

THE CRAZY WISDOM COMMUNITY JOURNAL

SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

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JANUARY THROUGH APRIL 2019 - ISSUE 71

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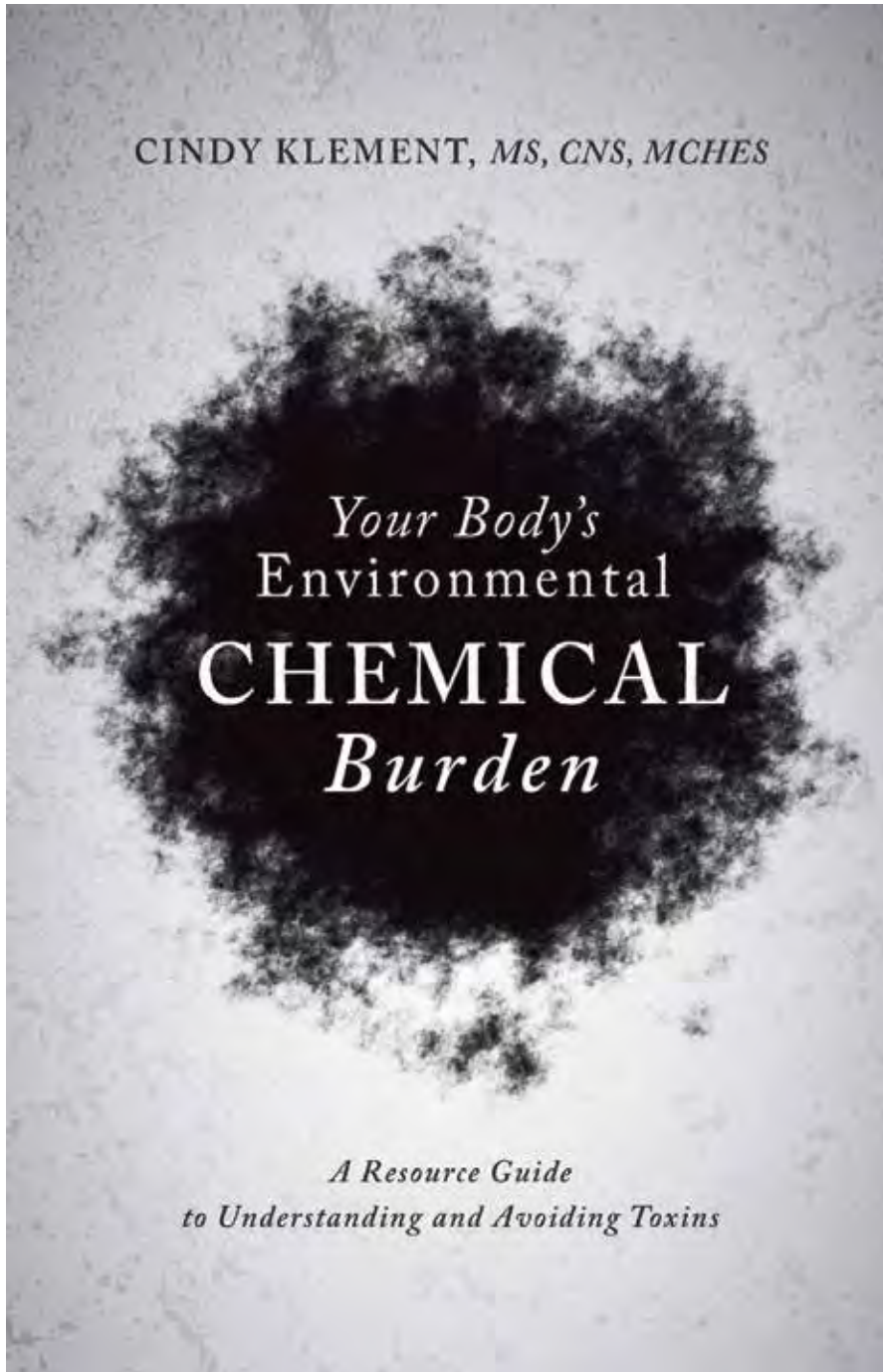
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Author and local health expert Cindy Klement is a nationally certified health educator, certified nutritionist, adjunct professor at EMU, and holds a masters degree in human nutrition. Cindy has dedicated her life's work to health and nutrition since 1989.

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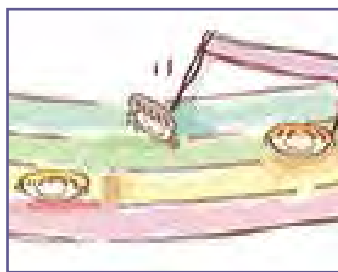
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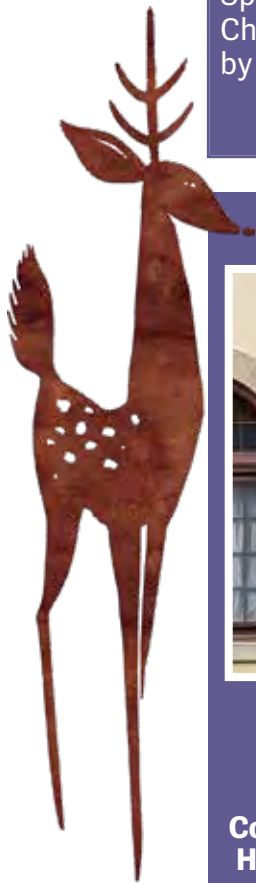
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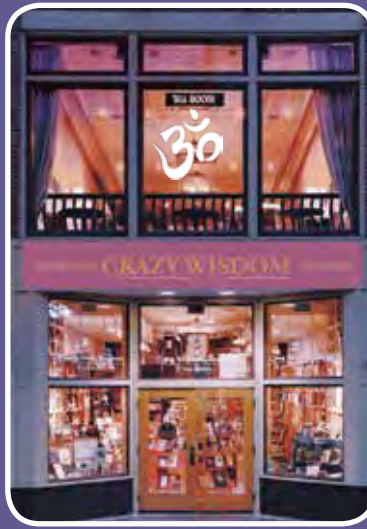
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“Crazy Wisdom” is a term popularized by Chogyam Trungpa Rinpoche, one of the major figures in bringing Buddhism to the West. He described it as an innocent state of awareness that is wild and free, completely awake and fresh. It's a spiritual worldview that represents thinking outside the box — moving against the stream.



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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.

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This issue is distributed starting in the last week of December. 11,000 copies of The Crazy Wisdom Community Journal are printed, and they are available at our bookstore as well as at more than 235 other locations in the area.

The deadline for Free Calendar submissions for the May thru August 2019 issue is Monday, March 18.

Contact
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The deadline for Paid Advertising is Monday, April 1.
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Crazy Wisdom Monthly Book Discussion 7:30 p.m. in the Crazy Wisdom Community Room

Jan. 18 • *On Being Nice* by A School of Life. Hosted by Deb Flint

Feb. 15 • *I'm Afraid of Men* by Vivek Shraya. Hosted by Deb Flint.

Mar. 15 • *How to Not Always be Working* by Marlee Grace. Hosted by Deb Flint.

Apr. 12 • *Call for Revolution - Vision for the Future* by His Holiness the Dalai Lama. Hosted by Bill Zirinsky.

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Meet Some of our Creative Team

We sincerely appreciate all the talent that gets put to work to bring you the best *Crazy Wisdom Community Journal* three times a year, and wanted to highlight different contributors from each issue in this space. Look for new names and faces in every issue!



Angela Madaras is passionate about all things food. She has been growing and cooking for herself and others for over 30 years. She enjoys a quiet life with her husband spending time in their large garden and art studio. She lives with gratitude and believes every human spirit is brilliantly bright and just needs to be polished every once in a while.

Laura K. Cowan is an editor and *Kids in the Community* columnist for the *Crazy Wisdom Community Journal* and is a journalist for local and national magazines specializing in green tech and conscious living. She was copy chief for *Winding Road* magazine and Green Transportation and Road Test Editor for *Inhabitat*. Her writing has appeared in *Automobile Quarterly*, *The Ann Arbor Observer*, and *Writer Unboxed*.

Susan Ayer began as a photojournalist in 1991, when she became publisher, editor, and staff photographer for the *Washtenaw Jewish News*. In addition to her freelance work for the *Crazy Wisdom Journal*, she does photography for many community organizations. Susan graduated from the University of Michigan with degrees in psychology, sociology, and teaching, and a masters degree in social work. Her photography can be viewed at susanayerphotography.com.



Diane Majeski is a former award-winning reporter who enjoys writing about the arts and all manner of holistic topics. She also is the author of three books: *Death on Deadline*, a newsroom-based murder mystery; *Magic, Miracles and Mistletoe*, a holiday collection of short stories; and the non-fiction *Mom Tales: Stories of Parenting, Potties and Post-Partum Panic*.



Hilary Nichols loves to find the spark and soul in her subject, whether she is shooting a bride or a Banyan tree. Her photography business operated in the SF Bay Area for over 15 years, specializing in weddings and portraiture and appearing in *Yogatimes*, *Planet Magazine*, *San Francisco Bay Guardian*, and more. Her move to Michigan five years ago opened a whole new adventure!

Jonathan Ellis is a key figure in the life and history of Crazy Wisdom Bookstore. He is a Spiritual Direction Counselor living in Ann Arbor and has also been an intermittent contributor to the *CW Journal*, including major interviews with Barbara Brodsky of Deep Spring Center, Jim Crowfoot/Ruth Carey, and Dr. Sara Warber. He was also a Contributing Editor for the Deepak Chopra Newsletter.

Logynn Hailey was raised in a Science of Mind church that mixed all belief systems freely and found no conflicts in doing so. Her parents taught her shamanism and metaphysics. Her grandparents enthusiastically took her to every kind of church. She splits her professional time between Vedic Astrology and illustrating mobile games. In her free time she practices kundalini yoga and illustrates concepts of Ayurveda and astrology from ancient Indian sources

Emily Slomovits plays music with her father and uncle, the duo Gemini, as well many other local musicians. She is a member of Spinning Dot Theatre, and has also been seen performing with many other theatre companies. Emily teaches violin, voice, and guitar and writes regular theatre and music previews and reviews for *Current Magazine*, *PULP*, and the *Washtenaw Jewish News*.



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Comedy, Drama, Music and More – Ann Arbor Civic Theatre Shares Secrets of Success

Explorers Club



Photo by Lisa Gavan

The nonprofit group produces an impressive portfolio of work each year: six mainstage productions, two smaller, “second stage” productions, two junior theater shows, two improv showcase weekends, and an assortment of workshops, readings, and educational opportunities for aspiring directors and playwrights.

By Diane Majeske

Alexandra Berneis smiles slightly. She leans back in her chair in her crowded office in the distinctive purple building on a quiet street in downtown Ann Arbor. The executive director of the Ann Arbor Civic Theatre ponders the question at hand: “The secret to our success? Let me think for a minute.”

She knows there is one — maybe more than one. After all, the community theater group has celebrated its 90th anniversary and is still going strong, producing mainstage productions, junior theater, workshops, new play readings, and improv every season.

“We’re always trying to build up,” says Berneis. “We’re always trying to incorporate more, offer more opportunities. I love it.”

Keeping community aspect strong

The Ann Arbor Civic Theatre is small but mighty. There’s a paid staff of two — Berneis, who goes by “Alix,” and her office assistant and volunteer coordinator, Theresa Gratsch. A wardrobe supervisor and scene shop supervisor, in charge of collections, are paid a stipend.

Administered through a board of directors, the nonprofit group produces an impressive portfolio of work each year: six mainstage productions, two smaller,

“second stage” productions, two junior theater shows, two improv showcase weekends, and an assortment of workshops, readings, and educational opportunities for aspiring directors and playwrights.

The season’s selections are director-driven, Berneis says. Potential directors send in show choices, and a committee hones the options down to those that strike the best balance in terms of content and casting. Plays are usually performed in the Lydia Mendelssohn Theatre or Arthur Miller Theatre, both on the University of Michigan campus.

“Plays are usually performed in the Lydia Mendelssohn Theatre or Arthur Miller Theatre, both on the University of Michigan campus.”

Berneis, a Washtenaw native, has been in her executive position for three years. She has impressive credentials — a BFA in Theatre Performance from Denison University in Granville, Ohio, and a master’s degree in Historic Preservation from Eastern Michigan University — and an even more remarkable dedication to the theater she heads. “I developed a love of theater at a young age. My mom has a degree in theater, so my sister and I grew up around it,” she recalls. “My mom was doing stuff around here when I was in middle school, so I started tagging along and helping out and then I became even more active.”

Continued on page 8

Ann Arbor Civic Theatre Shares Secrets of Success

Rosencrantz and Guildenstern Are Dead



Photo by Aaron C Wade

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After college, she returned to Ann Arbor, realizing she didn't want to go into theater professionally, but finding herself drawn to the civic theater she enjoyed so much. Berneis says, "My mom and I were wardrobe supervisors together... and then this opened up and it seemed like the perfect fit. They joke about being bitten by the theater bug, but it's true. My career path was different, but if you're bitten, you're bitten, and there's no getting away from it."

Now, with help from Gratsch, a former research scientist who now puts her skills to use matching volunteers to opportunities at the theater, she handles whatever needs to be done to kick-start each season. "That means basically everything from changing the toilet paper in the bathrooms to getting up on stage and giving a curtain speech... and anything and everything in between. I make sure rights and royalties are available, keep up on office management, and if I need to step in last-minute for an actor, I'll do that, too."

"One of the most important parts of her job, [Berneis] emphasizes, is keeping the community aspect strong in a theater group that's been active since 1929."

One of the most important parts of her job, she emphasizes, is keeping the community aspect strong in a theater group that's been active since 1929.

"We have actors who have been with us for years, and we see them returning season after season. But we also get an influx of new people. With Ann Arbor being what it is, a university town, people come and go all the time, so we're seeing new people all the time. And we encourage that. So it's different every show, and that's great."

A joyful experience

Auditioning can be a bit nerve-wracking, particularly if you're from a small town and you don't know what to expect. But Vanessa Banister, who'd recently moved to the area from Marshall, was determined to try out for the lead part in Ann Arbor Civic Theatre's musical *Mystery of Edwin Drood* in the summer of 2017. Banister had performed before, many times, but she still had butterflies.

Ann Arbor Civic Theatre, by the numbers —

In 2017

- 150+ performed on stage
- 120+ designers, musicians, technicians and staff brought productions to life
- 50 + attended camps and classes
- 5,000 tickets were sold

Also, more than 200 roles were offered to actors in the community:

- 60 + in musicals
- 35 + in plays
- 60 + in junior theater
- 50 + in improv troupes
- 10+ in readings and workshops

(Source: Ann Arbor Civic Theatre)

She says:

"If you do enough theater and you go enough places, you know that sometimes theaters can have certain preferences, and sometimes there's precasting, and sometimes there's politics in play that you know nothing about. At auditions, Civic made it very clear they don't do any of that. But still, Ann Arbor is a wealth of talent ... you could have knocked me over with a feather when they put the cast list up and I found out I got the part. It was really a dream come true."

Banister rates her experience with the theater as amazing:

“I had never done anything with them before, and they were willing to look at a brand-new person and give them a shot, and I am so grateful for that. Everyone was so supportive, and so kind. The whole feeling behind Ann Arbor Civic Theatre is that being able to do shows is a gift, and it should be a joyful experience.”

She returned, in the cast of *Heathers, the Musical*, in the summer of 2018. Even with school and a job, Banister says it’s worth it. “Theater is transforming. You keep coming back. There’s real magic in creating a world and reality that you can live in for awhile and be someone other than yourself.”

That magic, she says, isn’t just for the performers:

“If you’re doing your job right on stage, if you’re truly present and connecting with another person, you can open up people in the audience — open them up to emotions they maybe aren’t comfortable with in everyday life. But maybe in a darkened theater, they can have those moments where their heart is opened and it’s safe to be who they are.”

Live theater is powerful, she says, even in a world ruled by technology. “There’s something about having a group of human beings in the same space, at the same time, feeling the same thing at the same moment, that’s priceless,” she says. “It’s like everyone’s heartbeat is synchronized, and it does wonderful things to connect us.”



Arcadia

Photo by Aaron C Wade

“Everyone is welcome here. Everyone. Anyone can audition for any role. You don’t need experience.”

— Alexandra Berneis, Ann Arbor Civic Theatre Executive Director

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So many ways to get involved

Berneis has her final answer to my question about the secret to the civic theater’s success.

“I think I do,” she says, hedging her bets. “We have so many wonderful things, so many wonderful people, so many ways to get involved. But everyone is welcome here. Everyone. Anyone can audition for any role. You don’t need experience.”

She continues:

“We take people with all levels of experience. If this is your first show and you want to audition for the lead, then go for it. Each director is looking for the best fit, the best audition. It’s an open policy. And I love that.... I love talking to people who’ve had a good experience and knowing we made a difference to them. I love hearing that we were welcoming. I love hearing that we’re a creative outlet. It makes us successful, I think. But it also makes me really happy.”

The Ann Arbor Civic Theatre has learning opportunities for aspiring performers of all age levels, including classes, workshops, and camps. It’s a creative outlet for volunteers, as well. For more information on getting involved, visit a2ct.org



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Ann Arbor's #MeToo

Storytelling Salon, One Year Later

Conversations with Carisa Wilder & Jean Henry

By Sara Vos • Photos by Joni Strickfaden

It has been more than a year since the #MeToo hashtag rippled through the collective consciousness. Inspired and moved by the hashtag, a team of southeast Michigan-based activists, educators, parents, survivors, and community members came together to host a community-based healing initiative called the **#MeToo Storytelling Salon**. The first #MeToo Storytelling Salon took place in late 2017 in Ann Arbor, and over 60 people attended from all over the region.

The organizers of the salon utilized their skills and experience to create a safe, holistic, and strong-walled container to support survivors of sexual abuse in order for them to share their stories at the microphone. The salon was also a fundraiser for Washtenaw County Safe House Center, a nonprofit organization whose mission is to provide safety, support, advocacy, and resources for survivors of sexual assault and domestic violence and their children, “and to work relentlessly to change the systems and attitudes that allow this abuse to continue.” Activists from around the country reached out to salon organizers to ask how to run their own #MeToo Storytelling Salons, and the organizers have created a free PDF download (link at the end of this article) to share with anyone who is interested in running salons in this format.

In the shadow of the Kavanaugh hearings, I talked with two of the organizers, Jean Henry and Carisa Wilder, about what inspired them to create the event and how they hope to see the movement evolve.

The organizers of the salon utilized their skills and experience to create a safe, holistic, and strong-walled container to support survivors of sexual abuse in order for them to share their stories at the microphone.

Sara Vos: Jean, it’s been 15 months since #MeToo. How did it change your life? What thoughts are moving through you as you reflect on what is different now compared to this point in time, say, 18 months ago?

Jean Henry: For decades, I had been talking openly about rape culture, violence against women, and sexual violence of all kinds. When I spoke of the pervasiveness of sexual violence, I was often met with incredulity. But more often the response was a kind of virtual shrug.



Sexual assault was both normalized and denied. I guess normalization is really its own kind of denial. We tell ourselves we are powerless to stop it, and so we must be strong enough to survive it. That’s the story we told ourselves of necessity in the wake of abuse. That’s also the story we told ourselves about rape culture.

Like every coping mechanism, it’s useful but not the way out. We had to change the cultural narrative. And it wasn’t one powerful voice that moved us forward but the collective force of many voices, all strong but with as much variation as there are humans—quavering, tentative, angry, sad, matter of fact, resigned, soulful, contemplative, analytic, and even vengeful.

In retrospect, it seems obvious that this movement was the only way. I just never really imagined it happening with such incredible force.

The next #MeToo Storytelling Salon will take place on March 16th from 7 PM to 9 PM, at Sun Shen, 2466 East Stadium Blvd. For more info visit their Facebook page www.facebook.com/MeToo-Storytelling-Salon-Ann-Arbor-1437627819706565/

Finally, the message was heard. One could feel the curtain being pulled back on sexual violence. And the conversation became as dimensional as the voices in it, by which I mean as dimensional as the humans speaking their truths.

I say “humans” rather than confining this movement to a gendered experience. Make no mistake—#MeToo is a feminist movement. And women comprise the vast majority of survivors of sexual violence. But not all.

If you think about it, everyone is negatively affected by sexual violence. It erodes our humanity. Feminism is a humanitarian appeal made through the lens of the female experience.

Sara Vos: Where do you think the movement is headed? What is at the heart of it?

Jean Henry: #MeToo is asking for sexual violence in all its forms—in all its stories—to be addressed culturally. So, how now to take this new awareness and codify the shift into our individual actions and our society as a whole? This is my focus going forward.

How can we engage men in the process without eroding the solidarity we have built? We can’t have safety without engaging men. We need men to become whole, as well. This is my perspective. I know not everyone sees things the same way and I totally understand. This is just where I am now. It’s the work I see. And I honor the work that others see and take on.

Sara Vos: Right before we hit the one year anniversary, the Kavanaugh nomination happened. Can you speak about that?

*“Sexual assault was both normalized and denied. I guess normalization is really its own kind of denial.”
— Jean Henry*

Jean Henry: The Kavanaugh nomination, hearing, and confirmation was mentally and emotionally exhausting for many of us. The end result shows how long and deep this work still needs to go. We persist. There’s so much to do.

If we all take our piece and work where we can most effectively, then #MeToo will be a cultural movement with lasting impact, not just a cultural moment. We will do this to honor the courage and experiences of Christine Blasey Ford, Deborah Ramirez,

**Ann
Arbor's**

#MeToo

**Storytelling Salon,
One Year Later**

Conversations with Carisa Wilder & Jean Henry

Continued From Page 11

and the other survivors and allies who came forward asking to be heard and seen. And that collective agency will render Kavanaugh and men like him just a small part of **our** larger story.

We can deconstruct rape culture piece by piece. We still have the opportunity to give Blasey Ford the last word. The pendulum of social progress always swings back before redirecting and pushing ahead again with even more force. "The arc of the moral universe is long but it bends toward justice." (Martin Luther King, Jr. quoting Theodore Parker)

Our time has just begun. I believe we have started something unstoppable. I am having really amazing new kinds of conversations with men about sexual violence. I am talking to business owners and workers about how to address gender bias of all kinds. I am still listening to the stories of survivors.

Over the past couple of months, in the wake of the Kavanaugh hearing, three old friends told their stories publicly for the first time. I am present—listening, engaging, and working. I can't say exactly how it will go any more than I can predict the weather after this week, but I believe I can tell which way the wind is blowing. I just know I can't go back, only forward, and I know I'm safe, because I know I'm not alone. Onward!

*"#MeToo is asking for sexual violence in all its forms—
in all its stories—to be addressed culturally."
— Jean Henry*

SV: I am feeling so inspired by your perspective and what you have shared here. I'm on board, but what about the nay-sayers? We live in a time of 90-second news cycles, and some nay-sayers have said that #MeToo is no longer relevant. How can we help folks see that this work is still absolutely imperative?

Jean Henry: The #MeToo movement will remain relevant so long as there are stories of sexual abuse to be told, so long as sexual violence is pervasive in our culture. I look forward to the time when that is no longer the case. The best way to maintain awareness and momentum is to keep telling our stories and making spaces to do so.

SV: I know you as someone who is very politically active on many progressive fronts. Do you have any thoughts as to ways community organizers and other activists can take up the #MeToo Storytelling Salon format in their own communities?

Jean Henry: I would invite everyone to make their own model as suits their community. I would also challenge them to define community broadly, to consider who they exclude by intention or neglect, and why. What we did was both intuitive and intentional and also utilized the community resources we had at hand. Most communities have the capacity to host their own event.

SV: If someone in another area wanted to run a salon for their community, what advice might you give them? What wisdom was gained from the one you ran in December 2017?

Jean Henry: There are a few things we did to create a space conducive to very personal and vulnerable sharing of which I am quite proud. We made sure to have people on hand (and well identified) with experience in treating trauma to be available to the brave women who told their stories as well as listeners. While volunteer professionals are ideal, I think peers could provide this support with some instruction on keeping the focus on the other person's experience and being affirmative and attentive in response. It was well facilitated, with enough structure and flexibility to put people at ease and encourage them to speak.

We did not limit who could attend, but we set affirmative standards for audience engagement. We also allowed anyone in the room to let us know if someone was present with whom they had personal experience, who made them feel ill at ease. And we politely asked those people to leave. And the two people so identified

did so, willingly, and without complaint. I think that's a credit to the atmosphere our collective presence made in that room. No one wanted to be disruptive of the healing that was being offered there. There was very little ego present. Those were our standards and practices. Each community will have its own. If anyone is interested in adopting our format, we would be happy to share with them in greater detail [link below]. But storytelling is as old as humanity. We know how to do this. That doesn't mean it's easy. Creating a supportive environment is essential.

Jean Henry describes herself as a local business person, mother, survivor, and "trouble maker." She can be contacted at jeanhenry2@gmail.com.



From left to right: Jean Henry & Carisa Wilder

Sara Vos: Carisa, you're a holistic psychotherapist in private practice in Ann Arbor, and one of the reasons the #MeToo Storytelling Salon came into being. Why were you inspired to mobilize the community around an event or gathering, post #MeToo?

Carisa Wilder: As a therapist, I had several clients who had experienced significant sexual trauma and were activated by what was going on in the news at the time. One person even went to the emergency room due to a panic attack while watching and listening to the news. She was told that nothing was really physically wrong with her—that she "really should take better care" of herself. No one ever asked her about past or current trauma. The medical system is but one of the systems that has not yet caught up to the reality of sexual trauma in women's lives, or how that trauma impacts us over the course of our lives.

Of course, when #MeToo erupted, I saw and read many FB posts—family, friends, young, old... the vast majority of female-identified people have experienced some level of gender-based trauma. At the time, I was re-reading Bessel Van der Kolk's *The Body Keeps the Score* [which has large sections on group therapy and various healing settings for trauma integration] and had also been thinking about how powerfully healing it can be to share our stories in safe spaces.

I can feel that powerful healing with my clients in our sessions. However, I became aware of a need to gather in the physical presence of a group. To witness and be witnessed with care and consideration without attachment to a particular outcome. I believe we accomplished that [with the #MeToo Storytelling Salon] in a way that worked.

SV: I am a huge fan of Bessel Van der Kolk's work. When *The Body Keeps the Score* came out in 2015, I read it cover to cover and lent it to friends. I was surprised to read so many examples in the book about the ways that the medical system, generally speaking, does not yet understand or know how to recognize, treat, or

*"...I became aware of a need to gather in the physical presence of a group. To witness and be witnessed with care and consideration without attachment to a particular outcome."
— Carisa Wilder*



resolve trauma effectively. For example, the *Diagnostic and Statistical Manual of Mental Disorders* still does not recognize complex-PTSD although many trauma experts have named it and researched it for years.

To know the truth of what is going on in peoples' lives and experiences, and have that juxtaposed against what the dominant culture says is true or allows space to talk about in our public spheres, can make you a bit crazy. To that end, it feels like #MeToo is this huge, sweeping cultural educational moment AND movement, in which the stories that women and survivors have been telling for years are finally being able to be heard, and thankfully, often believed, in a wider way. And yet, there is still so much educational work to do.

"To know the truth of what is going on in peoples' lives and experiences, and have that juxtaposed against what the dominant culture says is true or allows space to talk about in our public spheres, can make you a bit crazy."

— Carisa Wilder

SV: How are you seeing the effects of this cultural change in your own life and in the general post #MeToo landscape? Have you noticed any changes?

Carisa Wilder: In my daily life, I notice a shift in my own level of empowerment around choosing what feels safe and how I feel safe, as opposed to being at the mercy of decades of programming around how I'm supposed to feel and respond to the violence I experience and witness. I notice this with others, too. There's more permission to speak up.

I believe the #MeToo experience culturally pushed us along a path of greater public awareness of the prevalence of sexual violence and how profoundly those experiences affect our lives and our communities.

I hope the movement continues to encourage individuals and communities around the world to dialogue and take action to heal both perpetrators and survivors. I hope the movement continues to address the factors that have created systemic sexual violence. I hope that we continue to see more folks take leadership roles in their communities to listen to, support healing, and provide safety for all survivors. I hope communities everywhere continue to organize #MeToo events.

SV: Do you have any ideas about what could make this successful? Perhaps as a similar model to free support groups modeled in the recovery community, such as 12-step or Celebrate Recovery?

Carisa Wilder: I imagine communities developing approaches that are relevant to them—likely through organizational support from groups that have been working for many years to address violence and sexual violence. When we hear each other's stories publicly shared on a national level — like Dr. Christine Blasey Ford, many are activated from that sharing and while that can be very triggering and uncomfortable, that's also a cue that something needs to move, to shift. Some won't be ready yet, some may engage in a level of external support, and some will be inspired and moved to create space for public sharing on local/regional levels.

I could see a general model eventually being developed, and that could be — especially when communities make it their own. When we planned the Ann Arbor #MeToo Salon, we reached out to several communities to incorporate the knowledge gained from their experiences.

SV: Do you see any barriers to accessing the Storytelling Salons? Is there anything you would do differently the next time around?

Carisa Wilder: Yes. I would like to see resources of time, money, and logistical support gifted to organizers and leaders in historically marginalized communities to run salons. The networks of the organizers and speakers, along with the venue selected, the time of the event, how the event is advertised, are all factors in attendance, participation, and inclusivity, so I think it's very important that all of those factors shift and are flexible so that the audience/participants shift, too! What I mean by that is these salons offer the potential to disrupt sexual violence at the community level, and it's imperative that they are as accessible to as many different kinds of communities and groups as possible.

SV: What do you think may inspire or motivate other therapists and community organizers to run more #MeToo Storytelling Salons?

Carisa Wilder: I feel that inspiration sometimes comes from the most unexpected places so that's difficult to say! Many of the therapists and community organizers I know are already doing deep healing work in their practices. In this case, I was driven to take on the extra tasks of organizing a salon because I felt that it would benefit individuals and our community. I reached out to friends because I knew I couldn't, and didn't want to, do it alone.

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Carisa describes herself as a holistic psychotherapist, facilitating healing for individuals, couples, and other intimately connected relationships. You can learn more about her at annarborholistictherapy.com or email her at cmkwild@gmail.com.



Interested in attending the Next #MeToo Storytelling Salon? There will be another one in 2019, on March 16th from 7 PM to 9 PM, which will take place at Sun Shen, 2466 East Stadium Boulevard. For more information, you can contact the author, Sara Vos, at: sara.k.vos@gmail.com.

The #MeToo Storytelling Salon organizers would like to share their process, too. Interested parties can download the free PDF, How to Run a #MeToo Storytelling Salon, at bit.ly/#MeTooStorySalon.

Me too.
A bandwagon I wish I wasn't on - but I stand in solidarity with the dozens and dozens of posts from nearly every female Facebook friend I have. Love to you all.
If all the women who have been sexually harassed or assaulted wrote "Me too." as a status, we might give people a sense of the magnitude of the problem.

#MeToo isn't about us wanting pity. We want people to realize the magnitude of sexual assault. It shouldn't be this common and normalized.

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Crysta Goes Visiting

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

Sloe Gin Fizz: the Whimsical Art of Nicole Ray

NR

As a freelance writer, I spend a lot of time in coffee shops, and as I sipped my way through Ypsilanti's various offerings, I noticed something similar about the art on their walls. There were colorful prints of cute, whimsical animals, household appliances, book nooks, and other cozy scenes. The artist behind these endearing works is Nicole Ray, also known as Sloe Gin Fizz.



Ski Gull by Nicole Ray

Some of my favorite prints are an otter relaxing in a teacup, a giraffe wearing five scarves, a robot riding a fiery unicorn and holding a banner that reads "Let's Ride!" Actually, it's really hard to choose favorites in the playful world that Ray has created in her art. I wanted to know the story behind these mischievous creations, so I contacted Ray, who was kind enough to answer my inquiries.

'I love to read and books are a great influence on my work, both in terms of content and the idea of making a time and a space for reading.' ~Nicole Ray



Ray was not born in the Ann Arbor area, so I wondered what brought her here. "I grew up on Long Island in New York and in Northern Virginia for my high school years," she said. "My husband is from Chelsea, which is what brought me here." As for becoming an artist, she said, "I've always drawn, though resisted it as a profession for a very long time. I went back to school for a degree in illustration in my early 30s, but still didn't truly pursue it until I moved to Michigan in 2008. I was coming out of design work in the newspaper world, so knew that was not a way forward. I opened up an Etsy shop while searching for jobs, got invited to participate in my first craft show and dove head

first into that world which opened so many doors."

Animals are featured often in her art ("I love to draw all kinds of animals"), but so are "calm interior scenes." She explained, "I love to read and books are a great influence on my work, both in terms of content and the idea of making a time and a space for reading. Much of my domestic imagery revolves around calm spaces that are conducive to reflection and time to oneself. This might explain why my animal themes are more kooky and out there in the world."

"Windows are a favorite motif," she added. One print that I have often seen around Ypsilanti is of a wall of full bookshelves framing a window seat with pillows, a blanket, and an open book, as if someone has just stepped away from a cozy afternoon of reading and will be back shortly.

"I always seem to have more ideas than the future can hold!" Ray said. "But, I am always slowly moving forward with ideas for new products and outlets for my illustration work."

Outside of coffee shops, find Sloe Gin Fizz prints and other products for sale around Ann Arbor at the Ann Arbor Art Center, Found Gallery, Literati Bookstore, and in Ypsilanti at the Brick and Mortar General Store. Check her website for more locations, or order online!

Find Nicole Ray online at sloeginfizz.com or @sloe_gin_fizz on Instagram. Contact her through her website or email nicole@nicoleray.com

Writing the Future With Emmy Jackson

EJ

Tahir Shah has rightly said, "Stories are a communal currency of humanity." No one feels that quite as deeply as a writer, and while the stereotype of the hermit author isn't entirely off base, we can be also, on occasion, social creatures.

One of the extremely talented local wordsmiths that I am delighted to have in my writing community is Emmy Jackson, author of the female-driven urban fantasy series Empty Cradle, which takes place in a post-apocalyptic America touched by the eponymous epidemic called Empty Cradle, rendering 85% of North America's women infertile. The first novel also begins along what is now I-75, six hours south of the "walled city" of Detroit, the destination of one of the main characters.

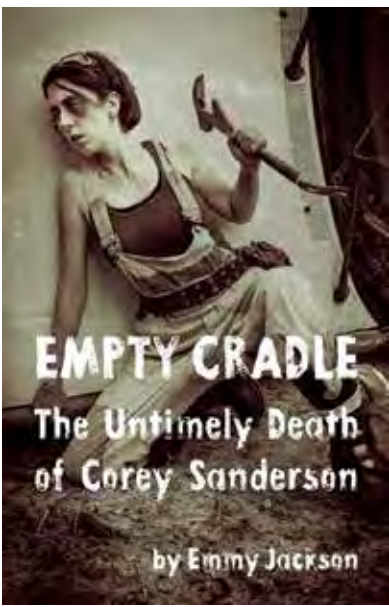
Beyond solid writing technique and easy storytelling, I am always impressed when a male author writes women so well, and I wanted to get to know Jackson better and ask him about his writing.

'I am a car person since childhood, and when appropriate, you'll see wheeled vehicles in my stories. In the same vein, I like writing stories that take place on roads or during travel.' ~Emmy Jackson

Like many of us, Jackson got his start writing fiction in high school, of which he says, "It was terrible. Absolutely terrible. I cringe to think about it now." He also wrote for the high school newspaper and literary magazine. He then went on to minor in creative writing at the University of Michigan. "I wrote as a hobby, then eventually tumbled into freelance journalism, which would be my first job as a paid writer." His first post-high school publication was "a review of the 1999 Ford Explorer."

Jackson was born in Detroit, so it is rather fitting that his favorite topic to write about is, "Cars! I am a car person since childhood, and when appropriate, you'll see wheeled vehicles in my stories. In the same vein, I like writing stories that take place on roads or during travel." This knowledge is put on full





display in the Empty Cradle books, which begin with a woman who built her own truck from scavenged parts.

As for other influences, Jackson said that the “most noticeable” is his daily life is, “A carryover from childhood play; at any given time there are three to four worlds rolling along in my head, in real time, and I tend to find ways to translate whatever’s going on in my life into one of those,” he said. “As a result, happenings in day-to-day life, both significant and insignificant, have a way of creating plot points and driving stories.”

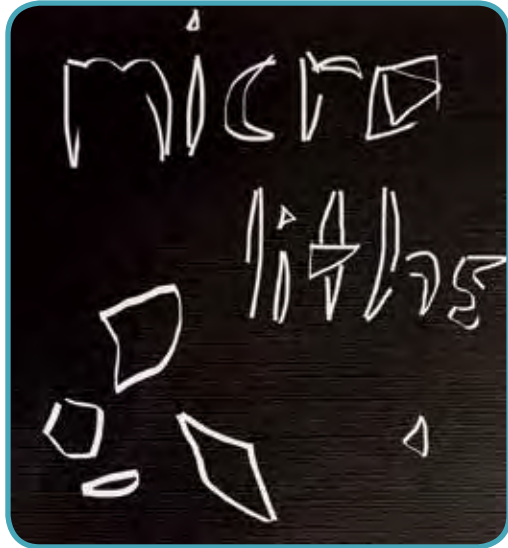
Emmy Jackson can be contacted through his website www.emmyjackson.com. His books are available online and for purchase at the Crazy Wisdom Bookstore & Tea Room in Ann Arbor and Grey Wolfe Scriptorium in Clawson.

MJ

Molly Jones and Free Jazz

For someone as talented as local musician Molly Jones, it is surprising that she did not decide to seriously pursue music until college. “Since then,” she said, “it’s been a journey of meeting a lot of people who have encouraged me and led me to opportunities.”

While still very young, Jones started piano lessons. Now, though, “I play saxophones (all of them), flutes (all of them), and electronics (laptop and samples), and I also can but rarely do play piano and electric bass. I’d say I like the saxophone because of its ability to be expressive, but I like the flute because it can fit into any style of music.”



Jones now holds a Bachelor of Fine Arts in Jazz and Contemplative Studies with Highest Honors from the University of Michigan and Master of Fine Arts in Integrated Composition, Improvisation, and Technology from University of California, Irvine. Her debut album *Microliths*, a jazz septet, was nominated for Debut Album 2017 in

NPR Jazz Critics’ Poll. Last January, Jones was named one of 12 musicians to watch by the Detroit Metro Times, calling her “without a doubt, the real deal” and praising her compositions.

‘I’m inspired by artists who create performance work that goes beyond the traditional boundaries of concert performance.’
~ Molly Jones

Listening to *Microliths*, I found the tracks innovative and interesting, each one unique and distinctive. It’s not the jazz I once listened to with my grandfather, but I think Grandpa also would have found the free sounds and creative flow compelling. My favorite is “Olbers’ Black Sky Paradox,” which has a swinging start! I wondered what inspired Jones and influenced her music. “I’m influenced by experimental artists including the AACM, Alice Coltrane, Meredith Monk, Pamela Z, and other multidisciplinary artists,” answered Jones. “I’m inspired by artists who create performance work that goes beyond the traditional boundaries of concert performance.”

Current projects include, “writing an opera-ballet which will premiere in March with some awesome collaborators, and I’m planning to start working on my second album soon.” Jones also added, “I always have pieces of music and video art that I’m making, so I’ll fill in my time with that between larger projects.”

Molly Jones can be contacted online through her website www.mollyjonesmusic.com, where you can also find clips of her music and poetry.



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COFFEE BUZZ - THE ART, SCIENCE, AND COMMUNITY OF COFFEE



LOCAL COFFEE ROASTERS (TOP TO BOTTOM)

David Myers from Mighty Good Coffee, John Roos from Roosroast, Tom Isaia from Coffee Express, and Sam Schaefer from Stovetop Roasters



Feature continued on next page


COFFEE BUZZ - THE ART, SCIENCE, AND COMMUNITY OF COFFEE

A Round-Table Discussion with Local Experts



By Angela Madaras
Photography by Susan Ayer

Coffee has always been this rather predictable dark beverage served upon waking or with a friend while we engaged in deep conversation. I never gave the making of coffee much thought except for finding a roast I like and a brewing method that worked for my taste and lifestyle. These two things have changed over the years—the only consistent being that I like it simple and on the stout side. I recently became more curious about specialty coffee, especially our local artisan scene. There seem to be coffee shops and cafes on every corner, but only a few serving local or artisan roasted, sustainably grown, ethical beans and brews. Those in the know call this “specialty coffee.” The question that kept popping into my head was, “What makes specialty coffee so special?” I wondered if there was an art and or science to making an exceptional cup of coffee warranting upward of four dollars a cup.

 **I wondered if there was an art and or science to making an exceptional cup of coffee warranting upward of four dollars a cup.**

I was also curious if our area cultivates a vibrant coffee scene and community. All of this curiosity was “buzzfueled” by my own creations brewed in the dim moments before sunrise. I started buying various local beans while experimenting with each cup. Every morning I meditated to ascertain whether I even had the palette for creating an exceptional cup of java. I started adding flavors like cardamom, nutmeg, cinnamon, and vanilla. I used various milks and creams too. In the end I still prefer a dark, rich, nutty roast with robust flavor, and a subtle chocolate undertone, without anything added to hinder the organic qualities craftily roasted into ethically grown beans. These beans provide a good life for farmers, their communities, roasters, and baristas. I found myself immersed in the activity of understanding more about coffee culture and the chain of human hands involved in creating an artistic delicious beverage we consumers seem to take for granted.

 **Every morning I meditated to ascertain whether I even had the palette for creating an exceptional cup of java.**

With these curiosities I set out on a mission to find local experts in the areas of roasting and brewing. There were too many to include, but I believe I gathered a well-rounded tribe from which to explain the somewhat hidden art and science of brewing coffee. First, I attended a class on various brewing methods led by David Myers, owner of Mighty Good Coffee, and expert Barista, Jenée Schneider. The class was extremely fun and inspiring. Seven of us enthusiastic classmates gathered one Saturday morning in July to learn how to make five different cups of coffee from five different coffee brewing apparatus (makers-methods): Chemex, Hario V60 Pour Over, Classic French Press, Iced Hario V60 and an extremely cool looking Vacuum Pot, which was more like performing a lab experiment than brewing coffee. We were given a detailed brew guide for each method we tried while learning all the subtleties of each pour, and participated in what they called *cupping* (a tasting). During the cupping, we were able to decipher what we prefer in our cup of Joe and why. We also learned a little of the vernacular one might never hear outside of this caffeine-fueled environment. Jenée commented that teaching customers coffee terminology helps her manifest more precisely what the customer wants and creates a communication between barista and consumer. It also helps the customer better understand the science behind brewing.

There was an emphasis placed on the science of making a great cup of coffee: the best water to use (filtered and/or spring), water temperature for brewing (212 F-Boiling Point), the need to dampen the paper filter before adding grounds, how to best weigh (not measure) coffee grounds, the best grind for each gadget, the ratio of grounds vs. water, and how long to allow the grounds to sit in the water before pouring and drinking (it is different for each brewing device and method). David feels it is best to have the coffee beans ground where purchased or from the roaster, based on the type of brewing method, and to store ground coffee in an air tight container (for up to ten days in a dark cupboard). Storing in the freezer is debatable depending on who you ask. When I broached the subject of keeping coffee fresh, from roasting to brewing with Jim Saborio, owner of Comet Coffee in Ann Arbor, he explained:

“Over the last several years, consumers have really been trained to focus on roast dates as a determinant of freshness. There is some general confusion that freshness is a determinant of quality. Quality is the result of processes running from the



Jim Saborio

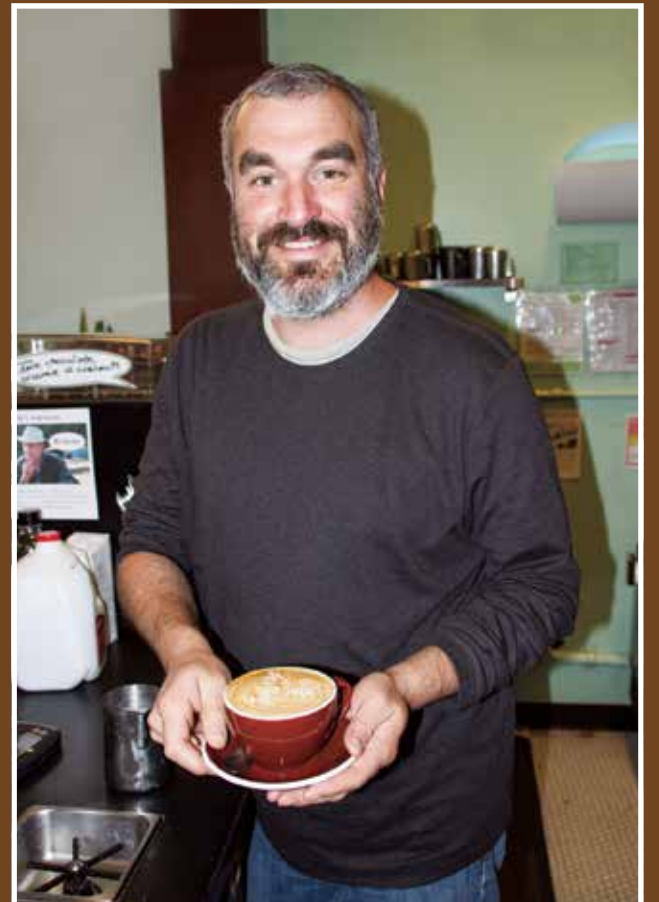
growing conditions of where the coffee is produced to how it was packaged and stored after roasting. Coffee often needs to "rest" two to four days after roasting to develop flavor and sweetness. To properly rest, coffee needs to be sealed in an oxygen-free environment. These days, most specialty coffee is packaged in bags with a one-way valve that allows the coffee to release CO2 but keeps oxygen from entering the bag. Valve bags keep the coffee pretty fresh for about two weeks, especially if they've been flushed with an inert gas like nitrogen. Once opened and exposed to oxygen, I've noticed a considerable deterioration of flavor and complexity in as little as 12 hours. Oxidation is an unavoidable enemy of coffee. Roast dates are a nice point of reference, but oxidation always wins. I avoid buying coffee packaged in non-valve bags and keep away from coffee being sold in open-air bulk bins. Learn to cherish the first few cups of a freshly opened bag and humor the cups that follow."

From the class at Mighty Good Coffee I manifested a round-table discussion and cupping with three local roasters: David Meyers and Barista Jenée Schneider from Mighty Good Coffee, Tom Isaia owner of Coffee Express, and RoosRoast's Kath Weider-Roos. We tasted various roasts and techniques while engaging in enlightening conversation at the Jefferson Market. It was interesting to witness these roasters supporting one another. They all have the common goals of educating the public and delivering quality coffee to their customers in ethical and artisanal ways. This is community. And the community goes even deeper between the shop owners, roasters, baristas, and in some cases farmers. Many roasters travel to coffee growing countries to buy their beans directly from "fair trade" farmers. Some will offer this information on the bag of coffee you purchase. According to David Meyers, "The best researchers and thinkers in coffee are paying attention and looking for solutions in social responsibility, equity, climate issues, and ways to support farmers. As far as we have come, in terms of buying and selling coffee, the first wave [of the coffee revolution] established how coffee is traded and that hasn't changed in ways that protect the majority of coffee grown around the world."

 **In other words, social responsibility can begin with the cup of coffee one purchases.**

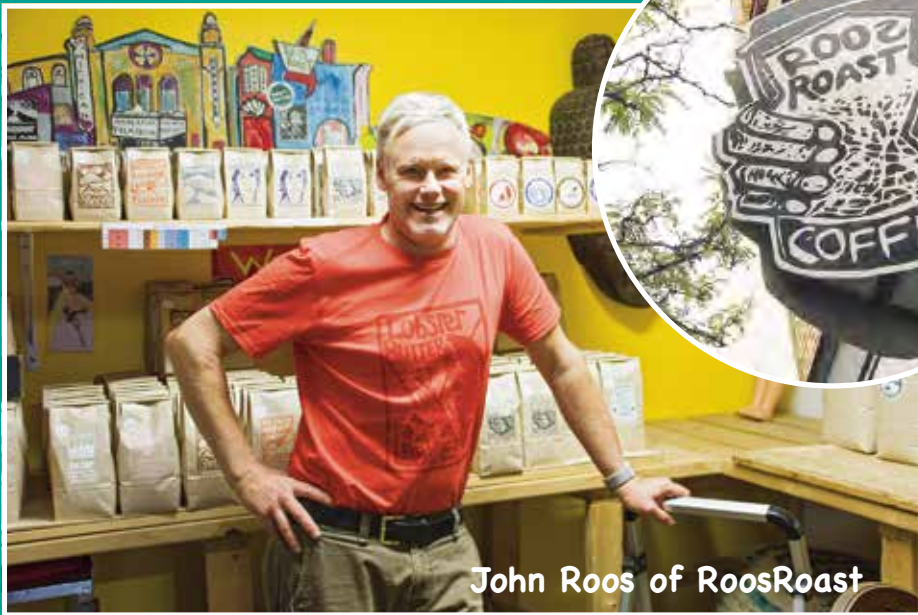
We are an evolving world with people who are doing their best in their own fields of interest to make more responsible and thoughtful, if not meaningful, choices -- from how to run their business to what coffee beans to purchase. Coffee growers, roasters, and shop owners have a responsibility in creating this next coffee wave for the betterment of our local and global community and for the planet. Our issues and priorities have changed over the past 50 years as has the coffee industry. Whatever a coffee shop owner's passion for creating is (creative space for free speech, a room where office-less worker bees can do their work, a safe place for students to socialize and study, or to provide a better living for farmers in the poorest of countries as well as their baristas and support staff), those who work in this realm have a certain heavy load to carry if they want their art and passion to be a vehicle for change.

Continued on page 20



"There is some general confusion that freshness is a determinant of quality. Quality is the result of processes running from the growing conditions of where the coffee is produced to how it was packaged and stored after roasting."

**— Jim Saborio
Owner Comet Coffee**



John Roos of RoosRoast

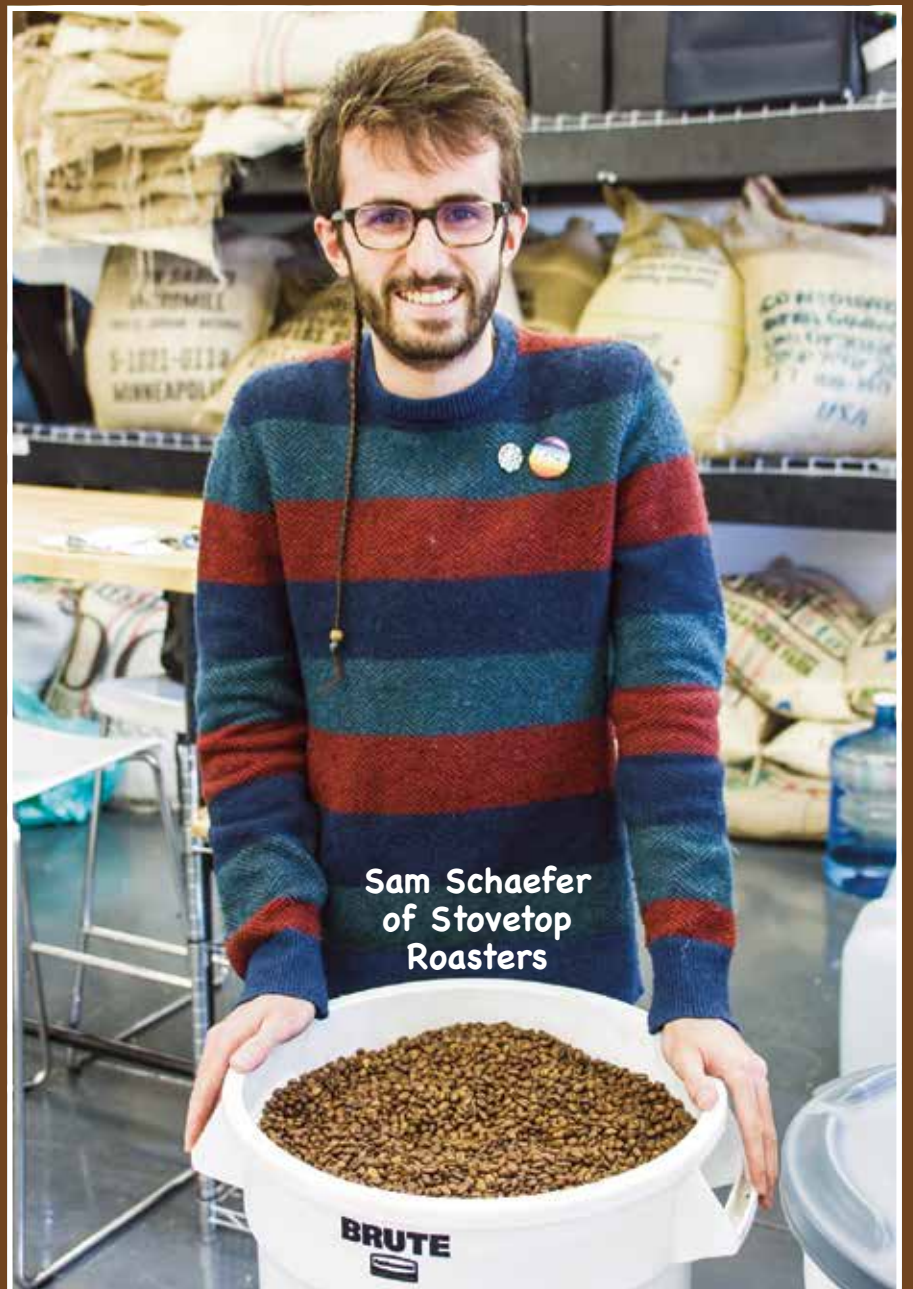


John Roos from RoosRoast adopted a tag line that is printed on each bag claiming, *Free Speech Coffee*. When I asked Kath Weider-Roos, John's wife and business partner, about this she explained it this way: "John adopted the phrase early on to reference the way coffee opens people up to start talking. Also, as artists we believe in the power of expression and the ideals of free speech."



"Roasting is so fun and when I started doing it, I felt like I finally found what I want to do. The way I want to engage with people and my own creativity and theirs, is through coffee."

— Kath Weider-Roos
of Roos Roast



Sam Schaefer
of Stovetop
Roasters

- COFFEE BUZZ -



Continued from page 19

Coffee can be a metaphor for a new generation of impassioned community builders, artists, scientists, and entrepreneurs who have an ethical standard they are willing to stand by. In other words, social responsibility can begin with the cup of coffee one purchases.



RoosRoast and Stovetop Roasters are known for their unique coffee names and in-house designed artwork.

And some bags offer creative and one-of-a-kind artwork, too. RoosRoast and Stovetop Roasters are known for their unique coffee names and in-house designed artwork. I asked all the interviewees if they considered their work an art form or science. Each one said both art and science except for one of Stovetop's owners, Steven Holm, who said, "I see roasting as a science. There are a lot of complex chemical reactions taking place while roasting coffee and our job is to use the roaster as a tool to manipulate those reactions to achieve a particular taste. I don't believe that there is any wrong or right way to roast, it just depends on one's preferences and what they are looking to provide to their customers." On the other hand Sam Schaefer of Stovetop felt this way: "I believe everything can be viewed as art. Coffee is living organic matter, and it has some rules and boundaries for how it must be handled to ensure excellent flavor, but inside these boundaries we have the incredible opportunity to explore and make decisions that allow our coffee to taste any way we want it to. I think that pursuit of discovering what a coffee can offer us, and finding ways to highlight its exquisite beauty, is everything." On this same subject Kath Weider-Roos explained her take on coffee as an expression of art: "Roasting is so fun and when I started doing it, I felt like I finally found what I want to do. The way I want to engage with people and my own creativity and theirs, is through coffee."

Tom Isaia of Coffee Express, one of the first (if not the first) local roasters who began the journey of roasting in 1980, after owning an espresso machine business for ten years, responded to this query, too. He said, "Roasting coffee can be quite technical, and quite a few rely on computers to analyze and make adjustments. I don't want to get into a debate on whether a human can outperform a microprocessor, but roastmasters with a lot of years under their belt are comforting. So, my take is that it is both science and art." I found Tom to be the most experienced roaster I spoke with. Tom has been in the business the longest and observed all three waves of the coffee industry locally, as well as mentored several younger area roasters.

Continued on page 22

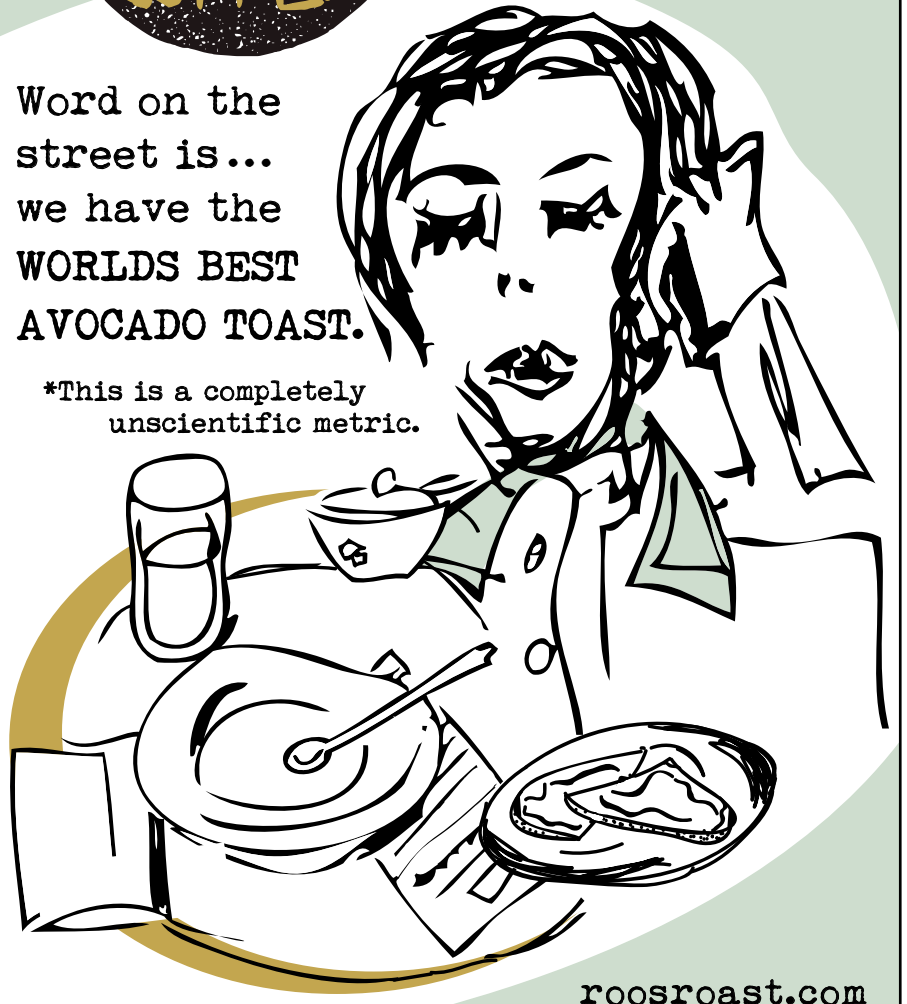


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"I see roasting as a science. There are a lot of complex chemical reactions taking place while roasting coffee and our job is to use the roaster as a tool to manipulate those reactions to achieve a particular taste."

— Steven Holm
of Stovetop Roasters



"Coffee is an incredibly beautiful and fascinating fruit. We as an industry of growing, processing, preparing, and serving coffee are still striving to celebrate and elevate the coffee and the hard work that goes into it."

— Steven Holm

- COFFEE BUZZ -



Continued from page 21

I listened to a podcast referring to the three waves of coffee, in which we are at the tail end of the third. I asked the group about this. David Meyers from Mighty Good had his own take on the three waves: "First wave, coffee as a commodity product, not so different than sugar, wheat, corn, orange juice, et cetera. Second wave was the introduction of coffee through specialty outlets. Peet's, Coffee Connection, and eventually Starbucks, were all part of the second wave from the 1960's into the 1990's when coffee moved from the diner setting for endless cups of free and unlimited refills of cheap Joe, to more expensive cups of coffee from smaller roasters, with no free refills. The third wave was what happened as a result of coffee becoming popular and the birth of the internet. Information and interest in coffee grew and people wanted, and could find, a more unique experience. The whole coffee chain adapted, and in some ways exploited, these opportunities."

Sam from Stovetop had this to say: "The mission is still the same; coffee is an incredibly beautiful and fascinating fruit. We as an industry of growing, processing, preparing, and serving coffee are still striving to celebrate and elevate the coffee and the hard work that goes into it. If anything, the future (fourth wave) of coffee is actually about unification and removing the barrier between what is specialty coffee, and what isn't. It is about elevating that bottom line, in people and coffee, and empowering those who have previously been overlooked!"

We talked about the fact that customers use cafés as their office or study room while at times only buying one cup of coffee. This makes it a challenge for café owners and baristas to make a living. I asked Onni Stone, a photographer friend who was part of the roundtable discussion, her perspective as she is a struggling student utilizing the free space of a coffee house for studying and also to be in community with others: "I wish we could find a common ground where coffee house owners set limits they need to not be frustrated by people like me who do not have a lot of money and like to have a social place to work from without feeling unwelcome." Some shops turn off Wi-Fi at certain times of the day or require people to spend a minimum amount when using Wi-Fi. There are some shops around the world that provide "Suspended Coffee" similar to paying it forward. Customers can buy two cups of coffee, one for themselves and one for a person who cannot afford a cup. Maybe consider buying a struggling student or one down on luck a cup of Joe. In this way you help the customer, shop owner, and barista. I personally love the idea of suspended coffee, because it brings the human and social element into the conversation.



When the participants were asked if their coffee careers brought them joy the overwhelming answer was YES! Consider this when you pick the businesses you want to support. Thank them for their service to our community, culture, and that wonderful BUZZ that gets you through a tough day.

Coffee shops provide people not only with a social space from which to work and study, but also to engage with one another in conversations, political dialog, and space to discuss ideas, "in a sober and non violent way," says Kath. (See: conversational-leadership.net/coffee-houses/). John Roos from RoosRoast adopted a tag line that is printed on each bag claiming, *Free Speech Coffee*. When I asked Kath Weider-Roos, John's wife and business partner, about this she explained it this way: "John adopted the phrase early on to reference the way coffee opens people up to start talking. Also, as artists we believe in the power of expression and the ideals of free speech." This is reflected through the artwork and stories John creates for each of their signature roasts like "Lobster Butter Love."

