

*The*  
**CRAZY WISDOM**

#131

*Biweekly*



*Anne Biris*  
Chinese Medicine Practitioner

*Shining a light in the dark.*



# Now Hiring: Ad Sales Associate

**Crazy Wisdom Community Journal** is looking for an Ad Sales Associate, to start in the spring of 2024. This is a great job for someone who is looking for very part-time work from home (and around town), loves Crazy Wisdom and the Crazy Wisdom Journal, and is happily interwoven into the Ann Arbor area. This could be perfect for someone who naturally makes friends and has relationships and connections from daily living here: shopping, playdates with kids or pets, taking dance or yoga classes, attending events, going out to eat, belonging to various singing, religious, reading, or athletic groups in the area-just being an active part of the community!

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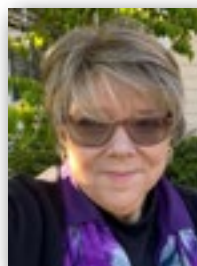
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, [crazywisdomjournal.com](http://crazywisdomjournal.com). *The Crazy Wisdom Journal* has been published three times a year since 1995.

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- Madonna Gauding
- Mary Bortmas
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



**Word of the Week:**

**Forwallowed**

**Feeling tired after a night of tossing  
and turning in bed.**

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](mailto:Jennifer@crazywisdom.net).

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Chinese herbalist, massage  
therapist, and practitioner of  
Chinese Medicine  
Photo taken by Mary Bortmas.



# Get our newest issue!



*The Crazy Wisdom Community Journal*

# issue 85

## \*Features\*

- Jasmine Hampton, Olympic Hopeful and Local Boxing Champion
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- Hand Gestures in Spiritual Art
- Ashes in Art Glass ...and more!

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

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# Anne Biris — The Healing Power of Chinese Medicine

By Madonna Gauding • Photos by Mary Bortmas

## From Our Cover

*Anne Biris is a nationally board certified and State of Michigan licensed acupuncturist, Chinese herbalist, massage therapist, and practitioner of Chinese Medicine with offices in Ann Arbor and Dearborn Heights. She holds a Master's degree in Chinese Medicine and has been practicing for 30 years. She also provides acupuncture on a volunteer basis in the poorest areas of India and Sikkim. Biris likes to fly under the radar, but after much prodding (because Anne Biris is a treasure that readers of CWCJ should know about), she agreed to sit down with me for this interview.*

**Madonna Gauding:** So, let's start at the beginning. Where were you born?

**Anne Biris:** I was born in Seoul, Korea in 1973. My name was Jin Soon Cho. I don't know at what age I was dropped off at the orphanage. The records claim my father, a taxi driver, committed suicide leaving my mother, a housekeeper, to raise me and at least one other child on her own. In the patriarchal culture of Korea all social worth and legitimacy comes through the father. As a single mother, my mother would have been a social outcast, and I and my siblings would have been denied the advantages and opportunities of those with fathers. It is likely that financial and social pressures led my mother to relinquish me to an orphanage. There was the hope, among single mothers in Korea, that their child would be adopted by a family in the United States and have a chance at a better life.

I was four years old when my American parents, Dean and Charlotte Biris, adopted me in 1977. My first memory is arriving at Chicago's O'Hare airport. That's when I became Anne Biris. I have no memory of my life in the orphanage or my life in Korea. Two years later, my parents divorced, and my father moved to Wisconsin. My childhood years were spent going back and forth between Illinois and Wisconsin, sometimes living with my mother, sometimes with my dad.

**Madonna Gauding:** I first knew you as a patient. You read lips so well it took me several visits before I realized you were deaf. How has being deaf affected your life and your practice?

**Anne Biris:** Being deaf is something you are used to, like being left-handed. It does make it challenging with communication at times especially if a patient is face down on the table. But, on the whole, it causes me to pay

more attention. I can't be distracted when "listening" to my patients.

**Madonna Gauding:** When did you first become interested in acupuncture and Chinese medicine?

**Anne Biris:** I graduated a semester early from high school. Right after my last class, I left for Hawaii to visit family friends and I ended up staying for six months. While in Hawaii I met a woman acupuncturist, and I immediately knew that was what I wanted to do with my life.

**MG:** Why acupuncture and Chinese Medicine?

**AB:** Well, I knew I wanted to do something in healthcare. And in high school I had studied tai chi, Buddhism, and Asian philosophy. So, acupuncture and Traditional Chinese Medicine were a natural extension of my interests. When I returned to Wisconsin, a branch of The Chicago-based Midwest College of Oriental Medicine had just opened in Racine. I joined the first class in Racine.

**MG:** How old were you?

**AB:** I was 18 when I enrolled in acupuncture school in 1991. Technically, students were required to have completed two years of college before they enrolled, but the school made an exception and allowed me to attend community college at the same time I studied acupuncture. While attending school, I supported myself by working at the Theosophical Society in Wheaton, Illinois. In 1994, I received my certification in acupuncture and Oriental massage from the Midwest College of Oriental Medicine. In 2006, I earned a Bachelor of Science degree in Traditional Chinese Medicine Nutrition, and a Master of Science degree in Oriental Medicine from the Midwest College of Oriental Medicine.

**MG:** What is Chinese medicine and how is it different from standard western medicine?

**AB:** Chinese medicine is one of the few forms of healthcare that considers the whole person—their body, their emotions, their personal history, and everything going on with them in the moment. A good practitioner is able to incorporate every aspect of the patient into their treatment strategy. The treatment is not just choosing acupuncture points and inserting needles. It involves listening to the patient and understanding their unique needs. An individual may see five different acupuncture practitioners but will get the best results with only one, not because that person is a better



Being deaf is something you are used to, like being left-handed. It does make it challenging with communication at times especially if a patient is face down on the table. But, on the whole, it causes me to pay more attention. I can't be distracted when "listening" to my patients.

— Anne Biris

And I work with patients who simply want to optimize their health.

**MG:** What you are describing is so different than standard medicine where appointments are usually 15 minutes. Although some Western doctors try to work holistically within the constraints of the system, I rarely feel "seen" or understood in the ways you are talking about. The view of the patient as a whole that you describe in Chinese medicine is missing.

**AB:** Well, to be fair, standard medicine is different now than it once was. It used to be you would go see the family doctor, and he or she would ask, "How are your children? How is your job going? Have you read a good book lately?" You might say, "my stomach has been bothering me," and they might ask, "Well, are you still eating a lot of chocolate and drinking six cups of coffee a day?" And you might say, "Well, yeah." Then he may say, "Well, you might want to cut that out." That is what family doctors used to be like. They knew you well because your relationship extended over decades. Most of us no longer expect that kind of personal relationship with our doctor. Our primary doctors come and go. A specialist may have the worst bedside manner, but if he can diagnose what is going on with you, you are okay with that. On the other hand, having a personal relationship is an integral part of my treatment. It develops naturally over time. It's not optional.

acupuncturist, a better needler, but because they resonate with them on a personal and emotional level. The relationship between patient and practitioner in Chinese medicine is an integral part of the healing process.

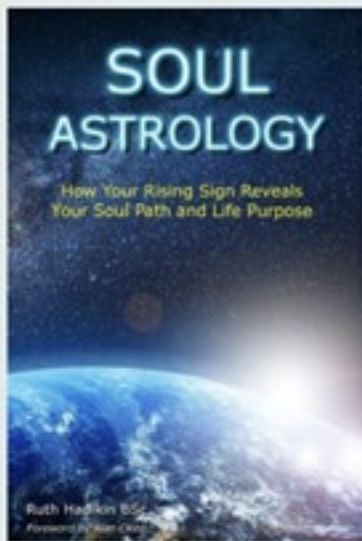
**MG:** What kinds of patients do you see?

