

October 1, 2021  
Issue #70

Singer-songwriter,

*Rod Johnson*

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



*shining a light in the dark*





# The Crazy Wisdom Weekly

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## *The Crazy Wisdom Community Journal*

Look for articles on Jewel Heart's Spiritual leader, Demo Rinpoche, Jewish Family Services, psychedelic plant medicine, Aura photography, Tea Rituals for the Divine Feminine, and more!



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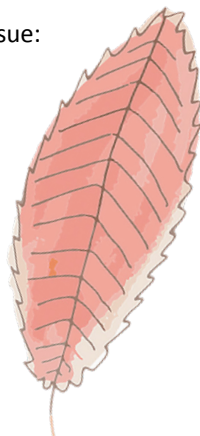
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, [crazywisdomjournal.com](http://crazywisdomjournal.com). *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

- Anette Schilz
- Cashmere Morely
- Joanne Karpinen, Ph.D
- Michelle Wilbert
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



**word of the week:**

**Sequacious**

Lacking independence or originality in thought.

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





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# What is Aura Photography?

By Annette Schilz

The ability to “see” our energy fields within the limited light spectrum of the human eye. Kirlian photography was the first method of showing energy fields. Officially invented in 1939 by Semyon Davidovitch Kirlian, it didn’t come into mainstream notability until the late 50’s, demonstrating that all living things have an aura. Auras have not received as much discussion as many other energetic topics, such as chakras. If you understand that everything is energy vibrating at different levels, then an aura is not such an unbelievable phenomenon. Plants, animals, and humans all have auras, which is simply an energy field emanating from that entity. Human Auras are comprised of 7 horizontal layers of energy fields surrounding our physical bodies expanding from 3-6 ft in a 360° field, moving outward from physical to etheric. Each horizontal layer is a “reflection” of a chakra (which runs vertically along our spine) and relates to specific bodily organs/systems and emotional characteristics. This is the point when explanation can become a bit complicated. Due to the interconnectedness of everything (people, animals, plants, the planet, the cosmos), my belief is that it is almost impossible to separate and work with an Aura independently, because you will in effect, also be influencing the chakras and physical systems. However, if we take into account the complementary aspects of the person, in this case, Aura and Chakras together, a more complete picture of the energies being received and emanated may guide to an expedited plan for rebalancing. And that is what each individual’s energetic and physical systems are consistently striving to achieve.

This brings me to my perception of the cause of illness or as eloquently phrased by many new thought teachers, dis-ease. When we create a state of dis-ease or non-ease and do not properly address it, our physical body stores it in designated organs until we revisit and “heal” it. But if we continue to store them, at some point our body turns on the “check engine” light by creating dis-comfort in the form of symptoms. And Louise Hay was phenomenal at relating our physical symptoms with our emotionally distressed counterpart. For example, if you have stomach issues Louise states: “Fear of the new or an inability to assimilate the new,” which makes sense if you can’t “stomach the idea of (the subject of change) ....” So, if illness or dis-ease

is a manifestation of emotional issues that are lying dormant and unaddressed, then logic would suggest working with these energies, bringing them into our awareness and releasing them should return us to a state of homeostasis (physically and emotionally). A simple analysis would be the relief you get when you finally remove that sliver. It can be the smallest irritant, but if you rub it just the right way, you know it’s there and it continues to be this constant, under the surface, annoyance. But if you try to ignore it, infection and pain will continue to grow until you have an even larger issue to deal with.

Now we return to Aura photography and how that can be utilized to improve our well-being. Foremost I think it is of note that your aura is not static (your Sun or zodiac sign is usually static, in that it does not change). That is to say, your Aura is not simply violet or yellow but reflects your emotions/energies being received and emitted at that moment. Our specific aura photography system (through a biofeedback system) generates the colors associated with your emotional state at the time, but also visualizes your chakra status, too. This is why I’m excited to be able to utilize this tool for the benefit of others. Providing the opportunity for someone to visually grasp the effects on their auric/energy field and chakras I believe is invaluable. If you are inclined to adopt that all things emit energy/frequencies, then being open to the magnitude of tools available to us to assist in balancing or bringing ourselves into harmony becomes more abundant. During a session we’re able to identify over/under active chakras and then introduce objects/methods to your energy field. These may include crystals/gemstones, tuning forks or tones, essential oils, Bach flower essences, and tensor rings. The individual is then able to see how quickly the field and chakras react and are able to discern incorporating some of them into their wellness program. Should you already be on a path of focused chakra/aura balancing, this can be an invaluable tool to gauge your progress.

If you’d like to experience this for yourself, we’d love to invite you to contact us at DNA Sales 2100. DNA Sales 2100 is located at 406 North Pearl Street in Tecumseh, MI. Visit them online at [DNAsales2100.com](http://DNAsales2100.com) to learn more.



# Crazy Wisdom Book Pick of the Week



An earthy and beautiful collection of four stories that celebrate the seasons, nature, and life, from award-winning author-illustrator Phoebe Wahl.

Little Witch Hazel is a tiny witch who lives in the forest, helping creatures big and small. She's a midwife, an intrepid explorer, a hard worker and a kind friend.

In this four-season volume, Little Witch Hazel rescues an orphaned egg, goes sailing on a raft, solves the mystery of a haunted stump and makes house calls to fellow forest dwellers. But when Little Witch Hazel needs help herself, will she get it in time?

Little Witch Hazel is a beautiful ode to nature, friendship, wild things and the seasons that only Phoebe Wahl could create: an instant classic and a book that readers will pore over time and time again.

[Get your copy of \*Little Witch Hazel\* at Crazy Wisdom Bookstore.](#)

**Associate Editor** needed at *The Crazy Wisdom Community Journal*. Work from your home. We are seeking an experienced and skilled editor to help work with our freelance writers. Knowledge about, and interest in, our subject matter would be a definite plus, but is not a prerequisite. This might average 10-20 hours per month, so it is a very part-time opportunity for the right person to slowly become a key staff person on a unique publication. One year minimum commitment. If you have a sample of an article or essay you've edited, please send a PDF along with your resume and cover note to Bill Zirinsky, Publisher and Jennifer Carson, Managing Editor at: [crazywisdomjournal@crazywisdom.net](mailto:crazywisdomjournal@crazywisdom.net).





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# The Aura Inside You



## Photographing Your Deeper Self



Article and Photos By Cashmere Morley

If you ever have days when you're feeling *blue*, or become *red* with passion, a recent resurgence in an antiquated form of spiritual photography says those feelings may not be too far off from reality.

Aura photography has become more and more popular on social media these past few years. The concept, which attracts enthusiasts and critics alike, originated in the 1970s. Unlike thermographic cameras which detect heat, aura photography captures a person's *aura*. Aura photography is not a fortune-telling device nor a way to resolve questions. It captures the state you are in, right now, in your most present moment.

