

The
CRAZY WISDOM

#122

Biweekly



Tracy Gallup
Author and Illustrator

Shining a light in the dark.



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Thank you to our contributors for this issue:



- Jennifer Carson
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- Carin Michaels
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- Bill Zirinsky

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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.

Hog Warts and Toad Bellies Fairy Tale Festival

October 7, 2023

10AM - 3:30PM Knight's Adventure Trail & NEW Sky Walk
10AM - 12PM Succulent Planting
10AM - 2PM Pumpking Decorating, Scavenger Hunt & Pocket Fairy
11AM - 1PM Fairy Tale Character Picnic - BYO Picnic & Blanket
1PM - 2:30PM Stories with Mother Goose
1PM - 3PM Fairy Painting Workshop (Pre-registration Required)
10AM - 4PM Live Music & Demos - Hot Dog & Snack Vendors
10AM - 4PM Artisan Village, Shoppes & More

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#1 International Best Selling Author

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From Our Blog

HEALING ANXIETY NATURALLY

By Victoria Schon

ALONG MY PERSONAL JOURNEY to find natural healing for anxiety, I made two exciting discoveries that changed my life and gave me the relief I needed to heal from a lifetime of unease. These two discoveries have become the foundation of my work as a holistic health practitioner, and as I work to help others reclaim a more vibrant level of wellbeing, joy, and health in their lives.

LIVING WITH ANXIETY is exhausting. When you experience anxiety with frequent panic attacks, you soon grow weary. Fearful of another panic attack, or the feelings of fear that erode your sense of wellbeing, you begin to manage every little thing in your daily life to avoid triggering a panic attack. Because living with anxiety is not a pleasant experience, you also learn to cope. You use substances or food to calm yourself, avoid situations, or wear masks to hide your truth. It turns into a roadshow that is no longer sustainable and likely toxic. As you grow more fatigued and fearful, you finally withdraw feeling defeated.

CURRENT IDEOLOGY TEACHES that anxiety is pretty much all in your head. Early childhood trauma (as in my case), or distress, upheaval, pain and grief can contribute to anxiety, and should be addressed with a professional mental health worker. But in my experience, I discovered that changing my diet and sound therapy are two very powerful complementary healing modalities that brought me healing and lasting relief from anxiety.

CHANGING MY DIET was essential to healing my anxiety. Oftentimes my anxiety would pop up from a dead sleep. In other words, I had no thought. I wasn't thinking about anything. I then intuitively recognized that my endocrine gland system was out of balance. Fight or flight hormones were rushing through my body when they shouldn't be. This was causing me to panic for no reason. My body was sending me a signal that something was off. I quickly switched to a whole food, plant-based diet and began to detox regularly with juices, fresh fruit and vegetable smoothies, and cellular botanicals. I eliminated processed foods where additives and preservatives (chemical cocktails made in a lab) are common ingredients. For me there just isn't enough research into these additives, and what their effect is on the endocrine gland system to feel comfortable.

IT TOOK SOME TIME, but changing my diet and regular detoxification decreased my anxiety dramatically. As I created a healing environment, my body began to self-heal as it is divinely designed to do.

THE OTHER EXCITING DISCOVERY I made is the power of sound. I had my very first sound healing while in Costa Rica at a retreat and it was life changing. I was instantly transcended to a higher energy frequency and felt my whole body vibrate in resonance with the crystal singing bowls. My energy body was elevated to a frequency by way of sympathetic resonance as I experienced deep calm. Once I attended an all-night gong puja in Costa Rica and was physically healed from pain that I was experiencing consistently in my right side for two weeks prior. The doctor I consulted beforehand thought it was a gastrointestinal irritation, and that I wasn't in any grave danger. But the pain vanished when I woke up three hours into the all-night gong puja event.

I DISCOVERED THAT THE POWER OF SOUND is entrainment. When we are in the presence of and receiving high frequency sound vibrations such as in a crystal singing bowl sound healing or a gong sound bath, our energetic physical body rises in vibration to match the higher frequencies. Sound waves move through our body and every cell is affected by these sound waves. As these higher frequencies wash over and through us, a marked increase in alpha and theta brainwave activity has been observed, where a state of meditation is more easily achieved.

REGULAR SOUND BATH RECEIVERS report that they have increased their ability to manage stressful situations, can move through challenging situations in a more calm and effortless manner, experience improved sleep and have an improved overall sense of wellbeing. As I incorporated crystal singing bowl and gong sound baths into my personal spiritual practice, it became a powerful tool for me to eliminate anxiety as I could reach a sense of calm relatively quickly.

READ THE REST OF THE
ARTICLE ONLINE!

Community Spotlight



Ellen Craine is a social work ethics and business consultant, therapist, life coach, field instructor for the University of Michigan School of Social Work, and LLMSW Supervisor. She has authored chapters in four different co-authored books so far.

