

The
CRAZY WISDOM

#126

Biweekly

**Feeding the American Dream
with Ben & Anna Kwon**

Plus!

**Our 2023 Holiday
Local Gift Shopping
Guide !**



Shining a light in the dark.



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Ben and Anna Kwon, the owners of Bell's
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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.

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- Rachel Blistein
- Carrie Joers
- Carol Karr
- Bill Zirinsky



Word of the Week:

Coorie

To nestle or snuggle.

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

A Minute to Meditate: Three Tips for Humor as Self-Care

From Our Current Issue

By Angela Verges

If you give a mom a minute to meditate, she'll drift into a deep sleep. If she goes to sleep, she'll want to snuggle with her favorite fleece blanket. If her blanket isn't warm enough, she'll want fuzzy socks.

If her sock has a hole in it, she'll search for needle and thread to sew it up. As she sews the hole, she'll become tired and remember why she began to meditate in the first place. And in the life of a busy mom, the cycle repeats.

Children's book author Laura Numeroff wrote several books that I love reading: *If You Give a Mouse a Cookie*, *If you Give a Pig a Pancake*, and *If You Give a Moose a Muffin*. When the characters received the item they wanted, they continued to ask for something more.

As busy moms, it's acceptable to want more time, more help, more space, and the list goes on. An important element to add to your list of *more*, is self-care. I am reminded of a safety instruction given by flight attendants, once you board a plane, "*In the event of an emergency secure yourself, then assist your child.*"

I'm paraphrasing that statement, but the idea is that in order to help someone else, you must be well.

Step off the hamster wheel, the merry-go-round, the rinse and repeat cycle of life, and schedule deliberate time for self-care. Laughter is one tool I like to include in my self-care kit, and you can, too. Here are three ways to use humor or laughter as self-care.

1. Find humor in daily situations. I've fallen asleep during meditation, prayer, and a Zoom class. None of these things were boring, it's just that my body has a mind of its own. When it needs rest, it's going to rest. I find the humor in each situation and share it through a story or comedy. You, too, can uncover humor in your daily walk. Try it.

2. Treat yourself to a comedy show—find a comedy club in your area, call a friend, and laugh until your cheeks hurt.

3. Read something humorous—as a youngster I loved to read Archie comics. Every now and then I'll still grab an *Archie Digest* from the bookstore (Yes, Archie comics are still around). The stories may not be laugh out loud funny, but they can evoke a smile. I'm currently reading *Fifty Things That Aren't My Fault* by Cathy Guisewite, the creator of the comic strip, *Cathy*. I have laughed out loud while reading her book. I also had an opportunity to meet Cathy in person at an Erma Bombeck Writers' Workshop. Her keynote talk had the room filled with laughter.

Laughter helps you view your situation with lightheartedness. Laughter should be a part of your self-care. A friend told me how she felt peaceful and relaxed after practicing meditation. I wanted to experience that relaxed state, that non-hurried feeling, a state of momentary euphoria. I wasn't sure where to start with a guided meditation, I turned to Google...and found what I was looking for, so I thought.

One morning, before the sky opened to light, I sat crossed legged on my bedroom floor. The only sound that filled the room was a bird chirping at my open window. I opened my laptop and clicked the link to the meditation I planned to use. The woman began talking in a calming voice "It's good to pause and relax. Close your eyes. It's okay to go to sleep...it's the end of your day."

I popped an eye open and listened a little more. "This guided sleep meditation will relax you for a good night's rest." I wasn't ready to sleep. I had just woken up! I didn't know at the time that there were different meditations for morning, evening, Christian, and other specifics. When you question Google, you may want to be specific in what you're seeking.



*Continue Reading this article
online...*

Feeding

THE AMERICAN DREAM

By Angela Madaras

Almost everyone has eaten in an American style diner where burgers, fries, and homemade pies are the best sellers. A place where everyone knows one another, coffee breakfasts for groups of friends start many people's mornings, and dinner take-outs end the workday. In Ann Arbor there is a diner that mixes classic diner fare with a bit of Korean flair. Around 1990 Bell's Diner started serving Korean food as an addition to the already traditional all-American favorites. One can drink unlimited coffee with scrambled eggs and a side of kimchi. It is quite a wonderful mix of cultures that owners Ben and Anna Kwon, and their family of staff, serve Ann Arborites every day.

The indoor space is bright after a recent interior re-do. They offer free parking that is shared with Stadium Hardware. Many local trade's workers know this well as Bell's has become a place to meet and eat after picking up supplies. My father and his buddies ate at Bell's together at least once a week when they were younger. The Kwons know all the regulars quite well. Ben Kwon said, "Our guests mean the world to our family. They are the reason we open our diner every morning. Nothing better than catching up with the community over a cup of coffee."

