

October 29, 2021  
Issue #72



# Our Halloween Issue!

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

*shining a light in the dark*



# The Crazy Wisdom Weekly

## Are you a local artist, musician, writer, or crafter?

*The Crazy Wisdom Biweekly* is looking to feature local artists, crafters, writers, and musician's in our Shop Local Holiday guide which will be published along with our Biweekly issues in November.

We are also offering special display ads in this issue for artists, crafters, writers, and musicians. These ads are a 1/4 page for a special price of \$50.00 for 2 issues or \$25 for one issue. Ads must be "camera-ready", 300 DPI at 3.6" wide by 5" high. The deadline for purchasing and submitting your art is November 6th. To pay for an ad visit [crazywisdomjournal.com](http://crazywisdomjournal.com).

If you are interested in being featured, please send a letter of interest with your website information, contact information, a short description of your work, and a couple of photos that show your work to Jennifer at [jennifer@crazywisdom.net](mailto:jennifer@crazywisdom.net). This is part of the editorial content of the e-zine, so not everyone will be featured. We will be looking for a good mix of products to feature. The deadline to submit your work for a feature is November 4th.



## Table of Contents

Word of the Week .....	page 4
Psychic Shields By Moira Payne.....	page 5
Mind and Spirit--A Return to Plant Medicine By Catherine Carr.....	page 6
Angels on Her Mind By Sibel Ozer.....	page 8
CW Musician Spotlight By Michelle Wilbert.....	page 9
Reiki and Not Humans By Peggy River Singer.....	page 10
Crazy Wisdom Book Pick of the Week.....	page 11
The Crazy Wisdom Weekly Calendar.....	page 13
A Final Thought.....	page 19



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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:

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Jennifer Carson  
Carol Karr  
Bill Zirinsky



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



## *Psychic Shields - Protecting Yourself from Negative Energies*

By Moira Payne

The moon hid behind clouds in the night sky, as I stumbled my way through fresh snow headed for the barn. Even using my cell phone as a flashlight, I was barely able to see two steps in front of me. Crossing the threshold in the dark, I could sense the mold and mustiness that clung to the wooden structure, which appeared quite new. I reminded myself to even my breathing, while searching for a light switch, which I finally found behind the door.

A single bulb barely illuminated the space, a workshop of some kind with a couch, countertops, and a lot of tools. I had been informed that this is where strange activity took place, where rocks had been thrown against the wall by unseen forces. I stood for some time, listening to the wind, feeling the unease. I proceeded to explore by the light of my phone, opening doors and walking through additional rooms. At times, I felt hands brushing against my arms and whispers in my ear. My sense was that whatever was there was not happy about a trespasser. The home's owner insisted that the house was built in the past 50 years, but the spirit I experienced here—a male, a farmer, perhaps—lived many generations before.

I touched the pentacle that hung from a chain around my neck. My protection.

As I walked toward the furthest room, the floor seemed to become uneven under my feet. I was no longer walking on the same floor, but was now walking along a slate pathway, which then gave way to dirt. Indeed, the current structure had been built over something else.

I returned to the main house to meet my friends, who were not comfortable staying on the property any longer. 'How could you have gone into that dark barn by yourself?', they asked. I am protected, I responded.

The "knowing" is called clairsentience, or clear sensing. It is the ability to take the energy that you feel and make sense of it. At times, images come to mind, words are heard in the inner part of my ear. In order to get a clear message, I have to clear my mind, empty it using meditation techniques, and sit in that space for a few moments.

In the beginning I would practice by writing down my sensations, but I quickly learned it was much better when I collected the sensations before attempting to write. After having my sense of knowing confirmed so many times, I learned how to discern

between the machinations of my imagination and when I am truly sensing something.

Like me, to further develop this ability, you need to confirm what you are sensing by reaching out to others. But it's a conversation that may require careful consideration. For instance, if I am asked, I will give my impressions of someone's home. I do not believe in offering unsolicited feedback, as not all people believe or even want to know all that has transpired. And just as the psychic seeks protection in whichever way is most comforting, so too should the person who is not interested in developing her innate abilities.

So, before springing some past atrocity on a friend, or cautioning your co-worker about an impending disaster, make sure everyone is open to hearing this information! I also check myself before saying anything, by asking myself if I am speaking to be helpful or trying to impress someone. Working in the spiritual world should not be complicated by the ego of the physical world.

Those of us who consider ourselves healers are a beacon for energy from this world and beyond. With this gift comes a greater need for protection. Psychic protection is akin to hand washing—it has to be done. The more often we protect ourselves, the easier it becomes for us to do automatically.

I have been teaching my son how to protect himself since he was a young child. I would tell him to stand still and imagine his feet are roots, like the roots of a tree that go into the ground, deep into the earth. His roots would find a ball of energy that was pure love, anchored to the center of the earth. As they touched that ball of energy, the love would move up his roots and into his feet, traveling up his body, filling every limb until it filled his head and poured out the top. That love would then come out of his crown and spread around him, creating a shield.

The "shielding game" became almost a guided meditation for him and he experiences comfort simply by working through the exercise. He is now an adult and recently shared with me that he still does this exercise.

[Read the rest of the article online!](#)

# MIND AND SPIRIT – A RETURN TO PLANT MEDICINE

By Catherine Carr

If you live in America today, you might have noticed a mental health epidemic unfolding. While debate rages over the *cause* of the decades-long upswing in depression, anxiety, and PTSD, one thing is clear: most of us know at least one person who has been, at some point, dangerously depressed. Worse still, we probably all know someone whose depression has not responded to first-line medications like SSRIs.

