

THE
CRAZY WISDOM
BIWEEKLY

#120

Ebony Evans and *Dead to Me*
By Hilary Nichols
Page 31





CRAZY WISDOM

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Word of the week:

ikigai

noun

one's reason for being, which in principle is the convergence of one's personal passions, beliefs, values, and vocation

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Please read our parent publication, The Crazy Wisdom Community Journal. You can find online archives on our website, crazywisdomjournal.com. The Crazy Wisdom Journal has been published three times a year since 1995.

Thank you to our contributors for this issue:



- Jennifer Carso
- Catherine Fischer
- Emma Hess
- Fran Mason
- Hilary Nichols
- Judy Sauer
- Bill Zirinsky

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Ebony Evans is the founder of the reading club, EyeCU Reading & Chatting and the author of *Dead to Me*.

Green Living

Ditching the Paper Towel



By Emma Hess

Did you know the invention of paper towels was completely accidental? Many are familiar with the Scott Paper Company which founded toilet paper all the way back in 1879. In the early 20th century, the Scott plant received a railroad car's worth of paper rolled too thick for toilet paper. Instead of scrapping the whole load, one of the founders used a story he heard about a school using small pieces of soft paper to hand out to students with runny noses during flu season as an entrepreneurial opportunity. The paper was perforated into small towel-sized sheets, called Sani-Towel, and sold to hotels, restaurants, and railroad stations for use in restrooms. It wouldn't be until almost 30 years later before paper towels were popularized for household kitchens the way they are today.

Many remember the paper goods shortage in the spring of 2020, with limits on the number of packs of toilet paper and paper towels a person could purchase during a trip to the grocery store. It was during this time that I began evaluating my own usage and dependence on paper towels.

Using paper towels for daily tasks had become second nature. Cleaning the bathroom? Use paper towels. Wipe up a spill? Use paper towels. Dry my hands? Paper towels. There was no alternative in my mind. That was until I began doing more research on the Zero Waste Movement and its growing popularity. I'd slowly been making changes to my personal care routines for a few months before the pandemic hit. With the introduction of a solid shampoo bar, bar soap, and natural loofah, my shower set up was taking up less space and creating less waste. What was more challenging were the household items I shared with other people, but it proved to be a worthwhile endeavor.

In order to better evaluate our household waste, I did a trash audit: the process of collecting and identifying the amount and types of waste being generated by an individual, household, or organization in order to determine which items could be recycled, composted, or reused.

The idea behind a trash audit is pretty simple. You won't know what you need to change unless you analyze the waste you're already creating. After conducting a trash audit of my own, paper towels, food scraps, and food packaging were my main culprits of waste. I was excited to try composting and gardening to reduce food-related waste, but very unsure of

how to ditch my paper towel addiction. That was until I came across a fantastic quote from Anne Marie Bonneau's 2019 blog, author of *Zero Waste Chef*.

"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."

It was no longer my mission to completely rid myself of paper towels but to ease the transition in a maintainable fashion. With conscious consumerism in mind, there was no sense in purchasing new materials if I didn't have to. I scurried over to my t-shirt drawer, threw everything on the bed and started to sort. In college, I had gathered an unhealthy supply of t-shirts from fraternity, charity, and volleyball events. They were bursting out of the drawer and at the time, I was deciding between donating or recycling them. It was during this time that I began shifting my mindset from "these have served their purpose" to "these are ready for their next purpose." Each shirt was laid out on the floor and cut into sections, some small, some large, even the sleeves were put to use. After folding, I placed the stack of 30 or so right next to the kitchen sink. I kept one spare paper towel roll under the sink for cat accidents (we all make compromises and reusing a cat puke-soaked rag was mine).

At first, it took some retraining of habits to get used to them. There was no longer a roll of paper towels sitting on the counter, so I didn't have anything to reach for besides the reusables at this point. Any time I needed to clean the counters, I grabbed a piece of t-shirt. Napkin? T-shirt. Spilled



coffee? T-shirt. It became a habit fairly quickly. I collected them in a washable pail liner and threw everything into the wash when we were low. Soon, it became very satisfying knowing the number of paper towels we had avoided. I'd usually fill a grocery store sized plastic bag with used paper towels after cleaning the house on a weekly basis. Now, I do a small load of laundry once a week.

Reusables in general save you money! I didn't spend one penny to turn my t-shirts into rags. You could go out and purchase reusable paper towels if you'd like. There are a ton of lovely options from small businesses with beautiful patterns, but it's not a necessity. I wanted to take a closer look at the cost breakdown between continuing to purchase disposable paper towels compared to a few packs of reusables. With the average American adult using 80 rolls of paper towels a year, let's do some math on how much a two-person household could save in one year.

COST BREAKDOWN:

- Costco Paper Towels 12-Pack: \$22.99

\$22.99 x 13 (technically 13.3333333) = 156 rolls for \$298.87; \$298.87 a year for a two-person household

- Marley's Monsters UNpaper Towels 12-Pack = \$38

\$38 x 3 packs = \$114; 3 packs would give you a healthy supply and last years; \$114 for 2-4 years of use for a two-person household



With three years of reusable paper towel usage under my belt, the savings have added up quickly. My trash bin is not nearly full when the truck comes and that's a celebration in and of itself. While this practice works for me and my two-person household, it should be adapted to work for your unique circumstances. Whether you go all in and ditch the paper towel, or simply lessen your daily usage, you're doing right by our planet with either choice you make.

Emma Hess is the owner and founder of BYOC Co. (Bring Your Own Container), a refill station and zero-waste shop with locations in Ann Arbor and Plymouth. Growing up in the neighboring city of Chelsea and a 2020 graduate of the University of Michigan, Hess enjoys helping the surrounding communities reduce their single-use plastic consumption by refilling containers with eco-friendly, plastic-free household cleaning and personal care products. She's also an avid hiker, backpacker, gardener, and cat lover.

AN AWARD-WINNING DOCUMENTARY

WINNER
INDICENTIA AWARDS
Awareness Festival

WINNER
REVERENDS OF POWER
Impact Docs Awards

"What we would see if we were really serious about understanding consciousness." —Jeffrey J. Kripal, PhD
Scholar of Comparative Religion

"Beautiful in its simplicity yet brilliantly profound." —Ray Lynch
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Musician/Composer/Producer

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Features

- Ann Arbor Community Acupuncture
- Mara Evenstar and *The Call to Rest*
 - Now That Was a Great Funeral
- *The Power of Ancestry and Personal Discovery*
- *In Pursuit of the More Perfect Apple at Amrita Farms*

...and more!

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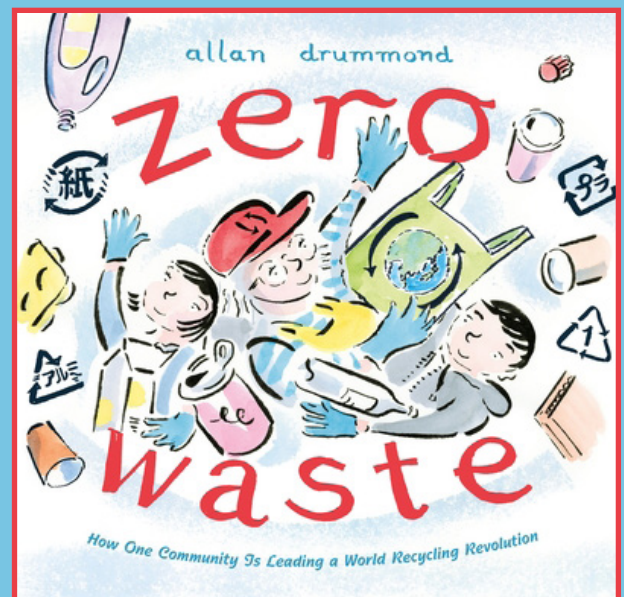
Book of the Week:

ZERO WASTE
by Allan Drummond

Kamikatsu, Japan is known worldwide for its sanitation innovations. This small community of 1700 people is leading the way in recycling and up-cycling, and as of 2022, had nearly achieved its goal of zero waste.

Told in Allan's hallmark narrative style, Zero Waste is the story of a group of citizens who dared to break out of their comfort zone and make radical change for the good of their town and the planet.

Through the eyes of two children visiting their grandmother, this inspiring addition to the author's acclaimed Green Power series about everyday communities inventing exciting new approaches to green living shows that working together for a common cause has an impact that is lasting, meaningful—and fun!



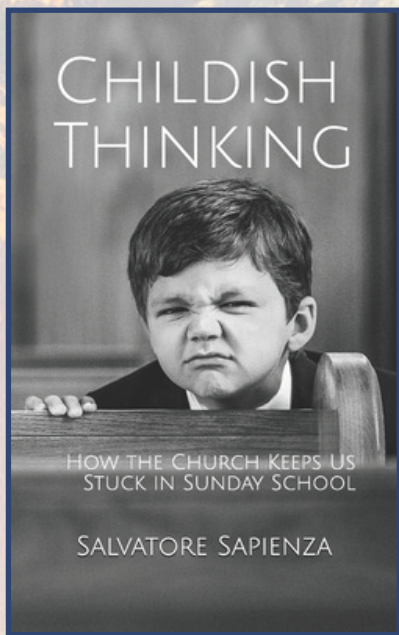
Purchase your copy of
ZERO WASTE

at shopcrazywisdom.com

Growing Up, Waking Up: [Re] Discovering Christ Energy

By Judy Sauer

I love it when an experience comes along that cracks open my soul and spontaneous joy bursts forth. I recently had just such an experience reading Salvatore Sapienza's inspiring and thought-provoking *Childish Thinking: How Church Keeps Us Stuck in Sunday School*.



I consider myself a spiritual seeker. Throughout most of my life I have felt a strong, inner yearning to experience the divine.

I consider myself a spiritual seeker. Throughout most of my life I have felt a strong, inner yearning to experience the Divine. I'm a firm believer that there are many paths to God/Source/The Divine or whatever term one uses to represent this experience. While most people yearn to connect with a force greater than themselves, how we find that connection varies greatly. Some people grow up in a specific faith tradition and that remains their source of spiritual connection throughout their lives. Other people grow up within one religious community only to explore other alternative paths as adults. Still others are raised without any exposure to an organized practice yet embrace faith as an adult.

I belong to the third category. I was not raised in the Christian church or any other faith community. In high school, however, one of my forms of teenage rebellion was to get involved with an evangelical Southern Baptist megachurch. At the time, it provided me a source of community and connection and, on the whole, was far less destructive than alternative rebellious activities. In addition, the rigidity and clear sense of right and wrong served an important role for me at that stage of my development. I was already a people-pleaser and rule-follower extraordinaire, so I embraced the doctrine and beliefs to the fullest. Now, as an adult, I look back on that period of my life and cannot help but cringe a bit. Memories of going door-to-door seeking to "save" souls by inviting them to accept Jesus as their Lord and Savior are ones I am not eager to recall. Even at the peak of my fanaticism, there were those teachings that did not sit right with me. For example, the idea that the only path to "heaven" is to proclaim Jesus as your Lord and Savior. Well, I reasoned, what if there was a sacred soul living in a part of the world unreached by the gospel? I couldn't bring myself to believe that such a person was destined for "hell."

I decided to take my spiritual seeking off the evangelical Christian path in college, when I was told that I had to choose between the man I wanted to marry and Jesus. I couldn't accept that choosing him, a son of Lutheran missionaries no less, would be a fall from Grace. So, I spent my 20s exploring other glorious avenues of personal and spiritual growth. I studied the wisdom of Indigenous spirituality, Buddhism, mysticism, "New-Age" spirituality, yoga, psychotherapy, and so much more. My heart grew in compassion and understanding for the sacred connection of all life, but I couldn't help but miss the sense of community.

My husband had his own reasons for stepping away from the church. He, too, spent time exploring faith and spirituality outside the Christian tradition. However, eventually he sensed that he could find healing by returning to the faith of his upbringing. So, on an Easter Sunday in our early 30s, we wandered into a small church tucked in the neighborhood of our first apartment in Ann Arbor: Church of the Good Shepherd, UCC. While this was a Christian community, it was nothing like any church either of us had ever attended. We had no idea that such a thing as an LGBTQ+ affirming, multiracial, peace and justice church even existed. Even though we had not planned to attend beyond that Easter service, we soon found our home in this small, but mighty, faith community.

We have been active members of this congregation for close to 30 years. I continued, however, to be uncomfortable self-identifying as “Christian.” This was not because I didn’t hold the wisdom and teachings of Jesus as powerful and sacred; it was because of a disconnect I perceived between mainline Christian teachings and my sense of Jesus’ intended message. And, while I continue to shy away from identifying as a Christian to people outside of my inner circle of friends, I am much more comfortable with this identity after reading *Childish Thinking: How Church Keeps Us Stuck in Sunday School*.

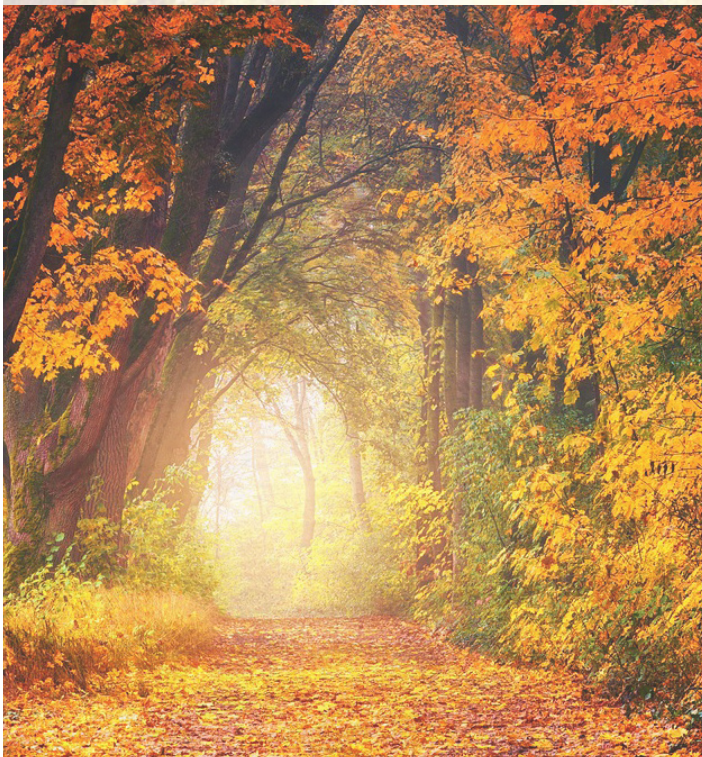
In this book, Salvatore Sapienza has compiled much of the scholarly writings of leading progressive theologians, including Bishop John Shelby Spong, Marcus Borg, Richard Rohr, and Matthew Fox, and translated them into simple, conversational language. He explores progressive Christian views on Christ, God, Jesus, heaven, hell, Mary, and resurrection. As I read the book, I could feel my heart and soul shouting a resounding, “Yes!” Yes, God is not a single entity or an old man up in the sky. Yes, Jesus came to show us how to awaken to the divinity within each of us, not to found a religion. Yes, Christ is the Cosmic force within each of us, not Jesus’ last name. Yes, Jesus was crucified because he was a political and social threat, not because we are sinners. Yes, the Bible was written to be interpreted metaphorically, not taken literally. Yes, Christianity is just one of many paths to God. Yes, yes, yes.



