

THE

"...I wanted a glimpse into the  
essence of my soul's journey."

December 09, 2022

# CRAZY WISDOM

## BIWEEKLY

#101

"...Love means  
losing, not  
having."

"My mother marveled  
at my identity as  
an American girl.  
In truth it was an  
identity I aspired to,  
rather than inhabited  
— an American girl:  
carefree, secure, sunny,  
assuming an easy  
belonging..."

"the leaves on the trees  
rustled above me as  
my bike glided home  
under the stars."

"...me who  
belonged to the  
Age of Aquarius,  
to something  
beautiful."

"... the word  
means to  
stay alive, and  
moreover to  
prevail..."

"Could I have  
this, could  
I carry my  
belongings  
in my bike  
basket?"

"...I cannot trust the  
happiness of  
this moment...  
Love means losing,  
not having."

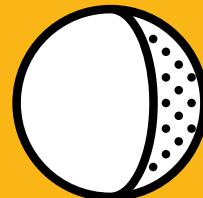


Author Diana Kuper

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Biweekly  
Calendar

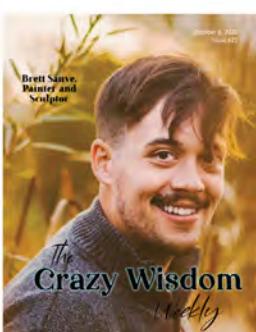
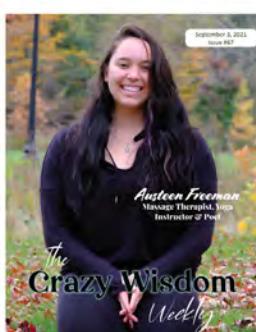
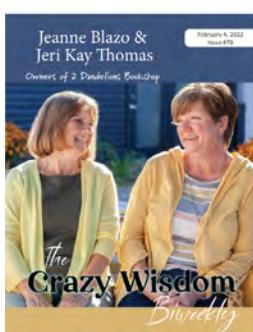
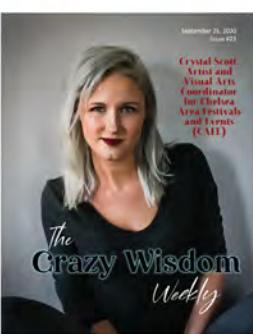
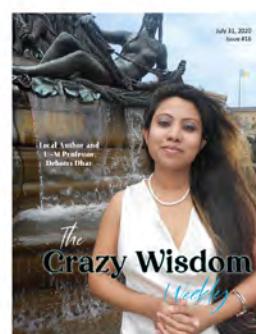
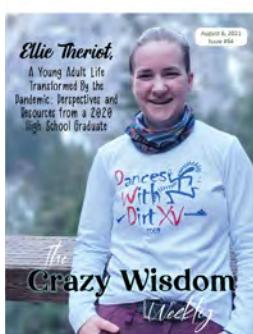
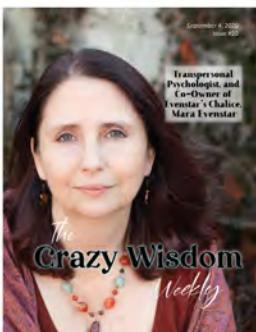
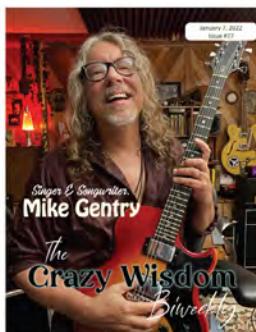
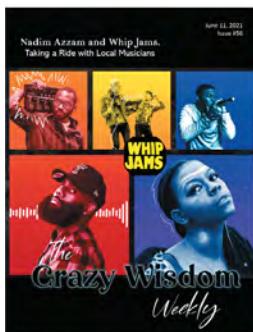
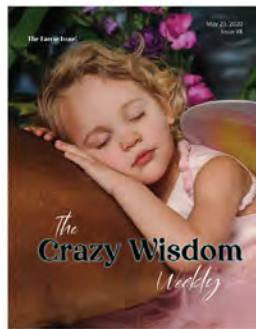
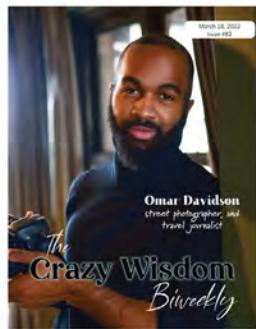
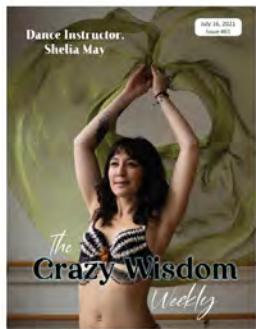
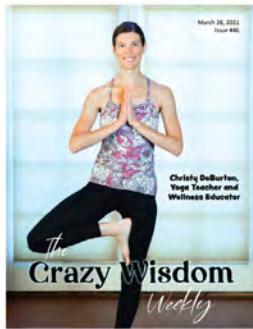
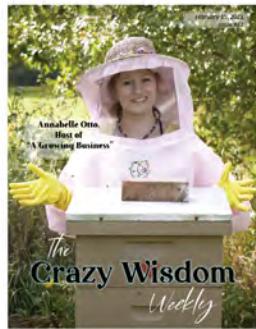
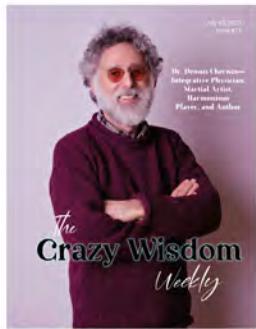
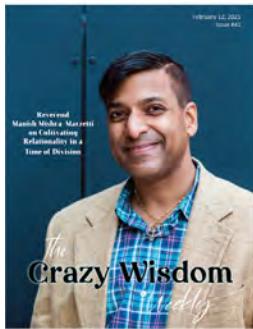
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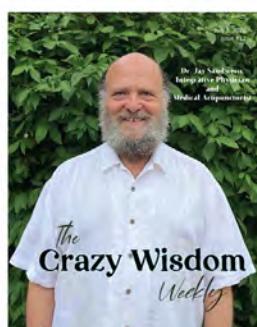
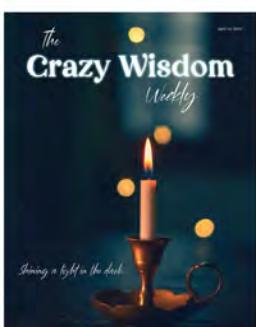
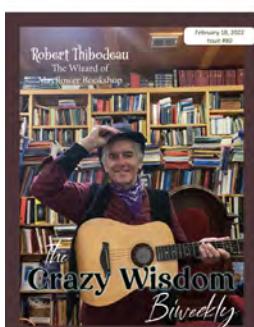
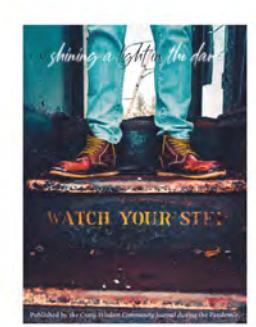
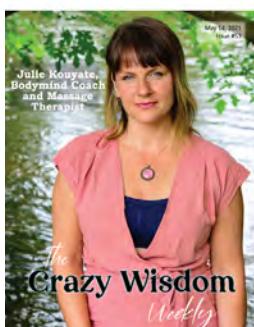
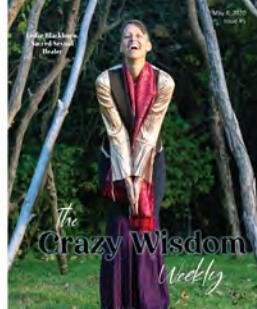
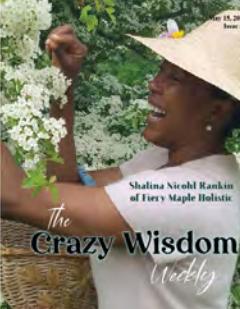
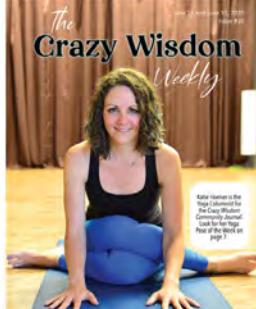
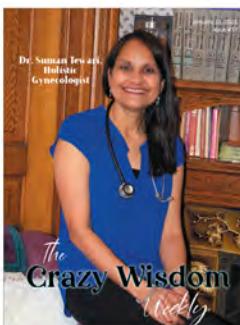
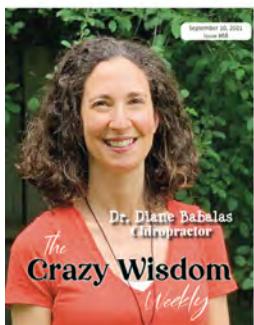
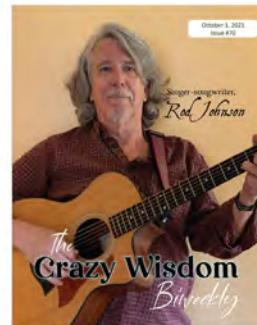
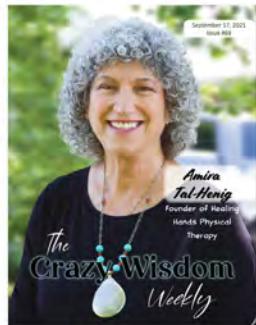
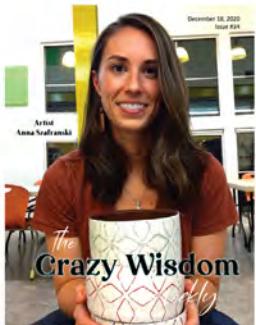
December 09