**AB:** I see patients of all ages, with all medical conditions, and from all walks of life. For example, I have worked with a lot of veterans who are often skeptical about acupuncture. They are often irritable because they are in a lot of pain. I used to spend a lot of time explaining what acupuncture is, and how it works, but they really weren't interested. They just want to know if I am a nice person, if I will listen to them, if I can help them and accept their idiosyncrasies. For example, there are some vets who don't like the door to the treatment room closed, they don't like confinement. Some have to be able to see the door at every minute, and some have to have their back against the wall. These are things I understand about them and do my best to accommodate. This goes for any of my patients, not just vets. All my patients are unique and have unique needs.

I also work with couples to help them conceive naturally or support them when they are undergoing fertility procedures. Fertility patients are extremely emotional. The emotional ups and downs of waiting every month is stressful because they want that baby so badly. I understand the emotional toll it takes on them.

[Read the rest of the interview with Anne Biris on our website.](#)

# CW Book Picks of the week

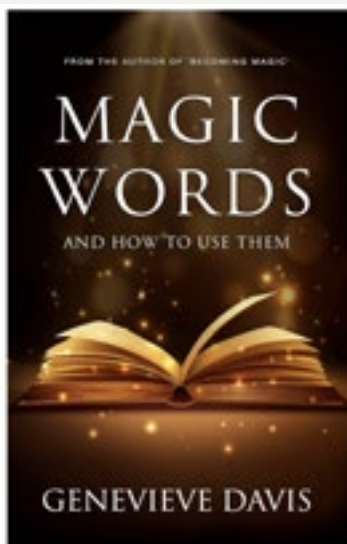


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# LESSONS FROM THE TREES

## From Our Blog

By Debbie Wollard

Have you been to a redwood forest? Or laid flat on your back watching the stars? Have you seen a person that you've never met, but you are certain that you "know" them?

There are so many ways that people feel connected, and conversely, so many ways that we forget we are connected and tell ourselves that we are all alone.

When I was in a redwood forest in California, after spending a few precious hours in awe admiring these towering ancestors, I came upon an information placard that changed my life forever. The placard said (paraphrasing here) that redwood trees do not have deep tap roots—tap roots which drill down deep into the earth in an effort to support a tree's towering height.

Instead, they have a vast network of shallow roots that intermingle with the roots of the other trees, which is what ultimately keeps them upright but also allows them to share resources (and now, we know information as well – read "The Hidden Life of Trees" by Peter Wohlleben).

I stood there stunned into awareness.

I felt the connections.

I longed for that type of connection.

I ultimately had to come to acknowledge that I had these connections too.

When I lie on my back, in a field or on a sand dune, watching the stars blink into sight and longing for a brief glimpse of a shooting star, I begin to feel something that I only get glimpses of – I feel like I am EVERYTHING! And at the same time I feel like I am a tiny spec (I feel this second half, not in a martyr sort of way – just a way of keeping everything in perspective). It all happens in a flash, not unlike the brief glimpse I get of a shooting star. I know it is something special and I can't hang on to it.

Each time I struggle to hold these two seemingly opposing feelings in my mind and heart, I realize that what they are about is connection. Connection to all that is – all the way out to the cosmos. I am EVERYTHING because I am connected

to EVERYTHING. Someone notable once said "There is no other" and in these moments, I believe this to my very core.

And then....I feel tiny. In the grand scheme of things, I am tiny. Bring to mind the Dr. Seuss book Horton Hears a Who – that kind of tiny – like a whole world could be on the head of a pin, like there is more out there, than I could ever comprehend. But, I keep trying to comprehend– because my heart leads the way into these revelations.

I have had a few wonderful experiences where I meet someone for the first time, and there is a spark of recognition, that is almost frightening, and always thrilling. My heart races with that sense of "I know you" – even before I've learned their name. This too feels like it's about connection – about how we can share heart information and "resources" like the trees, through our network of "roots" (ie – energetic connections). In each of these circumstances, I am so lucky, and really not surprised, that these people have become life-long friends, and in one case a partner.

When I am feeling disconnected, which happens when I get busy, if I can pause, and breathe, and look around me, I can usually regain some semblance of connection. It may take more than one pause to feel as connected as I've indicated in each of these examples – but even a little more connected is sometimes better than feeling completely isolated and alone.

I believe that remembering that we are connected is where kindness comes from; is where risking comes from; is where heroic acts come from; is where love comes from. For love is what connects us. Not the sappy, movie kind of love. But the deep, broad, undeniable, over-flowing, there's-enough-for-everyone kind of love.

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

# The Crazy Wisdom Calendar

## February & March 2024



### Animals and Pets

**Canine Massage Class with Irene's Myomassology Institute** • Saturday, February 3 • 11:00 a.m. to 1:00 p.m. • This fun and informative class will teach you how to give your dog a massage that will have health and behavioral benefits. A basic massage will be taught with emphasis on the hips. Bring to class: Doggie waste bags, a large blanket, and your dog. Dogs must meet the following to attend: Up to date on all shots, comfortable with groups of people, good with other dogs, and leashed outside the classroom. Cost of attendance is \$10. For more information contact Irene at (248) 350-1400 or email [contact@irenes.edu](mailto:contact@irenes.edu).

### Art and Craft

**Artworks by Carlos Tobar** • Daily, February 2 through April 21 • 9:00 a.m. to 5:00 p.m. • Carlos Tobar has explored and experimented with a variety of painting styles and media including stone, mosaic using recycled porcelain, and most recently pen and ink. Using exaggeration, color, and emotion,

the inspiration behind his work often comes from observation of daily life or from his reaction to current events, the simple, the ordinary, the endeavor to capture a unique moment in time. FREE. For more information contact the Weber Center at (517) 266-4000, email [webercenter@webercenter.org](mailto:webercenter@webercenter.org), or visit [webercenter.org](http://webercenter.org).

**28th Annual Exhibition of Artists in Michigan Prisons with the Prison Creative Arts Project** • Friday, March 29 through April 2 • Sunday and Monday 10:00 a.m. to 6:00 p.m. and Tuesday through Saturday 10:00 a.m. to 7:00 p.m. • The 28th Annual Exhibition of Artists in Michigan Prisons, a program of the Prison Creative Arts Project at the University of Michigan, showcases the work of incarcerated artists living in Michigan prisons. The work is by men and women from all 25 state prisons in both the upper and the lower peninsulas: 24 men's prisons and one women's prison. This year there will be about 700 works in two and three dimensions, including portraits, tattoo imagery, landscapes, fantasy, and wildlife, as well as images about incarceration and visions that are entirely new. We invite you into the space to enjoy the work and, if you like, make a purchase. All proceeds, minus necessary taxes and fees, go directly to the artists. FREE. For more information contact the Prison Creative Arts Project at (734) 647-6771, email [pcapinfo@umich.edu](mailto:pcapinfo@umich.edu), or visit [prisonarts.org](http://prisonarts.org).

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Animal Chaplain & Practitioner



For information or appointment, contact:  
[info@judynamsey.net](mailto:info@judynamsey.net)

<https://JudyRamsey.net>

### Ayurveda

**Ayurveda—the Wisdom of Life with Kapila Castoldi** • Sunday, February 4, 11 & 18 • 3 to 5:00 p.m. • Ayurveda offers a body of wisdom designed to help people stay vibrant and healthy while realizing their full human potential. The class focuses on understanding our unique mind-body type, living in tune with our nature, and achieving the body-mind balance that brings about harmony and happiness in life. FREE. For more information contact Kapila at [castoldi@oakland.edu](mailto:castoldi@oakland.edu) or visit [meditationannarbor.com](http://meditationannarbor.com).