My personal favorite dish is their Bi-Bim-Bop with a side of cucumber kimchi. Most Korean restaurants serve cabbage kimchi, but Bell's kimchi was so tasty and popular that they had to find a vegetable that could be more easily prepared. I also like buying a pint of their Korean BBQ sauce that flavors the cucumbers. It is excellent on eggs, grains, meats, and vegetables. Another menu favorite is their Tuna Sensation. It is a tuna melt with zip in addition to all the attributes that a perfect "melt" should have: soft melted cheese, creamy mayo tuna salad, crunch from lettuce, and a perfectly grilled bread holding it all together.

But what really holds it all together at Bell's Diner is the feeling that you are like family when you walk through the door. At one time they had a wall of fame filled with photos of their long-time customers and sometimes their customers' kids and grandkids. Some of those folks have moved on or passed away. Even though the photos are no longer adorning the walls, the Bell's website still has a section of customer photos—like a family photograph book. This is how they feel about each person served at their tables. It is one big happy family for twelve hours a day. Before they serve the public, the Kwons allow their employee-family to cook their own food, which is usually South Korean, and the whole crew eats together.

This daily ritual is how the Korean menu came about. Customers smelled the family-staff meals coming from the kitchen and started asking if they could try this unique smelling fare. The Kwons started a weekly Korean Special then a daily special until they finally added a Korean section on the regular menu. Bi-Bim-Bop with Bulgogi (spicy marinated beef) and a spicy chicken meal called Dok Bokeum are the best Korean menu sellers. No matter what you try on their menu, you will not be disappointed. The Kwons take great pride in their kitchen and care deeply about each plate that is served. You can tell from the following interview that Bell's will be around for a long time to come for all to enjoy and future generations to share.

Angela Madaras: Where did the name Bell's Diner come from?

Ben Kwon: Bell's Diner actually came from the original owner. We purchased the restaurant in 1987, so it has only had two owners. We have joked about calling it Ben's Diner, but Bell's has a better ring to it.

Angela Madaras: Why did you decide to open the diner,

**Ben and Anna Kwon, owners
of Bell's Diner.**

From Our Archives



and how long after you moved to the United States did this occur?

Ben Kwon: It [the restaurant] was our ticket to the American Dream. I moved here in 1980 from our hometown in the southwestern part of South Korea and started working as a janitor. Eventually, I got into the automobile industry working in factories. My father was a great technician and knew how to build and repair just about anything, so it was easy for me to get into that field. However, in 1987 we were presented with an opportunity to take over—to become an owner was a goal for me and many other immigrants.

Angela Madaras: Did you have cooking experience or culinary education? Or was your cooking more homegrown?

Ben Kwon: I grew up watching my elders prepare meals and I would help my mother cook for our whole family (I have seven brothers and two sisters). She would have me taste all her meals as she prepared them, and I quickly picked up on all the different seasonings of the dishes and how to tell them apart. I always enjoyed cooking meals that brought our family together. I think I have an intuitive sense of seasoning and preparing tasty dishes. My mom still cooks with us.

Then, I joined the army in 1977 for a few years, and I volunteered to help run the kitchen that served the rest of our soldiers. I would determine what was on our menu, and I managed the line of cooks. There were many times we were very limited on our resources and ingredients, but I think that is where I learned to get very creative.

AM: We are all immigrants to this country and we each have our own story. Would you share yours with our readers?

BK: When I think about immigrants, I think about how strong they are to have left their whole lives behind to start a new

chapter in a completely unfamiliar place. I think about how brave they had to be to move to a place where they didn't speak the language fluently but ultimately had the courage to take a leap of faith. That was our family's case, and the unknown was of course terrifying, but it also brought us a lot of hope for a brighter future.

After I got a chance to settle down here in Ann Arbor and take over Bell's Diner, we invited the rest of our family to join us and start a life here. We offer to be their steppingstone into the states, so they first start living with us and working at the diner to get their feet off the ground until they get enough savings to pursue other opportunities. It is so wonderful to take a look back now and see how far all of our family members have come. Our daughter works in the Tech industry in Chicago while our son is a golf instructor in Dallas.

AM: What was the hardest aspect of moving to America?

BK: The hardest part was getting our whole family out here and there were many years we had to be apart. There is still a good amount of family back in Korea, especially on Anna's side where we haven't been able to see them for extended periods of time, but it makes the reunions that much more special.

I first started out in Saline and worked in various other cities in Michigan until we decided to settle down in Ann Arbor.