Waning Gibbous

# CELEBRATING 100 ISSUES



# OF THE CRAZY WISDOM BIWEEKLY





# CRAZY WISDOM

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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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## On the Cover

On the cover is author Diana Kuper, the featured  
story beginning on page 26 of this issue.  
Photo by Honey Sharp.

““Danijel and I met, and our combined love of art and business has blossomed into these two companies,”

— MARY THIEFELS

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# Michelle Sakhai: Appreciating Duality

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By Tchera Niyego

I met Michelle Sakhai in 2005 when she agreed to participate in a group exhibition project I was curating in New York City. We collaborated on several curatorial projects, and other projects after that, until I moved to Ann Arbor in 2013. Michelle and I share an indispensable passion for the arts and their invaluable locus in our lives.

Born in 1983 on Long Island, New York, Michelle Sakhai's mixed heritage, with both Japanese and Persian roots, has shaped her as an artist. In 2004, she received her bachelor of arts degree with high honors from Hofstra University, where she currently serves on the advisory board for the College of Liberal Arts and Sciences. She then received

her master's in fine arts in 2010 from the Academy of Art University in San Francisco, California. Before obtaining her master's, she studied in Venice, Italy; in Barcelona, Spain, at d'Arts Plastique I Disseny with the School of Visual Arts; and at the Marchutz Academy of Fine Art in Aix en Provence, France. Shortly after receiving her master's, she taught fine art at the University of California, Berkeley.

Sakhai is represented by galleries internationally, and her work has been displayed at acclaimed venues such as Art Market Hamptons, Context Art Miami, Park Avenue Armory, and the Lehman Art Gallery in New York City.



*In pursuit of her spiritual path, Sakhai is a primordial sound meditation instructor through the Chopra Center, as well as a certified Reiki master. She teaches transformative art at the Harlem Hospital through the Art Works Foundation in New York City. She conveys the relevant message of the creative spirit as a healing force through her art and all her speaking engagements.*

*I am delighted that Michelle's work is on exhibit at the Gifts of Art Gallery at Michigan Medicine. A significant part of my motivation in writing this article was a desire on my part for all to encounter more of these marvelous, curative artworks, especially on the walls of medical offices, wellness centers, and alternative spaces throughout Michigan. Sakhai's works overflow with powerful, and gracious energies that inspire, uplift, and benefit us on all physical, emotional, mental, and spiritual levels.*

**"The sole remedy for beings' suffering is bliss."**  
~ Padmasambhava

Through her painting, Michelle Sakhai transforms gross elements into light, while simultaneously magnetizing invisible subtle domains into existence; thereby evolving and aiding us further in our evolution.

Each one of Sakhai's paintings can be read as a haiku. Just as the rules required to compose the ancient form of Japanese verse, her paintings give the sense of the juxtaposition of two varying ideas, a reference to a season, and for ones with ears to hear, 17 phonetic sounds. Each painting whispers sights of truce, beauty, and wonder into our system, and sometimes we can hear the primal sounds. These paintings speak the language of our subconscious mind at the threshold where the catalyst begins to produce the transition. "I choose joy over despair", they murmur.

**"Between stimulus and response, there is a space. And in that space is our power to choose our response. In our response lies our growth and freedom."**

~ Viktor Frankl

Sakhai's treatment of gold leaves restores dignity, reversing all signs of affliction, and kindling the single indestructible spark of infinite horizons within us. Her application of silver leaves, as symbols of being free of judgment, bring calm and clear boundaries, raising sensitivity, and expanding psychic awareness. Sakhai's paintings facilitate us in experiencing authentic core states; without going through the fruitless efforts of having to do something,

CONTINUED ON PAGE 09



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**Wednesday, December 14, 2022, 7-9 p.m.:  
Crazy Wisdom Poetry Circle Poetry Workshop.**

All writers are welcome to share, discuss, and receive constructive feedback on their poetry or short fiction. Sign-up for new participants begins 6:45 p.m. All sessions are virtual and accessible through Zoom. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.

## FROM PAGE 07

having to get something from others, or having to know something, in order to feel states such as inner peace. By simply immersing in her works through our senses, we find that what we're striving for is not a specific emotion, such as feeling confident, or satisfied, and it is not a self-reflective mode such as self-love; it is just a core state of being, such as wholeness, or presence, that can go through every moment.

In her magnanimous book *Awakening*, Sakhai remarks that when looking at a blank canvas, she watches her mind flip through many images, one image after the next. Her mind quickly grabs an image before it recedes, and then creates another which is analogous to the Bengston method of image cycling. *Awakening* can thus serve as a tool for self-hypnosis into calm-abiding through the abundance of some 200 images of the artist's paintings. The gist of image cycling is a playful mind and avoiding ritual, which is also akin to Eurythmy, the art of contradictions developed by R. Steiner. The practice of holding seeming contradictions together in the heart as one, concurrently with movements, is also congruent throughout Sakhai's works.

In the melting pot of the heart-mind, and the healing hands of the masterful artist, unbound joy and tender broken-heartedness whirl in union, likewise in her words; "I didn't choose to be an artist, it was part of the deal my soul made this time around."

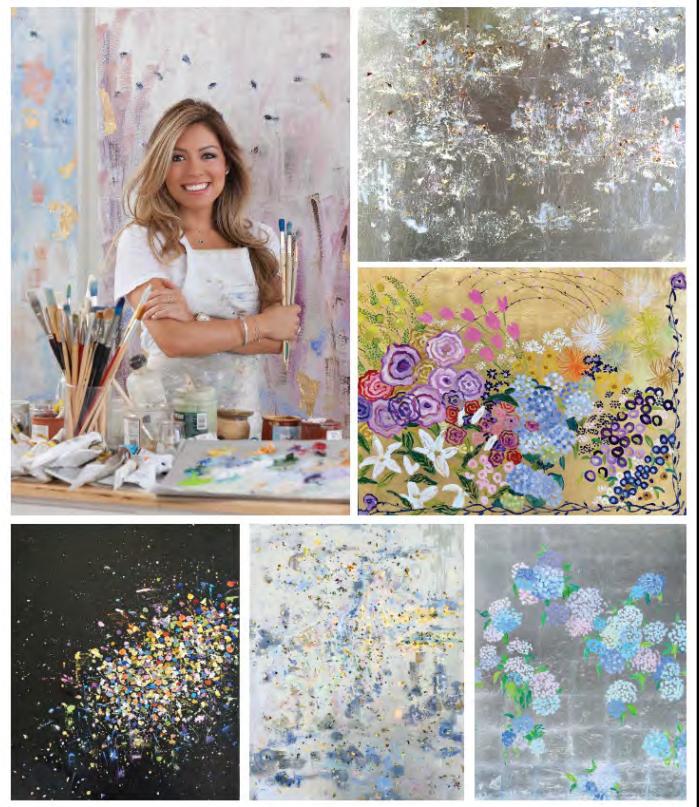
"Sometimes as I approach a blank canvas I feel as though the new painting has already been completed within and there's nothing left to paint."

"Creativity takes more than courage, it takes trust and the ability to let go."

