



THE CRAZY WISDOM COMMUNITY JOURNAL

SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

SEPTEMBER THROUGH DECEMBER 2015 - ISSUE 61

FREE

An Interview with
David Lawson
of the New
*Still Mountain Buddhist
Meditation Center*

Being Human – The Art of Anne Mondro

What Propels a Journey? The Peripatetic Career of Kate Soper

The Daily Rituals of 12 Ann Arbor Notables • Eco-Fashion •
Lisa Gottlieb on Nonviolent Communication • Re-thinking Sukkot • Beginning "Birding"
• Locavorious • Dreamwork • Mudpuddles • Amy Garber on Intuition •
Where the Beers Are – The New Blue Front • All Sewn Up! Sewing School
• Memoir Writing • Yoga Column • Events Calendar • And More



HAI Global

CREATING A WORLD WHERE EVERYONE WINS

Human Awareness Institute

• FALL PROGRAMS •

“Love is a Miracle” Weekend Workshop

An extraordinary Love, Intimacy, and Sexuality workshop, unlike any other seminar or workshop

OCTOBER 16–28, 2015

“Love is a Miracle” is a Love, Intimacy and Sexuality Workshop designed to show you how to fall more deeply in love with yourself and others, learn to trust, heal past hurt from relationships, discover how to fully and authentically share who you really are with others by allowing yourself to risk, and expand and grow beyond your normal limitations receiving and giving love.

- ♥ A safe place to share openly and honestly
- ♥ Getting to the roots of your beliefs about love, intimacy, and sexuality
- ♥ Declarations of self-love
- ♥ Camaraderie, love, compassion, and connections
- ♥ Profound connection with self and others
- ♥ Breaking through conscious and subconscious beliefs
- ♥ Becoming comfortable with touch without shame or guilt

Cost: \$475, including all meals and lodging. Please call Maureen (Mo) Fritz at the Midwest Office for more details.

For more information
or to register, Contact Mo:
(734) 523-8566
midwest-office@hai.org
www.hai.org

Want to feel more love in your life?

Join us for Love, Intimacy,
and Sexuality Workshops



“Awakening to Love” • FREE Mini Workshops

A wonderful opportunity to learn more and experience a sample format of HAI’s workshops

ANN ARBOR

Crazy Wisdom Bookstore and Tea Room • 114 South Main Street

Saturday, September 26; Saturday, November 21

Gathering: 5:30 pm • Workshop: 6–8 pm

There will be no admittance after 6:00 pm so as not to break the continuity of the workshop.

Friday, October 23

Gathering: 7:30 pm • Workshop: 8–10 pm

There will be no admittance after 8:00 pm so as not to break the continuity of the workshop. (Also held at Crazy Wisdom Bookstore)

ROYAL OAK

Friday, October 2; Saturday, November 14; Friday, December 11

Gathering: 7:00 pm • Workshop: 7:30–9:30 pm

Life Learning Center • 3121 Rochester Road • Royal Oak, MI 48073

There will be no admittance after 7:30 pm so as not to break the continuity of the workshop. Please park in back and use the back door.





HomeGrown 2015 Festival

• A S L O W F O O D E V E N T •



SATURDAY SEPTEMBER 12
ANN ARBOR FARMERS MARKET



Slow Food
HURON VALLEY

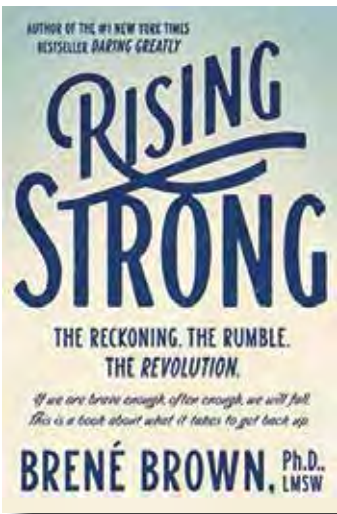
6PM UNTIL 10PM

HOMEGROWN FESTIVAL.ORG

EAT LOCAL • FREE ADMISSION • MUSIC & ENTERTAINMENT

CRAZY WISDOM

New Releases



Rising Strong

By Brené Brown

The physics of vulnerability is simple: If we are brave enough often enough, we will fall. The author of the #1 *New York Times* bestsellers *Daring Greatly* and *The Gifts of Imperfection* tells us what it takes to get back up, and how owning our stories of disappointment, failure, and heartbreak gives us the power to write a daring new ending. Struggle, Brené Brown writes, can be our greatest call to courage, and rising strong our clearest path to deeper meaning, wisdom, and hope.

\$27.00. Release date: 8/25

Inside the Now: On Love, Loss, and Living with Impermanence

By Thich Nhat Hanh

For the first time Thich Nhat Hanh shares his inspiration and experience of living in stillness and timelessness. Written to pull you into the moment as he sees it, *Inside the Now* offers teachings inspired by the spirit of poetry. More personal than the majority of his writing, *Inside the Now* shares the Zen Master's experience using poetry and meditation to endure and move beyond violence and oppression.

Inspired by *Being Time* by Zen Master Dogen, Thich Nhat Hanh shares short meditations along with revelations from his past to give the reader a sense of entering a space of timelessness. In these meditations, he reveals his own doubts and his own searching.

\$16.95. Release date: 10/13.

Trauma and Memory

By Peter A. Levine

In *Trauma and Memory*, bestselling author Dr. Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience. Building on his 45 years of successful treatment of trauma and utilizing case studies from his own practice, Dr. Levine suggests that there are elements of truth in both camps. While acknowledging that memory can be trusted, he argues that the only truly useful memories are those that might initially seem to be the least reliable: memories stored in the body and not necessarily accessible by our conscious mind.

\$21.95. Release date: 10/20

The Big Bamboozle: How We Are Conned Out of the Life We Want

By Cheri Huber, Ashwini Narayanan

Zen techniques, from a renowned Zen teacher, to derive greater satisfaction from lifeAre you making choices that are supposed to give you what you want but leave you feeling unfulfilled and disappointed? This new book is based on the Buddha's teachings and the practice of Zen, and breaks down the structures of this karmic process. Written in a humorous and lighthearted style, it illustrates through essays, stories, and examples what keeps us from choosing well-being, love, happiness, and joy as our life experience. In addition, the book contains a full year of practical exercises and nuggets of wisdom from those who have practiced with these teachings.

\$14.00. Release date 11/1

Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being

by Deepak Chopra, Rudolph E. Tanzi

Learning how to shape your gene activity is at the heart of this exciting and eagerly-anticipated book from the bestselling duo behind *Super Brain*, which became a nationwide hit on public television. For decades medical science has believed that genes determined our biological destiny. Now the new genetics has changed that assumption forever. You will always have the genes you were born with, but genes are dynamic, responding to everything we think, say, and do. Suddenly they've become our strongest allies for personal transformation. When you make lifestyle choices that optimize how your genes behave, you can reach for a state of health and fulfillment undreamed of even a decade ago. The impact on prevention, immunity, diet, aging, and chronic disorders is unparalleled.

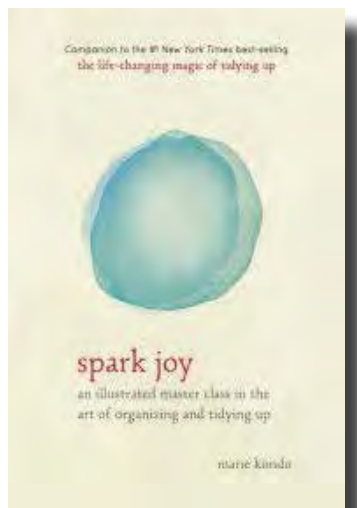
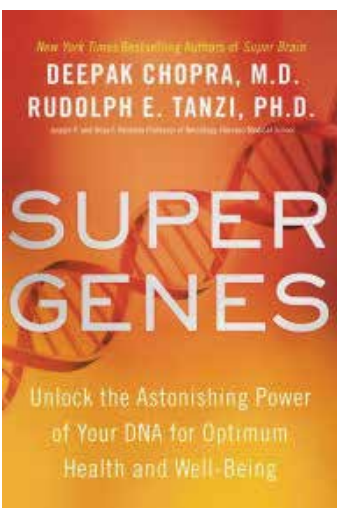
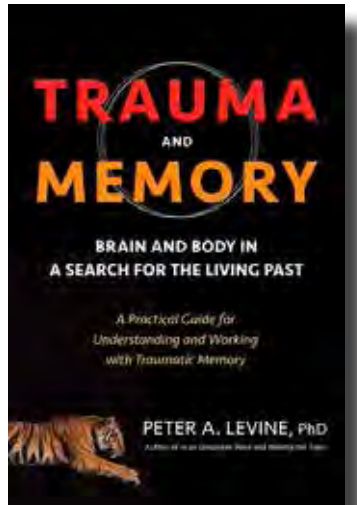
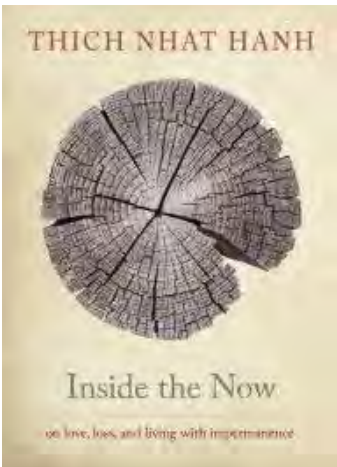
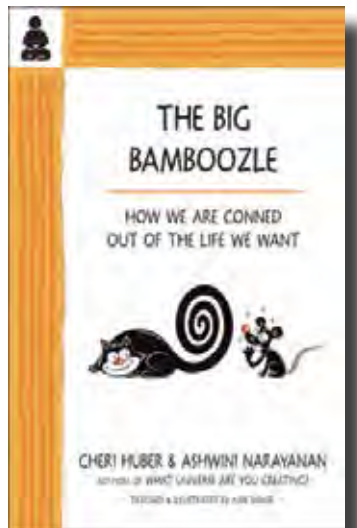
\$26.00. Release date: 11/10.

Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up

By Marie Kondo

Marie Kondo's unique KonMari Method of tidying up is nothing short of life-changing—and her first book, *The Life-Changing Magic of Tidying Up*, has become a worldwide sensation. In *Spark Joy*, Kondo presents an in-depth, illustrated manual on how to declutter and organize specific items throughout the house, from kitchen and bathroom items to work-related papers and hobby collections. User-friendly line drawings illustrate Kondo's patented folding method as it applies to shirts, pants, socks, and jackets, as well as images of properly organized drawers, closets, and cabinets. This book is perfect for anyone who wants a home—and life—that sparks joy.

\$18.99. Release date: 12/29.



We will happily Special Order
any book for you from
over 2 million books available to us.

BOOKSTORE

Coloring Books for Grown-ups

Color to relieve stress or just for fun!

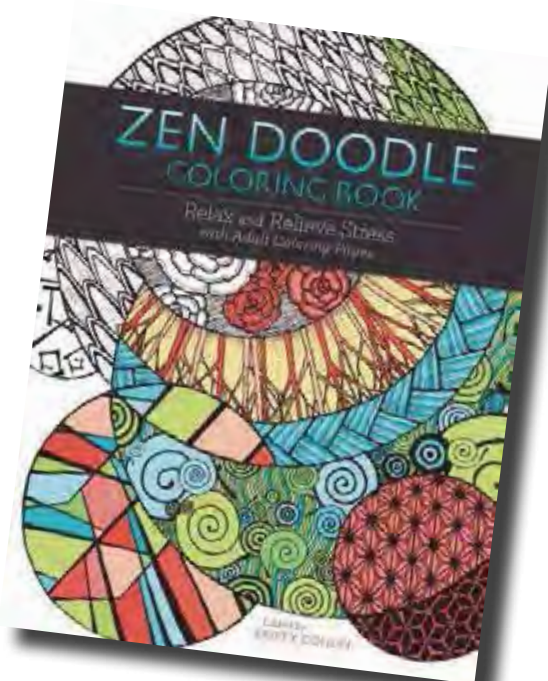
Coloring Isn't Just For Kids. It Can Actually Help Adults Combat Stress.

As we grow older, we put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters. However, it turns out coloring can be beneficial for adults — namely for its de-stressing power.

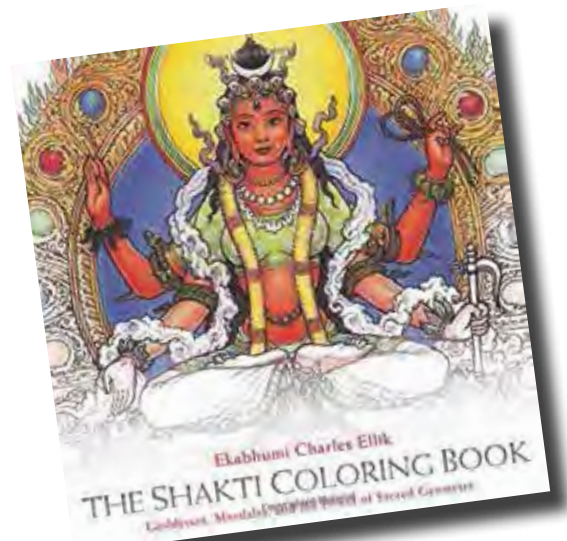
The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity.

In fact, publishers have lately been launching coloring books specifically for adults. The trend is alive and well in countries in Europe and North America.

— huffingtonpost.com

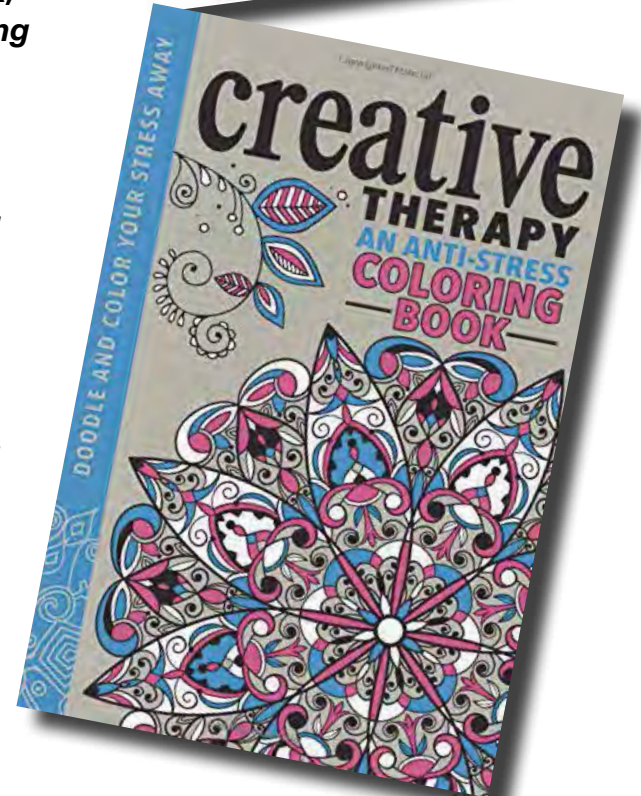


The Shakti Coloring Book: Goddesses, Mandalas, and the Power of Sacred Geometry
By Ekabhumi Charles Elik
\$18.95. Available now.



Zen Doodle Coloring Book: Relax and Relieve Stress with Adult Coloring Pages
By Kristy Conlin
\$14.99. Available now.

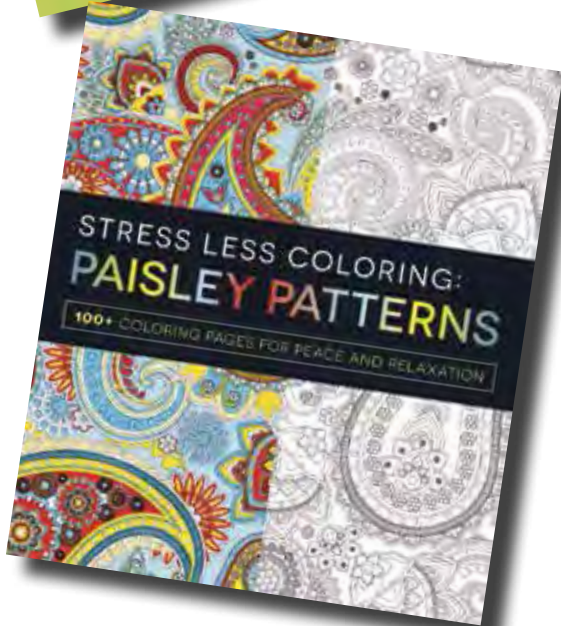
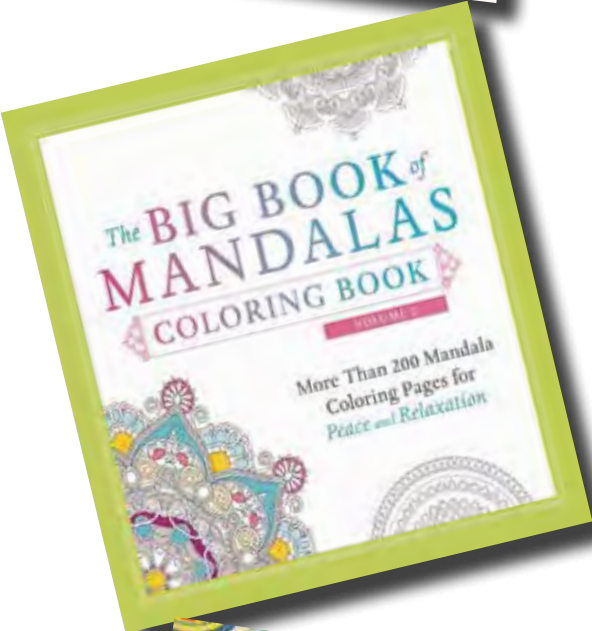
The Big Book of Mandalas Coloring Book, Volume 2: More Than 200 Mandala Coloring Pages for Peace and Relaxation
By Adams Media
\$18.99. Available now.



Stress Less Coloring - Mosaic Patterns: 100+ Coloring Pages for Peace and Relaxation
By Adams Media
\$14.99. Available now.

Stress Less Coloring - Paisley Patterns: 100+ Coloring Pages for Peace and Relaxation
By Adams Media
\$14.99. Available now.

Creative Therapy: An Anti-Stress Coloring Book
By Hannah Davies
\$15.00 Available now.



The books shown here are just a few of the fun selection of coloring books at Crazy Wisdom Bookstore!



THE CRAZY WISDOM COMMUNITY JOURNAL

SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of conscious living, 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.

In This Issue ~



Page 38
Where the Beers Are —
The New Blue Front
by Joshua B. Kay

Page 48
Being Human —
The Art of Anne Mondro
by Diane Majeske



Page 52
What Propels a Journey?
The Peripatetic Career
of Kate Soper
by Rachel Urist

Page 68
Field Notes from an
Elder-in-Training
by Jeanne Mackey



Page 77
A Year of Firsts —
Spinning Dot Theatre
Youth Company's
Debut Season
by Elijah Luke
Hatcher-Kay

Page 107
Sage and Mugwort —
A Long History of
Healing and Protection
by Marjorie Farnsworth



On the Cover
Interview with
David Lawson
on the Founding
of *Still Mountain*
Cover Photo
by Linda Lawson

CWJ Features

From Dawn to Dusk ~ 12 Notable People in Ann Arbor's Body/Mind/Spirit Community Share Their Daily Rituals
by Chelsea HohnPage 6

Re-Thinking Sukkot on the Anniversary of My Father's Death
by Gala MukomolovaPage 10

Lisa Gottlieb on Compassionate and Nonviolent Communication
Interview by Bill ZirinskyPage 42

The Eco-Friendly Wardrobe ~ Why and How to Make the Shift to Sustainable Fashion
by Crysta CoburnPage 44

Being Human ~ The Art of Anne Mondro
by Diane MajeskePage 48

What Propels a Journey? The Peripatetic Career of Kate Soper ~ Linguist, Lawyer, Feminist, Adventurer, Author
by Rachel UristPage 52

The Crazy Wisdom Interview with David Lawson on the Founding of Still Mountain Buddhist Meditation Center
Interview by Bill ZirinskyPage 60

Field Notes from an Elder-in-Training
by Jeanne MackeyPage 68

CWJ Columns

What's New in the Community ~
by Lynda GronlundPage 12

Crysta Goes Visiting
by Crysta CoburnPage 26

Leaps of Faith ~
by Mary Runser
FOUNDPage 28
MudpuddlesPage 30

Namaste, Roshani!
Our Yoga ColumnPage 32

Green Living ~
Elders' Leadership on Climate Change ~ What Does Love Look Like?
by Claire Maitre and Nancy OgilviePage 70

All Creatures Great and Small ~
by Dawn Swartz
Did You Ever Want to Be a "Birder"?Page 71
Beginning "Birding"Page 72

The issue will be distributed starting in the last week of August. 11,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 225 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: www.crazywisdomjournal.com. Crazy Wisdom Bookstore's web address is: www.crazywisdom.net.

The deadline for free calendar submissions for the January thru April 2016 issue is **Monday, November 16**, and the deadline for paid advertising is **Tuesday, December 1**

CRAZYWISDOMJOURNAL.COM

CWJ Conscious and Tasty Eating and Nutrition

Local Food for Winter Months — Locavorious Preserves Tradition
by Chelsea HohnPage 34

The Art of Fermentation
by Samantha HartPage 36

Where the Beers Are — The New Blue Front
Interview by Joshua B. KayPage 38

Great Tastes in Local Food —
by Crysta Coburn

Tomukun Noodle Bar, Korean BBQ, and LabPage 40

Harvest KitchenPage 40

Pilar’s TamalesPage 41

CWJ Kids Section

The Crazy Wisdom Kids SectionStarts on Page 75

Kids Book and Media Reviews
by Sarah NewlandPage 75

Conscious Parenting Column ~
Thinking about Suzuki Study for Your Child?
by Dawn SwartzPage 76

A Year of Firsts ~
Spinning Dot Theatre Youth Company’s Debut Season
by Elijah Luke Hatcher-KayPage 77

Playing with Crystals
by Jennifer VanderWalPage 78

Crazy Wisdom Kids in the Community
by Lisa Gribowski Smith

All Sewn Up! Sewing SchoolPage 80

Hope ClinicPage 82

Fall Events Calendar for KidsPage 84

CWJ The Calendar

The Crazy Wisdom Calendar SectionStarts on Page 87

The Calendar
Edited by Sarah Newland and Vicki HavilandPage 87

Background Info on the TeachersPage 119

Intuition ~ Everyone’s Got It!
by Amy B. GarberPage 90

Questions for Virginia June of White Wolf Healing
Interview by Julianne LindermanPage 96

Sage and Mugwort ~ A Long History of Healing and Protection
by Marjorie FarnsworthPage 107

The Therapeutic Power of Memoir Writing
by Kathleen RileyPage 115

Active Dreaming and Messages from the Birds
by Julie TumbarelloPage 121

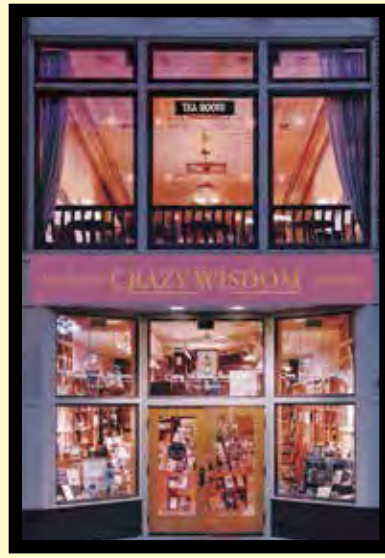
CWJ Reviews

Music Reviews by Sarah NewlandPage 47

CWJ Advertisers

Resources for Conscious LivingStarts on Page 21

Advertiser DirectoryPage 124



The Crazy Wisdom Community Journal has been published three times a year since 1995 by Crazy Wisdom, Inc. Copyright © Crazy Wisdom, Inc. — August 2015.

No parts of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website, so make sure to contact us first. Back issues of this publication are available, for \$8 per issue, and many interviews and articles from back issues are available on our website’s archive.

Crazy Wisdom Bookstore was founded in 1982. Since 1989, it has been owned by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

Design and Production
Design and Production Editor:
Carol Karr
Calendar Design:
Julianne Linderman

Staff Coordinator:
Julianne Linderman

Editorial
Senior Editor: Maureen McMahon
Assistant Managing Editor:
Julianne Linderman

Writers
Lenny Bass, Heather Burcham, Crysta Coburn, Lynda Gronlund, Samantha Hart, Chelsea Hohn, Joshua Kay, Karen Foulke Larson, Julianne Linderman, Brandi Lyons, Kirsten Mowrey, Sarah Newland, Diane Majeske, Maureen McMahon, Gala Mukomolova, Nancy Ogilvie, Truly Render, Mary Runser, Ali Shapiro, Sandor Slomovits, Dawn Swartz, Rachel Urist

Artwork
Sara Van Zandt

Photography
Senior Photographer: Linda Lawson
Susan Ayer, Tobi Hollander, Julianne Linderman, Edda Pacifico, Doug Russell, Joni Strickfaden

Calendar
Calendar Editor: Sarah Newland
Associate Calendar Editor:
Vicki Haviland
Calendar Proofreading:
Karen A’Llerio

Distribution
Mary Ellen and Bob Cain, Paul Stehle

Advertising Sales
Rory Russell, Debbie Foltz Khumayyis

Associate Publisher - Rory Russell
Publisher/Editor - Bill Zirinsky



CRAZY WISDOM BOOKSTORE & TEA ROOM



114 S. Main St, Ann Arbor
734.665.2757

**Celebrating 33 Years
of Serving the Community!
Established on the equinox
in March 1982 and going strong!**

Tea and Wisdom

Material Treasures
and Ethereal Pleasures

14,000 Book Titles

Art, Jewelry, Music and Scents

Live Music on Weekends

and more!

Hours:
Sun. noon-8pm
Mon. thru Thurs. 11am-9pm
Fri. 11am-11pm
Sat. 10am-11pm

crazywisdom.net
shopcrazywisdom.com



The Crazy Wisdom Tea Room is a great place to dine, relax, unstress and enjoy a great cup of tea. The Tea Room serves over 150 varieties of tea including...

Oolong, Chinese Green Teas, Japanese Green Teas, a variety of White, Green, Black and decaffeinated teas, Rooibos, Chai, Fruit tea blends, Maté, Scented Black Teas, and Herbals.

We also serve coffee and coffee specialty drinks. All of our coffee is Organic, Fair Trade, and roasted locally!

Our menu includes Entrees, Dips, Delectable Desserts and treats.

crazywisdom.net


From Dawn to Dusk


12 Notable People in Ann Arbor's Body/Mind/Spirit Community Share Their Daily Rituals


By Chelsea Hohn

Our daily rituals, traditions, practices, and exercises — while personal and involved for some are simply a way to live for others. Rituals can keep us sane, keep us honest with ourselves, and keep us going, whether we are aware of it or not.

I spoke with twelve notable people within Ann Arbor's body/mind/spirit community, some well-known holistic practitioners in the region and others you may not know as well, to hear about their daily rituals. Each answered three questions that provide an outline, neatly drawn around the lives of these twelve talented people. The questions were:

 What do you do in the morning to wake and ready yourself for the day?


 What do you do throughout the day to maintain your composure?


 What do you do at night to wind down and prepare for rest?


David Ufer

David is a well-established local businessman. He is a certified Iyengar yoga teacher and a former Yoga Coordinator for the Ann Arbor YMCA. He currently teaches at Yoga Focus, founded and owned by his wife, Karen Ufer.



 As a student of yoga for forty years, my daily ritual is not particularly unusual. I practice yoga *asanas* most every morning before I go into work.

 As we live each day with our varying struggles and joys, I'm attempting to be more observant and hopefully playful with breathing in the course of the day.


 I get upside down by practicing yoga inversions at the end of the day.

"I get upside down by practicing yoga inversions at the end of the day."




Beth Barbeau

Beth is a traditional midwife, childbirth educator, and a resonance repatterning practitioner. She is also the owner of Indigo Forest, on Jackson Road, which blends teaching practical, inspiring classes with a "natural family specialty store."

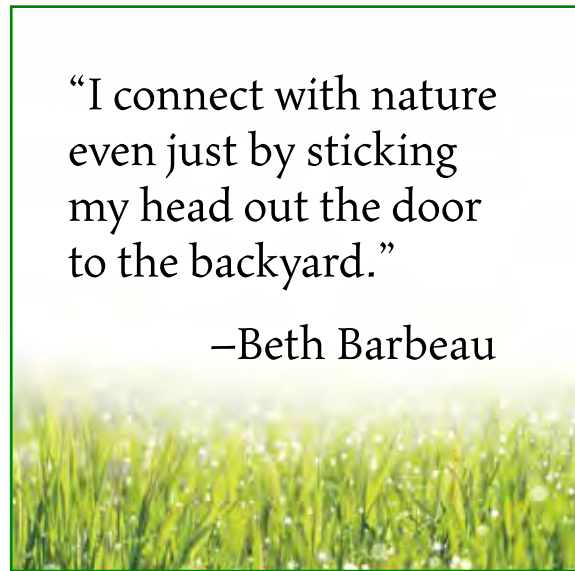
 Before I get out of bed, I do a *jin shin*, a series of hand holds. *Jin shin* is an energy system awareness. The hand holds help to balance and unify the body. So I usually do those and start to feel a lot better. Then I get a quart of water, add half a lemon, first thing in the morning to help my liver and hydrate. I usually meditate a few minutes. When I'm doing well, I also do a series of stretches and a


walk. When I walk I do some breathing and praying, and when I'm doing that my day seems to go in a much more positive direction.

 I take little mini breaks in which I do deep breathing and [drink] water. I also am doing some *jin shin* finger holds, some energetic balancers. I might also do some squatting; there's a whole thing that restores your adrenal glands through squatting. There's a whole Tibetan tribe, many of whom lived until they were over 100, and worked seven days a week — they look beautiful. They squat for a few minutes every hour. So when I'm not going too fast, it really helps to sustain my energy throughout the day.

"I connect with nature even just by sticking my head out the door to the backyard."

—Beth Barbeau





 I try to do a little bit of awareness of what's called "cutting cords," sort of an energetic way of making sure that I'm energetically being very present and not trailing anyone's energy on to the next thing. I tend to make a list for the next day. I do some stretching, and my writing time is often at night. Both at the beginning and end of the day, I usually stand on the earth, spend a few minutes wandering the garden, things like that. I connect with nature even just by sticking my head out the door to the backyard. Especially in the morning, I stick my head out to smell the air.

Henry Buchtel


Henry is an acupuncturist and herbalist who spent 11 years studying in China. He is now the President of the Michigan Association of Acupuncture and Oriental Medicine.



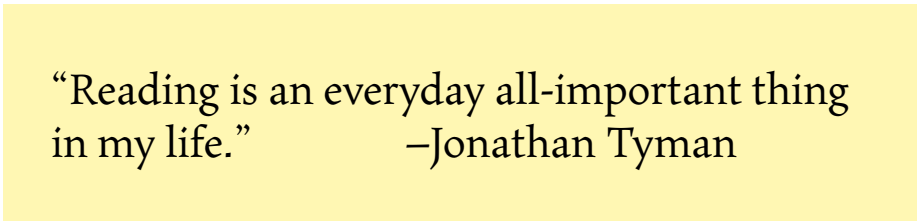
 I put clothes on immediately upon getting out of bed and I don't shower in the morning. I don't want my body to lose heat first thing. Most of my habits have to do with physical health.

 I used to be too little too late, now I'm too much too late. I'd like to be enough at the right time. I have to create order in my physical environment to have mental clarity. I have memorized texts from Taoism; reciting them slowly and visualizing the characters brings order to my thoughts, and makes me able to see clearly what I'm avoiding or falling behind on.

"Most of my habits have to do with physical health."

 Having a beer actually is really nice. Eating together as an extended family is important in ways I'm not incredibly conscious of. Bathing at night is something I learned from China. It's a way of preparing for sleep. You're really restful already and it makes a big difference in health and quality of life.


"Reading is an everyday all-important thing in my life."
—Jonathan Tyman





Frank Levey

Frank is a carpenter, breathwork facilitator, and meditation teacher. He is also co-director of Blue Turtle Nature Camp in Ann Arbor, where he teaches nature awareness and wilderness living skills to children.



 My primary practices now are connected breath — lying down, I inhale and exhale, and say, “I am here, now in this,” in conjunction with my breath. I keep the breath connected, remembering that this is what we’ve got, right here, right now. It brings focus and I try to do it with a smile on my face, for about five minutes.


 Throughout the day I practice *mudita*, following four concepts: love, kindness, compassion, and joy for the wellbeing of others. I often practice while driving, just wishing people well.


 At night I do something called *ho’oponopono*, a practice that directs four phrases towards yourself and others. The phrases are: I love you, I’m sorry, please forgive me, thank you. Those four things work together in a magical way.


Jonathan Tyman

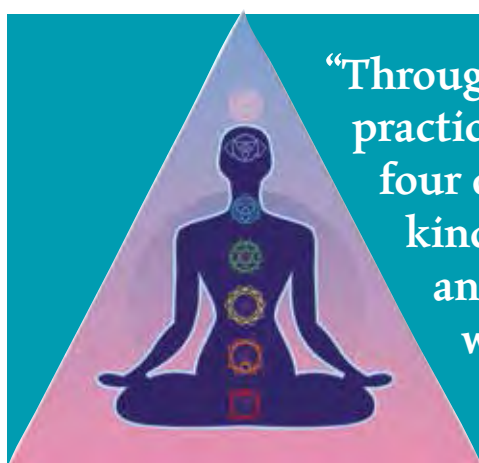
Jonathan has been teaching aerobic and Ashtanga yoga since 1993, and he has been one of Inward Bound Yoga’s teachers since its founding in 1995. He has a Ph.D. in American Culture, and has been teaching and writing about, and making, films and videos since 1982.



 I get out of bed, drink water, do yoga for twenty minutes — I have a routine that I do. Then I meditate for about 20–40 minutes after yoga. Then I have coffee. Then I write one page. Those are my words. I try to keep words at bay until then, and I first see what words pop out and write them down. That’s 20–40 minutes. Then I have breakfast. Then it’s 8 a.m., and if I have time, if I don’t have to do something, be somewhere, then I read.

 Reading is an everyday all-important thing in my life. I do another yoga practice sometime during the day. I have to tend my body. I have to make sure it functions. Otherwise it gets out of hand and doesn’t function well. It really is helpful and important for me to do that. Instead of just once a day, I kind of divide my practice into three sections. I do an Ashtanga routine or just some backbends and hip openers. That can take 20–75 minutes.

 I close screens by 10 p.m. and go to bed. I do my other short yoga practice, twists and forward bends, and then climb into bed.



“Throughout the day I practice *mudita*, following four concepts: love, kindness, compassion, and joy for the wellbeing of others.”
—Frank Levey


“What is my intention for today? I create the way I want to approach the day.”

—Laura Shope


Dr. Edward (Lev) Linkner


Lev is board certified in both Internal Medicine and Holistic Medicine and has been practicing in Ann Arbor for 38 years. He is in solo practice and co-founder of the Parkway Center, as well as a clinical assistant professor at the U-M Medical School and a founding member of the American Board of Integrative Holistic Medicine.



 I have the best mornings of anyone I know. I do not use an alarm clock. I wake up and I do my gratitudes for my friends, family, and so on. I then start my meditation. I’m greeted by my cat, Chewy. I then let my dog out and get coffee on my way to the gym at 5:45, then I go into work at 8:15. I shuffle papers and basically have a clean desk and ready myself for the day and get excited to see patients. I’ve kind of grown up with these people. I’ve been able to create an environment of love. People attract what they desire, and I want to be clear headed and having fun. I live in the now.

“I shuffle papers and basically have a clean desk and ready myself for the day and get excited to see patients. I’ve kind of grown up with these people.”


 I eat lunch and do paperwork and take my dog, Maizey, on a walk. She goes everywhere with me, so wonderful having a dog here. It’s good to be in nature. I have lots of stress reducers — hanging out and having fun, laughing, being around people you attract. I live by the four agreements: be impeccable with your word; don’t take it personally; don’t make assumptions; and always do your best.

 I tidy up — I live in a hundred-year-old home. We always try to eat as a family and play with the grandkids. I go for a walk, relax, and spend down time with my family, and always read in bed.


Linda Diane Feldt


Linda Diane is a holistic health practitioner, herbalist, teacher, and published author. She has provided an integrated approach to holistic health care since 1980. She also served for a number of years as the President of the Board of the Ann Arbor People’s Food Co-op.



 Primarily my dog and her immediate needs get me up, which are to go outside. I get to wake up and go outside within five minutes of waking up, which is actually pretty nice. So that’s pretty much the start. It isn’t too long before I have to take an hour to do Internet and emails, that kind of thing. It’s nice to start each day by going outside for a short walk on my street. Picking up dog poop in the morning is a very grounding exercise.

“It’s nice to start each day by going outside for a short walk on my street.”

 I work from home, so overall that’s extremely helpful. Before and after each client I wash my hands, which is actually a very profound ritual. Coming in clean with no preconceptions for each client, and reestablishing my space and their space, and disconnecting from what’s often an intense experience for somebody.

 More recently I have been trying to write down five things I’m grateful for that day. It’s lovely. It’s very nice to consider those things. I haven’t gone back and reread any of them yet, but even if I’m someplace I don’t have my notebook, it’s nice to think about it. I usually go to bed thinking I didn’t do enough, and I’m realizing that’s more anxiety than reality. I’m trying to switch off that voice in my head. Lifelong I’ve been a reader and I read myself to sleep with a light that turns itself out automatically.



From Dawn to Dusk


12 Notable People in Ann Arbor's Body/Mind/Spirit Community Share Their Daily Rituals


Continued from page 7


Jocelyn Granger

Jocelyn is the founder and owner of the Ann Arbor Institute of Massage Therapy, which has trained hundreds of massage therapists in the region and state through its diploma program.



 The first thing I do is go outside and give my birds new bath water and feed my deer and feed my pets. Then I get myself ready. I have to have my coffee with chocolate protein powder. I don't even use an alarm clock. I wake up at 5:30 or 6:00 usually. I usually have a dance class that I take — there's my composure and stress reliever right there. Right now my best friend and I are creating our own dance classes.

 I don't! I often have to come into my office and sit down and compose myself. Typically I try to stay in a good mood and laugh. Nothing is that bad that after a few minutes I can't stop exploding and laugh about it.

 I like to go out in the garden and water my vegetables. I play in the garden and I like to come in and make myself a salad for dinner. I like to sit around and watch TV, then read and that's it. I do get everything ready for the morning. Everything I have to take with me is ready.

“Typically I try to stay in a good mood and laugh.”


“I began this [chi gong] practice over thirty years ago when I injured my back... It is a gift that the original pain from the injury has given me.”


—Cam Vozar


Cam Vozar

Cam is a psychotherapist and consultant with over thirty years of experience. He also teaches tai chi at the Cancer Support Community, and is a well-regarded poet.




 I start my day waking up to Handel's *Water Music*. I spend a moment in gratitude. I take morning showers to wake up, and I do a series of yoga stretches, chi gong exercises, tai chi, and meditation. My chi gong exercises vary with the seasons and my physical condition to balance my energy. I take pleasure in my daily routines and look forward to doing them each day. This can be as long as 90 minutes or as short as 15 minutes depending on the time available. I began this practice over thirty years ago when I injured my back. It has become more spiritual over time. It is a gift that the original pain from the injury has given me. Currently I am pain free ninety percent of the time.


 In my psychotherapy practice, I am very disciplined about writing a summary note after each session. This helps close the energy from the previous session and prepare for the next session. For lunch I spend ten minutes walking outside or in meditation to rejuvenate my energy. At the end of the work day, I like to exercise by swimming or taking a walk. This releases any physical tension stored in the body.

 After dinner I talk with a friend. I watch about a half hour of light TV or read. Before going to bed, I give a moment of gratitude for the events of the day and release them. The key to these rituals is flexibility with time and persistence. I also link activities together so they create a pattern for my day.

Dr. Dennis Chernin

Dennis is a leading holistic doctor and homeopathic physician, and is the author of several books on meditation and holistic medicine as well as homeopathy. He is also the co-founder and lead singer/leader of Ann Arbor Kirtan.

 Well, I meditate in the morning. I do alternate nostril breathing. I do that before meditation and then I try to do some stretches and sometimes some yoga. I eat a hearty breakfast, millet rice cereal with blueberries, and then I eat two almonds and a banana.



Transformational Health, PC

holistic health through homeopathy

.....

This proven medical system has been used for hundreds of years. Whether the illness is acute or chronic, in children or the aged, physical or emotional:

Transform Your Health!

Kathleen Slonager, Classical Homeopath
RN, DiHOM, ADS, AE-C, CCH, RSHom
16205 West 14 Mile, Suite 202 • Beverly Hills, MI 48025

248.613.9662 • TransformationalHealthPC.com

www.beyond1111.com

*Reaching new limits
Finding your true self
Becoming more than you ever
Imagined and being
who you are meant to be.*



Todd Stockwell is a world renowned healer, teacher, guide, business & spiritual leader.

He is known to many as the foremost expert on the evolution of the consciousness of humanity and the New Paradigm.

Work Directly with Todd:
(734) 740-9110
transform your life today!

Find Todd on Facebook 

Todd has helped thousands heal and create better lives. Including business, spiritual and world leaders, athletes, actors, healers, musicians and business professionals reach previously unimaginable heights.

It depends on what day it is. On some days, I commute an hour to an hour and a half each way. During that time I either listen to NPR to catch up on the news or I practice my chanting. I lead a Kirtan group. Sometimes, it's different chants I'm learning or interested in including in my group. That helps me in those days. During the day, I try to care for patients and help them as holistically as possible and that gives me a lot of joy. When they're suffering, I show compassion, caring, and love so that they can get better and be the best they can in life. That gives me a lot of joy and comfort in my own life and balance. I also am fortunate that my lifestyle and work often come together as one.



Well, I do like to look at what I completed for the day, and what my priorities are for tomorrow. I may have specific plans for the next day. I like to review my day and plan the next. I try to complete that before activities with family start to happen. I sometimes will do the gratitude question again. I like to go for a walk at the end of the day and let my mind relax or do other activities that let my mind relax. I go to bed pretty early and get a good night's sleep, that's an important part of my regimen.

Bill Zirinsky

Bill is the Editor/Publisher of *The Crazy Wisdom Community Journal*. He and his wife, Ruth Schekter, are the long-time owners of Crazy Wisdom Bookstore and Tea Room.



During the summer, I roll out of bed and swim every morning, before I do anything else at all. The rest of the year I swim first thing four to five days a week. Swimming helps me to wake up in the most delightful way, energizing me, organizing my whole being, bending me. I eat gluten-free cereal, kefir, and fruit for breakfast most days. I wake up grateful and happy to have two lively young daughters in my life. I have been reading *The New York Times* every morning since I was a school boy, and the articles wake up my mind to that day's world, and help me to ready myself for the day.

“I commute an hour to an hour and a half each way. During that time I either listen to NPR to catch up on the news or I practice my chanting.”

I usually have dinner. I'm vegetarian. My partner and I eat often very hearty meals, and often times we take a walk in the evening through wooded areas, we enjoy that. We may read together, catch up on the news, or watch baseball. Then before bed I will try to lift weights and meditate again, and try to do some yoga a couple times a week. I also do tai chi and I go through a form in the evening. I take a shower every night and that's that.

Laura Shope

Laura is the founder and creative director at Bluefire Institute and guides people to “live life on fire.”

One thing I make sure to do for myself everyday — it often happens at different times — is what I call a check in. Some might call it a prayer; it's a connection, something I say out loud to connect to a larger spirit and connect myself to the present. I go through a series of five questions. I ask, what's different? That could be from last check in or in that moment. Then I ask, what works and what didn't work? In my own performance and what's going on.



Then I say my state of mind, my state of body, and state of spirit, and acknowledge each one. “Mind” being whatever is in my head, “body” is what's going on physically, and “spirit” is universal. I describe it and acknowledge it. I then ask, what am I grateful for? What is my intention for today? I create the way I want to approach the day. I also do a daily plan at the beginning and end of each day.

I do make lists and work off of that. I work off of my calendar, so I schedule and can be present for what it is that I'm doing at that moment. If I've done the planning, then I can be present. It varies. Right now I'm home with kids for the summer. Being present, taking a moment, a deep breath, and making sure I've taken care of myself in terms of food needs. I focus on what's happening right here, right now.

The other thing I do routinely is move a lot, whether it's a fitness activity or just walking. That's an important way for me to function.

“To wind down well, I can do no better than to tell a bedtime story to my 7-year-old daughter, Grace. I usually fall asleep on top of her quilt sooner than she does.”

The main thing I bring to the table during the course of my days is that I genuinely relish and treasure the life I'm living. Perhaps it's because of family losses I've experienced. But whatever the cause, I find that my daily sense of composure comes from just appreciating what is right in front of me, and constantly noticing how precious that would seem were I facing illness or death. I have been trying to meditate sometime each day, and often it's a walking meditation. I fail to do meditation as much as I'd like, and that shows up often enough. I do make a conscious effort to pay attention to each interaction I have, and have that interaction be a good one. I fail at this, as well, often enough, but keep at it. One thing I'm learning to do more is to yield, especially to my strong-willed 12-year-old daughter, Leela. That's my spiritual practice this year. I also eat a fair amount of dark chocolate to compose myself, but I'm kidding myself on that one.

I am not good at winding down, generally. As a night owl, my mind is often too busy in the evenings. A walk helps, as does a light snack. To wind down well, I can do no better than to tell a bedtime story to my 7-year-old daughter, Grace. I usually fall asleep on top of her quilt sooner than she does.

Thank you to all our participants.

Discover the healing essences of nature



Bach
INTERNATIONAL EDUCATION PROGRAM

**Advanced Workshop:
Bach Flower Remedies**
Oct. 24-25, 2015
Ann Arbor
Level 2 – 12.5 CE

Individual Consultations
Provides personalized support for:

- Life's Challenges**
- Grief**
- Self-Care**
- Your Journey**

Carol Bennington, PhD
Bach Foundation Registered Practitioner
Bach International Education Program Instructor
Awakening-Hearts.com or call 734-726-4303

Empower Yourself

Felicia Drayton
Reiki Master/Practitioner
Health Coach and
Success Consultant

felicia.drayton@gmail.com
(734) 657-0393



Re-Thinking Sukkot on the Anniversary of My Father's Death



By Gala Mukomolova

Five girls wait for their egg sandwiches and I'm calling their names. A baby throws up and her mother is bewildered. She can't connect child, vomit, napkins, high-chair, table, and floor. *Can you help me?* Of course. *Of course.* I dip a rag into the sani-bucket and swipe the surface chlorine clean. The girls finish their food and rise. They drag their full bodies into the peopled streets. The table they leave behind is a mountain of trash: soiled napkins, bits of sandwich meat, foamy drinking cups. I think of a phrase my mother would say as I clean up their mess: *чисто американские дела*. She would mean the undignified gesture of wayward refuse, the lack of tip, even the choice of food. Literally she would mean "purely American behavior." I repeat her phrase in my mind as I separate landfill from recycling. This repetition comforts me. For a few seconds, I am not a woman in servitude to a world that eats my money before I'm sure I've ever held it. I am an alien stacking used plastic baskets, separating what can and can't be saved. An outsider; I'm just trying to earn enough to get home.

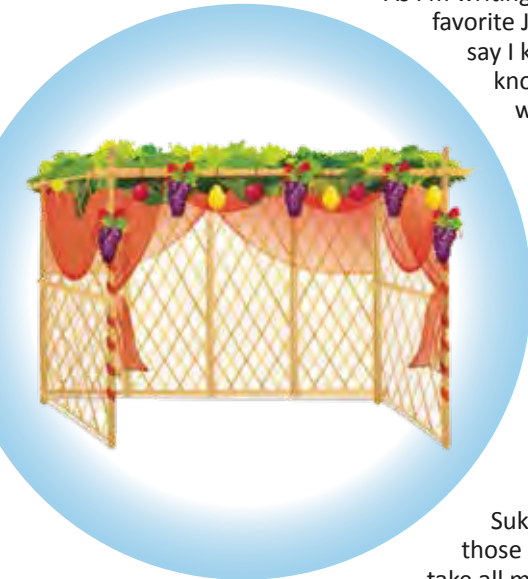
"чисто американские дела"
"purely American behavior."

perogies. How the ones with potato are always more likely to come apart during boiling, everyone knows that and when will I give her a grandchild anyway? She is trying to take up space because like me she is haunted by silence, by the impending anniversary, and unlike me she does not know how to lock her feelings away inside herself. Instead, she begins to reminisce about her own mother taking my brother to the synagogue when he was a boy. "Back then there were no kippas," she sighs, "not for us. My mother tied four knots in a black napkin to make a circle and he wore it proudly. It was sweet. Oh. What is life anyway? Nothing."

Sukkot lasts seven days and during those seven days one is encouraged to take all meals under the stars; those devout enough will opt to sleep outside as well.

For a few seconds, I am not a woman in servitude to a world that eats my money before I'm sure I've ever held it.

As I'm writing this, it is Sukkot. Sukkot is one of my favorite Jewish holidays, although I cannot say I know enough about it. Much like my knowledge of the stars, I tend to take what I want from religion and leave the rest. Here is what I have come to understand: during Sukkot, Jewish families build a temporary shelter (an open structure called a Sukkah) in memory of the shelters once used to survive "wandering" for forty years. A Sukkah is like the Christmas tree of fall harvest, decorated in lights, vines, and gourds. Each shelter is individual and the decorating of it is a ritual in and of itself.



Sukkot lasts seven days and during those seven days one is encouraged to take all meals under the stars; those devout enough will opt to sleep outside as well. Sukkot does not, however, require a devout spirit. In fact, ritually, Sukkot scripture asks that you bind four different branches or "species" together to use as a kind of wand. This branch wand signifies four types of Jews, from the most devout and learned to the "I'm in it for the Kugel" Jew...ish. Sukkot maintains that all types of Jews are important in holding space for this ritual of memory, of survival.

Instead, I've taken on this job. This job that asks me to forgive people their rudeness, to serve them with no expectation of reward.

The last day of Sukkot falls on October 15th, which is also the anniversary of my father's last day alive. It is fitting, then, that I have spent the past week thinking about the temporary structure of my life. No, I haven't built a three-walled vine-woven shelter so that I may sleep beneath the solar eclipse and darkening October sky. Instead, I've taken on this job. This job that asks me to forgive people their rudeness, to serve them with no expectation of reward. Each day I clock in, work toward exhaustion, and clock out. My only drive is knowing one day I will have enough money to return home so that I may be in the same city as my father's grave.

On October 14th, my mother calls me. She talks at me for what feels like hours. Her topics shift rapidly. She recounts a movie she watched alone the night before in exacting detail. When my response is negligible, she starts talking about



My mother barely thinks about Sukkot. As a child growing up in the post WWII Soviet Union, many Jewish rituals were denied her. Her knowledge of such things is selective, like mine. She knows to light a candle on Yom Kippur, to fast and pray for forgiveness; that Rosh Hashanah is the New Year, the honeyed light we dip our hopeful apples in. She knows that it's Sukkot because balconies all down Ocean Parkway are covered with wicker walls and because Hassidic men start to harass her on the street waving bundles of branches in her face yelling "Jewish? Yes? Jewish?"

Once, my father lay in Maimonides Hospital in Brooklyn, New York, recovering from yet another heart surgery. A young Hassidic man busted into his room and asked impatiently: "You Jewish?" My father repeated the word *Jewish*, hesitant with his English, yet proud: *I Jewish*. In response, the strange man grabbed his right arm. He began to wind the arm with the black straps of the Tefillin, a box filled with scrolls used in prayer. My father didn't know how to say, "Wait, I can't raise this arm, I'm post surgery" or "Why are you here?" Instead, he allowed the intrusion. The man wound the box tight, without tenderness, and instructed my father to repeat after him. When my father's Hebrew pronunciation faltered, he was corrected not kindly. Any interjection I made was ignored. This was a physical contract made between one sick man and one religious man doing mitzvah. The protective urgency of the daughter hardly mattered in such a circumstance.



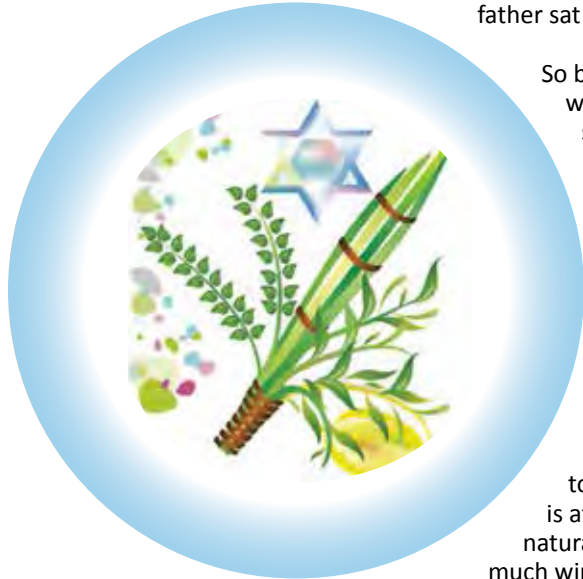
This was a physical contract made between one sick man and one religious man doing mitzvah.

It's awful, I'm sure, that the memories I have of my father are always tinged with weakness: his and mine. I wish it were otherwise. I wish I could tell you, in detail, about the man he must have been before rheumatic fever ravaged the valves of his heart. How he moved amongst the writers and artists of Moscow's underground, his insatiable Cancerian adoration of women, his wild vodka soaked nights. Those details are buried with him. Instead, here is a story I hold: Once, my brother was stationed with the Russian Army in Germany. The troops were very hungry; there was a lack of supplies. My father obtained a crate of bananas, which were rare in Russia — a delicacy in the days of the Iron Curtain. He took the rail to Germany and surprised the boys.

There is no record of how he accomplished such a thing but I know it is true by the way my brother's face lights up when he retells the story. In some ways this act of nurture was a woman's gesture, not because women are predisposed to nurturing but because we are expected to be. We are also expected to speak well of the dead, but back when my father was alive, my mother would often lament the ways she never felt like she had a husband: how she was expected to earn all the income, how he wasn't strong enough to make her feel protected. Mine was not the type of family to acknowledge sacrifice. Sacrifice was something we did habitually, like eating dinner, or washing underwear in the sink.

In his last years, my father couldn't be trusted to shower with the door locked or go outside to buy fruit. Scared of metal and anti-theft detectors (their effect on his defibrillator), my father would wait for me outside stores with heavy plastic bags

in his hands. Because he spent his days raising me, he managed to avoid learning English and at the end of his life knew only a handful of words: *Jewish, daughter*. Once, I had a physics tutor whose name was Boris, like my father's. He moved through our building on one leg and would pinch my face when I asked stupid questions. Up until he passed, Boris and my father spent a lot of time sitting on a bench outside our building. Afterward, my father sat alone.



So begins the fourth year of my life without him and I, too, am alone, shaking the four species (or branches) in spite of my scant Jewish upbringing. Perhaps four is a magic number here. In Hebrew, four is *Dalet*, which is a branch on the tree of life. *Dalet* also translates to door, as in the door one must go through to understand God. What troubles me here is that a Sukkah has no doors. It is open to God always, a dwelling that is at once divine and ordinary — natural. Or perhaps I've had too much wine and there is nothing special about this year, no door I can ever walk

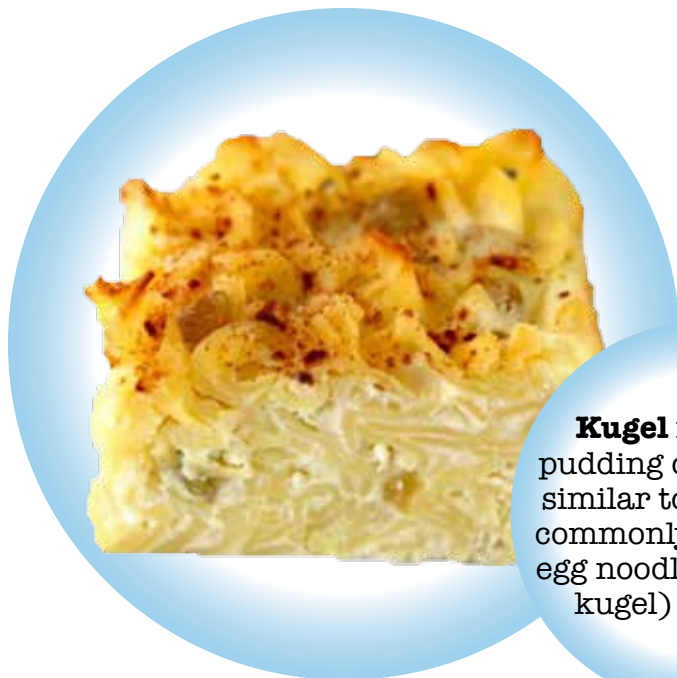
through, no God that can offer me a house where grief and hope live together. What is life? October 15th passes as it always does, a day hushed with relentless rain, my inability to leave bed except to eat and relieve myself. Nothing.

At work, there are certain kinds of elderly men who inspire a lump in my throat. They tend to sit by themselves, order tea and cookies, take their time.

At work, there are certain kinds of elderly men who inspire a lump in my throat. They tend to sit by themselves, order tea and cookies, take their time. They have elegant hands and soft grey hair. It is an effort, for me, to bring them their order without crying — especially this week. I think my father could have been one of these men, could have lived another ten years, could have brought one of those mystery novels he loved so much to a café and enjoyed time alone with his small pleasures, but that was a life never meant for him. I hope there's a universe that exists other than this one and he is happy there. But what if it is otherwise? What if he is wandering lost without me like I am without him? Then I have made my heart into a kind of sukkah, a shaky dwelling place for his memory, divine and open to the elements. I have to believe that that is good enough.

What if he is wandering lost without me like I am without him? Then I have made my heart into a kind of sukkah, a shaky dwelling place for his memory, divine and open to the elements.

Gala Mukomolova received her M.F.A. from the Helen Zell Writers' Program. She is a poetry editor for Muzzle Magazine. Her work has been published or is forthcoming in a variety of places including *Indiana Review*, *Drunken Boat*, and *PANK*. She can be contacted at gala.mukomolov@gmail.com.



Kugel is a baked pudding or casserole, similar to a pie, most commonly made from egg noodles (Lokshen kugel) or potato.

Global Series

SEVEN PERFORMANCES IN HILL AUDITORIUM, MICHIGAN THEATER, AND LYDIA MENDELSSOHN THEATRE



Youssou N'Dour

The Gloaming

Wednesday, October 7 // 7:30 pm
Michigan Theater

"Moves the music of Ireland in fascinating new directions."
(*New Yorker*)

Chucho Valdés: Irakere 40

Sunday, November 8 // 4 pm
Michigan Theater

A five time Grammy Award-winner, pianist Chucho Valdes represents Afro-Cuban jazz at its finest.

Youssou N'Dour and Super Étoile de Dakar

Saturday, November 14 // 8 pm
Hill Auditorium

An African pop superstar with a heart of gold, it's impossible not to dance when You takes the stage.

Tanya Tagaq IN CONCERT WITH Nanook of the North

Tuesday, February 2 // 7:30 pm
Lydia Mendelssohn Theatre

With a unique hybrid style encompassing Inuit throat singing, electronica, and heavy-metal, Tanya Tagaq reclaims the controversial 1922 silent film *Nanook of the North* in this gripping live performance.

The Chieftains

Saturday, March 5 // 8 pm
Hill Auditorium

"They seem ageless, and so does their Irish music." (*Boston Globe*)

Mariachi Vargas de Tecalitlán

Friday, April 1 // 8 pm
Hill Auditorium

Widely considered the finest mariachi in the world, these musicians elicit spontaneous audience sing-alongs and standing ovations with their heart-wrenching vocals and virtuosic instrumentals.

Zafir: Musical Winds from North Africa to Andalucía

Friday, April 15 // 8 pm
Michigan Theater

Music director, violinist, and oud player Simon Shaheen explores the intersections of Arab music and Spanish flamenco in this rich evening of song, dance, and cultural exchange.

TICKETS ON SALE NOW



BE PRESENT

UMS.ORG / 734.764.2538

UNIVERSITY OF MICHIGAN | ANN ARBOR

What's New in the Community

By Lynda Gronlund

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.

Bronwen Gates

Local energy healer and botanist Bronwen Gates has been developing her Ann Arbor home and garden ("Sanctuary Sophia") as a sacred space for the past nine years, and is now making it available for personalized healing retreats and residential apprenticeships.



Photos of Bronwen Gates by Joni Strickfaden



"Our bodies and homes are made of nature, and there is wisdom in nature and in ourselves if we know how to access it."

— Bronwen Gates

New Offerings by Established Businesses and Practitioners

Local energy healer and botanist Bronwen Gates has been developing "Sanctuary Sophia," her Ann Arbor home and garden, as a sacred space for the past nine years, and is now making it available for personalized healing retreats and residential apprenticeships. She described Sanctuary Sophia as an "urban wilderness" and "a place where all beings are respected." It is named for the goddess of wisdom, and also for a lost cat who wandered across Gates' path and now lives with her. Literally, it is a sanctuary for Sophia (the cat), who provides part of the healing energy that exists there.

Gates said that guests of Sanctuary Sophia "will have access to the diversity of resources available, choosing from my palette of healing gifts, and can make use of my extensive library of books and crystals and essences. They can enjoy delicious food to nurture body and soul, sit with the energy of the Sanctuary, or adventure beyond to access additional insight."

Another new offering from Gates is her new "Magical Mystery Tours." Originally from the Lake District of Northern England, she will be guiding spiritual retreats to that mystical landscape in late September 2015 and again in the spring and summer of 2016. "These journeys let us be touched by the magic of the land and become more open to the magic of who we are," she said. Participants will explore ancient sacred sites, stone circles, and the ancient, natural volcanic landscape of the area. "It's about going to a sacred and beautiful place and also learning about yourself in relation to the experience," Gates said. There will be planned trips, but also plenty of time for people to walk and meditate. Among the sites she described are thousand-

year-old Viking stone walls that are still in use to contain the area's numerous sheep, "contorted, gnarled oaks," and a misty, moist landscape where it is easy to feel the energy of the rocks and plants.

In both Sanctuary Sophia and on her trips to England, Gates helps people "open communication with the land." She explained that nature speaks to us in a different language, and most of us are not used to listening to it. Our usual way of "communicating" with nature is through our domination of it. But, "our bodies and homes are made of nature," and "there is wisdom in nature and in ourselves if we know how to access it," she said.

Bronwen Gates' website is www.bronwengates.com. She can be reached at BronWild@gmail.com or (734) 975-8754.

Beginning April 1, 2015, the People's Food Co-op was the first Ann Arbor business to start accepting "rCredits," a community currency system designed specifically to benefit the local economy. The rCredits system was started in Greenfield, Massachusetts, in 2013, and was designed to be replicated autonomously in other communities. Ann Arbor was the second community nationwide to implement this system, when Washtenaw County rCredits was launched in April 2015 under the leadership of Adam Konner and Jim Bates. The Food Co-op was the first business to start accepting rCredits, and since then, a number of other businesses have followed suit — Fuzzy Lines Design, Bates Electric, Inc., Silvio's, Sassafrass Tech Collective, The Hive Co-op, Liberty Pediatrics, and Hut-K Nutrilicious.



When someone signs up for rCredits, he or she receives an "rCard," which can be used at any local participating business. U.S. dollars are put into the rCredits account and spent with the card. Participants then receive incentive rewards — electronic community credits issued whenever someone buys or sells something through the rCredits system. When people sign up, they get \$20 worth of rCredits, plus a 10 percent reward on whatever they buy or sell. Participants can cash out rCredits they have received as payment for goods or services, but they cannot cash out their incentive rewards (as these must continue to circulate in the community). Once a month, people also get an inflation adjustment, so the funds in their rCredits account don't lose value. The long term goal, explained Konner, is to be able to fund local businesses, projects, and organizations through a process that rCredits users democratically decide upon.

rCredits have value because local businesses decide to accept them, and the community gets to decide how incentive rewards are spent.

Konner said that most money in the current economic system is created by banks, through lending. He explained that this means most money created is based on debt and on what will make the banks a profit (not what will be helpful to communities, the nation, and the world). He also said that right now, more money is owed to banks than actually exists, which creates an unsustainable environment for growth and leads to circumstances in which there will always be someone who defaults (sometimes through no fault of their own). rCredits is an attempt to put the power of money creation into the hands of local democratic systems.

"Money, in a way, is a signal of what has value," said Konner. "Currently, private banks are deciding what has value based on what is going to make them a profit." rCredits have value because local businesses decide to accept them, and once the local system is stable, a democratic process will be set up in which the community will be able to decide how incentive rewards are spent. This could include lending for local businesses; funding for nonprofits, schools, regional energy production, and/or food storage — any number of community projects based on what members decide. The democratic system will be set up so that participants can vote on any issue brought to the group (detailed rules and agreements are documented on the rCredits website).

More information on rCredits is available at www.rcredits.org and at www.facebook.com/a2rcredits. Adam Konner can be reached at washtenaw@rcredits.org.

Amy and Markus Koch opened Holistic Physical Therapy & Energy Medicine in Chelsea in March 2014. The two had a practice in Port Townsend, Washington, for eight years before moving to the area. They recently completed the process in Michigan to be able to accept health insurance, and now serve clients with and without insurance.



Amy is a licensed physical therapist with training in several holistic healing modalities, including sound therapy and craniosacral therapy. Markus is a licensed massage therapist and craniosacral therapist. Both are also certified yoga teachers, meditation teachers, and John of God Crystal Light Bed practitioners. With their training in various healing modalities as well as traditional physical therapy and massage, Amy and Markus are able to work with clients using a holistic approach. Amy explained that her ability to accept health insurance doesn't

limit her capability to use holistic practices with clients, because these methods fall under the scope of physical therapy. She has treated many clients with chronic pain, especially those who have tried more traditional approaches with little or no success. She said that as a holistic practitioner she is able to work not just with the symptoms of pain but also the mental and emotional aspects and causes. She works with children as well as adults — among her success stories is a young girl with autism who, when she began treatment, was non-verbal and unable to attend school because of severe sensory integration problems. The child is now in school, learning to tolerate a variety of sensations, and beginning to develop a vocabulary.

"Our experience is that the body knows precisely what is needed for healing, and our job is to assist in uncovering that inner knowing and strength."

— Amy Koch, owner

Holistic Physical Therapy & Energy Medicine

"Our experience is that the body knows precisely what is needed for healing, and our job is to assist in uncovering that inner knowing and strength," said Amy. She explained that newly occurring symptoms can usually be resolved faster. Issues that have been present for many years often take several sessions and require deeper healing work.

People interested in working with Amy or Markus can call for a consultation, during which they can discuss treatment options for their specific issues, whether their insurance is accepted, and how to go about getting a doctor's referral.

Holistic Physical Therapy & Energy Medicine is located at 21390 Waterloo Road, Chelsea, Michigan 48118. More information is available at www.cstchelsea.com. Amy and Markus Koch can be reached at (734) 660-0898 or amyspirit@gmail.com.

In November 2015, local musicians Kathy Moore and Anne Crawford will launch *The Moore The Better*, a musical event service offering personalized "performance and music engagement experiences."



The duo will design and perform at events to "celebrate, honor, remember, and help transform through some of life's changes" — birthdays, graduation, moving away, retirement, promotion, memorials, awards, cancer-free milestones, and anything else people would like to create a musical experience around. Their first event was a milestone birthday, and consisted of a gathering of friends and family who not only listened to Moore and Crawford perform but also participated by singing, storytelling, and even coming up with lyrics together. "It was a huge success," said Moore, "laughter and tears and stories and everyone singing." Multiple generations were present, and all participated in the experience together.

*In November 2015, local musicians Kathy Moore and Anne Crawford will launch *The Moore The Better*, a musical event service offering personalized "performance and music engagement experiences."*

"We're born to sing," said Moore, and she loves to encourage people to sing in everything she does. Many people have so much anxiety around singing, she explained, when it can be such a powerful experience, especially in groups. In offering these events, Moore said, she is "seeking to open up people's ideas about what events are worthy of this kind of attention in their lives." She and Crawford hope to be involved in life events and celebrations they haven't even thought of yet. During these events, they facilitate an experience that everyone present can get involved in.

Moore is a music therapist, voice teacher, vocalist, and songwriter. Crawford is a pianist, violinist, and composer. Moore explained that events can include just the two of them or more instrumentalists, depending on what is desired. If people want to dance, for example, they might decide to include bass and percussion in the ensemble.

Moore is currently on a three-month trip exploring national parks, and will return in November, when she and Crawford will be available to begin offering events.

Kathy Moore can be reached at (734) 668-8146 or at kathy@moore-voice.com. Anne Crawford can be reached at (734) 995-5345 or annecrawford333@gmail.com. Moore's website is www.moore-voice.com.

Mary Light, traditional naturopath and consultant herbalist, is returning to private practice after several years of "sabbatical," during which she founded the Naturopathic School of the Healing Arts. Prior to her sabbatical, Light had been in private practice since 1994, when she lived and worked on the East Coast. Having grown up and lived in Michigan until the age of 17, Light returned to the area in 2003, began her herbal studies in 2005, and started the Naturopathic School in 2009.



Light will continue to teach at the school, but she will step back from some of her administrative work there as others

What's New in the Community

Continued from page 13

step up. As a consultant herbalist with clinical training, she has a rare set of skills, enabling her to analyze “a constellation of symptoms” and suggest helpful herbs. She will integrate treatment with medical doctors when needed, and views her role as one of guidance for the client. One area she likes to work in is digestive health — “helping people become aware of the whole digestive system,” which can affect the entire rest of the body when it is out of balance.

Mary Light, traditional naturopath and consultant herbalist, is returning to private practice after several years of “sabbatical,” during which she founded the Naturopathic School of the Healing Arts.

From September through December 2015, Light will offer Crazy Wisdom readers a 50 percent discount on herbal medicine, iris analysis, dietary and naturopathic consultations, and bodywork therapies, “as a way of welcoming both old and new readers to participate in the holistic community.”

Mary Light offers an informative website and blog at www.marylighwellbeing.com. She can be reached at (734) 769-7794 or nshaassociates@gmail.com.

Room to Talk is a new service offered by the Women’s Center of Southeastern Michigan. For years, the Center has offered counseling on a sliding scale by student interns (who are enrolled in therapy programs) to low-income women and girls. Room to Talk (RTT) is a program for clients who have and wish to use their health insurance, a population that has grown since the passing of the Affordable Care Act. The program, which began accepting insurance in January, is staffed by fully licensed psychotherapists and aims to “provide longer-term, holistic psychotherapy,” explained Mel Whalen, one of RTT’s co-directors.



Whalen stressed that the Women’s Center and RTT are committed to inclusiveness. The physical space is set up in an open configuration. Clients and therapists interact in an open waiting room and shared kitchen. The space is welcoming and helps to “break down the hierarchy placing the therapist above the client,” explained co-director Marnie Leavitt. The open space, she explained, encourages interaction and reduces shame and stigma around therapy by normalizing it. The offices in which therapy take place are private. Parking is easy, adding to the Center’s inclusiveness, and the restrooms are handicap accessible. RTT also accepts Medicare, which many older people rely on.

Maissa Osman, a communication coach who works for RTT, speaks French and Arabic, and one of the student interns speaks Spanish, so non-native English speakers have options. Whalen is the only Deaf fully licensed psychologist in Michigan, offering therapy and assessment services in ASL (as well as for hearing patients). She also has experience and a specialty working with LGBTQ clients.

Room to Talk is staffed by fully licensed psychotherapists and aims to “provide longer-term, holistic psychotherapy.”

When asked about RTT’s “holistic therapy” approach, Leavitt said that holistic therapists acknowledge that the mind and body are connected, and recognize the importance of nutrition, rest, and exercise in mental health. From a social work perspective, she said, the person and his or her environment are interconnected. Sometimes, she said, mental health problems can be “a reasonable response to unreasonable circumstances.”

With the dual Women’s Center and Room to Talk programs, Leavitt said, people in need of services have options whether or not they have insurance. Also, about 5 percent of the Center’s clients are men, she said, adding “we’re not anti-men, just pro-woman!” The Center does offer couples counseling in their non-insurance program.

The Women’s Center is located at 510 S. Maple Road, Ann Arbor, Michigan 48103. The Center’s phone number is (734) 973-6779, and the email address is info@womenscentersemi.org. More information is available at www.womenscentersemi.org and www.roomtotalk.com.

Upcoming Events

Dolores Rubio-Turtle is a local and international entrepreneur and teacher who recently began facilitating events in Ann Arbor for young girls in preparation for and celebration of their menarche (first menstrual period).



Many cultures celebrate some rite of passage for this important milestone, but it is uncommon in Western culture, and, as Rubio-Turtle explained, many young women grow up with a negative view of menstruation that is reinforced by our culture. “This goes on to have repercussions for self-esteem, relationships, body image, choices around sex, and on into experiences of pregnancy and birth. It’s a big issue, and in my experience, there are hardly any women who don’t carry some legacy of shame, guilt, or unease where their bodies and bleeding are concerned,” she said.

Dolores Rubio-Turtle is a local and international entrepreneur and teacher who recently began facilitating events in Ann Arbor for young girls in preparation for and celebration of their menarche (first menstrual period).

A 30-year study in Australia has shown that preparing young girls for menarche has a positive effect on how they feel about menstruation and their bodies. Jane Bennett, an Australian educator in women’s cycles and fertility, developed a workshop called “A Celebration Day for Girls,” which she has trained women like Rubio-Turtle to facilitate. The day-long workshop (for girls ages 10 to 12) teaches girls about their bodies and the changes that come around menarche. Before the Celebration Day, Rubio-Turtle hosts a shorter session for the girls’ mothers or female caregivers. This session is to support the mothers/caregivers in “becoming ‘okay’ to talk about, and in some cases, reframe [their] own experiences so [they] can present [their] own menarche stories from a positive, healed perspective...”

Rubio-Turtle said that the Celebration Day for Girls uses a mix of gentle storytelling, anatomical education, and practical discussion of what’s involved in periods. “Young girls receive a broad education in what it means to be a biologically functioning woman that goes beyond mere biology.... It presents entry to womanhood as part of the natural order of things. As something to look forward to and feel positive about, and more miraculous than that, it presents it as a privilege that we get to experience, and use to deepen our understanding of ourselves, and our lives.” Rubio-Turtle’s own young daughter has been through the experience. “On the way home, she expressed her excitement about growing up, and how much she was looking forward to finding out more about herself in this way. I felt pleased, and also strangely removed from the experience — already, she has stories and feelings around menarche and the menstrual cycle that I can’t identify with. Positive ones. Her experience is utterly different than mine — and that is a very good thing. To have your 11-year-old girl express positivity about her body is a beautiful thing to witness....”

The fall 2015 dates for the Celebration Day for Girls are August 22, September 25, and December 5 (with mothers’ sessions scheduled the day before each workshop). Rubio-Turtle keeps the groups small “for intimacy and trust,” so interested mothers or caregivers should contact her early to reserve their spots.

Rubio-Turtle will also host facilitator DeAnna L’am, an internationally known pioneer in “menstrual empowerment,” in a “Red Tent Activation” event for adult women who want to experience a positive initiation that they did not experience at their menarche. This event will be held twice — on Saturday and Sunday April 23 and 24, 2016.

Jane Bennett’s website on the Celebration Day for Girls is www.celebrationdayforgirls.com. DeAnna L’am’s website is www.deannalam.com. Dolores Rubio-Turtle can be reached at dolores@orethic.com or (734) 233-4632. Her website is www.orethic.com.

Continued on page 16





Tai Chi • Qigong • Energy Work • Meditation • Self-Care



September marks the Peaceful Dragon Schools 25th year of servicing the Ann Arbor community!

During this time Master Wasantha Young (47 years of experience) and other trained instructors have been committed to teaching over a thousand Ann Arborites. The goal has been to share ongoing and workshop classes in tai chi, qigong, meditation, and other self-care methods that nurture the cultivation of energy and move individuals into a place of strength, harmony and well-being. (Ongoing classes begin September 14—See calendar ads)

To celebrate this anniversary the school is having festivities throughout that week of September 20th and ending with a seminar presented by Master Young's first tai chi instructor Grandmaster William C.C. Chen on the 26th.

There is plenty of parking and bus (8) access, but unfortunately no wheelchair access.

1945 Pauline Blvd., Suite B
Ann Arbor, MI 48103
(734) 741-0695
www.peacefuldragonschool.com / also on Facebook

Calendar of Events

All Events are FREE

- 9/21**
7-8 PM Intro to Push Hands
(two person exercise)
- 9/22**
2:30—3:45 PM Intro to Tai Chi
- 9/24**
10—11 AM Intro to Qigong
(energy work)
- 9/25**
6:30-8:00 PM Demos and
Certificate Awards

gary snyder



at **WHITE LOTUS FARMS**

7217 west liberty road, ann arbor

THURSDAY, SEPTEMBER 17

7-9 PM



E.L. Doctorow and Gary Snyder in a pub in Prague. Photo from the Gary Snyder archive.

One Pause Poetry and the Zell Series are teaming with White Lotus Farms to welcome Pulitzer Prize-winning poet, essayist, and eco-activist Gary Snyder for a FREE poetry reading.

The reading will be held in the beautiful gardens of White Lotus Farms, followed by a brief Q&A, book signing, and reception.

For more information: info@onepausepoetry.org, or visit our website: onepausepoetry.org.



One Pause Poetry and its programs are supported by the Michigan Council for the Arts and Cultural Affairs and the National Endowment for the Arts.

What's New in the Community

Continued from page 14

RELATE (Researchers Expanding Lay-Audience Teaching and Engagement), a program started by U-M graduate students in 2013 and supported by the Rackham Graduate School's Interdisciplinary Workshop Program, will present a science engagement series at the Crazy Wisdom community room on August 15, September 5, October 14, and December 12, 2015. The series is named "Science by the Cup," similar to the groups' original series, "Science by the Pint," which took place at Arbor Brewing Company. Each event will host three to four speakers on a variety of science topics. Elyse Aurbach, one of the student founders of the group, explained that she and co-founder Katie Prater wanted training for themselves and their colleagues in communicating about their scientific specialties to the public. RELATE offers graduate students and researchers a 10-week intensive workshop with instruction and feedback from communication experts on making science topics engaging and accessible to laypeople. To complete their training, the researchers put their new skills to use by participating in community engagement events.



RELATE (Researchers Expanding Lay-Audience Teaching and Engagement), a program started by U-M graduate students in 2013, will present a science engagement series at the Crazy Wisdom community room in which they will discuss science topics in an engaging and accessible way.

The series will include a full range of topics in science, technology, engineering, and math. It is a chance for attendees to learn about cutting edge research happening at U-M and to talk in person with scientists who can answer their questions. The group promises "no boring lectures." Each speaker will take questions from the audience after their talk. Refreshments can be purchased from the Tea Room.

The full schedule of speakers and topics will be available on RELATE's website, www.learntorelate.org, in early fall. Organizers Elyse Aurbach and Katie Prater and outreach coordinator, Brooke Horton, can be reached by email at RELATE.Outreach@umich.edu.

Local acupuncturist Ellen Porter was recently accepted as a non-VA Acupuncture Community Provider with the Ann Arbor Veterans Administration and now accepts VA insurance. Porter is a nationally board certified Five Element Acupuncturist. Five Element Acupuncture is an approach to healing of body, mind, emotion, and spirit, which, Porter explained, is very effective for treating those with trauma. She said that it deals not just with physical pain but with the mental and emotional aspects of healing, and with root causes of symptoms.



Local acupuncturist Ellen Porter was recently accepted as a non-VA Acupuncture Community Provider with the Ann Arbor Veterans Administration and now accepts VA insurance.

She has been practicing this style of acupuncture for over nine years, serving patients with stress, physical pain, PTSD, emotional suffering, and women's and men's health issues. Porter has treated many veterans and wanted to offer this method of healing to those who have served our country and rely on VA insurance. She provides acupuncture in a safe space with attentive listening, knowledgeable diagnosis, and compassionate

care. She also is very knowledgeable about nutrition and teaches how to use food as medicine. New clients experience a three-part first session consisting of a half hour of conversation about health history and background, a half hour of physical examination, and a half hour first treatment. Some clients start to feel relief immediately, while others will take more than one session to start feeling better. Usually, Porter said, the more recent the problem, the faster it heals.

Veterans using VA insurance who want to work with Porter will need approval from their doctor, and she can help explain this process.

Ellen Porter's office is located at 2190 South State Street, Ann Arbor, Michigan 48104. She can be reached at Ellen@AcuThrive.org or (734) 845-2166. Her website is www.acuthrive.org.

New Practitioners and Businesses

Shreelekha Adsule is a certified yoga therapist and Reiki Master based in Canton. She has been practicing yoga for 15 years and teaching for 7, and she has been practicing Reiki for almost 20 years. Originally from India, Adsule came to Michigan in 2005 to conduct cancer research as a postdoctoral fellow in biochemistry, first at Karmanos Cancer Institute in Detroit and later at U-M. In 2011, she returned to India, where she decided on a career change. Yoga had helped her to overcome chronic pain and swelling due to polymyalgia rheumatica, an autoimmune disease she suffered from. Desiring to help others learn yoga and resolve their own health problems, she received training as a yoga teacher at ParamYoga in Pune, and opened her own studio, Tejasvini Center for Yoga & Reiki, which she ran for two years.



Shreelekha Adsule is a certified yoga therapist and Reiki Master based in Canton. She has been practicing yoga for 15 years and teaching for 7, and she has been practicing Reiki for almost 20 years.

In 2013, Adsule's family decided to immigrate to the United States. She pursued training and became a certified yoga therapist at YogaMedics in Farmington Hills. She also became a licensed Reiki Master through the International Center for Reiki Training.

For now, Adsule works as a yoga therapist at YogaMedics, the VA Hospital in Canton, and Prism Pain Clinic (also in Canton). She teaches yoga at West End Yoga Studio on the weekends, and offers Reiki classes and healing sessions in individual's homes located in a 30 mile-radius of Canton (including the Ann Arbor area). She is passionate about helping clients of all ages, from children to seniors, and is currently completing Registered Yoga Teacher (RYT) training for working with children and young teens. She helps her clients to "develop stamina, and strengthen the body-mind and overall well-being." Because of her background in cancer research, she has a special interest in developing yoga sessions for cancer patients, survivors, and caregivers.

At some point Adsule hopes to open her own yoga and Reiki studio similar to the one she operated in India.

Shreelekha Adsule can be reached at (734) 904-2917 or at tejasvinireikicenter@gmail.com. Her website is www.tejasvinireikicenter.com.

Kimberly Harrison, singer and holistic voice coach, moved with her life partner, Marvin Rieli, from L.A. to Michigan last year. The pair, both musicians, ran a busy voice studio in L.A., but having grown tired of the traffic, lines, and busyness of the city, they decided to relocate to Michigan, where they wanted to "live a more nature-based life," Harrison said. Now, Harrison is performing and building her voice coaching business: Singing For Your Soul.