[Read the whole article on our website.](#)



PEOPLE'S FOOD CO-OP

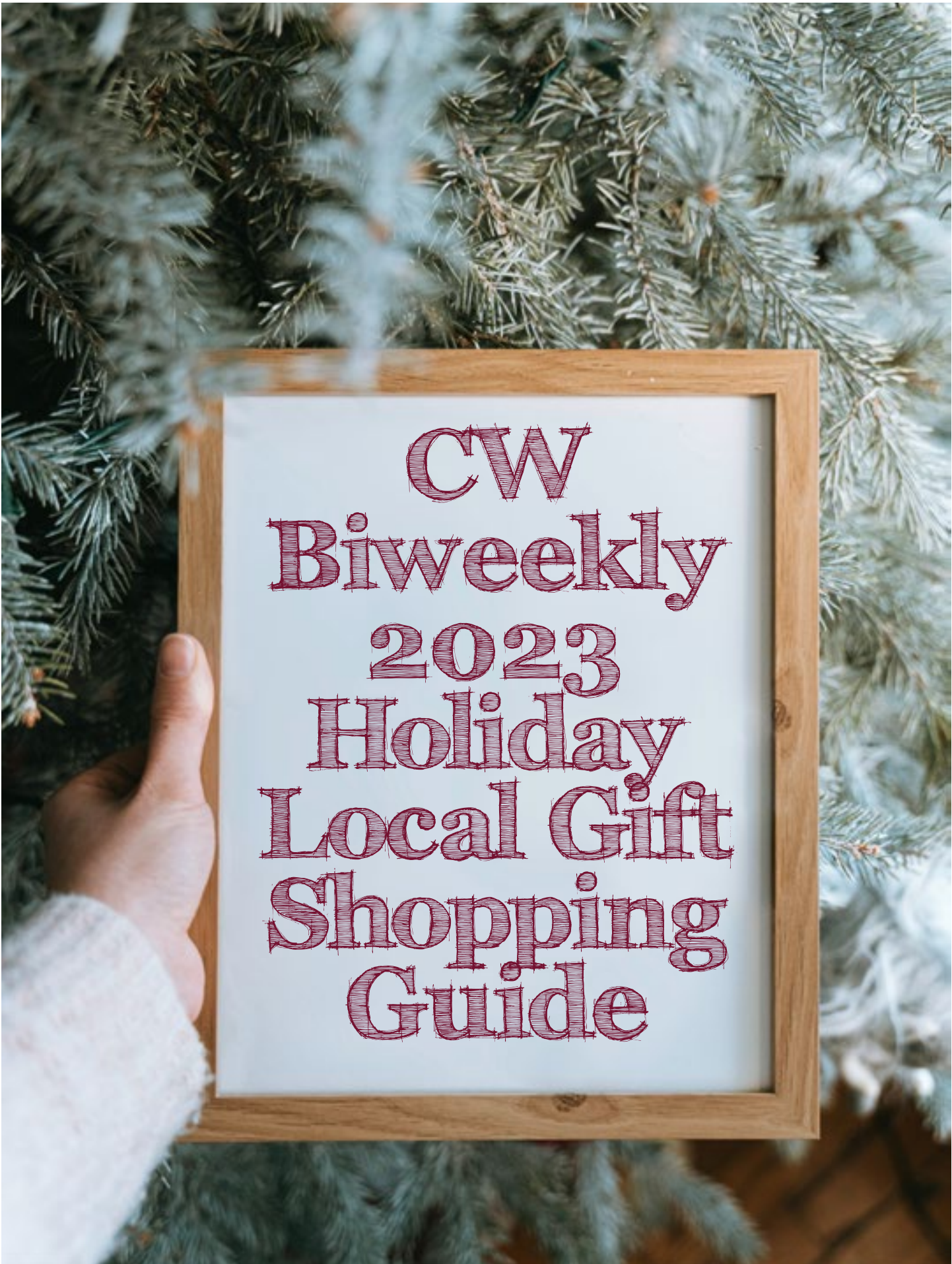
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People's Food Co-op is committed to increasing access to local foods and products! Through a variety of new and extended partnerships, we are offering more of these opportunities to Ann Arbor.





2023 Holiday Local Gift Shopping Guide

Jobwear



Jobwear—“Joob” is Thai for kiss—has a small line of well-designed, sustainably-sourced, and climate-friendly clothing. Their name speaks to their vision of “kissing” the earth, living with a smaller environmental footprint, and blending the founders’ love of nature with a thorough, thoughtful dedication, shifting fashion (one of the most polluting industries in the world) toward a more sustainable enterprise.