The uptick in recent interest in the practice has resulted in a flood of wispy, magical polaroids and inkjet-printed stills, scattered across screen feeds like a cotton candy, psychedelic dream. It's a versatile practice in that everyone from grandma to teen brothers to Gwyneth Paltrow is ready to discover what their own aura can tell them about themselves. But to understand what aura photography is, one must first understand the definition of an *aura*.

The first entry of the word *aura* in the Oxford Dictionary defines it to be a noun, meaning *the distinctive atmosphere or quality that seems to surround and be generated by a person, thing, or place*. Used in a sentence— "The ceremony retains an aura of mystery." The second entry, however, defines the word as a noun in terms of "spiritualism and some forms of alternative medicine:" *a supposed emanation surrounding the body of a living creature and regarded as an essential part of the individual*. Used in a sentence: "Emotional, mental, and spiritual levels form an energy field around the body known as the aura." Both definitions incorporate this idea of the aura surrounding the body, in one form or another.

Healthline.com notes that the "interpretation of what an aura is varies among practices and philosophies." While that is true, what remains a constant through the different interpretations is the idea that all things in this universe have energy. Whether that energy is a reflection of your spiritual and/or physical body is up for debate. In more generic terms, an aura could be thought of as a *vibe*. If someone is giving off bad or good vibes, that's their energy, or their aura, that you are sensing. In

short, all things have energy: plants, people, pets, rocks. It's the way you send out those vibes or energies that manifests as an aura.

Annette Schilz, owner of DNA Sales 2100 in Tecumseh, believes that through aura photography, she can show visitors how to tap into their deeper selves. Specifically, she believes your aura "shows you the energies that you are receiving and sending, and that it changes with your emotional state and your health. Ideally, having a strong aura helps protect and feed your chakras and maintain a good mind, body, and spirit balance."

Said Schilz, "We interpret the aura as your energy field around your body. It's like an emotional gauge, a little bit. You can tell what mode your thoughts are in by what colors are going to appear in the photo, and then naturally your chakras come into play with that, too. To me, they kind of meld together. Each thought or layer naturally goes to a different mode. I believe there are seven layers, which align with your seven chakras." Those layers are physical, astral, lower mental, higher mental, spiritual, intuitional, and absolute.

Auras can change, second by second. With the use of rocks, essential oils, tuning forks, and more, Schilz can help guide visitors toward adjustments in their chakras, if they seek it. Sometimes, chakras can appear in aura photography sessions as blocked or lesser in levels than other chakras. By aligning those troubled chakras with objects that emit vibrations targeting those areas, anyone can learn how to make small adjustments in their lives to open themselves up to their full capacity, spiritually and otherwise.

"If you happen to get creative one day, and you say, 'okay I need to do this creative thing,' that's going to bring in those energies, it's going to change your colors to more creative green hues. And then, if you get into a layer of your mind where maybe you're thinking of someone you love, then that's going to change your chakras. What I love about the photography aspect, is that it gives a great visual so people can see how quickly the aura can change."

[Read the rest of the article from Issue #78 online.](#)



# Energy Psychology - Rebalance and Create Health and Well-being

By Joanne Karpinen, Ph.D.

Energy Psychology is a family of healing methods that balance subtle energy pathways to rapidly diminish disturbances in thought and emotion. Unlike conventional therapies, the person doesn't have to relive the pain of the problem over and over again.

Energy Psychology works with three major mind-body systems to rebalance and create health and well-being: the meridians (fourteen channels of energy used in acupuncture that are associated with organs and emotions), chakras (seven major energy centers that store our emotional history and vitalize our organs and endocrine glands) and the biofield or aura (several layers of energy associated with self-regulation of boundaries and relationships).

Often called “acupuncture for emotions without needles,” Energy Psychology works from the premise that emotional problems are the reflection of a disturbed energy pattern within the mind-body system. This mind-body system involves complex communication between our neurophysiology, emotions, thoughts (conscious and unconscious) and behavioral patterns. Disturbances in any of these areas are also reflected in our subtle energy system.

Although talking about problems is helpful for people to understand them, we mistakenly believe that if we understand why something is happening, then we can fix it. Turns out that you can fully understand the root of your problem – where it started, how it started, and so on – and still feel like you are getting punched in the gut with an emotional reaction when something triggers that problem. We need to do something beyond talk because talk is a left-brained phenomenon and doesn't live where the emotions are and doesn't reach the emotions.

Energy Psychology allows us to restructure and balance disturbing thoughts in ways that re-harmonize our body-mind in the presence of what once used to trigger the strong negative emotions. By rebalancing the mind-body subtle energies within the context of disturbing thoughts and feelings, the trigger no longer has the ability to automatically elicit the fight-flight-freeze stress response or the stress chemicals associated with it.

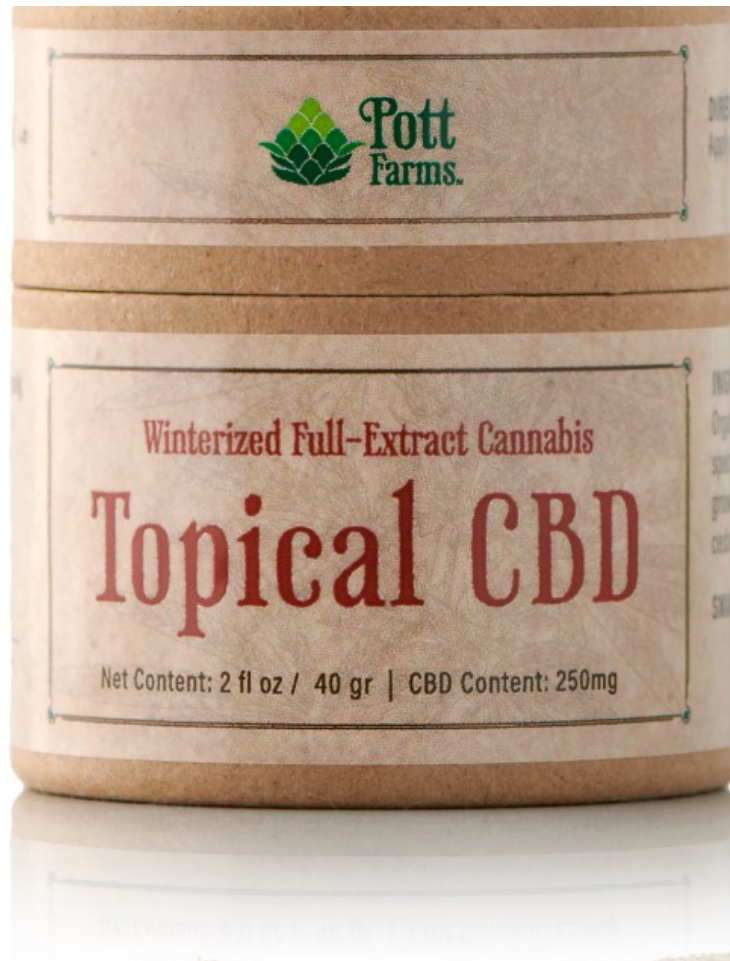
Energy Psychology methods can help release stuck energy that is associated with specific emotions and memories, memories that keep a person stuck in the past such as experiencing a humiliating experience years ago, but it feels like it just happened yesterday. These powerful healing methods engage and release disturbed energy as new neural pathways in the



brain become available so a person doesn't have to go back and experience their trauma in the same way it was stored in the brain; they can now move forward in life with energy that supports forward movement.