### Book Discussion Groups

**Jewel Heart Readers with Jewel Heart Instructors** • Monday, February 12, March 11, & April 8 • 7 to 8:30 p.m. • Enjoy lively discussions on monthly Buddhist-related book selections with our community. All are welcome. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org) or visit [jewelheart.org](http://jewelheart.org).

## Breathwork

**Guided Group Breathwork with Jackie Miller • First and Third Sundays • February 4, February 18, March 3, March 17 • 6 to 7:30 p.m.** • A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience 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](http://thisbreath.com).

## Buddhism

**9 Stages of Shamatha Meditation with Khenpo Tshering Chophe • Ongoing Saturdays • 10:30 to 11:30 a.m.** • You will be taught how to practice Shamatha (calm-abiding) meditation in the Mahayana Buddhist tradition on Saturday mornings. Lessons given with reference to the sutras and other texts and guided meditation sessions. Topics covered in earlier meetings Frequently reviewed. Newcomers welcome! FREE. For more information visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sundays through April • 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. Online and on-site. FREE, donations welcome. No discussion on March 3. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Practical Buddhism with Gelek Rinpoche • Tuesdays, Through April 30 • 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. The sessions review Gelek Rinpoche's 2012 Sunday talks and into early 2013. No class February 27. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**New to Buddhism with Khenpo Tshering Chope • Friday, February 10, March 9 & April 13 • Noon to 1:00 p.m.** • A series of talks for those new to Buddhism. Topics include teachings common to all Buddhist paths, as well as beginner-level subjects found in Mahayana and Vajrayana Buddhism. Newcomers welcome! FREE. For more information visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

**The Bodhisattva's Way of Life with Demo Rinpoche • Thursdays through March 28 • 7 to 8:00 p.m.** • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. Cost to be



**Ellen Craine**  
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Consultant,  
Grief Expert,  
and Trainer

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## Ceremonies, Celebrations, and Rituals

**Dances of Universal Peace with Susan Slack • Friday, February 2 • 7 to 9:00 p.m.** • The Dances of Universal Peace are interactive folk-type circle dances and walking practices while chanting sacred phrases from the world's spiritual traditions. Joyful moving meditation to live music, taught on the spot. All welcome! Masks are required. \$10 Suggested donation. For more information email [peaceinacircle@gmail.com](mailto:peaceinacircle@gmail.com) or visit [dancesofuniversalpeace.org](http://dancesofuniversalpeace.org).

**Cacao Journey with Alicia Clark-Teper • Friday, February 16, March 15 & April 19 • 7 to 9:00 p.m.** • With each cup of cacao, we set an intention, join in a circle, connect with each other, learn about the power of cacao, receive a guided meditation and Reiki journey, and come back to a circle sharing of whatever may be opening up for you in that moment. Our sacred life journey can be more enjoyable and accelerated when surrounded by community. Cacao Journey is every third Friday. \$45. For more information contact Alicia at (734) 945-5396, email [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com), or visit [SacredLotusExperience.com](http://SacredLotusExperience.com).

# The Crazy Wisdom Calendar

## February & March 2024



**Entering the Healing Ground: A Community Grief Ritual with Kirsten Mowrey • March 1, 2 & 3 • Friday at 4:00 p.m. through Sunday at Noon •** Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily until our hearts and souls become weary and overburdened. This weekend gathering invites us to share in a time of honoring the losses we hold in our hearts. Cost TBD. For more information visit [greatlakesrituals@gmail.com](mailto:greatlakesrituals@gmail.com).

**Spring Equinox Ritual Celebration with Esther Kennedy • Sunday, March 17 • 3:30 to 4:30 p.m. •** Come celebrate, pray, wonder anew, and dance spring's welcome. Gift us with a poem, story, a treat to share. FREE. For more information contact the Weber Center at (517)266-4000 or visit [webercenter.org](http://webercenter.org).

### Channeling

**Evenings with Aaron with Barbara Brodsky and Aaron • Wednesday, February 7, March 6, April 3, & May 1, 29 • 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: Individual: \$10-\$30; All sessions: \$60-\$180. For more information contact the Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Explorations with Spirit with Barbara Brodsky, Colette Simone, and Spirit Friends • Saturday, March 2, & May 11 • Tentatively 10:00 a.m. to 2:00 p.m. OR 11:00 a.m. to 3:00 p.m. •** This series is a continuation of the three workshops in Fall 2023. Topics will include: 1) Deepening awareness of one's fuller essence and living from that foundation of love and freedom. 2) Understanding karma. 3) Moving beyond perceived limitations. 4) Staying grounded in the midst of difficulty. Suggested donation: \$30-\$110. For more information contact the Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Remembering Wholeness; Darshan with the Mother with Barbara Brodsky • Sunday, February 25, March 24, April 28 & June 2 • 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 messages that can most support program participants. People are able to hear what resonates for each one. Suggested donation: Individual

- \$10 - \$30; All winter - \$50 - \$150. For more information contact the Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

### Classes and workshops

**Elevate Mental Health — Rituals for Wellness with Chrissie Bingham • Tuesday, January 23 • 6:30 p.m. •** If you are struggling with stress, feeling lost, or if life feels void of meaning, this intensive series provides coping skills, rituals, and a community to help cultivate joy in your life, through the lens of the five elements: Earth, Air, Fire, Water, & Spirit. Each week we will practice weekly mindfulness, movement, and ritual using scientifically proven techniques to improve mental health. You will walk away from this program with the skills needed to create your own wellness rituals that can be applied any time you need a spark of magick in your life! Take one or more classes individually OR sign up for the entire series! For more information contact Chrissie at 734-681-0219, email [chrissie@omni-temple.com](mailto:chrissie@omni-temple.com), or visit [enlightenedsoulcenter.com/elemental-health-series](http://enlightenedsoulcenter.com/elemental-health-series).

**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](mailto: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](http://enlightenedsoulcenter.com/advanced-tarot-study-group)

Doula (EOLD) through Lifespan Doulas. The Hybrid program features 50 hours of self-paced study plus a live, interactive workshop on Zoom. The 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. \$797. For more information contact Patty at (734) 663-1523, email [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com), or visit [lifespandoulas.com](http://lifespandoulas.com).

## Death and Dying

**Ann Arbor Virtual Death Café with Merilynne Rush • Third Saturday of Every Month • 10:30 a.m. to Noon** • Join us for a conversation about all things related to death and dying. This is not a grief support group, but rather a “death-positive” event. Participants join in small and large group discussions with deep listening and sharing from the heart. No agenda, no presentation. For more info about the Death Cafe movement, visit [DeathCafe.com](http://DeathCafe.com). Open to all adults. To receive the link, please email [TheDyingYear@gmail.com](mailto:TheDyingYear@gmail.com) and specify Death Cafe. FREE. For more information email [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com).

**End of Life Doula Training with Patty Brennan • Friday and Saturday, February 3 & 4 • 10:00 a.m. to 4:00 p.m.** • Online professional training to become a certified End-of-Life

## Drumming

**Intro to Taiko Drumming with Eileen S. Ho • Sunday, February 4 & March 3 • 3 to 5:00 p.m.** • Explore the empowering art of Taiko in a 2-hour introductory workshop with demonstrations and hands-on activities that introduce participants to Japanese Taiko drumming. Share in the joyous energy and generous spirit of Taiko as we practice moving in space, using our voices, playing with instruments, and exploring the rhythm and groove of Taiko music together. Practice drums (taiko) are provided and drumsticks (bachi) are available to borrow or purchase. Drum and Dream with us! \$49, optional \$10/pair of bachi. For more information contact Eileen at (248) 773-8899, email [eileen@greatlakestaiko.org](mailto:eileen@greatlakestaiko.org), or visit [michigantaiko.net/aareced](http://michigantaiko.net/aareced).