In her first co-authored book, Women Who Empower, Craine wrote about her experience as a pediatric cancer mom and losing her husband to an inoperable Stage 4 glioblastoma (brain tumor). Her second co-authored book is Women Who Dream. In her chapter in this book, she writes about the first year of her journey with breast cancer. Her diagnosis came as Women Who Empower was being published. After her diagnosis, she was found to have a gene mutation called PALB2 which led to her having a double mastectomy. She is doing well today and attributes at least some of that to using an integrative medicine approach to her treatment. In her third co-authored book, Leading with Legacy, her chapter is called "Finding the Light through the Dark." This chapter is about the fact that we all have a light inside of us that can guide us through challenging times and life transitions. She asks the question for us all to consider "What does it take for each of us to find our own inner light?" This chapter also includes references to many fall holidays and festivals from different cultures that relate to finding the light in the dark and how this relates to people working their way back into living their lives after challenging and even devastating life events. Her fourth co-authored book, Dear Younger Self, features her chapter called "Finding My Voice." The chapter shares her journey to guide, support, and empower others on their life long journey through loss and grief.

Leading with Legacy will be coming out as an audio book soon on Amazon. In addition, her fifth co-authored book launched this month. The book is called Shout it From the Rooftop. Her chapter is called "It's Hard to Care for An Aging Parent: Don't Be Afraid to Ask for Help." In this chapter she shares some of her experience as a caregiver of her father and offers some suggestions for making the navigation of this challenge a little easier. She has other writing projects in the works as well.

Signed copies of her books are available on her website. To connect with Craine, visit her website crainecounseling.com.



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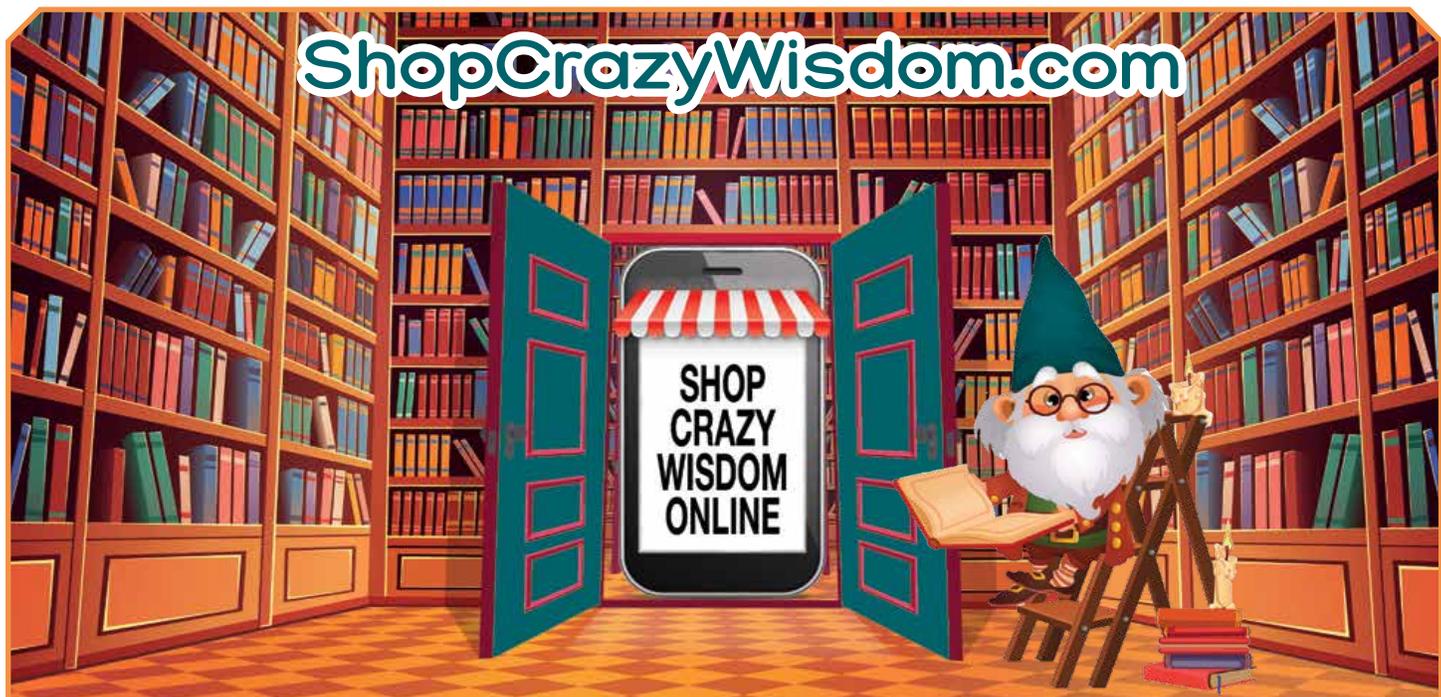
The Awakening Reflection Booklet Series speaks to the personal, communal awakening that life, for 13.8 billion years, has been calling us to embrace.