Watching our neighbors and loved ones struggling with deep depression can raise existential questions. And indeed, many researchers are asking what we are doing wrong as a society to have so many of our people in these dire straits. Yet, another avenue of research is drawing on the wisdom of previous decades and millennia to treat these seemingly un-treatable conditions.

Plant medicines, including psychoactive compounds, have been used for millennia by indigenous peoples to produce profound changes and healing in their users. In the mid-20th century, a wave of Western academics suggested that newly synthesized hallucinogens could also have profound therapeutic benefits. However, a wave of government crackdowns in the late 20th century made it illegal for even research scientists to possess or administer any hallucinogens, including the plant medicines of indigenous peoples, before definitive results could be found. The first decades of the 21st century have seen a loosening of these bans, and a subsequent explosion in clinical research into plant medicines and synthetic psychedelics. The results have been astonishing. Medical and recreational marijuana has been legalized across swaths of America with astonishing speed, and early studies of the use of ketamine and psilocybin under the supervision of trained therapists have shown such strong results that both medicines have already been approved for compassionate use for patients in some countries when other treatments have failed.

One of the more remarkable aspects of this research has been the finding that a substantial portion of patients who experience remission of their treatment-resistant depression after using these medicines *also* have religious experiences during treatment. This has forced some clinicians who make use of them to begin learning about traditional shamanistic and other compatible theologies to help their patients make sense of their experiences.

In this article we'll briefly discuss the state of research into several ancient and modern medicines whose abilities to open the mind are now being studied by doctors and scientists.

## *Marijuana*

Once demonized as the cause of “reefer madness,” mountains of clinical data have finally convinced politicians that marijuana is no more dangerous than alcohol or tobacco—and has much more medicinal value than either of those long-accepted recreational drugs. Between THC, CBD, and thousands of other unique bioactive compounds, medical marijuana can now be prescribed in many states for the treatment of anything from life-threatening intractable seizures to anxiety and chronic pain. Doctors caution that inhaling smoke is bad for the lungs no matter what is *in* the smoke, and that the use of psychoactive compounds in pregnant women and children under the age of 18 should be restricted to medically necessary uses because *all* psychoactive compounds can affect the development of growing brains in detrimental ways.

Far from being the demon it was once regarded, marijuana is now viewed by many patients and doctors alike as a near-miraculous medicine for hundreds of painful and dangerous conditions. Its recreational use is also now considered on par with the use of recreational alcohol in many states.

## *Psilocybin*

Long touted as “magic mushrooms,” the many fungi species that produce the compound psilocybin have been used by shamans and psychedelic adventurers alike. Many users have reported profound, life-changing religious experiences—but the potential for life-changing *negative* experiences including psychotic episodes, suicidal ideation, and seizures have caused shamans and medical doctors alike to advise against the use of these mushrooms by patients who are not spiritually prepared and supervised by trained experts.

Read the rest of the article  
from Issue #78 online.

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By Sibel Ozer

I was hesitant to share my latest painting as my ingrained skepticism rears its head whenever angels appear, making me feel childish that I paint them. I grew up in a household where rationality ruled; the fantastical was accepted as part of the arts, but not necessarily respected. The intelligence of people of faith was questioned in principle, and my innocent curiosity was frequently ridiculed. I think it rather miraculous that my spiritual interests and seeker tendencies weren't wiped out all together. In some of us, the yearning for a relationship with the Divine is strong—no different than a love of the arts or a passion for music is in others—and therefore hard to extinguish.

Becoming a transpersonal art therapist offered a certain legitimacy to my explorations of the spiritual realm, since it falls under the category of social sciences and involves the intellectualization of experiences. The fact that transpersonal experiences remain contradictory to the rational mind hasn't stopped us from trying to understand them. And I am enough a child of my upbringing that I continue to attempt to articulate and make sense of mystical experiences or mindboggling synchronicities.

I've been practicing The Art of Allowing for years now, which is a type of process painting with an intention to connect with, and learn from, the Divine Feminine. It requires of us the bringing forth of that which we see emerging from the colorful backgrounds that are created with freedom. Depending on how one wants to look at it, one can interpret completed pieces

as works of projections of the human psyche, or revelations of not only the personal but also the collective unconscious or transpersonal realms. The human psyche is interesting in that it holds a place for both rationality and the mythic, even though they are opposing tendencies.

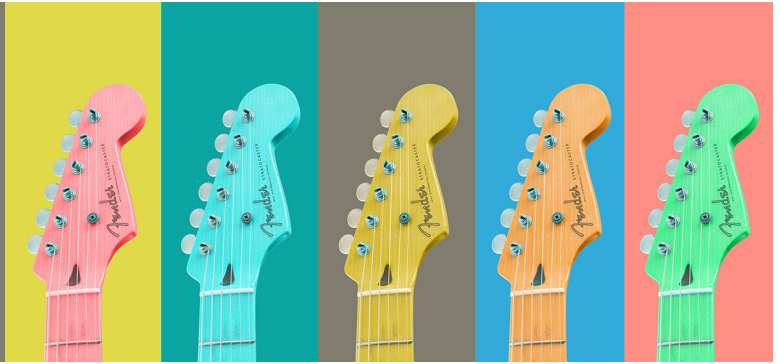
I was wondering what it might mean that this angel had angels on her mind, when it occurred to me that "you are what you think!" Later the same day I came across the post of another painter whose most recent work was titled "You are where your mind is. Stay present". I was stunned at the synchronicity. I figured maybe this painting was a message that more people are in need of than I realized. So, let's all pay attention to where our thoughts are as they most certainly impact our emotions, even our actions if we let them—in other words our reality.