**In the words of Rabbi Rami Shapiro,
“Religions are like languages:
no language is true or false;
all languages are of human origin;
each language reflects and shapes
the civilization that speaks it...”**

In the words of Rabbi Rami Shapiro, “Religions are like languages: no language is true or false; all languages are of human origin; each language reflects and shapes the civilization that speaks it; there are things you can say in one language that you cannot say, or say as well, in another; and the more languages you speak, the more nuanced your understanding of life becomes.” *Childish Thinking* pulls together many of the sacred, eternal truths that I have gathered over my four decades of spiritual seeking and explains them in the context of Christianity. After reading this book, I have been able to develop a personal definition of being a Christian. Christ energy is at the core of each being. So, if a Christian is someone who seeks to awaken and embody that Christ energy within, then I can say I am a Christian.

It is my hope that ideas like those Sapienza explores in *Childish Thinking* will help bring the beauty and gifts of Christian teachings into a more balanced, humble place for humanity—not greater than and not less than the wisdom of other faith traditions—so that it can be embraced as a beautiful, Christ-influenced religious path toward transcendent connection through God.



Judy Sauer is a retired elementary school teacher and life-long learner. She is a seeker of spiritual wisdom. Her passions include having soul-connecting conversations with family and friends, developing healthy recipes, and reading children’s picture books.



How to Smooth Out a **BUMPY** Back to School Experience

By Catherine Fischer

Oh, boy, it's that time of year again. Many of us parents and guardians have been working through our checklists, buying new shoes for our kids (who've been barefoot or in sandals all summer), and picking out fall clothes for kids who've sprouted since June. We're smoothing the path as much as we're able, sometimes stopping by the school beforehand for trial runs, figuring out the bus schedule and aftercare, or maybe counting down the days until school starts again.

No matter what the lead-up to school looks like for us, we're all hoping for things to go well for our kids. But by now, some of us can already see that it's not going how we had hoped. Perhaps getting out the door in the morning is a struggle, or maybe our kids are coming home unhappy, angry, or withdrawn. Whatever is causing discord, when our children are struggling and things are out of balance, everyone in the family is affected.

If you're looking for ways to restore the harmony and happiness that seem to evaporate with the start of the school year, here are a few tips that can make a big difference for the whole family.

Focus on Connection

Children need a lot of connection. Human brains are wired to grow and learn in connection with other minds, and a sense of safety is necessary for learning to take place. However, even the most loving teachers cannot offer constant connection to the room full of children they are responsible for, and the expectations of school are more demanding on children now than ever before.

Keep in mind that children who have been in daycare for years will also have to adjust to the increased expectations for sitting in one place and listening quietly. There are also numerous academic expectations that have slowly crept into the earlier years of school, taking away much of the time children used to have for play. Even if a child likes school, he may come home with a bunch of feelings that have been stored up during the day.

Children often can't relax and enjoy their time with you and their siblings until they get some help reconnecting. So how do we address this basic, human need when we see our children are struggling?

Below are some ways you can help your child to reconnect with you.

Before school: Sometimes our hectic mornings can cause children to feel disconnected before they've even left the house. Try finding a way to slow things down for a few minutes and spend some one-to-one time with a child before leaving the house; this seemingly small action can make a world of difference to the child, and may set the tone for his entire day.

At drop off: If your child's struggles begin when it's time to say goodbye, arriving a few minutes early to help them to settle into their classroom, and asking a teacher or caregiver to connect with your child before you leave, can help with the transition. Please don't leave without saying goodbye to your child! (More on this below.)

After school: Develop a connection ritual such as a high five, a warm hug, or a joke that gets everyone laughing. Try to hold off on your questions until after your child has had a chance to bask in your attention for a little while.

Expect Feelings

This is the piece of advice that might sound the most foreign. Rather than trying to set up a routine that always keeps the lid on our children's feelings, consider that the outpouring of emotion is part of what is needed to smooth the bumpy back-to-school feelings. Fears about separation, hurts from interactions with kids or teachers at school — even stored up feelings of boredom — will drive our children's behaviors off-track until they are released.

Once we've been able to successfully reconnect with our children — by sitting down to play Legos for five minutes before putting on shoes and leaving the house; by lovingly promising that we will be there at the end of day instead of leaving without saying goodbye; or by happily making eye contact and hugging them when they finish their school day before we start asking them questions such as, "What did you learn today?" — we are letting them know that we're here for them in language that their worried minds can understand.

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

The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023

A COURSE IN MIRACLES

A Course in Miracles Study group via Zoom with Interfaith Center for Spiritual Growth • Mondays, September 4 through December 25 • 6:45 to 8:45 p.m. • Course study group. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

A Course in Miracles Study group via Zoom with Interfaith Center for Spiritual Growth • Thursdays, September 7 through December 28 • 6:45 to 8:45 p.m. • Course study group. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

ANIMALS AND PETS

Interspecies Counseling with Judy Liu Ramsey • Saturday, October 7 and January 13 • 10:00 a.m. to 3:00 p.m. • If you communicate with animals either telepathically or shamanically, this training will deepen your ability to mediate between species, human and non-human, to support problem solving, trauma resolution, and complicated grief. There are two 'group' trainings in counseling and mediation techniques, accompanied by three 2-hour mentoring sessions in topics you want to deepen for yourself regarding animals and their people. Mentoring sessions are scheduled for your personal timing, about six weeks apart. This training is for those who want to become professional communicators in community service. Pre-requisite: application essay. Includes reading packet. \$880. For more information contact Judy Ramsey by emailing info@judyr Ramsey.net or visit <https://judyr Ramsey.net>.

ARTS AND CRAFTS

Sound & Art with Rob Meyer-Kukan • Saturday, September 9 • 7 to 8:30 p.m. • Come and join Whitepine Studios and Ann Arbor's 7 Notes Natural Health, for our seventh collaboration, but first in our cozy new studio, as we listen to the melodic sounds of the singing bowls while painting a fall composition with watercolors. As you paint and listen to the soothing sounds of the singing bowls, your muscles will lose tension, breathing and heart rates will slow down as the body begins to receive the waves of vibration and the meditative benefits of art. No art experience necessary. Register at whitepinestudios.corsizio.com. \$50. For more information contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Intro to Waldorf Style Dollmaking with Jennifer Carson • Thursday, September 14, 28, and October 12 • 6 to 8:00 p.m. • In this class you will make a 5" Waldorf style doll. Learn how to make a Waldorf style head, wire a poseable body, embroider hair and eyes, and design your doll's outfit. A perfect gift for a young child or doll lover! A sewing machine is only needed for the second class. Everything else is hand sewing. \$55 includes cost of materials kit. For more information contact Jennifer Carson at jennifer@furandfeatherfriends.com or visit lisd.us/instruction/adult-learning.

Artist Reception with Sue Schreiber, OP • Sunday, October 8 • 2 to 4:00 p.m. • The exhibit is a partnership of INAI and Adrian Center for the Arts (ACA). As a member of ACA, INAI participates in and supports its mission as a "warm and welcoming environment for all." By offering artist residency, gallery space, classes, and professional development opportunities, ACA aims to help visual arts flourish and be celebrated regionally. Show hangs from October 6 until January 28. FREE. For more information call Weber Center at (517) 266-4000.

Weber Shop Christmas Open House with Katherine Dusseau • Wednesday through Saturday, November 1 through Saturday, November 4 • 9:00 a.m. to 4:00 p.m. • Christmas Open House. Unique Gifts, Beautiful nativities, Christmas cards, one-of-a kind art pieces, original ornaments, and other specials. FREE. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Byzantine Iconography, Learn to Paint Your Own Icon with Aruna Olga Bachmann • Saturday & Sunday, November 18 & 19, December 9 & 10, and following weekend TBA • Saturday, 10:00 a.m. to 6:00 p.m. and Sundays, Noon to 7:00 p.m. • (three weekends to complete one traditional style icon) Icon painting (writing) taught in the traditional monastic 15th and 16th century style using gessoed wood board, clay and gold leaf, egg tempura paints, sealed with stand and linseed oils. This is a multi-layered, liturgical process, much like a meditation in practice. \$500, includes materials. For more information contact Aruna Olga Bachmann at (734) 808-1335, email lhci.financials@gmail.com, or visit lighthousecenterinc.org.

Candle-making & Gift Crafting with Deanne Bednar • Saturday or Sunday, December 3 or 9 • 10:00 a.m. to 4:00 p.m. • Enjoy the rhythm & aroma of making dipped bees wax tapered candles. Ah. Held in the cozy kitchen of the main house at Strawbale Studio land. One hour north of Detroit on wooded rural land. Also sculpt earthen candle stick holders & decorate matchboxes with nature items like birch bark and pods. Great for gifts! All materials provided.



The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023



You can also forage & bring some of your own nature items for decorating. \$45 + \$10 for materials. \$55. For more information visit strawbalestudio.org or call Deanne at (248) 496-4088.

Candle-making & Cob Craft with Deanne Bednar • Sunday, December 10 • 1 p.m. to 5:00 p.m. • Enjoy the rhythm & aroma of making dipped bees wax tapered candles. Ah. Held in the cozy kitchen of the main house at Strawbale Studio land. One hour north of Detroit on wooded rural land. Also sculpt earthen candle stick holders to go with your candles. Great for gifts! All materials provided. You can also forage & bring some of your own nature items for decorating. \$35 + \$10 for materials. \$45. Look for the learning tour immediately preceding this class under the heading "gardening and ecosystems." For more information visit strawbalestudio.org or call Deanne at (248) 496-4088.

NAI Exhibit - Seasons of Beauty with Kathleen Voss, OP, Janet Wright, OP, Mary Jean Dorsey, OP • Monday, May 26 through October 1 • Seasons of Beauty gives us a springtime look at the brilliant digital paintings of Kathleen Voss, OP, beautiful watercolor paintings of Janet Wright, OP and the extraordinary cut-out silhouettes of Mary Jean Dorsey, OP (1914 - 1988). For more information call the Weber Center at (517) 266-4000 or visit webercenter.org.

Artists from the Linkage Community • Open Monday through Friday • August 11 through September 1 • In cooperation with the Flint ARTWALK. Film screening is on August 31 at 7:00 p.m. The exhibition is designed to connect viewer to artist through the wide gamut of their human experiences. FREE. Visitors will see works from familiar artists, including Andy Wynkoop, An ArtsyGuy, RIK, Roger (FREE-Hand) Stephenson, and many others. For more information call Sarah Unrath at (734) 615-5643.

BOOK DISCUSSION GROUPS

Jewel Heart Readers • Sunday, September 10, October 1, November 12, December 10 • 7 to 8:20 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, donations welcome. For the month's book selection and participation information, visit jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Dine & Discuss Book Club with Janet Doyle, OP • Thursday, October 5 • 5:30 to 7:30 p.m. • Evicted: Poverty and Profit in the American City is a 2016 non-fiction book by

American author Matthew Desmond. Set in the poorest areas of Milwaukee, Wisconsin, the book follows eight families struggling to pay rent during the financial crisis of 2007-2008. \$15, includes book and dinner. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

BREATHWORK

Guided Breathwork with Jackie Miller • Sunday, September 3, 17, October 1, 15, November 5, 19, and December 3, 17 • 6 to 7:30 p.m. • A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. For more information, visit thisbreath.com.

BUDDHISM

Dharma Talk: Is Emptiness Really Empty? • September 2 • 12:00 pm. Emptiness is one of the most misunderstood concepts in Buddhist philosophy, which is not surprising given that it is counterintuitive to our normal perception of everyday reality. Join us for a discussion of this fascinating concept. Held at Bethlehem United Church of Christ. karunabuddhistcenter.org. Visit: karunabuddhistcenter.org. FREE.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, September 3, 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17, 24, 31 • 11:00 a.m. to 1:15 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. Talk begins at 11:00 a.m., moderated discussion begins at 12:15 p.m. Online and on-site. No discussion October 8. FREE, donations welcome. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Practical Buddhism Online by Gelek Rinpoche • Tuesday, September 5, 12, 19, and 26, November 7, 14, 21, and 28, December 5, 12, and 19 • 7 to 8:30 p.m. • "Practical

Buddhism” 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 follows each session. Discussions are not recorded. Each session reviews Gelek Rinpoche’s 2012 Sunday talks and into early 2013. No sessions in October and on December 26. FREE, donations welcome. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Master Class: Pramana of Dharmakirti: Logic & Reasoning - Part 4 with Demo Rinpoche • Thursday, September 7, 14, 21, 28, October 5, 12, 19, 26, November 2, 9 • 7 to 8:00 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 Hindi, 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. Jewel Heart members \$100 / Jewel Heart non-members \$120. Pay what you can—no one is turned away. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Delam: The Smooth Path of Enlightenment with Karen Market and Jack Schramm • Monday, September 11, 18, 25, October 2, 9, 16, 23, 30, November 6, 13, 20, 27 • 7 to 8:30 p.m. • Delam, the Smooth Path, composed by the Third Panchen Lama with a special emphasis on meditation practices, is one of the eight classical commentaries on the stages of the path to Enlightenment. It is specifically meant for meditation. We will study Gelek Rinpoche’s 2012 Malaysian teaching of Delam that provides a contemporary window into the heart of all spiritual practice. On-site only. Suggested \$75. Pay what you can—no one is turned away. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Meditation and Discussion • September 13 • 7:00 pm. The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting may include a Dharma talk, meditation, Q and A, and/or book discussion. Questions welcome! Join in person or zoom. Enter through back door, 614 Miner Street. Visit: annarborktc.org. FREE.

Buddhist Songs of Realization • September 16 • 12:00 pm. Join us as we sing and contemplate songs of the masters. Buddhist Songs of Realization following the teachings of Khenpo Tsultrim Gyamtso Rinpoche, we will sing in English, without judgment of “good” and “bad” as we try to move beyond an intellectual approach to the Dharma. Held at Bethlehem United Church of Christ. Visit: karunabuddhistcenter.org. FREE

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sunday, September 17, 24, October 15, 22, 29, November 5, 19, 26, December 3, 17, 23, 31 • 11:00 a.m. to 12:40 p.m. • Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Donations appreciated. Everyone welcome. FREE, donations welcomed. For more information contact Marta at 248-202-3102, jissojizen@gmail.com or www.jissojizen.org, and find them on MeetUp.