Explaining the holistic nature of her voice coaching, she said that there are

two environments in which people can learn to sing. The first is the traditional conservatory environment, which she described as regimented and perfectionistic; it works well for some people, and produces some wonderful singers, she said. The second Harrison described as people “singing to find their voices,” tapping into a “primitive and primal” part of themselves to help them get through emotional blocks and fears. This second type of environment is where she thrives and what she works to create for her students.

“Voice training can have many benefits beyond becoming a better singer or speaker. To use our voices to the fullest is very sacred work.”

— Kimberly Harrison on her new voice coaching business, Singing For Your Soul

“Anyone can sing,” Harrison said. “Don’t listen to anyone who says you can’t because it’s not true. We all have different voices and capabilities, but we all can be trained.” Voice training, she explained, can have many benefits beyond becoming a better singer or speaker — as in a yoga practice, people learn to breathe more deeply, and they can use voice training as a mindfulness practice as they focus on being in their bodies. She said it can help calm anxiety, lower depression, increase positive hormones such as oxytocin, improve self-confidence, heal trauma, create personal growth, and help people express themselves more dynamically and listen to themselves and others more deeply. “To use our voices to the fullest is very sacred work,” she said.

Harrison offers a free half-hour “vocal strategy session” to people interested in working with her. She meets with the person, finds out what they want to achieve with voice training, and gives them some tools to use right away. She works with people who want to “do something” with their music professionally, and also with those who want to sing for fun, enjoyment, and increased well-being.

Harrison offers voice classes and private training online and in person at her home in Brooklyn, Michigan. She is considering looking for a space to begin offering in-person training in Ann Arbor as well. She works with yoga instructors and other professionals who rely on their voices for work, helping them to “sound better, project healthily, and understand how to use sound and voice work to enhance their classes.” She also performs live music for yoga classes and concerts, using voice, harp, drone, and frame drum.

More information about Kimberly Harrison’s work is online at www.singingforyoursoul.com. She can be reached at (310) 439-9862 or by email at kimberly@singingforyoursoul.com.

West End Yoga in Canton, a Hatha yoga studio owned by Leah Slagenwhite, opened in November 2014. In June 2015, Allison Dailey partnered with Slagenwhite to add a “holistic and mystic boutique” to the studio. Dailey is the creator of Sapphire Soul, a nationally-known subscription box, which includes items like crystals, essential oils, sacred space items, self-care products, candles, and jewelry — all curated to support mindfulness, self-care, and “soul-work.”



Allison Dailey & Leah Slagenwhite

Describing the new boutique, Dailey said that every item complements what is done in the yoga studio. She teaches a chakra-balancing class on Saturdays, and is also a Desire Map Facilitator, and said that there is “intention, purpose, and meaning” in all of the work she does. Her passion, she said, is “helping people find their gifts and tap into their magic.” She stocks tumbled stones, reiki- and oil-infused candles, “boho” clothing like kimonos and scarves, beaded jewelry, essential oil sprays and blends, and gem elixirs.

West End Yoga in Canton, a Hatha yoga studio owned by Leah Slagenwhite, opened in November 2014. In June 2015, Allison Dailey partnered with Slagenwhite to add a “holistic and mystic boutique” to the studio.

Slagenwhite’s offer to partner and open the boutique came at a great time, explained Dailey. Her call came the same morning that Dailey had decided to quit her corporate job to focus on Sapphire Soul and her other “soulistic” teaching and coaching pursuits full time.

West End Yoga offers a mix of yoga classes with titles like “Awaken,” “Balance,” “Energize,” and “Calm,” which are described as “moving meditations.” They also offer Baby and Me classes, and Buti Yoga — “a soulful blend of power yoga, high-intensity tribal dance, and deep abdominal toning,” which Dailey recently became certified to teach.

West End Yoga is located at 5748 North Canton Center Road, Canton, Michigan 48187. More information on both the studio and boutique are available at www.thewestendyogacompany.com. Allison Dailey can be reached at allison@sapphiresoul.com and Leah Slagenwhite at leah@thewestendyogacompany.com. The studio phone number is (248) 345-2021.

Continued on page 18

Trauma Awareness Yoga for Women

Private Sessions and Small Group Classes



Patty Hart, E-RYT

Yoga Guide & Mentor

Trauma Awareness Yoga is for women living with the experience of complex trauma/PTSD who are interested in integrating yoga with their therapeutic treatment as part of their healing journey. Evidence-based research supports a trauma-informed yoga practice as an adjunct to therapy for the release of trauma from the body.

A sensitive, trauma-informed yoga practice supporting women living with PTSD and complex trauma in daily life.

“Every Body” deserves to be **Happy, Alive, Feeling & Expressive**

(734) 645-7251 • patty@everybodyhappy.net

Magnified Healing®

SUNDAY, OCTOBER 4, 2015



This 1 day initiation activates the three-fold flame of Divine Love, Divine Wisdom, and Divine Power within your heart. The building of our Light Body begins with the Heart.

\$175 incl. Manual, Essence, CD, and Certificate.
734.929.8039; jan@BiodynamicCranialsacral.com

Lady Master Kwan Yin will be present

What's New in the Community

Continued from page 17

Carol Bennington, Ph.D., a Bach Foundation Registered Practitioner, moved back to Ann Arbor in 2014 after 23 years. She offers individual consultations and ongoing mentoring for clients in the Bach Flower Remedies, and is one of a dozen U.S. instructors for the Bach International Education Program.



Bennington's extensive background in flower essences includes studying at the Bach Centre in England, taking practitioner courses for several North American systems of flower essences, and her doctoral dissertation, which explored people who used flower essences and their connection to nature.

Flower essences and nature-based approaches can offer a personalized approach to transform grief and other challenges of daily living.

— Carol Bennington, Ph.D., and Bach Foundation Registered Practitioner

For anyone wishing to explore the Bach flower remedies in-depth, or even become a practitioner themselves, the Bach International Education Program offers a three-tiered training program. Bennington will be offering Level 2: The Advanced Workshop on October 24 and 25, 2015, in Ann Arbor (for those who have already taken a Level 1 course). Future Level 1 course dates will be announced on Bennington's website, where participants can also register for classes.

Carol Bennington can be reached by email at Journey@Awakening-Hearts.com or (734) 726-4303. Her website is www.Awakening-Hearts.com.

Husband and wife team Jason and Kelly Hoey, both experienced personal trainers, have opened an indoor rowing fitness studio in west Ann Arbor: Terra Firma Indoor Rowing. Jason answered our questions:



Q. Why have you chosen to focus on rowing? What benefits does it have?

A. I chose rowing because I always found it to be a beautiful movement.

Everything in the body is working in sync in a repetitive, fluid motion. It is a total body workout that improves strength demands necessary for power, stability, posture, and flexibility. Once people learn it, I have an awesome example to refer to for other exercise patterns. Oh, and it's fun!

Q. What is a rowing class at Terra Firma like?

A. We have five different types of classes: Learn to Row, Endurance 50 minutes, Total Body (rowing machines and bodyweight exercises), Total Body Strength (weight training), and Zenrow (mind-body connection emphasized).

Each class begins with a warm-up and setting a goal or intention for the class. We usually spend 45 minutes on the workout, which is set to music but not usually choreographed. The end of class is usually a cool down with mobility work and breathing exercises, then shavasana.

Husband and wife team Jason and Kelly Hoey, both experienced personal trainers, have opened an indoor rowing studio in west Ann Arbor called Terra Firma Indoor Rowing.

Q. Can you talk about your training philosophy?

A. I believe exercise is like prescription medicine — the goal is to find the right amount to get the desired result and no more. Any more becomes a negative stress on the body. Most of my day is spent trying to figure out how much is too much and how to bring the concept of regulating the forces of exercise on people in a one-on-one or group setting.

I'm not into debating what's good and what's bad in the fitness world. I'm a fan of all modalities that help people reach their goals and provide a platform to learn about themselves. Suffice it to say that everything has its place; it's up to the fitness professional to decide if and when to use it.

Q. An indoor rowing studio seems unique — what gave you the idea?

A. I started teaching small classes with me off the erg ("the erg" is a common term for indoor rowing machine). I had people rowing different pieces and I would walk around them with coffee and coach them ... until I got certified by Concept 2 as a master instructor and met my friend and lifelong rower Terry Smythe. She totally changed my perspective and I turned it into a spinning class, but with rowing machines.

Q. What is some of your favorite music to row to?

A. Oh boy, tough one. We have a Wired Wednesday social media campaign where I take requests (but I'll take them every day) and use them for a playlist. We have some very eclectic stuff, but if I had to pick ... The Police, Maroon 5, One Republic, Tribe Called Quest, etc.

More information on Terra Firma Rowing, including class descriptions and schedules, is available at www.terrafirmarowing.com, or by calling (734) 355-8805 or emailing info@terrafirmarowing.com. The studio is located at 210 Collingwood Drive, Suite 200, Ann Arbor, Michigan 48103.

Austin Szelkowski founded A2Mastermind, a coaching and masterminding company, in late January 2015.

The company is focused on "building a community of spiritually in-tune entrepreneurs."

Founding the business, said Szelkowski, "came on the heels of a nine-month awakening experience." He said he had a lot of dissonance and internal conflict with how he was running his business, relationships, and life. At the end of this intense awakening, he had a new awareness of what he feels he is supposed to be doing.



A2Mastermind, founded by Austin Szelkowski, is a coaching and masterminding business focused on "building a community of spiritually in-tune entrepreneurs."

A2Mastermind is about "changing the status quo of how business is traditionally taught and practiced." His goal is for entrepreneurs to create "an alignment and resonance between internal belief systems and what you're doing in everyday life." "A business that is run based on core values, and not chasing money, will provide more satisfaction, will be easier to operate, and will attract better customers/clients into the business. It's the type of business that everyone involved feels good about, and inspires loyalty from customers and employees alike," Szelkowski explained. One problem spiritually aware business owners often have, he said, is a blockage around making money in a spiritually based business. Among other issues, he helps people to unlock this blockage and attract prosperity. He feels that Ann Arbor is a special city, and wants to be part of the "unlocking" he feels is already taking place here, and of building a spiritual business community.

Szelkowski runs the Ann Arbor Spiritual Entrepreneurs group every other week, with the purpose of providing an environment for like-minded entrepreneurs to network and learn "sound business and personal development tactics" that are rooted in values, intuition, and spirituality. He also runs the Ann Arbor Spiritual Meditation Meetup, which meets on alternating Mondays at the Crazy Wisdom community room.

Austin Szelkowski's website for the CW Meetup is at www.a2mastermind.com/cw. The site also has information on upcoming meetups and events, and about working with him. He can be reached by phone at (734) 408-1611 or email at aszekowski@gmail.com.



What's New in the Community

A new fairy door has been spotted in Ann Arbor, in an Old West Side neighborhood. The doors are a well-known phenomenon in the area and are thought to be the work of city-dwelling urban fairies. Local herbalist Linda Diane Feldt reported to *CW Journal* that the new door, called "Faerie Well: A Healing Space," appeared in June. She also reported that children have already begun leaving small gifts for the fairies.



A new fairy door has been spotted in Ann Arbor, in an Old West Side neighborhood. The doors are a well-known phenomenon in the area and are thought to be the work of city-dwelling urban fairies.

Of course, no one knows for sure what goes on behind the fairy doors, but Feldt speculated that Ann Arbor's urban fairies probably have a harder time than fairies living in the woods, and are probably in need of healing from time to time. She said there is a patch of woods near the new door. As with most of the fairy doors, this one seems to be evolving over time. Feldt said she hopes the fairies will put up an awning for winter.

Jonathan B. Wright, Ann Arbor's foremost expert on the local urban fairies and original discoverer of the doors, has set up a website with pictures of many of the fairy doors and information about the fairies at www.urban-fairies.com.

Sue Whitmarsh and Marie Brooks opened Breathe Yoga, a new studio in downtown Chelsea, in July 2015.

Whitmarsh graduated from the Center for Yoga in 2013 and has taught at many studios, gyms, and community locations. She teaches *Yogi Beers* at the Chelsea Alehouse on the third Saturday of each month — an event where participants can follow a one-hour yoga class with a pint of their choice, which, Whitmarsh explained, helps encourage



socializing after yoga, when normally students would scatter immediately after class. "*Yogi Beers* was the first of an idea that Breathe Yoga is expanding upon to bring yoga into more unusual settings, and perhaps to groups of people who might otherwise feel unsure about entering a yoga studio." Other programs the two are involved in include *Yoga Out Yonder*, which combines yoga and hiking, and *Farm Fresh Yoga*, which is outdoor yoga at a nearby farm. "Sue and I are both big believers in community involvement, and we're thrilled to be partnering with local businesses and organizations to bring yoga to a wider audience, as well as introduce yogis to new locations and experiences they may not know of otherwise," Brooks said.

Brooks has been practicing yoga for 15 years and is currently completing her yoga teacher training at Yoga Integrated Science in Louisville, Kentucky. Once her training is finished in October she will begin teaching at the studio; she also handles many of the business aspects.

Sue Whitmarsh and Marie Brooks opened Breathe Yoga, a new studio in downtown Chelsea, in July 2015.

"Marie and I both want the studio to be accessible to everyone, from beginners up, and we founded it on the belief embodied in Krishnamacharya's words: 'If you can breathe, you can do yoga,'" said Whitmarsh. "We want to create a safe, comfortable, and nurturing space where our students can come and practice, learn and grow, and be at ease to feel what they need to feel in their bodies, hearts, and minds."

Breathe will offer a variety of yoga classes, including Vinyasa, Slowflow, Ashtanga, and Yin. It will also offer classes in meditation, Pranayama (yogic breathing), and eventually some more specialized classes, such as Chair Yoga, workshops in Ayurvedic principles, and classes for athletes, such as runners and cyclists.

Breathe Yoga is located at 104 East Middle Street, Chelsea, Michigan 48118, in the former Chelsea Police Station. The website is www.breatheyogachelsea.com, and the phone number is (734) 627-7558.

Patti Gaves started Everyday Environments in June 2015, offering individual and family consultations and educational events to help people improve their surroundings for better health. Air quality, water quality, household and personal care chemical use, electromagnetic fields, light, humidity, and ambient noise are all factors Gaves analyzes in homes and workplaces. She loves to help families of children with autism and sensory needs, people with allergies, asthma, chemical and environmental sensitivities, and unresolved chronic fatigue or other symptoms by working with them to assess their everyday spaces and consider changes that may help.

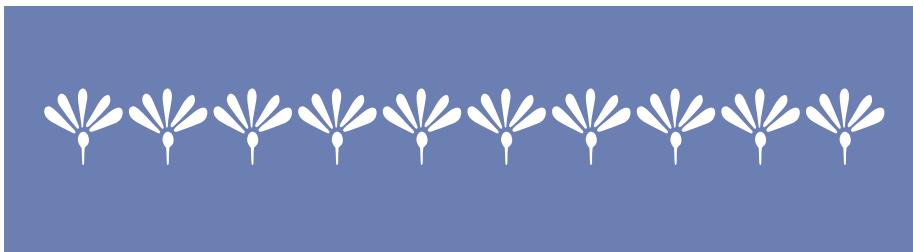


Patti Gaves started Everyday Environments in June 2015, offering individual and family consultations and educational events to help people improve their surroundings for better health.

Gaves developed her programs for evaluating and optimizing everyday spaces after learning about and applying environmental psychology principles to help her son, who is environmentally sensitive and has allergies. She begins the evaluation process with a health questionnaire, examining what symptoms individuals or family members may be experiencing. Then, she visits the home, thoroughly examining all of the environmental factors. Finally, she meets with the family or individual to explain what she found, and recommends changes. She has some products available for sale: EMF-shielding items, countertop water filtering systems, air cleaners and purifiers, an HVAC filter, and some chemical-free personal care products. Other products she recommends, such as a vacuum cleaner with a HEPA filter, which she said she recommends to everyone. She sells and recommends only products she uses herself in her own home. She may also recommend other professionals for big projects, like mold removal, if necessary.

Gaves is available for home environmental assessments within a 50-mile radius of Ann Arbor.

More information about Everyday Environments is available online at www.everydayenvironments.com. Patti Gaves can be reached at info@everydayenvironments.com or (734) 680-7815.



Please note that the "What's New" column is an editorial (not paid-for advertising) feature of the Crazy Wisdom 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 email 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 thru April 2016) is November 1, 2015.

Intuitives Interactive Fall Holistic Psychic Fair



Saturday, October 17, 2015

10:00 am to 6:00 pm

Washtenaw Community College

Morris Lawrence Building

4800 E. Huron River Dr, Ann Arbor, MI 48105

*Mediums ✧ Psychic, Intuitive, & Channeled Readings
✧ Aura Photography ✧ Palm Reader ✧ Astrologer
✧ Body & Energy Workers ✧ Tarot & Angel Card Readers
✧ Holistic Products ✧ Presentations ✧ and More!*

\$10 admission

Free presentations throughout the day!

Ample free parking!

Easy reading registration system!

Readings \$30 for 20 minutes. Cost of body & energy work varies

www.IntuitivesInteractive.com

Proudly Sponsored By



Artwork by Molly Indura, bethelight.org; Graphic design by Christina DePugh

RESOURCES FOR CONSCIOUS LIVING

Acupuncture

AcuThrive Acupuncture



Ellen Porter, M.Ac., L.Ac., Dipl.Ac.
Master of Acupuncture

By Appointment
(734) 845-2166
www.AcuThrive.Org



Henry A. Buchtel
M.S.(China), Dipl.Ac.(NCCAOM), R.Ac.(MI)
President, Michigan Association of
Acupuncture and Oriental Medicine
Acupuncture & Chinese Herbs

(734) 975-2745
www.TLCAA.com
www.dynamicpoints.com

The Lotus Center of Ann Arbor
2711 Carpenter Road
Ann Arbor, MI 48108

Births/Infants



Melisa Schuster, LMSW
psychotherapy for the childbearing years

- prenatal and postpartum depression
- traumatic birth
- childbearing losses
- parenting and child guidance

734-302-0033 • www.melisaschuster.com
500 Little Lake Drive, #300 • Ann Arbor, MI 48103

Bodywork/Massage/ Healing Touch

Licensed Massage Therapist
Graduate, Barbara Brennan School of Healing



Caroline Charlesworth
CONSCIOUS BODYWORK

734.485.8485
carolinecharlesworth.com

Animal Communication




HEART TO HEART
Animal Communication

COMPASSIONATE CARE
FOR YOUR ANIMAL

JUDY LIU RAMSEY
Consultant

Contact:
1-734-717-5072
ramsey.judy003@yahoo.com

Website:
hearttoheartanimalcommunication.net



**Therapeutic Massage
& Bodywork**

including CranioSacral Therapy

Barbara Salem
MSW, LMT, RCST®

For appointment:
734.222.5487

MEMBER
Associated Bodywork & Massage Professionals

Ayurveda

Weekend Stand-Alone Courses
are Now Being Offered at the
BODHANANDA VEDIC INSTITUTE
SCHOOL OF AYURVEDA
Learn Self-Care Health-Care



The Sambodh Society, Inc., 6563 N. 24th St., Kalamazoo, MI 49004
ayurveda@sambodhsociety.us Website: AyurvedaMichigan.org

Denise Held, RN
CERTIFIED RELEXOLOGIST • REFLEXOLO-CHI™



Natural Healing Center
2002 Hogback Rd, Suite 14
Ann Arbor, MI 48105
734-649-2891 (C)
734-973-8290 (O)
deniseheld@gmail.com
www.a2reflexology.com
www.facebook.com/A2Reflexology

Therapeutic Foot Massage



RESOURCES FOR CONSCIOUS LIVING

Chiropractic

Thrive! Wellness Center
 Dr. Shannon Roznay, DC
 Nutrition Response Testing – Chiropractic

We carry organic skincare, make-up, healthy snacks, and more!

734-470-6766
 6901 S. State Rd., Suite D
 Saline, MI 48176
 www.thrive-wellness-center.com

"Your health, on a whole new level!" 

Green Products




Bgreen Inc.
 Sustainable, Non-Toxic Building Supplies

flooring, countertops, tiles, paint, dualflush toilets, solar, wood burning stoves, cleaning supplies and much more

2111 Packard Street, Suite A
 Ann Arbor, MI 48104
 phone: (734) 214-3000
www.BgreenToday.com

Creativity



Creative Studio Process
 Experience an intuitive approach to art with writing and self reflection

Classes, Workshops and Special Groups

Join my mailing list!
 Idelle Hammond-Sass, artist / OSP Facilitator
hammond_sass@msn.com 734-741-4441

Grant Writing



SYSTEM DESIGNED SOLUTIONS & ASSOCIATES

GRANT WRITERS

NANCY E. DARGAN
 6543 BARRIE CIRCLE
 PHONE 734.891.0566
NANCY.DARGAN@YAHOO.COM

Family Law



Rose Law PLLC

3258 Broad St.
 Dexter MI 48130

Theresa A. Rose
 Estate Planning Attorney

Phone: 734-424-5021 Fax: 734-424-2908
 Email: trose@roselawpllc.com
 Web: roselawpllc.com

Grief Counseling



Partners in Healing
 Psychotherapy Training Affiliates

IADC Therapy for Grief
 with César Valdez, LMSW
A brief, highly effective intervention for grief

www.iadctherapy.com
cesvaldez@gmail.com
 (734) 929-6574

Feng Shui



danacasey design
 feng shui + interior design

517.528.9247

Home Care/Wellness Coaching



Earth Angels Care Network
Your Care Specialist Network

Each client may receive:


- Specialized Homecare Companion
- Professional Housekeeper
- Personal Chef
- Certified Nutritional Therapist
- Wellness Coaching

Call today to see how special feels!
 517.467.5337



RESOURCES FOR CONSCIOUS LIVING

Hair Stylist



GRACE MORAND
hairstylist
202 E. Washington Street
Suite 208
Ann Arbor, Mi 48104
734-262-8624

Intuitive/Psychic

Guidance & CONFIRMATION

Psychic Channel & Medical Intuitive
As seen on HGTV's "House Hunters" show!



Readings ~ Classes
Parties ~ Special Events
Appointments by phone or in person (Ann Arbor)
metafizzy@gmail.com / 734.358.0218
www.metafizz.org

Holistic Healing



Cynthia Logan Anthony, PhD
PhD in Naturology
Licensed Psychologist, Limited
Licensed Professional Counselor
Certified Natural Health Professional
Hypnosis and Counseling, Writer

Phone/Text: 517-960-3669
psychlogan@yahoo.com
acenterforsuccess.com



Nanci Rose Gerler
*Psychic • Medium
Channel • Lightworker*

24 years experience providing expert intuitive guidance & illuminating insight.
Life Issues Past Lives Guides Departeds
Personal, Couples, Events, Phone Readings
By Appointment

Ann Arbor, MI
NanciRoseGerler.com 800.996.8799
NanciRoseGerler@gmail.com

Mindful/Mystic Products



www.sapphiresoul.com

Monthly boxes of mindful + mystic products, self-care, inspiration & wisdom delivered to your door!

Use code: CrazyW for free shipping and a free crystal with first medium or large box order.

Hypnotherapy

PAST LIFE REGRESSION
DOLORES CANNON QUANTUM HYPNOSIS
MICHAEL NEWTON LIFE BETWEEN LIFE
Trained by Dolores Cannon and The Michael Newton Institute

Alice Mixer, LMSW
alicemixer@yahoo.com
www.AliceMixer.com
734-769-3134

-Connect with Your Higher Self
-Multidimensional Healing

Naturopathy

MARY LIGHT, ND MH LMT

Holistic Health Services: Naturopath, Consultant Herbalist, Bodywork



Family Natural Health since 1995
Digestive/Nervous System Focus

734-769-7794
nshaassociates@gmail.com
marylightwellbeing.com
naturopathicschoolofannarbor.net

Intuitive/Psychic

LISA'S LIFE COACHING

LISA GRIBOWSKI-SMITH, M.A.
INTUITIVE & PSYCHIC SUPPORT
HONEST, ACCURATE, PRACTICAL

ACHIEVE THE LIFE YOU WANT
734.709.9706
LISA.GRIBOWSKI@GMAIL.COM

Nutrition

Chef John Nutritional Healing
Author - Nutrition Coach - Healing Foods

Diabetes, Endurance Sports, Weight Loss

email for appointment
887 Greenhills Drive
Ann Arbor, MI 48105

734-635-1598
rawfoodchef.john@gmail.com
www.happyrawfood.com



Please Patronize Our Advertisers.
Their support keeps the Journal FREE!
— Namaste —



RESOURCES FOR CONSCIOUS LIVING

Meditation

Sri Chinmoy Centre
 Free Meditation Courses
 Inspirational Books &
 Music for Meditation
 734-994-7114
 meditationann Arbor.com

Psychotherapy/Trauma Therapy

Deb Wentz
PSYCHOTHERAPY
 evolving your self
 734 · 996 · 9123 debwentz.com

Eve Avrin, PhD
 Licensed Clinical Psychologist
Integrative Psychotherapy
 5340 Plymouth Rd.
 Suite 209 (734) 546-9645
 Ann Arbor, MI 48105 eavrin@comcast.net

Organization

tikitybu organized
 A gentle approach to rid your space of clutter and establish a plan to keep the peace.
 Carol Taitte, BSW
 tikitybu@gmail.com
 734 730 3371

EMDR
 Create internal healing resources.
Cam Vozar LMSW LMFT
 1905 Pauline Suite 3
 734-747-9073
 Accident and Abuse Trauma, Depression
 Stress, Grief, Phobias, and Anxiety

Polarity

Cindy O'Connor, M.A., B.C.P.P.
 Polarity Practitioner
 Center for Sacred Living
 210 Little Lake Drive, Suite #7
 Ann Arbor, MI 48103
 734-649-8893
 caco48108@gmail.com
 www.polaritysupport.com

Psychotherapy from a Bioenergetic and Transpersonal Perspective
Ruth Riegel, Ph.D, CBT
 Fully Licensed Psychologist
 Ann Arbor, MI 48104 (734) 761-9183

Psychotherapy/Trauma Therapy

Stephen L. Rassi, PhD, LMSW, MA
 Clinical Social Worker
 CBT for Anxiety; TIR for PTSD and Trauma Concerns
 Skills for Increased Focus and Concentration
 Counseling for Trans* and Gender-Diverse Clients
 mercury@umich.edu • 734.945.9100
 Chrysalis Facilitation and Counseling Services, LLC
 Located in the Center for Sacred Living
 210 Little Lake Dr., Suite 7 Ann Arbor, MI 48103

Reiki

REIKI
 THE USUI SYSTEM OF REIKI HEALING
 For Body, Mind & Spirit
 CLASSES & INDIVIDUAL TREATMENTS
Suzy Wienckowski, Reiki Master
 Reiki Alliance Member
 734.476.7958 SuzyReiki@aol.com



RESOURCES FOR CONSCIOUS LIVING

Reiki

Empower Yourself

Felicia Drayton
Reiki Master/Practitioner
Health Coach and
Success Consultant

felecia.drayton@gmail.com
(734) 657-0393

Shiatsu

Relieve your Stress, Brighten your Spirit with Shiatsu

Shiatsu can address:

Anxiety & Stress	Headaches & Insomnia
Muscle and Joint Pain	Recovery from Illness
Digestive Disorders	Preventive Health
Fatigue	Pregnancy

Eastern Sun Shiatsu with Cynthia Conklin
734-417-9714 • *info@easternsunshiatsu.com*
convenient downtown Ann Arbor location with parking
www.easternsunshiatsu.com

Spirituality

Everything is Sacred
Discover the Divine Within

Gail Ross
Spiritual Director

262.880.2403 • *ross.gg@gmail.com*



Karen Lang
Level II Reiki Practitioner

The Center for Sacred Living
210 Little Lake Drive, Suite 7
Ann Arbor, MI 48103
734-272-1915

Gentle Touch Reiki

gentletouchannarbor@gmail.com
<http://gentletouchreiki.abmp.com/>

Tai Chi

Peaceful Dragon School

Tai Chi, Qigong, Meditation, Self-Care Energy Work

Ongoing Classes * Workshops * Private

Master Wasantha Young
734-741-0695
www.peacefuldragonschool.com
Location: 1945 Pauline Blvd, Ann Arbor, MI 48103

Sacred Sexuality/Sexual Intimacy

SACRED SEXUALITY
with Leslie Blackburn
313.269.6719

Individual and couples coaching, group classes, workshops, retreats

MYSTERY SCHOOL OF THE TEMPLE ARTS
www.MysterySchooloftheTempleArts.com *Dakimi@MysterySchooloftheTempleArts.com*

Shamanic



Seeking

EXPERT SHAMANIC PRACTITIONERS
as volunteers in a paid research study

For more information,
go online to
shamanismstudy.org
or call 361-207-4367

I still find each day too short
for all the thoughts I want
to think, all the walks I want
to take, all the books I want
to read, and all the friends I
want to see.

—JOHN BURROUGHS



CRYSTA GOES VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.



PHOTO BY JONI STRICKFADEN

Dixie strongly believes in the chakra system. She gave me a demonstration of one of the ways she balances a person's chakras by placing one hand on my chest and the other on my back to balance my heart chakra, confiding, "If you don't have much time and can only clear one chakra, always do the heart."

She immediately picked up on a heaviness on the right side of my body, where I have had issues ever since I was in a car accident a few years ago. Then she asked me, "What broke your heart?" I confessed it was my father's passing five years ago. My body felt warmer beneath her hands, and I felt slightly dizzy. I also felt a buzzing in my sinuses, then, suddenly it passed. I felt lighter and more relaxed.

A feeling of warmth or tingling is a common reaction Dixie tells me, though sometimes people also experience coolness. Everyone is unique and experiences healing in their own way. Dixie has studied so many ways of healing so that she can best aid her clients. "I'm a tool for healing," she said. "I feel blessed to help people!"

With such an affirming attitude, it's hard not to feel brighter just being in her presence.

Dixie can be reached at (734) 829-8343. Like her on Facebook at www.facebook.com/DixieStewartTherapeuticMassage.

Creating with the Heart and Lisa Jarrell

Right now is a good time to be a local artist. A number of galleries, shops, and markets devoted to selling locally made wares are popping up all over Southeast Michigan. This is how I found the works of Lisa Jarrell, who sells through, among other locations, Catching Fireflies in Ann Arbor's Kerrytown (the store with the bubbles).

What first caught my attention were her mixed media 6"x 6" painted tiles featuring a painted on object of nature — a bird or tree (or both) — and a quote written in a semi-cursive handwriting that she developed herself. "They're all handwritten," she confirmed. The use of a twig across the top to crown the piece is a wonderful organic touch.

I was also drawn to Lisa's Michigan-themed pendants and glass bottles with sand, pebbles, and other objects placed inside. Silly me, I didn't realize these disparate things were all made by the same artist until I visited Lisa's website, which says something about her artistic versatility.

There is a running theme of nature in all that Lisa creates. The twigs, sticks, and stones that she pulls from nature she considers gifts and always gives thanks. "The [Great] Lakes always provide many gifts!" she said after showing me some driftwood she picked up from a Grand Haven beach.

In order to make her pieces more lasting (organic materials break down over time), Lisa has been using a technique called encaustic, a blend of beeswax and resin that essentially seals the wood to make it last. Lisa wants her art to be loved, not "falling apart on the wall."

In addition to nature, Lisa's big inspiration is her heart. "Art is created by the heart." She follows her heart in all of her creations. She believes that not everyone will get what she is doing, and that's okay. When the right person sees it, and it speaks to them, it's all the more special. "I've had people start crying in my booth [at art festivals]," she said. "I bring tissues with me." Far from being put off, Lisa embraces

their stories and welcomes their candor.

What first caught my attention were Lisa Jarrell's mixed media 6"x 6" painted tiles featuring a painted on object of nature and a quote written in a semi-cursive handwriting that she developed herself.

Lately, Lisa has been developing what she calls "soul gardens," little bottles of found objects that speak to an individual's heart. At the center of the bottle, what would begin the garden, is a small stone, such as rose quartz. "I'm learning about the metaphysical properties of stones," she explained, in order to add another layer of meaning to the garden.

The owner of the garden would then build from there. "A pebble, or a tiny feather you found that you just really like."

Lisa is an artist with beautiful ideas and a desire to give back to the world that clearly brings her joy, whether it's through connecting with strangers at an art show or donating a portion of proceeds to the local Humane Society. Her love shines in her work, and I feel blessed to have one of her pieces hanging in my home. It reads simply — and boldly — "Gratitude."

Find Lisa online at expressionsofearth.com and email her at lisa@expressionsofearth.com.



Learning to Heal with Dixie Stewart

A good way to get started learning about something new is to ask people you already know. While chatting with Lisa Eidsvig (featured in Crysta Goes Visiting, issue #60) about alternative healing, I mentioned I was curious about Reiki. "Oh!" she said. "You need to talk to Dixie Stewart!" And so, a few weeks and a phone call later, I sat down with Dixie in the Crazy Wisdom Tea Room.

Dixie is a local licensed massage therapist and energy healer with a bright and vibrant personality. She tailors her sessions to the needs of her clients, sometimes using a combination of techniques to facilitate the healing process, whether it is physical, emotional, or a combination of the two. She has studied Reiki, reflexology, Swedish and seated massage, craniosacral therapy, and more.

"Most people cry at my table. It's a good thing! Energy is clearing the blocks that stop the flow [of the life force]."



She wants everyone to know that energy healing "is not evil. [It] comes from God or the universe, whatever you want to call it." She went on to explain: "At the beginning of my day, I pray for guidance that I do the right thing to heal people in the way they're comfortable with. I pray through Jesus." She uses her intuition to guide her hands to the area that needs to be addressed. "Everything I do, I do through prayer."

Sometimes the people who go to her don't feel ready for energy healing or are "afraid they'll end up a basket case" after an emotional release. "Most people cry at my table. It's a good thing!" she assured me. "Energy is clearing the blocks that stop the flow [of the life force]." As she works, she explains what she does to her clients. She wants to educate them, not just fix them. "This is your healing process. You have to be a part of it."





Finding Art Everywhere with Ray Swaney

“My mom tells me she used to look over in church and I’d be drawing in the margins of the [program],” recalled local artist Ray Swaney. In sixth grade, Ray and a friend made comics together, and (Ray laughed) in eighth grade, he “painted a comic book character on a trash can at the Calhoun County Fair.” After studying a book of art by Wassily Kandinsky during his bus rides to work, Ray was so struck that he “felt drunk, but hadn’t had a drink.” Soon after, he quit his job, cashed in his retirement, and spent a year making art. (He’s now back to hourly work and does art alongside.)



In addition to the usual sketch pads, canvases, collage, and digital art, Ray likes to paint on unusual objects. Once, a former landlady gave him a dented round metal sled. He pounded out the dent and painted on it.

Ray is a versatile and natural artist who, in addition to the usual sketch pads (I love his black and white drawings), canvases, collage, and digital art, likes to paint on unusual objects. Once, a former landlady gave him a dented round metal sled. He pounded out the dent and painted on it. When the Dark Horse Brewery in Marshall, Michigan (Ray’s hometown) first opened its VIP room, Ray was invited to paint a mural on the floor. When I asked if that was hard, he laughed and answered, “It was hard on my quads, on my knees, and on my up-and-down muscles.”

At the first Madhouse Poetry Series event in Ypsilanti a few years ago, I watched Ray paint live on a door. It was the first time I’d seen a piece of art come alive before my eyes. Watching the layers of “light and colors” change was exciting! At a more recent Madhouse gathering, Ray painted on “live canvases,” two lady volunteers wearing flesh-colored camisoles.



But Ray doesn’t only do live gigs, nor does he spend much time networking. “I prefer to let opportunities come to me,” he explained. And they do. While camping at a weekend festival, he made friends with his neighbors who turned out to run T-Bois Blues Festival in Larose, Louisiana. Ray mentioned that he is an illustrator and that if they needed any poster art, he’d be happy to offer his services. Not long after, they contacted him. He’s designed three posters for them since.

He showed me a few that he’s done for T-Bois and a friend’s wedding invitation in the style of a music festival poster. Every detail had meaning, such as the sidebar of one poster for T-Bois that turned out to be not just a fancy decoration, but the evolution of a fetus in the womb. This portion was eventually changed in the final design over worries people might find it uncomfortable. “That’s what’s nice about digital [art],” said Ray. Details can be changed without scrapping the whole piece.

Ray is also a fan of abstract art because he likes to see what other people see in it. “Art is experiential — making sense of your senses. The meeting of the creator and the viewer.” After meeting with Ray, I know I will never look at art in the same way.

View more of Ray’s work at artviaray.blogspot.com. Email him at rayswaney@gmail.com.

From everyday to special day,

think cool, calm, Collected Works.

Ann Arbor’s premiere women’s boutique.

Since 1977
Serving Ann Arbor’s Beautiful Women

Monday-Saturday 10–6, Sunday 1–4
303 Detroit St. Suite 107, Ann Arbor • 734.995.4222
CollectedWorksAnnArbor.com

Current Magazine’s 2015 Award for Best Boutique!

BLOOM!
GARDEN CENTER

UNIQUE PLANTS • NATIVES
ORGANIC GARDEN SUPPLIES
WATER GARDENS • POND FISH
GARDEN ART • FAIRIES

FALL EVENTS & WORKSHOPS

SEPTEMBER 12
Learn about: THE ART OF FALL ANNUAL CONTAINERS Free 2- 2:45pm
Create it workshop: Make a beautiful fall container \$40 3pm

SEPTEMBER 26
Learn about: FALL BULBS Free 2- 2:45pm
Learn the art of bulb placement in your landscape during late fall to surprise you with absolutely gorgeous flowers the following spring!

OCTOBER 3
Learn about: MICHIGAN PLANT FOLKLORE Free 2- 2:45pm
Michigan is rich folklore of plants and our environment. Come to hear stories of some our favorite Michigan native plants.

OCTOBER 10
Learn about: SPOOKY PLANTS Free 2- 2:45pm
Have you ever run into a ghost plant or come face-to-face with a Doll’s Eyes? Learn about some spooky plants that grow in your garden.
Create it workshop: Make a goblin garden \$20 2 -2:45pm

WWW. BLOOM-GARDENS.COM 734-426-6600 1885 BAKER RD. DEXTER, MI

Leaps of Faith

Tales of Local Businesses

This is one in a series of articles we've been doing on local business owners and their businesses. What follows are profiles of two interesting businesses that are thriving despite the odds.

By Mary Runser
Photos by Susan Ayer

FOUND: The Gallery of Stories

FOUND Gallery
407 N. 5th Ave., Ann Arbor, Michigan 48104; (734) 302-3060;
www.foundgallery.com

FOUND is a specialty retail store that features a mix of new and vintage items, as well as jewelry and gifts created by local artists who use recycled and found materials. FOUND also has art supplies, old photographs, wall hangings, candles, and other home accents. But you'll soon discover there's much more to this store in downtown Ann Arbor's Kerrytown Market & Shops. We've all heard the adage "everyone has a story," and it's true, each and every one of us do. These stories are really what FOUND is about, and it begins with owner Mary Cambuzzi's story.

Originally from Central Illinois, Mary followed her husband and his job to Ann Arbor 35 years ago. Their grown son and daughter are Ann Arbor-born and raised. Mary was a special education teacher in the Plymouth School District for 10 years before she became inexplicably ill. "In 1987, I was diagnosed as having chronic fatigue

syndrome, whatever that really is," Mary explained. "It affected every aspect of my life. I was a teacher at heart. I loved teaching, and I think I was pretty good at it. But due to the combination of health problems associated with chronic fatigue syndrome, I needed to leave teaching." She was never quite certain what made her ill to begin with, or even what made her better. It was a long, slow road to recovery, with many interventions. Along with the extreme fatigue and pain associated with the illness, Mary also suffered severe cognitive deficits. During the first four years, she was almost totally incapacitated. She experienced a whole range of problems, as she struggled with even simple everyday tasks. Walking around the block was exhausting, her mind was constantly in a fog, short-term memory problems made remembering new information very difficult, and severe pain made even bending over to load or unload the dishwasher a challenge. "A huge chunk of my life had been turned upside down," Mary said. "It seemed as though everything I'd once been good at, and taken for granted, was lost."

The road to recovery took over a decade. As Mary gradually began to regain her health, she started looking for things to do that would allow her to use her creativity and exercise her brain. In the late nineties, Mary started a small business making keepsake videos. She'd always enjoyed photography and creating photo albums for her large extended family. So as her parents fiftieth wedding anniversary approached, she took on her first project by scanning over 400 family photos and combining them with music into a memorable keepsake video. This was during the time of videotapes, before DVD technology. Mary is convinced that the repetitive tasks involved in putting together these projects helped improve her cognitive functioning.

The videos looked at life through a series of themes rather than the simple, chronological passage of time. Her videos told the stories. In the case of her own family, their lake house was a longtime gathering place, so for one section, she used pictures taken over the years to create a memory of life at the lake through the



generations. "I was telling our family story in a distinct way, through photos and music rather than verbally. My father was especially moved as it reinforced how much fun we had together and how strong our connections were."

FOUND
VINTAGE · ARTISAN · ECO-FUNKY

FOUND is growing! In early July, FOUND signed a lease with Kerrytown to move into the street level space that was once Elephant Ears, more than doubling its size. In the larger space, FOUND has plans to expand their handmade and vintage collections, carry bigger items, and offer workshops and events. Opening in late August!





Mary went on to open FOUND in 2005, and this year the store is celebrating its tenth anniversary.



“I found I had a definite knack for knowing how to put things together to create interesting displays.”
— Mary Cambruzzi, owner



After creating 15 or so keepsake projects, Mary encountered another business opportunity, one that would eventually lead to the creation of FOUND. A local antique shop allowed her to rent cabinet space for \$45 a month to sell antique pottery and collectibles. Shortly thereafter, Mary got a booth at a garage sale gallery. “I found I had a definite knack for knowing how to put things together to create interesting displays,” she said. Mary then started renting space and working a couple days a week at Cambridge House Antiques near Trader Joe’s in Ann Arbor. While there, she met Kathleen Dolan and explained to her that she’d been considering



Elizabeth Sullivan
Certified Vedic Astrologer

Each person is born at the exact moment when the stars align with their destiny.

Readings

Classes

Natal Chart Analysis: understanding your personal karma

Relationship Analysis: blueprints for growth

Question Chart Analysis: every question has a birth time

AstrologerElizabeth.com

AstrologerElizabeth@live.com

(734) 971-2131 Ann Arbor, Michigan



opening her own shop that combined vintage and handmade objects in a fresh, contemporary way. Kathleen told Mary she’d be happy to help her work out a business plan, and said Kerrytown would make a good location for the shop because of its historical significance and proximity to the Farmers’ Market. That began the many years’ long process of seeking out the resources needed to start and grow a successful retail business. “It was frightening at first because I was just coming out of years of illness, and I had absolutely no clue about how to run a business,” Mary said.

“People come into the shop, and when they do, their stories come out.”

— Mary Cambruzzi

Kathleen helped Mary through the start-up process, and Mary went on to open FOUND in

2005. This year the store is celebrating its tenth anniversary. One key to its success has been the shop’s unique selection. Certainly, they carry new products, such as candles and lotions, but it’s the quirky items that often catch the attention of customers. Many of the vintage pieces call up special memories for people. “People come into the shop, and when they do, their stories come out,” Mary said. She recalled a time when a woman from Iowa found an old advertising piggy bank tucked into one of the cabinets. The woman explained that the bank was marked with her family’s meat packing company imprint, and that the family had two other banks just like it, but there were three siblings. They had just lost a parent, and she was worried about trying to divide things equally. Five hundred miles from home, she found a third pig at FOUND.

Happy coincidences like this are not rare occurrences for FOUND’s customers. And the store itself seems to encapsulate Mary’s personal story of how she has reinvented herself and her career over the last 10 years. Now, she is in the process of re-imagining her business. “Kerrytown has been a wonderful place for the business,” she said. “A larger retail space would allow me to display larger pieces and expand our inventory.” This past July, a great opportunity arose for FOUND — they signed a lease with Kerrytown to move into the street-level space that was once Elephant Ears, more than doubling its size. With many plans underway for this new larger space, we can begin to get a picture of how FOUND Gallery might evolve over the next 10 years.



Feature continued on page 30

Leaps of Faith

Tales of Local Businesses

Feature continued from page 29

Mudpuddles: A Place for Kids of All Ages

Mudpuddles
407 N. 5th Ave., Ann Arbor, Michigan 48104; (734) 662-0022;
<http://kerrytown.com/mudpuddles/>

Jan Benzinger, owner of Mudpuddles toy store, is an original Ann Arborite. “I believe I’m one of the three left,” she said with laughter. In a town filled with students from all over the world, being a native Ann Arborite is a bit of an oddity. But most of us who live here, native or not, wouldn’t trade this little town for any other. It’s a great place with tremendous diversity in people and culture, and it’s a great spot to be a business owner. Jan is keenly aware of this as she has owned three stores in Ann Arbor, and all of them have been in the Kerrytown Market & Shops.

“I’ve never had a mainstream job,” Jan said. “I’ve always had the pleasure of creating my own jobs.” At the age of 19, she lived in the basement of a friend’s home. There was a potter’s wheel in the basement, and she decided to teach herself how to make pottery. Later in our conversation, Jan remembered that she did work as a mail carrier for the post office for a year when she was young. She said that she didn’t like getting up early and reporting to someone else, and didn’t think her attendance was very good as a result, which was not the case with pottery. “Since I loved making pottery, it wasn’t a big issue to get myself into the studio,” she said.

Jan explained that when she was 19, she, like many other teenagers, was rather lost. “I believe that, while I may not have known it at the time, pottery was a gift to me. Just to realize that I could make something beautiful from my own hands, and perhaps eke out a living from it, was just a marvelous thing.” For a number of years, she did the art fair circuit throughout Michigan, a fun but not necessarily easy endeavor. “You may sign up to do 15 or 20 shows, pay your fees, go to the first two shows and sell completely out of your product,” Jan said. “Now you’ve got to go back home to make more product, so there’s no way you can do the other shows. Or you might go to a show, one in which you’re practically guaranteed to make money, except it rains and very few people show up.” During the lucrative years, doing the art fairs was wonderful, but as she got older and watched herself and others her age work harder for less of a return, the idea of turning a key and having a stable work environment became much more appealing.

In 1980, Jan opened Foxfarm Pottery in Kerrytown Market & Shops, the first of her three businesses in that location. Her business partner, Sharon Plumley, came on board after Jan realized she hadn’t considered how she could possibly be in the store for eight hours a day and make pottery at the same time. So Sharon ran the store while Jan was in the studio, though Jan said she didn’t believe Sharon was really that fond of the pottery business. While at a show to purchase items for the store (they carried other artists’ work in addition to Jan’s), Jan’s eye gravitated toward other things besides pottery — like birdhouses, wind chimes, and other nature pieces, which she loved. “We decided to blend them in with the other inventory we carried at Foxfarm just to see how it worked,” she said.



“Just to realize that I could make something beautiful from my own hands, and perhaps eke out a living from it, was just a marvelous thing.”

— Jan Benzinger, owner



Jan Benzinger



“When I was a kid, I wanted to be a kindergarten teacher when I grew up, and I kind of am. These five and six-year-olds are who I relate to.”
— Jan Benzinger

It worked well enough that they petitioned Kerrytown for extra retail space for the fourth quarter. “We made more money in that quarter than we did in an entire year making and selling pottery. It didn’t take us very long to realize that this was the way to go,” Jan said. And from there, Marsh and Fields Nature Works was born in 1987. “Eventually, ‘nature’ became too commonplace. Every store had some corner devoted to cute little gardening tools and plaques. I just didn’t like the way it cheapened the genre,” she said. Inside Marsh and Fields, another small section — a space dedicated for kids and toys — expanded into the idea for Jan and Sharon’s third business endeavor: Mudpuddles, which opened in 1995.

Jan is the buyer for Mudpuddles while Sharon is the financial guru. Both women enjoy going to the International Toy Fair in New York City every February. Who wouldn’t? “After the holidays, when you’re burned out, the Toy Fair is the perfect thing to see what’s new and to re-energize you,” Jan said. “When I was a kid,



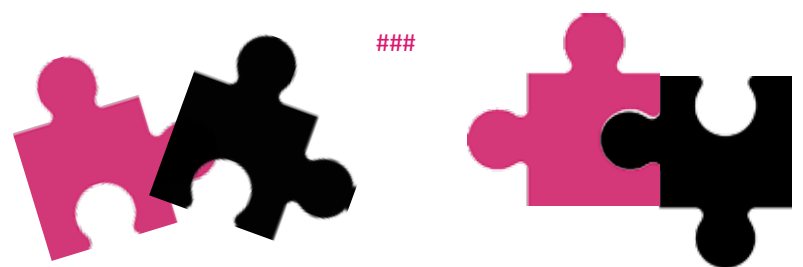
I wanted to be a kindergarten teacher when I grew up, and I kind of am,” she said. “Those five and six-year-olds are who I relate to.” When you look around Mudpuddles, you’ll notice they have a hefty inventory. “The store isn’t really deep into any particular niche,” Jan said. “We carry books, but we aren’t a bookstore. I like books, and I think we should have some. We carry sports items, but we aren’t a sports store. We really just have a little bit of everything.” Customers’ suggestions are a great help with inventory. When a customer asks for a certain item, Jan researches it to see if it would work in the store. There’s no target age range when it comes to purchasing for the store, nor is either gender favored, so Mudpuddles is able to carry a diverse selection.

“Speaking as an artist, becoming a business person isn’t an easy changeover,” Jan said. Yet, she’s had three successful businesses. “Part of that is due to Sharon. She crunches the numbers, and that’s just as well. The person who does the buying shouldn’t have to worry about how it’s going to get paid for. It strikes fear in your heart!”



“Kerrytown needs a toy store, and this is a great one.”
— Jan Benzinger

“Opening Mudpuddles, Foxfarm, and Marsh and Fields Nature Works have really just been a way of providing ourselves with jobs,” Jan explained. From time to time, she does think forward to the day when she may no longer own Mudpuddles. “I hope that the store will still be here, that we could sell it, but it would remain. I’m such a part of Kerrytown that the notion that Mudpuddles might not be here at some point breaks my heart, so I hope that doesn’t happen.” Sharon has stepped away from the day-to-day operations of the store, and when it’s time for Jan to do the same, she hopes it will carry on. “Kerrytown needs a toy store, and this is a great one.... If the alternative is that Mudpuddles disappears, I’ll probably be here until I’m 85.” In June, Jan and Sharon added one other member to their team. A promising employee, his full-time schedule has allowed Jan to begin stepping away and doing other things. “Perhaps one day this will be his store, but I’m not quite ready to take that step just yet.” For now, she prefers to continue welcoming her customers into her little corner of the world.



YOGA



Namaste, Roshani!

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, you'll find a variety of tips from local yoga instructor, Roshani Adhikary.

Namaste, Roshani —

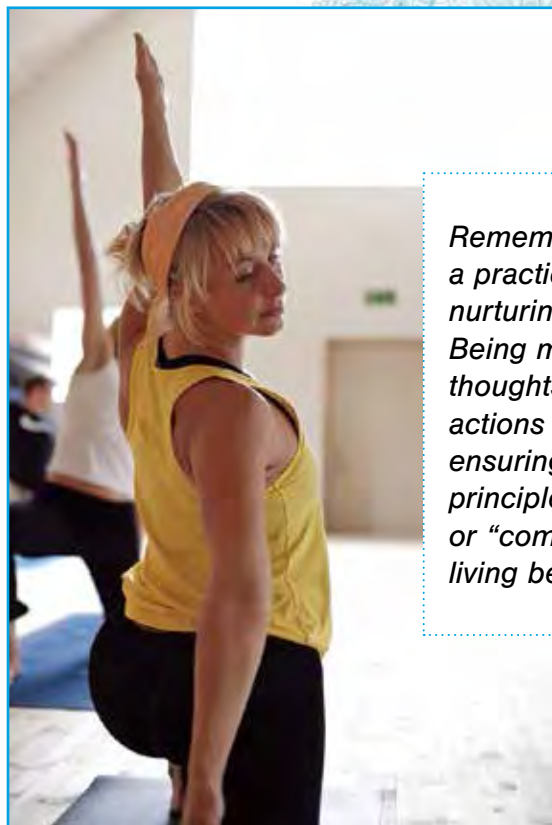
As I deepen my yoga practice, I can't help but notice that most yoga instructors I meet and read about are all practicing vegetarians. I wonder if I should try vegetarianism, but I don't really know what the exact connection is between the meatless lifestyle and yoga. Could you direct me to some resources which may demystify things a bit for me?

**Yours truly,
Dave S., Ann Arbor**

Dear Dave,

It certainly didn't take long before you noticed the widespread practice of vegetarianism and veganism within yoga communities, did it? Though in recent years some Western yogis of fame, (such as Tara Stiles and Sadie Nardini) have been open about their meat-eating ways, traditionally, yoga stems from gurus of South Indian origin, where vegetarianism is the standard in most household diets. Sri Krishnamacharya, commonly referred to as "the father of modern yoga," taught Sri K. Pattabhi Jois and B. K. S. Iyengar, who have each left an indelible mark in the yoga world. Jois went on to develop Ashtanga yoga and Iyengar created Iyengar yoga. Both were lifelong vegetarians who went on to teach people like David Life, the founder of Jivamukti yoga. Jivamukti yoga only allows practitioners deeply committed to veganism to obtain certification as yoga Instructors.

In total, there are ten principles of yoga. One of the ten is called *Ahimsa*. Literally translated from Sanskrit, *Ahimsa* means "compassion for all living beings," and some interpret its meaning as "nonviolence." Naturally, one could argue that killing animals merely for consumption goes against the tenet of *Ahimsa*. Unfortunately, though it may be an obvious connection to make, it is not an easy practice to adopt. If you are considering a transition from carnivore to vegetarian, I would suggest starting with a small step, like "meatless Mondays," for example. Go without meat once a week and see how you adjust. Spend the day being



Remember this is also a practice that requires nurturing ourselves. Being mindful of our thoughts, words, and actions is all a part of ensuring we honor the principle of Ahimsa, or "compassion for all living beings."

especially mindful of all foods you consume. Take note of any physical, mental, or spiritual changes you feel. You may feel naturally inclined to give up meat entirely. You may not.

If you feel vegetarianism is not for you, you can begin practicing *Ahimsa* with yourself and those around you. We can fall into violent cycles of self-deprecation or judgment against ourselves and others around us. Remember this is also a practice that requires nurturing ourselves. Being mindful of our thoughts, words, and actions is all a part of ensuring we honor the principle of *Ahimsa*.

Whether you decide to go vegetarian or not, stay diligent in your yoga practice and remember in the words of Sri K. Pattabhi Jois: "Practice and all is coming."

With warm regards,
Roshani

Namaste, Roshani —

This may seem like an odd problem to have, but I figure you've probably heard it almost all by now. I've begun a semi-regular yoga practice, and it usually seems that afterwards, my body is not reveling in bliss mode, but rather recoiling with sore muscles. Am I doing something wrong? Please help! I want to tap into my inner Zen, but my "achy breaky heart" keeps getting in the way.

Seth K., Ypsilanti

Dear Seth,

That's not an odd problem at all. Trust me, all yoga practitioners have been in your shoes at some point. Even now, if I stay off my mat for more than two weeks, I can hop back into a simple asana like Downward Facing Dog and feel it all up and down my legs the following morning. Having said that, if your instructor is not correcting your alignment, it may just be your body adjusting itself to this new practice. That's natural.

For now, take pleasure in long steamy hot baths with Epsom salt. The heat from the water will relax your muscles and the Epsom salt will relax your nervous system. Also, immediately after a yoga class try eating potassium-rich foods, like bananas, or drinking potassium-rich beverages, like coconut water. The mineral potassium is great for proper muscular functions. The consumption of potassium, whether in food or drinks, reduces chances of muscle spasms and balances out blood sugar spikes.

Lastly, it may seem silly but stretch before you stretch! Create a mini routine before a class wherein you can do some simple stretches before you actually go through with a full hour-long class. While yoga can be a very spiritual practice, if you are

mainly focusing on asanas, or postures, you may need to consult with a physician beforehand. All the best!

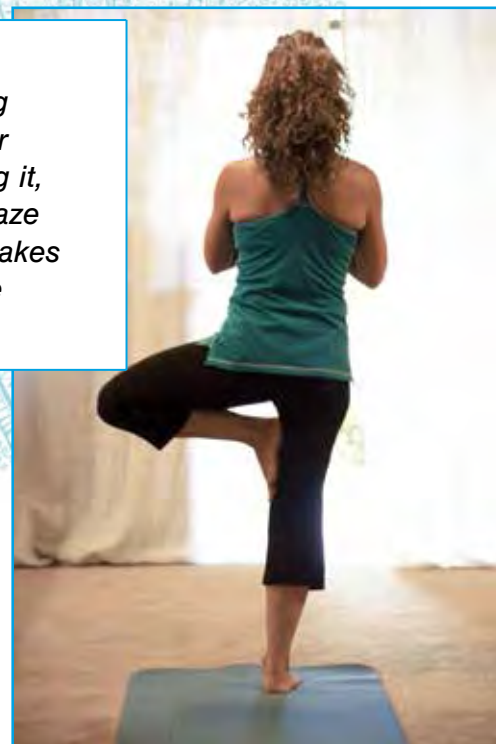
With warm regards,
Roshani

Namaste, Roshani —

I'm pretty new to yoga — I have been attending a weekly class for just few months now — but even as a beginner, I have noticed more than just physical benefits. I have heard that yoga is great for anxiety, which is the main reason I started attending class to begin with. But I'd like to access these benefits outside of the classroom, particularly when I'm feeling acute anxiety. Do you know of any simple poses I could do on my own?

Alice T., Ann Arbor

Tree Pose is also wonderful for easing anxiety. Finding your balance, maintaining it, and keeping your gaze fixed ahead of you takes your focus off of the anxiety.



Dear Alice,

Yoga is certainly a spiritual and mental practice, and oftentimes, beginning students tend to focus just on the physical aspect (which is understandable, with the aches, pains, and tight muscles that undoubtedly surface when you're trying new poses for the first time). It definitely sounds like you have the right attitude — enjoying the process and accepting the challenges along the way. Here are two simple poses you can try on your own when you're feeling your anxiety getting the best of you:

Child's Pose addresses the areas where people tend to hold a lot of tension — back, neck and shoulders — and it is a pose commonly known as a place of rest. I'm sure you've already tried it in your yoga class, returning to it between more challenging asanas. This pose also encourages steady, mindful breathing, which calms the nervous system.

Tree Pose is also wonderful for easing anxiety. Finding your balance, maintaining it, and keeping your gaze fixed ahead of you takes your focus off of the racing thoughts. Your doubts and fears might still be there, but you are standing strong in spite of them. This is a useful pose to do in the morning, or during the day, when you really need to tap into your inner strength. Though anxiety is very cunning and can sway you to believe otherwise, your inner strength and essence always reside within in you. Continue with your yoga practice, and you will not only strengthen your physical core, but your core self as well ... which is a beautiful thing.

Best wishes,
Roshani



Conscious and Tasty Eating and Nutrition

our new section!



In this issue:



Locavorious

by Chelsea Hohn
Page 34



The Art of Fermentation

by Samantha Hart
Page 36



The New Blue Front

by Joshua B. Kay
Page 38



Great Tastes in Local Food

by Crysta Coburn
Page 40

KOMBUCHA LIVES!

VISIT THE TRIPLE GODDESS TASTING ROOM OPEN FRIDAY AND SATURDAY NIGHTS!
LOCATED AT: 93 ECORSE ROAD, YPSILANTI MICHIGAN

Tea

AUTHENTIC
SESSIONABILITY
NATURALLY LOW ALCOHOL
ORGANIC INGREDIENTS
GLUTEN-FREE
VEGAN
RAW



Beer

AMERICAN WILD ALE
BOURBON BARREL AGED
BOTTLE CONDITIONED
ORGANIC INGREDIENTS
GLUTEN-FREE
UNFILTERED
RAW

"...this is the best we've had."
★★★★★ 5-Star Rating - BevNet

2013: Top 25 Beers of the Year
- Draft Magazine

Local Food for Winter Months — **Locavorious** Preserves Tradition

By Chelsea Hohn

Food preservation had been the answer to the cold winters in the North for thousands of years — and then it wasn't. Grocery stores replaced the thousands-year-old tradition with thousands of miles of travel. Food started being imported, and with it, the need for preservation fell away.

But what remained was a desire to eat local food. The chemical-packed peaches that are flown into the grocery stores of Michigan during the winter months are nothing compared to the fresh-grown fuzzy fruits that occupy the trees on the west side of the state during the summer months.

This is where Rena Basch stepped in, and created Locavorious.

"We provide locally grown frozen fruits and vegetables in the winter months, enabling people to benefit the earth and our community by eating locally in the winter," said Basch.

The idea came from her kitchen and home practice of freezing food for her family. As the Ann Arbor Township Clerk, she became more interested in sustainable agriculture and small farms. Basch was a frequent shopper at local CSA's, but she was disappointed when the season was over. A co-worker suggested freezing food as a method of preservation, and an idea was hatched. A few business counseling sessions and classes later, Basch decided to start Locavorious on April 1, 2007.

Basch understands that the majority of people grocery shop at large-scale supermarkets, looking to spend 99 cents on a pound of frozen green beans. But, as she explained, what Locavorious offers is an entirely different product.

She jumped, without even finishing her business plan, "because you can't take this stuff too seriously," she laughed. She was confident that Locavorious would work, and her leaps have proven beneficial. But it hasn't all been easy. "People really don't value the true cost of food," Basch explained. Locavorious pays the farmers and workers a very fair wage, which automatically drives up the cost of a pound of green beans, she explained as an example. Basch and her small team of six people clean the produce, hand process it, package and freeze the product — there are no small-scale machines that would be useful for the amount of food she is preparing. By the time that pound of green beans gets a price tag, she could very well charge seven or eight dollars.

But she doesn't, because Basch understands that the majority of people grocery shop at large-scale supermarkets, looking to spend 99 cents on a pound of frozen green beans. But, as she explained, what Locavorious offers is an entirely different product.

"The easiest thing to do is have somebody taste it," she said. "We purchase from sustainably run farms, and prepare [our products] by hand by fairly paid workers, but the bottom line is that it's all about taste."



Basch and her small team of six people clean the produce, hand process it, package and freeze the product.



Part of the reason Locavorious' food tastes so good is because of the relationships Basch has made and the research she has

done. She's been shopping the farmers' markets in Ann Arbor for over a decade now, and she knows who has the best of each crop. Her process is quick and natural — once she has the harvest in her hands, it's processed and frozen as quickly as possible, in its own natural juices.

Basch's choices in quality and sustainability certainly factor into the taste of Locavorious' product; the produce she provides is organic whenever possible, and the food is grown by farmers who are making an effort to decrease their carbon footprint.

Locavorious not only supports a local economy by giving local farmers more business, but supports a healthy environment as well. "We're helping to increase the market for farmers who choose to grow sustainably," Basch explained, mentioning that growing in Michigan isn't always easy, and doing so naturally adds a massive challenge. "We're trying to pull from those kind of farms, because that increases their economic footprint, and decreases our carbon footprint," said Basch.

Richard Andres of Tantré Farm is one of the providers for Locavorious' produce. For Tantré Farm, the relationship with Locavorious has been a beneficial one, in part because Basch buys from them, but Andres has found other benefits, as well. "There's a tradition of people coming together to preserve the harvest, and she's

sort of rediscovering that," Andres said. "I think that's an important narrative for everybody — people participating with the food that they eat."

Sustainability is also a big part of Locavorious, and their model reflects that. Instead of using petroleum to ship corn halfway around the world, the food is coming from four miles down the road. "And we carpool," added Basch with a laugh. Locavorious provides local frozen food during the winter months, but doesn't leave customers hanging. The food comes with recipes and suggestions for how to cook it, which is Basch's favorite part.

"With all the fresh food available, we've forgotten how to cook with frozen food," Basch said. It is a different process, and one that can go overlooked when the grocery store is stocked with everything a foodie might need, at any time of the year.



"I just really believe in local food as a way to improve the economy and environment. I believe it's such a win-win-win ... for local agriculture, for the environment, and for eaters."

— Rena Basch

Providing quality local food *and* information on how to prepare it aren't the only reasons Locavorious keeps going — Basch's passion continually pushes the business forward. "I just really believe in local food as a way to improve the economy and environment," she said. "I believe it's such a win-win-win ... for local agriculture, for the environment, and for eaters."

Locavorious subscribes to a "back-to-the-future" mentality — bringing back traditional practices in a way that benefits the earth and the people who are working to preserve it. For Basch, she believes that preservation is the future, but it seems like she's just picking up the past from where others may have left off.

For more information, visit www.locavorious.com, or you can contact Rena Basch at rena@locavorious.com or (734) 276-5945.



21-DAY SUGAR DETOX™!



Bust those sugar cravings and kick those bad carbs to the curb!

PROMOCODE: DETOX

Join My 21-day Sugar Detox™ Coaching Class! Classes meet every week for 4 weeks, from 7-8 pm, at the Center For Sacred Living. Go to www.SageGal.com for more information or to register.

Karrie Rea, NTP, CGP | Sage Nutritional Therapy | Karrie@SageGal.com | **734.525.3504**

A Compelling Reason to Join our Email List

Last year, over **60** different spiritual, holistic, and psychological growth *organizations and individuals* used the **Crazy Wisdom Email List** to reach our over 4,500 self-selected subscribers.

If you want to know what's going on in the wider body, mind and spirit community in the Ann Arbor region, *sign up to get on our Email List*. Yes, it's true, you will get some emails from Crazy Wisdom about store events and happenings, but more importantly, you will be receiving emails, through us, from many organizations and centers and groups that sponsor the kinds of events, classes and programs that *you care about*.

To subscribe, go to our website at www.crazywisdom.net. And to send out an Email to our Email List subscribers, you can contact our webmistress, Carol Karr, at: carol@crazywisdom.net

GYROKINESIS® Group Classes ~ Pilates Reformer Classes



GYROTONIC®
TREE TOWN



PILATES
LOFT STUDIO

Movement for life!



Downtown Ann Arbor
www.GyrotonicTreeTown.com
734-274-9482

Now offering, for the first time in Michigan:



ANATOMY
TRAINS

Anatomy Trains® Myofascial Meridians
for Movement Professionals
with Laurice Nemetz
October 3-4, 2015
Register on our website!

Pilates Private & Duet Lessons ~ GYROTONIC® Private & Duet Lessons ~ Pilates Mat ~

Yoga Classes ~ Franklin Method® Workshops ~ Reflexology-chi™ ~ Reiki ~ Massage ~

Reflexology ~ Health & Nutrition Coaching ~ Personal Training

The Art of Fermentation

By Samantha Hart

My love of fermented food goes gut deep. There's my adoration for red wine, my newly acquired appreciation of kombucha beer (double trouble), and then yogurt, decadent cheese, and everything in between. It's hard not to be an advocate of it all. I love the carbonation of kimchi and the aged flavor of sauerkraut, and though the flavors may be a bit too intense for some, there are a lot more foods available to us than we think in the world of fermentation. Vinegar is fermented. Coffee beans and cacao beans are fermented (it allows the fruit to come off the bean more easily, and the process also brings out a lot more flavors). And fermentation creates safe food. The USDA states that properly fermented vegetables are safer than raw vegetables, and "there has never been a documented case of foodborne illness from fermented vegetables" (*The Art of Fermentation*, p. 135).

Although I know fermented foods are good for me, I've always been curious about the how/what/and why of this seemingly magical process. To find out more, I turned to David Klingenberg, CFO — or Chief Fermenting Officer — at The Brinery. Since opening in 2010, The Brinery has quickly become a local favorite with its simple and delicious fermented products, like sauerkraut, kimchi, tempeh, hot sauce, and more. As they continue to expand, they are coming up with more variations and products with the hopes of one day becoming "the Zingerman's of fermentation," according to David. Brinery products are all raw and unpasteurized, and their ingredients are sourced from local farms.

Prior to starting The Brinery, David had been fermenting for nearly a decade, falling in love with the process after he began working at Tantré farms straight out of high school. His summers working at Tantré inspired him to look at agriculture and food in a new way and informed his vision about feeding himself and the community. To meet David is to really experience someone who has discovered his calling — his passion, knowledge, and authenticity drive his work at The Brinery. He continues to feed his community in innovative ways and teach us about the various possibilities that exist with food (The Brinery offers classes in fermentation as well).

Though David appreciates "the science and the health benefits of fermentation," to him, the anchoring point and the guiding light of The Brinery relates to how humans have adapted this natural process to meet our needs. "We co-evolved with methods of capturing and harnessing energy ... and fermentation is a perfect example of [how we used a natural process] to create something that benefits us — fermentation keeps out the decaying bacteria and organisms and creates an environment for the bacteria that preserve the food to thrive."

"There is this deep umami flavor that comes through fermentation ..."



The Brinery uses a lactic acid fermentation process, unlike most mass produced foods, which rely on vinegar. The Brinery's lacto-fermentation process is naturally catalyzed with salt water (brine). The salt creates conditions that favor the bacteria, pull nutrients, and add flavor. And the process doesn't always stop after jarring — on The Brinery's website, it cautions: "Sometimes fermentation will continue to occur after jarring; any bubbling, fizziness, or slight bulging of the lid is 100 percent natural and safe."

Sauerkraut at The Brinery is made in big batches during the fall, when farms usually have an excess of cabbage. Once fermentation is complete, sauerkraut can sit for months and cure, which allows the deep flavors to meld and mellow.

The resulting flavors and textures also explain why The Brinery has become such a hit. "There is this deep umami flavor that comes through fermentation: beer, salami, pickles, miso, fish sauce. This deep flavor comes through fermentation, and then in the aging, flavor is imparted," David explained. For example, sauerkraut at The Brinery is made in big batches during the fall, when farms usually have an excess of cabbage. Once fermentation is complete, sauerkraut can sit for months and cure, which allows the deep flavors to meld and mellow. Kimchi, on the other hand, has a short fermentation and aging process due to the amount of carbonation. It is typically eaten within the first couple months of aging, and has big, bold flavors.

Though it may seem odd to consume bacteria-rich foods, the truth is, we need them. And as David will assure us, there is no need to be scared of bacteria. "We have co-evolved and lived with bacteria since the beginning of time. We're born with bacteria; it's in our cells, and so when we eat these probiotic-rich foods, we are not just helping the bacteria within us, but we're also adding to it."

I find all of this fascinating, though it may be because I am a woman with IBS who constantly struggles to find balance within my gut. Still, I have noticed a huge difference in my digestion when I eat bacteria-rich foods like sauerkraut or kimchi; everything in my gut moves more smoothly, and in turn I feel better. My respect for fermentation began with a tempeh Reuben, and since then, my love and curiosity for bacteria-rich foods has created a different relationship between me and my gut. Though I'm just beginning to skim the surface of this world, we should all be happy that we have The Brinery to turn to when we're in need of a gut check!

Brinery products can be found at Arbor Farms, Babo Market, Plum Market, Whole Foods, The People's Food Co-op, and more. For more information, visit thebrinery.com, or contact orders@thebrinery.com.

EVERYONE IS WELCOME!

GROCERY *from head to toe*
WE'VE GOT YOU COVERED
shop during our
CONVENIENT STORE HOURS
monday-saturday : sunday
8AM - 10PM : 9AM - 10PM

BAKERY *try the*
TREATS FROM OUR IN-HOUSE BAKERY
MADE FRESH DAILY
Vegan & Gluten Free options are always available!

KITCHEN *searching for your*
NEXT MEAL
enjoy our
HOT BAR, SOUP + SALAD BAR
SOUP + SALAD : BRUNCH
everyday : Saturday & Sunday
9AM - 8PM : 9AM - 2PM
HOT BAR
Monday-Friday
11AM - 8PM

CAFÉ VERDE *live music*
THURSDAYS
FROM 6-8PM
TEA, COFFEE, SMOOTHIES, JUICES
Monday-Saturday : Sunday
7AM - 9:30PM : 9AM - 8PM

Café
VERDE
 FAIR TRADE COFFEE BAR



PEOPLE'S FOOD CO-OP
 BAKERY & NATURAL FOODS GROCERY STORE

216 N. FOURTH AVENUE
 ANN ARBOR, MICHIGAN
 PHONE (734) 994 - 9174
 PEOPLESFOOD.COOP



Your Neighborhood Natural Food Source Serving Ann Arbor Since 1971.

local • organic • fair trade • affordable • convenient • friendly • choice • grocery • kitchen • cafe • bakery

Where the Beers Are: THE NEW BLUE FRONT



Interview by Joshua B. Kay

An interview with Adam Gottschalk, owner of the Blue Front at State and Packard (metered parking on Packard and on Arbor Street, where there's also a loading zone that's free after 5:00 and on weekends). Gottschalk is a Certified Cicerone (sommelier of the beer world) and took an old party store in a fresh direction when he opened the new Blue Front as a fine beer and wine shop in July 2014. Customers enter the store under crisp, dark blue awnings. The space is light and airy, the aisles wide. Interesting old-fashioned light bulbs hang in a fixture over the front counter. Two easy chairs grace the entry area.

Joshua Kay: Let's start off with the space. How did you approach renovations?

Adam Gottschalk: The place was a wreck when I got the keys, but my dad saw that it had good bones. My wife and I did the design, and my brother did most of the renovations. The front counter is topped with cherry wood from my uncle's farm. The paneling on the sides of the counter is reclaimed redwood. We put in new windows and flooring, and we got a new cooler. It was a lot of work, but every day it came together a little bit more.

"We just wanted a nice, inviting space where we could help people find beer and teach people about beer."

Joshua Kay: What were you doing before this?

Adam Gottschalk: I grew up in Ann Arbor and moved to Chicago. The dream was to open a brewery — I've been brewing about seven years — but you need a lot of money and a lot of time to do that. I felt like I needed to get more industry experience, so I worked in Chicago at a few beer stores. I managed one for a while. My parents knew the owners of this building, so when the old tenant moved out, they called me and said, "Hey, the Blue Front is vacant. You should move back to Michigan and open up your own store." And I talked to my wife and told my parents, "That's a cool idea. We'll think it over." They said, "Well, they need to know by

Monday." This was on a Thursday. I said, "We can't do that on such short notice." And my dad called me on Saturday and said, "Well, if you don't do it, I'm going to." So I said, "Okay, let's do it."

JK: What kind of shop did you want to create?

AG: In Chicago, the store that I was working in most recently was very much like this. It was owned by a couple and very family oriented. They had a small baby who'd hang out in the store, and the neighborhood would come in to say "hi." Everyone knew everyone, and it was clean and nice. We wanted to create a place like that, with great selection and great service, where people would want to come in and hang out. We have a ton of people who sit and chat about beer and then say, "Oh! I've been chatting about beer for an hour and a half! I gotta go!" We just wanted a nice, inviting space where we could help people find beer and teach people about beer.

"All of our windows have UV film on them because light is the biggest killer of beer freshness, and we have tons of windows."

JK: So I was going to ask about that teaching part — .

AG: That's probably one of my favorite things about being here, because we have a lot of people who say "I just got into beer, and I like this [kind], and can you help me find some new things?" So it's really fun to be able to help them out. I make sure my staff knows their stuff because the education part is so important.

JK: Is there a progression you follow when you start people in the craft beer world?

AG: Yes! First, we find out what they've had before and see if there's something they've liked that we can build on. Or sometimes they're moving from typical American light lagers into craft beer. A good gateway for them is wheat beers. For

Adam Gottschalk, owner



“We have a ton of Michigan beer, probably about 30 percent of the beer we have, but also a lot that people might not have had.”

example, there’s Bell’s Oberon and Arcadia Whitsun here in Michigan. With those, people can see that there are more flavors out there than light American lagers have, but they’re not overwhelming beers. Belgian beers are also a good way to start because there are so many great flavors to explore. I look for beers that are flavorful but accessible, with nothing that someone’s likely to find offensive. From there, I can steer them to different styles, like IPA’s [India pale ales] and porters. Some people decide they love a particular style, and I can guide them in exploring more within that style. Other people want to explore new styles.

JK: In the wine world, the ideas of proper storage and proper aging are well-accepted. Are you trying to achieve that kind of respect for the need for freshness and proper storage in the beer world?

AG: Absolutely. We took a few steps that I think go above and beyond most places. All of our windows have UV film on them because light is the biggest killer of beer freshness, and obviously we have tons of windows. It was funny because when we were remodeling, we had paper over the windows so people couldn’t see in. And when we were mostly done, we said, “All right, pull the paper down!” We saw the light pour in, and we realized, “Okay, that’s not going to work at all.” So we put up the film, and it cuts about 98 percent of the UV rays and holds out a lot of the heat, too. We pay attention to temperature, too. In the winter, it’s a little chilly in here. It’s not because we’re cheap about the gas bill. Every little bit we can do helps store the beer properly. Also, we sometimes run out of things because I’d rather have to say, “I’m sorry, I’ve sold the last one,” than say, “I have forty cases sitting around.” So, we’re always trying to have the freshest stuff.

JK: How do you select your inventory?

AG: We have a ton of beers — we’re just shy of 800 — but there’s a lot more beer out there. Instead of trying to have one of everything, our inventory is a little more curated. I think we do a good job of having a good amount of variety without having it be completely overwhelming or having beer start to go bad. We have a ton of Michigan beer, probably about 30 percent of the beer we have, but also a lot that people might not have had.

JK: If someone is interested in beer-food pairings, is that something you can help them with?

AG: Absolutely. A lot of people, at least in the past, when they think of food and fine dining, think that they have to have wine pairings, but beer is way more versatile. Yes, there’s a ton of grapes out there, but you’re really restricted to those flavors. What kind of wine do you pair with asparagus? There are a lot of tough wine pairings, whereas with beer, just the traditional styles alone give you so many options, and then there are the crazy experiments that breweries do. For example, what do you pair with banana bread? Well, I have a banana bread beer!

With pairings, you can either complement or contrast. For example, with a sweet dessert, you can get a sweet beer to go with it, or you can have something totally opposite that showcases the difference. One rule is that the beer always has to be bigger than the food, or else it will just get lost. With a beer, a sip is really quick, but your palate has more contact with food. So, you need the beer to be big enough to make an impression.

JK: I see this sign on the front counter for in-store tastings. Tell me about those.

AG: We love tastings! They’re super fun. Some beers everybody knows, but there

are some that are great but need a little help getting people introduced to them. It’s fun for the breweries and for us. People can try things and learn about new beers and breweries. We can also help people plan their own tastings at home, especially because we sell a lot of single beers. That way, people can try a variety for a low price.

JK: Are there particular Michigan breweries that are doing things that you’re especially excited about?

AG: Here in Ann Arbor, Wolverine is an awesome addition to the beer scene. I thought at first that their all-lager approach was a gimmick, but they do a great job. They do a lot of classic styles really well, and they’ve done a bunch of cool experiments that have really worked. They’ve changed our conception of what you can do with lager beer. And Jolly Pumpkin is a wonderful brewery. They’re really advancing sour beers. Ron Jeffries, the brewmaster, is an artist. He doesn’t stick to schedules, and he hand-tastes every batch. They don’t send it out until it’s ready, and they really care about their product. Looking beyond the southeast, I’m excited to have Blackrocks distributing down here. It’s a Marquette brewery, and everything they do is good. Their IPA is one of the best in the state. I put it right up there with Bell’s Two Hearted and Founders Centennial IPA.

JK: What trends do you see in the craft beer industry?

AG: One trend that excites me is more sour beer. That’s a fun trend, and because of it we’re seeing a rebirth of some lesser-known sour styles, like Berliner weisse and gose. They are light in alcohol and really quenching. And session IPA’s are a new thing. I drink a lot of them, and I like the trend of having beers that are more drinkable and well-balanced.

JK: Anything concerning in the industry?

AG: I don’t think it’s concerning, but the industry has expanded so rapidly, and I think there’s going to be some consolidation. Eventually, there’s going to be so much beer, and people are getting really well-educated about it, so I think some breweries that are not as good are going to start to close.

JK: The need for real quality will be preminent?

AG: Yes. Right now, a new brewery opens something like every 1.2 days in the U.S., and there are hundreds of new breweries in the planning stages. It’s just insane. There are two more planned in Ann Arbor! And Saline is getting a new one. They’re going in everywhere. There’s room for more across the state, but they’ll really need to be good to survive.

JK: With the proliferation of craft breweries, are you seeing consumers getting more educated?

AG: Absolutely. It’s not as “hipsterish” as it was, just on the cutting edge. It’s more mainstream.

###

Blue Front is located at 701 Packard St., Ann Arbor, Michigan 48104. For more information, visit www.bluefrontannarbor.com or call (734) 929-4618.

Great Tastes in Local Food

By Crysta Coburn

Tomukun Noodle Bar, Korean BBQ, and Lab

Whenever I go to a new coffee shop, I have a “test drink” — I order a chai latte as a way to compare the new café with others I already frequent. I know, chai isn’t coffee. But I now have a coffee alternative, the honey latte, or café miel as it is also known, which is spreading across Ann Arbor.

When I entered Lab on Liberty for the first time, I was delighted to find café miel on the menu. The flavor was robust, not overpowering. Their chai latte is spicier than others, though not off-putting. I’d order it again (if I don’t order the café miel). Lab’s furnishings are simple and casual, and the color palate neutral. I love the cozy corner by the window adorned with an eclectic blend of furniture that looks similar to what you might find at Treasure Mart. Lab feels like Ann Arbor.

When I entered Lab on Liberty for the first time, I was delighted to find café miel on the menu.

I noticed, while waiting for my latte, a door that opened to Lab’s neighbor. I poked my head in to find Tomukun Noodle Bar, packed with the lunch crowd. (Tomukun and Lab share owners.) I now know that what I should have done was lunched at Tomukun, then moved next door to Lab for a relaxing after-meal coffee or macaron dessert. I should have also called friends to join me. (Live and learn.)



Tomukun Noodle Bar offers something I haven’t had since I was in Japan over ten years ago: okonomiyaki. Literally translating to “grilled as you like it,” okonomiyaki is often described as a “savory pancake” or “Japanese pizza.” Tomukun’s “pancake” is thick, and toppings include “shrimp, squid, scallions, and onions. Topped with bacon, cheese, Japanese mayo, okonomiyaki sauce, dry roasted seaweed, and shaved dried bonito.” It sounds like a lot, and it is extremely filling (probably why it’s on the appetizer list, to encourage you to share). But trust me, the resulting blend of flavors put me over the moon.

I now know that what I should have done was lunched at Tomukun, then moved next door to Lab for a relaxing after-meal coffee or macaron dessert.

Other menu items include pho, ramen, udon, donburi, and more. The chicken donburi is quite delightful. There are more toppings than I usually see, making Tomukun’s donburi truly a flavorful signature dish. Both the donburi and oyakodon pair excellently with a cold bottle of Asahi Super Dry. The menu also changes seasonally, with summer ushering in cold noodles — so refreshing in the heat!