Energy Psychology methods are taught to clients to help them self regulate between sessions and reduce symptoms of stress, anxiety, anger, guilt and trauma. There are a number of Energy Psychology approaches with the most common being the Emotional Freedom Technique (Tapping), which is meridian based. Thought Field Therapy, the original Energy Psychology technique, is also meridian based. Another approach is Tapas Acupressure Technique that involves meridians and the biofield. Comprehensive Energy Psychology incorporates the meridians, chakras and biofield in a way that treatment can be customized for the specific needs of each client.

*Joanne Karpinen, PhD has worked in the field of mental health for 40+ years, and began studying different energy modalities 26 years ago. She has a private practice in Psychology and Energy Medicine in East Lansing. She is a teacher for Donna Eden's Level 1 Fundamentals Program (Eden Energy Medicine) and teaches The Ageless Wisdom (the work of Alice Bailey) You can contact her at [drkarpinen@aol.com](mailto:drkarpinen@aol.com) or (517) 347-4618. For more information, visit [integratedhealingjourneys.com](http://integratedhealingjourneys.com).*



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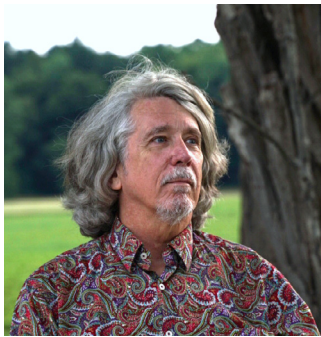




By Michelle Wilbert

### How did you get into music?

Seems like I've always been into it. I remember one pivotal moment, though, was when I heard "Pinball Wizard" on the school bus when I was a kid. The energy, the drama, the richness of the sound... I was obsessed from that point on.



But I was strictly a listener for a long time. I loved to sing, I wrote poetry, I played guitar, but somehow none of that came together as one thing. An academic career and a family took up all the energy I had (and then some). But at some point, about fifteen years ago now, I stumbled into writing a song, and

then another and another, which was a pretty exhilarating, life-altering thing.

I went through the things most musicians go through in their teens—finding like-minded people, starting bands, playing gigs, having crises of confidence—only I was in my fifties.

### What are your favorite aspects of live performance?

I have a love/hate relationship with it. I'm not an extroverted person by nature and performing can be scary. But, once I'm up there, I love talking with the audience, bringing them into the song, making them laugh and feel things. My absolute favorite thing is when I'm singing harmony and everything locks in. It's just a perfect moment. I think I could be happy just being someone's backup singer.

### What have you been doing during the pandemic? What are you focused on now?

Looking forward to not having to think about it anymore. I retired from my teaching career (at UM) just before it happened, so my life was already pretty structureless. When the pandemic hit, suddenly there was no structure to be found anywhere. I started thinking about recording an album in the summer of 2020, and the idea was a very stripped-down acoustic record.

But, when we started working on it in the studio, I realized

the last thing I wanted to hear was another "pandemic album." So, we rethought things, and pulled a bunch of talented, generous friends together in the studio. It resulted in a much more expansive and (I hope) fun album. It was very difficult during the pandemic, though, and took a long time. It finally came out September 1, 2021 and I'm really happy with it (and ready for the next project).

### What is your guiding philosophy of life and art (music)?

I don't know if I have one. I have come to believe that we actually know very little about things. Most of the big picture beliefs people have are based on pretty shaky foundations. I have a lot of questions, but I'm pretty comfortable with not knowing the answers. But the world, the actual real world, is \*right there in front of us\*. So, I just try to pay attention to it—listen to people, feel my feelings, enjoy the dailiness of it all—and hopefully I can make it all cohere enough to make art of it. How that happens is one of those mysteries, but for me it involves stilling all the clamor of my internal voices and listening. I hope audiences are moved by my songs, but ultimately I'm just trying to make something good.

Lear more about Rod Johnson, and his new album, Looking for a Perfect Trip on his website at [rodjohnsonmusic.net](http://rodjohnsonmusic.net).

Weekly

# The Crazy Wisdom Calendar



## Aromatherapy and Essential Oils

### Creating A Personalized Bath Collection with Karen Greenberg

• **Sunday, November 7 • 2 p.m.** • Choose from a collection of essential oils to create your own personalized bath collection, to awaken, to believe in yourself, to help move you closer toward your life's purpose, for purity, for clarity, to envision, for inspiration, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. Special \$75 + \$50 Materials. Contact Karen Greenberg at 734-417-9511, krngnbg@gmail.com, or visit clair-ascenson.com.

Ann Arbor's West side neighborhoods in studios, on porches, in garages, and childcare centers. Walkable area, free parking. Map will be available at WestsideArtHop.com. \$Free. Contact westsidearthop@gmail.com or westsidearthop.com.

## Book Discussion Goups

**Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: October 4, November 8, December 13 • 7 – 8:30 p.m.** • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. \$Free. Donations are welcome. Contact for each month's book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734-994-3387. For more information, visit www.jewelheart.org.

## Art and Craft

**Westside Art Hop! with Sophie Grillet and more • Saturday, October 16, 10 a.m. – 5 p.m.; Sunday, October 17, 12 – 5 p.m.** • Over 50 artists showing and selling their work around



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Deep Spring Center is a 501(c)(3) non-profit. See website for details.



**A Course in Miracles Study Group with Randall Counts and Delyth Balmer via ZOOM • Weekly Thursdays, beginning September 9 – December 30 • 12:00 – 1:30 p.m.** • Read and discuss A Course in Miracles via Zoom. \$Free, but donations gratefully accepted. Contact [interfaithspirit.org](mailto:interfaithspirit.org).

**A Course in Miracles Study Group with David Bell • Weekly Mondays, September 13 – December 27 • 6:45 – 8:45 p.m.** • Read and discuss A Course in Miracles. \$Free, but donations gratefully accepted. Contact [interfaithspirit.org](mailto:interfaithspirit.org).