It is also important to remember that since we are what we think, the choices we make around how to best navigate the pandemic that has affected us in different ways falls under this category. It is so easy to conclude that those thinking and believing other than us are uninformed or idiotic. We live in times where we increasingly receive different, and at times opposing, information from different sources, which we all decided we trust.

It is incredibly hard if not impossible to get someone to change what has taken root in their mind. We are what we believe. So, this angel is inviting us to be more compassionate as we share this planet with people who do not believe as we do. It makes neither side less deserving of respect.



# CW Musician Spotlight with *Michelle Held*



By Michelle Wilbert

## How did you get into music?

I explored and excelled at many different art forms before making my way to the old Fender acoustic guitar that was gifted to me and lay unused for years. Born with a musical ear, I sang all of the time as a child, though at an impressionable age, I was discouraged from the thing that was uniquely my own, my natural vibrato. In an effort to blend in, I abided, suppressing my true voice, and then eventually found myself deeply yearning to sing and feeling like I didn't know how. I uncovered another creative outlet and developed an acting career, primarily in small professional theatres, for over a decade. After many twists and turns, feeling unsettled and searching for meaning, I finally taught myself a few chords on that old Fender, and started singing again, but now my voice was rich with experience. While teaching a children's theatre camp, I met my then vocal coach, who would gently guide me technically and foster the courage necessary to mend my perceived vocal defects. That was just the beginning.

## What are your favorite aspects of live performance?

The energy that is exchanged between the performers and the audience. Therein lies a vehicle to express vulnerability and compassion and people seem more open to receiving it in the form of a musical composition.

## What have you been doing during the pandemic?

I have been meditating, thinking, reflecting, walking, adapting, writing, recording, researching, talking to myself, working odd jobs, and trying to come up with a new plan for income. I am finishing up the production of my debut single. Though I've been performing and building a repertoire of original work, it has taken me ten years to get to this place where I finally feel ready to share my songs with the larger world. I have also learned a great deal technically, about lighting, sound and streaming. It warms my heart how we were all helping each other out as we adapted to the new landscape.



Photo by: Jon Rosenberger

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

Trust that inner voice. It has been lesson after lesson of not trusting that voice and realizing, I am always better off when I listen even when logically, it doesn't make sense. Listening opens up the possibilities for magic to happen.

Find out more about Michelle held at: [linktr.ee/michelleheld](https://linktr.ee/michelleheld)

Video: <https://youtu.be/m26ga8IDg6c>

# Reiki and Not-Humans



By Peggy River Singer

I've been reading science fiction and fantasy since I was a kid; and like many of you, I've been enjoying the Avenger and Thor movies of the last several years. I've been particularly intrigued by Loki, Thor's adopted brother; who is not human at all but a Frost Giant, and whose backstory is filled with conflict and emotional trauma.

As a Reiki practitioner, I began to wonder whether Reiki could help someone like Loki (if he were a real living being) with all his issues, even though he's not human. Then I wondered whether Reiki might be helpful for other not-human sentients. And that naturally led to wondering whether off-worlders might come here to Earth specifically to experience, learn or practice Reiki.

So, I decided to ask the Oversoul of Reiki...

**Reiki:** *Reiki was never intended to be confined to Earth. It was developed here (over millions of years) because the energies are ideal.*

**Peggy:** Ideal, in what sense?

**Reiki:** Earth has a reputation for being a planet with a high level of negativity, which creates imbalances that can lead to war, illness and so forth. There has always been a strong presence of Lightworkers here, who work continuously to help balance the negative energies.

*Learning to co-create BALANCE in one's life and health is a key aspect of Reiki practice. The constant process of energy balancing on Earth is what makes it an ideal environment for the development of Reiki.*

*Now you wish to ask, have off-worlders also been coming here for Reiki treatments, to learn and teach Reiki, and perhaps take that knowledge back to their homeworlds? Again, the answer is Yes.*

**Peggy:** And how long has this been going on?

**Reiki:** *Billions of years. There are those who wish to experience the Reiki energy at certain points in its development, you see, and those wishes can be accommodated here.*

**Peggy:** Is there some kind of organization that oversees this project?

**Reiki:** *One could call it that, though its objective is to guide and support in the cause of All-Healing, rather than to control in any sense.*

**Peggy:** Can you give me an idea how many Reiki practitioners here are from offworld?

**Reiki:** *We have no wish to contribute to doubts or fears in those who will read these words. Let each person search their own Knowing to find authentic answers to this inquiry. And remember, always, that REIKI CAN DO NO HARM. Reiki cannot be USED to do harm. Therefore, Reiki practitioners of ANY species can do no harm while using Reiki.*

**Peggy:** With all the universes to consider, there must be billions of healing systems, and some of them must be similar to Reiki.

**Reiki:** *Yes, indeed. However, Earth-based Reiki has been shown to be one of the most beneficial and effective modalities, applicable to countless species, which is why it is so popular.*

**Peggy:** Dr. Mikao Usui of Japan is considered to be the developer of what we think of as modern Reiki (starting in the 1920's). I see now that his lineage of teachers must extend much farther into the past than I used to think.