When you go to the mall or online to purchase clothing, what are your primary priorities? Fit? Style? Fabric? Attire appropriate for an event? In the documentary *The True Cost: Secrets behind the Fashion Industry*, designer Orsola de Castro calls clothing “our chosen skin.” Yet most of us have no idea what goes into making our fashion: we don’t know the processes behind dying, creating, and sewing the fabric; we don’t know how much water is used, who sewed the garment and how well they were treated or paid, and we don’t know the environmental impact. How would we choose differently if we did know?

Job activewear is located at 5007 West Jackson Road, Suite A in Ann Arbor, MI 48103. You can contact them at 734-277-2510, or by email at Hello@JoobWear.com. Currently retail hours are by appointment only. Or shop online at joobwear.com.

[Read more about Jobwear in our article online!](#)

Evenstar’s Chalice



Owner Mara Evenstar explained, “The mission of Evenstar’s Chalice is to enhance the experience of Growth, Beauty, and the Sacred. We envision at Evenstar’s Chalice a space that is aesthetically beautiful, seductive, sensory rich, and deeply honoring of the feminine principle. It is a space that is transformative, in and of itself. It is a deep breath.... It is an invitation to explore, learn, truly connect with others and to nourish your Soul.”

When you walk through the front door of this spellbinding shop, you are immediately enveloped by a sweet, rich aroma. A clerk behind the front counter greets you with a warm and friendly smile. And what treasures will you find within? “We carry books, divination tools, jewelry, spiritual art, candles, incense, and ceremonial and altar tools. We also offer consultation services with healers and wise-ones, and through Evenstar Institute we offer courses and workshops for personal, spiritual, and relational development,” said Evenstar, who enjoys providing a special space for such a diverse community, both spiritually and culturally, as Ypsilanti. “We see a beautiful tapestry of religious and spiritual paths, of mystical and magical practices, now more textured with a desire to reconnect to traditions while honoring our interconnectedness and our social needs for equity and inclusion.” And being an independent business offers freedom with “a lot more risk, but also much more potential for joy and fulfillment.”

[Read more about Evenstar’s Chalice in our article online!](#)



Bring Your Own Container

Something new means there is something old. The Earth is full of those old things; so full that we, as humans, are seeing the damage daily. One can almost never escape a day fully unscathed from the problem that is container waste. While we cannot eliminate the latter overnight, we can control how we approach the problem today. At BYOC Co. in Ann Arbor, owner Emma Hess strives to offer solutions.

BYOC Co., short for Bring Your Own Container Company, was one of the small businesses that blossomed from the harrowing seed of the pandemic. What began as a pop-up shopping experience in August of 2020 turned into a brick-and-mortar store in downtown in April of 2021.

“There’s a lot of things that go into the choices we make and what products we sell. And not everyone has access to those things, and not everyone can afford to go to the farmers market every week, for instance, so we approach our products the same way; if you have the ability to do so, we totally encourage you to come in and embrace this concept. If you don’t have the means, or you can’t get everything from us, even picking and choosing those few items that you can afford with us every month makes a big difference.”

Hess said that a good way to begin low-waste living is to start with swapping out traditional shampoo bottles with BYOC Co.’s shampoo bars, which eliminate the use for plastic containers and offer an average of 55 washes.

Visit BYOC Co. At 255 East Liberty Street # 215, in Ann Arbor, open Wednesday through Sunday. Check out BYOC Co.’s website at byocco.com for store hours.

[Read more about BYOC in our article online!](#)

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2023 Holiday Local Gift Shopping Guide



Mary Sprague

Mary began crafting her skills by studying art in 1997 at Spring Arbor University in Spring Arbor, Michigan. Her love for the arts involves a wide variety of mediums, which include acrylic paint, encaustic, charcoal, pencil, marker, colored pencil, and making her own fiber paper. Her latest projects have included illustrations for the book, *A Garden Catechism* and hand made, hand painted purses.

You can see more of her work on her website MaryGoldenterprise.com. Reach her by email at maryartplace@gmail.com.



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2023 Holiday Local Gift Shopping Guide

Original Moxie & The Red Door Program

Curly kids don't have it easy, often facing ignorance and bullying from family and peers centered around their natural hair. This can lead to long-term mental health issues with self-acceptance and personal identity.

To counter this negative programming, Original Moxie, an Ypsilanti-based curly hair care brand and salon, initiated The Red Door Program, which offers three youths from socially or economically disadvantaged backgrounds \$750 in curly hair coaching, services, and products. Now in its fourth year of operation, the Program has awarded \$6,750 in one-on-one hair care coaching, treatments, cuts, styles, and products to nine children ranging in age from 9 to 13.