Old and New Kadam Traditions with H. E. Dagyab Rinpoche • Saturday, September 23 • 9 to 10:30 a.m. • Atisha (982–1054) is the founder of the Kadam tradition in Tibet, bringing with him the best of the highly developed Indian Mahayana Buddhist tradition. After Atisha, a line of great Kadampa masters taught as individuals through oral instructions based on their experiences. Je Tsongkhapa (1357-1419) rejuvenated and further built on the foundations of Atisha’s system of study, analytical thinking and deep meditative practices. From this time onward, his teachings came to be known as the New Kadam tradition, which has been flourishing through a long line of great lineage teachers up to the present day. \$55 Jewel Heart members / \$75 Non-members. Pay what you can—no one is turned away. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.



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The Crazy Wisdom Calendar

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BUDDHISM CONTINUED

The Diamond Cutter Sutra (Part 2) Online with Geshe Yeshe Thabkhe • Tuesday & Friday, October 3, 6, 10, 13, 17, 20, 24, 27 • 7 to 9:00 p.m. • The Diamond Cutter Sutra is a discourse on the Buddhist concept of emptiness or “Wisdom Gone Beyond.” In this Sutra, the Buddha offers a view of the world that deconstructs our normal categories of experience. He shows us that what we think are real entities in the world are actually our conceptualizations. His insights into dualism and illusion are critical for understanding the ultimate nature of reality. The “diamond” can cut through any obstacle on the road to enlightenment. These teachings continue The Diamond Cutter Sutra teachings given by Geshe Yeshe Thabkhe in April 2023. \$200 Part 2 if previously registered for Part 1; \$300 Part 2 only; \$500 Part 2 plus Part 1 access. Pay what you can - no one is turned away. Visit: jewelheart.org/, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Fall Seminar—12 Links of Dependent Origination with Demo Rinpoche • Friday through Sunday, October 7, 8, 9 • 8:30 a.m. to 6:30 p.m., except Monday, 8:30 a.m. to 5:00 p.m. • The Twelve Links of Dependent Origination provide an insight into the chain of unsatisfactory existence. There is no realm of life in which these realities do not exist. Perhaps the most profound part of the Buddha’s teaching is the description of how this wheel of uncontrolled life, death and rebirth continues rolling on and identifies the root cause and thereby shows a method of how to stop it. The insight into all the links of the chain of existence is expressed in the depiction of the Wheel of Life. Legend has it that the Buddha himself designed the first illustration of it and offered it as a gift to King Rudrayana. \$180 Jewel Heart Members / \$225 Non-Members. Pay what you can—no one is turned away. Visit: jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Saraha: Gnostic Poet of Bliss with Professor Roger Jackson • Wednesday, October 25 • 9:00 a.m. to 1:00 p.m. • Saraha, “the Archer,” is arguably the most important of the mahāsiddhas, the charismatic and sometimes outrageous Indian Buddhist tantric adepts of the 8th to 11th centuries CE. This workshop will explore the context, life, and teachings of Saraha, drawing on our knowledge of his Indian milieu, the Tibetan hagiographical tradition devoted to him, and selected portions of his verse. We will focus above all upon understanding Saraha’s Buddhist teachings, utilizing literary analysis and religious and philosophical investigation to

get a sense of paradoxes and promises of his distinctive and deeply influential presentation of the Dharma. The workshop includes lecture, discussion, and some meditation, and it is suitable for students with all levels of knowledge and experience. \$80 Jewel Heart members / \$100 Non-members. Pay what you can—no one is turned away. Visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Science and Art of Tantric Healing with Joseph Loizzo, MD, PhD • Wednesdays, November 1, 8, 15 • 7 to 8:30 p.m. and Saturday, November 18 • 10:00 a.m. to 5:00 p.m. • Buddhist psychiatrist-scholar Dr. Joe Loizzo shares the fruits of his lifelong journey unpacking, translating and transplanting the healing science and practice of the Vajrayana tradition into the soil of contemporary life, by grafting it together with Western psychotherapy, neuroscience and social psychology. The three evening classes approach the three key phases of the Tantric path—preliminaries, creation and completion—in light of the Yuthog tradition of Tibetan psychiatry and the contemporary psychologies of intersubjective self-transcendence, narrative self-creation and embodied integration. The closing daylong retreat puts the healing insights and skills explored in the classes into practice, through shared reflection, guided meditation and embodied breath-work and movement. The aim is to help dharma practitioners understand and deepen the healing power of their contemplative practice, whether Sutric or Tantric. Vajrayana initiation/practice is helpful but not required. \$135 Jewel Heart members / \$160 Non-members. Pay what you can—no one is turned away. Visit jewelheart.org, call Jewel Heart at (734) 994-3387, or email: programs@jewelheart.org.

Meditation and Discussion with Lama Nancy Burks • Ongoing • Wednesday • 7 to 8:00 p.m. • 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. Join in person or on Zoom. FREE. For more information contact Pat at (734) 678-7549, email aaktc@yahoo.com, or visit annarborktc.org.
Sitting and Walking Meditation with Lama Nancy Burks • Ongoing • Saturday • 10:30 to 11:30 a.m. • Every Saturday morning, we meet for sitting and walking meditation, followed by informal discussion and tea. Newcomers are always welcome! FREE. For more information contact Nancy at lamanancy@karunabuddhistcenter.org or visit karunabuddhistcenter.org.

Sunday Services at the Ann Arbor Zen Buddhist Temple · Ongoing · 10 to 11:30 a.m. · Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. For more information call Zen Buddhist Temple at (734) 761-6520 or email: annarborzentemple@gmail.com.

Temple Stay/ Visitor's Program and Residential Opportunities with Ann Arbor Zen Buddhist Temple · Ongoing · 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 one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. For more information, call Zen Buddhist Temple at (734) 761-6520 or email: annarborzentemple@gmail.com

CEREMONIES, CELEBRATIONS, & RITUALS

Ryaku Fusatsu—Full Moon Ceremony with Reverend Marta Dabis · Sunday, September 3, October 1, October 29, November 26, December 24 · 11:00 a.m. · Traditional Japanese Soto Zen Full Moon Ceremonies in the tradition of the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. FREE, donations are appreciated. For more information contact Marta at (248) 202-3102, jissojizen@gmail.com or jissojizen.org, and find them on MeetUp.

Full Moon Monthly Ceremony with Moonologist Jayne Yatzak · Thursday, September 28, Friday, October 27, Sunday, November 26, Tuesday, December 26 · 7 to 8:00 p.m. · The Full Moon is the time to surrender, heal, and release so that you may increase your ability to manifest your dreams. Engage in a Full Moon ceremony to help you step into your personal power, prepare your unconscious mind for transformation, and align yourself with the frequencies of the universe. \$20. For more information contact Jayne at jyatzak@emich.edu or (734) 961-5450 or visit enlightenedoulcenter.com.

Uncork a Cure for ALS with Active Against ALS · Friday, October 5 · 6 to 9:00 p.m. · Active Against ALS celebrates our 15-year anniversary at York Food and Drink. Enjoy an evening of food, drink, and entertainment while supporting our goal of raising \$150,000 for research. We look forward to celebrating our progress and appreciation of community support as we continue to raise funds, hope, and awareness of ALS (Lou Gehrig's Disease). \$100, \$120 at the door. For more information visit activeagainstals.org.

Winter Solstice Ritual with Esther Kennedy, OP · Sunday, December 17 · 3:30 p.m. to 4:30 p.m. · Life stirs silently

on this night. Light rises up from within the caress of the deep darkness. Gather with us in song and dance. Bring a story, a poem, a prayer, a treat to share. FREE. For more information call Weber Center at (517) 266-4000, visit webercenter.org or email webercenter@adriandominicans.org.

Clearing with Karen Greenberg P.T. · Sunday, December 17 · 1 to 5:00 p.m. · Many know that smudging can clear a space; however, you can learn a 12-step protocol (including how to cut cords to those where unhealthy energy's flowing) that affords much deeper cleansing, purifying, sanctifying, and blessing (than just smudging) of spaces, places, people, animals, and grounds. Learn to create and utilize holy divine geometry, holy water, sacred circles (indoors and out), and mother essence. Learn to clear negative energies / entities and to install powerful protection afterward! \$125. Contact Karen Greenberg at (734) 417-9511, email krngnbg@gmail.com, or visit clair-ascension.com.

CHANNELING

Remembering Wholeness | Darshan with The Mother with Barbara Brodsky channeling The Mother · Sunday, September 17, October 15, November 19, December 10 · 2 to 5:00 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. The

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Mother will offer personal and group message that can most support program participants. People are able to hear what resonates for each one. Suggested donation - Individual sessions: \$10-\$30; All fall sessions: \$50-\$150. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Evenings with Aaron—Aaron Channeled by Barbara Brodsky • Wednesday, September 27, October 25, November 22, December 20 • 7 to 9:00 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, 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. Suggested donation for Individual sessions: \$10-\$30; All fall sessions: \$40-\$120. Contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

CHILDBIRTH

One-Day Childbirth Education: Jam-Packed Learning with Toni Auker & Cynthia Gabriel • Saturday, September 9, Monday, October 9, Saturday, November 4 or December 2 • 9:00 a.m. to 5:00 p.m. This class aims to prepare you for your best birth. We will cover topics including stages of labor, communicating with providers, informed decision making, coping techniques, and postpartum. VBAC friendly. LGBTQ friendly. \$275. For more information contact Tony Auker at nestandnurtarea2@gmail.com or visit nestandnurture.org.

Childbirth Education for Everyone! Six-Week Series with Toni Auker & Cynthia Gabriel • Tuesday, September 19, 26, October 3, 10, 17, 24 • 5:30 to 8:00 p.m. • This class aims to prepare you for your best birth whether you are planning an all-natural, unmedicated birth or hoping for an epidural. VBAC students welcome! We will cover topics including stages of labor, communicating with providers, informed decision making, coping techniques, and postpartum. Taught by experienced doulas with lots of experience at local hospitals and a nationally known author/researcher. LGBTQ-friendly. IVF friendly. Disability friendly. \$350.00. Visit nestandnurture.org or email hello@nestandnurture.org.

Childbirth Education in Depth with Toni Auker & Cynthia Gabriel • Tuesdays, November 7, 12, 21, 28, and December 5, 12 • 5:30 to 8:00 p.m. This class aims to prepare you for your best birth no matter what kind of birth you are

planning. We will cover topics including stages of labor, communicating with providers, informed decision making, coping techniques, and postpartum. VBAC friendly. LGBTQ friendly. \$350. \$350.00. Visit: nestandnurture.org or email hello@nestandnurture.org.

DEATH AND DYING

Death Cafe via Zoom with Rev. Annie Kopko and the Interfaith Center for Spiritual Growth • Tuesday, September 5, October 3, November 7, and December 5 • 6:30 to 8:00 p.m. • Discussion of Death and Dying. Free, but donations gratefully accepted. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

Online End-of-Life Doula Training with Patty Brennan • September 16 & 17, OR Wednesdays, October 11, 18, 25, OR November 11 & 12 • Online professional training with Patty Brennan to become a certified End-of-Life Doula (EOLD) through Lifespan Doulas. Hybrid program features 50 hours of self-paced study plus a live, interactive workshop on Zoom. Course prepares you to support family and friends on their final journey, seek employment as an EOLD, enhance your support as a hospice volunteer, or open an income-producing community-based doula practice. Explore creative ways to blend the doula model of care with your unique experience, gifts, and passion. \$697 (payment plans available). Contact Patty Brennan at (734) 663-1523, email patty@lifespandoulas.com, or visit lifespandoulas.com/end-of-life-doula-training.

Ann Arbor Virtual Death Café with Merylynne Rush, The Dying Year • Saturday, September 16, October 21, November 18, December 16 • 10:30 a.m. to Noon • Join us on Zoom for conversation about all things related to death and dying. This is not a grief support group, rather a “death positive” event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. For more info about the Death Cafe movement, visit DeathCafe.com. Open to all adults. FREE. To receive the link, send an email to thedyingyear@gmail.com.

Ann Arbor Death Café via Zoom with Rachel Briggs • Sunday, September 17, October 15, November 19, December 17 • 10:30 a.m. to Noon • Join us for a frank, lively, and confidential discussion on all things life and death. We meet via zoom, the third Saturday of each month. All

are welcome! Learn more about world-wide Death Cafes at deathcafe.com. FREE. For more information contact Rachel at RachelBriggs@gmail.com.

Online End-of-life doula training with Merilynn Rush • Tuesday, September 19, 26, Oct. 3, 10, 17, 24 • 4 to 7:30 pm • Live on Zoom, with three facilitators all with end-of-life doula experience. Class limited to 16 people. EOLDS provide hands-on, non-medical care and comfort during the dying time, collaborating with hospice and other care givers. 100-page study guide included with resources and info on how to set up a business. Call or email to find out more. No prior experience necessary. The world needs you! \$725; scholarships and payment plan available. For more information contact The Dying Year at (734) 395-9660, email thedyingyear@gmail.com or visit thedyingyear.org.

Understanding Death and Passing for Everyone with Lisa Wolfe • Saturday, September 30 • 9:00 a.m. to 4:30 p.m. • In this very special seminar held at GilChrist Retreat Center in Three Rivers, MI, we will explore ways to become more compassionate with others and ourselves during the end-of-life season. From a holistic perspective, we will draw on the wisdom available to us as a group, through nature, and from the quiet within. We will find ways of caring for ourselves and others as we help navigate the death and passing journey. \$175 early; \$190 after August 1, 2023; financial hardship accommodations available. For more information contact Lisa Wolfe at (269) 221-8335 or email wolfe.lisa8@gmail.com.

Advance Care Planning Facilitator Training with Merilynn Rush • Monday, November 13 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults to identify a healthcare advocate, discuss their values and wishes, and fully complete the advance healthcare planning process. Respecting Choices® is an internationally recognized, evidence-based model of Advance Care Planning (ACP). For nurses, doctors, social workers, chaplains, administrators, family members, end-of-life doulas and all healthcare professionals across the continuum of care. Advance registration required. \$265. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com or visit thedyingyear.org.

DREAMWORK

Monthly Dream Workshop with Psychic Medium Jani • Sunday, September 24, October 22, November 26, December 31 • Noon to 2:00 p.m. • At this monthly discussion workshop, participants dissect their dreams together, facilitated by Psychic Medium Jani. \$10 For more information contact Jani, (720) 514-9724 or janimedium.com.

ENERGY AND HEALING

Energy Work—Wild Goose Form with Master Wasantha Young • September 11 through December 11 • Tuesday • 6 to 7:00 p.m. and/or Thursday, 10 to 11:00 a.m.

