profits

Yoga Classes with Evolve Yoga • Ongoing classes offered weekly • A sacred space for physical, mental, and spiritual evolution. Energize the body, expand the mind, and enliven the spirit. Classes include Basic, Flow, Prenatal, Restorative, Slow Flow, Rise and Shine, Vinyasa, Vipasana Meditation, and Yoga at the Wall. \$100 for ten classes; \$10 drop-in with first class free. Veteran, student, senior, and family discounts. For complete schedule, please call 454-9642, evolve-yoga.net.

Iyengar Yoga Classes with Laurie Blakeney at Ann Arbor School of Yoga • Ongoing classes offered • Classes for everyone - beginners and experts, stiff or flexible, young or old. The practice of yoga helps us know more fully who we truly are, beginning with the body, mind, and breath. Come join progressive, safe, and transformative Iyengar yoga classes. For cost, call 663-7612, annarborschoolofyoga.com.

Yoga Classes with Sondra O'Donnell and Certified Sun Moon Yoga Teachers • Ongoing classes offered • Classes include Basic, Yoga Nidra, Spirited, Better Backs, Kripalu, and Pranayama. \$14 drop-in with reduced rates for registration or package purchase. For more information, please call 929-0274 or sondra@annarboryoga.com or sun-moon-yoga.com.

Yoga Teacher Certification Programs with Sondra O'Donnell • Yoga Teacher Certification Program 200 Level includes hands-on practice, theory, anatomy, physiology, yoga philosophy, techniques, and teaching methodology with a strong foundation in traditional yoga. Multidimensional Yoga Therapy Professional Yoga Therapist Certification Program 500 Level also includes Ayurvedic diagnostics, client assessment, practice planning, and completion of case studies on special topics in health. For more information, please call 929-0274 or sondra@annarboryoga.com, sun-moon-yoga.com.

Look for us in new places!

In response to requests from our readers and advertisers, we increased the circulation of **The Crazy Wisdom Community Journal**, and increased our distribution points, by **50%**!

And, check out our Digital version, online at crazywisdom.net.

(The direct link is: <http://cwwonline.squarespace.com/cw-journal/>)

The Crazy Wisdom Community Journal --
Deep roots. Serving and celebrating the body/mind/spirit community in southeastern Michigan for 15 years. Editorial integrity. Depth of coverage. Local focus. Local writers, photographers, and illustrators. Here to stay.



Teachers, Lecturers, Workshop Leaders and the Centers

Aaron is a “spirit who has been a Buddhist monk and scholar in previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition”, channeled by Barbara Brodsky.

Linda Adamcz, LMSW, has worked as an individual therapist, group facilitator, and case manager in the field of mental health for over 21 years. She is certified as a Facilitator of Integrative Breathwork through Eupsychia Institute since 1998.

Aikido Yoshokai Association of North America is a non-profit educational corporation established by Takashi Kushida-sensei, and is dedicated to teaching Yoshokai Aikido and educating the general public about Aikido in particular and Japanese Budo in general.

Laurie Akerros, BA, MA, LMT, is a teaching member of the Worldwide International Network of Esoteric Healing Group and has over 25 years training and experience in holistic healing. Her formal education was in psychology and she is also a bodyworker, craniosacral therapist, energy healer, and vibrational essence therapist.

Don Allen is a musician, teacher, and practitioner of esoteric healing arts. He is a trained Health Rhythms Facilitator and Drum Circle Facilitator, and teaches classes in culturally specific drum rhythms at the college and high school level.

Christine Allyson is a life coach and author of *So You Want to Make a Change?* She is a certified hypnotherapist and speaker with over 25 years experience as an expert on change and transformation.

Layla Ananda, MA, LLP, is a local psychotherapist, musician, intuitive, and spiritual teacher.

Ann Arbor Institute of Massage Therapy instructors are highly trained to assist each student on an individual basis. All belong to a massage therapy organization and are certified by the National Certification Board for Therapy Massage and Bodywork, which requires ongoing continuing education.

Ann Arbor Kirtan has been chanting together for four years, comprised of both professional musicians as well as those with a strong foundation in the Kirtan practice.

Ann Arbor Swing Dance Association promotes and sponsors traditional swing dances with roots in the decades of the 1920-1940's such as charleston, lindy hop, collegiate shag, east coast swing, balboa, and blues. Their goal is to bring lessons and workshops to the dance community and to promote local swing dancing venues.

Asian Martial Arts Studio originated in 1970 and strives to teach the martial arts tradition as a living art form by continuing to evolve and serve as an expression of the development of the practitioners.

Nancy Bahlman has been a professional consulting astrologer, specializing in business and relocation, for more than 25 years. She wrote a monthly column for “PhenomeNews” for 14 years and has been published in “The Mountain Astrologer”.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, and has taught connected breathing for over 30 years. She is a Certified Transformational Breath Facilitator and Senior Trainer.

Ann Barden has been practicing Vipassana and teaching for many years, and trained with Barbara Brodsky of Deep Spring and Matthew Flickstein of Forest Way.

Barony of Cynnabar is the local chapter of the Society of Creative Anachronism, an international non-profit educational organization that researches and recreates the art, sciences, and technology of the Middle Ages.

Sandy Baumann is a wellness educator.

Rev. Dave Bell was trained in the Unity tradition and later ordained as an Interfaith minister at the New Seminary in New York State.

Janine Bennett completed her yoga teacher training at the White Lotus Foundation in Santa Barbara, and teaches yoga at Inward Bound, Matthaei Botanical Gardens, The Health and Fitness Center at WCC, and the Saline Senior Center.

Michael Betzold, deputy editor of The Ann Arbor Observer, is the author of many books. His newest, *Bingo! The Secret to Scrabble Success*, is a simple guide to improving your game.