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## A CONVERSATION WITH BIRCH TREE SOUL

By Peggy River Singer

I hear a rustling whisper: “We are the spirit of the North. We live in gracious balance with some of the harshest conditions of this world, so that we do not merely survive, we THRIVE. The magic and mystery of the North is embodied in our physical forms, which combine the strength of our sturdy trunks with the delicacy of springy branch tips which easily shed the heaviest of snowfalls. We are complete in our perfection. This was Creator’s plan, and we are his creation.”

**Peggy:** Thank you, I’m tingling all over after hearing your words!

**Birch:** This is appropriate, for you have had a special connection with the Birch Folk since the moment of your conception. It was no accident that your parent transplanted one of our trees from Up North (northern Michigan) to your front yard, where it would be daily in your view to constantly refresh our connection.

Like many of your people, you have always sought out wild places in which to feel deeply your true self. This is one of our gifts to humankind: wherever a Birch tree grows, it is willing to facilitate that connection for those who wish it.

**Peggy:** What is the significance of birches preferring to grow in northerly places?

**Birch:** We are part of Creator’s system for managing supervising directing the magnetic poles of the Earth. We are but one of many species who participate in this work.

**Peggy:** The magnetic poles have reversed several times that our scientists know of. Can you describe how this is accomplished?

**Birch:** You may think of it as being similar to energies being carefully guided into the desired paths. The magnetic energies themselves know what to do, and we assist the process. You are visualizing sheep dogs showing sheep which way to go. Not pushing, or forcing, but guiding.

**Peggy:** I’d like to hear more about the energetic aspects of Birch-ness.

**Birch:** The gift of birches is in our biology, our structure, our energies and how we use those energies. Those who are sensitive enough can “see” or feel our energies, like what you call an aura.

Our energy fields are infinite. Each tree extends its auric field to other trees. In this way we are all connected at all times, regardless of physical distance. We support each other when one of us is harmed, we rejoice when a new seedling sprouts, we grieve when one of us dies.

**Peggy:** Thank you. Will you speak about your relationship with humankind?

**Birch:** Gladly. You are thinking about the many uses for our wood and bark for producing useful and beautiful objects. That, too, is part of Creator’s plan. Early humans who lived in close relationship with the natural world were able to easily perceive our energies. When they cut down a birch tree (or any other kind of plant) they understood the energies, they worked with and took advantage of those energies. By this I mean that when they built a canoe or a dwelling with the bark, they also blessed and shaped the energies of the bark to increase the effectiveness of the bark’s intended use.

**Peggy:** Do you mean to say that a dwelling created in harmony with the energies of the tree and bark, will shed rain and snow and hold heat better than a dwelling made by someone who simply built a shelter with the same kind of bark without awareness of the energetic aspects?

**Birch:** Yes. Benevolent partnership is far more effective than simply taking and using something you need.

**Peggy:** Is this kind of deeply connected relationship still possible today?

**Birch:** Certainly, it has always been available to those who wish it.

**Peggy:** Are you aware of the countless songs, myths, stories, and customs that connect you with humans?

**Birch:** Yes. We are able to feel that energy.

**Peggy:** Do your people take pride in all these accomplishments?

**Birch:** We feel deep satisfaction and contentment, yes. Just as you and other humans feel, when you devote yourselves to the path you are meant to be on for this lifetime.

**Peggy:** Is there anything else you'd like to share today?

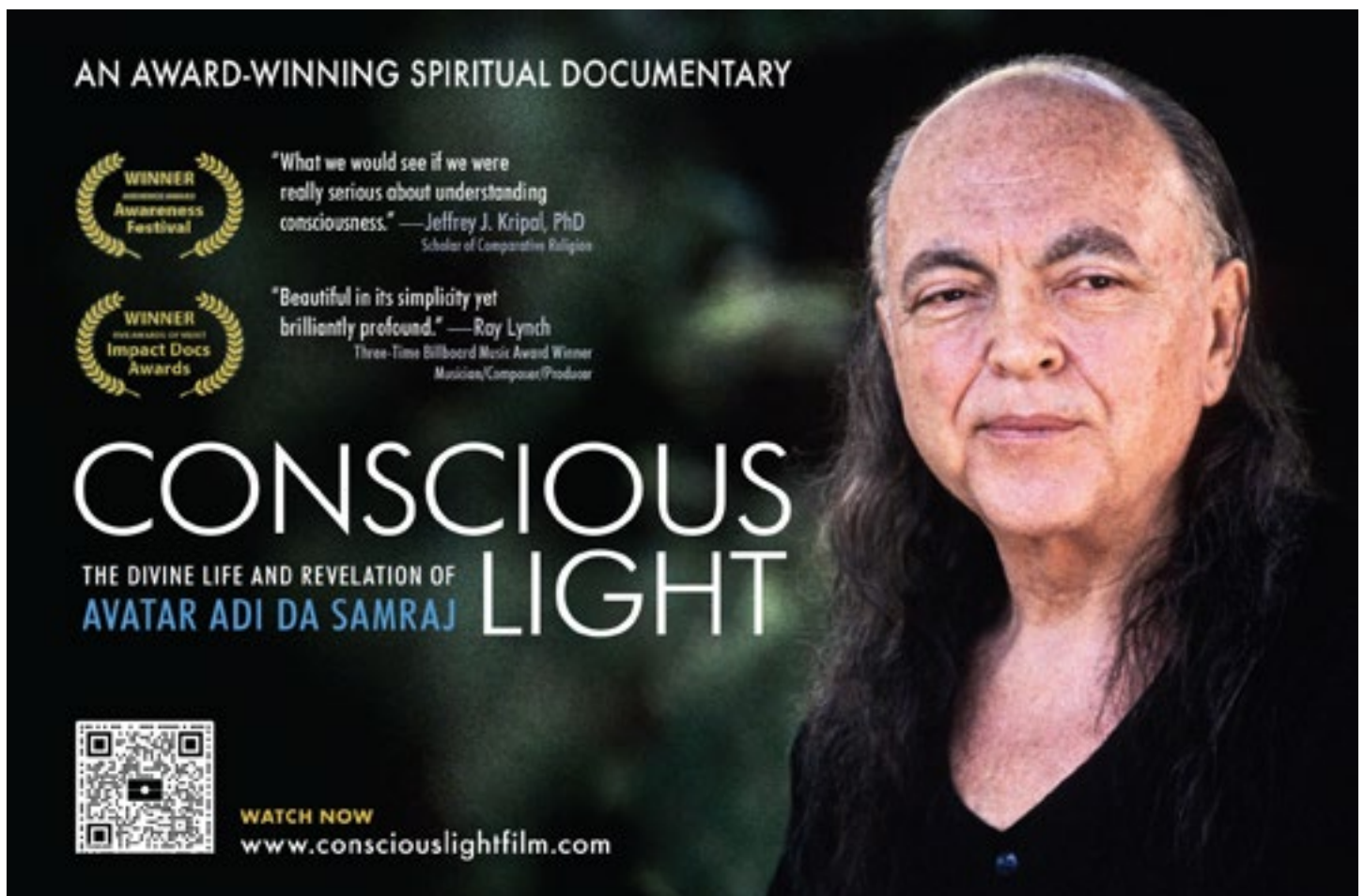
**Birch:** Our connection with humans is eternal, and our blessings are available to all. This was Creator's plan, and we are his creation.