**Bhagavad Gita Discussion Circle with Miranda and Kishor • Weekly Wednesdays, beginning September 15 – December 29 • 6:30 – 8 p.m.** • Focusing on the timeless wisdom of the Bhagavad Gita, we read a group of texts together weekly and then Miranda and Kishor lead a participatory discussion where all attendees are welcome to share their insights as well as bring up questions for the group to consider. \$Free. Contact [info@theharmonycollective.org](mailto:info@theharmonycollective.org) or [theharmonycollective.org](http://theharmonycollective.org).

## Buddhism

**Jewel Heart Sunday Talks: Ancient Wisdom: Sunday Meditation and Sharing with Still Mountain Buddhist Meditation Center • Weekly Sundays in September • 10 – 11:30 a.m.** • Our Buddhist meditation and sharing session is open to the public. We sit in silent meditation for about 45 minutes and then allow open sharing, discussion, or teaching related to the Dharma. \$Free. Contact <https://stillmountainmeditation.org>.

**Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly Sundays, through December 26 • 11 a.m.** • Enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rinpoche. Stay tuned for the moderated hour discussion after the talk. \$Free, but donations are welcome. Contact 734-994-3387 or email [programs@jewelheart.org](mailto:programs@jewelheart.org). To register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit [jewelheart.org](http://jewelheart.org).

**The Twelve Links of Dependent Origination (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • October 2 • 9 a.m. – 1 p.m.** • Investigating the causes for all suffering, the Buddha discovered a deep-seated pattern tracing back to a fundamental misconception of our own existence, which then spawns many secondary afflicted states of mind and thereby powers a chain reaction of events that constantly recreates situations of pain and discomfort. Understanding this is the key to disengage from the self-perpetuating cycle of misery. \$25 Jewel Heart Members / \$30 Non-members. No one is turned away due to financial considerations. To register, visit [jewelheart.org](http://jewelheart.org). For more information, call 734-994-3387 or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Fall Retreat: Delam: The Easy Path with Demo Rinpoche • Saturday, October 9, 8:30 a.m. – 8 p.m., Sunday, October 10, 8:30 a.m. – 8 p.m., Monday, October 11, 8:30 a.m. – 5 p.m.** • Delam, or the Easy Path, composed by the Third Panchen Lama, is a multi-dimensional map that, when followed with genuine effort, will help us remove limitations imposed by fear and

The Crazy Wisdom Community Journal is looking for a few good writers! If you are interested in writing about either of the topics below, or have ideas for a feature article, please email our managing editor, Jennifer Carson, at [jennifer@crazywisdomjournal.net](mailto:jennifer@crazywisdomjournal.net).

In your email, please send a cover letter detailing your experience with the subject area, any previous publishing credits, and a few article ideas.



We are specifically looking for writers who are interested in writing about paganism, and local pagan related topics.

We are also specifically looking for writers who like to cover food and local food related topics.



confusion, and open our hearts and minds to reach their fullest potential. Delam presents aspects of life for meditation that will deepen our relationship with ourselves, our guru, and ultimately bring about our future enlightenment. \$180/Jewel Heart Members, \$225/Non-Members. No one is turned away due to financial considerations. To register visit [jewelheart.org/retreats](http://jewelheart.org/retreats). For more information, call 734-994-3387 or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**The Neuroscience and Psychology of Meditation: The Neurobiology of Mindfulness-Based Pain Management with Anthony King • Saturday, October 23 • 10 a.m. – 5 p.m.** • This day-long experiential workshop will provide instruction and guided practice in several forms of contemplative practices including basic mindfulness, loving-kindness (metta), and self-compassion. It will also provide a comprehensive and up-to-date explanation of the psychology, evolutionary biopsychology, and neuroscience of love and compassion from neurobiology research in animals and humans. \$80 Jewel Heart Members / \$100 Non-Members. No one is turned away due to financial considerations. To register, visit [jewelheart.org](http://jewelheart.org). For more information, call 734-994-3387 or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Library of Wisdom & Compassion with Venerable Thubten Chodron • Weekly Wednesday, October 6 – November 10 • 7 – 8:30 p.m.** • His Holiness the Dalai Lama and Venerable Thubten Chodron have been developing a comprehensive multi-volume resource guide for all levels of interest in Buddhism's foundational teachings. Ven. Chodron will touch on topics of the first six: (1) approaching the Buddhist path, (2) the foundations of Buddhist practice, (3) Samsara, Nirvana, and Buddha Nature, (4) following in the Buddha's footsteps, (5) great compassion, and (6) courageous compassion. Ven. Chodron will also talk about working with the Dalai Lama on this project. \$100 Jewel Heart Members / \$120 Non-Members. No one is turned away due to financial considerations. To register, visit [jewelheart.org](http://jewelheart.org). For more information, call 734-994-3387 or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

## Ceremonies, Celebrations, & Rituals

**Full Moon Ceremony with Alicia Clark Teper & Jenn Kirk • Wednesday, October 20 • 6:30 – 10 p.m.** • Gather in sacred space to unite under the Full Moon energy while Reiki is working its magic. We will combine grounding and breathwork, meditation, yoga, crystals, astrology, bonfires, and of course, s'mores. Come as your crunchiest self and leave grounded and glad you spent time on yourself. \$40. Contact Alicia Clark Teper at 734-945-5396 or [sacredlotusexperience@yahoo.com](mailto:sacredlotusexperience@yahoo.com); [www.sacredlotusexperience.com](http://www.sacredlotusexperience.com).

## Channeling

**Evenings with Aaron with Aaron channeled by Barbara Brodsky • Tuesdays: October 19, November 16, December 14 (Christmas stories) • 7 – 9 p.m.** • A weaving together of the components of The Eden Project (Mediumship, Eden Class, Dharma Path and Vipassana and Pure Awareness Meditation) with elements of practice or daily life. Suggested donation: \$10– \$35. Contact 734-477-5848; [om@deepspring.org](mailto:om@deepspring.org) or [deepspring.org](http://deepspring.org).

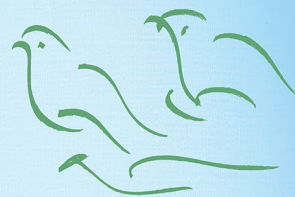
## Childbirth

**Birth Doula Training with Patty Brennan • Saturdays & Sundays: October 2–3 and December 4–5 • 9 a.m. – 4 p.m.** • Train online with Patty Brennan to become a birth doula and begin providing support to families in your community. Professional certification through Lifespan Doulas. Training includes a combination of self-paced study and life online workshop. \$697. Contact Patty Brennan at 734-663-1523 or [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com); [lifespandoulas.com/birth-doula-training](http://lifespandoulas.com/birth-doula-training).