Bikram Ann Arbor yoga teachers are all certified by Bikram.

Laurie Blakeney is an advanced certified Iyengar yoga instructor, has been teaching in Ann Arbor since 1977, and is a personal student of B.K.S. Iyengar.

Jill Blixt is a creativity and life coach, motivational speaker, and working writer/artist. Her career has included 20 years as an owner/creative director of an advertising agency and seven years as co-founder of an art gallery in Ann Arbor.

It was books that taught me that the things that tormented me most were the very things that connected me with all the people who were alive, or who had ever been alive.

- James A. Baldwin

Carol Blotter has been practicing Vipassana meditation since 1989 and has been teaching since 1999. She is a teacher for The Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth. She was also the production assistant for the film, *With One Voice*.

Body-Mind-Spirit Wellness Center is home to some of the area's finest alternative practitioners. Instructors, counselors and therapists use the center to share their expertise and knowledge with the community.

Michele Bond has a strong background in martial arts, dance, and competitive synchronized swimming, along with training in gymnastics, stunt fighting, and swordplay. Her practice of yoga began in her teens and continues to unfold under the constant inspiration of her teacher, John friend, the founder of Anusara Yoga.

Dena Bowen has studied and practiced the work of Belinda Gores for over 10 years.

Cristo Bowers has practiced meditation for 15 years.

Breastfeeding Center of Ann Arbor, LLC, offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations onsite or in your home with Barbara Robertson, support groups, and breastfeeding-related retail, including slings, pumps, and nursing bras for women of all sizes.

Patty Brennan, director of Center for the Childbearing Year, has been an advocate for childbearing families for nearly 30 years as a childbirth educator, doula trainer, and midwife. She is author of *Whole Family Recipes: For the Childbearing Year & Beyond*, *Guide to Homeopathic Remedies for the Birth Bag*, *Vaccines & Informed Choice: A Guide for Concerned Parents*, and *The Doula Business Guide: Making Your Dreams a Reality*.

Barbara Brodsky is founding teacher of Deep Spring Center and has been practicing meditation since 1960. Teaching since 1989, she draws on dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972 and is channel for the spirit, Aaron.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, altered states, metaphysics, and the spiritual journey since 1972. She is a Melchizedek priest, spiritual coach, and healer, and teaches workshops that emphasize transformation and integration and performs personalized wedding ceremonies.

Diane Buckery, RYT, CYT, is a registered yoga teacher through Yoga Alliance as well as a personal trainer and fitness instructor.

Marnie Burkman is an Integrative Psychiatrist in Ann Arbor and has a private practice treating adults at Aprill Wellness Center.

Karen Caruso is a certified Natural Health Educator, herbalist, and student at the Naturopathic Institute of Therapies and Education.

Kapila Castoldi has studied meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over 24 years and is head of the Sri Chinmoy Centre of Ann Arbor.

Center for the Childbearing Year offers contemporary birth preparation, comprehensive breastfeeding support, DONA International birth and postpartum doula workshops leading to professional certification, continuing education contact hours for nurses, holistic approaches and a focus on prevention, support groups, lending library, and community as well as online resources.

Chinonye is a holistic Registered Nurse and Certified Reiki master.

Barb Christensen has a background in Aikido and Shudokan Karate, 7th degree black belt Shorin RYU Karate.

Carol Clarke is a Melody TAOMCHI Master Crystologist and Usui Reiki Master.

Lorri Coburn, MSW, practiced psychotherapy for 25 years. She is author of *Breaking Free: I'm Going Home! How Forgiveness and A Course in Miracles Can Set You Free*.

Cynthia Conklin is a shiatsu therapist in Ann Arbor and owner of Eastern Sun Shiatsu.

Jean Cornell, RN, PhD in Holistic Coaching, is owner of Soul Journey Center.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. Mother of four and grandmother of five, she is a certified Kripalu Yoga teacher and senior teacher of meditation for Deep Spring Center.

Judy Crookes is a conscious channel who brings through the energy of Jacob, who has the ability to love and empower people through group work, meditation, ceremony, and personal intensives. Jacob has written many articles and has been published in *The Sedona Journal of Emergence*.

Paula D'Arcy is an author, speaker, playwright, and former therapist. Her books include *Gift of the Red Bird*, *Song for Sarah*, and *Sacred Threshold*. In 1975, she survived a drunken driving accident that took the lives of her husband and young daughter, Sarah. Her work stems from this tragedy and her experience of exceeding the pain with inner love.

Kristi Davis has an MA in Transpersonal Drama Therapy Studies with a specialization in Psychoneuroimmunology. She is a Registered Drama Therapist candidate, a holistic health educator, and a member of the Society for the Arts in Healthcare.

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Teachers, Lecturers, Workshop Leaders and the Centers

Spotlight on Paul Quinn, Author of *Tarot for Life: Reading the Cards for Everyday Guidance and Growth*

(Paul Quinn is the author of *Tarot for Life: Reading the Cards for Everyday Guidance*, which was published by Quest Books in 2009, and is currently in its second printing. Paul is also a teacher and professional intuitive coach and has presented programs for the Swedenborg Library, Chicago Spiritual Advisory Council, Institute for Noetic Sciences, and the Theosophical Society of America, in addition to Unity churches and bookstores. He will be appearing in the Crazy Wisdom Tea Room on Sunday, October 17th at 12:30 pm for a book signing and talk, followed by a workshop at 2pm in our meeting room.)

Rachel Pastiva: On your website, www.thespiritedlife.com, it mentions that you picked up your first Tarot deck in 1998, and began reading for clients in 2000. What did you discover in using the Tarot that inspired you to make it a part of your practice?