• The Wild Goose Form is a series of interconnecting movements—a reverent dance that embodies the multidimensional aspect of Energy. The movements include imagery, stretching, acupoint contact, and a connection with universe, nature, and earth. The Peaceful Dragon School is down one flight of stairs. In-person (limit 12) \$195. For more information email info@peacefuldragonschool.com, call (734) 741-0695 or visit peacefuldragonschool.com.

Healing & Ascension Monthlies with Eve Wilson • Thursday, September 14, October 12, November 9, December 7, January 4, February 1 • 7:30 p.m. to 9:30p.m. • Monthlies are a chance for you to contribute to world healing and ascension and to benefit yourself as well! Attend live or by recording and receive all the support either way for your own journey of spiritual self-mastery, life, success, empowerment, healing, and ascension. Class is by teleconference and support for your life continues all month. This is cutting edge work, powerful, unconditionally loving, guided by your own Higher Self. \$300 For more information contact Eve Wilson at (734) 780-7635, email review@spiritualhealers.com, or visit spiritualhealers.com

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The Crazy Wisdom Calendar

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ENERGY AND HEALING CONTINUED

Lightworker Training with The Selenite Swords of Light with Tom Ledder and Maryke Love • Saturday & Sunday, September 16 & 17 • 10 a.m. to 5:00 p.m. • You will be working with the Selenite Swords of Light, the most powerful tools on the planet with information channeled through Maryke Love. The workshop is experiential, you will have the opportunity to work one-on-one a partner experiencing both giving and receiving. The Selenite Swords of Light are powerful, non-linear, multi-dimensional tools used for healing self or others. Swords will be available to use and to purchase. \$300 Visit seleniteswordmaker.com.

Healing Touch Course 3 Advanced Healer Preparation with Barb McConnell LPN, CHTP/I • Saturday & Sunday, September 23 & 24 • 8:00 a.m. to 6:00 p.m. • This course is for Healing Touch students who have taken Courses 1 and 2. Course 3 Advanced Healer Preparation involves learning to elevate one's personal energy vibration which facilitates the student's application of techniques that can be utilized in the upper layers of the biofield. The student will learn clearing, balancing, and energizing techniques in the upper energetic layers as well as in-depth techniques to support spinal health. \$300.00. Contact Barb McConnell at (517) 914-4133 or email Barbmccconnell7@gmail.com.

Heightening Your Vibration: Alchemy (two-day class) with Karen Greenberg, P.T. • Sunday, October 8 & 15 • 8:45 a.m. to 12:45 p.m. • Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, Angels...\$180. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Healing Touch Course 2 Energetic Patterning and Clinical Applications with Diane Rothman CHTP/I, HSC • Saturday & Sunday, October 21 & 22 • 8:00 a.m. to 6:00 p.m. • Prerequisite: Healing Touch Course 1. Students will learn the skill of completing an intake interview in order to identify which Healing Touch techniques may be useful in assisting a client to re-pattern their energy field. Healing Touch techniques learned in Course 1 are reviewed and integrated into spinal health applications and deeper levels of healing by expanding the client's heart energy. You will practice the

ability to remain grounded, present, and heart-centered, assess the status of the chakras and biofield before and after sessions. In addition, we will review the Healing Beyond Borders Code of Ethics, Standards of Practice, and Scope of Practice as it relates to your development as a Healing Touch practitioner. \$300. For more information contact Diane Rothman at drothman1056@comcast.net or call (248) 957-6510.

Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer • Friday • What's new in personal and planetary healing and ascension, support for your journey including practical and spiritual tools, insights, visions, and finding hope, trust, and joy through the process. This international award-winning blog is cutting edge and timely. Eve Wilson is a leader in World Healing and Ascension. FREE. Visit spiritualhealers.com to sign up for weekly links.

EXERCISE AND FITNESS

Try It Free Week for all AAPS Rec & Ed Fitness, Pilates & Yoga classes with a Variety of Ann Arbor's Best Fitness, Pilates, & Yoga Instructors • Monday, September 11 through Sunday, September 17 • Classes are held at various times, but you must register to attend. For class descriptions and registration visit aarecedonline.com. All listed classes are Free during the 'Try it Free Week.' For more information contact Terry McNeely at mcneelyt@aaps.k12.mi.us, or call (734) 646-2698.

Rivalry Ride with Active Against ALS • Sunday, October 15 • 6:30 a.m. • Join Active Against ALS on October 15 and bike 65 miles from Spartan Stadium to the Big House to raise funds to find a cure for ALS! Sag wagon support, t-shirts, lunch in Stockbridge, and bus from Ann Arbor to East Lansing available. Contact us at info.activeagainstals@gmail.com or visit activeagainstals.org. \$40-\$80. For more information email info.activeagainstals@gmail.com.

FAIRS AND FESTIVALS

Ann Arbor Pagan Pride Day • Saturday, September 9 • 11:00 a.m. to 6:00 p.m. • Featuring a community ritual, plus workshops, information booths, vendors, and other activities from members of our local Pagan community. We will be at the Community Park on the campus of Washtenaw Community College in Ann Arbor. FREE. (Suggested donation of non-perishable food for our local food bank) For more information contact Rob Henderson at a2paganpride@gmail.com, call (723) 277-1897 or visit a2paganpride.com.

Ann Arbor Community Bookfest • Sunday, September 10 • 10:00 a.m. to 5:00 p.m. Come celebrate books and reading with featured guest authors, book discussions, kid's activities, and book-related vendors, artists, writing groups, local authors, and book-related non-profit organizations. For more information visit aadl.com/bookfest.

Enlightened Soul Two-Day Psychic Fair at Enlightened Soul Center & Shop • Saturday and Sunday, September 9 & 10, 23 & 24, October 14 & 15, 28 & 29, November 4 & 5, 18 & 19, December 2 & 3, 16 & 17 • Saturday Noon to 6:00 p.m., Sunday, Noon to 5:00 p.m. • Join us for two days of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Psychic Fairs. What a great way to explore a variety of readings, energy healing, and metaphysical shopping at one time, under one roof! Saturday \$5, Sunday \$3, plus sessions \$2/minute (minimums vary). For more information contact Amy Garber at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

3rd Annual Entheofest with Student Association for Psychedelic Studies (SAPS) & Michigan Psychedelic Society (MPS) • Sunday, September 17 • 1:11 to 3:33 p.m. • The 3rd Annual Entheofest in Ann Arbor on September 17th at the Diag on the campus of the University of Michigan. Entheofest is a day for activism and to celebrate and educate on plant medicines and fungi. It also marks the anniversary of the passage of the City of Ann Arbor's resolution to decriminalize these natural substances in 2020. This year's keynote speaker is Rev. Mariela Pérez-Simons, a Cuban-American UU minister focusing on eco-spirituality, ecofeminism, and religious naturalism. FREE. For more information visit Entheofest.org entheofest@gmail.com.

Hog Warts & Toad Bellies Fairy Tale Festival at Hidden Lake Gardens • Saturday, October 7 • 10 a.m. to 4:00 p.m. • Come dressed in your fairy tale best for this day of family revelry! Join the Knight's adventure trail and be knighted by the king of the fair, build a fairy house, picnic with characters from your favorite fairy tales, decorate pumpkins, go on a treasure hunt, shop in our artisan village, and more! \$5 per person/ \$20 for a family of four or more. For more information visit hogwartsandtoadsbellies.com.

Holistic & Spirit Fair at the Infinite Light Center • Saturday, November 11 • 10 a.m. to 5:00 p.m. • Please join us at the first annual Holistic & Spirit Fair at Infinite Light Center! Perfect timing for holiday shopping! Check out the first Spirit Box in MI, an experiential device that connects our Higher Selves to Universal Oneness. Readers including tarot, oracle, runes, psychics, animal communication, energy healers, Reiki, crystal healing, aura photography, crystal bed, amethyst mat, and vendors selling hand crafted tea, jewelry, candles, essential oils, crystal bowls, kalimbas, tongue drums, and more! \$3 admission, extra fee for readers and energy healers. For more information contact Anne Taylor at anne@infinitelightjackson.com or visit infinitelightjackson.com

triple moon:
COACHING

Reinvention from the Inside Out

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FILM

Free Film and Discussion with Jewel Heart Instructors • Thursday, September 8, November 10, and December 8 • 7 to 9:15 p.m. • Jewel Heart Instructors present the film and moderate the discussion afterwards, posing thought-provoking questions, keeping the discussion on track, and encouraging everyone to participate. No film in October. Free. Concessions available. For more information, visit jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

• **September 8 “Heal.”** (2017) A documentary film that takes us on a scientific journey where we discover that by changing one's perceptions, our thoughts, beliefs and emotion, the human body can heal itself from dis-ease. The fact is we have more control over our health and life than we have been taught to believe.

• **November 10 “The Legend of Bagger Vance.”** (2000) A story about finding your true self. People see similarities between how this story is told and the Bhagavad Gita. Directed by Robert Redford. (Starring Will Smith, Matt Damon, and Charlize Theron). story of a Texas family in the 1950s. The film follows the life journey of the eldest son, Jack, through the innocence of childhood to his disillusioned adult years as he tries to reconcile a complicated relationship with his father. Jack finds himself a lost soul in the modern world, seeking answers to the origins and meaning of life while questioning the existence of faith. (Starring Brad Pitt & Sean Penn).



The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023

GARDENING AND ECOSYSTEMS

September Natural Building Internship at Strawbale Studio with Deanne Bednar • Saturday, September 2—28
• Live on-site at the Strawbale Studio for four weeks and learn a variety of basic natural building and sustainable living skills! Earth Plaster, Round Pole framing Basics, Thatching and more! \$1250 or \$950 prepaid one month in advance. Visit: strawbalestudio.org or call Deanne Bednar at (248) 496-4088.

Earth Walk with Megan Sims and John Donabedian • Saturday, September 2, October 7, November 4, and December 2 • Noon to 2:00 p.m. • Earth Walk is a casual urban walk in Ann Arbor with Earth-loving folks and their kids (and pets). It's an opportunity to express our concern for the environment, and to have fun doing it! It's also very good therapy for eco-anxiety. Before and after the walk, Earth Walk Basecamp is a place to get energized with live music and plug into the Earth-conscious community with insightful guest speakers, roundtable discussions, performance art, and poetry. FREE. Visit: earthwalk.love or call John Donabedian at (248) 761-7461, or email 123jondon@gmail.com.

Worktrade Month at Strawbale Studio with Deanne Bednar • Tuesday, October 3—30 • Live on-site and help out with buildings and grounds and other aspects of maintaining this place that models natural building and sustainable skills! Includes room & board + 2 sustainable skills per week, such as “cording” and foraging for food, in exchange for 25 hours of worktrade. Learn, and enjoy being in nature! 25-hour work trade/week. For more information visit strawbalestudio.org or call Deanne Bednar at (248) 496 4088.

Learning Tour at Strawbale Studio with Deanne Bednar • Sunday, December 10 • 10 a.m. to Noon • The Learning Tour of Strawbale Studio and surrounds includes a variety of enchanting natural buildings made of strawbale and some cob, with both thatched and living roofs. Learn about these buildings as well as the Earth Oven, Rocket Stove, Rumford Fireplace, and nutrient recycling. One hour north of Detroit. Look for the candle making workshop on the same day under the heading “art and craft” \$20. For more information visit strawbalestudio.org.

HEALING

Monthly Reiki share with Jennifer LaFeldt, LMT, RMT • Sunday, September 24, October 22, November 26, December 31 • Noon to 3:00 p.m. • For Reiki 1+ practitioners to practice what they've learned. We will guide you if you have forgotten the hand positions. Practice one-on-one or in small groups. \$15. For more information contact Jenny at reikitherapy@sbcglobal.net or (734) 478-0866.

HEALTH AND WELLNESS

InterPlay is an active, creative way to unlock the wisdom of the body • September 3 • 2:15 pm. Gently facilitated to be incremental and easy-going: Rob the Buffalo and Meagain will guide you through forms that the coax movement, stillness, story and song. Creativity flows and authenticity reigns. The only requirement is that you are human, and willing to try something new. ABSOLUTELY NO EXPERIENCE NECESSARY! Suggested Cost \$15-25 sliding scale: no one turned away for lack of funds. ALL bodies welcomed. Visit: meagaindance.com

INTUITIVE & PSYCHIC DEVELOPMENT

Focused Mind Meditation—Teleconference with John Friedlander • Sunday, September 3, October 1, November 5, December 3 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. See website for phone and payment information. \$15. Visit: psychicpsychology.org or contact Violeta Viviano at (734) 476-1513.

Psychic Psychology Women's Group—Teleconference with John Friedlander and Gloria Hemsher • Tuesday, September 5, October 3, November 7, December 5 • 7 to 8:00 p.m. • For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. \$10. Visit: psychicpsychology.org or contact Violeta Viviano at (734) 476-1513.

October Intensive 2023 with John Friedlander—Webinar & Teleconference with John Friedlander • Saturday, October 7 • 10:00 a.m. to Noon and 2 to 4:00 p.m. • Sunday, October 8 • 10:00 a.m. to Noon • October 9

through October 13, 7 to 9:00 p.m., • Saturday and Sunday, October 14 & 15 • 10:00 a.m. to Noon and 2 to 4:00 p.m. • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical perspective. Continued study of information presented at previous intensives. \$275. For more information contact Gilbert Choudury at gchoud@yahoo.com or visit psychicspsychology.org.

Practical Spirituality: Engaging Your Most Magical Self with Brandie Wright from 1129 Simply Divine • Thursday September 21— November 9 • 6 to 8:30 p.m. • Eight weekly workshops filled with practical information and exercises to help you activate and use your intuitive gifts. Topics include: Auras, Pendulums, Channeling, Manifestation, Cleansing, Spirit Guides, Energy Testing, and Finding Your Soul Purpose. \$25 per class (materials included). You may take all or choose only classes of interest. For questions or to reserve your seat, email brandie@1129simplydivine.com.

KABBALAH

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg, P.T. • Wednesday, September 13, October 10, November 8, December 13, future dates TBD • Morning classes 9:15 to 11:15 a.m. OR evening classes 7 to 9:00 p.m. • This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing energy resisting (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for creating, on a similar vibration as our Creator. We become empowered to develop 10 G-D like traits, join with G-D, and become co-creative, proactive manifesters of our dreams, desires, and goals, open to miracles, and fulfilling our purpose/destiny. 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, email krngrnbg@gmail.com, or visit clair-ascension.com.

Kabbalah for Couples with Karen Greenberg P.T. • Sunday, September 10, October 8, November 5, December 3, future dates TBD • 3 to 5:00 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. This two-hour session (not one hour), 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. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.