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

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## READ MORE FUN CONVERSATIONS WITH PEGGY RIVER SINGER ON OUR BLOG!

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# The Crazy Wisdom Calendar

## February & March 2024



### Drumming continued...

**Drumcommunity Jam with Lori Fithian • Saturday, February 17, March 16 & April 20 • 7 to 9:00 p.m.** • Come join us for a family-friendly drum circle and improv jam. Bring your voices, instruments, drums, and other sounds, and together we'll create an evening of rhythmic fun for everyone! This is a 'facilitated' circle, where Lori leads drum circle games and musical improvisation activities with a focus on fun and building community. Drums provided, no experience necessary, all ages welcome. Come jam! FREE, donations to the center are welcome. For more information contact Lori at (734) 426-7818, email [lorifithian@mac.com](mailto:lorifithian@mac.com), or visit [drumcommunity.com](http://drumcommunity.com).

### Energy and Healing

**Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, February 4 & 11 • 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, and many more. \$180 for both days. For more information contact Karen at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**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](http://spiritualhealers.com) to sign up for weekly links.

### Fairs and Festivals

**Enlightened Soul Center 2-Day Psychich Fair • Saturday, February 2 Noon to 6:00 pm • Sunday, February 3 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 Holistic Psychic Fairs. WHAT A GREAT WAY TO EXPLORE A VARIETY of readings, energy healing, & metaphysical shopping at one time, under one roof! Admission: \$5 Sat./\$3 Sun. = FREE gift, FREE snacks, FREE parking. For more

information contact Amy Garber at (734) 358-0218 or visit [enlightenedsoulcenter.com/enlightened-soul-psychic-fair](http://enlightenedsoulcenter.com/enlightened-soul-psychic-fair).

### Film

**Film and Discussion with Jewel Heart Instructors • Friday, January 12, February 9, March 8 & April 12 • 7 to 9:15 p.m.** • FREE. Concessions available. For more information contact Jewel Heart at 734-994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

•February 9. You Can Heal Your Life (2008). A documentary detailing the fascinating life story of the indomitable Louise Hay. A surprising, inspiring, motivational film that brings the fact that we can make a difference in our lives straight into our hearts.

•March 8. The Keeper of the Keys (2012). What are the keys to changing your life? Appearances by Jack Canfield, John Gray, Marci Shimoff and other personal-development luminaries who teach Michael (Scott Cervine) the key ideas to transforming his life. An imaginative adventure, think Harry Potter meets Woody Allen meets The Secret.

### Herbal Medicine

**Empowered Home Herbal Medicine Practices with Mary Light • Third Saturdays • 9:30 a.m. to 2:30 p.m.** • This is an apothecary/clinical-oriented certificate pathway, conducted by a medicinal clinical herbalist with 25 years of experience as a teacher and practitioner. Intended to empower participants in the use and understanding of applied natural medicine and herbal medicine and techniques for personal or clinical use. Students will learn to create, make, store, apply, and use a variety of herbal medicines upon completion. Students will directly learn which body systems, physiology, and conditions the herbal formulations should be used for or applied to. \$1,500.00 or by advanced per diem. For more information contact the Naturopathic School of Ann Arbor at (734) 769-7794 or visit [naturopathicschoolofannarbor.net](http://naturopathicschoolofannarbor.net).

### Intuitive and Psychic Development

**Focused Mind Meditation – Teleconference with John Friedlander • Sunday, February 4, March 3 & April 7 • 9:00 a.m. to Noon** • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness.



See the website for phone and payment information. \$15.  
For more information contact Violeta at (734) 476-1513 or  
visitpsychicpsychology.org.

## Meditation

**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.

## Intuitive and Psychic Development

**Winter Intensive - Webinar and Teleconference with John Friedlander • January 18 & 19 • 7 to 9:00 p.m., January 20 & 21 • 10:00 a.m. to Noon. and 2 p.m. to 4:00 p.m. •** New material will be introduced with the continued development of advanced and core techniques seeking a natural sense of skill in practical everyday life. Prerequisite: Level 1, Psychic Development class, CD set, or permission of instructor. \$275. For more information email Gilbert Choudury at gchoud@yahoo.com or visit psychicpsychology.org.

**Personal Chakras and Aura Explored In-Depth with Violeta Viviano • Thursday, January 25, February 1, 8, 15 • 6:30 to 8:30 p.m. •** Meditative techniques are used to identify your seven major chakras and personal aura using John Friedlander's "Basic Psychic Development" system. Class also known as Psychic Development Level 1. \$100. For more information contact Violeta at (734) 476-1513, email mvaviviano@gmail.com, or visit enlightenedoulcenter.com.

## Love and Relationships

**Kabbalah for Couples with Karen Greenberg • Sunday, February 25, March 31 & April 28 • 3 to 5 :00 p.m. •** Has social distancing amplified the 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 monthly session 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. Future course dates to be determined. \$274 per session. For more information contact Karen at (734) 417-9511, email, krngrnbg@gmail.com, or visit clair-ascension.com.

## Massage

**Community Massage & Foot Reflexology with the Ann Arbor Massage School Staff • Ongoing Tuesdays Through April • 9:30 a.m. to 12:30 p.m. •** Open format community massage and foot reflexology. Fully clothed 20-minute sessions alongside staff with the goal of vitality and relaxation in our quiet, peaceful studio. \$25. For more information contact the massage school at (734) 769-7794 or visit naturopathicschoolofannarbor.net.



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**Couples Massage Class with Irene's Myomassology Institute • Sunday February 4, 11, 18 & 25 • 2 to 5:00 p.m. •** Spend four fun evenings with your significant other and connect on a deeper level, while learning proper techniques of a relaxing full-body massage. The first class is mandatory. \$275 for all 4 classes, and a \$75 fee is charged for less than five-day notice of cancellation. For less than 24-hour cancellation, the full cost of the class is non-refundable. For more information contact Irene at (248) 350-1400 or email contact@irenes.edu.

## Meditation

**Intro to Mastering Mindfulness Meditation with Tina Shafer • Friday, February 2 7:00 p.m. •** Embark on a transformative journey with our 2-hour introductory workshop, a perfect prelude to the 'Mastering Mindfulness Meditation' 6-week course. In this immersive session, you'll dip your toes into the serene waters of meditation and mindfulness. Cost: \$20 ~ Pay at the door or in advance Venmo: @enlightenedoulcenter. Please note "Intro to Meditation Class." For more information contact Tina at balancedoulutions@gmail.com or (517)442-6029.

**Weekly Silent Meditation Practice via Zoom with Celeste Zygmunt • Sunday 11:00 a.m. to Noon AND/OR Tuesday 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

# The Crazy Wisdom Calendar

## February & March 2024



meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Please note this is not a class or a guided meditation. Suggested donation: \$5. For more information contact the Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly on Sundays from January 7 to April 28 • 9:30 to 10:30 a.m.** • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. No meditation March 3. Online and on-site. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Healing and Compassion Meditations with Hartmut Sagolla • Weekly on Mondays through March 18 • 7 to 8:30 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. No classes February 26 or April 1. Online only. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Day of Mindfulness Meditation with Esther Kennedy • Saturday March 2 & April 6 • 10 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 loved within family, neighborhood, city, and world. \$35 with lunch included. For more information contact the Weber Center at (517)266-4000 or visit [webercenter.org](http://webercenter.org).