Paul Quinn: I felt a deep rapport with the cards. Here were pictures with great vitality that symbolized the truths of the world's mystical traditions, which have always intrigued and guided me. The Tarot also presented a wonderful way to explore archetypal psychology, which has helped me to understand myself and the world symbolically and therefore more objectively.

Psychic and author Sonia Choquette is quoted as saying "Paul doesn't teach the Tarot, he teaches you how to channel the Tarot." Do people have to have known psychic abilities to use Tarot effectively?

Paul Quinn: A person doesn't have to identify as "psychic" to read the cards. But I think the most skillful -- and happiest -- card readers tend to be good listeners, thoughtful students of life, and attracted to symbols and dreams. We have to be intimate with our inner life in order to understand the messages of the cards; that's a psychic process, though not necessarily one practiced by psychics.

How do you describe Tarot to people who may have misperceptions about it, or are not familiar with it?

Paul Quinn: I tell them the Tarot is like having their own portable life coach, an ally that can help them identify opportunities, navigate the rough spots, and see themselves and others with greater compassion and possibility. A lifelong intuitive tool to access unconscious wisdom.

What can people expect from your book event and workshop at Crazy Wisdom on Sunday, October 17th?



Author Paul Quinn will be at Crazy Wisdom on Sunday, October 17th. He loves working with Tarot cards. They are "pictures with great vitality that symbolize the truths of the world's great mystical traditions."

Paul Quinn: I'm going to share some stories from the book, and have audience members pull cards from my Tarot deck. We'll discuss only those cards pulled by the audience. In the workshop which follows, I'm going to teach a few of my favorite spreads and lead participants in exercises designed to help them *feel* the cards, going beyond the intellect. Beginners as well as more experienced readers will benefit. Please join us!

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(Paul Quinn can be reached at paulquinn@thespiritedlife.com. His website is thespiritedlife.com)

John Dear, SJ, was recently nominated for the Nobel Peace Prize by Desmond Tutu. A Jesuit priest, pastor, peacemaker, retreat leader, and lecturer, he is the author/editor of 25 books on peace and writes a weekly column for The National Catholic Reporter.

Christy DeBurton, RYT, has been teaching yoga since 1998. She has trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of non-duality and the meditation practices that support those teachings. Barbara Brodsky is founder and guiding teacher.

Cathy DeLauter is an ordained Interfaith non-denominational minister and spiritual teacher/life coach.

Yael Dolev is a food coach with a Mediterranean background.

Anne Duffy specializes in scientific intuitive nutritional assessments. She is a spiritual life coach, herbalist, and holistic health advisor.

Kate Durda, MA, and **Stephanie Tighe**, MSW, have worked with Sandra Ingerman extensively and have completed her MFE Teacher Training to present shamanic work, as well as her two-year Teacher training program.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

Mara Evans holds a Masters in Transpersonal Psychology with specialization in Spiritual Psychology as well as Organizational Development.

Janet Farnsworth and **Laney Goodman** have been building community in Boston for years. Janet is a dance master and psychologist; Laney is a ceremonial chanter and drummer.

Linda Diane Feldt is a local author, teacher, and private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing craniosacral therapy, polarity therapy, massage, and herbology.

Francisca Fernandez was raised in Puerto Rico and has degrees from Notre Dame, Maryland. She has over 25 years experience in the food industry, working in Latin America and Europe. She owns the New Chelsea Market with her husband.

Bon Rose Fine, a student of astrology since 1993, offers consultations, teaches, lectures, and continues to learn about how the condition of the universe correlates to circumstances here on earth. She serves as president of SMART, a chapter of NCGR (National Council for Geocosmic Research).

Sandra Finkel, MPH, is manager of UM Cardiovascular Medicine at Domino's Farms Stress Management Services and is a stress management specialist with over 25 years teaching meditation and mind/body techniques. Sandra teaches group stress management classes and provides individual coaching and owned a life coaching business for nine years focused on corporate wellness.

Kathi Finney, a Reiki master, has extensive experience with meditation, crystal healing, intuitive healing, and women's empowerment with advanced training in Esoteric Healing.

Teachers, Lecturers, Workshop Leaders and the Centers

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of the drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Jennifer Flowers-Gutman is a Reiki Master and teacher since 2003, and is a massage therapist and mother of five children.

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.
- A Course in Miracles

Christine Fodor is a Reiki Master and teacher, and an experienced facilitator of meditation and Emotional Body Healing, and Cranial Sacral Therapy. She is a wellness practitioner and spiritual, intuitive life coach and has been leading New Moon Meditation since 2007.

Deb Foggio, owner of The Center for Integrative Well Being, is an intuitive life path consultant who uses her talents and experience in a variety of ways, assisting people in discovering, developing, and living lives of purpose and prosperity. She is also a Systemic Constellations facilitator and Bach Remedy consultant.

Marcella Fox, Master's degree in Social Work, studied shamanism in Peru, Canada, Hawaii, and the U.S. She is also a Reiki Master and certified in Hypnotherapy.

Lucy Niemann French is a Certified Brain Gym Instructor/Consultant, a physical therapist with a Masters in Education, and a three-time National Synchronized Skating Champion.

John Friedlander is an internationally acclaimed psychic, author, and teacher with degrees from Duke Univ. and Harvard Law School. He has studied with Jane Roberts in her Seth class and at the Berkeley Psychic Institute. His workshops are based on his book co-written with Gloria Hemsher, *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance*.

Erin Fry, RScP, is a licensed Practitioner with the United Centers for Spiritual Living. She is founder and director of Ann Arbor Points of Light, a Teaching Chapter of UCSL.

Melanie Fuscaldo, LPC, NCC, is a life coach whose mission is to help individuals live their dreams and enhance their happiness using the wisdom of body, mind, and spirit.