**Reiki:** *And into the future, and all the space-time continuums, and so forth. The balancing and healing energy of Reiki is integral to the workings of many universes as well as this one.*

**Peggy:** Was Dr. Usui aware of all this?

**Reiki:** *Not consciously, no. Now, of course, from the other side of the Veil, he is delighted to observe and encourage the growth of Reiki on your world and elsewhere.*

**Peggy:** Is Dr. Usui working directly with any not-human individuals or groups at this time?

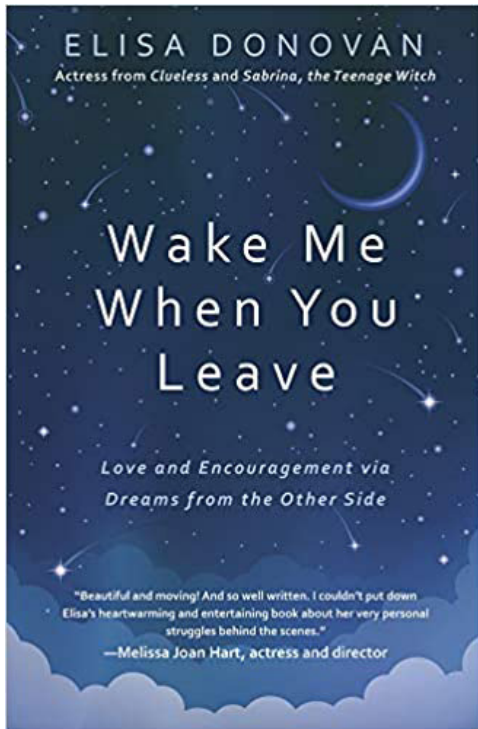
**Reiki:** *Only occasionally. He is enjoying his freedom to pursue his own interests and spiritual development, you see.*

**Peggy:** Is there anything else you'd like to add, for those who will read these words?

**Reiki:** *There are many paths to healing. Find the path that FEELS right, and it will ring through your soul in a clear, pure tone that is unmistakable. Thank you for this sharing.*

*Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer. She combines her gifts to help create harmonious relationships among all who share the Earth. Connect by email at [newbluecanoe@aol.com](mailto:newbluecanoe@aol.com). Previous columns, interviews, and articles about her experiences and insights are posted on [angelsfairiesandlife.wordpress.com](http://angelsfairiesandlife.wordpress.com).*

# Crazy Wisdom Book Pick of the Week



## *Love, Grief, and Healing in Hollywood and Beyond*

After prominent roles in *Clueless*; *Sabrina, the Teenage Witch*; and *Beverly Hills 90210*; Elisa's career was on the fast track. Until her show is unexpectedly cancelled, her relationship ends, and her father is diagnosed with terminal cancer. This book chronicles Elisa's journey out of despair and heartbreak, with awe-inspiring visitations, dreams, and inexplicable synchronicities that could only be her father letting her know that he's watching over her from the afterlife. Sometimes the universe sends us on a journey that we didn't know we needed. By sharing the lessons and challenges that the universe sent to her, Elisa inspires those who are learning to let go after a loss so they can live again with authenticity, humor, and hope.

Get your copy of *Wake Me When You Leave* at Crazy Wisdom Bookstore.

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# The Crazy Wisdom<sup>weekly</sup> 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, krngrnb@gmail.com, or visit [clair-ascenson.com](http://clair-ascenson.com).

## Book Discussion Goups

### Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: 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](mailto:programs@jewelheart.org) or call Jewel Heart at 734-994-3387. For more information, visit [www.jewelheart.org](http://www.jewelheart.org).

**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](http://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](http://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).

**Kick off of Dine and Discuss with Weber Center • Thursday, November 11 • 5 – 7 p.m.** • This inspiring true story reminds us of the amazing things one person can do to alleviate suffering in the world. The author, Tracy Kidder, is the recipient of a Pulitzer Prize for his story of Dr. Paul Farmer, a gifted doctor and his work to cure infectious diseases in remote parts of the world. From Harvard to Haiti, Peru, Cuba, and Russia, Farmer strives

to change minds and practices through his dedication to all of humanity. Registration required. \$15 includes book and dinner. Contact Weber Center 517-266-4000 or [Webercenter.org](http://Webercenter.org).

## Buddhism

**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 [www.jewelheart.org](http://www.jewelheart.org).

**Buddhism Practical Buddhism by Gelek Rinpoche with Gelek Rinpoche • Weekly Tuesdays from 7 to 8:30 p.m. through Dec. 28, 2021 • 7:00p.m.** • Practical Buddhism by Gelek Rinpoche offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors will follow each session. Free/Donations are welcome. Contact To register, go to the Jewel Heart website at [jewelheart.org/](http://jewelheart.org/), scroll down, and select this program. For more information, call 734-994-3387 or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**The Cessation of Suffering and the Path Leading to It (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, November 6 • 9 a.m. – 1 p.m.** • By uprooting fundamental misconceptions about reality, all misguided actions and consequently all causes of misery will cease and lasting happiness can be attained. (This workshop will focus on practical methods to get closer to this goal, and it is one of several in the Applied Meditation Technology series that explores different approaches to gain deeper insight into our lives, aiming at gaining freedom from all suffering. All workshops include instruction, guided meditation, individual meditation, and discussion.) \$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).

**Delam: The Easy Path – Workshop by Demo Rinpoche • Saturday, November 20 • 10 a.m. – 4 p.m.** • The workshop will highlight how we can remove limitations imposed by fear and confusion and open our hearts and minds to reach our fullest potential. Delam presents aspects of life for meditation to deepen our relationship with ourselves and those around us. \$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).