MASSAGE

Free Massage class with Irene's Myomassology Institute • Friday, September 15 or October 27 • 7 to 9:00 p.m. • You can relax and have some fun at Irene's free massage class! This is an excellent opportunity for those interested in massage. During this free two-hour class, you will have the opportunity to learn basic techniques while both giving and receiving massage. We invite you to bring a friend to exchange massage or come alone and you'll be paired with a partner. Bring a flat sheet, a bottle of water, and wear loose, comfortable clothing. For more information visit irenes.edu or email contact@irenes.edu.

MEDITATION

Online White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, September 3—December 17 • 9:30 to 10:30 a.m. • No meditation on October 8 or December 24. 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 the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

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COACHING — HEALING — HYPNOSIS —
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The Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023

Weekly Online Silent Meditation Practice with Celeste Zygmunt • Sunday, September 3, through December 31 • 11:00 a.m. to Noon on Tuesday, September 5 through December 26 • 9 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour 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 if someone so chooses. By Donation. For more information call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Manifest Inner Peace & Clarity with Anna Hsu • Monday, September 4, October 2, November 20, December 4 • 6 to 8:00 p.m. • Release stress, get unstuck, and manifest the life of your dreams in this high-vibrational visualization and meditation workshop. You will leave feeling empowered, grounded, and will have gained clarity on what was once unclear in your life. If you feel stuck in a rut, this is the perfect class to re-center and re-inspire yourself! \$15. For more information email Anna@alignanduplevel.com or visit alignanduplevel.com.

Creating Space: Clarity and Insight Through Meditation with John Madison and Wendy Weiner • Wednesdays, September 6, 13, 20, 27, October 4, 11, 18, 25 • 7 to 8:30 p.m. • Meditation provides us with a clear stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using breath, posture and techniques for coping with distractions and laxity of the mind. FREE, donations welcome. Visit: jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Open Concentrated Meditation with Jewel Heart Instructors • Thursday, September 7—December 14 • 6 to 6:45 p.m. • Facilitators offer lightly guided concentrated meditation sessions using the breath as the point of focus. Open to all levels of experience. FREE, donations welcome. For more information, visit: jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Experience embodied connection and creative expression with dance • September 7 • 5:45 pm. Let's lift the harmonized energy for all to share! Sacred Sweat will culminate in a community open mic gathering at the "Little Stage" in Nichol's Arboretum. We'll meet at the Geddes entrance at 5:45-6pm and walk there together.

Bring a song, poem, story, instrument, or just willingness to help heal the web of life with your presence, in community. Me-Again guides from the heart so that You can feel like You-Again. Visit: meagaindance.com

Sound Bath & Gallery Reading with Rob Meyer-Kukan and Ryan Mehmandoost-Gauthier • September 8 • 7 to 8:30 p.m. • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier for this time of sound bath meditation including a gallery reading. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob. Ryan will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, and more. Register at <https://forms.gle/XysQwDWYnrwxrqSP6>. \$50. For more information, contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

A Day of Mindfulness Meditation with Esther Kennedy, OP • Saturday, September 9, October 7, November 11, December 9 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of 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/session (Lunch included). For more information, call Weber Center at (517) 266-4000, visit webercenter.org or email webercenter@adriandominicans.com.

Whitepine Studios and Ann Arbor's 7 Notes collaboration • September 9. Join Whitepine Studios and Ann Arbor's 7 Notes Natural Health, for our seventh collaboration. As you paint and listen to the soothing sounds of the singing bowls, your muscles will lose tension, breathing and heart rates will slow down as the body begins to receive the waves of vibration and the meditative benefits of art. No art experience necessary. Investment: \$50. Register here: whitepinestudios.corsizio.com/org.

Daylong Meditation Retreat with Carol Blotter • Saturday, September 9 or December 2 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Donation only, suggested is \$30 - \$60. For more information email manager@mfcenter.org.

Online Healing and Compassion Meditations with Hartmut Sagolla • Monday, September 11—December 18 • Noon to 1:00 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 visit jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • Friday, September 15, 29, October 6, 20, November 3, 17, December 1, 15 • 7 to 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. This is a non-dual school. An introduction to Vipassana and Pure Awareness meditation, open to all levels. There will be instruction, meditation time, and a question/response period. For more information call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Vipassana Half-Day Introduction with Barbara Brodsky • Saturday, September 16 • 10:00 a.m. to 2:00 p.m. • An introduction to Vipassana and Pure Awareness meditation, open to all levels. There will be instruction, meditation time, and a question/response period. Suggested donation \$25 - \$100. An introduction to Vipassana and Pure Awareness meditation, open to all levels. There will be instruction, meditation time, and a question/response period. For more information call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Introduction to Mindfulness: Concepts & Practices with Libby Robinson • Saturday, September 16 • 2 to 4:30 p.m. • This workshop, Introduction to Mindfulness, covers fundamental concepts and practices for cultivating moment-to-moment compassionate awareness of whatever arises in our experience. This highly interactive and experiential session will include practicing mindfulness in a number of different ways. In addition, a brief review of the vast research findings on the benefits of mindfulness will be covered. The session will be virtual, free, and 2 ½ hrs. FREE. For more information contact Libby Robinson by email at libbyrobinson7@gmail.com, call (734) 476-3070, or visit libbyrobinsonmindfulness.com.

Serendipity: An Exploration of Spirit, Dharma, and Meditation with Barbara Brodsky, Aaron, and John Orr • Tuesday, September 19, October 3, 17, 31, November 14, 28, December 12 • 6 to 9:00 p.m. • This class will be a mixture of meditation instruction and practice (Vipassana, Pure Awareness and heart centered practices), deepening awareness of our intentions as awakening humans, and explorations of ways to live our practice in the challenges of everyday life. Suggested donation \$105- \$350. For more information call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

The Art of Meditation with Naren K. Schreiner and Lopamudra Bose • 5:00 p.m. Friday, September 22 through Sunday, September 24 at 2:00 p.m. • We invite

you to this special retreat that will focus on deepening our understanding and practice of meditation as an art and science, taught by Paramahansa Yogananda and his Kriya Yoga lineage. Yoga meditation is universal and is rooted in the Raja Yoga of Patanjali Yoga Sutras, in the Bhagavad-Gita, and in various other yoga dharma. This retreat is designed for both new meditators and veteran practitioners, gathered into a devotional and concentrated silence in this sacred land of Song of the Morning. \$150, plus lodging. For more information contact sunny@songofthemorning.org, call (989) 983-4107, or email songofthemorning.org.

Sound Bath Meditation with Rob Meyer-Kukan • September 22 • 7 p.m. to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in the creative space of the Plymouth Artist Collective at the PARC in downtown Plymouth, Michigan. In this time of sound bath, Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. Please bring a yoga mat and blanket and any additional supports you would like for your comfort (pillows, bolster, eye pillow). Please note, the studio floor is concrete, and we are unable to provide yoga mats and blankets for this event. Register at <https://forms.gle/2HTYmQky798CXC9P7>. \$40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

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SEPTEMBER-DECEMBER 2023



MEDITATION...CONTINUED

Labyrinth Walk to celebrate Autumnal Equinox • September 23 • 12:30pm. Join Rob Meyer-Kukan at Webster United Church of Christ in Dexter for a labyrinth walk to celebrate the Autumnal Equinox. Enjoy 30 minutes of relaxing and soothing tones of singing bowls on the labyrinth. We begin at 12:30 pm with singing bowls and a walk for gratitude will follow. This is a donation based event to support programs at the Labyrinth. PLEASE NOTE - the Webster Fall Festival is taking place the same day, so please plan to enjoy the offerings at the church and the grounds across the road from the labyrinth. Parking for this event can be found on the grassy area in front of the labyrinth or along Farrell Road. Register here: <https://forms.gle/XztgsP1KXxRWCM2n8>. Visit: <https://www.facebook.com/events/536857955300901>

Mindfulness-Based Stress Reduction with Libby Robinson • Saturday, September 23, 30, October 7, 14, 21, 28, November 4, 11, 18 • 2 to 4:30 p.m. • Mindfulness-Based Stress Reduction (MBSR) is the mindfulness meditation curriculum developed by Jon Kabat-Zinn which sparked much of the current interest in mindfulness. It is the class on which most of the research on mindfulness rests. This virtual, interactive, and experiential class meets weekly for 2.5 hrs. Each class includes multiple mindfulness practices. Home practice of 20-30 minutes/daily between classes deepens mindfulness, as does a four-hour retreat on Nov. 4. \$300 (negotiable). For more information contact Libby Robinson by email at libbyrobinson7@gmail.com, call (734) 476-3070, or visit libbyrobinsonmindfulness.com.

Equinox Labyrinth Walk and Crystal Bowl Sound Bath with Rob Meyer-Kukan and Webster United Church of Christ • Saturday, September 23 • 12:30 to 1:30 p.m. • We begin with singing bowls and a walk for gratitude will follow. Join us as we celebrate the season of summer's blessings and prepare to enter into the new season of autumn! Please register for this event by completing the form found here - <https://forms.gle/XztgsP1KXxRWCM2n8>. Weather Policy - The event will be canceled in the case of inclement weather. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, September 29 or November 10 • 7 to 8:30 p.m. Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Sound Bath

Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. Often simply called a "Sound Bath," it is an experience that washes you with the sounds of intentionally chosen instruments that bring calming vibrations to reduce stress and tension. \$28. For more information contact Breathe Yoga, (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Myriad of Meditations (Seven classes in the series) with Karen Greenberg, P.T. • Sunday, October 1, 22, 29, November 12, 19, 26, and December 10 • 10:00 a.m. to 12:30 p.m. • Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Mindfulness-Based Stress Reduction (MBSR) Complimentary Orientation with Brenda Lindsay • Tuesday, October 3 • 6:30 to 8:00 p.m. • This complimentary session is an opportunity to learn what mindfulness is along with the benefits and risks of the Gold Standard in mindfulness training, the evidence-based Mindfulness-Based Stress Reduction (MBSR) 8-Week Series starting on Oct 10th. Find out if MBSR is a fit for you. FREE. For more information contact Brenda Lindsay at Brenda@mindtransformationsllc.com or visit mindtransformationsllc.com.

Magical Sound Bath with Rob Meyer-Kukan and Julie Brown • Friday, October 6 • 7 p.m. to 8:30 p.m. • Join Rob Meyer-Kukan and Julie Brown of Something Peculiar for this magical sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Julie will offer her gifts of intuitive readings, tarot, and palmistry. This is the perfect way to usher in the autumn holidays and explore the bounty of the season! Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort (pillows, bolster, eye pillow). We also have seven zero gravity chairs available to the first 7 participants who request them at

the event. Register by completing this form - <https://forms.gle/UmynozRRdLY15BkUA>. \$50. For more information contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Mindfulness-Based Stress Reduction (MBSR) Eight-week Class with Brenda Lindsay • Begins Tuesday, October 17 with an all-day session on November 21 & 28 • 6:30 to 9:00 p.m. • Do you want to reduce stress and increase resilience or possibly change habitual reactivity patterns that damage relationships? Perhaps you want to reduce anxiety or depression? Connect in real-time with others on Zoom seeking greater balance, ease, and peace of mind. The MBSR (Mindfulness-Based Stress Reduction) secular, trauma-sensitive, 8-Week program was created by Jon Kabat-Zinn, PhD in 1979 at the UMass Medical Center to optimize one's ability to face stress, pain, and illness and make sustainable change across one's lifespan. Tuition Fees: \$175.00, \$290.00, or \$380.00 Suggested sliding scale, "pay what you can" pricing. Please pay more, if you can, to help support those less able to pay. We strongly believe in making this class available to anyone who believes that it might be helpful in their life and is willing to commit themselves to do the work. For more information contact Brenda Lindsay at Brenda@mindtransformationsllc.com or visit mindtransformationsllc.com.

Mastering Meditation with Kapila Castoldi • Sunday, October 22, 29, and November 5 • 3 to 5:00 p.m. • Introductory Meditation Series offered free of charge by the Sri Chinmoy Centre. Topics include: concentration, relaxation and breathing techniques; exploring meditation on the heart center; the awakening of inner awareness; the role of music and mantras. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu or visit meditationannarbor.com.

Candlelight Labyrinth Walk with Rob Meyer-Kukan • Friday, October 27 • 6 p.m. • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, 5484 Webster Church Road, Dexter, Michigan for a candlelight labyrinth walk. This event is offered as a donation based event to support the work of Webster UCC. Donations may be made to Webster UCC. Parking for this event can be found on the grassy area in front of the labyrinth or along Farrell Road. Once parked, follow the signs to the labyrinth. Please register for this event by completing the form found here - <https://forms.gle/6AiTPky76cFsmEff9>. By Donation. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or 7notesnaturalhealth.com.

Cacao + Sound with Rob Meyer-Kukan and Alicia Clark Teper • Wednesday, November 1 • 7 to 9:00 p.m. • Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark Teper of Sacred Lotus Experience at 7 Notes Natural Health for a heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, over 40 different instruments (singing bowls, gongs, therapeutic harp, shruti box, and more), Alicia and Rob will create an experience that will immerse you in peace and tranquility. Please bring a mat and any additional supports you would

like for your comfort (blankets, pillows, bolster, eye pillow, etc.). Also, please bring an item for the altar. A photo of a loved one or an item that reminds you of a transitioned loved one. Register at <https://forms.gle/6P5cGZ8mBSUZZDEaA>. \$50. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Meditation Getaway with Rob Meyer-Kukan • Saturday, November 18 • 9:00 am. To 5:00 p.m. • This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, and to your higher self. Walking/hiking meditation opens our day at one of Ann Arbor's many local parks. We continue with meditation, yoga nidra, journal writing, breath work, a sound and aroma experience, and more. Ample time for sharing and reflection will be provided. Advanced registration and payment is required to secure your space at this event. To register, visit <https://forms.gle/XfwPVudvVdfGEPJv8>. \$125. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, December 1 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort (pillows, bolster, eye pillow, etc.). We also have seven zero

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gravity chairs available to the first 7 participants who request them at the event. Register at <https://forms.gle/WESUKjv7Y6z6rvPH7>. \$40. Contact Rob Meyer-Kukan at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

NYE Sound Bath Meditation with Rob Meyer Kukan • Sunday, December 31 • 7 to 8:30 p.m. • Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. Often simply called a "Sound Bath." it is an experience that washes you with the sounds of intentionally chosen instruments that bring calming vibrations to reduce stress and tension. \$32. Contact Breathe Yoga, (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Still Mountain Buddhist Meditation Center Sunday Morning Sitting • Ongoing • 10 to 11:30 a.m. • Our weekly meditation and sharing is open to the public. We will sit in silence for 45 minutes, take a quick break, and gather for sharing related to the Dharma. Zoom option is available. FREE. For more information contact Kenneth Morley at Kenwmorley@yahoo.com.