Richard Gaillardetz, PhD, Professor of Catholic Studies at the Univ. of Toledo, has published over 80 articles and seven books, including *Ecclesiology for a Global Church*, *The Church in the Making*, and *A Daring Promise: A Spirituality of Christian Marriage*.

Amy Garber is a medium, psychic, and channel studying with spiritualist Shala Kilmer since 1992. She is a second level Reiki practitioner, founding member of Center of Light Spirituality Center in Oxford, MI, and is on the Board of Trustees of the Interfaith Center in Ann Arbor.

Bronwen Gates has a PhD in Botany and has been working with the healing gift of flower essences for over 30 years. She has admired the flowers of the woodlands, fields, and gardens since her childhood in England.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing an eclectic variety of avenues with which to explore the body, mind, and spirit. The Center offers ritual and ceremony, workshops and seminars, and health oriented classes and services.

Cindy Gault, LMSW, ACSW, is a psychotherapist in private practice, specializing in eating and body image issues, and has been a student of Geneen Roth for 11 years.

Pam Gee is a certified instructor, CPR trained, with ten years teaching experience.

Nanci Rose Gerler is a psychic, channel, and medium with 23 years experience. She is owner of Crystal Clear Expressions in Ann Arbor.

Jennifer Giacomelli received certification from Desert Institute of Healing Arts in Tucson, AZ in 1997. She worked at the world renowned resort/spa Miraval and become certified in Nuad Bo-Rarn Thai massage in Thailand. She now co-owns Tree of Life Cultural Arts Studio in Chelsea where she teaches dance.

Aura Glaser is a teacher and co-founder of Jewel Heart. She is the author of *A Call to Compassion: Bringing Buddhist Practices of the Heart into the Soul of Psychology*. She holds a PhD in clinical/depth psychology from Pacifica Graduate Institute and maintains a private psychotherapy practice. She is also a practicing astrologer and the creator and original owner of Crazy Wisdom Bookstore.

Curtis Glatter is an accomplished local musician and skilled percussionist with a range of backgrounds and skills who believes in the healing power of music.

Joel Goldberg reviews, promotes, and tastes Michigan wines.

Ray O. Golden, MSE, Reiki Master, founder of Center for Intuitive Health, teaches Reiki, energy healing, and intuitive development classes for people and animals. He has studied psychic development for over 25 years, and has also studied quantum reflex analysis, enersense, Reiki jin-kei-do, esoteric healing, nutrition, touch for health, channeling, shin ji, and zero point process therapy.

Jenney Gordon is an instructor and professional cook with meal planning, catering, and raw food experience.

Jocelyn Granger is director and founder of AAIMT. Since 1982, she has had extensive training in various massage modalities, including Myofascial Therapy, Neuromuscular Therapy, and Sports Massage, and instructs advanced courses across the country.

Great Lakes Center for Healing Touch student training clinic is a nonprofit organization dedicated to providing the benefits of Healing Touch to the community at a reasonable rate and assisting students of Healing Touch to become practitioners.

Alice Greminger has been empowering people with Alexander Technique since 1984. Her movement background includes ballroom dance, Tai Chi, and cello performance.

Abbe Grossman, MA, is an eating disorder coach and expert in the non-diet approach. She worked 17 years as a psychotherapist and 15 years as an educator.

Su Hansen is a certified Enneagram teacher in the Narrative Tradition, a psychotherapist, and founder of The Enneagram Center of Ann Arbor.

Nirmala Nancy Hanke is a longtime meditator and teacher of meditation at the Lighthouse Center in Whitmore Lake. She is a psychiatrist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen is a certified Enneagram teacher in the Narrative Tradition, a psychotherapist, and founder of The Enneagram Center of Ann Arbor.

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Patty Hart is the owner and certified instructor at Every Body Happy Yoga and is registered with Yoga Alliance.

Barbara Harvey has over 25 years experience in crafts and quilting. She has worked in fabric and quilt shops and has taught several classes on quilting, crafts, and basic sewing.

Linda Simran Harvey is certified in Quantum Energetics Disciplines and has studied astrology since 1973.

Patricia Cooney Hathaway, PhD, is associate professor of spirituality and systematic theology at Sacred Heart Major Seminary in Detroit. She speaks on theology, spirituality, and adult spiritual development, and is a regular contributor to several publications.

Elizabeth Hazel is an astrologer, tarotist, lecturer, and writer.

Cathy Holland is a nurse trained in energy medicine.

Nina Howard is a facelift massage specialist, facelift massage master trainer, massage therapist, paramedical esthetician, licensed esthetician, polarity therapy practitioner, artist, and interior designer. She owns and operates Bellanina Day Spa and Bellanina Institute.

Ann Hughes believes that piece work and soul work go hand in hand as creative acts of the spirit. She is President and CEO of Adrian Chamber of Commerce.

Dennis Hunt participated in three seminars through the Integral Institute and has read most of Ken Wilber's work.

Huron Valley Aikikai is a community of martial arts practitioners who have been training continuously since 1988.

Karen Husby-Coupland of Harmony Yoga of Ann Arbor is a certified Iyengar Yoga teacher. She has taught since 1999 and has been practicing yoga since 1993.

Interfaith Center for Spiritual Growth is a New Thought congregation.

Inward Bound Yoga is a seasoned community of trained, experienced, longtime yoga instructors who teach at Friends Meetinghouse in Ann Arbor.

Shaqe Kalaj is a creative coach, teaching artist, and artist.

Linn Maxwell Keller has performed on stages of major orchestras and recital halls in the U.S. and 25 foreign countries. Her one-woman musical, Lilli Marlene, played three weeks off-Broadway in 2008 at the Abingdon Theater.