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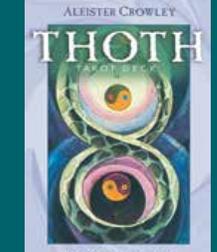
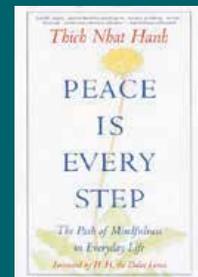
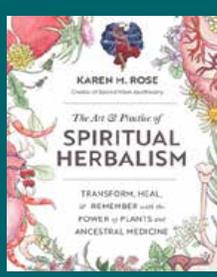
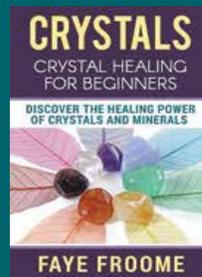
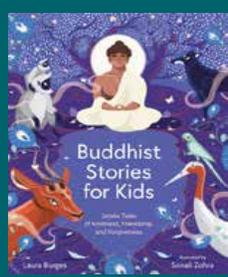
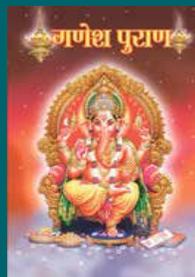
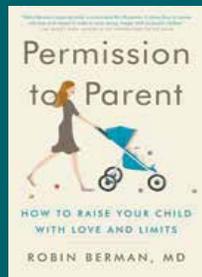
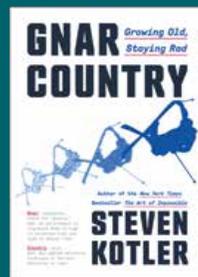
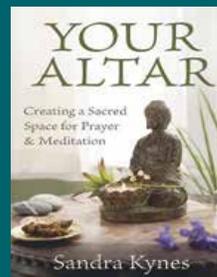
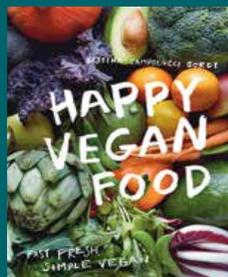
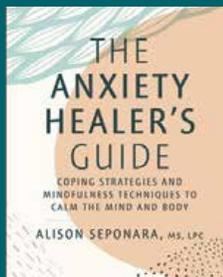
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Book of the Week:

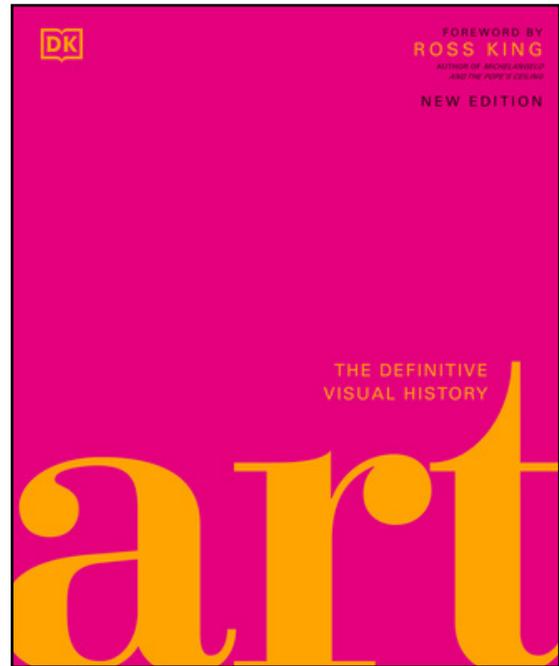
Art: The Definitive Visual Guide

By Andrew Graham Dixon

Discover more than 2,500 of the world's most influential paintings and sculptures in this beautifully- illustrated guide to the history of art.

Introducing Art: The Definitive Visual Guide – an invaluable reference book that spans 30,000 years of global art history, from cave paintings to contemporary art, and showcases the works of over 700 artists in striking detail to truly bring the artwork to life. Each artistic movement, from the Italian Renaissance to Impressionism to Graffiti Art, is explained in clear detail with descriptions of their origins and influences, characteristic styles and techniques, and typical subjects.

A visual timeline of key works gives an overview of the scope of each major movement, while graphics, overlays, and detailed close-ups, show readers how to “read” composition and subject matter, and explain the specifics of the techniques and methods the artist used to create their masterpieces.



Purchase your copy of
Art: The Definitive Visual Guide
[at shopcrazywisdom.com](http://shopcrazywisdom.com)

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The Crazy Wisdom Community Journal

issue
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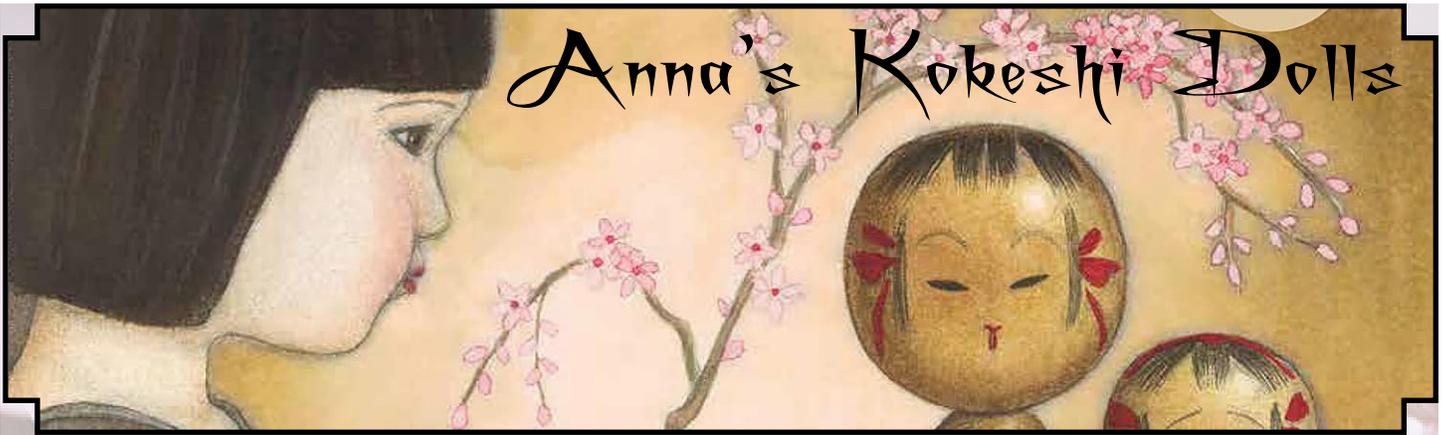
Features

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

...and more!