When the participants were asked if their coffee careers brought them joy the overwhelming answer was YES! Consider this when you pick the businesses you want to support. Thank them for their service to our community, culture, and that wonderful BUZZ that gets you through a tough day. One Barista told me she acquired joy knowing she was contributing to making someone's day a little brighter. Which reminds me... Please tip your baristas well. They pour their talents, craft, and spirit into each cup and deserve to know they are appreciated. Onni's take-away was eloquently stated: "I loved hearing the perspectives of people knowledgeable and passionate about their field. The history of local coffee roasters has enriched my daily coffee experiences. It made me more mindful and appreciative of coffee and the people who are involved in making it."

There are many websites where you can learn the technical aspects of growing, roasting, and brewing beans. The National Coffee Association is a good place to begin www.ncausa.org. Jessica Meyer, past Lead Barista at Crazy Wisdom Tea Room also recommended two books on the subject: *God in a Cup* by Michael Weissman, and *The World and Atlas of Coffee* by James Hoffman. Both are available at Crazy Wisdom Bookstore.

Sam Schaefer of Stovetop Roasters competes in barista competitions. Top level baristas from all over the nation and/or world compete to find the best in their field. This information is at www.sca.coffee.

There are classes, cuppings, and events at almost every coffee shop and roaster lab mentioned in this article. Check out their web sites and social media for updates: stovetoproasters.com, roosroast.com, www.mightygoodcoffee.com, www.coffeexpress.com, and cometcoffeestl.com.



"Information and interest in coffee grew and people wanted, and could find, a more unique experience. The whole coffee chain adapted, and in some ways exploited, these opportunities."

**— David Myers
of Mighty Good Coffee**



“Roasting coffee can be quite technical, and quite a few rely on computers to analyze and make adjustments. I don’t want to get into a debate on whether a human can outperform a microprocessor, but roastmasters with a lot of years under their belt are comforting.”

— Tom Isaia
of Coffee Express



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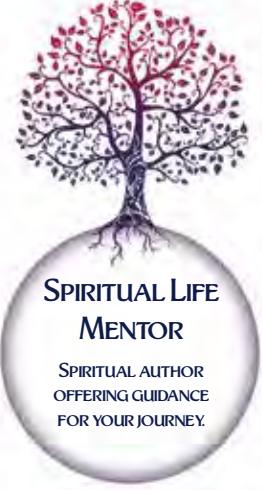
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- Nasmaste -



By Lynda Gronlund-Naeem

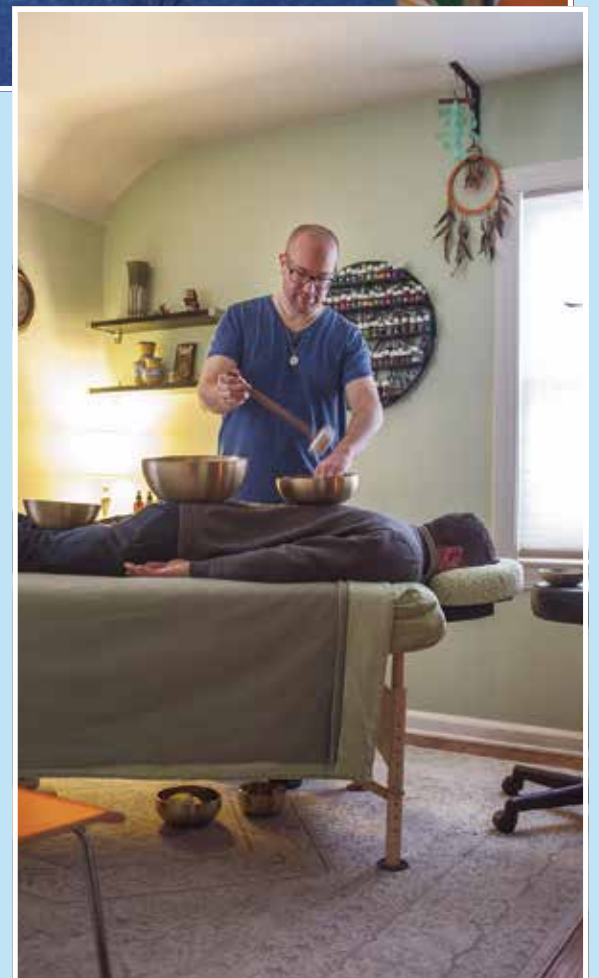
This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established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



Ann Arbor musician, music teacher, and massage therapist, Rob Meyer-Kukan, became certified in Vibrational Sound Therapy (VST) in July of 2018. He now offers individual and group VST sessions as well as incorporating it into some of his massage offerings.

The six-day intensive training in Chicago prepared him to use Himalayan singing bowls to induce deep relaxation and stress release. The bowls are gently struck with a felt mallet on or near the body and vibrate with a peaceful sound. This modality can stand alone or can be combined with massage, reiki and/or aromatherapy to create a session catered to the receiver.

See page 29.





Bio Energy has long been one of Ann Arbor's leading integrative medical practices. It was founded by, and is led by, Dr. James Neuenschwander, who has been featured in *The Crazy Wisdom Journal* a number of times over the years. (An in-depth interview with "Dr. Neu" was in Issue #48, May thru August 2011, available on our online archive at www.crazywisdomjournal.com.)

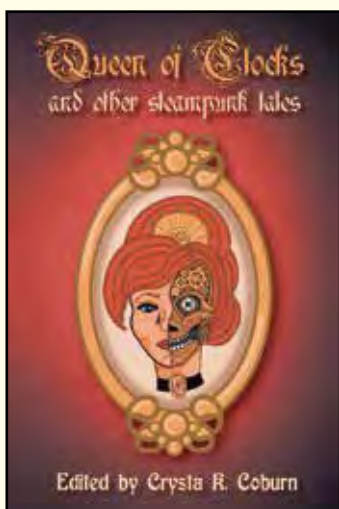


Dr. James Neuenschwander

See page 29.

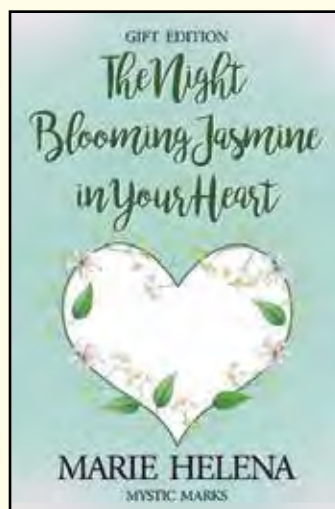
Crysta Coburn, a staff writer and editor for the *Crazy Wisdom Community Journal*, published *The Queen of Clocks and other Steampunk Tales*

See page 30.



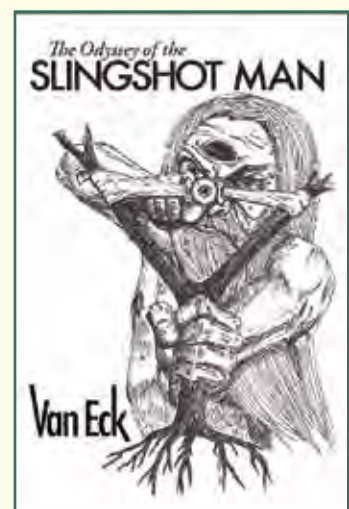
Grand Rapids based author Marie Helena published her first book, *The Night Blooming Jasmine in Your Heart*

See page 31.



The Odyssey of the Slingshot Man listed author, Van Eck, is a pseudonym for a family of three co-authors: Peter Van Eck, his wife Dr. Lani Van Eck, and his brother Jon Van Eck. All live in the Ann Arbor area.

See page 31.



New Offerings by Established Businesses and Practitioners

Ann Arbor musician, music teacher, and massage therapist, Rob Meyer-Kukan, became certified in Vibrational Sound Therapy (VST) in July of 2018. He now offers individual and group VST sessions as well as incorporating it into some of his massage offerings.



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Meyer-Kukan said he has been interested in the singing bowls for a few years and uses them in his own daily meditation practice. He described an experience on the first day of his training. It was a stressful and sad time for him as his mother had recently passed away. He was given a VST session and recalls lying face down on a massage table while the practitioner struck a bowl at his feet. He said he "felt the warmth of the vibrations up through [his] body," and was able to let go, relax, sleep, and rest, as he hadn't done for weeks. He said he came out of the session with a "deep understanding of his own grief." On the second day, in another session, he said he felt he saw his mother again, whole and well, and he felt transformed. He felt he had to share this healing modality with as many people as possible.

Meyer-Kukan offers VST sessions at his in-home studio on the southeast side of Ann Arbor near Packard and Platt. He also offers Singing Bowl Meditations or "sound baths" for groups at *Joy: Freedom in Motion* on Main Street in downtown Ann Arbor. Studio owner Heather Glidden is, among other skills, a guided meditation coach and provides some verbal guided meditation while Meyer-Kukan plays the sound bowls in the center of the room. Participants sit or lie on yoga mats or blankets in a comfortable position while they listen and meditate.

Meyer-Kukan said he has been able to help clients with PTSD or emotional stress relax and sleep well again using this modality. He said it has a cumulative effect, with faster and deeper relaxation each session as the brain and body become accustomed to it. In addition to relaxation and stress relief, he said it is useful for anyone "looking for a way to heighten their journey of inward understanding of themselves."

Rob Meyer-Kukan can be reached at 248.962.5475. His website is www.robmeyerkukan.com and his email address is rob@robmeyerkukan.com. Sound bath group events at Joy are listed at their website: www.joyannarbor.com.

Ann Arbor's Bio Energy Medical Center has moved, and after 30 years in business, it has purchased its own building.



They are now in a fully renovated space in Ann Arbor Commerce Park, 3.5 miles from their previous office. The new office has polished concrete and bamboo flooring, and non-toxic zero VOC paint on all the walls.

Bio Energy has long been one of Ann Arbor's leading integrative medical practices. It was founded by, and is led by, Dr. James Neuenschwander, who has been featured in *The Crazy Wisdom Journal* a number of times over the years. (An in-depth interview with "Dr. Neu" was in Issue #48, May thru August 2011, available on our online archive at www.crazywisdomjournal.com.)

The Center is now offering four new IV Therapy treatments in addition to their original IV services. Their traditional offerings are Vitamin C, which is said to "help support the immune system, fight infection, reduce inflammation, and improve fatigue"; Meyer IV, designed by Dr. John Meyers in the 70s to "improve fatigue and overall function"; Chelation IV, to mitigate heavy metals toxicity; and Glutathione Push, a major antioxidant boost which is said to help a variety of conditions.

The new offerings are exclusive to the center. "Stress Resistance" is a cocktail of antioxidants and nutrients designed to help "protect the immune system and promote mood balancing," and may help with anxiety, depression, and other mental health issues. "Regenerate and Replenish" targets the hair, skin, and nails for an anti-aging treatment. "Fatigue Fighter" is designed to "increase mental clarity," and "reduce brain fog." "The Ultimate" is a combination of all vitamins and minerals found in other IV treatments at BEMC, for those looking to achieve optimum health. The benefit of IV therapy, according to the center, is that it bypasses the digestive system and thus any stomach upset, loss of potency, and absorption issues are avoided. The center has a room dedicated to IV therapies with relaxing leather recliners. Patients can receive IV treatments on a regular basis or as desired and can save money by purchasing treatment packages.

Bio Energy's other services include: Acupuncture, Classical Homeopathy, and Bio-Identical Hormone Replacement Therapy.

The Bio Energy Medical Center is located at 4201 Varsity Drive, Suite A, Ann Arbor, MI 48108. They can be reached by phone at 734.995.3200 or by email at DrNeu@BioEnergyMedicalCenter.com. Their website is www.bioenergymedicalcenter.com.

WHAT'S NEW IN THE COMMUNITY



Continued from page 29

The Om of Medicine is a cannabis provisioning center located in downtown Ann Arbor.

After eight years in a third-floor space on Main Street, it moved to a larger first floor space across the street. This means easier access for medical cannabis patients and a beautiful new facility. There are three private consultation rooms for patient comfort and privacy. The patient lounge is also an art gallery, and they host free events for the community on a monthly basis. This is both for fun, explained Om's Outreach Director Lisa Conine, and to "create more of a community feel and help break down the stigma" of medical cannabis use. They host a comedy night at 9:00 p.m. on the first Saturday of each month, and a yoga class at 5:00 p.m. on the second to last Sunday.



There is a full time MD on staff to assist with dosing and other aspects of treatment, but the facility does not issue medical cannabis cards. They can offer advice and referrals to people who want to attain cards, but Conine explained that they usually recommend having one's primary care physician sign the necessary paperwork if possible. If the PCP is not willing, there are clinics that specialize in helping patients attain their card. Since cannabis is still illegal at the federal level, many doctors are not willing to take a risk by signing the paperwork. The list of conditions that can legally be treated with cannabis expanded by 11 last summer, Conine said, and now includes: arthritis, chronic pain, IBS, Parkinson's disease, and others. Conditions that were already on the list include: cancer, glaucoma, Crohn's disease, PTSD, and others.

The Om team is excited about the recent vote to legalize recreational cannabis use in Michigan, and continues to advocate for federal legalization, primarily so that more medical research can be done in order to help patients who may benefit. But Conine said they believe "no one should go to jail for possession of a plant." She said there is potential for the center to provide recreational cannabis in the future, but that much needs to be put in place legally for this to be practical. For the moment, they are focused on making medical cannabis accessible and convenient for patients and reducing community fear and misconceptions about this medicine. Even when recreational cannabis becomes widespread and easier to attain, those with medical cannabis cards will still benefit, as they will be taxed at a much lower rate.

No appointment is necessary for patients during Om's open hours, and the center features a "to-go bar" as well as online ordering. Cannabis cannot be legally mailed at this time, so medicine does need to be picked up.

The Om of Medicine is located at 111 South Main Street, Ann Arbor, MI 48104. They are online at www.omofmedicine.org. They can be reached by phone at 734.369.8255 or by email at info@omofmedicine.org.

Esthetician Katie Westgate opened K. West Skin Body Soul in a renovated historic home on Main Street in Ann Arbor in May.

This is an expansion of her previous studio, K. West Skincare, which was located in Kerrytown for 3 years. The studio offers a variety of therapies. Westgate is a licensed esthetician influenced by the practice of Ayurveda and Chinese medicine, having worked at an Ayurvedic spa in New York. She provides healing facials and other skin treatments. She is also a nutrition coach and with her team is working on developing a holistic nutrition and lifestyle-coaching program inspired by destination spas. She explained that when people go to a destination spa, it's very easy for them to comply with all of their self-care goals because everything is being taken care of for them, but that when they return home and resume their daily routine and responsibilities, any progress is lost. She wants to help people find ways to embrace lifestyle changes they can stick to during the course of normal life. She is working toward certification as a Yoga instructor as well; an additional yoga studio space is planned and construction will begin as soon as permits are finalized. Westgate hopes to have it ready for use by summer of 2019.



Angela Strong is another esthetician at K. West providing facials, hair removal, and nutrition coaching. Michaela Phan is an esthetician, massage therapist, hypnotherapist, and doula who provides a variety of therapies and treatments. Jessie Rauf is the front desk manager, but is also training for her Yoga teacher certification.

The studio has space to begin offering organic manicures and pedicures, but is still looking for a qualified professional or two to fill that spot. They also have a full-body LED bed, which Westgate said uses light energy to detox the skin on the entire body. The menu of services continues to grow with Westgate's multi-talented staff. The studio's goal is to "support our community in living a most radiant life from the inside out." Every detail of the physical space as well as each service is geared toward relaxation, releasing stress, and taking care of the whole person.

K. West Skin Body Soul is located at 415 North Main Street, Ann Arbor, MI 48104. Free parking is available. They can be reached by phone at 734.436.8991 or by email at jess@kwestskinbodiesoul.com. More information and online booking is available at www.kwestskinbodiesoul.com.

Three experts in the paranormal have teamed up as Full Moon Rising, offering spiritual cleansing of homes and businesses.

Full Moon Rising's founder is Beverly Fish, a psychic medium, tarot reader, astrologer, and demonologist. She is also a retired historian and professor who lectures regularly at Washtenaw Community College and other venues on astrology, psychic development, and demonology. She discovered she was sensitive to the paranormal at only ten years old and has pursued these topics ever since. Omar Khayyam Yeldell is a "modern-day shaman," spiritual consultant, empath, Reiki healer, web author, and paranormal investigator. He was born clairvoyant and empathic, and has studied the occult and related topics for decades. He is the founder of Desate Spiritual Consultations. Nicole Sutherland Shook is an empath, sensitive, intuitive, and paranormal investigator. She specializes in intuitively using homemade oil blends, sage, and invocations to banish negative spiritual entities.



The three have partnered to address a widespread problem they see in the world: people are being affected by negative spirits, ghosts, demons and entities in their homes or other locations where they spend a lot of time, and have no idea where to even look for help. The trio believes that some problems: addiction, abuse, depression, and a generally unhappy home, can be a result of the influence of these negative energies and beings.

Full Moon Rising will investigate and spiritually cleanse homes and businesses free of charge (donations accepted) out of a desire to help people experiencing problems with the paranormal. They are local to Ann Arbor but have travelled throughout Michigan and even into neighboring states to investigate and help solve paranormal problems. Sutherland Shook remarked that "people think they can just sage everything away," and said that when in doubt, it's better to call in an expert rather than risk ramping up a problem with a negative entity by trying to banish it without the proper knowledge. They are happy to provide peace of mind, for example when someone "just has a bad feeling" about something happening in their home.

They also lecture on the paranormal at different venues and are available for talks.

More information is available at www.fullmoonrising.center. Beverly Fish can be reached by email at beverly.fish@comcast.net. Omar Khayyam Yeldell can be reached at desateconsultations@gmail.com or 727.244.0650. Nicole Sutherland Shook can be reached at twilightwing@comcast.net or 734.395.8930.

Sharon Lawlor recently moved her business, Tranquil Being, to a new space inside the new K. West Skin Body Soul building on Main Street in Ann Arbor.

She works with healers, creatives, and entrepreneurs, providing deep healing sessions. She has been called a "healer of healers," since she feels called to work with those who help others by holding space for them and helping them provide care for themselves that they so readily provide to others. She described herself as an "energy alchemist"; her sessions can consist of "an eclectic mix of modalities" catering to each client's body, mind, and spirit needs. Her work includes massage, energy work, shamanic healing, Chinese medicine, and heartfelt dialogue while showing deep empathy and attention to the person she is working with. She said a session "could be just a massage, or it could be healing 20 years of pain and trauma held in the body," or anywhere in between depending on what the client needs and desires at the time. She takes time with each client to fully understand what she/he is going through and tailor the experience to help one achieve energy flow using her intuition and experience. She also sometimes provides referrals to other professionals who may be able to help with a specific issue.



Lawlor is beginning to expand her reach with some local and online group workshops and doing some one-on-one work with clients online. She also writes a monthly spiritual column for a local magazine.

Sharon Lawlor's healing space is located inside K. West Skin Body Soul at 415 North Main Street Ann Arbor, MI 48104. Her website, with online booking and links to her Facebook, Instagram, and Twitter accounts is at www.tranquilbeing.com. She can be reached by email at connect@tranquilbeing.com or by phone at 734.761.8753.

New Books by Area Authors

Crysta Coburn, a staff writer and editor for the Crazy Wisdom Community Journal, published *The Queen of Clocks and other Steampunk Tales* in July.

The book is an anthology of stories by seven authors including Coburn, and other Ann Arbor area authors. The theme tying the stories together is "steampunk fairy tales." Coburn said, "it



brings together the magic of fairy tales and the allure of cogs and gears." While she has published stories in anthologies others have put together in the past, this is the first anthology she has taken on herself. While it will appeal to the steampunk community, she said that it would be of interest to others as well, as it is "about having fun and being imaginative." She said it's not a children's book, but "would rate it at PG-13," appropriate for teens and adults. When asked if there may be another book in the future, Coburn said she and the contributors, as well as other authors, have been pitching ideas.

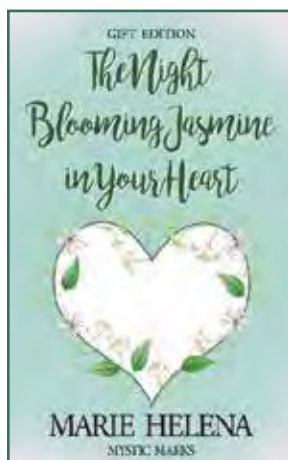
The book is available at Crazy Wisdom Bookstore and at Bookbound in Ann Arbor. It is also available as an ebook. Crysta Coburn can be reached via email at ck_coburn@yahoo.com and her blog is <http://crystakcoburn.blogspot.com/>.



Grand Rapids based author Marie Helena published her first book, *The Night Blooming Jasmine in Your Heart*, in June of 2017.

It is the first book in a planned series. Helena explained that the book's message is to "make something beautiful." This means, "taking the challenges we encounter in life and not just solving them, but making something beautiful out of them by introducing love and light." The problems we have are part of our stories, she said, and are part of the beauty of those stories as they leave these "trail[s] in your life."

The book came out of a blog Helena writes called the Mystic Marks Blog. This in turn came out of a website she created with a web designer to sell spiritual bookmarks she designed (hence the name "mystic marks"). The web designer suggested a blog for the site, and Helena started writing prolifically on it. "I write about whatever excites me," she said, and much of it focuses on spiritual lessons she has taken from her life experiences. In 2016, Carol Fix, an editor and publisher from San Diego, discovered the blog and suggested Helena publish her work in a book series. Fix said she felt that words of inspiration are desperately needed in our tumultuous time.



A second book in the "Mystic Marks series" is in the finishing stages. Helena has since stopped making the bookmarks as her passion work has shifted to writing, but each blog post in the book is accompanied by a beautiful floral watercolor that Helena said represents the energy of the piece. These are by various artists. The cover, Helena said, is done in a soft texture specifically chosen by Fix, "to harmonize with the gentleness of the book's reflections." It has been recommended by the US Book Review, and received 5-star ratings on the major online bookselling sites.

Helena will be at The Mitten Word bookstore in Marshall, Michigan for an author presentation, reading, and book signing at 1:00 p.m. on Saturday, February 9. She will be at the Crazy Wisdom Community Room on Saturday, March 2 from 2:00 p.m. to 4:00 p.m. for a presentation, reading, Q&A session, and book signing.

The *Night Blooming Jasmine in Your Heart* is available for purchase at Crazy Wisdom Bookstore. Marie Helena's blog is at mysticmarks.blogspot.com. She can be reached via email at mysticmarks@sbcglobal.net or by phone at 616.363.5546.

The Odyssey of the Slingshot Man was published in 2018 after a 53-year journey from a seed in the mind of Peter Van Eck to a finished book.

The book's listed author, Van Eck, is a pseudonym for a family of three co-authors: Peter Van Eck, his wife Dr. Lani Van Eck, and his brother Jon Van Eck. All live in the Ann Arbor area.

The book is a post-apocalyptic novel based in the near future, with heavy influence from the three authors' 50 years of spiritual experiences. When Peter was a young boy, his father became ill, resulting in Peter spending some time with Yogananda, the author of *Autobiography of a Yogi*. He said this experience activated his spiritual mission. He began working on the story of the Slingshot Man when he was a student at the University of Michigan in 1966. In the 1970s he co-owned Jacob's Ladder Gallery, a "consciousness art and book store." His business partner, Steve Fisher, drew the picture on the cover of the book, which Peter said is a visual representation of a "6th chakra energy blast" and features the Slingshot Man getting ready to literally fire his third eye with a slingshot made from a tree complete with roots. The drawing hung in the gallery for a year, Peter said.



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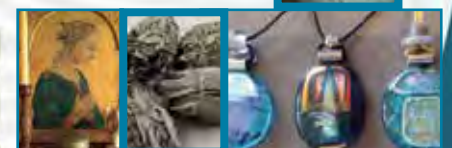
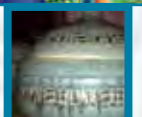
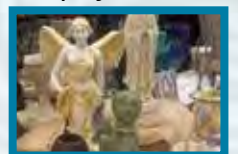
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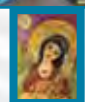
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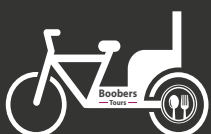


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WHAT'S NEW IN THE COMMUNITY



Continued from page 31

Lani is an anthropologist specializing in Native American culture (and is part Native American herself). She co-founded the Wounded Knee Museum in Wall, South Dakota. She was also a contributing editor to an oral history made into a book by Ernie la Pointe, Chief Sitting Bull's only surviving great-grandson. She has been able to be part of a number of Native American spiritual ceremonies over the years.

Jon is a professional potter, as well as a painter, sculptor, and woodworker. He served as a graduate teaching assistant in the Fine Arts department at Eastern Michigan University.

After hearing Peter speak about his story ideas for many years, Jon and Lani decided to collaborate with him beginning in 2011.

The story begins with the eruption of the 1300 square mile super volcano at Yellowstone, which is actually predicted to happen and is technically overdue. The main character, a middle-aged art professor, separated from his family by the disaster, goes on a journey across a destroyed United States to get back to them. The near-extinction event stimulates rapid evolution and he is spiritually activated as his true self – the Slingshot Man. He encounters vigilantes, contaminated water, wild dogs, looters, cities destroyed by volcanic ash, and much stranger things in his quest to get back to his family.

The book deals with many aspects of Native American spirituality and prophecy, as well as Eastern spiritual practices and phenomena. Energy flows, chakras, and kundalini are described in detail, arising from the authors' own experiences. "It was hard to put into words," Jon said. The description on the back of the book says it "examines three coexisting species: those who use God consciousness, those who use earth magic, and humans." Peter explained that earth magic and God consciousness are very different, as earth magic or chi work "within the illusion" of our physical reality, but God consciousness is a higher concept that goes far beyond physical phenomena.

This is the first in a series of books, and the authors hope the next will be ready in two to three years. There will be at least four and as many as seven.

The Odyssey of the Slingshot Man is available at the Crazy Wisdom Bookstore. More information is available online at www.slingshotman.com. The authors can be reached by email at 3mphpub@gmail.com.

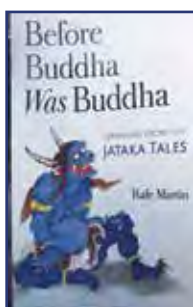
Upcoming Events

Ann Arbor's Zen Buddhist Temple will host author and storyteller, Rafe Martin on the weekend of March 23 and 24.

Martin specializes in the Buddhist Jataka Tales, which are parables the Buddha told to his followers featuring animals, humans, monsters, and celestial beings representing the Buddha and his followers in previous lives. The tales are appropriate for adults and children. His most recent book, *Before Buddha Was Buddha*, focuses on Buddha struggling in past lives with temptation, self-doubt, and other challenges. Each story is followed by commentary explaining its relevance and lessons for modern people.

On Saturday evening, March 23 at 7:00 p.m. at the Zen Buddhist Temple, Martin will be the main speaker in an evening of Buddhist storytelling. This is appropriate for all ages and families are welcome. Resident priest of the Ann Arbor temple, Haju Sunim, will also tell a Zen story. The cost for the event is \$25 for adults and \$15 for children 16 and under.

Earlier in the day, from 10:00 a.m. to 12:00 p.m. Martin will teach a workshop on storytelling. It will focus on the core principles of storytelling, the differences between writing and storytelling, and inspiring others through storytelling. The workshop will also be held at the temple and the cost will be \$50 per person. Martin will also give a Dharma talk at the regular 10:00 a.m. Sunday service on March 24. He is a teacher in the Soto Zen tradition, and Hayaan Kelli, a Dharma teacher at the temple, said he is a wonderful speaker. It is free to attend the service, though donations are welcome.



The Zen Buddhist Temple of Ann Arbor is located at 1214 Packard Street, Ann Arbor, MI 48104. More information is on their website at www.zenbuddhisttemple.org/annarbor. Questions can be directed to annarbor@zenbuddhisttemple.org or 734.761.6520.

New Classes

Joy Studio in downtown Ann Arbor has a new yoga instructor and moms' coach, Jamie Falahee.

Her background is as a yoga teacher, a speech language pathologist, a health coach, and a mom of two. Her specialized health and life-coaching program for moms with young children is called Mom Hacks. She helps these mothers to get to root causes of problems they're having in living their happiest lives. "The real life of being a mom is hard," she said, and she has many strategies to help moms organize their lives and their time, decrease stress and anxiety, reduce their mental load, calm the chaos of life with kids, and increase their joy. She offers a free three-step introductory online training for moms which gives instant value and is a good taste of what she can help with, which she is happy to provide via email.



Falahee's Kids; Yoga classes include story time, breathing exercises, and pose sequences to help teach children self-regulation and mindfulness. Kids with ADHD and similar issues may especially benefit from this practice.

Jamie Falahee can be reached by email at jamie4109@gmail.com. Joy Studio is located at 214 South Main Street Ann Arbor, MI 48104 and their phone number is 734.274.9482. Their website is www.joyannarbor.com.

Gwyn Jones is a personal trainer certified through STOTT Pilates and TRX, specializing in posture, alignment, and movement patterns.

Her in-home training business, Restored Alignment, offers one-on-one and small group training. She begins each client relationship with a movement assessment, which starts from the ground up. Many postural and movement problems, she explained, can be traced to the feet, which if misaligned will affect the entire chain of the body upward. She has, for example helped people with lower back pain by first correcting problems in the feet. She said:



"I design their program based on their individual needs to get them aligned, their posture back together, strengthen their muscles, and even get them to focus on where and what their body is doing in space. This can bring healthy and pain-free movement patterns back into their lives."

Jones also teaches Pilates, Yogalates, and TRX classes at the Ann Arbor YMCA. She recently began offering group workshops on topics such as: foot & gait patterns, healthy knees, shoulder and wrist relief, and fascial tissue rolling. All are focused on helping people become more aware of their bodies and improve their movement patterns to create better balance, function, and less pain in daily activities and exercise. Early 2019 workshops being offered through Ann Arbor Rec & Ed include: Foot & Gait Workshop on January 27th, Buff Bones Osteoporosis Workshop on February 10th, and It's All About the Knees on March 3rd.

Visit Gwyn Jones' website at www.restoredalignment.com for more information about working with her, and for information on registering for her classes and workshops. Jones can be reached by email at gwynajones@hotmail.com.

Leslie Blackburn, Sacred Sexual Healer and transformational guide, is offering a new three-month program for sexuality educators and somatic professionals (therapists, body workers, and others) entitled "Claiming Your Sacred Sexual Shamanic Self."

The program will run from February 12 through May 21 and will consist of several group video calls, one-on-one coaching calls, and a weeklong retreat at a lodge in West Michigan. Blackburn has offered a similar program in the past as an apprenticeship; she said that this new format will allow more people from anywhere in the world to participate and for the group of 8 to 15 people to co-create together. "There's a magic that comes from being together in a community with similar life-paths," she said.



The purpose of the program, she said, is to support participants to "feel joy and clarity on their soul purpose [and create] a culture of love and respect for our bodies, ourselves, each other, and the planet." She said that it is intended to help people

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WHAT'S NEW IN THE COMMUNITY



Continued from page 33

“feel safe to allow life force energy” to work through them. It is for emerging and established professionals. Blackburn has asked that people interested in the program visit her website to fill out an interest form, so they can connect with her. She will interview each potential participant in order to ensure that it is the right fit for them at this time, and that they will be a good fit for the group.

More information is on Leslie Blackburn’s website: www.leslieblackburn.com/leadership-program.html. She can be reached by email at leslie@leslieblackburn.com.

New Practitioners and Businesses

Natalie Candela, PhD is a certified hypnotherapist and transformation coach.

he said she has been on a spiritual journey for over 30 years, and in 2014 was led in a new life direction. Around that time she lost several close family members as well as her husband, lost her job, and lost all interest in the academic career she had been pursuing. She felt guided toward hypnotherapy “as a tool for awakening and self-realization” and re-examined and re-created her entire life. She took training and became a certified hypnotherapist in 2015 and started her practice, Awakened Hypnosis, in 2016. Since the age of seven, Candela said she knew with clarity that she was a teacher, and she views this change as a continuation of that life path in a new form.



Through hypnosis and other tools, Candela helps her clients “awaken to their talents and strengths, their wishes and dreams, their self-worth and self-love, their joy, their higher wisdom, and their life purpose.” One of her specialties is Quantum Healing Hypnosis Technique (QHHT), a technique developed by Dolores Cannon that helps people connect to their higher wisdom through past-life regression. The process, she explained, starts with a talk in which the client is asked about everything concerning them about their life and what they want to learn by the experience. Then, Candela helps them reach a state of hypnosis and connects them to past lives that may hold insight as well as their higher self. Questions are actually posed to the higher self to help answer the client’s questions about their life direction, purpose, and anything else they may be wondering about. The entire process is recorded and given to the client so they can review it later.

Candela is interested in working with anyone who is working on “awakening to themselves and their potential.” In addition to one-on-one sessions that take place for the most part in her home studio near Flushing, Michigan, she leads workshops. Past Life Exploration (stand-alone) workshops will be held on January 12 and 26, February 9 and 23, and March 9 and 23, from 3 p.m. - 4:30 p.m. She will also offer a Lemurian Sisterhood Circle (for women only) on February 9 and March 9, from 5 p.m. - 7 p.m.

For more information Natalie Candela’s website is www.awakenedhypnosis.com. She can be reached by phone at 810.701.5208 or by email at natalie@awakenedhypnosis.com.

Ann Arbor local Krysia Hepatica is a spiritual blogger and vlogger whose passion is helping others “get in flow with the universe and reporting on the planetary energies which are happening.”

Her brand is called Luxe Odette, which she said is all about “cultivating gratitude, manifesting goals, meditating, and doing ‘dark shadow’ work.” She described dark shadow work as identifying, embracing, and transforming the suppressed, ignored, and hidden part of ourselves. In addition to her blog and YouTube channel, Hepatica offers events and classes, such as her Full Moon Circles at Crazy Wisdom. She is currently formulating an online course on “how to transform your dark shadow.” This is work she has had to do herself, as she experienced a spiritual awakening a little over a year ago, and has been guided toward different aspects of spiritual work along the way.



Hepatica also intuitively creates custom essential oil blends related to planetary energies, and offers some crystals and other spiritual tools for sale on her website. She has many free online resources through videos, blog posts, and on Facebook and Instagram that she is excited to share with individuals who may be experiencing spiritual awakenings and want to better understand what is happening to them.

Krysia Hepatica’s YouTube channel is at <https://www.youtube.com/user/krysia369/>. Her website with links to her Facebook and Instagram accounts as well as a calendar of events she is offering, is at www.luxeodette.com. She can be reached via email at luxeodette@gmail.com.

Dr. Barbara Heller-Burstein, D.O. recently moved to the Ann Arbor area from Mount Pleasant and is seeing patients at the Parkway Center.

She completed a fellowship in Metabolic Medicine and Nutritional Counseling in 2011, and is board certified in Anti-aging and Regenerative Medicine and Family Practice. She practiced Family medicine and Integrative medicine for over 20 years, and now is shifting to focus solely on Integrative medicine. This means she will not serve as a primary care physician but will work with patients to solve problems and help them heal holistically, including changes in diet, use of vitamins, supplements and prescription medicine, hormone balancing, and osteopathic manipulation as needed. She can diagnose toxicity in the body, food intolerances, and other issues of something “off-kilter” in the body causing symptoms. Since she does not accept insurance and is an independent doctor, she can really take her time to get to know each patient as a whole person and understand what they are experiencing, thus developing a treatment plan that really addresses their needs. She is also available via phone and email between appointments to make sure the patient understands every part of their treatment plan and can get any questions answered. Burstein explained that while she does not accept insurance for treatment, some bloodwork and other lab testing might be covered by patients’ insurance.



Dr. Heller-Burstein’s website is www.ypsimedical.com. She can be reached by phone at 989.493.1177 or by email at doctorbarb@ypsimedical.com. The Parkway Center is located at 2345 South Huron Parkway, Ann Arbor, MI 48197.

Earth Elements in downtown Saline opened in the summer of 2018.

Friends and co-owners Kristen Madrid and James McDonald were coworkers at a local bakery, and over time decided to combine their mutual interest in the metaphysical into a spiritual shop in the heart of Saline, which has never had a similar business. McDonald, a Reiki practitioner who already co-owned Renew Salon & Spa in Saline with his husband, had long dreamed of such a venture. Madrid had worked in a similar shop while in college and had been interested in the paranormal since the age of 11. Together, they had everything they needed to bring their vision to fruition.



Madrid described Earth Elements as “a mind/body/spirit shop” and said the goal was to “bring core enlightenment to Saline and the surrounding areas.” She said “Saline needed this type of place; people are open and ready for non-traditional spiritual development. Some are almost in the closet” about their curiosity, and the store is intended as “a welcoming safe space for people to explore their spiritual selves.”

The shop’s offerings are multifaceted and Madrid and McDonald aim to exclude no one. Eastern religions, Catholicism, and Christian items are present along with Pagan, Wiccan, and other traditions. They have crystals, candles, statues, incense and essential oils, loose herbs and teas, artwork, books, salt lamps, singing bowls, tarot and oracle cards, and authentic Native American fetishes and dreamcatchers. They sell soaps and body care products from Sea Witch botanicals, a small handmade brand based in Washington DC. They offer hot tea daily for visitors.

The shop will offer events such as reiki trainings and will host artists and speakers. They do have a classroom available for local practitioners to rent.

Earth Elements is located at 104 West Michigan Avenue, Suite 1, Saline, MI 48176. Their website is www.earthelementsmi.com. They can be reached by phone at 734.470.6801 or by email at earthelements@gmail.com.



Longtime Ann Arbor resident Gil Oswald is finishing a doctoral program in Pastoral Counseling, was recently ordained as a priest by the Independent Old Catholic Church (not Roman Catholic), and is starting a spiritual direction practice.



He previously volunteered as a chaplain at the University of Michigan Medical Center and at Ronald McDonald house. As an uncategorized chaplain he was able to work with people of different religious paths, and his avocation has been studying world religions.

He described spiritual guidance as “a conversation about trying to understand the spiritual side of yourself.” He said that people in transition and people in crisis are often the ones seeking this type of guidance. A serious medical diagnosis for oneself, a spouse, or child can trigger a desire to seek God. Someone who was raised in a particular faith and left it but now feels something is missing from their lives might seek other spiritual paths or a reconnection with their original religion. Even someone currently active in a religious organization but having doubts or questions, but not wanting to acknowledge those doubts to their own pastors or priests, may benefit from conversation with a spiritual guide. Oswald is interested in talking with people of any faith or none to learn about and potentially help them on their journey.

He is also available to officiate at weddings, bless houses, anoint the sick, and for burial services. He will have a small office space on State Street in Ann Arbor and will offer a weekly Eucharist (Holy Communion) on Sundays at noon where all are welcome.

Rev. Gil Oswald, Spiritual Guidance & Direction is located at 304 ½ South State Street, Ann Arbor, MI 48104. He can be reached by phone at 734.249.8041 or by email at seekingspiritualinsight@gmail.com. His website is www.seekingspiritualinsight.org.

Submit your listing for the May through August issue

Please note that the “What’s New in the Community” column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit.

Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the “What’s New in the Community” column in a given issue.

If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail information 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 (May thru August 2019) is March 1, 2019.

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HH DRIKUNG KYABGON
Mindfulness of Breath Sutra
Ann Arbor, March 22, 10am-12pm; 2pm-4pm
Drikung Chenmo Phowa & Amitayus Longevity Initiation
Ann Arbor, March 23, 9:30am-12pm

GUY NEWLAND
Using Reason to See Things as They Are
Ann Arbor, April 13, 10am-12pm, 2pm-5pm; April 14, 2pm-5pm
How to Love More and Resent Less
Ann Arbor, April 14, 11am-12pm

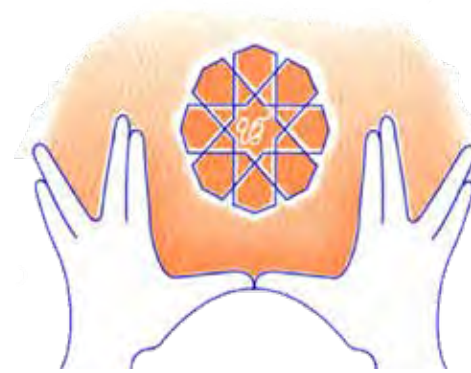
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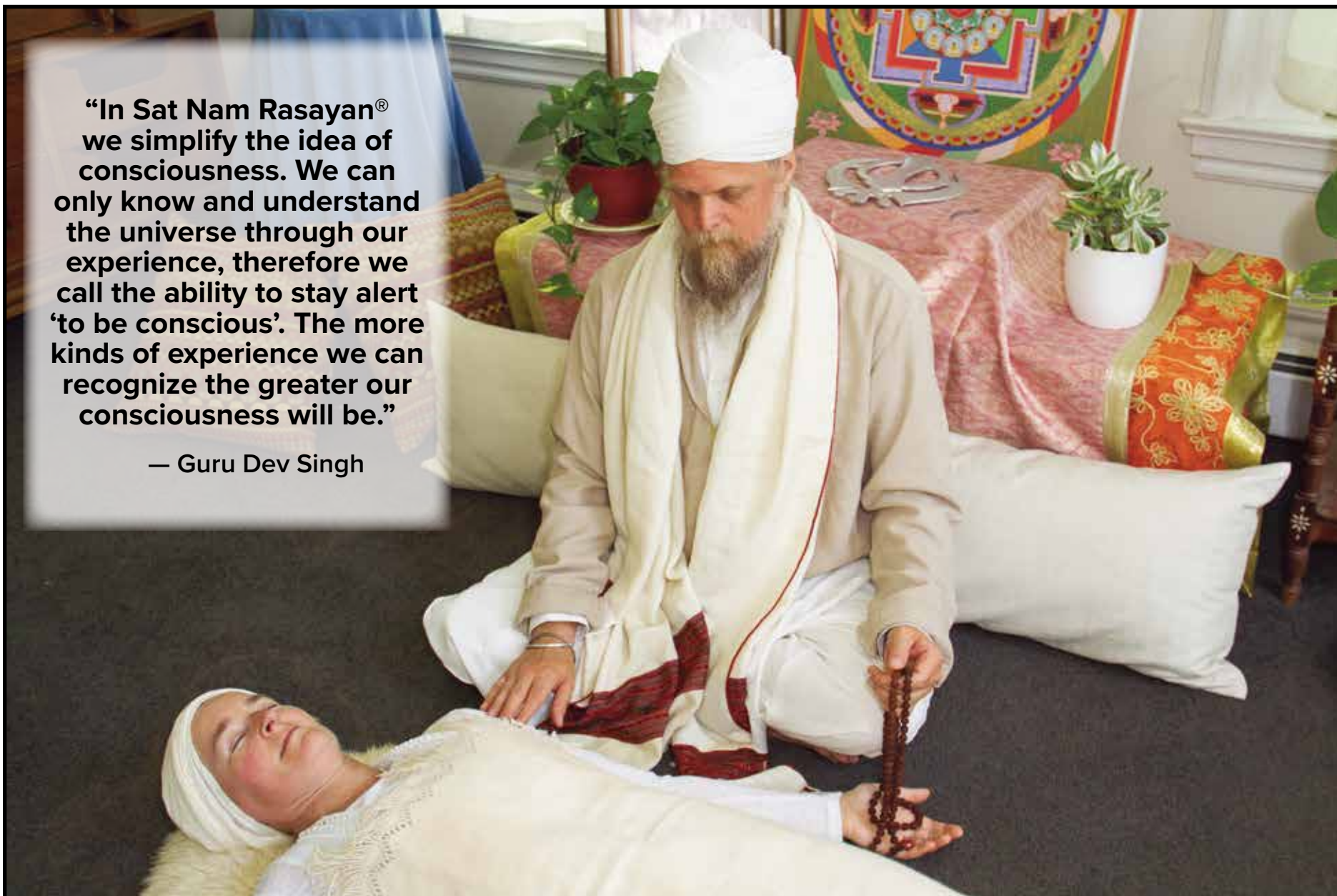
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An Interview with Billie Wahlen on the *Sat Nam Rasayan*® Healing Technique



“In Sat Nam Rasayan® we simplify the idea of consciousness. We can only know and understand the universe through our experience, therefore we call the ability to stay alert ‘to be conscious’. The more kinds of experience we can recognize the greater our consciousness will be.”

— Guru Dev Singh



By Jonathan Ellis
Photography by Joni Strickfaden

Editor’s Note: Sat Nam Rasayan is the name of a sacred healing technique that has recently become available in Ann Arbor, through Billie Wahlen (also known as Mohinder Singh). Wahlen is a gifted healer and massage therapist, and is well-established and known in Ann Arbor’s healing and bodywork subcultures. (He was featured in our cover story on Up and Coming Massage Therapists Under 40 in Issue #41, September thru December 2009 -- available on our archive at crazywisdomjournal.com.) As Billie Wahlen explains in the interview below, healing comes through a state of awareness that has taken him over a decade of practice to develop, under the guidance of a Sat Nam Rasayan master teacher. Wahlen now offers this kind of healing session to individuals at his office at the Parkway Center, or by going to an individual’s home or office.

Wahlen, 45 years old, has been practicing Kundalini Yoga and Meditation, as taught by Yogi Bhanjan, since 2002. He founded Healing Through Awareness, and also A2 Kundalini Yoga. He leads Kundalini Yoga, meditation, and gong workshops, trainings and courses. And he has a private massage therapy practice. Raised in Buffalo, NY, he has been living in the Ann Arbor area since 1995. His daughter, Emma, is 25. She has a degree in culinary arts, and is now working in that field.

Jonathan Ellis: You have done massage and bodywork in town for many years. Now you are also offering individual healing sessions called Sat Nam Rasayan®. Tell us about this healing technique.

Billie Wahlen: Sat Nam Rasayan® means “Deep Relaxation in the True Identity.” It is typically done on a mat on the floor, the client stays fully clothed, and I sit in a meditative posture next to them, touching their arm lightly to connect into a therapeutic relationship. This form of healing works through the meditative mind.

It is through becoming ultra-sensitive in the “sacred space” and allowing myself to expand my awareness enough to include everything my client/patient is experiencing, including their resistances. Resistances can be distractions, differentiation of sensations, preconceptions, conditions, boundaries, or limits.

I am not sending energy, or directing, moving, or attempting to manipulate energy as is done in Reiki, Chakra Balancing, or other energy healing modalities. I enter a state of meditation and connect to my client in a therapeutic relationship. Within this sacred space called shuniya, the healing occurs.

Mahankirin Kaur, a world renowned Sat Nam Rasayan® healer, most beautifully explains the process as “holding a neutral, contemplative state of awareness, being aware of everything - all sensations - and then allowing the resistances to change and/or release as you continue to hold your state of awareness.”

Jonathan Ellis: Can you tell us more about the sacred space of the Sat Nam Rasayan® healer?

Billie Wahlen: Shuniya means deep listening and silence. It is a state of consciousness. I learned to enter this state of consciousness through years of meditation practice. It is a meditative space of thoughtlessness, profound peace, and stillness.

My teacher, Yogi Bhanjan, Ph.D., was the master of Kundalini Yoga and Meditation, and he said, “The mind of the Sat Nam Rasayan® healer/practitioner becomes transcendent and in the vastness of this consciousness healing can occur.” He calls shuniya a state of “total surrender, becoming nothing and zero.”

Jonathan Ellis: Why might folks seek Sat Nam Rasayan® healing?

Billie Wahlen: Sat Nam Rasayan® is a spiritual healing, like prayer. Simply put, during a session, I meditate and you feel better. The healer simply removes resistances, which stand in the way of the client being free to heal.

People come for a variety of reasons: physical ailments, emotional support, and to benefit spiritually. One client I recently worked with said, "I feel so clear-headed and spiritually clear as a result of these Sat Nam Rasayan® exercises, it's amazing."

JE: Does the client describe their condition for the healing?

BW: Yes, sometimes. It is not necessary to know the client's disorder for healing to occur. It's the same as not needing to know someone's specific problems to be able to pray for them.

JE: What are the origins of Sat Nam Rasayan®?

BW: For thousands of years, Sat Nam Rasayan® was a secret yoga tradition. A master taught Sat Nam Rasayan® in silence to his student. The process of training lasted several years, until the student could recognize and maintain a state of shuniya.

Guru Dev Singh, Ph.D. is the living master of this tradition. Yogi Bhajan taught Guru Dev Singh with traditional training in Sat Nam Rasayan®.

JE: How was Sat Nam Rasayan® taught?

BW: It was always through transmission, the passing on of spiritual knowledge from teacher to student that healers were born. It was through being in the master's presence, learning through being in the teacher's aura and psychic influence that these states of meditation and profound spiritual experience were obtained. The spoken word was never necessary to transmit or practice it.

The student would go into the state of shuniya and the teacher would recognize that the student recognized this state. It was then that the student would become a teacher and a healer. At one point Yogi Bhajan recognized that Guru Dev Singh could maintain the state of shuniya.

JE: Now there is a broader method of learning Sat Nam Rasayan®?

BW: In 1988, Yogi Bhajan, who had previously been teaching worldwide for over 25 years, asked Guru Dev Singh to teach Sat Nam Rasayan® publicly and to start a school where people could learn to heal. He sent him to Rome, saying, "If you can conquer Rome you can conquer the world."

Guru Dev is the first and only teacher in the lineage of Sat Nam Rasayan® to develop a linear form to use for learning and practice. He has brought language to a system that was always taught in silence.

In 1989, Guru Dev Singh started to teach Sat Nam Rasayan® openly in Europe. Mahankirn Kaur has said, "Yogi

Bhajan was convinced that in times of great changes, the world would need a strong group of healers." He wanted to make the knowledge of the old Yogis accessible for all human beings.

JE: Can you tell us about your own training in Sat Nam Rasayan®?

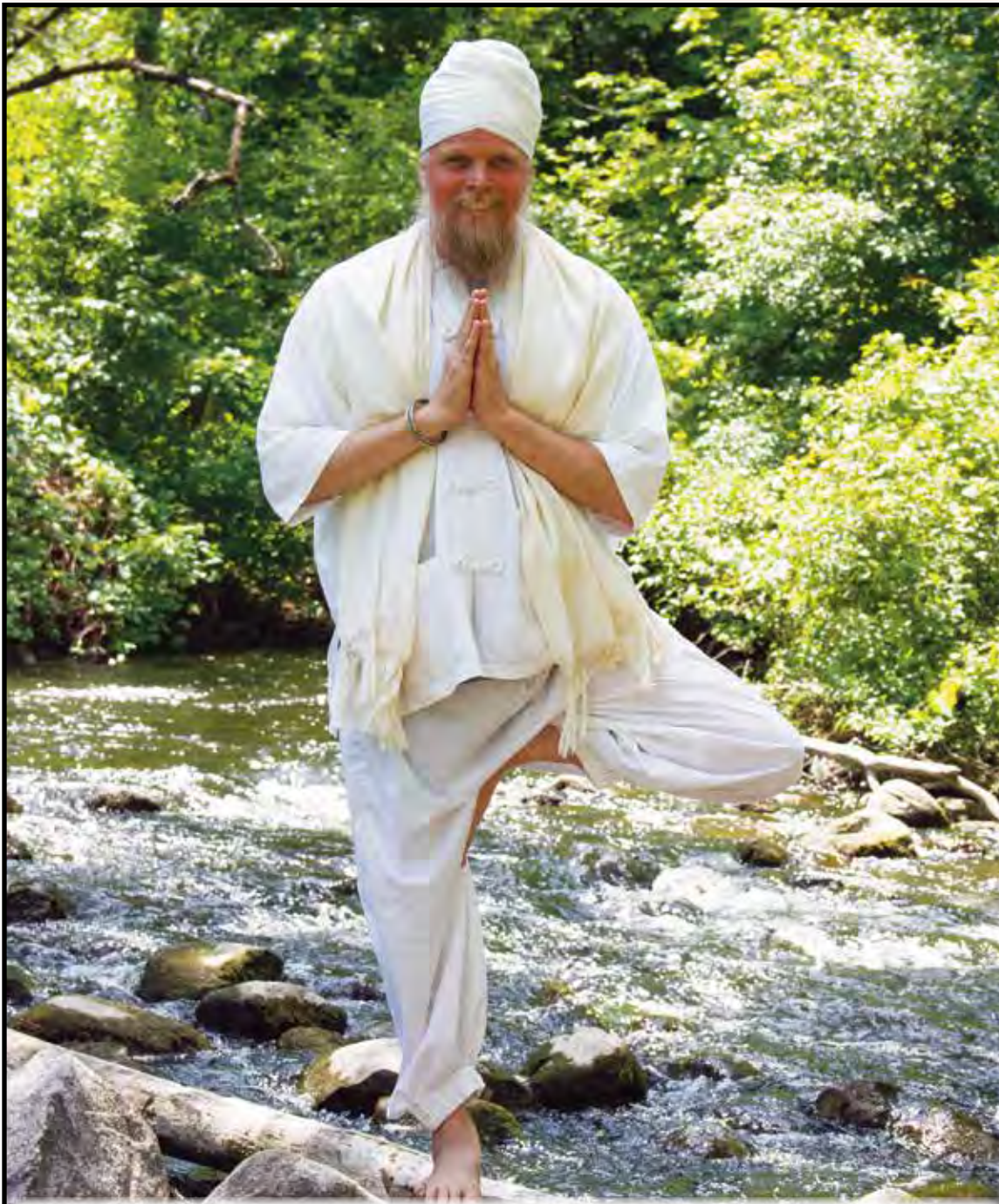
BW: I first took a class with Guru Dev Singh in 2002 at a Kundalini Yoga festival called Winter Solstice Sadhana Celebration in Florida. I was interested in this ancient yogic healing technique as I was new in the Kundalini Yoga community and by profession was beginning as a therapist to do massage and bodywork. In my training I took more of the esoteric approach to healing, i.e. Reiki, polarity therapy, energy balancing, etc. Sat Nam Rasayan® was intriguing, although I had no idea what it was.

The following year at the same event I had my first profound experience of these teachings. There were 400-450 people. I was at the back of the tent, partnered and attempting to understand what this healing and meditative state was all about. I remember thinking nothing was happening and I wasn't able to do this right.

At the end of a three-hour class, intermixed with meditations and practice healings, I had a strong pain in the left side of my heart center. It felt like a strong muscular pain in the intercostal muscles. Guru Dev said, "Well, that's all we have time for today. There is still a pain in the left side of the heart, but don't worry, I'll take care of it later."

"In all meditative and yogic traditions, inner silence was respected as the highest achievement. In our daily lives this seems very difficult and only achievable by higher yogis. Sat Nam Rasayan® teaches an amazingly easy approach to inner silence. It helps you to stay silent in the hustle and stress of your daily life. It is surprising to see your conflicts being resolved through this inner state."

— Mahankirn Kaur



"In 1968, Yogi Bhajan knew we were on the cusp of a great change and the techniques that have been held in secret needed to come out and be shared with the world. For the next 37 years his mission was to "create teachers, not to gain students." Kundalini Yoga is currently taught on every continent, in 81 countries, and in at least 15 languages."

— Billie Wahlen (Mohinder Singh)

I was amazed. I thought the healing, that was supposed to take place, was between my partner and myself. Did he just do a group healing on all of us? How is that even possible? Did everyone experience this pain I was experiencing? Later I discovered I had just experienced a group healing done by the Sat Nam Rasayan® Master. This was my first noticeable reaction in a Sat Nam Rasayan® class and my first direct experience of its effects.

JE: And you continued this training for over a decade?

BW: I continued to search for this meditative state called shuniya and practiced meditation daily at home for years. I participated in large group classes at Solstice gatherings, both summer and winter, every year since 2002. I have been to Guru Dev's intensives in India, Los Angeles, New Mexico, Mt. Shasta in California, and Virginia.

The intensives are really powerful, usually about 100 - 200 people, practicing six to eight hours a day. I clearly and distinctly recognized the state of shuniya at an intensive in 2014 in New Mexico. While in a deep state of meditation Guru Dev exclaimed, "That's shuniya!" I recognized this space from previous meditative experiences and now could distinguish it from other experiences.

Through personal and group meditation practices, I've been training to be able to stabilize this state of consciousness, and this training will continue for the rest of my life.

I have been blessed to have Guru Dev as my teacher. He has often given me specific meditations to do that have

Billie Wahlen *Sat Nam Rasayan*®

“Sat Nam Rasayan® is a spiritual form of healing using awareness as the only tool.”

— Yogi Bhajan



Kundalini Yoga and Meditation Level 1 Teacher Training 2018-2019

Continued from page 37

helped me with a variety of problems. Receiving Sat Nam Rasayan® from Guru Dev was a very profound experience. To explain briefly, he put me in the present moment, fully, I mean, fully! Every breath, every step, and every action was fully in the present moment for some time.

In August 2016 at a five-day intensive in Mt. Shasta, California, I tested for my Level 1 Certification. It involved doing a healing in the presence of Guru Dev. He asked me to heal a person’s stomach. I related to this situation while in meditation and allowed the sensations I was experiencing.

In 1968, Yogi Bhajan knew we were on the cusp of a great change and the techniques that have been held in secret needed to come out and be shared with the world. For the next 37 years his mission was to “create teachers, not to gain students.” Kundalini Yoga is currently taught on every continent, in 81 countries, and in at least 15 languages.

Yogi Bhajan was a deeply devoted Sikh. Sikhism is the world's 5th largest religion. He inspired thousands to follow the Sikh Dharma, the way of life of a spiritual seeker. The connection between Kundalini Yoga and Sikhism is through the current of divine sounds, which is called the Naad.

“Teaching is undergoing a change. In the age of Pisces, humans approached God, making an effort to cleanse and purify themselves in every way. Now, in the Age of Aquarius, it is God who approaches humankind and we need only be aware of it and allow it to happen. Spiritual practices are no longer as rigid or difficult as before; they are however, more subtle. In this age, it is not a question of trying to know but rather of recognizing that knowledge is within us.”

— Yogi Bhajan

JE: Can you talk more about the Sikh roots of Sat Nam Rasayan® and Kundalini Yoga?

BW: Yogi Bhajan taught Kundalini Yoga, the Yoga of Awareness, openly for the first time in recorded history, and probably even longer. It is said the roots of Kundalini Yoga go back thousands of years, back when information was only passed down through generations orally. The great sages and yogis of that time figured out how to manage the energy of the body through techniques and control of the breath, sound, body, and mind.



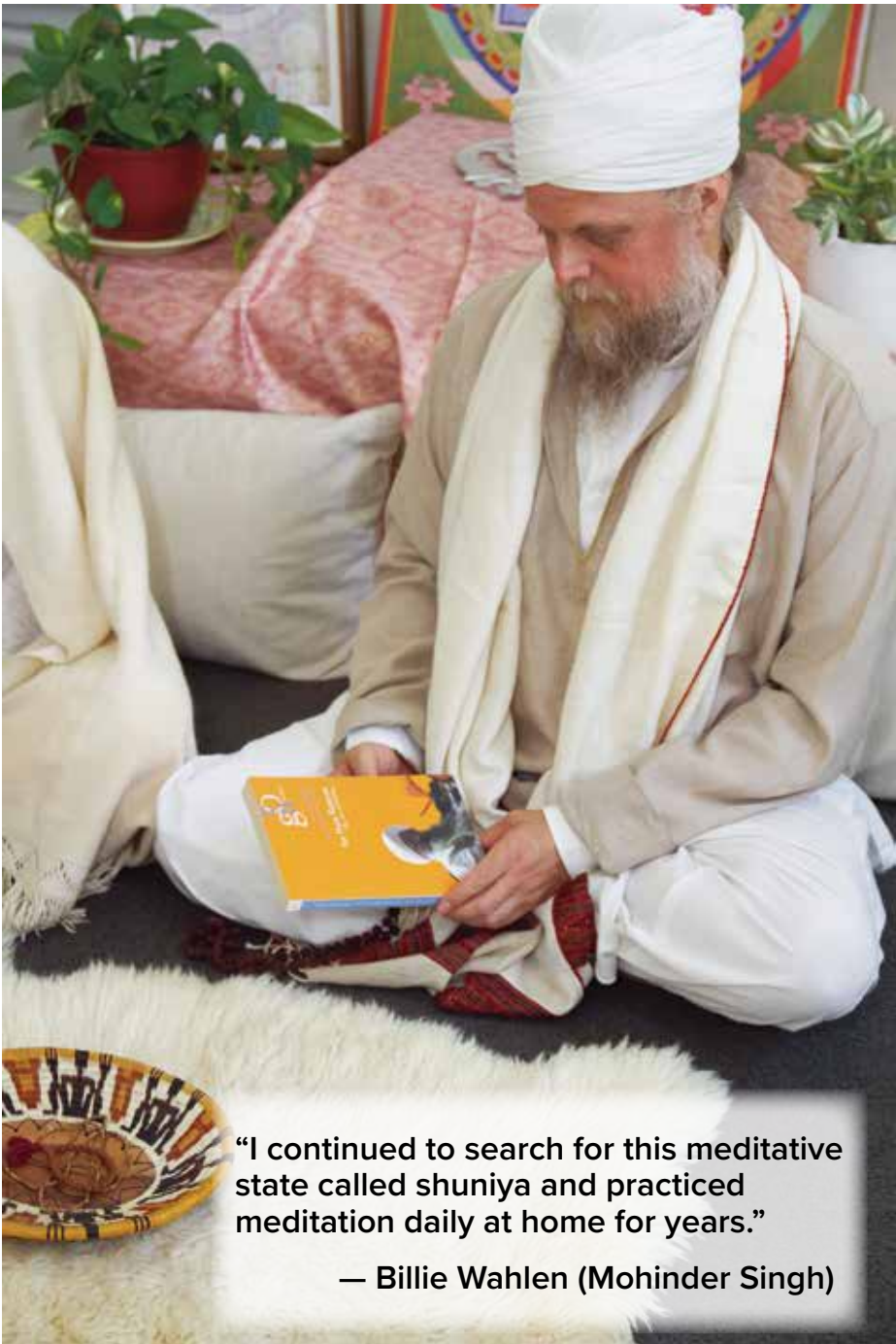


We practice Naad Yoga, merging with the divine through sound. The Sikh Gurus, which began with Guru Nanak, shared ecstatic poems sung while in highly elevated states of consciousness. We practice these same songs and poems to get us into the same elevated states. There are some sounds, names of the divine that are repeated in meditation. This practice helps us go into the subtle space of shuniya so we can heal others through Sat Nam Rasayan®.

JE: You are also a Kundalini Yoga instructor and Sat Nam Rasayan® comes from that tradition. How are they related?

BW: I have been teaching Kundalini Yoga in Ann Arbor since 2004. The technology of Kundalini Yoga works directly on our reserve capacity of energy. We tap into the life force within us for vitality and strength. Regular practice of the techniques of Kundalini Yoga increases our intuition and our ability to become more sensitive. Yogi Bhajan often said we need to become self-sensory human beings to keep from going berserk in the information age.