**MBSR 8-Week Series with Brenda Lindsay • Wednesday, February 7, 14, 21, 28 & March 6, 13, 20, 27 • 6:30 to 9 p.m. • All Day on March 16** • Do you want to reduce stress, anxiety, and depression, or possibly change habitual reactivity patterns that may damage relationships? Connect in real-time with others who are seeking greater balance, ease, and peace of mind. The MBSR (Mindfulness-Based Stress Reduction) secular, evidence-based 8-week program was created by Jon-Kabat-Zinn in 1979 at the UMass Medical Center to optimize one's ability to face stress, pain, and illness and make sustainable changes across one's lifetime. Tuition Fees are a sliding scale: \$175.00, \$290.00, or

\$380.00. For more information visit [mindtransformationsllc.com](http://mindtransformationsllc.com).

**Myriad of Meditations with Karen Greenberg • Sunday, March 3, 10, 17, 24 & April 7, 14, 21 • 10 a.m. to 12:30 p.m.** • Meditation is an essential component of spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you--possibly dissolving years of resistance to meditation. Learn meditations with fire, water, air, earth, the Four Worlds, different breathing, 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. Includes several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen at (734) 417-9511, email, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Mastering Meditation with Kapila Castoldi • Saturday, March 9, 16 & 23 • 2 to 4:00 p.m.** • Introductory meditation series offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques, music, mantras, and meditation on the heart. FREE. For more information contact Kapila at [castoldi@oakland.edu](mailto:castoldi@oakland.edu) or visit [meditationannarbor.com](http://meditationannarbor.com).

**Sound & Vibrational Therapies Double Certification with Meditation School of Mindfulness • March 16, 17, 18 & 19 • Saturday through Monday • 10:00 am to 6 p.m. • Tuesday 10:00 a.m. to 4:30 p.m.** • This interactive training is centered around the teaching of Sound Healing and vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing but to give you a “hands-on” experience. \$1,690. For more information contact Brian at (954) 641-8315, email [brian@meditateyou.me](mailto:brian@meditateyou.me), or visit [meditateyou.me](http://meditateyou.me).

### Music, Sound, and Voice

**Music Improv Session with Jesse Morgan • Reoccurring First Tuesdays • 7:30 to 9:00 p.m.** • This session is a supportive, inclusive musical group improvisation. Skilled improvisers play alongside novices to make music in the moment, together. No musical experience necessary. All are welcome. We generally create three instrumental and one vocal improvisation. You may choose your degree of participation. FREE. For more information contact Jesse at (734) 355-1501, or email [jessemusictherapy@gmail.com](mailto:jessemusictherapy@gmail.com)

**Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski • Friday, February 6, March 6 & April 2 • 6 to 7:30 p.m.** • Come sing and play, just for fun! Bring your voice and/or strummy (Ukulele, Guitar, etc.) instruments to play and sing along - we've got a lot of songs to choose from - it's like group Karaoke with our own band! We project lyrics and chords on a screen, so all can sing and/or play along. Beginning players are most welcome! We meet alternating days and locations - the Malletts Creek and Westgate library branches. FREE. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

**Sound Bath Meditation with Rob Meyer-Kukan • Friday, February 2 • 7 to 8:30 p.m.** • Join Rob Meyer-Kukan for this sound bath meditation where we will explore the concept of waves of sound. 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. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

**Didgeridoo Sound Therapy Workshop & Sound Bath Meditation with Peter D. Harper & Bobbi Llewellyn-Harper • Saturday, February 10 • 6 to 8:30 p.m.** • Award-winning Australian musicians and sound healers: Peter and Bobbi Harper present a Sound Therapy Workshop and Sound Bath Meditation using the ancient Australian Aboriginal wind instrument called the "Didgeridoo" (Yidaki/Mako). They will discuss the many types of didgeridoos available, how they are made and played, and their use in Indigenous ceremonies and healing. Didgeridoo sound healing is a profound form of vibrational healing. The sonic vibrations release physical pain, grief, loss, stress, and emotional blocks. A Sound Bath with the Didgeridoo is a powerful and uplifting meditational experience. \$50, Registration required. For more information contact Anne at (517) 962-4725, email anne@infinitelightjackson.com, or visit infinitelightjackson.com.

**Cacao + Sound with Rob Meyer-Kukan • Wednesday, February 14 • 7 to 8:30 p.m.** • Join Rob Meyer-Kukan of 7 Notes Natural Health for a special Valentine's Day-themed, heart-opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, and over 40 different instruments (singing bowls, gongs, therapeutic harp, shruti box, and more), Rob will create an experience that will immerse you in peace and tranquility. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

**Sound Bath Meditation with Rob Meyer-Kukan • Friday, February 23 & April 19 • 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. Hosted by Breathe Yoga, 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 Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

**Sound Bath Meditation with Rob Meyer-Kukan • Friday, March 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. Through the gift of sound, you will be transported to places and spaces that are "out of this world." \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

## Parenting

**Harnessing the Power of Talking Out Loud for Parents with Leeann Fu • Saturday, February 10 • 10:15 to 11:15 a.m. • Sunday, March 10 • 4:15 to 5:15 p.m. • Saturday, April 27 • 1:30 to 2:30 p.m. • Monday, April 29 • 6:45 to 7:45 pm** • It happens so often. Something you say causes a disconnection, and your child checks out. What becomes possible if you offer to be a "teddy bear?" Teddy bears say very little. When a teddy bear talks, it's because the talker has asked the teddy bear to do something small, like ask questions or reflect some things back. Explore the power of listening in this one-hour in-person workshop for parents. Bookable online times also available. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@umich.edu, or visit teddybeartalksupport.com.

## Personal Growth

**Stop Sabotaging Your Self-Care with Christy DeBurton • Self-Paced** • In this compact but powerful self-paced course, you'll get at the root causes of your self-sabotaging habits. Learn effective tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm, and resentment. Get inspired to eat healthy, sleep well, and live better in your body. For more information email Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [yogaroomannarbor.com](http://yogaroomannarbor.com).

**Artful Reflection: Expressive Art & Holistic Coaching Workshop with Idelle Hammand-Sass and Susan Young • Saturday, February 3 & March 2 • 12:30 to 4:30 p.m.** • The workshop begins with a grounding exercise followed by a one-hour group coaching session (topic to be announced) Our discussion will be guided by self-reflective prompts that are designed to get us from our heads into our hearts. A "Witness to an Image" mini workshop follows as an intro to the Open Studio Process (OSP), involving intention, witness writing, and reading aloud. The main workshop "Energy Made Visible" is a process-centered drawing workshop with oil pastels, accompanied by a percussive playlist to get us into our bodies. \$125. For more information email Susan at [susan@triplemooncoach.com](mailto:susan@triplemooncoach.com) or visit [triplemooncoach.com](http://triplemooncoach.com).

**Thriving Through Change: Strategies for Grace-Filled Transitions with Janet Schaeffler • Thursday, February 15 • 9:30 a.m. to 3:30 p.m.** • What, really, is change all about? How do I – or could I – respond? What do I do with all my feelings, worries, excitement, and/or apprehensions? Coupled with a deeper understanding of the elements of and our responses to change, we will also explore some practical hints and help to survive, thrive, and flourish amid the changes within and around us. \$45 includes lunch. Registration required. For more information contact the Weber Center at Weber Center (517) 266-4000, email [webercenter@webercenter.org](mailto:webercenter@webercenter.org), or visit [webercenter.org](http://webercenter.org).