Mary Sue Kennedy, OP, is a Dominican Sister of Adrian who currently facilitates groups, presents workshops, and is a spiritual and retreat director. She has been a member of the Leadership Council of the Adrian Dominicans, Vicar for Religious for the Diocese in Toledo, and director of Weber Center.

Karen Kerns is a longtime bodyworker, polarity therapist and teacher, and meditator.

Jillian Kerry is a twice-certified Life Coach through Coach Training Alliance and Parent and Coach Academy, and also a certified NCGR Level 2 astrologer.

Jim Kiefer has a master's degree in divinity and theological studies from St. John Provincial Seminary.

Shala Kilmer teaches development classes and offers private readings for an international clientele.

Joyce Koehn, MBA, is a financial advisor who works with individuals on carving out their financial path. Her career has included over 20 years experience in both the finance and education and training industries with a focus on sales and marketing, financial problem solving, and strategic planning.

Rev. Annie Kopko is a volunteer minister at the Interfaith Center for Spiritual Growth.

Dave and Pat Krajovic, founders of The Global Breath Institute, are Certified Transformational Breath Facilitators and Senior Trainers, and are Nationally Certified Massage Therapists with training in Craniosacral Therapy, Pranic Healing, and Esoteric Healing.

Teachers, Lecturers, Workshop Leaders and the Centers

Adam Kripke is a tea connoisseur.

Kazuko Kuratomi is founder of the Jomon, Shindo, and DNA methods and has been teaching them for 14 years.

David Leavitt, MD, ABIHM, is an Integrative Psychiatrist with Michigan Integrative Psychiatry, PC at the Aprill Wellness Center. He is also on staff at St. Joseph Mercy Hospital.

Rev. Kristyne Lemerand is an ordained minister who has worked with small groups of students and adults, leading discussion, meditation, and drum circles.

Frank Levey is a certified Transformational Breathwork facilitator. He is also a meditation instructor and nature/wilderness skills educator through his Blue Turtle Nature Camp in Ann Arbor.

The Lighthouse Center in Whitmore Lake is a nonprofit spiritual organization devoted to meditation and ahimsa, loving in peace with all beings. The Center makes monthly donations to others in need, including the Whitmore Lake Health Clinic and Sasha Farms in Manchester.

Pam Lindberg is certified by The Iyengar Yoga National Association.

Rev. Thomas Lumpkin is facilitator of Dorothy Day House in Detroit.

Nathaniel Mackey is Professor of Literature at Duke University and served as a Chancellor of The Academy of American Poets from 2001-2007.

Richard Mann is Professor Emeritus of Psychology and Studies in Religion at Univ. of MI and is editor of series in transpersonal psychology - Suny Press.

Sara Martens is the Admissions and Academic Coordinator at AAIMT and also a graduate.

Martial Arts Advantage: Ann Arbor's Family Fitness and Martial Arts Center trains people of all ages in a teaching form of Ninjutsu known as Ninpo Taijutsu, emphasizing natural movement and realistic responses to attacks.

Wendy Mauntel is a holistic health care practitioner.

Tiffany Mazurek is a licensed Social Worker and Nationally Certified Massage Therapist who has a private practice providing psychotherapy, massage therapy, and craniosacral therapy.

Barb McConnell, CHTP/I, is a Certified Healing Touch Practitioner/Instructor. She has over 30 years experience in clinical, industrial nursing and industrial management.

Patricia McDonald, OP, EdD, a Dominican Sister of Adrian, has worked in business, church, corporate and hospital environments as an administrator, board member, consultant, educator, presenter, speaker, teacher, author, and international facilitator.

Megan McKenna, PhD, works with indigenous groups, in base Christian communities, and with justice and peace groups as well as with parishes, dioceses, and religious communities. She is an author, theologian, storyteller, and lecturer.

Jane McLaren is a Systemic Constellation Facilitator, Licensed Avatar Master, energy healer, and founder of Avastar International Institute.

Gary Merel is a graduate of the New York College of Health-care Professionals. He has an MS in Oriental Medicine, including acupuncture and Chinese herbal medicine, is certified in Enzyme Nutrition, and has been in practice over 10 years.

Michigan Agritours has experience organizing and leading groups to area farms, working with farmers and customizing programs for consumers, and encouraging farm-based education. Their mission is to promote direct producer-consumer relationships, improving both farmers' financial health and consumers' physical health.

Michigan Friends Center in Chelsea seeks to promote environmental stewardship and social justice.

Marilyn Migliore, MS, RD, ACSW, BCD, is a registered dietician and board certified diplomat in clinical social work who has treated a wide range of patients struggling with eating and weight disorders for more than 30 years.

Richard Miller has studied under Gao Dao Shan in Taiwan, Adam Hsu in San Francisco, and He Jinbao in China, and has over 30 years training.

Nothing you do for children
is ever wasted.
- Garrison Keillor

Joanna Mills is a photographer, gyrotonics practitioner, iridologist, and volunteer with Grass Lake Sanctuary.

Susan Morales uses meditation in her work as a psychotherapist and in her spinning classes at Bodies in Balance Fitness Studio. She has a weekly blog on meditation.

Rev. Charles Morris is pastor of St. Elizabeth and administrator of St. Patrick, both in Wyandotte.

Esther Morton-McCormick is a teacher of acupressure and Chinese Medicine.

Annette Mullett, MD, completed her residency in Emergency Medicine in Akron, Ohio. After practicing traditionally for 15 years, she has devoted the past eight years to learning other healing modalities. She is certified in feng shui and qigong, and is a holistic health consultant.

Joanna Myers, GCFP, MM, has been teaching Feldenkrais classes and workshops since 2002. She serves on the Council of Regional Representatives for the Feldenkrais Guild of North America.

Irena Nagler is a director and performer with Night-fire Dance Theater and has facilitated community dance events since 1987. As a student and lover of earth energy and mysteries, she has been practicing intuitive readings since childhood and has recently begun to offer them professionally.