Using the meditation practices in Kundalini Yoga, we can effectively enter the sensitive space to heal others through Sat Nam Rasayan®.



“I continued to search for this meditative state called shuniya and practiced meditation daily at home for years.”

— Billie Wahlen (Mohinder Singh)



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JE: How long is an individual Sat Nam Rasayan® session with you?

BW: Appointments are forty-five minutes to one hour, while the actual Sat Nam Rasayan® session takes about 30 minutes.

JE: Your spiritual name is Mohinder Singh. How was that received?

BW: I received my spiritual name while Yogi Bhajan was still alive, in 2003. Mohinder Singh means “I am the Lion who is the Love of God.” It is said if we meditate on our spiritual names we will reach our destiny faster in this life.

JE: Thank you Mohinder.

BW: Thank you Jonathan.

Billie Wahlen (Mohinder Singh) can be reached at starbillie@gmail.com or by phone at 734-276-6520. He does massage/bodywork and Sat Nam Rasayan® sessions at his office in the Parkway Center (Castle Remedies Building), where he’s been located for the last 14 years. He also goes to people, doing healings in their homes and offices. He also teaches Kundalini Yoga classes regularly. His website is at: www.a2kundaliniyoga.com and the website includes his Kundalini Yoga classes, specialized yoga workshops, gong meditations, cleanses, and lots of information on yogic lifestyle, healing foods, and meditations to practice.



Marrying Dance & Yoga

An interview with Navtej Johar

By Holly Makimaa

Holly Makimaa: What brought you back to Ann Arbor?

Navtej Johar: Ann Arbor originally became our home when my family migrated to the U.S. in 1984. I studied, danced, and taught yoga here until the late 90's, after which I began advanced studies in yoga and dance, plus ventured into the international dance scene. Over the last two decades, I have been spending time between the USA, Europe, and India.

Since 2012, I'd been in Berlin on a research fellowship on embodied practices at the Freie University, plus I'd spent time in India due to my LGBT activism. After a landmark victory earlier this year, which led to the revocation of a 19th century, British law that criminalized homosexuality, I am now back home in Ann Arbor.

Yoga has a long history in this city and it is a delight to be teaching students who've been seriously practicing yoga for the last thirty plus years. It is deeply satisfying to be working with students who have been practicing for so long and are pursuing a serious quest. I finally opened the Poorna Center for Embodied Practices, with the aim to offer not just practice, but also deep study in Yoga texts, many of them rather unconventional, if not radical.



For centuries, yoga was seen as an obscure sub-culture that most middle-class households remained wary of.

Holly Makimaa: How did you come to study yoga?

Navtej Johar: As a child, I was very curious about yoga. This was a time when yoga was not too popular, there was very little information about it, and teachers were not easy to come by. Yes, even in India. For centuries, yoga was seen as an obscure sub-culture that most middle-class households remained wary of. In 1980, I decided to move to Madras (now Chennai), to train in Indian classical dance (Bharatanatyam), and at the back of my mind I hoped that I'd also find a yoga teacher there. The very first week I was there, I was in a bus traveling back from my dance school and this young man sat next to me. We started talking and he said he was a yoga teacher. He invited me to come meet his teacher the next day. The teacher was TKV Desikachar.



An engineer by profession, he viewed the dynamic body from that informed perspective and his style was all about adaption — a blend of rigor and gentleness.

Holly Makimaa: Who was TKV Desikachar? How has his work influenced yoga in America?

Navtej Johar: I feel so very fortunate that I found Desikachar. To this day, I get goose bumps when I remember how I found him. The greatness of the man was that he believed in being ordinary. Underneath which, he hid a lot of subtlety, sensitivity, insight, and power. An engineer by profession, he viewed the dynamic body from that informed perspective and his style was all about adaption—a blend of rigor and gentleness. He guided, facilitated, and allowed each student to find his or her own sense of rightness from the inside. He was not enamored by picture-perfect yoga asanas or taken in by any lofty idealisms. He wholeheartedly believed in and made us all rely upon the infinite intelligence and sensitivity of the material body. Thus, the thrust was not to tame or perfect the body. He had too much love and appreciation for the physical body. For him, yoga was the working of the body, mind, breath, and “something more” in tandem. However, this “something more” was never given a definition or a form. Completely secular, he outright kept God and religion very far away from his practice and teachings. There was not even an OM sign in the Krishnamacharya Yoga Mandiram; neither did he ever wear the caste marks on his forehead. To me, he was a true follower of Samkhya, the materialist, non-theist philosophy that forms the basis of Patanjali's Yoga Sutras.

Holly Makimaa: How does your dance background inform your yoga practice and teaching of it?

Navtej Johar: It wasn't initially easy to marry dance with yoga because, to me, they were fundamentally different from each other. While one is an introverted, self-observing practice, the other is projective, extroverted, and converts the body into an image. It took me more than a decade of serious practice and study in both to reconcile the two. One of the obvious things that dance lends to my yoga practice is flow. It allows me the experience of merging action with awareness, and may I add, even poetry, and the ability to center my attention on specific and isolated parts of my body. I am convinced that each little part of the body has both an autonomous drive or initiative, which we need to honor, and might also have a “story” to tell. A story that can be told and fulfilled through shapes, sounds, and movement-textures.

Also, dance has given me the capacity to engage and evoke imagery. Dance poetics has taught me to liberally free-associate, thus my teaching and practice is rife with imagery, which then translates to language and word-imagery. To me, linguistics and yoga are inextricably intertwined! It is not a passive practice of believing and following, but truly a practice of organizing, articulating, and absorbing thought. Therefore it is a practice of body, breath, and speech.

Holly Makimaa: You developed a yogic method called BARPS. What inspired this? How do you see it adding to the lineage you trained in?

Navtej Johar: All that I mention above ushered me to develop BARPS as a method of asana practice. BARPS is an acronym for the processes that I feel are integral to mindful asana: Bracing of body against surface. Aligning of joints. Rotation of joints to your own sense of rightness and satisfaction. Poising of breath and attention. And then finally Stretching into a fulsome asana with all these conditions fulfilled. The form is integral to embodied practice, but the “rightness” of which may be synthetically experienced from the inside as opposed to being image-driven from



While one is an introverted, self-observing practice, the other is projective, extroverted, and converts the body into an image. It took me more than a decade of serious practice and study in both to reconcile the two.

the outside. Maintaining the integrity of form and keeping it untouched and safe from the pressures of cosmetic-form is in itself a yoga practice. One of the main factors that has led to BARPS is my firm belief in the innate intelligence of the body. This belief defies the Cartesian logic of mind-over-body, or the idealist doctrines that view Spirit as not only superior but even external to the body. To me, Spirit is a contiguous extension of the physical body. Spirit is sensitivity. A sensitivity that can be realized through embodied practice that mindfully tempers, refines, and distills the senses, along with their observation (by the self) simultaneously, or rather symbiotically. Thus, my practice is a practice of honing sensitivity.

Holly Makimaa: After all your years of teaching, what is it about yoga that still captivates you?

Navtej Johar: It is the infinite intelligence and sensitivity of the body that captivates me. And this sensitivity is not a static station but an ever evolving, ever deepening, process. And this sensitivity does not involve the body alone, but permeates to all that surrounds us. Most of all it relies upon the care and choice of words and images with which we internalize this exteriority; the words and images with which we store the outside in our minds. And then how we may be able to still the perpetual flux of these mental images. To me, that is yoga, and not just that, it intrinsically requires a touch of poetics to quell the agitation of the mind in order to arrive at an experience of absorption. This is an idea that gets developed in Tantra according to which the spiritual experience is intrinsically poetic.



It is the infinite intelligence and sensitivity of the body that captivates me.

Holly Makimaa: You will be offering an upcoming yearlong training in the method you teach. What can people expect to receive in this training that might be different from most yoga teacher trainings in America?

Navtej Johar: It will involve a lot of guided practice in asana, pranayama, and meditation over time; it will involve adaption, experimentation, and self-observation. The students will be required to maintain a journal throughout. There will be considerable reading, which we will try and keep concise, plus lectures by experts. We will cover the history of modern Yoga, materialist Indian philosophies that directly inform both Patanjala and Hatha yoga, history and debates between the materialist and idealist philosophies of India, and the systematic overwriting of materialist philosophies over time. In addition to the major, and more popular Yoga texts, we will touch upon the minor texts as well. We will also briefly study Sanskrit Poetics and Linguistics. The aim of this Teacher Training program is to interest and inform practitioners of Yoga history and its political ramifications, while simultaneously inspiring them to rely upon their ever-guiding, ever-revealing, intelligent, sensitive, and insightful bodies as repositories of infinite beauty, repose (or *sukha*), and clarity.



Navtej Johar (E-RYT 500) is a senior and longtime student of TKV Desikachar. A dancer by profession, he has been teaching yoga since 1985. He is the founder of the Poorna Center for Embodied Practices and also teaches at Inward Bound Yoga in Ann Arbor. To contact by phone, call 734-686-1671, or email at info@poorna.net. You can also find more information about classes and workshops online at www.poorna.net.




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Yoga is not a matter of "doing" but is instead a practice in "seeing".

Jobar is a senior disciple of TKV Desikachar. He uses the body, breath, and mind as sites of "seeing" within a guided practice of detailed asana, pranayama, visualization, chanting and meditation.

Sukha, the deeply reflective condition of immersive and pleasurable repose lies at the core of his somatic practice.

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YOGA COLUMN

Namaste, Katie...

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



Photo by Hilary Nichols

If the hips find this more elevated space, the heart and shoulder opener more closely aligns with the Urdhva Dhanurasana that you are missing. With awareness on the wrist, it may be possible to interlace the hands under the body, which will further open the front side of the body.

Namaste, Katie,

I was late for a coffee date with a friend the other day (not my first late appearance) and my friend said to me, "I understand you... you are SO Vata." I laughed, and I have heard the term in a yoga class we take regularly, but what are they talking about?

Shamekia, Ann Arbor

Dear Shamekia,

I have a lot of Vatas in my life, and they are wonderful people. All of the doshas, the three Ayurvedic constitutions, have lovely qualities. Ayurveda is one of the oldest known forms of holistic medicine, which dates back more than 3,000 years. One way that Ayurveda looks to heal and support each of us is to determine our primary, or dominant type, and then work with us to bring our doshas into balance.

One way that Ayurveda looks to heal and support each of us is to determine our primary, or dominant type, and then work with us to bring our doshas into balance.

Vata, which you were described as, is the airy dosha. Vatas are typically seen as a bit more flighty (the airy nature!) and often feel cold. They also have a high tendency toward the creative and are flexible in both body and mind. Pitta is the fire dosha. Pittas are generally seen as headstrong, if not stubborn, and are overly warm. Though our Pitta friends are seen as intense at times, they are also often quick learners and ready to lead.



Vata

Lastly, though in no way least, is Kapha the earth dosha. Kaphas are grounded and stable. They are often very routine oriented and reliable. Our Kapha friends are compassionate and loyal friends.

Most of us are a combination of these, and at certain points may be close to balance between the three doshas. It can be interesting to take a dosha quiz online, or attend a workshop. There is a TON of learning to be done in regards to Ayurveda and the doshas, as each has foods and drinks that help bring balance. Dive deeper if you so choose!



Namaste, Katie,

I recently had a sub in my regular class, and he kept stating to "take the bind if you choose," and I was not in a place to see what that meant. I did my best to stay within my practice, and have not seen this instructor since. Can you give me some insight?

Don, Ann Arbor

Dear Don,

Good job not getting out of your space. This is something that every once in a while gets me too! This desire to know everything that is going on outside of me, rather than focusing on what is going on inside. Maintaining that focus can be so challenging.

Now, to address those binds. In many yoga postures there are ways to wrap the arms around the body, and unite them in some way. At times the hands hold, or interlace, and at times we can hook fingers. The method to bring the hands together is a choice that we make when we choose to engage in a bind.

In a public class, yoga teachers will often remind students of the option without leading into the bind because binds are a very personal process. Not to say that you shouldn't try them, they are wonderful openers for the body, and a great way to look into deepening your practice. As you have stated in your question, they also take a lot of looks within, and staying true to our own practice.

In many yoga postures there are ways to wrap the arms around the body, and unite them in some way.

Pictured above is Utthita Parsvakonasana, Extended Side Angle, with the bind. It is important to warm up before trying a bind, so that you do not feel defeated, and to move into the space at a pace that is gentle. In Utthita Parsvakonasana, the bottom arm wraps down and toward the back of the body, while the top arm comes around and meets the other. It is important in this bind to keep the heart open and lifted. If you have further questions about binds, and would like to explore further, perhaps schedule a one on one session, or place yourself near the instructor if they are modelling. Enjoy opening up your practice!

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send your own yoga questions to Katie@veraposeyoga.com

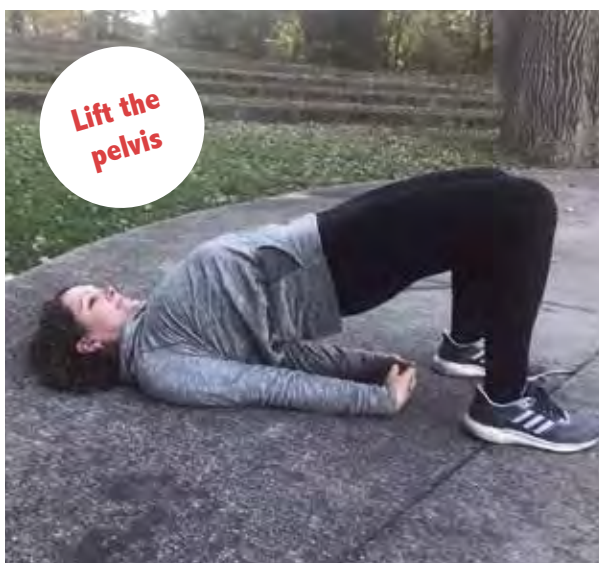
Namaste, Katie,

I love wheel pose but have recently hurt my wrist (not doing yoga!). When I went into the pose the other day, I nearly fell. Is there something I can do to get the same benefits while I am recuperating?

Joy, Scio Township

Dear Joy,

I am so sorry to hear about your injury, and glad to hear that you are taking care of yourself. I am not the best at taking time off myself, so kudos to you for listening to your body! Wheel, Urdhva Dhanurasana, is a challenging posture that always is taken with caution, as it is quite the opener for the front side of the body, and taxing on the wrists and shoulders. So, allowing that break for the wrists is important at this moment, and there are additional ways to find those openings while supporting your recovery.



A wonderful alternative to a Wheel is a Bridge, or Setubandhasana, a posture that opens the heart and the shoulders without putting strain on the wrists. Come onto the back, drawing the shoulder blades toward one another, arms by your side. With the feet planted, hip distance apart, on an inhale begin to lift the pelvis. Find the amount of lift that is comfortable and meets your needs. Some days this may be level with the thighs, while others the hips may continue to lift, continuing to expand through the heart.

A wonderful alternative to a Wheel is a Bridge, or Setubandhasana, a posture that opens the heart and the shoulders without putting strain on the wrists.

The
Food
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Conscious and Tasty Food and Nutrition

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and Growers Even in the Winter

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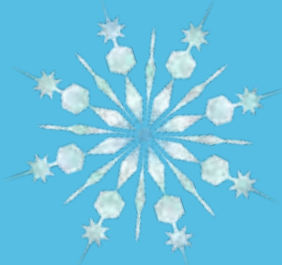
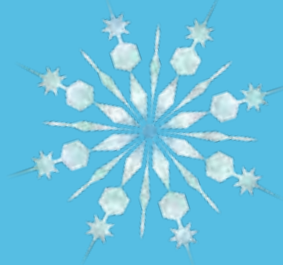
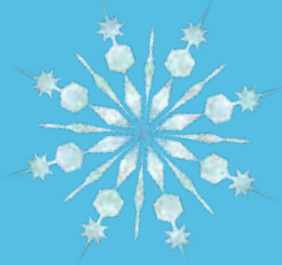
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Great Tastes in Local Food



Support Local Farmers and Growers

EVEN IN THE WINTER

By Angela Madaras

Yes! You can support our local farmers and growers even in the winter months. Most of us know that eating fresh food grown locally is better for both our bodies and our environment and like to support farmers during traditional growing and harvesting seasons. We also know that the average backyard farmer can't grow produce in the snow. However, there are many local farmers who can grow all year long due to having hoop houses (greenhouses) that keep the air and soil warmer than what most Michiganders are experiencing in mid-January. BRRR! This technique of greenhouse growing allows the consumer to benefit from locally grown food even in the cold months.

So what kind of produce can you expect at a winter farmer's market? Potatoes, greens, sprouts, herbs, garlic, spinach, sprouts, lettuces, carrots, as well as pork, beef, lamb, chicken, and honey to start! By shopping at a local farmer's market you will eat seasonally fresh and ripe produce. What could be better than that? They also sell storable foods such as winter squash, dried beans, grains, and dried herbs. Think of your grandma's root cellar. Jams, jellies, canned goods, baked goodies, cheese and dairy products, pickles, and even jerky can be preserved along with sauerkraut and kimchi. Most markets also carry art, hand-made crafts, furniture, jewelry, and body care products.

What are you waiting for? Find a winter market near you!



ANN ARBOR FARMERS MARKET

315 Detroit St.
Ann Arbor, MI
Winter hours: Saturday, 8 AM - 3 PM
www.a2gov.org/market



SALINE FARMERS MARKET

At the Liberty School
7265 Saline Ann Arbor Rd. (turn on Thibault Lane)
Saline, MI
•Winter Hours: Saturday, 9 AM - Noon (Nov. - April)
No market Nov. 10th or Mar. 16th
www.cityofsaline.org/farmersmarket



**YPSILANTI FARMERS MARKET
•DOWNTOWN**

16 S. Washington St.

Ypsilanti, MI

•Winter Hours: Tuesday, 3 PM - 7 PM

growinghope.net/farmers-markets/ypsilanti



CHELSEA FARMERS MARKET

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100 cafeteria

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chelseafarmersmkt.org



WEBSTER FARMERS MARKET

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Sunday

www.websterfarmersmarket.org



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Winter at the market

Ann Arbor Farmers Market
Wednesdays & Saturdays in December
7 a.m.-3 p.m. (Last Wednesday Market Dec. 19)

Last Wednesday market of the year,
Wednesday, Dec. 19, 7a.m.-3 p.m.

Last market day before Christmas,
Saturday, Dec. 22, 7a.m.-3p.m.
Last-minute gifts and local foods before the holiday.

Last market day of 2018, Saturday, Dec. 29, 7 a.m.- 3 p.m.

**The market continues year-round
on Saturdays starting
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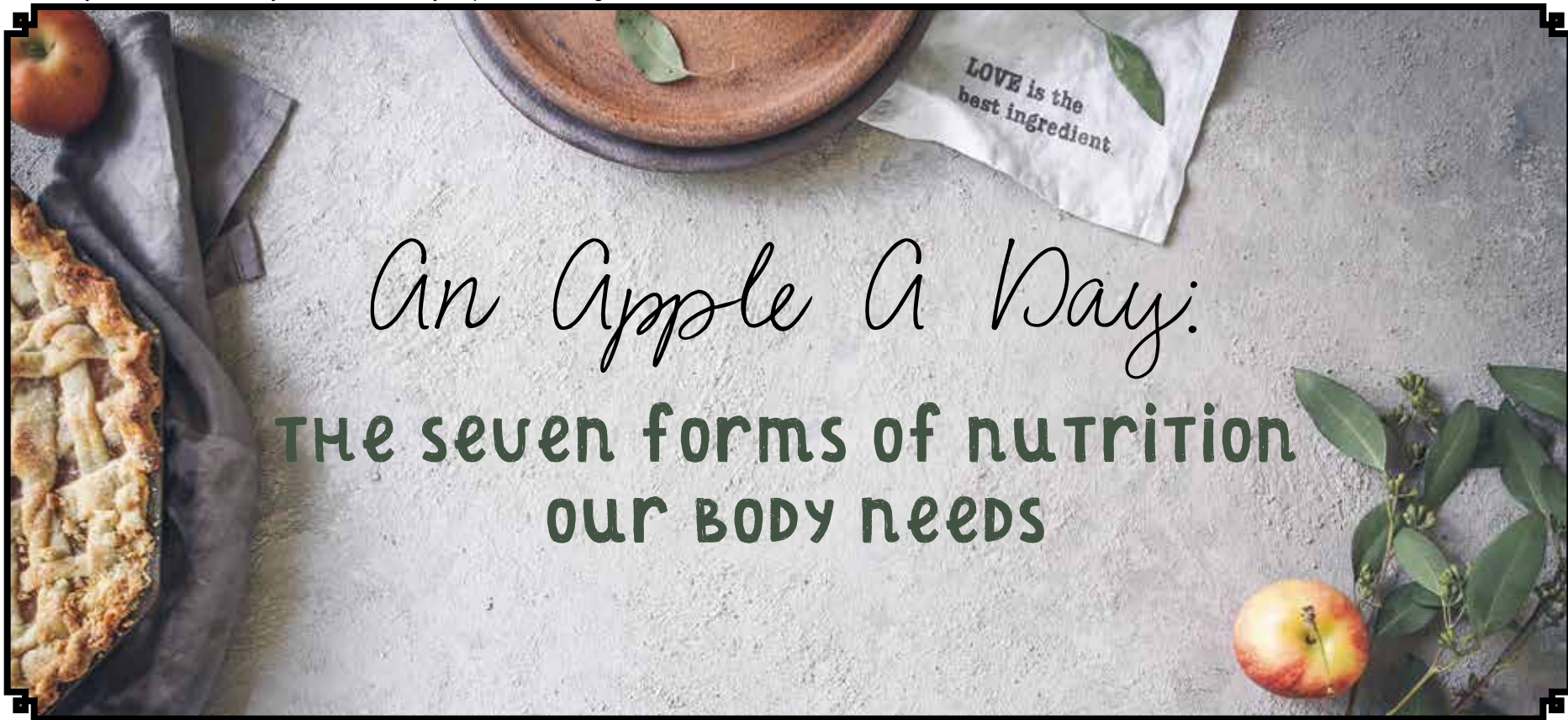
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An Apple A Day: THE SEVEN FORMS OF NUTRITION OUR BODY NEEDS

by Rachel Lozon

Do you ever think about the nutrients that are in the foods we eat? Are you getting adequate amounts? Are they benefiting you in a positive way? These are important questions when it comes to nutrition. To ensure that you are on the right path to living a long healthy life, I invite you to pay close attention to the next bite you take. Proper nourishment is essential for the healthy development and growth of children, as well. Let's set a good example and teach our children what healthy really tastes like.



TO ENSURE THAT YOU ARE ON THE RIGHT PATH TO LIVING A LONG HEALTHY LIFE, I INVITE YOU TO PAY CLOSE ATTENTION TO THE NEXT BITE YOU TAKE.

There's a quote I love by one of my favorite health experts, Dr. Mark Hyman. "What you put at the end of your fork is more powerful than anything you'll find at the bottom of a pill bottle." Many common health problems can be prevented and alleviated with good nutrition. You're likely to develop a medical condition (such as diabetes, high blood pressure, heart disease or cancer) from a poor diet, although, many people have been able to ditch their medications after making changes to their diet. It's possible! Remember the old saying, "An apple a day, keeps the doctor away?" The choices we make when it comes to food can have a great impact on our overall health. Poor nutrition can deplete the immune system, increase the risk of developing diseases, affect physical performance, mental clarity, mood, and contribute to a lack of energy.

Our body requires an abundance of nutrients. A nutrient is a source of nourishment, a component of food. Macronutrients are nutrients we need in relatively large quantities. This includes protein, carbohydrates, fat, fiber, and water. Micronutrients are nutrients we need in smaller quantities. This includes vitamins and minerals. There are seven classes of nutrients:

- Protein
- Carbohydrates
- Fat
- Fiber
- Vitamins
- Minerals
- Water

PROTEIN

Protein is a building block for bones, muscles, skin, and blood. It builds and repairs tissue. If you exercise or run regularly, it's important to get an adequate amount of protein before and after. Hair and nails are mostly made of protein. Did you know that hemoglobin is also a protein? You can find protein in a variety of foods. Grass-fed beef, organic chicken, turkey, and wild caught fish are a great choice, but you can also find protein in greek yogurt, nuts, beans, and eggs. Protein is essential for weight loss. Replacing carbohydrates and fat with protein reduces the hunger hormone, leptin. This can make weight loss easier.

CARBOHYDRATES

Also known as saccharides, or what most of us refer to as, carbs. Carbohydrates consist of sugar and starch. They are a major food source that provides long lasting energy. Bread, pasta, potatoes, rice, beans, and cereals are high in carbohydrates. Foods that are high in glycemic index (GI) enter the bloodstream as glucose or sugar very quickly. This is why runners load up on a lot of pasta before a race. Consuming a lot of carbs isn't always a good thing, though. White breads, pastas, rice, and cereals contain a lot of sugar, which makes it high-GI. Switching to low-GI foods (or

what I refer to as complex carbs) such as brown rice, sweet potatoes, sprouted grain breads, lentil or pea pasta, will improve your lifestyle and chances at maintaining a healthy weight. Many fruits and vegetables contain carbohydrates. Many people will avoid eating fruit because of the natural sugar that is found in it. There's a difference between natural and processed sugar though. Fruit contains fructose, but it's also packed with vitamins, nutrients, antioxidants, and fiber. Processed sugar, like glucose, contains chemicals. Too much glucose can cause your pancreas to produce too much insulin and result in low sugar levels. We all can benefit from incorporating fresh fruit into our daily diet, but try to avoid the processed sugar.

FAT

There are two categories of fat. There is "good" fat, which is monounsaturated and polyunsaturated. Then there is "bad" fat, which is saturated and trans. Unsaturated fats such as avocados, nuts, seeds, nut butter, coconut oil, extra virgin olive oil, whole eggs (don't skip the yolk, that's where all the nutrients are!), dark chocolate, and fatty fish such as salmon, herring, or tuna (high in Omega-3) are considered to be healthy. They have also been linked to promoting heart health by lowering cholesterol and reducing the risk of cardiovascular disease, but recommended to consume in moderation as the calorie content is still high. "Bad" trans fat foods that you want to avoid are: baked goods, margarine, creams, crackers, microwave popcorn, potato and corn tortilla chips, and fried foods. Anything made with hydrogenated vegetable oils are unhealthy. These foods put you at high risk for developing cardiovascular disease and diabetes. Saturated fats are animal fat products such as cream cheese, butter, and whole milk products and should be replaced with unsaturated fats.

FIBER

There are two types of fiber. Soluble and Insoluble. Both types have major health benefits. Soluble fiber dissolves in water and becomes gelatinous, slowing down digestion and allowing the body to absorb vital nutrients. The benefits are a reduction in cholesterol, especially levels of LDL, regulation of sugar intake, and improvement of the immune and digestive system. The best source of soluble fiber includes oats or oat bran, nuts, seeds, legumes, lentils, peas, and some fruits and vegetables like berries and carrots. Insoluble fiber does not dissolve in water, but stays fibrous. It helps food waste pass through the digestive system, and adds bulk to the stool. The benefits include regularity in bowel movements, prevention of constipation, and a rapid movement in the elimination of waste through the colon. Food sources of insoluble fiber include vegetables (especially dark leafy greens), whole wheat, nuts, seeds, and vegetable and fruit skins.



REMEMBER THE OLD SAYING, AN APPLE A DAY, KEEPS THE DOCTOR AWAY? THE CHOICES WE MAKE WHEN IT COMES TO FOOD CAN HAVE A GREAT IMPACT ON OUR OVERALL HEALTH.

VITAMINS

Vitamins are a class of organic substances needed for normal cell function, growth, and development. Our body requires essential vitamins in order to work properly. Vitamins keep metabolism in check. Most vitamins need to come from the foods that we eat because our body either doesn't produce enough of them, or it doesn't produce any at all. This can lead to a vitamin deficiency, which may cause health problems, which may then lead to a supplement being needed.

Each vitamin plays a big role in the body. Eating a well-balanced diet is crucial for maintaining a healthy lifestyle. The body needs an adequate amount of fruits, vegetables, legumes, whole grain, nuts, seeds, and dairy. This will reduce the chance

of developing heart disease, cancer, and osteoporosis. Below is a list of foods to eat with the best source of vitamins:

Vitamin A- Helps your body form healthy teeth, skin, bones, and soft tissue. Carrots, sweet potatoes, squash, spinach, kale, collard greens, and apricots are a good source of Vitamin A.

Vitamin B-6, B-9, and B-12- Essential for formation of red blood cells and proper nerve function. Maintains brain function, prevents anemia, and supports metabolism. Foods high in B-6 and B-12 are: eggs, milk, meat, poultry, seafood, and fish. Foods that are high in B-9 (folic acid) include leafy greens, poultry, fortified cereals, citrus fruits, rice, beans, pasta, and breads.

Vitamin C- Also known as ascorbic acid—an antioxidant that helps the body absorb iron, maintain proper immune function, and promote healthy teeth and gums. Good sources of Vitamin C are fresh fruits (especially citrus) and vegetables such as dark leafy greens, broccoli, Brussels sprouts, and bell peppers.

Vitamin D- The “sunshine” vitamin. Spending time out in the sun is a great way to get your daily fix of Vitamin D, but getting nutrients through food is also important. It supports healthy bones and the immune system, as well as calcium absorption. Your richest source of Vitamin D will come from sunshine, but these foods also provide it: salmon, herring, trout, oysters, milk, eggs, cheese, mushrooms, and fortified cereals. Many people don’t absorb enough Vitamin D through sunlight and food. Sometimes a supplement is needed.

Vitamin E- Another powerful antioxidant. It protects cells against damage and repairs damaged cells. Foods high in Vitamin E include: dark leafy greens like spinach and swiss chard, bell peppers, asparagus, sunflower seeds, and almonds.

Vitamin K- Important for the formation of blood clots. Helps prevent excessive bleeding. Foods that are high in Vitamin K are: leafy greens, romaine, asparagus, broccoli, Brussels sprouts.



MOST VITAMINS NEED TO COME FROM THE FOODS THAT WE EAT BECAUSE OUR BODY EITHER DOESN'T PRODUCE ENOUGH OF THEM, OR IT DOESN'T PRODUCE ANY AT ALL.

minerals

Much like vitamins, minerals support the body in growth, development, and maintaining overall health. The minerals in our diet are essential for metabolism and proper functioning of the body. They are the building blocks for developing strong teeth and bones, skin, hair, blood, muscles, and nerve function. Minerals are also responsible for the energy provided from the foods we eat. Below are the major minerals that the body needs.

Calcium- Needed for strong teeth and bones, clotting of blood, energy, and strengthening of the immune system. Dairy is an excellent source of calcium, especially cheese and yogurt. Leafy greens such as spinach, swiss chard, and kale also provide this much needed mineral.

Chloride- Needed for balancing out the fluids in the stomach. Helps control stomach acid. Pink Himalayan salt is a major source. It contains about 98% sodium chloride. It can also be found in vegetables such as tomatoes, olives, and celery.

Magnesium- Needed to maintain normal muscle and nerve function. Supports the immune system, aids in regulating blood glucose levels, produces energy and protein, and also helps maintain a regular heartbeat. Most magnesium comes from vegetables such as dark leafy greens. Other foods include nuts, legumes, soy, and whole grains.



THE MINERALS IN OUR DIET ARE ESSENTIAL FOR METABOLISM AND PROPER FUNCTIONING OF THE BODY.

Phosphorus- This abundant mineral is in every cell of the body. Most of it is found in the formation of teeth and bones. Other functions include how the body uses carbohydrates and fat. The main food source of phosphorus is in the protein of milk and meat. Fruits and vegetables contain a very small amount.

Potassium- A type of electrolyte. The body needs this in order to work properly in building proteins and muscle, maintaining normal body growth, controlling the balance of acid, nerve impulses, and energy production. Potassium is found in several foods. All meats and seafood are a great source. Winter squash, legumes, and potatoes (with the skins), citrus fruits, bananas, kiwi, and apricots are all good choices. Dried apricots provide more potassium than fresh. Milk, nuts, and yogurt are also a great source of potassium.

Sodium- Needed for proper use of nerves and muscles. Sodium controls the pressure and volume of blood. Getting an adequate amount is helpful for a

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productive workout. Sodium is found in most foods, naturally. The most common form is in table salt. Others include soy sauce and bouillon. Added amounts of sodium can be found in processed meats, canned soups, frozen dinners, and fast food. Too much can lead to serious health issues.

Sulfur- Needed for optimal body function, even though it’s the one mineral we don’t hear about very often. It’s known as a healing mineral. It’s a component of two important amino acids: methionine and cysteine. An excellent source of sulfur is found in organic eggs, grass-fed meats, wild caught salmon, nuts, leafy greens, and garlic.



A BALANCED DIET ALONG WITH EXERCISE AND PLENTY OF REST IS VITAL FOR GOOD HEALTH AND LONGEVITY.

water

We can’t live without it! The human body contains up to 60% water. It’s important to stay hydrated since the body loses water naturally through the kidneys, lungs, and intestines. Water is essential for the functioning of the body. It maintains the balance of fluids, aids digestion, improves cognitive function, increases energy, detoxifies our system, flushes out the kidneys, regulates body temperature, promotes weight loss, delivers and absorbs nutrients, improves circulation, boosts metabolism, improves skin, helps physical performance, prevents headaches, helps constipation, and produces saliva. Pure water doesn’t contain any added nutrients, but will absorb certain minerals. Filtered water is always best.

There you have it. The seven forms of nutrition. Eating healthy doesn’t have to be hard or boring. Incorporate a wide variety of fresh fruits and vegetables into your diet every day, in every color of the rainbow. A balanced diet along with exercise and plenty of rest is vital for good health and longevity. We are blessed to have an abundance of high nutrient foods to provide the nourishment our body needs to thrive, maintain a healthy weight, and avoid disease. Eat well. Be well.

Rachel Lozon is a certified health and wellness coach. She graduated from the Health Coach Institute in December 2016. Her website is www.revitalizebodyandmind.com. You can contact her at 734.365.6614 or revitalizebodyandmind@gmail.com; you can also find her on Facebook, Pinterest, and Instagram.

FOUR SEASONS OF FRESH INSPIRATION at Brighton's Stone Coop Organic Farm & Learning Center



From left to right - Joannée (staff), Linda (working share), Beth (staff), Heidi (working share), Tim (staff) and Jake (staff), and we can't forget the farm dog, Roxy (she's staff too).

By Joannée DeBruhl

When my business partners and I bought the property that Stone Coop Farm lives on in November of 2011, I knew we had to save it as farmland for future generations. Our farm is on 30 acres, but it is zoned residential. 1000 new homes in four new subdivisions are being built on both sides of us. I can hear the excavation equipment every day. A wastewater treatment plant is being built and the high-pressure sewer line will be connecting these subdivisions along our property line. Developers are approaching us to sell the farm, so that more homes can be built. The value of our land is increasing as residential lots, not as farmland. I know my mission is to save the farm, but that often feels like an insurmountable task, given what's going on around me.

When my business partners and I bought the property that Stone Coop Farm lives on in November of 2011, I knew we had to save it as farmland for future generations.

I was faced with the mounting pressure to sell our farmland for development to help pay off our loans, but in 2014 I had an epiphany. It was a grey and cold winter day. I was concerned about how to make the farm profitable and felt the job of saving the farm and paying off our loans was just too gigantic for me to accomplish. I imagined writing a check to get us completely out of debt. I then took a deep breath and submerged myself in what it would feel like if I owned the farm outright. I looked out my window and the snow started to fall; big fat snowflakes. My mind jumped to the thought "Stone Coop Farm will bless as many people as these snowflakes." The more I let it sink in, the more joy I felt. I knew I could do this.



The idea of creating a nonprofit working farm and learning center started to germinate. We had been supporting new farmers for years through our scholarship program, so they could attend Michigan State's Organic Farmer Training Program. We had been supporting our community with classes, events, presentations, donations, and collaborations since we started in 2011. I had been so focused on my efforts to continue supporting our community, that I forgot that our community is here to support us as well. I realized that my Succession Plan for Stone Coop did not require *me* to buy the land personally. We could create a nonprofit that would allow our community to ensure the longevity of Stone Coop. I could continue to train new farmers how to be successful business owners. I could help my staff become audacious, entrepreneurial business owners, so that one day, when I am ready to retire, there will be someone already associated with Stone Coop Farm that can take over.

I was faced with the mounting pressure to sell our farmland for development to help pay off our loans, but in 2014 I had an epiphany.

Did you know that the average age of U.S. farmers is almost 60 and our farmland is disappearing at an alarming rate? So much so, that the U.S. State Department and USDA are concerned about our national food security. If we lose our farmland to residential and commercial development, where will we grow our food? Additionally, new farmers are having a difficult time finding affordable farmland. Many farmers' children don't want to farm, so their land and that generational knowledge of how to farm is being lost. I didn't want this to happen to Stone Coop.

Besides being a nonprofit working farm, we also offer Working Shares. Each season we offer 25 to 30 Working Shares where folks work two hours a week, from April through October. In return they receive a Market Share to buy produce, meat, eggs, and anything else we have at the farm. These folks are amazing! They come from all walks of life and all ages, from families with little kids to retirees. They help us in so many ways; weeding, watering, harvesting, carpentry, spreadsheet entry, advertising, deliveries, etc. They bring a joy and enthusiasm to the farm that makes it a vibrant community of people making this world a better place to live.

We offer loads of classes and events too. We have two beautiful spaces available that are used for summer camps, nature art collages, storytelling, earning scout badges, music, and other adventures on the farm. Our covered outdoor pavilion is where we offer our on-farm markets. Our beautifully restored 1907 barn, which we moved here from a farm near Jackson, MI, is also perfect for hosting events such as workshops, weddings, birthdays, graduations, and more. Farm Classes are offered all year and include topics like gardening, raising backyard chickens, fermentation, cooking, and nutrition. We also offer homeschool classes and field trips, bee and farm tours, events for kids, and host school groups.

Did you know that the average age of U.S. farmers is almost 60 and our farmland is disappearing at an alarming rate? So much so, that the U.S. State Department and USDA are concerned about our national food security.



Stone Coop understands that all farmers need community support. That is why we partner with four certified organic meat farmers to sell their meat at our farm stand. We offer their pastured raised chicken, beef, pork, lamb and turkey as well as our own certified organic vegetables, fruits, herbs, and heritage breed chickens and eggs. We have four hoop houses that allow us to grow and sell produce all year long and offer honey, sprouts, and fermented products from local farmers too.

Those snowflakes helped me remember that our community wants to support us. We just need to ask for help.

At the beginning of March 2018, I woke up early on a Friday morning inspired. I just love when that happens! The day before we had a huge snowstorm. When the storm started, the snowflakes were the size of golf balls. My blue baseball cap quickly became white as those fat snowflakes fell on my head and melted on my face. It snowed all day and all night. The snow was almost ten inches deep that morning and my swing outside was a picture postcard. Those big snowflakes were a reminder of all the blessings Stone Coop Farm is going to receive and all the blessings we will provide in return. Those snowflakes helped me remember that our community wants to support us. We just need to ask for help. Together we will have a global impact on our food system and on our planet.

Each season we offer 25 to 30 Working Shares where folks work two hours a week, from April through October.



The Stone Coop farm stand is open to the public every Wednesday from 4:00 PM to 6:00PM and Saturday from 9:00AM to Noon. Please visit their website at www.stonecoopfarm.com for their calendar of events, and to register for classes. The farm is located at 9615 Musch Rd, Brighton, MI 48116 or give them a call at 810-599-5017.



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2019 Classes at Stone Coop Farm

Subject to change, please check their website for the most up to date information.

Farm Tours – Visit our certified organic vegetable farm and see how we can grow all year in Michigan. Last Saturday of each month – January through May

Bee & Farm Tours

Come visit the farm and learn how organic farming is supporting our bee populations. Dates: 4/20/19 & 5/11/19

Group Tours Also Available – School field trips, garden clubs, scouts, home school groups, senior centers, etc. Please call 810-599-50176 to schedule.

Make Your Own Organic Lip Balm

In this hands-on workshop, you will learn to make your own all-natural lip balm with essential oils. Date: 1/26/19

Backyard Chickens

Learn the basics of raising chickens. Dates: 3/9/19 & 4/6/19

Grow Your Own Garden Series

Do you want to start a garden, learn how to grow with organic methods or start your own seedlings? Join us for one or all three of our garden series classes taught by Joannée DeBruhl, owner of Stone Coop Farm. Series begins 3/9/19.

Fermentation Classes

Learn about fermented foods with Samantha Gardner, a Certified Nutrition Therapy Practitioner, who has been teaching the art of food and beverage fermentation for four years. 3/16/19 – Kombucha, 4/13/19 – Water & Coconut Kefir Lacto Fermented Granola.

Visit us online to see more classes and to register!
www.stonecoopfarm.com

Great Tastes in LOCAL FOOD



My beef noodle bowl had a rich broth, juicy slices of beef, scallions, and mild yet flavorful noodles.

Lan City

I watched the man through the window stretch a length of dough arms width apart, bring the ends together, twist it, slap it on his work table, then repeat the process until the noodles were ready to be cooked. These noodles were about to be my dinner.

My husband and I had decided to get take-out from Lan City, Ypsilanti's newest hand-pulled noodle restaurant, but no one answered the phone after three tries, so we decided to dine in instead. When we arrived, we saw why no one had answered the phone - Lan City was hopping! It was so crowded that people waited in chairs outside despite the chilly wind.

After waiting a few minutes, we were given a number and then we waited outside for about 20 more minutes. We were asked if we minded sharing a table, and we said no. The table was a large round-top, and two other couples were seated with us. We all chit-chatted a bit, one fellow patron telling us about his trip to the Great Wall of China and another a story from when he was young and his brother climbed onto one of the famous Qin Terracotta Army horses during a traveling exhibit. Both of the other groups had eaten at Lan City before and were enthusiastic fans. I noticed that about half of the restaurant patrons were speaking Chinese, and I took this as further endorsement of Lan City's quality and authenticity.

The two dessert options were mochi ice cream and lily flower soup topped with papaya snow fungus, which I fully intend to return and try one day when I am less full of delicious noodles.

I was not disappointed. My beef noodle bowl had a rich broth, juicy slices of beef, scallions, and mild yet flavorful noodles. My husband's pad thai was both sweet and savory. I ordered a Thai milk tea, while he got the rose petal milk tea. Both were sweet, the latter also having a rich flavor. If you are a bubble tea fan, you will find that on the menu, as well.

Column by Crysta Coburn • Photography by Rachel Everheart

For appetizers, I highly recommend the satisfyingly crispy crab rangoons. The homemade scallion pancake was also delicious. Other items that enticed were various dumplings, egg rolls, spring rolls, beef and lamb sticks, samosas, and more. The noodle bowls came with pork, beef, chicken, duck, seafood, or tomato, both spicy and non, hot and cold. The menu also included more recognizable entrees such as beef with broccoli, General Tso's chicken, curry chicken, and more. The two dessert options were mochi ice cream and lily flower soup with papaya snow fungus, which I fully intend to return and try one day when I am less full of delicious noodles.

It was clear to all at the table that the family owned and operated Lan City could already stand to expand its location or perhaps add a second. Despite the packed dining room, our orders were promptly taken and the food arrived quickly. So don't let the line scare you! It's worth the wait.

Lan City is located at 2612 Washtenaw Avenue in Ypsilanti, open Sunday through Thursday from 11 a.m. to 9:30 p.m., Friday and Saturday from 11 a.m. to 10 p.m. For more info, call 734-896-3888 or 734-896-3889, or visit lancitynoodles.com.

Poçai

North Burns Park has a new, fun, and interesting place to grab a quick –and healthy—bite to eat at Poçai, located at the corner of Packard and Woodlawn. The name is a combination of poke (Hawaiian cubed fish; pronounced POH-keh) and açai (an oft-touted superfood berry; pronounced ah-sah-ee), both of which feature prominently on the menu in the form of poke bowls and açai bowls.

The name is a combination of poke (Hawaiian cubed fish, pronounced POH-keh) and açai (an oft-touted superfood berry, pronounced ah-sah-ee), both of which feature prominently on the menu.

A poke bowl is a native Hawaiian dish comprised of cubed fish, traditionally ahi, served over sushi rice (similar to Japanese *chirashizushi*). Poçai's poke bowls are made up of one or two proteins (depending on if you choose medium or large size), citrus-based OG Ponzu sauce, pickled red onion, edamame, cucumber,



A poke bowl is a native Hawaiian dish comprised of cubed fish, traditionally ahi, served over sushi rice.



Afternoon Delight has offered an array of healthy, fresh food options for 40 years.

shallot/garlic crunch, and gluten free sriracha mayonnaise on brown rice. The protein options are tuna, salmon, and tofu. Add avocado for \$1.50. Vegan? Ask for the vegan sriracha mayo.

The açai bowl is like a dairy free yogurt parfait with a smoothie base comprised of açai berry, blueberries, strawberries, bananas, and almond milk and topped with granola, blueberries, banana, strawberries, chia seeds, peanut butter, and coconut flakes. For an extra 50 cents, you can add almond butter, deluxe granola, chocolate chips, or nutella. Gluten free granola is also available.

The other menu items are two kinds of toast, avocado and tomato-hummus, and two kinds of salads, kale or chopped. The toasts can be made vegan and gluten free upon request, and the salads are both gluten free and can be made vegan. As for beverages, there are three types of La Croix, lime, pamplemousse, or passion fruit, and bottled water.

The bowls are packed with nutrients and flavors that blend beautifully on the tongue. They are also filling! I was quite happy with my medium sized açai bowl and can of passion fruit La Croix. My dining companion was equally pleased with his medium poke bowl.

Poçai is small, and indoor seating is very limited. There are tables and chairs set up outside along the sidewalk, weather providing, and the friendly and accommodating staff will bring your food out to you. The menu is designed for easy takeout, though, so it's convenient to drop in for a bowl-to-go, as well. Food is made fresh and to order and is delivered quickly. There is no parking lot, but we found plenty of free street parking, though you are limited to one hour.

Poçai is located at 1232 Packard Street in Ann Arbor and is open from 11 a.m. to 7 p.m. To call in your order, dial 734-780-7359.

Afternoon Delight

If you are visiting Ann Arbor and looking for a place to eat, one restaurant stands out in the guidebooks and online recommendations. Afternoon Delight, located at the corner of Liberty and Fifth in the heart of downtown is known for their breakfast and lunch hours and catering service. Afternoon Delight has offered an array of healthy, fresh food options for 40 years.

During the week, Afternoon Delight service is cafeteria style, and I have spoken to many people, since I moved to Ann Arbor eight years ago, who are fans of their sizeable salad bar. On the weekends, service switches to the more traditional sit-down table service, offering Afternoon Delight distinct twists on traditional breakfast staples such as the potato pancake eggs Benedict or pecan waffles with fruit and yogurt. (I also recommend the coffee, which isn't anything fancy, its just good coffee.)

The restaurant is packed on weekends, especially if you inadvertently go on the morning of U-M's Homecoming football game, but it runs like a well-oiled machine. The staff is friendly and really takes charge of the line that extends out the door, so you don't feel forgotten.

The hostess who took my name immediately referenced the character in the 1990's film "Ferngully." She was the second or third person in my entire life to make that connection (it's even spelled the same, though I came before the movie), which honestly brightened my otherwise drizzly morning.

I was lucky to speak with founder and owner, Tom Hackett, about what sets Afternoon Delight apart in Ann Arbor's ever changing foodscape and what keeps it going after all this time. "Consistency," Hackett didn't hesitate to answer. "I always make sure the products are the same... People wait in line for 45 minutes. You can't disappoint them!"

And Hackett was absolutely right when he told me that people come back for decades. A few of the people in line around me were sharing stories with their children about when they used to come in during their student days, clearly relishing the chance to share their favorite breakfast spot with their loved ones.

Another contributor to Afternoon Delight's staying power is its ability to change. They discontinued dinner service some time ago, and now the

restaurant closes at 3 p.m., leaving the afternoon and evening to devote to their catering service, which, Hackett shared, is about 35% of the business these days. Afternoon Delight caters quite a bit with the University of Michigan, the hospital, and the schools, but will work with anyone.

A few of the people in line around me were sharing stories with their children about when they used to come in during their student days, clearly relishing the chance to share their favorite breakfast spot with their loved ones.

While the catering menu (available on their website) includes many of Afternoon Delight's customer favorites, it has a greatly expanded, unique menu for any occasion and any time of day. You will find, for example, boxed lunches, sandwich trays, party platters, and dessert trays. "[It] keeps us busy!" quipped Hackett.

Hopefully, they will be keeping busy for a long time yet!

Afternoon Delight is located at 251 East Liberty Street in Ann Arbor. Hours are Monday through Saturday 8 a.m. to 3 p.m. and Sunday 8:30 a.m. to 3 p.m. For more information, check out www.afternoondelightcafe.com or call 734-665-7513.



Afternoon Delight is the one restaurant that stands out in the guidebooks and online recommendations.



Sustainable Health

Homeopathic Medicine ~ Questions for Dr. Monica Gurnani

by Jennifer Carson



Monica Gurnani, BHMS, CCH, RS (HOM) holds a Bachelors of Homeopathic Medicine from the prestigious University of Bombay Medical School and has had her own practice in Ann Arbor since 2012. She is passionate about leading a healthy, happy life close to Mother Nature and enjoys reading, yoga, and music in her spare time. As a homeopathic doctor, Monica is dedicated to improving the quality of your life naturally.

Jennifer Carson: What brought you to Homeopathic Medicine?

Monica Gurnani: My father used homeopathy. He was ill during my high school years as I was preparing to apply for medical school. He suffered from diabetes and that disease caused skin complications,

but his life was saved due to homeopathy. His immune system improved, he avoided a hernia surgery, and his musculoskeletal system improved. In India, homeopathy is integrated into mainstream healthcare. Homeopathy schools have the same medical curriculum as a western style medical school, but the pharmacopeia part is based in natural pharmacy remedies. Because homeopathy played a significant part in my father's health, I decided my field of study would follow a more natural path.

In India, homeopathy is integrated into mainstream healthcare. Homeopathy schools have the same medical curriculum as a western style medical school, but the pharmacopeia part is based in natural pharmacy remedies.

Jennifer Carson: What are the benefits of homeopathy? Are there any risks?

Monica Gurnani: Most homeopathic remedies are safe, still it is better to consult a professional for higher potency remedies. When I teach homeopathy, I like to mention that none of the homeopathic medicines have ever been recalled. Dr. Hahnemann, a German physician and founder of homeopathy, wanted something safer and more gentle to treat the ailments of his children. That is why he developed homeopathy. It is very gentle for children, even infants, and toddlers. Most of the sources of the remedies are plants and minerals, remedies from Mother Nature. These remedies are different than herbs because they are diluted, and energy from the nano-particles in the remedies is what matters in the healing.

It is always advisable to retain your primary physician for medical advice and lab work. I worked in a system where homeopathic and medical doctors worked together hand in hand, so the client is benefitted by all treatments available. It's about making sure we take care of the needs of our clients and knowing what the client is looking to achieve.

Most of the sources of the remedies are plants and minerals, remedies from Mother Nature.

Jennifer Carson: How do you determine which homeopathic medicine to treat your client with?

Monica Gurnani: The principal of homeopathy is like cures like. In classical homeopathy we consider mental, emotional, and physical manifestations in an individual and try to match with the remedy. Homeopathic doctors call this a constitutional remedy—it refers to the treatment of a client as a whole, taking into consideration both past and present symptoms. Treating clients as a whole interlinked system, instead of parts, helps them to attain homeostasis—an environment of balance between interdependent systems. Homeopathy is more of a mind/body healing, instead of a treatment of just symptoms.



Jennifer Carson: Is homeopathy safe for people who suffer from chronic illness?

Monica Gurnani: It is fantastic for those who suffer from chronic illness. Dr. Hahnemann classified chronic illness into three different categories: Pseudo-chronic, Artificial chronic, and true natural chronic diseases. It is believed that causes of chronic illness are related to the predispositions we have through hereditary circumstances. So, we choose what is called the miasmatic remedy to get to the root cause of chronic illness. A miasm is the fundamental vulnerability in a living thing—it is the force that leads our bodies toward disease instead of health, a certain predisposition for certain kinds of illness. It is a homeopathic doctor's job to discover these miasms and create lasting improvements in a client's overall health.

In classical homeopathy we consider mental, emotional, and physical manifestations in an individual and try to match with the remedy.

Jennifer Carson: What kind of issues are you seeing most in children today and what remedies do you prescribe?

Monica Gurnani: I've been seeing various types of allergies, eczema, asthma, separation anxiety, ADHD, fears, and behavior issues, but kids respond beautifully to homeopathy. Recently I had a five-year-old with eczema and a fear of water. With classical homeopathy, and constitutional treatment, her fear of water was gone in four months. The eczema was gone too. The mother was a physician and so thankful because she thought that her daughter would never swim or go in the pool again. Our goal was to get rid of the eczema, banishing the fear was a bonus. Children don't have layers of conditioning like adults, so we see fantastic results very fast—even with deep emotional issues like fear.

I used to teach a mom's homeopathy class. I would always suggest that mothers carry a handful of remedies in their purse: Arnica for injuries, falls, and bruises. Chamomile is good to calm babies for long trips or on a plane, Hylands cold and cough remedies are good for the little ones too. I always give a flu kit to my clients to keep during the flu season, though it's also handy to have during weather changes too. This kit includes an immune booster (usually ferr.phos 6x or calc.phos 6x), gelsium 30, bell 30 for fever, nux.vomica 30 (for stomach ailment), sometimes Chestal cough syrup, and an Echinacea and elderberry supplement and lozenge. Do keep in mind that it is always best to choose an acute remedy (specifically for you) with the help of a professional, even with symptoms of flu and virus, as remedies will depend on symptom manifestation.

Homeopathy treatments for ear infections are the best. I have had young clients scheduled for ear tubes, but they use homeopathy treatments and the ENT specialist tells them they don't need the tubes anymore.

It is believed that causes of chronic illness are related to the predispositions we have through hereditary circumstances.



Jennifer Carson: What are some of your favorite remedies for the common cold and flu?

Monica Gurnani: Bryonia for cough with throat symptoms. Aconite and Allium-cepa for cold with flu like symptoms. Allium cepa treats a runny watery nose, and Hylands cold is a good one to keep handy too. I always recommend lots of rest and water too!

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You can contact Monica Gurnani at 248-982-3642 or visit her office at the Parkway Center, 2345 S. Huron Parkway or on the web at www.MIHomeopath.com.



Lifting the Spirit and Educating Well-Rounded Students —

The Rudolf Steiner School of Ann Arbor Comes of Age, and Expands

Anyone who steps in to either the Lower School or the High School is readily dazzled and stirred by the quality of the students’ art work on the walls, and by the quieting but lively feel. There is a creative rustle to the place that lifts one’s spirit even as it calms the nerves. In today’s overly wired world, that makes it a very special environment for the education of the next generation.

By Emily Slomovits

Since its inception in 1980, The Rudolf Steiner School of Ann Arbor has flown mostly under the radar, but its popularity has also been steadily growing over the years. Named after German philosopher Rudolf Steiner (1861-1925), the school uses his philosophy of child development and ideas about well-rounded human beings to provide students with a holistic and age-specific education. One of over 1,000 Steiner-influenced “Waldorf schools” in 60 countries (there are 150 in North America), the schools are renowned for their emphasis on music and the arts, their original approach to the teaching of the sciences, and their celebration of nature, childhood play, and seasonal rituals.

“Waldorf education sees much more than just the intellect as the focus of attention,” says Siân Owen-Cruise, currently the School Coordinator of Rudolf Steiner, and previously the High School Coordinator (since 2010). “There’s a deep understanding of the developmental differences at different ages, and the way in which we teach is really tailored to those developmental stages.” In some respects, it could be argued that this need to tailor education to the age of the child is most important when working with very young children. But at the high school, the faculty feels this form of education is equally vital for teens.

Waldorf education sees much more than just the intellect as the focus of attention.

“Waldorf” refers to the Waldorf-Astoria Cigarette factory in Stuttgart, Germany, where Steiner, at the behest of Emil Molt, the factory’s director, started a school for the children of the workers in the factory. His radical conditions for starting the school — that it be coed, that teachers have freedom and control of the school, and that it be open to all children — were the foundation for what became the Steiner teaching philosophy. By 1928 it had migrated across the ocean to North America.

“Everything is based on experiencing the phenomena,” says English teacher Mary Emery, one of the high school’s founding teachers, who is on partial retirement this year. “The students are placed in the middle of something that’s living. It’s not about memorizing facts or someone else’s ideas; it’s about actually experiencing for yourself, becoming a really keen observer, and coming to your own ideas about what you’re witnessing.”

Gary Banks, in his 12th year as the Life Sciences teacher, agrees that the ability to think critically and form opinions for oneself comes from experiencing the world. “Essentially, we’re always trying to begin with experiences that everyone in the room can have — taking a class into the woods so we could observe a salamander, having everyone do or watch a chemistry experiment. But then there’s this process that you



A peek into an Elementary classroom.

write up your observations of an experiment, and then you talk as a class about what you experienced. Everyone has a different point of view, and so you start to say, 'Oh, someone might have seen something different,' and you start to work together to create a whole picture. In this curriculum, we're really trying to foster the students' development of this capacity of thinking through actual experiences, and then applying their thinking to understand them. To support your own thoughts, I think you need experiences as well."

Steiner emphasized beauty in his philosophy, seeing beauty in nature, in life, in people, and trying one's best to make beauty through one's actions. The Waldorf educational system, started by Steiner in 1919, carries that viewpoint on. "I was always interested in beauty, but not just for its own sake; what can it bring to a person's life, how can it change them, how can it help all people in all fields of study or work", says Margot Amrine, the high school history teacher for 11 years. She also spent almost 20 years before that as a class teacher — taking the same class of students from first through eighth grade. "I hadn't found that anywhere else in an education system. It was Waldorf education that seemed to imagine the arts as transformative, and a necessary part of childhood."

When the first Waldorf School of Ann Arbor was established, it was housed in a building near Cobblestone Farm, on Packard Road. In 1986, the Newport Road location, which currently houses the school's pre-K through 8th grade campus, was purchased and the school began to grow and flourish.

Mary Emery and her husband, Geoff Robb, had moved from Seattle to Ann Arbor in 1996, shortly before they were asked to be two of the founding teachers at what was to be the new Waldorf High School. Robb, now retired, taught math and physics at the high school; a couple of things he finds compelling about Waldorf education is the attention to the students and being able to support them in an individualized way. "We try to inspire them to be interested and engaged, and that's the bottom line. There can be different intellectual capacities, and it doesn't really matter, because if everyone is working to their own individual capacity, that's perfect."



High School faculty commonly lead science lessons with the Middle School students.

Even though students are able to work to their own capacity, a unique aspect of the education is its unified approach to all the subjects. Every student takes math, science, and a language, but every student also sings in the all-school choir and takes all of the art classes. "It's so well-balanced; all the art and music balance out the academic work, and I think it makes for more well-rounded and more tolerant individuals," says Robb.

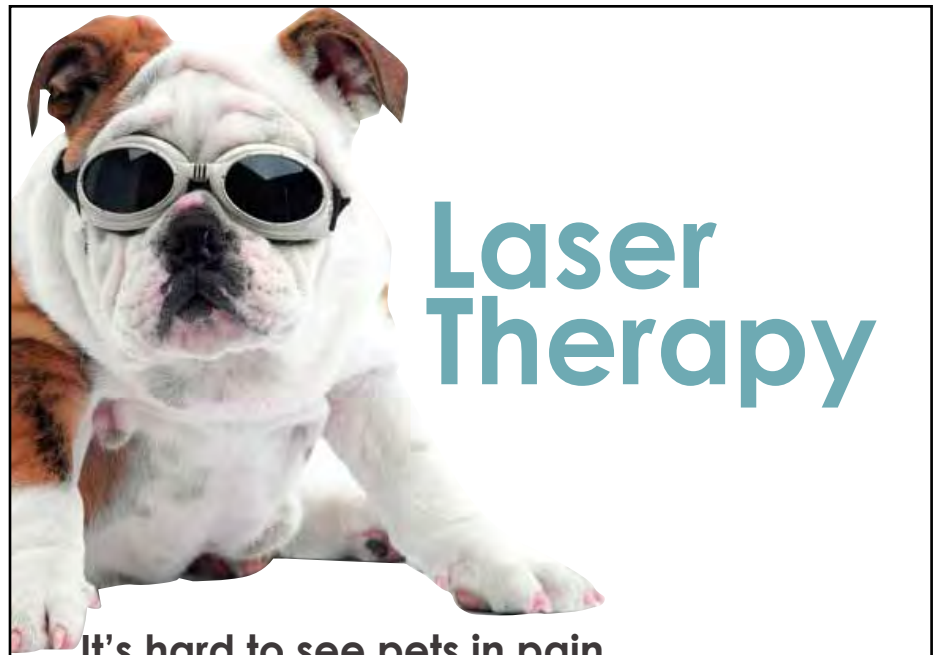
Robb and Emery are only two of the many teachers who've helped build the school into the thriving, growing entity that it is today. Their work has created more than thoughtful global citizens: it's prompted one of their former students to take a position at the school. Noah Burns, a member of the 2013 high school graduating class, began teaching some of Emery's English classes in September.

Steiner emphasized beauty in his philosophy – seeing beauty in nature, in life, in people, and trying one's best to make beauty through one's actions.

"Mary Emery really inspired me, both in how I approach literature and philosophy, and in how I approach my life," he says. "The impetus toward character, by which I mean the desire and ability to practice radical self-honesty, struck me in her classes. It seemed to me that she was striving to embody the Waldorf philosophy, and that interested me in the philosophy. I guess she made a mistake, because now I've come back to steal her job."

Burns is trying to live up to the example set by Emery and the other teachers who inspired him during his 14 years at Steiner, counting the two years of kindergarten that most Steiner students go through. "Steiner requires a lot of its teachers," he says. "As a Waldorf teacher, you're expected to develop yourself into a practitioner of a high art, one with extremely high aesthetic, intellectual, and moral demands. You don't see the inner work as a student. You see the high points of the process, which I just described. But you don't really see the self-doubt, the long nights, the frustration, or the endless self-discipline required to review dozens of assignments and truly give all of them your full attention and care."