MOVEMENT AND DANCE

Ann Arbor Dances of Universal Peace with Susan Slack • Friday, September 1, October 6, November 3, and December 1 • 7 to 9:00 p.m. • Transition to in person dances with new leader and possible new location. Susan Slack has been on the DUP board and newsletter. She is seeking local musicians. For more information contact Susan Slack at peaceinacircle@gmail.com, or call (941) 544-8405.

Sacred Sweat for Unity with Megan Me-Again Sims • Thursday, September 7 • 5:45 to 8:30 p.m. • Experience embodied connection and creative expression through the power of dance and nourishment to and from Mother Earth. Let's lift the harmonized energy for all to share! Sacred Sweat will culminate in a community open mic gathering at the "Little Stage" in Nichol's Arboretum. We'll meet at the Geddes entrance at 5:45-6pm and walk there together. Bring a song, poem, story, instrument, or just willingness to help heal the web of life with your presence, in community. Me-Again guides from the heart so that you can feel like you-again. By donation. Check meagaindance.com for time and location details. For more information contact Megan Sims at megansims600@gmail.com, or (734) 417-7020.

MUSIC, SOUND, AND VOICE

Sacred Sound Journey with Victoria Schon • Sunday, September 10 • 4 to 5:30 p.m. • Join Victoria for this deeply restorative sacred sound journey of crystal singing bowls, Tibetan singing bowls, gongs, chimes, drumming and other sacred sound instruments in this acoustical setting that favors sound and frequency vibration at Verapose Yoga & Meditation House in Dexter. \$40. For more information visit victoriaschon.com.

Singing for Comfort in Person & Zoom with Interfaith Center for Spiritual Growth • Thursday, September 14, October 12, November 9, December 14 • 7 to 8:30 p.m. • Singing for Comfort. Free, but donations gratefully accepted. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

Sound Bath Meditation in Sacred Sound Sanctuary with Kimberly Joy Rieli • Saturday, September 30, October 14, November 18, December 9 • 7 to 8:30 p.m. • Sound healings are like a deep reset for body, mind, and soul. Unwind from your week as Kimberly Joy Rieli bathes you in the healing sounds of crystal bowls, drums, hand pan, Celtic harp, chimes and voice. Bring your yoga mat, comfy clothes, blankets and pillows. Please arrive 15 minutes early: \$22 - \$44 sliding scale (Please pay what you can to support our artists and the Infinite Light Center). To reserve your spot, please send your donation via Venmo (preferred) to [@singing-For-Your-Soul](https://www.venmo.com/@singing-For-Your-Soul) or by Paypal to info@singingforyoursoul.com. Cash payments and donations will also be accepted at the door. For more information email anne@infintelightjackson.com or call (517) 9, sou2-4725.

Cafe 704 with Paul Vornhagen & Aron Kaufman via Zoom and in Person with Interfaith Center for Spiritual Growth • Saturday, October 14 • 7 to 9:00 p.m. • Live music in a smoke free environment. \$10. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

Cafe 704 with Jean Wilson & Friends in Person and via Zoom with Interfaith Center for Spiritual Growth • Saturday, November 11 • 7 to 9:00 p.m. • Live Music in a smoke free environment. \$10. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

Songs of Starlight: A Musical Meditation with Norma Gentile • Saturday, September 2 • 8 to 9:30 p.m. • Norma Gentile, sound shaman, offers a Meditation Concert with singing bowls, healing songs and harmonic toning. Sacred

music from medieval times composed by St. Hildegard of Bingen and healing chants inspired by Spirit in response to the audience's energetic presence create a deeply still, rich atmosphere. Bring a blanket and/or meditation cushion if you wish to lie down. In person and online. \$20 suggested donation. For more information visit healingchants.com.

Monthly Group Sound Bath with Reverend Amy Feger
• Sunday, September 24, October 22, November 26, December 31 • 4 to 5:30 p.m. • From quartz crystal singing bowls to shamanic spirit drumming and rattles, Amy Feger brings deep energy healing through sound vibration while playing in a meditative state, allowing the release of what no longer serves you while the frequencies fill and uplift your energy field and body. \$15. For more information contact Reverend Amy Feger at (734) 210-1312 or email sacredwhisperteachings@gmail.com.

Cafe 704 with Emily Slomovitz & Billy King in Person and via Zoom with Interfaith Center for Spiritual Growth
• Saturday, December 9 • 7 to 9:00 p.m. • Live music in a smoke free environment. \$10. For more information contact the Interfaith Center for Spiritual Growth through their website interfaithspirit.org.

NUTRITION AND FOOD MEDICINE

Dr. Nia's Kitchen Clinic Series—Culinary Herbs & Spices with Dr. Nia-Avelina Aguirre, ND • Wednesday, September 20, 27 • 6 to 7:15 p.m. • Come learn how common herbs, spices and other kitchen foods are beneficial for your immune system, your heart, your digestive system and so much more. Find out how to fend off or heal from the common cold and flu. These are fun, interactive make-and-take classes. Each two-part series are \$108, includes food, take home containers, and all handouts. For more information contact Dr. Nia-Avelina Aguirre, ND at (734) 883-7513, or email niaaguirre.nd@gmail.com.

Dr. Nia's Kitchen Clinic Series—Roots, Bulbs & Tubers with Dr. Nia-Avelina Aguirre, ND • Wednesday, October 18, 25 • 6 to 7:15 p.m. • Come learn how common herbs, spices and other kitchen foods are beneficial for your immune system, your heart, your digestive system and so much more. Find out how to fend off or heal from the common cold and flu. These are fun, interactive make-and-take classes. Each two-part series are \$108, includes food, take home containers, and all handouts. For more information contact Dr. Nia-Avelina Aguirre, ND at (734) 883-7513, or email niaaguirre.nd@gmail.com.

Dr. Nia's Kitchen Clinic Series—The Fit Nuts & Sensible Seeds with Dr. Nia-Avelina Aguirre, ND • Wednesday, November 15, 29 • 6 to 7:15 p.m. • Come learn how common herbs, spices and other kitchen foods are beneficial for your immune system, your heart, your digestive system and so much more. Find out how to fend off or heal from the common cold and flu. These are fun, interactive make-and-take classes. Each two-part series are \$108, includes food, take home containers, and all handouts. For more information contact Dr. Nia-Avelina Aguirre, ND at (734) 883-7513, or email niaaguirre.nd@gmail.com.

PARENTING

Kabbalah for Parents & Children with Karen Greenberg P.T. • Sunday, September 10, October 8, November 5, December 3, future dates TBD • 1 to 3:00 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, meets one time/month for about a year. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Harnessing the Power of Talking Out Loud for Parents with Leeann Fu via Zoom • Monday, October 16, 23, 30 • 7 to 8:00 p.m. • Sunday, November 5, 12, 19 • 4 to 5:00 p.m. • Sunday, November 29, December 6, 13 • 8 to 9:00 p.m. • Free three-week session for experimenting with harnessing the power of talking out loud with Teddy Bear Talk Support (TBTS). TBTS provides a framework for benefiting from listeners who only listen, or only do a few



Born during the pandemic,
The Crazy Wisdom Biweekly seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, art and photos, favorite places for walks, or musings on current events.
Send your ideas to fran@crazywisdom.net.

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other limited things, like ask open, honest questions, and make guesses about what seemed important. Zoom link for the meetings: meaningfulaction.org/tb. Please be punctual as we will be splitting into breakout rooms at the start. For more information: teddybeartalksupport.com FREE. For more information contact Leeann Fu at (734) 237-7676, email teddybear@umich.edu, and visit teddybeartalksupport.com.

PERSONAL GROWTH

First Sundays InterPlay at the Friend's Meeting House with Rob the Buffalo and Me-Again • Sunday, September 3, October 1, November 5 • 2:15 to 4:15 p.m. • InterPlay is an active, creative way to unlock the wisdom of the body, in community. Gently facilitated to be incremental and easy-going: Rob the Buffalo and Me-again will guide you through forms that the coax movement, stillness, story and song. Creativity flows and authenticity reigns. The only requirement is that you are human, and willing to try something new. No experience necessary. Suggested Cost \$15-25 sliding scale: no one turned away for lack of funds. ALL bodies welcomed. For more information contact Megan Sims at megansims600@gmail.com or call (734) 417-7020.

Virtual Nature-Inspired Expressive Arts Gatherings with Hello from The Cocoon's Laurie Aman & Sarah Bruno • Sunday, September 17, Thursday October 26, Sunday, December 10 • Sundays Noon to 2:00 p.m., Thursday, 6:30 to 8:30 p.m. • September program: Pumpkins & Creating Magic, October program: Leaves & Transitions, and December program: Owl & Entering the Dark. Each gathering will feature a Nature-Inspired Guest (moss, blue heron, whale) and also weave in seasonal themes (mothering, transitions, trust). Carve out time to connect with nature and your own creativity. We'll have a spacious two hours for nature lessons, intuitive art, gentle movement, and vocal play. You are highly encouraged to connect with others by sharing your nature-inspired feeling, insights about the topics we explore, and of course—your creativity! Donations appreciated: \$10-30 suggested. For more information contact Laurie Aman at (860) 823-9743, email Hellofromthecocoon@gmail.com, or visit hellofromthecocoon.com.

Finding Your Ground: Ongoing Personal Growth Circle for Women with Rachel Eggherman and Jessica Ryder • Wednesday, September 20, October 4, 18, November 1, 15, 29, December 13 • 6:30 to 7:45 p.m. • Guided practices and reflection in a safe and supportive environment. In person, in Ann Arbor. By donation: \$1 - \$25 per meeting. For more information contact Jessica Ryder at jessica@jessicaryder.net or Rachel Eggherman at tellrachel123@gmail.com or visit celebratedheart.com.

Managing Relationships Using Emotional Intelligence with Pat McDonald, OP • Thursday, November 16 • 1:30 p.m. to 3:00 p.m. • An informative session that addresses our reactions—personally, professionally, socially, and relationally — to interactions with others. What might we want to “change, moderate, or alter” in connecting with others? \$15. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • Self-Paced • Online • In this compact but powerful self-paced course you'll get at the root causes of your self-sabotaging habits. Learn simple and effective tips and tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well + live better in your body. \$39.50 For more information contact Christy at info@christydeburton.com or visit christydeburton.com

REIKI

Reiki Retreat. • September 15th & 16th • Join us for a three day transformative, in-person retreat to become Reiki Certified and connect with a group of like-minded people in a quiet private nature venue. This retreat will prepare you to start your Reiki healing journey through our workshops, placements and hands-on practice. You will learn how to empower your daily life and gain the knowledge to effectively help yourself and others. This retreat will encompass Holy Fire 3™ Reiki 1 & 2, self-care/love, balancing morning yoga & meditation, breathwork, ceremonial circles, sacred sound healing, energy healing with essential oils and learning the use of other healing modalities in your Reiki practice. During your stay you will enjoy delicious nourishing meal options. If this resonates we invite you to join us on for a weekend reiki certification training by passionate Holy Fire 3 Reiki Masters at the Earth Well Retreat Center and Nature Sanctuary Home, Manchester, Michigan. Visit: earthwellretreat.com

1st Degree Reiki Training with Suzy Wienckowski • September 23 & 24 • Saturday, 10:00 a.m. to 5:00 p.m., Sunday, 10:00 a.m. to 1:00 p.m. • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. The first-degree class includes the history of Reiki, hands-on treatment form for yourself and others, and 4 individual initiations. Certificate awarded. \$200. For more information contact Suzy Wienckowski at (734) 476-7958 or email SuzyReiki@aol.com.

Second Degree Reiki Training with Suzy Wienckowski • October 14 & 15 • Friday, 1 to 4:00 p.m, Saturday, 10:00 a.m. to 5:00 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. (First Degree training is a prerequisite.) \$500. For more information contact Suzy Wienckowski at (734) 476-7958 or email SuzyReiki@aol.com.

RETREATS

Half-day silent meditation with Rev. Marta Dabis • Sunday, September 10, October 8, November 12, December 10 • 8:15 a.m. to 1:00 p.m. • Join us for several periods of sitting meditation in the lineage of Shrunyu 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, donations welcome. For more information contact Marta at (248) 202-3102, email jissojizen@gmail.com, or visit jissojizen.org, and find them on MeetUp.

Embracing Struggle: Walking with Teilhard de Chardin with Kathleen Duffy, SSJ • Saturday, September 16 • 9:30 am. to 3:30 p.m. • In the early 20th century, when Teilhard de Chardin suggested an approach to science and religion that would integrate the science of evolution with Church dogma, he was forbidden by his Jesuit Order to speak and publish on these topics. Instead of losing hope, he learned to deal with struggle in creative ways. During this retreat day, we will reflect on how Teilhard de Chardin's approach to struggle might give us hope for the future and encourage us to continue to struggle for the kind of change needed in our Church and in our World. \$45, includes lunch. For more information contact the Weber Center (517) 266-4000 or visit webercenter.org.

Listening To God, Listening To Each Other: Finding Truth in Love with Dorothy Henderson • Friday, 7:00 p.m., September 29—Sunday, October 1 at 11:00 a.m. • NVC is a spiritual practice masquerading as a communication tool that helps us speak our truth and hear another's. Eldering is the practice of deepening the spiritual grounding of an individual or group by accompanying them in an intentional relationship with God. Cost (includes meals): Double occupancy: \$175 | Single occupancy: \$225 | Commuter: \$55. For more information contact the Weber Center (517) 266-4000 or visit webercenter.org.

Fall Yoga & Self-Care Weekend Retreat with Christy DeBurton, RYT • October 20 through 22 • Enjoy a peaceful weekend of self-care in Big Rapids, MI: yoga, nature, farm-to-table meals, good company and time to 'unplug' from the outside world. See website for details. For more information contact Christy by email at info@christydeburton.com or visit christydeburton.com.

Living from the Awakened Heart with Barbara Brodsky, Aaron, and John Orr • Friday through Sunday, November 3—5 • This retreat will be a mixture of meditation instruction

and practice (Vipassana, Pure Awareness and heart centered practices) and explorations of ways to live our practice in the challenges of everyday life. Suggested donation: \$125-\$300. For more information contact Deep Spring Center at (734) 477-5848, om@deepspring.org, or visit deepspring.org.