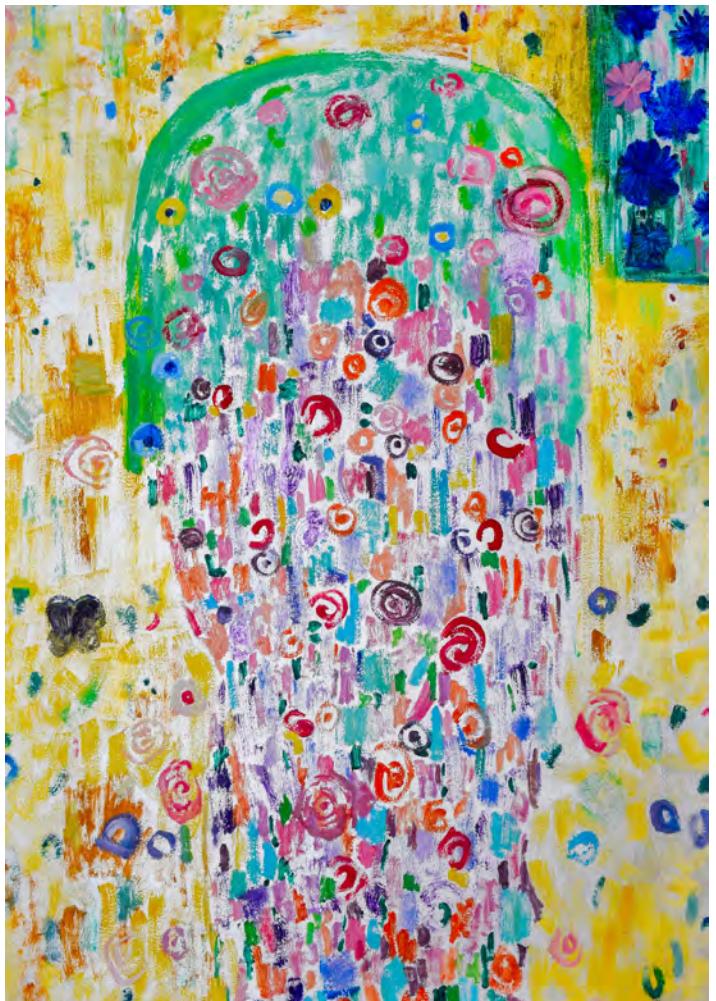
View Sakhai's paintings online [here](#).



## MICHELLE SAKHAI PAINTINGS



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# Brush Monkeys and Tree' Ann Arbor



By Sandor Slomovits • Photos by  
with additional photos by



# Town Murals—Beautifying & Beyond

by Susan Ayer and Hilary Nichols  
provided by Brush Monkeys



Ann Arbor has long had a tradition of downtown businesses featuring window paintings on their store fronts during the holiday season. When in 2006 local artist, John Copley noticed a break in that tradition, "I mentioned to Jim Hart of Seyfried Jewelers, that I had enjoyed the holiday window painting that someone had been doing downtown for a while. That year it was not happening. I asked him why and he said, 'Well, he died. You want to do it?' And that is where it all began."

Partnering with the Main Street Area Association, he decorated store windows for the 2006 holiday season. Soon, said Copley "I was working solo seven days a week during November, mostly eight hours a day, trying to keep up with demand." It became clear that he needed an assistant. He asked Mary Thiefels, who he'd met through their mutual membership in Chelsea Painters, a collective of artists who organize an annual art show, share paintings, and critique each other's work.

At first, "It was just a seasonal thing," said Thiefels. "It was meant to be about celebrating winter, the holiday spirit. It was never meant to feature any specific holiday, so November is when John would start. He came up with the name Novemberistas." Laughingly she added, "For a number of years, we were the Novemberistas, and it was John's vision that we were like this guerilla group of painters that would jump out of a van and paint the whole downtown and then get back in...."



At some point, they were joined by Danijel Matanic, also a painter, and now Mary's husband and business partner. "John started to take in others," said Thiefels, "and the crew began to grow. He was just thrilled with how the art was changing now that there were different creative voices jumping in." Eventually, in 2016 Copley said to Thiefels, "It's all you and Danijel. You take it from here.' So, we sort





of brought the company into the 21st century. We started to actually advertise. It was then that we rebranded." They became the Brush Monkeys. "The Brush Monkeys was John's idea," said Matanic. "He drew a sketch for it, and I took it and made it into the logo we use today—a kind of levitating, meditating monkey with a brush for a tail." "We had started to notice that our winter clients also wanted spring windows, and then they also wanted fall windows," said Thiefels. "We thought that this would be more all-encompassing of our year-round services, as opposed to Novemberistas, which kind of just branded us as being winter painters. We created a flyer, a postcard and stickers, and we've been able to get the word out. We have ten artists that work with us. We have about six in our hardcore crew that work year-round with us, then seasonally we bring on about five new helpers." Matanic added, "The hardcore crew, the two of us, plus John Copley, Narooz Soliman, Lavinia Hanachiuc, and Colin Wilson, are the artists that are constant and actively working—doesn't matter what kind of weather or time of year." John Copley, now in his mid-seventies, said, "I'm a genuine townie, born and raised in Ann Arbor, and have lived almost all my life in Washtenaw County." He's also been an artist all his life. After attending U-M Art School he has, among other things, painted traffic signs for the City of Ann Arbor, founded Crow Quill Graphics (a graphic design studio),

painted murals in U-M residence halls, and painted scenery backdrops for plays and operas. Mary Thiefels, now in her forties, was also born and raised in Ann Arbor. "Until Danijel and I moved where we're living now, I've lived a mile from Main Street my whole life." She graduated with an art degree from Eastern Michigan University, "But even before my degree was finished, I was doing murals for commission, improving my craft, and entering competitions. I started answering the call around the state of Michigan for public art, and that's when my interest in wanting to do murals for public enjoyment really kind of took off." She worked with teens at the Neutral Zone as a full-time visual arts manager, from 2013 to 2019 while also simultaneously running Brush Monkeys and her other business, TreeTown Murals. (TreeTown Murals creates large public murals and mosaics. You've probably seen one of their largest on the back of the Courthouse Condos, downtown near the corner of Main and Huron, pictured on the cover of this issue.

Danijel Matanic, also in his forties, is from Serbia and got his degree from the Academy of Arts Novi Sad there. "I'm a painter and I've been doing art most of my life. The school was pretty competitive and back then the traditional media were taught. I did murals and paintings, and all sorts of media. After I moved here, I kind of continued doing the same thing," Matanic shared.

When asked what made him decide to move to the US, he smiles and points to Thiefels. They've known each other for about ten years, been married for five, and run Brush Monkeys and TreeTown Murals together.

"Danijel and I met, and our combined love of art and business has blossomed into these two companies," added Thiefels.

You need a lot of adjectives to describe the Brush Monkeys' window paintings. Here's a partial list from A to Z: artistic, brilliant, creative, dazzling, humorous, ingenious, masterful, original, whimsical, quirky, and zany. Their works range from relatively simple projects to highly detailed and ornate ones and encompass a wide range of styles and subject matter. "We really look at each window as if it's a composition, including the display that the store front owner is working with," said Thiefels. "We compliment and try to accentuate."

"It depends who we work with," added Matanic. "Some people, they're really specific. They know what they want. Others are more relaxed. They're like, 'Oh, its Brush Monkeys, you guys will figure it out.' And most of the time we come up with something right there on the spot. In a group of creatives, that works, it's very nice. In our hardcore crew, everyone is creative. Everyone has their own ideas. We kind of chat or have coffee, look at the window together, and then all kinds of ideas start sparking right there between us. And then we gotta sometimes kind of pull back and control [ourselves] if we start going too wild." They laughed.

CONTINUED ONLINE AT [CRAZY WISDOM JOURNAL](#)



Fig-2

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Born during the pandemic, The Crazy Wisdom Bi-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 [Cashmere@crazywisdom.net](mailto:Cashmere@crazywisdom.net).



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# Pick up the fall issue

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*The Crazy Wisdom Community Journal*

## issue 81

### Features

Amy Garber, owner of  
Enlightened Soul Center

Brush Monkeys

Paula Hampton, wand maker

### Interviews

Singer-songwriter David  
Magumba  
Author Alex Weinstein  
Mobile food businesses

...and more!



# THE BIWEEKLY COMMUNITY CALENDAR

## A COURSE IN MIRACLES

**A Course in Miracles Study Group with Randall Counts • Every Thursday September 1 - December 27 • 12 - 1:30 p.m.**  
• Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact [Interfaithspirit.org](http://Interfaithspirit.org).

**A Course in Miracles Study Group with Rev. David Bell • Every Monday, September 5- December 26 • 6:45 - 9:30 p.m.**  
• Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact [Interfaithspirit.org](http://Interfaithspirit.org).

## ADDICTION AND RECOVERY

**Recovery Dharma with various leaders • Sundays • 12 - 1:30 p.m.** • Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email [annarborzentempe@gmail.com](mailto:annarborzentempe@gmail.com).