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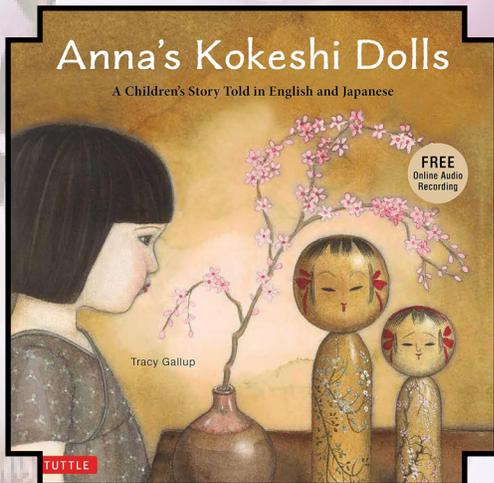


Anna's Kokeshi Dolls

By Fran Mason

Presenting author/illustrator Tracy Gallup. Tracy's latest book, *Anna's Kokeshi Dolls*, was published by Tuttle earlier this year.

CW: Congratulations on your new book, Tracy! Tell us more about *Anna's Kokeshi Dolls*.



telling it mostly through the illustrations, but retained the counting book with the words.

My grandfather sent me a kokeshi doll (with interchangeable heads) when I was five years old. I loved that toy and played and played with it. That first kokeshi doll started my obsession and collecting. Interestingly, the girl reading in bed on page six could actually be me!



CW: What is a kokeshi doll?

TG: Kokeshi are simple wooden dolls from Japan. They don't have arms or legs, only a head and a body, with hand-painted faces and clothing. Kokeshi were made by craftsmen and women proficient with a lathe. There are traditional kokeshi, which correspond to a particular location within the Tohoku region (these dolls are often painted red and black), and there are creative kokeshi. Artists making creative kokeshi have more freedom regarding shape, color, and design of the dolls. There are so many variations to this simple form.

TG: This project started as a counting poem with Japanese kokeshi dolls. In 2019, I attended the NY Book Expo to sign copies of *My First Book of Haiku Poems* published by Tuttle. They primarily publish AAPI (Asian American and Pacific Islander) titles so I was telling the owner, Eric Oey, about a kokeshi counting book idea. He was interested but said he would like it to have more of a story. It was my daughter who thought of a story line and I ended up



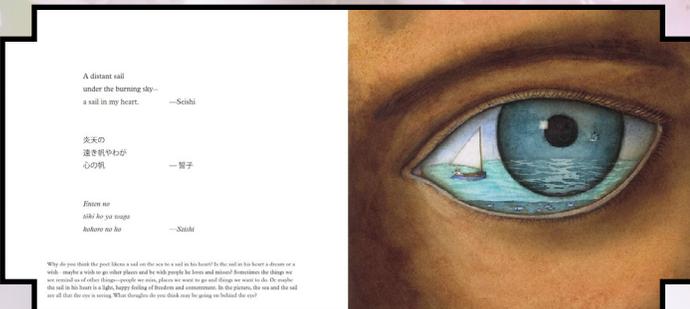
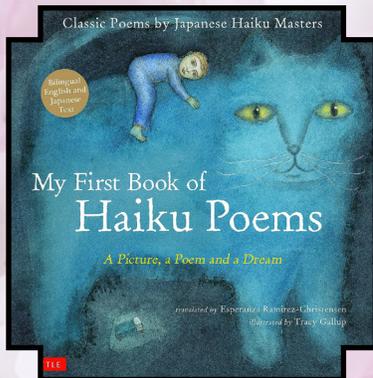
Traditional kokeshi dolls (painting by Tracy Gallup)



Creative kokeshi dolls

CW: You illustrated *My First Book of Haiku Poems* with translations by U of M professor emerita Esperanza Ramirez-Christensen. How did that collaboration come about?

TG: I did a series of paintings and then paired them with classic Japanese haiku poems that I found in poetry anthologies. However, I found out that the haiku translations were still under copyright, so I couldn't use them. That's when I asked my friend and neighbor Esperanza Ramirez-Christensen, who was professor of Japanese Literature at U of M, if she would translate them for me. She not only translated the poems, but added commentary, which enriched the book in a beautiful way.



CW: How did you get started as an author/illustrator?

TG: I started at Eastern Michigan for painting. Later, I attended Syracuse University, also in painting, where I earned my Master's degree. I taught art for one year, then got started making dolls, which were sold in museum stores and high end gift shops all over the country. My first picture book was published in 1997 after an editor from Dial Books saw an article about the dolls in *Print Magazine*, and asked me if I would be interested in illustrating a book of poetry. Ten years later I had four books published with Mackinac Island Press, one book with Fifth Avenue Press, and more recently the two with Tuttle Publishing.

CW: What are you working on now?

TG: I am working on another book with Tuttle. It's a companion to *My First Book of Haiku Poems*. I have a few other ideas in the works that I hope will someday come to fruition.