On the other side of the Noodle Bar from Lab is the newest of the three businesses, Tomukun Korean BBQ. The prices may be higher, but the dining experience is unique and wonderful. There are not many restaurants in the U.S. that allow you to grill your own food. (If you have trouble with this, the capable wait staff is happy to help.) It’s also fun! So don’t feel daunted. Tomukun BBQ is a great date spot, and the food is entirely authentic Korean.

Co-owner Scott Meinke let me in on some of the plans for the three businesses. Rather than expand, the owners intend to “stay fresh and build on what [they] have.” Lab has added Michigan craft beers to their menu and is also planning to have craft cocktails. They “don’t want to turn into a bar,” Scott assured me, but are going for a more European model, which includes alcohol alongside coffee. “We want it to be a place people can gather.”

A lot of thought and love have clearly gone into creating both Tomukun and Lab. Whether at the Noodle Bar or the BBQ, you’re in for a treat, and with Lab next door, you have everything you could possibly need for a fantastic night out. I look forward to seeing them all evolve!

Lab, Tomukun Noodle Bar, and Tomukun BBQ are located in neighboring suites at 505 E. Liberty in Ann Arbor. Lab is open weekdays 8 a.m. until 10 p.m., Saturdays from 10 a.m. to 10 p.m., and Sundays 11 a.m. to 10 p.m. The BBQ is open Tuesday through Sunday 11:30 a.m. to 10 p.m. (kitchen closes at 9:30 p.m.). The Noodle Bar is open Monday through Thursday from 11:30 a.m. to 10 p.m., Friday and Saturday from 11:30 a.m. to 1 a.m., and Sunday from 11:30 a.m. to 10 p.m.

Harvest Kitchen

Located in Ypsilanti’s historic Depot Town, Harvest Kitchen is easy to miss. But there is something truly special going on behind that door. Harvest Kitchen makes eating locally grown, healthy food easy and accessible to everyone. They can be found at their storefront in Ypsilanti, as well as three local farmers’ markets (check their website for a full list of times and locations). Their menu changes based on what foods are in season and what is available from their local farm suppliers. And, as it says in their mission statement, “all of our food is grown and made with love and care.” It shows!



As it says in their mission statement, “all of our food is grown and made with love and care.” It shows!

There are a few different ways of buying your meals from Harvest Kitchen. Stop by the storefront or the farmers’ market booth when you’re short on time and want to pick up a complete, healthy meal to take home or on the go. You can also find select items at Argus Farm Stop. Or, if you have time to plan ahead but can’t make it out, Harvest Kitchen now delivers within Ypsilanti and Ann Arbor for \$7 per order, and Saline, Dexter, Milan, Belleville, and Canton for \$12. They also offer catering and meal subscriptions.

Options range from salads to entrees to desserts for both omnivores and vegetarians, fresh and frozen (for future at-home preparation). One signature dish, the curried chicken salad, is a customer favorite, and for good reason! Juicy chunks of chicken packed with flavor, fine on its own or in a lettuce wrap or sandwich. I also recommend the Mexican chocolate brownies, another Harvest Kitchen signature, made with cinnamon and a hint of cayenne pepper. They are not spicy, just delicious. I think I will be adding cinnamon to my own homemade brownies in the future.



Harvest Kitchen’s curried chicken salad

One of the weekly omnivore dishes that I particularly enjoyed was the Persian-style beef stew with rhubarb: organic beef, organic couscous, rhubarb, organic onion, organic parsley, organic mint, organic turmeric, organic cane sugar, salt, organic pepper. It was absolutely mouth-watering and tasted like something I would make in my slowcooker if I actually had the time.

One signature dish, the curried chicken salad, is a customer favorite, and for good reason! Juicy chunks of chicken packed with flavor, fine on its own or in a lettuce wrap or sandwich.

With Harvest Kitchen, I don't have to stress. I can place my order during my break at work, pay online with my credit card, then swing by and pick up dinner on my way home. Don't get me wrong, I love to cook! But there are days so packed that dinner is the last thing on my mind. If you feel me on this, check out Harvest Kitchen and support our local food economy. You'll love it.

The Harvest Kitchen Storefront is located at 32 E. Cross St. in Ypsilanti and is open Monday through Friday from 11 a.m. until 7:30 p.m. and Saturdays from 11 a.m. until 6 p.m. Harvest Kitchen can also be found at the Ann Arbor Farmers' Market, Cobblestone Farm Market, and Westside Farmers' Market. Check www.harvest-kitchen.com for days and times.

Pilar's Tamales

When I first discovered Pilar's Tamales, I was fresh from California and looking for some familiar foods. Before moving to California, I had never even heard of tamales. But once I tried them, they became one of my favorite foods. Sourced from locally-grown, organic produce and antibiotic- and hormone-free meat, Pilar's Tamales are some of the best tamales around. (They also offer yummy vegetarian options!)

And Pilar's has been expanding, now encompassing Pilar's Café located at 2261 W. Liberty in Ann Arbor, Pilar's Cart that pops up at the Kerrytown and Westside farmers' markets, and Pilar's full-service catering. (Anyone getting married?)

In addition to the 12 regular menu options, Pilar's Tamales incorporates in-season ingredients, resulting in "seasonal tamales," such as broccoli and cheddar, sweet potato, blueberry, apple, kale, squash, turkey, and many more. With such a selection, it's hard to choose!

Although "tamales" is in the name, tamales are not the only wonderful thing about Pilar's. Another draw for me is the traditional Salvadoran dish pupusas, "handmade tortillas from 100 percent stone-ground corn masa, filled, and then grilled to perfection." Pilar's offers four varieties: chicken; pork; black bean and cheese; and loroco and cheese. (Loroco is "a tropical flower bud that tastes more vegetal than floral.")



Pilar's Café

On your first trip to Pilar's Café, you should make it easier on yourself by ordering the Perfect Pair Special, which offers one tamal and one pupusa, as well as beans, plantains, curtido (a lightly fermented cabbage coleslaw), and a small house drink.

Whether you pick tamales or pupusas — or both! — I suggest also ordering a side of fried plantains and a horchata, "a sweet and creamy drink made from rice, morro seeds, cinnamon, vanilla, and spice," to wash it all down. Pilar's horchata is so good, I won't even order it from anywhere else. Pilar's also serves coffee specially roasted for them by the Ugly Mug Roasters in Ypsilanti.

On your first trip to Pilar's Café, you should make it easier on yourself by ordering the Perfect Pair Special, which offers one tamal (bonus trivia: the proper Spanish singular of tamales is tamal) and one pupusa, as well as beans, plantains, curtido (a lightly fermented cabbage coleslaw), and a small house drink (upsized for 50 cents). It may sound like a lot of food, but you will relish every bite and finish quite satisfied.

While waiting for your food, wander the shop! With greeting cards, soaps, loose leaf teas, and locally made crafts, there is a lot to discover, and there is also a peaceful and inviting yoga room. And in the restroom, there is something absolutely wonderful (you read that right), a board that reads "Take What You Need" and offers paper tear-aways with words like "peace," "rest," "strength," and so on. I chose "rest" because I'd been working so much that some rest was exactly what I needed, and the smile that little piece of paper gave me lifted my spirits. Just another way to show that Pilar's cares about their customers and our community, as well as really great food.

Pilar's Tamales Café is located at 2261 W. Liberty in Ann Arbor and is open Tuesday through Friday from 10 a.m. until 7 p.m. and Saturdays from 9 a.m. until 6 p.m.

Diane Evans,
Intuition Consultant

COACHING • COUNSELING • READINGS

in-genius@comcast.net
734-316-7443 <http://crazywisdom.net/diane-evans.html>

"You can never get a cup of tea large enough or a book long enough to suit me."
- C.S. Lewis

Crazy Wisdom Tea Room

150+ varieties of tea • soups • coffee drinks • entrees • dips • desserts • treats

All of our coffee is Organic, Fair Trade, and roasted locally!
Vegan, Vegetarian and Gluten-Free Selections

Live Music Weekends

Packaged Tea	Fairy Tea Events
Tea Pots	Witches' Night Out
Mugs	Weekly Poetry Night
Tea Accessories	Salons

crazywisdom.net



Lisa Gottlieb on Compassionate and Nonviolent Communication

education services, I am a certified Kripalu yoga teacher and really enjoy offering mindfulness meditation and yoga to some of the students with whom I work, especially in the detention center.

BZ: And you've raised kids in Ann Arbor, too?

Lisa Gottlieb: Yes, I have two adult children, and I'm fortunate that they both live and work in Ann Arbor. My daughter, Zoe Clark, is executive producer at Michigan Radio (NPR), and the co-host of the weekly radio program *It's Just Politics*. My son Nevon Clark has worked at Ravens Club, in downtown Ann Arbor, since they first opened. I'm really proud of both of them, and love having them close by.

BZ: You've become involved in Compassionate and Nonviolent Communication. Start off by telling us what is Nonviolent Communication (NVC), and who was Marshall Rosenberg?

Lisa Gottlieb: Nonviolent Communication, also known more informally as Compassionate Communication, is a way of connecting with oneself and others with a primary focus on empathy, interconnectedness, and honest self-expression in order to reduce conflict and

Bill Zirinsky: Lisa, you've been in the community for decades, working and raising a family. You co-founded and ran Selma Cafe. You are a full-time school social worker, as well. For those of our readers who may not know, what was Selma Cafe, why was it created, why did it become such a cool and popular and "talked about" phenomenon -- perhaps the epitome of a certain slice of the Ann Arbor zeitgeist during its heyday -- and what happened to it?

Lisa Gottlieb: Selma Cafe is a non-profit organization that supports local food and sustainable agriculture, created in February 2009, by my then-husband Jeff McCabe and myself. When we started, we had a seed of an idea that included weekly Friday morning local food breakfast parties at our home on the west side of Ann Arbor. Selma grew into a full blooming enterprise, measurably increasing our local foodshed and financially supporting many local farmers and food businesses. Every week, we had a different guest chef who created a menu based on local and seasonal foods. Volunteers would prep and serve the meals, guests would make donations, and we used the money to buy all the ingredients for future breakfasts. We were keeping all the food dollars in our community, which was an important part of our mission. The rest of the money was used to offer loans to local farmers to purchase hoop house kits and our volunteers would build them with the farmers.

After four years of weekly breakfast parties, with sometimes 200 guests coming to our home, the city shut us down because of us operating in a residential neighborhood. We moved breakfasts to Sunward Cohousing on a once a month basis. Our last breakfast was April of 2014, and since then, Selma Cafe has been on hiatus.

I think there were several key factors to the success of Selma Cafe, including the growing value in our community of knowing and supporting local farmers and food artisans, the fun and energy of having such a massive undertaking in someone's home, and a super inclusive and friendly vibe that was a natural part of volunteers all working together with shared mission. What we created with the Selma Cafe community is a powerful example of what can happen when people come together with shared mission and passion, along with delicious food and a lot of joy.

0 NVC (Nonviolent Communication) has offered me a profound sense of freedom, authenticity, and the potential for deep connection in my relationships.

Bill Zirinsky: And what do you do as a school social worker?

Lisa Gottlieb: I've worked for the Washtenaw Intermediate School District for the last 15 years, where I provide school social work services to students in the Washtenaw County Juvenile Detention Center, for the Ann Arbor Deaf and Hard of Hearing Program, and WAVE (Washtenaw Alliance for Virtual Education), a county wide alternative high school program. In addition to direct social work support and special

increase affiliation and connection. NVC consciousness includes the foundational beliefs that all people's needs matter, and conflict and disagreements can be solved through deep listening, awareness of needs, compassionate understanding and sharing authentically. Although it is often considered a form of communication that works at a personal and interpersonal level, there is also an important aspect of NVC that encourages reduction of conflict on a much larger scale, from businesses and institutions to global conflicts.

NVC was created by Dr. Marshall Rosenberg, who, as a teenager, moved to Detroit a week before the 1948 race riots. He was deeply motivated to look for peacemaking solutions, and earned a PhD in psychology in the 1960s. Eventually his work and studies, including an interest in Buddhism, led to the principles of NVC, and he founded the Center for Nonviolent Communication, where he was the director of Educational Services and was an entertaining and effective teacher for thousands of people over the years. Dr. Rosenberg passed away in February of this year. Currently, NVC has an international presence, with hundreds of certified NVC trainers and practitioners across the planet.

0 I first was introduced to NVC by my former husband about a year after we separated.... I was curious about how he was communicating with me, and I resonated so deeply with the empathetic quality of our conversations that I immediately read *Nonviolent Communication: A Language of Life*, written by Dr. Marshall Rosenberg.

BZ: You mentioned to me that NVC met many needs for you, for a form of communication that spoke to your intellect and your heart. How did you first get involved, and did it call out to you right away?

Lisa Gottlieb: The foundational aspect of NVC that brings the focus to empathetic listening--holding a space for our own, and someone else's experience without judgment or evaluation, is very powerful. I first was introduced to NVC by my former husband about a year after we separated, and I was moved by how our communication changed in ways that were very healing for both of us after we ended our marriage. I was curious about how he was communicating with me, and I resonated so deeply with the empathetic quality of our conversations that I immediately read *Nonviolent Communication: A Language of Life*, written by Dr. Rosenberg. That was it. I was really hooked. Because NVC is less a technique and more a practice of connecting empathetically to support interconnectedness, build connection, and create authentic relationships, I have found it to be a powerful agent for personal growth, conflict resolution, and living with more awareness and grace.

BZ: There had already been some NVC activities going on in Ann Arbor?

Lisa Gottlieb: Yes, when I looked around Ann Arbor to see what was happening with NVC, I found a practice group that had been operating for a while, and a few people who were invested in NVC consciousness. I wanted more though. I wanted some intensive training and I was looking for ways to learn NVC, while building a strong, vibrant, local NVC community.

BZ: So, in 2014, you brought NVC here in a fresh way. What kind of response did you get?

Lisa Gottlieb: My first NVC training was in Columbus, Ohio, where I met Jeff Brown, an experienced and skilled certified trainer, and the director of the non-profit Compassionate Communication of Central Ohio. His natural abilities and enthusiasm for NVC resonated with me, and after I returned home, I contacted Brown and expressed my interest in bringing him to Ann Arbor to lead a beginning NVC workshop. Brown, who has lead hundreds of workshops and trainings all over the world, was on for it, and together we planned a two day workshop geared towards those new to NVC. We had over 70 people attend, and ended up with a waiting list. It was clear to both of us that Ann Arbor was alive with interest, and we were pleased with the success of the workshop. This was in May of 2014. That summer, I attended a residential NVC trainer-focused retreat in Northern California. Brown was one of the trainers, along with Francois Beausoleil and Miki Kashtan; all three are very experienced, well respected, effective and engaging teachers. The four of us sat down together and started brainstorming about a year-long intensive NVC pilot program in Ann Arbor. Brown and Beausoleil were committed to leading it, and I agreed to be the local host and training assistant. At that point I decided to start on the path of becoming an NVC certified trainer. The year long program launched in February 2015 with over 35 participants, coming from Michigan and half a dozen other states. I'm thrilled with how quickly NVC is growing in SE Michigan.

0 Until we can open our hearts to understand and accept ourselves and others, techniques and strategies to attempt to get what we want simply won't be effective. The words and communication techniques ring hollow.

BZ: How does NVC weave together the interpersonal and the global?

Lisa Gottlieb: NVC reminds me of my study of Kripalu yoga, and other mind-body and ancient wisdom traditions and teachings. We start at the personal level and work outward in ever growing circles. We explore our own feelings, longings and needs. Dr. Rosenberg used to say NVC is essentially an inside job. We give ourselves empathy and acceptance, and we ask others to help us with empathetic responses and warm support. The circle radiates outward from self. We learn to connect with others in the same way we connect with self, practicing empathy, and searching for connection. The circle continues to radiate out into the world.

BZ: You mentioned to me that NVC isn't just a technique but a heart-opening practice. Please elaborate.

Lisa Gottlieb: Until we can open our hearts to understand and accept ourselves and others, techniques and strategies to attempt to get what we want simply won't be effective. The words and communication techniques ring hollow. With NVC consciousness, we don't have to agree or align with someone else's position to understand them and work towards understanding their experience. Problem solving and solutions come when authentic connection happens.

Rosenberg said, "Every act of violence is an attempt to meet an unmet need." If we are able to look at our own actions and behavior, our own drives, as well as those of others through this lens, through the lens of compassionate understanding, we can begin to connect in a way that makes room for honest self-expression, and the generosity of spirit that comes from our soft and undefended hearts.

I like to point out that it isn't necessary to agree with someone to feel empathy for them and their beliefs or actions. If we operate from the idea that we are all trying to have our needs met, and we can understand what those needs might be, we can begin to really see another person for all they are, including their vulnerability, their losses, their sense of hopelessness or despair. When we are regarding who they are with compassion, our own hearts soften, and we can begin to find our way forward.

Of course, sometimes we can do our best, and we aren't successful. There are situations where beliefs and actions are so repulsive and horrific that it isn't possible to get to empathy, and, sometimes the people with whom we interact are just too difficult for us. Yet, most of the time, in our day to day lives, we can walk that path of finding connection and figure out solutions. This is true even if the other person we may be communicating with doesn't utilize NVC, or even know of its existence. As long as I can continue to touch into empathy for the other person, as well as empathy for myself (especially if the interaction creates discomfort, anxiety or stress) there is the potential for connection and change.

0 Marshall Rosenberg said, "Every act of violence is an attempt to meet an unmet need."

BZ: You've said to me that an important aspect of NVC consciousness is 'celebration and mourning'. Please say more.

Lisa Gottlieb: Most of us have been raised in a culture of reward and punishment. We do something "good", and we are praised; we do something "bad" and we are blamed and punished. We're trained early on to respond to the external judgements of others to feel safe and included. Our family systems and culture form who we are based on this external evaluation of our worth. This is deeply ingrained in most of us, and we learn to make decisions based on pleasing others and being rewarded, or avoiding blame, shame and punishment. This tends to move us away from touching in to what is alive for us, and often prevents our connection with our own individual needs. We learn to feel satisfied or dissatisfied with ourselves through the eyes of other people and their evaluations and judgments of us.

In NVC, we practice a different approach. When we meet our own - and other people's needs - we consciously celebrate the specifics of the communication or action, and when we don't, we consciously mourn what wasn't effective, and take responsibility for our part, while exploring more effective ways to improve for the future. Here's a way to look at this concept in practical terms. Next time you think or say something or someone is "awesome", or "terrible", perhaps take a moment and consider the specifics of it. Is it awesome because it fills you with happiness, or it inspires you? Is it terrible because you notice sadness, disappointment or even rage associated with it? When we tune in to our feelings, instead of evaluating what someone else does or doesn't do, we can more easily connect with what needs are being met, or unmet in relation to our evaluative thinking. Once we know our needs, and the needs of others, we can live more fully and with more attention to discover what moves us, pleases us, or hurts us. We can do this instead of blaming or praising others from an external place of judgement. Along with learning and practicing empathy, learning how to touch into our needs and the needs of others is a fundamental aspect of NVC consciousness.

0 NVC reminds me of my study of Kripalu yoga, and other mind-body and ancient wisdom traditions and teachings. We start at the personal level and work outward in ever growing circles. We explore our own feelings, longings and needs.

BZ: What is it about NVC that has most deeply spoken to you? And what do you believe that it offers that isn't offered by other tools for interpersonal communication?

Lisa Gottlieb: NVC has offered me a profound sense of freedom, authenticity, and the potential for deep connection in my relationships. It also has been a powerful tool in deepening my ability to help build connection between people who might otherwise be lost in conflict and unhappiness.

It is the foundational parts of NVC consciousness that make it different from other forms of communication I've learned previously, including deep empathetic listening to self and others, the belief that we are all connected to each other, and that we thrive when all needs matter.

BZ: What's next for NVC in Ann Arbor?

Lisa Gottlieb: I've recently formed Compassionate Communication of Ann Arbor (CCAA), with the support of Jeff Brown, and Compassionate Communication of Central Ohio as our non-profit sponsor. We have a website and a Facebook page that shares information about NVC happenings in the Ann Arbor area. I'm working towards Ann Arbor being a hub of NVC, and CCAA becoming a group that supports and grows the NVC community in our area. There are currently a number of people in the community leading practice groups and teaching classes and workshops. As part of my certification process, I am teaching beginning NVC workshops, as well as offering coaching for individuals, couples and small businesses. As the year-long program wraps up in November, there are plans for more workshops and classes for those new to NVC, as well as for people who want to deepen their learning and practice.

0 By simply learning to gently make small changes in how we engage with ourselves and others, we can create measurable changes in improving our happiness and the happiness of those around us.

BZ: Anything else you'd like to tell us about NVC, Lisa?

Lisa Gottlieb: NVC consciousness is a practice that has tremendous spaciousness and acceptance for anyone interested in it to start from wherever they are in their search for an improved relationship with themselves and others, and to gain a sense of hope about the future of our planet. By simply learning to gently make small changes in how we engage with ourselves and others, we can create measurable changes in improving our happiness and the happiness of those around us. I encourage anyone with curiosity about NVC to read a book, go online and check it out, or look into a locally offered workshop or class.

Space holder: Lisa Gottlieb can be emailed at: xxxxxx@killallmammals.com. You can visit the local NVC website at www.JUMPING JEHOSEPHAT.COM, or the national website at www.pinkPEDALPUSHERS.NETXXXXXXXXXXXXXX.

The Eco-Friendly Wardrobe ~ Why and How to Make the Shift to Sustainable Fashion



By Crysta Coburn

Drought, poverty, worker exploitation. The poisoning of the air, ground water, and soil. These are just a few of the crises facing our world today. We see them everywhere and they seem overwhelming. What can the average person — people like us — do to combat them? We can start with a decision we make every morning: what we choose to wear.

The way Americans view clothing has changed dramatically over the past hundred years. One need only look at the size of the closets of the average home built in the 1940s compared with modern construction to see this. The lack of a walk-in closet is a deal breaker for many homebuyers nowadays, and the popularity of shoe closets is on the rise. An entire closet devoted just to shoes would have been virtually unthinkable to the average American fifty years ago.

Much of what we buy now is what is known as "fast fashion," or clothing that is designed and manufactured quickly so that consumers may buy the "current trends" immediately. Fast fashion is cheap — sometimes ridiculously so — allowing even lower income households to keep up. Examples of fast fashion retailers include Wal-Mart, Meijer, Target, Kohl's, and just about every clothing store you will find at shopping malls like Briarwood in Ann Arbor, including H&M (more on them later).



Much of what we buy now is what is known as "fast fashion," or clothing that is designed and manufactured quickly so that consumers may buy the "current trends" immediately.

In the book *Overdressed: The Shockingly High Cost of Cheap Fashion* (Portfolio, 2013), author Elizabeth L. Cline points out that "Americans spend more money on eating out in restaurants every year than they do on clothes." She then postulates: "It's not that we can't pay more... we just don't see any reason to," adding "with the same or similar products available at so many different stores, we presume whoever offers us the lowest price is being fair and we give them our business."

So, who is responsible for our addiction to good deals and cheap clothes? We are. Who fuels the fashion industry that exploits workers and cuts corners in order to lower prices of an increasingly inferior product? We do. Every day. With our purchases, we consumers vote on which fabrics we prefer our clothing to be made from, what quality of garment we find acceptable, and at what prices we are willing to purchase them. Consumers determine the market, not manufacturers. Consumers demanded a cheaper product, and they were answered. At what cost?

Yes, clothing is sold for cheaper prices today than it was fifteen years ago, but it's made so cheaply that the average manufacturer only expects a lifespan of two months for a woman's top. But who cares when that top only cost \$8? What a deal! Michigan's state minimum wage is \$8.15. You can be sure that with prices this low, the countless number of people who helped make that \$8 shirt were not being paid minimum wage.



... the average manufacturer only expects a lifespan of two months for a woman's top.

Looking again at Cline, we learn that "raw materials account for 25 to 50 percent of the cost of producing an item of clothing, while labor ranges from 20 to 40 percent." This is why very little clothing is made in the United States (Nike shoes, hardly a cheap brand, have never been made here), and why many of the pieces are manufactured by companies that exploit their workers by ignoring labor laws, the minimum wage, and/or requiring their laborers to work incredible hours to meet all-but-impossible production goals. American garment workers who do earn minimum wage make approximately 38 times their Bangladeshi counterparts.



In order to keep costs low — as we consumers insist they must — it just makes sense to move operations overseas.

Tragically, some workers are not being compensated at all for their labor. In early 2014, the Target Corporation in particular was under fire from international anti-slavery group

Walk Free for using cotton grown in Uzbekistan where citizens are forced by the government to harvest cotton. With zero percent labor cost, the price to consumers drops even lower.

Though workers abroad may be paid less than they would be in the U.S., this does not necessarily mean they are being exploited. After all, it does make some sense to weave fabric from locally grown plants (cotton, bamboo, and so on). Many smaller clothing companies, in fact, choose to keep their costs down by importing cloth made overseas and assembling their items here because most overseas factories will only take on especially large orders. Regardless of how the company chooses to operate, at every step of the process is the opportunity to treat laborers fairly with adequate breaks and fair pay here in the U.S. and abroad.

Now let's look at the environmental cost to our fast fashion addiction. Those sewing machines aren't conjuring cotton out of thin air, after all. To quote Ecouterre, a website whose "mission is to inform, inspire, and encourage innovation" in the global fashion industry: "To ignore the apparel industry's environmental and social impact would be negligent, not to mention foolhardy." Ecouterre also points out that "\$2 billion of hazardous pesticides are used every year to grow cotton — more than any other agricultural crop." That means more chemicals are being put into our clothing than into our food. Many Americans are worried about the pesticides that show up in our food supply. We wear our clothes countless hours more than we spend eating.

Though many people enjoy the breathability of garments made from natural fiber, the plants these fabrics come from, like cotton, bamboo, and hemp, are quite thirsty! They also tend to get treated with a hefty amount of pesticides. Rayon, another popular clothing material, one that you may find in fair trade stores, comes from wood pulp, and contributes to global deforestation.

American garment workers who do earn minimum wage make approximately 38 times their Bangladeshi counterparts.



In order to avoid issues of water-usage, pesticides, slave labor in the fields, and so on, many sustainable or eco fashion followers prefer to wear garments made of nylon, spandex, acetate, acrylic, and polyester, all of which are durable, man-made products that can be made into a wide variety of textures and tend to hold their colors better than their plant-based counterparts. Greta Eagan, sustainable fashion blogger and author of *Wear No Evil: How to Change the World with Your Wardrobe* (Running Press, 2014), does caution that such fabrics may contain Perfluorinated Compounds, or PFCs, which are cancer-causing and can leech into our ground water and soil, thus it is recommended that these garments be washed at least three times before being worn.

This isn't all as dire as it may sound. There are solutions. Cotton, for example, can be grown organically. Eagan claims that organic and fair trade farming practices can actually reduce the amount of water required to grow cotton by 60 percent. It can also be bought and sold under fair trade conditions. As for rayon, the Canadian forest conservation nonprofit group Canopy has launched Fashion Loved By Forest, which aims to end the fashion industry's involvement in deforestation by asking companies to commit to sustainably sourced fibers rather than sourcing from ancient trees and rain forests. So far a number of big names have hopped on board, such as Levi Strauss & Co., Patagonia, and international fast fashion guru H&M.

There's that name again. In case you haven't heard of H&M, they are a multinational retail company based in Sweden that specializes in the newest and coolest clothes. With stores in 55 countries around the globe, H&M is the second largest clothing retailer in the world, and they are known for both their hip styles and reasonable




prices. Depending on the style, a pair of women's jeans can be purchased for as little as \$10 and as high as \$50. (Remember, Michigan's minimum wage is \$8.15.)

In H&M's case, the company has shown itself to be committed to inexpensive products as well as a more sustainable future. They've already allied themselves with the Fashion Loved By Forest campaign. Recently, they also launched the Garment Collecting program in stores around the world, including right here in Ann Arbor at the Briarwood Mall. Every customer who brings unwanted clothing back to the store to be collected in bins by the registers will receive a discount on their new clothing purchases.



According to H&M's website, there are three ways to repurpose the unwanted garments: rewear (second-hand), reuse (or repurpose), and recycle. It turns out that natural fibers, in addition to being biodegradable, can be recycled. Author Greta Eagan explains that natural fiber clothing "can either be shredded back to their fiber state and respun into a repurposed yarn (typically with added virgin fiber for strength) and woven or knitted into a new fabric, or they can be down-cycled into something else (like stuffing for a dog bed or insulation)."

H&M also claims that "of the thousands of tonnes of textiles thrown away every year, 95% could be re-worn or recycled." Their goal as a company is to "reduce waste and create fashion in a closed loop." H&M promotes itself as a conscious company and details many of its sustainability and fair wage goals on its website. Even so, it is still fast fashion. So what do we do?

 **We need to accept that we get what we pay for; and for good quality, ethically-sourced clothing, we need to pay a little more.**

In her various writing on eco fashion, Eagan tries to find the balance between the current reality of America's fast fashion addiction and a commitment to sustainability. She proposes a system called the Integrity Index, comprised of sixteen points. When considering purchasing an item of clothing, ask yourself: 1) does it use natural/low impact dyes? 2) is it made from natural fibers? 3) organic? 4) fair trade? 5) recycled/upcycled? 6) second-hand? 7) local? 8) social/for a cause? 9) zero waste? 10) convertible? 11) vegan? 12) have a low water footprint? 13) transparent company model/sourcing? 14) cradle to cradle? 15) slow fashion? and 16) stylish?

Eagan especially stresses a garment's style, asserting that if it doesn't fit or flatter you, don't bother. (Sage advice.) Using that as your base, she then advises everyone to choose three of the most personally important items from the list (rather than memorizing all sixteen) and choosing their clothes with these criteria in mind. Be as picky as you want. Maybe a shirt is stylish, donates 10 percent of the proceeds to charity, but is a cotton/polyester blend. Whether or not that is acceptable is up to the person considering the purchase. Are some of these considerations going to factor into the price? Yes, which is why items like second-hand and recycled are included in the list. Also, items that are convertible, or serve more than one purpose, are especially helpful in extending one's wardrobe.

Between growing consumer consciousness and industry response, the future of eco fashion looks bright. The biggest hurdle is convincing people to change how they view clothes and adjust their shopping habits. Eagan's guidelines help, but we need to go further. We need to accept that we get what we pay for; and for good quality, ethically-sourced clothing, we need to pay a little more. No more impulse buying just because it's a good deal. Plan ahead. Take stock of what is already in the closet before heading to the store. When shopping at places like H&M or a thrift shop, bring along old clothes



mix

A curated collection of artistically chic clothing, accessories, and footwear. Comfy USA, Chalet, Dress to Kill, Krista Larson, Transparente, Planet, YEA, Alembika, Moyuru, Prisa, Gritza, and more!

mixthestore.com

ann arbor
2, 4 & 5 Nickels Arcade
(734) 369-6559

ypsilanti
130 w. michigan ave.
(734) 961-8704



to donate — don't just throw them away. Check websites like Ecouterre and Eco Fashion World that keep lists of designers and companies who create sustainable clothing.

And spread the word! If you find a great organic cotton dress, tell people. When you see fair trade slacks, let all of your buddies know. Each one of us can choose to make the difference. Every day.

Here is brief list of places to find eco fashion around Ann Arbor:

Perpetua Boutique Organique 209 S 4th Avenue
www.perpetuaboutique.com
Organic and fair trade. Tags each garment with a checklist so that you can make informed decisions based on what is most important to you.

Orchid Lane 419 E Liberty Street
orchidlaneonline.com
Strives to establish a "global fair trade community." Carries fair trade clothing, accessories, and items for the home.

The Himalayan Bazaar 218 S Main Street
www.thehimalayanbazaar.com
Wide variety of "fair trade imports, gifts and gear from Nepal." Many handcrafted items. Unique and beautiful clothes.

Catching Fireflies 419 Detroit Street
www.catchingfireflies.com
Carries a number of fair trade and locally made clothing items, as well as fair trade jewelry and other accessories that support global entrepreneurs and charities.

Crazy Wisdom Bookstore and Tearoom 114 S Main Street
www.crazywisdom.net
Carries lines of fair trade jewelry and accessories, in addition to book sections like "green living guides" (where the books mentioned in this article can be found).

Literati Bookstore 124 E Washington Street
literatibookstore.com
Has a selection of book-themed onesies and T-shirts for children and adults by Out Of Print, a clothing company that donates one book to communities in need for every product sold.



CRAZY WISDOM TEA ROOM LIVE MUSIC WEEKENDS NOW CELEBRATING ITS 17TH YEAR!

Musical Magic Every Weekend in the Crazy Wisdom Tea Room

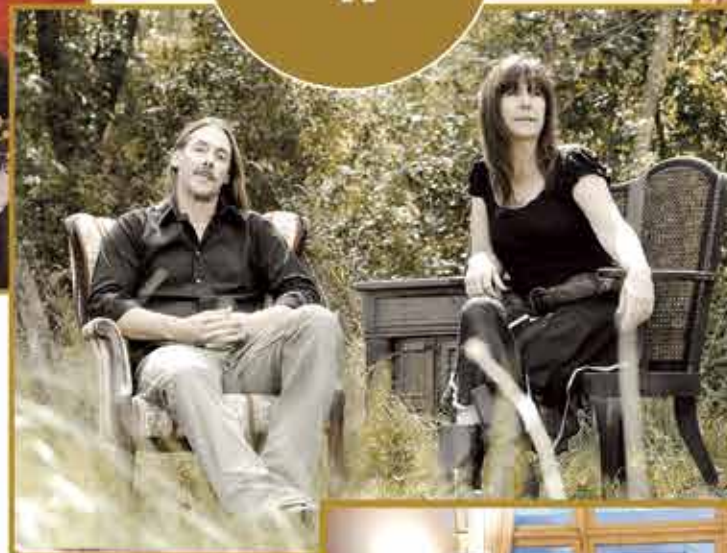
Crazy Wisdom is proud to offer weekend nights of music that unite people of all ages and backgrounds in a common passion... great music!

**Fridays & Saturdays
8:30 - 10:30 pm**



The Surefires

*Annie & Rod
Capps*



Angela Predhomme

More Tea Room Favorites...

- Sigrid Christiansen
- Ghost City Searchlight
- Charlie Mosbrook
- Steve Kovich
- Alejandra O'Leary
- John Churchville
- Taller Than They Appear
- Dan Hazlett



*Anna Lee's
Company*

- Cozy, Intimate Gathering Space
- Family-Friendly
- Broad Range of Genres

NO
COVER
CHARGE

CRAZY WISDOM BOOKSTORE & TEA ROOM
114 S. MAIN STREET, ANN ARBOR ~ 734.665.2757

WWW.CRAZYWISDOM.NET



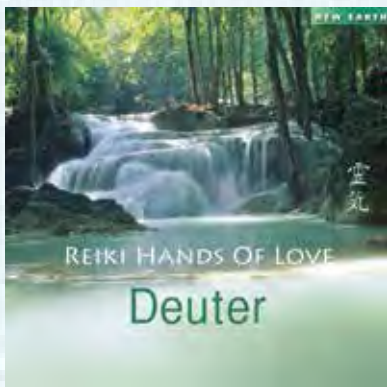
MUSIC REVIEWS

By Sarah Newland



Laughing at the Moon cd
A Collection of Classics 1996-2005
by Krishna Das

Widely known as yoga's "rock star", Krishna Das has brought new life to the sacred Sanskrit mantras for western listeners. His resonant baritone voice and energizing East-meets-West take on traditional Indian devotional chanting has become the soundtrack for a growing worldwide yoga movement throughout western culture for the past two decades. \$11.98



Reiki Hands of Love cd
by Deuter

Piano, flute, harp, cello, and keyboards are played to perfection by Deuter – a pioneer of New Age music. The album's emphasis is on gentle, healing melodies, flowing over the listener like a cooling breeze on a warm day. Wonderful also for massage therapists. \$16.98



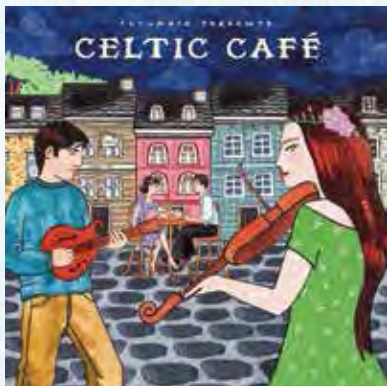
Crosswinds cd
World Flute Conversations by
Rajendra Teredesai

Come on a multicultural journey through many lands with flute as your guide. This woodwind journey is reminiscent of an epic tale rich with the emotions of love and longing. The adventure begins with Arabian flute melodies, followed by a trip through China and India guided by Chinese and Bansuri flutes. Also included are Native American and Balinese flutes of ancient spiritual traditions. \$17.98



As the Lotus Blossoms cd
Live with Jaya Lakshmi and
Ananda

This recording, showcasing the beauty and talents of the modern chant genre performed by Jaya Lakshmi and Ananda, takes you into a concert setting where the energy blooms and builds into an ecstatic crescendo. The rhythms range from simple, gentle chanting to upbeat vocals, from the serene to the playful. \$17.99



Celtic Cafe cd
By Putumayo World Music

Renowned Irish and Scottish singer-songwriters provide an uplifting music soundtrack for the cafes of Dublin, Edinburgh, and beyond. Includes Michael McGoldrick, Capercaillie, and Calum Stewart. \$13.95

All these CDs are available for purchase at Crazy Wisdom!



Cultivating mindfulness is associated with reductions in stress, chronic pain, and anxiety and increases in health and well-being.



Paulette Grotrian, M.A.
 (734) 276-7707
 grotrian@wccnet.edu



Libby Robinson, Ph.D., MSW
 (734) 476-3070
 libbyrobinson7@gmail.com

Experienced MBSR teachers trained at U. Mass. Center for Mindfulness by Jon Kabat-Zinn and colleagues

Fall 8-Week Classes begin **Sept. 24** (PAULETTE) & **Sept. 28 & 30** (LIBBY)
 Free Informational Sessions: **Sept. 17** (PAULETTE) & **Sept. 17 & 21** (LIBBY)
 REQUIRES REGISTRATION

"Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally."
 ~ JON KABAT-ZINN

BRENDA MORGAN, PH.D

MEDITATION & RETREAT LEADER



BRENDA'S direct perception and experience of reality has been permanently transformed. It has been called many things in the history of our planet, but the core of all descriptions includes the awareness that everything arises from a Mystery,

the Unknown and Infinite Feeling that all is One. This brings deeper perceptions of reality and a broader vision of life and service to the Earth and humanity. She presently serves as a Retreat Leader for the evolutionary growth of others.

BE SURE TO SIGN UP FOR BRENDA'S MAILING LIST ONLINE WHERE YOU SOON WILL BE ABLE TO ACCESS HER EXTENSIVE SERIES OF WORKSHOPS, PUBLIC TALKS, PODCASTS & BEYOND!

Brenda is also available for public sharings with large or small groups. For more info visit:

WWW.MOVEDBYTHELIGHT.COM

FOR MORE INFORMATION PLEASE CALL OR EMAIL
734-494-0674 INFO@MOVEDBYTHELIGHT.COM

BEING HUMAN:

The ART of Anne Mondro

By Diane Majeske • Photos by Tobi Hollander



Her work blends metal with metaphor, craft with compassion, and art with empathy. It's unexpected, both in subject and design, and frequently demands a second look.

That's perfectly fine with artist Anne Mondro, an associate professor at the Penny W. Stamps School of Art and Design at the University of Michigan.

Her art focuses on the human body, or to be more specific — on humanity.

"I employ metaphors all the time in my work," she said. "For a long time now my work has been focused on art and the human body, in all ways, in our relationship with ourselves, with others, both physical and metaphorical."

For Mondro, a native of Taylor, Michigan, art is not only a method of self-expression, but of processing personal experiences, keeping them close and giving them value.

Although she started out studying jewelry making and metalsmithing at the College for Creative Studies in Detroit, her focus shifted when she traveled to Kent State University in Ohio to earn her Master of Fine Arts. Her grandfather, back in Detroit, contracted cancer.

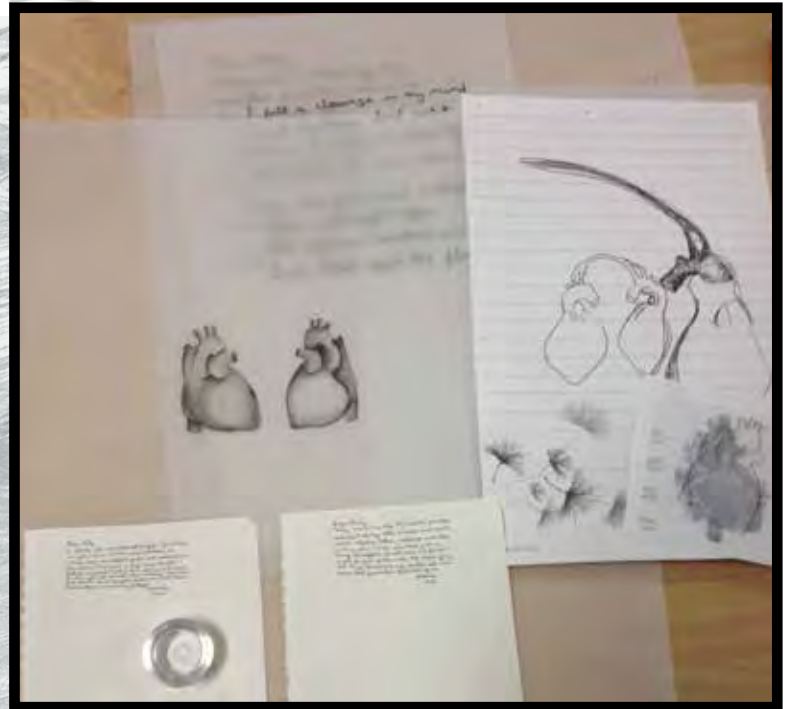
"My experience of family illness began to come into my work," Mondro recalled. "My grandfather was dying of cancer, so I would have this commute to Detroit, and most of my time was spent reflecting."

"As I was driving, I would reflect on the experiences my family was going through as a result of my grandfather's illness ... and I was thinking how a patient is treated as a specimen, rather than a whole being. It was like a person becomes an object — a region — rather than a whole person. And that experience started coming into my studio, and the work became very personal."

The result? Her thesis, "*Sarcinae de Corpus*," or "Baggage of the Body" — an assortment of sculptural pieces that resembled old-time doctor bags.

"I actually called them 'medical bags,'" Mondro said. "And you would open them up and inside would be a representation of the region of the body affected by an illness. The bags became a metaphor for the baggage we carry when someone is ill."

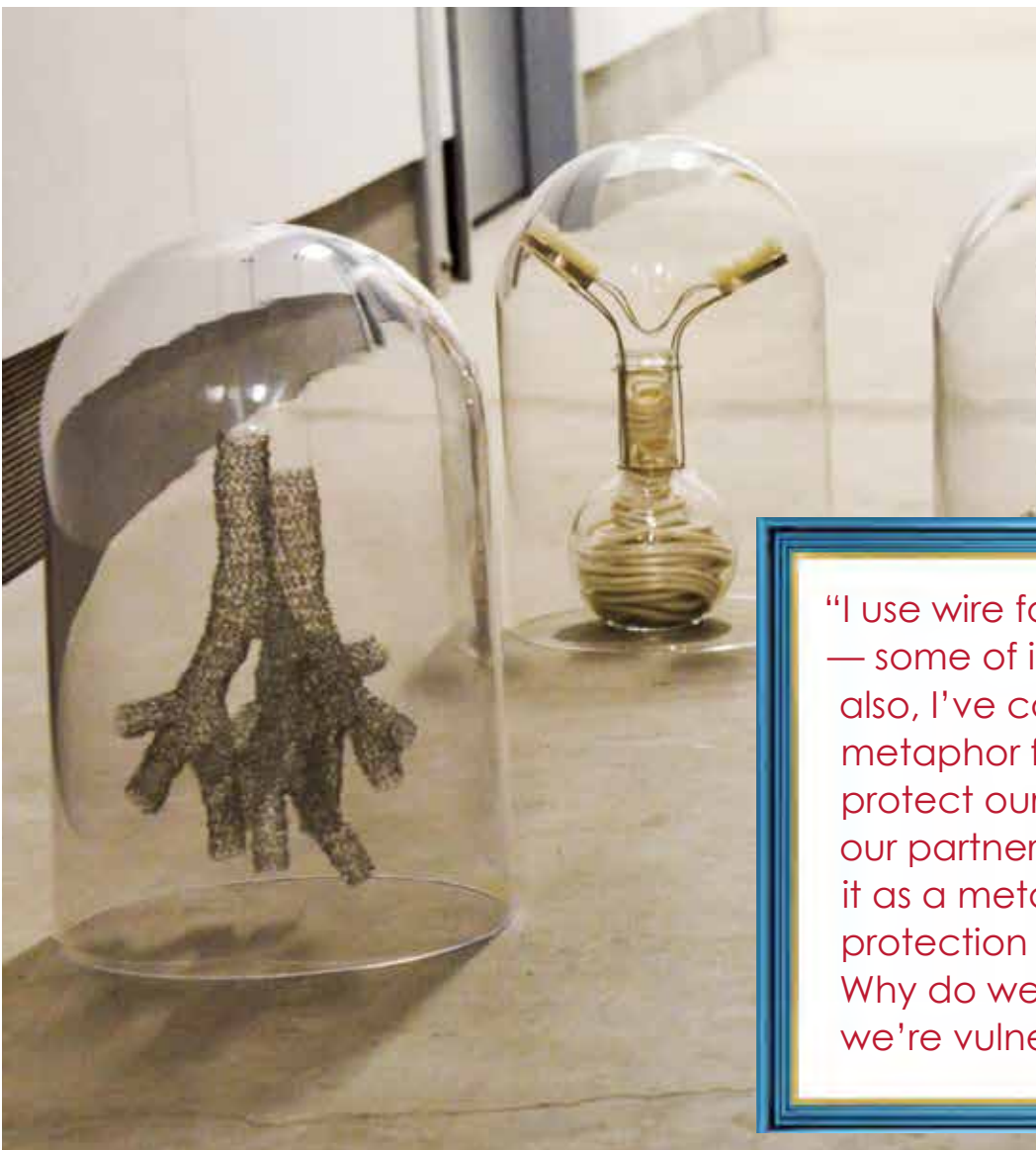
"In my case, I wasn't present when my grandfather was ill, so I wasn't really contributing, and yet, there was this whole emphasis on living my own life, and I was



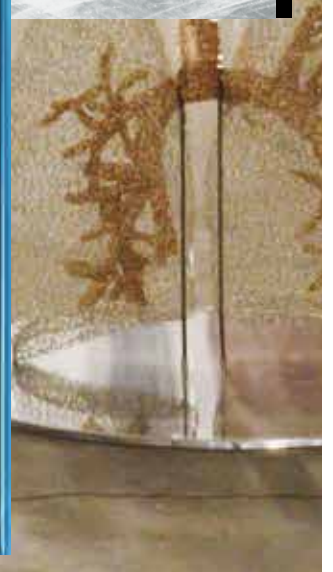
“Intertwine” shows two anatomically correct hearts, connected and crocheted from copper wire, molded from one piece.



“INTERTWINE”
Tinned copper wire, 2012



“I use wire for a variety of reasons — some of it is structural, but also, I’ve come to see it as a metaphor for how we need to protect our hearts and protect our partners, and I’ve been using it as a metaphor for strength and protection — as well as fragility. Why do we wear armor? Because we’re vulnerable to being hurt.”



ANNE MONDRO
CONTINUED FROM PAGE 48



experiencing all that for the first time. I was thinking about how the whole family dynamic changes when someone is ill, how your role changes — relationships are tested, and you find strength in unexpected areas.”

Mondro pauses a moment, lost in thought. “I think when you lose a loved one, sometimes you kind of sweep things under the rug, or you think, ‘I’m fine.’ Art became a way for me to process the experiences, to add value to them. Because it’s these experiences, really, that make us who we are.”

“For a long time now my work has been focused on art and the human body, in all ways, in our relationship with ourselves, with others, both physical and metaphorical.”

AN ARTIST IN THE COMMUNITY

Though Mondro’s art often focuses on serious, sometimes dark topics, she is anything but maudlin. She has an easy smile, often punctuating her words with graceful hand gestures, and is quick to laugh — even at herself.

“I don’t want to come off like I had a terrible, dark childhood or anything,” she said. “I had a wonderful childhood — it was great.” She notes how her parents supported her artistic endeavors, how she was close to her grandparents.

She shrugs slightly and shakes her head. “I just developed this real interest in science and anatomy and art.”

In fact, she was sure that if she found art to be healing, others would as well. She came to U-M in 2003, and in 2006, she developed a community engagement course, partnering with the University’s Geriatrics Center. The course, titled *Retaining Identity: The Role of Creativity in the Healthcare Setting*, focused on the benefits of creativity as a positive distraction from pain.

“Creativity helps retain who you are beyond your illness,” she said. “When you’re in the hospital, you lose a lot of your independence; this is an opportunity to have some say in an activity, or a part of your day. Creativity alleviates stress, it gets you focused on something else. It’s a chance to play and use your imagination, which is hard to come by when you’re in the hospital. It’s a chance to tell your story.”

That course led to an ongoing collaboration with the Geriatrics Center, one that continues today. Mondro is currently working with the Geriatrics’ Silver Clubs, which offer social programs for adults with mild to moderate memory loss. Mondro developed an interdisciplinary course that pairs students with adults at the centers.

During the course, titled *Memory, Aging & Expressive Arts*, the adult and student work together, collaborating on an art project.

In 2006, Mondro developed a community engagement course, partnering with the University’s Geriatrics Center.... That course led to an ongoing collaboration with the Geriatrics Center, one that continues today.

“The course is designed to develop student sensitivity and awareness,” she said. “We use creativity as the main tool to connect with the community and build intergenerational relationships. The students receive a holistic perspective on aging from professors who contribute to the course, and then the student works one-on-one with an adult for 12 weeks, exploring the arts.”

Elaine Reed, facilitator for the Silver Club Programs, is the co-instructor of the course and an artist-in-residence at the U-M Hospital. She’s also a longtime friend and fan of Mondro.

“Anne is incredibly nurturing and patient and creative — and kind of groundbreaking, actually,” she said. “This is a safe environment; it’s an incredibly creative environment. It isn’t a typical class. Here the student and the club members use expressive therapies to enjoy each other’s company and not focus on the disease.”

“The focus is on what the member can do and on the enjoyment ... they’ve composed music, they painted, they’ve even made short documentaries. They impact each other’s lives. It’s amazing.”

“IF I CAN STOP ONE HEART FROM BREAKING”

Copper and silver wire; 8” x 5” x 5”, 2014



If I can stop one heart from breaking contemplates the emotional impact of caring for others.

“BREATHE”

Digital print 16” X 11.5”, 2013



Breathe reflects the emotional and physical challenges of illness and disease.

Mondro's art, says Reed, is equally fascinating.

"Anne's artwork uses unexpected imagery and materials to convey ideas about art in the healthcare field," she said. "Her use of crocheted heavy-strength metal to produce delicate anatomical specimens invites you to look deep into the sculptures with wonder."

"The focus is on what the member can do and on the enjoyment ... they've composed music, they painted, they've even made short documentaries. They impact each other's lives. It's amazing."

— Elaine Reed, co-instructor of the course

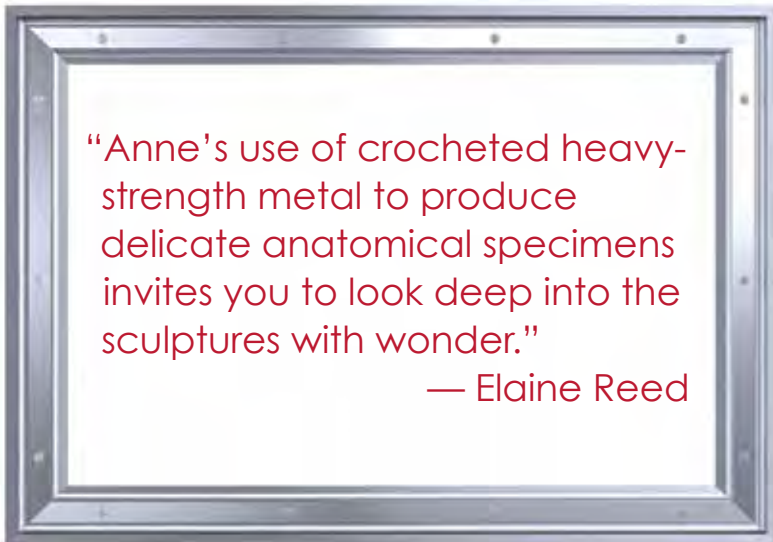
IN THE STUDIO

Of course, Mondro isn't always teaching. When she's alone, she creates. She sculpts — wire hearts, hearts with feathers, digital images of hearts or lungs. Art — art and the body.

One sculpture, "Intertwine," shows two anatomically correct hearts, connected and crocheted from copper wire, molded from one piece.

"The work I do with the adults with memory loss very much affects my work," she admitted. "I feel like I've told my own story, and I really think deeply about the stories that are shared with me by caregivers and their partners, and that relationship. That's what this represents."

Her fingers trace a photo of the image. "I use wire for a variety of reasons — some of it is structural, but also, I've come to see it as a metaphor for how we need to protect our hearts and protect our partners, and I've been using it as a metaphor for strength and protection — as well as fragility. Why do we wear armor? Because we're vulnerable to being hurt."



"Anne's use of crocheted heavy-strength metal to produce delicate anatomical specimens invites you to look deep into the sculptures with wonder."

— Elaine Reed

In contrast to poetic reflection, the actual process of creating the sculpture is methodical, almost therapeutic, for Mondro.

"You have to focus," she said. "It's a way to process through my hands, if that makes sense. I work things out technically as well as emotionally."

And while she can create quickly, the actual research takes far longer.

"I can create in just a few months," she said. "But those hearts, for instance, they took me a good year to research. I had to go to U-M's anatomy lab to look at actual hearts and had to learn how to structurally make the piece. It's from one strand that is interlocking loops. It takes a lot of thinking about the technique and the construction ... I sit in my studio and work it out."

And there's more to come — a larger installation of intertwined hearts, based on the stories of 15 couples she's worked with for more than a year. What comes after that, she's not sure. But she knows it will focus on the struggles of the body.

"Why do I focus on the body?" she mused. "I don't know ... I focus on the heart a lot, since I feel like it's so much a part of our life on many levels. And art and healthcare, I think that just came from my upbringing, from having such a connection and a wonderful rapport with my grandparents and with older adults. It's just always been an interest of mine, and I can see it moving from contemplative to something more into advocacy. How? I don't know yet."

She laughs. "Art, life. It's always a work in progress, right?"

###

To see more of Mondro's artwork, visit www.annemondro.com. She can be contacted at amondro@umich.edu.

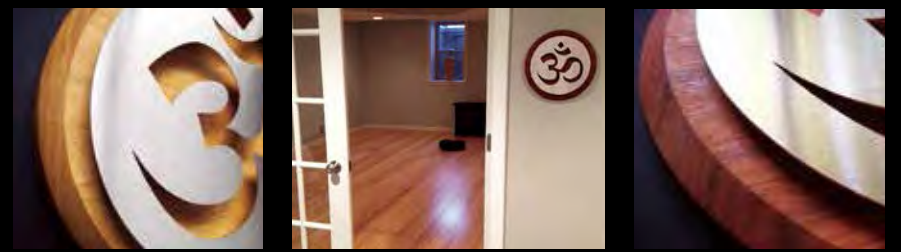


Bring Om Home!

- Laser-cut Om symbol on floating stainless steel disk.
- 2 sustainable wood varieties: maple and jatoba.
- 11" in diameter, hangs easily on your wall.
- Ideal for yoga studios, meditation spaces, home, spas or anywhere you do your practice.
- Free shipping and no-hassle returns.

More designs coming soon! Custom work available.

You Are Om
Bringing beauty into your space.



www.YouAreOm.com • omboy@comcast.net



SUNDAYS with GELEK RIMPOCHE
Free 11am weekly talks by Gelek Rinpoche at Jewel Heart in Ann Arbor and via Webinar
Also Sunday morning meditation sessions and more!

WELCOME TO JEWEL HEART
Who is Gelek Rinpoche? What is Jewel Heart?
October 18, 1pm following the weekly public talk and refreshments.
If you've been wondering, this is the event for you!



SPECIAL GUEST – GESHE YESHE THABKHE
Eminent Tibetan Buddhist master returns to Ann Arbor and will teach about overcoming disruptive emotions and understanding the true nature of reality.
September 18 – 20

► **MINDFULNESS MEDITATION (GOM) WEEKEND**
September 11 – 13 held at Camp Dainava in Manchester, MI

► **PROGRAMS, COURSES & EVENTS – for all programs go to:**
www.jewelheart.org/chapters/ann-arbor/ann-arbor-programs/



JEWEL HEART
1129 Oak Valley Drive | Ann Arbor, Michigan 48108
jewelheart.org | 734.994.3387 | programs@jewelheart.org

Kate Soper is fond of this passage from Henry David Thoreau's *Walking*:

"...if you have paid your debts, and made your will, and settled all your affairs, and are a free man, then you are ready for a walk."



What Propels a Journey?

The Peripatetic Career of Kate Soper ~ Linguist, Lawyer, Feminist, Adventurer, Author

By Rachel Urist

Photos by Tobi Hollander

Kate Soper came of age in the early 1960s. She is part of the generation that ushered in a new wave of women. She is a quiet but active feminist. In certain respects, she followed a traditional path. She is married. She has children. But early in life, she decided that while she might make a home, she would not be "just a housewife." She has balanced the personal and professional in a way that augurs a new standard for women. True, earlier pioneer women forged roads that most women (and men) could hardly imagine possible. There are women of Kate's generation who are daughters of those pioneering women. But they are few, and Kate was not among them. Still, she grew up determined to have the kind of independence and professional freedom enjoyed by most men and few women of that era. Her decision was fortified by changing trends. Women began realizing ambitions that took them far from hearth and home. Many of these women, Kate included, became role models for their children.

Kate Soper came of age in the early 1960s. She is part of the generation that ushered in a new wave of women. She is a quiet but active feminist.

After 45 years in several professions, Kate recently retired. As an attorney, she devoted a considerable amount of her time to the still nascent Women Lawyers Association of Michigan (WLAM), a source of support and mentorship for women lawyers. Within the organization, she focused on issues of gender equity. In her own practice, she did insurance defense work and family law. Later, as a University of Michigan administrator, she held positions that allowed her to help countless

students and faculty members. Her six U-M posts included Assistant Provost, Assistant Dean of LS&A, and Director of the Dual Career Program at the Medical School and the College of Engineering.

[Her book] is based on the journal she kept in June of 2002 during her 34-day, 500-mile trek across northern Spain.

Since retiring, she has turned to writing. Her 2013 book, *Steps Out of Time: One Woman's Journey on the Camino* (Stellaire Press), is based on the journal she kept in June of 2002 during her 34-day, 500-mile trek across northern Spain. The book is both a travelogue and a meditation on time and meaning. It quickly sold out its first printing. Public readings draw standing-room-only crowds. Many who thought they knew Kate were amazed to read of her travels. Many were surprised to discover her passion for physical challenge, her love of adventure, the hardiness that kept her going, and the spiritual seeking that deepened the experience, both during and after the Camino.

The limpid prose of *Steps Out of Time* is marked by insights into solitude, time, and the rewards of contemplation. The book, published under her full name, Katherine B. Soper, includes comic episodes along with graphic descriptions of blisters and their remedies. In a chapter called "Being, Just Being," she writes about the physical trials of the journey.

...the pain is as real as the moments of peace and beauty—and probably as necessary. The pain, I am discovering, grabs my attention in a way that forces me to set aside petty cares and concerns and puts me in touch with a more visceral reality, making me aware of my body in a way that clears my mind. When I am conscious of the pain, I am truly present.

...A Buddhist friend once urged me to think about the difference between pain and suffering. This was probably good advice. ... Later, I heard a saying attributed to professional bicycle racers that helped me understand: pain is inevitable, suffering is optional. When I began my journey to Santiago, I experienced pain and I suffered. Now, toward the end of my journey, I still experience pain, but most of the time I walk through it. I am learning to be in the space which is mine. Being, just being. A very Buddhist concept.

In a chapter called “Growing Understandings,” she contemplates the mental effort required to rethink the role of time, which once seemed such a basic concept.

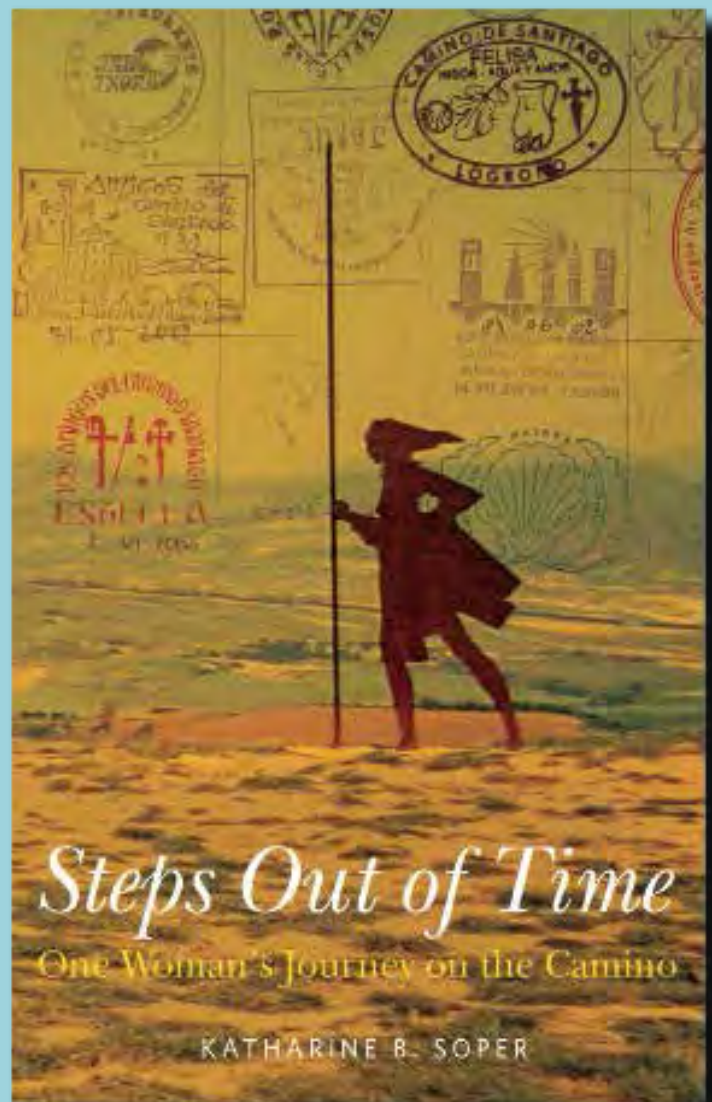
Time on the Camino is tied to the ancient rhythms of the sun and not the relentless ticking of my watch. Sometimes hours slip by at a speed that makes my head spin; other times each minute seems to last an eternity. Moments can be glorious or grueling, but I am present for them. And they pass. The sun appears every morning.

Many who knew Kate only as an attorney will be further surprised to learn that Kate’s legal career was her second calling. Before attending law school, she was a professor of French, first at Boise State. She loved this job, both for the fun of teaching students about a culture and language she loved and because her schedule allowed her to hit the ski slopes most afternoons from the day the local ski area opened in the fall until the day it closed in the spring. She put her first husband through law school at the University of Colorado, where she earned her Ph.D. and was a teaching assistant during graduate school. (Her doctoral dissertation was a study of the images of women in the poetry of Guillaume Apollinaire.) But after seven years, the marriage ended, and she accepted a position at the University of Alaska Fairbanks, teaching French and Spanish. “It was the only state I hadn’t visited,” she explained, “and I needed to get far away from the people who knew me as part of a couple.”

The limpid prose of *Steps Out of Time* is marked by insights into solitude, time, and the rewards of contemplation.

At age 31, Kate applied to law school. Actually, she applied to six law schools and was accepted by each. Her father persuaded her that the University of Michigan would be the best springboard for her legal career. While she loved languages and had taught English in Bogotá, Colombia, and in Bordeaux, France, as well as French in Boulder, Colorado; Utica, New York; and Boise, Idaho, she was ready for a change. The summer before law school, she landed a job as a line-walker supervisor on the Alyeska Pipeline. “It was the best job I ever had,” Kate said. Not only did it pay for the first year of law school, it also allowed her to enjoy the pristine landscape of Alaska, north of the Arctic Circle, and to have unscheduled time for the first time in her adult life. Her various responsibilities included rescuing her crew, most of whom were men, from bears. When a worker saw a bear, he or she would climb up to safety on a pipeline support’s cross-beam, call in the problem, and wait for Kate. Though she had more serious “weapons” at hand (an air horn and M-80 firecrackers — now illegal in the U.S.), most of the time, she’d drive up in her truck, honk her horn, and the bear would run away.

Continued on page 55



Kate Soper's *Steps Out of Time: One Woman's Journey on the Camino* got an honorable mention in the *Writer's Digest* 2014 awards, and a silver medal in the Independent Publishers 2014 awards. Here are a judge's comments for the 22nd Annual *Writer's Digest* Self-Published Book Awards.

"It is challenging to summarize in a few lines the richness of the bonding readers are sure to enjoy with Steps Out of Time. While the narratives of other pilgrims to Santiago de Compostela are available in an array of languages, Soper stands out as a unique and rewarding guide. An ardent francophone, she set out on foot from Bayonne, France, and crossed the border into Spain. This author will win the heart of every other female armchair traveler who yearns to break free and achieve a sense of self. Soper shares details that win our admiration, like her husband's anger when he realized she was going to make good on her plans to leave him for forty days in order to walk across Spain. (He redeems himself at the conclusion with words and actions that demonstrate why Soper adores him!) Soper is a careful planner and note taker, an observant traveler, and a humble spirit. I loved enjoying the journey with her, and I appreciated her daily struggle over whether to choose refugios, hotels or paradores. She never whitewashes the journey or makes it sound more romantic than it really is. Indeed, there are discomforts and dangers that she carefully underlines, never forgetting to allow the reader to see the roots of the pilgrimage that date back to the Middle Ages. Soper's travel narrative stands out for the quality and detail of her descriptive and narrative writing, as well as the interest level of her reflections, which will be given high marks by intelligent readers. I liked the inclusion of photographs of traveling companions and places. I also appreciated the historical details and anecdotes and the travelers' tips that are set off in boxes. Soper seems to have put as much care into her book as she did, indeed, into her pilgrimage. She imbued both works with dignity and relevance in a straightforward, honest manner that will not be lost on the reader. I tip my hat to a formidable traveler/writer."



"Time on the Camino is tied to the ancient rhythms of the sun and not the relentless ticking of my watch."

-Steps Out of Time

Se hace el camino en caminando.
(The path is made walking.)



The Peripatetic Career of Kate Soper

Continued from page 53

The irony of the situation was not lost on Kate. She was hired for this job after enrolling in a weekend course on new gender equity laws that was offered in Fairbanks by the EEOC (Equal Employment Opportunity Commission). She turned out to be the only woman in the class. The men were there to learn more about these laws in the hope that they could avoid hiring women on the pipeline project. When they realized this was no longer possible, they offered Kate a line-walker supervisor position, apparently figuring that the devil you know is better than the one you don't.

Kate had proved her mettle in other ways, too. Early in her Alaska tenure, she took a winter survival class. The group consisted of three women and thirteen men, all in their twenties and thirties. For the final exam, they were air-lifted to a frozen lake in the shadow of Denali for what was supposed to be a four day camping trip in the Alaskan wilderness. During the day, they explored the back country on cross country skis. The snow was so deep that if you fell and put your pole in the snow to get up, it just kept going down. One member of the group, a helicopter pilot (and poet!), insisted that Kate take her turn setting the course and breaking trail. He talked about the freedom of making bold choices, of forging ahead, of being first. She still remembers his advice to her: "Don't be afraid. You must be willing to make mistakes. I've made plenty and from every mistake, I learned something. It's part of being human and it's how you grow." From that experience Kate learned that one needs emotional fortitude as well as physical strength to lead the pack. The skiing was hard. But it was beautiful, too. "It felt like I was alone in the world in this vast snowfield; the power of the natural world was overwhelming but so was the feeling of possibility," she recalled. "It was unbelievably moving and gorgeous."

She went on:

The day the plane was supposed to pick us up, a storm came in. The plane was delayed—by ten days. They couldn't come get us so we spent our days in a small wall tent. There was no radio contact and nothing to do so we spent the days telling our life stories. Who knows how much of them were true, but it was fascinating! We strung ropes between the wall tent and the little pup tents we slept in and the latrine, so we wouldn't get lost in the whiteout. I didn't think we were going to die, but we could have. It never got even close to zero degrees. At night, it might be thirty below. We wore layers, two of everything, even two sleeping bags, to keep warm. We had a potbelly stove in the wall tent for heat and fire for cooking, but by the time the storm broke, we were down to two slices of bread per person per day and were living off "bread soup." We were so relieved when the storm finally broke that nobody minded all the hard work of packing down the snow with our skis to make a runway.

Continued on page 56



Kyle D. Morgan, D.O.

Alternative Medicine...
for essential health

- Detox
- Customized Rife
- IV Therapies
- Homeopathy
- Bio-Identical Hormones
- Osteopathic Manipulation
- Energy Medicine
- Arthritis Mender™
- Allergy Elimination
- Brain Detox®
- Acupuncture
- EMF Protection
- Weight Loss

Relief • Repair • Rejuvenate • Rejoice

180 Little Lake Road, Suite 4, Ann Arbor, MI 48103
(734) 434-3300



Photos from the Alyeska Pipeline

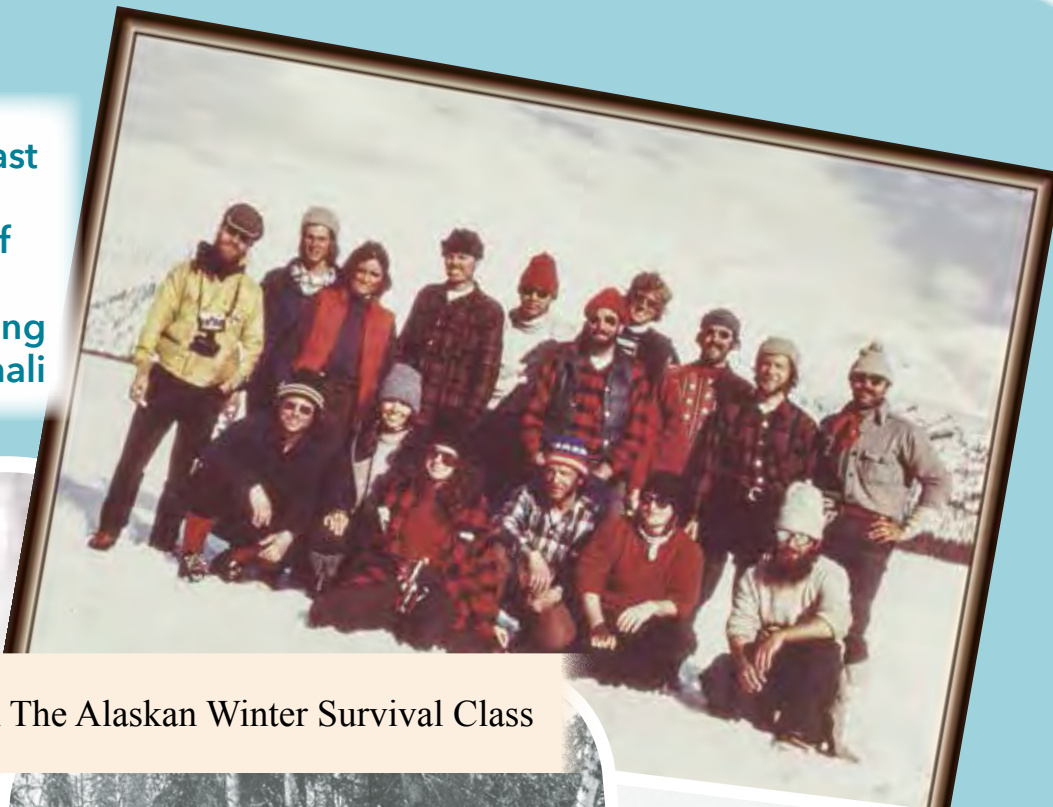


The summer before law school, she landed a job as a line-walker supervisor on the Alyeska Pipeline. "It was the best job I ever had," Kate said.

The Peripatetic Career of Kate Soper

"It felt like I was alone in the world in this vast snowfield; the power of the natural world was overwhelming but so was the feeling of possibility."

- Kate Soper, on skiing in the shadows of Denali



Photos from The Alaskan Winter Survival Class



"...by the time the storm broke, we were down to two slices of bread per person per day and were living off 'bread soup.'"

-Kate Soper recalling her wilderness survival class

Continued from page 55

For many, such an experience would signal the end of adventures. Not for Kate. "It whet my appetite," she said. "I loved winter camping." While stranded, the companions vowed to take a group photo if they were rescued ("We were feeling rather dramatic and anxious by then," she said) and promised to hang the picture in their offices. The group is no longer in touch, but Kate still sees them every day, in the photo.

Since that episode, Kate has forged new paths in other areas. In the once male-dominated field of law, she became a respected voice for WLAM. In the early 90's, when Kate was president of the local chapter, she spearheaded the Date Rape Awareness Community Service Program and helped script the role-playing scenarios that were presented in area high schools. Their efforts were cutting edge. Working with other WLAM role models — Naomi Woloshin, Zena Zumeta, Sally Fink, Molly Reno — to raise consciousness and address gender equity issues, Kate's initiatives were ahead of their time. This was long before "No means No." It was before "date rape" was common parlance. Each presentation of role-played encounters between a boy and a girl was followed by discussion, which drove home the message. What were the legal ramifications of teenage sex? When could outsiders step in and legally strip young people of their perceived autonomy? Most teens were astonished to learn that something called "statutory rape" was on the books. It was a shocking concept. That their actions could be deemed crimes, when they thought their behavior was private and consensual, was sobering. Many students said the exercise helped them think a little harder about their understanding of consent in this context.

WLAM member Molly Reno, who helped create some of the date rape scenarios, remembers that students sat in rapt attention for these presentations. Today such programs are widespread in corporate, academic, and medical settings. Many use professional actors. These programs operate as teaching tools for faculty and staff, with presentations of difficult scenarios that have flummoxed those in power. When WLAM's date rape program was active, the organization's members (along with male volunteers for the boys' roles) did the role-playing. One of Kate's former colleagues pointed out that while it may seem odd for lawyers to double as actors, consider that lawyers who litigate do a fair amount of role-playing with their clients to prepare them for the often daunting legal processes of taking depositions and testifying at trial. Mediators, too, find it helpful to role-play with clients, especially when the disputes involve private matters, when clients feel vulnerable and uneasy.

The date rape initiative contributed to Kate's receiving the 1992 Mary E. Foster Award — "for her contributions to the advancement of women in law and women in general." According to Molly Reno, "Kate's leadership had us all looking more at social justice issues." She adds that WLAM's mission was always twofold: 1) to promote social justice by using legal skills to benefit all women in society, and 2) to provide emotional support through mentoring, networking, and offering legal support to women lawyers.

Mary Elizabeth Foster, for whom the award is named, was the first woman to practice law in Ann Arbor. She graduated (with high honors) from U-M's law school

in 1876 and set up shop in her home on Catherine Street. Kate joined a prestigious roster when she won the prize. In telling me about it, she exclaimed: "I was so incredibly honored to be on the same list as Jean King!" Jean Ledwith King, as I later learned, was a more recent legend in Michigan's history of legal matriarchs. In 1965, she entered U-M's law school. Upon graduation, she challenged the status quo. She was among the founders of the National Women's Political Caucus, helped extend Title IX to cover sports in schools, and was a delegate to the Democratic National Convention in 1984, which saw the nomination of Geraldine Ferraro for vice president.

Like many of her colleagues, Kate was influenced by the wave of feminist writers that included Simone de Beauvoir, Betty Friedan, and Bella Abzug. The climate was ripe for change. Many of Kate's colleagues in WLAM graduated in classes that were only fifteen percent female. The new generation challenged decades of patriarchal assumptions. Today enrollment at law schools as well as medical schools is at least fifty percent female. Ironically, many young women today are impatient with feminist concerns, which are deemed passé. Female ambitions are taken for granted. Familiar phrases, such as "We've come a long way, baby," document an evolution in which Kate has played a role.

Long before Kate joined WLAM, she had experienced patriarchal bias first-hand. In high school, during senior year, she was told that she couldn't run for class president because "girls can't be president." So she ran for secretary-treasurer. (When her boyfriend of the time teased her by deliberately misreading her posters — "Kathy Ball for Sec'y-Treasurer" as "Kathy Ball for sexy treasurer" — she felt discomfited, but it was not until years later that she understood why.) The following year, at Duke University, after enrolling as a pre-med student, her advisor told her "women don't do that." Nevertheless, she joined Duke's pre-med society where she was the only woman. After the society made her sit outside the operating theater (male students were inside, as observers), she left both the group and her medical aspirations. Today she speaks wistfully of a female friend from Duke who remained undaunted, went to medical school, and has had a long, satisfying career as a pediatrician.

When Kate switched to French and decided to spend her junior year in Paris, Duke tried to dissuade her from that too. "We only give the grade of C for coursework transferred from abroad," she was told. Given her high GPA, this gave her pause, but only briefly. She went to Paris and turned Duke's policy to her advantage. She took courses for fun, "courses I'd never have taken anywhere else." She added: "And I developed a new attitude about rules and the status quo!"

Today, Kate combines her legal and linguistic skills. Acting pro-bono, she translates for asylum cases involving French-speaking Africans seeking asylum status in the U.S. As one friend put it, "she deploys her French for advocacy." She also helps pilgrims on the Camino by volunteering at the French Trailhead where her French and Spanish enable her to effectively assist pilgrims from all over the world.

...at the end of her mother's life, Kate was able to give her mother the gift of time – to sit quietly with her, and just be. She says this time was a lasting lesson of the Camino.

Where did Kate get her moxie? Her capacity for self-determination? Many women of Kate's generation read Germaine Greer, Gloria Steinem, and earlier feminists, but remained locked in traditional roles. That Kate is endowed with self-confidence is clear. Tracing it, however, is tricky. What we do know is that she is the eldest of the three sisters and thought of herself as "independent" and "headstrong." She was fortunate to have a father who was supportive of his daughters' ambitions. While his views on women were traditional, he encouraged his daughters to live up to their potential. "He sometimes gave us mixed messages," said Kate, "but he was a good mentor. He never doubted I could do anything I tried, although he didn't always agree with my choices! And he always held me accountable." He made a point of taking each of his daughters out for lunch regularly, for tête-à-têtes. Kate loved those outings. "He was so organized," she said, possibly unaware that she herself is often described that way. "He would have notes on index cards in his shirt pocket, so he would not forget to say and ask whatever was on his mind. Sometimes this was pretty annoying, especially during my teens, but we always knew he was motivated by his love for us."

Kate's father was a pilot with his own plane. He flew the family for outings to Chicago and beyond. During World War II, he served in Italy. Upon his return, he entered the family business; his father's wholesale seed company became the son's career. He traveled extensively, making connections with growers and working to promote the industry he loved. Shortly before his death in 1997, at age 84, he edited and published the 16th edition of a book that had, under his leadership, become the industry standard for growers. He also wrote the introduction and the first chapter: "Greenhouses for 2000 and Beyond."

Kate's mother was a college graduate but never worked outside the home. She urged more traditional activities that held no interest for Kate. The result was tension. She felt her mother was disappointed in her. When Kate had her own children she saw things from a different perspective. "I realized how hard my mother had worked to

Continued on page 58

Newly opened!



**Is life too much
to make sense of on your own?**



We're here to help you gain insights & discover new options.

We serve individuals & couples - across the spectrum of gender identity & attraction, age, religion, ethnicity, and ability.

We take BCBS, BCN, Medicare & other insurances.

roomtotalk.org | 734.822.0297

Room To Talk is a wholly-owned affiliate of The Women's Center of Southeastern Michigan

**Inn at the
Rustic Gate**



A Bed & Breakfast, Retreat and Conference Center

A welcoming calm place • Room to roam on 146 acres
Meeting Space & Picnic Pavillion • Library & Meditation Loft
"Green Facility" • Individual & Group Retreats

Voice: 231.796.2328

Toll Free: 800.319.5867

www.innattherusticgate.com

rusticgate@starband.net

6991 Hungerford Lake Drive, Big Rapids, MI, 49307

RAYMOND JAMES®

*Bringing Balance to Your
Financial Life!*

KNOWLEDGE • CARE • INTEGRITY



Doug Gross, CFP
Branch Manager



315 E. Eisenhower Parkway • Suite 301 • Ann Arbor, MI 48108

Phone: 734-944-7556 • Fax: 734-661-1314 • Toll-Free: 866-944-7556

www.douglasgross.com

The Peripatetic Career of Kate Soper



Kate and her husband, Philip, a former U-M law professor



**"It was hard to get contacts, jobs, recognition. WLAM was a godsend for us. We could talk to each other, send each other cases, stand up to the powers that be. As an organization, WLAM could give voice to women's outrage."
-Mediator and Lawyer Zena Zumeta**

Kate's 70th birthday with her daughter, daughter-in-law, son, granddaughter & husband



"Finding a good balance is so central to making progress on gender, and it was exciting to be able to contribute in a small way."

-Kate Soper on her role as director of the dual career program at U-M Ann Arbor

Continued from page 57

create a home for us, how much she did to support us, and how much she sacrificed for the family. Raising kids is definitely not as easy as it looks!" Kate also credits her mother for showing her the cultural scene of Chicago. The family's home was in Geneva, Illinois, forty miles from Chicago. Kate remembers seeing a ballet with Maria Tallchief. They went to theatre productions, museums. When Kate was 13, the family went to Europe. She remembers the Brussels World's Fair and *Aida* in the Coliseum, where elephants paraded onstage. The family's last stop was Paris. Kate recalls sitting in a sidewalk café thinking, *I like it here. I want to come back.*

We know from Kate's book that the Camino taught her patience; that at the end of her mother's life, Kate was able to give her mother the gift of time — to sit quietly with her, and just be. She says this time was a lasting lesson of the Camino. We know that people find her inspiring. Friend and fellow attorney Zena Zumeta, a Mary Foster Award winner, former president of WLAM, and legendary mediation instructor, called Kate "brilliant." She added: "Kate is a very talented mediator. She listens, reaches out, brings people into decision making. She's a natural peacemaker." Zumeta mentioned two more qualities that make Kate unique: "You feel better in her

presence" and "There's no ego there!" Zumeta remembers when women were not taken seriously. "It was hard to get contacts, jobs, recognition. WLAM was a godsend for us. We could talk to each other, send each other cases, stand up to the powers that be. As an organization, WLAM could give voice to women's outrage."