## ART AND CRAFT

**Candle-Making and Natural Holiday Gifts with Deanne Bednar • December 10 • 1-5 p.m.** • Enjoy the season by making dipped Beeswax Candles. Includes making earthen candlestick holders + decorating matchboxes with birchbark, seed pods, and more! Held in the main house at Strawbale Studio on wooded land. \$40. Contact 248-496-4088, [ecoart@gmail.com](mailto:ecoart@gmail.com), or visit [strawbalestudio.org/events/](http://strawbalestudio.org/events/).  
**It's time to feel good!! With Robin Bosilovick • December 2 • 4 - 7 p.m.** • Everyone receives a foot analysis, massage, Negative Ion demonstrations, all natural pain relief samples and a 30 minute foot detox! \$25. Contact Robin at 517-395-5258.

**D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg's Clair-Ascension Kabbalistic Balance • Fridays, December 9, 16 • 10:30 a.m. – 2:30 p.m.** • Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (pick any group of three dates above) + materials fee. Contact Karen Greenberg 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## BOOK DISCUSSION GROUPS

**7 Notes Book Club with Rob Meyer-Kukan • First Thursday of the month • 7 - 8:30 p.m.** • The purpose of the 7 Notes Book Club is to meet together with other like-minded people to read books about holistic practices, health, meditation, and spirituality. Books to be read are: September - The Miracle of Mindfulness by Thich Nhat, October - Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss, November - Clarity and Connection by Yung Pueblo, December

The Complete Game of Life and How To Play It by Florence Scovel Shinn. Open to anyone who likes to read and discuss the books they read. Donations. Contact 248-962-5475, [rob@robmeyerkuhan.com](mailto:rob@robmeyerkuhan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Jewel Heart Readers with Jewel Heart Instructors • Second Monday, Monthly September - December • 7 to 8:30 p.m.** • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free / Donations welcome. For this month's book selection and participation information, contact [programs@jewelheart.org](mailto:programs@jewelheart.org) or call Jewel Heart at 734-994-3387.

## BREATHWORK

**Morning Meditation and Breathwork with Shellie Powers • September through December, See Schedule on Website •** All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. See schedule on website. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. Contact Shellie Powers, 734-926-8423 or 517-962-5378, or visit [powers365.com](http://powers365.com).

## BUDDHISM

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Weekly on Sundays from September 4 to December 25 • 11:00 a.m. to 12:00 p.m.** • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free / Donations welcome. To register visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information contact 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Practical Buddhism: The Tibetan Approach, by Gelek Rimpoche and Gelek Rimpoche • Most Tuesdays from September 6 to December 20 • 7 - 8:30 p.m.** • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. Free / Donations welcome. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Sunday Meditation and Sharing with Still Mountain teachers • Every Sunday • 10 - 11:30 a.m.** • Still Mountain is made of individuals and families from Ann Arbor and the surrounding areas. We strive to be inclusive, open to people of all ages,

backgrounds, and experience. Our teachers are trained in Insight Meditation and come from multiple spiritual paths. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing/teaching related to the Dharma. Free. Visit [stillmountainmeditation.org/](http://stillmountainmeditation.org/) for more information.

**Master Class: Pramana of Dharmakirti: Logic and Reasoning - Part 3 with Demo Rinpoche** • *Thursdays from October 27 to December 15 • 7:00 - 8:30 p.m.* • Reasoning and logic are essential in order to reveal what is in fact true and reliable knowledge. Pramana is a Sanskrit term that Hindu, Buddhist, and Jainism traditions use to refer to the elements necessary to recognize how knowledge is understood and how its veracity and reliability can be ascertained. Drawing from Dharmakirti's Compendium of Valid Cognition, Demo Rinpoche will explain various methods to help gain reliable true knowledge of the nature of reality as well as be able to discern the diverse understandings people may reach. Note: This program is a continuation of Demo Rinpoche's earlier Pramana teachings. \$85 Jewel Heart members / \$105 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

## CEREMONIES, CELEBRATIONS, AND RITUALS

**Release, Recalibrate, and Replenish with Alicia Clark-Tepé**  
 • *December 30 • 6:30 – 9 p.m.* • Now is the perfect moment to shed to the old at this time of year and rebalance our equilibrium mind, body and soul. Self-care is so important, join us for an opportunity to recalibrate your formula and then replenish your cup for the new year. We will be using a mix of ceremony, sound, ritual, and unity to set the stage for a fresh 2023. There is no better time to focus on yourself. \$35. For more information contact Alicia Clark-Tepé at [clarktep@ yahoo.com](mailto:clarktep@ yahoo.com), 734-945-5396 or visit [sacredlotusexperience.com](http://sacredlotusexperience.com).

**Year-End Candle Lighting Service: Kindling Light of Wisdom Mind with Temple Clergy** • *December 31 • 8 – 10 p.m.* • An occasion to take stock of one's life and to greet the New Year in contemplation and reflection. Everyone is welcome to come share this beautiful service with us. \$20 donation suggested. For more information contact Zen Buddhist Temple at 734-761-6520, or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

## CHANNELING

**Remembering Wholeness, Darshan with The Mother with Barbara Brodsky and The Mother** • *December 11 • 2 – 5 p.m.* • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear all my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. \$10-\$120 suggested for donation. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Evenings with Aaron presented by Barbara Brodsky and Aaron** • *December 14 • 7 – 9 p.m.* • Evenings with Aaron meets once a month. All are welcome. Aaron often

will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Deep Spring Center focuses on how we can live with more wisdom and compassion. Our primary work includes meditation and spiritual inquiry. \$10-\$120 suggested for donation. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

## CHILDREN AND YOUNG ADULTS

**Kabbalah for Kids (5th grade and up) with Karen Greenberg, P.T.** • *Sundays, December 4 and continues to meet monthly • 1 - 3 p.m.* • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (not reinforce 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' genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the "1000 Years of Peace" prophecy \$50/session for 2-hour class. For more information contact Karen Greenberg at 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

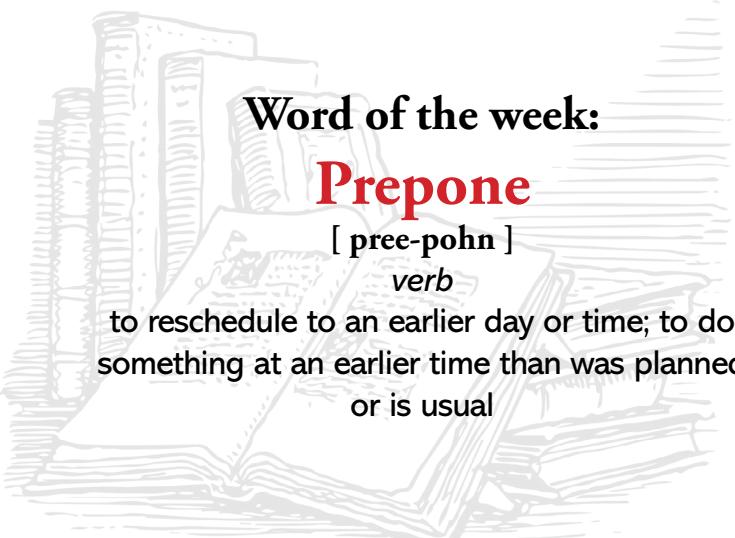
**Winter Festival at Rudolf Steiner School of Ann Arbor** • *Saturday, December 10 • 9 am – 3 p.m.* • All are invited to celebrate Steiner School's Winter Festival!! Explore the Crystal Cave, have a tasty treat, and enjoy a festive song! With live music, puppet theater, children's activities, crafts, 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. Little ones will be enchanted by the magic of the children-only gift shop! 2775 Newport Road, Ann Arbor. Free entry and entertainment. Tickets available for crafts. For more information call 734-995-4141 or visit [SteinerSchool.org](http://SteinerSchool.org)

## Word of the week:

### Prepone

[ pree-pohn ]  
verb

to reschedule to an earlier day or time; to do something at an earlier time than was planned or is usual



# THE BIWEEKLY COMMUNITY CALENDAR

## DEATH AND DYING

**Death Cafe via Zoom with Merilynne Rush and Friends** • *Third Saturday of the month beginning October 15th • 10:30 am – 12 p.m.* • All are welcome! Join us the third Saturday of each month for a frank discussion on death, dying, and life. Free. Contact [TheDyingYear@gmail.com](mailto:TheDyingYear@gmail.com) or visit [DeathCafe.com](http://DeathCafe.com).

## ENERGY AND HEALING

**Qigong Basics with Master Wasentha Young** • *Thursday, September 15 - December 15 • 11:15 a.m. – 12:15 p.m.* • This class will cover basic physical and mental energetic techniques for self-care. For example: energy cleansing and centering, meditation, muscle relaxing acu-points, and cultivation of chi that will revitalize your sense of well-being. Best of all you develop a toolbox of strategies for self-care! (In-person only - limited to 10 people). \$180. Contact Peaceful Dragon School at [info@peacefuldragonschool.com](mailto:info@peacefuldragonschool.com) or call 734-741-0695.