Learn more about Gallup's work on her website, tracygallupillustration.com/home or follow her on Instagram @tracygallup.

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IN PURSUIT OF THE MORE PERFECT APPLE

at Amrita Farms

By Carin Michaels

CHAD KYMAL STARTS HIS DAY by walking through his organic apple orchard at 5 a.m. to inspect for any issues with his crop. He did not start Amrita Farms orchard ten years ago with such acumen. When asked to describe his experience, he stammers, looking tired, and quotes his recent Google search that stated it's unsustainable. He truly cares about organic farming's environmental practices which foster nature's biodiversity in order to preserve natural resources. Kymal's advantage as a full-time farmer is that he has a second day job. As president and founder of Omnex, he provides management solutions for different computing and operation standards and methods; also, he represents the United States for the International Organization for Standardization (ISO). Unbeknownst to him, his resume enabled him to become an organic farmer in pursuit of the more perfect apple, and with a keen eye for process improvements, he had the grit to grapple with complicated problems on the farm.

AMRITA FARMS is the only organic apple orchard within over a 50-mile radius for U-Pick apples. The farm was started 27 years ago, on a 54-acre parcel, in order to combine sustainable farming and education in pursuit of an eco-friendly lifestyle. The owner's first initiative was to help mother nature by planting several hundred evergreens. The farm struggled since its start to find its identity, milling through multiple products with a revenue stream not taking root because of the clay soil. Kymal, known in business circles as a serial entrepreneur, refused to accept failure. During the Covid outbreak, when he became landlocked and unable to travel to his 12 offices worldwide, he dedicated himself to the orchard.

THE ORCHARD SITS ON FIVE ACRES with 10 apple varieties. He started with 1200 trees but only 950 survived given the initial harsh winters. As with any farm, the main challenges are climate, soil erosion, nutrient management, technology, and consumer expectations, but with truly an endless list, Kymal was able to conquer the challenges by hard study and

investment. As a gentleman, Kymal attributes his success to others, particularly his mentors and volunteers. Amrita Farms is one-hundred percent volunteer-led with one hundred percent of the revenue going to charity. But he quickly retracts the latter tagline because he believes his product can stand on its own laurels; it is that good.

KYMAL WAS BORN IN INDIA but moved to Kalamazoo, Michigan with his parents during high school. Community service was part of his spiritual upbringing. He always asks himself how he can offer a hand to his fellow human being. He attributes his business success to this charitableness, as he believes the adage, whoever is kind to those in need will be rewarded for what they have done. Locally, Kymal cites support from fruit tree expert William Shane of MSU's Southwest Michigan Research and Extension Center. Internationally, he ascribes his soil solution to the famous Dr. Elaine Ingham, a soil microbiologist and researcher whose work uses a soil-food-web approach that emphasizes soil regeneration. Kymal has his soil and trees tested twice a year to ensure they are not nutritionally depleted. He uses Dr. Ingham's recipe for wood chip permaculture and aerated tea compost (a compost brewed with water and other natural products like seaweed, liquid kelp, neem, and humic acid) to ensure his trees and soil are...

Amrita Farms is open Labor Day weekend through mid-November. The apples and cider are sold at the farm, Detroit Eastern Market, Argicole Farm Stop, Arbor Farms Market, and Argus Farm Stop. Amrita Farms also delivers bushels to interested customers.

To pick your own apples, visit the farm at 4301 Ann Arbor-Saline Rd, Ann Arbor, MI 48103. Learn more at amritafarms.com.



Continue reading 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

Teach Your Dog Tricks with Hannah Gould • Starts Friday, September 29 • 7:00 p.m. • Tricks are easy, fun, and a great way to build a strong relationship with your pup. Gould is a certified instructor who will focus on you and your dog building confidence and having fun. This is a three-week class. For more information or to register contact Kathryn Gordon through the website k2k9training.com.

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@judynamsey.net or visit <https://judynamsey.net>.

ARTS AND CRAFTS

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. 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.

BOOK DISCUSSION GROUPS

Jewel Heart Readers • Sunday, 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

Breathwork Group with Jackie Miller • Oct. 1, Oct. 15, Nov. 5, Nov. 19 • 6-7:30 p.m. • A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. Free, donations welcome. For more information, visit thisbreath.com.

BUDDHISM

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, 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, 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.

Delam: The Smooth Path of Enlightenment with Karen Market and Jack Schramm • Monday, 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. Visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

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.

Master Class: Pramana of Dharmakirti: Logic & Reasoning - Part 4 with Demo Rinpoche • Thursday, 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.

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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.

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sunday, 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.

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

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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, 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.

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.

Full Moon Monthly Ceremony with Moonologist Jayne Yatzak • 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 enlightenedsoulcenter.com.

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, 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 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, 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. Call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org..

CHILDBIRTH

Childbirth Education for Everyone! Six-Week Series with Toni Aufer & Cynthia Gabriel • Tuesday, 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.

One-Day Childbirth Education: Jam-Packed Learning with Toni Aufer & Cynthia Gabriel • 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. Contact Tony Aufer at nestandnurturea2@gmail.com or visit nestandnurture.org.

Childbirth Education in Depth with Toni Aufer & 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.