## Ceremonies, Celebrations, and Rituals

**Sacred Cacao Ceremony with Victoria Schon • Saturday November 20 and December 18 • 6 – 7:15 p.m.** • Drinking ceremonial cacao is considered spiritual medicine by many indigenous cultures around the world. As we sit together in a small group and consume this sacred beverage, practice mindfulness, participate in guided meditation in a backdrop of sacred sound, our soul is nourished, and we experience a heart opening. It is a time for deep inner-reflection and connection with community. \$35. Contact Victoria Schon at victoria@veraposeyoga.com.

**Winter Solstice with Alicia Clark Teper • Tuesday, December 21 • 7 – 9 p.m.** • Bring in the Winter Solstice with a night of self-care. Using a combination of breathwork, grounding, sound, yin yoga, astrology, meditation, crystals, intuitive tarot and Reiki. \$44. Contact Alicia ClarkTeper at 734-945-5396 or sacredlotusexperience@yahoo.com; [www.sacredlotusexperience.com](http://www.sacredlotusexperience.com).

## Channeling

**Evenings with Aaron with Aaron channeled by Barbara Brodsky • Tuesdays: 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 or [deepspring.org](http://deepspring.org).

**Remembering Wholeness - Darshan with The Mother • Sunday, November 21 • 2 p.m.** The Mother offers personal and group messages that can most support the program participants. For more information contact 734-477-5848; om@deepspring.org or [deepspring.org](http://deepspring.org).

**Birth Doula Training with Patty Brennan • Saturdays & Sundays: 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; [lifespandoulas.com/birth-doula-training](http://lifespandoulas.com/birth-doula-training).

## 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).

**H2W2 – K4K – Happy, Healthy, Wealthy, Wise – Kabbalah for Kids (5th grade & up) with Karen Greenberg • Tuesday, October 19, Wednesday November 17, Sunday December 12 • 1 – 3 p.m.** • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually

evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of 1000 Years of Peace. \$50 for 2-hour class; meets one time a month for about a year. Contact Karen Greenberg at 734-417-9511 or krngnbg@gmail.com; [www.clair-ascension.com](http://www.clair-ascension.com).

## Cohousing

**Cohousing Tours with Cohousing Tour Leaders • Sundays, September 5 – December 26 • 2 - 4 p.m.** • 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. \$Free. Contact 734-274-9110 or info@natureandnurtureseeds.com; [natureandnurtureseeds.com](http://natureandnurtureseeds.com).

## 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 austen.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, 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 austen.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 austen.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: November 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 Merilynne Rush at 734-395-9660 or msh.rush@gmail.com; [thedyingyear.org](http://thedyingyear.org).

**Death Cafe ONLINE with Annie Kopko and Susan Thompson • Monthly, first Tuesdays: 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; [www.interfaithspirit.org](http://www.interfaithspirit.org).

**End-of-Life Doula Training with Patty Brennan • Saturdays & Sundays 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; [lifespandoulas.com/end-of-life-doula-training](http://lifespandoulas.com/end-of-life-doula-training).

**End-of-Life Doula Training with Merilynne 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. For more information contact Merilynne Rush, [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com) or [visithedyingyear.org](http://visithedyingyear.org).

## Festivals and Fairs

**Winter Festival with Rudolf Steiner School of Ann Arbor • Saturday, December 11 • 9 a.m. – 3 p.m.** • All are invited to celebrate our 41st annual Winter Festival. Children will be enchanted by the magic as they explore the Crystal Cave, have a tasty treat, and enjoy a festive song! With live music, puppet theater, children’s activities, crafts, and an artisan market, this event is one for the entire family! Wind a wool jump rope, make a beeswax candle, or take a cakewalk. \$Free entry; cost varies by activity. Contact [SteinerSchool.org](http://SteinerSchool.org) or [cstandke@steinerschool.org](mailto:cstandke@steinerschool.org).

## Health & Wellness

**Yomassage • Sundays, 2 p.m.– 4:30 p.m.** • Weekly Self Care Sundays! Indulge in a transformative experience that nourishes your mind, body, and soul. Each Yomassage session begins with a five minute breathing ritual, or a unique themed meditation



**Deep Spring Center**  
for Meditation and Spiritual Inquiry

## New Expanded Fall Program!

**The Eden Project, Classes, Retreats,  
and Silent Meditation all via Zoom**

**Join us on our path to living a life of loving-kindness with non-harm to all beings. Experience the wisdom and compassion of Aaron, as channeled by our founder and guiding teacher, Barbara Brodsky.**



**DeepSpring.org | info@deepspring.org | 734.477.5848**

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

**IMAGINE...**

Imagine  
the beauty  
of an earth  
without  
tears.

Imagine  
human beings,  
all of them  
friends.

Imagine  
a world  
ruled by love.