Kate's friend, neighbor, and fellow attorney, Susan Patton, speaks of Kate as a woman who "speaks softly and carries a big stick." In their neighborhood book club, when Kate lays out a hypothesis, "she drives her point home. As lawyers, women had to be tough," said Patton. "You had to sink or swim. Kate swam."

In describing Kate, the words used repeatedly by friends and colleagues are: soft-spoken, engaging, modest, resourceful, adventurous, astute, insightful, sensitive, emotionally honest, considerate, and courageous. Tony England, Interim Dean of U-M Dearborn's College of Engineering and Computer Science, worked with Kate when she was Director of the Dual Career Program at U-M Ann Arbor. Her responsibilities involved finding jobs for "trailing spouses." Most spouses who came to their attention were academics, but not all. Certain cases, remembered England,

seemed “insoluble.” She solved them. He gave the example of a faculty candidate whose spouse was a church organist. To his astonishment, Kate found a church that needed an organist. He summed up his assessment: “Her performance was always excellent. I never had to tell her what to do or what to try. She was very effective. She was energetic. I got letters from candidates expressing appreciation — whether or not they got the job!” England’s only fear about Kate was that he might lose her. She worked for both the medical school and the school of engineering. He worried that the medical school might wrest Kate for themselves.

Kate loved this work because it was a way to support women as well as men who were trying to combine career and family. “Finding a good balance,” she said, “is so central to making progress on gender, and it was exciting to be able to contribute in a small way.”

Abby Stewart, former Associate Dean of LS&A, also worked with Kate on dual career issues. She spoke of Kate’s “tenacity and determination.” She added that, “Kate was enormously effective at a very difficult job. She maintained people’s hope, made the connections, and typically found the right fit. She never gave up.”

In her retirement, Kate is as busy as ever. Between her volunteer efforts and her push to promote her book, she works full time. She is trying to wrap her mind as well as her days around a schedule of readings, meetings, emails, and phone calls. She often expresses amazement that the book has had such a passionate response. Susan Darrow, Kate’s friend and neighbor, said: “I don’t think she realized that people would have much interest — or that she could produce something that people would find worth reading.”

“Now, rather than worrying about how fast I can go the distance, I see that a journey takes time and, more to the point, that the time is not wasted if I look around and appreciate what the distance traveled has to offer.”

-Steps Out of Time

The book deserves a place on every respectable reading list. The final chapter, “Beginnings,” takes us deep into the present. In those concluding pages, we find: “Over the last thirty-four days, I have been practicing with every step, every blister, and every pleasure, the art of being alive.” “Beginnings” has the following passages too:

This new measure of time influences how I think about distance. Now, rather than worrying about how fast I can go the distance, I see that a journey takes time and, more to the point, that the time is not wasted if I look around and appreciate what the distance traveled has to offer. When I started walking, I felt great frustration at how long it took to get anywhere on foot. It was as if I was living in slow motion and would never reach Santiago. Now I see that I’m making good progress. At the end of most days, I have traveled a modest distance under my own power. I haven’t gotten lost, I’ve found food and shelter, and each day I’ve drawn closer to my destination. What’s more, when I embrace this new cadence, I find that I like the pace of a pilgrim. I like being receptive to whatever the journey might offer. It’s counterintuitive for this busy professional, but the Camino way of time and distance is empowering. Now more than ever, I feel centered and grounded.

During her journey, the words “pilgrim” and “pilgrimage” also underwent evolution.

I understand pilgrimage differently now, too. Pilgrimage, I thought when I left home, was a trip to a sacred place made by a religious person seeking to reaffirm his or her faith. That definition did not apply to me. Over the past weeks, the experiences of my journey, as well as conversations with my fellow pilgrims, hospitaleros, villagers, and especially Camino priests, have led me to see that while the history of pilgrimage may lie in religious beliefs and traditions, the practice transcends a strictly religious interpretation. ...regardless of what we search for, pilgrimage offers the promise of wisdom and understanding. ...Secular I may be, but I’m a pilgrim nonetheless.

The long-distance pilgrims I talk with express the same wonder I feel about this journey. We recognize, each in our own way, that we have experienced the magic of the Camino and are changed because of it. What we *don’t* know, can’t know, is what the Camino will mean in our lives when we return home to spouses and jobs and responsibilities. ...We need to get to Santiago, not so we can say we’re done with this trip, but, rather, so we can begin to process what has happened to us.

Kate’s friend and fellow writer, Betsy Jackson, watched Kate struggle with the dual task of accepting and adopting the suggestion repeatedly made by people who read the early drafts of her manuscript: that she needed to open up about herself in the book. Fodor’s publishes travelogues. Kate could write something deeper. “Kate’s journey started before the book and continues after,” Jackson said. “Once

Eve Wilson Bridge to Wholeness

Healing/Ascension Treatments and classes

The Healer & Ascension Certification Course

Enrolling Now - Legal UCM Healer Practitioner Certification

Provide healing on the deepest levels of body, emotion, mind, spirit, relationships, children, animals, DNA. Treat the root cause of disease and assist in raising consciousness to a higher level of being.

Book Coming Soon ~
Riding the Wave of Change: Hope, Healing and Spiritual Growth for Our World



Eve Wilson,
Intuitive aura reader,
healer, & teacher
since 1986.
Exceptional
Healing Work.

For treatments & classes visit:
www.spiritualhealers.com

The Weekly Word for Ascension Blog
or call 734-780-7635

Living an Intuitive Spiritual Life
Unity with Higher Self, Intuition, Boundaries, Protection, Relationships, Telepathy, Health, Home, New World Money and Work, Ascension, Spiritual Integrity. 6 classes 7:30 - 9:30 PM

Healer Foundations
Self-Healing, Intuition Development, Clear Connections/Boundaries, Spiritual Protections, Clearing Water, Angels, Healing Qabalah, Ascension, Power Animals, More! 6 Classes 7:00 - 9:30 PM

Reiki Certificate Courses
Reiki I & Reiki II, Reiki III Master Teacher

Ascension Support Class - Monthly
Profound healing and spiritual growth, rewrite contracts, integrate higher levels of soul and body, forgiveness, clear blocks. Ascend into unity with your True Self.



All Classes Accredited NCBTMB CE

Kate Soper recommends a book by Colin Fletcher, *The Man Who Walked Through Time*. Here are a few favorite passages from his book:

- “Every journey except your last has an open end. Any journey of value is above all a chapter in a personal odyssey. Its end is not so much a goal attained as another point in a continuing process.”
- “To understand man’s significance, I saw, you must first accept his insignificance.”
- “...the journey had conferred on me a rare but simple gift: an almost perfect confluence of what I thought and what I felt. [It] had offered me, that is, the key to contentment.”

she allowed herself to expose her inner self, to explore the spiritual nature of the journey, the book took shape.” For Kate, at first, it felt exhibitionistic. It was antithetical to her. She is a very private person. But those who encouraged her are ecstatic. Said Jackson:

She’s helped others identify yearnings, needs, fears, just by telling her story — not probing into others, but into herself. It doesn’t matter that Kate and I have such dissimilar backgrounds, and that I haven’t been on the Camino. She spoke to my needs, my hopes. Isn’t it nice to know you can write something that resonates for perfect strangers?

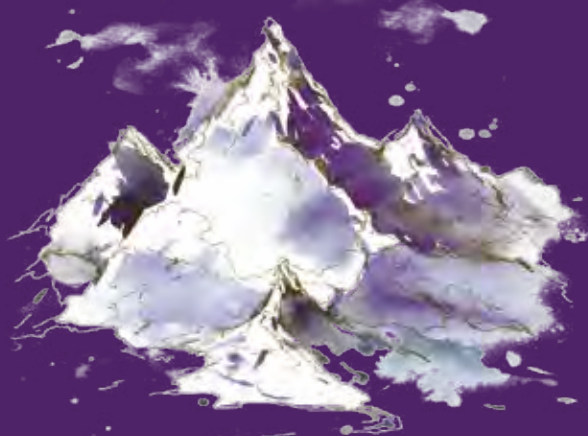
Since their retirement, Kate and her husband, Philip, a former U-M law professor, have been spending a month in Paris most years. On sabbaticals, they hiked some memorable treks in the U.K. and New Zealand and walked a portion of the pilgrimage trail in France. He has also volunteered his language skills at the Camino trailhead at Saint Jean Pied de Port in France, assisting pilgrims in German.

He’s come a long way. Thirteen years ago, when Kate announced that she would walk the Camino, Phil was neither enthusiastic nor encouraging. (Their two children, Chris and Kate, cheered their mother on.) On the very last night of her two-month journey, eager but chary about her husband’s reception, she found this welcome fax: “Well done, valiant warrior, brave pilgrim. Congratulations on your accomplishment. Safe journey home. Much love, Philip.”

Kate is a quiet, delightful presence. She engages with warmth, charm, and intelligence, whether addressing a crowd of fellow lawyers or holding a private tête-à-tête. Her smile is disarming. Tall, fair, willowy, with green eyes and amber hair, she carries herself with a natural elegance. She looks ageless, but she recently became a grandmother. Both of her children are highly accomplished, but Kate distances herself from their success. “I take no credit for my children’s achievements, though I am so happy to see them finding their way,” she said. She is humble but not passive.

She invokes a Spanish proverb: *Se hace el camino en caminando*. She says that the best English equivalent is: “It’s about the journey, not the destination.” This past May, in honor of her 70th birthday, she returned to the Camino and walked hundreds of miles.





The Crazy Wisdom Interview with David Lawson on the Founding of Still Mountain Buddhist Meditation Center



This life is so wonderfully mysterious. In rare instances when I feel somewhat bored, or just not very interested, I know that I am not seeing clearly.

**Interview by Bill Zirinsky
Photography by Linda Lawson**

David Lawson and a number of other experienced meditation teachers and practitioners have begun a new Buddhist meditation center in town, Still Mountain Buddhist Meditation Center. David was a meditation teacher for many years at the Deep Spring Center, and The Crazy Wisdom Community Journal published an article by him on meditation just two years ago. I sat down with David some months back in the Tea Room to discuss this new center, and why it was dreamed into existence. We also talked about his own practice of Buddhist meditation, and how it has nourished him and influences his daily life.

Tall, lanky, handsome, reserved, kind, and thoughtful are words that come to mind when describing David. There is also a sense of a serious and seasoned man, now with a light touch in how he moves through the world at age 67. He and his wife, Linda (a therapist and photographer), live in Scio Township west of Ann Arbor with their five-year-old son, Benjamin. He is also the grandfather to eight-year-old Joshua, who is the child of David's older son, Aaron, who lives near Atlanta.



We are a Buddhist center. We value what the Buddha had to say about how to live a meaningful life, and we have seen the happiness that the teachings have brought to ourselves and many others. Also, we wish to learn to be more egalitarian and inclusive in our practice, and we are not looking to set up a community that is dependent on one teacher.

Bill Zirinsky: David, you were a senior meditation teacher at Deep Spring Center for many years. Why did you and some others choose to start Still Mountain?

David Lawson: The decision to help start Still Mountain was complex for me. For one thing, it was becoming very difficult to integrate such a wide variety of teachings from the many spiritual traditions outside Buddhism that were being offered at Deep Spring. I really only wanted to study Buddhism, and although nobody ever said I couldn't do just that, the other things that were going on became a real distraction for me.

This definitely does not mean that I believe other spiritual traditions to be inferior to Buddhism. Not at all! In fact, it is my sincerest hope and wish that people who have connections with other traditions may feel comfortable in coming to study with us, and we are already finding this is to be the case. Perhaps this is occurring because people sense that we are not trying to push a doctrine. And as for myself, I am perfectly content to spend my time looking into the mystery of the so-called 'mundane,' that which is right in front of me, rather than searching in other realms and dimensions.

This life is so wonderfully mysterious. In rare instances when I feel somewhat bored, or just not very interested, I know that I am not seeing clearly. In my life, there are profound mysteries, such as, "Why do I still get stuck in the same old behavioral patterns that have been kicking me around all my life?" or "Why am I still so greedy, and fearful?" Of course, I don't have to be a Buddhist to ask these kinds of questions. In fact, if I take on identification as a Buddhist and wear it as I would an article of clothing, then that becomes a problem, too. The Buddha seemed to be asking his followers to consider all of the ways in which they wear their self-identifications, and this would also definitely include one's identification as a 'Buddhist.' So I know that.

By the way, I maintain close friendships with many people who are still at Deep Spring, and people in that community know that I regard them with deep gratitude and respect. Deep Spring is doing just fine without those of us who decided to leave, and I know that it will continue to be a very important part of the community, serving many people in many ways.

Bill Zirinsky: I know that you're steeped in the Theravadin Buddhist tradition. Tell us about your own Buddhist meditation background?

David Lawson: Theravada means the "path of the elders," and some consider it to be the most reliable formulation of the Buddha's teachings, although this is not

necessarily my own view. Nevertheless, the Theravada approach is the one I know best, and it seems coherent. There were many other sects within early Buddhism, and the Theravada teachings survived largely due to the coming together of somewhat incidental historical events.

Anyway, beginning in the 1980s, I started learning various forms of meditation practice that rely mainly on the ability of the mind to focus in on one object for an extended period of time. It did not take long for the “wow” factor to show up, and I started feeling better in my own life almost immediately. The only problem was that I had learned these techniques mainly from books and was practicing alone. Without knowing it, I developed some bad habits and my progress came almost to a standstill. So what to do? Then, I learned that, in addition to concentration practice, there is another basic form of meditation recommended and taught by the Buddha.

This other form of Buddhist meditation has come to be known as “insight practice,” which is maybe an okay translation of the Pali phrase “vipassana bhavana” as it may have been spoken by the Buddha. However, vipassana itself is definitely not unique to the Theravada tradition.

In any case, with insight meditation, one expands range of attention to include the full content and context of what is being experienced. If concentration practice is a vertical process in which there is a diving into the object, so to speak, then insight practice is a more horizontal approach allowing for a wider scope of attention. In concentration practice one experiences a unification of mind, a lessening of sensory input, and a slowing or stopping of time. In vipassana, one sees the multi-fold aspect of experience as it flows in time and is conditioned by the senses. One gets to see not necessarily new things, but things anew, you might say. In fact, the sense of “thingness” may evaporate completely so that nothing comes into view established as a thing separate from its environment, its context.

These experiences in meditation can be quite startling! For example, it may take us completely by surprise to see how much effort we have devoted to maintaining a view of self as separate from our perceived environment. Then, questions may come like “Is this why the world seems to be happening to me?” or “Have I developed these deep habitual patterns of behavior in an attempt to protect the self from its own natural vulnerability?” Then, I get to see what a full-time job my effort to control experience has become, and at that point I can only laugh! I want to retire, take it down to part-time status, or at least take a vacation.

My older son, Aaron, is an airline pilot, and he sometimes talks about the autopilot that some pilots have given the name “George.” George is really into control, and that is a very good and needed function for George. The only problem is that he tends to over-steer at times and tries to cut rigid, square corners, especially when making a turn. In fact, George can steer so jerkily that sometimes the pilots will take him off-line just because of it. There is a little bit of George in all of us, so we don’t have to look down on him, just know his limitations and thank him for his contribution.

Well, anyway, I wanted to learn vipassana, and started looking locally for a teacher. I ended up finding this wonderful teacher named Barbara Brodsky. She was so generous with what she knew, and slowly, with her guidance, I started to develop a practice that really brought a lot of comfort, peace, and yes, even stability. Barbara also generously brought in a variety of visiting teachers from time to time, and I learned much from them. She asked me to start teaching four years later, and I have been doing that ever since.

I also later studied with Ken McLeod, who is a well-known teacher in a completely different Buddhist tradition. From Ken, I learned how to open up both my teaching and sitting practice a little bit, and that also was a turning point for me. Ken has pretty much retired from teaching now, but he has had an enormous influence on a number of practitioners and teachers across the country.

I actually still use concentration techniques and don’t really consider them to be separate from vipassana. Some vipassana practitioners do not consider concentration techniques to be valuable, but I have seen first-hand their usefulness. I also use so-called “directed” approaches to meditation, as well as “undirected” approaches, and find both to be helpful. Actually in practice, any line drawn between these approaches can sometimes seem to be a dotted one. And although there may be somewhat of a bias toward the more passive noting of experience within the modern vipassana movement, I don’t see that as a real problem.

Nor do we ask anybody to believe anything in particular. Really, we ask only that participants look to their own practice for what is useful.

Bill Zirinsky: Was it a difficult decision leave Deep Spring Center, and can you tell us some about what went into that?

David Lawson: Yes, it was a very difficult decision. It had been my spiritual home for a long time. I have always disliked leave-taking of any kind. How do you say to a dear friend “I used to be able to hear what you are saying, but now I find I need to listen to myself a little more?” And sometimes this requires setting aside the distractions and starting over from scratch.

With Still Mountain, I basically wanted to help create an environment in which there would be no confusion about what was being taught. I really just wanted to simplify my approach.

This is one reason why I prefer to teach mainly from the perspective of questions. I have enough answers already! Don’t many of them seem to be very fragile, circular arguments that break down with even the slightest examination? The Buddha himself refused to engage in any kind of metaphysical speculation. For example, he thought even the question of “Who is my true self?” to be beside the point. He didn’t seem necessarily to be saying that answers to these questions weren’t

Continued on page 62



Front row (left to right); David Lawson, Sarah Ross, Judi Green, Mariko Foulk
Center row (left to right): Linda Longo, Erica Dutton, Jim MacBain, Su Hansen
Back row (left to right): Yair Rivlin, Bilha Rivlin, Anita Sherman Moran, Mary Grannan, Hugh Danville, Jim Whiteside



David Lawson on the Founding of Still Mountain Buddhist Meditation Center

Continued from page 61

available, just that compulsive indulgence in them could lead to a further estrangement from the mystery of our everyday lives.

To me, the Buddha was definitely not “anti-intellectual.” He had a first-rate mind, and he used it in really far-reaching ways. At the same time, he seems to be pointing to the ability of the human heart to come to a “homegrown,” intuitive understanding of wholeness, of the sacred. Ideally, this takes place within a community, because intuition needs to be tested. We generally don’t need others in the community to say “You are wrong!”, but rather, “Why don’t you look again and then let’s talk about how to either confirm your intuition or ask it another question.”

I think a truly egalitarian decision-making model is really very scary for most organizations, so many of them don’t even try it. It can bring up all sorts of questions like “How do we ever get anything done?” or “Where does the buck stop?”

Bill Zirinsky: You mentioned to me that you are hoping that Still Mountain will be a place in which members can find the congruence between different traditions. Please say more about that.

Lawson: Well, of course, this is not an original thought on my part. People such as The Dalai Lama, Judith Lief, Joan Halifax, Joseph Goldstein, and others have been talking for some while now about the need for the three main traditions within Buddhism to be able to talk with and learn from each other. This is not a project to eliminate or gloss over the substantial differences among those traditions but simply to start a real dialogue. What can we learn from each other? The Dalai Lama recently lamented that, despite his efforts, he has spent more time talking with spiritual leaders of other traditions than with leaders within the various schools of Buddhism.

So in the case of Still Mountain, we are rooted in the Theravada path, but we are also looking to enrich our understanding and practice by learning from the other Buddhist traditions. If we are surprised by the insights that come our way, this will be to our benefit.

Bill Zirinsky: I have been an observer of the various Ann Arbor-based, Eastern spiritual sub-cultures for many decades. And Ann Arbor has been a place in which a number of different Buddhist groups have flourished — the Zen Buddhist community on Packard led by Resident Priest Haju Sunim, the Tsogyelgar community on West Liberty led by Traktung Rinpoche, the Jewel Heart community led by Gehlek Rinpoche, and the Deep Spring vipassana group led by Barbara Brodsky. Is there a need for yet another Buddhist community? What is, and what is going to be, different about Still Mountain?

David Lawson: Still Mountain was started by a group of very senior practitioners. Maybe there is really nothing new under the sun, I don’t know. I would say that we didn’t really set out to differentiate ourselves from other groups, although many who now study with us say that it feels somehow different from what they have experienced elsewhere.

We have spent lots of time in developing our guiding principles. First of all, as I said, we are a Buddhist center. We value what the Buddha had to say about how to live a meaningful life, and we have seen the happiness that the teachings have brought to ourselves and many others. Also, we wish to learn to be more egalitarian and inclusive in our practice, and we are not looking to set up a community that is dependent on one teacher. Nor do we ask anybody to believe anything in particular. Really, we ask only that participants look to their own practice for what is useful.

Perhaps most important, we want to spend earnest effort in learning how to cultivate and express kindness toward each other and toward the community at

David and son, Ben



large. This is, of course, easy to talk about and maybe not so easy to do. In one of the Buddha’s best known discourses known as the “Metta Sutta,” he talks about a radical practice of regarding everybody with love, but the punch line in that discourse comes when he advises the setting down of preconceived notions and views that otherwise tend to separate us from each other. Being human, of course, we know up front that we are going to make mistakes. But we will trust that it is possible for us to learn how to be respectful and generous with our affection.

BZ: Susan Weir, also a long-time senior teacher at Deep Spring, also left a couple of years ago to form a new

meditation group. Why did she do that, and what is her focus and orientation?

Lawson: Here, in my opinion, is another good example of a senior practitioner and teacher who felt she needed to go her own way for her own spiritual development, although I am sure there were also many other factors that came into play. I would not presume to be able to speak for Susan, but I do know that it was also not an easy decision for her. Susan is an excellent teacher, and her group known as Insight Meditation Ann Arbor is thriving. Her primary focus, I believe, remains on the teaching of Theravada vipassana. She teaches there with Ann Barden, Lou Weir, and Terry Gliedt. We are all friends.

BZ: You mentioned to me that a kind of egalitarianism in decision-making was going to be a key aspect of this new Buddhist community. Can you say more about that?

Lawson: Well, I think a truly egalitarian decision-making model is really very scary for most organizations, so many of them don’t even try it. It can bring up all sorts of questions like “How do we ever get anything done?” or “Where does the buck stop?”

By the way, a local author and practitioner named George SanFacon has spent much of his life in investigating the whole question of how to build a democratic community. His published insights are extremely valuable, and I can highly recommend looking him up in person and on the Internet. He has been helpful to many groups locally and elsewhere.

I think it is actually imperative for us, in a way, to explore our fears around democratic decision-making. In the model that I feel we have inherited from the Buddha, it is pretty clear that he pleaded with his followers to step up and take responsibility for their own spiritual development. This is what we’re looking for in community and what many of us, including myself, have been thirsting for, even if we were not always completely aware of it.

Teaching is, by its very nature, a very strange and awkward thing. There can be the presumption that I, as teacher, know something that you don’t. And here, let me just hand it to you! But what if in handing it to you, I end up shaping it in a way that fits only my ability to hold it, not your capacity to know it freshly for yourself?

BZ: Who are some of the others who have helped to start this community, and tell us something about their backgrounds?

Lawson: Well, the initial planning group for Still Mountain started meeting in January 2014. Members of that group included Carola Carlier, Hugh Danville, Erica Dutton, Mariko Foulk, Mary Grannan, Simon Ha, Kay Mahan, Peg Tappe, and myself. All of these people were so generous in contributing their own special skills and understanding, and we worked very hard together. I could spend hours talking about each one of these people, really! They are all truly extraordinary, and their backgrounds include many years of meditation practice and commitment to the path we have been discussing. Vocationally, their backgrounds include teacher, counselor, interior designer, social worker, psychologist, nurse, IT analyst, and communications consultant. We were so lucky to have found each other in this work!

We have also formed our first Governing Board. And this is where the real work begins. The members include Hugh Danville, Anita Sherman-Moran, Yair Rivlin, Judi Green, and Jim MacBain. We feel very fortunate that these folks have so enthusiastically agreed to donate their time and expertise to the guidance of Still Mountain. It is a very strong Board, and several members have substantial experience serving elsewhere on nonprofit boards as well as in leadership roles in other organizations.

Finally, there are the teachers. These currently are Hugh Danville, Erica Dutton, Mary Grannan, Bilha Rivlin, Jim Whiteside, and myself. All have considerable teaching experience, and I am honored to be a part of the group. Each of us is committed to further developing our understanding and teaching skills.

BZ: What is currently being offered at Still Mountain, and about how many people are participating in its various offerings?

Lawson: We offer meditation classes for beginners, continuing practice/study groups for more experienced practitioners, and a sitting every Sunday morning open to the public. We “opened our doors” in August of 2014, following a workshop offered by a well-known meditation teacher based in California. We will also be offering retreats beginning this year, as well as other workshops. Our first retreat offered by Still Mountain teachers will be this October at Howell Nature Center.

Currently, the people who come to our practice/study groups and our Sunday sitting number approximately 50. There are also two ongoing meditation groups, one offered through Turner Center, and the other by one of our teachers in the Plymouth area. Total participation in these two groups is currently about 30. In addition, we expect at least 50 people annually to sign up for our beginning classes offered through other public venues, and there are others who have expressed interest in participating in special events and other offerings as they occur. So I guess measured purely in terms of numbers, we are doing okay, although I don’t necessarily consider that to be the most important indicator of impact or contribution to the greater community.

BZ: Where have you been meeting, and will you continue using that same venue?

Lawson: We are currently meeting at the Turner Resource Center in the North Campus area. We like it because of the location but also because we have the best landlord in the world! It is a very warm and inviting environment. Yes, we plan to continue with this venue, and our new in location in Plymouth.

BZ: Are you bringing in any teachers or authors or Buddhist thinkers from outside Ann Arbor to give talks or lead workshops?

Lawson: Last year, we invited Jason Siff to lead a workshop on his method of recollective awareness, which he has been practicing for many years and has written about extensively. This was our first official “Still Mountain” event. We also plan to invite other teachers outside the Ann Arbor to lead workshops and retreats with us. We will be announcing some pretty exciting events coming up yet this year and in 2016. Stay tuned!

Karltta Zarley, RN, CHTP
Certified Healing Touch Practitioner



- * Healing Touch Energy Work
- * Multidimensional, Intuitive and Transformational Healing
- * Essential Oils Consults
- * Spiritual Direction
- * Flower Essence Master Formulas
- * Workshop & Retreat Facilitator

Karltta Zarley, RN, CHTP
 210 Little Lake Dr., Suite 7
 Ann Arbor, MI 48103
 734.761.5908
www.karltazarley.com

Step into Who You Really Are

BZ: You are beginning a chaplaincy program with Bernie Glassman and Joan Halifax. Tell us about that, please.

Lawson: One important emphasis of the Still Mountain approach will be to explore how we can be of real help to others in our community. We don’t want to keep what we are learning to ourselves, but we also don’t want to proselytize. We could really start anywhere, because there is so much need wherever you look! I spent some time in teaching meditation in a prison system, and found it to be a growth experience for me. We could do something like that again. Or we may choose to work with dying people in hospice settings, as one of our teachers has already done. Whomever we can help, perhaps a big part of our work will be to simply sit with the other person, the one who has been forgotten or left behind, without making a big deal out of it. We can learn to do that.

In order to be able to help offer this kind of work as an organization, I personally felt that I would need formal chaplaincy training. There is only a small handful of Buddhist chaplaincy programs in the U.S., perhaps the best known of which is Upaya Zen Center in Santa Fe, New Mexico. The leader of that center is Joan Halifax, maybe best known for her work with the dying, and she is an amazing teacher in many ways. She describes her two-year program as “radical chaplaincy” working in the charnel grounds of society.

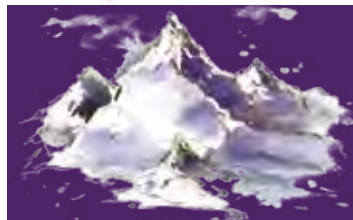
I am very much looking forward to seeing if this training might open up my heart a little bit. Maybe it’s possible! Upaya has trained a number of lay chaplains (I think about sixty, maybe) over the past several years, and they are doing good work in their communities.

Continued on page 64



I do think that meditation communities in general would do well to tell beginners that an emphasis only on meditation, meditation, and meditation will not be sufficient to bring real freedom in their lives. What is also needed, if I may say so, is the practice of looking in the direction of others whom we believe to be so different from ourselves, with understanding and patience.





David Lawson on the Founding of Still Mountain Buddhist Meditation Center



Pictured above (from left to right) Kay Mahan, Mariko Foulk, Erica Dutton, Carola Carlier, Peg Tappe, Mary Grannan, David Lawson, Hugh Danville, and Simon Ha

months ago, and so we are still working out some of the ways in which we will interact. But I think we are making great progress overall. We have community meetings every month, the Board is working in a number of vital areas, and the teachers are exploring how they will work together for the good of the community. It is going well, but I don't necessarily think it will sort itself out. There has to be ongoing and active involvement of the full community.

BZ: Tell us about your own personal, family background. Where were you raised, what was your heritage?

Lawson: I was born in Chattanooga, Tennessee. My parents did not have a car, and they were renting an apartment from this wonderful guy who owned a mortuary at the time. I was actually brought home from the hospital in his hearse. I still have a beautiful poem written by him to me, in which he refers to me as "Little Johnny." I don't really remember him, but I do love him.

My folks broke up when I was in early elementary school, and my younger brother and I ended up living with my mom in Traverse

City, Michigan, then later in Grand Rapids. My brother and I would spend every summer with our father in Chattanooga, and that was great, too. My parents were both Christian, and I have many fond memories of the wonderful music and basic wholesome feeling of going to church with them as a boy.

My father was an accountant, very devout and a deacon in the church. He also played a mean game of basketball and had a wry sense of humor. He was a hard worker, and most things in life did not come easily for him. My mother was a very beautiful and haunted person. People were instantly drawn to her, and she loved to party and have fun. She could also out-debate anybody I have ever met. She worked very hard all her life in mostly administrative jobs.

My blood line is mainly English, Scottish, and Cherokee. Much of it is a mystery to me, and maybe I'll look into it more deeply someday.

BZ: And where did you go to high school and college? What did you study? You also played basketball, right?

Lawson: I went to high school in Grand Rapids, then to college here at the University of Michigan in Ann Arbor. I was a premed student and entered medical school in Tennessee, where I was considered an in-state student because of my father's residence. After spending four years in Ann Arbor in the sixties, I can tell you that Memphis was a culture shock, to say the least.

My first Memphis apartment was close to the hotel in which Martin Luther King was assassinated. Ultimately, medical school turned out to be a big mistake, and the whole experience precipitated a real existential crisis for me. In fact, I remember playing a lot of basketball in medical school when I should have been studying. I was immature and under a lot of stress.

My meditation practice shows up in so many ways in my marriage that often surprise me. Maybe Linda says something that used to irritate me and now it doesn't at all, or maybe it does a little bit but I am able to stop my reactive pattern before it gets going with a head of steam.

Continued from page 63

BZ: You are, to use your own words, "flying by the seat of my pants" in terms of your leadership role in the still-fairly-new Still Mountain community. You said to me that, in terms of your disposition, you prefer to be moving towards the back of the bus, not leading from the front of the bus. Can you say more about that?

Lawson: I think there is a big difference between leadership as offered to a leader by members of the group and leadership as asserted by an individual. The latter context of leadership, unfortunately, is often at the expense of community. Also, when seated at the front of the bus, it is possible to get a really bad case of motion sickness, especially if every single turn has to be in line with a predetermined route. From the back of the bus, on the other hand, you can still see the road ahead and shout out advice like "Look out for the ditch!" when needed. This does require, however, letting others take turns doing some of the driving.

I was born in Chattanooga, Tennessee. My parents did not have a car, and they were renting an apartment from this wonderful guy who owned a mortuary at the time. I was actually brought home from the hospital in his hearse.

BZ: You told me that you are someone who enjoys learning and teaching, especially learning, and that you are hoping that the Still Mountain organization will be a collaborative model, where it runs just fine without one leader. At the same time, a new organization does need some clear decision-making. How is that sorting itself out, so far?

Lawson: Yes, teaching has never come easily for me, and I've worked hard at it almost continuously for the past 17 years. Teaching is, by its very nature, a very strange and awkward thing. There can be the presumption that I, as teacher, know something that you don't. And here, let me just hand it to you! But what if in handing it to you, I end up shaping it in a way that fits only my ability to hold it, not your capacity to know it freshly for yourself? I can easily contaminate it in the hand-off, or I can fumble it altogether. Learning, on the other hand, can occur jointly between two people. If I think I have something to offer as a teacher, and I can learn to talk about it in ways that convey the beauty of what I am seeing, then I am also learning something myself in my exchange with you. But the communication always has to be two-way. If you think I am the teacher here, you have to be able to say, "I don't really get what you are saying. Please try again."

With regard to building a clear decision-making process, you are right that this is critical. I like to remind myself that Still Mountain only "opened its doors" a few



BZ: And what was your degree in, or degrees? Tell us about your path as a young man, please.

Lawson: I have a bachelor's degree from University of Michigan in pre-professional Studies, and a master's degree from Wayne State in occupational and environmental health. Ann Arbor was such a terrific place to go to school, and I fell in love with it almost immediately when I arrived here.

I grew my hair long and took on some of the other affectations of the counter-culture. But what a ride it was! Ann Arbor in the sixties was really this kind of quaint little place with all of these wonderful people with all of their new ways of thinking and expressing themselves. I have been deeply shaped by that time and still listen to Dylan, for goodness sake! On some level, the education I was receiving here had to do with thinking about and taking action against abuses of power and privilege. I had a very difficult time, however, in applying it when I left school. I was basically lost.

When I dropped out of medical school, I remember picking up a book titled *The Way of Zen*. I was mesmerized by it. One of my friends who was still in medical school visited our apartment one evening, saw the book, and said, "I wish I had the time to read books like that!" I don't know where John is now, but I wish I could tell him how meaningful that one comment was as I struggled with my own sense of failure.

I was also married at the time, and my first son, Aaron, was born in Memphis. I was working at Baptist Memorial Hospital as a surgical scrub technician while I made a final decision about whether to come back to medical school. It would probably curl your toes if I told you all of the things they let me do there as a know-nothing scrub assistant. Well, anyway, we decided to go back up to Grand Rapids. I worked there for a while and then we moved back to Ann Arbor, where my wife re-entered her program at U-M. She and I ultimately parted ways in the late 1970s.

Throughout the seventies, I did different kinds of work that I knew would never ultimately be my vocation. These included jobs ranging from restaurant manager to hotel auditor to private investigator. Then, in 1977, I sensed it was time for another change. I entered the Wayne State program, and that launched me into a career that I have been engaged in since 1980.

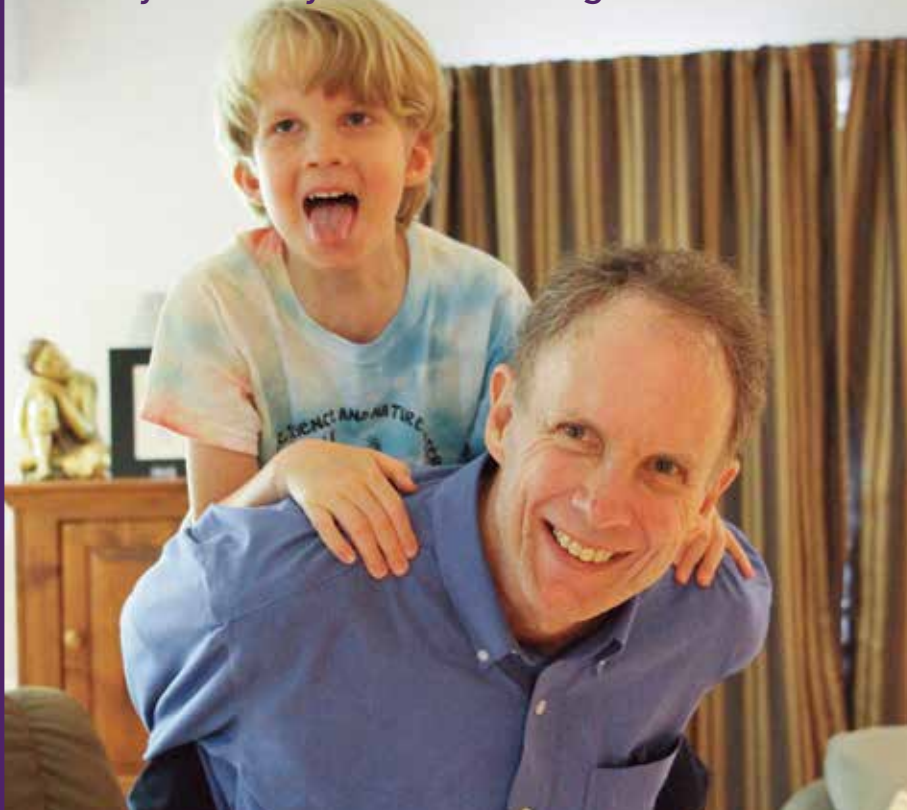
In the eighties, I lived pretty much alone, some said "like a monk." It's during that period that I started to meditate. I started to notice that I was not so angry anymore, not so lost! People actually started saying they liked being around me, which was a big change. In a way, I had found myself again.

I also spent lots of time with my first son, whose custody I shared with his mother. Aaron was really the light of my life, and we did everything together! It is a huge happiness for me that he still knows how much I love him. The size of his heart is enormous, and somehow he has been able to keep it open despite lots of disappointment. He is an inspiration to me, truly!

I met my wife, Linda, in 1989 at a workshop on improvisational comedy. By the way, improvisational relationship comedy has been an ongoing theme for us all these years! We are having a wonderful life, and it just keeps getting better!

Continued on page 66

Linda and I sometimes remark how dreamlike our lives feel, then Ben (age 5) will wake us up with one of his impromptu performances. Recently, he composed a dance to an opera while wearing a homemade kitchen apron and a pirate hat. I think he has already added years to my life from the laughter alone.



Eve Avrin, PhD
Licensed Clinical Psychologist

**Integrative
Psychotherapist**

A Journey to Well Being



**5340 Plymouth Rd.
Suite 209
Ann Arbor, MI 48105
(734) 546-9645
eavrin@comcast.net**

*stuck?
dissatisfied?
searching?
stressed?*

**Partner with Brady
to live with greater
competence,
ease, joy
and well-being.**



Brady Mikusko
Certified Life Coach
**TOOLS & STRATEGIES FOR
LIVING THE LIFE YOU WANT**

**734.747.8240
bradymikusko.com**

**Osteopathy:
True Holistic Medicine
By restoring structural
health, the whole being
begins to heal.**



OSTEOPATHIC MANIPULATIVE MEDICINE
Where the Science of Medicine
Meets the Art of Touch

Susan M Rose, DO

- Has the skill to evaluate and treat using conventional and non-traditional methods to relieve suffering and optimize health using gentle manual medicine techniques
- Treats pain and imbalances anywhere in the body
- Commonly treats headaches, head injury, TMJ, postural problems, joint pain, acute & chronic injuries or overuse
- Experience in treating high-level athletes, musicians and dancers
- Special interest in and ability to treat infants and children
- Trained and did research with Dr. John Upledger, DO, founder of The Upledger Institute and CranioSacral Therapy



810-588-6911 • DrSusanRose.com
5889 Whitmore Lake Road, Suite 4, Brighton
ONLY 15 MINUTES NORTH OF ANN ARBOR

* See Livingston Daily Article about Dr. Rose *
<http://ldpaa.com/1LpNKCC>



David Lawson on the Founding of Still Mountain Buddhist Meditation Center



In real community, there are true differences of opinion and focus, but people learn to relish the diversity. The boundaries between people are not transcended so much as made workable.

BZ: Are you focused on the growth of the Still Mountain community, and if so, in what way, what will be the stages, as you see it?

Lawson: I wouldn't say I'm focused on the growth of Still Mountain in terms of numbers of participants in our community, however I am keenly interested in the growth of Still Mountain as a real community. As you know, Scott Peck talked about the stages of community with a lot of insight in how it really works. The first stage he described is maybe you might say the "honeymoon" stage. I love you, you love me, and everything is beautiful. Then, because I "love" you so much, I try to change you or rescue you from yourself. When you resist, I see that maybe there are some things about you that I'm not so crazy about. The third stage is

Continued from page 65

one of chaos, in which there seems no way out of this dilemma. Life is a real drag! And here is where the real work of community comes in. Peck says that if we can hang in there and do our own work without trying to appropriate the experience of others, then we can make a breakthrough into real community. In real community, there are true differences of opinion and focus, but people learn to relish the diversity. The boundaries between people are not transcended so much as made workable.

BZ: And where do you work? What is your profession?

Lawson: I work at Corporate Headquarters for Freudenberg-NOK in Plymouth as their director for health, safety, and environmental services. I guess you could say it is my job to protect the occupational wellbeing of all of our associates.

BZ: What kind of company is Freudenberg, what do you like about it?

Lawson: Freudenberg-NOK is a joint venture between German-based Freudenberg and the Japanese company NOK. The cultural mix is fascinating. The company is also deeply committed to taking care of its associates, so it has been a wonderful environment in which to make a livelihood. I am grateful.

BZ: You are now a father of a young boy, and also a grandfather. That must be interesting and fun?

Lawson: Yes, my second son, Benjamin, and my grandson, Joshua. Linda and I would talk about having a child, and I thought the idea was preposterous for someone of my age, but the more we talked about it, the more I realized that maybe I could handle it. In the delivery room, I took him in my arms and chanted to him, and the doctors and nurses were very patient with me. Then, I remember saying a prayer to him that night, thanking him for coming to us. Linda and I sometimes remark how dreamlike our lives feel, then Ben will wake us up with one of his impromptu performances. Recently, he composed a dance to an opera while wearing a homemade kitchen apron and a pirate hat. I think he has already added years to my life from the laughter alone.

A couple of weeks ago, he announced that he has two ears: one that he only hears with, and one that he only talks with! This is true for all of us, yes? And some of us try to listen with the ear we only want to talk with. This is also something that we will work with at Still Mountain!

Then, this morning as I was leaving for work he said, "Bye! See you back on Earth!"

My grandson, Joshua, lives in Georgia. He is such a beautiful little guy and makes friends so easily. I wish I got to see him more, and I am looking forward to seeing him grow up!

BZ: You mentioned to me that in the world of vipassana meditation, many of the communities are quite inward looking, and you'd like that not to be case for Still Mountain. Can you elaborate on that, how you want Still Mountain to contribute to the wider community and be less inward?

Lawson: Well, this is sort of natural, I think. If we find something that we can do by ourselves, such as meditation, and we see it open the heart in a way that makes the world beautiful as it is, we may be tempted to try to do that to the exclusion of an outward focus. Let's say you go away for a week on a wonderful retreat and suddenly you are in awe, you see things that you previously had no idea about. You want more!

But then, you may also notice a bit of sadness creeping in as you come home and see how everybody else is still stuck in the mud! You can ignore the sadness and continue to focus on yourself, or you can come to see your practice in a larger context. People may be saying "Boy, how you've changed! How can I get some of that?" How do you respond to that?

There is a practice in one of the Buddhist traditions that can be translated as "sending and receiving." In this practice, one breathes in the suffering of others. This is a practice of compassion. Then, on the outbreath, one sends out the intention to express what is called "lovingkindness." This alternating between compassion and lovingkindness is so powerful as to break down the sense of loneliness and separation that we all experience. This is where the heart really wants to go if we will let it.

My hunch is that as Still Mountain starts to look more outwardly, we may discover that the whole distinction between inward and outward becomes a bit arbitrary. And I certainly don't mean to imply that the typical insight community is selfish and inward looking to the detriment of the greater community, because this is sort of a typical critique put forth by some in the other Buddhist traditions. However, I do think that meditation communities in general would do well to tell beginners that an emphasis only on meditation, meditation, and meditation will not be sufficient to bring real freedom in their lives. What is also needed, if I may say so, is the practice of looking in the direction of others whom we believe to be so different from ourselves, with understanding and patience.

BZ: I have noticed that some seasons over the last half-decade you were leading workshops entitled, "Five Months to Live." Tell us about those. How have those gone, have they been meaningful to you, and to people who've attended?

Lawson: Morbid fear of death haunted me for much of my life. I can remember waking up at night crying out to my parents about dying and how afraid I was of it. Fear of death was, in some sense, what propelled my spiritual seeking and also my excessive busyness at certain times in my life. I just didn't want to face it. Then, my mother died, and I had no choice. I also learned that the Buddha recommended looking at the fact of death straight on as a way of loosening its grip. This seemed to make no sense to me. Wouldn't it just make me fear death all the more?

But since nothing else had worked, I decided to try it. I spent lots of time trying the methods the Buddha presented for looking at death, and you know what? It worked! If somebody like me can learn how to not only live with death but come to have very little fear of it, then anybody can do it, I guarantee you. Because I was really an extreme case.

In the workshops, we presented these practices to those who were ready to try them. We had lots of interest, and many reported significant reduction in their fears after only five months. Some people took the workshop more than once! I recently had a long-time practitioner tell me that she thought she should take one of these workshops every year. Other teachers became active in presenting this material as well, especially Mary Grannan and Dottie Coyne. And their workshops were also highly subscribed. I feel confident that we will be offering such workshops again through Still Mountain.

BZ: How does your meditation practice show up in your marriage?

Lawson: When you meet somebody who you intuitively understand could be so important in your life, it is scary, right? And I was very careful, probably too careful. One of the first things I discovered was that I needed to learn how to let go of my compulsive need to be right and to be able to figure out the Truth, with a capital "T."

My meditation practice shows up in so many ways in my marriage that often surprise me. Maybe Linda says something that used to irritate me and now it doesn't at all, or maybe it does a little bit but I am able to stop my reactive pattern before it gets going with a head of steam. Or maybe I slip all the way into one of my old patterns and fall out on the other side, to be left wondering "How the hell did that happen again?" In that case, even then, there can be some comfort in knowing clearly that it did happen and that I'm now able to look at it again. I'm able to come back.

Best of all, sometimes, when she does not notice it, I may just look across the room and see her and recognize her, really see her! And of course, that breaks down all of my defensiveness and my wish to know the "Truth." Because who cares what the "Truth" is when you are looking into the face of the beloved! That is the truth.

Somehow, I have been fortunate enough to come upon a practice that takes much of the steam out of my sense of success and failure. I can just concentrate on what seems right in the moment and let the rest of it go. What a relief!

BZ: In your fathering of your young son?

Lawson: Here is where I find the practice of patience comes in for me. I still have lots to learn about it. If Benjamin gets caught up in a temper tantrum, for example, I get to engage with him in a way that gives both of us a little space. However, I still need to provide guidance. That requires patience.



Honoring All Spiritual Paths & Traditions...
Interfaith Center for Spiritual Growth

Be a light unto the world

704 Airport Blvd.,
 Ann Arbor 48108
 (Off State St., south of I-94 and Briarwood Mall)

- Sunday Celebration Services, 10:45 am–12:15 pm
- Children's Spiritual Education Program
- A Course in Miracles, Mondays 6:45–8:45 pm
- Monthly concerts & Lectures
- Weekly Groups & Meditations
- Bookstore & Library

734.327.0270
 www.interfaithspirit.org

ANN ARBOR COMMUNITY ACUPUNCTURE

\$20-\$40 sliding scale. Individual treatments in a group setting.

Simple. Affordable. Effective.

Stress-Related	Pain
Anxiety, Depression, Insomnia, IBS, Muscle tension	Back, Hip, Neck, Sciatica, Fibromyalgia, etc
Women's Health	Many others
PMS, Irregular cycle, Fertility support, Menopausal issues	Including: Fatigue, Immune support, Side effects of chemo/radiation, Allergies, etc

FREE ACUPUNCTURE! OPEN HOUSE ON:

9/26	11/7
10AM-5PM	10AM-5PM

(734) 780-7253
 WWW.ANNARBORCOMMUNITYACUPUNCTURE.COM
 2500 PACKARD ST. SUITE 100
 ANN ARBOR, MI 48104

Also, I get to be aware of all of my fears for him, how his life will go, without getting too caught up in them. I am working a lot with this one! And Linda really helps me.

BZ: In the way in which you navigated your departure from Deep Spring?

Lawson: Well, I still don't know exactly how skillful I was in my process of leaving Deep Spring. I did take my time, some people said too much time! Maybe that is another place in which I was working on my practice of patience.

Mostly, I remember many late nights in meditation, exploring what was pulling me. I wanted to take action from a sense of being pulled rather than being pushed. I tend to talk to myself a lot about this distinction. When I feel pulled rather than pushed, I notice that the quiet voice of intuition starts to speak, even if in a tentative and halting way. That is when I really start to listen with the ear that wants to listen, rather than the ear that only wants to talk.

BZ: In the way in which you are trying to navigate this early stage in the life of Still Mountain?

Lawson: What has surprised me the most about my own attitude regarding Still Mountain is that I am not really all that concerned about whether it succeeds as an organization or not. Of course, I want it to be of value to the active participants and the larger community and succeed in that way, but even if that were to not happen, I would be fine with it. This attitude of acceptance about whatever happens in this regard is completely attributable to my practice, I feel, and a real shock to me! It would have not been possible for me even several years ago. Somehow, I have been fortunate enough to come upon a practice that takes much of the steam out of my sense of success and failure. I can just concentrate on what seems right in the moment and let the rest of it go. What a relief!

BZ: Thank you, David.

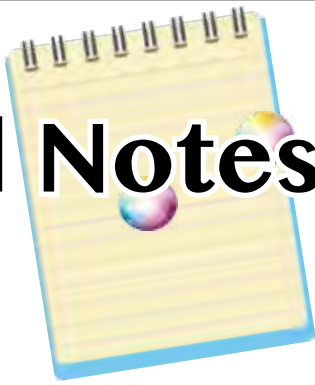
.....

For more information, email stillmountainmeditation@gmail.com or go to their website: stillmountainmeditation.org. David Lawson can be reached at dlawson@fastmail.com



Field Notes from an Elder-in-Training

By Jeanne Mackey



It was the fall of 1994. I was living and working in Maryland, just over the DC border. Faced with the possibility of a hysterectomy, I sought spiritual solutions along with mainstream medical advice. Ursula, a trusted friend and healer, advised me that the imbalance in my womb was in part a result of my conflicted relationship with my mother. "It would be good for you to create a ceremony of forgiveness and separation," she said. "Let your mother's story be hers and your story be yours." So I gathered a group of nine women, inviting them to witness the ritual and reflect on my journey. Each had supported, inspired, and taught me: Pattie, my soulmate; Ursula and other beloved long-time friends; Mary, my therapist du jour; Jane, my acupuncturist; Elise, a Dutch bodyworker. It was Ursula's turn to speak in the circle.

"Let your mother's story be hers and your story be yours."

Jeanne, part of this healing process is about coming to terms with your power and your powerlessness. When you haven't accepted your power and can't face your powerlessness, you need a mother. When you can own them both, the only mothers you need are the Earth and the Shekinah — the sacred presence of the feminine. You don't need a mother in human form. Every human being is your peer.

Twenty-one years later, I have clear memories of that day — the circle of women, our voices joined in song, smoke rising from an abalone shell as I burned symbols of resentment and asked for spirit help in releasing my grudges against Mom. In the years that followed, I experienced a sweetening of our relationship.

The health crisis was resolved with minor surgery, leaving my womb intact. Was it the ceremony that turned the tide? I'll never know. But I will spend the rest of my days incorporating the medicine of Ursula's words. It is part of my work as an elder-in-training.

I have developed my views on elderhood through a variety of influences: goddess spirituality, the Feminist Movement, indigenous wisdom, and Erik Erikson's eight stages of psychosocial development. One thing is clear to me: becoming an elder means more than just getting older. It requires developing the capacity to reflect on and learn from one's life experience. It's about harvesting those lessons, skills, and gifts, and finding ways to share them.

Having recently turned 65, I am now entering the last of Erikson's life stages, where the developmental challenge is integrity versus despair. The goal is acceptance of oneself and of the reality of death. So how am I doing?

My life has certainly taken some unexpected twists and turns over the years. I gave up the search for the man of my dreams long ago when I discovered a preference for the company of women — one in particular. Pattie and I celebrated the 25-year anniversary of our commitment ceremony this spring, and we were able to legally wed, at least at the federal level, in 2014. Job-wise, I've gone from performing musician and part-time secretary to full-time clinical social worker to my current (and presumably last) gigs as part-time U-M tech trainer and part-time musician, workshop leader, community activist, and big bubble-maker.

It's a good life, crafted through a combination of skill, privilege, and luck. And on a good day, I like the person I have become. I wish I could time travel back to my lonely adolescent self and whisper in her ear. "Hang in there, kid. In the future, you have a wonderful partner and great friends. And you learn how to make up creative projects and carry them out, perform your own music with confidence, write, speak, teach, and live out loud!"

I need to become my own loving parent.



Jean and Pattie

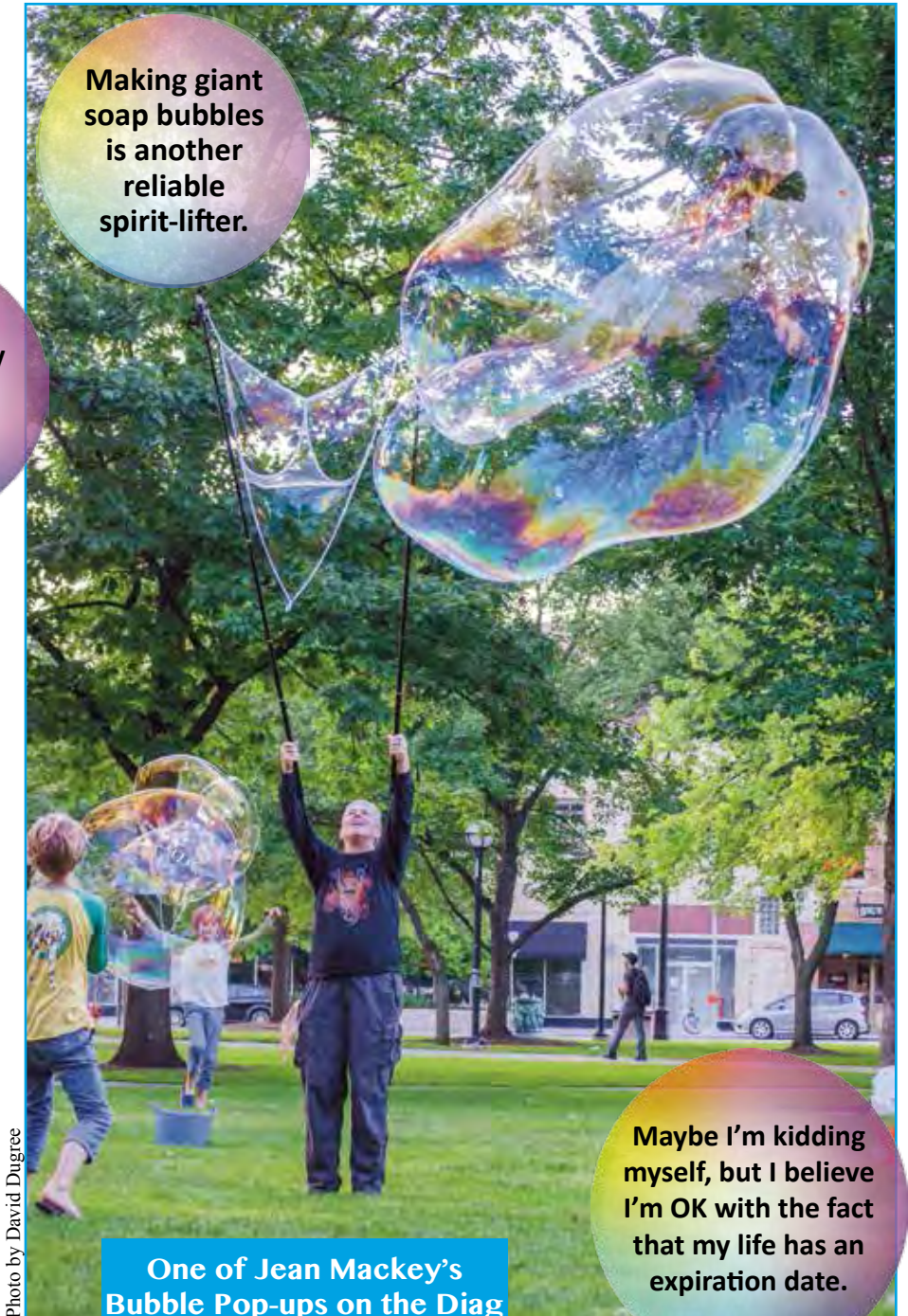


Photo by David Dugree

Making giant soap bubbles is another reliable spirit-lifter.

One of Jean Mackey's Bubble Pop-ups on the Diag

Maybe I'm kidding myself, but I believe I'm OK with the fact that my life has an expiration date.

Maybe I'm kidding myself, but I believe I'm OK with the fact that my life has an expiration date. Perhaps there is a kinder, gentler reality in the next world — who knows. Losing loved ones is a very different story, though. I had my first close encounter with Lady Death when my dear friend, Diane, was diagnosed with cancer in the mid-90's. I witnessed Diane's profound spiritual and emotional healing during that last year of her life. And like all her loved ones, I felt the exquisite pain of loss when death overtook her. Talk about powerlessness.

These days I am a regular at the Ann Arbor Death Café, hosted by my friends Marilynne Rush and Diana Cramer. We gather publicly on the third Saturday of every month in the Crazy Wisdom Tea Room, where we drink tea, eat cake, and talk about death. I find the conversations oddly comforting. And I haven't lost my youthful zeal for taboo-busting, so that is also part of the appeal.

Acceptance of self and of the reality of death — sounds like I'm doing great with Erikson's integrity challenges, right? Well, one of my big lessons these days is that life is paradoxical. We are all bundles of contradictions, and I am no exception. I like my life *and* I have a lot of despair. I came of age in the sixties, after all. My friends and I were convinced that any wrong could be righted. I addressed this humorously in my song "Different By Now":

I thought it would be different by now
I thought my friends and I would be taking a bow
For saving the whole damn human race
For making the world a much better place
But we're still stuck in the same rat race
I thought it would be different by now!
—from **Drop the Knife: A Memoir-in-Song**

Photo by Laura Cole

As a young adult, I believed I would see the day when humans live in harmony with one another and the natural world, acknowledging our interconnectedness and

ensuring that all living beings have what they need to thrive. I do appreciate the positive changes I have witnessed thus far, such as the election of our first African American president and the growing acceptance and legalization of gay marriage. I am heartened when I meet young people who are passionate about social justice and by the emergence of peer-led collaborative movements and trends, such as the Maker Movement, “unconferences,” World Café, and of course, Death Café. But my expectations of a global shift in consciousness in my lifetime were just a wee bit unrealistic. Experience has taught me — painfully — that power struggles, intolerance, and self-deception are present wherever humans gather. If I begin to doubt that, I need look no further than my own snap judgments and hotheaded tendencies.



At Top of the Park

My rude awakenings are not limited to the state of the world. I assumed that everything I didn't like about myself could be fixed, one way or another. I would never have predicted the internal struggles that still impact my daily quality of life. That insecure adolescent who feels like a failure — she's still in my psyche! She is pretty sure she doesn't have what it takes to navigate this scary adult world. Lacking self-trust, she is always on the lookout for the wise adults who can tell her what to do. And that just doesn't work anymore, if it ever did. The answer is obvious. I need to become my own

loving parent. But when the anxious self-doubt starts revving up, I don't feel like giving that inner teen an invisible hug. I just want her to chill out or go away. I suspect my mom had similar reactions when my insecurities kicked up her own deep-seated feelings of inadequacy.

There are no quick fixes for what I'm grappling with — no denying that I am living in a world where economic, racial, and gender-based injustice is a daily reality for millions, and where humans still treat the natural world as a resource to be conquered and consumed. Hopefully, the balance will shift someday, but I doubt that I will live to see it. And on the personal level, it is unlikely I can eradicate the negative beliefs formed during those dreary small town high school years.

It's not hard to see all the ways I am powerless. But where do I have power?

“Tell me what you pay attention to, and I will tell you who you are.”
— José Ortega y Gasset, 20th century Spanish philosopher

Experience has taught me — painfully — that power struggles, intolerance, and self-deception are present wherever humans gather.

I have the power of choice. As Buddhist eco-philosopher Joanna Macy says, our ability to “suffer with” the world is the literal meaning of compassion, and part of what fuels our collective impulse to turn towards a more life-sustaining culture. I can — and do — look for ways to contribute to the healing of our world that feel right for me and are therefore personally sustainable. In my relationships with others and with myself, I can choose what I pay attention to and what I cultivate. I can't get rid of the old thought patterns, but I can create new ones over time, drawing on what I know about energy work, sound healing, emotional release, ritual, and art.

Music has been my companion and ally through a lifetime of singing, performing, and noodling around on guitar, piano, mandolin, accordion, and most recently, banjo. These days, it helps me connect with my mother. Mom is 95 now, living in a nursing home in my hometown of Oxford, Ohio. She is cheerful, well cared for, and blessedly free of pain. But the feisty, opinionated woman I have known all my life is mostly gone, lost to dementia. Inspired by the film *Alive Inside* about the power of music to reach people with memory loss, I have started bringing my electronic keyboard along when I visit. I set up in the activity room as the residents come wheeling in. I make sure Mom is right up front so she knows it's me. She doesn't remember what she said two minutes ago, but she still knows all the words to “Paper Moon” and “Ain't Misbehavin'.” After each tune, she announces to the other residents, “That's my favorite song!” “But you said the last one was your favorite, Marge.” “Well, this one is too.”

Making giant soap bubbles is another reliable spirit-lifter.

Pattie and I have been doing our public bubble “pop-ups” for about three years. Our social media moniker is A2Bubbles. A former science teacher, Pattie researched the best bubble solution recipe and made bubble wands from fishing poles and clothesline. We show up around town whenever the spirit moves us — at the U-M Museum of Art, County Farm Park, the Diag, Cobblestone Farm Market, and Top of the Park. Once we hook up our gear and start dipping, it is only a matter of minutes

Anita Rubin-Meiller, L.M.S.W.

Integrative therapy for Body, Mind and Spirit

Certified in EMDR

- Therapeutic guidance for individuals and couples
- Compassionate Life Review workshops & consultations
- Living Gently: a group for the practice of self-compassion and self-forgiveness
- Weekly therapy group for sexual trauma survivors

Phone: 734-332-0669

www.gentlebe-ing.com



Jean and Pattie at the UM Museum of Art the day after they were married last year

before we hear the cry: “Bubbles! Bubbles!” Sometimes the toddlers are the first to arrive, their parents huffing close behind. Other times, it's college students who dive into the bubble-popping zone, delighted for an excuse to play. It's not unusual to hear four or five languages during a session — Spanish, Arabic, Russian, Chinese, Hindi.

The question comes up every time: “Did someone hire you to do this?” We explain that we only bubble for fun. Some folks urge us to come up with a bubble business plan. Others respond with a grin and a hint of relief. They have guessed the secret of our community give-away. Making big, buoyant, beautiful bubbles and enticing passing strangers to join us is the nicest present we can give ourselves.

Joseph Campbell said, “We can't cure the world of sorrows, but we can choose to live in joy.” I have that quote on a bumper sticker on my guitar case. Another favorite is Amy Tan's challenge: “If you can't change your fate, change your attitude.” If some of my friends are right, and I volunteered to be born into this reality — well, I must have been pretty naïve about what I was signing up for. But as long as I am here, I know what matters and what I want to presence. And maybe someday I will find out that my all-time favorite bumper sticker is true:

“Everything will be okay in the end. If it's not okay, it's not the end.”

###



Jeanne Mackey rocked the 1970s East Coast topical music circuit as a young musician advocating feminist values and social justice. Throughout the 1980s, she performed with Lifeline, a four-woman rock band that played at conferences, demonstrations, women's music festivals, and labor union events in the Washington, D.C. area and nationwide. An instructional designer at the University of Michigan.

“Everything will be okay in the end. If it's not okay, it's not the end.”

To reach Jeanne, email jmackey50@gmail.com or visit www.umich.edu/~mackeyj www.facebook.com/A2Bubbles

Green Living

Elders' Leadership on Climate Change ~ What Does Love Look Like?



By Claire Maitre and Nancy Ogilvie

We've all heard about climate change or global warming ... and since 97 percent of world scientists agree that it's happening and that it's human-caused, we're willing to accept it. We know sea levels are rising; storms, droughts, and wildfires are becoming more frequent and intense; and thousands of species are going extinct each year. But what does all that have to do with us living in Southeastern Michigan in 2015? What will life be like in 2030 or 2050 or 2100 for our grandchildren and all children? And why should we care since at some point we won't be here?

If you're receiving mailings from AARP, this article is for you.

You may not think of yourself as an "elder." That's an identity that seems to belong to another culture (Native American elders, for example) or our parents' generation. But you can see that your life is filled with a string of events and accomplishments that puts you in a different category of experience than those younger than you. You have garnered knowledge, experience, expertise, networks, and resources that put you in a different place than you were at, say, 30 or 40. You may also have the luxury of a slower pace of life than those who are still juggling the demands of career and family.

Because of these gifts of elderhood, there is an important role for us to play in addressing climate change.

And because of these gifts of elderhood, there is an important role for us to play in addressing climate change. Our leadership is needed because humanity is at a critical turning point, and our wisdom and experience — and most especially our love — are a powerful force to help us turn the tide.

Author James Gustave Speth once opened a climate conference by saying, "The only thing we have to do to be sure we will leave a ruined world for our children and our grandchildren is to do exactly what we are doing now."

In response, philosophy professor and climate activist Kathleen Dean Moore later wrote, "To imagine [my grandchildren] wandering, hungry, in a barren land changed everything for me. I decided I would never do anything in my working life that doesn't at least try to make the world safe for bog lilies and hooting owls and laughing children."

Given the gravity of this situation, the natural question is, "What can I do?" "How can I make any difference as an individual?" But when we move alone to address climate change, we can be left feeling anything from self-righteousness to impotence or despair. The task before us seems so daunting that old habits of mind take over in the face of the overwhelm.

So what if we move together instead? Imagine a wind blowing through a landscape. Every leaf, every branch and blade of grass moves together in the wind. Each moves in its own way, but each flows in the same direction in response to this invisible power.

What if our love is the power that causes us to begin flowing in the same direction and harmonizing our movements: through the shared reality of our love, through anticipation, imagination, and careful planning? Then the question becomes, "What can we do through *me*?" Suddenly we are standing in an ethical and powerful place, powerful because we are standing together.

The People's Climate March in New York City in September 2014 drew nearly a half million participants. Speaking there, Kathleen Dean Moore said, "In every struggle for justice there is a turning point, a tipping point, when what was unimaginable becomes inevitable." Now is our tipping point. If we take sufficient action in time, we can turn the climate crisis into an unprecedented opportunity — an opportunity to create a future that realizes our dreams for leaving a legacy of a joyful, loving, beautiful life for all children.

Ensminger chuckled when she said she didn't realize how this organization would "mushroom." After thirty years, surrounded by thousands of donations, she clearly hasn't lost her love for providing a creative outlet.

So we are calling elders in SE Michigan to bring our leadership to "turning the tide." Please join us in creating our own version of Martin Luther King, Jr.'s "beloved community." We could begin in many ways. One is by learning to honor ourselves as elders and appreciate the unique role that this special time in our lives gives us. We could begin by making individual lifestyle changes together — using public

transportation, eating organic, or installing solar. But individual action alone will not be sufficient. We will also organize to take collective action, from letter-writing campaigns to lobbying policy-makers to participating in marches, demonstrations, and boycotts. More ideas will come, powerful ones, from our synergy, unleashed creativity and fierce love.

To persist in advocating for the deep and real change that is needed, we will need a community that reminds us to celebrate our lives now and encourages and supports us in challenges. The climate crisis is too big and scary to face alone. We need the sense of belonging to something bigger than ourselves that community gives us. We need people around us who can join in celebrating every success, big or small, who can support each other in sustaining hope and keeping on. Only together can we persist in the face of seemingly insurmountable odds and reach our vision of leaving a legacy of love.

The way today's younger people feel about our generation seems to run the gamut. Some are angry that we haven't done more; some look to us with hopeful expectation for the possibility that we could help lead toward a beautiful future. We cannot afford to turn away from their gaze. Together, we will show them what our love looks like through our willingness to show up, roll up our sleeves, and do what needs to be done to stop the destruction of our life support systems. We need to show them what our deepest love looks like by doing what needs to be done to create a sustainable life community on this beautiful Earth, the only home they will ever know.

Nancy Ogilvie is a lifelong learner, leader, and group facilitator who discovered her passion for environmental justice late in life. She is thrilled to be bringing her skills to engaging elder activists in creating a sustainable, just, and fulfilling world. You can reach her at nancylogilvie@gmail.com.

Claire Maitre enjoys caring for her grandsons who are one and four years old. She cares passionately about the future of all children of all species. Claire is a facilitator in experiential workshops pioneered by Joanna Macy. She offers her workshops to groups primarily in SE Michigan. You can reach her at clairemaitre06@gmail.com or www.chrysalistransitions.com.



Our Climate Change Legacy: Finding Hope, Taking Action Together

**Friday, September 25, 7–9 p.m.
and Saturday, September 26, 9 a.m.–6 p.m.**

Zion Lutheran Church, 1501 W. Liberty St., Ann Arbor

This summit is a call to those over 50 to join together in turning the tide on climate change. We have a wealth of love, wisdom, and life experience to contribute, and we are a force to be reckoned with! As a result of this summit, we expect to create an ongoing climate action community in SE Michigan, supporting and inspiring each other in taking action to create the legacy we want to leave for future generations!

Keynote speaker: Kathleen Dean Moore, noted author, moral philosopher, and environmental thought-leader (www.riverwalking.com)

Performers: Kathleen Dean Moore and Rachele McCabe, noted concert pianist and music professor at Oregon State University (<http://liberalarts.oregonstate.edu/users/rachele-mc-cabe>)

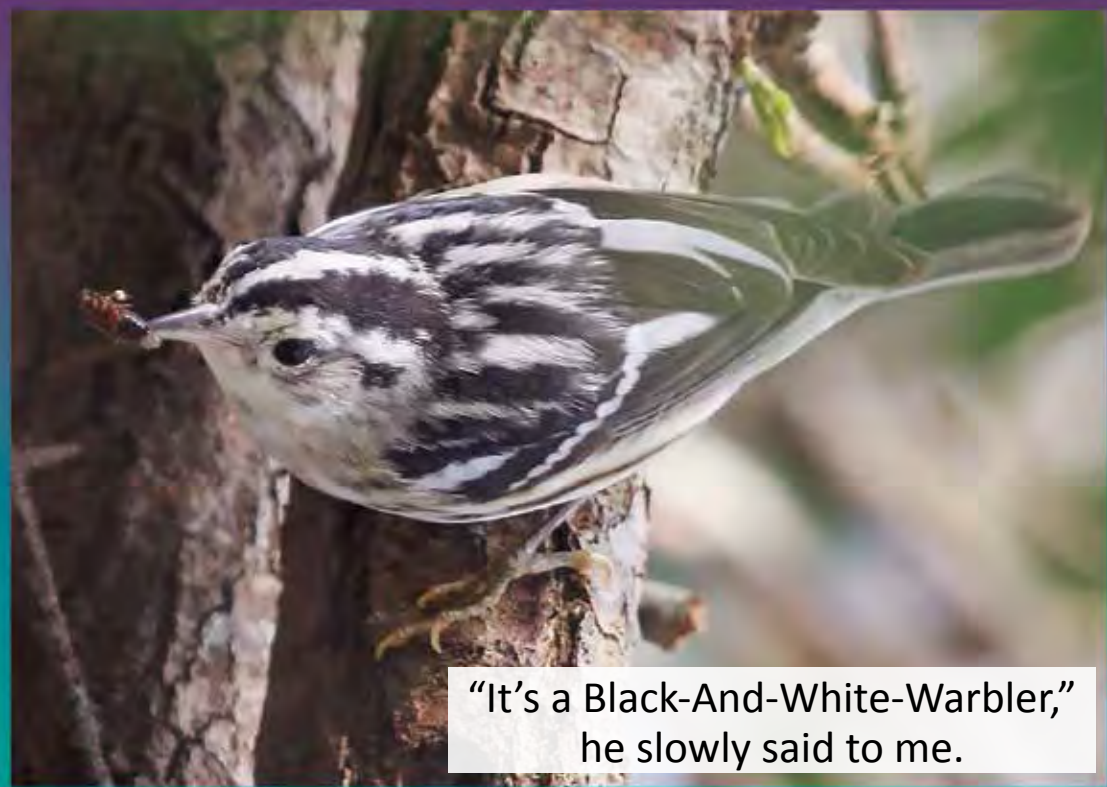
Co-facilitators: Claire Maitre, workshop facilitator in the "Work that Reconnects," developed by Joanna Macy (www.chrysalistransitions.com); and Nancy Ogilvie, lifelong learner and facilitator of personal and leadership development workshops (www.nancylogilvie.com)

Additional Info: Contact Nancy at (510) 825-3125 or nancylogilvie@gmail.com; or Claire at (248) 613-8803 or clairemaitre06@gmail.com



All Creatures Great & Small

Did You Ever Want to Be a “Birder”?



“It’s a Black-And-White-Warbler,”
he slowly said to me.

By Dawn Swartz

“It’s a Black-And-White-Warbler,” he slowly said to me.

“I heard you the first time,” I wanted to say but didn’t. I really didn’t want others to notice that I was the only one who couldn’t see the birds. I was beginning to feel like the little boy in the story of *The Emperor’s New Clothes*, the one who knew what he saw and it was nothing like what everyone said.

“There *are* beautiful South American birds coming up north just now to breed, and you, yes anyone, can see them. Can you borrow a pair of ‘binos’?”

I was there because I needed a hobby. It was going on one year since my husband and I had wanted to get pregnant. We had used everything known to medical science but that little tester-stick came up colorless every time. I had more frustration that year than I ever had known in life and needed desperately to get out of my life and into another space. A lovely friend had listened to my story and then said kindly, “Have you any hobbies?” I did have a few hobbies, but my sewing and crafting only kept me at home where everything reminded me of the baby we wanted. So here I was, miles from home in the woods with strangers in the second week of May. I had been holding my binoculars up every time these Audubon people called out their birds but wasn’t seeing much. Their enthusiasm was drawing me in, but I didn’t know how they could actually be seeing tiny birds, especially those called Warblers.

I had been attracted to birds since I was a child. I remember buying four-inch models of them to take home and paint. I loved those birds and memorized their names. I painted them by number just as the directions said. But trouble was, I never saw any. Sure I had Woodpeckers at my backyard feeder. There were also Blue Jays and Sparrows: the same ones everyday. Nice as they were, I wanted to see the really exciting ones. You know, Scarlet Tanager, Baltimore Oriole, Indigo Bunting, and Yellow Warbler. I’d seen them in “bird guides” but had always looked upon them dubiously. Those birds must have been around in the past, sort of like dinosaurs. There wasn’t much chance I could see them, I thought.

I took the binos down because there were tears in my eyes.

Here I was again longing for the promise of those birds. I had seen an invitation in a local church bulletin that said everyone was welcome to come “watch the Warblers while in their spring migration.” I had wondered aloud at the church if this was for real. “Yes,” came the answer. “There *are* beautiful South American birds coming up north just now to breed, and you, yes anyone, can see them. Can you borrow a pair of ‘binos’?” Well, sure, everyone has ‘binos,’ right? So I got some from a relative and showed up at 7 a.m. to see those beautiful birds.

But that aggressive man wouldn’t stop with me. “Did you ‘get’ it yet?” he wanted to know. Well, I’m not in the habit of lying, so I said with my head hanging, “No, I didn’t.” “No? Well let me see your binos! I’ll get it for you.” I didn’t know then that everyone has to learn to use that birding tool and I was no different. Unbeknownst to me he was simply hoping he could adjust my binoculars in case that was keeping me from seeing what everyone else saw.

“Here, try it now,” he said. “Look for movement on that tree trunk and then bring the binos to your face. Do you see the tree trunk?” “Yes.” It was true. I saw the trunk in the binos. Who could miss that? Whatever he had done had made all the difference. But still, no bird.

“Now move the binos up the trunk until you find the bird.” I dutifully obeyed. Up, up the trunk I went until... a zebra? Not a zebra, a tiny bird that just looked like a zebra! It was an unbelievable sight! Excitement? Not the word. Awe. Amazement. No words. This tiny bird, which now was huge in my ‘binos,’ was walking up the tree trunk like a dog sniffing vegetation. I took the binos down because there were tears in my eyes. I took a breath and tried to imagine what the bird was like that I saw. Did it have a head color? A body color? Beak? Feet? Wings? I only saw black and white feathers in stripes all over. Had I really seen it? It was nothing like what I’d imagined. Nothing like I’d seen in the bird guides. A feeling of magnificence and meaning and truth shot through me like

I know my own name. It said without words, “Pay attention. This is important. This is life and you are just a part of it.”

I didn’t see the Virgin Mary or God or my dead grandmother, but I felt like the Universe touched me in a new way. And I was hooked. That day, as my facility with binoculars got better, I started seeing more and more of the birds that the others were seeing. I realized this man wasn’t being impatient, he had just wanted to share the magnificence of this with me. I couldn’t wait to go on another “Bird Walk.”

A feeling of magnificence and meaning and truth shot through me like I know my own name.

Of course, everyone sees birds. But that day I learned about “Birders,” those who decide to be where they can see more birds. Birders feel some connection to creatures with wings and they can never get enough. Is it a “consuming hobby”? It’s probably different for everyone, but let me just say that it is controllable. It’s a passion that will keep calling, gently reminding you that there is wonder and beauty to be known in birds.

More on birding on page 72





All Creatures Great & Small

Beginning "Birding"



By Dawn Swartz

Photos by (Avid Bird Watcher) Rachel Pastiva

Eagle



If you ever wanted to be a "birder," now is the time to get out there. Here are some practical tips.

Find others who like birding. Audubon is a group that is everywhere and has been around quite awhile. There you will meet people who barely have to be asked to give a beginner some help. In our region, there are several groups that hold meetings and bird programs for the public, like Washtenaw Audubon Society (usually referred to as WAS), Michigan Audubon, Detroit Audubon, and Toledo Audubon.

I recommend local beginners explore the WAS website first, Washtenawaudubon.org. WAS tends to have field trips in most months, and during the spring and fall migrations they have trips every week on Thursdays at 8 a.m. in Nichols Arboretum.

Remember this is a non-competitive sport (notwithstanding *The Big Year*) and relies on honesty and candidness to get everyone working together.

These self-guided walks include all ages and are user-friendly. People go together, because the more eyes there are, the more birds you will see. Even if you don't know the birds you see, you can point out what you see and someone else will figure out what it is. So if you can see, you can contribute! And if you can't see, but you can hear, there, too, you can contribute. The give and take, the connection with others you have never met, are good for the soul and just plain fun!

Washtenaw Audubon has hikes and caravan trips with leaders, so check the website often and plan ahead to get a start with others who will welcome your eyes and ears. It is a good idea to tell the leader that you are a beginner (I didn't know this back then...) so you can get extra help. Remember this is a non-competitive sport (notwithstanding *The Big Year*) and relies on honesty and candidness to get everyone working together.

Cedar Waxwing



WAS also has meetings at the Matthaei Botanical Gardens on the third Wednesday of each month, September to June, at 7:30 p.m.

Birding classes are offered at Leslie Science & Nature Center quite often in March through April, but the classes only have twenty spots and there is always a waitlist. Call early to get in on this.

Other things to know about getting started:

1. Most birders like to bird a lot during the migrations, which are in spring (roughly April and May) and fall (roughly September and October). This is because migrations provide the most birds to see, as well as, and this is key, a high species count.

It's fun to see whatever birds are around, but the really sought-after birds are those you can hope for but not predict. Here are some terms that are helpful to know as you begin:

- Resident birds: those who live in the area year-round
- Migrants: those who are passing through to breed elsewhere
- Breeding birds: those who are having young where you see them
- Incidentals: those who are off their own species' usual course

2. You can "bird" anywhere and anytime, so do whatever gives you joy! I watch for Robins to build nests (breeding) in the spring in my yard. In five years at my address, I have noticed they come every year and often have two clutches (nesting cycles). I look to see how close they build nests to last year's nests and I am observant to when they are courting, nest-building, nest-sitting (on eggs), and feeding young in the nest, as well as when the fledglings are on the ground still begging for food. I love cheering them on from a distance, aware of their successes as well as their perils.

Common Loon



Most birders like to bird a lot during the migrations...

From my home I have also seen nesting Chipping Sparrows, House Wrens, Chickadees, Grackles, and House Finches. But Robins have captivated me because they so regularly return to the same places to have their young.

3. Along with finding other birders, buying your own bird field guide is a must. If you like looking at it, give yourself time to just read and peruse. Any guide that you like will be fine. I recommend not buying one that has the birds in photographs. I know the pictures are beautiful and seem most realistic. But what you don't see is that the figure has actually gone through the eye of the camera before it came to you. It came in through certain light and you might not see the bird in that light. Thus, you might not recognize the bird you see when it is in a different light. Hand-drawn birds have been seen multiple times by the person before they draw it and that will temper their representation. In my experience, the drawings will be most "realistic" and actually more realistic than a photograph. But judge for yourself. There are different opinions on this, so of course, buy what you like to look at.

Another consideration is, do you want to learn only the most common birds, or resident birds, of your area or would you also like to learn the migrants and breeding birds? Do you wish to have a field guide that only shows birds of your state, the Eastern U.S., or the whole of North America?

4. The other necessity for birding is binoculars. The ideal birding binocular is 8 x 40. This is the best compromise between the magnification and field of view. These will let in enough light but also will show a steady picture with the distances one usually sees birds. At any higher magnification, binoculars will need to be on a tripod. And if you think you might ever want to use them to view insects, dragonflies, or butterflies, get the feature called "close focus." The most important thing after you get your own pair is to take the time to practice using them before you are out in the field. Just practice finding an object that you see with the naked-eye and then see how quickly you can get that image in your field of view. Nimble birders see the most birds because birds usually have more to do than wait on us!

5. Of course, opportunities online have no limit. Pictures and video are everywhere for the Googling. If you want to learn to identify birds by ear, there are commercial products like CDs to train your ear. But there are also many free of charge on YouTube. Cornell University is one of the best-known places to study ornithology and offers many resources online. Another good resource can be found at: www.allaboutbirds.org/guide/search.

... buying your own bird field guide is a must.

With approximately 10,000 bird species worldwide and about 1/10th of them coming to North America at some time each year, a multitude of birding adventures await you. So follow the pull to watch birds however, wherever, and whenever you wish — because when it's birds you want, the sky's the limit!