**Wheels that Drive You: Chakra Healing Meditation for Total Health with Ema Stefanova** • *December 24-25th* • Experience how each wheel of energy called chakra governs specific functions in the body-mind complex, and how to live a healthy and balanced life informed by meditating on the chakras. \$199. For more information contact Ema at [YogaAndMeditation.com](http://YogaAndMeditation.com).

## GARDENING AND ECOSYSTEMS

**Strawbale Studio Learning Tour with Deanne Bednar** • *December 10, • 10 a.m. – 12 p.m.* • See the enchanting buildings with thatched and living roofs, plus Earth Oven, Rocket Stoves, and a Rumford Fireplace. On lovely rural land 1 hour north of Detroit. Structures include the Strawbale Studio, Hobbit Sauna, and Middle Earth. Lots of Q & A! \$20. For more information contact Deanne Bednar at (248) 496 4088, or [ecoart@gmail.com](mailto:ecoart@gmail.com), or visit [strawbalestudio.org/events](http://strawbalestudio.org/events).

Get your event  
listed in the  
CW Biweekly  
calendar for **FREE**.

Send your listing in  
two weeks in  
advance!



## HEALING

**Navigating Loss with Grace with Barbara Hutton** • *Sundays TBA* • Creative exploration and support to gracefully, consciously, and deeply navigate the experience of loss, in a sacred and confidential space. By donation. For more information contact Barbara Hutton at 734-223-3485 or [bdhutton@sbcglobal.net](mailto:bdhutton@sbcglobal.net).

## KABBALAH

**Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg, P.T.** • *Second Wednesday September through December* • This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy resisting (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for creating, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifesters of our dreams, desires, and goals, open to miracles, and fulfilling our destinies. Monthly Course Rate - \$150/person; Monthly Semi-Private (2 people) Rate - \$180/person; Monthly Private (1 person) Rate - \$150/hour (based on time utilized). For more information contact Karen Greenberg at 734-417-9511, [krgnrbg@gmail.com](mailto:krgnrbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## LOVE AND RELATIONSHIPS

**Kabbalah for Couples with Karen Greenberg, P.T.** • *Sundays, December 4 and continues to meet monthly • 3 - 5 p.m.* • Has social distancing amplified distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. Two-hour sessions once a month for about a year, is not couples therapy—it can help you get your relationship to the place that you always wanted it to be but did not know how. \$274 per session. For more information contact Karen Greenberg at 734-417-9511, [krgnrbg@gmail.com](mailto:krgnrbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

RUTH WILSON  
*Intuitive Coaching & Mentoring*



Connect with your unique magic!

Create what you authentically want, with ease. Make decisions, heal problems with the help of my intuitive, and strategic skills.

As a reader and teacher of psychic reading, certified coach and MBA, I help you get clarity, see blind spots, take actions, to make change.



[Schedule a free chat with me](#) and I will help you shift the energy around your intentions to change your results.

ONLINE: [WWW.RUTH-WILSON.COM](http://WWW.RUTH-WILSON.COM)

EMAIL: [MAILRUTHWILSON@GMAIL.COM](mailto:MAILRUTHWILSON@GMAIL.COM)

JOIN MY FACEBOOK GROUP: [FACEBOOK.COM/GROUP/MAGICINTUITION](http://FACEBOOK.COM/GROUP/MAGICINTUITION)

## MEDITATION

**White Tara Guided Healing Meditation with Jewel Heart Instructors** • *Weekly on Sundays from September 4 to December 18* • 9:30 - 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. Free / Donations welcome. For more information visit [jewelheart.org](http://jewelheart.org), call Jewel Heart at 734-994-3387, or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Zazen and Noon Service with Marta Dabis** • *December 18* • 11:00 a.m. to 12:30 p.m. • Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Free, but donations appreciated. Everyone welcome. Contact Marta at (248) 202-3105, [jizzojizen@gmail.com](mailto:jizzojizen@gmail.com) or visit [jissojizen.org](http://jissojizen.org).

**Healing and Compassion Meditations with Hartmut Sagolla** • *Mondays Weekly, September 5 to December 26* • 12 - 1 p.m. • Hartmut 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 / Donations welcome. For more information and to register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs), call Jewel Heart at 734-994-3387, or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Peace Generator at Interfaith Center for Spiritual Growth** • *December 16* • 7- 9:00 p.m. • Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Free, but donations gratefully accepted. Visit [interfaithspirit.org](http://interfaithspirit.org) for more information.

**Day of Mindfulness Meditation with Esther Kennedy, OP** • *December 12th* • 10 a.m. - 2:30 p.m. • Join our mindfulness community as we deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. \$35.00, with lunch included. Contact Weber Retreat and Conference Center at 517-266-4000, or [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).

**Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs** • *December 15* • 7 - 8:30 p.m. • The Yoga Sutras of Patanjali is an ancient text that is a guidebook for walking the spiritual path. The course considers the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. Along with studying the text, we will practice tantric forms of meditation to help us understand the Sutras, focusing on mantra, the breath, visualizations, the opening of the central channel, and the chakras. Suggested donation \$120 - \$400. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Morning Meditation and Breathwork with Shellie Powers** • *September through December* • See schedule on website. • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. Single visit and packages available. Bring

your own mat or pillow, and water. Options range from \$20 to \$200. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit [powers365.com](http://powers365.com).

**Master Meditation with Ema Stefanova** • *Tuesdays, September through December* • 6:50 p.m. • Understand what types of meditation work best for you, and experience practicing a variety of techniques from the classical yoga and tantra traditions. Each student will get help in developing a successful home practice to suit their individual needs/goals; excellent text and audio are available for further study. For more information visit [yogaandmeditation.com](http://yogaandmeditation.com).

**Winter Solstice Celebration with Esther Kennedy, OP** • *December 18* • 3:30 - 4:30 p.m. • In the darkening days of winter for us in the northern hemisphere, Earth comes into stillness. Life stirring hidden from our eyes. A time for inner growth and the planting of seeds to enrich the world come Spring. Invite a friend, bring a song, a poem, a story, a treat to share. Come join in this celebration as the sun takes its shortest trip across the sky. Free but registration is requested. Free. Contact Weber Retreat and Conference Center at 517-266-4000, or [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).

### Sunday Public Meditation Service with Temple Clergy

• *Sunday* • 10 - 11:30 am and 4 - 5:30 p.m. • Join us in person or by live stream for group meditation practice and a dharma talk. Live stream at <https://bit.ly/a2zenyoutube>. By donation. For more information contact Zen Buddhist Temple at 734-761-6520, or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

### Weekly Silent Meditation Practice with Celeste Zygmont

• *Weekly Sunday* • 11 a.m. – 12 p.m. and *Tuesday*: 9 - 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions. Donation. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**One-Day Meditation and Yoga Retreat in Chinese with Master Zhong Hai (Winnie)** • *1st Sunday of each month* • 10 a.m. to 6 p.m. • Half-day participants are welcomed. This unique one-day meditation retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit [TripleCraneRetreat.org](http://TripleCraneRetreat.org). For questions email [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org).

**One-Day Meditation and Yoga Retreat in English with Master Zhong Hai (Winnie) or Kamakshi (Betty) Eller** • *2nd and 4th Sunday of each month* • 10 a.m. – 6 p.m. • Half-day participants are welcomed. This unique one-Day Meditation Retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit [TripleCraneRetreat.org](http://TripleCraneRetreat.org). For questions email [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org).



# THE BIWEEKLY COMMUNITY CALENDAR

## MOVEMENT AND DANCE

**First Friday Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman and Drake Moses Meadow**  
• *First Fridays, September - December • 7 – 9 p.m.* • Circle Dances and meditations with sacred words from the world's religions presented on Zoom or in person, when safe to do so. Free online. \$5 in person. For more information contact Judy Lee Nur-un-nisa Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net), or 419-475-6535, or visit [sites.google.com/view/a2-toledodup/home](http://sites.google.com/view/a2-toledodup/home).

## MUSIC, SOUND, AND VOICE

**Singing for Comfort at Interfaith Center for Spiritual Growth**  
• *Second Thursdays, September through December • 7 - 8:30 p.m.* • Raising our voices in song for comfort and peace. Free, but donations gratefully accepted. For more information visit [Interfaithspirit.org](http://Interfaithspirit.org)

**Cafe 704 at Interfaith Center for Spiritual Growth** • *December 10 • 7 - 9:00 p.m.* • Artist to be arranged. \$10. For more information visit [Interfaithspirit.org](http://Interfaithspirit.org).