*Sri Chinmoy*

[Meditation Ann Arbor](#)

Words of wisdom and bird drawings by Sri Chinmoy

that helps ground you in the present moment. You'll let your concerns float away as you're guided through a series of six restorative stretches while a Yomassage therapist provides therapeutic massage and guided meditation. Throughout the session, you'll allow your body to move into the deepest state of relaxation you have ever experienced and ignite the mind-body connection through therapeutic touch, restorative stretch, and mindfulness meditation. All Signature Yomassage sessions are led by our licensed massage therapist certified in Yomassage. Sessions available at 2pm and 4:30pm every Sunday. [Register online at \[ashelmmassage.abmp.com\]\(http://ashelmmassage.abmp.com\).](#)

## Holistic Health

**Yoga Nidra and Meditation: Way to Health 2-Day Seminar with Ema Stefanova • Saturday, November 6, 2:30– 4:30 p.m. and Sunday, November 7, 1 - 5 p.m.** • Therapeutic Satyananda Style Yoga Nidra and meditation have been used in medical settings worldwide for over 60 years as powerful tools for patients and staff to manage anxiety, depression, and chronic illness. Locally Ema has worked with cardiac and cancer patients, private yoga

therapy clients including children and families. Contact Ema at [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com) or [YogaAndMeditation.com](http://YogaAndMeditation.com).

## Intuitive and Psychic Development

**Focused Mind Meditation – Teleconference with John Friedlander • Monthly, first Sundays: , 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 or mental clarity and spiritual openness. \$15. Contact Violeta Viviano at [mviviviano@gmail.com](mailto:mviviviano@gmail.com) or 734–476–1513; [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group – Teleconference with John Friedlander • Monthly, first Tuesdays: 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 [mviviviano@gmail.com](mailto:mviviviano@gmail.com) or 734–476–1513; [ppsyhicpsychology.org](http://ppsyhicpsychology.org).

## Meditation

**Meditation and Discussion with Ann Arbor KTC • Weekly on Wednesday • 7 p.m.** • Weekly Wednesday evenings. The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Free; donations accepted. For questions please contact Caitlyn at [cdbuchanan325@gmail.com](mailto:cdbuchanan325@gmail.com). Learn more at [annarborktc.org](http://annarborktc.org).

**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, 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: 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 or [deepspring.org](http://deepspring.org).

**Vipassana and Pure Awareness Meditation with John Orr • Wednesdays, 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 or [deepspring.org](http://deepspring.org).

**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; [theharmonycollective.org](http://theharmonycollective.org).

**Gratitude, Giving, and the Holidays: Processing Grief on the Labyrinth ONLINE with Rob Meyer-Kukan • Monthly September-December: Third Wednesdays at 7 - 8 a.m. and last Sundays at 7 - 8 p.m. •** Join Veriditas-trained Labyrinth Facilitator, Rob Meyer-Kukan for this opportunity to quiet your mind, to release, receive, and return from the comfort of your home or office. Register at [facebook.com/robmeyerkukan/](https://facebook.com/robmeyerkukan/) events. \$Free, but donations accepted gratefully at [paypal.me/robmk](https://paypal.me/robmk). Need a handheld/finger labyrinth? Simply indicate that on your registration form. For more information, contact Rob Meyer-Kukan at 248-962-5475 or [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com); [7notesnaturalhealth.com/events](https://7notesnaturalhealth.com/events).

**Yiquan + Inner Smile ONLINE with Steven Sy • Weekly Wednesdays: November 3, 10, 17, 24; December 1, 8, 15, 22, 29 • 7:30 – 8:45 a.m. •** It consists of a standing meditation (Yiquan) and a seated meditation (Inner Smile). No familiarity with these is assumed prior to enrollment. The purpose of these sessions is practice. While there is guided instruction of the actual practice, it is mostly non instructional. Repetition of the practice over the 9 Wednesdays serves to help one to learn the practice, as well as establish a practice habit. \$99. Contact Steven Sy at 517-295-3477 or [steven@spiritualtao.com](mailto:steven@spiritualtao.com); [spiritualtao.com/workshops](https://spiritualtao.com/workshops).

## Mindfulness

**Days of Mindfulness with Esther Kennedy • Monthly Saturdays: 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).



## 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/>

## Music, Sound, and Voice

**Sound Bath ONLINE with Rob Meyer-Kukan • Monthly first Sundays: 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/](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: 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 [victoria@veraposeyoga.com](mailto:victoria@veraposeyoga.com); [veraposeyoga.com/events](https://veraposeyoga.com/events).

**Singing for Comfort with various leaders ONLINE • Monthly, second Thursdays: 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](https://interfaithspirit.org).

**Harvest of Sound: Sound Bath Meditation with Rob Meyer-Kukan • Saturday, November 20 • 7 – 8:30 p.m.** • Harvest season is a time to be grateful and to give thanks for the blessings from the labors of the previous seasons. In this time, together, we will lift our hearts in gratitude for the blessings in our lives and enjoy the relaxing tones of singing bowls, metal and crystal, as we settle into a space of peace and calm. \$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), [robmeyerkukan.com](https://robmeyerkukan.com).

## Personal Growth

**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](https://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](https://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); [lifespandoulas.com](https://lifespandoulas.com).

**Traumatic Incident Reduction Workshop ONLINE with Marian Volkman • Monday, November 1 – Friday, November 5 • 10 a.m. – 4 p.m.** • Online workshop: Practical Trauma and

Stress Resolution Techniques to use with clients Move Beyond Symptom Management to Effective Trauma Recovery. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating aftereffects from: stress, difficult relationships, any upsetting, severe, or shocking event, war trauma (either received, caused or observed), any trauma (caused as well as received or observed), including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. \$695 or early bird price \$625. Contact Marian at [marian@tir.org](mailto:marian@tir.org) or 734-662-66864; [marianvolkman.com](https://marianvolkman.com).