**Postpartum Doula Training with Patty Brennan • Friday, October 8 • 9 a.m. – 4 p.m.** • Learn how to create a cocoon of rest, healing, and support for the new mother and family. Professional online training and certification. \$697 (payment plans available). Contact Patty Brennan at 734-663-1523 or [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com); [lifespandoulas.com/postpartum-doula-training](http://lifespandoulas.com/postpartum-doula-training).

IMAGINE...

Imagine  
a world  
where all the  
rain  
is pure.



Imagine  
a world where all  
the trees are  
green.



Imagine  
all the birds  
flying in a  
clear sky.

*Sri Chinmoy*

[Meditation Ann Arbor](http://MeditationAnnArbor.com)

Words of wisdom and bird drawings by Sri Chinmoy



## Children and Young Adults

**Youthful Spirits Class for Young People ONLINE with Heidi Kaminski • Weekly Sundays: through – December 26 • 1 – 2 p.m.** • Spiritual discovery for young people on Zoom. Details on web site. \$Free, but donations gratefully accepted. Contact [interfaithspirit.org](http://interfaithspirit.org).

**Discover Your Unique Magic! Spiritual Tools for Earthbound Teens • October 2 & 3 • 10 a.m.** • Mara and Liz will share creative and healing ways for you to tap into and embrace your unique gifts! We'll show you tools used by sensitives and intuitives to keep grounded and keep your energy field clear and protected, while showing you ways to expand your abilities. You'll learn how to connect to your natural magical guidance systems, through ceremony, dance, nature, meditation, journaling, and even crafting. We'll have time together to grow and practice as a group and also an incredibly valuable opportunity for a one-on-one session with Mara or Liz. This is an intuitive and spiritual development class for teens and folk between 13 and 23. The core of this class is an immersive hands on weekend on Oct 2 & 3. We will meet once on zoom prior to the weekend to break the ice, get to know one another, and allow for Liz and Mara to get a feel for the individual and group needs before we meet in person. Come and find the support and belonging you've been yearning for! \$300 fee. Saturday, Oct 2: 10:00am - 5:00pm  
Sunday, Oct 3: 1:00pm - 5:00pm. Register at <https://evenstarschalice.com/courses>.

## Cohousing

**Cohousing Tours • Sundays • 2 p.m.** • Every Sunday starting in September. Cohousing is a form of intentional community centered on the joy that comes from residents sharing their work, resources, and talents. The Ann Arbor area is unique in the US for having 3 cohousing communities. Come find out what it's all about. Meet at the Touchstone Common House, 560 Little Lake Dr., (734) 274-9110. Learn more at [touchstonecohousing.org](http://touchstonecohousing.org).

## Dance and Movement

**Belly Dance Fitness with Lora Forgiel and Cara Barket Yellott • September – December, Weekly • Sundays, 7 – 7:45 p.m.; Mondays, 8:15 - 9 p.m.** • Come join us for 45 minutes of belly dance cardio. Learn how to belly dance and get your workout in for the day. Laugh, sweat, and dance. Connect with music and your body in a deeper way. No experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact [austeen.freetobe@gmail.com](mailto:austeen.freetobe@gmail.com); [freetobeyogamassage.com](http://freetobeyogamassage.com).

**Glow Flow with Michelle McLemore • September – December, Weekly Wednesdays • 9 - 10 a.m.** • Greet the morning with a 60-minute combination of slower flow yoga, Tai-Chi,

## JUDY LIU RAMSEY CONSULTANT & PRACTITIONER



## Heart To Heart

**SHAMANIC HEALING  
ANIMAL COMMUNICATION  
CLASSES • CEREMONY  
CONSULTATIONS**

**[ramsey.judy003@yahoo.com](mailto:ramsey.judy003@yahoo.com)  
<https://JudyRamsey.net>**

pranayama, and basic dance from across cultures to open your energy anatomy and promote a positive mindset. Feel the magic of merging slow breath with intentional movements while toning and increasing flexibility. Low impact. No prior experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact [austeen.freetobe@gmail.com](mailto:austeen.freetobe@gmail.com); [freetobeyogamassage.com](http://freetobeyogamassage.com).

**Mini-Band Class with Austeen Freeman • September – December, Weekly Thursdays • 5:45 – 6:15 p.m.** • A 30-minute full body burn. Bring your own bands or use the studios as we target major muscles group in a HITT style workout. Great for any level, very low impact, and low resistance. Strengthens and tones the body. If you have your own resistance bands, please bring them. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact [austeen.freetobe@gmail.com](mailto:austeen.freetobe@gmail.com); [freetobeyogamassage.com](http://freetobeyogamassage.com).

## Death and Dying

**Ann Arbor Death Café ONLINE with Merilynne Rush and Diana Cramer • Monthly, Third Saturdays: October 16, November**



## Crazy Wisdom Poetry Series

hosted by  
Edward Morin, David Jibson,  
and Lissa Perrin

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

Until further notice, all sessions  
are virtual and accessible through Zoom.

Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link

**Second Wednesdays, 7-9 p.m.:** Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

**Fourth Wednesdays, 7-9 p.m.:** Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

### Featured readers

**October 27 – Michael Zadoorian** has four published novels, *The Narcissism of Small Differences*, *Beautiful Music*, *The Leisure Seeker* and *Second Hand*, and a story collection, *The Lost Tiki Palaces of Detroit*. His fiction has appeared in *NAR*, *Literary Review*, and *Witness*. *The Leisure Seeker* was made into a film starring Helen Mirren and Donald Sutherland.



**December 1 – Judith McCombs** grew up nomadic in a geodetic surveyor's family. Her poems appear in *Poetry*, *Shenandoah*, *Nimrod*, and in five books including *The Habit of Fire: Poems Selected & New*. She has taught at Wayne State U. and in the Washington, D.C. area. She received awards from Michigan and Maryland State Arts Councils.



**December 1 – Molly Spencer** has recent poems published in *Blackbird*, *Los Angeles Review*, and *Prairie Schooner*. She is the author of the poetry collections *If the House*, winner of the Brittingham Prize, and *Hinge*, winner of the Crab Orchard Open Competition. She teaches writing at the University of Michigan.

### Crazy Wisdom Poetry Circle

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

**29, December 18 • 10:30 a.m. - 12 p.m.** • At Death Cafe, we talk about and increase awareness of death to make the most of our finite lives. All adults are welcome. \$Free. To receive the link, please send us your email. Contact Marilynne Rush at 734-395-9660 or [msh.rush@gmail.com](mailto:msh.rush@gmail.com); [thedyingyear.org](http://thedyingyear.org).