## ONLINE WORKSHOPS

**Cacao Journey with Alicia Clark-Teper** • *Every third Monday, September through December • 7 – 9 p.m.* • A Cacao Journey held by Alicia. The plant medicine of Cacao connects us with our hearts, our ancestors and Momma Gaia. We talk about the upcoming energies of the month, give thanks to our ancestors, connect to our hearts and flow with the bliss molecule Anandamide which is naturally found in Cacao. With every cup of ceremonial Cacao we replenish our cup with bliss, joy and compassion. \$35. Contact Alicia Clark-Teper at 734-945-5396 or [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com) or visit [sacredlotusexperience.com](http://sacredlotusexperience.com).

**Introduction to Homeopathy** • *December 31 • 12:12 p.m.* • Learn how to use homeopathy for yourself and your loved ones! This 4-hour-long online course is available on-demand. We'll learn over 30 remedies for common acute health conditions and first aid. 60 page homeopathic reference guide included. \$75. For more information visit [www.CastleRemedies.Podia.com](http://www.CastleRemedies.Podia.com) or contact Contact Caitlin Potere at [caitlin@castleremedies.com](mailto:caitlin@castleremedies.com).

**Herbs for the Michigan Gardener** • *December 31 • 12:12 p.m.* • Prepare for next year's garden by learning about 20 easy-growing culinary and medicinal herbs. In this FREE online class, you'll learn how to grow, harvest, and use herbs in your Michigan garden. Available on-demand at your own pace. For more information visit [www.CastleRemedies.Podia.com](http://www.CastleRemedies.Podia.com) or contact Caitlin Potere at [Caitlin@castleremedies.com](mailto:Caitlin@castleremedies.com).

## PERSONAL GROWTH

**Temple Stay, Visitor's Program and Residential Opportunities with Temple Priests** • *Ongoing* • Tailored to individual needs, the visitor's program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue a spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. \$60 per night, \$250 per week or \$650 per month. Contact Zen Buddhist Temple at 734-761-6520 or visit [annarborzentemple@gmail.org](mailto:annarborzentemple@gmail.org).

## RETREATS

**Silent half-day Sittings with Marta Dabis** • *December 11 • 8:15a.m. to 1p.m.* • Join us for several periods of sitting meditation in the lineage of Shunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11:00 a.m. Donations are appreciated. Everyone is welcome. Can come for any portion of the program. FREE. For more information contact Marta at 248-202-3102, [jissojizen@gmail.com](mailto:jissojizen@gmail.com), or visit [jissojizen.org](http://jissojizen.org).

**Five-Day Yoga Vacation on Isla Mujeres, Mexico with Ema Stefanova** • *December 7 - 11 or December 14 - 18* • Take a sacred pause before you enter 2023. My intention with this very special offering is to hold healing space for all who will come to enjoy true yoga and meditation at the ocean on Isla, the Island of the Women, rest, reconnect, and rejuvenate together in order to re-enter the daily human experience more awakened and in tune with your soul. I would be honored to have you join me. \$1,250-\$1,450. For more information contact Ema at 734-665-7801 or visit [YogaAndMeditation.com](http://YogaAndMeditation.com).

**Living Heart Retreat Sanctuary with Ellen Livingston** • We offer unique, customized individual and small-group (up to four) healing retreats in SW Florida by the ocean. At the core of our offerings at Living Heart Sanctuary are tools to cleanse your body and raise your natural frequency and health, such as a natural raw vegan menu, opportunities for communion with nature, and mindset upgrades. The Sanctuary is embedded in our home, and is a friendly and comfortable place to rest, connect, learn, and renew. Cost varies with length of stay, year-round openings from three days up to two weeks. Contact Ellen at [ellen@ellenlivingston.com](mailto:ellen@ellenlivingston.com) or 734-645-3217, or visit [ellenlivingston.com](http://ellenlivingston.com).

## SHAMANISM

**Journeying Circle with Judy Liu Ramsey** • *First and third Thursdays of each month • 7 - 8:30 p.m.* • The circle meets twice a month to explore issues, ideas and feelings deeply through shamanic journeying. Shamanism addresses the spiritual aspects of healing and gives us a very different perspective that often includes personal healing and empowerment. One person's journey is everyone's journey.

Come join a supportive, nurturing group experience for your own empowerment. Prerequisite: shamanic journeying skills. Circle is on ZOOM. You must register prior to attending. \$25 per session or \$40 per month. For more information email info@judyramsey.net or visit <https://JudyRamsey.net>.

## SPIRITUAL DEVELOPMENT

### Monthly Midrash Study with Karen Greenberg, P.T. •

*December 11 · 1 – 4 p.m.* • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one three-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com or visit clair-ascension.com.

**Interfaith Sunday Service at Interfaith Center for Spiritual Growth** • *September 4 - December 25 · 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 donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Youthful Spirits class at Interfaith Center for Spiritual Growth** • *Sundays, September 4 - December 25 · 1 – 2p.m.* • Spiritual classes for young people. Free, but donations gratefully accepted. For more information visit [Interfaithspirit.org](http://interfaithspirit.org).

**Sufi Chanting Meditation and Discussion with Imam Kamau Ayubbi** • *Every Tuesday, September 6 - December 27 · 6:30 – 8 p.m.* • An exploration of Sufism. \$5-\$10 per class. For more information visit [Interfaithspirit.org](http://interfaithspirit.org).

**Lightworker Activation and Development with Sandra L. Shears** • *Every Wednesday · 7 – 9 p.m.* • Group light work in conjunction with current spiritual, astrological and energy events. Includes energy adjustment, activation and attunement. As a Light Worker or World Server you have incarnated at this time to facilitate the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. \$100 per month prepaid. For more information visit [sandyasandshears.com](http://sandyasandshears.com).

## STRESS MANAGEMENT

**Stop Sabotaging Your Self-Care with Christy DeBurton, RYT** • *Ongoing and Self-Paced* • In this compact but powerful self-paced course you will gain insight into yourself and see your way out of your self-sabotaging habits, learn tools to cultivate greater awareness of your self-care needs, and explore the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion, and more. \$79. Contact Christy at info@christydeburton.com or visit [christydeburton.com](http://christydeburton.com)

## TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

### Chen Tai Chi Chuan with Joe Walters • On-going Monday and Thursday · 5 – 6:15 p.m. • Saturday 9:30 - 10:45 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. For more information contact Joe Walters at annarbortaichi@gmail.com or visit [annarbortaichi.com](http://annarbortaichi.com).

### Tai Chi for Beginners with Master Wasentha Young •

*Mondays, September 12 – December 15 · 10 - 11:15 a.m. and Thursdays 6 - 7:15 p.m.* • T'ai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner which integrates both physical and mental energy mechanics, promotes relaxation, a sense of prowess, and spatial awareness, as well increases balance. Register for one class and you can attend both sessions – whatever your schedule allows – at no extra cost! Hybrid class - taught in-person (limit 10) and on Zoom (your choice). \$195. Contact Peaceful Dragon School at info@peacefuldragonschool.com or 734-741-0695; or visit [peacefuldragonschool.com](http://peacefuldragonschool.com).

### Yang and Chen - Qigong and Tai Chi with Karla Groesbeck

*Monday through Friday, Various times* • Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Short and Long Forms, Chen Laojia Yilu. Various qigong sets and Zhan Zhuang. Free (Seniors); Low Fee. For more information contact Karla Groesbeck at 734-276-3059 or info@taichilove.com; or visit [TaChiLove.com](http://TaChiLove.com).

## WOMEN'S HEALTH

### Creating Your Perimenopause Plan with Christy DeBurton, RYT

- *Self-Paced* • Perimenopause can start as early as your mid-30s, and lifestyle habits such as diet, exercise, stress, and sleep can play a huge factor in symptoms. In Creating Your Perimenopause Pla, you will learn about the stages of perimenopause, the most common symptoms, important hormones to know about, tips for a hormone-balancing die, beneficial supplements and herbs, exercise, sleep, self-care advice, and more. Journal prompts with thoughtful questions help you create your own Perimenopause Plan. \$59. Contact Christy at info@christydeburton.com or visit [christydeburton.com](http://christydeburton.com).

## WRITING AND POETRY

### Sit. Stop. Write. Zen and Poetry with Dmitry Berenson •

*December 18 · 1:15 - 2:45p.m.* • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Free. Donations are appreciated. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102 or visit [jissojizen.org](http://jissojizen.org).

### Crazy Wisdom Poetry Series with Edward Morin, David Jibson, Lissa Perrin • Second and Fourth Wednesdays of each month ·

*7 - 9 p.m.* • All sessions are virtual and accessible through Zoom. See website for book listings and schedule. Free. Contact Edward Morin at 734- 668-7523 or eacmorso@sbcglobal.net, email cwpoetrycircle@gmail.com or visit [cwpoetrycircle.blog](http://cwpoetrycircle.blog).