The Potter & The Clay an Advent Retreat with Father Vic Clore • 6:30 p.m. Sunday, December 3 through 11:00 A.M. Thursday, December 7 • During this first week of Advent, we prepare for the coming of Christ into our lives and our communities, which will involve conversion and transformation for all of us. The scripture readings for these days are quite rich: allowing ourselves to be formed by the Potter, daring to beat our swords into plowshares, being lambs lying down among wolves, nourishing whole crowds with a few loaves and fishes, and building our house on solid rock. Cost (includes meals): Commuter: \$160 | Double occupancy: \$325 | Single occupancy: \$425. Registration required. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

The 12 Days of Christmas Retreat with Staff and Community of Song of the Morning • Monday, 5:00 p.m. December 25 through Friday, January 5 at 9:00 p.m. • Song of the Morning is a place of exquisite peace and beauty during the holiday season, and the perfect place for those feeling pulled inward into spiritual reflection. Experience the peace and joy of the season embraced by a warm and welcoming community celebrating and honoring the deeper spiritual energy of this season. We warmly invite you to join us for all twelve days, or you may choose a shorter length of stay! Homemade vegetarian dinners will be offered to guests daily during this stretch of celebratory days, and a variety of items for breakfast will be provided in each building including oatmeal, fresh fruit, coffee, tea, and snack bars. Please plan on bringing your own food to supplement around these mealtimes and read about the room/space you are booking so that you know what it offers in terms of kitchen access, privacy, and amenities. Lodging is \$60-210/night, retreat is free. For more information contact sunny@songofthemorning.org, call (989) 983-4107, or visit songofthemorning.org.

Mini Wellness Retreats with Christy DeBurton, RYT • Ongoing • Choose from a variety of three-hour Mini Retreats at The Yoga Room to relax and renew. When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-time,' these are the perfect option. Watch for details for scheduled Mini Retreats in newsletter or grab up to 3 friends and create your own Bespoke Mini Retreat! See website for details. For more information contact Christy by email at info@christydeburton.com or visit christydeburton.com.

SHAMANISM

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, September 5, 12, 19, October 3, 10, 17 • 7 to 9:00 p.m. • Explore the differences between telepathic and shamanic communication with animals of all species, and those who have passed. Find deep connection with all their relations and the richness that shamanic connection gives to



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communication. Prerequisite: Basic Journeying. Class is taught via Zoom. \$240 per person/\$125 for repeating students. For more information contact Judy Ramsey at info@judyr Ramsey.net, judyr Ramsey.net.

Journeying Circle with Judy Liu Ramsey • Thursday, September 7, 21, October 5, 19, November 2, 16, December 7, 21 • 7 to 8:30 p.m. • Join us for in-depth exploration of the new cycles of life, transitions, and endings that we all experience. Journeying brings you into the spiritual aspects of these processes and provides tools and wisdom to help you thrive on your path. Pre-requisite: knowing how to journey shamanically. \$25 per session or \$40 per month. For more information contact Judy Ramsey at info@judyr Ramsey.net, judyr Ramsey.net.

Shamanic Journeying as a Spiritual Practice | Workshop with Lauren Jubelirer and Barbara Brodsky • Saturday, September 9 • 11:00 a.m. to 1:00 p.m. • A conversation between Aaron, Lauren Jubelirer, and Barbara Brodsky about how shamanic journeying can support your relationship to the divine within, as well as to your guides, teachers, and healing teams. Lauren will facilitate a Shamanic Journey. Suggested donation: Suggested donation: \$25-\$100. For more information contact Deep Spring Center (734) 477-5848, om@deepspring.org, or visit deepspring.org.

Shamanic Extraction with Connie Lee Eiland • Saturday and Sunday, September 9 & 10 • Saturday 10:00 a.m. to 9:00 p.m., Sunday 10:00 a.m. to 4:00 p.m. • This class teaches ways to perceive and remove misplaced energy in clients. In addition to multiple methods practiced in pairs, there will be individual journeys, group healings, and ceremony. Close relationship with Helping Spirits is required. \$300. For more information contact Connie Lee Eiland, (248) 809-3230, clshebear7@gmail.com.

Shamanic Journeying for Guidance and Healing with Lauren Jubelirer • Monday, September 11, October 23, November 2, December 4 • 6:30 p.m. to 9:00 p.m. • This class is a synthesis of my own experiences as a healer, what my guides have taught me, and what I have learned from other shamanic teachers. You will learn how to incorporate Shamanic Journeying into your spiritual practices. This class is appropriate for those with previous journeying experience as well as those new to this practice. Suggested donation: \$75-\$250. For more information contact Deep Spring Center (734) 477-5848, om@deepspring.org or visit deepspring.org.

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday and Sunday, September 16 & 17 • 9:00 a.m. to 5:00 p.m. • Deepen your understanding of illness and how one's spirit can help the physical body thrive or not. From a shamanic perspective, there are three causes of illness: loss of power, loss of soul essence, and intrusions. We will focus on power loss and extraction of intrusions. Explore different ways to "diagnose" an illness as well as to address its healing. Working with partners, deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Shamanic Journeying, Medicine For the Earth/Healing With Spiritual Light. Suggested Reading: *Walking In Light* by Sandra Ingerman. Class will be taught via Zoom with careful monitoring of techniques and practice. \$220 per person/\$125 for repeating students. For more information contact Judy Ramsey at info@judyr Ramsey.net, judyr Ramsey.net.

The Nameless Path: The Primal Celtic Mysteries with Rocky Rains • Saturday, September 30 • 11:00 a.m. to 7:00 p.m. • Spirit Flight, Primal (Shamanic) Witchcraft, and the Otherworld Initiation; Techniques of Otherworld Travel. Tools of the Primal (Shamanic) Magikal/Spirit Practitioner. (Includes the making of a Crane Bag.) Trance Dancing, Prophetic Utterance, and Shapeshifting. Lunch will be provided. Potluck after. \$190. For more information contact Rocky Rains at (734) 799-7502 or email rainsrocky4@gmail.com.

Greater Wholeness with Connie Lee Eiland • Saturday & Sunday, October 14 & 15 • 10:00 a.m. to 5:00 p.m. • This class addresses the parts of us we don't claim--both the positive and what we see as the negative. Healing practices, sacred art, journeys and ceremony are included to help with integration and wholeness. \$200 until 10/01/23, then \$240. For more information contact Connie Lee Eiland, (248) 809-3230, clshebear7@gmail.com.

Creating Safety and Sacred Space with Connie Lee Eiland • Sunday, October 29 • 10:00 a.m. to 4:30 p.m. • This class gives you practices, ways of looking at safety and sacred space that will serve you. It is experiential. \$100 until 10/14m then \$125. For more information contact Connie Lee Eiland, (248) 809-3230, clshebear7@gmail.com.

Shamanism, Death, and Dying with Connie Lee Eiland • Saturday & Sunday, November 4 & 5 • 10:00 a.m. to 5:00 p.m. • This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach transition. It also includes psychopomp, which is assisting those who are lost and haven't transitioned. This will be done both individually and as a group. \$200 until October 21, then \$230. For more information contact Connie Lee Eiland, (248) 809-3230, clshebear7@gmail.com.

Basic Shamanic Journeying with Judy Liu Ramsey • Saturday and Sunday, November 18 & 19 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$160 per person/\$75 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net, judyramsey.net.

SPIRITUAL DEVELOPMENT

Sunday Services via Zoom with Interfaith Center for Spiritual Growth • Sunday, September 3—December 31 • 10:45 a.m. to 12:15 p.m. • Sunday celebration. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Sufi Chanting, Meditation, and Development via Zoom with Interfaith Center for Spiritual Growth • Tuesday, September 5—December 26 • 7 to 8:00 p.m. • Study of Sufism. \$5-10 per class. For more information visit interfaithspirit.org

Monthly Midrash Study with Karen Greenberg, P.T. • Sunday, September 10, October 8, November 5, and December 3, future dates TBD • 6 to 7:30 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory 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...\$90/month. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Akashic Records Practitioner Certification with Shellie Powers • Sunday through Wednesday, September 10—13 OR 19—21, October 7—8 OR 17—19, November 1—3 OR 28—30, December 9—10 OR 11—13 • See website for specific class times • Nine-hour class in three, three-hour sessions. Class times vary. Experience the Akashic Records through the Pathway Prayer Process to Access the Heart of the Akasha©. Encounter the energy and wisdom and develop your skills for successful navigation of the Records. Learn about the Akashic Records, the method of access, and the tremendous personal possibilities for you. Find out how to use the Akashic Records for yourself and others. Enjoy a more conscious relationship with your own Soul and honor its wisdom. \$360. For more information visit powers365.com/events or call (734) 926-8423.

Writing for Spiritual Wellness with Holly Makimaa • Thursday, September 21, October 19, November 16, December 21 • 7 to 8:00 p.m. • Cultivating Spiritual Wellness Through Journaling: Online Monthly Open House. FREE or love offering. For more information

From the Cover



Ebony Evans is the founder of the reading club, EyeCU Reading & Chatting and the author of *Dead to Me*.

Connect with Evans online on Facebook@ AuthorEbonyEvans or the EyeCU Reading & Chatting Group. Follow on IG @eyecu_reading. Be on the lookout for *Dead to Me* on Audible, in production now.

Story and Photos by Hilary Nichols

It is said that we all have a book in us. As an avid reader, book reviewer, and book club leader, Ebony Evans has actively encouraged a lot of those books into being. Her book club, EyeCU Reading and Chatting Club, has over 2000 members online with impressive outreach and impact in the literary sphere. Evans discovered in previous book clubs that the participants weren't really there to read, they were catty and talked about each other. It became clear that she was looking for something distinct. So, she created it herself. "I wanted a close-knit group of like-minded women, who would support and be there for each other." Edward's group of lifelong friends solidified when she lost her baby son at 11 months old. "I realized we should get together not only in times of sorrow but also in the good times." In 2010 her book club EyeCU Reading and Social Network was formed of best friends who gathered monthly to read and so much more. Yet, for years, Evans herself was not participating in these challenges. She admitted that "No one had ever read my writing before. Those posts are read and commented on by over 2000 people. That terrified me."

But in 2020, when her father went missing for 11 days, Evans turned to her writing. "It was all over the news. But no one in my life knew what was going on. I went to work and put on a smile, while inside I was petrified." It was her writing that offered her some solace. "When I finally told my husband that I wanted to write my story, he said, if for nothing else, write for therapy."

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contact Holly Makimaa, hollymakimaa@gmail.com,
yourtransformationaljourney.com.

Akashic Records Advanced Practitioner Certification with Shellie Powers • Monday, Tuesday, Wednesday, Oct 23, 24 & 25 OR November 13, 14 & 15 • See website for specific class times • Nine-hour class in three, three-hour sessions. Class times vary. Experience the Akashic Records through the Pathway Prayer Process to Access the Heart of the Akasha©. Encounter the energy and wisdom and further develop your skills for successful navigation of the Records, working in the Akashic Records for Energy Healing, Clearing Ancestral Patterns, and Reconciling Past Lives. *This is second level "Advanced Practitioner" to follow level one "Practitioner" Certification. \$430. For more information visit powers365.com/events or call (734) 926-8423.

Healing Through the Akashic Records Certification with Shellie Powers • Saturday, September 9, 16, 23, 30 OR Monday through Thursday, November 6, 7, 8, 9 • See website for specific class times • 12-hour class in four-3 hour sessions. Times vary per class. Embark on a journey of spiritual practice, embracing unconditional self-love, transforming resentment into acceptance, and breaking free from limiting patterns. Activate your inner ascension matrix to overcome challenges and bask in the radiance of your soul. Our spiritual healing is achieved through the Akashic Records, enabling you to apply their insights, guidance, and wisdom to your daily life. As our paths become illuminated, we concentrate our light on our souls' purpose. \$500. For more information visit powers365.com/events or call (734) 926-8423.

The Grace of the Divine Mother with Naren K. Schreiner and Lopamudra Bose • 5:00 p.m. Thursday, September 14 through Sunday, September 17 • 2:00 p.m. • We invite you this special retreat to deeply immerse yourself in the sacred presence of the Divine Mother. Devotional meditation and chanting, sacred ceremonies and intimate communion with the Divine. Tune into the ecstatic love that Paramahansa Yogananda—and many other great masters—experienced with the Divine Mother, who is both our eternally loving mother and the Cosmic Goddess. Led by Naren K. Schreiner and Lopamudra Bose, who are both trained in India's traditional worship of Divine Mother (of Sri Ramakrishna's Dakshineswar tradition), this retreat is an opportunity to join other devotees in the serene and beautiful land of Song of the Morning and draw ever nearer to the Mother of us all. There will be ample time in the beauty of Nature—Fall is a lovely time. \$200, plus lodging. For more information contact sunny@songofthemorning.org, call (989) 983-4107, or visit songofthemorning.org.

Peace Generator via Zoom with Interfaith Center for Spiritual Growth • Friday, September 15, October 13, November 10, December 15 • 7 to 9:00 p.m. • Manifest peace for the planet. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

The Joy of Awakening Workshops with Barbara Brodsky, Colette Simone, and Our Spirit Friends • Saturday, September 30, October 21, December 2 • 10:00 a.m. to 4:00 p.m. • In this series of workshops, we will come together in many ways to support that expansion of consciousness through sharing of ideas and through meditation and related means. While each workshop will stand on its own, and may be registered individually, there will be a strong overlap as we explore origins of consciousness, evolution of consciousness, the Divine Feminine and Masculine, Non-duality, skillful living from awakened consciousness, and much more. Suggested donation \$25-\$100. For more information contact Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Connecting with Archangels—Parts 1 through 4 with Karen Greenberg, P.T. • Sunday, October 1, 15, 22, 29 • 5:30 to 9:30 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 and Guidance. \$777. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Cultivating a Personal Relationship with G-D with Karen Greenberg, P.T. • Sunday, October 1 & 15 • 1 to 4:00 p.m. • Create a sacred space, compose/ask questions of your Higher Power, decipher if you are receiving "Yes," "No," or "Essay" answers from your spirit vs. thinking in your head vs. emoting or having sensations in your body. Ask G-D how you can serve (learn to trust/surrender to G-D); express gratitude, awe, and be comforted, healed, protected, guided by G-D. Compose prayers, feeling close to G-D, like G-D were a close friend: HE/SHE IS! \$90. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

A Spirituality Named Compassion with Rev. Matthew Fox, PhD • Thursday, October 12 • 7 to 8:30 p.m. • During this how today's physics gives us a basis for true compassion. \$20. Registration required to receive live stream link. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Nature's Portals: Doorways to Inspiration and Well-being with Bruce and Carol Malnor • 5:00 p.m. Friday, October 13 through Sunday, October 15 at 2:00 p.m. • We invite you to join us at Song of the Morning for a weekend of nature activities and personal reflection in a beautiful setting. Fun, interactive group activities, quiet time alone for personal reflection, increased awareness of the natural world, tools for regaining balance and well-being, personal relaxation and renewal, and meditative walks. \$108 plus cost of accommodations. For more information contact sunny@songofthemorning.org, call (989) 983-4107, or visit songofthemorning.org.