The Program is largely funded by proceeds from our annual Holiday Sale, taking place from November 24th - November 27th. Original Moxie's Annual Holiday Sale is taking place from 12a.m. EST Friday, November 24th through 11:59 p.m. EST Monday, November 27th, at their online store at originalmoxie.com. The sale will also be available at their Flagship Store & Salon during normal business hours from 10am to 4pm on Saturday, November 25th.

An online application for the program is available on our [website](#). Children can apply themselves or be nominated by someone else (usually a family member or close friend). We are accepting applications through the end of the year and will announce recipients by January 15th, 2024.



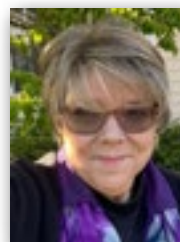
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Hallie S., Salt Lake City, Utah

5 Questions for Artist

Carrie Joers

Reverse glass painting gives Carrie Joers the pleasure of being able to create her favorite parts first...the lovely details! She does a lot of layering to build up the color and textures and uses a blade to reveal important features. She can be reached at artist@carriejoers.com. Visit carriejoers.com to see more of her fine art.



Your artist bio contains so many experiences in different mediums—what made you kind of settle into painting on glass?

I used to be so focused on being a realist painter. Participating in a class on reverse glass painting allowed me to free up my realistic expectations, to trust and enjoy the process. It has shown me how to experiment with new mediums, embellishments and mixing media.

Can you explain your process a bit?

One of the creative challenges when I'm using this technique is thinking about what should go first in order for it to be seen. I do a lot of layering and use a razor blade to scratch off portions of paint to reveal something, building up the color and textures. Each time I finish a reverse glass piece I have learned another process, and am excited about the possibilities for the next one.

Okay, so if you have to paint what most people would call "the final details first," how in the world do you make yourself paint the "boring bits" after that? (It's quite a different mindshift—just like when people move from acrylics where you paint dark to light to watercolors, where you paint light to dark.)

Yes, the eyelashes, wisps of hair, or the stamens of a flower are some of those yummy fine details, but they need back up in order to be seen. Patterns, shapes, rich in color and texture make those fine details really pop. So I consider the 'boring bits' a way to embellish those fine details that I enjoy painting so much.

You paint a lot of women and flowers—what draws you to these two subjects?

I feel that at times beauty can get overlooked, like a real connection is missed. By painting women's faces and flowers, I am taking the time to appreciate everything about them, noticing and capturing a part of who they are.

What size glass panel do you typically paint and do you take custom orders?

I use recycled frames that vary in size, and I consider large pieces too heavy for reverse glass, so I would say 16x20 is probably a typical size. Yes, I do take custom orders! This new series is an invitation for someone to share a secret, a story, a special goal, that is then incorporated into the painting.



"She Spoke Her Truth"

"She Blossomed"



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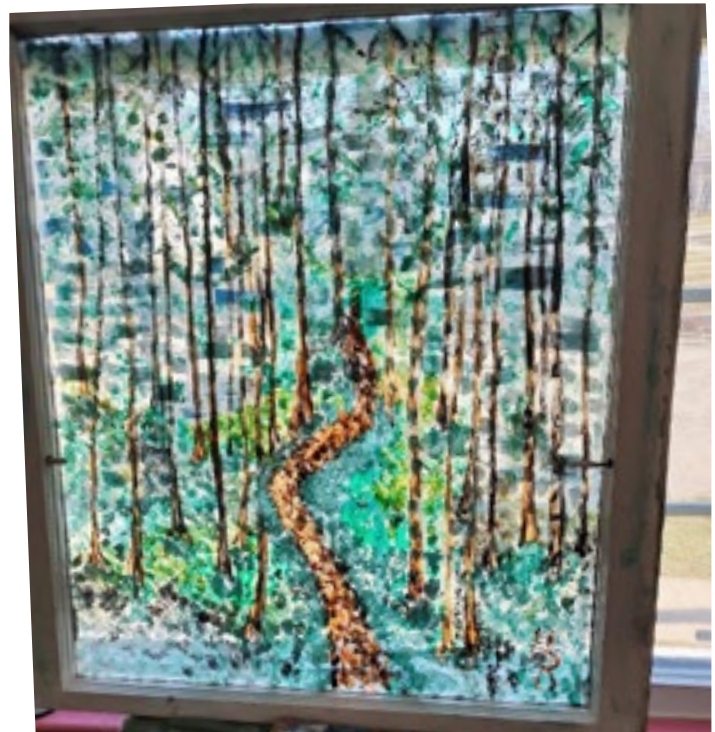
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2023 Holiday Local Gift Shopping Guide

Holly Bulko

Holly was a graphic designer working in marketing prior to launching into painting. Her position was dissolved due to covid, then she lost the love of her life to open heart surgery, and her mother was diagnosed with terminal Cancer. She painted a giant tulip bulb on a 10 by 12 foot canvas and it made her feel happy. She was offered an old window and decided to paint it. She put it on Facebook and sold it quickly. Then her community started dropping windows off and told her to "keep painting." So she did. Holly wants to soothe the world's soul whenever they look at her art. Find her on [instagram](#) and tiktok @hollyshouseandaround or you can give her a call at 734-395-4227.