Continued on page 56

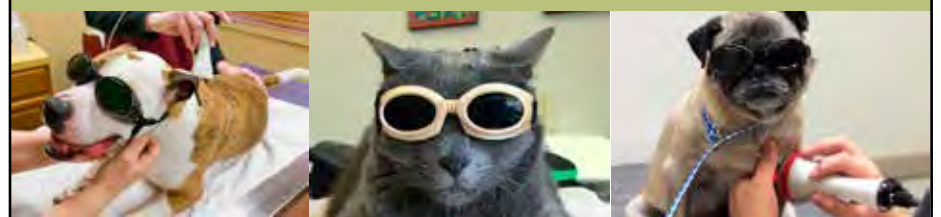


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High School juniors re-create Impressionist paintings.

Rudolf Steiner School of Ann Arbor

Continued from page 55



High School students participate in a range of musical opportunities such as small ensembles, jazz band, steel drums, chorus, and orchestra.

Changes in faculty aren't the only recent developments. With an ever-growing high school population to provide for, renovations for a new gym, more classroom space, and science labs were completed in time for the fall 2018 semester to begin.

Even though students are able to work to their own capacity, a unique aspect of the education is its unified approach to all the subjects.

"Enrollment has grown quite dramatically," says Owen-Cruise. "With enrollment comes a vibrancy and a health in the high school that just brings a depth of interest, connections, and social life that's really healthy for teens. But it became clear that we needed, as a school, three different things. The first was more classroom space to accommodate the programs we already had; we had a number of classes that were taking space in places that were not classrooms, and we didn't have a dedicated



Outdoor experiences are an integral part of Waldorf education.





Four High School varsity sports and co-ops are available to any student who is interested. Middle School students have four sports in which they can participate.

space for languages, for example. Also, as the size of the high school grew, so did the importance of sports. I think it's one of the reasons actually that the size grew, because we were able to provide stronger sports programs, and that helped students who wanted that to stay in the school. But it also meant that we were having to rent gym space all over town. So, we also needed gym and athletic space to meet the needs of our students, and until the start of this school year, we had nowhere where the entire community, lower school and high school, could meet inside. The new space, which we've now fully moved into, has given us new classroom space, an additional science lab, additional art space, and two language rooms. All of this allows us to meet [the needs of] the students we're working with more successfully."

"As a Waldorf teacher, you're expected to develop yourself into a practitioner of a high art, one with extremely high aesthetic, intellectual, and moral demands."

—Noah Burns

Another way faculty and staff work to meet students' needs is through a "college of teachers," which is responsible for all the pedagogy and teaching-related issues, such as determining if a new teacher is right for the school, teacher evaluations, and specifics of the curriculum. A board of trustees is legally and financially responsible for the school, but the college of teachers has control over the pedagogical governance of the school. The school being largely faculty-run was one of Steiner's conditions for his educational model, and the Ann Arbor Steiner School holds true to this. "We like to make decisions out of consensus, and it's pretty unusual these days to have a group that does that, but we really do," says Banks.



Sharing healthy snacks are a part of the daily rhythm of the early childhood classroom.



Despite higher enrollment, the condition that the school be open to all students is a difficult one to fulfill. The school takes no government assistance; it relies on donations, tuition, and fundraising, which means that the cost of attendance is too high for many families. "By far the most important issue in Waldorf education today is accessibility," says Burns. "Most private Waldorf schools in America are not accessible to the poor, or in many cases even the middle class."

Other faculty members are similarly frustrated about the high costs. "I do wish that funding came somehow not just on the backs of the parents, because I wish every child and every family who wanted to be here could be here," says Owen-Cruise. But teachers also shared hopes for the future. "I hope that the richness that's offered in the classroom can continue, and I hope that there are teachers who are interested in working with Rudolf Steiner's picture of human development," says Emery.

Robb agrees. "Rudolf Steiner's philosophy, which is kind of what underlays this education, takes time to investigate, and it takes time to build a relationship with it. I think it's what makes the education so great and so powerful, and I hope that the teachers in the future have the time and the interest to really dive into it. I still think the essence of Waldorf education is living very strongly in this high school and this community, and it's not under threat at all. It will carry on into the future, and most likely will thrive here."



Self-portraits are created by the senior class.

Amrine is optimistic about the future of Waldorf education, believing that it's necessary for the development of well-rounded human beings, and for the future of our world. "This is an education that's really about integrating different skills; and I think that practicing that over many years changes the way people approach their jobs and their relationships. I think high school students are looking for meaning, not just a test score. They're looking for these four years to be deeply enriching and meaningful. This education has tremendous potential in terms of changing people's lives, in terms of confidence, in terms of thinking very broadly, and in a very interconnected way. As we move into the next century of Waldorf education, I think the world is crying out for people who see how systems relate to each other, people who understand ecology. But I also mean ecology in many spheres; when we make decisions, they have effects. Waldorf students have been trained to see connections, and have been trained to see how interactions between human beings can profoundly affect policy, can profoundly affect cultural and scientific directions. We need that."

"I think high school students are looking for meaning, not just a test score. They're looking for these four years to be deeply enriching and meaningful."

—Margot Amrine

Waldorf education, in its own special way, has certainly thrived here in Ann Arbor. The school's teachers, administrators, staff, students, alumni, parents, and former parents, as well as community members who just believe in Steiner's teachings and the Waldorf education model, have kept the school relevant and dynamic for the last decades. Anyone who steps in to either the Lower School or the High School is readily dazzled and stirred by the quality of the students' art work on the walls, and by the quieting but lively feel. There is a creative rustle to the place that lifts one's spirit even as it calms the nerves. In today's overly wired world, that makes it a very special environment for the education of the next generation.

Emily Slomovits is a graduate of the Rudolph Steiner School and EMU. A local musician, she plays with her father, San Slomovits, and her uncle, Laz Slomovits (who comprise the duo Gemini), and plays music with others, as well. A member of Spinning Dot Theatre, she has appeared on stage at a variety of local venues. She also teaches violin, voice and guitar, and writes regular theatre and music previews and reviews for Current Magazine, PULP, and the Washtenaw Jewish News.

The Crazy Wisdom Interview with Dr. Molly McMullen-Laird and Dr. Quentin McMullen, Founders of the Rudolf Steiner Health Center, on Anthroposophic Medicine



“When you look at the remedies, and how he picked a certain collection of plants, maybe with a metal or a mineral that has been processed in a certain way, and the fact that Rudolf Steiner understands that as the treatment for a particular condition – which he explains in a different way than conventional medicine would, it’s on a very different level. And we as the practitioners are the recipients of this gift of an insight into all of the processes and all of the forces in nature and in the human being that create illness, and how to bring them together so that the person can actually be healed of the problem, rather than addressing just the symptom.”

— Dr. Molly McMullen-Laird

Interviewed by Emily Slomovits
Photography by Hilary Nichols

Quentin McMullen and Molly McMullen-Laird are a husband-and-wife doctor team and the founders of Rudolf Steiner Health Center, which is one of Ann Arbor’s leading alternative medical practices. Now celebrating its 20th anniversary, Steiner Health is unique as a “community-supported medical practice,” and it focuses on anthroposophic medicine, which combines conventional and integrative approaches to medicine and is based on the teachings of Austrian philosopher Rudolf Steiner.

The environment where I met them is distinctly unlike a traditional doctor’s office. The rooms are artistically painted in cheery colors and filled with art and plants. Nothing is too bright or flashy; instead, a peaceful atmosphere greets patients as they step through the doors. The feeling is reinforced by Quentin and Molly; tall, mellow Quentin perfectly complements smaller, more animated Molly. Intelligence and warmth radiate from both of them, and each has her/his own way of putting patients at ease; Molly’s eyes sparkle with tenderness and enthusiasm, while Quentin’s radio-worthy voice is firm and calming.

I spoke with Quentin and Molly about anthroposophic medicine, the history of their practice, and their dynamic as a married team of doctors.

Emily Slomovits: Where did each of you grow up, and how did you meet?

Molly McMullen-Laird: I was born in New Jersey, and Quentin was born in Connecticut, both of us in the country.

Quentin McMullen: We both went to the University of Connecticut, which is actually how we met. We both worked in Boston in research for a year, and then both went to medical school in New Orleans.

Molly McMullen-Laird: We did our residencies together in internal medicine at Reading Hospital, Pennsylvania, where there was also a Waldorf School. At that point, Sara, our oldest daughter, was getting ready to go to kindergarten. We also knew two other anthroposophic doctors in the area, so we were planning to settle there and work with them once we finished our residencies. Sara and our second child, Christopher, started school there. After we finished our residency, because Quentin had a military scholarship for medical school, he was obligated to serve four years in the Air Force. We went to Germany for that, and again, our children were able to attend a Waldorf School -- they are very easy to find over there. We then finished our training by working in anthroposophic hospitals in Germany and Switzerland for three years before we came here.

“...During my college years, I went to work in Germany and Holland in anthroposophic communities, first in a big gardening community, and later in a Camphill community, which is an intentional community for children with special needs, both physical and mental. One of my jobs there was to give them their medicines. They didn’t look like any other medicine that I was used to, so I became curious.”

— Dr. Quentin McMullen

Emily Slomovits: Were any of your parents doctors? How did you become interested in medicine?

Quentin McMullen: My parents were not, although I think my father would have made a good physician because of his inquisitive mind. He worked in electronics and was a writer later in life. My mother was a librarian; she didn't work outside the house until we were out of the house. Molly's father was an industrial engineer, and her mother was a hospital laboratory technician.

Emily Slomovits: Were you ever interested in pursuing another profession before medicine?

Quentin McMullen: After high school I was pretty sure I would go into the political world, statesmanship, or something to do with government. I was very interested in all of that. But it was a very unfortunate time for young people, rather like now, where many young people shy away from it. Those were the Nixon years; the United States invaded Cambodia, the Kent State tragedy happened, in general bad things were happening in the world. I said to myself, 'Maybe there's something else!'. I didn't really know exactly what that something else would be until I went to Germany as a 20-year-old, and then things settled themselves.

Molly McMullen-Laird: For a while, I thought I would become a researcher; in college I very much enjoyed doing biochemical research. I thought biochemistry was the answer to all the things we needed to understand in biology.

Emily: How did you discover anthroposophic medicine?

Quentin: I learned about it first because, during my college years, I went to work in Germany and Holland in anthroposophic communities, first in a big gardening community, and later in a Camphill community, which is an intentional community for children with special needs, both physical and mental. One of my jobs there was to give them their medicines. They didn't look like any other medicine that I was used to, so I became curious. I might have had some interest before that, but suddenly I became interested in studying medicine, and practicing anthroposophic medicine afterwards. I returned to the U.S. and finished my undergraduate degree. Molly and I met and began talking about attending medical school. During that time I introduced Molly to what I knew about anthroposophic medicine.

"They had the Waldorf School, a nursery, a farm... a rehabilitation hospital, with maybe 50 beds... There was the beekeeper and the dairy farmer, and the garden for the vegetables, and the baker, and some people worked outside in other jobs, but most people worked inside the community."

— Dr. Molly McMullen-Laird



The movement therapy sessions work one on one with patients attending the Life Force Intensive Retreat.



Movement therapy includes sequences to learn and practice which go back to Greek times.

Emily: What did you study in undergrad? Was it just what you would need for pre-med, or did you have another major?

Molly: Biology, basic pre-med.

Quentin: What I recommend to pre-med students these days, is to major in something else that you are passionate about. Take the required biology and chemistry classes, but wait until medical school for the rest of the science you need.

Molly: Right, these days you can, but it was a little more straight-laced and narrow path when we went to medical school. But I think the interesting thing for our story is that when Quentin went to Dornach, Switzerland for a youth conference in 1972, and met a lot of young people who were involved in a lot of anthroposophical things, that was a big introduction for him, and he made connections. That's how he ended up going back to Germany to work in a biodynamic garden as a gardener -- in a large, intentional, anthroposophic community called Schloss Hamborn. They have a nursing home there, and they have a kindergarten that's attached to the nursing home, so when the kids go out and play, the older people can sit and watch them. They had the Waldorf School, a nursery, a farm, a sanatorium, which you think of now in America as like a mental hospital, but this was more like a rehabilitation hospital, with maybe 50 beds. There was the beekeeper and the dairy farmer, and the garden for the vegetables, and the baker, and some people worked outside in other jobs, but most people worked inside the community.

For Quentin to go and experience that in Europe, he just happened to land in a community that was really ideal, really functioned in an inter-connected way, with medicine, education, and agriculture. And those three things are really the pillars of anthroposophy in the world; the number one pillar is Waldorf education, the second pillar is biodynamic agriculture, and the third is medicine.

"And those three things are really the pillars of anthroposophy in the world; the number one pillar is Waldorf education, the second pillar is biodynamic agriculture, and the third is medicine."

— Dr. Molly McMullen-Laird

Emily: For someone who doesn't know, can you explain how the practice of anthroposophic medicine differs from more conventional medicine?

Quentin: Anthroposophy came from Rudolf Steiner in the 20th Century. He was a lecturer, an educator, highly intelligent and interested in what humanity needed to progress, and so he would lecture about those kinds of things, from a theosophical origin. Eventually he realized that he had to write about it in his own way, and so he wrote maybe 60 books in his lifetime, and people would come to him and ask him about different aspects.

For example, the Waldorf schools came from the Waldorf cigarette factory in Stuttgart, Germany; the owner of the factory asked him, "Can you make a school for the children whose parents work in the factory, so that they will have a reasonable education?" So Steiner gave a series of courses to a group of teachers to prepare the curriculum for the Waldorf School movement. The same thing happened with medicine. A group of doctors came to him and said, "We're not satisfied with what we're doing here; can you give us some insight?"

Another thing that is quite different from conventional medicine is the pharmacy — how to take a substance from a plant, or an animal or mineral, and make it available as a pharmaceutical product for human beings. Not just the extract; that ends up being a chemical extract, but something of the whole plant exists in the anthroposophic medicines. And then, when it's taken in, either internally, or externally as a bath or ointment, it meets the illness in the human being, and sets something off in the direction of healing. There is, for Steiner, a very strong connection between what the pathology is, what the problem is, and what you can find in nature that is related to that pathology. We always start with what's wrong with the patient, and then we find what there is in nature that is similar to this, and can help turn it around.

The Crazy Wisdom Interview with

Dr. Molly McMullen-Laird and Dr. Quentin McMullen

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Molly: For me, the essential aspect of what makes anthroposophic medicine different, or any of what Rudolf Steiner brought into the world, is that he gained insight on his own through a meditative path, to understand the world as it is, all aspects of the world. He wanted to explain the path that each person can follow and apply to his or her own profession. And he always said to make your own experience. Figure it out for yourself.

He based a lot of this on the work that Goethe had done before him in the phenomenology of nature, and physics, and all of the things that Goethe had worked on besides his literary accomplishments.

When you look at the remedies, and how he picked a certain collection of plants, maybe with a metal or a mineral that has been processed in a certain way, and the fact that he understands that as the treatment for a particular condition – which he explains in a different way than conventional medicine would, it’s on a very different level. And we as the practitioners are the recipients of this gift of an insight into all of the processes and all of the forces in nature and in the human being that create illness, and how to bring them together so that the person can actually be healed of the problem, rather than addressing just the symptom.



Plant-based, organic, and freshly prepared meals are a highlight for all who attend an intensive health session.

Emily: Sometimes, conventional care is required for a patient. When do you know to integrate that care, or recommend that to someone, and how do you balance the two kinds of care?

Molly: Well, there are acute situations that really require immediate surgery, or hospitalization, or there are some infections that are really dangerous, where antibiotics are life-saving, or surgery is life-saving. If there’s chest pain, you go right to the emergency room. And our conventional medicine and technological advances are very good at that acute and interventional type of medicine for emergencies.

Emily: Obviously, there are married couples that each do similar kinds of work, but don’t work together. How did you decide to open a practice together, and what does your dynamic as a couple provide for each of you, and for your patients? In what ways do you balance/complement each other?

Quentin: We have different strengths in medicine; Molly is much more involved in dietary counseling and women’s medicine, kids, and I do more with toxins and Lyme disease. The best part is that we can say, “Here, I’ve got this patient, this is the situation. What do you think?” I can ask Molly like no other physician I could ask.

Molly: That’s the real upside of the whole thing; we have kind of the same background in conventional medicine, we were both trained in general internal medicine, and we’ve been through similar trainings for anthroposophic medicine in the hospitals in Europe. We can really consult with each other, and since it’s kind of a niche that we’re in, it’s good that we’re not alone.

“Rudolf Steiner based a lot of this on the work that Goethe had done before him in the phenomenology of nature, and physics, and all of the things that Goethe had worked on besides his literary accomplishments.”

— Dr. Molly McMullen-Laird

Emily: You have your regular practice, but you also have health retreats and other programs.

Molly: For the retreats, people come from all over the States, with all kinds of illnesses. Probably half of them are cancer patients, but we have people recovering from stroke, or chronic heart disease, or Lyme disease. We recruit therapists mostly from the Ann Arbor area; we have movement therapy, massage therapy, bath therapy, art therapy, and they all have an anthroposophical basis because that’s our work at the health center, to have a home for all the therapies.

We also have fasting weekends where a dozen people come for the weekend program.

Emily: How did you come to Ann Arbor?

Quentin: I had met Dr. Ernst Katz when I was 19. When I lived near New York, I would go in and listen to the anthroposophists give lectures in Manhattan at the Anthroposophical Society, and all I knew about Dr. Katz was that he was a good lecturer. I still had my notes from his lectures years later when we were looking for where in the United States to go after we came back from our training in Europe. So, we took this big tour around the States, and stopped where we knew people; we had the idea for the health center, and we wanted there to be at least one other anthroposophic physician available to help us with that. There had to be a Waldorf High School. Those were our two requirements.

Emily: Yes, congratulations! Steiner Health has now been up and running for twenty years. What has changed in your practice over the years, and what do you see in its future?

Molly: We were very blessed in the first year we were here, with the inauguration of the Patient Organization. That was part of the idea we came with; it’s a collective of patients who pay a certain amount every month, and then when they come, they don’t pay for that service. We have educational events, volunteer commitments, the members get involved in the overall mission. We were very lucky in the beginning that there was a significant group of people who stood behind that and made it happen. And I believe that’s what has sustained us. This group of dedicated and forward-thinking people, who really see that medicine should belong to the community, and be available when they need it.

So we’ve been really blessed that we’ve had that kind of privilege as physicians, to do anthroposophic medicine without compromise in that group of patients. It’s a community function, and many people have put in a lot of hours to make that happen.

Quentin: In the future, I’m hoping that there is a group of alternative physicians and patients who create a parallel system.

Molly: It needs to be said that our organization is a 501(c)(3) non-profit entity; Community Supported Anthroposophical Medicine, modeled after the CSA movement for farmers and their members. Our organization is run according to Rudolf Steiner’s Social Impulse of Threefolding which means that there are three spheres in society that should be understood as interacting with each other, but none should determine the function of the others. Those spheres are the Economic Sphere representing Fraternity, the Rights Sphere representing Equality, and the Cultural Sphere representing Freedom. Medicine is in the Cultural Sphere, which means it should be free from undue economic or legislative burdens so that each patient has access to the kind of health choices they see as appropriate for them, and the societal system should support healthcare by way of the profits generated in the economic sphere.

Please see photos on opposite page, and text continued on page 62





“Another thing that is quite different from conventional medicine is the pharmacy – how to take a substance from a plant, or an animal or mineral, and make it available as a pharmaceutical product for human beings. Not just the extract; that ends up being a chemical extract, but something of the whole plant exists in the anthroposophic medicines.”

— Dr. Quentin McMullen

Art therapy is a component of the individualized therapy plan for each patient and each condition.



"I am so deeply grateful that you are all here doing this work— there is hope for healing our humanity."

J.B., Retreat Participant, Oct 2018

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The Crazy Wisdom Interview with Dr. Molly McMullen-Laird and Dr. Quentin McMullen

Continued from page 61



“For the retreats, people come from all over the States, with all kinds of illnesses. Probably half of them are cancer patients, but we have people recovering from stroke, or chronic heart disease, or Lyme disease...”

— Dr. Molly McMullen-Laird

A peek into the Art Room at the Rudolf Steiner Health Center.

“We were very blessed in the first year we were here, with the inauguration of the Patient Organization. That was part of the idea we came with; it’s a collective of patients who pay a certain amount every month, and then when they come, they don’t pay for that service. We have educational events, volunteer commitments, the members get involved in the overall mission.”

— Dr. Molly McMullen-Laird

Emily: Thank you for explaining that, Molly. Moving back to the medicine, itself, do you prescribe tinctures and remedies that are considered anthroposophic medicines? Are they different and distinct from homeopathic remedies, and if so, are they flower essences, or remedies of a different sort? Please describe them a bit.

Molly: The remedies that we use are from anthroposophic pharmacies which include a large body of homeopathic and herbal medicines, many of which are prepared and used in a way that differs from classical homeopathy. Some of the remedies are combinations of various plants that together create a remedy for a particular condition. The pharmacists utilize many interesting processes to transform the substances of nature into a form that functions as a remedy. They use heating and cooling, fermentation, exposure to light and darkness, harvesting and processing according to certain annual rhythms and very precise dissection of parts of plants, minerals and animals to combine in the remedies.

Emily: Can you give our readers a sense of how you might treat a few common ailments, such as high blood pressure, asthma, diabetes, hypothyroid, and osteopenia or osteoporosis -- to give our readers a sense of how the anthroposophic approach may be different?

Molly: Our approach to deficiency illnesses like diabetes, hypothyroidism, adrenal fatigue or osteoporosis is to support the normal function of the organ or combination of organs involved, so that the process is able to work normally again on its own. We use remedies called organ preparations which are typically potentized homeopathic remedies. This encourages the function when the process is weakened, rather than substituting for the missing hormone or other substance as is often done in allopathic and herbal treatments. Although desiccated animal thyroid or adrenal gland may be more biologically congruent than synthetic preparations, the effect on the system is very similar in that it further substitutes for the normal function of that organ. We know that taking too many steroids can

“We have kind of the same background in conventional medicine, we were both trained in general internal medicine, and we’ve been through similar trainings for anthroposophic medicine in the hospitals in Europe. We can really consult with each other, and since it’s kind of a niche that we’re in, it’s good that we’re not alone.”

— Dr. Molly McMullen-Laird

result in adrenal failure, but many patients take desiccated adrenal gland for fatigue which most likely will prolong the deficiency. Such preparations are readily available over the counter and it is necessary to read the label very carefully to find out if the desiccated organ preparations are in the supplements. We also find it necessary to work on lifestyle and diet changes that may contribute to the patient’s condition. At times we may need to use allopathic or herbal substances temporarily. Most herbal preparations have strong effects on the patients, not unlike allopathic medicines. In the best-case scenario, we are able to regain the function of the involved system using homeopathic approaches. For other conditions, such as essential hypertension, we may need to work in an indirect approach to offset the influences allowing the condition to arise, rather than directly. We work as closely as possible with our medical colleagues to address transitions away from (safely and step-by-step) the allopathic medicines which some of our patients take.

Emily: How have you gone about looking for other doctors who could join with your practice? And since it’s been unsuccessful so far, have you considered other ways to go about this, to make this a reality in the future?

Molly: We are looking for a physician who is finished with the corporate medical model and is determined to find a way to care for patients outside of the economic model that is prevalent. In other words, someone so dissatisfied that they would be happy to abandon a typical physician salary for quality of life in their day to day work life. Of course, it also has to be someone who is keenly interested in anthroposophical medicine, a fully trained MD or DO, and willing to spend some time studying the basics. It is a lifelong study for everyone, in any case, so we are looking for that commitment. Our organization is community owned and governed which is also a major departure from traditional medical practices, hospital owned or private ventures. So we put out the word in the national anthroposophical medical circles as well as letting our medical student and resident physician connections know what we have to offer.

Emily: How many children do you have, what are their names and ages, and what are they up to these days?

Molly: We have four grown children all of whom were educated in Waldorf Schools in Europe and the United States. Our oldest, Sara Purple, is trained to teach Waldorf high school Physics and Art. Our second, Christopher, is currently studying conducting at the Royal College of Music in London. Our daughter, Lydia, is studying Journalism at Columbia University in New York and our youngest, Samuel, just graduated from the University of Michigan with a degree in Philosophy. Our children lived in Germany and Switzerland while we were doing training and have had many international experiences. They speak quite a few different languages, in addition to German, which they spoke while in elementary school in Europe.



An art therapist gives adjustments to the process during a watercolor exercise.

Emily: What do you most enjoy about Ann Arbor in the spring and summer?

Molly: I like to walk, and we live in town so are able to easily walk downtown to an event or to just walk around campus. I very much enjoy the young people and the neighborhood feeling of Ann Arbor. We are so blessed here with small local businesses full of personality and creativity like Crazy Wisdom!

Quentin: One of the reasons we chose to come to Ann Arbor was because of the university. U-M has a not-so-subtle effect on conversations one has around town, as well as tolerance for progressive social ideas which I appreciate. Not to forget is the great education three of our children received at the University of Michigan.

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Anne Ormond:

A Vessel of Crazy Wisdom



Music, Moving, and Life Lessons from an Octogenarian



By San Slomovits • Photos by Joni Strickfaden

When I emailed Anne Ormond to ask if I could interview her for this profile in the *Crazy Wisdom Journal* she replied, “Sure, why not? For Crazy Wisdom? That is a pretty good description of me—crazy wisdom.” The answer is typical Anne; brief, perceptive, a little self-deprecating, and witty. In a later conversation I said to her, “A lot of people your age are doing a fraction of what you’re doing,” she shot back with, “A lot of people my age are dead.” Anne is 83, and still busily engaged in a dizzying array of organizations and activities. “Well, I got to be 83, and I am still healthy—through pure luck and heredity, and maybe also thanks to my healthy life-style. I am constantly *doing* things; physical, mental, social, and spiritual. Many things that I do fit into more than one category. I choose to do things that I love. I have passions.” And she seems compelled to seize every opportunity to wring as much as possible out of every single moment.

Nevertheless, amidst all this plethora of interests two dominant themes emerge; music and moving. Anne plays clarinet and piano in a number of local ensembles. She still plays an average of forty concerts a year with, among others, the Ann Arbor Concert Band, the Ann Arbor SU-Mmer Civic Band, the Dexter Community Band, the Ypsilanti Symphony Orchestra, Pittsfield Open Band (Contra Dance Band), Clarinet ContinuU-M, and various chamber music groups. “All amateur, just for fun.” She is also a proud member of the Ann Arbor AIU-Mni Chapter of Mu Phi Epsilon International Professional Music Fraternity.

**The answer is typical Anne; brief, perceptive,
a little self-deprecating, and witty.**

The Fraternity is committed to the advancement of beautiful music in local communities and around the world – fostering “Service to Others Through Music” — as well as the promotion of musicianship and scholarship among its members.

Music has been a lifelong abiding passion for Anne. A short upright piano and a small baby grand occupy pride of place in her living room. When I remark on them she says nonchalantly, “Well, I play with a partner.” She continues, “I begged for a piano from the time I first touched one when I was five. I put a finger on a key, it made a sound and I thought that was the most marvelous thing that had happened to me in my life.” Her parents were not musical. “They liked Lawrence Welk. They hoped I would forget about this, but I kept asking, and when I was seven, all of my schoolmates in our neighborhood *had* to take piano lessons on the piano in their dining room, which they all had. And I could

not. I asked my parents, they said, ‘Well, you’ll learn better, faster if you wait till you’re older. Besides, you should be able to reach an octave before you try to play the piano.’ I don’t know how my parents knew the word octave. (Laughter) Anyway, I kept trying, and when I was ten I came home before Christmas and said, ‘Mom, I did it. I reached an octave!’ My parents bought that piano in 1942, (she points to the Howard upright), gave me lessons with a woman down the street, and I was very happy. The Kimball baby grand, I bought at King’s Keyboard in 1990.”

**“... I choose to do things that I love.
I have passions.”**

Born Anne Dowling in Chicago in 1935, her family moved to Willamette, Illinois when Anne was about to enter high school. In her sophomore year she decided to join the marching band as a way to make friends in her new surroundings. She laughs as she describes how she wound up playing clarinet. “My father said, ‘No brass—it’s not ladylike.’ My mother hoped not the violin, she couldn’t stand how screechy they were. Little did she know what the clarinet could do. The band director said, ‘No brass? Well, we have too many flutes already, and surprisingly, we have enough oboes, and besides you wouldn’t want to play that because oboists go crazy.’ (Imagine hearing this from a band director!) ‘How about the clarinet?’ he asked. I said, ‘Great.’ I had no idea what one was.” But, because of her years of musical training on the piano, she took to the clarinet quickly and after high school entered Michigan State University as a music major on clarinet. She transferred to the University of Michigan a third of the way through her college sophomore year because, “I’d been to Interlochen and worked with Maynard Klein, who was choral director at U-M, and I wanted to include vocal music in my education.” She graduated from U-M in 1957 with a bachelor’s degree in music education.

She also met her first husband there, renowned clarinetist, Fred Ormond, who was completing his bachelor’s at U-M. Anne taught vocal music at an elementary school in Wayne and then near Lansing while Fred completed his Master’s degree at Michigan State. A few years later, in 1962, after living and teaching in Texas, the young couple moved back to Michigan, and Fred became a member of the faculty of the debut year of the Interlochen Arts Academy. Now the Interlochen Center for the Arts, is an arts boarding school for students in grades 3-12, as well as offering a yearly SU-Mmer Arts Camp, concerts, classes and many other arts events. Their first child, Keith, had been born in Texas, and, “We happened to have the first Academy faculty baby, our second child, Kirk, that November. We were up there with other young people, all in about the same stage of life, early 20s, early 30s,

Continued on page 64

Anne Ormond: A Vessel of Crazy Wisdom

Continued from page 63

having kids, families growing up. For the next few years, among the faculty, all living on the campus at Interlochen, there were twenty-two pre-school children, all wandering around free. There were no fences around houses, we all knew everybody there was safe.

When I lived there, nobody ever locked their doors. I never locked my bike, even in the sU-Mmers when the campers were there. This was a different era, this was a different community. Everybody knew everybody. When the kids went trick or treating they didn't have to have an adult with them. Our back door opened out into the woods. We cross-country skied in there, we walked in there, we biked in there, we did everything in those woods. They wandered without supervision. They knew where they were going, they knew how to get back. If a kid said they were going out into the woods—if they thought to even tell us—they'd be OK. (Laughter) They wouldn't get lost. They all survived.

You learn to breathe deeply and make the most out of every breath you take.

One time when my kids were four and five, it was winter and there was snow, and they came back (after being outside for awhile). "Guess what, Mom! We stamped out a big SOS in one of the fields in the woods, and we were waiting to be rescued, but they haven't come yet. (Laughter) We had to go to Traverse City for the hospital (to give birth). My daughter, Carol, was actually born in fifty minutes between two concerts that my husband was involved in. (Laughter) We left one, he drove me to the hospital, she was born, he left me, drove back, and watched his kids do the other one. It was fun."

After ten years Fred was going to take a leave from Interlochen, and they were going to live in Spain for a year, "Because it was cheap. So," she says matter-of-factly, "I had to learn Spanish. So, I learned Spanish to go to Spain—sat in on classes at Interlochen." They never did go to Spain, instead, the family moved a nU-Mber of times, first to Evanston, Illinois, where Fred played with the Chicago Symphony for several years, then to Fredonia, New York, back to Michigan at MSU, before they finally settled in Ann Arbor, where Fred taught at the U-M from 1984 until he retired in 2007. "I was fortunate. I got a job every time we moved, one kind or another. After I learned Spanish, I added it to my teaching certificate and when we got here I got a job teaching Spanish at Ypsilanti High." She taught there till she retired in 1997. There were some momentous events along the way, and she glosses over them quickly. "Fred and I divorced in 1990, and I met Z, Zoltan Drago, we got married; I inherited his kids, who were all grown at the time, and mine were just about too... He worked at Argus when Argus was contracted by NASA to do the lenses for the Apollo Mission. Therefore, he has lenses on the moon, and also in the Voyager that has left our solar system. Zoltan died in 2011. But we had twenty years, twenty years before he died. And I was married thirty-three years to Fred."

The conversation turns back to music. Anne quit playing the clarinet after her second child was born. "Who had time?" But when she remarried, "Zoltan's grandkids were learning musical instrU-Ments, and Mike said when he was ten, 'I am learning to play the clarinet. You used to play the clarinet. We could play duets.' I went to Carty's to buy a clarinet. We had sold mine, I hadn't played for thirty years or more. There were clarinets hanging on the wall, red, white, blue, green, and yellow to co-ordinate with band uniforms. (Laughs) I said, 'Do you make these things in black anymore?' So, I bought a cheap, and not very good Bundy, plastic clarinet for almost what my parents paid in high school for my professional model Buffet." In three weeks, after she got her embouchure back, she started playing duets with her grandson. He eventually gave it up for football, "But I did not give it up." And playing music fulfills another of her passions—interacting with people and giving back. "There are so many volunteer opportunities. It is always wonderful to be of some help to others. My volunteering is through music. This requires practice, rehearsals, the concerts themselves and travel time. All told, I volunteer around 500 hours each year to do these things. Besides the fun and absolutely emotionally thrilling time that my music groups give me, they also provide great opportunities for travel." Anne goes to Interlochen every year for the adult Chamber Music weeks, has played in a Bands-at-Sea in the Caribbean every winter for the past seven years, travelled to Eastern Europe with the Dexter Community Band, to Scotland with the MSU AIU-Mni Band, and to China with the Valparaiso "Windiana" Cultural Exchange Concert Band.

Which brings us to another important theme in Anne's life, moving. Besides all, the travelling she still does, and her family's many moves, Anne has also long been, and continues to be very active physically. Last year I cross country skied with her in Miller Woods, "This winter I only cross country skied twenty times," she says. "I consider that not good. One winter gave me seventy times, here in Ann Arbor. I did every day at Interlochen." She ended one email exchange with me earlier this year with the following, "PS. My pneU-Monia seems to be going away.... back to skiing."



She says she swims every day possible during the sU-Mmer. She leads a hike for friends every year in Miller Park, "To try to catch the Dames' Rockets at their peak." I have caught glimpses of her enjoying the swing sets in Maryfield Park, and have seen her biking on our neighborhood streets. "I had a bike from the time I was ten. We didn't have kid's bikes, we had to learn on a full size. I learned on some neighbor kid's. I still have my first bike, a 1945 Elgin, made in Elgin, Illinois. I call it an all-speed because it will go as fast as you can pedal. (Laughter.) It's very big, red, and very heavy. I take it to Interlochen every year because I live in campus housing at the edge of camp, and I bike back and forth to every rehearsal, session, or meal. The car sits there parked for the entire two weeks. At one time, that bike had a kid seat behind the front handle bar and another kid's rigged-up seat over the back basket, so that I could take two kids at once. Now at Interlochen it carries instrU-Ments and music." Her second husband, Zoltan was a cyclist, and a member of the Ann Arbor Bicycle Touring Society, "I started riding with him, and we did club rides." She still regularly joins the club's Tuesday South Lyon ride to Kensington Lake, the Friday Hines Drive ride, and the Saturday morning Ann Arbor to Dexter breakfast ride, though she rarely continues on to Chelsea, "I have no reason to, the good stuff is at the Dexter Bakery."

Of course, focusing only on her music and moving does not present a complete portrait of Anne. She's a proud mom of her kids, nine grandkids, and two great grandkids. She's a published, prize winning poet—writing in both Spanish and English. She's an avid nature photographer, and transfers her photos into greeting cards for friends. And, in yet another example of her wit and imagination, she's also Founder, President, and CEO of Rent-a-Skunk International, a whimsical company inspired by Garrison Keillor's tales of his imaginary town of Lake Wobegone. She invited her son-in-law to be one of her vice-presidents. He agreed and she told him that while she's out of town at Interlochen for two weeks, "You're in charge." (Laughter) "The skunks are free range, I don't keep them anywhere. You may go catch your own. We rent them by the hour, the half day, the week, the month, the year. Why? Why not?"

"My daughter, Carol, was actually born in fifty minutes between two concerts that my husband was involved in. (Laughter) We left one, he drove me to the hospital, she was born, he left me, drove back and watched his kids do the other one."

Why not, indeed. Anne believes in the importance of continuing to learn and explore, "To keep re-inventing your life as necessary, and to 'follow your dreams'." And she adds, almost sternly. "If you have no dreams, find some. Our lives change. Life is a journey, and you have to adjust accordingly. You have to keep creating your new life. If you can no longer do a certain thing, you have to find new things to replace what you lost."

Though she walks with a slight stoop, Anne's voice is vigorous, and she tells her stories with dramatic flair, punctuated by frequent and hearty laughter. She is happy to talk proudly about her kids' accomplishments, but tends to be very matter-of-fact about her own.

"I was lucky to have the parents I had. They gave me good genes, lots of love, and superb guidelines for living. They did not give me everything I asked for, but certainly, everything I really needed.

"I never smoked. That kind of goes along with being a serious musician. Any wind player or singer has to learn how to control breathing. You spend a good part of your life breathing when and how the music dictates, NOT whenever you feel like it. You learn to breathe deeply and make the most out of every breath you take. This has to be a good exercise for maintaining good health. I continue to eat whatever I like, just not too much of it. I have always enjoyed being physically active: walking, running, tap dancing and later folk dancing, Contra, Square, English Country, skating, roller-blading, biking, scootering, skiing, both downhill and cross-country, swimming, water aerobics, and normal aerobics. I am not "good" at any of these things I just enjoy doing them. I think that being both physically and socially active are "biggies" in living a long and happy life. I feel very fortunate to be still doing most of these things."

I have caught glimpses of her enjoying the swing sets in Maryfield Park, and have seen her biking on our neighborhood streets.



...what has always struck me about Anne is her joie de vivre, her zest for living, and that's a quality we can all cultivate...

Anne and I share some similar, significant interests; music and being physically active are very big parts of my life too. But what has always struck me about Anne is her joie de vivre, her zest for living, and that's a quality we can all cultivate, no matter what are our unique interests and styles of living.



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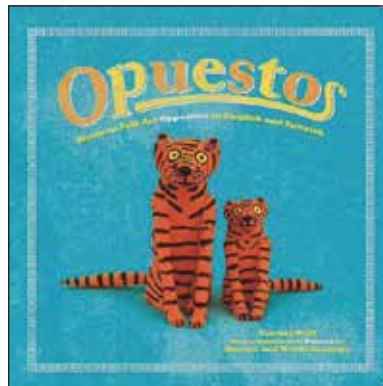
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Opuestos: Mexican Folk Art Opposites

By Cynthia Weill

This sweet board book features carved wooden Oaxacan animals, with opposites written in both English and Spanish. Specifically to be read to the young child group, but older children can easily learn some basic Spanish by following along.
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I Hate My Cats (A Love Story)

By Davide Cali and Anna Pirolli

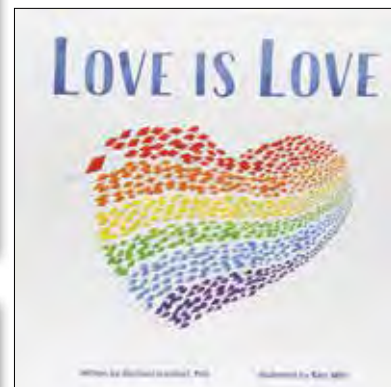
Ginger is the weird one. She plays with peas, purrs at artichokes, and has a penchant for the neighbor's chicken. Then there's Fred. His life achievement? Laziness. Oh, and hiding. And also conspiring to destroy the house with Ginger. Such is life with cats. Why are these mesmerizing fur balls so delightfully maddening? This is a charming, humorous tribute to all things cat.
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Festivals Around the World

By Discover & Learn

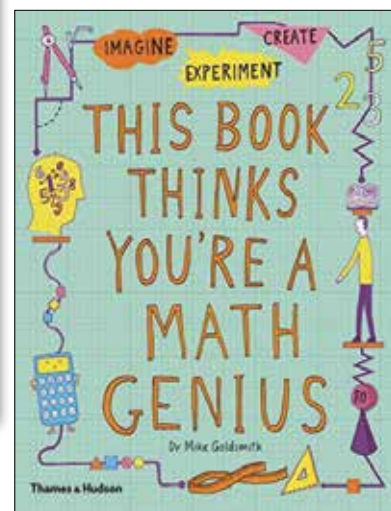
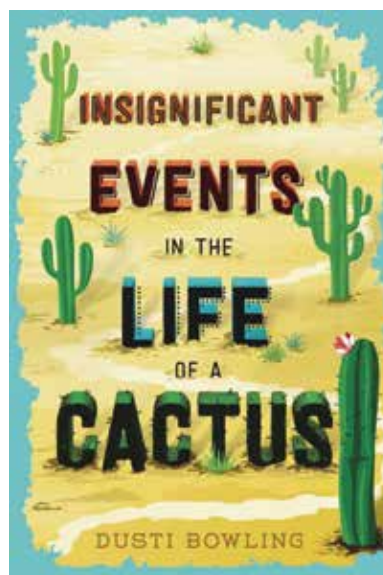
Learn about the diverse and vibrant festivals that are celebrated around the world. This series encourages children to consider religious beliefs and cultural traditions with easy-to-read text, informative imagery, and fascinating facts. For fifth graders and up.
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Love Is Love

By Michael Genhart and Ken Min

It's love that makes a family. When a boy confides in his friend about bullies saying he doesn't have a real family, he discovers that his friend's parents – a mom and a dad – and his two dads are actually very much alike. The sweet, straightforward story shows that gay and straight families and everything in between are all different kinds of normal. For the very young child.
\$18.99



Insignificant Events in the Life of a Cactus

By Dusti Bowling

Aven was born without arms, but at age 13, that hasn't stopped her from doing almost anything. Then her parents take a job at a rundown Western theme park in Arizona and Aven has to face everything changing. She struggles to make friends until she finds companionship with a classmate isolated by his own disability. They discover an old storage shed that holds secrets greater than she can imagine. It's hard to solve a mystery, face your fears, and help a friend, but Aven learns how far from insignificant she is. For middle schoolers.
\$14.95

This Book Thinks You're a Math Genius

By Thames & Hudson

Inside this book, you'll do all sorts of mathematical stuff, but not like anything in your math classes. You'll break codes, draw cool patterns, hunt for objects, and get wet feet. There are portable math lab pages to cut out, fold, and play games with. By the end, you'll be an official math genius – and you won't even have added 2 plus 2. WARNING: You're guaranteed to really like math after reading this book.
\$14.95



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Conscious Parenting

Reclaiming Ancient Wisdom ~ Caring for a New Mother Postpartum



By Katy Gladwin

During pregnancy, a woman's body gives everything it has because the baby is the biological priority. In the postpartum time a new mother is open and transparent. Her body has physically shifted and moved to allow the baby to pass through the birth canal. As this happens the protective and fortifying energy that keeps people feeling safe and sturdy, that feeling of having a strong backbone, thins, and allows for more emotions to flow through her. This is a natural process that helps a new mother open her heart to the child. Unfortunately, this also means that she is more emotionally vulnerable from outside sources as well.

During the first few days and weeks postpartum, a new mother should keep secluded and quiet. This will support her in getting to know the new baby, learning to breastfeed, and encourage healing. Hosting, entertaining, cleaning, and cooking should all be left for others while the new mother bonds with the baby.



From this state of natural depletion arises an opportunity for the mother to learn to accept support while focusing on the work of motherhood, which requires loving stillness and matching the much slower pace of a newborn.

New mothers are often depleted of essential minerals and vital nutrients at the time of birth. Not only can this lead to difficulty healing, it can also lead to difficulty feeding the baby. The strenuous work of birth leaves a mother low on essential vitality. From this state of natural depletion arises an opportunity for the mother to learn to accept support while focusing on the work of motherhood, which requires loving stillness and matching the much slower pace of a newborn. There are many ways to care for the new mother, including support, nourishment, rest, and love.

Support a new mother by taking her day-to-day tasks and having them completed by those who love her. Nourish her with healing foods and herbs. Lovingly care for her by creating a cozy space for her to be in, give her massages, and allow her the space and time for abundant rest. Show the mother that she is worth your time, thoughts, and energy, and she will learn how, and when, to ask for support from those around her. This receiving of gifts, in whatever form, may be the hardest thing for mothers in our modern culture of the super-mom to receive, which is why it is so important to add this piece into our care of new mothers.

It is so important for a new mother to be aware of where she is using her energy. The calories she consumes should be used for healing and making milk. That's it! Make a nest, make it cozy, make it a place where she can hunker down for hours at a time, and a place she will enjoy being in. Creating this space ahead of time can make a new mom feel prepared for anything. Having a beautiful environment can also make the postpartum time easier and more enjoyable. If the new mom feels like she needs a place to socialize, and a place to retreat, make two nests. The nest should include pillows to support her arms as she breastfeeds, a basket of snacks, and lots of water and herbal teas. Make this space feel really good! Add green plants, blooming flowers, her favorite books, beautiful art, and dark chocolate.



This receiving of gifts, in whatever form, may be the hardest thing for mothers in our modern culture of the super-mom to receive, which is why it is so important to add this piece into our care of new mothers.

Many cultures incorporate ritual into caring for the new mother. A beautiful way to incorporate ritual into this time is to allow for a gathering of community once the healing and nesting time is over. This can allow for the mother to look forward, knowing there are social events in her near future. She can spend some time planning, but also feel safe in her nest, healing, nourishing herself and her child, and bonding.

Foods that are nourishing, warming, and easy to digest are going to give a new mother the greatest health benefit after birth. If the mother is able to absorb most of her nutrients without having to expend energy to keep herself warm, or digest food, she will be able to readily use the nutrition to heal her body and create an abundant milk supply. Broths are the ultimate bearer of health in postpartum. Bone broths will offer warmth, much needed fluids, essential vitamins and minerals, and healing collagen. Ideally a new mother should stick with lots of broth and soups for the first two weeks and then add more dense foods. Prepare broth ahead of time and stock your freezer with different varieties of broths and soups so she has choices!



Foods that are nourishing, warming, and easy to digest are going to give a new mother the greatest health benefit after birth.

Recruit a loved one or a good friend and ask if they would be willing to help acquire seasonal vegetables. Stock up on what's available and looks delicious at the local market. Here in Michigan we make concessions in the winter months and buy

produce from far away, but pay attention to what is available locally. In the colder months, root veggies such as potatoes, carrots, rutabagas, parsnips, and winter squash can be the perfect postpartum soup ingredients. Add ginger, garlic, chili peppers, seaweed, dark leafy greens, beans, and onions to taste. Be creative! Other foods to embrace are: nuts, oats, whole grains, lentils and other legumes. There is a delicious lactation nut-butter ball recipe, as well as a yummy creamy quinoa recipe that can be found on our website.



Here in Michigan we make concessions in the winter months and buy produce from far away, but pay attention to what is available locally. In the colder months, root veggies such as potatoes, carrots, rutabagas, parsnips, and winter squash can be the perfect postpartum soup ingredients.

Having a healthy relationship to food during the post-partum healing time matters too. Consuming foods that both make the new mom happy and make her feel healthy and nourished is vital. Having food lovingly prepared can increase the joyful feeling that comes from eating. Being aware of how we respond to food, and maintaining a gracious and grateful attitude, will help us instill a healthy relationship to food in our children.

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Katy Gladwin is a mother, wife, doula, certified wellness coach, childbirth educator, woman advocate, medical advocate, and activist of various sorts. She also teaches birth preparation classes through Ypsi-Arbor Childbirth Education. You can reach her at 734-480-8264, email at: katy@sacredrootsservices.com or visit her online at sacredrootsservices.com.



Recipe for Simple stock

Bones from beef, veal, pork, chicken or turkey (organic from a local butcher is best).

Medium size onion

2-3 carrots

2-3 stalks of celery

1 TBSP white or apple cider vinegar

1 gallon filtered water

Roast bones with salt and pepper until slightly caramelized. Place bones in a large stock pot.

Add one medium onion (cut in half), carrots (broken in half), stalks of celery (broken in half). Add vinegar (white or apple cider, this helps pull essential minerals from the bones) and a gallon of filtered water. Bring to boil. Once boiling, reduce to a slow simmer, so the surface of the water is just barely moving, but not boiling. Allow to simmer on low for 8-24 hours.

When stock is ready, pour finished stock through a colander lined with cheesecloth into smaller containers. I like quart-sized, wide-mouthed ball jars, leaving about an inch between the broth and the lid, so there is room to expand when frozen. If using ball jars, I have found that my jars don't crack if I don't tighten the lids when I first put them into the freezer, but come back a few hours later and tighten them.

Why Boy Scouts? Why Now?



Eagle Court of Honor, Troop 5 and their families, Calvary Methodist Church, May 6, 2018

By Kendra Theriot

When our kids reached school age in Ann Arbor in 2008 Scouts wasn't even on our radar screen. We weren't into camping and we weren't affiliated with a church. In fact, we were still discovering all the wonderful activities available in the area! So when my son, George, said he wanted to join cub scouts with his 1st grade classmate, I hesitated. Cub Scouts was led by parent volunteers and my plate was crowded with other commitments and a full time job. Fortunately, my husband was in grad school so he stepped up to give it a try with our son.

Boy Scouts was started back in 1907 in England by a British Army officer, General Robert Baden-Powell. He wrote the first *Scouting Handbook*. As it was translated into other languages, other countries created Scouts programs around the world. Scouts came to the USA in 1910 and its original headquarters was in Chicago, but soon moved to New York City, and in 1979 moved to Irving, Texas where it has remained. Back in 1910, The Latter Day Saints formed a partnership with Boy Scouts of America (BSA), whereby BSA provided the Latter Day Saints with a strong youth leadership program for their boys. At the end of 2018, Scouts and the Church of Latter Day Saints have agreed to end their partnership after over 100 years. The program, requirements, and handbook language have evolved and modernized over the decades, however, the core principles and mission have not changed.



The program, requirements, and handbook language have evolved and modernized over the decades, however, the core principles and mission have not changed.

For the next few years George and his classmate advanced through the Cub Scout ranks (tiger, lion, and wolf) together and walked over the bridge to become Webelos. My husband attended the weekly meetings and went on adventure activities while I remained on the sidelines. Fast forward to the present. We are eight years into this journey. Our son has reached Life Scout rank, a few steps away from Eagle Scout. He has a leadership role in his troop, and there are now teenage girls interested in forming their own unit coming to meetings. The scene is quite different from the parent led Cub Scout packs.

About a year ago, I started hanging out at troop meetings to witness youth leadership in action and to understand how merit badges are earned. To my surprise many doctors, professors, and tech company executives from the area attended meetings each week. The intelligentsia of Ann Arbor was gathered in the basement of the church, enthusiastically supporting the boys.

Feeling slightly guilty for being so uninvolved for so long, I volunteered to do a community service day and worked alongside the boys cleaning the church basement and went to dinner with some parents. Encouraged by what I saw, I even signed up to chaperone a ski trip last winter. It felt good to be off the sidelines and on the court. It was actually fun (like my husband said) and the trips were very well organized, reasonably challenging, and provided space and time to bond as a group. Not surprisingly, it was my husband who suggested I write this article. He surmised that there were other parents out there who had written off Scouts when it was heavy parent involvement and never reconsidered it when their kids were older. In addition, there are several changes that have taken place within the Scouting organization, which make it a more inclusive and welcoming place for all families.



To my surprise many doctors, professors, and tech company executives from the area attended meetings each week. The intelligentsia of Ann Arbor was gathered in the basement of the church, enthusiastically supporting the boys.

Starting in 2013 Boy Scouts of America was showing up in the news headlines for a variety of reasons. They overturned decades old policies barring gays from the program and became a more inclusive organization for all genders, at all levels of the organization. I found it interesting that around the world, Scouting has been a co-ed activity in several countries for decades — England, Germany, and Scandinavia to name a few. Finally, after years of mounting pressure from girls and their families, in October 2017, BSA announced they would openly accept girls at all levels of scouting (Cubs to Eagle Scouts) and consequently has changed its name from Boy Scouts of America to Scouts BSA in recognition of the fact that all genders are now welcome, removing the reference to Boys. Girls will now have the opportunity to pursue and earn the coveted Eagle Scout rank, and whole families, including girls, can participate in scout campouts together. Prior to this announcement only the Venturing and Sea Scouts programs, which are less well known, had been open to young adult men and women.



Girls will now have the opportunity to pursue and earn the coveted Eagle Scout rank, and whole families, including girls, can participate in scout campouts together.

When I look back upon these past eight years, I can see how impactful Scouts has been on my son when it comes to character development and self-confidence. I find myself recommending Scouts now to other young families, using some of the following examples as reasons.

I remember how proud George was the day he earned a whittling chip, an early milestone which allowed him to carry a pocketknife. Whittling wood kept his hands busy when he was fidgety. He would spend hours making marshmallow roasting sticks, sharpening pencils, and making arrows from sticks in the yard. Not long after this, a rudimentary wood workshop appeared in the basement. Over the years, he made eco-friendly kitchen gadgets which he sold at children's art fairs, and he had fun building an impressive collection of award winning (and losing) pinewood derby cars. Although my son wasn't reading until the summer after fourth grade, he never had self-esteem issues. I credit Scouts for helping him maintain this positive self-image and for developing his strengths.

In middle school he started to pay attention to clothing. He observed that some boys in his class wore only athletic clothes year round. They would be mocked if they showed up wearing a button down shirt and a belt unless it was required for a performance. He told me he liked the fact that he can wear anything to school and nobody gives him a hard time. Wearing a Scouts uniform taught him how to dress nicely and to express himself by making choices about his attire.

For the past few years in the fall, he walked from door to door around the neighborhood selling popcorn. He had to make eye contact, remember his pitch, and answer neighbor's questions. To his amazement, people bought popcorn, repeatedly, and he won prizes. Person to person, face-to-face communication is something many youth struggle with today. I am grateful that Scouts has helped my son see why this skillset is important and valuable.

Having grown up with the same 15-20 children in his class at school, it was refreshing for George to walk into a room full of boys from different schools and backgrounds. Weekly interactions at Troop meetings expanded his social circle and his self-awareness. Because young men are in charge of running the meetings, he observed effective and ineffective styles of leadership. He had to advocate for himself and his desire to eat healthy when planning campout meals and take initiative with adults

to complete merit badges. These experiences helped prepare him for the transition to public high school and real life. In addition, the emphasis on outdoor survival on high adventure trips deepened his appreciation for nature and the elements. He discovered he had the grit and determination required to meet the challenges on trail, and now, in school as well.

Scouting also expanded George's interest in building and flying model planes to piloting real planes. One Scout parent, a Delta pilot, took him flying in his own private plane to fulfill a flight merit badge requirement. My son went through the preflight checklist with him, understood how the instruments worked, and then had a chance to fly the plane. At age 14, these kinds of experiences make a lasting impression. The relationships that youth form with adults in Scouts are of a genuine nature.

These are just a sampling of the experiences Scouts can offer youth. As I researched I discovered I could make a strong case for the question, why join Scouts now?



The relationships that youth form with adults in Scouts are of a genuine nature.

What makes Scouts relevant today?

The Scouts program helps youth develop their own voice and the self-confidence to effectively lead others. As they advance in the program, they gain practice leading projects, eventually building up to an Eagle community project. The rigor and persistence required to earn an Eagle scout rank is noteworthy. In addition to the 24 required merit badges, all Eagle scouts must plan and lead a year-long community service based project. This project involves fundraising, leadership, and community coordination, and it must be completed and reviewed by the council before the Scout turns 18. A very small number of Scouts actually complete these requirements. In high school there are many demands on students. As a result, most college admissions offices look fondly upon an Eagle Scout on college applications. Eagle Scouts are eligible for scholarships and the armed services will promote an Eagle to a higher rank just by virtue of them achieving this status. The benefits of earning an Eagle scout rank are many but there is an incredible education to be had whether your son or daughter ever reaches that or not.

While there is a rough equivalent in the Girl Scouts—the Gold Award—the honor is not nearly as well-known as the Eagle Scout distinction. But GSUSA says girls who earn the Gold Award also reap benefits, including college scholarships and the chance to skip a rank in the military

Scouts' direct communication skills improve every time they sell popcorn to the public, or meet with their merit badge counselors to discuss what they have learned in the past week about fishing, biking, space exploration, citizenship, budgeting, flight, or other interests. The wide ranging education that takes place in Scouts is invaluable and complementary to what is taught in most schools. It is the life skills, people skills, and survival skills that are reinforced year round that make Scouts a stand out program.

Continued on page 70



Scoutmaster Ken Dixon and Webelos learning Archery

Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

Scout Law

The Scout Law has 12 points. Each is a goal for every Scout. A Scout tries to live up to the Law every day. It is not always easy to do, but a Scout always tries.

A Scout is:

TRUSTWORTHY. Tell the truth and keep promises. People can depend on you.

LOYAL. Show that you care about your family, friends, Scout leaders, school, and country.

HELPFUL. Volunteer to help others without expecting a reward.

FRIENDLY. Be a friend to everyone, even people who are very different from you.

COURTEOUS. Be polite to everyone and always use good manners.

KIND. Treat others as you want to be treated . Never harm or kill any living thing without good reason.

OBEDIENT. Follow the rules of your family, school, and pack. Obey the laws of your community and country.

CHEERFUL. Look for the bright side of life. Cheerfully do tasks that come your way. Try to help others be happy.

THRIFTY. Work to pay your own way. Try not to be wasteful. Use time, food, supplies, and natural resources wisely.

BRAVE. Face difficult situations even when you feel afraid. Do what you think is right despite what others might be doing or saying.

CLEAN. Keep your body and mind fit . Help keep your home and community clean.

REVERENT. Be reverent toward God. Be faithful in your religious duties. Respect the beliefs of others.



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Why Boy Scouts? Why Now?



Continued from page 69

At a time when adolescents have a tendency to be lazy, or feel alone, weekly Scout meetings bring them together to socialize, plan the next campout, or serve others. If they like camping, once a month they can spend a weekend outdoors, away from the pressures of home, school, and social media.

Scouts is affordable in comparison to other youth activities. To join it costs \$33 in annual dues plus the cost of a uniform. Scholarships are available if needed. Scouts subsidizes the cost of many outings. Last year we went on a downhill ski trip weekend for \$45 per person and a whitewater rafting weekend in Pennsylvania for \$60 per person. Full week sleepaway summer camps are \$250-\$350 all inclusive.

If you have a son or daughter who could use help discovering their own strengths, Scouts may be just the thing that sparks a desire in them to learn about themselves and find their own hobbies and interests.



Troop 5 Scouts and leaders paddle down the Manistee River, Fall 2018

As part of a Family Life badge, this spring George wanted to plant a vegetable garden. He measured the area and made lists of supplies he needed. We shopped for the supplies together but he did all the talking at the hardware store. At the plant nursery, he asked me what herbs I wanted and made a list of vegetables our family would eat. He found an inexpensive way to protect it from the deer and watered it daily. These planning and execution skills are basic, but they are forming important building blocks for success in life. We would not have a garden managed by a teenager if it were not for my son and the Boy Scouts.

Regardless of your area of expertise, you may already qualify as an expert in one or more of the 130 badges now available to Scouts.

Regardless of your area of expertise, you may already qualify as an expert in one or more of the 130 badges now available to Scouts.



Finding and Joining a Troop

Since the announcement that girls are now welcome in BSA, reports are that over 3000 girls have joined the 170 or so Cub scout packs participating across the country. As of February 2019, girls ages 11-17 will be able to form their own units within existing BSA Troops nationally. Troops will have separate units – one for boys and one for girls so that girls will have equal leadership opportunities within their own units.

It may come as a surprise to some that Scouting is a global enterprise. There are believed to be 38 million Scouts globally and active Scout organizations have been reported in 216 countries. In America there are currently 2.3 million boy scouts and just under 2 million girls scouts. In the USA, Girl Scouts and Boy Scouts have both struggled with declining membership in recent years. Boy Scouts reached its peak membership back in 1972 when the charts hit 6.5 million scouts, but has been on a gradual decline since then. This could be due to competition from other activities, especially in urban areas, and a national trend showing a decline of volunteerism in the US.



Troops will have separate units – one for boys and one for girls so that girls will have equal leadership opportunities within their own units.

You can join a Pack or Troop at any time during the year. Many kids join in the fall as part of the back to school program. Others attend a Troop or Pack open house or meet and greet in February. If you prefer, you can contact the Scout master of the troop you are interested in and ask if you can attend/observe a couple of weekly meetings before you make the commitment.



Joshua Caldwell of Troop 5 earns Eagle Scout Rank, Spring 2018

How Scouting benefits Adults

Scouts can help adults fulfill their desire as parents to raise well-rounded kids who can lead and provide for themselves as well. Adults involved voluntarily in Scouts over the long term tell me they are really there because they enjoy watching the boys develop and become responsible young men. "There is no greater joy than supporting this transformation process," said a Scoutmaster about his past 25 years.



The wide-ranging education that takes place in Scouts is invaluable and complementary to what is taught in most schools.

One of the parents described parent involvement in a Scout Troop as the "stage crew". Adults are behind the scenes supporting Scouts who are the true leaders. However, being stage crew is easier said than done. Planning a meal for a group or cleaning up after one can take longer than you might think it should. When an adults steps in, he or she deprives the youth of an important leadership opportunity as well as the chance to build their own character and use their own voice.

Adults can be involved even when their own children choose not to be involved or outgrow Scouts. One way this can happen is by becoming a merit badge counselor. Regardless of your area of expertise, you may already qualify as an expert in one or more of the 130 badges now available to Scouts.



Consider practical things such as location and timing of the regular weekly meetings. Talking to parents is helpful. A fair warning — what goes on at Scout meetings may



Scouts is greater than the sum of its parts. It is grounded in old-fashioned values and yet still relevant in our modern day society.



Webelos Campout, Fall 2017 at Camp Miakonda

Spotlight on Troop 5

Troop 5 has been around since the 1960s and meets at the Calvary Methodist church on Tuesday evenings. The troop has a terrific group of dedicated adult officers and volunteers, many of whom are retired and have no children involved as members.

Troop 5 is currently recruiting girls to form their own unit. A team of three adults is already in place to welcome them in. Girls who join in February 2019 will be considered founding members and can start earning merit badges and advancing toward Eagle Scout rank right away. Contact Erica Person at Troop5girls@gmail.com if you are interested.

National averages say that only 3% of all kids who are involved with Scouts actually become Eagle Scouts. This spring, out of 20+ active members, 4 boys (20%) were at the annual Eagle Scout ceremony being honored for their achievements.

not appear as orderly or productive as you would like at first glance, but rest assured there is work getting done. It is a 15 year old in charge! They goof off and take breaks, but eventually get down to business.

Scouts is greater than the sum of its parts. It is grounded in old-fashioned values and yet still relevant in our modern day society. The youth-led aspect of Scouts is what sets it apart from other youth programs. The fact that it accepts a diverse set of kids across genders, and has adults willing to volunteer, will ensure the success of Scouting over the long term. There are many choices in life but few that yield long-lasting results. If you are committed to raising your children to be responsible citizens, capable of living independently, and appreciating natural surroundings, Scouts may be just the thing for your family.