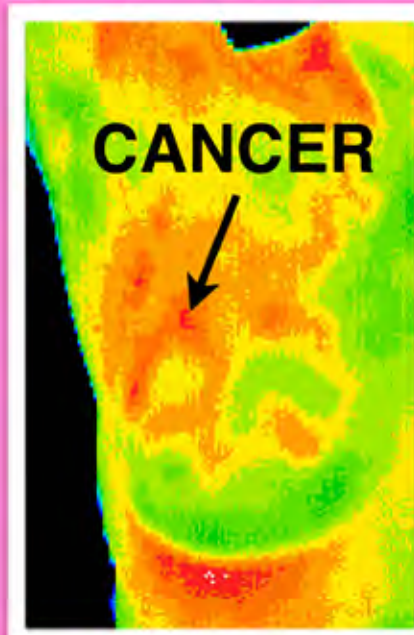
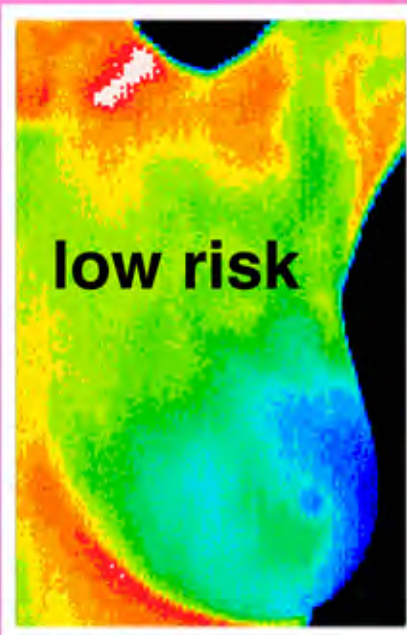
Dawn Swartz has been "birding" since 1995 and her personal species count is 522. She takes annual trips to Magee Marsh and Point Pelee, Canada, and often joins Washtenaw Audubon's activities. Contact her at fddl2003@yahoo.com.



Blue Jay in nest

Protect your breasts: find problems early!

Cancer is hot: the cells are very active. With infrared pictures, doctors can find trouble early, sometimes earlier than mammograms. Gently and safely.



Infrared breast cancer screening
No compression. No radiation.
Ann Arbor Thermography

210 Little Lake Drive, Suite 10
on the west side of Ann Arbor

AAthermography.com
734-332-6290

A service of Malcolm Sickels MD. <http://drsickels.com>

Bringing the Best of East and West to Your Home



Monica Turenne
DVM, CVA

- ✿ Acupuncture for dogs & cats
- ✿ Chinese herbology
- ✿ Food therapy
- ✿ Hospice Care
- ✿ End-of-life consultation
- ✿ Wellness examinations
- ✿ Heartworm tests
- ✿ Illness examinations
- ✿ Vaccination guidance and administration

FourPawsVetWellness.com

734-385-7161

Now offering Nutrition Response Testing and Reiki!!

We're happy keeping your pets happy.

Pet sitting. Dog walking.
Home boarding. Reiki for pets.
Dedicated, professional, reliable.

PEACEABLE PETS ANIMAL CARE, LLC

Robin Peterson, Owner
Bonded and Insured

See our professional qualifications and rates at www.peaceablepets.com

734.846.0012 | robin@peaceablepets.com

CELEBRATING 10 YEARS!



Todd Stackhouse

A Journey to Freedom

Available through Amazon & Crazy Wisdom Bookstore



Todd-Stackhouse.com

Visit the
CRAZY WISDOM JOURNAL
WEBSITE & BLOG



READ. INTERACT. EXPLORE.

Starting September 20th, new blogs will be posted, related to stories in this issue.

Guest bloggers include: Anne Mondro, Lisa Gottlieb, Amy Garber,
Kate Soper, David Lawson, and more . . .

www.crazywisdomjournal.com



The Crazy Wisdom Kids Section



Book & Media Reviews – Great Kids Books & CDs available at Crazy Wisdom in our Children’s Section

C
r
a
z
y

W
i
s
d
o
m

K
i
d
s

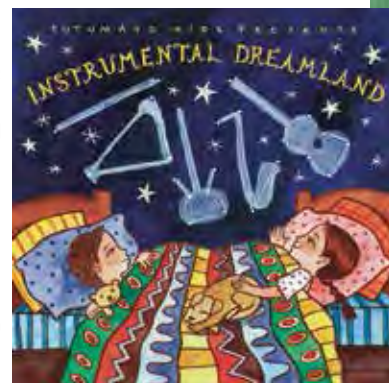
By Sarah Newland,

Waldorf parent of two children, ages 9 and 16

Instrumental Dreamland cd

By Putumayo World Music

A soothing collection of melodic, instrumental tunes for bedtime and relaxation. \$13.95



Oh No, George!

By Chris Haughton

This sweet and goofy board book is for dog lovers of all ages – and for anyone who has ever met a temptation too good to resist. “A natural for reading aloud.” –Kirkus Reviews, \$7.99



In

By Nikki McClure

Employing the gorgeous paper cuts for which she is known, renowned artist McClure opens our eyes to the simple pleasures of imaginative play, without adults. Just a boy, his curiosity – and his toy giraffe. Plus, an amazing owl guide in back! \$16.95



Heather Has Two Mommies

By Leslea Newman and Laura Cornell

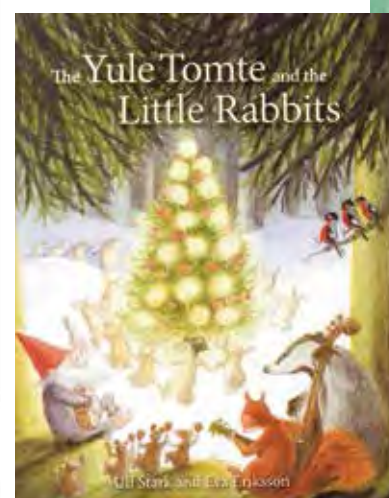
For 25 years, this gentle book acknowledges the existence of different family structures and is a wonderful resource. This delightful edition of a modern classic featuring inviting, vivid illustrations will reassure a whole new generation of young readers that “the most important thing about a family is that all the people in it love each other”. \$16.99



The Yule Tomte and the Little Rabbits

By Ulf Stark and Eva Eriksson

Grump, the Yule Tomte, lives all alone, which is exactly how he likes it! Binny and Barty, the rabbit children, live with their family in the forest. They’ve never heard of Christmas, or the Yule Tomte, until the wind brings them some strange gifts... Told in 25 chapters – one for each day of Advent. \$24.95



Amazing Animals: A Collection of Creatures Great and Small

By Camilla de la Bedoyere

A collection of the fastest, biggest, weirdest, and most spectacular animals on Earth. From counting fish to learning which bird has the strangest beak, discover more than 300 lavishly and realistically illustrated animals. \$14.95



The Blue Forest

By Luke Fischer, Stephanie Young, and Tim Smith

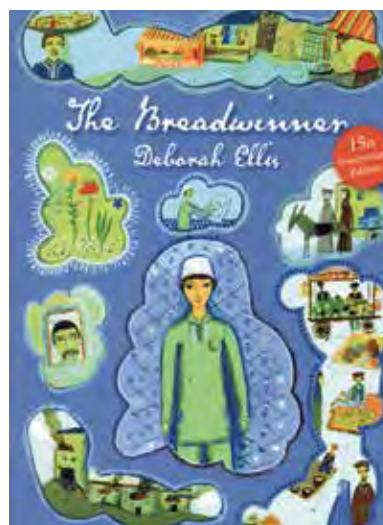
These tales are from a wondrous forest where trees are blue and flowers sing. A small girl finds a glowing chest enclosing jewels, pearls, a ring... So this Waldorf-inspired journey goes as it follows the colors – one for each day of the week. \$15.95



The Breadwinner Series, Book One

By Deborah Ellis

More than two million copies have sold of The Breadwinner series, now featured in new editions. Eleven-year-old Parvana lives in Kabul, Afghanistan’s capital. As conditions for the family grow desperate, only one solution emerges. Forbidden to earn money as a girl, Parvana must disguise herself as a boy, and become the breadwinner. \$9.95



You may also purchase the reviewed books at shopcrazywisdom.com by either visiting the website or scanning the QR code on the right.



You’re never too old, too wacky, too wild, to pick up a book and read to a child.
- Dr. Seuss

Conscious Parenting

Thinking about Suzuki Study for Your Child?



By Dawn Swartz

The word “Suzuki” in the last twenty years has become more than the name of a motorcycle. Most musicians and music lovers at least know the name, which has become synonymous with small children playing small string instruments. But it is actually much, much more.

Where did this “Suzuki stuff” start? Shinichi Suzuki was born in Japan in 1898 the son of a violin factory owner. As you might imagine, violins were everywhere in his life, but it wasn’t until he was an adult that he decided to play one instead of “play around” with one.

...each child, because of his environment, was able to learn to speak the German language with perfect inflection and nuance...if this was possible with German, why not with the language of music?

His parents, being of means, sent him as a young man to study the violin in Germany, arguably the birthplace of Western music. While undergoing his studies, he became ill, and in his recuperation, had time to ruminate on the people around him. He noticed two things he thought worthy of further study: that each child, because of his environment, was able to learn to speak the German language with perfect inflection and nuance, and that, if this was possible with German, why not with the language of music?

From those two insights, as well as the love in his own heart, came the impetus for his career of teaching and his philosophy of education. His Institute of Talent Education in Japan was begun in 1948 and he continued to teach there until about 1988. His death was in 1998.

Suzuki said that the best learning came with love and produced joy!

Suzuki said that the best learning came with love and produced joy! These then are the hallmarks of Suzuki Study, which currently includes violin, viola, cello, piano, bass, flute, recorder, guitar, and voice:

- A commitment is made to begin with one instrument. However, after beginning and learning what is entailed, some choose to study another as well.
- Parental involvement requires that the parent come to lessons to take notes, and then practices with the child daily.
- Putting music in the environment immediately after (if not before) birth.
- Each instrument has its own Suzuki repertoire, which is learned sequentially, so that the building blocks for playing found in each piece build upon the last ones.
- There is no need for “exercises” because the lessons for learning are found in the pieces themselves.
- A child in Suzuki Study is raised by a village, not just by parents; he or she can participate in regional playing opportunities, the Summer Institutes, and because of a common repertoire, can play with virtually any Suzuki student in the universe.

If you are thinking about Suzuki study for your child, here is some advice on getting started.

- The best time to start Suzuki Study is when the child becomes old enough to have a relationship with someone who is not in her family.
- Look for teachers who are on the website suzukiassociation.org. Teachers listed there not only have facility with the instrument and educational knowledge but also have taken courses from Suzuki teacher trainers.
- Educate yourself: Suzuki has written several books. Among them are a couple of very short reads that will quickly help you understand his philosophy. The two shortest ones are *Nurtured by Love* (Alfred Music, 2013) and *Ability Development from Age Zero* (Alfred Music, 1999).
- Remember that any teacher can take a music course book off the shelf at the music store and teach from it. Using the Suzuki books alone without a teacher schooled in his philosophy cannot be called “Suzuki Study.”

Parental involvement requires that the parent come to lessons to take notes, and then practices with the child daily.

This method will work for you *if you want to spend more time*, rather than less, with your child as he or she grows. If your relationship is strained at this time, it is recommended that you wait until the relationship is healed before beginning Suzuki Study.

Teachers who have trained in the Suzuki philosophy are listed by zip code in the list kept on the Suzuki Association website. When you find teachers in your area, ask about their program. Once you have found your favorite things about the Suzuki way, ask if they include these things in their studio teaching. Also ask if they would be open your child (and parents) listening to a lesson or two being taught, which can give you an idea if a teacher will work best with your child and family. Suzuki experts recommend parents do this before “signing on.”

A child in Suzuki Study is raised by a village, not just by parents...

How is Suzuki Study “different”? I like to talk about musical study apart from Suzuki as “the Western Method.” It may be unfair to group all other methods together, but for these purposes, I think Suzuki is different enough to stand alone.

Western Methods:	Suzuki Methods:
Students learn by eye, incorporating the ear to aid intonation and add expression.	Students initially learn by ear, then begin learning by eye as a separate skill years after beginning the instrument — just as talking and reading any language are separate.
Learning happens in a team of two, student and teacher, but primarily the student learns from the teacher.	The Suzuki Triangle brings the learning to all; student, parent, and teacher each work to set the student up for success and all are expecting to learn in the process.
The student is told what to practice and how to practice it, and then left alone in silence (hopefully) to accomplish the goals.	The teacher tells the parent in the child’s hearing what each goal is for the week. The parent writes these down and the student and parent work together on the goals in practice in a specific way as taught by the teacher.
Each student experiences his/her learning alone until he or she is of the ability to join a band or orchestra.	Every opportunity is taken to learn in groups: class lessons, Suzuki parties, and Summer Institutes.



Dawn Swartz became Suzuki Certified in 2000 after earning her Bachelor’s of Music Education degree. She lives in Ann Arbor in the Lawton School area with her husband and one son, who has studied both violin and piano for 14 years. She is currently accepting students for Suzuki Violin and Piano to start in September. Her website is dawnswartz.info and her email is fddlr2003@yahoo.com.



A Year of Firsts

Spinning Dot Theatre Youth Company's Debut Season

By Elijah Luke Hatcher-Kay

The sound of the rain pounding on the roof of the little theater increased as I ascended the rickety steps at the back of the stage. The tiny barn on Ann Arbor's Old West Side had been restored to become the Carriage House Theatre. My head and shoulders emerged into the loft, which was cluttered with the sets of past productions. I crouched on the top step, straining to hear my cue over the rush of the rain. As I picked up my prop, a green plastic apple, and stuffed it into my vest, I reflected on how lucky my sister and I were to be founding members of the Spinning Dot Theatre Youth Company.

It was June 14, 2015. We were in our closing performance of *The Bridge*, the third and final play of the Youth Company season, which spanned the school year. I was relieved that the performances had gone pretty well, yet there was also a sadness. I had developed a close relationship with the director, her assistants, and the other actors, and it would be hard to say good-bye for the summer.

Our small theater troupe made itself big in our hearts with its creativity and kindness. The first meeting took place in September, 2014, in the Ann Arbor Civic Theater rehearsal space. The amazing, energetic director, Jenny Anne Koppera, greeted us: "Welcome to a year of firsts! This will be a year of new ideas and new possibilities!" She wasn't kidding.

One of the reasons I've loved Spinning Dot so much is that kids get to participate in the creation of the projects. For example, we got to invent the story of *Junkanoo!*

Spinning Dot focuses on global theater, using material from all over the world. For example, *The Bridge* was written by a playwright from Kosovo, and our first play, *Junkanoo!*, was made up of various multicultural folktales. Presenting plays from other countries was a lot of fun and taught us about the customs and arts of other cultures.

One of the reasons I've loved Spinning Dot so much is that kids get to participate in the creation of the projects. For example, we got to invent the story of *Junkanoo!* First, we brought in international stories about tricksters, but these weren't yet put together into a single story to perform. Then, one Friday at rehearsal, Jenny announced, "I'm going to go out in this hallway. I'll shut the door and try not to listen in while you guys come up with a story for our play. You have five minutes." The company members huddled together in a tight circle. Occasionally, someone would have an idea and break away from the group to pace around while they refined it. Then they would come back and share their thoughts, which would be followed by, "Yeah! I like that!" or "I still like this one," or "Wait! I have a better idea!"

One thing I found about writing a play that I also acted in is that it made it a lot easier to memorize my part. I put so much thought and effort into writing each sentence that I can recite almost the whole play.

We kept asking Jenny for more time, and after about fifteen minutes, we had the story for our play. But we still needed a script, and for me, that was the best part, because I got to write it. Getting to write a play and then perform it was my favorite part of Spinning Dot. While I was working on the script, I asked myself a lot of questions, like "Is this line worth including?" and "What would this character say here?" One thing I found about writing a play that I also acted in is that it made it a lot easier to memorize my part. I put so much thought and effort into writing each sentence that I can recite almost the whole play.



The author of this article is Elijah Hatcher-Kay. He is 11 and going into 5th grade.

We performed *Junkanoo!* five times, including at a children's theater festival at Eastern Michigan University. It got better each time, and our audiences gave us great feedback. After *Junkanoo!*, we moved on to our next big project, the International One-Act Festival at EMU. A mix of college students and Youth Company members directed and acted in the plays. In fact, I had the pleasure of directing one called *Thomas the Elephant*.

Before we got started, Jenny and another actor/director named Colleen gave us directing lessons. They taught us how to visualize each scene, stop the action during rehearsal, and give helpful tips to the actors. Directing the play was lots of fun, because I loved learning how to direct and got to work with such a great cast of adult and Youth Company actors.

Each performance was a little different and better than the last, and each one was sold out! It was really exciting to perform in front of standing-room-only crowds.

After the one-act festival, we focused on *The Bridge*. As with *Junkanoo!*, we were both cast and crew. For example, I helped manage the props and set. I learned a lot about the job of a propmaster, such as making lists of necessary props for each scene and rules for how to handle them. My friend Leo, who's a very talented musician, composed, arranged, and performed almost a full score for *The Bridge*. He had also written and arranged music for *Junkanoo!* Other castmembers worked on costumes and stage managing. Jenny and her wonderful co-director for *The Bridge*, Matthew Webb, taught us everything we needed to know.

We rehearsed *The Bridge* for two months. On opening night, Jenny came back stage to where the company was gathered. "No pressure, but lots of pressure," she said, giggling, "because it's a full house!" You could almost taste the nervousness in the air, including my own. Each performance was a little different and better than the last, and each one was sold out! It was really exciting to perform in front of standing-room-only crowds.

The Spinning Dot Theatre Youth Company was just a mix of strangers when we first met, but now we talk to each other as old friends. I had a lot of fun acting with these new companions, and I'm extremely grateful to them for their friendship and hard work. This year of firsts has been one of the greatest experiences I've had in my eleven years on this spinning dot we all live on, and I will never forget it. I'm looking forward to our next season, when I can see my friends from the original company and welcome new actors, too.

Elijah Luke Hatcher-Kay is an 11-year-old homeschooler in fifth grade who loves reading, writing, acting, guitar, judo, and all things Star Wars. You can contact him through his dad at kay.joshua@gmail.com.

Playing with Crystals

By Jennifer VanderWal

Kids are naturally drawn to crystals due to the color rays and subtle vibrations that each stone emanates. Some children may be drawn to a specific crystalline structure, such as the octahedron crystals of fluorite. Some may be attracted to the vibrant violet colors of amethyst, and some may be drawn to a particular crystal because it helps them feel good. Crystals are also an excellent way for children to stay connected and in tune with the earth. Often children are very intuitive when they use stones, always listening to the stone and where it wants to be used. Stones can be beneficial to them in a variety of ways just by keeping them in their aura. Children of all ages naturally gravitate toward crystals, and they are a wonderful way to have fun and explore.

Crystals for Kids

Aquamarine is an excellent stone for children who are over-sensitive, causing ADD/ADHD. They feel everything, including other people's feelings. Aquamarine brings in the light blue ray, shielding their aura with a soft blue calming light, helping them to discern their own feelings from those of others. It also opens their throat chakra, encouraging them to speak their truth. Children find the cooling energies of aquamarine calming, and they will often use it to draw excess heat away from the body.

Children are naturally drawn to amethyst's violet colors. Amethyst helps keep their crown chakra open, deepening their connection to the Divine. By bringing in the violet ray, amethyst overflows the wearer with a calming, peaceful energy. Children also find amethyst to be very calming, and they usually enjoy wearing it, sleeping with it, or using it at the crown chakra to help relieve headaches, excess energy, or tension.

Often children are very intuitive when they use stones, always listening to the stone and where it wants to be used. Stones can be beneficial to them in a variety of ways just by keeping them in their aura.

The sunshine golden rays of citrine help children feel confident and happy. Citrine opens the solar plexus chakra, transmuting all lower vibrational energies to positive — including thoughts, fears, and stress — while stimulating a sunny, cheery disposition. It is also one of a small handful of stones that never needs to be cleansed, so it can be very protective. Citrine is the best stone to support and amplify kids' positive intentions.

Hematite, with its cool, calming energy, brings in the silver black ray, opening the base chakra and connecting children to the earth. It helps to draw away excess energy, allowing children to ground and center. It also reminds us that we are all channels of pure unconditional love and light. When kids work with hematite, they are intuitively drawn to use it near the feet or base chakra, which helps them to remember the importance of being here now.

Children also love working with quartz crystals. Often when kids are building healing crystal arrays, they use quartz to help transmit their pure intentions. Quartz crystal brings in the rainbow white light ray, clearing away lower vibrational energies and bestowing clarity and focus. It transmits all types of energies, can be used in healing work, and aids with meditation by helping the mind to focus. It is a stone that benefits all of our chakras. When children wear quartz, it expands their aura in a protective white light bubble.

Children are attracted to the soft, calming pinks and blacks of rhodonite. Rhodonite is the best stone to stop panic attacks — the black mineral, manganese, grounds excess energy while the pink rhodonite overflows the body with the highest amount of unconditional love and peace. It also brings in the unconditionally loving pink ray, helping to heal kids' hearts. It encourages and enhances one's natural talents and abilities. The manganese is beneficial for alleviating headaches and muscle cramps. Often children like to place rhodonite on their heart chakra to open their hearts and eliminate stress. They also like to place it in their auric field, which helps awaken their latent talents and skills.

Kids are drawn to the natural unconditional love that pours out of rose quartz. Rose quartz opens their heart chakra, helping them to release stress and heal emotional wounds while increasing self valuation and love. It helps us to be receptive to the



highest amount of unconditional love and the importance of self love. Children are often drawn to hold rose quartz in their hands, or they will intuitively know to place it on a chakra or part of the body that needs more self love.

Even with a high vibration, sugilite emits a grounding, calming energy from the violet ray. It is an excellent stone for children because it raises their vibration to the same vibration they had when they chose their life path, so it reminds them of their path, purpose, and what they came here to do. It also opens and aligns our crown and higher chakras. Sugilite is a great stone for children these days because most of their high anxiety comes from wanting to remember their life purpose. Children are often drawn to meditate with this stone in their third eye chakra, or place it above the crown chakra.

Sugilite is an excellent stone for children because it raises their vibration to the same vibration they had when they chose their life path.

Crystal Arrays

Crystal arrays are constructed based on the energies we want to be transmitted. For example, if a child has a lot of excess energy, placing calming stones together in a calming shape will help to transmit these calming energies to them. Or if you want to use the stones for healing, you can choose specific healing stones based on your intent, and place the stones in a healing pattern, and they will work together to transmit the intended energies.

Here is a great crystal array that is fun to construct with your kids; the peaceful, calming energies it transmits are particularly beneficial when the array is left in your child's bedroom. You will need one piece each of amethyst, aquamarine, rhodonite, and rose quartz. Have your child place the stones in a circle or any shape that feels good to them. Encourage them to use other stones that they may be attracted to or what feels good to them. A good pattern for releasing excess energies is a counterclockwise spiral. The feminine energies of the counterclockwise circle help to ground excess energy and send it to the earth.

Because often children's stress comes from not remembering their life path, another useful array to try involves sugilite, rhodonite, and hematite. The stones are arranged in a triangular shape, and kids can meditate in this array, or it can be placed under their bed or at the crown chakra. Sugilite helps children remember their life purpose; rhodonite helps them identify with their talents and skills; and hematite helps them to ground their talents and skills physically to the earth and remember that we are all channels of pure love and light. Have fun!

Jennifer VanderWal has been a Melody Crystal Healing Facilitator and teacher since 2004. She is a Master in the Usui Tibetan Karuna Seiryoku system of Reiki since 1999. Her therapies include crystal healing, chakra balancing, and spiritual counseling. She also teaches crystal healing classes at Bodyworks Healing Center in Plymouth. You can contact her at (248) 672-0579.



Jewelry & Rock Shop

CELEBRATING 17 YEARS!

- Baltic Amber • Amethyst • Moonstone
- Turquoise • Lapis Lazuli • Malachite
- Citrine • Quartz • Petoskey • Agate
- Larimar • Tourmaline
- Jasper • Onyx • Ruby
- Fossils • Pearls
- Aquamarine
- and more!



Princess
DESIGNS

407 N. Fifth Ave. • Kerrytown Market & Shops
Ann Arbor • 734.663.2628



New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community

By Lisa Gribowski Smith

All Sewn Up! Sewing School



Photos for All Sewn Up! Sewing School by Susan Ayer

I have a deep appreciation for the sewing enthusiast or professional seamstress. I was the kid who wore home-sewn outfits on school photo day, Halloween, and at birthday parties. Corduroy suits, button down blouses, school totes, and witch costumes — my mom found the pattern and figured it out. She was fabulous. So good, in fact, she taught night school sewing classes (in addition to her day jobs!) to supplement the family income. As a kid, I took this for granted, an attitude that didn't change until I found myself as an adult with piles of socks needing darning and shirts with missing buttons.

The basics intimidated me. Sewing something from scratch was elusive to me; a recipe of instructions I never learned. The prescribed ugly blouse made in middle school home economics made bad much worse.

I see it as a symbol of girl or boy gone indie; the power to elevate personal style on a budget in a fashion culture saturated with sameness and brand names.

To this day, sewing from choice — and sewing beautiful, useful things — is a marvel to me. I see it as a symbol of girl or boy gone indie; the power to elevate personal style on a budget in a fashion culture saturated with sameness and brand names.

Now as an adult, I see the benefits of sewing are many, and, with a good teacher, can transform elusive into entertaining. This became evident when I met Anne Reinstein, owner of All Sewn Up! Sewing School in Ann Arbor. As Reinstein put it, "Sewing is a huge esteem builder. It's a skill for life." Spending a few afternoons at her school showed me that sewing is a fun-centric activity for kids and families seeking ways to feel good, mentally focused, and fashionable on a dime. I witnessed how taking on a sewing project offers a unique way to intentionally seek connection with our creative selves and focus this energy to build skills and confidence. Especially in kids, it fosters an "I can do it" attitude that translates outside the sewing lab experience, inspiring vision for future projects and even life goals.

Reinstein explained that the act of choosing a pattern or project suited to a student's creative vision supports self-actualization, a value she champions as a teacher. "It's amazing to support a student through a project and see them come into confidence about themselves and their abilities. Leaving my studio wearing the sewn shirt on their back, or whatever it is they made, is testament to the pride that's achieved by completing a project they chose to do," she said.

**"Sewing is a huge esteem builder. It's a skill for life."
—Anne Reinstein, owner of All Sewn Up!**

In 2006, Reinstein was selected by MTV in New York to teach a teenage boy from Huron High School how to sew so he could actualize his dream to become a fashion designer. He left her studio wearing a swanky, custom designed jacket he made himself from lessons with Reinstein. He won first place on the hit show *Made*. He made it! In just four weeks, he had become what he wanted to become: a talented fashion designer.

Reinstein started All Sewn Up! in 2004 because she "really cares about people and wanted to be of maximum service in some way," adding:

Teaching allows me to do just that. Teaching sewing, which I'm passionate about and really good at, allows me to help people feel good about themselves.... As a teacher, I not only want to foster learning, but build self-esteem and inspire confidence, which hopefully will spill over into other parts of my students' lives.

Working from home gave Reinstein the flexibility she wanted, allowing her to see her kids more, who were in elementary school at the time. "I could join them on field trips and bring a supplemental family income to our home," she said. "It was also a teenage dream come true — I always wanted my own sewing business."

Reinstein's studio and school is nestled in her southeast Ann Arbor home.

Reinstein's studio and school is nestled in her southeast Ann Arbor home. It's cozy, warm, and welcoming, and loaded with all the right stuff to successfully complete any project sewn by any student, beginner and advanced alike. There are four sewing stations with 16 stitch sewing machines and all the right tools, including measuring tapes, marking pencils, pins, scissors, and rippers. A large table for cutting and ironing material is a focal point surrounded by bins of every size loaded with patterns that she has on hand for students needing help getting started. Lots of brightly colored spools of thread stand ready. The walls are decorated with students' projects. Blouses, shirts, doll clothes, an elastic band skirt, and snugly felt animals respectfully display the wide range of ages, interests, and skills of students who attend All Sewn Up! The studio is well lit, with natural light from large wall-to-wall windows that look onto a lovely backyard with lots of trees and shrubs. The atmosphere is relaxed and industrious all at once; perfect to inspire any creative vision.

Classes are small, with just four students, to optimize learning through individual attention. Classes are one hour in length. Reinstein also offers camps at winter and spring breaks and during the summer. What's especially unique about her classes is the age and ability mix of the students. The combinations of young adults, retirees, teens, tweens, and children starting as young as age 6 help students push past barriers they might otherwise accept. Being in a mix of generations feels natural and real-to-life. As Reinstein put it, "Adults are motivated by kids and kids are cheered by adults. Kids worship the adults and adults think, 'If this six year old can make this shirt, then certainly I can.'" Everybody wins.

The atmosphere is relaxed and industrious all at once; perfect to inspire any creative vision.

Many students have very little experience with a needle and thread. Many have attended a class before, building on experience gained from previous projects. Several students are regulars, attending throughout the year. Beginners learn how to use the sewing machine safely and comfortably, doing simple projects to practice sewing straight lines, such as a pillow, pillowcase, or drawstring bag. Prior to class and camp, students email sewing project details to Reinstein, including pattern numbers if available, so she can be sure the project is a match between the right amount of challenge and the student's abilities — something that won't be too frustrating or ruin sewing forever. "There are skirts, and then there are *skirts*. Some patterns are much more complicated and require an experienced eye to see that. Some projects need to be vetoed for the best interests of the student," she explained.

Reinstein welcomes what students want to do as long as they can do it. "When students ask me to sew for them, I refuse," she said. Every sewing project is an opportunity to practice reading directions, pictures, and diagrams.

Students are encouraged to read directions and try to follow them by themselves. My theory is that if they can draw their own conclusions, the learning will stay with them longer. Of course, if they don't understand, I explain and demonstrate what to do. Since everyone learns differently, I re-explain information when students don't understand until it makes sense.





Some students come without patterns and use hers. She also guides students to use their imagination and draw their own pattern. "A young boy really wanted to sew a tool box for his dad. So together we drew a wrench design and dad got a nifty tool bag from a very proud son," she said.

The excited chatter of students and busy buzz of the sewing machines show that Reinstein's empowerment style of instruction really works. When I arrived at her home, I was immediately impressed with the adorable utility of the house for students. A handwritten note on the front door directs students to the studio. I followed the happy sounds of children and teens at sewing camp chattering sweetly about their projects. The kitchen adjacent to the studio showed signs of a tasty snack just enjoyed. Reinstein serves healthy snacks made from scratch and fruit; no packaged, sugary stuff.

At age 13, she was expected to provide all the basics of her own wardrobe beyond her school uniform.

The summer camp session I attended was extra animated: twin siblings, age 9, and boy and girl tweenie friends. The projects were as varied as the students themselves: American Girl doll outfits, a tablet case, and a self-designed dragon stuffed animal. The atmosphere was relaxed and engaged with students learning by doing. Reinstein answered each and every question with genuine attention, impressive detail, and fresh interest. The energy in the studio was pure harmony. I was impressed and amazed!

There was this dynamic triple layer of interaction going on that Reinstein facilitated beautifully: first, the individual sewing projects and all the hands-on learning these naturally entail; second, the group project of discovery, of learning how much fun sewing is and expressing this with needle and thread; and third, the friendship and camaraderie naturally unfolding in class with humor and quiet conversation. What was especially remarkable to me was the level of calm and concentration Reinstein maintained as she gracefully adapted to the questions and needs coming at her rapid speed. She treats individual projects as shared opportunities for learning. Sewing becomes a group experience in many ways, which fuels a shared excitement to create and finish projects.

"Sewing is so cool, I get to make things I would normally buy in the store. In class, Anne tells me to make mistakes so I can fix them when I am by myself. I am already on my second sewing machine, which has way more stitches and is more complex."

—Katarina Berens, age 12

Later that day, over the telephone, I discovered the special source of Reinstein's calm, the magic that makes Anne uniquely Anne. Reinstein comes from a family of ten. She is the fifth child of eight children. Raised in a two-bedroom home her parents converted to four bedrooms in east Detroit, Reinstein is used to sharing space. Lack of privacy and living with constant, happy, controlled commotion is second nature to her.

Growing up, there was always something going on. We lived in a neighborhood full of large families. All the kids played together. Dinnertime was announced by the sound of a bell my mother rang on the porch. We all listened for this. At home, everyone had a job. Children took care of meals, setting and clearing the table. As we got older, we graduated to more complex jobs. Everyone was expected to do chores.

Reinstein's father was a well-paid hair stylist and her mother was a schoolteacher. She was fired when she got pregnant because "that's just what happened in those days." The back drop to Reinstein's success as a seamstress is due in large part to the independence expected from her and her siblings to help the family survive on single income earnings. At age 13, she was expected to provide all the basics of her own wardrobe beyond her school uniform. By necessity, she learned to sew on her grandmother's 1940's two-stitch Singer sewing machine. She started with an apron, and then moved on quickly to a blouse and trendy 1970's wide leg slacks. Soon she was making her own prom and homecoming gowns. In 1990, she bought her first sewing machine: 25 stitches, automatic, with a one-step buttonhole. After working with a machine attachment requiring a lot more steps, she said it was "magic and amazing and blew my mind!"

**Join us for Fireside
Fun each
month!**



Check out the dates and times for Fireside Fun & the rest of our public programs at Leslie Science & Nature Center located in Ann Arbor at LeslieSNC.org or call 734-997-1553.

Reinstein is warm, generous, and attentive — a lot like a favorite doting relative, the one who makes you feel like the only person in world that matters is you. This makes it possible for students to trust their creative vision and the flow of its unfolding through hands-on learning. She makes it safe.

Reinstein welcomes mistakes, joking that she is in the "Hall of Fame of Mistakes" and would like students to join her.

Mistakes give students credibility in class. It's an opportunity to rise to the challenge of not knowing what to do and figuring it out. We get to celebrate the learning together and see the skill success on the actual shirt, bag, jacket, or whatever the child is sewing... [Students] show off the accomplishment to other students and their parents later, wearing it or carrying it out of class. A huge esteem builder!

I asked Katarina Berens, age 12, who started classes with Reinstein when she was 9, and now attends weekly and in the summer, what All Sewn Up! has meant to her. She enthusiastically answered: "Sewing is so cool, I get to make things I would normally buy in the store. In class, Anne tells me to make mistakes so I can fix them when I am by myself. I am already on my second sewing machine, which has way more stitches and is more complex."

Berens has sold merchandise for three years at the Ann Arbor Art Fair in the Kids Tent. This year she sold string bags in several different sizes, doll aprons, and headbands. "I am learning about business and how to sell to people because you can't just expect stuff to sell while you're sitting back," she said. Berens is also planning to sell on Etsy.

I can confidently say that meeting Anne Reinstein has lifted my dread of joining needle with thread. My bad memories of failed home economics projects are fading out, replaced by a renewed notion that sewing is actually fun, and that taking a class alongside little kiddies for inspiration seems like a fabulous idea. My daughter, who just turned eight, is the perfect class companion. While she reminds me and others frequently that she's not a "girlie girl," I'm guessing cool soccer patterned material to commemorate the historic championship of the U.S. Women's Soccer team against Germany will convince her to join me at Reinstein's studio. While I'm not aspiring to be my mom or anywhere near a DIY mama for my kid and hubby, I say "yes" to any fun, new opportunity to hang out and bond with my darling daughter. Besides, I'm excited to sleep atop my very own pillowcase sewn by none other than me.

All Sewn Up! Sewing School is located at 3 Medford Circle, Ann Arbor, Michigan 48104. To learn more about Anne Reinstein and upcoming classes or camps, visit her website, www.allsewnupbyanne.com, or call (734) 971-5610.

KEEP ON SEWING!

Column continued on page 82

Crazy Wisdom Kids in the Community

Column continued from page 81

Hope Clinic

Mia Moyad



Hope Clinic is a haven for local families offering practical support through various programs, professional guidance, and heart felt support.

I discovered Hope Clinic in downtown Ypsilanti through my friend and neighbor, Mia Moyad. It's normal routine to stop and chat when we pass each other on foot or by car, exchanging weekly highlights, updates, and news. I followed her intentional journey from graduate studies at the University of Michigan School of Social Work to employment as Manager of the Social Work Department and Patient Advocate at Hope. Over several visits, I discovered what an exceptional place Hope really is; a haven for local families offering practical support through various programs, professional guidance, and heart felt support. Here Moyad is at her finest, doing what comes so naturally: compassion for suffering and service to ease the hurt. Always happy, optimistic, and deeply caring about the person before her, her calm presence reassures, creating a confidence that everything is going to be ok.

The goodness I experience every time I'm with Moyad is the same feeling a person can expect when they arrive at Hope. "Unconditional acceptance and respect with no questions asked" is how Moyad described the welcome people can expect at Hope. She delivers, as do all the staff and volunteers at Hope. "Poverty has many faces and our job here is to give services to those who ask for help with graciousness and non-judgment to restore dignity where difficult life circumstances have degraded morale and make life hard," she explained.

"Poverty has many faces and our job here is to give services to those who ask for help with graciousness and non-judgment to restore dignity where difficult life circumstances have degraded morale and make life hard."
—Mia Moyad

Moyad has a team of seven social workers. They work on a patient-by-patient basis to remove barriers, offering kind and practical support to make things better. As I sat in her office, a young homeless father, age 25, arrived. He needed a document signed by a social worker to be eligible for public housing. He was surviving homelessness by "couch surfing," moving from couch to couch at the homes of friends, relatives, and acquaintances. He was tired and overwhelmed, earning just \$30 per week after child support was deducted. As he described his life to Moyad, he frequently repeated, "There's just a lot going on," referring to the mass of details he was trying to manage each day to survive and meet his basic needs. Moyad's job is to zero in

on the immediate need and take care of it when possible in real time. She aims to empower clients with whatever knowledge and emotional support they need to do the next best, necessary step to take care of themselves independently. Moyad took care of the form, made sure he had enough food, and described ways to access more services at Hope if he needed them.

Hope is a nonprofit, inter-denominational Christian organization located at 518 Harriet Street, strategically positioned on a bus route, near neighborhoods, and with easy access to Interstate 94. Patients are from all faiths and reflect the diverse racial and ethnic make-up of America. Hope has about 30 staff and approximately 300+ doctors, dentists, nurses, and miscellaneous skilled and talented volunteers.

Services at Hope are extensive, addressing the whole person: mind, body, and spirit. Free dental and medical care, including free medicine and food relief programs are provided. Skillful, professional support to navigate government programs, hospital charity care, and other community and state programs are among the many ways Hope guides people to have basic life necessities. Asked about her work, Moyad shared:

A big part of my job is to teach patients how to get what they need from organizations and institutions to remove barriers, attain basic necessities, and some kind of quality of life. Sometimes this means translating a job application, practicing a mock job interview, or making a phone call to a difficult landlord to guide a client through a scary or intimidating situation or bureaucratic process. When we don't have the resources on staff, we get in touch with one of our volunteers to try to fill a void.

Clients often need help learning to budget their money, which is critical to their independence. I have a financial planner who volunteers her expertise. A person can end up homeless by using money for rent on a sudden, unexpected expense. A mother and daughter lost their apartment and lived out of their car for four months when they didn't receive the IRS refund they expected and paid a vet bill for a sick cat. As soon as they had housing, our financial advisor met with the mother to give her skills to avoid this happening again.

Many of Hope's patients manage severe or chronic health conditions, including diabetes or neurological disorders including epilepsy. Some are challenged with depression or other psychiatric conditions that require medication, regular supervision from a doctor, as well as support to navigate the healthcare system. A primary responsibility for Moyad is to explain the Affordable Care Act, or ObamaCare, to patients, as well as the Medicaid expansion. She said:

Hospitals offer charity care programs to those who qualify. Most patients don't know this. Helping patients access this requires knowing where to go, what forms to fill out, and all the bureaucratic details to deal with to access the care. It's detail oriented and time consuming, but very, very rewarding to help a patient get the care they need and deserve. Hope medical doctors and I recently advocated for a young boy who needed surgery. His parents didn't have the funds nor the medical insurance. We were able to facilitate the operation and transportation through Shriners Hospital.



Hope has about 30 staff and approximately 300+ doctors, dentists, nurses, and miscellaneous skilled and talented volunteers.

Hope has several programs available that are especially helpful to families.

KIDS CAN COOK: A fun, skill-building program for 8 weeks, beginning in October 2015. It emphasizes nutrition within budgetary constraints, healthy portions, cooking techniques, and fosters friendship through conversation at meal times. At the end of the program, children prepare and serve a full-course meal to their parents.

FOOD PANTRY and FRESH PRODUCE: Three times per week by appointment families who qualify for monthly groceries can pick up pre-packed groceries or “shop” for themselves in the food pantry. There is also an emergency supply of food packages available to those in immediate need, anytime no questions asked. Fresh produce is available two times per week from Hope’s brand new fresh produce building.

HOT MEALS: Served on Saturdays and Sundays from 4–5 p.m., meals are available to anyone who shows up.

BABY CARE EMERGENCY PROGRAM: Every Thursday from 2–4 p.m. essential items for infants, including diapers, wipes, food, and formula, are available to parents. Donated, lightly-used clothing items are displayed for the taking when available. Layettes are also available by appointment for newborns.

WASH WITH CARE: A busy laundry service available to families by appointment, Monday through Friday, 9 a.m.–5 p.m. In 2014, as many as 253 households did 6,895 loads of laundry. Free washers, dryers, and laundry detergent are provided. There is a playroom with toys and books adjoining the laundry room to entertain children while laundry is underway.

In 2014, as many as 253 households did 6,895 loads of laundry. Free washers, dryers, and laundry detergent are provided.

On my visits to Hope, I met a number of families doing laundry. Here, between machine cycles and while folding piles of children’s clothes, I learned about the central place of Hope in clients’ lives. Gloria, aged 44, a single mother of 12, has been a client since 1995, when she arrived in Michigan from New Jersey with her first child.

I found Hope in the neighborhood. When I could walk, I walked here to do my laundry with my children, or come for a meal on weekends. I worked at McDonald’s and could barely make my rent. Hope donated a washer and dryer to me, and then a van. The van really inspired me to want more for myself. I’d think about all the things I could do if I could just drive there. The van inspired me to want more for myself and my children.

While the washer and dryer eventually broke down, Gloria still drives the van. She is unable to work due to chronic pain and swelling in her legs. Despite the many daily challenges Gloria and her children face to simply survive, they along with many families experience life as happier and more manageable because of the love and support they can count on from Hope staff and volunteers.

To learn more about the people and services at Hope Clinic or to learn how you can volunteer, visit: www.thehopeclinic.org.

Our new Crazy Wisdom Kids columnist, Lisa Gribowski Smith, is an adoptive parent to a sparkling eight-year-old daughter who knows more math than she does. She is also a skillful intuit and psychic with a life coaching practice. She can be reached at 734-709-9706 or lisa.gribowski@gmail.com.

If you'd like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the January through April issue is November 1, 2015.



JOIN DANCER'S EDGE THIS FALL FOR CLASSES!

Dancer's Edge offers a variety of classes for ages 1 to Adult! Fall Semester begins September 8th, 2015!



Ballet, Tap, Lyrical, Pointe, Contemporary, Jazz, Hip-Hop, Pom, Creative Movement, Ballet for Babies, Acro, Musical Theater, Zumba, Yoga AND MORE!

REGISTER FOR FALL 2015 CLASSES TODAY! WE CAN'T WAIT TO DANCE WITH YOU!

www.DextersDancersEdge.com (743) 424-2626
3115 Broad St., Dexter, MI 48130 DextersDancersEdge@yahoo.com

YAG
The Ann Arbor Young Actors Guild
announces the first 2015-2016 season production:

THE THREE MUSKETEERS (AFTER DUMAS)

Cast ~ High School to Grade 6
Our policy: all who audition will be cast and will appear on stage in every performance!

Auditions:
Monday, Sept. 28 & Wednesday, Sept. 30
5:00 to 6:30 p.m. at STAC (address below)

Rehearsals:
Mondays & Wednesdays
5:00 to 7:00 p.m. at STAC

Performances
December 18, 19, & 20, 2015
Lydia Mendelssohn Theatre at University of Michigan

STAC (U-M Student Theatre Arts Complex)
1201 Kipke Drive, Ann Arbor, MI

info@aayag.org • www.aayag.org • (734) 926-5629

MUSIC LESSONS

Violin, Viola, and Cello Lessons in Ann Arbor
Instruction in Suzuki Method and Alternative Styles

Neil Gilfillan, Cello • Rachel Samson, Violin/Viola

Kids 3+ and Adults welcome!

- Private Lessons and Group Classes
- Workshops and group classes offered in classical, rock, and pop
- Learn note reading and music theory



Call or email to enroll now: chilidogstrings@gmail.com • www.chilidogstrings.com
Cello: (817) 760.9906 • Violin/Viola: (216) 571.2230

CRAZY WISDOM KIDS

An ongoing 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
- the Healthy Household
- Integrative Medical Care for Kids
- Yoga and Kids
- Dads and Babies
- Mothers and Daughters
- Eco-friendly family living

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

The Crazy Wisdom Community Journal

Events Calendar for Kids • September through December 2015

New, Fun, and Just Plain Cool Things to do!

C
r
a
z
y
W
i
s
d
o
m
K
i
d
s

Fairy Tea at Crazy Wisdom Tearoom • Oct. 29, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Tickets are \$11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net.



Nature Tales with Leslie Science and Nature Center • Sept. 9, Oct. 7, Nov. 11, Dec. 9, 10-11 a.m.; Sept. 12, Oct. 10, Nov. 14, Dec. 12, 11 a.m.-12 p.m. • A unique story time in which 1-5 year-olds and their adults enjoy a children's book and related hands-on nature exploration and animal visits. \$4/child (\$3/child for members); adults and children under one are free. Check website for updates on monthly books and times. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

September 9, 10-11 a.m.; Sept. 12, 11 a.m.-12 p.m. • "As An Oak Tree Grows" by G. Brian Kara includes exploration of trees.

October 7, 10-11 a.m.; Oct. 10, 11 a.m.-12 p.m. • "Is This Panama? A Migration Story" by Jan Thornhill and Soyeon Kim includes learning about the different birds leaving Michigan this year

November 11, 10-11 a.m.; Nov. 14, 11 a.m.-12 p.m. • "Stellaluna" by Janell Cannon investigates which animals are out and about at night.

December 9, 10-11 a.m.; Dec. 12, 11 a.m.-12 p.m. • "Bear Snores On" by Karma Wilson and Jane Chapman talks about which animals are sleeping through the winter.

Tykes Preschool Program with Leslie Science and Nature Center • This program is designed for 4-5 year-olds with or without their adults to enjoy educational time learning about a variety of science and nature topics. Cost depends on number of sessions in a month. \$50-\$70/child/month (\$45-\$65/child/month for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Sept. 8, 15, 22, 29; 9-11 a.m. • **Habitat Exploration** • Explore the four parts of a habitat: food, water, shelter, and space as participants explore Black Pond Woods in search of animals and their habitats.

Oct. 6, 13, 20, 27; 9-11 a.m. • **Space Explorers** • Children will learn about the moon, stars, and other planets.

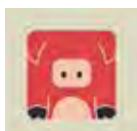
Nov. 5, 10, 12, 17, 19, 24; 9-11 a.m. • **All About Michigan** • Children explore Michigan native plants and animals.

Dec. 1, 3, 8, 10, 15, 17; 9-11 a.m. • **Five Senses** • Children will use all five senses to explore the world and learn how animals use their senses, too.

Tiny Tot Walks with Leslie Science and Nature Center • Sept. 23, Oct. 21, Nov. 25, Dec. 16; 10-11:00 a.m. • Monthly guided walks for tots and their adults explore what each month during the seasons brings. Leisurely pace accommodates tots' little legs. \$4/child (\$3/child for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Fireside Fun: A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Sept. 20, Oct. 18, Nov. 15; 6:30-8 p.m. • There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows, and swapping stories. Bring the family, camp chairs and s'mores fixings as staff stokes the fire and provides plenty of marshmallows. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Parents' Night Out: Astronomy Adventure or Flight School with Leslie Science and Nature Center • Oct. 3, Dec. 5, 5-10 p.m. • Parents are invited to leave their children and go out for the night! Children will enjoy activities, crafts, a night hike, stories of the constellations, a telescope viewing of the night sky, a pizza dinner and an evening snack. In December, children get a chance to experience hawks, owls, and falcons up close. For ages 6-12. \$30/child (\$25/child for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.



Spooky Plants and Goblin Garden Workshop with Bloom! Garden Center Staff • Oct. 10, 2-2:45 p.m. • The workshop will combine learning about spooky plants and creating a miniature garden for your goulish spirit. For ages 4 and up. Includes all supplies. \$20. Call Stacey at 426-6600; stacey@bloom-gardens.com or bloom-gardens.com.

Handmade Sketch Books for Kids with Dolores Graham • Sept. 12, 19, 26; 11:30 a.m.-1 p.m. • Children will learn to make a one-of-a-kind art sketchbook using recycled materials, paper, and a hole punch. \$35. Call 657-2474; doloresmakesart@gmail.com or dreamscapeartstudio.com.

Owling with Leslie Science and Nature Center • Nov. 21, 7-9 p.m. • An evening of owls for ages 5 and up will include night hikes, owl calling, and visits with live owls. Participants will learn how ears, eyes, and feathers help owls survive the night. \$9/person (\$8/member). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Myths and Legends of Raptors with Leslie Science and Nature Center • Oct. 24, 2-3:30 p.m. • Participants will explore how birds of prey have captured human attention for generations. We will look at the myths and legends that surround these predators of the sky. For ages 10 and up. \$6/person (\$5/member). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Equine-Assisted Therapy with Kathleen A. Hinderer • Tuesdays-Saturdays by appointment • Therapy on horseback and equine-inspired mindfulness create a powerful healing session as the motion of the horse generates a deep sense of relaxation, and the connection with the horse draws in energy. Participants will discover the ABCs of Horseplay: agility, balance, and coordination via mounted and ground activities to promote fitness, wellness, stress reduction, and relaxation. No experience necessary and facility is sensory-friendly and barrier free. Cost varies. Call Kathy at 622-9500; macinfo@michiganabilitiescenter.org or michiganabilitiescenter.org.

Exploring New Horizons with U-M Museum of Natural History • Daily, 2:30 p.m. • This audiovisual planetarium show talks about the mission of the New Horizons spacecraft to a dwarf planet and also explores the history and importance of the scientific method. \$5. Call 764-0478; isa.umich.edu/mbg.

Storytime with Nicola's Books • Tuesdays, 10 a.m.; Saturdays, 11 a.m. • Stories and activities for children ages 7 and under. Free. Call 662-0600; nicolasbooks.com.

Dinosaur Tours with U-M Museum of Natural History • Saturdays and Sundays, 2 p.m. • Dinosaur fans will have fun during a 30-minute tour with animatronic reptiles. Call 764-0478; isa.umich.edu/ummna.

Fall Sewing Classes with All Sewn Up! Sewing School • Ages 6 and up will learn beginner and intermediate skills of pattern reading, garment and home décor sewing. Sewing machines and equipment provided. School break camps also available. Call 971-5610; info@allsewnupbyanne.net or allsewnupbyanne.com.

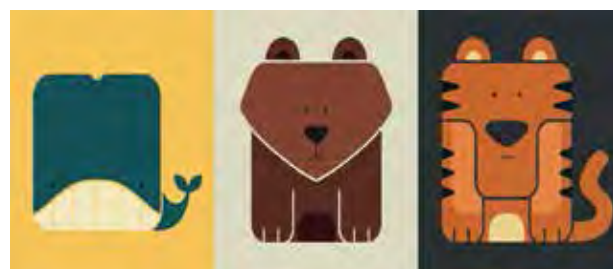
Cranbrook Institute of Science Education Expo • Oct. 4 • Meet representatives from southeast Michigan schools and special programs for children all under one roof. For more information, contact metroparent.com.

Michigan Renaissance Festival School Day • Oct. 2 • Visitors will enjoy a live armored joust, educational activities, classes in history, costuming, music, and more. Also open weekends and Labor Day. Aug. 22-Oct. 4. Discounted tickets available. Call 248-634-5552 or MichRenFest.com.

Preschool Story Time at Ann Arbor Hands-On Museum • Tuesdays, 9-10 a.m., Saturdays, 10:30-11:30 a.m. • Take tykes to the Ann Arbor Hands-On Museum for an activity and tale. \$12/entry. Call 995-5439; aahom.org.

Parent-to-Parent Support at Center for the Childbearing Year • Wednesdays, 10 a.m.-12 p.m. • Informal, free drop-in group meets weekly for discussion and play time for moms, dads, partners, babies, and toddlers. Free. Call 663-1523; center4cby.com.

Breastfeeding Café at Center for the Childbearing Year • Fridays, 10-11:30 a.m. • Informal, free drop-in group meets weekly for support and discussion among breastfeeding moms and babies. Call 975-6534; bfcaa.com.



"Around and around the house the leaves fall thick, but never fast, for they come circling down with a dead lightness that is somber and slow." – Charles Dickens

Pioneer Day at the Waterloo Farm Museum • Oct. 11, 12-5 p.m. • Celebration of late 19th century farm life. Live music; demonstrations of period crafts, trades, and cooking; horse-drawn wagon rides; and produce and baked goods for sale. Crafts-people will demonstrate and sell, many in period costume. For more information, see waterloofarmmuseum.org.

Christmas on the Farm with Waterloo Farm Museum • Dec. 5, 10 a.m.-4 p.m.; Dec. 6, 12 p.m.-4 p.m. • A re-creation of historical Christmas traditions. Tour the buildings, purchase hand-crafted greens, baked goods, gift items. Refreshments and live music. For more information, see waterloofarmmuseum.org.

80th Annual Saline Community Fair • Sept. 2-6, 9 a.m.-11 p.m. • This old-fashioned community fair features agricultural and craft exhibits, rides, and a variety of special events including a "Saline's Got Talent" show (Sept. 4), a pie-baking contest (Sept. 4), a rodeo, a car and tractor show, tractor pulls, livestock auctions, live music, and more. Rides usually run Weds.-Sat. Thursday is preschool day, and Saturday is children's day. Kick-off parade (Sept. 1, 6:30 p.m.) ends at Mill Pond Park, followed by old-time games, prizes, and refreshments in the park. See website for more details at Salinefair.org

Astronomy Day Star Party with the University Lowbrow Astronomers • Sept. 19, 8-10 p.m. • Participants will celebrate Astronomy Day with an evening of stargazing. Participants will get close-up views of stars, planets, nebulae, and other celestial objects that are hard to see without the use of telescopes. Bad weather date: Oct. 2. \$5 (free for Leslie Science Center Members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Classes for Childbirth Preparation, for Parents, and for Families with Lamaze Family Center • Ongoing • Lamaze Family Center offers numerous classes designed to empower families to make informed choices and gain support in pregnancy and in parenthood. Classes include childbirth preparation, infant care for adoptive families, infant CPR and first aid, miscarriage and newborn loss support, breastfeeding and newborn care, Kindermusik, playgroups, mothers' groups, becoming a sibling, and baby sign language. Check website for times, dates, and fees. Call 972-1014; lamazefamilycenter.org.

Baby Time Fun with Lamaze Family Center Ann Arbor • This weekly circle time presents songs, games, and what changes to expect as your growing baby gets up and going. Designed for babies 5 months-one year and their caretakers. See website for dates, times, and fees. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Kindermusik Classes with Lamaze Family Center Ann Arbor • This class focuses on participatory song and movement. Classes for ages 0-7 years old and their caretakers. All classes include a music CD, book, and musical instrument. See website for dates, times, discounts for sibling registration, and fees. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Becoming Brothers and Sisters with Lamaze Family Center Ann Arbor • This class focuses on helping siblings-to-be feel special about their new role using story, dolls, and practice with holder, diapering, and swaddling a baby. Classes at the hospital also include a tour of a room on the labor and delivery floor. Children receive a certificate and big brother/sister button to wear. See website for dates, times, discounts for sibling registration, and fees. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Sing-Along with Santa with Ann Arbor Symphony Orchestra • Dec. 5; Pre-Concert Activities, 3-3:45 p.m.; Concert, 4 p.m. • Join Santa and piano accompaniment in singing favorite carols. To help remember the fun, a photographer will snap a photo of each youngster with Santa, sent to you electronically in time for Christmas. See website to purchase tickets. Call 994-4801; info@a2so.com or a2so.com.

Shrek the Musical with Young People's Theater • Nov. 19-22 • Enjoy a performance of local children performing through song and dance. See website to purchase tickets. Call 222-4006; youngpeoplestheater.com.

Wild Swan Theater Series for Children • Children of all ages will enjoy performances geared for family fun. Wild Swan is dedicated to producing professional theater for families and making theater accessible to everyone. All performances are shadow interpreted for those who are hearing impaired. See website to purchase tickets. Call 995-0530; wildswan@wildswantheater.org or wildswantheater.org.

Oct. 15-17 • Once Upon a Time • A collection of children's classics including "Three Billy Goats Gruff" and "Reynard the Fox."

Nov. 11-14 • Rosie the Riveter • The story of women who came to Michigan from across the country to fill thousands of wartime factory jobs.

Dec. 3-5 • A Honey Pot of Pooh Stories • A collection of stories about Winnie-the-Pooh.

The Three Musketeers with Young Actors Guild • Dec. 18-20 • Geared for families, this production of Alexander Dumas' classic by students from sixth grade to high school features action, intriguing plots, sword play, and historic movement. See website for times and ticket prices. Call 926-5629; info@aayag.org or aayag.org.

Being Still and Mindful with Self Realization Meditation Healing Centre • Sept. 19, 20; 9:30-10:15 a.m. • For young people ages 5-12 years, this course helps develop and use mind muscles and train the brain while having fun. Cups of tea and a peaceful half hour for parents. Donations welcome. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Fall Events



SOMADANCE FALL SESSION
BEGINS SEPTEMBER 12

Fall Classes Alternate Saturdays, 4:30-6:15

Dates: 9/12, 9/26, 10/10, 10/24, 11/14, 12/5, 12/19

Classes meet at **Arts in Motion Dance Studio**, 6175 Jackson Road
between Zeeb and Baker on the South side of the road.
Look for the Wild Swan side.

(734) 368.7573 • www.peopledancing.org

Fairy Tea at Crazy Wisdom Tearoom
Thursday, October 29,
1 p.m. and 4 p.m. seatings

Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. Fairy attire is encouraged. Be creative! Tickets are \$11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. fairytea@crazywisdom.net - 734.665.2757

An Extraordinary Education

The Rudolf Steiner School of Ann Arbor

The educational foundation at The Rudolf Steiner School of Ann Arbor is built on the premise that knowledge is more than facts. The school's thoughtfully constructed curriculum is designed to support children through all stages of development.

Experience The Rudolf Steiner School of Ann Arbor

While striving for academic excellence, our students acquire capacities that prepare them for our changing world. From early on, our students thrive in a joyful and engaging atmosphere that fosters clear thinking, innovation, open-mindedness and compassion.

For more information, call 734-995-4141.

734-995-4141 ■ rssaa.org ■ admissions@steinerschool.org
High School – 2230 Pontiac Trail, Ann Arbor, MI 48105

The Crazy Wisdom Community Journal

www.crazywisdomjournal.com on the web

▶ Read the digital edition of the fall issue

Flip through the pages of *The CW Community Journal* — virtually! Our entire issue is made available online via Issuu Technology, a leading digital publishing platform, so it's easy to read *CW Community Journal* while traveling, or to share it with out-of-town friends and family.

▶ Share your thoughts and comments

From each print issue, we also turn select features and articles into blogs — which you can find right on the homepage of our website — so you can **leave your thoughts and comments**, “like” articles on Facebook, or easily share links via email and social media.

▶ Find events, classes, workshops, & more

Our **local events calendar** (found at the back of each print issue) is also available online, making it easy to search for events, classes, workshops, and also read about the teachers, lecturers, and workshop leaders around the community.

... and read *The CW Community Journal* **blog**

A unique mix of content, from local voices — writers, holistic practitioners, workshop leaders, artists and others — **and a variety of topics to explore**: spirituality, health and nutrition, astrology, meditation, tarot, psychology, art therapy, and more.



**New posts starting September 20th,
related to stories in this issue.**

Guest bloggers include:

- Lisa Gottlieb
- Amy Garber
- Jeanne Mackey
- Kate Soper
- Anne Mondro

The Crazy Wisdom Calendar

September
through
December
2015

A Free Guide to Local Classes, Workshops, and Events



ILLUSTRATION
BY SARA VAN ZANDT

Addiction and Recovery

Dawn Farm Education Series • Sept. 15, 22, 29; Oct. 20, 27; Nov. 17, 24; Dec. 15; 7:30-9 p.m. • Free community education classes on addiction, recovery, family concerns, and related topics. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Teens Using Drugs: What To Know and What To Do with Ray Dalton and Jules Cobbs • Oct. 6, 13; Nov. 3, 10 • Ongoing two-part series to help participants learn to understand, identify, and address adolescent alcohol/other drug problems. Free. Call Ray at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs/.

Dawn Farm Family Matters with Katie Gordon • Wednesdays, 6-7:15 p.m. • Family Matters is a six-session education, skill-building, and support group for family members, loved ones, and friends of people with alcohol and other drug addiction. The group provides an opportunity to learn about addiction and share with others who understand. Free. Call 821-0216; info@dawnfarm.org or dawnfarm.org/programs/family-support.

Anatomy

Mankien with Ann Arbor Institute of Massage Therapy Faculty • Oct. 19, 9 a.m.-12:30 p.m. or 6-9:30 p.m. • There are eleven classes where each student will study anatomy in a three-dimensional way by using clay and a skeletal model to gain an understanding of the layering of the musculoskeletal system. Call for date of each class. \$500. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Animals and Pets

Animal Communication with Dee Vincent • Oct. 18, Nov. 16; 11 a.m.-1 p.m. • Telepathically connect with a pet in a 30-minute individual session with an animal communicator to get feedback on concerns and needs. Bring the pet or photo with name, age, breed, and color. \$40. Call Pat at 416-5200; relax@bodyworksh healingcenter.com or BodyWorksHealingCenter.com.

Animal Reiki with Letha Cupp • Sept. 19 • Participants will learn Usui Reiki, Level 1 and its application with animals. Participants will also learn to activate and raise their personal energetic vibration as Reiki energy, also known as life-force energy, flows through the palm chakras by the end of the workshop. \$125. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com/independent-guest-instructor-workshops/.

PetMassage Foundation Workshop with Distance Learning Courses in Canine Anatomy and Business Marketing with Jonathan Rudinger • Nov. 5-9 • This workshop provides a road map for creating and marketing a canine massage business. Topics will include theory, techniques, vocabulary, culture, and vision of PetMassage; body mechanics and diverse canine needs; complementary bodywork techniques; and basic dog anatomy and physiology. \$1700. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com/independent-guest-instructor-workshops/.

Equine-Assisted Therapy with Kathleen A. Hinderer • Tuesdays-Saturdays by appointment • Therapy on horseback and equine-inspired mindfulness create a powerful healing session as the motion of the horse generates a deep sense of relaxation, and the connection with the horse draws in energy. Equine-assisted therapies include hippotherapy, therapeutic riding, equine facilitated learning, and other therapeutic and recreational activities for clients of all ages and their families, where the focus is on abilities and not disabilities. No experience necessary and facility is sensory-friendly and barrier free. Cost varies. Call Kathy at 622-9500; macinfo@michiganabilitiescenter.org or michiganabilitiescenter.org.

Animal Healing Course with Self Realization Meditation Healing Centre • Oct. 3-4 • Participants will learn to give natural spiritual healing to animals by enhancing their quality of life and stimulating their bodies' own healing mechanism. \$225 (includes lunches and refreshments; \$272 with overnight lodging and all meals; bursary available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

CONTINUED ON NEXT PAGE

The Crazy Wisdom Calendar

Aromatherapy & Essential Oils

Essential Oils for Everyday Living with Juliana Schreimer • Oct. 13, 10:30-11:30 a.m. • This course will cover how an essential oil kit can support overall health and well-being for everyone from stressed-out spouses to hyperactive kids, as well as helping with acute illnesses and house cleaning. Free. 994-8010; Info@TheIndigoForest.com and TheIndigoForest.com.

Creating Personalized Bath Salts with Karen Greenberg • Nov. 9, 6:30-9:30 p.m. • Participants will create recipes and bath salts to help them move closer towards their life's purpose, for purity, clarity, acceptance, hope, creativity, and more. \$125 (includes materials fee). Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Art and Craft

Art as Spiritual Practice with Rocky and Heather Rains • Oct. 24, 9 a.m.-4 p.m. • Utilizing spiritual practices from around the world, this workshop focuses on the creation of art that arises from one's inner spiritual vision. \$75 (all materials provided) or \$50 (provide own materials). Call 927-2974; rainsrg53@gmail.com.

Drawing, Painting, and Visual Journal Workshop with Nancy Wolfe • Painting and Drawing Workshops, Six Wednesdays starting Sept. 16, 2-4 p.m. and 5-7 p.m. • Visual Journal, An Approach to Self-Expression, Six Fridays starting Sept. 18, 1-3 p.m. • Small group sessions for beginning drawing and painting in a home studio. Visual journals combine images and words to connect the self to the environment, ideas, and feelings. Process is more important than product, and will include simple exercises to open up a world of expression in art and poetry. \$135/workshop. Call 358-5857; nancy@nancywolfe.com or nancywolfe.com.

Art as a Spiritual Practice with Rocky and Heather Rains • Oct. 24, 9 a.m.-4 p.m. • Utilizing spiritual practices from around the world, this workshop focuses on the creation of art that arises from one's inner spiritual vision. \$75 (includes all materials) or \$50 (provide your own materials). Call 927-2974; rainsrg53@gmail.com.

The Art of Paper Collage: A Weekend Retreat with Sue Pickering Rothamel • Oct. 23-25 • This workshop enables participants to free their inner artists in a collage and mixed-media retreat that requires no previous art experience. Participants will learn techniques and come home feeling inspired. \$325 (includes materials). Call Julie at 562-2662; askanything@usartquest.com or usartquest.com.

Candle-Making and Holiday Gifts with Deanne Bednar • Dec. 6 and 12, 1-5 p.m. • Participants will enjoy the warmth of the season by hand-dipping candles made of local beeswax, sculpting earthen candlestick holders, decorating match boxes, and making simple incense. Tours of the Strawbale Studio available. \$35 (\$25 with prepayment one month prior). Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

Creative Studio Process: Drawing with VEO Studio • Sept. 26, 1:30-4 p.m. • In this workshop, participants will learn to use a simple yet powerful guided process that will combine drawing, writing, and sharing in a critique-free studio setting. Tap into imagination, curiosity, and a unique creative process. The workshop will include visual and written journals as a way to bring energy into the art and studio practice. \$65. Call Elizabeth at 417-6326; info@veoartstudio.com or register.veoartstudio.com.

USArtQuest Second Annual Art and Craft Show • Nov. 7, 9 a.m.-5 p.m. • Enjoy fine arts and crafts by local artists as part of Chelsea's Wine, Women, and Shopping event. Free. Call Julie or Sue at 562-2662; julie@usartquest.com or usartquest.com.

Holiday Artisan Shoppe at USArtQuest • Dec. 1-23 • A holiday artisan shop offering special handmade gifts from local artists, artisans, and crafters. Free. Call Julie at 562-2662; Julie@usartquest.com or usartquest.com.

Storm Paintings with Sibel Ozer • Sept. 26; 10 a.m.-3 p.m. (includes lunch break) • In this art therapy group, participants will use process painting to explore, express, and release intense emotions through giving shape, form, and color to our internal landscape. \$100 (includes materials). Call 303-905-1109; fireflyarttherapy@gmail.com or sibelozzer.com.

Season's Changes: Fall Workshop with Sibel Ozer • Sept. 14, 21, 28; Oct. 5; 6:30-8 p.m. • Participants will explore life transitions with the ever-changing larger field through process painting. No art experience needed. \$160 (includes materials). Call 303-905-1109; fireflyarttherapy@gmail.com or sibelozzer.com.

Exploring Polarities with Sibel Ozer • Oct. 8, 15, 22; 10-11:30 a.m. or 6-8:30 p.m. • Participants will use process painting to explore the polarities that need balancing. No art experience needed. \$150 (includes materials). Call 303-905-1109; fireflyarttherapy@gmail.com or sibelozzer.com.

Favorite Sayings Painting Workshop with Sibel Ozer • Oct. 3, 10-3 p.m. (includes lunch break) • Participants will leave this workshop with a small canvas that has a favorite saying incorporated into a multimedia background. No art experience needed. \$100 (includes materials). Call 303-905-1109; fireflyarttherapy@gmail.com or sibelozzer.com.

Multimedia Painting with Sibel Ozer • Oct. 24, 10-3 p.m. (includes lunch break). Participants will leave this class with a small multimedia painting that includes favorite colors and imagery. No art experience needed. \$100. Call 303-905-1109; fireflyarttherapy@gmail.com or sibelozzer.com.

Astrology

SMART Christmas Party • Dec. 3, 1:30-4 p.m. • This event provides a delightful mix of fellowship and Italian food. Participants eat pasta and talk astrology. No reservations necessary; RSVP appreciated. All welcomed, including spouses and friends. Fee for food. Call Elizabeth at 419-242-1696; smartmich2010@gmail.com.

Mercury Retrograde with Elizabeth Hazel • Sept. 20, 1:30-4 p.m. • Learn about the intricacies of Mercury retrograde and the unique effects of being born with a Mercury Rx. The process of anticipating Mercury Rx in secondary progressions will be examined through sample charts, along with what it signifies in forecasting. \$10. Call 419-242-1696; smartmich2010@gmail.com.

Midpoints in Practice with Judi Vitale • Nov. 7, 1:30-4 p.m. • Participants will learn about midpoints in natal analysis, compatibility, and forecasting. Midpoint-based techniques add nuance and detail that bring chart readings to new levels of depth and understanding. \$20 (\$15/members). Call 419-242-1696; smartmich2010@gmail.com.

Author Events

Book Signing and talk with Kristin Meekhof, author of *Gratitude and Grief: A Widow's Guide to Healing* • Nov. 17, 7 p.m. in the Crazy Wisdom Tea Room • Widowed at the age of 33 when her husband died of adrenal cancer, Kristen Meekoff wanted to listen to the narratives of widows from all different backgrounds. With the help of her co-author, she interviewed widows from all over the world to see what lessons they had to share with others. This event will include an overview of the book and share stories of how the author and others transformed loss. Co-author James Windell will also be present. Free. Call 665-2757; rachel@crazywisdom.net.

Book Signing and Talk with John Steadman, author of *H. P. Lovecraft and the Black Magical Tradition* • Oct. 6, 7 p.m. in the Crazy Wisdom Tea Room • Join John Steadman as he discusses why he chose to write about H. P. Lovecraft and why Lovecraft's work has had, and continues to have, such an enduring influence on Western culture. Free. Call 665-2757; rachel@crazywisdom.net.

The Therapeutic Power of Memoir Writing with Kathleen Riley • Sept. 22, 7-8:30 p.m. at Crazy Wisdom Community Room • A free author event at Crazy Wisdom includes a talk on the therapeutic power of memoir writing and a book signing of the author's memoir, *What You Feel Is Real*. Free. Call 707-8416; kriley@thedovehouse.org or thedovehouse.org.

Bodywork

Ortho-Bionomy Is Coming to Ann Arbor: Phase 4 Spine Workshop with Carole Poffinbarger • Nov. 21-22, 9 a.m.-5 p.m. • Ortho-bionomy uses gentle movements and comfortable positioning to remind the body how to heal itself. The two-day workshop will focus on the spine with hands-on training. The practice is open to everyone. CEs may be available. \$265 (\$240 before Oct. 15 or bring a friend). Call Cinda or Sue with 417-7161; lightbodysshopAA@gmail.com or ortho-bionomy.org.

Movement Exploration with Feldenkrais Awareness Through Movement with Judith Dila • Sept. 25-27 • This weekend enables participants to explore the Feldenkrais method, which focuses on a series of small movements, moving slowly and paying attention. As the body discovers new movement possibilities, it results in more efficient movement, a feeling of lightness, reduction of aches and pains, and increased sense of awareness. Weekend includes one-on-one session integrating Feldenkrais, energy, and massage. \$100. Call Malvika and 989-983-4107; office@songofthemorning.org or songofthemorning.org/workshops-retreats/.

Equine-Assisted Therapy with Kathleen A. Hinderer • Tuesdays-Saturdays by appointment • Therapy on horseback and equine-inspired mindfulness create a powerful healing session as the motion of the horse generates a deep sense of relaxation, and the connection with the horse draws in energy. Participants of all ages will discover the ABC's of horsepower: agility, balance, and coordination via mounted and ground activities to promote fitness, wellness, stress reduction, relaxation, and core-strengthening. No experience necessary and facility is sensory-friendly and barrier free. Cost varies. Call Kathy at 622-9500; macinfo@michiganabilitiescenter.org or michiganabilitiescenter.org.

Anatomy and Palpation Skills I with David Van Eck • Dec. 18-20, 9 a.m.-5 p.m. • This workshop is only open to massage therapists and will expand their ability to palpate body landmarks, muscles, and structures. Emphasis is on anatomy, body mechanics, exercises for increasing sensory awareness, and self care. Experiential techniques are used to help distinguish muscles, bones, and various other structures. \$350. Call Vickie at 677-4430; continuing@aaimt.edu or aaimt.edu.

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 that follows the Calendar, which is called "Background Information" and which starts on page 119.

Bodywork (cont.)

Myofascial Therapy III with David Van Eck • Sept. 18-20, 9 a.m.-5 p.m. • This workshop is open only to massage therapists and massage students who have attended Myofascial Therapy I and II. \$365 (\$295, AAIMT Graduate); \$415 (AAIMT Graduate, \$335), Myofascial Therapy III Plus one review class. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Seated Massage with Faculty of Ann Arbor Institute of Massage Therapy • Sept. 26, 9 a.m.-5 p.m. • This workshop is open to the public with no prior massage experience necessary. \$150. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Table Thai Massage with Jennifer Giacomelli • Sept. 27, 9 a.m.-5 p.m. • This workshop is only open to massage therapists. Some former experience with Thai massage is recommended but not required. \$165. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Sports Massage I: Event Level with Jocelyn Granger • Oct. 10-11, 9 a.m.-5 p.m. • This workshop is only open to massage therapists. Participants will learn to work with an athlete in relation to the event the athlete participates in. Practice both pre-and post-event massage to assist the athlete to warm up prior to the event and warm down while encouraging circulation after the event. \$265. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Sports Massage II: Injury Prevention and Correction with Jocelyn Granger • Nov. 13-15, 9 a.m.-5 p.m. • This workshop is only open to massage therapists. Participation in Sports Massage I is recommended, but not required. This is clinical massage therapy to focus on injury prevention and correction. Participants will learn about common sports injuries, how to treat them, and how to help an athlete prevent them. Basic orthopedic assessment techniques are also taught. \$365. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Thai Massage I with Jennifer Giacomelli • Oct. 16-18, 9 a.m.-5 p.m. • This workshop, open to the public, includes one weekday introductory class prior to the workshop and one review class the week following the workshop. Choose from morning or evening class sessions. \$465. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Thai Massage II with Jennifer Giacomelli • Nov. 7-8, 9 a.m.-5 p.m. each day • This workshop, open to the public, includes one weekday introductory class prior to the workshop and one review class the week following the workshop. Choose from morning or evening class sessions. Must attend Thai Massage I first. \$320. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Orthopedic Assessment with Various U-M Athletic Trainers • Nov. 22, 9 a.m.-5 p.m. • This workshop is only open to massage therapists and personal trainers. During a one-day workshop, students will learn about the proper way to perform many important orthopedic tests for athletes and anyone else with injuries. \$200. Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Neuromuscular Therapy I with Jocelyn Granger • Dec. 11-13, 9 a.m.-5 p.m. • This workshop is open only to massage therapists and massage therapy students. It begins with an examination of the theory and history behind neuromuscular therapy and proceeds with treatment of head, neck, and shoulder. Call for textbook requirement. \$375 (\$300/AAIMT graduate) or Neuromuscular I plus three review classes, \$525 (\$420/AAIMT graduate). Call Vickie at 677-4430; continuinged@aaimt.edu or aaimt.edu.

Are You Losing the War with Gravity? An Introduction to Rolf Structural Integration with Robert Auerbach • Sept. 22, 6:30-8:30 p.m. • This workshop helps participants explore the impact of injuries, emotional traumas, and belief systems that get stored in the body's connective tissue and organized into chronically frozen postures. Rolf structural integration bodywork (or "rolfing") can reverse these patterns, help deepen breathing, and increase flexibility. Donations accepted. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Moving from Pain to Joy: Exploring Core Movement Integration with Robert Auerbach • Oct. 29, 6-9 p.m. • This workshop helps participants explore how movement patterns grow out of and reinforce habitual postures. They will learn how to balance core and sleeve in order to move with grace, power, and ease through movement repatterning exercises than can be used to discharge muscular tension and increase body awareness. \$45. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Sept. 18, Oct. 16, Nov. 20, Dec. 18; 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Call 665-2757; rachel@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com.

Sept. 18 • Life Loves You: 7 Spiritual Practices to Heal Your Life by Louise Hay, hosted by Rachel Pastiva • "Life loves you," is one of Louise Hay's best-loved affirmations. It is the heart thought that represents her life and her work. Together, Louise Hay and Robert Holden look at what "life loves you" really means: that life doesn't just happen to you; it happens for you. In a series of intimate and candid conversations, they dig deep into the power of love, the benevolent nature of reality, the friendly universe, and the heart of who we really are.

Oct. 16 • The More Beautiful World Our Hearts Know Is Possible by Charles Eisenstein, hosted by Bill Zirinsky • In a time of social and ecological crisis, what can we as individuals do to make the world a better place? This inspirational and thought-provoking book serves as an empowering antidote to the cynicism, frustration, paralysis, and overwhelm so many of us are feeling, replacing it with a grounding reminder of what's true: we are all connected, and our small, personal choices bear unsuspected transformational power.

Nov. 20 • Quiet: The Power of Introverts in a World That Can't Stop Talking by Susan Cain, hosted by Rachel Pastiva • In *Quiet*, Susan Cain argues that we dramatically undervalue introverts and shows how much we lose in doing so. She charts the rise of the Extrovert Ideal throughout the 20th century and explores how deeply it has come to permeate our culture. Passionately argued, superbly researched, and filled with indelible stories of real people, *Quiet* has the power to permanently change how we see introverts and, equally important, how they see themselves.

Dec. 18 • Red Hot and Holy: A Heretic's Love Story by Sera Beak, hosted by Rachel Pastiva • What happens after a lifetime of spiritual exploration when you realize that who you are cannot fit into any traditional religion or the new age? Your heart breaks open and your truth bursts out. This is Sera Beak's *Red Hot and Holy*: a provocative, uproarious, and profoundly intimate spiritual memoir of one woman's heretical romance with the divine.

Jewel Heart Readers • Sept. 8, Oct. 13, Nov. 10, Dec. 8; 7-8:30 p.m. • All are welcome to enjoy a lively discussion on monthly dharma-related book selections with fellow sangha. Donations accepted. Call 994-3387; annarbor@jewelheart.org or jewelheart.org.

Book Signing and Workshop with Kurt Kazanowski • Sept. 2, 7-8:30 p.m. at Crazy Wisdom Community Room • Local author will share the ten essential things to know when caring for aging loved ones. While using *A Son's Journey* as a reference and guide, he will present his personal and professional experiences caring for his parents as a loving son, healthcare provider, and caregiver. A Q&A session will follow. Free. Call Ava at 313-919-0878; afrakes@homewatchcaregivers.com or asonsjourney.com.

Lift Your Spirit Book Club with Debra Williams • Aug. 10, Oct. 5, Dec. 7, 6-7:30 p.m. • Participants in this group of like-minded seekers will meet every other month to read, explore, and discuss uplifting and inspirational books as a group. August read is *The Mermaid Chair* with Sue Monk Kid. Bring a snack to share. Donations accepted. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Breathwork

Introduction to Ascension Breathing with Pat and Dave Krajovic • Sept. 20, 1-3 p.m.; Oct. 13, Nov. 6, 6-8 p.m. • Ascension breathing is a new way of living in the world, grounded in source energy. This class is an update of modern breathwork that includes many proven contemporary and ancient teachings. \$33. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Breath Immersion Weekend: Transformational Breath, Levels 2 and 3 with Julie Wolcott and Marcia Bailey • Nov. 13-15, 9 a.m.-6 p.m. • This weekend intensive offers six full breath sessions, including one in water, a throat-opening breathe, presence process material, and several other heart opening and healing experiences to further an integrative, joyful, and transformative inner journey. The intensive also provides a foundation to begin training to become a facilitator. Pre-requisites: Four facilitated two-hour transformational breath sessions, or instructor permission. \$650 (early registration and couples' discounts, and partial scholarships available). Call Julie at 355-1671; info@BreatheAnnArbor.com or BreatheAnnArbor.com.

Transformational Breath Introductory/Review Sessions with Julie Wolcott and Marcia Bailey • Sept. 9, 23; Oct. 1, 19; 6-9 p.m. • This class presents a powerful tool for transformation and healing, beginning with the benefits and basics of the breath process, intention setting, experiencing a full transformational breath session, and ending with integration. Participants may receive new insights, physical and emotional healing, clarity, and joy. \$40 (\$30 for those reviewing). Call Julie at 355-1671; info@BreatheAnnArbor.com or BreatheAnnArbor.com.

Awakened Breath Drop-In Class with Frank Levey • Tuesdays, 9:30-11 a.m. and 7-8:30 p.m. • Many people use less than half their lung capacity due to mental, physical, and emotional traumas held in the body. Each class offers the opportunity to clear these restrictions and re-open to all that life has to offer. \$15-\$25. Call 657-8742; frank@awakened-breath.com or awakened-breath.com.