**Harnessing the Power of Talking Out Loud In-Person Introductory Workshop with Leeann Fu • Monday, February 12, 6:45 to 7:45 p.m. • Saturday, March 2, 10:15 to 11:15 a.m. • OR Sunday, April 7, 4:15 to 5:15 p.m.** • Separate 1-hour in-person workshops for experimenting with harnessing the power of talking out loud with Teddy Bear Talk Support (TBTS). Do you think better when you are thinking out loud? Want to harness this power more often? 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 seems important. Come explore! (Bookable online times also available.) FREE. For more information contact Leeann at (734) 237- 7676, email [teddybear@umich.edu](mailto:teddybear@umich.edu), or visit [teddybeartalksupport.com](http://teddybeartalksupport.com).

**Harnessing the Power of Talking Out Loud In-Person Co-working Session with Leeann Fu • Thursday, February 29, Noon to 1:45 p.m. • Saturday, April 13, 10:15 a.m. to Noon • OR Tuesday, April 23, 10:15 a.m. to Noon** • Separate in-person co-working sessions where work is interspersed with Teddy Bear Talk Support (TBTS) sessions. Do you think better when thinking out loud? Do you want

to make use of this power more often? TBTS provides a framework for participants to benefit from conversations with listeners who only listen or ask open, honest questions, and make guesses about what seems important. Come explore! (Bookable online times also available.) FREE. For more information contact Leeann at (734) 237- 7676, email [teddybear@umich.edu](mailto:teddybear@umich.edu), or visit [teddybeartalksupport.com](http://teddybeartalksupport.com).

**Personal and Mini Wellness Retreats with The Yoga Room and Christy DeBurton • Ongoing** • When you haven't got the time or budget for a full weekend retreat but just need a little 'me-time,' choose a Mini Retreat or a Personal Retreat to relax and renew. For more information email Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [yogaroomannarbor.com](http://yogaroomannarbor.com).

**ReVillaging for Modern Mothers with Miriam Dowd-Eller and Emily Adama • Sunday, January 28 OR April 28 • 9:30 a.m. to 5:30 p.m.** • Modern motherhood can leave women struggling with everything from social isolation, mood-disorders, and health challenges, to simply dealing with the near-constant ache for a more organic and effortless village for themselves and their families. Through movement, sharing circles, stillness, nature-connection, and song, these retreats will explore some of the qualities, mindsets, and tools you can use in your journey of "ReVillaging," to find and build the support, community, friendships, and connections you dream of. Price ranges from \$70 to \$150. For more information visit [EarthWellRetreat.com](http://EarthWellRetreat.com).

**Finding Your Ground Personal Growth Circle for Women with Rachel Egberman & Jessica Ryder • Wednesday, March 20, April 3, 17 • 6:30 to 7:45 p.m.** • Guided practices for reflection and contemplation in a safe and supportive environment. In-person, in Ann Arbor. Open to all women regardless of gender assigned at birth. Contribution of \$1 - \$25. For more information email Rachel at [Tellrachel123@gmail.com](mailto:Tellrachel123@gmail.com) or Jessica at [jessica@jessicaryder.net](mailto:jessica@jessicaryder.net).

## Reiki

**Usui Holy Fire III Reiki Master Certification with Alicia Clark-Teper • Saturday and Sunday, February 17 & 18 • 10:00 a.m. to 5:00 p.m.** • Take your Reiki healing to the next level with Holy Fire III Reiki master training. Learn new techniques, get more attunements and symbols, and have hands-on practice with other students. Light lunch provided. Must show proof of Reiki Second degree to attend class. \$450. For more information contact Alicia at (734) 945-5396, email [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com), or visit [SacredLotusExperience.com](http://SacredLotusExperience.com).

**Second Degree, Usui System of Reiki Healing with Suzy Wienckowski • March 22 & 23 • Friday 7 to 9:00 p.m., Saturday 10:00 a.m. to 4:00 p.m.** • This is the 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 at (734) 476-7958 or email [suzyreiki@aol.com](mailto:suzyreiki@aol.com).

## Retreats

**Personal and Mini Wellness Retreats with The Yoga Room and Christy DeBurton • Ongoing •** When you haven't got the time or budget for a full weekend retreat but just need a little 'me-time,' choose a Mini Retreat or a Personal Retreat to relax and renew. For more information email Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [yogaroomannarbor.com](http://yogaroomannarbor.com).

**ReVillaging for Modern Mothers with Miriam Dowd-Eller and Emily Adama • Sunday, April 28 • 9:30 a.m. to 5:30 p.m. •** Modern motherhood can leave women struggling with everything from social isolation, mood-disorders, and health challenges, to simply dealing with the near-constant ache for a more organic and effortless village for themselves and their families. Through movement, sharing circles, stillness, nature-connection, and song, these retreats will explore some of the qualities, mindsets, and tools you can use in your journey of "ReVillaging," to find and build the support, community, friendships, and connections you dream of. Price ranges from \$70 to \$150. For more information visit [EarthWellRetreat.com](http://EarthWellRetreat.com).

**Day of Mindfulness with Emily Adama, Miriam Dowd-Eller, and Ari Wakeman • Sunday, February 4 • 10:00 a.m. to 4:00 p.m. •** Immersed in nature, we 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 and reflection with the group. Informed by the Mindfulness-Based Stress Reduction (MBSR) program, we will cycle through foundational mindfulness practices including breath meditation, walking meditation, body scanning, yoga, and sensory meditation. Price ranges from \$35 to \$75. For more information contact Emily at (989) 442-6779, email [hello@earthwellretreat.com](mailto:hello@earthwellretreat.com), or visit [EarthWellRetreat.com](http://EarthWellRetreat.com).

**Living from Non-dual Essence: The Mundane and the Ever Perfect • Saturday, February 17 through Saturday, February 24 • 9:00 a.m. to 9:00 p.m. •** We're in a transitional phase of human consciousness. We see in ourselves and our world arisings of physical and emotional distortions. We want to fix it, but what does "fixing" mean? Nothing can be "fixed" if the solution is not already present. The healing we seek as a world and individually, is accessible if we can open to it. Paths to opening to the ever-healed, spiritually, physically, and emotionally are the focus of this workshop. Suggested donation: \$240-\$880. For more information contact the Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Day of Renewal for Helping Professionals with Ari Wakeman and Emily Adama • Sunday, February 25 • 9:30 a.m. to 5:30 p.m. •** Immersed in nature, you will move through two all-level yoga sessions, guided breath meditation, mindfulness and nature connection practices, receive a professional massage, and enjoy periods of personal and group reflection with others in your field, exploring techniques to prevent burn-out and improve self-care. F price options between \$160 and \$280 in order to reflect our values of inclusivity, affordability, and accessibility. Please pay what you are able. Includes programming,

# RUTH WILSON

## CREATE THE LIFE YOU WANT

*Easy, Reasonable Steps for  
Improving Life Quality*

- IMPROVE PERFORMANCE
- FULFILL INTENTIONS
- ELIMINATE RESISTANCE
- FEEL MORE PEACE AND MINDFULNESS
- DEVELOP YOUR SUPER POWERS



*Ruth Wilson*  
(248) 990-1902

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*Visit our website often to learn about all of our upcoming events, yoga and meditation classes, programs, retreats, and MORE! [TripleCraneRetreat.org](http://TripleCraneRetreat.org)*

**Triple Crane Retreat Center** is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well as a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

### Work-Exchange and Volunteers Program

Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

[TripleCraneRetreat.org](http://TripleCraneRetreat.org) | 7665 Werkner Road, Chelsea MI 48118  
[Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org) | 248.931.5914

# The Crazy Wisdom Calendar

## February & March 2024



lunch, and a 30-minute professional massage. Overnight accommodations are available at an additional cost. Friday night yoga is available for \$15 for those staying the night. For more information email [Ari avwakeman@gmail.com](mailto:Ari.avwakeman@gmail.com) or visit [EarthWellRetreat.com](http://EarthWellRetreat.com).