Pathway

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Hallie S., Salt Lake City, Utah



The Crazy Wisdom Calendar

September through 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.

Arts and Crafts

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 & Holiday Crafts 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.

Book Discussion Groups

Jewel Heart Readers • Sunday, 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.

Breathwork

Guided Group Breathwork with Jackie Miller • First and Third Sundays, December 3, 17, January 7, 21 • 6-7:30 p.m. • First and third Sundays. 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 and registration, visit thisbreath.com.

Buddhism

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

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

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 • 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.

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contact:
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<https://JudyRamsey.net>

Full Moon Monthly Ceremony with Moonologist Jayne Yatzak • Friday, 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 enlightened soulcenter.com.

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

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.

The Crazy Wisdom Calendar

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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 krngrnbg@gmail.com, or visit clair-ascension.com.

Channeling

Remembering Wholeness | Darshan with The Mother with Barbara Brodsky channeling The Mother • Sunday, 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, 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.

Classes and workshops

Tuesday Night Kirtan with Krishna • Tuesdays, 6:30 to 7:30 p.m. • Join us for an exciting, blissful, meditative, and enlightening Kirtan Program, every Tuesday. Kirtan uses live music and chanting mantras using a call-and-response style with traditional instruments such as the harmonium (a cross between a keyboard and an accordion), veena or ektara (forms of string instruments), the tabla (one-sided drum), the mrdanga or pakhawaj (two-sided drum), flute and other woodwind instruments, and karatalas or talas (cymbals). Free, Donation graciously accepted at the door

To register text "MANTRA" and your name to: (240) 474-3636. For more information contact Krishna at 240-474-3636 or email your questions to krishnagpknt.jps@gmail.com or visit <https://fb.me/e/39OVXxR8v>

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: enlightenedsoulcenter.com/advanced-tarot-study-group

Death and Dying

Ann Arbor Virtual Death Café with Merylynne Rush, The Dying Year • Saturday, 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, 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.

Pick up the latest issue before it's gone!



The Crazy Wisdom Community Journal

issue 84

Features

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

Look for it around town or have it mailed directly to you.

[Click to Subscribe](#)

Dreamwork

Monthly Dream Workshop with Psychic Medium Jani • Sunday, 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

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.

Fairs and Festivals

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

Film

Free Film and Discussion with Jewel Heart Instructors • Thursday, 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.

•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.)

Healing

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

Intuitive & Psychic Development

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

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.

Weekly Online Silent Meditation Practice with Celeste Zygmont • Sunday, September 3—December 31 • 11:00 a.m. to Noon or Tuesday, September 5 through December 26 • 9 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. By Donation. Call Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

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

Open Concentrated Meditation with Jewel Heart Instructors • Thursday, September 7—December 14 • 6 to 6:45 p.m. • Facilitators offer lightly guided concentrated



meditation sessions using the breath as the point of focus. Open to all levels of experience. FREE, donations welcome. For more information, visit: jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

A Day of Mindfulness Meditation with Esther Kennedy, OP • Saturday, December 9 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. \$35.00/session (Lunch included). For more information, call Weber Center at (517) 266-4000, visit webercenter.org or email webercenter@adriandominicans.com.

Online Healing and Compassion Meditations with Hartmut Sagolla • Monday, September 11—December 18 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE, donations welcome. For more information visit jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

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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.

A Day of Mindfulness with Emily Adama • Sunday, December 10 • 10:00 a.m. • Immersed in nature, you will be supported by time-honored practices, the presence of other practitioners, and themed readings exploring key mindfulness teachings. The majority of the day will be in guided silence, however, the day will begin and end with optional sharing. For more information visit earthwellretreat.com/day-of-mindfulness-meditation.

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, 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, 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 sacredwhisper teachings@gmail.com.