The Poor, The Widow, The Orphan, & The Stranger in Your Land with Maribeth Howell, OP, PhD, STD • Saturday, October 21 • 9:30 a.m. to 3:30 p.m. • What do the Scriptures say about how we are to relate to people who are most in need of compassion? Begin by examining selected texts from the Hebrew Scriptures, particularly the books of Exodus, Deuteronomy, and several prophetic works before turning to New Testament writings and select Church teachings. \$25, includes lunch for in-person participants. For more information contact the Weber Center (517) 266-4000 or visit webercenter.org.

Chakra class with Aruna Olga Bachmann • Tuesday, October 24, 31, November 7, 14, 21, 28, December 5, 12 • 7 to 9:00 p.m. • Take a deep dive into our 7 main Chakra Energy Centers, into the general mental/emotional/spiritual issues involved in each one, and then engage in some experiential sharing as we meditate week to week on each of the chakras. \$80. For more information contact Aruna at (734) 808-1335, email lhci.financials@gmail.com or visit lighthousecenterinc.org.

Astral Travel, Including Heavenly Travel with Karen Greenberg, P.T. • Sunday, November 12, 19, 26, and December 10 • 5 to 9:30 p.m. • Sequential five-part series: Part 1 (2 sessions) — learning what is in G-D's Will, seven spiritual dimensions, 12 physical dimensions, Archangelic master cell readings, incarnation; all prerequisite for Part 2 (two sessions) - preparing ourselves and our space for astral travel; all prerequisite for astral traveling to: Part 3 (Dates TBD) - different spiritual dimensions, Akashic records, gates of heaven; all prerequisite for Part 4 (Dates TBD) - celestial locations; all prerequisite for Part 5 (Dates TBD) - different star systems, universes. \$99 for each of the first four sessions (Parts 1 & 2) = \$396 OR \$333 (\$63 discount) if all four sessions paid up front. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Twelve Tribes with Karen Greenberg, P.T. • Sunday, October 22, 29, November 12, 19, 26, December 10, 17, January 21 • 1 to 4:00 p.m. • Learn the history of the patriarchs / matriarchs who fostered the Twelve Tribes and familiarize yourself with: the Twelve Tribes highlighting Levi, Joseph, Benjamin, and Judah; the conquering and disseminating of the Holy Land; the Ten Lost Tribes of Israel; and the magic of the Breastplate. This course will help you discern your Soul's Purpose, tribes you're most drawn to, and tribe archetypes that give you the knowledge, power, and wherewithal to fulfill your Soul's Purpose. \$400 or \$333 if

paid in total up front. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

STRESS MANAGEMENT

Everything is Working Out Perfectly with Karen Greenberg, P.T. • Sunday, September 10 or November 5 or December 17 • 8:45 a.m. to 12:45 p.m. (except 12/17/23 – 5 to 9:00 p.m.) • Have you ever felt so overwhelmed with so many things to do that you become very anxious and don't even know where to begin, which devolves into you becoming more disorganized and inefficient and unproductive? Then Everything is Working Out Perfectly is perfectly suited for you! Please come and join us! \$55. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • Self-Paced • In this compact but powerful self-paced course you'll find effective tips and tools to honor your feelings, set boundaries, and thrive in the face of life's challenges. Get at the root causes of your self-sabotaging habits. Learn to set healthy boundaries--without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well + live better in your body. \$79. For more information email info@christydeburton.com or visit christydeburton.com.

TAI CHI, MARTIAL ARTS, AND SELF-DEFENSE

Wu Style Tai Chi Chaun with Marilyn Feingold • Weekly on Sundays beginning September 3 through December 17 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. No class on October 8. Drop-in, \$5 per session. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Wu Style Tai Chi Chuan with Disciples and Advanced Students of Sifu Genie • Ongoing • Monday 1 to 2:00 p.m. or 7 to 8:00 p.m., Tuesday 6:30 to 8:00 p.m., Wednesday 5:30 to 7:00 p.m. or 6:30 to 8:00 p.m., Thursdays 11:00 a.m. to 12:30 p.m. or 6:30 to 8:00 p.m., Saturday 9 to 10:30 a.m., 10 to 11:30 a.m. or 2:30 to 3:30 p.m., and Sunday 4:00 a.m. to 12:30 p.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. Everyone welcomed to learn this ancient art of meditation in motion. \$45/month for 1 class per week; \$70 for 2 classes per week. Student/senior rates available. For more information email info@wustyle-annarbor.com, or visit wustyle-annarbor.com. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Tai Chi for Teenagers aged 14-16 with Nigel Kerr • Monday, September 11 through December 11 • 6 to 7:00 p.m. • A new Tai Chi class specifically for teenagers aged 14 to 16. Students will explore and study Tai Chi as movement,



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as a way to relax and focus, as moving meditation, as fun. Students will learn a modified short Tai Chi form, and play with movement in games inspired by Tai Chi. \$150. For More information contact Nigel Kerr at (734) 845-7917, email nigel.kerr@gmail.com, or visit peacefuldragonschool.com.

Tai Chi Beginner's Class with Master Wasantha Young • Monday, September 11 through Thursday, December 14 • Monday 10 to 11:15 a.m. and/or Thursday 6 to 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. As a practice, it integrates the mind and body, promotes relaxation, as well increases balance and concentration. Register for one class and you can attend both sessions—whatever your schedule allows—at no extra cost! (limit 12 in-person) \$195. For more information contact Peaceful Dragon School at info@peacefuldragonschool.com, call (734) 741-0695, or visit peacefuldragonschool.com.

Yang and Chen - Qigong and Tai Chi with Karla Groesbeck • Ongoing • Classes available in Yang and Chen - Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Long Form 108, Chen Laojia Yilu, Xinjia Yilu. Various qigong sets. Zhan Zhuang. Staff, Bang, Ruler, Push Hands/Tuishou. Low fee, FREE for seniors. For more information call (734) 276-3059, email info@taichilove.com, or visit TaiChiLove.com.

Chen Tai Chi Chuan with Joe Walters • Ongoing Monday & Thursday 5 to 6:00 p.m., Saturday, 9:30 to 10:30 a.m. • Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. For more information contact Joe Walters, annarbortaiichi@gmail.com, annarbortaiichi.com

TAROT AND DIVINATION

Drop-in Tarot Study Group with Nicholas O'Donnell • Ongoing • Sunday • 6:30 to 8:00 p.m. • This is a drop-in group of Tarot enthusiasts that meets once a week, facilitated by Nicholas O'Donnell. The meetings will consist of focused open Tarot discussion, Tarot meditations, Tarot theory and theosophy, Tarot reading, Tarot history, Tarot symbolism, etc. The intention is to deepen Tarot understanding and build a local Tarot community. Tarot practice usually occurs after the formal meeting has ended. \$10 minimum donation. For more information contact Nick at nicksvictorygardens@gmail.com, call (734) 299-6472, or visit enlightenedsoulcenter.com/tarot-study-group.

THEATER

Neighborhood Theater Group's Far Out Season 8 Telethon Fundraiser 70's Spectacular to the Stars with Neighborhood Theater Group • Saturday, September 9 • 7 to 10:00 p.m. • NTG's 8th season will be performed exclusively in the Off Center Gallery at Riverside Arts Center! We are thrilled to announce this new residency and community partnership. All funds raised at this event will go directly toward our new residency and production costs. For more information email info@ntgypsi.org or visit ntgypsi.org.

Black Cat: A New Nightmare with Neighborhood Theater Group • Friday & Saturday, October 13 & 14, and October 20 & 21 • 8 to 10:00 p.m. • Come along with us and face your deepest nightmares. All original music and score. For more information email info@ntgypsi.org or visit ntgypsi.org.

A Man for Christmas: A Made for TV Musical Parody with Neighborhood Theater Group • December—Dates TBA • We're bringing those holiday TV musicals (we know you watch them) to the stage in an original musical parody! For more information email info@ntgypsi.org or visit ntgypsi.org.

WOMEN'S HEALTH

The Ultimate Perimenopause Guide with Christy DeBurton, RYT • Self-Paced Online • The Ultimate Perimenopause Guide combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this self-paced guide Christy shares 10 years of research she compiled during her own perimenopause journey, and then helps you create a plan to support your body pro-actively through nutrition, supplements, exercise, stress relief, and more. A must for any woman 40+! \$29.50. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

WRITING

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesday, September 13, 27, October 11, 25, November 8, 29 • 7 to 9:00 p.m. • Second Wednesdays, 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, Featured Reader(s) for 50 minutes. Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. FREE. For more

information contact Edward Morin at (734) 668-7523, email eacmorso@sbcglobal.net or visit cwcircle.poetry.blog.

Featured Readers:

• **September 27 – John Hoppenthaler** has had four books of poetry published by Carnegie Mellon U. Press, including *Night Wing Over Metropolitan Area*—due out this October. Professor of Creative Writing and Literature at East Carolina University, he also serves on the Advisory Board for Backbone Press, specializing in publication and promotion of marginalized voices.

• **October 25 – Patricia Jabbeh Wesley** is the author of seven critically acclaimed books including *Praise Song for My Children: New and Selected Poems*. She has edited *Breaking the Silence*, the first comprehensive anthology of Liberian poetry, published this year. Originally from Liberia, she is Professor of English and Creative Writing at Penn State University.

• **November 29 – Jeff Gundy** has published eight books of poems including *Without a Plea*, *Abandoned Homeland*, and *Somewhere Near Defiance*, for which he was named Ohio Poet of the Year. His latest prose book is *Wind Farm: Landscape with Stories and Towers*. Former Fulbright lecturer at University of Salzburg, he's now Writer in (Non)residence at Bluffton University.

• **November 29 – Colleen Alles** is a native Michigander and award-winning writer living in Grand Rapids. The author of two novels and a poetry collection, she's also a contributing editor with *Great Lakes Review* and *Barren Magazine*. She enjoys distance running and corralling her kiddos. You can find her online at colleenalles.com.

A Path to Awakening Project with Celeste Zygmunt • Monday, September 18, October 16, November 20, December 18 • 7:30 to 9:00 p.m. • This project continues from last semester. It consists of compiling Aaron's teachings in order to delineate the path he puts forward for awakening. Suggested donation \$60-\$200. For more information contact Deep Spring Center at (734) 477.5848, email om@deepspring.org, or visit deepspring.org.

Writing for Spiritual Wellness with Holly Makimaa • Thursday, September 21, October 19, November 16, December 21 • 7 to 8:00 p.m. • Cultivating Spiritual Wellness Through Journaling: Online Monthly Open House. FREE or love offering. For more information contact Holly Makimaa, hollymakimaa@gmail.com, yourtransformationaljourney.com.

Writing Workshops with Terianne DeYonker, OP • “Letting Go & Making Room For the New” • Saturday, September 23 • OR “Winter’s Invitation” • Saturday, December 2 • 1 to 4:00 p.m. • Autumn is nature's reminder of how important letting go is as we move through our lives. Trees letting go of their leaves simply are making room for new leaves to thrive in the spring. Writing can support our letting go and encourage us to make space for the new in our lives. If you are feeling nudged to do some letting go, come join other writers in this exploration. This workshop is for beginning

and experienced writers. Both workshops are in person and online. \$35 per session. For more information call the Weber Center (517) 266-4000 or visit webercenter.org.

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • Sunday, September 24, October 22, November 26, December 24 • 1:30 to 3:30 p.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, donation welcome. For more information contact Marta at (248) 202-3102, email jissojizen@gmail.com or visit jissojizen.org, and find them on MeetUp.

Write for Life with Mary Ledvina • Do you want to begin, stick with, and complete a creative project? Learn the tools that Julia Cameron used to write more than 40 books with her new book: *Write for Life: Creative Tools for Every Writer (A 6-Week Artist's Way Program)*. Develop a writing practice and fill your well with inspiration. See website for class dates. \$180. For more information contact Mary Ledvina at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

YOGA

Hatha Yoga with Samantha Lieberman • Thursday, September 7 through December 21 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in \$15 per session—First visit is free! Cash or Venmo at door. Seniors receive 10% discount. Discounted packages available. Bring your own mats. No class on November 23. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

September Guided Personal Yoga Retreat with Staff and Community of Song of the Morning • 5:00 p.m. Friday, September 8 through Sunday, September 10 at 2:00p.m. OR October 20—22 OR November 17—19 OR December 8—10 • The Song of the Morning Yoga Retreat community invites you to join us for an uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. Offered during select weekends in 2023, guided personal retreat offers a greater sense of community and support, so that you might get the most out of your retreat experience. During these special weekends you are invited to join our daily schedule of events which includes meditation, devotional practices, community meals, and more (see schedule below). Lodging is \$60-\$210/night plus pay what you want toward the retreat itself. For more information contact sunny@songofthemorning.org, call (989) 983-4107, or visit songofthemorning.org.

Yoga & Sound with Rob Meyer-Kukan and Paul Barr • Friday, September 15 • 7 to 8:30 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this

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seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. Register at <https://forms.gle/qkLoC9xqAGwCjNdS7>. \$40. For more information contact Rob Meyer-Kukan, (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Yoga & Sound with Rob Meyer-Kukan and Paul Barr • Saturday, December 16 • 6 to 7:30 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. Register at <https://forms.gle/qkLoC9xqAGwCjNdS7>. \$40. For more information contact Rob Meyer-Kukan, (248) 962-5475, email rob@robmeyerkukan.com or visit 7notesnaturalhealth.com.

Yoga Your Way with Christy DeBurton, RYT • Ongoing • Holistic private yoga sessions, hybrid Live and Virtual Yoga Wellness Courses, 15-minute Yoga for Busy People videos, and yoga audio sessions. Hatha, Vinyasa and Yin yoga. See website for details. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Open Level Yoga with Michele Bond • Ongoing • Tuesday • 6 to 7:30 p.m., Saturday 10 to 11:30 a.m., and Sunday 4 to 5:30 p.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 the semester, \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

The Practice with Michele Bond • Ongoing • Wednesday • 6 to 7:30 p.m. • This class is great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance and mental focus with this fun and energetic practice. \$15 if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Ongoing • Thursday • 6 to 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 semester, \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Chair Yoga Flow • Every Tuesday • 11:00 am–12:00 p.m. Looking for more muscle tone or just wanting to boost your mood? Then join us to add more movement into your day and improve your overall health. This class is very supportive and beneficial, assisting you in finding mobility and strength at any age or level. Maintaining balance and flexibility is essential for your health and well-being. Paula will begin each class with a short meditation, offer a drop of essential oil and then flow into gentle yoga bends, twists, and stretches to assist in relieving tension and stress. Visit: enlightenedsoulcenter.com/chair-flow-yoga-Tuesdays.

"I don't know where I'm going, but I'm on my way"
- Carl Sagan



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 & Tsogyelgar
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

“In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony.”

-Friedrich Nietzsche (1844-1900)