Find a list of Troops/Packs at the Scouting website www.michiganscouting.org. Within 10 miles of Ann Arbor there are over 20 Cub scout packs and 20 Scout Troops to choose from. In Ypsilanti you can find a well stocked Scouting store where all the uniforms and accessories are sold. The local Council office is located there as well. Find them at 3914 Bestech Drive, Ypsilanti, MI 48197.

Kendra Theriot is a conscious-minded parent of two teenagers currently living in Ann Arbor. She has been a freelance writer/contributor to the CWJ kids column for two years. Prior to this, she held marketing, HR, and OD roles at investment companies across the nation.



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Crazy Wisdom Kids in the Community



Strike Up The Band ~ The Right Time, And Some Unusual Options, For Kids Music Lessons in Ann Arbor

By Laura K. Cowan

If you have never had a kid leave trombone spit on your floor, you haven't really lived. Seriously though, parenting kids through music lessons can be a unique and rewarding experience. Music lessons really teach kids a different set of life skills than they could get from any other activity — from self-awareness to fine motor skills to better listening and introduction to meditation. Today there are tons of options that fit every family, schedule, and kid.

Music lessons really teach kids a different set of life skills than they could get from any other activity — from self-awareness to fine motor skills to better listening and introduction to meditation.

People often discuss when to start their kids on music lessons with me, partly because my daughter loves piano lessons, and partly because my in-laws are both music teachers in Ann Arbor. When my daughter asked after voice lessons, they said she was too young, and this got me thinking. What is the right age for different types of music lessons, and how do you know when your kid is ready? Fortunately for kids in Ann Arbor, there are many choices around here for music lessons of every kind, so I set off to ask some local teachers about the right timing and prep, and some unique and fun options, for music lessons at every age. The answers I got were expert and professional. This town is chock full of amazing music teachers of all kinds.

What is the right age for different types of music lessons, and how do you know when your kid is ready?

First of all, is it ever too soon to start your kids on music lessons? For the basics, no. Tiger moms rejoice. There are fantastic options for exposing your kids to the wonderful world of music, even from birth.



Robin Robinson

From the Get-Go

Robin Robinson, founder of the Music Together programs for kids, Robinsongs in Ann Arbor, teaches children as young as infants in her group music classes off of Miller and North Maple in a new dedicated music studio. Her programs for children combine play-based musical activities, songs, rhythmic games, and a cozy family environment with parents participating to support their kids in discovering enthusiasm for music. It might sound simple, but Music Together programs are research-based classes that allow children to teach themselves through discovery of music. The classes feature structured but varied song programs, from the weekly welcome song to a carefully designed arc of activities and singalong fun, ending in a peaceful goodbye song. Through the class, the kids get their bodies moving and are welcome to call out and participate in each activity as much or as little as they choose. I visited a class for infants and pre-K at Robinsongs and was surprised at how friendly and welcoming yet polished the program was.

I visited a class for infants and pre-K at Robinsongs and was surprised at how friendly and welcoming yet polished the program was.



Class at Robinsongs

Beehives buzzing, tickling, counting, and callback rhythms all feature in Music Together classes.

"The most important thing is your participation," Robinson told the parents, "then the kids are more likely to be engaged." Honestly, the only downside I could see to this is that these classes require a lot of energy from moms who might sometimes need a bit of a break from playing with their kiddos. But the structure of the activities was superb. "It's not about performing," Robinson assured everyone.

Children grinned and sang along with the call and response of different rhymes through the class. One child sat on Robinson's lap, comfortably going back and forth between Robinson and her mother. Another cheered as a song ended.

Beehives buzzing, tickling, counting, and callback rhythms all feature in Music Together classes. For older kids, there are drum circle rhythm classes that are age appropriate once the kids develop the right foundational skills. I thought this was a pretty cool alternative to piano lessons for kids with a taste for drums. Even the infant and pre-K classes allow kids to explore maracas, shaker eggs, and rhythm sticks to play along with the music.

For older kids, there are drum circle rhythm classes that are age appropriate once the kids develop the right foundational skills.

The most impressive thing about Robinsongs is that the organization features multiple professional teachers, and Robinson herself is quite proficient in everything she does. This is not a thrown-together mommy hangout. Robinson has a degree in musical theater from the University of Michigan and worked in New York before returning to Ann Arbor, sings professionally, plays guitar, is exceptionally friendly, is great with small children, and runs her own business. On the second week of this class I visited, she already knew all the dozen children's names in the pre-K class. You can see her passion for children and her work in everything she does.

Timing Is Everything

What is the right time to start music lessons that teach kids to read sheet music, and where do you start? For piano, former Ann Arbor Piano Teachers Guild president, local teacher, and my intrepid mother-in-law, Heidi Cowan, said it varies by teaching method. Traditional teachers like Mrs. Cowan say it's often a good idea to start around kindergarten or a little after. Even age seven to nine is a great time to get going. Though, Mrs. Cowan told me, Suzuki method teachers like Ann Arbor veteran Renee Robbins would have a different approach. I sat down with Renee Robbins to ask her about her decades of experience starting kids on the piano, and she confirmed what Mrs. Cowan had told me. Robbins also is a former president of the piano teachers guild, and a long-time favorite teacher on the West Side of Ann Arbor. In her teaching method, children begin by hearing rhythms and melodies in music, and reading notes on the page comes at a later stage. That means, they can start as young as preschool.

... Suzuki method teachers like Ann Arbor veteran Renee Robbins would have a different approach... children begin by hearing rhythms and melodies in music, and reading notes on the page comes at a later stage. That means, they can start as young as preschool.

My gracious and easygoing father-in-law, Dr. Bruce Cowan, plays clarinet and saxophone in professional ensembles, and also teaches woodwinds lessons. He told me that he starts kids at ten years old, because the size of their bodies needs to be big enough to hold a woodwind instrument and their fingers to cover the holes on a recorder or clarinet.

Since the public schools provide instruments to try in elementary schools, there isn't such an expensive outlay at the beginning to try an instrument.

"About middle school they graduate up to brass and larger instruments, like coronets and trombones," he told me, "and then bass clarinet or tenor, alto clarinet or euphonium or tuba." Dr. Cowan also said that band leaders in town have lots of training about when to start kids at different ages on early instruments and then transfer them over. Since the public schools provide instruments to try in elementary schools, there isn't such an expensive outlay at the beginning to try an instrument. Children are graduated to higher quality instruments as well as larger ones. Dr. Cowan said, "Generally, by high school, if someone is serious in this town, they want to be playing on a professional grade instrument by sophomore year." But, he said, that's relatively easy to make happen with all the orchestras and groups kids can join through their school careers.



Gari Stein

KinderConcerts

Gari Stein teaches early childhood music classes similar to Robinsongs, but her setup is a little different. She tells me:

Classes are geared for babies to five and are based in the richness of traditional folk music with a format specifically designed for very young children that covers all elements of music making. Enhancing listening skills, an important component, is emphasized throughout the curriculum. Snack and art experiences are provided with time for independent instrument exploration. Music For Little Folks is a little community with space for adults to chat and connect.

"All children are born with the potential to be musical and music speaks to every child. Simply by singing and dancing together, we nurture that potential. No expertise needed. Childhood need not be rushed. What's the hurry?"

--Gari Stein, Music for Little Folks

KinderConcerts are an additional free series of performances that expose kids to different kinds of music. They are hosted by local libraries, from Ann Arbor to Dexter to Chelsea and Ypsi, and are sponsored by the Ann Arbor Symphony Orchestra. KinderConcerts combine classical music with jazz and other genres. Guest musicians engage children in follow the leader, dancing with scarves and other props, and end in a lullaby.

Besides hosting KinderConcerts and teaching Little Folks Music classes, Stein also runs a unique class at the Ann Arbor YMCA. Nurturing Baby and You: Music and Support is a group specifically designed for infants and babies. Stein said: "Being with these precious little ones is a joyous experience [that] fills my heart and nourishes my soul. And it's not just for the little ones. Connecting with the grownups is a bonus; an ice cream sundae with whipped cream on top. All children are born with the potential to be musical and music speaks to every child. Simply by singing and dancing together, we nurture that potential. No expertise needed. Childhood need not be rushed. What's the hurry?"

I admit I love her attitude about relaxed and nurtured learning, even though I benefited from an ambitious practice schedule when I played piano from childhood

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Crazy Wisdom Kids in the Community

Strike Up The Band



Gari Stein's Music for Little Folks

Continued from page 73

These days as a mom I'm more cognizant of the pressures kids face, and I, like many other moms, am looking for balance and a workable schedule for my kid that teaches her positive reinforcement and hard work in a peaceful context.

through early college. These days as a mom I'm more cognizant of the pressures kids face, and I, like many other moms, am looking for balance and a workable schedule for my kid that teaches her positive reinforcement and hard work in a peaceful context. There's plenty of variety in what people want for their kids' music education, but the pressures of being a kid today seem to be a growing concern among parents, and a factor in Gari Stein's relaxed family approach. She told me: "Many years ago, one of my moms from Sing With Me said, 'This class reminds me that there is still peace and calm in the world...' Even after all these years, as I look out on the cuddling families and the smiling faces, there is this moment in time when there is peace and calm and all is well with the world. A beautiful warmth washes over me. Every time."

"Even after all these years, as I look out on the cuddling families and the smiling faces, there is this moment in time when there is peace and calm and all is well with the world. A beautiful warmth washes over me. Every time."

– Gari Stein, Music for Little Folks

I have to say these days I really resonate with that. Like many parents, I'm looking for ways to create peace in my family life and make space for gentle learning, to buffer out some of the harshness of the world. "These are challenging times," Stein said. "A simple song can slow things down, and instantly transform a cranky environment into one of calm and peace. It is a tool readily available in a frustrating situation and will help us get through transitions."

Suzuki Piano

There will always be plenty of kids who love music and are self-motivated learners, and they thrive with Renee Robbins' piano lessons. "I started playing piano when I was three," she told me. "My brother played the violin, and my mother played music."

What's it like to be a piano teacher for more than 50 years? Robbins is the kind of teacher who doesn't just teach piano. She loves her students and not just teaching music but "exploring the messages it teaches us, what meanings and emotions come through a piece."



Renee Robbins

Robbins starts teaching children to learn piano by ear at a young age, then starts them reading music about the same time Heidi Cowan recommended: somewhere between five and eight years old, depending on how they're progressing and their learning style. "Usually within a year or two of beginning to read [music] they really read," she said. Learning to read music is a "very gradual process, and differs a lot with different kids."

"The kids who do the best have families who play music, not necessarily professionally," Robbins said. "They like it." She has a problem with parents who put their kids in music lessons to increase their brain power but don't do it themselves.

[Renee Robbins] tells me it's unpredictable which students will stick with music past middle school. She believes it's her job to probe what the kids love and what motivates them, so she can encourage them to keep motivated when music gets hard.



Piano class with Renee Robbins

This is a great point. We all know the mom who insists on her kids packing in music as well as academics, but even if that is effective for enhanced academic success and self-discipline and creativity, how many of these parents invest in themselves the same way? The majority of Robbins' students have parents who play music. She seems enthusiastic about the continued boom of families who want their kids in piano lessons. Even after all these years, she's still plenty busy at her studio. You can see from talking with Robbins that she is deeply invested as a teacher.

"No two people in the world are the same, so they all have different approaches to music," she said. "Their families have different styles, which affect how kids learn."

"Music is soul-filling," Robbins tells me. "We're not there to be better than someone else." That being said, she tells me it's unpredictable which students will stick with music past middle school. She believes it's her job to probe what the kids love and what motivates them, so she can encourage them to keep motivated when music gets hard. Also, whether kids stick with it can depend on parent involvement, and how that works with a kid's natural preferences. Suzuki parents often attend lessons early on and only gradually fade into the background of their kids' studies, while with a more traditional piano teacher like Heidi Cowan, parents more often drop kids off at lessons and support their practice from a distance unless they have more musical training, which is sometimes a better fit for parents or kids.

Unusual Choices for Music Lessons

What comes after piano and basic music instruction? For the kid who isn't going to sit still for piano lessons, or is too young to start an instrument, where can you go? Ann Arbor has lots of cool choices. As mentioned before, the public schools have great programs and direction for getting kids into orchestras and bands and helping them try new instruments at appropriate ages. For kids not in the public schools or who want something a little different, there are several "schools of rock" around town that teach rock band instruments like electric guitar, drums, bass, and the like. These schools pull kids together in rock band groups for practice and performances. The Ann Arbor School of Rock, located on Jackson Road west of town, and The Ann Arbor Music Center and Rock Band School, on Ashley near the heart of downtown, both offer unique rock band instruction and group practice.

For kids not in the public schools or who want something a little different, there are several "schools of rock" around town that teach rock band instruments like electric guitar, drums, bass, and the like.

Religious institutions in the area also provide opportunities for kids to sing in choirs, or in faith specific smaller groups. One of the best ways to get involved is to ask around any faith-based groups or theater and music performance groups for leads on private teachers who can recommend the right fit. Guitar lessons or instruction in instruments such as mandolin are available all over Ann Arbor at various studios, such as Oz's Music, and can lead to other stringed instrument studies. Until the recent end of Herb David Guitar Studio downtown, it was possible to take sitar lessons. The new Ann Arbor Guitars, which took over the Herb David space on Liberty, still repairs guitars, mandolins, and other stringed instruments with expert skill. Shar Instruments on South Industrial is another great resource where parents can rent violins and violas and basses and inquire after private lessons.



*Playing violin or harmonica
or the piano together
are some of our fondest
memories together as a family.*

— Laura K. Cowan

Every teacher I spoke with agreed, however, that it's important to start with foundational music training, which means an instrument such as the piano or violin that a child can start relatively young, and that will teach them to read music and count rhythms before they focus on complex instruments or group ensembles. Then they can branch out as their skills bloom and their personal preferences emerge. It's uniquely rewarding to watch a kid discover music. I can see why music teachers in the area are respected for their decades of experience and high-level training. It's a beautiful thing to see how much they love the work and love their students after so many years on the job.

For kids who stick with it, there are award-winning youth orchestras and bands at the public high schools. At Solo & Ensemble auditions teens can win medals for group and solo performances that test their developing musical skills, and at the Ann Arbor Piano Teachers Guild auditions kids push past their individual lessons to performance-level competitions.

I didn't realize until I was an adult how lucky I was to have a friend in a concert pianist living next door as a kid, as well as world-class teachers available to me, even though I didn't pursue music in college. As a student slightly awkwardly between the typical level of experience and what would be required to get into a higher end music school, I was blessed to have the option to take piano lessons for credit with a grad student at the University of Michigan School of Music when I was a freshman at U-M and an English major.

You have to look around a bit to find these options, but if your child keeps studying, these kinds of opportunities are everywhere in Ann Arbor. World-class violin instructors at the University of Michigan School of Music sometimes take on young students to mentor, which my husband took full advantage of when he was a kid. The University of Michigan also runs the Interlochen Center for the Arts in Northern Michigan, where kids can audition for the All-State two-week summer camp from an early age through high school, or attend longer programs up to full-time boarding school for arts and music. And then there are other camps and music schools and competitions to move on to.

First things first, though. Learning to read music and develop a lifelong love of rhythm and melody are some of my fondest memories of growing up in Ann Arbor, and ones I hope to pass on to my daughter. Like me, she loves to practice piano, but not play scales, and loves to improvise, but not in public. I hope to nurture her love of music in the way that's best for her. It's a tricky balance with everything kids have going on in their schedules these days, but it's well worth some family time around the piano. Playing violin or harmonica or the piano together are some of our fondest memories together as a family.

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More information about Robinsongs can be found at robinsongsforkids.com. Her email is: director@robinsongsforkids.com. Information on Gari Stein and KinderConcerts is at little-folks-music.com. Her email is: garistein@aol.com. Renee Robbins can be emailed at: renerobbins60@gmail.com.



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The Crazy Wisdom Community Journal

Events Calendar for Kids • January through April 2019

New, Fun, and Just Plain Cool Things to do!

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Our Calendar Editor's Winter Picks of cool things to do!

Day Off Outdoors Winter Survival with Leslie Science and Nature Center • Wednesday, Jan. 2

Parent's Night Out: Critters that Squirm in the Night with Leslie Science and Nature Center • Saturday, Jan. 19

Scholarship Open House with the Ypsilanti District Library • Saturday Jan. 19

Michigan's Underground Railroad with Dr. Willie W. Payne • Monday Jan. 21

Recipes for Fun Family Workshops with Susanna Brown • Saturday Feb. 23, March 16

Mindful Superpowers Workshops with Grace Helms Kotre • Saturdays March 2, 9, 16

Rainbow Storytime with the Ypsilanti District Library • Saturdays, Feb. 9-May 11

The Little Scientists Club at the Ann Arbor Hands on Museum • Tuesdays and Saturdays



Valentine's Tea with the Fairies at Crazy Wisdom • Thursday, Feb. 14, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. \$11. Contact Stevie at stevie@crazywisdom.net.

Day Off Outdoors: Trails and Tales with Leslie Science and Nature Center • Tuesday, Jan. 1, 8:30 a.m.-5:30 p.m. • Get ready for a one-day camp filled with animals, fun, and friends! Follow clues on the trail to uncover a story as you explore the great outdoors. Then, write and illustrate your own stories and play theatrical games as you tell stories about Black Pond Woods and the creatures that live there. Every LSNC camp includes opportunities to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Day Off Outdoors: Winter Survival with Leslie Science and Nature Center • Wednesday, Jan. 2, 8:30 a.m.-5:30 p.m. • Learn about how animals survive in winter by caching food, finding shelter, and preparing to hibernate. Then, practice skills that humans use to stay safe and warm when adventuring in the cold outdoors during this one-day camp. Every LSNC camp includes opportunities to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Day Off Outdoors: Food Web Frenzy with Leslie Science and Nature Center • Thursday, Jan. 3, 8:30 a.m.-5:30 p.m. • Join us in this one-day camp to discover the many ways plants and animals are connected in our local food web. We'll play games, look at animal habitats, and visit LSNC's resident wildlife to explore the roles they play as producers, consumers, recyclers, and scavengers. Every LSNC camp includes opportunities to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Day Off Outdoors: Find Your Way with Leslie Science and Nature Center • Friday, Jan. 4, 8:30 a.m.-5:30 p.m. • Humans and animals have many tricks for finding their way from place to place in this one-day camp. Make maps, track animals, and learn how animals navigate in unfamiliar territory. Every LSNC camp includes opportunities to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Nature Storytime with Leslie Science and Nature Center • Jan. 9, 13, 16, 23, 27, 30; Feb. 3, 6, 13, 17, 20, 27; Mar. 3, 6, 10, 13, 17, 20; Apr. 3, 7, 10, 17, 21, 10-11 a.m. • Explore and appreciate the outdoors with activities such as live animal visits, hikes, stories, and hands-on activities. Each session includes indoor and outdoor activities. Aimed at children 2-5 years old. \$5/child, non-members, \$4/child, members. Contact Leslie Science and Nature Center at 997-1553; info@lesliesnc.org or lesliesnc.org/events/ages-1-5.

Allen Creek Preschool Open Houses • Friday, Jan. 11, 9-10 a.m., Wednesday, Jan. 23, 6-7 p.m. • Allen Creek Preschool supports the healthy growth of children in an environment that promotes emotional, intellectual, and interpersonal understanding. This collaborative endeavor on the part of children, teachers, parents, and family consultants provides a rich and unique early childhood experience. Free. Contact Meghan at 734-994-3382; meghanw@allencreek.org or allencreek.org.

Parent's Night Out: Critters that Squirm in the Night with Leslie Science and Nature Center • Saturday, Jan. 19, 5:30-10 p.m. • Uncover the fascinating and secretive night life of nocturnal creatures as we discover what animals come out when the sun goes down. We'll take a hike to see what we can find and then meet a nocturnal critter up close. Panera sandwich box dinner is included. Must register by noon on Jan. 16. Program is for youth K-sixth grade. Dress for the weather. \$30/non-member, \$25/members. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Scholarship Open House with the Ypsilanti District Library • Saturday, Jan. 19, 2-4 p.m. • Learn about local scholarships, grants, and financial aid opportunities available to you. Connect with organizations who are giving away money, as well as representatives from colleges and universities to help guide you through the process of finding money for college. This event will be at the Michigan Avenue Branch. Free. Contact Gillian at ggainsley@ypsilibrary.org or ypsilibrary.org/events.

Michigan's Underground Railroad with Dr. Willie W. Payne • Monday, Jan. 21, 2-3:30 • In his multimedia lecture, Dr. Payne will use music, song, and projected photos to highlight the southern fugitive slave's struggle to escape captivity and how Michigan's abolitionists and free Blacks assisted them on the Underground Railroad. Free. Contact Gillian at ggainsley@ypsilibrary.org or ypsilibrary.org/events.

Day Off Outdoors: Nature Detectives with Leslie Science and Nature Center • Monday, Jan. 21, 8:30 a.m.-5:30 p.m. • Solve natural mysteries and complete team challenges in this one-day camp. Test hypotheses, conduct investigations, and go on adventures in Black Pond Woods. Every LSNC camp includes opportunities to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Art Workshops for the Whole Family with Shannon Pedersen • Wednesdays, Jan. 30; Feb. 13, 27; Mar. 13, 9:30 or 10:45 a.m. • There are four different themes: Winter Wonderland, Valentine's Day, Dr. Seuss Celebration, and St. Patrick's Day. Each workshop offers six-eight stations for you to create with your child with a wide variety of media from watercolors, pastels, markers, stamps, stickers, tissue paper, and clay. Help your child build self-confidence and fine motor skills while having fun making a mess. Ages 15 months to age 5 with adult. \$20/child. Contact Marj at 734-994-4949; hyde@a2schools.org or apm.activecommunities.com/aareced.

Day Off Outdoors: Grossology with Leslie Science and Nature Center • Friday, Feb. 15, 8:30 a.m.-5:30 p.m. • Investigate how turkey vultures defend themselves with vomit and experiment with molds and yeasts at this fantastic one-day camp. Study scat (the scientific word for poop) and dissect owl pellets to explore the food chain from another perspective. Every LSNC camp includes opportunities to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Day Off Outdoors: The Nature of Sound and Music with Leslie Science and Nature Center • Monday, Feb. 18, 8:30 a.m.-5:30 p.m. • Spend the day off exploring music in nature in this one-day camp! Investigate how birds, frogs, and insects make music and learn about how animals use sound to survive. Test your skills through various experiments that explore how humans, and other animals, communicate! Every LSNC camp includes opportunities to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Recipes for Fun Family Workshops with Susanna Brown • Saturday, Feb. 23, Mar. 16, 11:30 a.m.-12:15 p.m. • It's not easy to find time to make your own ooey, gooey fun so join us and keep the mess right here. You'll follow recipes for substances like slime, goop, sensory bags, and other creative concoctions. All recipes go home with you along with at least one project for you to make together. \$15/child. Ages 2-5 with adult. Contact Marj at 734-994-4949; hyde@a2schools.org or apm.activecommunities.com/aareced.

Parent's Night Out: Simple Machines with Leslie Science and Nature Center and The Ann Arbor Hands-on Museum • Saturday, Feb. 23, 5:30-10 p.m. • It's a night out for grown-ups while the kids enjoy an exciting evening at the Ann Arbor Hands-On Museum. Explore the museum to learn how simple machines work and find your inventor's spark. Then put yourself to the test and design and build your own contraption to solve a tricky problem. Panera sandwich box dinner is included. Must register by noon on Jan. 16. Program is for youth K-sixth grade. Dress for the weather. \$30/non-member, \$25/members. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Uncle Gerry Concert with Robinsongs for Kids and Hand in Hand Music • Friday, Mar. 1, 5 p.m. • Uncle Gerry is one of the beloved voices on the International Music Together CDs. Come join Uncle Gerry and local Music Together teachers in a concert featuring favorite songs from this favorite children's music program. Donations welcome. Contact Robin at 734-929-2133; director@robinsongsforkids.com or robinsongsforkids.com.

Mindful Superpowers Workshops with Grace Helms Kotre • Saturdays, Mar. 2, 9, 16, 2-3 p.m. • Mindfulness is the practice of paying attention to your present-moment experience with kindness and curiosity. This workshop series introduces basic mindfulness skills that can benefit the whole family. Cultivate specific mindful superpowers by choosing your favorite workshops or attend all three. For ages 4-10 with adult. \$25/first child, \$15/each additional. Contact Marj at 734-994-4949; hyde@a2schools.org or apm.activecommunities.com/aareced.

Day Off Outdoors: Bird Bonanza with Leslie Science and Nature Center • Friday, Apr. 19, 8:30 a.m.-5:30 p.m. • Have you ever wanted to fly? Let your imagination soar in this one day camp all about birds. Use scientific tools to study feathers up close to investigate how birds fly, where they live, and what they do to survive. Every LSNC camp includes opportunities to play silly games, make art, spend time outside, and meet some of LSNC's resident animals up close. Contact Susan at 734-997-1553; info@lesliesnc.org or lesliesnc.org.

Kabbalah for Children (3rd-6th grade) with Karen Greenberg • Monthly on Sunday, beginning Jan. 20, 2:30-4:30 p.m. • Utilizing multi-sensory input and experiential learning, we build self-esteem of awake and spiritually evolved children. We aid in integrating organizational skills, in navigating through low-vibrational emotions, and in discovering and fostering their genius, so that they can fulfill their mission of installing a healthy, interdependent, functional planet for the prophecy of the "Thousand Years of Peace". \$50/session. Contact Karen at 734-417-9511; krngrnbg@gmail.com or clair-ascension.com.

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • This class invites kids to learn about themselves and introduces them to skills that can bring a lifetime of happiness. It covers the slow tai chi form, playful pushing hands, and meditation techniques to use at home or school. Open to children ages 5-17. \$21/drop-in or \$70/month. Contact Joseph at 531-8796; info@sunshen.org or sunshen.org.

Toddler Toodaloo with Arts in Motion Dance Studio • Tuesdays and Thursdays, 9:30-10:15 a.m. • Help your child learn to move his/her body purposefully through space. Creative movement is encouraged through imaginative play and free dance. \$62/four classes. Contact Amanda at 734-222-6246; info@artsinmotion.net or artsinmotion.net.

Rainbow Storytime with the Ypsilanti District Library • Saturdays, Feb. 9-May 11, 10:30-11:30 a.m. • Join us for songs, crafts, and stories of diversity, acceptance, love, friendship, and all the colors of the rainbow. Free. Contact Gillian at ggainsley@ypslibrary.org or ypslibrary.org/events.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. • Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals - proceeds help the homeless animals in our community. Ages 12+. \$10. Tenth class is free. Contact Karen at 661-3530; tinyions@hshv.org or tinyions.org.

Ann Arbor Forest School Weekly Open House with Tara Habeck • Tuesdays, 9:30-10:30 a.m. • Join us at the Medford Pavillion of the County Farm Park for our morning circle time. We will sing songs, share gratitudes, and explore the beauty of our natural surroundings with a short wander. This weekly Open House is a great opportunity for families of young children who are considering their preschool options to get to know our school culture, be immersed in nature, and ask questions of the teachers. Free. Contact Tara at 546-3551; tara@annarborforestschool.com or annarborforestschool.com.

Parent & Toddler Art Sessions with Riverside Arts Center • Thursdays, 10-11 a.m. • Bring your kids and come create art every Thursday. For more info, contact the Arts Center at 480-2787; riversidearts.org.

Little Paws Story Time with the Humane Society of Huron Valley • Thursdays, 10:30-11:30 a.m. • If you have a toddler who loves animals, come have a pawisively fun time with us at HSHV. Designed for children ages 2-5. \$5/child. Up to two adults per child and children under one are free. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/storytime.

Pets and Pajamas with the Humane Society of Huron Valley • Fridays, 5-9 p.m. • Parents, enjoy a night out while your kids ages 5-11 enjoy some after-hours time at the Humane Society of Huron Valley. This parent drop-off event includes an animal themed movie, vegetarian dinner, popcorn, and time with the adoptable animals. \$35/first child, \$15/each sibling. Contact Karen at 662-5585; humaneed@hshv.org or hshv.org/kids.



Family MEWvie Night with Tiny Lions • Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. \$10. Contact Karen at 661-3575; tinyions@hshv.org or tinyions.org/mewvienights.

Baby Playgroups at Ann Arbor District Library • Come to the library and hang out with other babies with 15 minutes of stories, rhymes, and songs followed by open playtime. Ages 0-2. Free. Contact AADL at 327-4200; aadl.org.

Downtown • Mondays, 10:30-11:30 a.m.

Malletts Creek • Tuesdays, 10-11 a.m.; Thursdays, 6:30-7:30 p.m.

Pittsfield • Wednesdays, 11 a.m.-12 p.m.

Traverwood • Fridays, 10:30-11:30 a.m.

Westgate • Thursdays, 2-3 p.m.

Dancing Babies at Ann Arbor District Library • Come to a program full of music and motion for babies, toddlers, and preschoolers up to age 5. Free. Contact AADL at 327-4200; aadl.org.

Preschool Storytimes at Ann Arbor District Library • Stories, music, and fun for kids ages 2-5. Siblings are welcome to attend. Free. Contact AADL at 327-4200; aadl.org.

Downtown • Tuesdays, 10-10:30 a.m.; Wednesdays, 11-11:30 a.m.

Malletts Creek • Wednesdays, 10-10:30 a.m.

Pittsfield • Thursdays, 7-7:30 p.m.; Fridays, 10-10:30 a.m.

Traverwood • Tuesdays, 11-11:30 a.m.; Wednesdays, 6-6:30 p.m.; Thursdays, 10-10:30 a.m.

Westgate • Mondays, 11-11:30 a.m.; Wednesdays, 1-1:30 p.m.; Fridays, 10-10:30 a.m.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Call 994-3620; a2amas.com.

The Little Scientists Club at the Ann Arbor Hands on Museum • Tuesdays and Saturdays, 10:30 a.m. • The Ann Arbor Hands-on Museum offers The Little Scientists Club for toddlers and preschoolers. Each week has a different theme. Contact aahom.org/experience/event-calendar.



**New, Fun, and Just Plain Cool Things to do!
List your kid, tween, or teen events
in the May through August 2019 issue of the CW Journal!
The deadline for submissions for the next issue is March 18, 2019**

Hand Crafting

A Little Winter Twitter



by Jennifer Carson

I love seeing the flash of dark color against white snow when the chickadees come to eat at my birdfeeder. Chickadees are one of a handful of birds that stay in Michigan when the snow comes calling and their songs are sure to lift your spirits when the day is gray. This little chickadee pin looks deceptively hard to make, but is really rather easy. It will make a great gift for a friend who needs a bit of a mid-winter cheer.

- Materials:
- 2 ½" x 5" rectangle of black wool felt
 - 5" square of white wool felt
 - 2 ½" rectangle of Pellon fusible web
 - Black, white, cream, and gray embroidery floss
 - 1 black glass seed bead
 - 1 sew-on pin back
 - Small scissors, embroidery needle
 - Iron
 - Freezer paper

To begin, trace the body pattern of the bird onto freezer paper. Trace the black marking pieces onto fusible web.

1. Cut out all pieces from the papers close to the line but not right on the line. With a warm iron, fuse pieces drawn onto the fusible web to your black wool felt. Be sure to place the shiny side onto the fabric or you'll have a sticky mess on your iron!

2. Press body piece drawn on freezer paper onto your white wool felt.



3. Cut body out of white felt, right on the line, and repeat the process so that you have two body pieces.

4. Cut the black marking pieces from the felt. Cut right on the line! Peel the paper backing off the web and place the marking pieces onto one of the white felt body pieces. Press in place with a warm iron.



5. Thread a needle with one strand of cream-colored floss.

Using a straight stitch, add details down the bird's chest, and above wing. Be sure to overlap the top of the wing just a bit to soften the edge. Keep your straight stitch shorter near the head, and a bit longer on the body. Also keep in mind the direction feathers lay on the body. You don't want to stitch across the chest and belly, but in the direction of chin to belly.



6. Add a bit of wing detail with one strand of gray embroidery floss over top of wing and longer stitches on right edge of wing. Continue with long stitches over the white part of the wing.



7. With one strand of white floss, stitch the head on the inside of the cut out, overlapping the black cap a bit for a softer edge. Use varying stitch lengths.



8. With one strand of black floss, sew on the bead for his eye. Add stitches in the black felt areas, overlapping edges to soften, but don't embroider the beak. Use longer stitches on the tail feathers, and shorter stitches on the head.

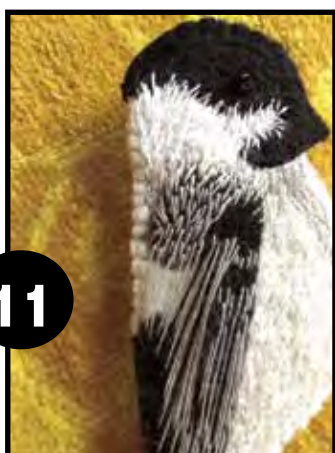


9. Sew pin back to the back of the second white felt body piece.



10. Match back body piece to front body piece and pin together.

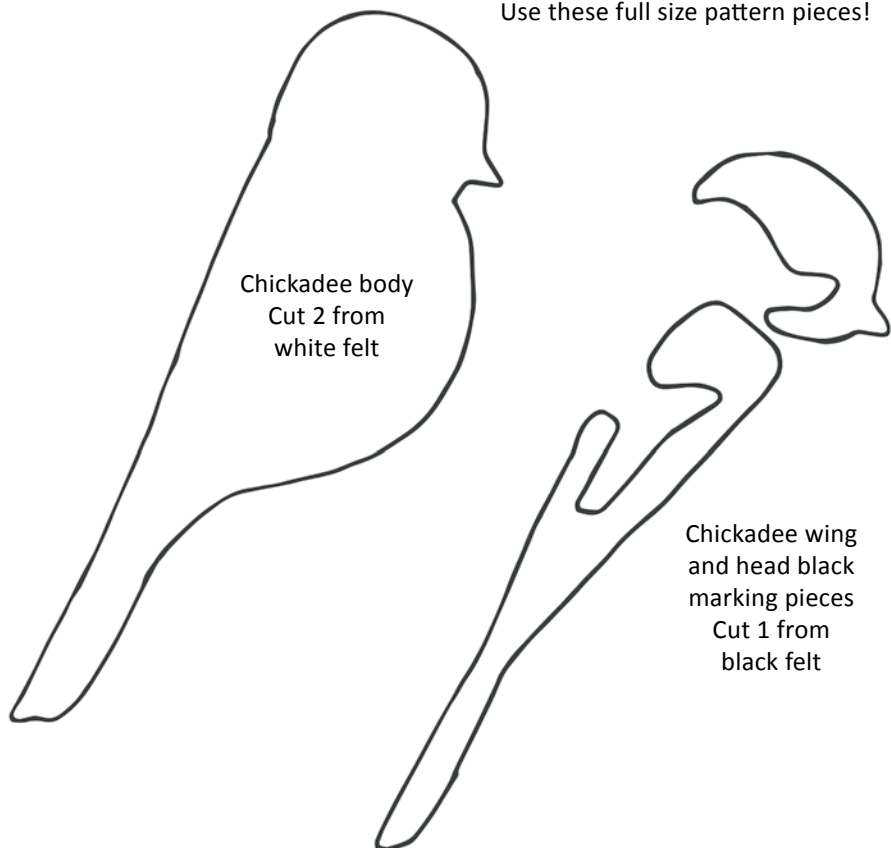
11. Using a small blanket stitch or whipstitch, sew body pieces together along edges. I switched between black and white thread.



I hope you enjoyed making this little winter chickadee! I'd love to hear from you and see your final project. Post a photo on the Crazy Wisdom Community Journal page on Facebook with the tag #winterchicks.

Jennifer Carson is a local artist and writer with over 60 sewing patterns for both handcrafting and machine sewing. Visit her online at: thedragoncharmer.com or find her on Pinterest @magickal.

Use these full size pattern pieces!



READERS AT CRAZY WISDOM



INTUITIVE - TAROT - PALMISTRY - ASTROLOGY

**No appointment needed;
Readings \$1.50 per minute**

Monthly Schedule



Astrology Readings with Alia Wesala
1st and 3rd Wednesdays, 6-9 p.m.
astrolibration@gmail.com - 734.719.0782

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Tarot Readings with Gail Embery
1st and 3rd Fridays, 6:30-9:30 p.m.
1st and 3rd Sundays, 3-6 p.m.
ReadingswithGail.com - 313.655.7694

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

Oracle Readings with Sarah Bennett
1st and 3rd Sundays, 12-3 p.m.
810-357-8798 - sarah@deathforlove.com

Intuitive Readings with Marcella Fox
2nd and 4th Sundays, 12-3 p.m.
Call 734-717-8513





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Certified in Animal Chiropractic by the AVCA

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- Conditioning
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- Cold Laser Therapy
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- Hydrotherapy

ARF Fit Club

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- Herbal Therapy
- Massage Therapy
- Reiki Therapy
- Pulsed Signal Therapy
- Pulsed Electromagnetic Field Therapy
- Weight Management Programs

All programs are designed and overseen by our veterinarian.

Find us on Facebook, Follow us on Twitter, Share your review online.

INFORMATION: Email: K9RehabMI@gmail.com, Website: www.K9RehabMI.com

PHONE: Phone: 734-253-2722, Fax: 734-253-2736

LOCATION: 8040 Fourth St, Dexter, MI 48130

CRAZY WISDOM TEA ROOM
114 S. Main St., Ann Arbor - 734.665.9468

150+ varieties of tea and herbal blends
Our coffee is organic, fair Trade, and roasted locally
Vegan, vegetarian and gluten-free selections
We also sell packaged tea, tea pots, mugs, and tea accessories



Entrées
Dips
Desserts
Treats

Literary Teas • Shimmy Shack Cookies
Fraser Teas • Mitten Bites

Where Do We Distribute The Crazy Wisdom Community Journal?

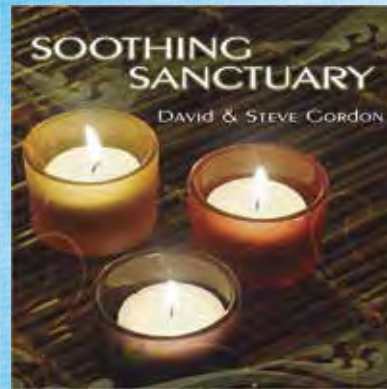
11,000 copies of The Crazy Wisdom Community Journal are distributed to more than 235 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, 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, Yoga Space, Michigan Theater, Seva, Zerbo's, Clark Pharmacy, the Dakota Building 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.

Music Reviews

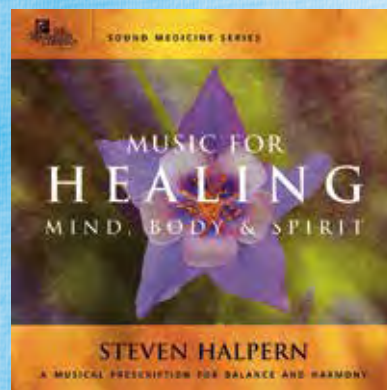
By Sarah Newland



Soothing Sanctuary cd

By David & Steve Gordon

Relax in your own peaceful retreat. Envelop yourself in luxurious musical surroundings where your body and mind can refresh and renew. Experience the serene sounds of gently cascading streams, birdsong, harp caresses, soft piano, classical guitar, and the sweetness of the silver flute. This tranquil perfection will help clear your mind and relax into yoga, massage or meditation. \$15.98



Music for Healing Mind, Body & Spirit cd

By Steven Halpern

Soothing and free-floating keyboard compositions draw the body into a state of balance and harmony. Combining artistic inspiration, sensitivity, and sophisticated sound technology, Halpern's compositions synchronize the hemispheres of the brain and amplify the production of alpha brainwaves. The natural response is associated with feelings of deep relaxation, contentment, and well-being. \$9.98



Forest Bathing cd

By Real Music Artists

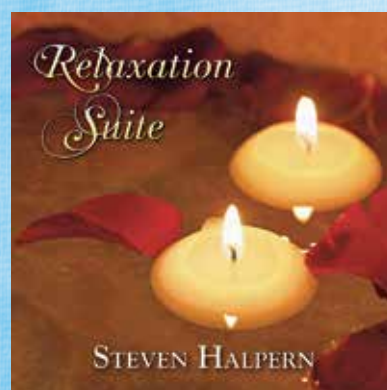
Forest bathing or shinrin-yoku is the medicine of relaxing in a forest. Approached with presence, great restorative healing value for the mind and body can be induced, including lower blood pressure, reduced stress and anxiety, and a stronger immune system. This music collection has been specifically curated for its compatibility with the cleansing resonance of trees and may be used anytime for relaxation and to simulate forest healing. \$17.98



Harp Music for Healing cd

By Sarajane Williams

Revered for its angelic sound, the harp has been shown in clinical studies to have measurable therapeutic benefits for reducing stress and anxiety, inducing restful sleep, and helping listeners release physical and emotional suffering. This gentle music will soothe your mind, relax your body, and bring you into the peaceful state of being that is most conducive to healing. \$17.98



Relaxation Suite cd

By Steven Halpern

From the very first notes of this cd, you can feel your body shifting gears into the welcome state of relaxation. Halpern's atmospheric orchestrations surround the soothing tones of David Darling's cello. Their heartfelt melodies create cathedrals of sound that nurture the body, mind, and spirit. Additional tracks feature alto flute, bamboo flute, and electric piano. \$15.98

These CDs are available for purchase at Crazy Wisdom!




Christmas for Duffy



By Dr. Mary Cardeccia, DVM

Many people are unaware that there are natural healing options for pets that are similar to methods used for humans. I am often asked how pets respond to these natural healing methods. "Do dogs really sit still for acupuncture?" "How do you get them to do their exercises for rehabilitation?" "Do you actually see any response to herbal therapy in pets?" "How do you do massage on a painful pet?"


We often choose to combine natural, holistic methods with conventional Western medical treatments to augment the efficacy and decrease undesirable side effects. Treatments such as acupuncture, veterinary spinal manipulation, massage, Reiki, and physical rehabilitation, as well as herbal and nutritional therapy, can really improve pain management and mobility in your pet. These types of treatments could all be described as veterinary physical medicine and are a wonderful adjunct to conventional medications; this is often termed a "multi-modal approach," and can have some amazing results. In instances where there are underlying metabolic or gastrointestinal issues that preclude the use of many medications, we are often able to find alternative ways to manage pain. Rehabilitation and physical medicine can also improve pain management when medications alone are not providing enough relief.

 Treatments such as acupuncture, veterinary spinal manipulation, massage, Reiki, and physical rehabilitation, as well as herbal and nutritional therapy, can really improve pain management and mobility in your pet.

Let's look at an example of one patient and follow his journey to get a better understanding of how this might look.

Duffy, a 12-year-old Labrador Retriever, came to us in the beginning of November 2013 because he was having significant arthritis pain that compromised his mobility. He had a long history of significant arthritis, even as a young dog, in his right ankle. As a 5-year-old, Duffy had injured a ligament in his left knee, underwent surgery, and had quite a few complications with infection and bone healing. He had always had trouble with his right rear leg, but in recent months, was unable to go for walks with his owner and seemed to be in more pain, despite being on multiple medications and supplements. Where he used to be able to walk three miles with his owner, he was only able to walk three to four blocks at a time. His owner's biggest concern was his comfort, but she also felt that he was unhappy not being able to participate in his walks as he used to.


After meeting with them and assessing Duffy's condition, we decided to use a combination of natural methods to see if we could improve pain management and also improve strength and mobility. Duffy had significant arthritis in his hips, knees, right ankle, elbows, and right wrist, as well as a sore back, which we assumed was secondary to having arthritis in at least one major joint in each leg. We focused on improving comfort in his back and arthritic joints using a combination of spinal manipulation, massage, acupuncture, herbal therapy, and rehabilitation (including laser therapy), core strengthening, and flexibility exercises.

 He had always had trouble with his right rear leg, but in recent months, was unable to go for walks with his owner and seemed much more painful, despite being on multiple medications and supplements.



Dr. Mary Cardeccia and Duffy

Duffy came in weekly for sessions, and his owner would do his strength and flexibility exercises for 10-15 minutes twice daily at home between visits. We used spinal manipulation to restore motion to the stiff or tender areas of his spine, allowing inflammation to recede. The spinal manipulation was coupled with massage to relieve tight and painful muscles, as well as to improve circulation to all four limbs. We also performed acupuncture to improve his pain management, overall energy and happiness, and laser therapy on his back and arthritic joints to decrease inflammation and increase the rate of tissue repair. We taught Duffy and his owner core strengthening and flexibility exercises, which we performed during his sessions, and then had his owner continue at home daily. We added an herbal product containing boswellia and turmeric to further decrease inflammation and mimic the effect of a non-steroidal anti-inflammatory drug.

 At one of his visits just before Christmas of 2013, Duffy's owner confessed to me that when they first came to us, she had thought Duffy would not still be with them by Christmas; instead, he was able to walk three miles again and she and Duffy were thrilled!

The results were life changing for Duffy and his family. He was able to get up with ease, wanted to participate in many aspects of daily living that his owner thought he was just too old to care about, and resumed his daily walks, working back up to his three miles. At one of his visits just before Christmas of 2013, Duffy's owner confessed to me that when they first came to us, she had thought Duffy would not still be with them by Christmas; instead, he was able to walk three miles again, and she and Duffy were thrilled!

While not all pets will respond as well as Duffy did to therapy, in reality, many pets do have similar outcomes. Signs that there may be more we could be doing to improve comfort and quality for geriatric pets include: difficulty getting up or lying down, trouble getting onto furniture or up and down stairs, and decreased ability to go for walks without slowing down, sitting or becoming obviously sore. There could be more subtle signs as well, which may include: decreased interaction with family, decreased appetite, restlessness or panting, increased irritability or reluctance to play with toys, other pets, or you. If you are seeing these types of symptoms, please check with your primary care veterinarian, who may run blood work or take radiographs as part of their exam. Once any major health issues are addressed, this is the perfect time to see what rehabilitation and physical medicine can offer to ease symptoms, improve mobility, and increase everyday enjoyment for you and your pet.



Dr. Mary and Baylee

Dr. Mary Cardeccia has practiced small animal medicine and surgery since 1995, moving gradually from general practice to complementary veterinary medicine, starting with her acupuncture class in 2007, and most recently with her canine massage class. You can find her practice, Animal Rehabilitation Facility, at 8040 Fourth Street, Dexter, MI 48130. To make an appointment call: 734-253-2722 or visit them online at: www.k9rehabmi.com

The Crazy Wisdom Calendar

A FREE GUIDE TO LOCAL CLASSES, WORKSHOPS, AND EVENTS
JANUARY THROUGH APRIL 2019

Calendar Edited by Melanie Baldwin

Addiction and Recovery

Teens Using Drugs: What to Know and What to Do with Ray Dalton • Part One: Jan. 8, Feb. 5, Mar. 12, Apr. 2; Part Two: Jan. 15, Feb. 12, Mar. 12, Apr. 9, 6-7:30 p.m. • Ongoing series to help participants understand, identify, and respond helpfully to teen alcohol or other drug problems. Inclusive of families, teens, professionals, students, and others. Free. Contact 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Safe and Effective Management of Pain and Addiction with Carl Christensen • Tuesday, Jan. 22, 7:30-9 p.m. • Discussion on the various methods of pharmacologic and nonpharmacologic pain management, their relative risks and benefits, and creative approaches to effective pain relief for people in recovery from substance use disorders. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Trauma, Chemical Use, and Addiction with Tana Bridge • Tuesday, Jan. 29, 7:30-9 p.m. • A review of events involved with trauma exposure, trauma specific symptomatology, the impact trauma has on the brain, on coping and subsequent substance use, and the help that is available for individuals struggling with addiction. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Dispelling Myths about Smoking, Mental Health/Substance Use Disorders and Recovery • Tuesday, Feb. 19, 7:30-9 p.m. • Learn about the relationship between tobacco use, mental health, and substance use disorders. Find out about this public health problem and get resources for help in quitting tobacco. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Co-Occurring Eating Disorders and Addiction: Implications for Recovery with Tiffany Schultz • Tuesday, Feb. 26, 7:30-9 p.m. • We will explore the ways in which substance use disorders and eating disorders intersect and how those intersections impact the course of treatment and recovery for the individual. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Does Addiction Treatment Work? with Carl Christensen • Tuesday, Mar. 19, 7:30-9 p.m. • A review of the recent criticisms of treatment for substance addiction including Twelve Step, residential, and medication assisted therapy, the scientific studies that do and do not support their use and other controversial issues. The presentation will include a short discussion of naloxone (Narcan) resuscitation. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Grief and Loss in Addiction and Recovery with Jerry Fouchey • Tuesday, Mar. 26, 7:30-9 p.m. • This program will describe grief, loss, and grief recovery often experienced by people with substance abuse use disorders and their families, including a powerful personal story of grief, loss, and recovery. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Intervention to Durable Recovery: The Power of Family with Jeff and Debra Jay • Tuesday, Apr. 16, 7:30-9 p.m. • Come receive practical, helpful, and hopeful information about how to do an intervention and how to build a recovery team that unites the person with addiction and his/her family in working towards the common goal of sustained recovery. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

People Like Me: Mutual Aid and Recovery from Substance Use Disorders with Todd Diana • Friday, Apr. 23, 7:30-9 p.m. • Hear an overview of mutual aid recovery programs, research supporting the efficacy of mutual aid participation, and a panel discussion by members of a sampling of substance use disorder recovery mutual aid programs. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

The Flare's Wares

OUR CALENDAR EDITOR'S PICKS OF SOME OF THE MORE INTERESTING HAPPENINGS TAKING PLACE IN OUR COMMUNITY.

- **Safe and Effective Management of Pain and Addiction with Carl Christensen • Tuesday Jan. 22** (See Addiction and Recovery)
- **Magic and the Moon with Rachel Leah Gerson at Crazy Wisdom • Tuesday, March 9** (See Astrology)
- **How to Love More and Resent Less with Guy Newland • Sunday, April 14** (See Buddhism)
- **Earth Day Prayers and Smoke Offering with Lama Nancy • Monday, April 22** (See Ceremonies)
- **Selenite Crystals, Energy Medicine, and Sound with Ann Harmon • Saturday, April 6** (See Crystals)
- **I Want to Meditate, but... with Su Hansen • Saturday, Jan. 12** (See Meditation)
- **Winterfest! Fundraising Concert with Gemini • Saturday, Feb. 23** (See Music, Sound, and Voice)
- **Talking with People Who Anger You with Meta Peace Team Presenters at Crazy Wisdom • Sunday, Jan. 13** (See Nonviolent Communication)
- **Goddess Power Rising –In You° with Nancy Ogilvie • Second Saturdays, Jan. 12, Feb. 9, Mar. 9, Apr. 13** (See Spiritual Development)
- **Tai Chi with Diane Evans • Tuesdays, Wednesdays, and Thursdays** (See Tai Chi)
- **Dispatches from the Dumb Decade with Neighborhood Theatre Group • Friday and Saturday, Mar. 1,2,8,9; Sunday, Mar. 3,10** (See Theater)
- **Wisdom's Feast — An Invitation to Feminist Interpretation of the Scriptures with Barbara E. Reid • Saturday, Feb. 23** (See Womenspirit)
- **Rise and Shine at Nine with Michele Bond • Thursdays** (See Yoga)

Refuge Recovery with Lama Nancy • Tuesdays starting Jan. 8, 7:30 p.m. • Refuge recovery is a Buddhist-oriented path to recovery from addictions. Donations welcome. Contact Lama Nancy at lamanancy@annarborktc.org or refugerecovery.org.

Animals and Pets

Basic Animal Communication Class with Judy Liu Ramsey • Saturday and Sunday, January 26-27 and April 27-28 • Ever wonder what your animal is saying? Communicate with animals using telepathy, the way they talk to each other! Learn step-by-step techniques for opening and expanding your natural intuitive skills in a supportive and fun environment. Join us for this amazing class. \$150/person. Contact Judy at 665-3202; ramsey.judy003@yahoo.com or hearttoheartanimalcommunication.net.

PetMassage Five-day Foundation Workshop with Jonathan Rudinger • Thursday through Monday, Feb. 21-25, or Apr. 25-29 • You will understand the roadmap to creating and marketing your canine massage business: the theory, techniques, vocabulary, culture, and vision of PetMassage. Become aware of body mechanics, learn to understand and provide for diverse canine needs, learn various complementary bodywork techniques, and understand basic dog anatomy and physiology as it applies to canine massage. Distance learning available. \$2,000. Contact Anastasia at 1-800-779-1001; info@petmassage.com or petmassage.com.

Low Cost Vaccine Clinic with the Humane Society of Huron Valley • Select Saturdays, 9-11 a.m. • Healthcare for our pets is essential, but can be pricey. To help keep animals with their families and help families keep veterinary care affordable, the Humane Society offers low-cost vaccine clinics. Appointments not necessary; just bring cats in carriers and dogs on non-retractable leashes. Vaccine prices vary. Contact 662-4365; clinic@hshv.org or hshv.org/vaccineclinic.

Family MEWvie Night with Tiny Lions • Select Fridays, 7-9 p.m. • Cuddle up with adoptable cats and snack on popcorn while you watch a family-friendly flick at the Tiny Lions Cat Café! Fee includes movie and popcorn. Proceeds help the homeless animals in our community. \$10. Contact Karen at 661-3575; tinylions@hshv.org or tinylions.org/mewvienights.



Artwork by Logynn Hailley

Aromatherapy

Natural Solutions for Seasonal Affective Disorder with Margo Hertzfeld • Thursday, Jan. 10, 7-8:30 p.m. • Come learn about aromatherapy and essential oils to help with Seasonal Affective Disorder. Free. Contact Margo at 994-9174; margo@rosyglowaromatherapy.com or peoplesfood.coop.

Art and Craft

DIY Products Series with Gillian Ream Gainsley at the Ypsilanti District Library • Select Saturdays, 3-4 p.m. • Learn about natural homemade products and make your own! All events at the Michigan Avenue branch of the Ypsilanti Library. Free. Contact Gillian at ggainsley@ypsilibrary.org or ypsilibrary.org.
Feb. 2 • Facial. Make a lip balm and other skincare products.
Mar. 2 • Body. Make a bath bomb, sugar scrub, and a bath salt soak.
Mar. 30 • Home. Make quick and easy cleansers.

Fostering Creativity: Art Workshops for Parents with Sarah Connor • Saturdays, Jan. 26; Feb. 2, 9, 23; Mar. 2, 9, 10-11:30 a.m. • Attend a 30 minute workshop for parents looking to enjoy art and share this love with their children. Each workshop focuses on specific elements of fostering creativity while exploring your own artistic

abilities. Join Sarah and redefine what it means to be creative and artistic in a supportive environment. \$15/workshop. \$70/series. Contact Marj at 994-4949; hyde@a2schools.org or <https://apm.activecommunities.com/aareced#>.

Astrology

Drop-In Astrology Readings with Alia Wesala • First and Third Wednesdays, 6-9 p.m. at Crazy Wisdom • Alia provides brief astrological consultation sessions to individuals, couples, and families. \$1.50/minute. No appointment necessary. Contact 719-0782; astrolibration@gmail.com.

Drop-in Astrology/Energy Work with Simran Harvey • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Simran offers astrological consultations with the option to energetically address issues and situation in the moment. Stand-alone astrology or energy work on offer. \$1.50/minute. No appointment necessary. Contact Simran at 255-9533; astroenergywork@gmail.com.

Astrology 101 with Rachel Leah Gerson at Crazy Wisdom • Sunday, Jan. 27, 3-4:30 p.m. • Come see how the planets align to create the specific alignment that creates you. This class will cover the basics of astrology including sun signs, the 12 signs in terms of personality, chart interactions, and sign elements. \$10 suggested donation. Contact 616-777-7644; doorwaytoself@gmail.com or doorwaytoself.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 112.

The Crazy Wisdom Calendar

Astrology (cont.)

Magic and the Moon with Rachel Leah Gerson at Crazy Wisdom • Tuesday, Mar. 19, 6-8 p.m. • The moon has long been a source of captivation, mystery, and magic. This workshop will explore our connection to the moon as humans, the meaning and energy of the cycles, how to work them into your life, the power of odd lunar events (like eclipses, supermoons, and blue moons) and more. The workshop will be followed by a ritual to the full moon in Virgo and the Spring Equinox. \$20 suggested donation. Contact 616-777-7644; doorwaytoself@gmail.com or doorwaytoself.com.

Author Events

Barking to the Choir: The Power of Radical Kinship with Father Gregory Boyle • Tuesday, Apr. 30, 7:30-9 p.m. • Learn how compassion, kindness, and kinship are the tools to fight despair and decrease marginalization. Through his stories and parables, all will be reminded that no life is less valuable than another. Free. Contact Emily at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Bodywork

Foot, Gait, and Posture Workshop with Gwyn Jones at Crazy Wisdom • Saturday, Mar. 9, 11 a.m.-1 p.m. • This class will give you the tools and resources that are essential for gait, balance, stance, mobility. Alignment and natural movements will be the foundation of this class with options for all levels to participate. \$30. Contact Gwyn at 730-9848; gwynajones@hotmail.com or restoredalignment.com.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • Fridays, 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. Contact 665-2757; email deb@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on Meetup.com.

•**Jan. 18 • On Being Nice by A School of Life.** Hosted by Deb Flint. The school of life is dedicated to developing emotional intelligence through the help of culture, believing that some of our most important problems stem from a lack of self-understanding, compassion and communication. While lots of books that want us to change seek to make us richer or thinner, this small book wants to help us be nicer-less irritable, more patient, readier to listen, and warmer- a great New Year's goal.

•**Feb. 15 • I'm Afraid of Men by Vivek Shraya.** Hosted by Deb Flint. Described as an emotional book layered with humor, the author challenges us to do better regarding acceptance and understanding of gender identity. Shraya is a trans artist that explores how masculinity was forced on her as a boy and how it continues to haunt her as a girl. Written with raw honesty, the author shares her journey from camouflage to full color.

•**Mar. 15 • How to Not Always be Working by Marlee Grace.** Hosted by Deb Flint. Subtitled "a toolkit for creativity and radical self-care" this book reads as a part workbook, part love- letter and part self-improvement book. By creating personal definitions of work (what is done with sense of purpose), job (what is done to make money) and breaks (what is done to recharge) a person is encouraged to explore the best ways to make use of time. A creative manifesto that everyone can benefit from.

•**Apr. 12 • A Call for Revolution - Vision for the Future by His Holiness the Dalai Lama.** Hosted by Bill Zirinsky. The excerpt on the back of this book says it best: "My young friends, you are my hope for humanity. I want to state it loudly and clearly so that you hear and respond to my message. I am confident in the future, for you have the capacity to lead humanity toward a renewed form of fraternity, justice and solidarity."

Albert Kahn's Detroit Legacy with Michael H. Hodges • Sunday, Jan. 17, 7-8:30 p.m. • In this lecture and slideshow, Michael H. Hodges will review Kahn's local legacy, his vigorous defense of Diego Rivera's "Detroit Industry" murals against attack, and his role helping the Soviets repel the Nazis in World War II. It will take place at the Ypsilanti District Library on Michigan Avenue. Free. Contact Gillian at ggainsley@ypsilibrary.org or ypsilibrary.org.

Jewel Heart Readers • Tuesdays, Jan. 8, Feb. 12, Mar. 12, and Apr. 9, 7-8:30 p.m. • Enjoy lively discussion on monthly dharma-related book selections with fellow sangha. All are welcome. Free. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

Breathwork

Conscious Creating in the New Year: Consciousness Rising Breathwork/Meditation with Pat Krajovic • Monday, Jan. 7, 9:30-11 a.m. • Tap into your higher knowing to access your path in the New Year. Identify obstacles that keep you repeating the same patterns. Release these old patterns that hold you back. Open to a new level of awareness and experience life with new enthusiasm and curiosity. Includes hands-on facilitation. \$31. Contact Pat at 416-5200; relax@bodyworkshalingcenter.com or bodyworkshalingcenter.com.

Happiness Rising! with Dave and Pat Krajovic • Wednesdays, Jan. 23, Feb. 20, Thursday Feb. 7, 6-8 p.m. • You are meant to be happy. Learn how to accept and experience joy, abundance, and balance in your life. Rise above limitations. Redirect your thought patterns. Bring awareness to obstacles that prevent you from living an inspired and happy life. \$111. Contact Pat at 416-5200; relax@bodyworkshalingcenter.com or bodyworkshalingcenter.com.

Meditation to Bring Peace: Consciousness Rising Breathwork/Meditation with Pat Krajovic • Wednesday, Mar. 20, 6-7:30 p.m. • Join us for a powerful experience designed to reduce stress and anxiety. Access inner peace at the core of your being. Lay the foundation that paves the way for a happier and healthier life. \$31. Contact Pat 416-5200; at relax@bodyworkshalingcenter.com or bodyworkshalingcenter.com.

Buddhism

New Year's Prayers for Peace with Lama Nancy • Tuesday, Jan. 1, 11 a.m.-12 p.m. • In the morning of the first day of the new year, we renew our prayers for world peace and offer long-life blessings with a smoke offering and the lighting of lamps. The names and prayer requests of those donating toward the lamps will be read. Donations welcome. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Laughter is the sun that drives
winter from the human face.

~Victor Hugo

Zen Buddhist Temple Winter Recess • Wednesday-Saturday, Jan. 2-5 • The Zen Buddhist Temple will be closed for a winter recess. Regular schedule will resume on Thursday, Jan. 6. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Chanting Practice with Lama Nancy • Sundays, Jan. 6, 13, 20, and 27; Feb. 3, 10, and 17; Mar. 3, 10, 17, and 24; Apr. 7, 14, 21, and 28, 1-2 p.m. • Sadhana, or chanting practice, is an important component of Tibetan Buddhism. Each week we relate to a different aspect of our enlightened mind through visualization and mantra practice. Free. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Sunday Service with Lama Nancy Burks • Sundays, Jan. 6, 13, 20, and 27; Feb. 3, 10, and 17; Mar. 3, 10, 17, 24, and 31; Apr. 7, 14, 21, and 28, 11 a.m. • The Three Yanas Sunday Service includes short practices of sitting meditation, compassion meditation (mind training or lojong), and mantra/visualization, along with short teachings and discussion. Instructions will be given. Donations welcome. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Buddha's Enlightenment Sitting • Friday, Jan. 11, 8 p.m. • Come and meditate to awaken your true nature. Inspired by Shakyamuni Buddha who sat under the Bodhi tree and came to freedom. Sit from 8-10 p.m. and/or 10 p.m.-midnight. After midnight, please stay until 4 a.m. Bring an offering for the altar. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis - Half-day Sitting • Sundays, Jan. 13, Feb. 10, Mar. 10, Apr. 14, 8:15 a.m.-12 p.m. • Join us for five periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center. Orientation and introduction to meditation forms are available by request. Come for any portion of the program. Donations appreciated. Everyone welcome. Contact Marta at (248) 202-3102; jizzojizen@gmail.com or jissojizen.org.