CLASSES AND WORKSHOPS

Full Moon Monthly Ceremony • Thursday, November 11 • 7:00–8:00 p.m. Also, December 26 • 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. These monthly ceremonies will allow you to stay grounded while your spirit soars. For more information, visit: enlightenedoulcenter.com/full-moon-monthly-ceremony

Functional Empathy Somatics “The Heart of Our Matter” with Kate Rose • October 21-22 • 9:00 a.m. NCBTMB approved provider training with Kate Rose, the creator of Functional Empathy Somatics. This transformative program of Somatic Intelligence, Intuition and Empathy, activates the wisdom and energetics of effective healing. Add to your already invaluable skills as you learn the applications of Functional Empathy Somatics. For more information, visit: katerosehealing.blogspot.com/2023/08/?m=0

Understanding the Esoteric Tarot: Tarot for Beginners • Beginners Drop-in Group • Fridays (ongoing) • 7:00–8:30 p.m. • Have you wanted to begin your journey into understanding the symbolism behind the Tarot? Do you not know where to take your first step in looking at the cards? This class will feature the bare bones and basics of Tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session, giving students an introduction to what the Tarot has to offer. \$15. Pay at the door (Cash, credit, electronic)

Understanding the Esoteric Tarot: Advanced topics • Ongoing • 6:30 p.m. • In the Advanced Tarot Study Group, we study the deepest aspects of the Tarot through the lenses of Numerology, Astrology, Hermetic Kabbalah, Etymology, and the Esoteric Symbolism within the cards. After exploring the mystical aspects of the Tarot, we use meditation to imprint the teachings into our minds. After the meditation session, we apply our skills with the means of divination, giving and trading readings with each other. For more information, visit: enlightenedoulcenter.com/advanced-tarot-study-group



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DEATH AND DYING

Death Cafe via Zoom with Rev. Annie Kopko and the Interfaith Center for Spiritual Growth • Tuesday, 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 • 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). For more information, 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 Merilynne Rush, The Dying Year • Saturday, 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, 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 Merilynne Rush • Tuesday, 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 Merilynne 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, 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, October 12, November 9, December 7, January 4, February 1 • 7:30-9:30 p.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

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 • Ongoing Fridays • 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

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 FESTIVAL

Enlightened Soul Two-Day Psychic Fair at Enlightened Soul Center & Shop • Saturday and Sunday, 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.

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

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FILM

Free Film and Discussion with Jewel Heart Instructors • Thursday, 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. Visit jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

• **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 and starring Will Smith, Matt Damon, and Charlize Theron.

• **December 8 “The Tree of Life.”** (2011) An impressionistic 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.)

GARDENING AND ECOSYSTEMS

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. Visit strawbalestudio.org or call Deanne Bednar at (248) 496 4088.

Earth Walk with Megan Sims and John Donabedian • Saturday, 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.

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.

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Be Unstoppable.**

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Life, Relationship & Couples Coaching
Maria@LifeEmpowermentCoaching.com
1785 W. Stadium Ste 104 | Ann Arbor, MI 48103



HEALING

Monthly Reiki share with Jennifer LaFeldt, LMT, RMT • Sunday, 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

Mindfulness 101 • September 30 • 11:00 a.m. • Learn how to be the author of your life by owning your attention by attending a complimentary Mindfulness 101 session at the Better Health Market in Ann Arbor. Visit: mindtransformationsllc.com/upcoming-classes/events

Health Yourself Fair • October 22 • 12:00-6:00 p.m. • Learn how to live life to the fullest at the Health Yourself Wellness Fair. The event, which includes a healthy silent auction, to benefit the Wellness Forum Foundation. Visit: diy-wellness.info

INTUITIVE & PSYCHIC DEVELOPMENT

Focused Mind Meditation—Teleconference with John Friedlander • Sunday, 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, 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 psychicpsychology.org.

KABBALAH

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg, P.T. • Wednesday, 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, 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. 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, 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.

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.

Mindfulness-Based Stress Reduction with Libby Robinson • Saturday, September 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.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, 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.

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/\$290/\$380. 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. 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. 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 Crazy Wisdom Calendar

SEPTEMBER-DECEMBER 2023



the signs to the labyrinth. Please register for this event by completing this form:- <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 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.

Daylong Meditation Retreat with Carol Blotter • Saturday, 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.

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. 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, 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.

MUSIC, SOUND, AND VOICE

Monthly Group Sound Bath with Reverend Amy Feger • Sunday, 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.

Singing for Comfort in Person & Zoom with Interfaith Center for Spiritual Growth • Thursday, 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 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.

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—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, 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 krrngrng@gmail.com, or visit clair-ascension.com.

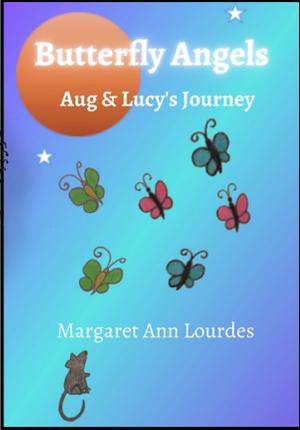
Harnessing the Power of Talking Out Loud for Parents with Leeann Fu via Zoom • Monday, October 16, 23, 30 • 7 to 8:00 p.m. • Sunday, November 5, 12, 19 • 4 to 5:00 p.m. • November 26, 27, 28 • 8 to 9:00 p.m. Sunday, November 29, December 6, 13 • 8 to 9:00 p.m. • Free three-week session for experimenting 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 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, 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.