Singing for Comfort in Person & Zoom with Interfaith Center for Spiritual Growth • Thursday, 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, December 9 • 7 to 8:30 p.m. • Sound healings are like a deep reset for body, mind, and soul. Unwind from your week as Kimberly Joy Rieli bathes you in the healing sounds of crystal bowls, drums, hand pan, Celtic harp, chimes and voice. Bring your yoga mat, comfy clothes, blankets and pillows. Please arrive 15 minutes early.: \$22 - \$44 sliding scale (Please pay what you can to support our artists and the Infinite Light Center). To reserve your spot, please send your donation via Venmo (preferred) to [@singing-For-Your-Soul](https://www.venmo.com/@singing-For-Your-Soul) or by Paypal to info@singingforyoursoul.com. Cash payments and donations will also be accepted at the door. For more information email anne@infintelightjackson.com or call (517) 962-4725.

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.

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Parenting

Harnessing the Power of Talking Out Loud for Parents with Leeann Fu via Zoom • Sunday, November 26, 27, 28 • 8 to 9:00 p.m. Wednesday, 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

Virtual Nature-Inspired Expressive Arts Gatherings with Hello from The Cocoon's Laurie Aman & Sarah Bruno • Sunday, December 10 • Noon to 2:00 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.

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.

Retreats

Half-day silent meditation with Rev. Marta Dabis • Sunday, 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.

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.

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.

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

Writing for Spiritual Wellness with Holly Makimaa • Thursday, 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.

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

Stress Management

Everything is Working Out Perfectly with Karen Greenberg, P.T. • Sunday, 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.



Jennifer Carson

is an illustrator who specializes in whimsical animals and nature friends.

To see more of her work visit:

furandfeatherfriends.com

Want a custom Christmas or holiday card to send to your friends and family? Jenn would love to create something just for you. Like something she already has? Customize it with your own message.

Shop Jenn's work locally at:

- Whitepine Studios, Saline
- River Raisin Mercantile, Manchester
- Crazy Wisdom Bookstore



Stress Management continued

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

Learning Tour at Strawbale Studio with Deann Bednar • Sunday, December 10 • 10 a.m. to Noon • The Learning Tour of Strawbale Studio & 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 on this land 1 hr N of Detroit. Ask Questions! \$20. For more details and registration visit strawbalestudio.org. Questions? Contact Deanne at ecoartdb@gmail.com, or call (248) 496 4088.

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



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 Jennifer@crazywisdom.net.

[Click to sign up for our newsletter](#)

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

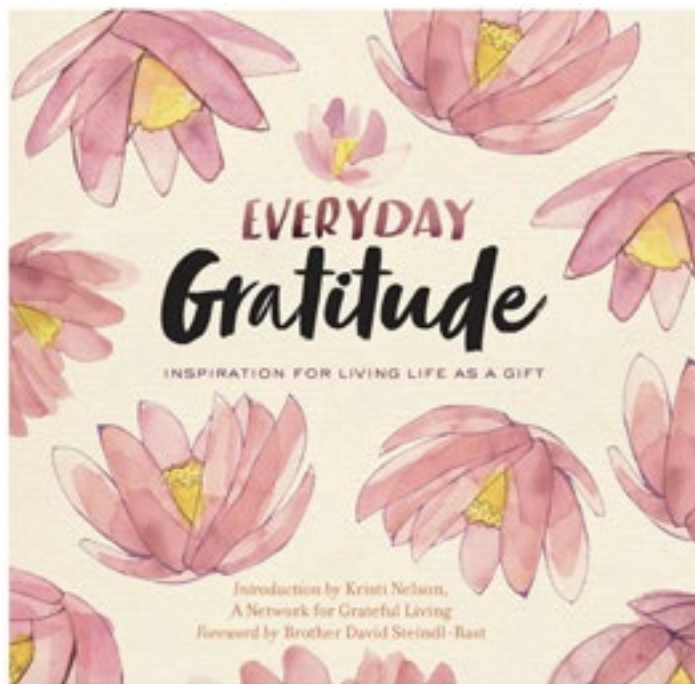
Tarot and Divination

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.



CW Book Picks

of the week



Adopt a lifestyle of thanksgiving with the help of this inspiring book and discover that no matter how messy life gets, God will make it good.