Family Services at Zen Buddhist Temple • Sundays, Jan. 13, Feb. 10, Mar. 10, Apr. 14, 10-11:30 a.m. • Family services with age appropriate groups are being offered for toddlers through grade seven. Program includes music, activities, and dharma lessons from qualified instructors. Donations accepted. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Lam Rim: Stages of the Path with Demo Rinpoche • Mondays, Jan. 14, 21, and 28; Feb. 4, 11, and 25; Mar. 4, 11, 18, and 25; Apr. 1 and 8, 7-8:30 p.m. • In the Lam Rim, or Stages of the Path to Enlightenment, Buddha's teachings are presented step-by-step to allow for gradual experiential awareness and understanding of our inner and outer world. Through this process, we can transform the challenges and confusion encountered in ordinary everyday life to the extraordinary compassion and wisdom of enlightenment. Registrants can view/review sessions on demand through a personal account. \$15/session; \$120/all sessions; Jewel Heart Members are free. Contact Kathleen at 320-2720; kathy@jewelheart.org or jewelheart.org.

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sundays, Jan. 27, Feb. 24, Mar. 24, Apr. 28, 11 a.m. • Join us for Zazen-Zen Meditation followed by noon service and fellowship over lunch. Please arrive early for the meditation. Orientation and introduction to meditation forms available by request. We follow SFZC founder Shunryu Suzuki's lineage, further Sangha info on MeetUp. Donations appreciated. Everyone welcome. Contact Marta at (248) 202-3102; jizzojizen@gmail.com or jissojizen.org.

Tibetan New Year's Eve Smoke Offering with Lama Nancy • Monday, Feb. 4, 6 p.m. • On the last day of the Tibetan lunar calendar, it is traditional to do a smoke offering practice to clear away negativity and remove obstacles. Our smoke offering will be accompanied by prayers for the health and well-being of the earth and all sentient beings. Free. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Tibetan New Year Celebration • Tuesday, Feb. 5, 11 a.m. • Help us usher in the Year of the Pig! In celebration of Losar (Tibetan New Year), at 11 a.m. we will do the practice of Green Tara to remove obstacles for the coming lunar year, followed by a vegetarian potluck at noon. Free. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

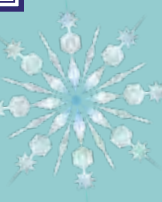
Spiritual Blessings Weekend with Khenpo Ugyen Trinley • Friday-Sunday, Feb. 22-24 • Our world is seeing a time of great distress, with wars, environmental destruction, social inequality and other adversities causing incalculable suffering. As part of his national "Spiritual Blessings Tour", Khenpo Ugyen will be visiting our center to promote peace and healing and remove obstacles on both personal and community levels. The weekend will include practices to remove obstacles and overcome fear. Individuals may also request personal blessings of their families, homes, or businesses. See website for prices. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Using Reason to See Things as They Are with Guy Newland • Friday-Sunday, Apr. 12-14 • Using sound logic and reasoning, translator and Central Michigan University professor Guy Newland, un masks false notions about how we typically think we and the world around us exists. Contact Kathy at 320-2720; kathy@jewelheart.org or jewelheart.org.

Introduction to Buddhism with Lama Nancy Burks • Saturday, Apr. 13, 2-4 p.m. • Join us for a succinct introduction to Buddhism, focusing on how the Buddha developed the inherent spiritual potential we all possess and how we can journey on the same path toward enlightenment. The benefits of taming the mind through meditation practice and developing compassion for oneself and others will be highlighted. Donations welcome. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

How to Love More and Resent Less with Guy Newland • Sunday, Apr. 14, 11 a.m.-12 p.m. • Come join us for an open, public talk about loving more and resenting less. Free. Contact Kathleen at 320-2720; kathy@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions at Jewel Heart • Sundays, 9:45-10:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

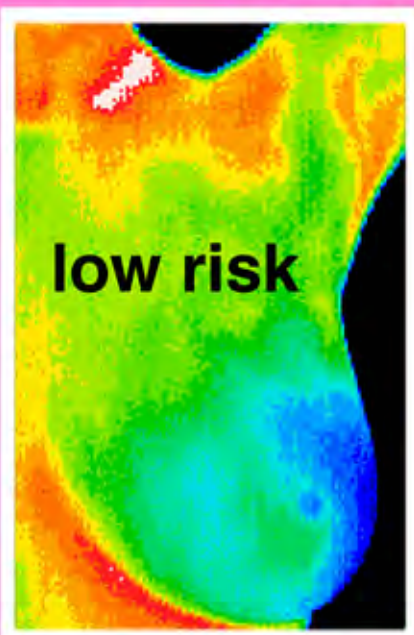
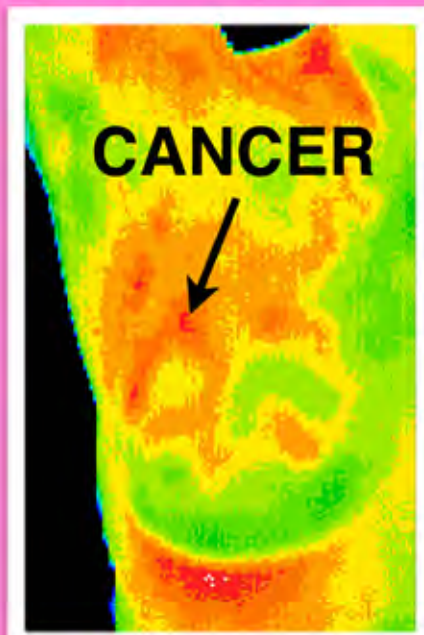


ON JANUARY 1, 2019,
THE CRAZY WISDOM CALENDAR
WILL BE AVAILABLE ON
OUR WEBSITE:

WWW.CRAZYWISDOMJOURNAL.COM

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.

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No compression. No radiation.
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paititi INSTITUTE

• save the dates •

The Paititi Institute for the Preservation of Ecology & Indigenous Culture will be offering a week of special events in Ann Arbor in May! Join us in breathing the ancestral wisdom alive involving lineages of the Amazon, Andes and Tibet for embodied practice and grounded integration.

<p>LECTURE / Q&A TUESDAY, MAY 21, 2019 5:30 - 8:30pm</p> <p>Breathing Ancestral Wisdom Alive: Engaging with Living Wisdom Traditions in a Practical Way <i>Crazy Wisdom Community Room</i></p>	<p>BREATHWORK JOURNEY WEDNESDAY, MAY 22, 2019 6:00 - 10:00pm</p> <p>Amazonian/Tibetan Primordial Breathwork with Ceremonial Cacao <i>A2Yoga</i></p>
<p>RETREAT MAY 24 - MAY 27, 2019 5:00 pm Friday - 4:00 pm Monday</p> <p>Primordial Breathwork Immersion Retreat <i>Location TBA (near Ann Arbor)</i></p>	

email info@paititi-institute.org for details
www.paititi-institute.org

THE DEEPER BENEFITS *of a Day of* SILENT MEDITATION



By Master Zhong Hai

At the end of a silent meditation retreat at Triple Crane Monastery, we often hear that people experienced many kinds of benefits such as: increased flexibility, increased energy, a reduction in stress and anxiety, a feeling of being more connected to their own senses, more happiness, a discovery of their innate abilities, more insight, and an increase in wisdom. However, some may say these are only the superficial benefits of meditation. Are there greater benefits from a truly deep meditation?

A more meaningful meditation begins when brain function has “stopped”, or in other words, when the ego is gone. If we cannot enter the “brain non-function stage”, we are just sitting quietly and peacefully.

You may ask how one stops brain function? Is it even possible? It is possible and simple. The practice is called Huayen Chan Kuan. Chan is an ancient practice, originating in China in the 6th century. According to history, there were 300,000 to 400,000 great Chan practitioners in between the years of 618-1279 AD. Unfortunately, Chan Kuan practice almost disappeared with the Yun Dynasty (1279 AD). Only about 100 practitioners were successful in the following 800 years because of civil war.



A more meaningful meditation begins when brain function has “stopped”, or in other words, when the ego is gone.

A human brain is in a constant process of thinking as long as the person is awake, as the brain is simultaneously receiving external stimuli from all five senses. One special technique that can pause this thinking process is called inner body heat exercise, which includes two major groups of exercise. The first group is referred to as “body adjustment techniques”. This group refers to a variety of cleansing/purifying exercises, such as yoga Asana, 8-reverse Gong Fu, Yoga dance, walking meditation, and other similar practices. The purpose of these exercises is to adjust the body and restore its systems back to their normal function.

The second group is called “life energy guiding techniques”. This group is composed of different methods of breath control. These exercises can make breathing smooth and efficient, so that the nervous system becomes calm and stabilized. This is beneficial to both physical and mental well-being. If one can properly use inner strength to activate internal organs, the “inner heat” will arise. This “inner heat” can initiate the cleansing process and improve health. When the inner heat is strong enough, to the level that the body moves spontaneously without conscious control, then it is possible to momentarily stop the brain thinking function. Once the body reaches this critical point, it is liberated from any conscious controlling, and the innate life energy explodes. The negative energies that have accumulated over the years are released gradually. This is the first reward of Huayen Chan Kuan.



Huayen Chan Kuan is an ancient practice, originating in China in the 6th century.

The two distinct stages in Chan Kuan practice are: To-be-dynamic and To-be-static. The dynamic stage emphasizes body purification and cleansing through inner heat exercises. These techniques can spark the innate life energy.

In the to-be-static stage, energy is gradually accumulated and refined within the body, until “Pran” is formed. Pran is pure vital energy—the essence of life. This static phase is the real starting point of Huayen Chan Kuan meditation. Through this practice, one can gradually experience the true spirit and gain true wisdom. Ordinary life will be completely transformed, and one steps into the Dharma Realm.



If one can properly use inner strength to activate internal organs, the “inner heat” will arise. This “inner heat” can initiate the cleansing process and improve health.

Participants from a day of Silence at the Triple Crane Monastery.



Buddhism (cont.)



Master HaiYun JiMeng lives in Taiwan, but visits Triple Crane Monastery to teach several times a year.

We are so fortunate that our spiritual leader of the Great Huayen Monastery in Datong, Shanxi, China, Venerable Master HaiYun JiMeng, received this special Chan Kuan Practice from the Lard Lakulich Lineage (Mahayana Yogachara) in India in 2008. Master HaiYun is able to integrate this practice with traditional Chinese Chan practice based on his years of training and achievement. This unique Huayen Chan Kuan practice has become widely observed throughout the world, including here at the Triple Crane Monastery. We also offer Classical Hatha yoga classes, Chan Kuan workshops, and weekend retreats. These basic trainings will purify one's body, speech, and mind. Henceforward, when one participates in a day of silent meditation, one may experience more of the deeper benefits of advanced practice.



Once the body reaches this critical point, it is liberated from any conscious controlling, and the innate life energy explodes.

Master Zhong Hai (also known as Winnie) has been practicing Mahayana Buddhism and Chan since 2001. She is the chief nun and instructor at the Triple Crane Monastery in Chelsea, MI. For more information on classes and retreats, please visit their website, www.huayenworld-use.org or give them a call at 734-757-8567.



Master Zhong Hai, also known as Winnie.

Sunday Services With Zen Buddhist Temple • Sundays, 10-11:30 a.m. or 4-5:30 p.m.

• The morning meditation service consists of two periods of meditation followed by chanting and a talk. The afternoon dharma service has two shorter periods for sitting meditation, sometimes a walking meditation, reflection, chanting, and a short talk. Donations welcome. Contact 761-6520; annarbor@zenbuddhisttemple.org or ZenBuddhistTemple.org.

Jewel Heart Sunday Talks • Sundays, 11 a.m.-1:30 p.m. • We invite you to enjoy weekly Sunday morning talks. The first Sunday of the month will be live in Ann Arbor, given by Demo Rimpoche. Others will be classic video teachings by Gelek Rimpoche as well as other guest speakers. Followed by coffee, snacks, and conversation! Open to all. Free. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Sitting Meditation with Senior Students from Ann Arbor KTC Tibetan Buddhist Meditation Center • Wednesdays, 7 p.m. • Join us for a silent sitting meditation followed by a discussion. Basic meditation instruction available by request. Donations welcome. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Temple Stay/Visitor's Program and Residential Options with the Zen Buddhist Temple • Ongoing • This program provides participants with an opportunity to spend time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedule permits. One can seriously pursue one's spiritual path or seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Ceremonies, Celebrations, and Rituals

New Year's Day Service with Zen Buddhist Temple • Tuesday, Jan. 1, 11:30 a.m. • Come join us as we begin 2019 with contemplation and candle-lighting. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Vernal Equinox Celebration with the Michigan Friends Center • Wednesday, Mar. 20, 5:30-9 p.m. • We will celebrate the balance of light and dark and the birth of Spring with a potluck dinner and circle in which to share thoughts, poems, songs, stories, and knowledge. Bring something to share or come ready to partake in what others have brought. Dress for the weather and bring a flashlight. Donations welcome. Please preregister. Contact Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.

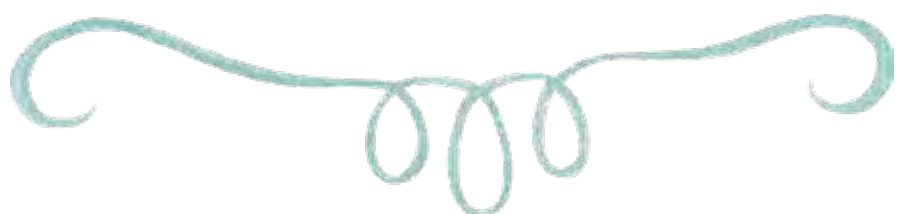
Drikung Phowa Chenmo with His Holiness Drikung Kyabgon • Saturday, Mar. 23 • The Great Drikung Phowa, Drikung Phowa Chenmo, is known as The Standing Blade of Grass. While phowa, or transfer of consciousness, is one of the Six Yogas of Naropa, the precious pith tantric instructions of the Dhakpo Kagyu lineages, there are many special phowa instructions in the tantric teachings of the Nyingma and Sarma lineages as well. This phowa is a terma teaching of Guru Padmasambhava and has been practiced in an unbroken Drikung Kagyu lineage until the present. An Amitayus longevity empowerment will follow. \$65/Jewel Heart Members; \$75/non-members. Contact Kathy at 320-2720; kathy@jewelheart.org or jewelheart.org.

Food Offering Ceremony with Triple Crane Monastery • Friday, Apr. 20, 3:30-6:30 p.m. • Traditional Chinese Buddhist practice which cultivates good karma by offering Dharma, food, salvation to all sentient beings. Contact Triple Crane Monastery at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

Earth Day Celebration for All Ages with Zen Buddhist Temple • Sunday, Apr. 21, 9:30-11:30 a.m. • Service followed by a celebration and garden planting. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Easter Satsanga and Meditation with the Self Realization Meditation Healing Centre • Sunday, Apr. 21, 10 a.m. • We warmly welcome everyone of all faiths to join us on Easter morning for our Meditation Gathering. We gather at 10:00 to start at 10:30. We will be sharing in song-chants, inspired thoughts, and Mata Yogananda Mahasaya Dharma's Blessing, followed by Pure Meditation and silent prayer for as long as you wish. Free. Contact the Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Earth Day Prayers and Smoke Offering with Lama Nancy • Monday, Apr. 22, 6 p.m. • Join us for a smoke offering practice accompanied by prayers and mantras for the health of the earth and the humans, animals, and plants it sustains. There will be the opportunity to make your own prayers silently or aloud. Free. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.





Lori Fithian is a drum circle facilitator and workshop leader who brings her collection of hand drums and percussion toys to you and transforms your community into a “Drumcommunity”! Drumcommunity is the word Lori uses to describe what happens when people come together around a circle of drums. She brings everything from hand drums to pickle buckets to salad bowls to muffin tins in order to create this high-energy activity. Having played the French horn since fifth grade, she also brings a life-long love of music and rhythm to her drum circles and workshops. You can visit Lori online at drumcommunity.com, email her at lorifithian@mac.com, or give her a call at 734-426-7818. You can also catch one of Lori’s drum circles at Crazy Wisdom Bookstore. Look for the date in the calendar under the heading “Drumming” on page 90.

Channeling

Remembering Wholeness - Darshan with The Mother channeled by Barbara Brodsky • Sundays, Jan. 13, Feb. 17, Mar. 17, Apr. 14, 2-5 p.m. • Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness; as The Mother takes each person’s hands and looks into his/her eyes there is an interaction between the human and the divine, which focuses and draws up the consciousness of the human. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

The Gathering with Karlta Zarley • Second Tuesdays, 7-8:30 p.m. • Come join us as we hear about the state of the world from a Higher Perspective and learn how to manage it more easily. Often there is an opportunity to ask Spirit questions, or there are personal messages for the participant. Suggested donation \$10. Contact Eden at 904-0076; kzarley88@gmail.com or karltazarley.com.

Evenings with Aaron channeled by Barbara Brodsky • Wednesdays, Jan. 1, Feb. 20, Mar. 13, Apr. 10, 7-9 p.m. • Open session with Aaron and Barbara Brodsky. Aaron gives a talk followed by a Q&A session. Talk will cover a variety of spiritual practices including Vipassana and Pure Awareness Meditation, working with inner guidance, and supporting changes in our physical/spiritual bodies through work with body energy, the elements, sound, and Open Heart. Donation. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Chanting

Guru Gita with Atmaram Chaitanaya • Saturdays, 10-11 a.m. • Devotional chant from the Skanda Purana on the esoteric significance of the guru and the guru-disciple relationship. Guests are invited to bring a small photo or murti of their guru to place on the altar during the program. Chanting books are provided. Free. Contact Atmaram at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Childbirth

Breastfeeding Basics for Doulas with Barbara Robertson • Thursdays, Feb. 21, Apr. 25, 6-9:15 p.m. • Learn the very latest in evidence-based breastfeeding support from an expert. This class will enhance the doula’s ability to assist breastfeeding mothers immediately post-birth and in the early days postpartum. Fulfills a DONA International certification requirement for doulas. \$85, \$70/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Friday-Sunday, Feb. 22-24, Apr. 26-28 • Become a professional birth doula at Michigan’s premier doula training center. Learn from doula business expert, Patty Brennan. You do not need to be a mother yourself, or have a medical background to become a doula. This training is hands-on, skill based, and fulfills two certification requirements for birth doulas through DONA International. \$550, \$497/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan • Thursday-Sunday, Mar. 21-24 • This course prepares you to provide excellent in-home care to families in the postpartum period. We will focus on breastfeeding support, babywearing basics, support strategies for depressed moms, holistic healing measures, working with families with multiples, and more. Fulfills two certification requirements for postpartum doulas through DONA International. \$635; \$575/early registration. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar for Kids section on PAGE 76. This section is devoted to events for children and young adults along with their families.

Valentine's Tea with the Fairies at Crazy Wisdom • Thursday, Feb. 14, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. \$11. Contact Stevie at stevie@crazywisdom.net.

Comedy

Om of Medicine Comedy Show • First Saturday of each Month, 9-11 p.m. • Join us for our favorite tradition! We believe laughter is nature's second best medicine. This event is free and doors open at 8:30 p.m. Complimentary snacks are provided. Free. Contact Lisa at 369-8255; lisa@omofmedicine.org or omofmedicine.org.

Conferences

International Conference on Clinical Case Reports with Sophia Richard • Thursday, Apr. 4, 9 a.m. • International conference on clinical case reports. Held in Paris, France. Academic and industry speakers, researchers, medical students, and delegates from this field are invited to participate and share their research on this single platform. \$650. Contact Sophia at 442-039-3631; richrdsophia48@gmail.com or casereports.healthconferences.org.

A Course in Miracles

A Course in Miracles Study Group with the Interfaith Center for Spiritual Growth • Mondays 6:45-8:45 p.m. • Join us as we read aloud the popular Foundation for Inner Peace metaphysical book, A Course in Miracles, and the Shanti Cristo companion, The Way of Mastery. Donations welcome. Contact Dave at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

A Course in Miracles Study Group with Randall Counts and Linda McDonough • Thursdays 12-1:30 p.m. • All are welcome to study the non-dualistic interpretation of A Course in Miracles. Free. Contact Linda at (479) 461-4389 or lpmcdon79@gmail.com.

Crystals

Loving Yourself and Others with Jennifer Vanderwal • Sunday, Jan. 20, 11 a.m.-1 p.m. • Learn the importance and benefits of self-love and how crystals enhance self-reflection and inner knowing. Experience the bliss of a loving crystal array enjoined with a guided meditation to access the healing power of self-love. \$44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Melody Crystal Healing Level 2 with Jennifer Vanderwal • Sundays, Feb. 3, 24, 11 a.m.-6 p.m. • Expand your knowledge and use of Crystal Healing arrays for releasing old beliefs, meeting our guides, past life ascensions, and shamanic journeying to heal. Certification available after level 2. \$250. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Selenite Crystals, Energy Medicine, and Sound with Ann Harmon • Saturday, Apr. 6, or Sunday, Apr. 19, 1-5 p.m. • During this class we will explore the benefits of Selenite crystals, Energy medicine, and Sound. Each participant will receive four Selenite crystals, handouts with additional resources, and a link to downloads. \$65. Contact Ann at 810-599-3302; ann@annharmon.org or annharmon.org.

Stones to Enhance Communication with our Guides with Jennifer Vanderwal • Sunday, Apr. 7, 11 a.m.-1 p.m. • The high vibration of certain crystals can help bridge the gap between our third dimensional world and higher realms. Learn how various crystals can help us communicate with our guides and various techniques to use the stones, including crystal healing arrays, affirmations, aromatherapy, and guided meditation. \$44. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.



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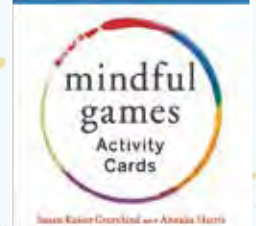
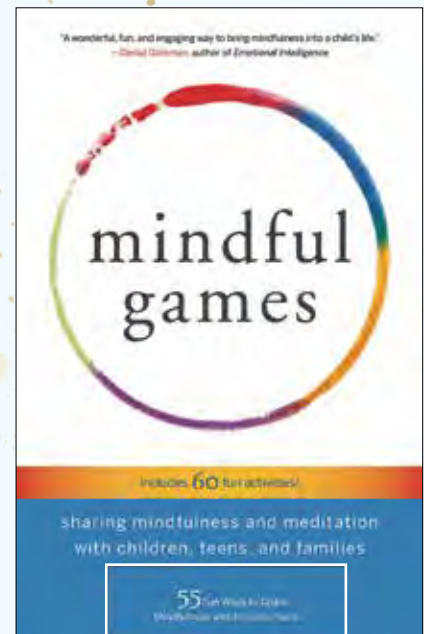
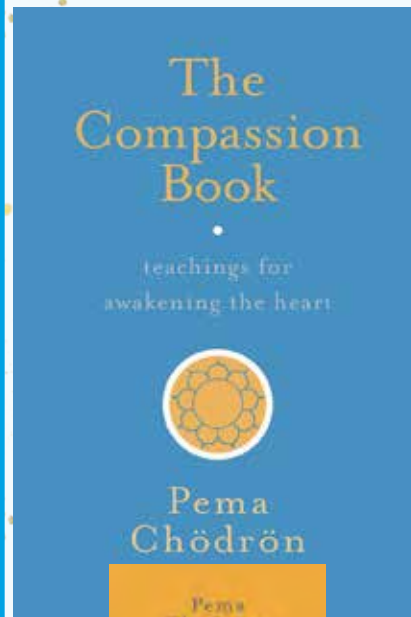
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Change is the end result of all true learning

— Leo Buscaglia



O, wind, if winter comes, can
spring be far behind?

~Percy Bysshe Shelley

Crazy Wisdom Bookstore | 114 S. Main St. Ann Arbor
734.665.2757 | crazywisdom.net

Death and Dying

Death Café with Meryllynne Rush and Diana Cramer • Third Saturdays, 10:30 a.m.-12:30 p.m. in the Crazy Wisdom Tea Room • Eat cake, drink tea, and talk about death. This event has no agenda and participants guide the conversation. This is not a grief support group, but a way to further the cultural conversation about the one thing everyone has in common. Free. Contact Meryllynne at 395-9660; mrush@lifespandoulas.com or lifespandoulas.com.

End-of-Life Doula Training and Certification with Meryllynne Rush and Patty Brennan • Friday-Sunday, Feb. 1-3 • This dynamic workshop encompasses how to provide comfort and support to the dying person and their loved ones in the final days and weeks of life. Doulas provide resources, education, and companionship for the dying and their caregivers as they fill in gaps in hospice care and medical support systems. \$610, \$550 by Jan. 1. Contact Meryllynne at 395-9660; support@lifespandoulas.com or lifespandoulas.com.

Death Coaching in the Tibetan Tradition with Lama Nancy Burks • Saturday, Mar. 9, 2-5 p.m. • The Tibetan Buddhist tradition has a comprehensive catalog of practices aimed at helping the dying make their transition. Lama Nancy will review a variety of ways you can help the person or animal who is facing death or has already passed away, including the provision of spiritual comfort before death, recommendations for handling the body, and the practices for the traditional 49-day “bardo” or transition period following death. She will also explain which practices would be most appropriate, depending on the beliefs of the dying person and your own spiritual experience. \$20. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Dreamwork

Quantum Dreaming: Shamanic Dreaming, New Science, and Ancient Keys to the Multidimensional Universe with Robert Moss • Saturday-Sunday, Mar. 9-10 • Learn the skills of Active Dreaming and bring these powerful techniques together with ancient wisdom and new science. Then you’ll be ready to practice quantum dreaming, become a full citizen of the multidimensional universe, and be present at the creation of your world. \$325-375. Contact Julie at 478-0160; info@dreamingjulie.com or mossdreams.com.

Drumming

Drumcommunity Circle with Lori Fithian • Certain Wednesdays, 7 p.m. in the Crazy Wisdom Community Room • January 24, February 14, March 21, April 23 • Get your hands on a drum and add your sounds and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Contact 426-7818; lorifithian@mac.com or drumcommunity.com.



Energy Healing

Self-care Qigong with Wasantha Young • Jan. 7-Apr. 11; Mondays, 9-10 a.m.; Tuesdays and/or Thursdays, 6-7 p.m. • Learn energy work, meditation, self-acupressure, and energy movement systems that support and nurture the integration of the mind/body/spirit. \$195. Contact Wasantha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Psychic Sunday with Body Works Healing • Sunday, Feb. 10, 12-4 p.m. • Join us for a special day incorporating the intuitive side of healing. Gain insight and clarity into life’s most important issues and challenges. Experienced readers tap into and communicate with spirit guides, angels, loved ones, or teachers to give healing or helpful messages. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Chi Clinic with Samo Joanna Myers and Pastor Alexis Neuhaus • Monday-Friday, 2-3 p.m. • The Chi Clinic supports individuals in person or remotely, five times a week for an hour a day, to help them feel centered, rested, focused, and energized. \$100/month (first week free). Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or chclinic.org.

Enneagram

Relax Your Ego, Let the Light Shine Through with Su Hansen • Saturday, Apr. 6, 1-5 p.m. • In this class we will get to know our ego; its view, patterns, and stories, and how it tries to protect us and how it limits us. With a little knowledge from the enneagram as our guide, we will learn ways of relaxing our ego structure and letting our true self shine through. \$40. Contact Su at 417-8397; su@suhansen.com or suhansen.com.

You’ve got to have rules to live by,
and one of mine is always say yes.
Put yourself in danger of something
amazing happening to you.

~Tom Bilyeu

Exercise and Fitness

Feldenkrais® Awareness through Movement®: “Stringing the Nine Pearls” with Joanna Myers • Sundays, 4:30-5:30 p.m. • This Feldenkrais® class guides you through your own exploration of how your body moves, and is informed by Samo Myers’ Tai Chi expertise, especially as it relates to your “nine pearls”, or nine major joints. When we sense the parts of us that are stuck and learn how to move them, we feel flow in our bodies and agency in our lives. This is an extraordinary tool for those seeking to improve their performance, or to find relief from physical pain and discomfort. \$65/month or \$25/drop-in. Contact Joanna at 395-8486; samomyers@sunshen.org or sunshen.org.

Film

Free Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Enjoy a film followed by discussion about dharma and film. Free. Concessions available. Contact Jewel Heart at 994-3387; annarbor@jewelheart.org or jewelheart.org.

• **Jan. 25 • Coco (2017) •** A vibrant tale of family, fun, and adventure as young Miguel embarks on an extraordinary journey to the magical land of his ancestors. There Miguel uncovers the mysteries behind his family’s stories and traditions.

• **Mar. 29 • Zachariah (1971) •** This outrageous western about two thrill-seeking cowboys who set out for adventure and join up with outlaws. But as two friends are seduced by their own ambitions, a deadly rivalry grows between them, and they struggle to find a path to peace, before they lose their friendship.

• **Apr. 26 • Brewster McCloud (1970) •** Robert Altman’s wild, anarchic cult favorite isn’t about dreams as much as it is about the highs and lows of humanity. Ah, Love. The one thing that at once shapes and unravels us. The thing that may or may not give us wings.

Fundraisers

Friends of the Ann Arbor District Library Book Sale • Feb. 23, 10 a.m-4 p.m.; Feb. 24, 1-4 p.m. • Come get a bag of books! Small bags \$4, large bags \$5, IKEA bags \$10! Lots of good books ready to find their new homes. Free. Contact FAADL at 302-7774; faadldirector@gmail.com or faadl.org.

Friends of the Ann Arbor District Library Book Sale • Apr. 25, 10 a.m-4 p.m.; Apr. 26, 1-4 p.m. • Special sale featuring some of our best books! Books generally range from \$3-10. Often featuring rare and valuable books. Free. Contact FAADL at 302-7774; faadldirector@gmail.com or faadl.org.

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 112.

Healing

Healing with Wands: Free Class and Trunk Show with RA Moonhawk and Sonya Begonia at Crazy Wisdom • Saturday, Jan. 19, 4-8 p.m. • Master wand maker RA Moonhawk shares his wisdom of alchemy with you. A brief introduction to the history of wands and then right into the good stuff - how to use wands for meditation, healing/energy work, dream work, and the like. Session will include demonstrations and lots of time for questions from the crowd. Free. Contact Sonya at 224-535-8488; rmoonhawkwands@gmail.com or facebook.com/rmoonhawkwands.

D.O.V.E (Divine Original Vibration Embodiment) Workshop with Karen Greenberg • Fridays, Jan. 11, 18, 25; or Feb. 1, 8, 15; or Mar. 1, 8, 15; or Apr. 5, 12, 19, 10 a.m.-6 p.m. • Learn to identify and repattern your client's limiting beliefs, thoughts, and attitudes. Assist your client in expressing any commensurate low-vibrational emotions using multiple methods. If Fridays do not work for you, special arrangements can be made. \$777+materials/three-class session. Contact Karen at 417-9511; krngnbg@gmail.com or clair-ascension.com.

Chi-Do/Harmony of Energy with Wasentha Young • Jan. 12, Feb. 9, Mar. 9 • The fundamental techniques of Chi-Do are a combination of mindful stretches, movement, self-massage, healthy boundary setting, and meditation. These techniques support the health of the muscular, nervous, cardiovascular, digestive, respiratory, and immune systems as well as interactive communication. Participant must be 18+. Register by Jan. 1 and receive \$50 off. \$250. Contact Wasentha at 741-0695; wasentha@peacefuldragonschool.com or wasentha.com/self-care-practices.

Healing Night with the Lighthouse Center • Second Thursdays, 7:30-9 p.m. • Meditation followed by Reiki healing. Love offering. Contact Prachi at 417-5804; prachi17@gmail.com or lighthousecenterinc.org.

The Weekly Word for Healing and Ascension Blog with Eve Wilson • Fridays • Practical and spiritual support for riding the waves of change on planet Earth with skill. The latest information and tools for responding effectively and finding joy, ease, and confidence in the process— a hopeful way to finish your week. Free. Contact Eve at 780-7635; ewev@spiritualhealers.com or spiritualhealers.com.

Herbs, Plants, and the Garden

The Wonders of Plants and Soil with David Hall at Crazy Wisdom • Wednesday, Mar. 13, 7-8:30 p.m. • Did you know plants are able to feel pain, have memory of people, and can communicate in a variety of ways? How many living organisms are in one shovel scoop from your property? Come to learn how to develop a more sensitive, dynamic relationship with our Earth, the ground below us, and the plants our lives are so interrelated with. Free. Contact David at 994-9174; or innerouterservices@gmail.com or peoplesfood.coop.

Permaculture Seasons: Winter with David Hall • Tuesday, Jan. 22, 7-8:30 p.m. • What do we do with ourselves in the dark and snowy times of Michigan? For the gardener, Horticulturist, and practitioner of permaculture there is an incredible amount we can still do while the land is more dormant. Come to have a dialogue and create a great list of activities to make the most of winter. Free. Contact David at innerouterservices@gmail.com.

Medicinal Herbalist Certification Course with Gaia Staff • Begins Mar. 30 • 15th year of this seasonal series packed with hands-on guidance, exercises, lecture, demo, sensory experiences, field ID walks, medicine making teachings, and more from practicing clinical herbalists/naturopaths within an Herb Lab and working Apothecary setting with nearby access to 800 private wildlands and established gardens. \$950. Contact Mary at 769-7794; nshaassociates@gmail.com or gaiaherbalstudies.net.

Holistic Health

Introduction to Pal Dan Gum Qigong with Antonio Sieira • Wednesdays, Jan. 9, Mar. 13, 10:30-11:30 a.m., Feb. 13, Apr. 10, 6-8 p.m. • Learn the eight silken movements used for thousands of years to promote radiant health and cure diseases. A moving meditation where the body learns to move in a mindful and graceful way that releases stress, clears the mind, and re-energizes the body. \$20/hour. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, Mar. 3, 12-8 p.m. • Learn a myriad of tools and techniques to raise your vibration and sustain it. Tools include sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, personal prayers, gratitude, breathing, drumming, movement, and many more. \$125. Contact Karen at 417-9511; krngnbg@gmail.com or clair-ascension.com.

The History of Hemp with Clinton Zimmerman • Thursday, Mar. 7, 7-8:30 p.m. • It is astonishing to see how eco-friendly and widespread the uses of hemp can be. Hemp was probably the earliest plant that was cultivated for textile fiber, dating back to 8000 B.C.E. It has played roles in history surrounding war, religion, exploration, racism, the industrial revolution of the 1930s, and the drug culture of modern day.

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We will explore the history of this dynamic plant, how it has contributed to shaping our history, and why it is a cash crop for humanity and the future of this planet. Free. Contact Clinton at 994-9174; marketingasst@peoplesfood.coop or peoplesfood.coop.

Local Apothecary and Free Herbal Clinic with the Ann Arbor School of Massage, Herbal, and Natural Medicine • Tuesdays, 9 a.m.-2 p.m. • Locally made apothecary goods available at sliding scale cost. Free herbal clinic consults. Appointment or walk-ins. Contact Grace at thirdcoastherbal@gmail.com.

Holistic Health and Eco Pop-Up with the Ann Arbor School of Massage, Herbal, and Natural Medicine and Third Coast Herbal Collective • Second Saturdays, 10 a.m.-4 p.m. • Kid friendly winter pop-up series centered around holistic health of body, mind, and land. Featuring Earth conscious vendors and products, rotating eco friendly DIY make-and-takes, free tea station, and opportunities for natural health consults. Free. Contact Grace at thirdcoastherbal@gmail.com or naturopathicschoolofannarbor.net.

Hypnosis

Introduction to Self-Hypnosis with Conrad Welsing • Wednesdays, Apr. 17, 24, 6:30-8:30 p.m. • Whether you've always wanted to conquer a fear that's been holding you back, or you're looking to try an alternative form of relaxation, self-hypnosis could benefit you. All it takes is an open mind and a readiness to create change for yourself. Come to learn and practice self-hypnosis techniques in this workshop. We'll discuss the applications and opinions of others. Find the power to change you. Washtenaw Community College, course HSC 4430. \$39. Contact 677-5060; cwelsing@wccnet.edu or wccnet.edu/economic-development.

Intuitive and Psychic Development

Drop-In Intuitive Readings with Marcella Fox • Second and Fourth Sundays, 12-3 p.m. at Crazy Wisdom ☎ \$1.50/minute. No appointment necessary. Contact 717-8513.

Teleconference: Psychic Psychology Women's Group with John Friedlander • Tuesdays, Jan. 1, Feb. 5, Mar. 5, Apr. 2, 8-9 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$12.50. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Focused Mind Meditation with John Friedlander • Sundays, Jan. 6, Feb. 3, Mar. 3, Apr. 7, 9 a.m.-12 p.m. • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability; as well as a whole new level of mental clarity and spiritual openness. \$15. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Clearing Energy Levels Where Emotions Transition into Physicality with John Friedlander • Wednesdays, Jan. 16, Feb. 20, Mar. 20, Apr. 17, 8-9 p.m. • Meditation exercises releasing/clearing energies in the levels of the aura. \$12.50. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Kundalini Meditation and Clearing with John Friedlander • Tuesdays, Jan. 22, Feb. 26, Mar. 26, Apr. 23, 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. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.



Drop-in Secular Mindfulness Meditation Sessions

Free; appropriate for new and experienced meditators
Led by experienced mindfulness meditators
No registration required



Being in Tune

Tuesdays, 12-12:30, The Ark, 316 So. Main St.
Organized by Mindful City Ann Arbor,
<https://www.mindfulcityannarbor.org/>
Contact: Lynn Sipher, lynnsipher@gmail.com

Saline Open Meditation

Tuesdays, 11 am – 12 pm, Center for Education and Innovation
(former St. Joe's building), 400 W. Russell St.
Contact: Paulette Grotrian, mindfulnesswithpaulette@gmail.com

Ann Arbor Open Meditation

Thursdays, 7:30-8:30 pm, Lotus Center, 2711 Carpenter Rd.
Website with schedule: aaopenmeditation.com; also on FB.
Contact: Libby Robinson, libbyrobinson7@gmail.com

Ypsilanti Open Meditation

Fridays, 11 am – 12 pm, Downtown Ypsilanti Public Library,
229 W. Michigan Ave.
Contact: Joya D'Cruz, dacruzjoya@gmail.com



Intuitive and Psychic Development (cont.)

Winter Webinar/Teleconference: Exploring Core Techniques and Advanced Material with John Friedlander • Jan. 24-27 • New material introduced with continued development of advanced material and core techniques seeking a natural sense of skills for everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or instructor's permission. \$275. Contact Gilbert at gchoud@yahoo.com or psychicpsychology.org.

Spring Intensive 2019 with John Friedlander • Saturday-Sunday, Apr. 13-14 • In-person seminar where we delve into newer meditative areas and explore topics outside John's core curriculum. Expect powerful healings and growth in skills for everyday use. Available as a teleconference. Prerequisite: Level 1, CD, or instructor's permission. \$275. Contact Violeta at 476-1513; mvaviviano@gmail.com or psychicpsychology.org.

Iridology

Iridology Readings/Iris Analysis with Natural Medicine Staff of Naturopaths • Multiple dates • Constitutional iris analysis gives internal ecology information and guidance for diet, herbs, and tissue strengths and weaknesses. \$30. Contact 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Kabbalah

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Evening Course begins Thursday, Jan. 31, 7-10 p.m.; Daytime Course begins Thursday, Jan. 31, 10 a.m.-1 p.m. • Three-hour workshop meets once a month for about a year. An ordered, systematic approach to develop and balance all the important areas of life. Turn resistance energy into creative energy. Monthly rates: \$137/person general session; \$150/person two-person session; \$120/hour private session. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.



Love and Relationships

Kabbalah for Couples with Karen Greenberg • Begins Sunday, Jan. 13, 12:30-2:30 p.m. • Not couples therapy, but for good relationships that both parties are willing to improve. Two-hour sessions, once a month, for about a year to allow couples to get more work done over a shorter amount of time. \$205/session if either participant has taken Beginning Kabbalah. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • Sunday, Mar. 17, 1-6 p.m. • Identify your ideal mate's qualities and enhance these with the richness of group input. Learn how to use ceremony, meditation, chants, movement, and more to remove blockages, work through fears and issues, and learn to trust the Divine Order and Timing. \$125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Massage Therapy

Insights: Studying Massage, Herbal, and Natural Medicine with the Naturopathic School of Ann Arbor • Multiple Dates • Welcoming anyone interested in these fields to visit the school and an ongoing class, learn about the work, professional possibilities, and enrollment requirements. Free. Contact Mary at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Intern Clinics for Bodywork, Reflexology, and Polarity with the Ann Arbor School of Massage Staff • By Appointment • Services are a full one-hour appointment, integrating massage, bodywork, reflexology, and energy balancing as to client need and preference. No tips accepted. \$30/session. Contact AASM at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Medical Cannabis

Medical Cannabis Support Group with Evan Litinas and Lisa Conine • Last Sundays, 4:30-6 p.m. • Are you interested in learning more about the benefits of using medicinal cannabis? This group offers an opportunity to meet others in the cannabis community as well as ask questions about methods of administration, cannabis policy and reform, and many others. Free. Contact Lisa at 369-8255; lisa@omofmedicine.org or omofmedicine.org.

Medical Intuition

Become a Medical Intuitive - Seeing with X-Ray Eyes with Tina Zion • Mar. 8-10 • Tian Zion wants you to succeed as a skilled medical intuitive. Join her for a hands-on Medical Intuition workshop. This class is for lay people, medical practitioners, energy healers, practicing psychics and mediums, and anyone who wants to develop their intuitive abilities. This is an experiential program without any performance anxiety. It includes presentations and hands-on experience. \$474/by Feb. 8; \$520/after; \$420/repeat students. Contact Michaelene at 248-238-3083; workwithlight@yahoo.com or tinazion.com.

Knock, And He'll open the door
Vanish, And He'll make you shine like the sun
Fall, And He'll raise you to the heavens
Become nothing, And He'll turn you into
everything.

~Jalal Ad-Din Rumi

Meditation

Mastering Meditation with Kapila Castoldi at Crazy Wisdom • Sundays, Feb. 10, 17, 24, 1-3 p.m. • Introductory Meditation series offered by the Sri Chinmoy Centre. Topics include quieting the mind, relaxation, breathing, chanting techniques, meditations on the heart, exploring a meditative lifestyle, awakening inner awareness, bridging the inner and outer world. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.

Exploring Meditation with Kapila Castoldi at Crazy Wisdom • Sundays, Mar. 17, 24, 31, 1-3 p.m. • Three-week introductory meditation series offered by the Sri Chinmoy Centre. Topics include: mantras, music, visualization, and breathing techniques. Free. Contact Kapila at 994-7114; castoldi@oakland.edu or meditationannarbor.com.



Lisa Gottlieb has lived and worked in Ann Arbor for the last 40 years. She has worked for the last 18 years as a school social worker for Washtenaw Intermediate School District in the Court Involved Youth Program, where she initiated the facility's first vegetable gardens, and teaches yoga and mindfulness. Lisa is a co-founder of Selma Cafe, a non-profit local food and breakfast party that supports sustainable agriculture. Lisa is passionate about compassionate-nonviolent communication and is deeply invested in supporting individuals, couples, and families by teaching skills and offering tools to bring more ease, peace, connection, and empathy into their lives. She also works with small businesses, nonprofit and faith-based organizations. You can learn more about Lisa by visiting her website, lisagottlieb.com, sending an email to nvclisagottlieb@gmail.com, or by giving her a call at 734-417-1144.

Pure Meditation Foundation Course with the Self Realization Meditation and Healing Centre • Tuesday, Jan. 1, 3 p.m. • Find inner peace. Of value in all walks of life. Helps you to be in charge of how you feel. Takes only a few minutes every day. \$60. Bursary may be available. Contact the Self Realization Meditation and Healing Centre at 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Open House with Ema Stefanova • Jan. 5 • Come to meet the teacher of meditation at Ann Arbor Yoga and Meditation. Learn about meditation. Free. Contact Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

I Want to Meditate, But... with Su Hansen • Saturday, Jan. 12, 9 a.m.-12 p.m. • You've thought it would be good to meditate, but somehow it's never worked for you. In this class we will explore what really gets in the way of regular practice and learn how to make it a part of your everyday life. \$40. Contact Su at 417-8397; su@suhanzen.com or suhanzen.com.

Day of Mindfulness Meditation with Esther Kennedy • Saturday, Jan. 12, Feb. 16, Mar. 16, Apr. 13, 10 a.m.-2:30 p.m. • Monthly mindfulness meditations with a different focus each month. Mindfulness helps us to cultivate the calm within our own being and to experience silence as a warm embrace. \$30 includes lunch. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

Winter Retreat - A Day of Mindfulness and Silent Meditation with the Ann Arbor Center for Mindfulness • Saturday, Jan. 12, 10 a.m.-4 p.m. • Join us for a quiet day of guided mindful sitting, movement, and eating meditations. \$50. Scholarships available. Contact Claire at 926-9525; info@aacfm.org or aacfm.org.

Introduction to Meditation with Lama Nancy • Saturday, Jan. 12, 2-4 p.m. • Whether you're interested in meditation as a spiritual path, or simply for its benefits to reduce tension, stress, and increase positivity, this class will help you begin your practice. The session will include instruction, meditation practice, and discussion. Free. Donations welcome. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Group Singing Bowl Bath with Antonio Sieira • Tuesdays, Jan. 15, Feb. 12, Mar. 12, Apr. 9 6-7:30 p.m. • Experience sound and vibrations from 21 bowls to promote health, spiritual wellbeing, and prevent illness. Free blocked-up energy, calm the mind, delight the body and the emotions as you bathe in the rich harmonics of the individual voices of these beautiful bowls. \$20. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Day of Meditation with Jewel Heart • Saturdays, Jan. 19, Mar. 9, 8:30 a.m.-6 p.m. • Meditation is an essential tool that helps develop peace and joy as well as the power to deeply understand wisdom. This day of meditation, open to all experience levels and offered according to the Tibetan Buddhist tradition, will include practice sessions with light guidance. Free. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org.

Reflective Meditation for Worriers with Erica Dutton • Series of four Tuesdays, Jan. 15-Feb. 5, 6-8 p.m. • Most of us worry about something. While meditation can claim to help many things, developing positive mind states has been highly researched. This series of online classes will teach you a unique combination of mindfulness, insight, and awareness practices to help reduce worrying. \$100. Contact Erica at 417-4385 or eld0306@yahoo.com.

Overnight Introductory Meditation Courses with Zen Buddhist Temple • Friday-Saturday, Jan. 25-26, Mar. 29-30 • Geared towards out-of-towners or those who cannot make the Thursday night services, this overnight meditation practice is to introduce participants to meditation. \$160. \$120/students. Includes accommodation and breakfast. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Mindfulness Half Day Retreat with the Michigan Collaborative for Mindfulness in Education • Saturday, Jan. 26, or Feb. 9, 8:30 a.m.-12:30 p.m. • The morning will be spent silently while engaged in guided mindfulness based meditation practices. This retreat can be enjoyed by experienced practitioners as well as those who have only recently begun exploring a regular meditation practice. \$35. Contact Rita at info@mc4me.org or mc4me.org.

World Peace Chanting Service with Zen Buddhist Temple • Monday-Saturday, Feb. 4-9 • A week-long kido chanting service for repentance, peace of the world, and happiness for all beings. Open to all. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Open Meditation with Lama Nancy Burks • Saturday, Feb. 9, 2-3 p.m. • Join us for an afternoon open meditation. Nonsectarian, with no chanting or prayers. Just a quiet sitting meditation with a brief stretch break halfway through. Free. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Myriad of Meditations with Karen Greenberg • Sunday, Feb. 10, 10 a.m.-8 p.m. • Learn a myriad of meditation techniques and discover which ones resonate with you. \$125. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Saturday and Sunday, Feb. 16 and 17, 12-6 p.m. • Learn to travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life. Become more deeply connected with ten different aspects of G-D and learn how to connect to the different energies of each aspect. \$222. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

One-Day Zen Meditation Retreat with Zen Buddhist Temple • Saturdays, Feb. 16, Apr. 20, 9 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest--an interval of deepening, of slowing down, silence, and mindfulness. \$60 includes lunch. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.



Meditation (cont.)

A Day of Silence and Meditation Practice with the Michigan Friends Center led by Carol Blotter • Saturday, Mar. 2, 9 a.m.-4 p.m. • This retreat is an opportunity to enjoy the quiet of the country while practicing sitting and walking meditation. Beginners will have break-out instruction while experienced meditators can be in silence all day or anywhere in between. This retreat is a fundraiser for the Michigan Friends Center. Suggested donation \$30. Preregistration requested. Contact Carol at 475-0942; cb.meditate@gmail.com or mfcenter.org.

Pure Meditation Course including Raja-Kriya Yoga with the Self Realization Meditation and Healing Centre • Mar. 3-9 • This is the ultimate course for the whole being. Realize the God-Within and bring love, peace, joy, and fulfillment to all aspects of your life. It can help you learn how to master your mind and energies in today's challenging world. Contact the Self Realization Meditation and Healing Centre at (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Mindfulness 2 - Four Foundations of Mindfulness with Jewel Heart • Wednesdays, Mar. 6, 13, 20, 27; Apr. 3, 10, 17, 24, 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our our experience. While this course is open to all, it is recommended to follow Mindfulness 1 - Clarity and Insight through Meditation. Free. Donations welcome. Contact Jewel Heart at 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Spring Equinox with Esther Kennedy • Sunday, Mar. 17, 3:30-4:30 p.m. • At Equinox time the Sun's rays directly beam planet Earth. Spring sunlight revitalizes the soil, air, plants, animals, and us humans. May we listen, see, and sniff the re-birth of green life pushing its way through Earth. Let us welcome the ever-growing light and coming beauty and grace of Spring. Free. Open to all. Contact the Weber Center at (517) 266-4000; webercenter@adriandominicans.org or webercenter.org.

It does not matter how long you are spending on the earth, how much money you have gathered or how much attention you have received. It is the amount of positive vibration you have radiated in life that matters.

~Amit Ray

Mindfulness of Breath Sutra with His Holiness Drikung Kyabgon • Friday, Mar. 22 • Taught by the Buddha himself and carried on in all Buddhist traditions to this day, mindfulness of breath is a profound practice in its own right. Being anchored on the breath allows us to observe the state of our mind, emotions, and physical sensations. \$65/Jewel Heart members. \$75/non-members. Contact Kathleen at 320-2720; kathy@jewelheart.org or jewelheart.org.

Open Meditation with Lama Nancy Burks • Sunday, Mar. 31, 1-2 p.m. • Join us for an afternoon open meditation. Silent sitting meditation with Refuge and Dedication prayers. Free. Contact Lama Nancy at lamanancy@annarborktc.org or annarborktc.org.

Sunday Online Meditation from Anywhere with Celeste Zygmunt • Sundays, 11 a.m.-12 p.m. • Join others from far and near for this live-streaming Sunday meditation. All you need is a willingness to observe with kindness the expressions of the self and to be open to ever-present pure awareness. You must sign up for the email list to get the weekly link to join. Donation. Contact Tana at 477-5848, om@deepspring.org or deepspring.org.

One-Day Silent Meditation Retreat with Triple Crane Monastery • Fourth Sundays, 9 a.m.-5 p.m. • Spend a day away from hectic city and find inner peace and relaxation at suburban monastery. Retreat starts with 30 minutes stretching followed by intervals of one-hour sitting meditation and 30 minutes of walking meditation/yoga. Discussion and Q&A. Light lunch included. Free. Contact Winne at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

SUN SHEN Nei-Gong with Pastor Alexis Neuhaus • Mondays, 5:50-7 p.m. • Comprehensive system of meditation practices to build awareness and allow you the ability to harness and cultivate your own energy system and mind. You will learn how to increase your energy, balance your energy system, increase your energy flow and relaxation, and experience greater pleasure. \$55/month. \$17/drop-in. Contact Joseph at 531-8796; info@sunshen.org or sunshen.org.

Open Mindfulness Meditation Practice with Antonio Sieira • Tuesdays, Thursdays, 6-7 p.m. • Calm your mind and come into peace. Includes mindfulness, Tibetan singing bowls, Metta meditation, discussion of philosophy, science, and spiritual basis of meditation. \$15/class or six/\$60. Contact Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Meditation with Triple Crane Monastery • Tuesdays, 6-7:30 p.m.; Thursdays, 10-11:30 a.m. • Twenty minutes of stretching, 45-60 minutes sitting, followed by a short discussion. Open to all backgrounds and levels. Free. Donations welcome. Contact Winne at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

Drop-in Meditation with Atmaram Chaitanya • Tuesdays, 7:30-9:30 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation. Begins with chanting and a 20-minute silent meditation, followed by group discussion or contemplation. Concludes with refreshments and social time. Free. Donations welcome. Contact Atmaram at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Ypsi Sits: Tuesday Night Meditation with Jenna Zusei Hirschman and Charles Yugen Stuart • Tuesdays, 7:45-9 p.m. Beginner Instruction by request, 7-7:45 p.m. • Practice seated and walking meditation in the Soto Zen style and chant the Heart Sutra and Bodhisattva Vows in English. Beginners who are new to Zen and/or meditation are welcome. Free. Contact Jenna at 834-5070; jenna.hirschman@gmail.com or facebook.com/ypsi.sits.

Introductory Zen Meditation Course with Zen Buddhist Temple • Five Thursdays beginning Jan. 10, Feb. 21, Apr. 4, 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, work with the breath, meditation postures, concentration, and mindfulness practice. \$160. \$120 students. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Ann Arbor Open Meditation with Libby Robinson and others • Thursdays, 7:30-8:30 p.m. • Drop-in secular mindfulness meditation session suitable for those with and without meditation experience. Format is two 20-minute sittings, the first guided and the second silent; some discussion and Q&A in between. No registration required. Donation requested. Contact Libby at 476-3070; libbyrobinson7@gmail.com or aaopenmeditation.com.

Siddha Yoga Satsang: Chanting and Meditation with Siddha Yoga Meditation Center • Thursdays, 7-8:30 p.m. • Please join us for an evening including a reading, video, or audio teaching. Then we chant and meditate. All are warmly invited. Free. Contact Dunrie at 276-0318; symcannarbor@gmail.com or symcannarbor.org.

Ypsilanti Open Meditation with the Ypsilanti District Library • Fridays, 11 a.m.-12 p.m. • Meditation encourages and develops concentration, clarity, emotional optimism, and positive ways of being. Weekly drop-in meditation offered at the Michigan Ave branch of the library. Free. Contact Gillian at ggainsley@ypsilibrary.org or ypsilibrary.org/events.

Saturday Silent Meditation with Triple Crane Monastery • Saturdays, 8:30 a.m.-12:30 p.m. • Start with 30 minutes of stretching and three 50-minute sets of sitting meditation with ten minutes of walking in between. Free. Contact Winne at 757-8567; triple.crane@huayenworld.org or www.huayenworld.org/usa.

Movement and Dance

Dances of Universal Peace with Judy Lee Trautman and Drake Meadow • First Fridays, 7-9 p.m. • Originating in the 60s in San Francisco by Sufi teacher Samuel Lewis to celebrate the world's religions through simple folk dance steps. The dances, a form of moving meditation, require no partner or experience. \$5 donation. Contact Judy at 419-475-6535; jltrautman@sbcglobal.net or peaceanddance.multifaithjourneys.org.

Modern Improvisation for Movers over 50 with Arts in Motion • Wednesdays, 10-11:30 p.m. • A gentle class for non-dancers and dancers alike. The class includes modern dance technique with some yoga influence as well as improvisation in groups with other dancers or solo. Class can be adapted for physical restrictions. \$76/four classes. Contact Amanda at 222-6246; info@artsinmotion.net or artsinmotion.net.

Music, Sound & Voice

Guitar Club for Adults with the Ypsilanti District Library • Saturday, Jan. 12, 10-11 a.m. • Guitar Club is for guitar players of all levels and ages (18+). We teach each other songs, listen, collaborate, and learn to play guitars together. Acoustic, electric, and other guitar types are welcome. We meet twice a month at the Michigan Ave branch of the library. Free. Contact Gillian at ggainsley@ypsilibrary.org or ypsilibrary.org.

Sacred Sound Bath with Mark and Roberta Maxwell • Fridays, Jan. 25, Feb. 15, Mar. 22, Apr. 19, 7:30 p.m. • Part meditation, part immersive listening experience, and part sublime relaxation therapy. We use crystal and Tibetan singing bowls, gongs, and other instruments to provide our sound bathers with a deeply beautiful, relaxing, and meditative experience. \$20. Contact Mark at 1-800-599-8920; mark@sacredsoundbath.org or sacredsoundbath.org.



A Legacy of Healing

The *Healing Touch* Modality Offers Energy Healing Endorsed by Holistic Nurses

By Hattie Peraino

Healing Touch is an energy healing modality which has grown nationwide over the last decades. Represented around the world, and endorsed by the American Holistic Nurses Association, *Healing Touch* uses a gentle, light, or off body touch to balance chakra energies, reduce pain, and relieve mental and physical stress. It is a holistic model of care, working in tandem with modern medical practices, which encourages the client to participate in their own healing process. The practitioner is 'the straw', channeling high vibratory energy to the client for their highest and greatest good.

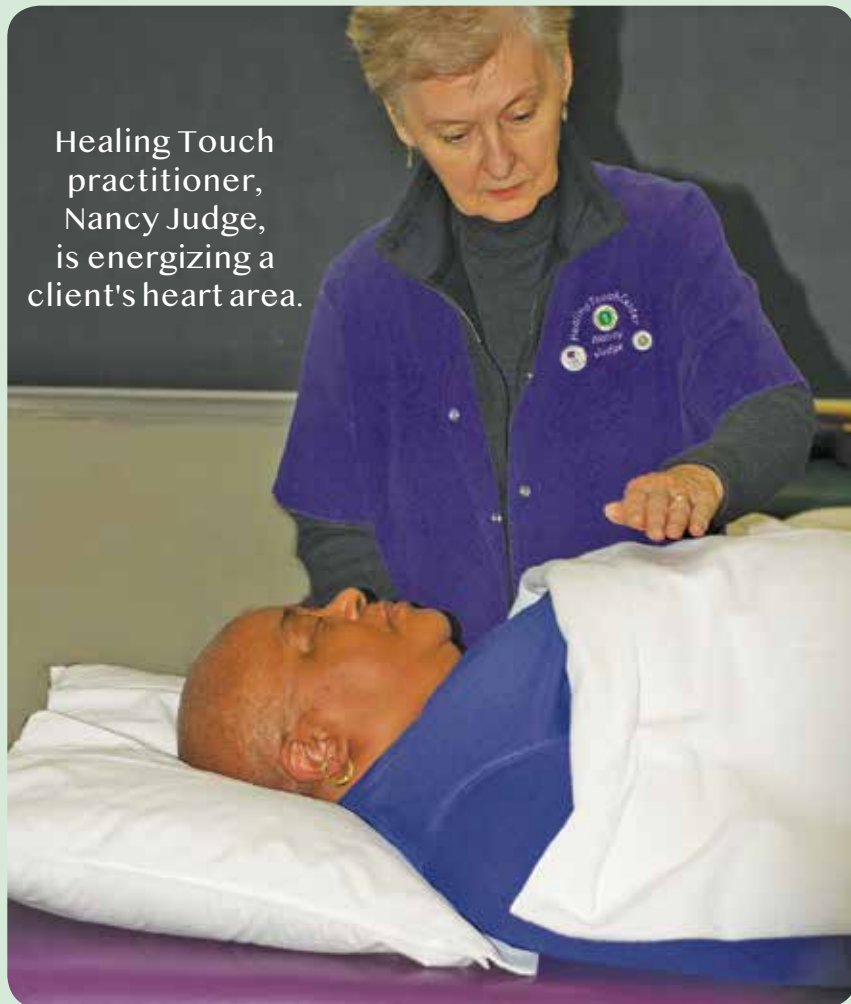
During each session, practitioners gently work to smooth and balance the client's energy field in order to reenergize chakras and support the client's inherent ability to self-heal. A pre and post interview provides the practitioner with specific information from the client in order to ensure the best outcomes. Often a client relates stories of personal loss, sources of stress, or the presence of physical pain. This information sets the context for the treatment but the healing techniques will always be directed by the flow of energy that the practitioner senses when working in the client's field. During the post interview clients may relate that they have seen colors, felt the release of congested energy, or experienced a renewed sense of inner peace and balance.

Once the benefits of *Healing Touch* are experienced, the energy starts to flow in many directions and the client is inspired to give back. The circle of giving and receiving begins to manifest.

Many practitioners start out as clients. When a client receives treatment, a sense of renewed well-being is most often the outcome. After several treatments, the client frequently becomes interested in sharing their story and helping others, whether it's family members, friends, coworkers, or even their pets! Once the benefits of *Healing Touch* are experienced, the energy starts to flow in many directions and the client is inspired to give back. The circle of giving and receiving begins to manifest.

The leading *Healing Touch* locale in this region is the *Healing Touch* Center in Farmington Hills, which has been offering healing sessions to the general public for two decades, providing those who enter its serene healing environment the opportunity to balance their body, mind, and spirit.

All of the work done at the Center in Farmington Hills is by volunteer practitioners. A number of *Healing Touch* practitioners offer sessions within the Ann Arbor community. Some serve as nurses in the U-M hospital system and are currently doing research on the benefits of *Healing Touch* in order to make sessions readily available to both patients who are undergoing hospital care, and family members who are supporting patients through treatment. *Healing Touch* is now offered to veterans in the Ann Arbor Hospital setting and at a number of hospice and outreach facilities. As Deepak Chopra said, "The universe operates through dynamic exchange... giving and receiving are different aspects of the flow of energy in the universe."



Healing Touch practitioner, Nancy Judge, is energizing a client's heart area.

Evolved from the organization founded in 1996 by Janet Mentgen, RN, *Healing Beyond Borders* is a nonprofit professional organization, offering a rigorous education program which certifies *Healing Touch* practitioners. Students participate in five levels of classes which train them in the techniques and ethical practice of this healing modality. The process takes approximately two years to complete and includes reading and reviewing fifteen books related to healing techniques and the philosophy of energy healing, personally receiving and assessing the value of ten different alternative healing modalities and offering and charting treatments for 100 clients. A mentor guides and advises the student through this process in order to encourage the novice healer to develop higher awareness, skills, and focus.