Joy Naylor is a certified feng shui practitioner and professional interior designer and art consultant.

Sondra O'Donnell, RYT 500, is a certified Registered Yoga Teacher and Yoga Therapist, and runs the Sun Moon Yoga Teacher Certification Program recognized by the Yoga Alliance.

Heather O'Neal owns a B&B in Ann Arbor called The Eighth Street Trekkers' Lodge and has been leading customized tours to Nepal since 2000.

Mariah Newborne is a Licensed Esthetician and Reiki Master. She is certified in Acupressure and Jin Shin Juystu and has offered healing work since 1980.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has been teaching meditation since 1979, and lives in North Carolina where he does transpersonal counseling and teaches at Duke University.

Glenn Pailthorp is a clairvoyant trained in spiritualist and shaman traditions, and has been certified in hypnotherapy and NLP for 17 years.

Craig Parian trained at the International School of Shiatsu under Saul Goodman. He has studied yoga philosophy and third level mastery of Himalayan Bowl Healing.

Genie Parker has trained and taught Wu style Tai Chi Chuan for over 20 years.

Julie Jeffery Peale is a Hellerwork and Structural Medicine practitioner in private practice since 2003, and has been teaching aromatherapy for five years.

Janine Polley is a certified yoga instructor registered with Yoga Alliance.

Ellen Porter, M.Ac., L.Ac., Dipl. Ac. (NCCAOM), is a nationally board certified Five Element Acupuncturist. She has practiced auricular acupuncture for over six years.

Hans Posselt is an environmental scientist who met the founder of Siddha Yoga in 1974. Under his guidance, Hans became a devoted student of meditation practices and yoga philosophy.

Quest Martial Arts instructors help students learn in a safe environment while having fun, emphasizing the student's development through both physical skills and life skills.

Where Do We Distribute The Crazy Wisdom Community Journal?

8,250 copies of *The Crazy Wisdom Community Journal* are distributed to more than 150 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Plum Market, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, the Ann Arbor Institute of Massage Therapy, North Campus Commons, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lotus Center, Organic Bliss, the Lighthouse Center, Jewel Heart, Tsogyelgar, the Aprill Wellness Center, Yoga Space, Sun Moon Yoga, Deep Spring Center, and the Weber Center. We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you'd like us to bring copies of *The CW Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

Teachers, Lecturers, Workshop Leaders and the Centers

Ishika Rajan and Kritika Rajan are accomplished Odissi dancers who have practiced classical Indian dance since childhood. They perform with Srishti Dances of India, directed by Sreyashi Dey.

Anuja Rajendra is creator of BollyFit, the fitness through dance sensation illuminating America. She is a trained dancer, choreographer, and magnetic motivational speaker.

Peter Rengel, MA, is a spiritual counselor and author of *Seeds of Light* and *Living Life in Love*. He is a facilitator for the Human Awareness Institute's Love, Intimacy, and Sexuality Workshops.

Ita Reyes, CYI, has been practicing yoga for seven years.

Gelek Rimpoche is the Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of western culture allows him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Ganden Tri Rizong Rinpoche is the supreme spiritual head of the Tibetan Buddhist Gelugpa tradition. He is visiting the U.S. for a special conference in Atlanta with His Holiness the Dalai Lama.

Maria Marcia Roberts, Cht, RM, BA, has been a practitioner of natural health for over 15 years.

Barbara Robertson, MA, IBCLC, is the director/owner of The Breastfeeding Center of Ann Arbor. She is a board certified Lactation Consultant and breastfeeding educator who loves working with moms and babies, helping them with breastfeeding challenges in whatever ways she can.

Libby Robinson, PhD, MSW, has been teaching MBSR since 2003 and has trained with John Kabat-Zinn's trainers at Univ. MA Center for Mindfulness.

Robin Robinson is the director and teacher of Robinsons for Kids Center. She recently moved to Ann Arbor from New York City where she taught Music Together for the past eight years.

Andrew Rogers, a musician, is pastor of Holy Trinity Ukrainian Orthodox Church in Dearborn.

David Rosenberg has been teaching Iyengar methods of yoga since 1993. He has travelled to India and is a certified Iyengar yoga instructor.

Alicia Rowe holds an Introductory II Level Certificate and has studied in India at the Iyengar Institute. She has taught children and adults since 2002.

Debra Rozek is a professional astrologer who has published through ISAR and NCGR, lecturer, and member of SMART. She is also an experimental psychologist and community college professor.

Jonathan Rudinger facilitates canine massage workshops and is creator of home study animal massage programs.

The Rudolf Steiner Health Center is a 501 (c)(3) non-profit organization located in Ann Arbor.

The Rudolf Steiner School of Ann Arbor offers pre-K through 12th grade education in the Waldorf tradition. RSSAA strives to educate the whole child, integrates the arts and academics, and awakens a lifelong love of learning through creative play and a developmentally appropriate approach to education.

Sally Rutzky holds an Introductory yoga certificate and has taught for 27 years.

Sue Salaniuk holds a Junior Intermediate III yoga certificate and has taught for 21 years.

Judy Sauer, author of *Footloose and Gluten-Free*, has been guiding her family through a multitude of food allergies for over ten years. She now supports and empowers others through this sometimes overwhelming transition.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a 501(c)(3) Nonprofit near Lansing. Its aim is to support those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Shantala is composed of songwriter, vocalist, composer, and multi-instrumentalist Benji and Heather, who have toured with Krishna Das, Deva Primal and Miten, and Jai Uttal.

Have courage for the great sorrows of life
and patience for the small ones; and when
you have laboriously accomplished your
daily task, go to sleep in peace. God is
awake.