## THE BIWEEKLY COMMUNITY CALENDAR

### YOGA

**Yoga + Wellness Virtual and In-Person Classes with Christy DeBurton • Ongoing** • In-person and virtual yoga and wellness courses: Hatha, Vinyasa, Yin, Yoga for HSPs, Aqua Yoga, Self-Care and more. For more information contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**RYT200 and Advanced RYT300 Teacher Certification with Ema Stefanova • Flex Start and Finish Dates** • Our programs are a cut above what commercial yoga studios offer. For more information visit [YogaAndMeditation.com](http://YogaAndMeditation.com).

**Iyengar Yoga with David Rosenberg • Weekly • Mondays at 6 p.m., Thursdays at 7 p.m., Saturdays at 10 a.m.** • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Free. For more information contact 734-994-2300 or [recedstaff@a2schools.org](mailto:recedstaff@a2schools.org) or visit [aarecedonline.com](http://aarecedonline.com).

**Compassionate Yoga - Remote classes with Mary Seibert • Wednesdays 4:15 - 5:30 p.m.** • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slow paced. Emphasis is on mindfulness, breath, postures, strength, and balance. Sliding scale. Contact Mary at 734-323-2520 or [compassionateyoga@outlook.com](mailto:compassionateyoga@outlook.com) or visit [compassionateyoga.info](http://compassionateyoga.info).

**Open Level Yoga with Michele Bond • Sundays, Tuesdays, and Saturdays September-December • Sundays 4 - 5:30 p.m., Tuesdays 6 - 7:30 p.m., Saturdays 10 - 11:30 a.m.** • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 if registered for Fall Semester, \$20 drop in with instructor's permission. Contact 734 358-8546, or [michele@yogahouseann Arbor.com](mailto:michele@yogahouseann Arbor.com), or visit [yogahouseann Arbor.com](http://yogahouseann Arbor.com).

**Yoga Essentials with Michele Bond • Thursdays September - December • 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 Fall Semester \$20 drop in with instructor's permission. Contact Michele Bond at 734-358-8546 or [michele@yogahouseann Arbor.com](mailto:michele@yogahouseann Arbor.com), or visit [yogahouseann Arbor.com](http://yogahouseann Arbor.com).

### **Yoga for Athletes with Michele Bond • Wednesdays**

**September - December • 6 - 7:30 p.m.** • Enjoy a practice that brings balanced muscular action, power, lightness and spring to 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 Fall Semester \$20 drop in with instructor's permission. Contact Michele Bond at 734-358-8546 or [michele@yogahouseann Arbor.com](mailto:michele@yogahouseann Arbor.com) or visit [yogahouseann Arbor.com](http://yogahouseann Arbor.com).

**Facebook Live Yoga and Meditation Class in English with Trevor Chaitanya Eller • Every Friday 12 - 1:00 p.m.** • 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques followed by 30 minutes of sitting meditation. By Donation. No Registration Needed. For more information visit [TripleCraneRetreat.org](http://TripleCraneRetreat.org), or email [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org).

**Facebook Live Yoga and Meditation Class in Chinese with Master Zhong Hai (Winnie) • Every Saturday 9:00 - 10:00 a.m.** • 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques followed by 30 minutes of sitting meditation. By Donation. For more information contact [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org) or visit [TripleCraneRetreat.org](http://TripleCraneRetreat.org).

I hope people find the courage to prevail, to make meaning out of their life. I'd like them to be more curious about their own inner life, and also their spiritual journey, to be moved by it and to be intrigued by it.

*Author Diana Kuper,*

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# Michigan physician anesthesiologist finds hard work, joy on medical mission trips

## *Dr. Bridget Pearce regularly participates in medical missions to Central and South America*

Press release by

Michigan Society of Anesthesiologists

Contact: Melissa Anders, communications, [manders@byrumfisk.com](mailto:manders@byrumfisk.com)



Dr. Bridget Pearce works in the operating room at Benjamin Bloom Children's Hospital in San Salvador.

**ANN ARBOR, Mich. — Adventure, comradery and the opportunity to help underserved populations in other countries drives Dr. Bridget Pearce to participate in medical missions to Central and South America.**

The pediatric anesthesiologist from Mott Children's Hospital at the University of Michigan has taken part in five medical missions in the last five years — three to El Salvador with a team from Michigan Congenital Heart Center (MCHC) and two to Peru with pediatric surgeons.

In El Salvador, the medical missions focused on providing anesthesia care for children with congenital heart disease. MCHC joined forces with Gift of Life International and local Salvadoran Rotarians to provide care. Pearce participated in mission trips in 2017, 2019 and 2022 at Benjamin Bloom Children's Hospital in San Salvador and was joined by a pediatric cardiac surgeon, cardiologists, a perfusionist, intensive care unit nurses and a respiratory therapist.

"We took care of very sick patients with unrepaired congenital heart disease at relatively advanced ages," Pearce said. "The most challenging were the teenage patients experiencing severe cyanotic heart disease who would have been operated on in infancy in the United States. The work was hard and the hours long but every evening we enjoyed meals together and formed friendships with our Salvadoran comrades."

The missions also allowed the team the opportunity to teach Salvadoran providers the protocols and procedures that Pearce and her colleagues use at their institution. The Salvadoran nascent program has grown over the years, and in 2019, Benjamin Bloom Hospital opened a pediatric cardiothoracic unit.

"My experience in the operating rooms in El Salvador was joyous and rewarding on many levels," Pearce said. "We plan to continue our yearly missions to help them care for the more challenging patients."

In Peru, Pearce joined a team to provide outpatient pediatric surgical care at a free-standing medical facility in Yantolo in the Amazon jungle. A retired physician and philanthropist built the facility and organizes the visits with the international medical teams of pediatric surgeons, anesthesiologists, scrub technicians and perioperative nurses.

"One of the most poignant scenes from our mission was leaving the facility after a long day in the operating room and seeing our last patient walking hand in hand with her mother, heading back home in the jungle three hours after having hernia surgery," Pearce said. "It's a quite different life for many of the Peruvians than for children in our country."

The mission team must bring many of their own supplies or improvise with existing supplies from previous mission trips. At the Yantolo medical facility, the operating room is one large space that accommodates three anesthesia machines, and two operations are done simultaneously. The physician anesthesiologists must handle their own cases, and there is minimal technical support at the facility.

Pearce said the medical missions to Central and South America were exciting and professionally challenging, and she strongly encourages her fellow anesthesiologists to take part if the opportunity presents itself.



Dr. Bridget Pearce joined a team in Peru to provide outpatient pediatric surgical care at a free-standing medical facility in Yantolo in the Amazon jungle.



# Yule Blessings

30% off at



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

## Crystal OF THE WEEK

Courtesy of Susan Ulrich, owner and proprietor of  
Bright Earth Minerals and Crystals

### Amethyst



Amethyst is a purple variety of quartz that owes its color to gamma radiation and traces of iron in its crystal lattice ([mindat.org](http://mindat.org)). According to legend and the etymology of its name, which in Greek means 'not drunk', amethyst is supposed to prevent intoxication (A Lapidary of Sacred Stones, C. Lecouteux). It addresses the wind element and the 6<sup>th</sup> (3<sup>rd</sup> eye) and 7<sup>th</sup> (crown) chakras. It is a stone of spiritual protection and purification, can be used to cure bad habits and over-indulgence, and as an aid to meditation. It can also aid in clearing one's field of negative influences and attachments, and in creating a protective shield (The Book of Stones, R. Simmons & N. Ahsian). It's a lovely stone to have around the home or on your meditation altar but careful - placing it in direct sunlight will fade the color.