Healing Touch offers a wide variety of methods to clients, which are tailored to each individual's situation. Techniques are available to prepare the body for the best outcome pre/post-surgery, to reduce mental stress and mind clutter, to remove toxins from the body, particularly after chemotherapy treatments, and, of course, to ensure on-going self-care.

Healing Touch uses a gentle, light, or off body touch to balance chakra energies, reduce pain, and relieve mental and physical stress.



Healing Touch practitioners, Nancy Judge and Karen Matherly.

Over 70 *Healing Touch* practitioners will gather together at the Center in March to celebrate its 20th birthday, and the legacy of healing that has been created. As the circle of giving and receiving expands, this life affirming work continues.

For more information on the *Healing Touch* Center in Farmington Hills go to healing-touchcenter.info or leave a voice message at 248.788.5808 to schedule an appointment. To learn more about *Healing Beyond Borders* visit www.healingbeyondborders.org.



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Winterfest! Fundraising Concert with Gemini • Saturday, Feb. 23, 7:30-9 • Come hear a concert from the nationally recognized Gemini! Twin brothers San and Laz Slomovitz return to the roots of their music with their "Those Were the Days" concert. Inspired by a mix of Pete Seeger; Bob Dylan; Peter, Paul, and Mary; Joan Baez; Joni Mitchell; Simon and Garfunkel; and other similar artists. Contact the Michigan Friends Center at 475-1892; manager@mfcenter.org or mfcenter.org.

Gift of Song with the Threshold Singers of Ann Arbor • Saturday, Apr. 6, 3:30-4:45 p.m. • Experience the comfort of loving song wherever you are in life's journey. Sit or recline, close your eyes, and let our voices support you in meeting life's challenges. We welcome people of all ages and genders who are comfortable listening quietly or joining us in quiet singing. Free. Contact Karen at 531-7960; thresholdofaa@gmail.com or thresholdofannarbor.org.

First Wednesdays with Ann Arbor Kirtan • First Wednesdays, 7-9 p.m. • Ancient yogic spiritual practice of Kirtan. Sanskrit mantras, sung to beautiful melodies, supported by harmonium, Indian drums, and hand cymbals open one's heart and connection to spirit. Free. Contact Kashi Nivas at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Naturopathy

Ask the Naturopath with Nia Aguirre • Saturdays, Jan. 12, Feb. 9, Mar. 9, Apr. 13, 11 a.m.-12 p.m. • A discussion on natural health options. Different topics each month. Free. Contact Nia at 883-7513; niaaguirre.nd@gmail.com.

Nonviolent Communication

Talking with People Who Anger You with Meta Peace Team Presenters at Crazy Wisdom • Sunday, Jan. 13, 1-4 p.m. • Come join us to learn skills to deal with people who make you angry. Whether they say something racist, homophobic, or actively deny basic human decency, you can learn skills that can lead you to a useful dialogue. \$35. Contact Su at 417-8397; su@suhansen.com or suhansen.com.

Pagan Spirituality

Witches' Night Out • Second Tuesdays, 6-8 p.m. in the Crazy Wisdom Tea Room • Join the Witches as we gather, drink tea, and chat! We welcome all people who are curious, identify, or just wander into the room! We pick themes for each gathering and there is a chance to chat, learn, and simply be present. No cover. \$3.50 for a mug of Witch Brew tea with free refills. For more information call 665-2757; info@crazywisdom.net or crazywisdom.net.

Palmistry

Drop-in Palmistry/Tarot Readings with Vijayalaxmi Shinde • First and Third Saturdays, 3-6 p.m.; Second and Fourth Sundays, 3-6 p.m. at Crazy Wisdom • Using palmistry, numerology, and the art of Tarot cards divination, learn the subconsciously hidden answers to important concerns in life to guide towards positive energy, joy, peace, abundance, and health. \$1.50/minute. No appointment necessary. Contact 961-8052; vijaya_laxmi@comcast.net or positivepalmistry.com.

Personal Growth

Lunch and Learn Series with the Weber Center • Tuesdays, 12:15-1 p.m. • Lectures and discussion with lunch. Free. Contact Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

- Jan. 15 • Keeping the Body in Line
- Feb. 12 • Chili Cook-off
- Mar. 12 • Spring Fashions
- Apr. 15 • Poetry

Free Temple Gathering to Discuss Sexuality and Consciousness with Leslie Blackburn • Sundays, Jan. 20, Feb. 17, Mar. 17, 5-7 p.m. • Monthly gathering to discuss sexuality, consciousness, tantra, and more. Opening meditation followed by creating a sacred circle to make a safe space to share and ask questions. Free. Donations welcome. Contact Leslie at 313-269-6719; support@leslieblackburn.com or leslieblackburn.com.

Claiming Your Sacred Sexual Shamanic Self with Leslie Blackburn • Feb. 12-May 21 • A three-month leadership and sexual empowerment program supporting sexuality educators and somatic professionals to feel joy and clarity on their soul purpose so that we co-create a culture of love and respect for our bodies, ourselves, each other, and the planet. \$4,500. Payment plans available. Contact Leslie at 313-269-6719; support@leslieblackburn.com or leslieblackburn.com.

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Witches' Night Out AT CRAZY WISDOM

2nd Tuesday each month, 6:00 to 8:00 p.m

Join the Witches as we gather, drink tea, and chat!
We welcome all people who are curious, identify,
or just wander into the room!

We pick themes for each gathering
and there is a chance to chat,
learn, and simply be present.

\$3.50 for a mug of
Witch Brew tea with free refills.

info@crazywisdom.net
or www.crazywisdom.net





The Peaceful Dragon school has occupied the same 1000 square foot basement studio for over twenty years. It is affectionately called “the meditation cave” and ruled by warrior, and dragon charmer, Wasantha Young. Having taught in Ann Arbor for 30 years, she lectures and educates people in Tai Chi, Qigong, Meditation, and self-care practices as it relates to emotional, spiritual, and physical well-being. At the Peaceful Dragon School, she shares her in-depth knowledge of practices that nurture the human spirit, promote health, and foster respect for the balance between nature and human life. She also helps move students to a place of strength, harmony, and well-being. Wasantha was also a founding board member of the Association of Women Martial Arts Instructors. To find the warrior in you, visit her online at peacefuldragonschool.com, give the school a call at 734-741-0695, or see her Calendar listing in the Tai Chi section on page 106.

Healthy Boundaries with Karen Greenberg • Sunday, Mar. 10, 1-4 p.m. • Learn how to define “Healthy Boundaries” for and with yourself, and how to set and enforce them (without caving in), and how to respect others’ boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. \$55. Contact Karen at 417-9511; krgnrbg@gmail.com or clairascension.com.

Mending the Gaps – Why Do So Many People Feel Left Behind? • Sunday, Mar. 31, 2 p.m. • Sister Simone Campell of Nuns on the Bus headlines a social justice program presented by local RESULTS activists to raise participation and funds toward ending the worst aspects of poverty. Her lecture will address making a difference in the current political and economic climate. Refreshments and conversation with Sister Simone will follow the presentation. \$20/adults. \$5/students. Scholarships available. Contact 663-7493; resultsannarbor@gmail.com or results.salsalabs.org/sistersimone.

Deep Diving with Ho’oponopono with Robert Auerbach • Friday, Apr. 12, 7-9 p.m. • Work with this powerful Hawaiian forgiveness process to explore and release limiting life stories and the illusions of duality and separateness that lie behind them. \$30. Contact Pat at 416-5200; relax@bodyworksh healingcenter.com or bodyworksh healingcenter.com.

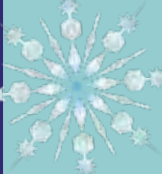
The Upside and Downside of DNA Testing with Conrad Welsing • Tuesdays, Apr. 16, 23, 6:30-8:30 p.m. • This class will explore the popular trend of DNA testing for individuals. For many this has been an end in itself. Yet there is much more one can learn and explore. In an easy to understand casual presentation, students who have taken or are considering a DNA report will explore the options and further work required to make the results even more worthwhile. Discussion and examples of current offerings will be a key component of the class. Washtenaw Community College, Refer to course #4394. \$39. Contact 677-5060; cwelsing@wccnet.edu or wccnet.edu/economic-development.

SUN SHEN One Prayer Class with Joanna Myers • Wednesdays, 6-7:30 p.m. • The One Prayer is a dynamic self-management tool, custom designed for you. It includes a system of journaling techniques, life organization, and mapping of your purpose and trajectory. This course is designed for anyone wanting a greater understanding of themselves. \$65/month. Contact Joanna at 395-8486; samomyers@sunshen.org or sunshen.org.

Prosperity and Abundance

Empowered and Abundant: Guiding you Towards Emotional Alignment with Money with Lindsay Bryan-Podvin, Christine O’Connor, Carryn Lund • Saturday, Jan. 12, 9:30 a.m.-1 p.m. • Join us for a half-day workshop designed to inspire and empower women to be more balanced in their relationship with money! Through financial psychology education, yoga, and breathwork, we will help you identify any problematic beliefs or patterns around money and tools to feel empowered and abundant in your financial life. This workshop is open to all individuals who identify as female, ages 18+. No previous experience with yoga, breathwork, or financial psychology is needed. \$75. Contact Lindsay at 224-3822; lindsay@groveemotionalhealth.com or groveemotionalhealth.com.

Socially Responsible Investing with David L Kent at Crazy Wisdom • Wednesday, Apr. 10 • Learn about socially responsible investing and how it can benefit you and the community. Free. Contact David at 810-422-7439; david.l.kent@lpl.com.



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UNDERSTANDING THE TOXINS WITHIN

an excerpt from the new book by
local author, Cindy Klement

by Cindy Klement

In the fall of 2013 I attended a lecture on health. The presenter at the time used the term 'body burden.' I assumed that the burden he spoke of was that which most of us carry, meaning either our emotional burden or the burden of excess body weight. The term stuck with me for a very long time, piquing my curiosity. As a professor I have access to thousands of peer-reviewed scientific journals through the university online library, so one day I decided to see if searching 'body burden' would yield any published research. Much to my surprise over 420,000 journal articles were immediately at my fingertips and as I narrowed the search to only the previous three years, the database still revealed over 123,000 results.

As I scrolled down through the selection I began to note that many of the articles were from prestigious journals such as *Food Additives & Contaminants*, *Environmental Pollution*, *Environmental Health Perspectives*, and *Environmental Toxicology and Chemistry*, among many others.

After downloading and reading several of the studies, I realized the term had more to do with the body's environmental chemical burden than the emotional or weight burden. The more I downloaded and read, the more alarmed I became, and I wanted to know which chemicals might be lurking silently in my body's tissues. I questioned whether or not there may indeed be some stored toxicant that could explain the idiopathic vertigo I had dealt with for almost sixty years, and as I learned more and more about the effects chemicals can have on our overall health, I was consumed.

Results of My Toxicology Testing

In March of 2014, I asked my dear friend and personal physician, Dr. Lev (Ed) Linkner, if we could run a toxicant profile using blood and urine. He told me to find the test I'd like to have and he'd be glad to order it. Genova Diagnostics offered a quite pricey Toxic Effects Profile that tested for 45 chemicals found in humans, including volatile organic compounds (VOCs), chlorinated and organophosphate pesticides, PCBs, BPA, phthalates, and parabens.

For a woman of 63 years who had been eating virtually organic since the late 1970s and had used the safest personal care and cleaning

products for almost four decades, it came as a complete surprise when the results showed I was in the 80th percentile for benzene and styrene, the 95th percentile for PCB153, and had detectable levels of DDE, phthalates, pesticides, BPA, and parabens. Being in the 95th percentile means only 5% of other individuals that were tested exceeded the level found in my body. I am not a chemist by any stretch of the imagination so I had absolutely no idea what these chemicals were, how they got into my tissue, or if I could ever get them out.

Research Commences

I researched these chemical contaminants whenever I found extra time. From March of 2014 until the end of the year, I accumulated over 1,500 studies on the topic of the body's environmental chemical burden. I read each one of them (mostly on airplanes and in hotel rooms) and highlighted notes I felt were

pertinent. I learned what the chemicals are used for, and how many millions (and sometimes billions or trillions) of pounds are produced around the world. I came to understand how we are exposed and the health effects that can occur both in humans and in the animal kingdom. With each new chemical I became increasingly concerned about the future of our children and their children. I especially worried for the millennial generation and the hardships they will face as a result of the worldwide environmental chemical contamination.

Medical Training for Environmental Medicine

In most medical training today there is a lack of information in the curriculum regarding

environmental medicine, and yet in the United States

alone it is estimated that 13% of disease is attributed to the environment, amounting to almost 400,000 deaths per year from cardiovascular disease, neuropsychiatric disorders, and cancer. Exposure to environmental chemicals is rarely even mentioned in initiatives to combat chronic diseases. Distinguished Professor Emerita at University of California Davis, Judith S. Stern, stated, "our genetics may load the gun, but our environment pulls the trigger." Health care systems are not trained to address the contribution of environmental contaminants and their effects on the health of the human body. Many clinicians are not yet even aware of the science behind toxicant bioaccumulation and related health consequences, nor how or where their patients are exposed.

Concerns Regarding Bioaccumulation

Literature on the topic of the body's environmental chemical burden promotes controversy and ongoing debates. New chemicals are introduced without first being fully tested for toxicity, only to be taken off the market when harmful effects are proven.

Bioaccumulation (slow concentrating of chemicals in the body) of chronic low-level exposure from multiple chemical sources makes it difficult to demonstrate cause and effect because most studies focus on a single chemical, although we are rarely exposed to just one contaminant. Concerns are mounting that exposure to different classes of chemicals and their breakdown products may actually enhance toxicity and intensify their effects. Different

chemicals have different health outcomes and continuous exposure to a multitude of chemical types on a daily basis results in a slurry of chemicals with additive and/or synergistic effects in the body. The key challenge in research is to expose oneself to multiple sources of information, learn the chemical classes and the varying concentrations, and understand the overall health of the individual.

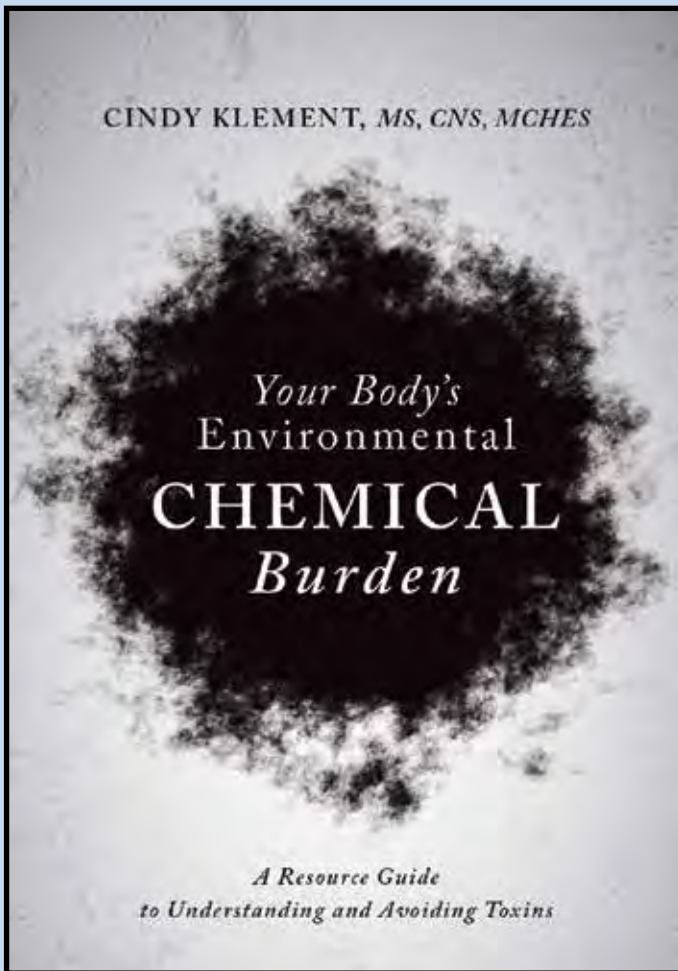
Ethical Issues

It is not ethical to expose study participants to potentially dangerous levels of environmental chemicals. Of the 85,000 synthetic chemicals manufactured over the past four decades, little toxicity information exists. In 1976, over 60,000 chemicals were grandfathered in when the United States Congress passed the Toxic Substances Control Act. As of 2010, 17,000 chemicals under the exemption are still in use and remain available to manufacturers, some of which have questionable safety ratings.

Restricting Harmful Chemicals

The Stockholm Convention on Persistent Organic Pollutants aims to restrict or eliminate the use and production of 23 classes of chemicals. A use reduction policy in

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the United States has been met with political resistance, due to debates concerning the impact of policies on food processors and farmers, and on the price of food. In 2012 the United Nations Environment Programme and the World Health Organization updated their 2002 document *State of the Science of Endocrine Disrupting Chemicals* to list key concerns for decision makers concerned about the health of humans and wildlife, indicating that the vast majority of chemicals have never been tested and that this lack of data establishes significant uncertainties about the factual and accurate extent of risks that could disrupt the endocrine

system. The document states that up to 40% of men in certain countries have low semen quality; that penile malformations have increased over time in baby boys, as have non-descending testes. Prostate and testicular cancer have been increasing over the past 50 years and type 2 diabetes increased from 153 million to 347 million during the past 28 years. Females are experiencing more diseases involving the breasts, ovaries, endometrium, and thyroid gland.

Concerns are mounting that exposure to different classes of chemicals and their breakdown products may actually enhance toxicity and intensify their effects.

In 2013 the National Toxicology Program found that persistent organic pollutants, bisphenol A and phthalates, among other chemicals, were associated with diabetes and obesity in some of the populations studied. The World Health Organization's International Programme on Chemical Safety listed 800 chemicals capable of interfering with hormone receptors, again acknowledging that the vast majority of chemicals have not been tested.

Complications in Research

Why one person might react to a specific contaminant and another does not has a great deal to do with multiple factors including age, nutritional status, overall health, genetic makeup, dietary and exercise habits, functioning of detoxification systems and the chemical's target organs, as well as the developmental stages at the time of exposure, and the level and frequency of exposure.

Prenatal and Early Life Exposure

Once regarded as protective, research has firmly established that the placental barrier does not shield the unborn from toxicant exposure. Over ten years ago studies determined that newborn cord blood contained an average of 287 toxicants. Breast milk and meconium studies have also revealed the passage of toxic chemicals to developing infants. Unfortunately, a number of these toxic compounds have long induction periods (the amount of time it takes to produce ill effects) so their impact won't be realized for many years. Because many of the chemicals resist elimination and persist in human tissue, there is an enormous potential to disrupt physiological processes. The Pediatric Academic Societies affirmed that the functioning of the current generation may be impacted by low-level exposure to environmental chemical toxicity. Some changes may extend for generations beyond that initially exposed, a type of effect known as epigenetic.

The Human Early Life Exposome Project is researching early life exposure that begins prenatally and continues through developing years. Contact to flame retardants on bedding and sleepwear; bathing in or drinking chlorinated water; the use of personal care products, breathing vehicle exhaust or chemical air-fresheners; exposure to off-gassing in building materials inside the home or child care center; plastic bottles, utensils, and dishware; pesticides, artificial colors, flavors and preservatives in foods; house cleaning products and disinfectants, all add to the body burden of children. The project's goal is to better understand how chemical exposures influence the risk of disease.

Who's in Charge?

Chemical policies in the U. S. are structured so that the Food and Drug Administration is responsible for cosmetics, food contaminants, medical devices and drug ingredients, yet within the FDA multiple divisions carry out their work in isolation from other departments thereby limiting their concerns to products in their own sector. As an example the Environmental Protection Agency determines whether or not to permit phthalates in a pesticide formula, while the Consumer Products Safety Commission only considers the amount of phthalates that may leach out of a toy as a child chews on it. No single agency is sanctioned to look at the big picture.

The Paradigm is Shifting

A paradigm shift in science sometimes occurs painfully slow due in part to those who won't give up firmly held beliefs, some of which have defined their careers. Paracelsus, a 16th century Swiss German physician, proposed that "the dose makes the poison," however toxicologists today are challenging this outdated assumption because many of the effects of harmful chemicals observed at low doses don't necessarily occur at higher doses, and the opposite has also been observed. Sadly, over the next hundreds of years, humans will be forced to co-exist with the chemicals found in our environment. We can't avoid every one of them, but we can use the tools and resources at our disposal to reduce our exposure. We can also detoxify the body as best we can with what we know now.

The World Health Organizations' International Programme on Chemical Safety listed 800 chemicals capable of interfering with hormone receptors, again acknowledging that the vast majority of chemicals have not been tested.



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Michigan League, Ann Arbor

Early Bird Price – \$35.00

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Please sign up on our website www.MC4ME.org.

My Sincere Hope for Future Generations

My hope is that every one of our young millennials will get their bodies and homes as cleared of chemicals as possible before bringing children into this incredibly polluted world. It's important for them to detoxify their own bodies as much as possible so the sperm is vital and healthy, and so females have fewer contaminants to pass on to their infants through the placenta and through breast milk.

Everyone needs to be aware of what they can do to avoid adding to the body's environmental chemical burden, especially those contemplating future parenthood. I sincerely hope this resource guide to understanding and avoiding toxins will help guide you to the best health possible for yourself, your children, grandchildren, and great-grandchildren.

Cindy Klement, MS, CNS, MCHES, has been involved in holistic health since the late 1970s and is currently an adjunct professor at Eastern Michigan University. A frequent lecturer across the U.S. and Canada, Cindy also creates health education programs for a large international firm.

The author of Your Body's Environmental Chemical Burden, Cindy has a private practice in The Parkway Center. You can reach her by phone at 734-975-2444 or visit her online at: www.cindyklement.com



For a woman of 63 years who had been eating virtually organic since the late 1970s and had used the safest personal care and cleaning products for almost four decades, it came as a complete surprise when the results showed I was in the 80th percentile for benzene and styrene, the 95th percentile for PCB153, and had detectable levels of DDE, phthalates, pesticides, BPA, and parabens.

Prosperity and Abundance (cont.)

Building Your Business Spiritually with Karen Greenberg • Friday, Mar. 31, 2-6 p.m.

• Despite the fact that our economy has been less than optimal, there are many of us who are still thriving and busier than ever. You are invited to learn universal spiritual principles and practices, repatterning limiting beliefs, working through limiting low-vibrational emotions, worthiness issues, and sabotaging behaviours. All to create and sustain abundance and prosperity and a thriving Spiritual Business. \$99. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Doula Business Development Training with Patty Brennan • Saturday, Jan. 19, Apr. 13, 8:30 a.m.-5 p.m.

• Learn about thinking like an entrepreneur, establishing your value, acing the interview, marketing on a budget, optimizing your website, online marketing tips, how to network effectively, goal setting and other implementation strategies, time management, and more. Learn from the author of The Doula Business Guide and The Doula Business Guide Workbook: Tools to Create a Thriving Business. 7.0 DONA continuing ed. hours. \$195, \$175/early. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Reiki

Usui/Holy Fire Reiki III ART and Master Certification with Andrea Kennedy • Feb. 8-10, 9 a.m.-5:30 p.m.

• Learn advanced Reiki techniques, how to build a Reiki practice, increase the power of your Reiki energy and support the deepening of intuitive guidance. Become a certified Reiki Master practitioner and instructor through a combination of lecture, practice, and experience. \$800. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

Usui/Holy Fire Reiki III Levels I & II Certification with Andrea Kennedy • Feb. 23-24, 9 a.m.-5:30 p.m.

• Complete introduction including how Reiki works and what it can heal, history, the Level I placement, scanning the energy field and hand positions to heal yourself and others. Level II placement, three Reiki symbols and how to use them, distant healing, intuitive Reiki, and Japanese techniques. Discussion, practice time, class manual, and CE credits available. \$325. Contact Andrea at 664-2255; andrea@mainstreamreiki.com or mainstreamreiki.com.

Usui Tibetan Seiryoku Karuna Reiki Level One with Jennifer Vanderwal • Sunday, Mar. 10, 11 a.m.-6 p.m.

• Learn energy healing with your hands. You will be initiated with the first symbol in Reiki One enabling you to do healings on yourself and others. Certification is given. \$150. Contact Pat at 416-5200; relax@bodyworkshalingcenter.com or bodyworkshalingcenter.com.

Second Degree Reiki with Suzy Wienckowski • Friday-Saturday, Mar. 22-23 •

Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. \$500. Contact Suzy at 476-7958; suzyreiki@aol.com.

First Degree Reiki Training with Suzy Wienckowski • Saturday and Sunday, Apr. 6-7 •

Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. Contact Suzy at 476-7958; suzyreiki@aol.com.

Curious about Reiki? Introductory Talk with Suzy Wienckowski • Wednesday, Apr. 17, 7-9 p.m.

• Suzy speaks on the Usui System of Reiki Healing. In this gentle, hands-on healing art Universal Life Energy is transmitted through the hands of a practitioner to facilitate healing and promote balance of the whole person. Free mini-treatments will be offered. Free. Contact Suzy at 476-7958; suzyreiki@aol.com.

Retreats

A Very Quiet Healing Weekend with the Self Realization Meditation and Healing Centre • Jan. 5-6 •

Enjoy a weekend in the peaceful quietness without your devices and in silence Saturday night through Sunday morning. An optional private appointment for Natural Spiritual Healing is offered Saturday for an additional \$65. \$75/person in a shared room. Private room may be available. Bursary may be available. Contact the Self Realization Meditation and Healing Centre at 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Mindful Compassion: A Weekend of Practice with Dan Muir • Mar. 8-10 •

Join us at the Steiner House in Ann Arbor for a weekend of vipassana meditation and related practices. Mindfulness meditation combined with conscious compassion is a soothing balm for anger, confusion, grief, despair, and other difficult emotions. \$300/private room. \$275/shared room. \$245/commuter. Contact Tana at 477-5848; om@deepspring.org or deepspring.org.

Two-Day Purification Chan Retreat with Triple Crane Monastery • Saturday-Sunday, Mar. 16-17 •

Commuters are welcome. Retreat includes inner-body heating up exercise, walking/sitting meditation, breathing technique, etc. \$100. Contact Winne at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.



Four-Day Spring Retreat with Zen Buddhist Temple • Wednesday-Sunday, Apr. 10-13 • Conducted by Ven. Haju Sunim. Intensive period of Zen practice geared toward the experienced student. \$60/day, \$50/day for members. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Inner Peace Wellness Retreat with Ema Stefanova • Multiple Weekends • Weekend retreat all about wellbeing. Take time to relax, heal, and experience expert guidance. \$395/early-bird. \$445/regular. Contact Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Seven Day Huayen Chan Kuan Retreat with Triple Crane Monastery • Apr. 7-13 • Learn how to activate innate life energy and shut down brain interference for deep meditation. Led by the Spiritual leader of TCM Venerable Master Haiyuan JM who has practiced for 40 years and preached all over the world. \$450. Contact Winne at 757-8567; triple.crane@huayenworld.org or huayenworld.org.

Easter Celebration Silent Retreat with the Self Realization Meditation Healing Centre • Apr. 19-21 • A truly spiritual way to celebrate the inner beauty of this holy time. Following the first meal, this retreat is held in silence with ample free time to meditate, contemplate, relax, and get in touch with the inner self. \$140/shared room, private rooms may be available. Bursary available. Contact 517-641-6201; info@selfrealizationmeditationhealingcentremichigan.org or selfrealizationmeditationhealingcentremichigan.org.

Shamanism

Introduction to the Shamanic Journey with Kate Durda • Saturday, Jan. 26, 10 a.m.-4:30 p.m. • Experiential training in the Shamanic Journey, and introduction to Shamanism healing methods and practice. This class is a prerequisite for all advanced training. \$85 by Jan. 23. \$95 after. Contact Spirit Weavers at 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Path of the Open Heart Shamanism Apprentice Series: Lower World: Power Animals and Allies—Cosmology of the Shaman with Kate Durda • Sunday, Jan. 27, 10 a.m.-5 p.m. • In this first of three stand-alone sessions, you will practice the journey to the Lower World and work closely with your power animal(s) for direct inspiration, guidance, protection, and more. Explore and learn about the tradition of Power Songs, healing methods, shapeshifting, and more. \$90 by Jan. 22, \$100 at door. Contact Spirit Weavers at 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

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Seth Kopald, PhD

734.395.3319 • seth@sethkopald.com

Michele Bond is the owner of Yoga House. Her small classes take place in an encouraging environment and afford an opportunity for in-depth learning and understanding. Her teachings are Anusara based because she loves looking for the good, the laughter, and the universal principals of alignment. Anusara blends the science of biomechanics with an openhearted and uplifting philosophy. Michele also teaches yoga for brain-injured adolescents in the University of Michigan Neurorehabilitation Day Treatment Program. Visit the Yoga House online at yogahouseannarbor.com. Contact Michele by email at Michele@yogahouseannarbor.com or by phone at 734-358-8546, and see her Calendar listing in the Yoga section on page 111.



Mapping Your Purpose

Through SUN SHEN One Prayer



By Joanna Myers

Many of us don't know what our purpose is. It either seems vague, or worse, we feel like our life is at odds with our purpose. We have competing responsibilities, but many of them don't line up with what we want to do. Fortunately, these days there are many systems for identifying purpose and areas of strength or opportunities for growth in our careers or personal lives. The SUN SHEN One Prayer is one of these systems. It's not therapy, but rather a system of journaling and cultivation through contemplation, insights, and growth to help us identify which areas of our life we would like to nurture.

The SUN SHEN One Prayer is your own "virtual monastery," where you get the benefits of a life that's totally catered to your needs as someone seeking personal growth, without requiring you to leave home or family. It's designed for the challenges and diversity of lay life. Simply put, living in a mountain meditating in a cave is not congruent with most of our circumstances these days, but that does not mean we cannot have access to our own inner riches and resources. One Prayer allows you to go deep within yourself but in a sustainable way. You start with the resources and time you have.

Fortunately, these days there are many systems for identifying purpose and areas of strength or opportunities for growth in our careers or personal lives.

The One Prayer System was created by my own teacher, Master Sang Kim, a Tai Chi Master and lineage holder in both the Taoist and Christian traditions. Master Kim comes from Korea and has inherited traditional cultivation systems that have been passed down from generation to generation, but he is also a modern person who has lived in the west and trained as an engineer, has a family, and worked in the corporate world.

Purpose in the One Prayer is something that you discover in the details of life. Purpose is what gives you energy, feeds you emotionally, and inspires you. You identify those areas where you feel that already, even if it's a small pocket of your life, or a vision of what it could be, and you give it attention, nurturing it like a seed.

The foundation of the One Prayer System is the concept of cultivation. Cultivation is not fixing what's wrong with you, but learning how to use how you're made, as a uniquely designed person, with awareness. Cultivation is not just a concept for a specific discipline like martial arts or a spiritual practice, but how you relate to yourself as a whole person. It is about taking our hard wiring, our patterns and our practices, and embracing the truths they teach as a way of nourishing our whole being.

We are always cultivating something, because whatever we do accumulates to a certain outcome. The question is not whether you're cultivating but, do you like the direction of your cultivation? Are you cultivating in the area of your purpose? If so, you will feel more energy, more fulfillment, and more clarity.

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I started studying with Master Kim because I loved how much he loved his life! Since I have known him, he has always had this energy of being genuinely happy and also full of purpose and fun. He works extremely hard, but never seems burdened by it.

The kind of attention he has for a person makes you feel really special, because he's put that kind of attention into himself. He has cultivated deep presence and self-understanding, and that carries over into all of his relationships. I was attracted to his example of how to live with freedom and ease, how he knew where to put his effort and attention in a way that was effective and added up over time. And what's more, he was having a great time in the process, not sacrificing in order to get there. That's what I wanted.

Cultivation is not fixing what's wrong with you, but learning how to use how you're made, as a uniquely designed person, with awareness.

The One Prayer is a tool designed to give everyone that freedom. It's one giant feedback system toward your purpose. It is a system of tools to organize your life around self-mastery. And this whole system updates with you in real time as you grow.

The system starts with a map where you take a full inventory of yourself. Most of us are familiar with ourselves in the parts where we're developed, and then we have blind spots, or parts we're not as aware of. Ironically, our blind spots can often be the areas we're strong in, and are so fundamental to how we operate that we don't even see what we're doing. In my case, I didn't realize how fundamental it was to seek connection.

When you're triggered by something and it's bothering you, this is when the One Prayer kicks in. You have a reference list that is a summary of the latest things you are working on. You have a whole inventory of yourself that gives you perspective on who you are. You have a journal where you track your victories and get a reminder of who you've been and who you are becoming. You start to understand the problem from the perspective of growth and not as a failure. If none of that works, you have a section where you deep dive into the problem until you understand what perspective you were missing. When you have this way of working deeply with yourself, you feel like your own best friend.

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This process was really eye opening for me. The One Prayer helped me identify how my purpose was hidden in pain. I used to think of myself as a plant person. I'd spend up to 20 hours a week in my garden and I thought that I wanted to design spaces that invited people to have a transformative experience. I was pursuing things like garden design, and I went to a permaculture workshop. I thought I liked sustainability and design, but what I realized through the SUN SHEN One Prayer System was that I was in a tremendous amount of social pain. I was all bent out of shape because I had no idea how to interact socially and I felt like an idiot. My emotions were telling me I lacked some skills I never even knew I needed. I realized I had been hiding behind garden design and behind working with plants because they were safer than people, but what I really wanted was a more direct way to impact and work with people. Because of my lack of skills to relate to people — communication skills, not taking things personally, navigating conflict — I was stunted in that area.

Once I saw this pain clearly, I was able to look at how to develop these skills. What I did externally didn't change, but how I used what I was doing in my life changed. I ran events at SUN SHEN to see how I could better work with people. I designed to see how I could integrate other people's ideas into designs. I worked with people individually to understand different perspectives and remove my own blind spots. I continued to work with my Feldenkrais clients and healing clients to improve my interpersonal skills.

Because SUN SHEN is a school of cultivation, everything is seen from a place of growth. The premise is we're all cultivating something, we're all doing things every day that add up to a certain result. For instance, if we slouch, then we cultivate having a slouched posture; if we keep standing straight, then we get better and better at having a straighter posture. The question is, do we like what we are cultivating, the direction and the result we're getting?

As a disciple, you're expected to teach what you learn, and you learn by teaching. So I began working with people individually on their One Prayer. While I was cultivating my own growth, I was also cultivating the skills to help others.

The One Prayer System has three parts: a detailed map of yourself, including your vision for what you want your life to look like, emotions you seek, and how you naturally take action; emotional processing tools; and tracking of daily practices and strategies for how you want to grow into this purpose. When you put the parts together, it becomes a giant feedback loop to help you understand yourself.

Imagine you knew what kind of emotions you like to experience, and could set up your whole life around experiencing them. Imagine you knew what kind of activities give you energy and could distill the elements of those experiences. Imagine your whole life was set up around this awareness, where all day long you're feeling ease, feeling meaning, feeling purpose — where if you have pain, the pain gives you direct feedback about your purpose and how to hone it further.

Now imagine you had a group of people who are doing this all together, encouraging each other and supporting each other, adding that structure and validation for one another and having a guide to help you all through the process, someone who's been through it and can relate to the fears and challenges and who has a really good handle on all the tools. It makes for great bonding and really rapid growth.

The ONE PRAYER Journaling System is the branch of the SUN SHEN System that allows a person to understand themselves deeply, so that their life works the way they want it to work. It's a tool to bring together everything they're working on under one umbrella, and can be used by anyone. Whatever your path or calling, the One Prayer is a way to make that calling more clear, more doable. When I started my studies with Master Kim he had us journal every day. We started where there was already energy, explored the area of our interests and dreams. It gave me a way to center my life and make sense of the transition I was in. I was a new mom, felt depleted, and had set my career and external role aside. Even though I was developing in the areas of healing and studying the System, I wasn't very inspired or confident at the time. I was used to having a strong professional identity, used to feeling capable. And here I was, very much a beginner in this new territory.

I was attracted to his example of how to live with freedom and ease, how he knew where to put his effort and attention in a way that was effective and added up over time.

About three years after meeting Master Kim, I was invited to join a small group of people who were becoming his disciples, to learn the whole SUN SHEN System in a dedicated way. This is a serious undertaking, because it's a complete Tai Chi lineage, the journaling and self-understanding part of the system, and studying the Scriptures. It is a set of integrated tools based on Christianity, Taoism, and the modern scientific view. All with the goal of maximizing a life geared toward my purpose.

I met my fellow disciples before we started our formal discipleship training. My husband had been a student of Master Kim's for several years and had already learned the Tai Chi forms and was instructing in the class. He was a shy, techie guy from Taiwan, very physically gifted and enthusiastic about Tai Chi. Another close colleague, Alexis Neuhaus, had come to Master Kim with some life-threatening health challenges and was



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getting support from him. He had come to Ann Arbor to get work from some gifted healers and was gradually turning around. He was extremely bright and intellectual, had gone to Princeton. Soon after he started getting support, Master Kim discovered Alexis had a talent for organizational direction, and he was put in charge of the business aspect. He came from a Buddhist background and was familiar with how to transmit a lineage and the kind of agreements and conditions that are necessary for that. He is actually responsible for us setting up the discipleship in the way it is. The three of us continue to work closely and mentor the newer disciples who joined later (there are now 26).

Because we had such a tight structure, and boundaries on our time together, we had a lot of safety. What that meant practically is we could go really deep and be vulnerable. I remember going through our visions for our lives together and reading them out loud, processing through really tough things. The One Prayer allows you to get to the cutting edge of where you are growing as a person, meaning your identity keeps updating and becoming closer to the real you. We had each other to witness and reinforce each breakthrough.

Ironically, our blind spots can often be the areas we're strong in, and are so fundamental to how we operate that we don't even see what we're doing.

My deeper need for connection was too vulnerable for me to access until I started working on the One Prayer. My whole life I'd been skirting around this need, thinking I was an introvert. If I didn't have the One Prayer System I would have probably done what I'd done half a dozen other times in my adult life, and started off in a different area without addressing the underlying need. My own career has included being a professional musician, teaching movement, and pursuing design. I literally had no idea that the underlying drive, and the thing that ties them all together, is the desire to connect deeply with people. Without this I'd be chasing after empty skill sets, none of which hit my purpose, or hit it so haphazardly that I'd give up.

I was focusing on performance but I ended up developing skills that made me feel capable. But I was still missing the skills that would help me actually navigate through close relationships: facing conflict, apology, and repair. I learned that we all have these areas, these developmental "holes." It's really tricky to be able to hack into them and satisfy the needs hidden inside them, but when you do a whole new world opens up. You transcend the problems you had before.

When teaching the One Prayer System, I love when people discover a need that they didn't even know was there, the more fundamental need than what seems apparent on the surface, the need that is hidden from our own awareness because it's so vulnerable. I love when it becomes safe enough to stumble upon this need, because discovering our real needs is a place of invention and agency.

My whole life I'd been skirting around this need, thinking I was an introvert.

In my case, with developing social skills, I was able to break it down into small pieces and set up ways to track it, journal about what my subjective experience was, and get the feedback I needed. I get support from my teacher. I get encouragement and examples from other students who were working in their own "holes." The One Prayer brings together many necessary experiences in the whole vast project and everything else that is happening in my life. As a bonus, I now really like my relationships.

I love bringing people into the place where they can safely explore their purpose from a place of creativity and self-acceptance with this most amazing set of tools. I love seeing them able to do things they've never been able to do before, and bringing the kind of attention to their lives in the places that need it the most.



I love bringing people into the place where they can safely explore their purpose from a place of creativity and self-acceptance with this most amazing set of tools.

Samo Joanna Myers is a practitioner of the SUN SHEN System, a complete system of physical, mental, emotional, and spiritual transformation, integrating Christianity, Taoism and the modern scientific approach. You can reach her at (734) 395-8486 or samomyers@sunshen.org. More information about SUN SHEN is at www.sunshen.org.

Shamanism (cont.)

Path of the Open Heart Shamanism Apprentice Series: Upper World: Teachers and Guides—Cosmology of the Shaman with Kate Durda • Saturday, Feb. 9, 10 a.m.-5 p.m. • In this session you will experience the Upper World, a realm of spiritual enlightenment and truth, and the realms of spiritual teachers. Learn a cross-cultural healing ritual for self, remember more about your true self and who you are in this lifetime, and discover or strengthen your working relationship with your Upper World guides. \$90 by Feb. 5, \$100 at door. Contact Spirit Weavers at 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 • Saturday, Mar. 2, 10 a.m.-5 p.m. • One of the core practices of the Shaman: 'divining' the truth. In the past, Shamans were called upon to find a new spring for water; guide the village/tribe in response to change; determine the location and progress of an enemy; and more. Come explore this effective method of seeking knowledge. Workshop allows you to more fully understand what the spiritual practice of Shamanism has to offer to our everyday lives. For beginners and advanced alike. \$90 by Feb. 26, \$100 at door.

The moment God is figured out with nice neat lines and definitions, we are no longer dealing with God.

~Rob Bell

Introduction to Journeying with Connie Lee Eiland • Sunday, Apr. 7, 10 a.m.-5 p.m. • Six-hour class includes power animal retrieval and journey to Upper, Lower, and Middle Worlds. Journey is with drums and rattles. \$70 until Mar. 23. \$80 after. Contact Connie at (248) 809-3230; clshebear7@gmail.com or shewolfshaman.com.

Shamanism Without Borders: A Guide to Shamanic Tending for Trauma and Disasters with Kate Durda and Stephanie Tighe • Saturday-Sunday, Apr. 13-14 • Introduced by Society for Shamanic Practice in 2010, this is a powerful methodology for working together shamanically when natural or other catastrophic events occur to restore balance and alleviate suffering of all affected. Contact Spirit Weavers at 517-667-0694; spiritweavers@gmail.com or spiritweavers.net.

Spiritual Development

HU, The Sound of Soul at Crazy Wisdom • Fridays, 6:30-7:15 p.m. • HU is the sacred sound and ancient mantra that can uplift people of any religion, culture, or walk of life. You're invited to experience chanting HU, contemplative time, and spiritual conversation with others of like heart. Come for inner peace and calm, Divine love, expanded awareness, spiritual self-discovery and growth, and healing of the heart. Free. Contact John at 320-2010; tutdebon@gmail.com or meetup.com/spiritual-growth-meetup/.

Siena Heights University Series on Religious Issues with Joe Raab, Ian Bell, and Wendy Crosby • Tuesdays, Jan. 8, Feb. 5, Thursday, Mar. 7, 1:30-3 p.m. • Dr. Raab presents "The Me Too Movement, Sexual Abuse, and the Future of the Catholic Church", Dr. Bell presents "The Bible Says What", and Dr. Crosby presents "The Problem with Providence". \$25/series. \$10/session. Contact the Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Our Relationship to Nature from Rerum Novarum to Laudato Si with Barbara Wall • Saturday, Jan. 19, 9:30 a.m.-3:30 p.m. • Exploration of the meaning of nature and the common good in the early documents of Catholic social teaching and the changes in later documents that call for a more collaborative right relationship with all creation. \$30 includes lunch. Contact the Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Mindfulness the New Science of Health and Wellbeing with Pat and Dave Krajovic • Wednesday, Jan. 23, 6-8:30 p.m. • When we are present to life, it unfolds with grace. Learn how to let go of the past and release fears about the future. Get into the flow. Learn techniques to create ease and peace, outsmart stress, calm the emotions, restore hope, and renew faith. Contact Pat at 416-5200; inspire@ascensionbreathing.com or ascensionbreathing.com.

Spiritual Health for the New Year with Janene Ternes • Saturday, Jan. 26, 9:30 a.m.-3 p.m. • As we begin the New Year, we often make resolutions for improving our physical health. The state of our spirit is even more important to our health and wellbeing, but we fail to think about ways to strengthen it. Participate in a variety of prayer experiences designed to refresh your spirit and provide tools to enrich your spiritual journey throughout the coming year. Basic movements will be taught which can be done by anyone regardless of age, experience, or physical limitation. \$50. Contact Janene at 347-2422; prayerinmotionllc@gmail.com or prayer-in-motion.com.

The Martha—Mary Balance of Daily Life with Janene Ternes • Saturday, Feb. 23, 9:30 a.m.-3 p.m. • The Martha and Mary story illustrates the tension we often face between attending to God, as well as the worldly things that still must be accomplished. Join us as we utilize many forms of prayer, including guided meditation, journaling, music, and movement prayer to clarify God's unique plan for our own balance between prayer and service. Basic movements will be taught which can be done by anyone, regardless of age, experience, or physical limitation. \$40. Contact Janene at 347-2422; prayerinmotionllc@gmail.com or prayer-in-motion.com.

Activism and Spirituality Support Group with Su Hansen • Tuesday, Feb. 26, 7-9 p.m. • How does your spirituality and social justice work intersect? There is a place where the transcendent vertical and the horizontal of our human life on this planet meet, that's where the union of activism comes into full fruition. We will explore and share the experiences that flow from this point of intersection, the challenges of living them together, and the vital supports needed to stay on this unified path. \$10. Contact Su at 417-8397; su@suhansen.com or suhansen.com.

Aging and Spirituality with Carol Johannes and Patricia Walter • Tuesdays, Mar. 5, 12, and 19, 1:30-3:30 p.m. • The process of aging holds promise as well as challenge. We can choose to deny, resist, or dread this process. We can also choose to embrace it in faith as an invitation to greater fullness of life, and thus transform the experience. Participants in this series will explore and reflect upon these options. Free. Registration required. Contact the Weber Retreat and Conference Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Chaos -- Contemplation -- Moving through Breakthrough with Nancy Sylvester • Saturday, Mar. 23, 9:30 a.m.-4:30 p.m. • Chaos may best describe how we are experiencing the political, social, and ecclesial world around us. This program will offer insights as to why this is a significant time in our evolutionary history and how attention to one's interior journey through contemplative practices is necessary to moving forward. \$50 includes lunch. Contact the Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Spiritual Ethics Class with Karen Greenberg • Sunday, Mar. 24, 1-4 p.m. • In various work-related, friendship, and familial relationship situations, learn to get clear on exactly what you believe to be morally right and wrong, define what you are willing and not willing to do, work through any fears of vindictive retaliations, learn to trust G-D--your higher moral choice weeds those out of integrity, and replaces with those at your integrity level or higher. Create your dreams without compromising your integrity, crushing your soul, selling yourself, or violating anyone else's boundaries. \$83. Contact Karen at 417-9511; krngnbg@gmail.com or clair-ascension.com.

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Laudato Si' - A Lenten Challenge with Patricia Benson • Wednesday, Apr. 3, 9:30 a.m.-3:30 p.m. • The encyclical of Pope Francis, *Laudato Si'*, will be our guide for this day. In it we are challenged to consider the needs of marginalized and poor people and the needs of the Earth's ecosystems and other creatures. We are also called to confront our consumerist lifestyles and move toward ecological conversion. \$15 includes lunch. Registration required. Contact the Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Monthly Oral Torah Study with Karen Greenberg • Begins Monday, Feb. 11, 6:30-9:30 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory. It is rich, colorful, detailed, and elucidates complexities that lend themselves to a much deeper comprehension and thus more sensitive codes of behavior toward humanity and all living things. \$150/month. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Goddess Power Rising - In You! With Nancy Ogilvie • Second Saturdays, Jan. 12, Feb. 9, Mar. 9, Apr. 13, 1-4:30 • We gather as a sacred circle of like-minded women to cultivate an empowering, intimate relationship with the Divine Feminine that sustains and nourishes us in these challenging times. We listen deeply to nature, ourselves, and each other. We engage in guided and individual meditations, experiential activities, written reflections, and discussion. \$30. No one turned away for lack of funds. Contact Nancy at 219-3134 or nancyogilvie@gmail.com.

Lightworker Activation with SANDYA - Sandra Shears • Wednesdays, 7-9 p.m. • As a Lightworker or World Server, you have incarnated at this time in order to facilitate the transition into the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. \$100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Lightworker Development with SANDYA - Sandra Shears • Third Fridays. Individual set-up the previous week • Group lightwork with current spiritual, astrological, and energy events - includes energy adjustment and activation with a sound attunement. Ongoing commitment required. \$100/month prepaid. Contact SANDYA-Sandra Shears at 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Storytelling

Story Night with the Ann Arbor Storytellers' Guild at Crazy Wisdom • Thursdays, Mar. 14, Apr. 11, 7-9 p.m. • Listen to old tales and new during an evening of adult stories. Ann Arbor Storytellers' Guild members perform for the first hour. For the second half of the program we will be bringing in something new-come find out what we're up to! Free. Donations welcome. Contact the Guild at annarborstorytelling.org

Ann Arbor Storytellers' Monthly Guild Meeting • Sundays, Jan. 27, Feb. 24, Mar. 24, Apr. 28, 2-4 p.m. • Meetings always start with stories, and then, more stories! Listeners and tellers welcome. Free. Contact the Guild at annarborstorytelling.org.

Storytelling Workshop with Rafe Martin • Saturday, Mar. 23, 10 a.m.-12 p.m. • Storytelling workshop for those who are interested in learning the timeless art of storytelling. Rafe's workshops include understanding the core principles of storytelling, understanding the difference between writing and telling stories, learning how to tell a story without memorizing, and learning how to make



Artwork by Ani Daher

storytelling come alive. Registration is limited. \$50. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Storytelling Event with Rafe Martin • Saturday, Mar. 23, 7 p.m. • An evening of Buddhist storytelling with Rafe Martin. Listen to Buddhist Jataka Tales. He will be joined by longtime Zen Buddhist teacher and storyteller, Haju Sunim, and Zen storyteller Sandong Kurt Iselt. Children and families welcome, as well as all those who are curious about the wondrous stories that underpin Buddhism and Buddhist teachings. Rafe will be available for book signings after the event. \$25. \$15/ages 16 and under. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Stress Management

The Complete Yoga Meditation Stress Management Course with Ema Stefanova • Saturday-Sunday, Jan. 12-13 • This holistic well-balanced course based on 40 years of dedicated teaching experience internationally in clinical settings, and the presenter's own private practice, consists of user friendly techniques chosen for their benefits. Participants will gain practical skills, valuable insights, and develop confidence to reach one's goals. Contact Ema at 665-7891; emastefanova@cs.com or yogaandmeditation.com.

Mindfulness-Based Stress Reduction with Libby Robinson • Wednesdays, Feb. 21-Apr. 10 or Mondays, Mar. 11-Apr. 29, 6-8:30 p.m. • The eight-week MBSR class was developed by Jon Kabat-Zinn in the 1970's and is the most extensively investigated form of learning and practicing mindfulness. Participation in MBSR is associated with reductions in a number of indicators of human distress, including stress, anxiety, pain, and depression. Mindfulness is not a panacea, but cultivating it can significantly support and amplify our self-care efforts. \$400. Free introduction Feb. 13 and Mar. 4. Contact Libby at 476-3070; libbyrobinson7@gmail.com or aacfm.org.

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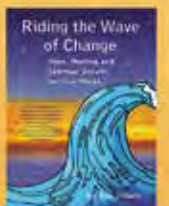


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Sustainability

Winternship - Natural Building/Sustainable Skills with Deanne Bednar • Jan. 7-Feb. 7 • One month onsite program at Strawbale Studio on rural land one hour north of Detroit. Experience the basics of thatching, reed collection, earth plastering and sculpting, round pole framing and rocket stove construction. Fireside lectures include site, house design and code info. Also explore fermenting, whittling, and other sustainable skills. \$950/intern, \$475/worktrade. Contact Deanne at 248-236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Thatched Roof Workshop with Deanne Bednar • Saturday, Jan. 12, 9:30 a.m.-5 p.m. • Explore this beautiful, ecological, and long-lasting roof system using local Phragmite reed grass. Tour three thatched roof buildings onsite. Demo and hands-on thatching on a small frame. Optional to stay for collecting reeds on Sunday. \$55/one week in advance, \$70/after. Contact Deanne at 248-236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Round Pole Framing - The Basics with Deanne Bednar • Saturday-Sunday, Jan. 19-20 • Learn principles and hands-on basics of round pole framing for small structures. Tour thatched roofs and round pole structures onsite, harvest wood, use hand tools - make a small mallet to take home. \$100/two weeks in advance, \$120/after. Contact Deanne at 248-236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Rocket Stove and Fire Workshop - Includes Earth Oven with Deanne Bednar • Saturday-Sunday, Jan. 26-27 • Create useful heat efficiently from local materials. Fee includes a copy of the new edition of the Rocket Mass Heater Book. Tour buildings and stoves onsite. Hands-on: mockup of Rocket Stove combustion unit, model of an Earth Oven plus mix cob and finish plaster. \$125/two weeks in advance, \$150 after. \$80/90 Saturday only with RSVP. Contact Deanne at 248-236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Earth Plaster and Sculpting with Deanne Bednar • Saturday-Sunday, Feb. 2-3 • Learn the joy of natural earthen plasters that can be used in a variety of applications to beautify and naturalize your existing dwellings, future natural strawbale home, or Earth Oven project. Learn to identify, mix, and apply natural, local soil to create simple or artistic expressions. \$95/two weeks in advance, \$115/after. Contact Deanne at 248-236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Fermenting and Fun Food Preservation with Deanne Bednar • Saturday, Mar. 23, 1-5 p.m. • See a demo, taste-testing, hands-on projects, and take-home starters. Experience Kimchi, butter, honey mead, sourdough wraps, dehydrating fruits, and crackers. Tour the Strawbale Studio and grounds to see thatched roofs, earth plasters, rocket stoves, and more. \$35/ one month in advance, \$40 after. Contact Deanne at 248-236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Eco-Cooking with Deanne Bednar • Sunday, Mar. 24, 1-5 p.m. • Learn a variety of eco-friendly ways to cook food. \$25/one month in advance, \$35/after. Contact Deanne at 248-236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Two Week Internship in Natural Building and Sustainable Skills with Deanne Bednar • Apr. 15-30 • Two week immersive experience in sustainable living and service. Includes a wide variety of hands-on skills and classroom subjects in design and construction. Live and learn on-site with others one hour north of Detroit. \$400. Worktrade options available. Contact Deanne at 248-236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

One month Internship in Natural Building and Sustainable Skills with Deanne Bednar • Apr. 1-30 • Immerse yourself in a one month learning experience which includes a wide variety of hands-on skills and classroom subjects in design and construction. Live and learn on-site with others one hour north of Detroit. \$950/\$850 one month in advance. \$435/\$475 one month in advance. Contact Deanne at 248-236-5432; strawbale.programs@gmail.com or strawbalestudio.org.

Tai Chi, Martial Arts & Self Defense

Qigong Meditation Basics 1 with Steven Sy • Mar. 30-Apr. 1 • Set of meditations designed to release inner tension, increase self-acceptance, open the heart, detox negative emotions, balance one's inner energy, and rejuvenate the body. No prerequisites. \$375. Contact Steven at 517-295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Qigong Meditation Basics 2 with Steven Sy • Apr. 27-29 • A set of meditations designed to promote relaxation, feed the kidneys, generate healing qi, and break up blockages along the microcosmic orbit pathway. Continuation of previous course. \$375. Contact Steven at 517-295-3477; steven@spiritualtao.com or spiritualtaoworkshops.com.

Morning Tai Chi with Master Sang Kim • Monday through Friday, 7-8:30 a.m. • Happiness is not a circumstance, it is a cultivation. When you practice Tai Chi, you get to know a part of you that was hidden and you have been looking for all your life: the power and potential that your mind and body are really capable of. \$225/month. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Beginning Tai Chi with Master Wasantha Young and Sifu Carey • Mondays, 10-11:15 a.m.; Tuesdays and/or Thursdays, 7:15-8:30 p.m. • The Tai Chi form is a series of postures linked together in a continuous, fluid manner. As an internal Chinese martial art, the form focuses on self-cultivation, integrates both physical and mental energy

mechanics, promotes relaxation, and builds a sense of presence and awareness. Tai Chi is often characterized as a moving meditation. Register for one class and you can attend all four sessions per week. \$10 discount for first timers if registered by Jan. 5. Code CW2019. \$195. Contact Wasantha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Tai Chi for Mobility Maintenance and Multi-Level Tai Chi with Karla Groesbeck • Mondays, 1:30-2:30 p.m.; Tuesdays, 9:30-11 a.m. and 6:40-7:40 p.m.; Wednesdays, 9-10:30 a.m.; Thursdays, 9:30-11 a.m.; and Fridays, 1-2 p.m. • Yang Tai Chi and Silk Reeling classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. These are peaceful, flowing, low-impact exercises, well suited for calming, centering, and mobility maintenance. Prices vary. Seniors free. Contact Karla at 276-3059; karla@taichilove.com or taichilove.com.

Chen Tai Chi Ch'uan with Joe Walters • Mondays and Thursdays, 5:30-6:30 p.m., Saturdays 10-11 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole body integration and refined awareness. Instruction in stance training, silk-reeling exercises, and Chen Tai Chi forms. \$10/visit. \$85/month. Contact Joe at 761-8786; annarbortaiichi@gmail.com or annarbortaiichi.com.

Traditional Chinese Taiji with Karla Groesbeck and Qiao Lianchang • Mondays, 6-7 p.m. • Simplified 24, Yang 28, 48, 85. Qigong will also be shared in this bi-lingual atmosphere. Chinese speaking students welcome. 繁体中文太极拳：简化24，杨28，48，85。气功也将在这种双语氛围中分享。讲中文的学生欢迎。\$64/eight week session. Contact Karla at 325-4244; karla@taichilove.com or taichilove.com.

One kind word can warm
three winter months.
~Japanese Proverb

Tai Chi with Diane Evans • Tuesdays, 9 a.m.; Wednesdays, 10 a.m.; and Thursdays, 6 p.m. • Tai chi classes at varying levels including a beginner group and continuing for those with more experience. \$21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Tai Chi Pushing Hands with Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive Tai Chi training which helps you experience the world in a nonreactive and calm way, find freedom and power within yourself, and interact with others without compromising yourself. \$70/month, \$21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi for Arthritis with Jan Katz • Thursdays, 1-1:50 p.m. • Medical studies have shown this particular program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for older adults. Although especially effective for arthritis, it is a great start for beginners to improve health and wellness. \$50/month or \$17/drop-in sessions. Contact Alexis at 531-8796; info@sunshen.org or sunshen.org.

Wu Style Tai Chi at Jewel Heart with Marilyn Feingold • Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. Contact Jewel Heart at 994-3387; programs@jewelheart.org or jewelheart.org.

Tai Chi Beginners with Master Young and Sifu Carey • Mondays, 10-11:15 a.m.; Tuesdays, 2:30-3:45 p.m.; Tuesdays/Thursdays, 7:15-8:30 p.m. • Learn the first third of the Yang Style Short Form. Focus on relaxation, meditation in motion, coordination, and cultivation of energy. \$185. Contact Wasantha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

SUN SHEN Basic Tai Chi Form with Alexis Neuhaus • Mondays, 6-7 p.m. • Build a solid foundation in Tai Chi principles in an intimate setting, with guidance and personal adjustment in the SUN SHEN 35 Form. As you learn the sequence and details of the Form, you will experience the calm, effortless power which comes from relaxed focus. \$55/month, \$17/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Wu Style Tai Chi Chuan with Genie Parker • Mondays, Wednesdays, and Thursdays, 6 p.m., Sundays, 4 p.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. \$45/month for one class/week, \$70/two or more classes/month. Student, senior, and family rates available. First class free. Contact Genie at 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

CRAZY WISDOM BOOKSTORE

Beautiful, peaceful items and objects for many spiritual paths



*Go out in the woods, go out. If you don't go out in the woods,
nothing will ever happen and your life will never begin.*

— Clarissa Pinkola Estes, author of *Women Who Run with the Wolves*

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114 S. Main St., Ann Arbor • (734) 665-2757
www.crazywisdom.net



Tai Chi, Martial Arts & Self Defense (cont.)

Tai Chi for Kids with Jonathan Buckman • Sundays, 4:30-5:30 p.m. • From the slow Tai-Chi form, which activates balance and calm, to playful Pushing Hands, which gives safe, gentle outlet to explore themselves, to meditation techniques which they can use in the classroom and at home. This class invites kids to learn about themselves and introduces them to skills that will bring them a lifetime of happiness. Available to children from 5-17. \$70/month, \$21/drop-in sessions. Contact Alexis at 845-9786; pastorneuhaus@sunshen.org or sunshen.org.

Tai Chi at Weber Center with Bonnie Yarbrough • Mondays, 4:30-5:30 p.m. • Tai Chi is an ancient exercise that involves slow-paced turning and stretching. It has been shown to help improve circulation, balance, posture, increase strength and flexibility, and reduce stress. Good for all ages. Wear comfortable, loose clothing with tennis shoes or socks. \$5/session. Contact the Weber Center at 517-266-4000; webercenter@adriandominican.org or webercenter.org.

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. Contact Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Martial Arts Classes with 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, Battoho, Weapons, and Children's Aikido. For complete information, contact 761-6012; hv-aikido.com.

Make your own Bible. Select and collect all the words and sentences that in all your readings have been to you like the blast of a trumpet.
~Ralph Waldo Emerson

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 and older. Classes include yoga, pilates, cardio kickboxing, boot camp, and specialized martial arts training. First class is free. Memberships available. Contact 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. Contact 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. Contact 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact 994-3620; a2amas.com.

B.C. Yu Martial Arts Center • Ongoing classes • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsu, Modern Arnis, Mixed Martial Arts, and Fitness Kickboxing. Children's program teaches life skills. Contact 994-9595; questions@bcyu.com or bcyu.com.

Tarot & Divination

Drop-in Oracle Readings with Sarah Bennett • First and Third Sundays, 12-3 p.m. at Crazy Wisdom • Sarah is an intuitive channel of the divine realms and ancient ancestral wisdom. Her readings will provide heart opening clarity and peace and will help you go deeper within your own intuitive knowing. \$1.50/minute. No appointment necessary. Contact 810-357-8798 or sarah@deathforlove.com.

Drop-in Tarot/Psychic Readings with Rebecca Williams • Thursdays, 6-9 p.m. at Crazy Wisdom • \$1.50/minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-in Intuitive Tarot with Gail Embery • First and Third Fridays, 6:30-9:30 p.m.; First and Third Sundays, 3-6 p.m. at Crazy Wisdom • Gail Embery has many years of experience as a Tarot Reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed professional counselor. \$1.50/minute. Contact 655-7694; emberyg@yahoo.com or readingswithgail.com.