**Death Cafe ONLINE with Annie Kopko and Susan Thompson • Monthly, first Tuesdays: October 5, November 2, December 7 • 6:30 – 8:30 p.m.** • Discussion of Death and Dying. \$Free, but donations gratefully accepted. Contact Andrea at [andrea.shaw@interfaithspirit.org](mailto:andrea.shaw@interfaithspirit.org); [www.interfaithspirit.org](http://www.interfaithspirit.org).

**Home Funeral ONLINE Training with Marilynne Rush • Monday, October 18 • Self-paced** • This course fully prepares you to care for the body of your loved one at home after death, like many people used to do in the 'old days. Learn all about regulations, legalities, working with a funeral director, creating a circle of support, and much more. Discussion boards and weekly optional office hours are available. \$595; scholarships and payment plans are available. Contact Marilynne Rush at 734-395-9660 or [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com); [thedyingyear.org/end-of-life\\_doula\\_trainings.html](http://thedyingyear.org/end-of-life_doula_trainings.html).

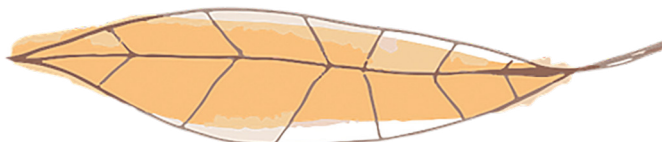
**Advance Care Planning Facilitator Training ONLINE with Marilynne Rush • October 21 • 1 -6:30 p.m.** • Become a Respecting Choices® ACP Facilitator and learn how to help others discuss their values and wishes so that they may complete their Advance Directive. 4-6 hours of preparation are required. The Respecting Choices® method is internationally known, evidence based, and has been developed over the last 25 years. \$250. Contact Marilynne Rush at 734-395-9660 or [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com); [thedyingyear.org/end-of-life\\_doula\\_trainings.html](http://thedyingyear.org/end-of-life_doula_trainings.html).

**End-of-Life Doula Training with Patty Brennan • Saturdays & Sundays October 23-24; November 20-21 • 9:30 a.m. – 3 p.m.** • The training covers how to provide non-medical comfort and support to the dying person and their family, in the final days, weeks and months of life. Professional training and certification online with Patty Brennan. \$697. Contact Patty Brennan at 734-663-1523 or [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com); [lifespandoulas.com/end-of-life-doula-training](http://lifespandoulas.com/end-of-life-doula-training).

**End-of-Life Doula Training with Marilynne Rush ONLINE • Tuesdays, November 2, 9, 16, 23, 30 • 3 - 6:30 p.m.** • Our six diverse teachers from varying backgrounds fully prepare you to offer your services to dying individuals and their families/caregivers. Cost is \$725; scholarships and payment plans are available. Contact Marilynne Rush at 734-395-9660 or [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com); [thedyingyear.org/end-of-life\\_doula\\_trainings.html](http://thedyingyear.org/end-of-life_doula_trainings.html).

### Dreaming

**Dreaming Your Own Oracle Deck: Personal Mythology with Dreaming Julie & Cassandra Matt Online Workshop • Saturday, October 23, 10 a.m. – 5 p.m. and Sunday, October 24, 10 a.m. – 3 p.m.** • Everyone has symbolic dragons in their lives and personal situations that we need to draw on our inner power to find courage. From every day to life-long challenges, we have an entire cadre of guides and mentors within each of us. In this workshop, you will meet your own personal companions,





explore the light and shadow side of each, bring them back to create individualized oracle cards. In addition, you'll tap into your creative writing powers to build a personal reference book to correlate with each card. By the end of the workshop, you'll have a one-of-a-kind, unique, deck of 24 powerful personal mythology oracle cards and reference book to use in accessing your own innate, intuitive guidance. \$120 prior to October 9; \$145 after. Contact Julie at [info@dreamingjulie.com](mailto:info@dreamingjulie.com); [dreamingjulie.com/workshops.html](http://dreamingjulie.com/workshops.html).

## Energy and Healing

**Qigong with Master Wasentha Young • Weekly Thursdays, beginning September 16 for 10 weeks • 11:15 a.m. – 12:15 p.m.** • Feeling like you could use some self-care techniques that will help to give you an energy cleanse and revitalize your sense of well-being? During these sessions you can learn basic qigong stretches, breathing, and visualization meditations, and self-acupressure (acu- points used in acupuncture) for just this purpose. \$150. Contact 734-741-0695 or [Info@peacefuldragonschool.com](mailto:Info@peacefuldragonschool.com); [peacefuldragonschool.com](http://peacefuldragonschool.com).

**Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg • Sundays, October 3, 10 • 1:30 p.m. – 6 p.m.** • Some people have become depressed with the Covid-19 isolation. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it including, but not limited to, sacred letters, powerful archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, archangels, Masters of Light.... \$110. Contact Karen Greenberg at 734-417-9511 or [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com); [clair-ascension.com](http://clair-ascension.com).

## Festivals and Fairs

**Film Watch Party: The American Rimpoche – A Tibetan Lama in the 21st Century with Nikki Appino • Tuesday, October 26 • 7 – 8:30 p.m.** • This is a film featuring Gelek Rimpoche, a renowned Lama born in the legendary Shangri-la of old Tibet, who lived an extraordinary life spanning continents, customs, and cultures. Framed by archival photos of old Tibet taken by Rimpoche's father in the 1930s and 1940s, the film traverses the link between one man's job as a modern spiritual teacher and the impact of Tibet's myths and practices on Americans seeking direction in an increasingly complex world. The film was produced by Nikki Appino, and the music was composed by Philip Glass, Chairman of the Jewel Heart Board. Nikki will host the live watch party. \$10 suggested registration fee. No one is turned away due to financial considerations. To register, visit [jewelheart.org](http://jewelheart.org). For more information, call 734-994-3387 or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

## Holistic Health

**Life Force Intensive Retreat at Rudolf Steiner Health Center • 12 Days: Monday, October 25 – November 6 • Continuous** • Holistic medical retreat designed for patients with chronic



Get your  
calendar listings in by  
Monday morning at  
10 a.m. for the next  
Crazy Wisdom  
Weekly Issue!  
Send your listing  
in here.

illnesses and cancer. Vegetarian organic and biodynamic diet, therapies, movement, and holistic treatment under experienced physicians. Step into a world of healing for two weeks and your health will thank you for it. \$Sliding scale fee structure dependent on shared or single Room. Contact Steiner Health 734-222-1491 or [rshc@steinerhealth.org](mailto:rshc@steinerhealth.org).

## Intuitive and Psychic Development

**Focused Mind Meditation – Teleconference with John Friedlander • Monthly, first Sundays: October 3, November 7, December 5 • 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 Viviano at [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com) or 734-476-1513; [psychicpsychology.org](http://psychicpsychology.org).