**A Cosmological View of Sacramental Life with Linda Gibbler (In-person or ONLINE) • Saturday, November 13 • 9:30 a.m. – 3:30 p.m.** • Drawing from scientific cosmology and Catholic tradition, Sr. Linda discusses creation as the original source of divine revelation and the root of sacramental life. Through storytelling, lecture, and conversation, Sr. Linda explores with us how the incarnational presence of God extends to the ends of the Universe, touches everything we see, and calls us to live sacramentally with God and Creation. Registration required. \$45 In-person (includes lunch); \$35 Virtual. Contact Weber Center 517-266-4000; [webercenter.org](https://webercenter.org).

**Coming Back to Ourselves: A Half Day Mindfulness and Self-Compassion Retreat with Rita Benn • Saturday, November 13 • 9 a.m. – 12:30 p.m.** • You will be guided in mindfulness and compassion meditation practices that will invite you to pause, rediscover your center and restore the sense of quiet and inner balance. The event may be virtual or in-person. \$35. Contact [info@mc4me.org](mailto:info@mc4me.org); [mc4me.org](https://mc4me.org).

## Online Workshops

**Ancestral Veneration 101 • Saturday, October 30 • 7 p.m.** • Online lecture with Monique Peralta "The Kitchen Bruja." Have you been coming to understand the importance of honoring the ancestors? Need some help in getting started? The ancestors have been calling on Monique to offer this course on the foundational principles of ancestor veneration. This online class is about an hour long where you will learn the following: What is ancestral veneration? How do I make offerings and communicate with the ancestors? What is spiritual hygiene and what are best practices? You will also learn about basic protection and prayers. In addition to this information, you will be receiving a fixed white 7 day candle and a print out of prayers. As an Espiritista, Monique will be teaching you how to set up an ancestor altar based on Espiritismo and Lucumi traditions. To learn more or register contact Mara Evenstar at [evenstarhalice.com](https://evenstarhalice.com).

## Reiki

**Reiki I & II Training with Rob Meyer-Kukan • Saturday, October 16 – Friday, November 5 • 6 p.m.** • Reiki is a Japanese spiritual practice that supports healing and personal development. Common health concerns relieved by Reiki treatment include digestion, insomnia, anxiety, pain, chronic stress, and discomfort. In this training, we will cover the concepts in both Reiki I and II trainings. Including all reiju/attunements. Upon completion, students will receive a certificate of completion suitable for

personal and professional practice. For more information, class schedules, and requirements please visit <https://fb.me/e/11Vz1SNZf>.

**Discover Reiki I & II with Alicia Clark Teper • Saturday, November 13 and Sunday, November 14 • 10 a.m. – 6:30 p.m.**  
• Reiki I & II includes attunements. \$333. Contact Alicia Clark Teper at 734-945-5396 or [sacredlotusexperience@yahoo.com](mailto:sacredlotusexperience@yahoo.com); [SacredLotusExperience.com](http://SacredLotusExperience.com).

## Retreats

**New Hope Sangha Fall Retreat - The One Heart We All Share • Begins Friday, November 12 • 2 p.m.** • A 3-day Vipassana retreat. A weekend of meditation instruction and practice, dharma talks, small group meetings, chanting, and love. For more information visit [deepspring.org](http://deepspring.org) or contact 734-477-5848; [om@deepspring.org](mailto:om@deepspring.org).

**Holistic Yoga Meditation Retreats at the Vivekananda Retreat Center in Ganges, MI with Ema Stefanova • November 5– 7 • Check in TBA** • Our small group retreats are for total beginners, continuing students, and teachers who would like to experience classical yoga and meditation as a way of life, healing, and growth, develop and refine their practice in an environment dedicated to peace. The Vivekananda Retreat Center has provided home for our retreats since 1991. It is located on 110 acres of beautiful non-farming land in the Saugatuck area at Lake Michigan. Lodging (some private and double occupancy

rooms with shared bathrooms), vegetarian meals, and six guided group classes are included in cost. Register early to save. RYT200 and RYT500 teachers earn CE hours with the Yoga Alliance. \$445/\$845. Contact Ema at [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com); [YogaAndMeditation.com](http://YogaAndMeditation.com).

**Insight Meditation & Community: New Hope Fall Retreat with Barbara Brodsky, Aaron, and John Orr • November 12– 14, 2021** • Check in TBA • A weekend Vipassana retreat held at The Pavilion at Nicks Road, Mebane, NC (near Raleigh/Durham) and ONLINE via Zoom. \$TBA. Contact John at [johnorr108@gmail.com](mailto:johnorr108@gmail.com), 734-477-5848, or [om@deepspring.org](mailto:om@deepspring.org); [deepspring.org](http://deepspring.org).

## Shamanism

**Shamanic Healing for Animals: Level II ONLINE with Judy Liu Ramsey • Weekly Tuesdays: November 30 to January 11, 2022 • 7 – 9 p.m.** • This class deepens your relationship to animals and their healing within the context of working with their ancestors and the elements. Psychopomp with animals will be covered in depth. Prerequisite: Shamanic Healing for Animals I. The class is taught via ZOOM. \$280 if paid by November 15; \$320 if paid after. \$125 for repeat students. Visit [judylramsey.net](http://judylramsey.net).

**Creating Safety and Sacred Space with Connie Lee Eiland • Sunday, November 14 • 9:45 a.m. - 3 p.m.** • This class gives you practices, ways of looking at safety and sacred space that will serve you whether or not you are a practitioner. You will clear the space and set an altar together, so you become aware

## *The Heart of the Journey*



HILARY NICHOLS

HEARTFELT PHOTOGRAPHY

Shine your true spark in your best light.