I-Ching - Throwing the Sticks with Wasantha Young • Saturday, Feb. 23, 2:30-5:30 p.m. • Developed over 2000 years ago, the I Ching is a Chinese book on cause and effect, the illusion of duality, as well as triad relationships. During this session you will explore the 50 stalk method of calculating a personal reading. The stick method is a meditative method that shows you a path to your archival wisdom. Bring 52 five-seven inch sticks - yarrow sticks are most common, but you can use any sticks. \$100. Contact Wasantha at 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Tea Events

Valentine's Tea with the Fairies at Crazy Wisdom • Thursday, Feb. 14, 1 p.m. and 4 p.m. • Join the fairies of the Crazy Wisdom Tearoom for a magical tea party! Enjoy special treats in your favorite fairy attire, and then gather for story time and a special magic show in our community room. No charge for children under 18 months. \$11. Contact Stevie at stevie@crazywisdom.net.

Theater

Owl's Winter with the Wild Swan Theater • Thursday-Saturday, Jan. 24-26 • Collection of stories for young children based on Arnold Lobel's "Owl at Home". A first introduction to theater especially created to draw young theater goers into the world of theater arts with these carefully chosen and shaped stories. \$12/adults. \$10/youth or senior. Contact Michelle 995-0530; michelle@wildswantheater.org or wildswantheater.org.

Under the African Sky with the Wild Swan Theater • Thursday-Saturday, Feb. 21-23 • Collection of African tales performed through storytelling, acting, dancing, and drumming. Colorful costumes, masks, and traditional music will delight and teach our young fans. Lots of opportunities for audience participation. \$12/adults. \$10/youth or senior. Contact Michelle 995-0530; michelle@wildswantheater.org or wildswantheater.org.

Dispatches from the Dumb Decade with Neighborhood Theatre Group • Fridays and Saturdays, Mar. 1, 2, 8, 9, 8 p.m.; Sundays, Mar. 3, 10, 2 p.m. • Join us as we travel back to the 2000s to laugh, cry, and scream in terror at fake news, low-rise jeans, strategery, and energy drink cocktails. \$7-15. Contact Alice at neighborhoodtheatregroup@gmail.com or ntgypsi.org.

Shipwrecked! with the Wild Swan Theater • Thursday-Saturday, Mar. 7-9 • Shipwrecked! is a stirring coming of age drama set during a November storm on Lake Huron in 1893. Twelve-year-old Aaron Buchanan, sailing with his parents on their small schooner loaded with Christmas trees from Sault Ste. Marie, is tested in ways he never dreamed possible. Inspired by the desperate circumstances, he finds the skills, bravery, and strength to help with the daring rescue of his family. \$15/adults. \$12/youth or senior. Contact Michelle 995-0530; michelle@wildswantheater.org or wildswantheater.org.

Jack and the Beanstalk with the Wild Swan Theater • Wednesday-Saturday, Mar. 20-23 • Lively rendition of a classic tale presents a humorous giant, appropriate for young theater goers. \$12/adults. \$10/youth or senior. Contact Michelle 995-0530; michelle@wildswantheater.org or wildswantheater.org.

Coffeehouse Theatre: Words and Songs with Neighborhood Theatre Group • Saturday, Apr. 13, 8 p.m. and Sunday, Apr. 14, 2 p.m. • An evening of poems and music. \$7. Contact Alice at neighborhoodtheatregroup@gmail.com or ntgypsi.org.

Womenspirit

Wisdom's Feast: An Invitation to Feminist Interpretation of the Scriptures with Barbara E. Reid • Saturday, Feb. 23, 9 a.m.-4 p.m. • An exploration of familiar biblical texts using new approaches developed from women's wisdom. The workshop will introduce participants to what feminist biblical interpretation is, how to do it, and why it is important for promoting equal dignity and value for all. It will also draw out implications for Christian living and for preaching and teaching from the Scriptures. \$50. Includes lunch. Contact the Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.



Work & Right Livelihood

Entrepreneurship Field Trip • Tuesday, Jan. 15, 6-8 p.m. • Join us for an Open House at WCC's Entrepreneurship Center to learn what they can do to help make your business dreams a reality. Located in the Plant Operations Building on WCC's campus. Free. Contact Gillian at ggainsley@ypslibrary.org or ypslibrary.org/events.

Doula Business Development Training with Patty Brennan • Saturday, Jan. 19, Apr. 13, 8:30 a.m.-5 p.m. • Learn about thinking like an entrepreneur, establishing your value, acing the interview, marketing on a budget, optimizing your website, online marketing tips, how to network effectively, goal setting and other implementation strategies, time management, and more. Learn from the author of *The Doula Business Guide* and *The Doula Business Guide Workbook: Tools to Create a Thriving Business*. 7.0 DONA continuing ed. hours. \$195, \$175/early. Contact Patty at 663-1523; patty@center4cby.com or center4cby.com.

Writing & Poetry

Crazy Wisdom Poetry Series hosted by Joe Kelty, Ed Morin, and David Jibson • Second and Fourth Wednesdays, 7-9 p.m. in the Crazy Wisdom Tea Room • Second Wednesdays are poetry workshop nights. All writers welcome to share and discuss their own or favorite poetry. Sign up for new participants begins at 6:45 p.m. Fourth Wednesdays have a featured reader for 50 minutes and then open mic for an hour. All writers welcome. Sign up begins at 6:45 p.m. Free. Contact Ed at 668-7523; eacmorso@sbcglobal.net or cwpocetrycircle.tumblr.com.

- **Jan. 23** • Hannah Ensor, a poet living in Ypsilanti, has published on topics of pop culture, sports, and mass media. She co-wrote the chapbook, at the intersection of 3, and was associate editor of *Bodies Built for Game*, an anthology of contemporary sports literature. *Love Dream with Television* is her first book of poems.
- **Jan. 23** • Suzi F. Garcia is an editor at Noemi Press and a representative for the Latinx Caucus. She is also a CantoMundo Fellow and a Macondista. Her writing has been featured in or is forthcoming from the *Offing*, *Vinyl*, *Barrelhouse Magazine*, *Fence Magazine*, and more. She can be found at: www.suzifgarcia.com.
- **Feb. 27** • Tom Brzezina has had work in *Chiron*, *Rusty Truck*, *Red Fez*, *Third Wednesday*, *Peninsula Poets*, and *The 5-2*. His poems draw heavily upon the drug experiences of his youth, the underbelly of society, and growing up in Detroit. He lives in Ann Arbor with his wife, dog, and way too many books.
- **Feb. 27** • Lynn Gilbert is a founding editor of *Borderlands: Texas Poetry Review* and currently associate editor of *Third Wednesday* in Ann Arbor. Her poems have been published in *The Texas Observer*, *Kansas Quarterly*, *Exquisite Corpse*, *Southwestern American Literature*, *Peninsula Poets*, and in *Water Music: The Great Lakes State Poetry Anthology*, which she co-edited.
- **March 27** • Keith Taylor has authored or edited 17 books and chapbooks, his most recent being *Ecstatic Destinations*. His latest poetry collection, *The Bird-while*, won the Bronze medal for the Foreword/Indies Poetry Book of the Year. His poems, stories, reviews, essays and translations have appeared widely in North America and Europe.
- **Apr. 24** • Ed Werstein, regional VP of the Wisconsin Fellowship of Poets, received the 2018 Lorine Niedecker Prize for Poetry from the Council for Wisconsin Writers. His work appears in *Stoneboat*, *Blue Collar Review*, and *Gyroscope Review*. His book titles are *Who Are We Then?* and *A Tar Pit to Dye In*.

Wellspring Creative Writing Workshop with Julie Mariouw at Crazy Wisdom • Thursdays, Jan. 10, 17, 24, 31; Feb. 7, 21, 28; Mar. 7, 6-8:45 p.m. • Eight-week writing workshop. Bypass your inner critic; access subconscious material; develop your natural voice; tap into the healing power of writing. \$200. Contact Julie at 730-6175; julie@wellspringwritingworkshops.com or wellspringwritingworkshops.com.

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Writings of Nature and Spirit with the Michigan Friends Center • Friday, Jan. 19, 7:30-9 p.m. • Join us for a fifth annual evening of sharing favorite poems and nature writings. Enjoy discussions that explore our shared experience of renewal through Nature as we celebrate a winter evening together. Donations welcome. Contact Carolyn at 475-1892; manager@mfcenter.org or mfcenter.org.

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • Sundays, Jan. 27, Feb. 24, Mar. 24, Apr. 28, 1:15-3 • We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Free. Donations welcome. Contact Marta at 248-202-3102; jissojizen@gmail.com or jissojizen.org.

CRAZY WISDOM POETRY SERIES



**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 at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured Readers

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CRAZY WISDOM POETRY CIRCLE

**The Poetry Series is open to all.
There is never a charge.**

**Crazy Wisdom Bookstore
114 S. Main St., Ann Arbor
734.665.2757 crazywisdom.net
cwpocetrycircle.tumblr.com**

Writing & Poetry (cont.)

Capturing the Gems - Writing Workshop Over the Airwaves with Tarianne DeYonker • Tuesdays, Feb. 13, 20, 27; Mar. 6, 13, 6-8 p.m. • Join others for this series of writing workshops to give you bursts of energy on a few long winter evenings from the comfort of your own computer. You only need a computer or tablet with internet, a video camera, and headphones. \$50/series. Contact the Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Writing in the New Energy of Spring with Tarianne DeYonker • Saturday, Apr. 6, 10 a.m.-3 p.m. • Come join us for a day to enjoy meeting new friends and writing together. Writing with others supports our creative energies and can inspire us to further develop our skills. This workshop welcomes both beginning and experienced writers. \$50. Includes lunch. Contact the Weber Center at 517-266-4000; webercenter@adriandominicans.org or webercenter.org.

Yoga

Yoga Teacher Certification Training with Ema Stefanova • Courses start Jan. 8 • These comprehensive custom-tailored programs are well designed to systematically deepen your understanding of yoga and meditation, develop your personal yoga and meditation practice (sadhana), and develop skills for safely teaching yoga and meditation to others. Contact Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Study Yoga Meditation Mentoring Group with Ema Stefanova • Begins Jan. 12-13 • Aims to inform, uplift, and enhance your practice. We invite you to expand your understanding of the art and science of yoga and meditation and its practical application for a healthier life. Opportunity to grow your skills, ask questions, and explore in a friendly and supportive environment. \$435/three consecutive months. Contact Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Opening Your Hips for Forward Progress with Brad Waites • Friday, Mar. 22, 6-8:30 p.m. • Class for teachers of all traditions seeking resources to deepen their classes. YA continuing education credits apply. \$62. Contact Raisha at 989-284-1042; raisha@purnayogaannarbor.com or purnayogaannarbor.com.

Surya Namaskar and Your Higher Self with Brad Waites • Saturday, Mar. 23, 9 a.m.-12 p.m. • Learn how to access your higher self by learning the history behind the ancient practice of Surya Namaskar. Correct alignment will be addressed. For those ready to move past the strictly physical in practice. \$75. Contact Raisha at 989-284-1042; raisha@purnayogaannarbor.com or purnayogaannarbor.com.

He who marvels at the
beauty of the world in summer
will find equal cause for
wonder and admiration in
winter.

~John Burroughs

Conquering Your Past Through Twists with Brad Waites • Sunday, Mar. 24, 9:30 a.m.-12:30 p.m. • For those ready to move past the strictly physical in practice. Teachers of all traditions seeking resources to deepen their classes. YA continuing education credits apply. \$75. Contact Raisha at 989-284-1042; raisha@purnayogaannarbor.com or purnayogaannarbor.com.

Backbends: Youth, Joy, and Self Expression with Brad Waites • Sunday, Mar. 24, 1:30-4:30 p.m. • For those ready to move past the strictly physical in practice. Teachers of all traditions seeking resources to deepen their classes. YA continuing education credits apply. \$75. Contact Raisha at 989-284-1042; raisha@purnayogaannarbor.com or purnayogaannarbor.com.

Inward Bound Yoga at Friends Meetinghouse • Winter session begins Jan. 7, Late Winter begins Mar. 11 • Variety of approaches to yoga, including Hatha, Prenatal and Postnatal, Ashtanga, and several flow classes coordinated with music. For class descriptions and fees, see website: ibyoga.com.

Yin Yoga and Meditation with Triple Crane Monastery • Sundays, 1-2:30 p.m. • Starting with five minutes Huayen warming up exercise, followed by 45 minutes of Yin yoga and 30 minutes of sitting meditation. Free. Contact Winne at 757-8567; triple.crane@huayenworld.org huayenworld-usa.org/usa/en.

Open Level Yoga with Michele Bond of Yoga House • Sundays, 4-5:30 p.m., Thursdays, 6-7:30 p.m., Saturdays, 10-11:30 a.m. • Mixed level class with variations offered for all levels. \$14 preregistered. \$18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Classes with Abby Dawson • Second to Last Sundays, 5 p.m. • Free yoga class offered on the second to last Sundays. Open to all experience levels. Learn more about the practice and re-energize for the week in this peaceful, hour-long class. Free. Contact Lisa at 369-8255; lisa@omofmedicine.org or omofmedicine.org.

Yoga Classes with Imagine Fitness • Mondays, 9:30 a.m and 6 p.m.; Tuesdays, 6 p.m.; Thursdays, 11 a.m.; Fridays, 12 p.m. • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. \$21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Classical Hatha Yoga with Triple Crane Monastery • Mondays, 10-11:30 a.m.; Wednesdays, 6-7:30 p.m. • Start with a five-minute warm-up exercise, then one hour of custom yoga poses. Class emphasizes incorporating one's body movements and breathing. Primarily focused on physical discipline, body strengthening, increasing vital life force, and calming one's mind. Free. Contact Winne at 757-8567; triple.crane@huayenworld.org or huayenworld.org/usa.

Yoga Classes at The Yoga Room with Christy DeBurton • Mondays, 4:30-5:30 p.m., 6-7:15 p.m.; Tuesdays, Thursdays, 9:30-10:45 a.m., 4:30-5:30 p.m., 6-7:15 p.m.; Saturdays, 8:30-9:45 p.m. • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Iyengar Yoga with David Rosenberg • Mondays, 6-7:30 p.m.; Thursdays, 7-8:30 p.m.; Saturdays and Sundays 10-11:30 a.m. • Experience invigorating yoga postures using the methods of B. K. S. Iyengar to strengthen the body, create a feeling of wellbeing, 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. \$119/ten classes. Contact David at 646-4195; massage4@aol.com or aareced.com.

Hatha Yoga with Kashi Walters • Mondays, 7-8:30 p.m. • This class uses quieting yoga sequences to help destress and restore the body. The movements calm the nervous system and bring subtle energies back into balance. Please bring a yoga mat. \$15. Contact Kashi at 883-6947; atmaram@kashinivas.org or kashinivas.org.

Compassionate Yoga with Mary Seibert • Tuesdays, 5:15-6:15 p.m. • Hatha Yoga is appropriate for beginners and seasoned students. Emphasis on mindfulness, breath, movement, strength, and balance. \$13/preregistered. \$15/drop-in. Contact Mary at 323-2520; mvsa2mvs@gmail.com or compassionateyoga.info.

Yoga Essentials with Michele Bond of Yoga House • Tuesdays, 6-7:30 p.m. • For those new to yoga, or new to this system, learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun. \$14/preregistered. \$18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

The Practice with Michele Bond of Yoga House • Wednesdays, 6-7:30 p.m. • Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus. \$14/preregistered. \$18/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Restorative Yoga with Kashi Walters • Thursdays, 6:30-8 p.m. • Designed to soothe and refresh the body and soul using props and guided meditation. Please bring a yoga mat. \$15. Contact Kashi at 883-6947; kashi@kashinivas.org or kashinivas.org.

Yoga Happy Hour: Basics and Restorative with Michele Bond of Yoga House • Fridays, 6-7 p.m. • An easy, gentle practice is exactly what your mind/body/spirit craves at the end of a long week. Feel your stress melt away as you relax by candlelight in our peaceful setting, surrounded by the inspiration of nature. \$11/preregistered. \$13/drop-in with permission. Contact Michele at 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Classes with Sue Salaniuk, Sally Rutzky, Susan Bellinson, and Pam Lindberg • Daytime, Evening, and Saturday classes • Beginning and experienced level classes with individualized instruction that meets the needs of each student. Teachers teach how to do yoga and are experienced and certified. \$182/13-week class. Contact Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Holistic Yoga Classes with Ema Stefanova • Jan. - Apr. • Each class covers a different topic. Contact Ema at emastefanova@cs.com or yogaandmeditation.com.

Yoga Class with Zen Buddhist Temple • Tuesdays, beginning Feb. 5, and Mar. 26, 6:30-8 p.m. • Beginning and experienced students in the classes learn traditional yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization, and combine that experience with meditation training. Classes fill up quickly, so early registration is recommended. \$60/all six sessions. \$12/session. Contact Zen Buddhist Temple at 761-6520; annarbor@zenbuddhisttemple.org or zenbuddhisttemple.org.

Yoga Flow at the Farm with Carole Caplan • Tuesdays, 10-11:30 a.m.; Sundays, 9-10:30 a.m. • Traditional Kriya Hatha postures and techniques with an emphasis on alignment, breath, and philosophy. Small classes offer individual instruction. \$10/class drop-in; \$90/ten-week session. Contact Carole at 847-922-9693; carolecaplan@livebychoice.com or livebychoice.com.

Open Level Hatha Yoga with Ema Stefanova • Wednesdays, 9:30-10:30 a.m. •

This class is for new and continuing students. Increase core and overall strength and flexibility. Therapeutic breathing techniques and relaxation are included in each session. \$75/five \$150/eleven. Contact Ema at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Drop-in Gentle Yoga and Meditation with Erica Dutton • Wednesdays, optional meditation 10:30-11 a.m., yoga 11 a.m.-12 p.m. •

Iyengar Yoga for all levels, no experience necessary. Gentle enough for those with back and other body issues. Please bring a yoga mat and wear loose clothing. Donations welcome. Contact Erica at 417-4385; eld0306@yahoo.com or enlightenedoulcenter.com.

Intro to Kundalini Yoga and Meditation with Mohinder Singh • Wednesdays, 6 p.m. •

Kundalini Yoga is the Yoga of Awareness. Yoga means union; this union is with your inner true self. Everyone is welcome - Sat Naam. \$12-20. Contact Mohinder at 276-6520; starbillie@gmail.com or a2kundaliniyoga.com.

Yin Yoga with Pure Hot Yoga Studio • Thursdays, 12 p.m. •

Yin Yoga increases circulation in the joints and improves flexibility. It is a slow-paced style of yoga with postures that are held for longer periods of time ranging from 45 second to two minutes. Yin Yoga brings about a meditative awareness of inner silence which is good for beginners. \$49/new student special. Contact Lora at purehotyogaa2@gmail.com or purehotyogaa2.com.

Shifting Perspectives with Inversions with Brad Waites • Saturdays, 1:30-4:30 p.m. •

Learn why inversions are the Queen and King of Asana. For teachers of all traditions seeking resources to deepen their classes. YA continuing credits apply. \$75. Contact Raisha at 989-284-1042; raisha@purnayogaannarbor.com or purnayogaannarbor.com.

Yoga Classes at The Yoga Space • Various class times •

Offering beginner, intermediate, advanced, and senior classes. Classes are an hour-and-a-half. \$108/seven weeks. Contact Sue at 622-9600; sue@yogospaceannarbor.com or yogospaceannarbor.com.

Deep Centering with Ema Stefanova • Ongoing classes 5:30-6:30 p.m. •

Classes are designed to effectively relieve stress at a deeper level, both in the body and in the mind. Experience a sense of harmony and centering. Dynamic posture sequences are followed by systematic relaxation and visualization at the end. \$75/five sessions. \$150/eleven. Contact Ann Arbor Yoga and Meditation at 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Yoga with Cats with Tiny Lions Lounge and Adoption Center • Sundays, 8:30-9:30 a.m., Thursdays, 7:30-8:30 p.m. •

Practice Hatha style yoga with the furry feline masters at Ann Arbor's own cat cafe! Bring peace to your mind and body while filling your heart with joy as you help animals - proceeds help the homeless animals in our community. \$10. Tenth class free! Contact Karen at 661-3530; tinylions@hshv.org or tinylions.org/yoga.

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 and ends in the full light of the new day. Mixed-level practice. \$14/registered; \$18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine at Nine with Michele Bond • Thursdays, 9-10:15 a.m. •

Includes the goodness of the original Rise and Shine class but at a later hour. \$14/registered; \$18/drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Gentle Yoga with Marlene McGrath • Ongoing Classes •

Expanded offerings of gentle yoga classes designed for students who want a more supported and slower-paced class. These classes feature props and modifications to promote elasticity, strength, and stability for those who may have mobility, stamina, or balance issues. Suitable for beginners or experienced students. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or marlenemcgrathyoga.com.

Prenatal and Postnatal Yoga with Marlene McGrath • Ongoing Classes •

These classes are designed to support the changes of a pregnant body, instill confidence in the body's abilities, and provide physical, mental, and emotional preparation for birth and mothering. Postnatal yoga is practiced with babies present. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Iyengar Yoga at Yoga Focus with Karen Ufer • Day, Evening, and Weekend classes •

All levels of classes are taught including gentle, new beginner, and prenatal. All props are provided. Instruction in Iyengar method is invigorating, safe, and enhances wellbeing. \$18/drop-in; \$15/class for session. Contact Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Harmony Yoga of Ann Arbor: Iyengar Yoga Classes with Karen Husby-Coupland •

Ongoing classes • 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. \$18 class (discounts for multiple classes). Contact 222-9088; karen@harmonyyogaannarbor.com or harmonyyogaannarbor.com.

Intensely Gentle Yoga with Patty Hart • Ongoing classes • These classes are for those seeking a slower-paced class, those who are new to yoga, or those needing more adaptation for postures using props. 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. Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Iyengar Yoga Classes with Laurie Blakeney • Ongoing classes •

Safe, transformative, and educational instruction in the art of practicing yoga asanas (postures). Call for session rates and drop-in fees. Call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga.com.

The possession of knowledge does not
kill the sense of wonder and mystery.
There is always more mystery.

~ Anais Nin

Iyengar Yoga with Kirsten Brooks • Ongoing classes •

These classes will follow the teachings of B. K. S. Iyengar to explore the subject of yoga through the lens of physical poses. No prior yoga experience necessary. \$120, regular fee or pay what you are able. Call Sue at 622-9600; sue@yogospaceannarbor.com or yogospaceannarbor.com.



LIVING COURAGE

I am patient and gentle, but never weak.

I am compassionate, but I know when to let go.

I am protective, never possessive.

I am responsible and totally free.

I am giving, but I seek no control.

I am unlimited bounty, but I do not own.

I have great wisdom, yet I remain humble.

I am discipline, but I do not punish.

I understand and accept, I never condemn.

I am mysterious, yet always revealing.

I am eternal creation, boundless joy and the

One Truly Free, Everlasting power in the universe.

- I am love.

John Ashbrook



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, but he has lived in many different bodies and followed many spiritual paths. He is channeled by Barbara Brodsky.

mental health field for nearly 30 years.

Linda Adamcz, MSW is a Certified Practitioner of Integrative Breathwork and Psycho-Spiritual Integration. She has worked in the

Nia-Avelina Aguirre, ND is a board-certified Naturopathic Doctor and has been in the natural health, fitness, and wellness profession since 1983. She offers non-toxic, non-drug options along with bodywork and energy therapies for radiant health.

Ann Arbor Center for Mindfulness has a mission to cultivate and support the understanding of mindfulness to promote health and wellbeing.

Ann Arbor District Library (AADL) Ann Arbor's public library serving the community of the Ann Arbor School District.

Ann Arbor KTC Tibetan Buddhist Meditation Center is part of the 900-year-old Karma Kagyu lineage led by His Holiness, the 17th Gyalwang Karmapa, Ogyen Trinley Dorje, and is dedicated to the enlightenment of all beings. Ann Arbor KTC is celebrating its 40th anniversary in 2018. The Center offers regular meditation practice and instruction, and is open to anyone interested in taming and training their mind through the Buddhist path.

Arts in Motion Dance Studio believes that dance should be accessible to all ages and ability levels. **Robert Auerbach** is a certified Advanced Practitioner of Rolf Structural Integration who has studied with two of Ida Rolf's senior proteges and been in practice for 19 years.

Marcia Bailey, MA, PhD is a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, Certified Transformational Breath Facilitator, and Senior Trainer with the Transformational Breath Foundation. **James Balmer** was a co-founder of Dawn Farm in 1973 and has worked for Dawn Farm since 1983, first as a Clinical Director, later as president.

David Bell is a founder of Ann Arbor's Interfaith Center and has been a longtime teacher of *A Course in Miracles*.

Linda Steinborn Bender, ACSW, LMSW has spent 30 years helping adults manage day-to-day life by adjusting to health, trauma, abuse, and grief. She has worked in several hospice settings.

Rita Benn is a meditation practitioner with years leading retreats and mindfulness based groups. **Sarah Bennett** is an intuitive channel of the divine realms and ancient ancestral wisdom. Her readings will provide heart opening clarity and peace and will help you go deeper within your own intuitive knowing.

Leslie Blackburn, MS, RCST is a Sacred Sexual Healer and Transformational Guide. She is a leading educator and coach of sacred sexuality and tantra in the U.S.

Kathy Bloch is a Tarot reader, born and raised in Hawaii. She has studied Tarot since 1980 and likes to collect Tarot decks from around the world. She has been doing public readings since 1995.

Carole Blotter draws her meditation practice from dual roots in Quaker and Buddhist traditions. She has been teaching meditation since 1999, and is a teacher for The Forest Way, an organization dedicated to providing retreats conducive to balanced and integrated spiritual growth.

Blue Sage Health's mission is to educate and empower you to achieve your highest quality of life with the use of plant-based cannabidiol (CBD).

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners. **Father Gregory Boyle** is the founder of Homeboy Industries and the author of the New York Times bestseller *Tattoos on the Heart: The Power of Boundless Compassion* and the Los Angeles Times bestseller *Barking to the Choir: The Power of Radical Kinship*.

Michele Bond has over 800 hours of training in yoga, yoga therapeutics, and meditation with internationally-recognized instructors. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Breastfeeding Center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations, weekly MotherBaby support groups, and breastfeeding-related retail.

Patty Brennan, Director of Center for the Childbearing Year and co-owner of Lifespan Doula Association, is a professional birth, postpartum, and end-of-life doula trainer. Patty is the author of *The Doula Business Guide* and provides business development support for doulas.

Dr. Tana Bridge, PhD, ACSW, LMSW, ACTP is a Professor, School of Social Work, Eastern Michigan University and award-winning trauma expert.

Barbara Brodsky is the founder and guiding teacher of Deep Spring Center and an ordained Interfaith Minister. She has been practicing meditation since 1960, teaching since 1989, and draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Jonathan Buckman is a lifetime student of the martial arts and an instructor with SUN SHEN. He is also a social worker and a chess teacher to over 2,000 children. **Lama Nancy Burks** is the resident Lama of the Ann Arbor KTC Tibetan Buddhist Meditation Center. She has been a Buddhist since 1978, and has completed a traditional three-year retreat led by the Ven. Khenpo Karthar Rinpoche at the Karme Ling Retreat Center in Delhi, NY. A retired clinical psychologist, she is available for individual spiritual instruction and guidance, in addition to teaching and leading meditation practice.

Carole Caplan, E-RYT 500 teaches yoga and meditation to weave ancient wisdom into modern life. She bases her yoga teaching on traditional Kriya techniques and is also certified in Thai Yoga Bodywork.

Kapila Castoldi has studied meditation under the guidance of spiritual teacher Sri Chinmoy for 30 years. Her interest in Ayurveda as a complement to meditation spans two decades.

Atmaram Chaitanya is the director of the nonprofit Kashi Nivas Shiva Meditation Center. He has offered over 40 years of service as a teacher of meditation, self-inquiry, and kirtan chanting in the Ann Arbor area.

Center for the Childbearing Year is Michigan's premier birth and postpartum doula training center with professional certification through DONA International. Also offering comprehensive childbirth preparation programs, including online classes hosted by Patty Brennan.

Carl Christensen, MD, PhD, FACOG, FASAM, ABAM is a board-certified addictionologist and pain management specialist.

Jules Cobb is a therapist with Dawn Farm Youth and Family Services.

Lorri Coburn, MSW is a psychotherapist and interfaith minister. She is author of *Breaking Free: How Forgiveness and "A Course in Miracles" Can Set You Free*.

Charles E. Coleman, LLMSW is a Primary Therapist at Dawn Farm Downtown residential treatment facility. **Common Bond Institute** is a non-government organization that focuses on increasing skills and services locally to promote social healing and conflict transformation. Since 1990 CBI has been organizing and sponsoring over 50 international working conferences, and numerous psycho-social treatment and training programs for building local capacity to provide vital human services to vulnerable populations in developing societies experiencing war and turmoil.

Lisa Conine is the Community Outreach Coordinator for the Om of Medicine.

Sarah Conner has training as both an artist and a teacher. She also the parent of two young children.

Diana Cramer, MA has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant.

Reverend Taikodo Marta Dabis is a board-certified hospital chaplain at Saint Joseph Mercy Ann Arbor, and ordained Zen priest in the SFZC Suzuki/Katagiri lineage.

Ray Dalton is the Coordinator of Dawn Farm Outpatient Services and former coordinator of the state suicide prevention hotline in Kansas.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, education and support services for adolescents experiencing problems with alcohol and other drug use, and for their families.

Abby Dawson has more than five years experience practicing and teaching yoga. Join her as she guides you through poses and breath as a tool for overall wellness.

Dmitry Berenson has been writing poetry for twenty years, and his work has appeared in *The Worcester Review*, *Poet Lore*, *MiPOesias*, as well as several anthologies. He has also practiced meditation in the Zen and Vipassana traditions, including daily practice and several intensive retreats. His teaching explores the intersection of meditation practice and poetic creative expression.

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 nonprofit organization devoted to offering teachings of nonduality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.



Tarianne DeYonker, OP, a Dominican Sister of Adrian, MI, is a Certified Amherst Writers and Artists Leader.

Todd Diana is a Dawn Farm staff member.

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, Buryatan, and various Native American traditions.

Erica Dutton is a retired nurse who has practiced and taught yoga for many years.

Connie Lee Eiland has been a shamanic practitioner for 15 years and a physical therapist for 47 years. Since 2000, her shamanic studies have been with Sandra Ingerman, Betsy Bergstrom, Carol Proudfoot-Edgar, Nan Moss, and Larry Kessler.

Gail Embery has many years of experience as a Tarot reader. She reads the cards intuitively while incorporating her abilities as a natural medium and gifted clairvoyant. Gail is also a licensed Professional Counselor, and received her Master's degree from WSU in Counseling Psychology.

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 40 years.

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. She has made a career out of her passion for building community by bringing people together to drum.

Deb Flint is the bookstore manager at Crazy Wisdom and former Adjunct Professor at Siena Heights University and Adrian College.

Food Gatherers is the food rescue program and food bank for Washtenaw County, distributing 6.5 million pounds of food to 170 nonprofit programs that serve nearly 44,500 low-income adults, seniors, and children annually.

Marcella Fox is an intuitive reader at Crazy Wisdom.

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*.

The Friends of the Ann Arbor District Library is a committed nonprofit group of volunteers that operates the Friends Book Shop in the downtown library and supports the activities of the Ann Arbor District Library.

Jerry Fouchey is a Dawn Farm Outpatient and Personal Medicine therapist.

Melanie Fuscaldo, MA, LPC, NCC is a licensed and nationally-certified counselor and life coach specializing in joyful transformations.

Norma Gentile is a natural clairvoyant who trained as both a professional singer and energy healer. She and her guides, most often Archangel Michael, Mary, and the Hathor Atamira offer insights, healing music, and online courses focusing on energy, sound, and healing at her website.



Marcella Fox is one of Crazy Wisdom Bookstore's most sought after Intuitive Readers. Her love of helping draws visitors directly to her table. Her goal is to help people become more whole with a greater capacity for joy. She has devoted years of study so that she can work deeply with those who come calling. She has a masters degree in Social Work with clinical experience in counseling, trauma, and depression, and is currently doing doctoral work at the U-M. Marcella is also bilingual and has studied Shamanism in Peru. You can find out when she is at Crazy Wisdom doing Intuitive Readings by looking in the *Intuitive and Psychic Development* section on **page 91**.

Ann-Margaret Giovino and Alexis Neuhaus are SUN SHEN tai-chi instructors and senior students of SUN SHEN Tai-Chi Lineage Holder Master Sang Kim.

Katy Gladwin is a doula and childbirth educator. She has been providing prenatal, birth and postpartum support to the Ann Arbor area through Sacred Roots Services LLC since 2011.

Curtis Glatter is a professional percussionist and multi-instrumentalist.

Robin Lily Goldberg is a writer, researcher, and holistic healthcare practitioner. She holds certifications in Reiki and Reflexology along with Hatha Yoga, Street Yoga, and Laughter Yoga.

Lisa Gottlieb is a social worker, local food activist, and Nonviolent Communication certification candidate.

Kay Gould-Caskey has been teaching art since 1970. Many of her students exhibit locally, nationally, and internationally.

Karen Greenberg, RPT is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype around the world. She is currently a metaphysical teacher of personal and spiritual growth.

Paulette Grotrian, MA was trained through the UMass Medical School Integrative Medicine Center for Mindfulness and the University of California San Diego Center for Mindfulness. She has studied with Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, Kristin Neff, Christopher Germer, and Thich Nhat Hanh. She is a founding member of the Ann Arbor Center for Mindfulness.

David M. Hall is a beekeeper, educator, and rescuer, having rescued over 4.5 million honey bees from extermination and founded two apiaries. He also has a Permaculture Design and Permaculture Teacher certification.



The background information listed here pertains specifically to individuals and centers whose classes, 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 don't regularly lead classes or workshops, you can still be listed for free in our online Holistic Resource guide which is currently under reconstruction. List your practice and add your logo, photos, and even a short video. To claim your listing, or to update an older listing, please visit AnnArborHolistic.com.

Spiraling Up!

Changing Life Patterns

By Beth Barbeau

Do you have areas of your life where you feel 'stuck,' even though you've tried many ways to make changes? What lasting upgrade would you like to make in your health, finances, or relationships?

Beneath every problem are beliefs, feelings, and often-traumatic responses with which we resonate unconsciously. When we resonate with what is *positive*, we spiral up; we're able to access opportunities for change in a creative and self-empowered way. We feel confident in our capacity to handle what life brings us with clear thinking and an open heart. Basically, our system is *energized* by these positive beliefs and feelings.

However, much of the pain and limitation that we experience in the present is created when our system instead is in sync with old, life-depleting beliefs instead of positive beliefs. These outdated patterns are linked with highly charged feelings, and easily re-triggered even in completely unrelated circumstances. Essentially, our system is stuck being *energized* by these depleting beliefs and feelings, and de-energized by the positive ones! For example, resonating with "I never get what I want in life!" instead of resonating with "Life flows and my needs are easily met." There is an extraordinary approach that simply, swiftly, and literally changes our resonance. While we can't change our past, we can, even in a single session, change its frequency within us. This profoundly shifts our experience of the world, and our ability to live an empowered life.



Beneath every problem are beliefs, feelings, and often-traumatic responses with which we resonate unconsciously.

This healing system is called Resonance Repatterning, and at its foundation is that all matter is vibrating with energy. This includes our entire body, right down to individual cells and atoms, as well as our thoughts, feelings, and spoken words. This vibration generates a frequency, which is unique to each activity or emotion, and is a largely unconscious phenomenon that determines what sort of life experiences we have. When the optimal frequency pulsation is lost, we may find ourselves unconsciously resonating with poor health, unhappy relationships, or limitation in any sphere of our lives. The ancient principles of repatterning have been taught for thousands of years and are now being validated through scientific research in quantum physics.



While we can't change our past, we can, even in a single session, change its frequency within us.

Chloe Faith Wordsworth, an acupuncturist, developed the process that identifies and shifts blocked energy in the body-mind system. She worked with heroin addicts who were continually self-sabotaging and re-abusing, even when all the physical and emotional support elements were in place, and knew there had to be a way to identify and heal the true underlying issues. Chloe is a passionate student of natural health, and her extensive knowledge of meridians, sound frequencies, holograms, psychology, physics, and more, provided the background to synthesize this new and dynamic system of energy work.

Resonance Repatterning unites all of these insights into a system that allows us to easily identify and transform the *exact* life-depleting beliefs, feelings, and unconscious patterns that underlie problems we are facing in the present.

TEACHERS, LECTURERS, WORKSHOP LEADERS, AND THE CENTERS

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 psychotherapist, spiritual and personal advisor, and couple's enhancement coach.

Ann Harmon has been studying meditation, energy medicine, and many other healing modalities for over 30 years. With over 25 years of working with clients, Ann's purpose continues to assist others learning how to balance their own energies and align with their Divine Self and higher purpose. She brings joy, passion, intuitive insights, and amazing skills to shift energy during her classes and private sessions with clients.

Craig Harvey has been leading peace meditations and world-healing vigils since 2001, many of them for 24 hours. He hosts the Peace Generator on the third Friday of each month at the Interfaith Center and the 24-hour Peace Generator every three months.

Simran Harvey has been an astrologer for over half her life. In 2009 she was certified in the Advanced Pulse Technique, a powerful clearing energy to facilitate change at the energetic level. She received additional training to do the energy work over the phone, on up to twelve people simultaneously.

Elizabeth Hazel is an astrologer, tarotist, and author of several books. She has been the SMARRT group's president and is currently a board member.

Heidi is an accomplished psychic medium, clinical hypnotherapist, certified astrologer, sacred dance choreographer, and award-winning event producer.

She has a passion for crystals, and currently writes the crystal column for the *Crazy Wisdom Journal*.

Stephanie Heit is a poet, dancer, and teacher of somatic writing, Contemplative Dance Practice, and Kundalini Yoga.

Margo Hertzfield is a certified Clinical Aromatherapist. She also serves as the regional director for Northwest Ohio and Southeastern Michigan in the National Association for Holistic Aromatherapy and is a member of the of the National Perfumer's Guild.

Jenna Zusei Hirschman and Charles Yugen Stuart are novice Zen Buddhist Priests in training and formal students at the Buddhist Temple of Toledo. We started this sitting group in 2017 with the guidance of our Zen Teachers.

Michael H. Hodges is a Detroit News reporter and the author of *Building the Modern World: Albert Kahn in Detroit*.

The Humane Society of Huron Valley is a nonprofit, tax-exempt public charity. We are independently run and rely on the generosity of people like you to continue our mission to support the loving, responsible

An awake heart is like a sky that pours light.

~Hafiz



These memories from our conception, prenatal life, birth, and early years settle into our intrinsic memory bank, forming the foundation of our beliefs, feelings, and responses to life.

My own experience with Repatterning began in 1990 when I was a recent college graduate. Diagnosed with debilitating posttraumatic stress (PTSD), the State of Michigan considered it so severe that they declared me permanently disabled and waived all my student loans. It was two years into this challenging and rather desperate situation that I met Chloe Wordsworth and Resonance Repatterning (formerly called Holographic Repatterning.)

It made sense to me that our subconscious patterns, imprinted at the earliest times of our lifetime, are held as frequencies within us. These memories from our conception, prenatal life, birth, and early years settle into our intrinsic memory bank, forming the foundation of our beliefs, feelings, and responses to life. For instance, it's common for the ultra-aware senses of the unborn and newly born babies to be callously dismissed, and for patterns of unmet needs to be passed on generationally. Such formative influences continually operate in the background of our present day lives, greatly (but invisibly) affecting our behavior and habits.

After about two months and a half dozen sessions, I found myself capably reuniting with my family, joyously making plans for the future, and successfully stepping out of my housebound cocoon into a high-intensity, national sales position that involved travel. Repatterning now includes over 100 processes to transform painful areas in your life with thousands of variations, an extensive book of modalities, and remarkable stories of change.



This vibration generates a frequency, which is unique to each activity or emotion, and is a largely unconscious phenomenon that determines what sort of life experiences we have.

Using muscle checking, Resonance Repatterning identifies the patterns of non-coherence and directs the practitioner to those modalities that provide the exact frequencies that your system needs in order to bring it into coherence, harmony, and balance. A session is generally 45-60 minutes, where a themed conversation helps identify beliefs and feelings that may be playing an underlying role. After identifying the modality to shift the frequencies, such as a specific sound, movement, or breath, the statements are then rechecked to confirm their shift, and the session is complete. Most people feel relaxed and energized after a session.

care of every animal in our community. HSHV is not affiliated with or funded by Michigan Humane Society, or any other humane organization.

Interfaith Center for Spiritual Growth. Spiritual seekers joining in community to attract others of like mind, creating an atmosphere and structure to foster and stimulate our individual and collective spiritual growth.

Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga since 1995.

Jeff Jay is a clinical interventionist, educator, and author of *Navigating Grace, a Solo Voyage of Survival and Redemption* and co-author of the best-selling book *Love First: A Family's Guide to Intervention*.

Jeff and Debra Jay are best-selling authors, speakers, and clinicians with a national practice providing clinical services and training, including Intervention and Structured Family Recovery.

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. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Gelek Rimpoche's command of western culture enabled him to convey the Tibetan Buddhist tradition with wisdom, wit, and kindness.

Carol Johannes OP is a Dominican Sister of Adrian, MI, and has been involved in the ministry of spiritual direction. She has conducted workshops, addressed groups exploring issues of spirituality, provided days of prayer, and directed retreats throughout the US and beyond.

Gwyn Jones is a certified STOTT Pilates and TRX instructor with a emphasis on natural movement and alignment.

Virginia June LMSW, MAC, CAADC, RT has been a therapist in the addiction field for 28 years, NADA trainer for 14 years, and in long term recovery for over 30 years.

Jan Katz is a senior student of SUN SHEN Founder, Master Sang Kim. She is also a certified instructor of the Tai Chi for Arthritis Program of Dr. Paul Lam's Tai Chi for Health Institute.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Andrea Kennedy is a Reiki Master Practitioner and Instructor, practicing since 1995. She sees clients at Borer Family Chiropractic in Saline, MI, and brings Reiki into the mainstream through education and social media.

One client's story:

"I was always reacting to everything around me—there would be a new issue, but it was the same old patterns. I was tense all the time, and sick of it! My chronic back pain had gotten to be just too much. One of my other health care providers suggested I see Beth, and I've had maybe six or eight Repatternings in the last year. There have been big changes; I am different now in a very good way. I stand up for myself, and seem to be able to shift dynamics without being drawn into the family drama. I can even walk away, breathe, and take care of myself! It's a really big deal that I just don't even get involved.

I think it was because I was so tense, protecting myself from whatever, that I had the back pain. I'm not completely out of this pattern yet, but my body is different now. Since we put the tuning fork on my back, there has been zero pain. Usually my back would get tense and twitch, and now that is almost completely gone. I feel more in control of my life, and I am not so worried about what will be thrown at me next. For instance, it's been a HUGE turning point to be able to find the words for what I want, and be able to say them. Now, overall, when I am just walking through daily life, I am more cognizant of being tense and can take that step back.

We've broken the cycle of tenseness, and that stressful way of life. My mind is calming down, I'm much more relaxed. There has been a positive impact on my family, (my children) are relaxing too. Because my anxiety isn't kicking in, they can sit in the same room with me open and relaxed. They are able to talk with me now, and feel safe having their own rough thoughts and speaking about themselves without shutting down. It's crazy how it's all connected."

In over 25 years of work as a practitioner, I've found repatterning to be safe and effective in a wide range of circumstances, including for groups or businesses, by parents for their children, for pets, and over the phone sessions. What change do you long for?

Beth Barbeau is a mom, traditional homebirth midwife, and Resonance Repatterner. She is also an instructor at the Naturopathic Institute of Therapies and Education in Mt. Pleasant in the Holistic Doula program. She also consults on Natural Family Health and Maternity care in Ann Arbor.



Esther Kennedy, OP, MSW a Dominican Sister of Adrian, is a spiritual director, retreat leader, and clinical social worker.

David L. Kent is an Investment Advisor Representative with LPL Financial. He has a special interest in Socially Responsible Investing and financial planning that is compatible with a healthy world. Securities offered through LPL Financial, Member FINRA. Member SIPC. David Kent may only transact and/or discuss securities business with residents of the following states FL, MI, OH, VA.

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.

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.

Amy Krentzman is an assistant professor at the School of Social Work and at the Center for Spirituality and Healing at the UMN and an Adjunct Research Investigator in the Department of Psychiatry at the UMI Medical School.



The Threshold Singers of Ann Arbor sing at the bedsides of people who are struggling, some with living, some with dying. When invited, a small group of women sings songs of rest and comfort wherever needed, whether in a home or in a care facility or hospital. On occasion - next on Saturday, April 6 - the group provides A Gift of Song for the general public. More information can be found at thresholdofannarbor.org.

TEACHERS, LECTURERS, WORKSHOP LEADERS, AND THE CENTERS

Petra Koppers is a disability culture activist, community performance artist, and a professor at UMi.

Lucinda Kurtz, MA Brennan Healing Science Practitioner and former professor of Women's Studies, is a spiritual mentor and teacher of Kabbalah who believes Kabbalah, spiritual practice, and ritual can open paths to self-awareness and transformation.

Mary Ledvina is a writer, artist, healer, and teacher. She loves teaching creativity and has taught art journaling. *Art Journaling Magazine*, *Paragraph*, and *Seeding the Snow* have published her work.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.

Lifespan Doula Association provides End-of-Life Doula Training and Certification. Owners Marilynne Rush and Patty Brennan are experts in end-of-life issues and the doula model of care.

Mary Light, ND, MH, LMT is a traditional naturopath and consultant herbalist with a private practice and state licensed school of natural medicine in Ann Arbor.

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, nonviolence toward all beings.

Dr. Evan Litinas is the Chief Medical Officer for Om of Medicine.

In seed time learn, in
harvest teach, in winter
enjoy.

~William Blake

Raisha Janet Love has been teaching since 2007. She is a Purna Yoga Certified Teacher at the 500-hour level. She is currently enrolled in the 2,000-hour program at the College of Purna Yoga.

Rosemary Bak Lowery, MS, CHES, CNP, ACSM-CPT is a certified health educator.

Julie Mariouw is an English teacher, published writer, former Journal Workshop leader. She is certified to lead workshops using the Amherst Writers & Artists method developed by Pat Schneider, and is an AWA affiliate.

Mark and Roberta Maxwell are sound healers and the creators of the Sacred Sound Bath. Their goal is to uplift the spirit of humankind through sacred sound for the benefit of all sentient beings.

Barb McConnell, LPN, CHTPI is a nurse, Certified Healing Touch Practitioner, and instructor for Levels 1-4 with 30 years of experience in hospital, clinical, industrial nursing/industrial management. She also teaches Total Health which includes essential oils.

Drake Meadow is a certified leader of the dances and an initiated Sufi.

Michigan Friends Center, built in 1994, is a nonprofit organization located on the wooded 90-acre land of Friends Lake Cooperative Community. As a spiritually grounded community, they enjoy discussions that explore their shared experience of renewal through nature.

Mindful City Ann Arbor is passionate about connecting mindfulness with community. We create experiences so that our community has opportunities for secular mindfulness practice to support calm, focus, and compassion.

Ed Morin is a poet and former English teacher at area universities and colleges.



Rachel Urist

1949 to 2018

We mourn the passing of Rachel Urist -- talented playwright and wonderfully perceptive journalist -- who began writing feature articles for the *Crazy Wisdom Journal* in 2012. Over these last years, she wrote many of our finest profiles of leading lights in the Ann Arbor community (seven of which were our cover stories): Frank Levey and Larissa Czuchnowsky of Blue Turtle Nature Awareness Center, Cantor Annie Rose of Temple Beth Emeth, musically talented Chiropractor Diane Babalas, Resident Priest Haju Sunim of the Zen Buddhist Temple, Marian Leon of the Anthroposophical Society, Deb Lentz and Richard Andres of Tantre Farm, Christina Sears-Etter of People Dancing, David Bell of the Interfaith Center, integrative physician Dr. Amy Saunders, Adventurer and Author Kate Soper, Buddhist Teacher Tsochen Khandro of Tsogyelgar Dharma Center, Behavioral Scientist and Entrepreneur Vic Strecher, Slow Food Activist Kim Bayer, Naturalist Jeannine Palms, and others. Her articles can all be found on our archive at crazywisdomjournal.com. An actively engaged member of Temple Beth Israel in Ann Arbor, Rachel brought a delightful openness and curiosity to her journalistic profiles -- sensitively exploring worlds and subcultures far from the Conservative Judaism of her own upbringing and life.

Rachel Urist graced the *Crazy Wisdom Journal* with the depth and quality of each story she wrote for us. She lifted us up to a new level, and we are so grateful that she came our way. We offer our sincerest condolences to her husband, Dr. Jeffrey Urist, and her children and grandchildren.



The Mother is a combination of many expressions of the Divine Mother such as Mother Mary, Kwan Yin, and others, and expresses different aspects of herself depending on the needs and karma of the person with whom she is sharing darshan. She is trance channeled by Barbara Brodsky.

Robert Moss has published fourteen books on dreaming and describes himself as a dream teacher on a path for which there has been no career track in our culture. He is the creator of Active Dreaming, an original synthesis of dreamwork and shamanism.

Dan Muir found his spiritual home at Deep Spring Center shortly after moving back to MI in 1999. He has been teaching since 2006, trying to convey the peace, joy, and deep wisdom he has found through honest intention, an effort at clean living, and daily meditation. When he isn't teaching the Dharma, Dan is a nurse anesthetist who shares a farm near Lansing with horses and alpaca.

Samo Joanna Myers is a SUN SHEN healer, disciple, and senior student of the SUN SHEN founder, Master Sang Kim. Her passion is listening deeply and tapping into a person's ability to change quickly, effortlessly, and permanently.

Naturopathic School of Ann Arbor staff are all licensed massage therapists and traditional naturopaths with extensive experience in natural medicine forms of assessment and treatment.

The Neighborhood Theatre Group's mission is to make theatre an accessible home for the collaboration of people, artistic challenges, and new ideas.

Guy Newland is Professor of Religion and Chair of the Department of Philosophy and Religion at Central Michigan University, where he has taught since 1988.

He has authored, edited, and translated several books on Tibetan Buddhism, including the three-volume translation of *The Great Treatise on the Stages of the Path to Enlightenment and Introduction to Emptiness*. Additionally, he is the author of *A Buddhist Grief Observed*.

Nancy Ogilvie is a wise woman who has been living in an increasingly intimate relationship with the Goddess for twenty plus years. This relationship is now the ground of her being and life which sustains her in these challenging political times. She wants to share this bounty.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and a gatekeeper of the Wu style.

Pure Hot Yoga Studio in Maple Village promotes health and wellness. Teachers are trained to enhance all levels of yoga practice, beginner to advanced, in supporting everyone to their best potential.

Meena Puri is an Ayurvedic Practitioner, Certified Meditation Teacher and a Yoga teacher. She has been teaching Yoga Therapy for over 22 years and practicing Ayurvedic Medicine for seven years.

Barbara E. Reid OP is a Dominican Sister of Grand Rapids, MI. She holds a Ph.D. in Biblical Studies from the Catholic University of America in Washington, D.C. and is a Professor of New Testament Studies at Catholic Theological Union in Chicago. Her most recent book is *Wisdom's Feast: An Introduction to Feminist Interpretation of the Scriptures*. She is the general editor for the 58 volume feminist commentary on the Bible, *Wisdom Commentary Series*.

Demo Rinpoche is Jewel Heart's Resident Spiritual Advisor and is currently based in Ann Arbor. Under the Dalai Lama's direct supervision, Rinpoche's training covered nearly thirty years of uninterrupted education in meditation, debate, memorization, philosophy, and composition as well as higher levels of training according to the Tibetan Buddhist tradition. He also received his Master's degree in Inter-Religious Engagement from Union Theological Seminary in New York City in 2018.

Libby Robinson, Ph.D., MSW has been practicing mindfulness meditation since 1979. She was trained to teach mindfulness-based interventions by Jon Kabat-Zinn, Zindel Segal, Susan Woods, and colleagues. She has been teaching Mindfulness-Based Stress Reduction since 2003.

Barbara Robertson is the Director/Owner of the Breastfeeding Center of Ann Arbor. She is a board-certified Lactation Consultant and breastfeeding educator who loves working with moms and babies.

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.



Winter is a season of
recovery and preparation.
~Paul Theroux

TEACHERS, LECTURERS, WORKSHOP LEADERS, AND THE CENTERS

Dolores Rubio-Turtle first experienced Transmission Meditation with Benjamin Creme in 1994. She passionately believes in service and personal growth, and since this practice is vital for both, she is excited to share it now in Ann Arbor.

Jonathan Rudinger, RN LMT and founder of PetMassage™, has worked in the canine massage areas since the mid-1990s. He facilitates workshops and home-study courses.

Merilynne Rush, RN has been co-facilitating the Ann Arbor Death Café since 2012. She is a natural death educator, home funeral guide, green burial advocate, and advanced care planning consultant. She is also a certified Respecting Choices First Steps Trainer who teaches end-of-life doula training through Lifespan Doula Association.

Sue Salaniuk holds a Senior Intermediate One Iyengar Certificate. She has studied with the Iyengars in India 12 times and continues to advance her studies regularly with teachers in the U.S.

Winter is the time for
comfort, for good food
and warmth, for the touch
of a friendly hand and for
a talk beside the fire: it is
the time for home.

~Edith Sitwell

Cayla Samano is the first ANFT Certified forest therapy guide in southeast Michigan. Cayla guides at Leslie Science and Nature Center and at Heritage Park in Farmington Hills in addition to offering her own workshops.

Tiffany Schultz, LLMSW is a Dawn Farm Outpatient Therapist.

Mary Seibert, BSN, RYT200 is a Certified Kripalu Yoga Teacher with a foundation in Iyengar. She is also a holistic nurse and Healing Touch Practitioner.

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.

Laura Seligman, MS is a SoulCollage® facilitator, artist, and docent. She also volunteers at the UMi Museum of Art.

SANDYA-Sandra Shears has been a Spiritual Channel, Healer, and Counselor since 1990 as guided by the Higher Communities of Light. As a Light Worker and Vibrational Practitioner, she specializes in activating other Practitioners, Light Workers, and World Servers.

Vijayalaxmi Shinde, a scholar of the ancient Indian art of Palmistry, can give accurate readings and guidance on all aspects of life. Using the art of Tarot Cards Divination, she can help to find subconsciously hidden answers to important concerns on one's life path.

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, MI. She recently retired as professor of systematic theology at Ecumenical Theological Seminary of Detroit.

Lynn Sipher, LMSW has provided psychotherapy since 1985 and mindfulness-based classes and workshops since 2006. She is a founding member of Ann Arbor Center for Mindfulness.

Barb Smith is the author of *Brent's World*.

Southeast Michigan Astrologers' Research Round Table (SMARRT) is a local chapter of the National Council for Geocosmic Research (NCGR).

Ema Stefanova, MA, E-RYT500, YACEP, Member IAYT is a yoga and meditation master as well as an experienced teacher trainer, healer, author, and therapist. She belongs to the Satyananda yoga lineage and has taught worldwide for over 30 years.

John Steinbauer is a clear-channel intuitive Reiki Master Teacher and Sound Healing Practitioner. John offers a large array of services, including his unique Sound Healing Therapy, Reiki Therapy, Distant Reiki, Intuitive Energy Cleansing, and Group Healing. He also teaches Reiki I, II, Master, and Teacher levels.

Steiner Health is a local medical nonprofit that has been operating in Ann Arbor for over 20 years making alternative and integrative medicine accessible and affordable.

Jeremy Suttles, MSE, LMSW is a clinical Social Worker at UMi Hospital, Adult Inpatient Psychiatry.

Steven Sy is a senior instructor of Master Mantak Chia's system. He is certified in Qigong Meditation Basics, Tao Yin Qigong, Iron Shirt Qigong 1-2, Tai Chi Qigong 1-3, and Fusion of the Five Elements 1. Steven is the only instructor in the U.S. certified in Tai Chi Qigong beyond level 2.

Khenpo Ugyen Tenzin has an Acharya (Master's) degree in Buddhist studies and was Senior Abbot at the Nalanda Institute in Rumtek, India before coming to the US in 2005. He has since completed a three-year retreat and now teaches at KTD Monastery in Woodstock, NY and its many subsidiary KTC centers.

Janene Ternes is a commissioned spiritual director and founder of Prayer in Motion, LLC. She has developed a variety of workshops that teach and inspire holistic forms of prayer to help others find and achieve their own inner connection with God.

The Threshold Choir honors the ancient tradition of women singing at the bedsides of people who are struggling, some with living, some with dying. When invited—and without charge—we visit in small groups, welcoming families and caregivers to join us in song or simply to be present.

Stephanie Tighe, MSW is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years of experience healing and leading workshops nationally and internationally. She has trained extensively with Sandra Ingerman.

Tiny Lions is a nonprofit center that has cats for adoption roaming the building. You can come in and sit with the cats while studying or come to events with the cats.

Judy Lee Trautman is a certified leader of the dances, an initiated Sufi, and an ordained Sufi Cherag.

Jennifer Vanderwal is a Healing Facilitator, Reiki Master, Intuitive Spiritual Counselor, and Melody Crystal Healer Instructor. She has taught classes for over ten years.

Brad Waites is one of less than fifty teachers worldwide to be certified at the 2000 in Purna Yoga. He is a former litigation partner in a Dallas Law Firm who has dedicated his life to teaching students to find their true purpose.

Barbara Wall is Vice President for Mission and Ministry and Associate Professor of Philosophy at Villanova University. Dr. Wall has designed and implemented a variety of new initiatives that sharpened Villanova's commitment to its Catholic Identity and Augustinian heritage.

Patricia Walter, OP, PhD a licentiate in theology from the Jesuit School of Theology in Berkeley and a doctorate in philosophical and systematic theology from the Graduate Theological Union. She also holds a doctorate in humane letters, honoris causa, from Barry University. Sister Patricia has taught at Siena Heights University, St. Mary Seminary in Cleveland, and Pontifical University of St. Thomas in Rome.

Joe Walters has over 20 years of experience practicing Chen style Tai Chi with Richard Miller.

Kashi Walters is the Co-Director at the nonprofit Kashi Nivas Shiva Meditation Center in Ann Arbor. She is an experienced hatha yoga, meditation, and self-inquiry instructor.

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.

Dr. Mark A. Weiner, MD, D-FASAM is an addictionologist and pain management specialist.

Conrad Welsing has an MA Communication in Arts and Science, a BS in Psychology, and is a Certified Advanced Facilitator.

Alia Wesala provides brief astrological consultation sessions to individuals, couples, and families.

Suzy Wienckowski is a Reiki Master and Massage Therapist with over 35 years of experience in healing arts. She teaches the traditional Usui System of Reiki Healing and is a member of the Reiki Alliance.

Wild Swan Theater has been putting on magical, lively productions for families and teachers for nearly four decades. They have an award-winning troupe of professional adult actors, dancers, musicians, and American Sign Language performers. These performances take place in Towsley Auditorium on the campus of Washtenaw Community College.

Eve Wilson is the creator and Director of the Healer Development Program and a full-time Healer Practitioner since 1986. She is a groundbreaking leader in healing and ascension who helps others access their gifts and realize their potential as healers.

Julie Wolcott, MA, CSW, LPC has practiced in the fields of counseling and psychotherapy for over 40 years. Besides being a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, she is also a Certified Transformational Breath Facilitator since 2004.

There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.

~Ernest Hemingway

and a Senior Trainer with the Transformational Breath Foundation since 2006.

Women's Divorce Resource Center (WDRC) is an all-volunteer, nonprofit, educational organization. It offers workshops by experienced divorce professionals including Licensed Marriage and Family Therapists, Certified Divorce Financial planners, and Attorneys.

Master Wasentha Young is a Master of T'ai Chi and Qigong with over 48 years of experience. She has received formal instruction in different styles of meditation and massage therapy and has a master's degree in Transpersonal Studies.

How many lessons of
faith and beauty
we should lose, if
there were no
winter in our year!

~Thomas Wentworth Higginson

Rebecca Williams has been a Tarot card reader at Crazy Wisdom for over ten years. Her readings explore deeper soul movements in our lives. Through intuitive readings she assists individuals to use their own soul awareness and wisdom to promote positive change and instill harmony through all of life's complications.

Yoga Focus, an Iyengar Yoga studio, is celebrating 25 years as a yoga center. Teachers value their practice of yoga and the respect for their students.

Yoga Space consists of teachers certified in the Iyengar method with decades of experience. They excel at making yoga fun and accessible for everyone.

Ypsi-Arbor Childbirth Education was formed in 2017 by Ariana and Katy after they had been teaching childbirth education in a variety of ways throughout their work as doulas. They are dedicated to making your pregnancy and birth as empowered as possible, and easing the transition into parenthood by offering up-to-date, evidence-based information in a relaxed atmosphere.

Karita Zarley, RN, CHTP has 36 years of experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 19 years as a professional healer and educator. She leads classes and retreats, and also provides energy work, spiritual direction, and consultations on essential oils and flower essences.

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, RNC, BA, CHt, RMT is a fourth-generation psychic who has been practicing and teaching holistic healing for over 30 years. She is known internationally for her books including *Become a Medical Intuitive: The Complete Developmental Guide* and *The Reiki Teacher's Manual*.

Clinton Zimmerman CTN, ND, LMT, BFRP has been a practicing Naturopath for the last twenty years. He received his initial training at the Naturopathic Institute of Therapies and Education in Mt. Pleasant MI, and then went on and pursued many other independent studies. Clinton is a Licensed Massage therapist, with a focus in Myofascial Release and Craniosacral Therapy.

Celeste Zygmunt is a long time DSC community member who lives in Texas and facilitates the Deep Spring Center Sunday Online Meditation from Anywhere weekly.

Crazy Wisdom has a large selection of Tarot Decks, Oracle Decks, Divination & Tarot Books and Tools



Native Spirit • Kim Krans • Past Lives • Doreen Virtue • Numerology • Jasmine Becket-Griffith • Alana Fairchild

AREN'T WE?

**LABELS POPULATE
THEN SEGREGATE
THEN DENIGRATE
THEN ATTEMPT TO EXTERMINATE
INTO OBLIVION**

**ANY REMNANT
RESEMBLING
WHAT SOMEONE CALLS**

OTHER

.....WE ARE BETTER THAN THIS....

Carolyn R Zaleon

SHARE YOUR POETRY WITH THE CRAZY WISDOM COMMUNITY!

Poems must be original, unpublished work. Maximum 250 words. One submission per person. Include your contact information. Send to Jennifer@crazywisdom.net as a doc or docx attachment. Deadline is March 15, 2019



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