Introducing...

BUTTERFLY ANGELS AUG AND LUCY'S JOURNEY
by local author Margaret Ann Lourdes



"Aug the Angel, scrappy and bold, will steal your heart as he battles for social justice and finds his humble heart again."

Available at 

To schedule a reading, book signing, or for more

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

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, 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.

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 20-22 • 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

Virtual Nature-Inspired Expressive Arts Gatherings with Hello from The Cocoon's Laurie Aman & Sarah Bruno • Sunday, 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 Egberman and Jessica Ryder • Wednesday, 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 Egberman at tellrachel123@gmail.com or visit celebratedheart.com.

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

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.

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, 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 communication. Prerequisite: Basic Journeying. Class is taught via Zoom. \$240 per person/\$125 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net, judyramsey.net.

Journeying Circle with Judy Liu Ramsey • Thursday, 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@judyramsey.net, judyramsey.net.

Shamanic Journeying for Guidance and Healing with Lauren Jubelirer • Monday, 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.

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.



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SHAMANISM CONTINUED

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.

Ironing Out the Wrinkles—Balancing spiritual and material dimensions with Micheal Andews, MSW • Sunday, October 1 • 10:12 a.m. • This will be an on-going seminar, meeting on the first Sunday of every month. Limited to seven participants. The process includes cognitive tools for self-development, time for silent meditation, and personal sharing in a safe, supportive environment. Michael Andes. Call (734) 662-5215, or email mduncanandes@gmail.com.

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

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COACHING — HEALING — HYPNOSIS —
CLEAR KNOWING

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, 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.

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 • 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.

Peace Generator via Zoom with Interfaith Center for Spiritual Growth • Friday, 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. October 13-October 15 • 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



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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, 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.

SUSTAINABLE LIVING

September Internship in Natural Building @ Strawbale Studio • September 3rd through 30th, 2023 • This month-long immersion in Natural Building takes place on Strawbale Studio land outside Oxford MI. Students live on-site. Learning includes classes & hands-on training experiences in strawbale, earth plaster, thatched & living roof, round pole framing, foundation & design + lots of enrichment. Visit: strawbalestudio.org

October Worktrade / Sustainable Skills Immersion @ Strawbale Studio • October 3 • 10:00 a.m. • Live on-site at Strawbale Studio land, helping to create/maintain this model for sustainable living! Twenty five hrs worktrade in exchange for room & board plus learn 2 sustainable skills / week. This is a rich opportunity to contribute and learn while being with other folks in a beautiful natural setting. Visit: strawbalestudio.org

TAI CHI, MARTIAL ARTS, AND SELF-DEFENSE

Wu Style Tai Chi Chaun with Marilyn Feingold • Weekly on Sundays beginning September 3–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.

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. 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. 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

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.

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For information
or appointment,
contact:
info@judyramsey.net

<https://JudyRamsey.net>

WRITING

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin · Wednesday, 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.

• **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.



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• **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, 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, 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 • "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, 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. Visit: jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

SW Lake Michigan Yoga & Meditation Retreats with Ema Stefanova • Beginning Thursday, November 2 • 5:00 p.m. 3-day and 4-day holistic yoga and meditation retreats at the Vivekananda Retreat Center are good for people seeking to learn or deepen their practice, to deeply relax and enjoy beautiful, secluded nature minutes away from Lake Michigan beaches, meditate outdoors and more. Vegetarian meals are freshly prepared. Small group, healing. Visit: yogaandmeditation.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.

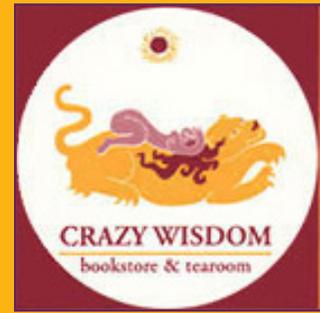
Yoga Your Way with Christy DeBurton, RYT • Ongoing • Holistic private yoga sessions, hybrid Live and Virtual Yoga Wellness Courses, 15-minute Yoga for Busy People videos, and yoga audio sessions. Hatha, Vinyasa and Yin yoga. See website for details. For more information, contact Christy at info@christydeburton.com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



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.

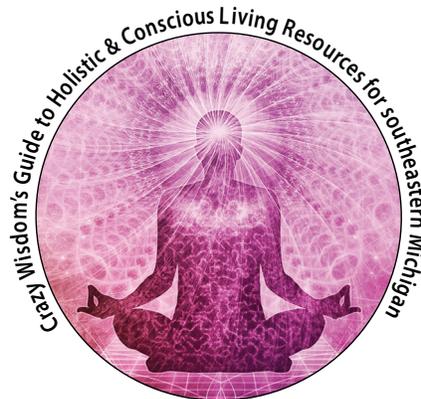
Send your ideas to fran@crazywisdom.net.

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Visit the improved, and updated **Ann Arbor Holistic Resource Guide**

Since 1982, Crazy Wisdom has served as a regional resource for information in the areas of holistic health and integrative medicine, bodymind therapies, psychology and personal growth, Buddhism, spiritual development, and consciousness.

Visit annarborholistic.com if you are searching for a practitioner or business in southeastern Michigan



If you are a holistic practitioner or business owner, list your business for free in our online guide. Questions? Email annarborholistic@crazywisdom.net
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The Power of Empathy & Intuition in Healing

By Fran Mason

Kate Rose is a Holistic and Equine Empath, the creator of Functional Empathy Somatics, the RoseAngelis Flower Essence Remedies, and a Tragerwork Master Teacher.