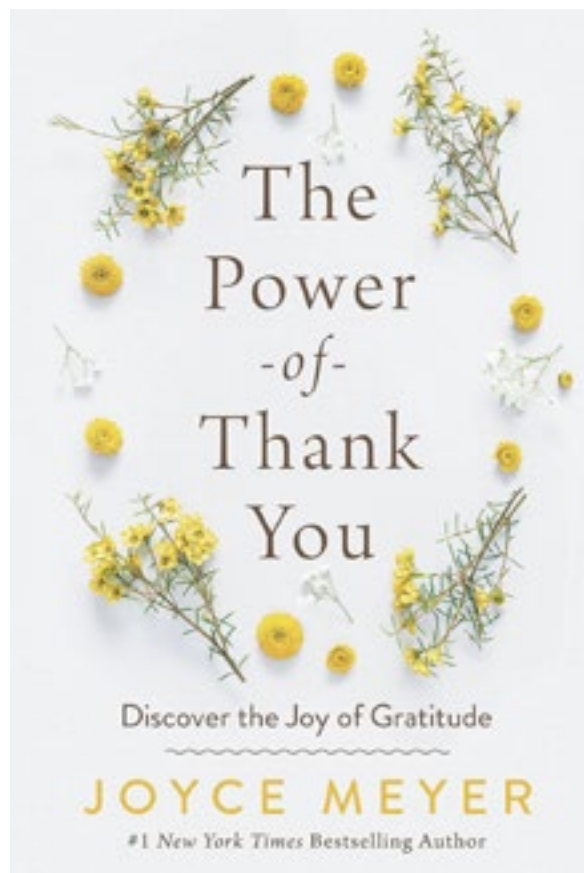
Each moment that you're given is a precious gift from God. You can choose to have a thankful attitude and live each moment full of joy, simply because God is good. Author Joyce Meyer encourages us to take a look at ourselves and the importance of being thankful.

Living life with a heart of gratitude for who God is and what He has done lifts your burdens and allows you to see everything in a different light. Regularly giving thanks to God not only helps you fully realize how He's working in your life, it gives you a new perspective—your mind is renewed, your attitude is improved, and you're filled with joy.

Things will certainly happen to you that don't seem fair, and it's much easier to make excuses and feel sorry for yourself. Keep saying, "I trust You, God, and I believe You will work it all out for my good." If you find *The Power of Thank You* in every situation, truly believing that God is working everything out for your good, you will end up with the victory every single time.

Happiness is rooted in gratitude. In this beautiful collection, you'll find inspiring quotes and thoughts from well-known minds such as Maya Angelou, Confucius, and Anne Frank combined with original reflections and practices to help you recognize the abundance of opportunities for gratitude and joy – all around you, every day. Hand-lettered art makes this a stunning gift to treasure, whether you keep it for yourself or give it to a loved one.

[Purchase your copy of *Everyday Gratitude* at shopcrazywisdom.com](https://shopcrazywisdom.com)



[Purchase your copy of *The Power of Thank You* at shopcrazywisdom.com](https://shopcrazywisdom.com)

The Crazy Wisdom Calendar

September through December 2023



Theater

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

Women's Health

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

Writing

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

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

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

A Path to Awakening Project with Celeste Zygmunt • Monday, 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, 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, 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

Chair Yoga Flow with Paula Burke • Tuesday, October 17 • 11:00 a.m. • Looking for more muscle tone or just wanting to boost your mood? Then join us to add more movement into your day and improve your overall health. This class is very supportive and beneficial, assisting you in finding mobility and strength at any age or level. Maintaining balance and flexibility is essential for your health and well-being. Paula will begin each class with a short meditation, offer a drop of essential oil and then flow into gentle yoga bends, twists, and stretches to assist in relieving tension and stress. Cost: \$15 or 4 class pass for \$40. For more information call Paula Burke at (517) 936-9064 or visit enlightenedsoulcenter.com/chair-flow-yoga-tuesdays.

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 mediation 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 Crazy Wisdom Journal is looking for a



We are looking for someone that is interested in conscious living subjects, art, and local happenings who knows INDD, AI, and PS like the back of their hand, has experience with Google Drive/Docs/Sheets, is proficient in Word, navigates the social media world (Facebook, Instagram, etc.) with ease, is detail oriented, a solid creative problem-solver, and a team-oriented worker who has great communication skills. This role also includes some limited ad sales mostly pertaining to the CW Biweekly Ezine. Copy editing experience is a bonus. Are you who we are looking for?

Tasks for this role include:

- Designing a 20–30-page Biweekly Ezine (layout)
- Brainstorming article/interview ideas with Managing editor
- Updating calendar listings in Biweekly
- Social Media postings and growing engagement
- Sales support of advertorials and ads for Biweekly/CW Journal

You must have your own computer and access to high-speed internet. Position is an average of 8-10 hours per week, with possible room to grow. Pay rate is \$20-24/hour depending on experience and skill set. If you are interested, please email a cover letter, resume, and a sample of PDF layouts you have completed to Jennifer@crazywisdom.net.

[Find previous issues of the CW Biweekly here: crazywisdomjournal.com/crazy-wisdom-biweekly.](http://crazywisdomjournal.com/crazy-wisdom-biweekly)

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
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!

**Gratitude unlocks the
fullness of life.**

–Melody Beattie



**MY CUP
RUNNETH OVER**