**Fall Intensive 2021 video/tele-conference with John Friedlander • October 16 - 24 • Saturday & Sundays 10 – 12 and 2 – 4; Weekdays 7 a.m. – 9 p.m.** • Deep, sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical sophisticated perspective. You may participate in some or all of the coursework. Prerequisite: Foundations Level I (class or CD class) or instructor's permission. \$TBA. Contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com); [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group – Teleconference with John Friedlander • Monthly, first Tuesdays: October 5, November 2, December 7 • 7 – 9 p.m.** • For women only. Meditations will concentrate on women's issues relative to biological energies as well as that of the aura. \$12.50. Contact Violeta Viviano at [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com) or 734-476-1513; [psychicpsychology.org](http://psychicpsychology.org).





# fundRAISE THE barn ROOF

INTERACTIVE PRESENTATIONS:

HEALTHY STRUCTURES - CHUCK BULTMAN, BARN HISTORIAN AND TERRY RICHARDS, INNOVATOR

SYNERGY OF FARMING AND LAND MANAGEMENT - DAN GANNON, FARMER AND BARRY LONIK, TREEMORE ECOLOGY AND LAND SERVICES

Sunday October  
17th 2-5pm

Community Farm of Ann Arbor  
1525 S.Fletcher Rd. Chelsea,MI

<https://communityfarmofaa.wordpress.com/barnroof/>

but donations are welcome. To register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit [jewelheart.org](http://jewelheart.org), call 734-994-3387, or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Healing and Compassion Meditations with Hartmut Sagolla**

• **Weekly Mondays, through December 27, • 12 – 1 p.m.** • Sagolla leads a 30 – 40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization and contemplative meditations. \$Free, but donations are welcome. To register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit [jewelheart.org](http://jewelheart.org), call 734-994-3387, or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs**

• **First and Third Thursdays: September 23, October 7, 21, November 4, 18, December 2 • 7 p.m.** • This class will explore the Yoga Sutras of Patanjali. We will consider the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. This non-dual school emphasizes śakti, the divine energy of the Absolute that creates our universe and forms the basis of the streams of our Awareness. Along with studying the text, we will practice tantric forms of meditation to help us understand the sutras. Suggested donation: \$120– \$360. Contact 734-477-5848; [om@deepspring.org](mailto:om@deepspring.org) or [deepspring.org](http://deepspring.org).

**Vipassana and Pure Awareness Meditation with John Orr**

• **Wednesdays, September October 13, 27, November 10, 24, December 8 • 7 – 9 p.m.** • Module 4 of The

Eden Project. Deepening of Vipassana (Insight Meditation) and Pure Awareness. Designed for those who already have the basics and have the ability to be mindful in daily life situations. Developing and sustaining a daily formal meditation practice will be encouraged. Refer back to The Eden Project description (listed under Spiritual Development). Contact 734-477-5848; [om@deepspring.org](mailto:om@deepspring.org) or [deepspring.org](http://deepspring.org).

**Meditation**

**White Tara Guided Healing Meditation with Jewel Heart instructors** • **Weekly Sundays through December 26 • 9:30 – 10:40 a.m.** • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. \$Free,



**Maha–Mantra Kirtan Jam with Devin O'Rourke • Thursdays, September 16 – December 30 • 6 – 8 p.m.** • An immersive kirtan experience with the Hare Krishna maha–mantra. Musicians are welcome to bring instruments to join in for this fluid program and all levels of experience with kirtan are invited to join. Kirtan is meditation using mantras with musical accompaniment and provides an easy and pleasing atmosphere to focus the mind. \$Free. Contact [info@theharmonycollective.org](mailto:info@theharmonycollective.org); [theharmonycollective.org](http://theharmonycollective.org).

## Mindfulness

**Days of Mindfulness with Esther Kennedy • Monthly Saturdays: October 9, November 20, December 11 • 10 a.m. – 2:30 p.m.** • Basic Connection, Looking Deeply, Wandering Mind, Wholeness, Happiness, Peace. Registration is required. \$35 (includes lunch). Contact Weber Center 517–266–4000; [webercenter.org](http://webercenter.org).

## Music, Sound, and Voice

**Sound Bath ONLINE with Rob Meyer–Kukan • Monthly first Sundays: October 3, November 7, December 5 • 7 – 7:15 p.m.** • Come, settle into the safety and comfort of the combined sounds of singing bowls, gongs, chimes, and more as Sound Therapist, Rob Meyer–Kukan, weaves together a blanket of sound sure to comfort and relax the soul. Each month has a different theme: Sound Sanctuary, Mystery of Sound, and The Season of Hope. To watch/listen to this sound bath meditation, visit [youtube.com/robmeyerkukan](https://youtube.com/robmeyerkukan). A link will be posted on my Facebook timeline when the video is live. \$FREE, but donations gratefully accepted at [paypal.me/robmk](https://paypal.me/robmk). Contact Rob Meyer–Kukan at 248–962–5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com); [fb.me/e/5hdyA8OnH](https://fb.me/e/5hdyA8OnH).

**Sacred Sound Journey with Victoria Schon • Mainly Saturdays: October 9, November 6, 27 • 6:30 – 7:45 p.m.** • This is a non–invasive complementary healing modality that provides an environment of sound, tone and vibration to create harmony, order, and deep relaxation in which insights and a deep meditation state can be experienced. \$40. Contact [viceraposeyoga.com](mailto:viceraposeyoga.com); [veraposeyoga.com/events](https://veraposeyoga.com/events).

**Singing for Comfort with various leaders ONLINE • Monthly, second Thursdays: October 14, November 11, December 9 • 7 – 8:30 p.m.** • Take some time away from life's stresses with an evening of peaceful, comforting singing. Layla Ananda will teach and lead songs that are easy to learn and sing, including some from the Threshold Choir repertoire. No experience necessary. \$Free, but donations gratefully accepted. Visit events at [interfaithspirit.org](http://interfaithspirit.org).

**Autumn's Bounty: Sound Bath Meditation with Rob Meyer–Kukan • Saturday, October 23 • 7 – 8:20 p.m.** • Allow the soothing tones of singing bowls, gongs, and more to transport you to a place of relaxation and calm as we celebrate the bounty of this season. \$25. Advanced registration and payment by October 22 are required to secure your space. Contact Rob Meyer–Kukan at 248–962–5475 or [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com); [fb.me/e/Q37BfqrZ](https://fb.me/e/Q37BfqrZ) or [robmeyerkukan.com](http://robmeyerkukan.com).