- Victor Hugo

Judy Shepard is certified in hypnotherapy, EFT, and Reiki, and is a student of meditation. She is president of the new Brighton Healing Arts Center.

Corinne Bonafino Sherman is a health and wellness coach with a background in holistic nutrition, Certified Quantum Touch Practitioner, EFT Facilitator, and instructor.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits, aptitudes, career, relationships, business, wealth, and well-being, as well as all other aspects of life.

Lynn Sipher, LMSW, provides individual, couple, and group therapy and mindfulness-based classes.

Missy Siudara is 4th Degree Black Belt in Shorin Ryu Karate.

SMART is Southeast Michigan Astrologers' Round Table, a chapter of National Council for Geocosmic Research. This group of astrology students and professionals have been meeting since 1994, and use their association for networking, engaging speakers, and discussing matters of concern and interest to astrologers.

Lynette Smith began studying yoga in 1978 and started teaching in 1985. Her continual studies in the spiritual focus, along with the therapeutic aspects of yoga practice, inform and enliven her teaching style. She offers gentle yoga at The Wellness Community, emphasizing our ability to listen to our bodies and to have fun in the experience of learning new ways to stretch and strengthen ourselves.

Prema Lindsay Smith, RN, BSN, is proprietor of Inner Balance Therapy. She has been in private practice for over three decades, specializing in craniofacial therapy, massage, and bodywork.

Jackie Sova, MS, LLP, is a psychotherapist with a Master's Degree in Clinical Psychology. She has studied and worked extensively in the area of disordered eating and has been a student of Geneen Roth for ten years.

Jaminda Springer has been working in child care and education for over 18 years. She manufactures and sells baby carriers and slings through her company Nato Bello.

Jim Stacey was a Christian minister for 19 years. He then studied the Aramaic, which led him to discover the teachings of Jesus and Mary Magdalene.

Emma Stefanova, owner of Ann Arbor Yoga and Meditation, is a yoga and meditation master, accomplished yoga therapist, and trainer since 1979. She guides and inspires in all aspects of holistic, therapeutic, and spiritual yoga and runs in-depth 100-500 hour studies and continuing education programs for yoga teachers/therapists.

Gari Stein is an active member of the early childhood community. She is degreed in Child Development and Dance, a motivational and instructional speaker, and educator and consultant since 1966.

Elaine Stenger, PhD, is a speaker and professor for over 25 years, and is author of *Dancing in the Rain: Step into the Transformative Power of Choice*.

Leonardo Stoute "Bapak Waleed" has dedicated over 30 years to the study, sharing, and promotion of the traditional arts of the Minangkabau people of West Sumatra.

Kate Stroud is a certified birth doula, certified massage therapist, and mother of two children. She has been working with pregnant women and their families since 2000. Kate is founder and editor of The Birth Project magazine and is a certified childbirth educator and doula trainer at the Center for the Childbearing Year.

Jennifer Styblo, Cht, is a reiki practitioner, NLP practitioner, and certified hypnotherapist.

Haju Sunim is resident priest at the Zen Buddhist Temple in Ann Arbor.

Tamara Sutton has facilitated or coached those grieving into their new life since 1994. Her son died in 1996 and she has since written *Demetrius: My Gift of Life*. She hosts a suicide prevention radio program in Chicago.

Nancy Tappe has worked with metaphysics and parapsychology for over 35 years and has seen auras since she was a child. She studied Theology and Philosophy in college and is a noted speaker.

Janene Ternes is a spiritual director and founder of Prayer in Motion, LLC, teaching holistic forms of prayer to all ages.

Geshe Yeshe Thapke is professor of Mool Shastra (Indian Tradition of Buddhist Philosophy) at Central Institute of Higher Tibetan Studies, the only Tibetan university in India, and is one of the most eminent scholars of the Madhyamaka tradition and Indian Buddhist studies.

Mary Tillinghast has received extensive hands-on training while working with Dr. Lev Linkner in his medical practice. She has managed Castle Remedies for over 25 years and is the mother of four grown children raised on homeopathy.

Nancy Udow holds an Introductory yoga certificate and has taught for 13 years, and has a background in dance.

Karen Ufer is a certified Iyengar yoga teacher with 30 years practice and 20 years teaching, and is owner of Yoga Focus in Ann Arbor.

Natalia Vail was raised in Russia and has been enamored with dance since the age of six, and has performed dance professionally in Moscow, England, Canada, and the U.S.

Violeta Viviano is a teacher in John Friendlander's system, working with him for close to 20 years, and has a Bachelor's of Science from Wayne State University.

Cam Vozar, LMSW, LMFT, is a psychotherapist in private practice who has worked with men and their families for over 20 years. He has led and participated in numerous men's groups and is a Level II EMDR certified therapist.

Teachers, Lecturers, Workshop Leaders and the Centers

Diane Wardell, PhD, RN, WHNP-BC, CHTP/I, is an author, nurse practitioner, and nursing educator at Univ. of Texas Houston Health Science Center.

Wendy Warrick is an interior designer and feng shui practitioner. She has taught many gourmet and health-related cooking classes and is a volunteer with the Grass Lake Sanctuary.

Lou Weir has been doing "inner critic" work for more than ten years in the Ridhwan School's Diamond Approach to Realization and is currently in their seven-year teacher training program. He has been a meditation student for over 15 years and works as an attorney in Brighton and Ann Arbor.

The Wellness Community in Ann Arbor aims to help people with cancer and their loved ones enhance their health and wellbeing through participation in professional programs of emotional support, education, and hope.

Tamara Wendt is the volunteer coordinator for the Grass Lake Sanctuary.

Christia West, BS, NCTMB, is a graduate of AAIMT and instructor, and has practiced massage therapy since 1999 in a thriving private practice.