She has practiced and taught Holistic Healing, Functional Empathy, Flower Essence Therapy, and Tragerwork for over 35 years throughout Europe, the Middle East, and the U.S. Her work includes healing humans, horses, and the earth.

In her life as a traveling healer and teacher, she has discovered again and again the power of empathy in healing. She has created a joyfully simple, refined, and effective method of healing the Body/Mind.

Rose, a Michigan native, is back in the state after living and working abroad for 12 years.

Welcome back to the mitten, Kate! You are now offering classes and seminars on Functional Empathy Somatics, a holistic healing approach. Tell us about your practice.

Thank you for your welcome! I have truly come full circle. Holistic Healing is a vast subject with hundreds of different modalities, all based in the philosophy that one must address the whole person, the whole system, rather than focusing solely on a symptom. Holistic Healing originates with the word "whole." As a holistic method, Functional Empathy Somatics was born from my work with women practitioners suffering trauma and PTSD after living in and through the war in Cairo and its aftermath. Working with a group of extraordinary and courageous women in Cairo, we explored the effects of using our empathy and intuition in an intentional partnership with our hands-on skills and protocols. We discovered deep and immediate healing that brought the effectiveness of our skills to a whole new level.

In my own practice and teaching of Holistic Healing, I combine Somatics, Flower Essence Therapy, Empathic, and Energy Healing. I find the spectrum of healing to be an infinitely expanding process. In my work, I utterly respect and trust empathy and intuition. I have learned to access and use them as powerful tools to guide my healing work.

The primary part of your healing practice and the classes you teach are created from the experience of being an empath. Tell us how empathy assists you with your work.

As an empath, my primary perceptions arrive through feeling. I have honed this rather challenging gift into a highly refined skill, allowing me to perceive every system and its present conditions. Empathy is the deep experience of "I feel what you feel." I often say that I feel feelings the way people see colors; it's natural and immediate. In feeling another's feelings directly, without agenda or judgment, I am able to recognize where imbalances exist and through the many skills I have honed over decades, am able to bring balance and healing to where it is needed. In addition to teaching Professional Practitioners, I have found a simple way to teach empaths and Highly Sensitive People (HSP) effective methods to ease the intensity of living with all their nerve endings exposed, so to speak.



"I went to stand in the field where there were about 14 horses grazing. I just stood still. One by one each horse came and greeted me. This horse just came over and gave me this hello "kiss"

It's been a pleasure talking with you, Kate! Any final words of wisdom?

In these tumultuous times, where so much fear is present, learning to choose compassion and love can be our greatest gift to each other. I believe in the power of empathy to create bridges of communication and to create pathways to peace and understanding. Thank you for the opportunity to share this approach to healing.

For more information or to register for Functional Empathy Somatics: The Heart of the Matter, visit: <https://katerosehealing.blogspot.com/2023/08/?m=0>.

Her NCBTMB approved provider course runs from October 21-22, 2023. The early registration discount is extended to Crazy Wisdom readers until October 1st, 2023.

Rose is also available for Empathic Healing through private zoom sessions. She can be reached at katerose7@gmail.com or by phone at (540) 206-5112.

*** This is a paid advertorial ***



You've got a training session coming up in October entitled *Functional Empathy Somatics: The Heart of the Matter*. Tell us more!

This NCBTMB Approved Provider training, The Heart of the Matter, is an opportunity for experienced practitioners to explore and expand their use of empathy and intuition as tools in easing pain, healing structural misalignments, and expanding movement in both mind and body. It is a process of deepening trust in one's intuition, bringing it into an equal level with all the other tools practitioners use. We will delve into the energetics of the body-mind, in addition to finding pathways to self-care as caregivers.

Here's what participants can expect:

- *Expanding your repertoire in the art of skilled touch, through the applications of intuition and empathy*
- *Deepening your effectiveness and impact on the somatic and energetic systems*
- *Learning multiple techniques and processes to access, nurture, and heal the physical and energetic body*
- *Enhancing your understanding of Somatic Intelligence and Functional Empathy for personal growth and professional application*
- *Accessing your innate awareness in order to deepen your empathic and intuitive abilities and your effectiveness as a healer*

Functional Empathy Somatics™
“The Heart of the Matter“

Dates: October 21 & 22, 2023

Time: 9:30 am-5:30 pm

Class Fee: \$425.00

Early Registration by Oct 1st: \$375.00
 Location: The Steiner House • 1923 Geddes Ave • A2

Contact Info: Kate Rose, instructor
katerose7@gmail.com; 540.206.5112

Registration link: <https://www.eventbee.com/v/functional-empathy-somatics/event?eid=222917132#/tickets>

*** NCBTMB APPROVED PROVIDER: 16 CEU's ***



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

You can find *The Crazy Wisdom Community Journal* in many places around Ann Arbor and in surrounding areas.
Here's a sample of places around town where you can pick up a copy of the current issue:

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
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
Sacred Touch
Living Grateful

Now delivering to spots in Brighton,
South Lyon, and Royal Oak, too!



*The key is to keep
company only with
people who uplift
you, whose presence
calls forth your best.*

-Epictetus (55-135 C. E.)