[hilarynichols.com](http://hilarynichols.com)

[hilary@hilarynichols.com](mailto:hilary@hilarynichols.com)



*Michelle McLemore, Healing Guide*

[michellemclemore.com](http://michellemclemore.com)

(517) 270-0986

of the aliveness of all beings. Additional journey and practices included. \$80 until October 30, then \$110. Contact Connie Lee Eiland at 248-809-3230 or [clshebear7@gmail.com](mailto:clshebear7@gmail.com); [www.shewolfshaman.com](http://www.shewolfshaman.com).

## Spiritual Development

**Interfaith Sunday Service with Interfaith Center for Spiritual Growth • Weekly Sundays: September 12 – December 26 • 10:45 a.m. – 12:15 p.m.** • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but all donations gratefully accepted. Visit [interfaithspirit.org](http://interfaithspirit.org).

**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).

**The Eden Project with Barbara Brodsky and John Orr • Monthly two Tuesdays and Wednesdays** • A comprehensive program created by Aaron as a path to awakening to higher consciousness; learning to live with less suffering and to live with greater happiness. Four modules: Mediumship, Eden, Dharma Path, Meditation; plus small group meetings. Mandatory meeting for newcomers Saturday, September 11. Registering once entitles you to enroll in all four modules or portions thereof. Suggested donation: \$150– \$300. Contact 734-477-5848 or [om@deepspring.org](mailto:om@deepspring.org); [deepspring.org](http://deepspring.org).

**Connecting with Archangels – Parts 1, 2, 3, & 4 with Karen Greenberg • Sundays, November 7, 14, 21, 28 • 9: a.m. – 1 p.m.** • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, on whom to call for particular assistance, and how to safely call upon them. Connect, ask questions, often receive helpful information. \$180 for all 4 parts. Contact Karen Greenberg at 734-417-9511 or [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com); [clair-ascension.com](http://clair-ascension.com).

## 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](mailto: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](mailto: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](mailto: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 Judith McCombs • Monthly, Wednesday 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.

**Creating Your Characters Through Collage with Lexi Mohney • Wednesday, November 3 • 6 – 8 p.m.** • Bring a magazine and have fun putting together a character through the artistic practice of collage. Scissors, boards, and glue provided. In person event. See meetup for details. \$5. Contact [meetup.com/Write-On-Ann-Arbor](http://meetup.com/Write-On-Ann-Arbor).

**How Long Is Too Long ONLINE with Clementine Kornder and panel • Tuesday, November 16 • 6 – 8 p.m.** • Zoom. What length should your book be? Should you buck contemporary trends or follow classic formats? Hear what some of our member authors have to say and share your ideas. \$5. Details at [meetup.com/Write-On-Ann-Arbor](http://meetup.com/Write-On-Ann-Arbor).

**December Book Teaser and Holiday Party with Write on Organizers • Wednesday, December 8 • 6 – 8 p.m.** • Our members are busy bees! Come meet our members and hear new stories that have been published by authors in our group. Get a copy of their books to gift for the holidays. More about the event on [meetup.com/Write-On-Ann-Arbor](http://meetup.com/Write-On-Ann-Arbor). \$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).

**Vinyasa Yoga at Free-To-Be Studio with Austeen Freeman • September – December Weekly: Mondays, 6 – 7 p.m. and Thursdays, 6:30 – 7:30 pm.** • A hatha style vinyasa flow-based class. This 60-minute class will encompass poses that will coax balance, strength, and flexibility in your practice. Prior yoga experience/knowledge is recommended for this class. 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; [freetobeyogamassage.com](http://freetobeyogamassage.com).

**Yin Yoga with Austeen Freeman • September – December, Weekly Mondays • 7:15 - 8:15 p.m.** • The queen of yoga. Yin targets the joints flexibility in our bodies. We move through 4-7 different poses during a class period, holding each position for long amounts of time (3-7 minutes). If you have your own props like blankets, blocks or bolsters, please bring them. This class is perfect for all abilities. 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; [freetobeyogamassage.com](http://freetobeyogamassage.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 or [yogaroomannarbor.com](http://yogaroomannarbor.com).

**Yoga Essentials with Michele Bond • September - December • Weekly 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. \$15 if registered for the semester; \$20 drop in with instructor's permission. Contact Michele Bond at 734-358– 8546 or michele@yogahouseannarbor.com; [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga for Athletes with Michele Bond • September - December • Weekly Wednesdays, 6 – 7:30 p.m.** • Our cutting-edge method will bring balanced muscular action, power, lightness and spring to your sports performance, as well as grace and ease to daily movement. Enhance core strength, decrease risk of injury, and learn to heal pre-existing injuries with indispensable tools for anyone who likes to play hard in their bodies. \$15 if registered for the semester; \$20 drop in with instructor's permission. Contact Michele Bond at 734-358– 8546 or michele@yogahouseannarbor.com; [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Tender Yoga with Austeen Freeman • September – December, Weekly Wednesdays • 7:15 - 8:15 p.m.** • An intentional yoga class dedicated to ease. Expect candlelight, restorative poses, and soothing positions for the body. A slower paced class. We will move through a grounded practice with just a few standing poses. If you have your own props like blankets, blocks or bolsters, please bring them. Great for all levels. 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; [freetobeyogamassage.com](http://freetobeyogamassage.com).



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*A Halloween scare, perfect for the whole family.*

Believe nothing you hear, and only  
one half that you see.

—Edgar Allan Poe



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