Introduction to Inspired Life Mastery with Pat and Dave Krajovic • Sept. 15, Nov. 6; 6-8 p.m. • Ascension breathing is a way of living in the world that is grounded in source energy. In the workshop, participants will receive the tools for life mastery through an update of modern breathwork that includes many contemporary and ancient teachings. \$33. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

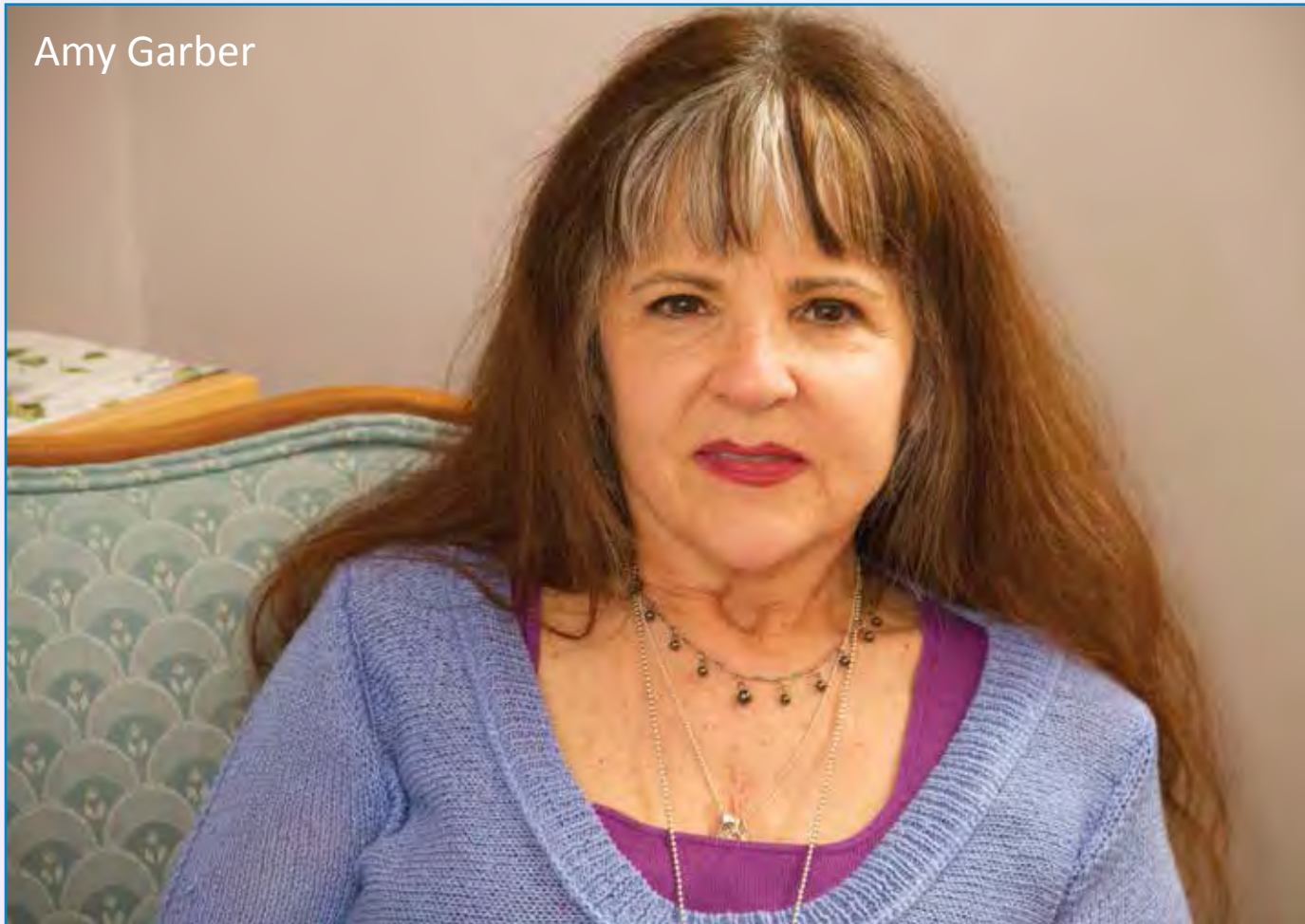
Inspired Life Mastery with Pat and Dave Krajovic • Sept. 26, 9:30 a.m.-4 p.m. • In this workshop, participants will explore how breath specifically and accurately identifies what energies are blocking the path to an abundant and rich life. The goal is to let go and let the joy in, no longer controlled and manipulated by the lives and circumstances of others. This is part of the Ascension Breathing Inspired Life Mastery series of programs. \$111. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Mastering Your Day: The Daily Breath with Pat and Dave Krajovic • Sept. 27, 9:30 a.m.-4 p.m. • This program teaches the presence breath, mystery breath, gratitude breath, inspiration breath, and love breath to come into inspired life mastery. This is part of the Ascension Breathing Inspired Life Mastery series of programs. \$149. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Intuition: Everyone's Got It!

by Amy B. Garber • Photos by Joni Strickfaden

Amy Garber



When I was first guided to start the social/educational group “Intuitives Interactive” three years ago, I figured it would attract people like me — i.e., “mature” women. And it does. But the group also has a healthy balance of men who are exploring their right-brain side, and the attendees range in age from twenty-somethings through people in their seventies. Children and teens have also attended with their parents.

Intuition can guide us through life, helping us to aid ourselves and others, avoid pitfalls, generate ideas, solve problems, and more.

There are over 400 members in the Intuitives Interactive group on Meetup.com, and over 200 on our Facebook organization page. We get new people visiting the group each time. So when I open the meeting, I usually repeat this quote from the University of Michigan Division of

Everyone has intuition or the sixth sense — men, women, young, old. And it is never too late to discover it! It is our “inner GPS” and our birthright. You’ve heard of the term “mother’s intuition” or “women’s intuition”? Well, it’s not just for females anymore!

Many people aren’t aware of their intuition or don’t believe they have any. People often think that you have to be “special” to be intuitive, or that it only applies to those who’ve been aware of it from birth. Some people think that the term “intuitive” only applies if you know that you’re psychic and can read minds or predict the future. None of which is the case!

Mothers are said to have keen intuition because they develop a heightened awareness of what’s going on with their babies. This is likely an evolutionary necessity, since pre-speech children cannot communicate their needs easily. But we *all* have the need to sense our environment and listen to our inner guidance. And we all have intuition. It just needs to be acknowledged, developed, and trusted. I first started exploring my intuition when I went to the Body Mind Spirit Festivals that the New Age newspaper *phenomeNews* held at Macomb Community College in the 1990s. There I met a psychic who was teaching psychic development classes. It sounded like fun, and I was ready to try something different — although I wasn’t sure I had any ability.

In my first psychic development class, I marveled at what other students could get, but never thought I was receiving anything much. Then, through various exercises, I eventually learned to recognize the intuitive information I was getting. It turns out that I am especially strong in clairvoyance (clear seeing, in my mind). It was beyond exciting, as a new world opened up to me.

I’ve taken a variety of classes over the years. I had no idea in the beginning that I’d evolve to do paid readings for the public! One of the reasons why I’m now hosting Holistic Psychic Fairs is to expose the public to this knowledge that has enriched my life. And it’s also why I’ve begun to teach Intuition Development — to share the gift of intuition with others.

You may not realize when you are accessing your intuition, because most of us do this naturally without thinking about it. But intuition improves when we practice it, acknowledge it, and listen to it.

Public Safety’s crime alert messages: “Trust your intuition. If a particular situation makes you feel uncomfortable or unsafe, choose an alternative.” See? Even the U-M police acknowledge that intuition is real and should be followed!

You may not realize when you are accessing your intuition, because most of us do this naturally without thinking about it. But intuition improves when we practice it, acknowledge it, and listen to it. Let’s say that you have an impulse to take a different way home from work one day. You may not consciously see the reason to do it. Honor it! It could be that you will avoid a traffic jam, have extra time to hear something meaningful on the radio, or see a place that you wouldn’t have found otherwise.

Often it’s easiest to exercise our intuition with people with whom we have a strong connection. Someone you haven’t talked to in ages comes to your mind and you’re not sure why. Pay attention to it and follow up with that person. You’ll likely get the response, “I can’t believe you called! I need to talk to you!”

I believe that when we are using our intuition, we are accessing our Higher Self or Soul, our individualized piece of the Source/Oneness/Collective Consciousness — which has infinite wisdom. To quote Sanaya Roman’s channeled book, *Being Your Higher Self*: “[Your Higher Self] exists in a realm where all beings are united as one multidimensional consciousness.... Your Higher Self usually talks to you through your intuition and feelings. It can also communicate by sending you odd coincidences and synchronicity.... As you strengthen your connection to your Higher Self, you will experience increasing insights, revelations, and expanded awareness.”

We all have the need to sense our environment and listen to our inner guidance. And we all have intuition.

Intuition can guide us through life, helping us to aid ourselves and others, avoid pitfalls, generate ideas, solve problems, and more. If I need to make an important decision, I’ll ask my Higher Self for guidance. I tend to get the “knowing” or ideas automatically now. But there are various ways you can get an answer, aside from learning divination tools like tarot cards, muscle testing, or a pendulum.

If you practice meditation, ask the question when you begin to meditate and see what you get. You can journal in a meditative state and get an answer (called



“inspired writing”). You can ask as you go to sleep for an answer to come in a dream (when the conscious mind is turned off). You can ask for “three signs” to come in various ways. Then watch for the guidance! Perhaps someone will mention something to you, then you’ll read something, then you’ll hear something on the radio or TV. Ask and you will receive!

So start activating your intuition. Play with and practice it! Pay attention to it and you will be richly rewarded and guided throughout your life.

Amy B. Garber, B.A., R.M.T., is a psychic/intuitive and conscious channel who aids people on their path in channeled readings. She has been leading groups in intuition exploration through her group, Intuitives Interactive; teaching intuition development at Ann Arbor Public School’s Rec & Ed program; and hosting twice-yearly Holistic Psychic Fairs at Washtenaw Community College. Amy also hosts public events to bring other metaphysical thought leaders to the public. She can be reached at metafizz.org or intuitivesinteractive.com, (734) 358-0218, or metafizzy@gmail.com.



I believe that when we are using our intuition, we are accessing our Higher Self or Soul, our individualized piece of the Source/Oneness/Collective Consciousness — which has infinite wisdom.

The Crazy Wisdom Calendar

Breathwork (cont.)

E3 Your Life: Enrich. Empower. Enliven with Pat and Dave Krajovic • Nov. 7, 9 a.m.-4 p.m. • This workshop teaches participants how to feel energy, do cleansing meditations, energy sweeping, cord cutting, color pranas, and invoke the angelic circle of healing. This is part of the Ascension Breathing Inspired Life Mastery series of programs. \$159. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Triangle Breath of Creation with Pat and Dave Krajovic • Nov. 8, 9 a.m.-4 p.m. • The breath models how creation works through the triangle breath of creation, which accesses the possibilities and energies of creation. This is part of the Ascension Breathing Inspired Life Mastery series of programs. \$199. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Creating the Perfect Day with Dave and Pat Krajovic • Sept. 25, 6-9 p.m. • This workshop focuses on how participants can enhance the beginning and endings of their days to bring more of the good, the holy, and the beautiful into their lives through breathwork, meditation, and consciousness. \$49.95. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Peace on Earth Holiday Meditation with Ascension with Dave and Pat Krajovic • Dec. 6, 10:30 a.m.-12 p.m. • This meditation and conscious breathing session is designed to access light, love, and joy through a state of gratitude and connection to all that is in order to experience the gifts of the season. \$29.

Meditation/Conscious Breath Practice with Dave and Pat Krajovic • Sept. 8, Oct. 5, Nov. 11; 10:30 a.m.-12 p.m. • These group meditation and conscious breathing classes are designed to deepen spiritual practice by clearing lower energies of stress and negativity and coming to a place of silence, stillness, and peace through intention setting, a facilitated breath session, sharing, and integration. \$25. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Buddhism

GOM Practice Weekend with Jewel Heart Instructors • Sept. 11-13 • GOM, or concentrated meditation, is an essential tool to develop peace, joy, and the power to deeply understand wisdom. Offered according to the Tibetan Buddhist tradition, the weekend will include practice sessions with light guidance with silence maintained between sessions, sitting, and walking meditations. \$50. Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Karma: Actions and Their Consequences with Jewel Heart Instructors • Sept. 30; Oct. 7, 14, 21, 28; 7-8:30 p.m. • Through a transcript from *Karma: Actions and Their Consequences*, Gelek Rinpoche explains how karma works within the individual, and how, by understanding ego and habitual patterns, one can take the reins of self-determination. Sessions include readings, discussion, and meditation. \$50 (free for Jewel Heart members). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Mindfulness for Modern Life with Jewel Heart Instructors • Nov. 7, 10 a.m.-5 p.m. (includes lunch break from 12:30-2 p.m.) • This secular meditation workshop presents how to use mindfulness meditation as a form of stress reduction, addressing everyday difficulties in the external and internal world and working towards a stable piece of mind. \$25-\$75 (Jewel Heart members free). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Perfection of Wisdom with Jewel Heart Instructors • Oct. 18, Talk by Gelek Rinpoche, 11 a.m.-12 p.m.; Conversation, Sips, and Nibbles, 12-1 p.m.; Welcome Presentation, 1-2 p.m. • All are welcome for all or part of the day’s offerings to learn about the life and lineage of founder Gelek Rinpoche, the history of Jewel Heart, programs offered at the center, as well as outreach and engagement opportunities offered through this community. Free. Call 994-3387; annarbor@jewelheart.org or jewelheart.org.

Sundays with Gelek Rinpoche • Sundays, Sept. 6-Dec. 20; 11 a.m.-12 p.m.; Tea and Cookies from 12-12:30 p.m. • Weekly Sunday morning talks by Gelek Rinpoche. Speaking from Ann Arbor and New York and other locations, these talks will also be live video webcast. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

The Crazy Wisdom Calendar

Buddhism (cont.)

Welcome to Jewel Heart with Jewel Heart Instructors • Sept. 14, 21, 28; Oct. 5, 12, 19; Nov. 2, 9, 16, 23, 30; 7-8:30 p.m. • This course explores the five paths to enlightenment based on teachings of the profound meaning of the perfection of wisdom mantra, the essence of the heart sutra. \$110 (Jewel Heart members free). Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Sunday Services with Zen Buddhist Temple • 10-11:30 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

One-Day Retreat with Zen Buddhist Temple • Sept. 12, 9 a.m.-5 p.m. • The retreat offers sitting and walking meditation, simple manual work, vegetarian lunch, and rest for an interval of deepening, slowing down, silence, and mindfulness. \$60. Call for dates at 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Ceremonies, Celebrations, and Rituals

Winter Solstice Sing: A Reflection of the Season in Sound and Silence with the Michigan Friends Center • Dec. 21, 7-9 p.m. • This event is a sheltered circle of rounds, songs, and chants of the season in the woods as participants focus on inner lights and voices in this simple celebration of the longest night. No singing experience necessary; participants can hum or listen. Best for older children and adults. Donations appreciated. Preregister with Carolyn at 475-1892; manager@mfccenter.org or mfccenter.org.

Autumnal Equinox Celebration: A Multigenerational Celebration of Balance and Letting Go with the Michigan Friends Center • Sept. 23, 6-9 p.m. (potluck 6-7 p.m.; 7-9 p.m. bonfire) • All ages celebrate the balance of day and night with a potluck dinner followed by a bonfire around which to share thoughts, poems, stories, songs, and knowledge. Bring food to share, place settings, flashlights, and long sleeves; water provided. Bring a verse, song, story, or seasonal lore to share. Donations appreciated. Preregister with Carolyn at 475-1892; manager@mfccenter.org or mfccenter.org.

Druidic Fall Equinox Ritual with Shining Lakes Grove • Sept. 20, 2-5 p.m. • All are welcome with no previous experience with Druidry needed for a celebration of the season with a traditional ADF ritual. A raffle and potluck will follow the ritual. Free. Call Rob at 277-1897; robh@shininglakes.org or shininglakes.org.

All Souls/Day of the Dead Gathering with Jeanne Mackey and Merylyne Rush • Nov. 1, 6-8:30 p.m. • An interfaith gathering to remember and honor those who have passed through music, a meal, and ceremony. Bring a photo or memento. Open to all: pagan, orthodox, mystic, or unsure. Vegetarian stew and tea provided; bring a dish to pass if you like. Suggested donation \$5. Call 546-0243; jmackey50@gmail.com or umich.edu/~mackeyj/AllSouls.pdf.

Christmas Satsanga and Meditation with Self Realization Meditation Healing Centre • Dec. 25, 10:15 a.m. • All faiths are welcome at a Christmas morning meditation gathering to include song, chants, inspired thoughts, and Mata Yogananda Mahasaya Dharma's Christmas Message and Blessing, followed by pure meditation and silent prayer for as long as you wish. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Year-End Service: Kindling Light of Wisdom-Mind • Dec. 31, 8-10 p.m. • An occasion to take stock of one's life and to greet the New Year in contemplation and reflection. All are welcome to come share this candle-lighting service. New Year's Day service at 11:30 a.m. \$10. 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Winter Solstice with Esther Kennedy • Dec. 20, 3-4:30 p.m. • This ceremony will include a solstice fire, blessings of gratitude, joy of the season, and deep peace upon all as participants wait, watch, and trust in the light that will shine clearly in the darkness. Free. Call 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

A Warm and Welcoming Open House with Self Realization Meditation Healing Centre • Sept. 19, 10:30 a.m.-4:30 p.m. • This open house offers the opportunity to find out more about the charity's work, therapies, volunteering, and other opportunities. Tea and refreshments served. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Chakras

Chakra Sunday: Aura and Chakra Photos with Crystal Healing and Chakra Balancing with Jack and Susan Lewis and Jennifer Vanderwal • Sept. 13, 11 a.m.-4:30 p.m. • This class helps participants learn how aura affects the body, what colors and their positions mean. Participants will learn what affects the aura and how to increase vibration. Participants will receive a crystal healing session to cleanse and clear their chakras. \$25/class (additional costs for photos). Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Eight-Week Chakra Funshop with Jennifer Vanderwal • Eight weeks beginning Sept. 16, 6:30-8:30 p.m. • Participants will explore the chakra system in depth and learn how it affects them mentally, emotionally, physically, and spiritually. They will also learn crystals that open and activate each chakra, various methods to balance and cleanse chakras, and more including color flooding, toning, guided meditations, affirmation, and aromatherapy. \$200. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorkShealingCenter.com.

Channeling

Evenings with Aaron with Barbara Brodsky and Aaron • Sept. 9 Oct. 14, Nov. 11, Dec. 9; 7-9 p.m. • An open session with Aaron and Barbara Brodsky. Aaron gives a talk on topics such as vipassana and pure awareness, working with inner guidance, and supporting changes in our physical and spiritual bodies, followed by Q&A. All are welcome with no registration necessary. Donation requested. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

The Gathering with Karla Zarley • Sept. 22, Oct. 27, Nov. 17, Dec. 15; 7-9 p.m. • Participants will share a channeled message about what is happening in the world and how to shift energy so that humanity can move forward along ascension pathways easily. Personal messages may also come through, and participants are welcome to drop in at any time. Love offering requested. Call Eden at 904-0076; kzarley88@gmail.com.

Chanting

Chanting with Ann Arbor Kirtan • Sept. 11, Oct. 16, Nov. 20; 7:30-9:30 p.m. • This event is 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. Call Karen at 645-8904; karenlevin@gmail.com or kirtanannarbor.org.

Chanting, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Fridays, 8:15 p.m. • All faiths, meditation practices, and traditions are welcome for devotional chanting in English to help open hearts and go deeper into stillness and peace. Followed by pure meditation and silent prayer at 8:30 p.m. with winged prayer for all in need at 9 p.m. Come and go as you wish. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Childbirth

Washtenaw County Birth Circle with Katy Gladwin • Sept. 21, Oct. 19, Nov. 16, Dec. 21; 7-8:30 p.m. • Participants can join others in a safe, non-judgmental forum to share experiences, ask questions, connect with members of the local birth community, or just listen and be part of the experience. The goal of the circle is to empower women to take control of their births, and to provide caring support, sound guidance, and evidence-based information in a place of encouragement, healing, and connection. Free. Call 288-7784; info@sacredrootsservices.com or facebook.com/groups/WashCoBirthCircle.

The Childbearing Year of Vibrant Health with Beth Bailey Barbeau • Oct. 3, 10 a.m.-12 p.m. or Nov. 14, 1-3 p.m. • What you eat does matter to pregnancy, birth, and baby. Take advantage of 30 years of a midwife's passions for nutrition, exploring an integrative and holistic approach to nutrition, diet, supplements, and more. Participants will learn what is safe to eat, how to use food to minimize pregnancy discomfort, avoid complications through nutrition, and how infant behavior is connected to diet and lifestyle. \$35/person or couple. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Your First Trimester: Establishing a Healthy, Vibrant Pregnancy with Beth Barbeau • Sept. 26 or Nov. 7, 1-3 p.m. • Explore the beginnings of pregnancy with a class for all the beginning questions. This class is designed to be empowering and positive, and to share the inside scoop on morning sickness, how to choose the right practitioner, prenatal testing, and other time-sensitive matters critical to the healthy development of a growing baby. \$35/person or couple. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Childbirth Class: Birth Preparation with Deb Rhizal • Sept. 19, Oct. 17, Nov. 21, 9 a.m.-5 p.m. • The class is a practical nuts-and-bolts how-to class about helping labor to go well. The class is designed for pregnant women and their partners and loved ones to help clarify what a positive birth means, empower participants to prepare for it, and get and give meaningful support. \$175. Call 604-1841; deb@pregnancyarts.com or pregnancyarts.com.

Birth and the First Three Months with Katy Gladwin • Six-week classes beginning Sept. 1, Sept. 24, Oct. 13, or Nov. 5; 6-8:30 p.m. • The childbirth segment of this class is a very practical class designed for pregnant women and their partners to clarify what a positive birth experience means and to help with preparation. The postpartum segment is about making a joyful transition through the first three months to help strengthen family bonds. \$250. Call 604-1841; deb@pregnancyarts.com and pregnancyarts.com.

Childbirth Preparation Class with Lamaze Family Center Ann Arbor • One-day, four-week, and two-week childbirth preparation classes available, Sept.-Dec. • Lamaze Childbirth preparation classes give confidence and knowledge to make informed decisions during labor and birth. Evidence-based teaching provides tools for the birth experience for each birthing family. It's not all (or even mostly) about breathing. \$190. Call 973-1014; info@lamazefamilycenter.org or lamazefamilycenter.org.

Simply Breastfeeding with Beth Bailey Barbeau • Sept. 12 or Oct. 24, 1:30-5 p.m. •

This class covers the essentials and the details that no one knows to ask until they've been there. The class is designed to prevent unexpected stress, anxiety, and crisis, and leave parents feeling informed, empowered, and confident. \$75/couple. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

A New Baby in the Family: Infant Care for Adopting Parents with Beth Bailey Barbeau • Oct. 9, 16; 6:30-9 p.m. •

This course will thoughtfully address essentials from practical care of newborns to adjusting to the role of parenting. Topics include bonding and adjustment; what babies need and expect; soothing baby and sleep matters; diapering, baths, and other practical matters; baby-wearing; resources for parenting and connecting with your child. \$119/couple. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

VBAC: Birthing Vaginally After a Caesarean Birth with Beth Barbeau • Oct. 3 or Nov. 7, 9:30 a.m.-5:30 p.m. (includes lunch break) •

A class for those planning a vaginal birth after a previous caesarean, this day includes current research about the safety of VBACs, keys for positioning baby for the most ideal birth position, forty ways to reduce pain, strategies for working with normal labor rhythms for effective laboring and healthy birthing, effectively responding to labor challenges, proactive measures for building confidence, building a supportive team, and more. \$159/couple. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Preparation for Giving Birth and Caring For Your Newborn with Center for the Childbearing Year • Sept. 16-Oct. 21; 6:30-9 p.m.; Nov. 3-Dec. 8; 6:30-9 p.m. •

These classes are designed to foster a fun and informative community environment. Topics include natural approaches to pain management, support techniques and comfort measures, how partners can help, and more. Comprehensive six-week series, condensed classes, or multi-media online classes. Lending library, free mother-baby drop-in groups and more. \$225. Call 663-1523; patty@center4cby.com or center4cby.com.

Focus on Labor & Birth: Childbirth Preparation Condensed Class with Center for the Childbearing Year • Sept. 12; Nov. 7; 9:30 a.m.-5 p.m.; Dec. 6 and 13; 1-4:30 p.m. •

This interactive, hands-on class is perfect for couples with busy schedules or those seeking a refresher class. Topics include natural approaches to pain management, support techniques and comfort measures, how partners can help, and more. Comprehensive six-week series, condensed classes, or multi-media online classes. Lending library, free mother-baby drop-in groups and more. \$180/couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics and Newborn Care with Center for the Childbearing Year • Sept. 26, Nov. 21; 9:30 a.m.-4:30 p.m. •

This class is designed to guide you through your choices, share strategies, and teach the skills necessary to enjoy breastfeeding and caring for your newborn baby. Take the full day workshop or your choice of breastfeeding basics in the morning and newborn care basics in the afternoon. Learn how to read your baby's hunger cues; how often and how long to nurse; latch and positioning; back-to-work planning; pumps and equipment; and more. Newborn care topics include diaper options and how to; techniques to calm a newborn; safe babywearing; car seat safety; giving baby a bath and more. \$95/couple full day; \$55 half-day discount; discount for multiple classes. Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Nov. 13-15 •

This workshop, led by doula business expert and author prepares participants to be professional birth doulas through hands-on, skill-based workshops which fulfill two certification requirements for birth doulas through DONA International. You do not need to be a mother yourself nor have a medical background to become a doula – just a passion for birth and desire to be in a support role to moms. \$510 (\$465 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan and Guest Instructors • Oct. 1-4 •

This course prepares participants to provide in-home care to families in the postpartum period. Topics will include breastfeeding support, baby wearing basics, support strategies for depressed moms, holistic healing measures, working with families with multiples, and more. This training fulfills two certification requirements for postpartum doulas through DONA International. \$595 (\$540 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

Business & Marketing Skills for Doulas and Others with Patty Brennan • Oct. 24, 8:30 a.m.-5 p.m. •

Turn your passion into profit, and make a living doing what you love. Learn the skills necessary to be successfully self-employed in your birth-related or other mother-baby service-oriented business. Learn how to manage risk, set up a record keeping system, and stay out of trouble with the IRS. Understand and embrace marketing. Approved for 7.0 DONA continuing education contact hours. \$135 (\$110 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

Top Seven Questions about Becoming a Doula Monthly Teleseminar with Patty Brennan • Sept. 14, Oct. 12, Nov. 2, Dec. 7; 8-9 p.m. •

This interactive teleseminar is designed to explore whether or not becoming a doula is right for you. Doula business expert and author of *The Doula Business Guide* will host this free conference call for anyone wanting to learn about doula training, career paths, the "on-call" lifestyle, blending doula work and family life, the viability of doula business, and more. Free. Pre-register at 663-1523; patty@center4cby.com or center4cby.com.

On September 1, 2015, the Crazy Wisdom Calendar will be available online at our website: www.crazywisdomjournal.com.



IGLESIA MARTELL
Law Firm, PLLC

Holistic Law
Practicing From The Heart

Angie Martell, Partner

Experienced attorney and mediator with over 23 years of legal experience.

Specializes in:

Divorce & Family Law • Criminal Defense
Estate Planning & Elder Law • LGBT Issues
Mediation • Civil Litigation • Civil Rights
Workers' Compensation • Business Law
Litigation • Employee Rights



117 N. First St., Suite 111, Ann Arbor, MI 48104
www.iglesiamartell.com | (734) 369-2331

What is a spiritual director?

A spiritual director is a person with whom you talk on a regular basis about how your spiritual journey is progressing.

The term "spiritual director" is a traditional one that does not mean someone who decides a direction for you. A spiritual director is experienced in helping you sort through your ideas and feelings about the spiritual path of your own choosing.

In sessions with a spiritual director, you get to step back, look at your life from a spiritual perspective, and focus your intention. These talks are usually scheduled once a month.

Jonathan Ellis has been an independent spiritual director for many years, in person or by phone with scores of individuals from around the country. His spiritual direction practice was full for some time and is now open to a few additional people. Jonathan's broad background includes a long association with Crazy Wisdom Bookstore where he was once a co-owner.

These spiritual direction sessions are offered on an open donation basis. People are able to work with Jonathan as long as it is of spiritual value, regardless of their changing finances.

For more information, you can find Jonathan Ellis' blog at www.blogellis.weebly.com. Feel free to call Jonathan directly: 734 761-5155. Afternoons or evenings are best times to call.

The Crazy Wisdom Calendar

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar Section on page 84. This section is devoted to events and classes for children, young adults, and families.

Fairy Tea at Crazy Wisdom Tearoom • Oct. 29, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Tickets are \$11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net.

Christian Mysticism

Twelve Days of Christmas with Song of the Morning Yoga Retreat Center Staff • Dec. 24-Jan. 5 • The twelve days of Christmas starting on Christmas Eve and ending on Jan. 5, Yogananda's birthday. Enjoy the Christmas Day Service and Progressive dinner in the clear light community followed by 11 more days of meditation, hatha yoga, beautiful natural surroundings, wonderful food and fellowship. Come for one day or all twelve. Free. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/workshops-retreats/.

A Course in Miracles

A Course in Miracles Study Group with Lorri Coburn • Thursdays, 12-1:30 p.m. • All welcome to study in a non-dualistic interpretation of *A Course in Miracles*. Free. Call 646-6585; lorricassie@sbcglobal.net or lorricoburn.com.

Crystals

Crystal Connections with Jenna Billings • Sept. 20 • This workshop focuses on the crystal kingdom's contributions to life and the lives of pets. Participants will learn ways of using crystals to promote balance of body, mind, and spirit. Workshop will include topics such as crystal types and uses; cleaning, activation, and programming; crystals for grounding and protection, prosperity and love; crystal grids, chakra balancing, and creating a crystal toolbox. \$125. Call Anastasia at 800-779-1001; info@petmassage.com or petmassage.com/independent-guest-instructor-workshops/.

Crystals Rock with Holistic Hypnotics • Sept. 26, 10 a.m.-12:30 p.m. • Crystals possess spiritual, metaphysical, and healing properties, which can benefit us in many ways. Enhance well-being and personal space by bringing crystal energy into your life. Content includes meditation, amulets, grids, elixirs, and how to care for your crystals. \$60. Call Heidi at 788-6478; Heidi@CrystalMoonAstrology.com or CrystalMoonAstrology.com.

Tap Into the Healing Power of Self Love with Healing Crystal Energy with Jennifer Vanderwal • Oct. 11, 11 a.m.-1 p.m. • This workshop helps participants learn the importance and benefits of self love and how to work with crystals to enhance self-reflection and inner knowing. Activities will include experiencing a crystal array, guided meditation on specific chakras, affirmations, aromatherapy, and feng shui. \$35. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

How to Find Inner Peace Using Crystals with Jennifer Vanderwal • Dec. 13, 11 a.m.-1 p.m. • This workshop presents information about how stress can limit and cause suffering and illness, and teaches how to use crystals to enhance peaceful energies. Activities will include building a crystal array to mitigate stress and access inner calmness, guided meditations, affirmations, aromatherapy, and feng shui. \$35. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Death and Dying

And When I Die: Songs and Stories About Death with Merylynne Rush and Jeanne Mackey • Oct. 24, 8 p.m. • Natural death-care educator and singer-guitarist offer an evening of songs, personal stories, and maybe a skit or two about death. Participants can expect a mix of folk songs, originals, vintage pop, and more, reflecting various perspectives on death: humorous, sad, thoughtful, and quirky. \$5. Call 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

Death Cafe with Merylynne Rush and Diana Cramer • Sept. 19, Oct. 17, Nov. 21, Dec. 19; 10 a.m.-12 p.m. at Crazy Wisdom Tearoom • Eat cake, drink tea, and talk about death. Conversation led by the participants with no agenda other than to listen and share. All are welcome. Free. Call 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

The secret of change is to focus all of your energy, not on fighting the old, but building the new.

— DAN MILLMAN



Weekly Sunday Sittings

Meditation: 10:00 am—11:00 am
All are Welcome!
No experience necessary

Retreat



Remembering Wholeness

Deep Spring Center Fall Retreat
Barbara Brodsky, John Orr, Amy Koch
with Aaron and The Mother
and the Brothers and Sisters of Light

October 27—November 1

Oakwood Retreat Center
at Rainbow Farm—Selma, IN
Beginner, continuing and advanced students



Online registration-information at DeepSpring.org

Insight Meditation and Spiritual Inquiry

Silent Retreats | Weekly Sittings | Classes | Workshops
Beginning to Advanced Study

3820 Packard, Suite 280, Ann Arbor, MI 48108
734.477.5848 | info@deepspring.org | DeepSpring.org
Deep Spring Center is a 501(c)(3) non-profit

Workshop

Practice and Presence

a Day of Workshops on
Insight Meditation and
Spiritual Inquiry
presented by
Deep Spring Center Teachers
and Experienced Meditators

Saturday, September 12

Held at:
Interfaith Center
for Spiritual Growth
Ann Arbor, Michigan
All are Welcome!



crazywisdom.net Email Service



Crazy Wisdom's Email Service is a great way to showcase yourself, your business and your services! This service is a cost effective method of reaching a targeted audience without the need for investment in costly hardware and mail related software!

Send out a listing of your upcoming classes, workshops, and events.

This is a great way to reach the more than 4500+ people who currently subscribe to our Email Subscriber List

**New affordable pricing for our Email/Eblast Service
\$99.00 for any email**

If you missed getting your listing into the current issue of The Crazy Wisdom Journal, our email service is an excellent way to still reach many people who might be interested in what you're offering!

Email Service ads must be mail-ready and emailed to Carol. For more information contact Carol at carol@crazywisdom.net or visit www.crazywisdom.net

Crazy Wisdom Bookstore and Tea Room
114 South Main Street, Ann Arbor
734.665.2757 • www.crazywisdom.net

Divorce Support

Going Solo with Paula Johnson Michalak • Sept. 17, 24; Oct. 1, 8, 15, 29; Nov. 5, 12.
 • Find hope and healing with other women after a divorce or break-up in this eight-week support group. \$15/week (\$80/series with series preregistration). Call 973-6779; paula@womenscentersemi.org or womenscentersemi.org.

Cultivating Peace During and After Divorce with Melanie Fuscaldo • Sept. 1, 12-1:30 p.m.
 • Cultivate your innate peace during and after divorce through a process that focuses on the gifts of any situation. Find hidden blessings and move into joyful power. \$30. For pre-registration, call 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Drumming

Drumunity Circle with Lori Fithian • Sept. 16, Oct. 15, Nov. 18, Dec. 17 in the 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 the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drumunity.com.

Energy Healing

Healing the Earth: What Are You Here To Do? With Mridu Pasrija • Oct. 25-29 and Nov. 8, 7:30-9 p.m.
 • This class is designed to present a protocol that connects participants with their life purpose in alignment with the earth, in order to bring forth inner creativity and the heart's knowing in daily life. The class helps and supports creative people, as well as those with ADHD and those who are energetically sensitive and overly-empathetic people. The goal is to enable participants to hear their own inner creative voice instead of being inundated with other people's energies and thoughts. \$400. Call 248-470-5610; mpasrija@liveliferadiantly.com or liveliferradiantly.com.

Awakening to Your Energetic Self with Mridu Pasrija • Sept. 2-3, Oct. 24, Nov. 8, Dec. 1-2
 • This workshop presents a technique for creating greater levels of protection, connection with others, releasing overwhelm in larger groups, and clearer communication. This tool can help set the tone for the day and how you experience it, as well as keeping group energy focused and productive. Can be used to enhance other energy modalities or strengthen traditional medicine practice. Three CEUs available for nurses and massage therapists. \$150. Call 248-470-5610; mpasrija@liveliferadiantly.com or liveliferradiantly.com.

Healing Touch Certificate Program, Level 2 with Barb McConnell • Oct. 24-25
 • Completion of Level 1 required. Review Level 1 plus learn back techniques and spiral. Emphasis on developing healing sequence for specific needs. CE's for nurses and massage therapists. Fees include notebook. \$310 (\$290 with early registration). Call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Certificate Program, Level 3 with Barb McConnell • Nov. 21-22
 • Completion of Levels 1&2 required. Learn to increase energy level to facilitate deeper healing in clients. Chelation, lymphatic drain, and additional back techniques are part of this level. CE's for nurses and massage therapists. Fees include notebook. \$315 late registration (\$290 with early registration). Call 517-914-4133; mcconb51@bigplanet.com.

Easy Effective Energy Tapping with Kathleen Riley • Mondays, 7:30-8:30 p.m.
 • This workshop will explore how the body's energy system works and how to free energy blockages contributing to root causes of stress, pain, anxiety, and fear. It will also cover how to access the body's wisdom to release emotional and physical pain, interrupt patterns, and integrate extremes. Participants will learn simple tapping sequences and construct positive statements to feel freer inside. \$15/session or \$40/four sessions. Call 707-8416; kriley@thedovehouse.org or thedovehouse.org.

Learn the EFT with Melanie Fuscaldo • Sept. 8, 12-1:30 p.m.
 • Learn a powerful tool to use anytime to improve health, career, abundance, relationships, retirement, and more. This tool can help release what is not life-enhancing and increase whatever is chosen to add joy to life. Participants may experience reduced inner conflict and thus reduce suffering and increase peace. \$30. Preregister at 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

School of Inner Cultivation and Healing with Master Sang Kim • Thursdays, 10:30 a.m.-12:30 p.m.; Fridays, 3:15-5:15 p.m.
 • In an intimate hands-on format, participants can learn the Sun Shen internal cultivation and healing system, which incorporates spiritual counseling, tai-chi, energy cultivation, and healing to resolve physical, emotional, and spiritual problems for oneself and others. \$300/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.



Coordinators of the Great Lakes Herb Faire

The Great Lakes Herb Faire will be a three-day gathering in Chelsea, Michigan, starting September 11, dedicated to the sharing of herbal knowledge and the celebration of regional togetherness. From left to right: Anna Fernandez, Mark Dieve, Sarah Williams, Tricia Bellew, Tina Stone, Caitlin Kroeger.



Monthly Ascension Support Class with Eve Wilson • Six Thursdays every fourth week beginning Sept. 24, 7:30-9:30 p.m.
 • Each class will include a healing meditation to release blocks, stimulate ascension into wholeness, and integrate your higher self. Teaching and ongoing support to smooth the journey of life and ascension for four weeks between each class. Available in person, by phone, or via Skype. \$50/class (\$300/series). Call 780-7635; evew@spiritualhealers.com or spiritualhealers.com.

Eden Energy Medicine Feel-Good Daily Energy Routine with Marin Perusek and Jeannine Myers • Nov. 7, 1-3 p.m. at Crazy Wisdom Community Room
 • This class provides a simple but potent ten-minute energy routine that will leave participants feeling great as they increase well-being; reduce anxiety, depression, and stress; increase joy; and optimize the body's natural capacity to heal itself and stay healthy. \$20. Call Marin at 480-7268; mperusek@gmail.com or flourishenergyarts.com.

Spiraling into Infinity Training to Perform Modality on Clients with Karen Greenberg • Oct. 26, 6:30-9:30 p.m.
 • Participants will learn how to perform this powerful energy healing modality on clients to remove physical, mental, emotional, spiritual, and chakra energetic blocks in order to remove negative energy and restore unhindered energy flow. \$222 (payment plan available). Call 417-9511; krngmbg@gmail.com or clair-ascension.com.

Self-Care Energy Work with Master Wasantha Young • Ongoing classes, Sept. 14-Dec. 17
 • Classes will focus on learning the Wild Good Chi Kung form, traditional Chinese medicine theory of the five elements, and will be grounded in meditation, energy work, stretching, and the acu-point system. \$185. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

On September 1, 2015, the Crazy Wisdom Calendar will be available online at our website: www.crazywisdomjournal.com.



Questions for Virginia June of White Wolf Healing

Interview by Julianne Linderman • Photos by Susan Ayer

1. Julianne Linderman: Virginia, when did you start White Wolf Healing? What services do you offer?

Virginia June: White Wolf Healing was established as a business in January of 2010, and offers monthly trainings in the National Acupuncture Detoxification Association (NADA) ear acupuncture protocol. This protocol is specific to addiction and dual diagnosis treatment. It is used for smoking

cessation, stress management, pain management, post-traumatic stress disorder (PTSD), and addictions to food, drugs, alcohol, and gambling. I have been a registered trainer with NADA for over ten years. The training we provide leads to a certificate to become an "Auricular Detox Specialist" who can work in the state of Michigan under the supervision of an M.D. or D.O. I also offer auricular acupuncture to individuals and small groups.

no need for an assessment of the patient. The protocol is just as effective even if the patient does not share his or her story. NADA auricular acupuncture is based on five specific points that are mapped out on the surface of the ear. They are:

- Shenmen or Spirit Gate – used for calming and relaxing
- Sympathetic – used for relieving tension
- Liver – used to detoxify, as well as to relax and relieve anger and frustration
- Kidney – used to strengthen the willpower and release unwanted toxins
- Lung – used to help respiration, as well as for detoxification

NADA auricular acupuncture is particularly effective in treating addiction because it is a non-verbal process, and it has an immediate response.

2. Julianne Linderman: What does the NADA ear acupuncture method involve? When did you discover it?

Virginia June: The protocol involves the insertion of five extremely fine (smaller than two hairs) needles into specific points in the outside of each ear. I discovered it in 2002. My supervisor at the time was an Auricular Detox Specialist with NADA. She allowed me to observe a treatment with a patient who was experiencing overwhelming anxiety and wanted to leave inpatient treatment. Within five minutes of the needles being placed in her ear, the patient fell sound asleep for a half hour. Afterwards, she was completely calm and relaxed. She was able to successfully complete her inpatient stay. I knew right then that this was one of the best protocols I had ever seen as a clinical social worker. I was a strong advocate for incorporating it into treatment.

3. JL: How are you incorporating this method into your current work?

VJ: My utmost passion and greatest joy is teaching the NADA protocol. I have been teaching over ten years. I teach on a monthly basis and love the passion students have, and the many different ways they plan to implement auricular acupuncture into their practices. I teach an array of professionals, from physicians and social workers to friends and family of addicted individuals — no prior experience in acupuncture is necessary to receive training. After training, if one wishes to offer this protocol for monetary purposes, he or she must do it under the supervision of an M.D. or D.O., but training equips a person to practice the technique on friends or family members without medical supervision.

I have been a therapist in the addiction field for over 25 years. I am a recovering addict/alcoholic with 28 years of sobriety. In addition to teaching, I see patients in my private auricular acupuncture practice to support their recovery, and I also travel to other drug and alcohol treatment facilities in Ohio, Indiana, Illinois and Michigan. I have trained practitioners at the Detroit Veteran's Hospital. I am very happy to say that many drug courts are beginning to implement this protocol.

The ear has an energetic connection to the entire system.

4. JL: Why is the ear so effective in healing? How does it interact with other parts of the body?

VJ: The ear is a microcosm of the macrocosm (body). An acupuncturist can treat the entire body from the ear. It is the first organ that is formed in utero, so it has an energetic connection to the entire system. Acupuncture uses needles to manipulate and open the energetic meridians in the body so the body can function at its optimum.

5. JL: Why is ear acupuncture particularly useful in treating addiction?

VJ: It is particularly effective in treating addiction because it is a non-verbal process, and it has an immediate response. There is no need for the patient to reveal any personal information to the practitioner. Most individuals seeking help with addiction have some degree of difficulty with trusting other people. There is



6. JL: Can you share with us a story of how you have seen ear acupuncture positively affect a patient with addiction treatment?

VJ: Many patients have tremendous anxiety and/or depression about letting go of their best friend (the drug and/or drink). Many times, I place the needles in the ear and the patient falls fast asleep within five minutes, and after sleeping for 30 to 45 minutes, he or she wakes up feeling rejuvenated, as if receiving a full night's sleep.

I have had patients with chronic pain issues cry with me because it was the first time in five years that they were completely pain free.

Veterans have gotten such great results from this simple technique that they demanded that the V.A. get the NADA protocol implemented into their hospitals. One veteran I worked with had not been able to sleep without being violent or having nightmares since his return from Afghanistan, and after treatment, he slept comfortably for over an hour and cried tears of joy when he awoke.

Some patients are not sure they want to quit their substances immediately, but know in the back of their mind that they need to quit. Many people have stopped smoking after as few as six sessions. For other patients with opiate or cocaine addictions, the acupuncture helped eliminate urges and cravings that so often plague a recovering person for weeks or even months after stopping use.

I had a patient who was coming for pain management who wanted to get off all the opiates because the opiates slowed down his thinking processes. He had been in chronic pain for five years, even with pain medications. He was in tears and stated, "Virginia, you have no idea what this means to me. This is the first time in three years I have been completely pain-free ... even if it is just these five minutes, it is a miracle to me."

Virginia June is a licensed social worker with the state of Michigan and has over 25 years of experience in the addiction field. She is a Certified Advanced Alcohol and Drug Counselor and a Registered Trainer with the National Acupuncture Detoxification Association (NADA). Virginia can be reached at whitewolfhealing@gmail.com or (734) 277-7347. A schedule of trainings can be found at www.whitewolfhealing.com.

The Crazy Wisdom Calendar

Enneagram

Living Enneagram Study Group with Su Hansen • Sept. 17 (Harmony), Oct. 15 (Abandonment), Nov. 19 (Faith), Dec. 17 (Innocence) • Participants will explore various aspects of life using the Enneagram to help transform the way they operate in the world. \$20/session. Call 417-8397; su@suhansen.com or suhansen.com.

Enneagram Portal with Su Hansen • Sept. 9, Oct. 14, or Nov. 11, 7-9 p.m. • Each one-time session provides an entryway into the Enneagram and how to use it to gain self-knowledge, grow spiritually, and develop better personal and work relationships. Participants will learn the basics about the nine enneatypes, their view of the world, how they operate, and the path toward transformation. \$20. Call 417-8397; su@suhansen.com or suhansen.com.

Ethics

Professional Ethics and Boundaries with Ann Arbor Institute of Massage Therapy • Oct. 6, 9 a.m.-12:30 p.m. or 6-9:30 p.m. • This workshop is open to massage therapists only for the purpose of continuing education requirements. This course may be added to the 2.5 online ethics class for the 6 CE credits total. \$60. Call Vickie at 677-4430; continuing@aamt.edu or aamt.edu.

Exercise and Fitness

Mountain Biking and Hatha Yoga with Jim Pero • Sept. 25-27 • A northern Michigan fall color tour by mountain bike and take an inward journey toward self realization while stretching out and rejuvenating the body with simple yoga techniques. \$80. Call Malvika at 989-983-4107; office@songoftthemorning.org or songoftthemorning.org/workshops-retreats/.

Festivals & Fairs

Intuitives Interactive Fall Holistic Psychic Fair • Oct. 17, 10 a.m.-6 p.m. • Join others for a day of insight, guidance, and healing with plenty of free parking and proven reader registration system. Gifted readers will provide psychic, tarot and angel card readings, or connect you with departed loved ones. Visitors may also consult a palm reader, astrology, psychic artists, and aura photographer; get energy or body work; shop at vendors' tables; and choose from eight free presentations. Sponsored by Crazy Wisdom Bookstore & Tea Room, Crazy Wisdom Journal, Body Mind Spirit Guide, and Body Mind Spirit Radio. \$10 (practitioner sessions extra). Call Amy at 358-0218; intuitivesinteractive@hotmail.com or intuitivesinteractive.com.

Films

Free Films and Discussion at Jewel Heart • Sept. 25, Oct. 30, Nov. 20, Dec. 18 • Bring your friends and enjoy a free film and discussion about dharma and film. Concessions are also available. Free (concessions for an additional cost). Call 994-3387; annarbor@jewelheart.org.

Sept. 25 • Blessings: The Tsoknyi Nangchen Nuns of Tibet (2009) • In Tibet, the word for woman translates as "lower rebirth." In remote eastern region of the country, the Tsoknyi Nangchen nuns defy this definition. Devoted to the ancient practices of Tibetan Buddhism, once primarily a male domain, over 3,000 nuns have attained elevated status.

Oct. 30 • For The Benefit of all Beings (2011) • "This film is itself a beautiful journey in company of the great heart of Garchen Rinpoche . . . it is a huge blessing just to see the existence of such a great being, and this lovely film shares that with us. It is what the Tibetan call a tongdrol, something that liberates just by being seen!" —Dr. Robert Thurman.

Nov. 20 • Lucy (2014) • A woman, accidentally caught in a dark deal, turns the tables on her captors by unlocking her mind's full potential (by drugs) and transforms into a merciful warrior evolved beyond human logic.

Dec. 18 • The Tree of Life (2011) • The impressionistic story of a Texas family in the 1950s. The film follows the life journey of the eldest son, Jack, through the innocence of childhood to his disillusioned adult years as he tries to reconcile a complicated relationship with his father. Jack finds himself a lost soul in the modern world, seeking answers to the origins and meaning of life while questioning the existence of faith.

Fundraisers

Fall Extravaganza to benefit Rudolf Steiner School of Ann Arbor at Zingerman's Corman Farms • Oct. 24, 6 p.m. • All are invited to join the fall extravaganza to benefit the "Inspire. Create. Lead." Campaign for the Rudolf Steiner School of Ann Arbor. Event will feature live and silent auction items, as well as food, fun, and fellowship! Cost varies. Call Katrina at 995-4141; kklaphake@steinerschool.org or steinerschool.org.

Gently-Used Book and CD/DVD Sale with Bodyworks Healing Center • Sept. 7-Oct. 1 • Donations of gently-used personal growth, self-improvement, new thought, and metaphysical books will be offered for sale at no more than \$8. Proceeds will be donated to Forgotten Harvest, and unsold materials will be donated to public libraries. Call 416-5200; relax@bodyworkshalingcenter.com or BodyWorksHealingCenter.com.



**JOIN THE
MICHIGAN THEATER FAMILY...**

**BECOME
A MEMBER!**

**HELP SUPPORT OUR MAGNIFICENT
SHRINE TO THE ARTS!**

Memberships start at \$35 and include great benefits, such as discounted film tickets, bar privileges and free admission to member-only events. Visit MICHTHEATER.ORG/SUPPORT for details.

MICHIGAN THEATER ANN ARBOR'S DOWNTOWN CENTER FOR FINE FILM & PERFORMING ARTS
603 E. LIBERTY • 734-668-TIME • MICHTHEATER.ORG

Bhikku Bodhi and Buddhist Global Relief Hunger Walk with Zen Buddhist Temple • Sept. 27, 10 a.m. • Join others at Kensington Metropark for the annual walk to support hunger relief. Call for more information at 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Dawn Farm Jamboree • Sept. 13, 1-6 p.m. • This family-friendly event includes music, entertainment, live and silent auctions, animals and gardens, a children's tent and mid-way, hayrides, food and beverages, and a gift table. Funds raised will support the care of individuals with substance addiction who need help and lack resources. Free. Call Megan at 485-8725; info@dawnfarm.org or dawnfarm.org.

Healing

The Healing Energy of Love with Lucy Lucia and Michael Krajovic • Oct. 10, 9 a.m.-4:30 p.m. • This workshop is designed to improve health, sustain well-being, and explore how fear-based energies can create dis-eases in the body. Learn how the energy of love can help release energies such as anger, regret, resentment, and grief to improve the effectiveness of conventional medical treatments and support mental, emotional, physical, and spiritual healing. \$149 (\$129 before Sept. 22). Call Pat at 416-5200; relax@bodyworkshalingcenter.com or BodyWorksHealingCenter.com

Heart Math with Melanie Fuscaldo • Sept. 11, 12-1:30 p.m. • Learn a strategy to bring harmony to the brain, heart, and nervous system to benefit health, deepen creativity and intuition, and develop problem solving abilities. \$30. Call 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Intensive Personalized Healing: Clair-Ascension Kabbalistic Balance Session with Karen Greenberg • Sept. 24, Oct. 27, Nov. 12, or Nov. 30 • Through the tree of life, participants' energy is Kabbalistically balanced via art, movement, music, toning, sound, aromatherapy, gemstones and many other points of connection. The goal of the sessions is to return to a divine original vibration. Call for times. \$120/hour. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Clair-Ascension Kabbalistic Balance Session to Experience and/or Training to Learn to Perform with Karen Greenberg • Oct. 1-5, 10 a.m.-6 p.m. • Participants first learn to identify and repattern a client's limiting beliefs, thoughts, and patterns, and then assist them in expressing any commensurate low vibrational emotions through the tree of life. Techniques will include art, movement, music, toning, sound, aromatherapy, gemstones, and more. \$777 (plus materials fee; payment plans available). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

The Crazy Wisdom Calendar

Healing (cont.)

Clair-Ascension Kabbalah Teacher Training with Karen Greenberg • Oct. 17-18; 9 a.m.-9 p.m. • This training is for those who can commit to fully working through their own issues to facilitate others in safely facing and working through their own issues, resistance, limiting beliefs, and sabotaging behaviors in order to access their divine consciousness and define their soul's purpose. Call for prerequisites and requirements. \$222 (payment plans available). Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Grieving Group with Edwina Jarrett • Wednesdays, 7:30-8:30 p.m. • Participants can join with others to share similar losses. Free for first-time visitors, \$5/session thereafter. Call 249-9660; ejarrett@thedovehouse.org or thedovehouse.org.

Healer Foundations with Eve Wilson • Six Tuesdays, Oct. 13-Nov. 17 • 7-9:30 p.m. • This seminar will create a nurturing environment for developing intuition, spiritual discernment, learn spiritual boundaries, protection, and clear connections. The sessions are designed so that participants will meet and work with angels and archangels for personal healing and spiritual growth as they gain practical skills for living and self-healing through connection with the higher self and inner wisdom. \$50/class (\$280/paid in advance). Call Eve at 780-7635; ewew@spiritualhealers.com or spiritualhealers.com.

Healing Night with Lighthouse Center • Third Thursdays, 7:30-9 p.m. • Meditation 7:30-8 p.m., followed by Reiki healing, provided by Reiki healers. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Introduction to Energy Healing with Dave Krajovic • Oct. 12, 6-8 p.m. • This workshop will enable participants to learn more about how to feel and move energy in order to heal with their hands. These techniques will be designed to help relieve stress and increase energy for a vibrant and healthy life. \$35. Call 416-5200; relax@bodyworksh healingcenter.com or BodyWorksHealingCenter.com.

Herbs, Plants, and the Garden

Spooky Plants and Goblin Garden Workshop with Bloom! Garden Center Staff • Oct. 10, 2-2:45 p.m. • The workshop will combine learning about spooky plants and creating a miniature garden for your ghoulish spirit. For ages 4 and up. Includes all supplies. \$20. Call Stacey at 426-6600; stacey@bloom-gardens.com or bloom-gardens.com.

Michigan Plant Folklore with Bloom! Garden Center Staff • Oct. 3, 2-2:45 p.m. • This workshop presents Michigan's rich folklore of plants and the environment through stories of some of our native plants. Free. Call 426-6600; stacey@bloom-gardens.com or bloom-gardens.com.

Fall Bulbs for the Garden Learning Session with Bloom! Garden Center Staff • Sept. 26, 2-3 p.m. • This workshop teaches the art of bulb placement in the landscape during late fall to produce gorgeous flowers the following spring. Staff will present new varieties and methods of planting to enhance any garden. Free. Call Stacey at 426-6600; stacey@bloom-gardens.com or bloom-gardens.com.

Autumn Annual Container Planting Workshop with Bloom! Garden Center Staff • Sept. 12, 2-2:45 p.m. (presentation); 3 p.m. (hands-on workshop) • Participants will learn how to get rid of summer annual containers and create new fall annual containers using cold-tolerant plants that will last through the entire season. Free presentation; \$40 workshop fee. Call Stacey at 426-6600; Stacey@bloom-gardens.com or bloom-gardens.com.

Teas! With Juliana Schreimer • Sept. 29; 10:30-11:30 a.m. • This class presents how to use plants to make drinks and broths that will keep families healthy all year in a cost-effective way. For those new to teas and infusions, as well as those who are experienced. Free. Call 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Bach Flower Remedies International Education Program Level 2: Advanced Workshop with Carol Bennington • Oct. 24-25 • This two-day interactive workshop approved by the Bach Centre, UK, focuses on developing personal awareness and increasing the depth of knowledge of flower remedies. NCBTMB and NCCAOM CEUs available. Prerequisite is Level 1. Preregister online. \$380 before Oct. 7. Call Carol 726-4303; journey@Awakening-Hearts.com or Awakening-Hearts.com.

Holistic Health

Enjoying Abundant Health with Ayurveda with Vaidya Raj • Sept. 27, Oct. 25, Nov. 22, Dec. 13; 6-8 p.m. • This workshop will present information on doshas and reveal specific dietary changes designed to improve health and well-being. Participants will learn how simple herbs and acupressure points can influence well-being. \$55. Call Pat at 416-5200; relax@bodyworksh healingcenter.com or BodyWorksHealingCenter.com.

Iodine: The Wonder Mineral with Darren Schmidt • Dec. 8, 7 p.m. • This class is designed to share why iodine can be thought of as the fountain of youth, and is needed by every cell. The class will share all of what iodine can do for you. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionhealingcenter.com.

Relax, Restore, Retreat Night with Lisa Nogueira • Sept. 16, Oct. 14, or Nov. 18; 7-8:30 p.m. • An evening of self-care and nurturing practices for women who never take time for themselves. Participants will learn and practice various self-care methods including meditation, movement, natural skin care, and various forms of self massage, as well as preparation and sampling of healthy treats. Please bring a blanket/pillow for relaxation. \$15. Preregister with 315-0525; lisanmassage@gmail.com or lisanogueira.massagetherapy.com.

Anxiety Got The Best of You? With Connie Kelly-Saur • Dec. 3, 7 p.m. • A natural approach to healing the body and feeding it the nutrients it needs to function normally is the key to healing the underlying causes of anxiety. Participants learn how to work from dietary and supplemental standpoints to heal their bodies' specific needs and reasons for anxiety. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

Q&A Day at Indigo Forest • Oct. 6, Nov. 3, Dec. 1 • 10:30-11:30 a.m. • Participants may bring questions and learn about new ways to use remedies and supplements. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Beauty and Skin Secrets with Jennifer Zumbrink • Nov. 17, 7 p.m. • The health of hair and nails is an indication of nutritional reserves. This session will share what participants can do to improve nutrition for increased health and appearance. Topics include smooth skin, silky hair, non-toxic alternatives for anti-aging, natural remedies, and more. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

How to Survive the Holidays with Kristen Clore • Nov. 12, 7 p.m. • This class shares how to help the body function properly to adapt and manage stress more easily by discovering how fatigue and other stress-related symptoms could be a sign of nutritional deficiency. Participants will learn strategies for avoiding overeating on sweets, healthier alternatives, and how to manage sweet intake during the holidays. Free. Call 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

Healthy Sex with Kristen Clore • Oct. 1, 7 p.m. • This class shares how to achieve a naturally healthy sex drive. Topics include lubricants, medications, IUDs, restoration of hormones and organ function, and how a whole food nutrition program will help. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

Emotional Harmony with Juliana Schreimer • Sept. 22, 10:30-11:30 a.m. • This class will present ancient techniques, practical tips, and nature's support for emotional balance in modern times. From anxiety to temper tantrums, this class will help participants learn to relax with a range of options to nurture family emotional life. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Meet the Practitioners with The Nutritional Healing Center Practitioners • Sept. 16 or Nov. 10, 7 p.m. • This session gives visitors a chance to meet all the practitioners from medical doctors to applied kinesiologists who will give small presentations in one place at one time and discover muscle-testing-based nutrition. Practitioners include Darren Schmidt, Kerry Cradit, Amanda Childress, Connie Kelly-Saur, Jennifer Zumbrink, Kristen R. Clore, and Joel Vickers. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

Sugar: The Pleasure Trap with Amanda Childress • Nov. 4, 7 p.m. • One hundred years ago, the average American ate six pounds of sugar per year. Now, we eat 210 pounds of sugar per year. Participants will explore this big health concern. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

How To Fix Your Thyroid with Darren Schmidt • Oct. 22, 7 p.m. • Participants will explore the most important element for thyroid function, which is iodine. Topics will include how to handle symptoms associated with iodine deficiency, natural steps to heal the thyroid, and how to maintain long-term health. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

Improve Your Digestion with Connie Kelly-Saur • Sept. 9, 7 p.m. • This workshop will help participants decode their digestion problems and discover how types of food we eat can lead to enzyme imbalances, compromised immune system, food allergies, gas, bloating, heartburn, and other digestive ailments, as well as the supplements that can improve digestive health. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

Introduction to Pal Dan Gum Qigong with Antonio Sieira • Sept. 15, Oct. 20, Nov. 24, Dec. 22, 6-8 p.m. • This workshop introduces the eight silken movements of Pal Dan Gum Qigong that have been used for thousands of years to promote health and cure disease. Participants will engage in moving meditation where the body learns to move in a mindful and graceful way that releases stress and reenergizes the body. \$40 (after training is complete, attend a one-hour practice session for \$25). Call 416-5200; relax@bodyworksh healingcenter.com or BodyWorksHealingCenter.com.

As you dissolve into Love, your ego fades. You're not thinking about loving; you're just being Love, radiating like the sun.

—RAM DASS

Holistic Health (cont.)

Body Works Sampler Open House • Oct. 9, 6-8 p.m. • Participants will have fun and get a taste of many modalities of holistic wellness. Therapies include amethyst bio mat, ascension breathing, cranial sacral therapy, hot stone chair massage, thai massage, BARS, crystal healing, pranic healing, qi gong, mindful meditation, ayurveda, acupressure, paraffin hand treatments, and more. \$18/treatment or \$45/three 15-minute sessions. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Ayurveda and Meditation: Ancient Wisdom for the Modern Life with Kapila Castoldi • Oct. 3, 10, 17; 3-5 p.m. at the Crazy Wisdom Community Room • Ayurveda and meditation share the same goal of regaining the lost connection to the self. Topics include awareness and conscious living, basics of Ayurveda, secrets of balanced living, relaxation and meditation techniques, and more. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Hair, Nails, and Skin with Kerry Cradit • Sept. 2, 7-8 p.m. • The health of hair, skin, and nails is an indication of nutritional reserves. This session shares how to improve nutrition for increased health and appearance. Topics include how to keep skin smooth and hair silky, non-toxic alternatives for anti-aging, which ingredients to avoid, and more. Free. Call Sydney at 302-7575; events@thenhcaa.com; thenutritionalhealingcenter.com.

Beat the Blues with Connie Kelly-Saur • Sept. 23, 7 p.m. • This class will help participants explore how healing parts of the body will help them feel better mentally and physically. This lecture presents which organs in the body commonly cause depression and when they need help. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

Access Bars with Dave Krajovic • Oct. 4, 9 a.m.-3 p.m. • This workshop presents a system of releasing old beliefs through 32 points on the head that can free participants and help them tap into unlimited potential. \$300 (\$150 for repeaters). Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Parasites In You? with Kerry Cradit • Oct. 14, 7 p.m. • Participants will learn about the strange symptoms that parasites can cause, and how they can hide from detection. The lecture will present the best ways to get tested for parasites, how they affect health, digestion, and the brain, as well as what herbs can clear them out. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

Food Freak Show: What's Really In Your Pantry? with Jennifer Zumbrink • Oct. 1, 7 p.m. • Participants will explore what is really in the "food" they have at home in the pantry as they learn about common food additives that do not have to be put on the label. Free. Call Sydney at 302-7575; events@thenhcaa.com or thenutritionalhealingcenter.com.

Homeopathy

Introduction to Homeopathy with Patty Brennan • Sept. 19, 9 a.m.-12:30 p.m. • This workshop will help participants gain a better understanding of the basic principles of homeopathy, case taking, and remedy selection. Emphasis will be placed on identifying helpful resources, how to use them effectively, and how to use homeopathy for first aid. \$75. Call 663-1523; patty@center4cby.com or center4cby.com.

Homeopathy for the Childbearing Year with Center for the Childbearing Year • Sept. 16, 9 a.m.-4:30 p.m. • This class includes the Introduction to Homeopathy morning session, and will cover practical applications of homeopathy to address concerns of pregnancy, remedies helpful during labor and birth, and a wide variety of postpartum issues for both mom and baby. Class is appropriate for pregnant women, birth attendants, and others who will work with families during the childbearing year. \$135. Call 663-1523; patty@center4cby.com or center4cby.com.

Hypnotherapy

Self Hypnosis for Positive Change with Holistic Hypnotics • Sept. 15 (Brighton) or Sept. 16 (Dearborn); 7-8:30 p.m. • This experiential program is designed to introduce participants to positive changes in their lives by learning what hypnosis can offer them. In the class, participants will undergo hypnotic induction, learn how to hypnotize themselves, and personalize the process to achieve their own goals. \$33 (Brighton), \$28 (Dearborn). Call Heidi at 788-6478; heidi@HolisticHypnotics.com or HolisticHypnotics.com.

No Flu for You with Holistic Hypnotics • Sept. 24, 7-8 p.m. • The World Health Organization is predicting four possible strains this year. The flu shot alone may not be enough. Hypnosis can increase flu-fighting white cells and boost the immune system to prevent weakening due to illness or stress. \$25. Call Heidi 788-6478; heidi@HolisticHypnotics.com or HolisticHypnotics.com.

Give Stress a Rest with Holistic Hypnotics • Nov. 10, 7-8 p.m. • This class is designed to help participants learn how to reduce the negative impact of stress through hypnotherapy. The session combines hypnosis with mindfulness technique to help manage and release stress, which is unavoidable in everyday life, especially during the holidays. \$25. Call Heidi at 788-6478; heidi@HolisticHypnotics.com or HolisticHypnotics.com.

Where Do We Distribute The Crazy Wisdom Community Journal?

11,000 copies of The Crazy Wisdom Community Journal are distributed to more than 225 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, 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, U-M, EMU, WCC, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lotus Center, the Lighthouse Center, Jewel Heart, Tsogyelgar, the Aprill Wellness Center, Yoga Space, Michigan Theater, 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.

Integrative Medicine

Effective Help for Someone in Spiritual Emergency with Emma Bragdon • Sept. 19-20, 10 a.m.-4:30 p.m. • This course will help participants identify the symptoms of a spiritual emergency crisis, which is often confused with psychosis and may be treated with drugs. The workshop focuses on identifying the positive potential of the crisis that may be causing disfunction in relationships or work. \$250. Call Amy at 660-0898; amyspirit@gmail.com or CSTChelsea.com.

Pathology with Ann Arbor Institute of Massage Therapy Faculty • Nov. 21, 9 a.m.-5 p.m. • Pathology is the study of the nature of diseases and the structural and functional changes produced by them. Massage therapists are ethically responsible for recognizing clients' deviations from ideal health and knowing if massage is indicated or contraindicated. This course helps the beginning massage therapist form a knowledge base upon which they can build as they begin to practice. Call ahead for homework. \$165. Call Vickie at 677-4430; continuing@aaimt.edu or aaimt.edu.

Intuitive and Psychic Development

Drop-In Intuitive Readings and Dreamwork with Irena Nagler in the Crazy Wisdom Tearoom • Second and Fourth Fridays of each month, 6:30-9:30 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. She can help with exploration of dreams recalled from sleep or waking dream-states. \$1.50 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Marcella Fox in the Crazy Wisdom Tearoom • First and Third Sundays, 3-6 p.m. • \$1.50 per minute. No appointment necessary. Call 717-8513; marcellapfox@gmail.com.

Drop-In Intuitive and Angel Readings with Marybeth Rombach Nelson • Second and Fourth Saturdays, 6:30-9:30 p.m. at Crazy Wisdom Tearoom • \$1.50 per minute. No appointment necessary. Call 734-560-0355; Marybeth@spiritualintuitivemb.com or spiritualintuitivemb.com.

Basic Intuition Class with Amy Garber • Five Mondays, beginning Sept. 21 or Nov. 2; 6:30-9 p.m. • Everyone has intuition or "sixth sense" that helps them make decisions, avoid pitfalls, generate ideas, and solve problems. This course will help participants realize when they are accessing intuition as it comes through various types of clair senses. Course includes practice on self and other participants. \$125. Call 358-0218; metafizzy@gmail.com or metafizz.org.

The Crazy Wisdom Calendar

Intuitive and Psychic Development

Intermediate Intuition Class with Amy Garber • Five Tuesdays, beginning Sept. 22 or Nov. 3; 6:30-9 p.m. • This intermediate intuition class is for those who have taken Basic Intuition with the instructor (or with instructor permission). Participants will learn how to trust and develop intuition, explore clair senses, develop tools and techniques, and practice with readings on the self and other participants. \$125. Call 358-0218; metafizzy@gmail.com or metafizz.org.

Connecting with Archangels with Karen Greenberg • Oct. 8, 6:30-9:30 p.m. • Participants will become acquainted with the various archangels represented in the sephiroth (spheres) in the tree of life. Course will explore archangels, their roles, what assistance they provide, and how to safely call upon them. \$63. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Connecting with Angels with Karen Greenberg • Nov. 5, 6:30-9:30 p.m. • Participants will become acquainted with the various angels represented in the sephiroth (spheres) in the tree of life. Course will explore archangels, their roles, what assistance they provide, and how to safely call upon them. \$43. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Heart-Based Intuitive Development with Melanie Fuscaldo • Sept. 2, 12-1:30 p.m. • Develop intuition with heart-based techniques to discover information about relationship, health, and spiritual goals. The workshop will also help participants explore inner purpose and career paths. \$30. Preregister at 668-2733; mfulscald@gmail.com or melaniefuscaldo.com.

Becoming a Medical Intuitive: Book Signing and Introduction to Workshop with Tina Zion • Sept. 10, 7-8:30 p.m. at Crazy Wisdom Community Room • Meet author and international instructor and get signed copies of her book *Become a Medical Intuitive: The Complete Developmental Guide*. Zion discusses how to develop "inner sight" for the deep cause of illness: feel, sense, and see the entire person on all levels. The session also serves as an introduction to a weekend workshop on developing medical intuition to be held Sept. 11-13. Free. Call Amy at 358-0218; metafizzy@gmail.com or metafizz.org.

Becoming a Medical Intuitive: Seeing with X-Ray Eyes with Tina Zion • Sept. 11-13 at Crazy Wisdom Community Room • This hands-on weekend workshop will provide participants with techniques needed to learn to develop inner sight for the deeper cause of illness. Topics will include electromagnetic energy of thought and emotion, vibrational colors, distance assessments, and more. Suitable for lay people, medical practitioners, energy healers, practicing psychics, and others who want to develop intuitive abilities to help themselves, their families, and their clients. \$299. Call Amy at 358-0218; metafizzy@gmail.com or metafizz.org.

Intuitives Interactive Group with Amy Garber • First and Third Sundays; 2:30-4:30 p.m. • This group is designed for intuitives, indigos, empaths, and seekers wishing to explore metaphysical topics with like-minded individuals. The sessions will include exercises, demonstrations, sharing, and social time. \$10. Call 358-0218; intuitivesinteractive@hotmail.com or intuitivesinteractive.com.

Focused Mind Meditation Practice Session with John Friedlander • Sept. 13, Oct. 4, Nov. 8, Dec. 6, 10 a.m.-12 p.m. • The development of sustained focus meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a new level of mental clarity and spiritual openness. \$15. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org or psychicdevelopment.cc.

Seven Planes of Consciousness Practice Session with John Friedlander • Sept. 16, Oct. 21, Nov. 18, Dec. 16, 8-9 p.m. • This workshop is a continued exploration of the 49 specific energies of the seven planes, each with seven subplanes, as described in the theosophical literature of the early 1900s. \$12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org or psychicdevelopment.cc.

Developing Technical Etheric Skills with John Friedlander • Sept. 5-6 • Participants will learn to use etheric energy for clairvoyant exploration. This workshop is a continuation of the July, 2015 etheric class, but will also be helpful to first-time attendees. \$275. Contact Gloria for times at hemsherglo1@yahoo.com or psychicdevelopment.cc or psychicpsychology.org.

Teleconference: Kundalini Meditation and Clearing with John Friedlander • Sept. 22, Nov. 24, Dec. 22; 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using your own kundalini to increase power and clarity. \$12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicdevelopment.cc or psychicpsychology.org.

October Intensive 2015 with John Friedlander • Oct. 26-Nov. 1 • This workshop involves 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 class or CD class, or instructor permission. Contact Gloria for times and costs at hemsherglo1@yahoo.com or psychicdevelopment.cc or psychicpsychology.org.

Mediumship for Everyone with Shala Kilmer • Eight Wednesdays starting Sept. 9, 6:30-9 p.m. • This workshop will help participants learn to provide evidence of the continuity of life and bring comforting messages from deceased loved ones. \$397. Call Shala at 248-258-8287; shalakilmer@gmail.com or IntuitionPath.com.

Kabbalah

Clair-Ascension Kabbalah Teacher Training with Karen Greenberg • Oct. 17-18, 9 a.m.-9 p.m. • This workshop is designed to help participants work through their own issues in order to facilitate others in safely facing and working through their own issues, resistance, limiting beliefs, thoughts, attitudes and patterns. They will then learn to help others access their divine consciousness, to define their soul's purpose, and have the courage to fulfill their destinies. Call for prerequisites and requirements. \$222 (payment plans available). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Kabbalah Miracles Transformational Year-Long, Personal and Spiritual Growth Journey Through the Tree of Life with Karen Greenberg • Sept. 24, Oct. 22, Nov. 19, and Dec. 17, 7-10 p.m. • This year-long journey is an ordered, systematic approach to develop and balance all the important areas of life, including health, career, relationships, and finances. Participants learn how to avoid utilizing energy resisting and instead use the energy for miracles and creating. Participants become empowered to become co-creative, proactive manifestors of dreams, desires, goals, and fulfilled destinies. \$137/person/session (semi-private, private, and payment plans available). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Life Transitions

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Sept. 4, 12-1:30 p.m. • This workshop will help with those who are experiencing a transition in career, retirement, health, or relationship to open the heart, mind, and body to the gifts in the transition. \$30. Preregister at 668-2733; mfulscald@gmail.com or melaniefuscaldo.com.

Kabbalah Immersion Ascension Class with Karen Greenberg • Nov. 1, 9 a.m.-9 p.m. • For anyone who has completed one full year of study with the instructor, this course will include using archangel and angel names, aromatherapy, gemstones, toning, music, colors, planets, candles, movement, tetragrammaton exercises, and more through the path of the flaming sword through the tree of life. \$222 (payment plans available). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Kabbalah for Indigos Course with Karen Greenberg • Sept. 24, Oct. 22, Nov. 19 Dec. 17; 5-7 p.m. • This year-long course uses multi-sensory input and experiential learning to build self-esteem of awake and spiritually evolved teenagers and young adults to aid in integrating organizational skills, navigating low-vibrational emotions, and discovering and fostering genius. \$50/meeting. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

A Woman's Wisdom Journey through Kabbalah with Lucinda Kurtz • Seven Tuesdays, beginning Sept. 29 (except Oct. 27), 7-9 p.m. • In this class, open to all seekers, participants will explore from a feminine perspective the relationship between self and Divine using Kabbalah as a foundational principle. Participants will explore how to embrace one's unique truth using ritual, chant, stories, connection with nature, and meditation to create balance and harmony in order to manifest the highest self. \$200 (sliding scale available). Call 635-9441; lucindakurtz@comcast.net.

Love and Relationships

Kabbalah for Couples with Karen Greenberg • Monthly Sundays for one year beginning Sept. 13, 9-11 a.m. • This program is for couples in basically good relationships in which both parties are willing to work to make their relationship even better physically, emotionally, mentally, financially, spiritually, and energetically. The monthly two-hour format enables couples to get more work done in a shorter amount of time. Income dependent. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • Sept. 4, 6-10 p.m. • This workshop helps participants identify and enhance an ideal mate's qualities and presents how to use techniques such as ceremony, meditation, movement, fragrances, elixirs, herbs, metals, colors, altars, and more. Participants learn to work through blockages in order to trust divine order and timing. \$125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Experiencing the Love of the Divine: A Gay, Lesbian, Bi-Sexual, Transgender, Questioning Retreat with Joan Ebbitt • Oct. 16-17 • This retreat will examine how participants are invited further into the divine mystery of love in light of our new understandings of evolution and the universe. This retreat enables participants to experience the light within our souls that attests to love from the divine spirit breathing us into light. \$150/person/single occupancy; \$75/person/double occupancy; \$55/commuter. Call Weber Center 517-266-4000; webercenter@adriandominicans.org.

When the personality comes fully
to serve the energy of its soul, that
is authentic empowerment.

—GARY ZUKAV

Meditation

Open Mindfulness Meditation Practice with Antonio Sieira • Sept. 1, 10, 24; Oct. 6, 15, 27; Nov. 3, 12, 17; Dec. 1, 10, 17; 6-7:30 p.m. • Mindfulness meditation including Tibetan Singing Bowl meditation, Metta meditation, followed by discussion of philosophy, science, and spiritual basis of meditation. Guidance is provided with respect to body posture and position to accelerate the benefits of group meditation. \$15 (Six sessions/\$60). Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

New Year's Eve Peace Meditation with Antonio Sieira • Dec. 31, 12-1 p.m. • Start the new year with a renewed sense of peace within. This meditation extends to all beings throughout the universe with wishes for wellness, good success, health, prosperity, and sustained peace. \$20. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Open Mindfulness Meditation Practice Including Metta Meditation and Singing Bowl Meditation with Antonio Sieira • Sept. 1, 10, 24; Oct. 6, 15, 27; Nov. 3, 12, 17; Dec. 1, 10, 17; 6-7:30 p.m. • Mindfulness meditation including Tibetan singing bowl meditation and metta meditation, followed by discussion of philosophy, science, and spiritual basis of meditation. Guidance provided with respect to body posture and position. \$15 (\$60/6 sessions). Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Mastering Meditation with Kapila Castoldi • Nov. 1, 8, 15; 3-5 p.m. in the Crazy Wisdom Community Room • This introductory meditation series includes topics such as concentration, breathing, chanting, visualization, exploring a meditative lifestyle, and self-awareness through meditation. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Mindfulness-Based Stress Reduction Information Session with Paulette Grotrian • Sept. 17, 10:30-11:30 a.m. and 6:30-7:30 p.m. • Mindfulness-based stress reduction is an eight-week course scientifically shown to reduce stress and improve health and well-being no matter the circumstances. This program is based on the work of Jon Kabat-Zinn at the U-Mass. Medical School. Free. Call 276-7707; grotrian@wccnet.edu or MindfulnessMeditationMichigan.weebly.com.

Day of Mindfulness with Paulette Grotrian • Oct. 31, 10 a.m.-3:30 p.m. • This retreat is a day of self-care, rest, and renewal. The day includes sitting meditation, walking meditation, and mindful eating, along with instruction and inspiration. This program is based on the work of Jon Kabat-Zinn at the U-Mass. Medical School. \$50 (\$40 for repeat participants). Call 276-7707; grotrian@wccnet.edu or MindfulnessMeditationMichigan.weebly.com.

Mindfulness-Based Stress Reduction with Paulette Grotrian • Eight Thursdays, Sept. 24-Nov. 12; 10:30 a.m.-12:30 p.m. or 6:30-8:30 p.m. • Mindfulness-Based Stress Reduction is an eight-week course scientifically shown to reduce stress and improve health and well-being no matter what the circumstances. This program is based on the work of Jon Kabat-Zinn at the U-Mass. Medical School. \$385 (\$300/repeat participants). Call 276-7707; grotrian@wccnet.edu or MindfulnessMeditationMichigan.weebly.com.

Open Meditation Saline with Paulette Grotrian • Tuesdays, beginning Sept. 1, 10:55-11:55 a.m. • This weekly drop-in meditation group practices mindfulness meditation and is appropriate for both new and experienced meditators. The format is guided meditation, followed by a short reading and discussion from *Wherever You Go, There You Are* by Jon Kabat Zinn, and ends with a silent meditation. Free. Call 276-7707; grotrian@wccnet.edu or MindfulnessMeditationMichigan.weebly.com.

Heart Chakra Group Meditation with Austin Szelkowski • Sept. 14, 7:15-8:30 p.m. in the Crazy Wisdom Community Room • This group is suitable for all levels to meditate on the heart chakra, which reveals how deeply loved all people are and a sense of love for all humanity. Free. Call 408-1611; aszelkowski@gmail.com or a2-sm.com.

Throat Chakra Group Meditation with Austin Szelkowski • Sept. 28, 7:15-8:30 p.m. in the Crazy Wisdom Community Room • This group is suitable for all levels to meditate on how the throat chakra may improve the power of expression of the higher self in the world through writing, speech, and other forms. Free. Call 408-1611; aszelkowski@gmail.com or a2-sm.com.

Third Eye Chakra Group Meditation with Austin Szelkowski • Oct. 12, 7:15-8:30 p.m. in the Crazy Wisdom Community Room • This group is suitable for all levels to meditate on how the third eye may create mental clarity and open participants to unique views on truth as illusions begin to fade. Free. Call 408-1611; aszelkowski@gmail.com or a2-sm.com.

Crown Chakra Group Meditation with Austin Szelkowski • Oct. 26, 7:15-8:30 p.m. in the Crazy Wisdom Community Room • This group is suitable for all levels to meditate on how the crown chakra opens a direct connection to the higher realms and to source, God, and the universe. Free. Call 408-1611; aszelkowski@gmail.com or a2-sm.com.

Practice and Presence: A Day of Workshops on Meditation and Spiritual Inquiry with Deep Spring Center teachers • Sept. 12, 9 a.m.-4 p.m. • Participants can join for all or part of the day to enjoy sack lunches and workshops. Topics include introduction to vipassana, breathwork, metta, sound immersion, meditation and your spiritual guide, the payoff of practice, the brain and meditation, and what is spiritual inquiry? \$40 (\$20/ students, veterans, and armed services). Call Tana at 477-5848; om@deepspring.org or deepspring.org.

A Day of Solitude and Meditation Practice with Carol Blotter • Sept. 12 and Dec. 5; 9 a.m.-4 p.m. • Each retreat is an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. This day is appropriate for anyone interested in meditation; beginners will have break-out instruction; experienced meditators can be in silence all day; and those in between can practice and have their questions answered. \$30 suggested donation is a fundraiser for Michigan Friends Center. Preregister at 475-1892; manager@mfcenter.org or mfcenter.org.

Heart-Based/Effortless Meditation with Carisa Wilder • Sept. 27, 28; Oct. 25, 26; Nov. 22, 23; Dec. 13 14; 7-8:30 p.m. • Meditation instruction for women, trans men, and trans women. Heart-based/effortless meditation is a process that extends beyond thoughts, feelings, and sensations to an inner sense of profound peace appropriate for both experienced and new meditators. Free. Call WomanSafeHealth at 477-5100; info@womansafehealth.com or womansafehealth.com.

Being in Tune: Mindfulness Meditation at the Ark with teachers from Ann Arbor Center for Mindfulness and Mindful City • Tuesdays, Sept. 8-Dec. 15, 12-12:30 p.m. • Enjoy weekly 30-minute mindfulness sessions in the warm inviting environs of the Ark. The practice has no religious affiliation and is appropriate for beginners or experienced meditators. Free. Contact Lynn at lynnsipher@gmail.com or aacfm.com.