# Where can you pick up a copy of The Crazy Wisdom Community Journal?

## Ann Arbor:

Ann Arbor Pharmacy  
Ann Arbor Public Library  
Ann Arbor Senior Center  
Arbor Farms  
Argus Farm Stop  
Balance Point Fitness  
Bio Energy Medical Center  
Booksweet  
Castle Remedies  
Center for Sacred Living  
Clark Professional Pharmacy  
El Harissa Market Cafe  
Enlightened Soul Center  
First Bite  
Fiery Maple Wholistic Healing  
Healing Hands Physical Therapy  
Integrative Healthcare Providers  
Jewel Heart  
Kerry Town Market  
Kouyate Healing Arts  
Leslie Science and Nature Center  
Matthei Botanical Gardens  
Michigan Theatre  
Mighty Good Coffee  
Move Mind-Body Fitness and Wellness Studio  
Nicola's Books  
Oz's Music  
Peaceful Dragon School  
Peachy Fitness  
Pharmacy Solutions  
Pointless Brewery and Theatre  
Roos Roast Coffee  
Sweetwater's Cafe  
Therapeutic Riding, Inc.  
Thrive Wellness Center  
Washtenaw Community College Student Center  
Washtenaw CC Health and Wellness Center  
Wine Wood Organics

## Ypsilanti:

Cross Street Coffee  
Cultivate Coffee and Tap House  
Evenstar's Chalice  
This, That, and Odder Things  
Twisted Things  
Unity Vibration Kombucha  
Ypsilanti Food Co-op

## Plymouth, Livonia & Canton

Earth Lore  
Yoga Practice Center  
Zerbos

## Saline:

Andrea Kennedy Center for Innovation and Education  
Earth Elements  
Eleanor's Sweets and Sodas  
Salt Springs Brewery  
Stony Lake Brewing Company

## Chelsea and Dexter:

Agricole  
Breathe Yoga  
Community Farm of Ann Arbor  
Corner Cup Cafe  
White Lotus Farm & Tsogyalgar  
Triple Crane Monastery

## Jackson & Lenawee County:

Essential Energies  
Divine Sanctuary  
Pegasus Spa and Leisure  
Free to Be Yoga and Massage  
DNA Sales 2100  
Gidrah's Mind Body Spirit  
A Healing Feeling Wellness Center  
Living Grateful

1

### What inspired you to write a memoir?

I love the genre of memoir – I have actually read 336 memoirs in my life. I'm a psychotherapist, and I love learning about peoples' lives. In a memoir, people are telling their life story or an aspect about their life. It's usually a theme that is

illuminating something about the human condition. A memoir is like a window into the world where they can go everywhere.

2

### What would you want others to take away from your book?

What I'd like people to take away from the book, first of all, is compassion. That you look at people and realize that you never can know what they've been through. That, and, the courage to find your way and to prevail. I write in the last chapter that prevailing was so important to me, it wasn't just

to survive, but to prevail. I hope people find the courage to prevail, to make meaning out of their life. I'd like them to be more curious about their own inner life, and also their spiritual journey, to be moved by it and to be intrigued by it.

3

### Your book description at Barnes and Noble reads, "Finding Refuge will open your heart and enrich your understanding of what it means to be human." What does it mean to be human, in your opinion?

Well for me, what it means to be human is this experience of finding out what your consciousness is, like on the level of the inner life. This journey to find truth with yourself and with others, instead of wearing a mask, letting people know you, letting yourself be humble, letting yourself be vulnerable, being able to share your struggles so that other

people can feel good about themselves and share their struggles too, and there's a coming together in a beautiful way, touching hearts. That's part of being human, part of consciousness, but I'm also very intrigued with what it is we're doing here on this planet. What's our task or what is our soul's purpose?



# 5 Questions Author Dia

By Cashme



4

**The image on the cover is of a hummingbird riding a bicycle. Can you talk about why that imagery was chosen, and what it means to you and the book?**

I bought that painting here in San Miguel, Mexico, about eight years ago now. It's by a Mexican young man, named Daniel Beltran, (pictured below) and it was on display in a gallery. He does all these fabulous, charming images of hummingbirds doing all these things; being in hot air balloons, riding bikes, and so I bought this painting that you see on the cover of the book. It's only painting I've ever bought in my life. All my art has been passed to me. And I said to the owner of the gallery one day, 'when I finish my memoir, I'd like to use it for the cover.' I knew right away it would be the cover, and the reason I used it is because bicycle riding has saved me. It's a theme throughout

my book. There's a passage about the glory of the bicycle, of being in nature on the bicycle, and then there's a section where I'm a student in Ann Arbor at the Arb, and I have a reprieve of like maybe four months where I wasn't suffering, I was back alive because of my bike rides. I was riding all over and so joyful. Then at the end of the book nearer to the latter part for the book, I talked about the bicycle being a part of healing the trauma body, and I share about that whole passage there. So, the bicycle is the healing. And the bicycle is just me, it symbolizes me. That's why I chose it.

5

**How did writing this help you overcome some of your own traumas and challenges?**

The book really was a healing process for me. The other parts, part one through three, I wrote before, but part four I wrote this last year and a half. It brought me to a real open place for healing. Looking back, I'm not sure if it was guided or channeled or something, but I just put the pieces together. The book really helped me to heal from past traumas; I saw very, very clearly the way home through writing this book, and I just was able to see my journey from a vantage point and make meaning of it.

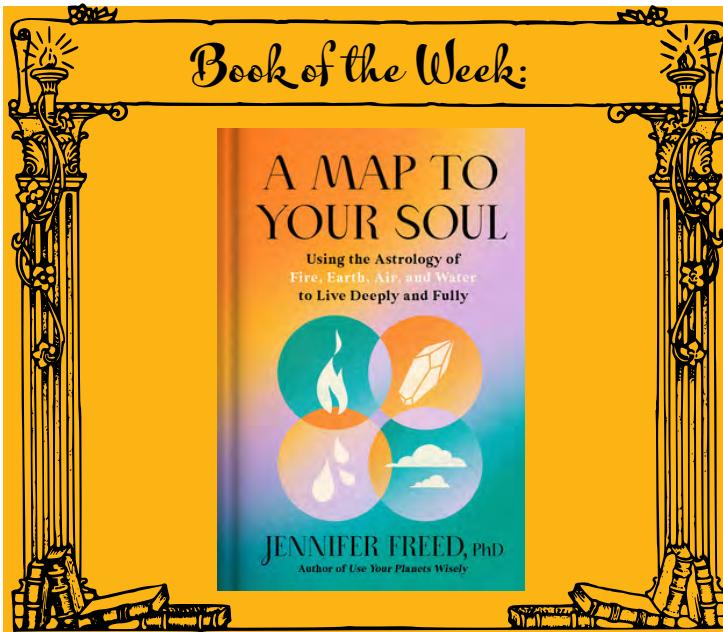
The chapter before the last one is called "Rebuilding the Self." I learned how to make a new neural pathway instead of fixating on the old ones. And so as I was writing the end of the book, I was creating this new

neural pathway that I worked very hard to make. I said, 'What is the truth of who I am? If I'm not a bad person, what can I say about myself that's true, how can I change this terrible trauma that just affected my identity so badly that I had such a hard life?'

I couldn't say I was a bad person for feeling this way, anymore. And I was riding my bike. And this is all in the book. I couldn't say, 'Well, I'm a good person.' It didn't ring true. I just think everybody's mixed, you know? But I could say I'm a worthwhile person. I could stand behind that. And my faults are just normal faults. And that was revolutionary for me.

# Conversations with Barbara Morley





## A Map to Your Soul: Using the Astrology of Fire, Earth, Air, and Water to Live Deeply and Fully

Jennifer Freed, PhD

With a PhD in psychology in addition to her expertise as an astrologer, Dr. Jennifer Freed is here to show you how to decode and tap into your gifts in this practical guide to life. She explains how your astrological birth chart can point you to the life you want and offers self-assessments to pinpoint your most effective strategies. *A Map to Your Soul* offers practical exercises for topics ranging from communication styles to creativity, home styles to psychic development, health habits to belief systems. Some of the advice is as simple as the color scheme that will make you feel most at peace in your bedroom. Other advice is as nuanced as how to better listen to your loved ones and how to fulfill your soul's purpose.

You can purchase *A Map to Your Soul: Using the Astrology of Fire, Earth, Air, and Water to Live Deeply and Fully* at [shopcrazywisdom.com](http://shopcrazywisdom.com)

## Winter/Spring 2023 Programs

### Meditation Classes and Practice

#### **Awakening and Living Awake**

January 17 – May 23 | 10 Classes  
Barbara Brodsky, Aaron and John Orr

#### **Path to the Awakened Heart:**

**The Yoga Sutras of Patanjali**  
February 9 – May 25 | 8 classes  
Robert Jacobs



### Events with Spirit

#### **Remembering Wholeness**

Occurs monthly  
Barbara Brodsky

#### **Evenings With Aaron**

Occurs Monthly  
Barbara Brodsky

### Workshop

#### **Healing and the Ever Healed Workshop**

January 21 – January 28  
Barbara Brodsky, Aaron, The Mother  
Tavis Taylor and John Orr

#### **Silent Meditation Practice**

Weekly on Sunday and Tuesday Mornings

All events are held via Zoom

Aaron, Yeshua and The Mother are channeled spirits.

Channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center

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

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

# Biweekly Divination

Courtesy of Gail Embrey



*The Week of  
December 09,*

**The World Card – XIX**  
This Card represents an important event, opportunity, or time period and takes precedence over all other cards.

The focus is on a possible world change, or world-shaking event. Consider, Asia, Middle East, Western Europe during the next few weeks. This is the card of successful completion and the last card in the “Fools Journey.”



If you are interested in reading for the biweekly divination, contact [cashmere@crazywisdom.net](mailto:cashmere@crazywisdom.net)