Suzu Wienckowski, Reiki Master, Registered Massage Therapist, has 30 years experience in the healing arts. Reiki has been the focus of her work since 1993. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Joshua Wilde has been a longtime student of tarot and has been giving readings professionally for over a decade. He is a student of transpersonal psychology, Jungian analysis, astrology, and palmistry. He is also an accomplished juggler and magician.

Eve Wilson has been a full time healer and trainer of healers since 1986. She is director of The Healer Development Program since 1986 and is a naturally gifted intuitive healer, able to perceive the body's aura clearly, interpret information it holds about a person's life and health, and to work with beings of unconditional love to resolve issues on all levels.

Ryan Wilson is Headmaster at White Crane Michigan.

David Winfree is an author and facilitator of spiritual growth groups, and has a teaching ministry.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor and a Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, and a Certified Transformational Breath Facilitator.

Gail Wyckhouse, CNHP, is a Reiki practitioner, Certified Natural Health Professional, and health coach.

Margaret Maderal Wyngaard is a local paper artist and workshop facilitator for adults and children.

Yoga Serves is a group of local yoga teachers and practitioners who know that yoga serves on many levels, creating community through the fun of serving others together.

Wasantha Young is a Master and scholar in the art of Tai Chi Chuan and Chi Kung, and received formal instruction in Taoist and Buddhist meditation. With over 42 years experience in her field, as a scholar she has nationally lectured and educated on the benefits of TCC, Chi Kung, and meditation as it relates to human emotional, spiritual, and physical well being.

Karlta Zarley, RN, CHTP, has 30 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 12 years in the Ann Arbor area as a professional healer and educator, providing spiritual direction, energy work, and colored light therapy.

Zen Buddhist Temple of Ann Arbor is led by resident priest Ven. Haju Sunim. Its yoga instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training.

Lauren Zinn organizes, celebrates, and leads Michigan AgriTours.



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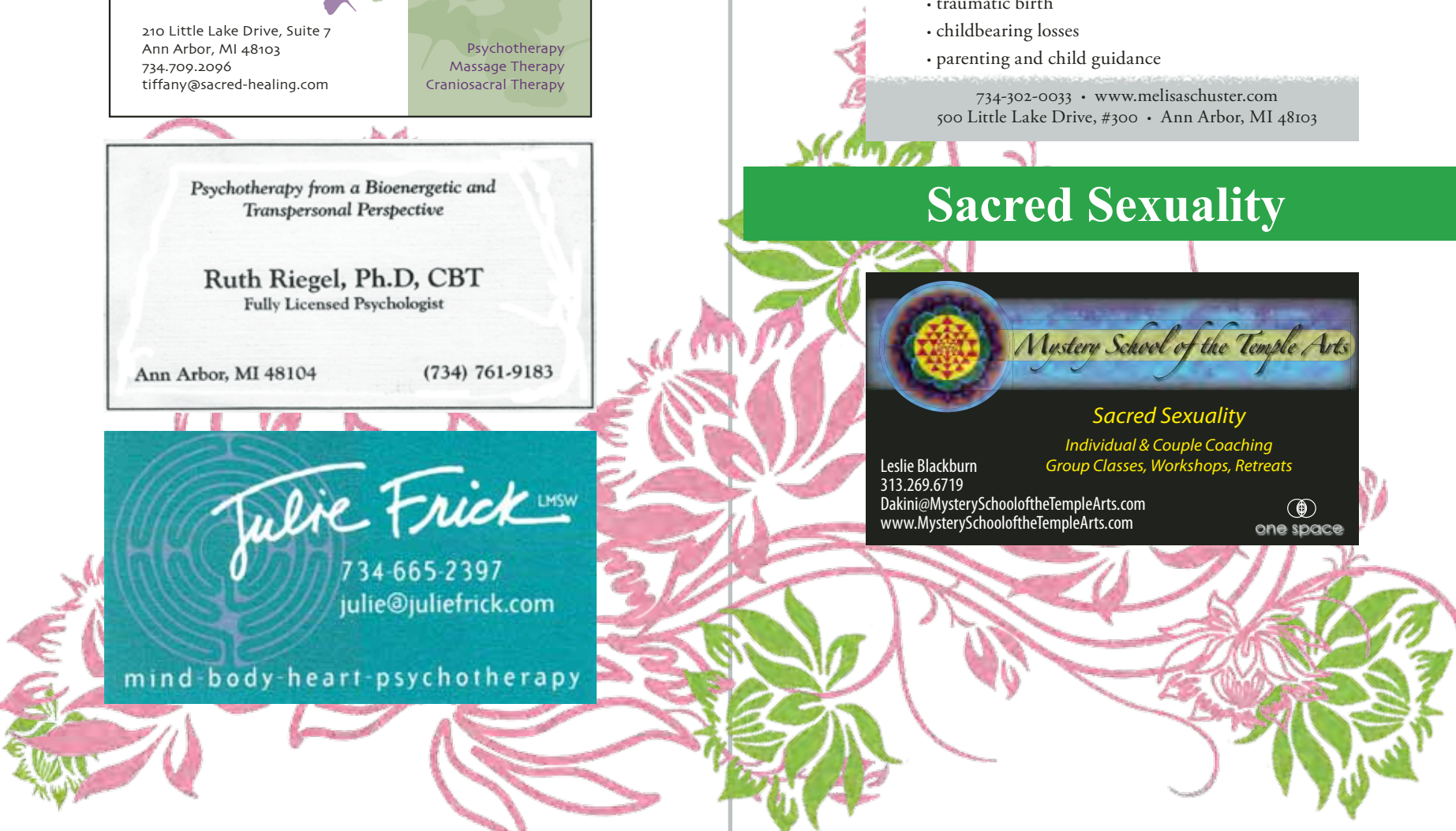
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