Angels and Sephirot in the Tree of Life Meditation with Karen Greenberg • Sept. 26, 8-9 a.m. • Participants can become acquainted with the various archangels represented in the sephirot (spheres) in the tree of life in order to learn who they are, what they do, and on whom to call for particular assistance. \$10. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Trees Meditation with Karen Greenberg • Sept. 29, 9-10 p.m. • This visual meditation focuses on the photographs, imagery, energies of, and messages from the diverse trees characterizing the spheres in the tree of life. \$10. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Fragrances with the Sephirot in the Tree of Life Meditation with Karen Greenberg • Oct. 5, 9-10 p.m. • This is an olfactory meditation, meditation on the scents, energies of, and potentially receiving messages from the spheres in the tree of life. \$10. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Gemstones with the Sephirot in the Tree of Life Meditation with Karen Greenberg • Oct. 24, 9:30-10:30 a.m. • This is a meditation with participants holding gemstones, distinguishing the spheres in the tree of life, experiencing their energies, and possibly receiving messages. \$10. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Names of the Sephirot in the Tree of Life and Tones Meditation with Karen Greenberg • Nov. 2, 9-10 p.m. • Tone the names depicting the spheres in the tree of life. \$10. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Music and Movement with the Sephirot in the Tree of Life Meditation with Karen Greenberg • Oct. 28, 9-10 p.m. • Experience this moving meditation to music personifying the spheres and the different qualities of G-d in the tree of life. \$10. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Colors of the Sephirot in the Tree of Life and the Chakra Colors Meditation with Karen Greenberg • Nov. 12, 9-10 p.m. • View and meditate on the colors of the spheres in the tree of life and the chakras. \$10. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Meditate with Music Meditation with Karen Greenberg • Dec. 17, 10-11 p.m.; Dec. 18, 9-10 p.m.; Dec. 19, 9:30-10:30 a.m.; and/or Dec. 20, 9:30-10:30 a.m. • Meditation with some oldies and some non-holiday musical favorites. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Four Worlds: Abundance Meditation with Karen Greenberg • Oct. 15, 9-10 p.m. • This guided meditation takes the participants through the four worlds in kabbalah to help manifest dreams, desires, and cash flow. \$10. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Archangels Meditation with Karen Greenberg • Sept. 11, 11:30 a.m.-12:30 p.m. • This class enables participants to become acquainted with the various archangels represented in the spheres of the tree of life. Participants will learn who they are, what they do, on whom to call for particular assistance, and how to safely call on them. \$10. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Myriad of Meditations with Karen Greenberg • Oct. 11, 10 a.m.-10 p.m. • Meditation is an essential component to spiritual evolution. Participants will learn a myriad of meditation techniques such as meditations with fire, water, air, earth, the Four Worlds, different breathing, with holy geometry, letters, powerful archetypes, and more to discover which resonate for them. \$125. Call 417-9511; krngnbg@gmail.com or clair-ascension.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 that follows the Calendar, which is called "Background Information" and which starts on page 119.

The Crazy Wisdom Calendar

Meditation (cont.)

“I Am” Meditation with Karen Greenberg • Sept. 11, 10-11 a.m. • Participants will connect with the “I am” presence, and are guided through a meditation, embracing and embodying several of the divine qualities they possess. \$10. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Four Metaphysical Elements Meditation with Karen Greenberg • Nov. 21, 9:30-10:30 a.m. • This meditation involves using and meditating with actual, literal representations of the four metaphysical elements. \$10. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

World Meditation with Karen Greenberg • Nov. 23, 9-10 p.m. • This is a guided meditation for all the qualities and energies for all the people of the world. \$10. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Instilling Holy Geometry Meditation with Karen Greenberg • Nov. 30, 9-10 p.m. • This meditation involves instilling holy geometry within one’s temple to sanctify and make holy the resting place for one’s divine spirit. \$10. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Nadi Shodhan Pranayama Breathing and Other Types of Breathing Meditation with Karen Greenberg • Dec. 14, 9-10 p.m. • Participants will meditate using numerous breathing styles and mudras to enhance connection with the divine realm. \$10. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Different Aspects (Names) of G-D Meditation with Karen Greenberg • Sept. 12, 9:30-10:30 a.m. • Participants will become acquainted with and may receive invaluable messages to questions from the ten aspects of G-d corresponding to the various spheres in the tree of life. \$10. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Meditation in Everyday Life with Melanie Fuscaldo • Sept. 3, 12-1:30 p.m. • This workshop helps participants develop skills to make their lives a living meditation and live as their true selves with freedom, joy, peace, and power. \$30. Preregister at 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Michigan Meditation Meetup with Vic Divecha • Tuesdays, Sept. 15-Nov. 17, 7-8 p.m. • These meetings serve beginner and intermediate meditators and enthusiasts with the curriculum of Sahaja yoga meditation. Attendees can expect tools and knowledge to build their own daily meditation practice. Free. Call 363-8423; vic@meditatewith.us or meetup.meditatewith.us.

Siddya Yoga Satsang: Chanting and Meditation with Siddha Yoga Meditation Center • Thursdays, 7 p.m. • Each satsang consists of a reading, video, or audio teaching followed by chanting and meditation. Free. Call Dunrie at 726-0318; symcaannarbor@gmail.com or symcaannarbor.org.

Mindfulness-Based Stress Reduction with Libby Robinson • Eight Mondays, beginning Sept. 28, 7-9 p.m. (free introduction Sept. 21); or Eight Wednesdays beginning Sept. 30, 7-9 p.m. (free introduction, Sept. 23) • An accessible and secular mindfulness meditation class developed by Jon Kabat-Zinn and colleagues at U.-Mass Medical School, this class fosters gentle, non-judgmental awareness of the present moment. Significant research documents MBSR’s beneficial effects on stress, pain, depression, and ordinary human suffering. \$385 (sliding scale for low income or multiple registrations; includes recordings of guided meditations, handouts, and one-day retreat). Call 476-3070; libby-robinson7@gmail.com.

Ann Arbor Open Meditation • Thursdays, 7:30-8:30 p.m. • Drop-in mindfulness meditation led by many of Ann Arbor’s meditation leaders. All levels of experience are welcome for secular meditations, which will mostly focus on mindfulness, though they may include concentration and lovingkindness practice. Format is two 20-minute sessions, with the first one always guided and opportunities for questions and discussion in between. Donation requested. Call Libby at 476-3070; libbyrobinson7@gmail.com.

Remembering Wholeness with Barbara Brodsky and Aaron, The Mother and the Brothers and Sisters of Light • Oct. 11 • Energy sharing (darshan) with the mother as channeled. Darshan is an event in consciousness; as the mother takes each person’s hands and looks into his or her eyes, there is an interaction between the human and the divine, which focuses and draws up the consciousness of the human. Donation requested. Call Tana at 477-5848; om@deepspring.org.

Living From an Open Heart: Vipassana, Dharma, and Mediumship with Barbara Brodsky, Dan Muir, and Aaron • Eight Tuesdays, beginning Sept. 15, 5:45-6:45 p.m. meditation, 7-9 p.m. class • This series is based on the idea that all people are mediums, just as earth is a medium for a growing plant. Vipassana meditation is used as a foundation for nourishing what we chose to grow there. \$120, building fee (additional teacher donation encouraged). Call Tana at 477-5848; om@deepspring.org.

Pure Meditation Foundation Class for Adults with Self Realization Meditation Healing Centre • Dec. 30, 3 p.m. • This event is designed to help participants find inner peace in only a few minutes of practice each day. The workshop, of value in all walks of life, includes a book and follow-up appointment. \$60 (bursary may be available). See website for details. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Earth Healing Meditations and Potlucks with Group of Forty with Aileen Storoshchuk and Karla Zarley • First Saturdays, 6:30-10 p.m. • Participants can join energies with the international community of Group of Forty to learn to raise and focus frequencies in service to healing the earth and ourselves. Channeled information will also be received by David K. Miller. No experience is necessary. Free. Call Aileen at 810-701-2874; aistor@comcast.net or groupofforty.com.

Heart-Based Meditation and Yoga Retreat with Katherine Austin • Oct. 9-11 • This weekend retreat will blend experience and knowledge with a supportive environment to develop a happier, healthier, and “wholier” state of being. Heart-based meditation training will be offered to those interested in learning this inner-mantra-based technique. The schedule will include morning sadhana, kundalini yoga, and meditation. \$295. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/.

A single dream is more powerful than
a thousand realities.

—J.R.R. TOLKIEN

Ten Tools for Health, Harmony, and Joyful Living with Kathy Bindu Henning • Oct. 21, 6:30-8:30 p.m. • Incorporate ten simple and effective tools into everyday living to help bring about peace, contentment and more. The workshop will include interactive lecture and meditation to transform and support every area of life. The goals are to remain steady and at ease, reduce stress, improve health, and enhance love for self and others. \$25 (\$20/seniors). Call 674-6965; PresentMoment@myexcel.com or LivinginthePresentMoment.com.

Design a Life That You Love! With Kathy Bindu Henning • Oct. 14, 6:30-8:30 p.m. • Through interactive lecture and meditation, participants will learn to pause to see where they are going rather than fast-tracking from one year to the next. Participants will learn to free themselves from the same old ways of thinking to design a life filled with happiness, fulfillment, and renewed enthusiasm. Offered through Schoolcraft College Continuing Ed. \$25 (\$20/seniors). Call 674-6965; PresentMoment@myexcel.com or LivinginthePresentMoment.com.

Volume Di\$counts!

Save \$\$



Crazy Wisdom would like to remind you that we are an excellent place to order books for your classes and workshops.

Whether you need to purchase quantity titles yourself to distribute, or would simply like to recommend titles to your clients and students, we offer a discount on quantity orders.

We are happy to stock titles that you recommend. Practitioners and teachers interested in recommending titles can request coupons from us that will entitle their clients/students to receive 10% off the recommended titles.

How do you receive these volume discounts? It is easy, just contact Rachel at Crazy Wisdom. rachel@crazywisdom.net

We pay writers

We are looking for good articles about the holistic scene...reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

For more info, be in touch with
bill@crazywisdom.net

A Peaceful Mind is a Precious Gift with Kathy Bindu Henning • Oct. 7, 6:30-8:30 p.m. • Through interactive lecture and meditation, participants will learn how to calm the restless activity of the mind in order to relax and enjoy a fresh perspective. The goal of the workshop is to provide tools for the difficult task of creating a peaceful mind, the foundation for health, happiness and well-being. Offered through Schoolcraft College Continuing Ed. \$25 (\$20/seniors). Call 674-6965; PresentMoment@myexcel.com or LivinginthePresentMoment.com.

Experience the Self: An Inner Journey with Kathy Bindu Henning • Sept. 30, 6:30-8:30 p.m. • This session is designed to help participants discover who they are beyond name, form, and the many roles they have played in their lifetimes using interactive lecture and meditation. Administered through Schoolcraft College Continuing Education. \$25 (\$20/seniors). Call 674-6965; PresentMoment@myexcel.com or LivinginthePresentMoment.com.

Meditation: Self-Discovery for Young Adults with Kathy Bindu Henning • Sept. 14, 6-8 p.m. • This two-week workshop enables young adults ages 18-25 to deal with the influx of technology and its increasing demands and sensory overload. Meditation can provide positive benefits, helping to navigate through the ups and downs of life, and learning to stay present in the moment, plus tools to reduce stress, increase inner peace, creativity, well-being, and more. Administered through Schoolcraft College Continuing Education. \$39. Call 674-6965; PresentMoment@myexcel.com or LivinginthePresentMoment.com.

Art of the Mandala: Meditation and Art with VEO Art Studio • Oct. 1, 6:30-9 p.m. • This workshop is an introduction to a unique form of art: the mandala, which means "sacred circle." The process of creating a mandala helps participants appreciate a deeper part of self and meaning in one's life. The session will include learning about mandalas as an art form and how mandalas are created, then meditation and creation of two mandalas. \$45. Call Elizabeth at 417-6326; info@veoartstudio.com or register.veoartstudio.com.

Day of Contemplative Prayer: Meditation and Mindfulness Practice with Esther Kennedy • Sept. 19, Nov. 14, Dec. 19, 10 a.m.-2:30 p.m. • Participants gather monthly as a mindfulness community for contemplative meditation to learn practices of mindful breathing and simple chants. The goal of the sessions is to release the fruits of experience into a world of beauty and pain. \$35/session. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Equinox Ritual with Esther Kennedy • Sept. 20, 3-4:30 p.m. • The session is designed so that participants will prepare for the full-colored beauty of autumn, knowing, in gratitude, that the cycle of giving life has ended. Free. Call Linda at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

A Serenity Retreat for Women with Rose Celeste O'Connell and Cora "Tommie" Dayton • Oct. 8-11 (includes pre-retreat) • This retreat shares the presenters' experience, strength, and hope through the twelve steps of Alcoholics Anonymous. \$200-\$350 (call for details). Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org.

Meditation Essentials with Ema Stefanova • Oct. 17-18 • This hands-on and informational seminar is for total beginners and all who would like to succeed in meditation. Participants will learn about meditation and how to establish their own practice to best serve their needs and goals. See website for costs. EmaStefanova@cs.com or YogaAndMeditation.com.

Meditation Essentials with Ema Stefanova • Ongoing classes • Students will learn (and learn to make their own) the most commonly used meditation tools in order to transcend duality. Regardless of religion or beliefs, a set of suitable tools can be found and adapted to enhance any spiritual practice. See website for costs and schedule. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

Meditation Sessions at Jewel Heart with Jewel Heart Instructors • Sundays, beginning Sept. 6, 8:30-9:30 a.m. • Facilitators will provide basic guidance to all levels of experience with multiple concentration meditation sessions using the breath as the point of focus. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions with Jewel Heart Instructors • Sundays, beginning Sept. 6, 9:45-10:45 a.m. • These sessions involve guided meditation to overcome physical, mental, and emotional suffering, and honoring Tara, the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is associated with healing and long life. Donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Sunday Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. (5-6:15 p.m. after daylight savings ends) • Candle lighting, Sanskrit chanting, meditation, affirmations, visualization, and healing circle. Reiki healing available. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Intensive Meditation with Lighthouse Center • First and third Fridays, gather at 7 p.m.; 7:30-10:15 p.m. chanting • Chanting and prayer, followed by meditation 20 minutes on each of the seven chakra energy centers. May enter and leave meditation room at any time. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

24-Hour Meditation Vigil with Lighthouse Center • Nov. 7-8 • Participants can attend all or any part of the 24-hour meditation, which provides a deep cleansing and release for the nervous system and the entire body-mind-spirit. This meditation vigil is dedicated to world peace through inner peace. Without violent thoughts, there would be no violence; hence, our own inner peace, peace of mind, contributes to peace on the planet. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Learn to Meditate with Nirmala Nancy Hanke • Sept. 19, Oct. 17, Nov. 21; 4-6:30 p.m. • Participants will learn how all meditations are good and how thoughts are an essential part of the process. Talk followed by 20-minute meditation experience with a mantra. Vegan snacks after meditation. Register one week in advance. \$35 (\$25/students, \$15 to repeat). Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Chakra Meditation Class with Nirmala Hanke • Eight Wednesdays, starting Oct. 7, 7:30-9:30 p.m. • Introduction to the seven chakra energy centers with empowerment of the mantra at each chakra. Prerequisite: two months mantra meditation. \$85 (\$75 pledging Lighthouse member). Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Thanksgiving Eve Meditation with Lighthouse Center • Nov. 25, 7 p.m. gathering, meditate 7:30-8:30 p.m. • Mantra meditation of gratitude and thanksgiving for all blessings, challenges, and lessons. Voluntary vegan potluck follows. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Christmas Eve Meditation with Lighthouse Center • Dec. 24, gather at 6 p.m.; meditate 6:30-7:30 p.m. • Meditation and Christmas carols celebrate the birth of Christ and the Christ light within us. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

New Year's Eve Meditation with Lighthouse Center • Dec. 31, 11 p.m. gathering, meditate 11:30 p.m.-12:30 a.m. • Ring in the New Year in the highest vibration, meditating with us to release the old and welcome in the new for 2016. Donations accepted. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Introductory Meditation Course with Zen Buddhist Temple • Five Thursdays beginning Sept. 10 or Oct. 22; 6:30-8:30 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, breath work, meditation postures, concentration, and mindfulness practice. \$160 (\$120/students). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Overnight Introductory Meditation Course with Zen Buddhist Temple • Nov. 20-21 • Designed for those unable to take the Thursday evening course because of schedule or distance. 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, breath work, meditation postures, concentration, and mindfulness practice. \$160 (\$120/students). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

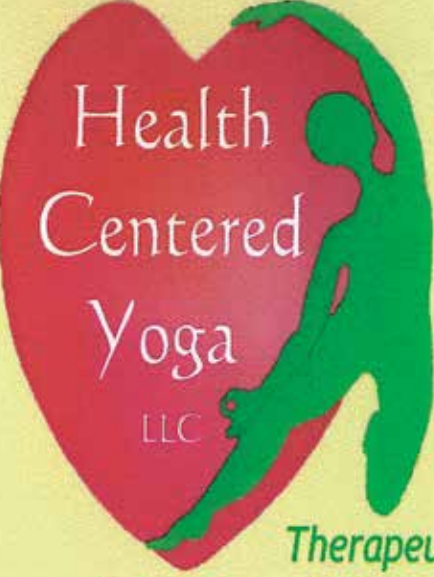


Lighthouse Center Inc.
Hindu Meditation Spiritual Development
Founded by Chetana Catherine Florida

740 East Shore Drive, Whimore Lake, MI 48189
(20 minutes north of Ann Arbor)
www.lighthousecenterinc.org

- A bridge between East and West
- Non-denominational – Open to all
- Weekly meditation service, healing, classes, workshops

More information:
Prachi Patricia Thiel 734-417-5804; cprachil7@gmail.com



Health Centered Yoga LLC

Janine Polley
RN, RYT 500
Yoga Therapist
janinedpolley@gmail.com
734-747-9635

Therapeutic Yoga...
... gently allows your body to become a more comfortable home.

The Crazy Wisdom Calendar



Kristin Meekhof is the author of *A Widow's Guide to Healing: Gentle Support and Advice for the First 5 Years*. She will be giving a talk at Crazy Wisdom on November 17 at 7 p.m., with a book signing to follow. For more information, see *Author Events* on page 88.

Meditation (cont.)

Pure Meditation Course including Raja-Kriya Yoga • Oct. 18-24 • This course is intended to help participants find and live their true spiritual selves through finding the God-Within. Course practices will help participants master the mind and energies in today's challenging world. \$765 (includes shared room and all meals). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

For Beginners: Introduction to Meditation with Karen Mori • Oct. 3 or Nov. 14, 9 a.m.-12 p.m. • An introduction to insight meditation with no experience necessary. Participants should wear comfortable clothes; cushions and chairs provided. \$24. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Movement and Dance

Kirtan Dance: Immersion in Ecstatic Music and Dance with Madhavi Mai • Sept. 17, Oct. 15, Nov. 19, Dec. 10; 6:15-7:30 p.m. • Kirtan Dance combines the healing vibrational practices of devotional singing and dance. Sessions start with a chant and then move to dance using simple movements that combine yoga, bharatanatyam mudras, and folk and Bollywood dance styles. \$15/class (\$50/four classes). Email at madhavimai@gmail.com or sadhanadancetheater.com.

Anatomy Trains Myofascial Meridians for Movement Professionals with Laurice Nemetz • Oct. 3-4, 9 a.m.-5 p.m. • Many people know the body is interconnected, but this workshop will help participants explore connections such as how the forehead relates to the sole of the foot. The anatomy trains model maps the lines of fascia in the body to help better understand how lines of force are transmitted throughout the body. This course is appropriate for teachers in all movement modalities: yoga, pilates, personal training, rehabilitative exercises, and dance therapy. CECs, CEUs, CEs available. \$400 (\$350 if paid by Aug. 1). Call Heather at 709-1464; heather.treetownstudio@gmail.com or gyrotonictreetown.com.

Dances of Universal Peace with Judy Lee Trautman • Sept. 4, Oct. 2, Nov. 6, Dec. 4; 7-9 p.m. • Dances of universal peace were originated in the 60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances are a form of moving meditation that require neither partner nor experience. \$5. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org/.

Music, Sound, and Voice

Integrative Breathwork with Linda Adamcz • Sept. 26, Oct. 24, Nov. 21, Dec. 12 • This workshop is a musical journey for insight, emotional healing, creativity, and renewal that can connect souls with deeper joy, peace, and love in relationships, work, and daily activities. The techniques presented can assist with life changes, grief/loss, job stress/burnout, depression, trauma, abuse, PTSD, and addictions. \$70. Call 269-388-2988; lkadamcz@juno.com or adamczassociates.com.

Altered States of Consciousness and the Yoga of Sound with Mark Handler • Oct. 16-18 • Participants will experience the love and enhancement of prana (subtle life energy) flowing through the chakras as they use mantra, Tibetan singing bowls, throat singing, Peruvian whistling vessels, and hand drums. An antique Tibetan singing bowl concert is also included. \$108 (scholarships available). Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/workshops-retreats.

Sacred Sounds of the Ancients with Billie Wahlen • Sept. 28, Oct. 27, Nov. 23; 6-8:30 p.m. • This event allows participants to join with others to use sacred sound as the divine sound current to travel into deep states of meditation and stillness. This event includes chanting mantras, sacred sounds, and a long gong meditation. Bring a pillow and blanket for deep relaxation. \$25. Call 276-6520; starbillie@gmail.com or find Kundalini Yoga in Michigan on Facebook.

Numerology

Rise with the Current of 2016 or Risk Being Pulled Under with It with Gayle Fitzgerald • Nov. 14, 6-7:20 p.m. in the Crazy Wisdom Community Room • Discover the Nine Golden Peals of 2016 in order to tap into the treasure of the coming year, surrender to serenity, and get ahead of its challenges. The workshop is designed for participants to receive divine light, assistance, and information to strengthen and prepare for the intensity of 2016. Call 327-8423; celestialvibrations@gmail.com or celestialvibrations.com.

Nutrition and Food Medicine

Herbal Use in Ritual and Altered States with Linda Diane Feldt • Oct. 20, Nov. 17, 7-8:30 p.m. in the Crazy Wisdom Community Room • This workshop is designed to give participants an historical understanding of herbal use, an introduction to the spirit of the plants, and a sense of why herbal use matters. Free. Call Outreach and Education Coordinator at the People's Food Co-op at 212-0010 or Linda at 662-4902; outreach@peoplesfood.coop, holistic@lindadianefeldt.com or peoplesfood.coop or integratingethics.com.

Herbs for the Heart: Preventing Disease and Keeping the Heart Healthy, Happy, and Strong with Linda Diane Feldt • Sept. 15, 7-8:30 p.m. in the Crazy Wisdom Community Room • This workshop teaches about herbs for preventing disease and keeping the heart healthy, happy, and strong. Free. Call Outreach and Education Coordinator at the People's Food Co-op at 212-0010 or Linda at 662-4902; outreach@peoplesfood.coop, holistic@lindadianefeldt.com or peoplesfood.coop or integratingethics.com.

Raw Foods Series with Ellen Livingston • Sept. 1, Oct. 6, Nov. 3, Dec. 1; 7-8:30 p.m. in the Crazy Wisdom Community Room • Free. Call Outreach and Education Coordinator at the People's Food Co-op at 212-0010 or outreach@peoplesfood.coop, ellen@livingyoganow.com or peoplesfood.coop or ellenlivingston.com.

Sept. 1 • Learn the Many Benefits of a Raw Vegan Diet • Learn about how to ease burdensome symptoms, lose excess weight, and take charge of health with a raw vegan diet.

Oct. 6 • Conquer Your Cravings and Attain Your Ideal Weight Naturally with Raw Foods • End the cycle of emotional eating and lose weight while eating abundantly of the right foods.

Nov. 3 • The Whole Truth about Whole Grains • Workshop participants will hear about how grains may impact health and how to replace them effectively.

Dec. 1 • Navigating Winter • Tips on staying on a healthy track through the holidays and all winter long.

Halloween Treats without the Meltdowns with Juliana Schremer • Oct. 27, 10:30-11:30 a.m. • Come sample wholesome Halloween treats in this annual class in order to sneak in goodness and feed kids' brains while they beg for more. Recipes include whipped pumpkin pie pudding, rotten teeth smiles, devil's chocolate "ice cream," jello, and apricot spiders. \$1-\$2 for supplies. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Deeply Nourishing Meals: Seasonal Eating for Healthier Lives with Juliana Schremer • Oct. 20, 10:30-11:30 a.m. • This class provides new approaches, new ingredients, and new reasons to easily and deliciously eat with the seasons. Free. Call 994-8010; Info@TheIndigoForest.com or TheIndigoForest.com.

Knife Skills and Safety with Liza Baker • Sept. 20, 3 p.m. • This workshop teaches participants about the cook's most important tool, and how to buy one, care for it, and use it properly to make cooking easy and enjoyable. \$50/person (\$75/pair). Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-homecooking.com.

Baking 101 with Liza Baker • Nov. 15, 3 p.m. • This workshop is an introduction to basic baking skills in preparation for the holidays covering biscuits, muffins, quick breads, and simple pies and tarts. \$50/person (\$75/pair). Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-homecooking.com.

Flip Your Kitchen with Liza Baker • Dec. 20, 3 p.m. • This workshop helps participants make 2016 the year they finally organize themselves to cook from scratch more regularly. It will cover how to stock the pantry, plan weekly menus, and cook basic recipes. Participants will go home with a plan to help make 21 home-cooked meals per week a reality. \$50/person (\$75/pair). Call 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-homecooking.com.

Ayurvedic Cooking with Andrea Ridgard • Oct. 18, 3 p.m. • This workshop will teach about ayurvedic cooking and some of the theory from which it flows. \$50/person (\$75/pair). Call Liza at 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-homecooking.com.

Nourish: Ground Yourself with Healthy Eating and Positive Energy with Lucinda Kurtz and Liza Baker • Oct. 4, 11 a.m.-6 p.m. • This day of healthy eating is an opportunity to integrate experiences from the past season into goals for fall. The workshop will cover the basics of food preparation and selection, and includes lunch and dinner preparation, meditation, mindful eating exercises, journaling, and more. \$200 (sliding scale available). Call Liza at 310-892-9485; simplyhealthcoaching.lizabaker@gmail.com or simply-homecooking.com.

Nutritional Therapy Practitioner Workshop with Caroline Barringer • Practitioner • Nov. 4-6, 9 a.m.-6 p.m. • This workshop will help students access a wide range of education tools and connect nationally with other practitioners in healing arts as they explore how the myriad of health problems that plague modern society result from weaknesses in the body's physiological foundations. Three workshop weekends are mandatory for nutritional therapy practitioner students to attend and complete in order to become a Certified Nutritional Therapy Practitioner. \$3900. Call Nutritional Therapy Association at 1-800-918-9798; nta@nutritionaltherapy.com or NutritionalTherapy.com.

Paganism

Witches' Night Out at Crazy Wisdom Tea Room • Sept. 8, Oct. 13, Nov. 10, and Dec. 8 at 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. \$3.50 for a pot of tea with free refills. For more information, call Carol at 665-2757; info@crazywisdom.net or www.crazywisdom.net.

Parenting

Mama Circle with Beth Barbeau and Invited Guests • Thursdays, 10-11:30 a.m. • Mothering is a complex, challenging, and amazing journey. This group is a gathering committed to welcoming new mothers and new friends, and building community. Weekly topics range from sibling spacing to making finger puppets. Infants and children are welcome. Check website for weekly topics. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Are You Enjoying an Authentic Life? with Beth Barbeau • Dec. 5, 10:30-11:30 a.m. • What makes life worthy, healthy, and joyous? Join the Center for Authentic Living in a lively conversation on family life including rhythms and traditions, getting kids outdoors, and diffusing insane schedules. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Declutter and Clear the Energy: Feng Shui for Your Home and Your Life with Juliana Schreimer • Nov. 17, 10:30-11:30 a.m. • This encouraging class introduces how to simplify life, lighten your load, and watch as family life and children's behavior transforms with small and powerful shifts. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Ten Steps to a Healthier Family with Beth Barbeau • Nov. 10, 10:30-11:30 a.m. • This course is designed for those who are interested in moving their families into a healthier lifestyle, but are not sure where to start. This is a perfect "getting started" class, and promises to be a lively gathering to inspire and empower participants to lead the family to health. Free. Call Juliana at 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

Where the Rubber Meets the Road: Strategies for the Emotional Challenges of Parenting with Catherine Fischer • 6 Sundays, Oct. 4-Nov. 8; 1:30-3:30 p.m. • This class is for parents of children ages 2-5 to learn and practice stress-reducing listening tools which are supported by brain research and attachment research. These techniques are designed to reduce tension in the family, deepen connections, and enjoy parenting. \$150/person+\$30 literature fee. Call 395-5244; Catherine@SupportForGrowingFamilies.com or SupportForGrowingFamilies.com.

Back-To-School Happy Families! With Juliana Schreimer • Sept. 15, 10:30-11:30 a.m. • This class will teach about how to reduce the chronic runny noses and school anxieties in order to bring joy to family life. The presenter will share tips on the right foods, clothes, rhythms, and remedies to sail through the year with balance and vitality without breaking the bank. Free. Call 994-8010; info@TheIndigoForest.com or TheIndigoForest.com.

La Leche League of Ann Arbor • First Wednesdays, 10 a.m.-12 p.m.; Second Thursdays, 6:30-8 p.m.; Third Wednesdays, 5:30-7:30 p.m. • La Leche League is a non-profit organization that creates awareness about breastfeeding and offers mother-to-mother support, monthly meet ups, telephone help from accredited leaders, and a lending library on childbirth, breastfeeding, and related subjects. Free. Call Brooke at 937-935-3244; carrig0723@yahoo.com or lllaa.org.

DISCOVER YOURSELF

What if...

Your gut instincts are right

You can balance your energy

Your body can heal itself

Your body, mind and spirit are connected

The problem of healing involves the harmonious relationships of man's inner energies to those of the without.

The struggle is as old as mankind.

Dr. Randolph Stone, Founder of Polarity Therapy

A healing and learning community in southeast Michigan for more than 25 years



Approved NCBTMB continuing education provider. Visit polaritycenter.com for summer workshops and fall classes. (313) 647-0038

Parenting, Teaching, Coaching, and Working with Indigos with Karen Greenberg • Sept. 30, 6-9 p.m. • Indigo is the soul color of 80% of the population born since 1975. This class is designed to understand how to effectively parent and teach them while meeting their particular emotional needs. \$27. Call 417-9511; kngnrbg@gmail.com or clair-ascension.com.

Peace

Open Meditation and Silent Prayer with Self Realization Meditation Healing Centre • Mondays-Thursdays, Saturdays; 8:30 p.m. • The Centre is open daily for quiet reflection, silent prayer, and pure meditation. Everyone of all faiths, meditation practices, and traditions is welcome to come and go as you wish. Winged prayer for all in need at 9 p.m. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealization-CentreMichigan.org.

Sixth Annual Walk for Peace by Lighthouse Center • Sept. 26, 9:30 a.m., walk 10 a.m.-noon. Veggie potluck follows at Crazy Wisdom Community Room • All are welcome to join Lighthouse Center members and friends for the sixth annual walk for peace in our lives, communities, country, and the world. Print a sponsor sheet at the website. Fundraiser for the Lighthouse Center. Call Prachi at 417-5804; cprachil7@gmail.com or lighthousecenterinc.org.

Personal Growth

Living Gently with Ourselves: A Group for the Practice of Self-Compassion and Self-Forgiveness with Anita Rubin-Meiller • Tuesdays, Oct. 6-Dec. 8; 6-8 p.m. • Research has shown that self-compassion is associated with increased life satisfaction, greater personal initiative to make needed changes and alleviate emotional pain. The meditation practices and the skills developed in this course are designed to assist with letting go of shame and self-judgment, change ineffective patterns of coping, and increase positive connection with self and others. \$300/10 weeks. Sliding fee available. Call 332-0669; anita1018@sbcglobal.net.

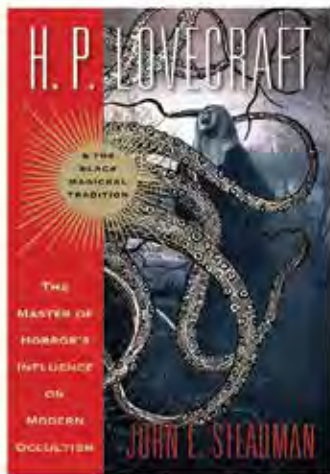
Ghost Hunting: Introduction to Paranormal Investigation with Crystal Moon Paranormal • Oct. 13 (Novi), Oct. 15 (South Lyon), Oct. 21 (Brighton), 7-9 p.m. • Get a realistic view of what ghost hunting is all about from a real-life investigator, not the exaggerated TV version. Content includes the most common types of hauntings and causes, basic equipment, cell phone apps, orbs, haunted MI locations, and how to get started. Bring pictures to share. \$25-\$32 depending on location. Call Heidi at 788-6478; heidi@CrystalMoonParanormal.com or CrystalMoonParanormal.com.



Book Signing and Talk with John Steadman, author of *H. P. Lovecraft and the Black Magickal Tradition*

Tuesday, October 6th, 7 p.m.
in the Crazy Wisdom Tea Room

Join John Steadman as he discusses why he chose to write about H. P. Lovecraft and why Lovecraft's work has had, and continues to have, such an enduring influence on Western culture.



johnsteadman.com

Free to attend
Call 665-2757;
rachel@crazywisdom.net

Personal Growth (cont.)

Spirit Photography Then and Now with Crystal Paranormal • Oct. 7 (Dearborn), Oct. 14 (Brighton), Oct. 27 (South Lyon), 7-8:30 p.m. • An experienced investigator will compare historical beginnings to present-day methods and share a private collection of authentic spirit photos and facilitate discussion of hoaxes, orbs, auras, and more. \$20-\$25 depending on location. Call Heidi at 788-6478; heidi@CrystalMoonParanormal.com or CrystalMoonParanormal.com.

Ghosthunting 101 with Mark and Terri Brione • Oct. 24 • This paranormal research team will discuss how they conduct their investigations and the equipment they use. \$25. Call 677-5060; beverly.fish@comcast.net or wcnnet/community/enrichment.

Heightening Your Vibration: Alchemy with Karen Greenberg • Oct. 15, 10 a.m.-9 p.m. • This workshop presents 37 tools and techniques to help participants change from a lower to a higher vibration and to sustain it. Techniques presented include sacred letters and oils, affirmations, visualization, meditation, prayers, gratitude, breathing, drumming, movement, music, holy geometry and more. \$125. Call 417-9511; kmgrnbg@gmail.com or clair-ascension.com.

Creating Internal Resources with Cam Vozar • Sept. 16, 6:30 p.m. • This workshop will help participants create internal resources to cope with stress and increase well-being as they learn to connect to spiritual, nurturing, and protective resources. \$10. Call 747-9073; cam.vozar@gmail.com.

HAI Free Mini: Creating Authentic Connections with HAI Midwest, Ann Arbor • Sept. 26 and Nov. 21, 5:30 p.m. gathering; 6-8 p.m. workshop; Oct. 23, 7:30 p.m. gathering, 8-10 p.m. workshop at the Crazy Wisdom Community Room • In a safe, supportive, and relaxed environment, participants will discover the ingredients for a happy, healthy, loving, and intimate relationship. Free. Call Maureen at 248-388-5411; mo.fritz@hai.org or hai.org.

HAI Free Mini: Creating Authentic Connections with HAI Midwest, Royal Oak • Oct. 2, Nov. 14, Dec. 11; 7 p.m. gathering; 7:30-9:30 p.m. workshop • In a safe, supportive, and relaxed environment, participants will discover the ingredients for a happy, healthy, loving, and intimate relationship. Free. Call Maureen at 248-388-5411; mo.fritz@hai.org or hai.org.

Create the Vision You Want through the Holistic Business Model: A Holistic Business Seminar with Angie Martell • Oct. 24, 1-3 p.m. at the Crazy Wisdom Community Room • Holistic entrepreneurs are invited to explore how to operate a business in a holistic manner, integrating spirituality, life, and business. The workshop will explore four areas of good business practices, the holistic perspective, and how to increase time and money. \$40. Call 369-2331; info@iglesiamartell.com or iglesiamartell.com.

Surrendering: Overcoming Resistance and Rebelliousness with Karen Greenberg • Sept. 27, 6-9 p.m. • This class helps participants learn to follow through on what they would like to do, overcoming past patterns and attitudes. The class is designed to melt away resistance and get challenging parts of life on board with the highest vision of the self. \$43. Call 417-9511; kmgrnbg@gmail.com or clair-ascension.com.

Healthy Boundaries with Karen Greenberg • Oct. 23, 6:30-9:30 p.m. • This class is about clarifying, setting, and enforcing healthy boundaries and respecting those of others. Boundaries with people, food, money, alcohol, and other topics will be explored. \$55. Call 417-9511; kmgrnbg@gmail.com or clair-ascension.com.

Repatterning and Clearing Limiting Beliefs, Thoughts, Attitudes, and Patterns with Karen Greenberg • Oct. 30, 6:30-9:30 p.m. • Identify and repattern limiting beliefs, thoughts, attitudes, and patterns regarding joy, success, failure, sabotage, love, and other issues. \$43. Call 417-9511; kmgrnbg@gmail.com or clair-ascension.com.

Clearing Low-Vibrational Emotions Rather Than Overeating, Overdrinking, or Overspending with Karen Greenberg • Nov. 2, 6-9 p.m. • This class helps participants learn to navigate emotions in order to connect spiritually for assistance and support. \$43. Call 417-9511; kmgrnbg@gmail.com or clair-ascension.com.

Eating for Emotional Reasons and How To Do It Differently with Karen Greenberg • Oct. 29, 6:30-9:30 p.m. • Participants will learn a variety of strategies in order to express emotions in a healthy manner, rather than having intimacy with food. \$63. Call 417-9511; kmgrnbg@gmail.com or clair-ascension.com.

Songs and Stories of an Elder-In-Training with Jeanne Mackey • Sept. 30, 7-8:30 p.m. • Local musician and workshop leader shares personal stories, songs, reflections on the aging process in this interactive session. The workshop is designed to provide a humorous atmosphere in the midst of uncertainty and provide a sense of community and camaraderie. Free. Call Ira at 327-8301; laxi@aadl.org or aadl.org.

Living Gently with Ourselves: A Group for the Practice of Self-Compassion and Self-Forgiveness with Anita Rubin-Meiller • Research has shown that self-compassion is associated with increased life satisfaction; greater personal initiative to make needed changes and alleviation of emotional pain. The meditation practices and the skills developed in our time together will assist the letting go of shame and self-judgment, change ineffective patterns of coping and increase positive connection with self and others. \$300/10 weeks (sliding fee available). Call 332-0669; anita1018@sbcglobal.net or gentlebe-ing.com.

Archetypes and the Stories in Your Body with Kathleen Riley • Sept. 20, 7-9 p.m. • Based on the work of Joseph Campbell and Carolyn Myss, this workshop is designed to identify archetypal characters and patterns at a cellular level in your body. During this workshop, participants will learn how to unlock a continuum of healing potential by identifying core-healing stories in relationship to the seven energy centers in the body. \$45. Call 707-8416; kriley@thedovehouse.org or thedovehouse.org.

Money Matters for Women with Lynn Borset and Kathy Rich • Sept. 14, 21, 28, Oct. 5; 2-4 p.m. • This foundational financial education workshop is a shame-free, non-judgmental, welcoming environment. \$15/session or \$45/series of four. Call Paula at 973-6779; paula@womenscentersemi.org or womenscentersemi.org.

Past Life Mastery with Shala Kilmer • Eight Tuesdays starting Sept. 8, 6:30-8:30 p.m. • Participants will find out how to easily regress to key past lives to gain insights into relationships, personality, and life choices to help heal karmic blocks. \$447. Call Shala at 248-258-8287; ShalaKilmer@gmail.com or IntuitionPath.com.

Creating from Within: One-Day Workshop with Laura Jensen Shope • Sept. 12, Nov. 14, 10 a.m.-6 p.m. • Participants will begin to experience an intuitive process and access a powerful tool for self-discovery and awareness using paint on paper and focusing on process rather than product. Participants will establish a safe way to explore their unique creative process through specific guidelines and facilitated questions. No artistic experience needed. \$99 (\$79 with early registration). Call 646-6374; Laura@BlueFireInstitute.com or BlueFireInstitute.com.

Self Compassion and Resilience with Kristin Neff • Oct. 23-24 • This workshop will provide simple tools for responding in a kind, compassionate way whenever participants are experiencing painful emotions. The workshop will include discussion, meditation, and experiential exercises to provide practical skills to help bring self-compassion into daily life in order to motivate ourselves with kindness rather than criticism. Helpful for caregivers, mental health professionals, and the general public. \$270 (discounts for early registration and students). See mc4me.org for times and to register.

Listening and Communication Skills Course with Self Realization Meditation Healing Centre • Oct. 8-11 • This workshop enables participants to learn to listen clearly and deeply to their inner selves and to others, thus allowing relationships to be enhanced and to unravel the knots of conditioning. Includes lunches, refreshments. \$450 (lodging and meals available for additional fee; inquire about bursary). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Spiritual Talk, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Sundays, 7 p.m. • All faiths and meditation practices are welcome to listen to one of Mata Yogananda Mahasaya Dharmaji's recorded talks followed by pure meditation and silent prayer with winged prayer for all in need at 9 p.m. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Sage and Mugwort: A Long History of Healing and Protection

by Marjorie Farnsworth

For centuries, sage and mugwort have been used for healing, purification, and protection, with applications that are magical, household, and medicinal in nature. Both herbs have been used in many forms, especially as tea, oil, and dried bundles for smudging.

Mugwort (*Artemisia vulgaris*)

As the Latin name implies, mugwort is named after the lunar goddess Artemis. It has both magical and practical properties, and is famously known for its dream-enhancing abilities. In the Middle Ages, people believed that putting mugwort into a burning fire would offer protection from lightning strikes. On a household level, mugwort is used in gardens and also in sachets placed among clothes to protect from moths. In the Far East, particularly Japan, Korea, and China, mugwort is used to flavor rice dishes, and in Germany, there is a tradition of using it to flavor the Christmas dinner goose.

Mugwort has been used as a preparation for divination, astral projection (out-of-body travel), lucid dreaming, and for shamanic journeying.

Mugwort is also known for its protective qualities, and various cultures throughout history believed that it protected from evil spirits, wild animals, and disease. For personal protection, it is bundled or included in sachets or amulets. *Cunningham's Encyclopedia of Magical Herbs* lists the spiritual powers of mugwort to include strength, psychic abilities, prophetic dreams, healing, and astral projection. Mugwort can be burned as a smudge to clear negative energies from a home or space, or to clear one's own personal energy field. Historically, people have stuffed pillows with mugwort to aid lucid dreaming and put wreaths on their homes for protection. Bathing in mugwort tea is one Native American method for purifying one's emotions and spirit. Some Native Americans include mugwort in their smoking mixtures as part of the pipe ceremony to call out to the Great Spirit.



There is evidence that mugwort has some ability to induce a mild altered state. As such, the consumption of mugwort, either as a tea or as part of a smoking mixture, has been used as a preparation for divination, astral protection (out-of-body travel), lucid dreaming, and for shamanic journeying. Additionally, the herb has been used as incense, particularly by the Aztecs.

As a medicinal herb, mugwort is particularly associated with the treatment of colds, rheumatism, inflammation, fatigue, and digestion. Related to wormwood, mugwort is considered to be a tonic for digestive issues and even a cure for digestive parasites. Romans put mugwort in their sandals to help with foot pain. For women, mugwort is considered to be an emmenagogue — used to stimulate blood flow in the pelvic region and the flow of menstruation.

Cultures in the Far East particularly have used mugwort as a tea to help with colds and fevers. In Chinese medicine, mugwort is called “moxa” and is the herb used in Chinese moxibustion. This procedure involves burning the mugwort close to the patient's skin to warm and stimulate the meridians of the body.

Sage (*Salvia officinalis*)

In the United States, sage is probably best known as a culinary herb, and secondarily as a smudging herb used by Native Americans. It has many properties in common

with mugwort, particularly its use for purification, protection, feminine issues, and inflammatory conditions.

As a smudge, sage is often combined with either cedar or sweetgrass, bundled together, and tied with twine. The smoke is used to clear out negative energies in preparation for shamanic healings, house clearings, and rituals. It helps to make a space sacred. In ancient times, some people believed that eating sage every day could make a person immortal, protect them from harm, and help them to gain wisdom; some people would carry sage in their pocket. Like mugwort, sage may also be included in smoking mixtures used in the Native American pipe ceremony.

Sage has a long history as a healing herb. It can be used as a tea or a gargle to help with sore throats or any type of inflammation or bleeding in the mouth, and even to reduce drooling for people with diseases like Parkinson's. Sage is also known to be a tonic for the liver and kidneys, a digestive tonic, and a blood purifier. It is supposed to be good for rheumatism and for reducing excessive menstrual bleeding, as well as for cleaning wounds and ulcers.

Since ancient times, people have believed that sage promotes better brain function, and so in modern times, this herb is being investigated for its potential in benefitting Alzheimer's patients.

In my own practice as a shamanic practitioner, I use sage extensively as a smudge, both to clear the aura around clients who come in for healing, and to help clear negative energies out of houses when I am called to do a house clearing. After doing healing work with clients, I typically instruct them to take a hot bath in Epsom or sea salt, with a dash of lavender essential oil, but mugwort tea would make a nice substitute.

Sage and mugwort can enter your life in a variety of forms, whether to enhance dreams, aid in relaxation, clear the energy in your home, or improve health. Whatever forms you wish to explore, you will certainly come to appreciate the benefits of these extraordinary plants.

Marjorie Farnsworth is a clinical hypnotherapist and shamanic healing practitioner in Ann Arbor. Her business is called Spirit Assist Hypnotherapy, L.L.C., and she can be reached at (734) 347-8180.



As the Latin name implies, mugwort is named after the lunar goddess Artemis. It has both magical and practical properties, and is famously known for its dream-enhancing abilities.



Sage smudge sticks

Both white and desert sage, as well as mugwort, are available at Crazy Wisdom. Also, if you're looking to deepen your herbal wisdom, Crazy Wisdom carries various books on herbs and smudging.

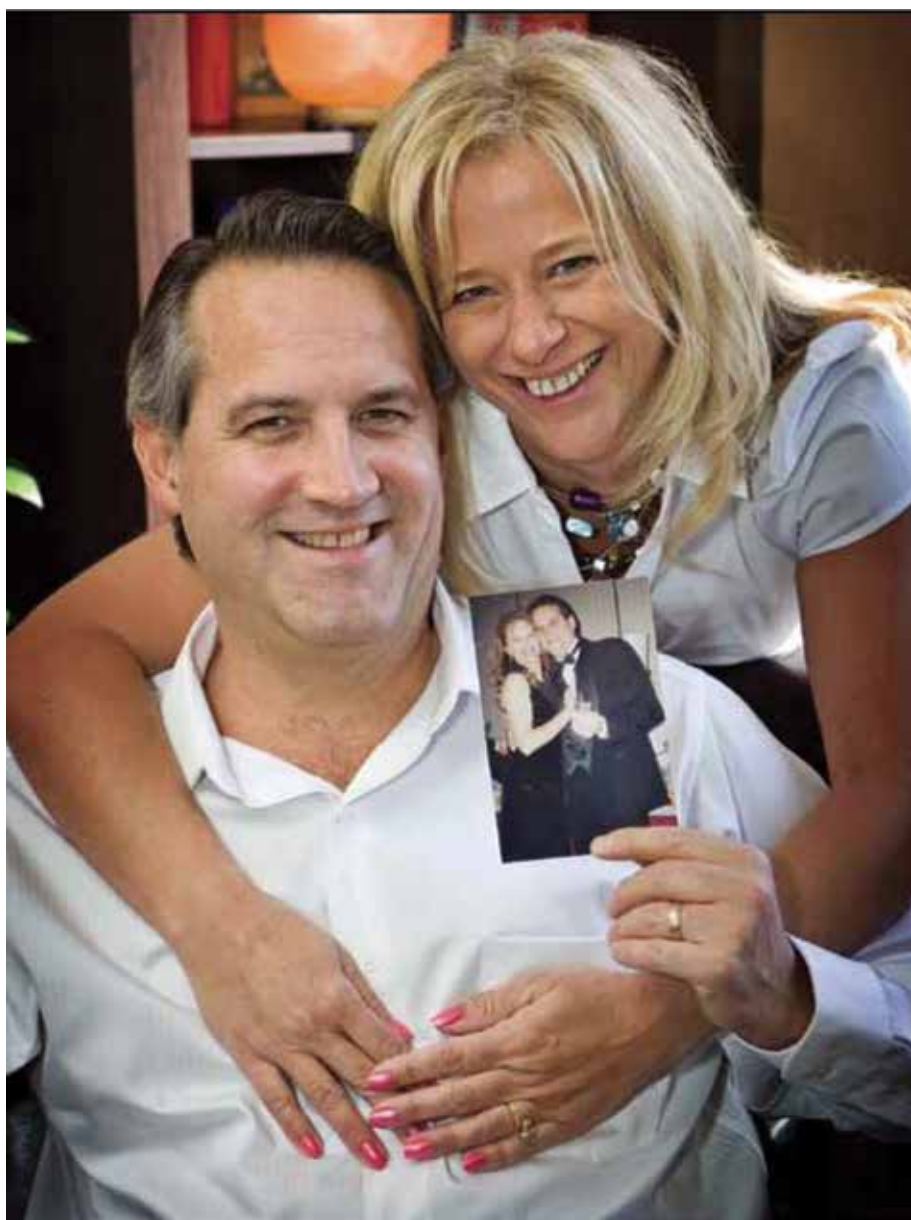


Photo by Rachael Waring

Dr. James Neuenschwander is the director of the **Bio Energy Medical Center**, which he founded in Ann Arbor in 1988. **Tricia Neuenschwander** is a Pediatric Nurse Practitioner, and the Office Manager at Bio Energy. For more info, go to their website at: <http://bioenergymedicalcenter.com/index.html>, or look at their ad on page 109.

Personal Growth (cont.)

Learn about Willpower and How To Get More of It with Carole Kirby • Dec. 8, 2-4:30 p.m. in the Crazy Wisdom Community Room • This workshop helps participants learn where the willpower lives in the brain and how to develop more of it. Topics include how self-compassion can boost willpower, how the one-minute willpower challenge can help, how “want power” can augment willpower, and more. Free. Preregister at 369-2016 or 904-4345; Carole777@aol.com or therapy4couples.com.

We Can Train Our Brain for More Positivity and Happiness with Carole Kirby • Sept. 20, 2-4:30 p.m. in the Crazy Wisdom Community Room • This workshop helps participants overcome our ancestral bias towards negativity by rewiring the brain for more positivity and happiness. The goal of the workshop is to learn how to savor good experiences. Free. Preregister at 369-2016 or 904-4345; Carole777@aol.com or therapy4couples.com.

Boundaries of the Self: Learn Ways to Strengthen and Regulate Your Boundaries with Carole Kirby • Nov. 22, 2-4:30 p.m. in the Crazy Wisdom Community Room • This workshop helps participants learn more about boundary challenges and how to create better boundaries if you have weak personal boundaries. For those with wall around them, the workshop will help relax boundaries when appropriate. Free. Preregister at 369-2016 or 904-4345; Carole777@aol.com or therapy4couples.com.

Polarity

iYoga and Polarity Therapy Workshop with Eleanora Lipton and Karen Kerns • Nov. 6-7 • Participants will experience doing intuitive yoga in a chair and on a mat. Assessments of the abilities of each participant will be made as to flexibility, strength, and ease of movement. The polarity energy model will be applied to clarify the quality of energy enhanced by the pose along with related poses to complete the full energy flow. \$250. Call Karen at 347-0532; kernskm64@yahoo.com or polaritycenter.com.

Polarity Therapy Master’s Class with Phil Young • Sept. 24-25 • The class will provide a deeper grasp of the energetic assessment process and application of a wide range of elemental, neurological, and structural treatment strategies for a variety of physical problems through polarity therapy. Participants will be able to apply these varied strategies in a fluid and creative way in their own work with clients. Treatments will be performed on preregistered attendees. \$100/day + \$100 if receiving therapy. Call Karen at 347-0532; kernskm64@yahoo.com or polaritycenter.com.

The Crazy Wisdom Calendar

Prayer

Cultivating a Personal Relationship with G-D with Karen Greenberg • Sept. 14, 6-9 p.m. • This workshop helps create a sacred space and compose questions for a higher power. These techniques can help participants ask how to serve by working through resistance and surrendering, learning to express gratitude and awe, and become comforted by God through prayer and a personal relationship with God. \$43. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Professional Development

In-Depth Yoga Meditation Studies 200-800 Levels with Ema Stefanova • Sept. 8 • This series provides professional enrichment for the yoga teacher’s meditation repertoire, or good quality yoga and meditation to professional fields like social work, psychology, psychiatry, physical medicine or other fields. For costs and details, see website. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Prosperity and Abundance

Attracting Prosperity with Jennifer Vanderwal • Nov. 8, 11 a.m.-1 p.m. • This workshop presents information about how certain crystals may enhance abundance and can transmute poverty consciousness into prosperity consciousness. Activities will include building a crystal array, guided meditations specific to chakras that enhance prosperity, affirmations, aromatherapy, and feng shui. \$40. Call Pat at 416-5200; relax@bodyworkshalingcenter.com or BodyWorksHealingCenter.com.

Seva Volunteer Week: Giving and Receiving with Self Realization Meditation Healing Centre • Sept. 12-19 • Everyone is welcome to join for a part of a day or the whole week of joyful service to the center to experience the blessings to be received by giving of time, energy, and resources. Tea breaks and meals served. Seva weeks and weekends, with lodging and meals at no charge, are available throughout the year. Free. Preregister at 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Building Your Spiritual Business with Karen Greenberg • Sept. 6, 5:30-9:30 p.m. • Participants will learn to use physical, emotional, mental, and spiritual components to be motivated by service rather than profit in order to create a healthy, thriving, sustainable, successful, and spiritual business. \$63. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Abundance and Prosperity with Karen Greenberg • Sept. 8 or 10, 6:30-9:30 p.m. • Participants will learn a model that includes universal spiritual principles and practices such as affirmation, visualization, and prayer to repattern limiting beliefs, limit low-vibrational emotions and sabotaging behaviors in order to create and sustain abundance and prosperity. \$43. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Psychotherapy and Support Groups

Healing for the Healers: Resourcing Psychotherapists for Work with Challenging Cases with Sharon Gold-Steinberg • Second Fridays, 11:30 a.m.-1 p.m. • This seminar series provides therapists with support, strategies, and inspiration to feel more present, effective, and resourced. By integrating psychodynamic, somatic, family systems, and strength-based approaches through didactic presentations, case consultation, and experiential exercises, the series will help therapists apply new ways of thinking and feeling about their most challenging cases. \$480 (Sept.-April). Call 996-9065; sgoldsteinberg@gmail.com or partnersinhealingpsychotherapy.com.

Making Connections: Facilitating Attachment Relationships in Psychotherapy with Sharon Gold-Steinberg • Tuesdays, September 22-Dec. 1, 12:10-1:10 p.m. • Resonance and attunement facilitate the therapeutic alliance the process of healing for clients with a history of attachment disruptions. This class, which includes didactic learning and case consultation, supports mental health professionals in modulating their interactive style given a client’s specific history and adaptations in order to best assist that client to achieve an earned secure attachment or more internal coherence among the parts of the self. \$400. Call 996-9065; sgoldsteinberg@gmail.com or partnersinhealingpsychotherapy.com.

Reiki

Reiki Fusion Healing Workshop with Mara Evenstar and Marianne Carduner • Sept. 12-13 • The co-creators of Fusion Energy Arts have developed a healership and personal evolution program using Reiki as the basis. The format will be a weekend class where all Reiki levels are brought together to further and deepen the journey for the unfoldment of living a new paradigm. See website for costs. Call Mara at 255-0852; fusionenergyarts@gmail.com or fusionenergyarts.com/healing-arts.html.

Reiki II Certification and Attunement with Stephanie Shepard • Sept. 18-20 • Participants will learn hand placement and methodology of offering Reiki to others, as well as self-protection, energy body scanning, the sacred symbols of Reiki, the awakening of intuition, Reiki with animals, and more. Previous Reiki I certification and some experience with self treatments required. \$200. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/workshops-retreats/.

Curious About Reiki? with Suzy Wienckowski • Oct. 28, 7-9 p.m. • Participants will learn about the Usui system of Reiki healing, a hands-on healing art in which life energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Free mini-treatments offered. Free. Call 476-7958; suzyreiki@aol.com.

First Degree Reiki with Suzy Wienckowski • Sept. 25-26, Nov. 6-7 • This workshop is the first level of training in the Usui system of Reiki healing. Reiki is a gentle, hands-on healing art that is easily learned by all. Students learn the history of Reiki, hands-on treatment forms for self and others, and four individual initiations. Certificate awarded. \$150. Call 476-7958; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • Oct. 2-3 • This workshop is the second level of training in the Usui system of Reiki healing. Students learn to use the three sacred Reiki symbols which focus on and intensify the Reiki energy enabling the practitioner to heal on a deeper level and send Reiki at a distance. Prerequisite: first degree training. \$500. Call 476-7958; suzyreiki@aol.com.

Shinpiden Reiki III Master/Teacher Training with Frans Stiene • Sept. 25-27 • Shinpiden is the Japanese word for “mystery teachings” and is third level of training in Usui Reiki Ryoho. This course focuses on Reiki as a way of life, a holistic spiritual practice from the traditional Japanese perspective. It is aimed at Level II practitioners or established Reiki teachers who wish to continue their personal journey and those who wish to simply deepen and develop their personal Reiki practice. \$1,195. Call Andrew at 480-8107; aanders@michiganreiki.org or annarborshinpiden.com

Reiki I with Jennifer Vanderwal • Oct. 4, 11 a.m.-4 p.m. • This workshop is designed to help participants to help friends and family to a better life through Reiki. Topics will include history of Reiki, how to feel energy, energetic protections, hand positions, crystals, and symbols. This workshop comes from the Usui Tibetan Karuna Seiryoku Reiki lineage. \$150. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Usui Reiki Level 2 Certification with Jennifer Vanderwal • Dec. 6, 11 a.m.-4 p.m. • This workshop helps participants with three new symbols including the power symbol of Choku Rei, as well as long distance healing, new hand techniques, and enhancing crystals, in order to get certified with Reiki Level 2. \$195. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Free Holiday Stress Busting Reiki Sharing with Debra Williams • Dec. 5, 6:30-8:30 p.m. • This event is designed to help participants enhance the holidays and reduce stress with the cleansing, balancing, and promoting of energy of Reiki. Open to Reiki practitioners and all who desire peace and tranquility and the meaning of the season. Donations accepted. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Free Reiki Clinic at Debra Williams • Sept. 24, Oct. 22, Nov. 19; 7-8:30 p.m. • Participants will experience individual mini-session to experience the powerful healing effects of Reiki through cleansing, balancing, and harmonizing at all levels based on universal life force energy. Donations accepted. Preregister at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Retreats

New Year's Gathering with Self Realization Meditation Healing Centre • Dec. 31-Jan. 1 • With opportunities for quiet time, meditation, introspection, and sharing, this retreat will help prepare participants for the year to come. Retreat includes a stretch and breathe class, spiritual discussion, and time for sharing. \$136/person (shared room, vegetarian meals). Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Christmas Celebration Retreat with Self Realization Meditation Healing Centre • Dec. 24-27 • This retreat is held in silence with ample time to meditate, contemplate, relax, and get in touch with the inner self during this holy time. Hear Mata Yogananda Mahasaya Dharma's Christmas message on Christmas morning. The small group retreat offers simple vegetarian meals and shared accommodation in a quiet country setting. \$175 (shared room and meals; private room and bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Silent Retreat with Self Realization Meditation Healing Center • Nov. 20-22 • All faiths, traditions, and practices are welcome for a silent retreat including simple vegetarian meals and shared accommodations in a quiet, country setting. See website for details. \$140 (shared room and meals; bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Yoga, Hiking, and Fall Colors with Sam Cornelius • Sept. 18-20 • This up-north retreat features yoga and hiking through the fall colors. \$60. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/workshops-retreats.

Partner Yoga and Thai Massage Retreat with Tatianah Thunberg and Kelly Kempter • Oct. 23-25 • This retreat offers an opportunity to explore hatha yoga through dynamic partner yoga postures, breath regulation, and meditation while cultivating closeness and subtle communication with another. Thai yoga massage offers an opportunity to continue this conversation through giving and receiving touch grounded in the breath and supported by compassion and loving kindness. For solo or paired participants. \$145. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org.

Bio Energy Medical Center

TREATING ILLNESS AT ITS SOURCE!

- Herbal Medicine
- Homeopathy
- Acupuncture
- Colonics
- Massage
- Darkfield
- Ear Coning
- Far Infrared Sauna
- Detox footbath
- IV Therapy
- Bio Identical Hormones

A full service holistic center specializing in Alternative & Complementary Medicine

We specialize in:

**Hormone imbalances | Women's Health
Infertility | Autism | Weight Issues | Allergies
Metal Toxicity | Lymes Disease
Irritable Bowel | Chronic Fatigue | Pain
Asthma | ADD/ADHD | And Many Others**

734 | 995 | 3200

3131 Professional Dr., Ann Arbor

www.bioenergymedicalcenter.com

James Neuenschwander, M.D. | Dalinda Reese, M.D.

Franca Gardner, MS, ANP-BC | Weili Wang, O.M.D. (NCCAOM)

Uma Desai BHMS, CCH, RSHom(NA) | Sara Wine, D.O.

The Crazy Wisdom Calendar



Mara Evans has a master's degree in Transpersonal Psychology, and has studied with Judith Blackstone and Jean Houston. Her internet talk-radio show, *The Art of Transformation*, began airing last spring. She is also the co-founder of New Myth Works, an organization with the "mission to create a dynamic sanctuary for conscious evolution."

Retreats (cont.)

Holistic Yoga Meditation Retreats with Ema Stefanova • Sept. 11-13, Oct. 9-11 • These retreats allow participants to immerse in restful awareness to develop and refine their practice with expert guidance. CEUs for yoga alliance members available. See website for costs: YogaAndMeditation.com.

Deep Spring Center Fall Retreat 2015: Living from Out True Nature, Remembering Wholeness with Barbara Brodsky, John Orr, Amy Koch, and Aaron, The Mother and the Brothers and Sisters of Light • Oct. 27-Nov. 1 • Silent vipassana meditation sittings, group meditation, energy sharing (darshan) with the Mother, channeled through Barbara Brodsky, dharma talks, experiential work/play with energy and sound as guided by Spirit, yoga, chanting, toning, and creative art. \$597 with shared room; \$897 (private room). Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Intuition Ambition Retreat in Saugatuck with Shala Kilmer • Sept. 19-22 • This retreat will help participants boost their intuitive abilities in the sun and sand beach in Saugatuck with easy and effective techniques to boost intuition. \$697 tuition plus lodging. Call 248-258-8287; ShalaKilmer@gmail.com or IntuitionPath.com.

Yongmaeng Jeongjim Three-Day Intensive Retreat with Zen Buddhist Temple • Oct. 1-4 • Yongmaeng Jeongjim, which means "fearless practice" is a period to free oneself from all worldly ties and absorb oneself completely in concentration. It provides an opportunity for discovering wisdom mind and developing a compassionate heart. Reserved for practicing members, or for non-members with serious meditation experience. Minimum two days attendance. \$60/day (\$50/members). Call 761-6520; AnnArbor@ZenBuddhist-Temple.org or ZenBuddhistTemple.org.

Waking up to who you are requires
letting go of who you imagine yourself to be.

—ALAN WATTS

Shamanism

Shamanic Journey with James Treeclimber • Third Wednesdays, 7 p.m. • The traditional shamanic journey is something like lucid dreaming with drum beat and candles inducing a light trance. Participants experience healing nature spirituality with no side effects as the ancients have done for over 100,000 years. \$5 Call Jim at 308-6020; leb-oeufjames@att.net.

Advanced Medicine for the Earth and Healing with Spiritual Light: Restoring Health to Self and Nature with Stephanie Tighe and Kate Durda • Sept. 19-20 • Experiential workshop and personal retreat is based on the book *Medicine for the Earth*. Participants learn how to transform personal and environmental blockages and pollutions that comes from negative emotional beliefs, attitudes, and energy. This workshop includes a transmutation healing ceremony and exploration of healing with spiritual light. Discount for early registration. See website for costs. Call 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Path of the Open Heart Shamanism Apprentice Series: Basic Training in Shamanism (Divination: Methods of Shamanic Inquiry) with Kate Durda • Dec. 5, 10 a.m.-5 p.m. in Grand Rapids • This workshop explores one of the core practices of shamanism: seeking knowledge and divining the truth. In the past, shamans were called upon to find a new spring for water and guide the village in response to change; now, divination can help answer questions of importance. For beginners and advanced alike, this class is stand-alone, but the complete series is recommended for serious practitioners for a solid beginning background. \$95 (\$85 before Nov. 5). Call for location at 517-667-0694; SpiritWeavers@gmail.com or SpiritWeavers.net.

Path of the Open Heart Shamanism Apprentice Series: Basic Training in Shamanism (Upper World: Teachers and Guides, Cosmology of the Shaman) with Kate Durda • Nov. 7, 10 a.m.-5 p.m. in Grand Rapids • For beginners and advanced alike, this class is stand-alone, but the complete series is recommended for serious practitioners for a solid beginning background. \$95 (\$85 before Nov. 5). Call for location at 517-667-0694; SpiritWeavers@gmail.com or SpiritWeavers.net.

Path of the Open Heart Shamanism Apprentice Series: Basic Training in Shamanism (Lower World: Power Animals and Allies, Cosmology of the Shaman) with Kate Durda • Oct. 7, 10 a.m.-5 p.m. in Grand Rapids • For beginners and advanced alike, this class is stand-alone, but the complete series is recommended for serious practitioners for a solid beginning background. \$95. Call for location at 517-667-0694; SpiritWeavers@gmail.com or SpiritWeavers.net.

Weather Shamanism, Rainmakers and Healers (Session 4: Dancing in the Eye of the Storm) with Nan Moss • Oct. 1-4 • This circle aims to deepening understanding of the rainmaker, aligning with the compassionate power of storm for personal healing and growth. Weather shamanism is dedicated to carrying on the shaman's respected task of looking after relations between the human community and those beings and spiritual forces of nature. \$720 (single residential; \$640, double). Call 517-667-0694; SpiritWeavers@gmail.com, SpiritWeavers.net, or shamanscircle.com.

Special Events

Midnight Madness at Crazy Wisdom Bookstore! • Dec. 4, 4 p.m.-Midnight • Come visit Crazy Wisdom and receive 20% off everything in the bookstore (Tearoom food and drink excluded) between the hours of 4 p.m. and midnight. Enjoy free music in our Tearoom beginning at 8:30 p.m. For more information, call 665-2757; info@crazywisdom.net or crazywisdom.net.

Spiritual Development

Body Mind Spirit Quest! The Hidden Connection of Our Physical, Mental, and Emotional Life with Penny Golden • Oct. 5, 6-8 p.m. • Join founder of the *Body Mind Spirit Guide* for a fascinating talk on how the universe is encoded in the being and how to connect with endowed gifts of greatness. \$49.95. Call Pat at 416-5200; relax@bodywork-shealingcenter.com or BodyWorksHealingCenter.com.

Mercy and Forgiveness with Center of Light Ann Arbor • Nov. 21, 7:30-9 p.m. • This seminar is designed to explore the dynamic of forgiveness, how it works, and why it was Jesus' primary teaching. Participants will learn how to unburden the self of grudges and free the self to live in the present rather than the past. \$45/person (see websites for discounts). Call Selena at 330-5048; revselena@centersoflight.org or centersoflight.org/annarbor.

Learn "The Work" by Byron Katie with Melanie Fuscaldo • Sept. 8, 12-1:30 p.m. • Learn how four questions can transform one's life and help release stressful thoughts and emotions. This technique can help participants live with more peace and joy. \$30. Preregister at 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Gratitude, a Way to Change Your Life with Center of Light Ann Arbor • Nov. 20, 7:30-9 p.m. • This workshop helps participants realize the power of feeling genuinely grateful for everything that has come into their lives, including challenges or harder times. This seminar will enrich understanding of how the attitude of gratitude can profoundly change one's experience of the world. \$45 (discounts available). Call 330-5048; revselena@centersoflight.org or centersoflight.org/annarbor.

A New Day Dawning: Discovering the True You with Sanctuary of the Magdalene • Nov. 7-8 • This retreat will focus on accessing inner self-confidence and inner wisdom to discover spiritual gifts. Presentations, personal stories, and demonstrations will enable participants to stretch the envelope of their self-concept and explore new vistas of awareness. \$133 (overnight and 5 meals); \$77 (commuter with 3 meals). Call Maryesah at 269-276-0270; maryesah@magdalenerose.org or magdalenerose.org.

Yogacharya Birthday Weekend with Song of the Morning Yoga Retreat • Sept. 4-7 • Long-time members and new seekers alike are invited to share in this weekend to honor Song of the Morning's history and celebrate the founder's birthday. Free. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/.

Return of the Thunderbird with Alan Boyce • First and Third Tuesdays, 7-9 p.m. • This gathering provides time for those awakening to spiritual consciousness moving from east to west to align ancient wisdom of Tibet, Peru, megalithic structure, and sacred earth points. \$15. Call 426-4140; aboyce4322@yahoo.com.

Spiritual Ethics with Karen Greenberg • Nov. 8, 3-6 p.m. • This class helps participants get clear on what they believe to be morally right or wrong in order to operate from humility and service, to cooperate and honor fellow practitioners, and more. \$43. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Connecting the Various G-d Names/Aspects: Heavenly Travel with Karen Greenberg • Sept. 29, 6-9 p.m. • This class helps participants travel safely to planets associated with the ten spheres of the tree of life in order to receive messages to compelling questions. \$99. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Free Monthly Lightworker Meetings with Karen Greenberg • Sept. 25, Oct. 16, Nov. 20, Dec. 4; 6-7 p.m. (dinner), 7-9 p.m. (meeting) • Participants take turns creating and leading the group in guided meditation for light, peace, love, and anything positive and of the light. Free. Call 417-9511; krngnbg@gmail.com or clair-ascension.com.

Today's Mystics: Dorothy Day and Bede Griffiths with Arlene Kosmatka • Sept. 23, 10 a.m.-2:30 p.m. • This workshop provides an opportunity to meet two converts whose search for God and divine restlessness led them on a mystical journey. They serve as mystic companions and guides who can support and encourage others. \$35. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or adriandominicans.org.

The Journey Continues: Adrian Connection, the Wisdom Years and Dominican Spirituality with Mary Sue Kennedy and Trudy McSorley • Sept. 25-26 • This weekend is a time for current and former Adrian Dominican sisters to reconnect and reflect as they immerse themselves, individually and collectively. \$25 non-refundable deposit • 60-\$175 (depending on rooming options). Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or adriandominicans.org.

Advent Retreat: Meeting Jesus through the Eyes of a Global Community with Anne-liese Sinnott • Nov. 29-Dec. 3 • This week will focus on trying to be stretched beyond the boundaries of western images and reflections on Jesus of Nazareth. \$375 (single occupancy); \$225 (commuter); \$25 non-refundable deposit. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or adriandominicans.org.

A Contemplative Guide to Daily Discernment with Arlene Kosmatka • Dec. 5, 10 a.m.-2:30 p.m. • This workshop focuses on the question "how can I know what God wants of me?" and moves through the process of discernment, an attitude of listening throughout the day to God in all of life. \$45 (includes non-refundable deposit). Call Weber Center at 517-266-4000; webercenter@adriandominicans.org or adriandominicans.org.

How to Use Crystals to Enhance Communication with Our Spiritual Teachers, Guides, and Angels with Jennifer Vanderwal • Sept. 20, 11 a.m.-1 p.m. • This course will help participants learn the difference between angels and many types of guides in order to gain knowledge and insight. Activities will include building a crystal array, guided meditation, affirmations, aromatherapy, and feng shui. \$35. Call Pat at 416-5200; relax@bodyworkshalingcenter.com or BodyWorksHealingCenter.com.

Progressive Counseling and Coaching Diploma Course, Weeks One-Three of Seven • Oct. 8-11 and Nov. 1-14 • This course is for those who wish to help others effect positive and life-enhancing changes, resolve conflict, and gain greater self-awareness. The course can be taken for personal development or professional qualifications. See website for more details. \$1440 (includes lunch and refreshments; lodging and meals available for additional fee; inquire about bursary). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

The Self Realization Pathway: A Course To Freedom with Self Realization Meditation Healing Centre • Sept. 23, 7:30-8:15 p.m. • A talk by Hananda Whittingham, direct disciple of Mata Yogananda Mahasaya Dharmaji, for those who are searching for more fulfillment on any level to help navigate 21st century life to find more peace, joy, love, and freedom. Pure meditation, silent prayer, and winged prayer for all in need follow at 9 p.m. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Storytelling

Story Night with Members of the Ann Arbor Storytellers' Guild at the Crazy Wisdom Team Room • Sept. 10, Oct. 8, Dec. 10; 7-9 p.m. • Bring a story or lend an ear. Enjoy yummy desserts, exotic teas, or light supper while listening to Ann Arbor Storytellers' Guild members. No pressure, but consider bringing a five-minute tale to tell. Free. Contact Laura at laurastory62@gmail.com or annarborstorytelling.org.

5th Annual 8-night COSTA RICA RETREAT



January 29 - February 6, 2015
(with option for extended intensive Feb 6-11)

Daily Yoga, Raw Food Cleansing Diet, Qigong, Earth-Grounding, Pristine Jungle Waterfalls and Beaches, Intensive Life Coaching, and so much more! Two well-loved, dynamic leaders come together to offer you a transformative, healing and revitalizing adventure.

Space is limited, and this retreat fills every year.
For more info and to save a spot, visit
EllenLivingston.com/Retreats
734.645.3217 / ellen@ellenlivingston.com

"Check out our Ann Arbor Weekend Retreat, Sept. 26-27!"

Ann Arbor Storytellers' Guild at Nicola's Books • Fourth Sundays (no meeting in December), 2-4 p.m. • Monthly meetings always start with stories and then more stories! Listeners and tellers welcome. For more information, [facebook.com/annarborstorytellers](https://www.facebook.com/annarborstorytellers).

Tellabration Storytelling Concert for Adults • Nov. 13, 7:30 p.m. • The Ann Arbor Storytellers' Guild presents its 24th annual storytelling concert for adults ages 14 and up. Steve Daut will be the MC and guest storyteller with other featured tellers to be announced. \$15. Call 662-3770; lauragami@provide.net or [facebook.com/annarborstorytellers](https://www.facebook.com/annarborstorytellers).

Stress Management

Pure Meditation Foundation Class for Adults with Self Realization Meditation Healing Centre • Nov. 30, 3 p.m. • This event is designed to help participants find inner peace in only a few minutes of practice each day. The workshop, of value in all walks of life, includes a book and follow-up appointment. Also available by private appointment, for children, and by Skype. \$60 (bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Sustainability

Emergency Preparedness with Beth Barbeau and Juliana Schreimer • Oct. 9, 6:30-8 p.m. • This course provides detailed lists and extensive resources for creating grab and go bags to secure family comfort and safety away from home if needed due to unexpected weather or economic events. The instructors will share their own bags as examples and serve samples of the best of freeze-dried provisions. \$25/person (\$20/when two register together). Call 994-8010; info@TheIndigoForest.com.

Our Climate Change Legacy: Finding Hope, Taking Action Together with Claire Maitre and Nancy Ogilvie • Sept. 25, 7-9 p.m. and Sept. 26, 9 a.m.-6 p.m. • This summit is a call to those over 50 to join together in turning the tide on climate change. The workshop is designed to help participants realize their wealth of love, wisdom, life experience, and the power of this collective force. As a result of this summit, the group expects to create an ongoing climate action community in SE Michigan, supporting and inspiring each other in taking action to create a legacy to leave for future generations. \$99 (partial scholarships available). Call Nancy at 510-825-3125; nancyogilvie@gmail.com or [facebook.com/grandchildrenandclimatechange](https://www.facebook.com/grandchildrenandclimatechange).

Internship and Worktrade in Natural Building and Sustainable Skills with Deanne Bednar • Sept. 1-Oct. 15 • Interns can learn and build at the Strawbale Studio, working in earth plaster, rocket stove, design classes, permaculture projects, and more. See website for details. \$850/month internship; ½ pay worktrade. Call 248-496-4088; ecoartdb@gmail.com or strawbalestudio.org.

The Crazy Wisdom Calendar

Sustainability (cont.)

Forest Stewardship Assessment Class with Rick McAvinchy • Aug. 22 and Sept. 2, 9:30 a.m.-5 p.m. • This workshop provides the principles and skills from an expert to help participants steward their own land through development of a land stewardship plan based on long-and-short-term goals. Topics will include timber management, wildlife habitat management, recreation, soil and water protection. Lecture and participatory activities included. \$100-\$150 for two days (family and early registration discounts). Call Deanne at 248-628-1887; ecoartdb@gmail.com or strawbalestudio.org.

Tai Chi, Martial Arts, and Self-Defense

Tai-Chi Pushing Hands with Sifu Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive tai-chi training, which helps participants experience the world in a non-reactive, calm way. Participants find freedom and power within themselves and interact with others without compromising the self. \$21/session (\$70/month). Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Sun Shen Basic Tai-Chi Form with Ann-Margaret Giovino and Jan Katz • Mondays, Tuesdays, Thursdays, 7-8 p.m. • Participants will learn to build a solid foundation in tai-chi principles in an intimate setting, with guidance and personal adjustment in the Sun Shen 35 form. Learn the sequence and details of the form as you experience the calm, effortless power which comes from relaxed focus. \$17, drop-in, \$55/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Morning Tai-Chi with Master Sang Kim • Mondays-Fridays, 7-8:30 a.m. • Participants will learn how tai-chi enables them to cultivate happiness, power, and potential, and get to know a part of themselves that was hidden and that they have been looking for all their lives. \$225/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Tai Chi with Michigan Tai Chi Association • Sept.-Dec. • Tai Chi is a great overall exercise that can be practice by people of all ages and health conditions. Tai Chi is a meditation form of exercise that promotes balance and flexibility, and has been found to reduce stress and lower blood pressure. \$40 per month unlimited, \$30 per month for seniors. Call Sally at 591-3530; michtaichi@aol.com or taotaichi.org.

Martial Arts Classes at Huron Valley Aikikai • Monday-Saturday 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 information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • 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. 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 strike harmony with nature. Children's classes offered also. Call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes • Traditional, fully Asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fun, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes • Classes include Chen style tai chi chuan basic principles, 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/month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center • Ongoing classes • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsue, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. Children's program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

Tai Chi Beginners with Master Wasentha Young • Ongoing classes, Sept. 14-Dec. 17 • Tai Chi is a Chinese internal martial art consisting of a series of postures linked together in a continuous and fluid form. As a moving meditation, it promotes balance, coordination, concentration, and relaxation. Beginners can attend any or all classes for the same tuition. \$185. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Tai Chi: Beginning through Advanced with Good EnerChi Studio and Staggerin Dragon School of Tai Chi • Ongoing classes • Tai Chi classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. Tai Chi is a peaceful, flowing, low-impact exercise, well-suited for calming and centering. Free/low fee. Call Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Wu Style Tai Chi Chuan with Genie Parker • Monday and Thursdays, 6-7:30 p.m.; Sundays 4-5:30 p.m. •

Wu style tai chi is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. \$45/month for one class/week; \$70 for two classes/week. First class free; student/senior/family discounts available. Call 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Tarot & Divination

Drop-In Tarot Readings with Gail Embery in the Crazy Wisdom Tearoom • First and Third Fridays, 6:30-9:30 p.m.; Second and Fourth Saturdays, 12-3 p.m. • Make enlightened life choices as Gail guides you through difficult times by skillfully consulting the Tarot to get answers for you and by accessing her psychic/medium abilities. \$1.50 per minute. No appointment necessary. Call 313-655-7694; readingswithgail.com.

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tearoom • Thursdays, 6-9 p.m. • \$1.50 per minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-In Tarot/Psychic Readings with Kathy Bloch in the Crazy Wisdom Tearoom • First and Third Tuesdays, 5:30-8:30 p.m. • \$1.50 per minute. No appointment necessary. Contact klbloch@hotmail.com.

Drop-In Psychometry Readings with Barbara Pott in the Crazy Wisdom Tearoom • First and Third Sundays, 12-3 p.m. • Understand the past, guidance for the future intuited from your small objects or pictures. \$1.50 per minute. No appointment necessary. Call 576-5707; awencrafts@gmail.com.

Drop-In Clairvoyant Readings and Healings with Jackie Major in the Crazy Wisdom Tearoom • Second and Fourth Sundays, 12-3 p.m. • Work with a professional reader, healer, and medical intuitive with 30 years' experience. Her readings reveal potential life opportunities and hidden strengths. \$1.50 per minute. No appointment necessary. Call 207-730-6903; jackie.major@gmail.com.

Drop-In Turkish Coffee Readings with Salima in the Crazy Wisdom Tearoom • First and Third Saturdays, 12-3 p.m. • Tuning into the universe and spirit guides, we receive messages for you through Turkish coffee patterns created in your magic cup. \$1.50 per minute. No appointment necessary. Contact salimareads@gmail.com.

Tea Events

Fairy Tea at Crazy Wisdom Tearoom • Oct. 29, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for tea and cookies served by real fairies! Celebrate with our enchanting fairies as they serve tea, treats, and magic. There will be story time with books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! Tickets are \$11 per person. Babies 18 months and younger are free. Tickets are available online at crazywisdom.net prior to the event. For more information, call Tearoom Manager at 665-2757 or email fairytea@crazywisdom.net.

Theater

Genesis with Irena Nagler • Oct. 29, 8 p.m. • A dance theater performance followed by a world music dance party with costumes encouraged and an art sale to benefit Food Gatherers. Dino Lampron's paintings inspire dance, theater, and story about a group of proto-human entities who join to create a world and learn to live in it. Guest performers include members of AcroYoga Ann Arbor and musicians Curtis Glatter, Alex Terzian, Kevin Coppock, and Yana Sokol. \$5-\$15. Call 996-1772; birena@umich.edu or twofeather.com/nightfire.

I believe that there is a longing in
my soul that searches the whole
world.

—SOREN KIERKEGAARD

*On September 1, 2015, the Crazy Wisdom
Calendar will be available online at our
website: www.crazywisdomjournal.com.*

Therapy and Support Groups

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Oct. 7-Nov. 25, 6-8 p.m.; Day of Mindfulness, Nov. 14, 9 a.m.-3 p.m. • Falling awake is founded on mindful-based cognitive therapy, an approach that combines the ideas of cognitive therapy with mindfulness-based practices. This well-researched program is proving to be effective for people living with depression, anxiety, and other mental health conditions. \$385 (includes workbook, CD, and Day of Mindfulness). Preregistration required at 332-3365; lynn@sipher@gmail.com or lynn@sipher.com.

Mindfulness-Based Forgiveness Group for Older Adults with Mariko A. Foulk • Eight Fridays, beginning Sept. 18, 1:30-4 p.m. • Participants will learn how studies show that forgiveness leads to improved health and inner peace. This evidence-based therapy group is for those age 60 and over. Covered by Medicare and most insurance. Call 764-2556; mfoulk@umich.edu.