**Cafe 704 featuring Nutshell • Saturday, October 2 • 10 a.m.** • Nutshell is a Celtic roots band. Their repertoire ranges from

high energy jigs and reels, to expressive airs and folk songs with four and five part harmonies. On Zoom and In Person at 704 Airport Boulevard \$10. Please see our web site, [Interfaithspirit.org](http://Interfaithspirit.org), under Events/Cafe 704 Coffeehouse for details and tickets.

**Healthy Boundaries with Karen Greenberg • Sunday, October 31 • 10 a.m. – 2:30 p.m.** • Learn how to define healthy boundaries for (and with) yourself, 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 Greenberg at 734–417–9511 or [akrnrnbg@gmail.com](mailto:akrnrnbg@gmail.com); [clair–ascension.com](http://clair–ascension.com).

**Heart Centered Community Connection with Rachel Egberman • Weekly Thursdays • 4:30 – 5:30 p.m.** • Learn HeartMath and other Heart Centered practices for building resilience physically, mentally, emotionally and spiritually. Great for stress management. \$10 donation suggested, but not required. Contact Rachel Egberman at [tellrachel123@gmail.com](mailto:tellrachel123@gmail.com); [celebratedheart.com](http://celebratedheart.com).

**Evolving Your Doula Business Workshop with Patty Brennan • Saturday, December 11 • 8:30 a.m. – 5 p.m.** • Learn how to approach the business side of being a doula. How to get started, establish your value, grow your business, and more! \$247. Contact Patty Brennan at 734–663–1523 or [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com); <https://lifespandoulas.com/doula–business–workshop/>.

## Reiki

**First Degree Reiki Training with Suzy Wienckowski • Saturday, October 9, 10 a.m. – 5 p.m. and Sunday, October 19, 10 a.m. – 1 p.m.** • Reiki is a gentle, hands–on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: Body, Mind, and Spirit. The First-Degree class includes the history of Reiki, hands–on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. Contact Suzy Wienckowski at 734–476–7958.

**Holy Fire III Advanced Reiki III with Alicia Clark Teper • Saturday, October 16 – Sunday, October 17 • 10 a.m. – 6:30 p.m.** • Advance your Reiki Practitioner skills with Holy Fire III ignition and attunement. Learn advanced Reiki techniques, Crystal Reiki, Chakra Clearing, pendulum work and new symbols. \$333. Contact Alicia Clark Teper at 734–945–5396 or [SacredLotusExperience@yahoo.com](mailto:SacredLotusExperience@yahoo.com); [SacredLotusExperience.com](http://SacredLotusExperience.com).

## Retreats

**Awakening to the Compassionate Heart – Oakwood Retreat ONLINE with Barbara Brodsky, Aaron, and John Orr • Saturday, October 2 – Saturday, October 9 • Check in TBA • A week–long Vipassana retreat offered via Zoom. Our focus will be deepening**

of Vipassana and Pure Awareness practice and of compassion, as support through these challenging times. Such challenges can lead us to profound insights. We understand there will be some busyness at home. As much as is possible, we ask the retreat to be held in silence. \$TBA. Two levels of registration: full participation and auditors. Contact 734-477-5848 or om@deepspring.org; deepspring.org.

## Shamanism

**Basic Journeying: the Art of Shamanism for Practical and Visionary Purposes** • **Saturday, October 9 & 10 • 9 a.m.** The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. Visit <https://judyramsey.net> to register and for more information. \$150

## Spiritual Development

**Light Worker Activation with SANDYA**– Sandra Shears • **Weekly Wednesdays: September 1 – December 29 • 7 p.m.** • As a Light Worker or World Server you have incarnated at this time in order to facilitate the transition in the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. \$100 per month prepaid – ongoing commitment required. Contact SANDYA– Sandra Shears at 734-340-2616 or sandya2033yahoo.com; sandya– sandrashears.com.

**Metaphysics for All of Us with Mary Alice Truitt** • **Weekly Wednesdays: September 1 – December 29 • 9:15 – 10:45 a.m.** • Explore metaphysics via Zoom. \$Free, but donations gratefully accepted. Visit [interfaithspirit.org](http://interfaithspirit.org).

## Tai Chi, Martial Arts, and Self Defense

**Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck** • **On-going, Everyday** • **Visit website for course times** • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; [taichilove.com](http://taichilove.com).

**Chen Tai Chi Chuan with Joe Walters** • **Through December 30 • Monday & Thursday, 5 p.m., Saturday, 9:30 a.m.** • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. \$Free. Visit [annarbortaichi.com](http://annarbortaichi.com).

**Adult Martial Arts** • **Weekly Mondays and Wednesdays: through December 16 • 7:45 – 8:15 p.m.** • The Chelsea ATAT Martial Arts curriculum provides a great way for adults to stay

in shape. It won't become dull or routine because as soon as you get better and continue learning, there are always more challenges ahead to keep you inspired and coming back for more. Confirm days and times on website. \$100 per month. Contact 734-846-1914 or info@chelseaata.com; [chelseaata.com/about-us/Chelsea](http://chelseaata.com/about-us/Chelsea).

**Classes with Asian Martial Arts Studio** • **Ongoing, In-Person classes. Visit website for dates/times** • 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 Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit [a2a.m.as.com](http://a2a.m.as.com).

## Writing and Poetry

**Crazy Wisdom Featured Readers ONLINE with Laurence W. Thomas, Michael Zadoorian, and Judith McCombs** • **Monthly, fourth Wednesdays: October 27, December 1 • 7–9 p.m.** • Featured Reader(s) for 50 minutes. Open mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.

**The Wide World of Publishing Options ONLINE with Clementine Kornder of Courage Publishing** • **Wednesday, October 6 • 6 – 8 p.m.** • Zoom event. Learn the many options you have to publish your work in traditional and non-traditional ways. \$5. Visit [meetup.com/Write-On-Ann-Arbor](http://meetup.com/Write-On-Ann-Arbor).

**Spooky Writing Prompts for Halloween with Lexi Mohny** • **Tuesday, October 19 • 6 – 8 p.m.** • Prepare those fireside scary stories with these writing prompts! This event is an in-person, outdoor meeting. \$5. Details at [meetup.com/Write-On-Ann-Arbor](http://meetup.com/Write-On-Ann-Arbor).

## Yoga

**Virtual Yoga Classes with Imagine Fitness** • 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](mailto:imagine@imaginefitnessandyoga.com) or [imaginefitnessandyoga.com](http://imaginefitnessandyoga.com).

**Yoga Classes at The Yoga Room with Christy DeBurton** • **Private sessions available via Zoom/Facetime/Skype** • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; [info@christydeburton.com](mailto:info@christydeburton.com) or [yogaroomannarbor.com](http://yogaroomannarbor.com).





When we lose our myths we lose  
our place in the universe.

—Madeline L'Engle