Wilderness Awareness

Astronomy Day Star Party with the University Lowbrow Astronomers • Sept. 19, 8-10 p.m. • Participants will celebrate Astronomy Day with an evening of stargazing. Participants will get close-up views of stars, planets, nebulae, and other celestial objects that are hard to see without the use of telescopes. Bad weather date: Oct. 2. \$5 (free for Leslie Science Center Members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Monarch Migration Festival with Leslie Science and Nature Center • Sept. 13, 1-3 p.m. • Participants will be instructed on how to tag monarchs before they are released for their remarkable journey south. As part of the Monarch Conservation Program, this event will provide opportunities to find out about their struggle, how to help, and why tagging for research is important. Participants will release the monarchs in the pollinator garden, where participants can learn more about the plants that are essential for monarch survival. \$8. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Owling for Adults Only with Leslie Science and Nature Center • Nov. 20, 7-9 p.m. • An enchanting evening for adults 18 and up with owls, night hikes, owl calling, and visits with live owls to discover how ears, eyes, and feathers can help owls survive the night. \$9/person (\$8/member). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

An Afternoon with Sandhill Cranes with Leslie Science and Nature Center • Oct. 18, 2-6 p.m. • This event, for ages 16 and up, is a field trip to bird watch at Haehnle Memorial Sanctuary where over 8,000 sandhill cranes have been counted coming in to roost for the night in the fall. The group will enjoy the evening as this large bird buzzes the tree tops surrounding their evening marsh roost. \$10/person. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Wilderness Training and Nature Awareness with Frank Levey • Sept. 20, 9 a.m.-12 p.m. • This hands-on class covers basic essentials for wilderness living, exploring shelter building, fire making, water purification, and food gathering from primitive to modern methods. \$30. Call 657-8742; frank@awakened-breath.com and blueturtlenaturecamp.com.

Women's Health

WomanSafeHealth Open House • Sept. 16 and Nov. 18 (massage therapy demonstrations), Oct. 19 and Dec. 21 (ayurvedic consults); 4-5 p.m. • Each informal open house is an opportunity for community members to check out the space and learn about Woman-Care services. These include gynecology and general healthcare, psychological services, health education, and the self-care room that includes a Migun thermal massage bed, relaxation equipment, and other valuable resources. Free. Call Emma at 477-5100; info@womansafehealth.com or womansafehealth.com.

Breast Cancer Meditation: Taking It One Moment at a Time with Kathy Bindu Henning • Sept. 28, 6-7:30 p.m. • Breast cancer can be overwhelming, and worry and uncertainty add additional stress, making difficult times even more challenging. From a breast cancer survivor, participants will learn meditation plus tools for staying calm and present to relax the body, mind, and spirit. Administered by Schoolcraft College Continuing Education. \$35 (\$28/seniors). Call 674-6965; PresentMoment@myexcel.com or LivinginthePresentMoment.com.

Pregnancy Massage with Jennifer Giacomelli • Sept. 2, 9 a.m.-12:30 p.m. or 6-9:30 p.m. • This workshop is open only to massage therapists and massage therapy students. \$45. Call Vickie at 677-4430; continuing@aaimt.edu or aaimt.edu.

Womenspirit

Women's Wellness Weekend Retreat with Stephanie Shepard and Lara Ruddy • Oct. 2-4 • This retreat is a weekend of feminine power, beauty, and grace with yoga classes, meditation, hiking, and discussions on women's wellness. Attend solo or invite sisters, mothers, daughters, or friends to this weekend for women of all ages and backgrounds. \$95. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/workshops-retreats/.

Single Women, Abundant Life with Janene Ternes • Sept. 26, 9:30 a.m.-3 p.m. • This workshop will use music, movement, journaling, and guided meditation to explore participants' stories of courage, faithfulness, witness, and service as single women, accompanied by great single women of the Bible such as Martha and Mary, Ruth and Naomi, and Mary Magdalen. Basic movements that can be done by anyone regardless of experience or physical limitation, will be taught. \$45. Call 347-2422; PrayerInMotionLLC@gmail.com or prayer-in-motion.com.

Crazy Wisdom Poetry Series at the Crazy Wisdom Tea Room

hosted by Joe Kelty and Ed Morin
Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m. - Poetry Workshop.
All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m. - Featured Reader for 50 minutes.
Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

Featured Readers



Sept. 23 - Ken Meisel is a Detroit area psychotherapist and author of six poetry collections, including *The Drunken Sweetheart at My Door* (2015), *Scrap Metal Mantra Poems*, and *Beautiful Rust*. His poems have appeared in *Cream City Review*, *Rattle*, and *Midwest Gothic*. He held a Kresge Arts Literary Fellowship.



Oct. 28 - Julie Babcock is the author of the poetry collection *Autoplay* (MG Press, 2014). Her work appears in *The Iowa Review*, *Hayden's Ferry Review* and the anthology *Feast*. She's received grants and fellowships from Vermont Studio and Indiana Arts Commission. She teaches writing and literature at University of Michigan.



Oct. 28 - Michael Lauchlan has had poems in *New England Review*, *Virginia Quarterly Review*, *The North American Review*, and in 3 collections of poems. His latest is *Trumbull Ave.* (Wayne State U. Press) which authentically portrays his own and others' lives growing up and doing manual work in Detroit.



Dec. 2 - Tarfia Faizullah, a Bangladeshi American with an MFA from Virginia Commonwealth U., won the Crab Orchard Series in Poetry First Book Award for *Seam*. It explores the lives of the *birangona*, Bangladeshi women raped by Pakistani soldiers during the Liberation War of 1971. She co-directs Organic Weapon Arts in Detroit and teaches creative writing at University of Michigan.



The Crazy Wisdom Poetry Circle is open to all.
There is never a charge.

Crazy Wisdom Bookstore
114 S. Main St., Ann Arbor - 734.665.2757
crazywisdom.net - cwpoetrycircle.tumblr.com

THE YOGA SPACE

Iyengar Certified Teachers
 Small Classes
 Individualized Instruction
 Free Parking
 180 Little Lake Dr. Ste. #1
 Ann Arbor
 (734) 622-9600
 www.yogaspaceann Arbor.com

If you would like to hold an event, teach a class, bring an author to town, give a lecture, demonstrate your bodywork skills, give massages, lead a seasonal ceremony, or, organize a lunchtime group meditation in downtown Ann Arbor... perhaps, Crazy Wisdom Bookstore & Tea Room is the place to do it!

Call Rachel Pastiva at Crazy Wisdom 734-665-2757

Crazy Wisdom Poetry Series at Crazy Wisdom Tearoom , hosted by Joe Kelty and Ed Morin • Second and Fourth Wednesdays of each month, 7-9 p.m. • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.

Second Wednesdays: Poetry Workshop • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.

Fourth Wednesdays: Featured Reader for 50 minutes, Open Mic Reading for one hour • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

Sept. 23 • Ken Meisel is a Detroit-area psychotherapist and author of six poetry collections, including *The Drunken Sweetheart at My Door* (2015), *Scrap Metal Mantra Poems*, and *Beautiful Rust*. His poems have appeared in *Cream City Review*, *Rattle*, and *Midwest Gothic*. He held a Kresge Arts Literary Fellowship.

Oct. 28 • Julie Babcock is author of the poetry collection *Autoplay* (MG Press, 2014). Her work appears in *The Iowa Review*, *Hayden's Ferry Review* and the anthology *Feast*. She has received grants and fellowships from Vermont Studio and Indiana Arts Commission. She teaches writing and literature at U-M.

Oct. 28 • Michael Lauchlan has had poems in *New England Review*, *Virginia Quarterly Review*, *The North American Review*, and in three collections of poems. His latest is *Trumbell Ave.* (Wayne State University Press), which authentically portrays his own and others' lives growing up and doing manual work in Detroit.

Dec. 2 • Tarfia Faizullah, a Bangladeshi American with an MFA from Virginia Commonwealth University, won the Crab Orchard Series in Poetry First Book Award for *Seam*. It explores the lives of the birangona, Bangladeshi women raped by Pakistani soldiers during the Liberation War of 1971. She teaches creative writing at U-M.

Gary Snyder Poetry Reading with One Pause Poetry and White Lotus Farms • Sept. 17, 7-9 p.m. • Reading, followed by Q&A, book signing, and reception with Pulitzer-Prize-winning ecology poet, essayist, and activist Gary Snyder at White Lotus Farms. Free. See whitelotusfarms.com or onepausepoetry.org for more details.

Journaling: Ways of Writing for Yourself with Mary Ledvina • Tuesdays, Sept. 29-Nov. 10; 1-3 p.m. in the Crazy Wisdom Community Room • This small group explores writing to know one's personal truth. Techniques will include timed writing, list making, getting guidance, poetry, fiction, and memoir. Bring a notebook and pen. \$140. Call 646-9161; maryledvina@earthlink.net.

Yoga

Yoga Focus with Karen Ufer, David Ufer, Marlene McGrath, and Alicia Rowe • Day, Evening, and Weekend classes beginning Sept. 8 • Traditional hatha yoga classes working toward better mobility with more strength. Poses and props are used to assist with alignment in order to enable practitioners to focus on the art of attention and awareness. \$18/drop-in (\$10 trial class and session discounts). Call Karen at 668-7730; info@yogafocusann Arbor.com or yogafocusann Arbor.com.

Introduction to Raja Yoga with Mike Limauro • Oct. 14, 6:30-8:30 p.m. in the Crazy Wisdom Community Room • Raja yoga, also known as royal yoga, encourages participants to test the truth of its principles, not simply to believe them. This class introduces this comprehensive approach that includes spiritual progress, touching on philosophy, meditation, postures, breathing, practice routines, healing, and diet. Free. Call 517-652-9347; mike@anandamichigan.org or anandamichigan.org.

Kundalini Yoga: The Power of Breath with Billie Wahlen • Tuesdays, Sept. 8-Dec. 8, 7-8:30 p.m. in the Crazy Wisdom Community Room • Experience the yoga of awareness as taught by Yogi Bhajan. Classes include meditation, chanting, and using the breath to go deep within to experience stillness. \$15/class (\$175/series preregistration). Call 276-6520; starbillie@gmail.com or find Kundalini Yoga in Michigan on Facebook.

Yoga Happy Hour: Basics Plus Restorative with Michele Bond • Fridays, 6-7 p.m. • Learn basic alignment, simple postures and breath, along with delicious restoratives. Feel stress melt away during candlelight practice in a peaceful setting surrounded by the inspiration of nature. \$13/drop-in with reservation (\$11/if pre-registered). Call 358-8546; michele@yogahouseann Arbor.com or yogahouseann Arbor.com.

Open Level Yoga with Michele Bond • Sundays, 7:30-9 p.m.; Thursdays, 6-7:30 p.m.; Saturdays, 10-11:30 a.m. • Each student is encouraged to honor their unique abilities and limitations in this mixed-level class, with variations offered for all levels. This method blends the science of biomechanics with an openhearted, uplifting philosophy. \$18/drop-in with instructor permission (\$14/with session registration). Call 358-8546; michele@yogahouseann Arbor.com or yogahouseann Arbor.com.

Yoga for Athletes and More with Michele Bond • Wednesdays, 6-7:30 p.m. • This class provides an energetic practice to increase strength, flexibility, agility, balance, and mental focus. Practice will include correct alignment to enhance joint function, decrease the risk of injury, and aid in healing pre-existing injuries. Explore the role joy plays in peak performance in sports, in business, and on the mat. \$18/drop-in with instructor permission (\$14/with session registration). Call 358-8546; michele@yogahouseann Arbor.com or yogahouseann Arbor.com.

Yoga Essentials with Michele Bond • Tuesdays, 6-7:30 p.m. • For those new to yoga or new to this system, this course teaches Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun. \$18/drop-in with instructor permission (\$14/with session registration). Call 358-8546; Michele@yogahouseann Arbor.com or yogahouseann Arbor.com.

The Crazy Wisdom Calendar

Work and Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Sept. 9, 12-1:30 p.m. • This workshop will help participants identify their career dreams and unique gifts to share with the world, as well as to release blockages and step into a flow state as they create an action plan to manifest in life. \$30. Preregister at 668-2733; mfulscaldo@gmail.com or melaniefuscaldo.com.

Song of the Morning Karma Yoga Weekend • Nov. 20-22 • All are welcome to participate in the karma yoga/selfless service to Song of the Morning Yoga Retreat while engaging in spiritual sadhana and fellowship. A variety of project teams will be created to allow everyone to find a suitable fit for serving during the weekend. Free, including meals, for those who serve. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/workshops-retreats/.

Service Day at the Farm with Kathleen A. Hinderer • Nov. 14 • Participants can join a workday on the farm and reap the physical, spiritual, and emotional benefits of volunteering. The year-round equine-assisted therapy program provides services to individuals with physical, mental, emotional, and learning challenges. No experience necessary. Free. Call Kathy at 622-9500; macinfo@michiganabilitiescenter.org or michiganabilitiescenter.org.

Writing and Poetry

The Therapeutic Power of Memoir Writing with Kathleen Riley • Oct. 10, 9 a.m.-12 p.m. • In this workshop, participants will develop a timeline, create a table-of-contents, learn techniques to clear writers' block, and experience the therapeutic value of telling your story. We will also discuss production methods, cover design, editing, marketing strategies, and website development. \$60. Call 707-8416; kriley@thedovehouse.org or thedovehouse.org.

A Series of Five Writing Workshops with Robert Joseph Palmer • Mondays and Tuesdays, 10 a.m.-12 p.m. and 7-9 p.m.; Wednesdays, 7-9 p.m. • The RAVEN writing method shows how and why to write better, faster, and with greater ease. The class will present powerful tools for getting words on paper through "purposeful mess-making" and will help writers bring preliminary work to fruition. \$1000/series including 10 hours studio time. Call 231-590-3967; robert@ravenwritingstudiosink.com or ravenwritingstudiosink.com.

The Therapeutic Power of Memoir Writing

by Kathleen Riley • Photo by Joni Strickfaden

Writing my memoir, *What You Feel Is Real*, took five years to complete as I moved through various stages of emotional, physical, and spiritual growth. By tapping into my most intimate and deepest feelings, I knew it was a safe way in, as well as a safe way out, for releasing anger and resentment. I was also aware of the power of the spoken word, and that by capturing the healing spirit of a story, it would have a positive impact on others. But what I didn't expect to discover at the end of the writing process was its therapeutic power to eliminate depression, anxiety, and obtrusive thoughts that had plagued me for over a decade.

When I watched my mother at the end of her life hang on to anger and resentment toward my father, who had passed away 20 years prior, I knew it would behoove me to address the same issues harbored inside myself. I feared that if I didn't attend to clearing anger and resentment, I might meet the same untimely death from pancreatic cancer that both my mother and grandmother faced. I saw memoir writing as an opportunity to potentially revitalize my body.

According to Dr. Caroline Myss, author of *Anatomy of the Spirit*, the human mind encodes thought, converts it into matter, and stores it within different energy centers of our body (chakras). Myss worked with thousands of patients, decoding how these energy centers work, and found that specific illnesses can be linked to past emotional traumas. Her work in energy medicine offers one solution to the puzzle of why some people heal while others don't.

I saw memoir writing as an opportunity to potentially revitalize my body.

For me, this meant focusing on life themes or stories that correspond to the third energy center, which, according to Myss, is linked to illnesses of the stomach, spleen, pancreas, liver, gallbladder, adrenals, and lower thoracic spine. Trauma stored in these organs includes emotional issues concerning the loss of personal power, fear of intimidation, lack of self-esteem, and survival intuitions.

In preparation to write, I collected my thoughts and constructed a timeline for each of the major events in my life. Next, I met with a professional interviewer and told my story as we recorded each session into a dictation device. Then I gave my recordings to a transcriber to not only transcribe sentences but, more importantly, to capture the vibrations and intonations to help develop my voice. After each recording session, I noticed an energy release from my body that hung over me like a dark cloud for three days until it gradually dissipated. As anticipated, I was experiencing a deeper healing by speaking out my story in this manner.

From the notes, I was able to compose my memories and turn them into scenes, and create a story in the present tense written as a first-person narrative. (Side note: Writing in the present tense can have the same positive impact as living in the present moment, for the writer and the reader.)

As I more deeply explored the story-at-large, I was able to trace my thoughts and feelings back to childhood memories and make sense of repetitive patterns. Singular events that occur at different ages and stages of one's life — i.e., in the womb, as an infant, toddler, or adolescent — can spiral into meta-events that affect the entire course of our lives today. Once we connect meta-stories with these specific events, we have the ability to disempower our robot-selves and transform into functional, healthy adults. Similar to energy medicine strategies that restore the body, writing your memoir helps to identify and release toxic emotional energies for relieving symptoms of post-traumatic stress.

Writing in the present tense can have the same positive impact as living in the present moment, for the writer and the reader.

It took courage and willingness to be vulnerable by exposing scenes riddled with shame and guilt for the world to see. I told myself, "It's okay because I can always edit the parts I feel are too personal, later on." But what I discovered was that the most embarrassing parts weren't so bad after all. Once they lost their power, they actually ended up becoming the best parts of my memoir because they connected to the deepest core of my being human. After all, life can be a beautiful mess when making our wrongs into rights. We cry. We seek the truth. We reach deep down inside as we admit the worst, accept it, and release it. In my memoir, I call this the "Divine Dive," reaching down to the base of your core for the fearless search for truth.



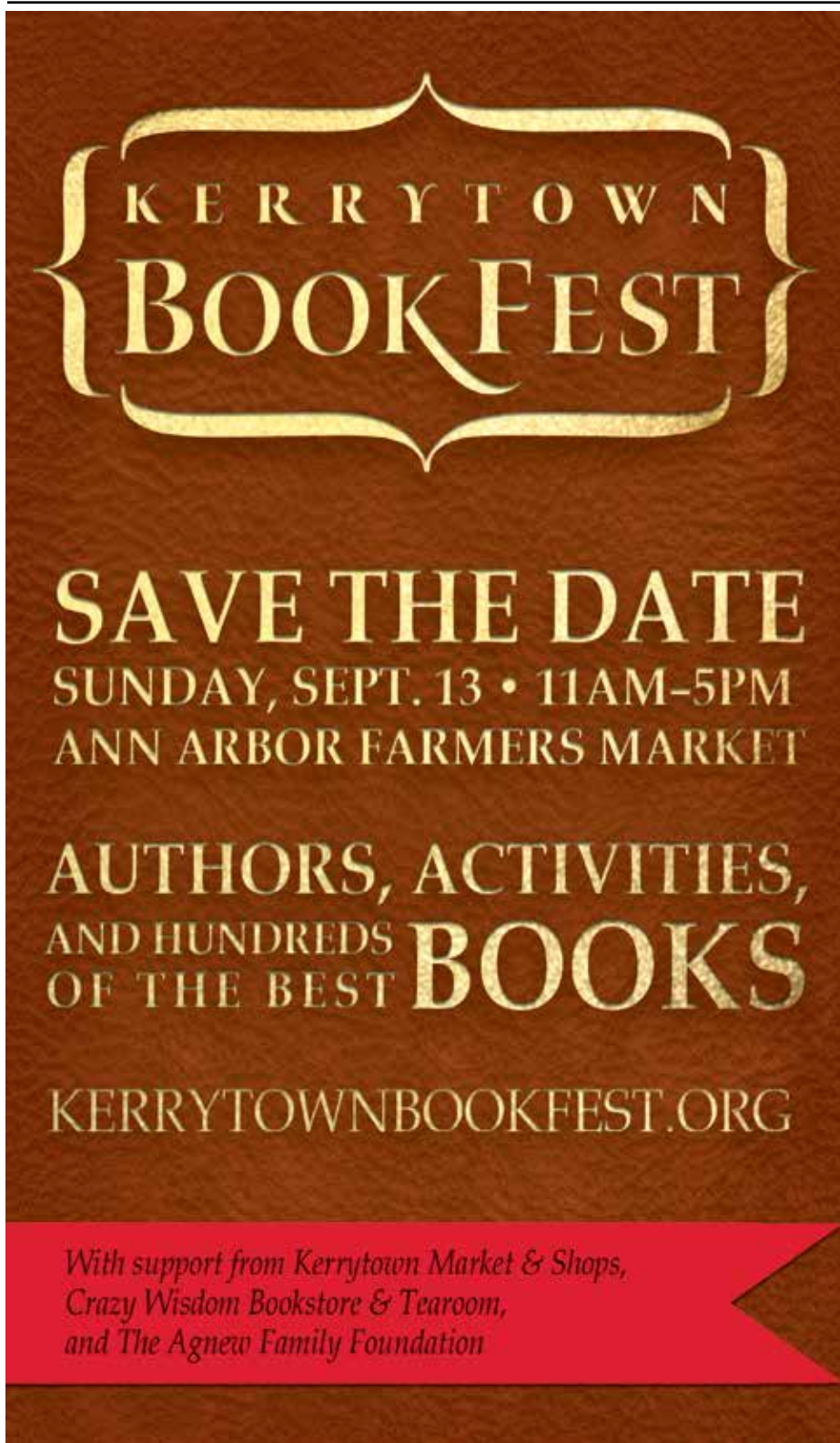
By the end of my first edit, I was able to self-witness my dilemmas and laugh at myself. Because I could laugh at myself, I knew I was forming a healthy sense of detachment. I also noticed that I no longer had the desire to repeat telling my story over and over again because I had captured it on paper to share with my family, community, and the world. When you capture your story on paper, you no longer have to worry about remembering the timeline, who did what to whom, or question why your life ended up the way it did, or re-live the intensity of the story's emotion. It makes it easier to let go of the past, forgive yourself and others, and begin to focus more on where you are now in positive ways.

After all, life can be a beautiful mess when making our wrongs into rights. We cry. We seek the truth. We reach deep down inside as we admit the worst, accept it, and release it.

Around the time you reach your second edit, what occurs is an integration of self, where the authentic is born. From this place forward, exaggerated views and behaviors mysteriously melt away and healthier new realities form. You feel whole and full of joy. Your heart is open in acceptance of yourself and others. You see humor in being human and you can actually hear yourself laugh from the belly on up. Your eyes are open to what God must have been seeing all along — a beautiful wonderful self inside of you. When all is said and done, of course, I have no proof that writing my memoir has reversed what might be genetically predisposed, but what I do know is that it was a healthy form of self-love, an act of courage, and a pathway of self-acceptance leading me to uncover the healthy parts inside. It has helped me be honest with myself in hopes of writing a better ending. And, amazingly and to my surprise, there are no more long suffering bouts of depression, sadness, or heartache. They have all vanished. Even my anxiety around public speaking, and intrusive ruminating thoughts, or what is known as an obsessive compulsive disorder (OCD), are gone.

As for the overarching purpose, *What You Feel Is Real* serves for my family and future generations as a time capsule, piecing together important life events that are influencing their lives today. For readers, I am happy to share and connect with them through my memoir of healing and purpose as it represents my reset button of personal wellbeing during this time and place in my life.

Kathleen Riley is the founder of *The Dove House* (www.thedovehouse.org), a center for healing and wellness beyond recovery. She is the author of *What You Feel Is Real*, *Everyday Miracles* and the soon-to-be published *Space of Love*. She is a graduate of the *Advanced Corporate Coaching Program* with *Corporate Coach U, Inc.*, and is certified as a chaplain with the *International Fellowship of Chaplains*. She can be reached at kathyr@thedovehouse.org or (734) 707-8416.



**KERRYTOWN
BOOK FEST**

SAVE THE DATE
SUNDAY, SEPT. 13 • 11AM-5PM
ANN ARBOR FARMERS MARKET

**AUTHORS, ACTIVITIES,
AND HUNDREDS
OF THE BEST BOOKS**

KERRYTOWNBOOKFEST.ORG

*With support from Kerrytown Market & Shops,
Crazy Wisdom Bookstore & Tearoom,
and The Agnew Family Foundation*

Yoga (cont.)

Free Yoga Classes with Sue Salaniuk • Sept. 25, Oct. 30, Nov. 27, Dec. 18; 6-7 p.m.
• This free class is for everyone who is interested in trying out yoga to see the positive effects on well-being, and for ongoing students who want to try a new studio. Free. Call 622-9600; sue@yogaspacannarbor.com or yogaspacannarbor.com.

Iyengar Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, Pam Lindberg • Day, evening, and Saturday classes, Sept. 8-19 • Small classes with individual attention, various levels, and certified teachers. Iyengar yoga emphasizes strength, flexibility, endurance, alignment, and mindfulness. \$105/90-minute class series; \$120/two-hour class series. Call 622-9600; sue@yogaspacannarbor.com or yogaspacannarbor.com.

Gentle Yoga with Gyrotonic Tree Town and Pilates Loft Studio • Tuesdays, 5:15-6:15 p.m. • Gentle yoga enables everyone to experience the mental, physical, and emotional benefits of yoga by blending influences from hatha, yin, and restorative yoga. It includes poses modified for individual needs, as well as stretches and breathing exercises to help incorporate balance and mindfulness into daily life. All levels of experience welcome. \$18-\$20 depending on package selection. Call Robin at 274-9482; robinlily@outlook.com or gyrotonictreetown.com.

Yoga for Deep Sleep Workshop with VeraPose Yoga • Dec. 11, 7-9 p.m. • This workshop is designed to help participants understand that yoga has the ability to soothe both the body and the mind. Presenters share a series of calming postures to prepare the whole being for a restful, restorative night's sleep and yoga nidra, a yogic sleep that is said to be the deepest place of relaxation while still conscious. \$25. Call Courtney at 474-7361; Courtney@veraposeyoga.com and veraposeyoga.com.

Yoga for Colds and Flu with VeraPose Yoga • Nov. 14, 2-4 p.m. • This workshop presents the healing powers of yoga to boost immunity and fight off infection. Through breathwork, chanting, and gentle postures, participants will create a place to soothe the body in order to keep colds at bay this season. This workshop will combine essential oils, yoga, pranayama, and Ayurveda to keep participants feeling their best. \$25. Call Courtney 474-7361; Courtney@veraposeyoga.com or veraposeyoga.com.

The Crazy Wisdom Calendar

108 Surya Namaskar (Sun Salutations) of Gratitude with VeraPose Yoga • Nov. 20, 7-9 p.m. • 108 is an auspicious number, according to yogic traditions. Each sun salutation is an opportunity to cultivate gratitude and celebrate the season of giving thanks. \$15. Call Courtney at 474-7361; Courtney@veraposeyoga.com or veraposeyoga.com.

Transition with Intention Yoga Workshop with VeraPose Yoga • Oct. 24, 2-4 p.m.
• Fall is a time when the changes in nature can bring up the changes dealt with in daily life, and this workshop can help participants deal with transitions like a new job, grief and loss, or a new direction in life. Through a practice around breath work, yoga asanas and meditations, participants will gain tools to move through life's transitions gracefully and in a mindful way. \$25. Call Courtney at 474-7361; Courtney@veraposeyoga.com or veraposeyoga.com.

Sweetest Day Partner Yoga with VeraPose Yoga • Oct. 16, 7-9 p.m. • This workshop provides space to honor a loved one (such as a best friend, daughter, mother, or the love of your life) with the gift of time, attention, and devotion. Practicing yoga with another person allows participants to connect deeply and support one another emotionally and physically. \$50/couple. Call Courtney at 474-7361; Courtney@veraposeyoga.com or veraposeyoga.com.

Pranayama (Breath Work) Workshop with VeraPose Yoga • Sept. 26, 2-4 p.m. • The breath is a powerful tool to calm the body and mind, and can be part of a yoga practice that can be carried everywhere. This workshop presents breathing techniques that suit participants' lifestyles and helps create a breath toolbox. \$25. Call Courtney at 474-7361; Courtney@veraposeyoga.com or veraposeyoga.com.

Yoga for Digestion Workshop with VeraPose Yoga • Sept. 18, 7-9 p.m. • An experienced yoga therapist and dietetics candidate will lead participants through the potential causes of digestive upset, as well as yoga poses, breath work, and other techniques to aid in proper digestion. \$25. Call Courtney at 474-7361; Courtney@veraposeyoga.com or veraposeyoga.com.

Restorative Yoga and Pranayama with Andrea Ridgard • Fridays, 9:30-11 a.m. • In this class, participants will flow with the seasons; since this is a time of year to settle into routine, the class will focus on poses that stabilize, warm, and calm while not losing inspiration or connection to the power, beauty, and spirit within. \$15/drop-in (\$140/10 classes; \$80/5 classes; student and senior rates available). Contact andrea@groundedhere.com or groundedhere.com/yoga-classes.

Beginning Grounding Yoga with Andrea Ridgard • Mondays, 3:30-4:45 p.m. • In this class for all levels, participants will practice standing postures that bring energy down into the legs and leave students feeling stable, strong, and connected. The class will also practice several joint-lubricating exercises and restorative postures to bring rest and rejuvenation. \$15/drop-in (\$140/10 classes; \$80/five classes; student and senior rates available). Contact andrea@groundedhere.com or groundedhere.com/yoga-classes.

Girl Power! Yoga with Sara Hughes-Zabawa • Eight Fridays, 4-5:15 p.m. beginning Sept. 11 • This class for 8th-10th grade girls will focus on empowering self-acceptance, self-esteem, and strengthening the mind-body-spirit connection through a 60-minute yoga practice and 15-minute discussion. \$180/8 weeks. Call 222-9023; sara@a2integrativetherapies.com or a2integrativetherapies.com.

Nurturing Retreat with Self Realization Meditation Healing Center • Dec. 5-6 • Revive and prepare the self for the eventful time ahead with nurturing and relaxing yoga classes for all levels and abilities, and an energy class to help prepare for this time of year that is special, yet often overwhelming or stressful. \$145 (plus tax for shared room lodging and vegetarian meals; private room or bursary may be available). Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Paramahansa Yogananda Fall Yoga Retreat with Golden Lotus Yoga Teachers Association • Oct. 2-4 • Students of all levels are welcome to join fellow yogis to receive Master Yogananda's teachings on yoga interwoven into our meditations and postures in order to increase understanding and experience of the deeper aspects of yoga. \$45. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/workshops-retreats/.

Aquarian Block Party: Full Body Muscle Release with Daniel Koster and Lisa Barley • Sept. 11-13 • This weekend is devoted to releasing muscular and energetic blocks as participants align their bodies with state of the art yogalign yoga, raise and balance their energy with kundalini yoga as taught by Yogi Bhajan, and release muscular restrictions on cork yoga blocks while learning basic anatomy. In addition, participants will relax deeply with a gong bath. \$195. Call Malvika at 989-983-4107; office@songofthemorning.org or songofthemorning.org/workshops-retreats/.

Harmony Yoga of Ann Arbor: Iyengar Yoga Classes with Karen Husby-Coupland • Ongoing classes • Small yoga studio on Ann Arbor's west side offers classes for beginners and for more experienced yoga students, as well as gentle yoga for those who prefer a supported, slower-paced approach to the practice of yoga. \$17/class (discounts for multiple classes). Call 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

Fall Yoga Retreat with Christy DeBurton • Sept. 25-27 • This retreat includes two nights of accommodations in double occupancy rooms with private baths; locally-sourced, vegetarian meals; a variety of yoga classes; walking trails, labyrinth, bonfires, and bird-watching onsite; and outdoor recreation nearby. \$305. Call 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga (cont.)

Deepening Your Asana Practice with Be In Awe Yoga • Sept. 20, 3-5 p.m. •

This class will enable participants to review, refresh, and dive deeper into their asana and pranayama practice through the 12 poses and breathing techniques of Sivananda yoga. The class will help participants adjust and refine their practice to incorporate more mindful breathing and holding of postures. \$25 (\$20/student or seniors). Call Cinda or Sophia at 213-0435; info@beinawe.com or beinaweyoga.com.

Sivananda Hatha Yoga with Sophia Maher and Cinda Hocking • Wednesdays, 6-7:30 p.m. and Saturdays, 9-10:30 a.m. • These classes take place in a private neighborhood studio following the Sivananda tradition. Drop-in classes cover 12 classical postures, breathing, and relaxation while bringing the mind and breath into yoga practice. \$15 (\$150/11 classes). Call Cinda or Sophia at 213-0435; info@beinawe.com or beinaweyoga.com.

Holistic Yoga 101 with Ema Stefanova • Sept. 19-20 • This hands-on and informational seminar is for total beginners and all interested in making their understanding of yoga whole. Traditional yoga systems will be explained and participants will be able to experience the deeper aspects of yoga including relaxation and healing. Materials for home practice included. See website for costs. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

Holistic Yoga and Meditation Classes with Ema Stefanova • Ongoing classes • Small group classes include beginning/gentle, back health, anxiety/depression, introductory meditation, and more. Satyananda-style classes offer individual attention for participants' specific needs. See website for costs and schedule. Contact EmaStefanova@cs.com or YogaAndMeditation.com.

Yoga Classes at the Yoga Room with Christy DeBurton • Mondays, Tuesdays, Thursdays, and Saturdays, morning, afternoon, and evening • This is a small, supportive, non-competitive, friendly yoga studio that focuses on individual attention to challenge you in a balanced, rejuvenating way. See website for rates. Call 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Attitude of Gratitude Free Yoga Class with Patty Hart • Sept. 27, Oct. 25, Nov. 29 • This is a free, gentle, adaptive hatha yoga class. Free. Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Intensely Gentle: New Beginnings Yoga with Patty Hart • Fridays beginning Sept. 11 • This class is slower-paced and suitable for students new to yoga or for those needing more adaptation of postures using props. \$17 (discounts for 9-class coupon). Call Patty at 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Intensely Gentle: Multi-Level Hatha Yoga with Patty Hart • Weekly classes • This class is suitable for experienced students as well as newer students who are moving towards a more diversified practice. Students are encouraged to develop a deeper sense of self-observation and concentration by focusing on their breathing while moving into, sustaining, and exiting poses. \$17 (discounts for nine-class coupon). Call Patty for times and starting dates at 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Soft, Slow Surrender: A Restorative Yoga Workshop with Patty Hart • Sept. 13, 1-4 p.m. • This restorative yoga workshop is a relaxing, balancing practice where props are used to support the body in a variety of poses held for longer periods of time. No previous yoga experience. \$35. Call Patty at 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Yin Yoga: A Restorative Practice with Joy Van Bael • Mondays, beginning Sept. 7, 11 a.m.-12:15 p.m. • A restorative yoga practice that consists of ten yoga poses, all on the floor, each held for five minutes. For those who do too much, experience just being in a sacred yoga space. \$18/drop-in (\$75/5 classes; \$120/10 classes). Call 586-944-3395; joy.whitecrane@gmail.com or homesteadhealing.com.

Yoga with Zen Buddhist Temple • Six Tuesdays, begin Sept. 8 or Oct. 22, 6-7:30 p.m. • Beginning and experienced students learn traditional hatha yoga postures with an emphasis on relaxation, concentration, and working with breath. Instructors were trained by the Sivananda yoga organization and combine that experience with meditation training. Early registration recommended. \$60 (\$12/session drop-in). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Inward Bound Yoga at Friends Meetinghouse • Ongoing classes; Fall Session, Sept. 10-Oct. 28; Late Fall Session, Oct. 29-Dec. 19 • Since 1995, Inward Bound has offered a variety of approaches to the ancient discipline of yoga. Class options include several levels of hatha yoga, prenatal and postnatal yoga, Ashtanga yoga, and flow classes coordinated with music. Students enjoy a large variety of classes and heated floor for winter practice. For class descriptions and fees, contact marthalaatsch@gmail.com or ibyoga.com.



Heather Glidden is the co-owner of Gyrotonic Tree Town & Pilates Loft Studio, located on East Washington Street in downtown Ann Arbor. For information on classes and times, visit pilatesloftstudio.com. See her ad in this issue on page 35.

Yoga Workshop with Radha (Gloria McCartney) and Be In Awe Yoga Center • Oct. 23-24 • The instructor is a direct disciple of Swami Vishnudevananda teaching for over 40 years, and will lead the workshop and yoga asana class with wisdom and humor. See website for times, location, and costs. Call Jody at 213-0435; info@BeInAweYoga.com or BeInAweYoga.com.

Hatha Yoga Lunch Time for Ladies with Peachy Fitness • Tuesdays, 1:15-2 p.m. • A 45-minute flow-style class to help move the body and increase metabolism using bolsters, straps, blocks, and blankets to help increase comfort. This class is designed to release tension and provide extra energy to invigorate participants for the rest of the day. Call 681-0477; info@peachyfitness.com or peachyfitness.com.

Prenatal Yoga with Peachy Fitness • Wednesdays, 7:15-8:15 p.m. • Learn to use yoga's mind/body awareness to connect with innate wisdom. This gentle flow class helps improve circulation, ease digestion, tone the uterus and pelvic muscles, and exercise the spine. Call 681-0477; info@peachyfitness.com or peachyfitness.com.

Candlelight Yoga with Peachy Fitness • Mondays, 7:45-8:45 p.m. • This all-levels class is moderately paced and lit by candlelight. The class begins with deep breathing, transitions to slow flow and seated poses, and ends with deep relaxation and meditation. \$12/class. Call 681-0477; info@peachyfitness.com or PeachyFitness.com.

Slow Flow Hatha Yoga, Mixed Level with Peachy Fitness • Saturdays, 11 a.m.-12 p.m. • In this moderately-paced class, participants will use breath awareness, poses to help build strength and balance, and guided meditation to explore their edge in a relaxing and non-judgmental environment. All levels welcome. \$12/class. Call 681-0477; info@peachyfitness.com or PeachyFitness.com.



**Tarot • Psychic •
Intuitive • Astrology
• Palmistry**

Readers in the Crazy Wisdom Tea Room

No appointment needed; Readings \$1.50 per minute

Monthly Schedule

Tarot Readings with Kathy Bloch.
1st and 3rd Tuesdays, 5:30-8:30 p.m.
klbloch@hotmail.com

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Intuitive Readings with Irena Nagler
2nd and 4th Fridays, 6:30-9:30 p.m.
birena@umich.edu - 734.996.1772

Tarot Readings with Gail Embery
1st and 3rd Fridays, 6:30-9:30 p.m. and
2nd and 4th Saturdays, 12-3 p.m.
ReadingswithGail.com - 313.655.7694

Intuitive & Angel Readings
with Marybeth Rombach Nelson
2nd & 4th Saturdays, 6:30-9:30 p.m.,
734-560-0355
Marybeth@spiritualintuitivemb.com
www.spiritualintuitivemb.com

Turkish Coffee Readings with Salima
1st and 3rd Saturdays, 12-3 p.m.
salimareads@gmail.com

Astrology Readings with Alia Wesala
2nd and 4th Saturdays, 3-6 p.m.
astrolibration@gmail.com - 734.719.0782

Psychometry Readings with Barbara Pott
1st and 3rd Sundays, 12-3 p.m.
awencrafts@gmail.com - 734.576.5707

Clairvoyant Readings and Healings
with Jackie Major
2nd and 4th Sundays, 12-3 p.m.
jackie.major@gmail.com - 207-730-6903

Palmistry Readings with Vijayalaxmi Shinde
1st and 3rd Saturdays, 3-6 p.m.
and 2nd and 4th Sundays, 3-6 p.m.
vijaya_laxmi@comcast.net - 734.961.8052
www.positivepalmistry.com

Intuitive Readings with Marcella Fox
1st and 3rd Sundays, 3-6 p.m.
marcellapfox@gmail.com - 717-8513

The Crazy Wisdom Calendar

Yoga (cont.)

Gentle Yoga with Gyrotonic Tree Town and Pilates Loft Studio • Tuesdays, 5:15-6:15 p.m. • Gentle Yoga allows everyone to experience the mental and physical benefits of yoga by blending influences from hatha, yin, and restorative yoga. It includes modified poses, stretching, and breathing exercises designed to incorporate balance and mindfulness to daily life. \$18-\$20 depending on package. Call Robin at 274-9482; robinlily@outlook.com or gyrotonictreetown.com.

Basic Yoga with Saundarya O'Donnell • Tuesdays, 9:30-10:45 a.m. • Using yoga postures and regulation of breath, participants will release tension from body and mind to allow balance, focus, and energy. Instructor provides individualized practice by spotting postural distortions and practicing an integrative yoga philosophy. \$18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Therapeutic Yoga with Saundarya O'Donnell • Tuesdays, 11 a.m.-12:15 p.m. • This class will help students become comfortable in their bodies as they find relief from aches, pains, and stiffness. It is designed for the particular benefit of arthritis; shoulder rotator cuff injury; fibromyalgia; back, knee, or hip pain; cardiac care; and cancer therapy; as well as overall stress relief. \$18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Better Backs Yoga with Saundarya O'Donnell • Mondays, 7:45-9 p.m.; Sundays, 10:30-11:45 a.m. • Students will learn to align the spine and enjoy pain-free length and flexibility by learning to relax the muscles that strain the back; increase mobility in the hips, legs, and neck; strengthen support muscles and shoulders; and develop stress-free strength without tension. \$18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Spirited Yoga with Saundarya O'Donnell • Mondays, 6:15-7:30 p.m. • This upbeat class playfully integrates the spirit and philosophy of traditional yoga as a physical metaphor for one's daily outlook. It is designed to help participants open the mind, recharge the body, and awaken spiritual energy. \$18 (reduced costs with packages or registration). Call 369-2054; webguru@annarboryoga.com or sun-moon-yoga.com.

Iyengar Yoga Classes at the Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, and Pam Lindberg • Weekdays, evenings, and Saturdays • Iyengar yoga helps students develop focus and reduce stress by teaching balance, flexibility, and stamina. Classes for beginners, intermediate, and more advanced students; all classes are individualized. \$120/eight-week sessions. Call 662-9600; sue@yogaspacannarbor.com or yogaspacannarbor.com.

Beginning Grounding Yoga with Andrea Ridgard • Mondays, 3:30-4:45 p.m. followed by tea time • This class is open to all levels and will highlight standing postures that bring energy down into the legs and leave students feeling stable, strong, and connected. The class will always include several joint lubricating exercises as well as restorative postures at the end of class. \$18/drop-in (\$80/five classes; \$140/10 classes; student/senior discounts). Call 834-0172; andrea@groundedhere.com or groundedhere.com/yoga-classes.

Iyengar Yoga with Kirsten Brooks • Ongoing classes • These classes will follow the teachings of BKS Iyengar to explore the subject of yoga through the lens of physical poses. No prior yoga experience necessary. \$120, regular fee, pay what you are able. Call Sue at 622-9600; sue@yogaspacannarbor.com or yogaspacannarbor.com.

Iyengar Yoga with David Rosenberg • Mondays, Thursdays, Saturdays, and Sundays • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Call for times and prices at 662-6282; massage4@aol.com or aareced.com.

Yoga Happy Hour: Basics + Restorative with Michele Bond • Fridays, 6-7 p.m. • Learn basic alignment, simple postures and breath, along with restoratives in a candlelit studio surrounded by nature. \$13. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine Yoga with Michele Bond • Fridays, 7-8:15 a.m. • The class begins with candlelight as the sun rises over the nearby treetops. End the mixed-level practice in the full light of the new day. \$18. Call Michele to register at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

The Practice with Michele Bond • Wednesdays, 6-7:30 p.m. • This class is designed to help athletes develop core strength, enhance flexibility, agility, balance, and mental focus in an energetic practice. Employs Anusara's alignment principles to open the door to peak performance in sports and other areas of life. \$18. Call Michele to register at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Tuesdays, 5-7:30 p.m. • The class, designed for those new to yoga, introduces the universal principles of alignment that help students learn the postures, deepen understanding of the body, and develop a safe, joyful, and therapeutic yoga practice. \$18. Call Michele to register at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

114 S. Main St, Ann Arbor - 734.665.2725

Teachers, Lecturers, Workshop Leaders, and the Centers

Aaron is a spirit who has been a Buddhist monk and scholar in many 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” and is channeled through Barbara Brodsky.

Linda Adamcz, MSW, Certified Practitioner of Integrative Breathwork, is an individual therapist and group facilitator in the mental health field for over 26 years.

Ann Arbor Center for Mindfulness is a group of mindfulness teachers whose mission is to cultivate and support the understanding and practice of mindfulness to promote health and well-being.

Ann Arbor Storytellers’ Guild is composed of artists, musicians, teachers, librarians, and others who gather monthly to share stories and develop the craft of storytelling.

Robert Auerbach is a certified Advanced Practitioner of Rolf Structural Integration who studied with two of Ida Rolf’s senior proteges and has been in practice for 19 years.

Katherine Austin is certified in Ashtanga, Vinyasa, and Kundalini, the Khalsa Way Pre-Natal, and Spirit Baby Yoga. She is also a heart-based meditation technique teacher, yoga teacher trainer, and a workshop and retreat leader locally and internationally.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising yoga therapy practitioner and Kripalu yoga teacher. She has been a certified Transformational Breath facilitator since 2004 and a senior trainer with the Transformational Breath Foundation since 2006.

Liza Baker is a certified Integrative Nutrition Health Coach and is the chef/owner of Simply: Home Cooking. She is also a kitchen organizer who teaches her clients the “flip your kitchen” system to learn to regularly cook 21 meals a week from scratch.

Beth Barbeau, BS, is the owner of Indigo Forest with over 30 years experience in the field of birth as a midwife, childbirth and breastfeeding educator, and faculty member at the Holistic Doula program at the Naturopathic Institute.

Lisa Barley, PhD, received her Kundalini Research Institute Aquarian Teacher Level I Training Certification in 2008.

Deanne Bednar, MA, is coordinator and instructor of the Strawbale Studio Natural Building and Sustainable Skills Program, and has been natural building since 1996. She is the illustrator of three books on natural building.

Nicole Marinette Bedy is an Ashati master who trains people in intuitive development and healing. She also makes sacred art.



Photo by Rachael Waring

Linda Berry has been a practicing chiropractor for over 30 years, and has been the co-owner of **Complete Chiropractic & Bodywork Therapies** since 1990. She has lectured extensively at U-M to medical students, interns and family practice residents, and has taught a yearly one-day module on chiropractic and chronic pain to U-M professors from all departments. See CCBT’s website at: <http://ccbtherapies.com>

Carol Bennington, PhD, is a Bach Foundation Registered Practitioner who is one of a dozen US instructors for the Bach International Education Program. She has worked for over two decades empowering others to support their best selves with flower essences as a practitioner, instructor, author, and speaker.

Jeanna Billings is a certified crystal healer, animal communicator, canine massage practitioner, and Reiki master/teacher. She follows the way of the shaman in her approach to healing.

Kathy Bloch has studied Tarot since 1980 and has actively done readings since 1995.

Carole Blotter has been practicing Insight (Vipassana) Meditation since 1989 and teaching since 1999. She is a teacher of The Forest Way, an organization dedicated to providing retreats conducive to spiritual growth that is balanced and integrated.

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

Michele Bond has over 500 hours of training in yoga and yoga therapeutics, and studies meditation with Dr. Paul Muller-Ortega. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Alan Boyce, DC, has been involved with Eastern Initiatic schools and Native American ceremonial practices since 1980.

Emma Bragdon, PhD, is the author of seven books, co-producer of two documentary films, and the founder/director of Integrative Mental Health for You.

Patty Brennan, Director of Center for the Childbearing Year, has advocated for 30 years as a childbirth educator, doula trainer, midwife, and nonprofit executive. She is a DONA International-approved birth and postpartum doula trainer and author, and founded Michigan Doula Connection, a web-based nonprofit linking volunteer doulas with low-income families.

Barbara Brodsky is founding teacher of Deep Spring Center, has practiced meditation since 1960, and teaching since 1989. Her teaching draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Kirsten Brooks is an Introductory II Certified Iyengar Yoga teacher.

Kimberly Cardeccia, MA, LPC, is the founder of Hidden Promise who combines her counseling practice with her herd of horses. She holds workshops and speaks on connection and personal growth.

Catherine Carlson is a Doreen Virtue-Certified Realm Reader and Certified Aura Soma consultant who has studied with many metaphysical authors including Doreen Virtue, Sonia Choquette, and Donna Eden.

Kapila Castoldi is a student of spiritual teacher Sri Chinmoy who has studied and practiced meditation for over 29 years and has taught meditation throughout the midwest for over 25 years.

Center for the Childbearing Year is Michigan’s premier DONA doula training center and childbirth preparation and parenting community offering comprehensive online childbirth preparation, hosted by Patty Brennan, in addition to community-based education.

Amanda Childress is a licensed pharmacist who earned her Doctor of Pharmacy in 2007. She currently uses Nutrition Response Testing as a holistic pharmacist.

Kristin Clore, BS, MOT, OTRL, is an occupational therapist who is working on her advanced clinical training with ULAN Nutritional Systems.

Lori Coburn, MSW, has a 25-year psychotherapy practice specializing in spiritual counseling, mood disorder, and substance abuse. She is author of *Breaking Free: How Forgiveness* and *A Course in Miracles Can Set You Free*.

Sam Cornelius is a long-time northern Michigan resident and experienced hiker, cross-country skier, snowshoer, and four-season camper.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don’t regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders, and the Centers

Kerry Cradit, BS, earned her BS in Nutrition and Food Science, and is a certified Advanced Nutrition Response Testing Practitioner.

Letha Cupp has been working with animals since 2008 and is the owner of Creative Pet Projects, LLC.

Christy DeBurton, RYT, is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Judith Dila is a Feldenkrais practitioner and member of the Feldenkrais Guild of North America. She is also a certified body work practitioner with over 25 years of experience.

Vic Divecha has been sharing meditation in SE Michigan since 2002 and has helped build a peer-mentor network in Ann Arbor and surrounding areas.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, and Buryatan shamanism and various Native American traditions.

Joan Ebbitt, LMSW, is a retreat and spiritual director at Weber Center and a member of the GLBTQ community who has experienced the love the divine in her spirit and prayer community, with family and friends, and in the support of the Adrian Dominican Sisters.

Mara Evenstar and Marianne Carduner combined 40 years of healing experience to form Fusion Energy Arts and bring innovative approaches to teaching Reiki.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 30 years.

Catherine Fischer is a former teacher, and is a mother, birth and postpartum doula, and long-time parent support group leader.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman, and has made a career out of her passion for building community by bringing people together to drum.

Gayle Fitzgerald is the founder of Celestial Vibrations, LLC, and is a Master Numerologist, transformational breakthrough and healing expert and celestial conduit with over 33 years experience in metaphysics.

Mariko A. Foulk, LMSW, ACSW, is a psychotherapist who provides a variety of mindfulness-based interventions for older adults.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships*.

Melanie Fuscaldo, MA, LPC, NCC, is a counselor and life coach specializing in joyful transformations.

Amy Garber, BA, RMT, is the director of Intuitives Interactive, a group for intuitives, indigos, and the curious, who has been offering intuitive channeled readings to the public since 2001. She has hosted biennial Holistic Psychic Fairs in Ann Arbor since 2013. She earned a teaching certificate in elementary education from EMU.

Katy Gladwin is a doula who has been serving Ann Arbor and Ypsilanti families for the past four years as founder and owner of Sacred Roots LLC. She teaches childbirth education through Pregnancy Arts.

Ann-Margaret Giovino and Jan Katz are Sun Shen tai chi instructors and senior students of Sun Shen tai chi founder Master Sang Kim.

Penny Golden is the founder of Body Mind Spirit Guide and Body Mind Spirit Radio whose passion is learning about universal laws and how to connect our thoughts, feelings, and family to spirit.

Robin Lily Goldberg holds certifications in Hatha Yoga, Street Yoga, Laughter Yoga, and Therapeutic Yoga. She is also a writer, reflexologist, and Reiki instructor/practitioner.

Sharon Gold-Steinberg, PhD, is a fully licensed clinical psychologist and certified practitioner of Sensorimotor Psychotherapy. She taught and supervised at U-M for over 20 years and is a founding member of Partners in Healing.

Katie Gordon is a therapist at Dawn Farm Outpatient Services.

Dolores Graham runs Dreamscapes Art Studio for children, teaches art classes, and shares space at MAKE art studio.

Karen Greenberg is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype throughout North America. She is currently a metaphysical teacher of personal and spiritual growth.

Paulette Grotrian is a graduate of the University of Massachusetts Medical School Center for Mindfulness Teacher Training. She is an experienced meditator and teacher.

Idelle Hammond-Sass teaches at VEO Art Studio and works with the Creative Studio Process in her own studio practice, where besides her jewelry, she draws, does watercolor, and creates mixed media artwork.

Mark Handler is an Amrit yoga instructor who has studied with Yogi Amrit Desai, Deepak Chopra, Sonam Dorje, Jonathan Goldman, and various Tibetan Buddhist monks including Tashi, the Dalai Lama's chant master. He plays the bowls to create chakra-balancing vibrations.

Nirmala Nancy Hanke, MD, is a long-time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP, is a certified Enneagram teacher in the narrative tradition, psychotherapist, personal and spiritual guide, relationship coach, and workshop leader.

Patty Hart, E-RYT, has been teaching yoga classes, privates sessions, and workshops since 1998. She specializes in individualizing instruction and adapting poses for specific student needs.

Elizabeth Hazel is the president of SMART.

Kathy Bindu Henning is the founder of Present Moment Meditation and has studied meditation for nearly 40 years.

Kathleen A. Hinderer, PhD, MS, MPT, PT, has more than 25 years experience as a physical therapist and clinical experience treating a broad spectrum of disabilities across the lifespan.

Cinda Hocking is a yoga instructor who was trained in the Sivananda style and also teaches relaxation and stress reduction in her private counseling practice.

Sara Hughes-Zabawa, LLMSW, RYT, is a clinical therapist and registered yoga instructor devoted to holistic yoga practices that address the mind, body, and spirit. Her yoga classes emphasize the importance of breath, relaxation, and exploring the healing power and inner wisdom of the body.

Karen Husby-Coupland is a certified Iyengar Yoga teacher who has been practicing yoga since 1993 and teaching since 1999.

Edwina Jarrett, MSW, LMSW, works with clients suffering from depression, anxiety, PTSD, dissociative identity disorder, ADHD, ADD, OCD, and stress management.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

Kurt Kazanowski is an author, speaker, coach, and consultant in the areas of aging, hospice, and home care with over 30 years experience. He owns Homewatch CareGivers and First Home Care in Moscow, Russia.

Connie Kelly-Saur, BS, has a background in biochemistry and experienced Nutrition Response Testing first as a patient, and then as a practitioner. She helps others improve their health and heal the body with whole food nutrition.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Kelly Kempter, RTT, massage therapist and bodyworker, is a graduate of the Myomassology Institute with advanced training and practice in Thai massage and shiatsu.

Esther Kennedy, OP, MSW, a Dominican Sister of Adrian, is a spiritual director and clinical social worker. She has a belief in the power of story and myth as a portal into human depth and the sacred.

Mary Sue Kennedy, OP, is a Dominican Sister who has served as executive director of the Dominican Sisters Conference, in leadership for Adrian Dominicans, and as Vicar for Religious for the Diocese of Toledo.

Shala Kilmer has been an intuition coach, trainer, and reader since 1991.

Master Sang Kim is an engineer, Christian mystic, and inheritor of Master Gabriel Chin's Yang Style Tai-Chi lineage. Originally from Korea, he has practiced martial arts, cultivation methods, and healing for more than 30 years and has been teaching since 1992.

Carole Kirby, LMSW, has over 30 years experience as a therapist, coach, and psycho-educational teacher. She is a certified Imago therapist and workshop presenter specializing in couples therapy. She also works with individuals, families, and groups.

Amy Koch began her physical therapy career over 20 years ago and bridges the healing of the physical body with that of the energy bodies and spirit.

Arlene Kosmatka, OP, a Dominican Sister of Adrian, is involved in the ministry of spiritual direction and retreat work.

Daniel Koster has been a massage therapist and yoga instructor for over 15 years.

Dave Krajovic and Pat Krajovic founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

Michael Krajovic and Lucy Lucia bring over 30 years of spiritual study and practice to classes that enable them to bring the message of self-love to others.

Lucinda Kurtz, MA, is a certified Brennan Healing Science practitioner and former professor of Women's Studies who helps people heal from experiences that block full manifestation of their potential. She has a background in healing, shamanic, and energetic practices.

Lamaze Family Center Ann Arbor offers programs designed to impart a unique blend of knowledge, resources, and support to benefit families from pregnancy to preschool.

ACTIVE DREAMING AND MESSAGES FROM THE BIRDS

By Julie Tumbarello • Photo by Joni Strickfaden

I've been a dreamer as long as I can remember. Not just a night dreamer, but a day dreamer — one who notices signs, synchronicities, and coincidences from the universe. Like many of you, as a child I would share my dreams and experiences to little acknowledgement. For me, the dreams continued to come, and I longed for an understanding of the messages they were delivering. So over the years, whenever I ran across a book on dreaming, I would pick it up. Some I finished; others fell by the wayside. All of them were missing something that I couldn't quite put my finger on.

I've been a dreamer as long as I can remember . . .

Then one afternoon I attended a meditation group, and the leader mentioned Robert Moss. As I had done so many times before, I decided to look up this dreamer. I was surprised to find that Moss, unlike the others I had researched, had written many, many books on dreaming. I decided to read one of his books and was drawn to *The Three Only Things: Tapping the Power of Dreams, Coincidence and Imagination*. As soon as I began, it felt like a coming home. This wasn't just any kind of dreaming practice, it was Active Dreaming, where night and day dreams come together with the interplay of synchronicity, coincidences, and imagination. The best part of it all was that it draws from the strength of shamanic tradition, which focuses on experiences of the dreamer herself.

As soon as I started the book, I could not put it down. So when a scheduled work trip came up, I packed the book in my carry-on and took it along with me. It was a hot July day and I was on my way from Detroit to Rhode Island. I arrived at the gate a few minutes early, so I took a seat near the boarding area and eagerly pulled out my copy of *The Three Only Things*. I resumed my reading at chapter 8: "Coincidence and What Wants to Happen." I started to read: "The Romans were especially devoted to getting messages from the flight and the voices of birds . . ." *VOOM!* Something passed over my head. I looked around but didn't notice anything. Back to reading: "Before making an important decision, top Roman officials, accompanied by members of the council of augurs (bird-watchers) . . ." *VOOM!* The woman next to me exclaimed, "Wow! That was close!" I glanced up from my book just in time to duck as another bird flew right at my head. I looked at the book, then looked at the bird and thought: *I am so glad I was not reading about elephants!*

We soon packed up our belongings and boarded the plane. But, as sometimes happens, there were mechanical issues. We got back off the plane while the issue was attended to and since it was around lunch time, I decided to get a salad and iced tea. I found another spot in the airport and sat down, placing my salad on my lap and my iced tea on the floor next to my right foot. It was one of those hot, humid Michigan summers, and even though the terminal was air conditioned, it was still quite humid. My iced tea started to sweat as the humidity condensed on my cool cup. Within minutes a small bird appeared, hopped up to the cup and began drinking the refreshing droplets of water. Soon another bird appeared and joined in, then another, and another. Shortly there were a half dozen birds gathered around my cup hopping in and out drinking the water drops (and yes, this was inside of the airport). People were



Julie Tumbarello

stopping and commenting on my "little buddies." Others stopped to take pictures. This went on for quite some time until it dawned on me that I had my own camera. I gently reached into the bag next to me, slowly pulled out my camera, and hovered it over the top of my cup and snapped the moment. I later reviewed the picture and noticed what I had captured was a round circle with birds gathered around it. I looked at the front cover of *The Three Only Things*, and the picture on the front cover was of birds, gathered around a circle — a bird bath, and a place for them to drink water.

This wasn't just any kind of dreaming practice, it was Active Dreaming, where night and day dreams come together with the interplay of synchronicity, coincidences, and imagination.

Moss has said truth comes with goose bumps. When I saw the pictures of the birds at the airport gathered around my cup and the front cover of *The Three Only Things*, I was one big goose bump. I knew in that moment that these birds were my messengers and the message was clear. "Through dreams, coincidences, and the workings of imagination, we begin to remember that there is a world beyond the obvious one, and that it is there we reawaken to who we are and what we are meant to become" (p. 3). These dreaming birds reminded me of what I already knew and were pointing me in the direction for reawakening. A reawakening to a life as an Active Dreamer.

"Through dreams, coincidences, and the workings of imagination, we begin to remember that there is a world beyond the obvious one, and that it is there we reawaken to who we are and what we are meant to become."

—Robert Moss

Following the message from these birds and listening to my dreams, I went on to study with Robert Moss and became an Active Dream teacher. I'm passionate about Active Dreaming for many reasons, but most of all because it is about both spontaneous night dreams *and* being open to all of life's experiences, including those that play out during the day. These experiences cannot, and should not, be isolated from one another. Active Dreaming means being open to the universe, and life 24/7. When we open up to the powers that speak to us in dreams and messages from the universe during the day, we have access to an amazing resource that allows us to be full active participants in how we create and dream our lives.

Julie Tumbarello, "Dreaming Julie," is a Level 3 Certified Active Dream Teacher through Robert Moss' Dream School. Drawing from her own healing journey and background in meditation, psychic development, and Reiki, she leads workshops helping people wake up to life through dreaming. For more information, email info@dreamingjulie.com or visit www.dreamingjulie.com. For more information on the core techniques of active dreaming, visit www.beliefnet.com/columnists/dreamgates/2011/06/what-is-active-dreaming.html.

Teachers, Lecturers, Workshop Leaders, and the Centers

Mary Ledvina, BA, MOT, is a writer, artist, and healer who journals daily.

Frank Levey is a certified breathwork facilitator and meditation teacher, and is co-director of Blue Turtle Nature Camp in Ann Arbor.

Jack and Susan Lewis are spiritual teachers with an intuitive ability to help others become connected and aware. They are natural light workers, aura photographers, and interpreters who bring knowledge of the law of attraction and Edgar Cayce to their aura interpretations.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, non-violence towards all beings.

Mike Limauro is a teacher and minister with Ananda Michigan, which is affiliated with Ananda Worldwide founded by Swami Kriyananda. He has been practicing meditation for over 25 years and teaches seminars on meditation, yoga philosophy, and other topics.

Eleanora Lipton and Karen Kerns are national and international iYoga and Polarity therapy instructors, and were founders of the American Polarity Therapy Association.

Ellen Livingston studied Raw Nutritional Science with Dr. Doug Graham and Professor Rozalind Gruben Graham, and has more than 20 years of independent research on health and nutrition. She teaches yoga and raw food classes in the community, in Costa Rica, and from her home and yurt in Ann Arbor. She offers life coaching, retreats, and pendulum energy clearing.

Jeanne Mackey explores emotional, creative, and relational skills through workshops, ritual, and music. She created "Drop the Knife: A Memoir-in-Song" on the occasion of turning 60 in 2010. An instructional designer at the University of Michigan and former psychotherapist, she has led workshops on conscious aging.

Sophia Maher spent eight months in the Sivananda Ashram in Val Morin, Quebec completing her immersive TTC training.

Madhavi Mai is a classical Indian dancer, choreographer, and teacher in the bharatanatyam style, and singer-songwriter and kirtan leader with A2 Amma Bliss Band.

Claire Maitre is a workshop facilitator in the "Work That Reconnects" developed by Joanna Macy.

Jackie Major is a professional clairvoyant reader, healer, and teacher with 30 years' experience. She is also a medical intuitive, and does aura and past-life healing work.

Angie Martell is a holistic attorney and mediator with the law firm Iglesia Martell. She specializes in holistic law, divorce and family law, mediation, criminal defense, estate planning and elder law, LGBT issues, business law, and employee rights.

Barb McConnell, LPN, is a Certified Healing Touch Practitioner and Instructor for Levels 1, 2, 3, and 4 who has studied essential oils for the last 14 years and is certified in most areas of oils training. She has over 30 years experience in hospital, clinical, and industrial nursing/industrial management.

Trudy McSorley is a former Adrian Dominican Sister and currently an Associate of the Adrian Dominicans who has spent most of her life ministering at Siena Heights University in the theater department, as a Dean for students, and as special assistant to the President for Mission Education.

Kristin Meekhof, BA, MSW, received degrees from Kalamazoo College and University of Michigan. In 2007 at age 33, she lost her husband to adrenal cancer and spent 3.5 years interviewing widows of different backgrounds for her book.

Paula Johnson Michalak is a licensed professional counselor and experienced divorce group facilitator.

Karen Mori has been practicing Vipassana meditation since 2003 and recently completed teacher training at Deep Spring Center. She has taught meditation classes through Ann Arbor Rec and Ed.

Ed Morin is a poet and former English teacher at area universities and colleges.

Nan Moss is a faculty member at Shamanic Studies and author of *Weather Shamanism: Harmonizing Our Connection with the Elements*.

Irena Nagler is a performer and director with Nightfire Dance Theater, Storydance, and Polyfonica Duo. She teaches environmental dance and facilitates dream circles.

Naturopathic School for the Healing Arts is a state licensed school in Ann Arbor established in 2009.

Kristin Neff, PhD, is an associate professor at University of Texas, Austin, and is recognized as an expert in research on self-compassion.

Laurice Nemetz is a certified and registered experienced-level yoga teacher, Stott Pilates certified instructor, board-certified member of the Academy of Dance/Movement Therapist and licensed creative arts therapist. She is past president of the Yoga Teachers' Association and has been a professor at Pace University since 2007.

New Moon Midwifery offers prenatal, birth, and postpartum care to women and families desiring home birth in and around the Ann Arbor area.

Lisa Nogueira, LMT, is a licensed massage therapist, holistic health coach, sound healing practitioner with over 10 years experience in the health and wellness field.

Saundarya O'Donnell, E-RYT 500, LMT, developed Correctional Alignment Therapy based on 20 years experience with muscle anatomy (BS, Biology from U-M), therapeutic yoga, and Thai massage. She offers private CAT massage and therapeutic yoga classes. She currently studies at University of Chicago Divinity School.

Nancy L. Ogilvie has 30+ years experience in creating and facilitating adult learning experiences.

John Orr received his training in Thailand and India and was a Buddhist monk for eight years. He has been teaching meditation since 1979, and does transpersonal counseling and teaches at Duke University.

Sibel Ozer, LPC, BCPC, ATR-BC, is a licensed professional counselor and board-certified art therapist in private practice at Firefly Art Therapy in Ann Arbor.

Robert Joseph Palmer is the founder of Raven Writing Studios Ink, and has been a writing coach and team builder for over 21 years. He taught at Eton Academy and Royal Oak Alternative Education.

Sifu Genie Parker has trained and taught Wu style tai chi chuan for over 20 years. Sifu Genie is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and gatekeeper of the Wu style.

Mridu Pasrija is a Crystalline Consciousness Technique Energy Coach and certified teacher who comes from a corporate background in human resources and technology.

Marin Perusek and Jeannine Myers are Eden Energy Medicine Certified Practitioners.

Carole Poffinbarger is a licensed massage therapist and certified instructor.

Radha (Gloria McCartney) is a direct disciple of Swami Vishnudevananda who has been teaching yoga for more than 40 years.

Rocky Rains is a graphically-trained artist and Shamanic practitioner. **Heather Rains** is Rocky's daughter, and began to draw immediately after she was born.

Vaidya Raj is a spiritual healer and teacher who is board-certified Ayurvedic/Alternative Medical Practitioner and Certified Spiritual Healer by the International Center for Reiki Training.

Nick Reszetar is a local artist and college teacher.

Deb Rhizal is a registered nurse, birth doula, and child-birth educator who has been teaching childbirth classes since 2005.

Andrea Ridgard is a 500-hour Kripalu Yoga teacher and Ayurvedic Health Counselor with a passion for helping others establish effective self-care routines.

Kathleen Riley, CCP, DEH, WHEE, is the founder and executive director of The Dove House, an integrative health and psychotherapy center. She is the author of *What You Feel Is Real, Everyday Miracles*, and the forthcoming *Spaces of Love*. Previously, Kathleen worked with *Magazines of Love*. She has worked for over 15 years to help clients move forward in positive ways to relieve pain, illness, anxiety, depression, and PTSD.

Gelek Rimpoche is the founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Rimpoche's command of western culture enables him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Libby Robinson has been practicing mindfulness meditation since 1979, was trained by Jon Kabat-Zinn and colleagues at the University of Massachusetts, and has been teaching MBSR since 2003.

David Rosenberg has been teaching Iyengar yoga since 1993 and traveled to Pune, India, in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Sue Pickering Rothamel works in mixed media collage where she explores color and themes. She enjoys working with beginners and established artists and crafters.

Anita Rubin-Meiller, LMSW, has been facilitating self-compassion groups for four years. She is a psychotherapist in private practice and a spiritual seeker whose current practices include morning meditation, tai chi, and chi kung.

Jonathan Rudinger, RN, LMT, is founder of PetMassage and has worked in the canine massage areas since the mid-1990s. He facilitates workshops and home study courses.

Merilynne Rush, natural death-care educator, was a midwife and hospice nurse who now sits on the board of Green Burial Council International. **Diana Cramer**, a death midwife, is a longtime hospice volunteer and has trained with Buddhist teachers in the field of death and dying. Both have facilitated the Death Cafe since 2012 and serve as home funeral guides and advanced care planning facilitators.

Sue Salaniuk holds a Senior Intermediate I Level Certificate and has been teaching yoga since 1988.

Darren Schmidt is a graduate of the National College of Chiropractic in Chicago who has traveled the country teaching Nutrition Response Testing to about 3500 chiropractors, doctors, acupuncturists, nurses, and other healthcare practitioners.

Juliana Schreimer has a background in naturopathy from the Naturopathic Institute and teaches natural health.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to 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.

Teachers, Lecturers, Workshop Leaders, and the Centers

Stephanie Shepard is a level III Reiki Master trained in the tradition of Usui Reiki by Sharon Baker. She is also a yoga teacher and business owner.

Shining Lakes Grove is a local branch of Ar nDraiocht Fein, a Druid Fellowship, Inc., (ADF) that strives to bring the philosophies of ADF to life at the grass roots level and to introduce pagan beliefs to the mainstream.

Laura Shope, MFA, CPC, is the founder and creative director of Bluefire Institute, whose mission is to offer programs and services that give people to life life on fire.

Antonio Sieira, PhD, is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner and is the creator of the Mindfulness Meditation System.

Anneliese Sinnott, OP, is a Dominican Sister of Adrian who is a professor of systemic theology at Ecumenical Theological Seminary in Detroit. She participated in two trips to the Holy Land in 2009 and 2010.

Lynn Sipher, LMSW, has practiced mindfulness meditation for 15 years and provides individual, couple, and family therapy.

Joan Skolimowski has taught the art of making mandalas for the past 17 years throughout the world and currently teaches at VEO Art Studio.

Southeast Michigan Astrologers' Round Table (SMART) is a local chapter of NCGR.

John Steadman, BA, MA, MBA, is a scholar of both H.P. Lovecraft and Western occultism and has been a magickal practitioner for over 30 years, working with various covens and small groups of initiates. He holds the following degrees in the Ordo Templi Orientis (O.T.O), USA: Magickian (II), Man (I), and Minerval (0).

Ema Stefanova, MA, E-RYT500, has been an author, healer, and yoga and meditation educator for over 35 years. She is a direct disciple of Swami Satyananda Paramahansa, the founder of the International Yoga Fellowship Movement and author of over 80 titles in the field.

Frans Stiene was About.com's Readers' Choice 2013 Favorite Reiki Teacher of the Year, and is an author, researcher, senior Reiki teacher, and co-founder of the International House of Reiki and Shibumi International Reiki Association.

Aileen Storoshchuk, BA, BSW, reads Akashic Records and does tarot, crystal healing, Reiki, Karuna Reiki, light body, and past-life regressions, and facilitates a weekly meditation and spiritual discussion group.

Austin Szelkowski experienced a three-day enlightenment in June, 2014 and now shares the gifts he received through guided and spiritually-charged meditations.

Janene Ternes is a commissioned spiritual director and founder of Prayer in Motion since 2003. She leads workshops that teach and inspire holistic forms of prayer.

Tatianah Thunberg, RYT, a holistic psychotherapist, yoga teacher, and Thai bodyworker is a graduate of Blue Lotus Thai workshop series in Ann Arbor.

Stephanie Tighe is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years experience healing and leading workshops nationally and internationally.

Judy Lee Trautman is a certified leader of the dances, an initiated Sufi, and an ordained Sufi Cherag.

James Treeclimber has practiced shamanic journey and integral yoga for over 20 years.

Joy Van Bael completed RYT training in 2010 with Yoga Shelter.

Jennifer Vanderwal is a Usui Tibetan Karuna Seiroku Reiki Master and a Melody Crystal Healer Instructor. She offers past-life ascensions, cord removals, meridian clearing, and quantum touch, and she facilitates healing crystal arrays.

Dee Vincent is a pranic healer, has studied numerous healing methods, and is a long-time communicator with animals.

Judi Vitale, NCGR-PAA, has been practicing and teaching astrology for more than 30 years.

Cam Vozar, a psychotherapist in private practice for over 25 years, has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Billie Wahlen has been teaching Kundalini yoga and guiding meditation for over 12 years.

Sifu Joseph Wang is the Head Sun Shen Tai-Chi Instructor and Senior Tai-Chi Students of Master Sang Kim. He has been teaching since 2005.

White Lotus Farms is a 501c3 dedicated to educating youth and the community about small-scale, sustainable farming.

Suzy Wienckowski is a Reiki Master and Registered Massage Therapist with over 30 years experience in healing arts. She teaches the traditional Usui System of Reiki Healing after her own training with two Masters initiated by Hawayo Takata and Hiroshi Doi, a member of the original Usui Reiki Ryoho Gakkai in Japan.

Carisa Wilder, LMSW, RAP, is a licensed clinical therapist and registered Ayurvedic practitioner providing meditation instruction, holistic therapy, and ayurvedic consultations at WomanSafeHealth.

Debra Williams, LMT, is a board-certified, licensed massage therapist who has been providing Reiki to the community for over six years.

Eve Wilson is a natural intuitive healer and trainer of healers since 1986, specializing in personal and planetary ascension.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Phoenix Rising yoga therapy practitioner and Kripalu yoga teacher.

Nancy Wolfe is a painter and educator teaching at the Washtenaw Community College Art Department and Wayne State University, Art Therapy Department. She shows her work at Toledo Museum Gift Shop and Pierre Paul Gallery.

Phil Young is an International Polarity educator and past president of the American Polarity Therapy Association.

Master Wasentha Young has over 47 years of experience and received formal training in Taoist and Buddhist meditation, achieved certification in TCM and Acupressure, and has a masters degree in Transpersonal Studies.



Liza Baker is a certified Integrative Nutrition Health Coach and owner of Simply: Health Coaching. For information about classes she's offering this fall/winter, see the Nutrition section on pages 104 and 105.

Karlta Zarley, RN, has over 30 years experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 17 years as a professional healer and educator, providing energy work, spiritual direction, essential oil and flower essence consultations, and leading classes and retreats.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.

Tina Zion is a fourth generation psychic/medium and author of *Become a Medical Intuitive*. She teaches medical intuition throughout the USA and internationally.

Lisa Zucker began meditating in 1999, joined Deep Spring's teacher training in 2006, and has taught since.

Jennifer Zumbrink is a naturopath, Nutrition Response Practitioner, and founder of Food First by Jennifer. She teaches people using non-invasive methods along with whole food supplementation to restore their health.

I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see. —JOHN BURROUGHS

Advertiser Directory

AcroYoga/James Gilligan.....	31	Grace Morand.....	23
Ann Arbor Community Acupuncture.....	67	Dr. Kyle Morgan.....	55
Eve Avrin.....	24, 65	Brenda Morgan.....	47
Carol Bennington.....	9	Mystery School of the Temple Arts/Leslie Blackburn.....	25
Bgreen, Inc.....	22	Naturopathic Institute of Michigan.....	Inside Back Cover
BioEnergy Medical Center.....	109	Cindy O'Connor/Polarity Support.....	24
Bloom Gardens/Elemental Designs.....	27	Peaceable Pets/Robin Peterson.....	73
Henry Buchtel.....	21	Peaceful Dragon School.....	15, 25
BVI Ayurvedic School of Medicine.....	21	People's Food Co-op.....	37
Dancer's Edge.....	83	People Dancing.....	83, 85
Dana Casey/Feng Shui.....	22	Poetry Series at Crazy Wisdom.....	113
Castle Remedies.....	Back Cover	Polarity Center.....	105
Caroline Charlesworth.....	21	Janine Polley.....	103
Chef John.....	23	Ellen Porter.....	21
Chef of the Hills.....	22	Princess Designs.....	79
Collected Works.....	27	Judy Ramsey/Heart to Heart Animal Communication.....	21
Cynthia Conklin/Eastern Sun Shiatsu.....	25	Stephen L. Rassi.....	24
Crazy Wisdom Author Event.....	106	Ruth Riegel.....	24
CW Tea Room Live Music.....	46	Room to Talk.....	57
Nancy Dargan, Grantwriter.....	22	Susan Rose, D.O.....	65
Deep Spring Center.....	94	Theresa Rose/Rose Law, PLLC.....	22
Felicia Drayton.....	9, 25	Gail Ross.....	25
Jonathan Ellis.....	93	Anita Rubin-Meiller.....	69
Diane Evans.....	41	Rudolf Steiner School.....	85
Fairy Tea at CW.....	85	Sage Nutritional Therapy/Karrie Reas.....	35
Amy Garber.....	23	Barbara Salem.....	21
Nanci Rose Gerler.....	23	Rachel Samson, Music Lessons.....	83
Heather Glidden/Gyrotonic Tree Town.....	35	Sapphire Soul.....	23
Lisa Gribowski-Smith.....	23	Melisa Schuster.....	21
Douglas Gross/Raymond James Financial.....	57	Malcolm Sickels/Ann Arbor Thermography.....	73
Paulette Grotrian/Elizabeth Robinson, MBSR.....	47	Kathleen Slonager/Transformational Health.....	8
Idelle Hammond-Sass.....	22	Sri Chinmoy Centre.....	24
Patty Hart/Every Body Happy Yoga.....	17	Todd Stackhouse.....	73
Denise Held/A2 Reflexology.....	21	Todd Stockwell.....	8
Homegrown Festival.....	1	Elizabeth Sullivan, Astrologer.....	29
Human Awareness Institute (HAI).....	Inside Front Cover	Carol Taite, Tikitybu Organizing.....	24
Inn at the Rustic Gate.....	57	Tea Room Readers.....	118
Interfaith Center for Spiritual Growth.....	67	Thrive Wellness Center.....	22
Intuitives Interactive.....	20	Monica Turenne/Four Paws.....	73
Jewel Heart.....	51	U-M Shamanic Research Study.....	25
Karen Lang.....	25	UMS.....	11
Kerrytown Book Festival.....	116	Unity Vibration Kombucha.....	33
Ellen Livingston, Living Yoga.....	111	Cesar Valdez.....	22
Leslie Science & Nature Center.....	81	Cam Vozar.....	24
Lighthouse Center.....	103	Deb Wentz.....	24
Mary Light.....	23	White Lotus Farms/One Pause Poetry.....	15
Cynthia Logan Anthony.....	23	Suzy Wienckowski.....	24
Magnified Healing/Janet Pemberton.....	17	Eve Wilson.....	59
Angie Martell.....	93	Yoga Space.....	114
Michigan Theater.....	97	You Are Om.....	51
Brady Mikusko.....	65	Young Actors Guild.....	83
Mix.....	45	Karlta Zarley.....	63
Alice Mixer.....	23		

Expand Your Business Horizons!

Advertise in *The Crazy Wisdom Community Journal* and reach over 25,000 loyal readers in southeastern Michigan interested in a healthy, holistic, and conscious lifestyle!

Join our family
of satisfied advertisers . . .

"Being an advertiser in *The Crazy Wisdom Community Journal* is a wonderful and unique opportunity to be a part of the Ann Arbor Holistic Community."

— Patty Hart, Every Body Happy Yoga

"Imagine my surprise when, at the time to renew my ad, I was contacted by Rory and asked for approval of the re-design of my business card. *The Crazy Wisdom Community Journal* staff had remade my card so that it is clearer and easier to read, and more appealing and eye-catching, and best of all, they had done this for free. This is one of the ways that the customer service at Crazy Wisdom goes above and beyond other advertising venues. Kudos to Rory and the other staff!"

— Stephen Rassi, Chrysalis Facilitation and Counseling Services, LLC

The Path You Have Always Wanted

Inspire a world of health!
Your diploma in Massage
Therapy, Natural Health,
or Holistic Doula is here.



**IT'S NOT
TOO LATE!
ACCEPTING
APPLICATIONS
FOR WINTER
2016 START**

Naturopathy

(each year 600 hours)

Natural Health Educator.....1st Year
Natural Health Therapist.....2nd Year
Natural Health Practitioner.....3rd Year
Certified Naturopath.....4th Year
*4th Year graduates are eligible for
Doctor of Naturopathy National Test & Title*

Massage Therapy

Therapeutic Bodywork Practitioner...1 Year

Holistic Doula Practitioner

Doula.....6 Months

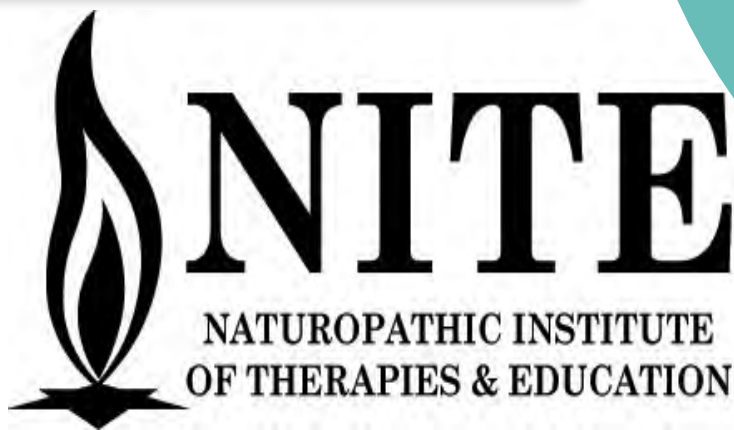
All Classes Meet on Weekends

Fri: 5-9pm and Sat & Sun: 9am-6pm

Naturopaths: 1 per month - Massage: 2 per month

Individual Classes:

*Herbology - Aromatherapy - Nutrition
Live Food Preparation - Light Healing Touch
Reflexology - Homeopathy & Much More*



(989) 773-1714~ Mount Pleasant, MI
contact@naturopathicinstitute.info
www.naturopathicinstitute.info

Over 19 Years of Experience ~ Licensed and Accredited

CASTLE REMEDIES

Homeopathic Pharmacy

Michigan's most complete source of homeopathic medicines
Specializing in products for maintaining health and preventing disease



Metagenics • Ortho Molecular • Pure Encapsulations • BHI Heel •
Karuna • Pure Research • Now • Zymogen • Integrative Therapeutics



www.castleremedies.com

2345 South Huron Parkway • Ann Arbor, Michigan 48104
Mon - Fri 9AM - 6PM & Sat 11AM - 4PM (734) 973-8990