**Letting the Gaze of Jesus Rest on Us During Holy Week with Father Dan Crosby • Sunday, March 24 at 6:30 p.m. through Thursday, March 28 at 11:00 a.m.** • The very first chapter of John's Gospel tells us Jesus, "turned and saw," the Baptist's two disciples following him at a distance. He then invites them to, "Come and see," where he lives, where he dwells. During this Holy Week retreat we'll, "Come closer and see," Jesus turning to gaze on us, inviting us deeper into his way of looking, loving—and living. Cost including meals: Commuter: \$160; Double Occupancy: \$325; Single: \$425. For more information contact the Weber Center at (517)266-4000 or visit [webercenter.org](http://webercenter.org).

### Shamanism

**Journey Circle with Judy Liu Ramsey • Thursday, February 15, March 7, 21 & April 4, 18 • 7 to 8:30 p.m.** • For those who know how to do shamanic journeying, this Zoom group explores the tools and resources needed for life's transitions and cycles. Enrich your life by joining us in this open and welcoming community of practitioners. The circle is online via Zoom. \$25 per session or \$40 per month per household. For more information email Judy at [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.net).

**Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, April 27, 28 • 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. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, and intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. Online class via Zoom. \$160 per person/ \$80 for repeating students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.net).

**Shamanic Personal Safety: Creating Sacred Protected Space with Judy Liu Ramsey • Saturday, February 10 • 9:00 a.m. to 4:00 p.m.** • Learn techniques for energy hygiene when doing shamanic work and why it is so important. \$80 per person. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.net).

**Medicine For the Earth/Healing with Spiritual Light with Judy Liu Ramsey • Wednesdays from March 6 through April 10 • 7 to 9:00 p.m.** • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform energy behind toxic thoughts, achieving harmony and balance in yourself and the world. Connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community, and your environment. Suggested reading: *Medicine for the Earth: How to Transform Personal and Environmental Toxins* by Sandra Ingerman. Journeying skills are not necessary. All levels and traditions are welcome. The class will be taught online via Zoom. \$400 per person/ \$200 for repeating students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.net).

### Spiritual Development

**Cultivating a Personal Relationship with G-D with Karen Greenberg • Friday, February 2 & 11 • 1 to 4:00 p.m.** • Create a sacred space, compose and ask questions of your higher power, decipher if you are receiving "Yes," "No," or "Essay" answers from your spirit, thinking in your head, 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! For more information contact Karen at (734) 417-9511, email, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Astral Travel, Including Heavenly Travel with Karen Greenberg • Sunday, February 4, 11, 25, March 3, 10, 17, 24, 31, & April 7, 14, 21, 28 • Additional Dates TBA • 5 to 9:30 p.m.** • Sequential five-part series spanning a year and a half. Part One (2 sessions) - learning what is in G-D's Will, seven spiritual dimensions, 12 physical dimensions, Archangelic master cell readings, incarnation. Part Two (2 sessions) - preparing ourselves and our space for astral travel. Part Three (4-5 sessions) - different spiritual dimensions, Akashic records, gates of heaven. Part Four (4-5 sessions) - celestial locations; Part Five (4-5 sessions) - different star systems, universes. All previous sections are prerequisites and must be completed before continuing on. \$99 per session OR 15% discount for each group of four sessions paid up front. For more information contact Karen at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

Meditation Classes and Practice  
Retreats and Workshops | Events with Spirit

## Workshop February 17–24, 2024

# Living from Non-dual Essence: the mundane and the Ever perfect

Evenings with Aaron February 7  
Remembering Wholeness February 25

*All programs are held via Zoom.  
Aaron, Yeshua and The Mother are channeled entities.  
They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center*



DeepSpring.org | info@deepspring.org | 734.477.5848

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

**Abrahamic Religions: The People of the Book with Susan Van Baalen • Thursday, February 22, 29, & March 7, 14 • 1:30 to 3:30 p.m.** • A series of presentations exploring the history and evolution of religion from Judaism to Christianity to Islam for the purpose of understanding their relationship through Abraham. \$35 for the series; \$10 for individual sessions In-person and live streamed. For more information contact the Weber Center at (517) 266-4000, email [webercenter@webercenter.org](mailto:webercenter@webercenter.org), or visit [webercenter.org](http://webercenter.org).

**Deep AI: Mind, Matter, and Planetary Life with Ilia Delio • Monday, February 26 • 7 to 8:30 pm.** • Computer technology and artificial intelligence are the fastest evolvers of human evolution today. We have treated technology as a tool, but we have failed to recognize that nature is techne. We will explore the rapid rise of technology, the impact of techno-culture on human life, and Teilhard de Chardin's ideas on religion, technology, and evolution in the Noosphere. \$45.00 Livestreamed - Registration required to receive the link. For more information contact the Weber Center at (517) 266-4000, email [webercenter@webercenter.org](mailto:webercenter@webercenter.org), or visit [webercenter.org](http://webercenter.org).

**Twelve Tribes with Karen Greenberg • March 3, 10, 17, 24 & April 7, 14, 21 • Additional Dates TBA• 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, the tribes you're most drawn to, and tribe archetypes that give you the knowledge, power, and wherewithal to fulfill your soul's purpose. For more information contact Karen at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Finding Joy: An Online Introduction to the Diamond Approach with Lou Weir • Wednesday, March 27 • 6 to 7:30 p.m.** • We all have a natural connection to joy and happiness—a spiritual quality. Our conditioning (early environment) creates obstacles to this. We will explore the barriers to and the quality of joy in these teachings—and help us find our way back. The Diamond Approach is a spiritual path which uses meditation and inquiry to uncover the truth of who we are in our authentic nature. This is an introduction to the diamond method, recommended before the full course. FREE. For more information email Lou at [dwmich22@gmail.com](mailto:dwmich22@gmail.com) or visit [diamondworkmichigan.org](http://diamondworkmichigan.org).

**Finding Joy with Lou Weir • Saturday, March 30 • 9:00 a.m. to 5:00 p.m.** • We all have a natural connection to joy and happiness—a spiritual quality. Our conditioning (early environment) creates obstacles to this. We will explore the barriers to and the quality of joy in these teachings—and help us find our way back. The Diamond Approach is a spiritual path which uses meditation and inquiry to uncover the truth of who we are in our authentic nature. This is the full course. \$205, \$180 if paid a month in advance. For more information email Lou at [dwmich22@gmail.com](mailto:dwmich22@gmail.com) or visit [diamondworkmichigan.org](http://diamondworkmichigan.org).

## Sustainable Living Skills

**Fire! Rocket Stove & Earth Oven Workshop with Deanne Bednar • Saturday and Sunday, January 27 & 28 • 10 a.m. to 5 p.m. OR April 13 & 14 • 9:30 a.m. to 5:00 p.m.** • Create useful heat efficiently from local materials! Tour buildings and Fire Devices on site, (Rocket Stove, Earth Oven, Rumford Fireplace.) Hands-on: brick mockup of Rocket Stove combustion unit, model of an Earth Oven and mix cob and finish plaster. Make a pizza in the Earth oven! Info on principles, and design. Online handouts. Rocket Stove and Earth Oven books for sale. Limit of 12 students. Some overnight accommodations are available. \$110 paid two weeks in advance or \$125 thereafter. For more information contact Deanne at (248) 496-4088, email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://strawbalestudio.org).

**Earth Plaster & Sculpting with Deanne Bednar • Sunday, February 4 • 9:30 a.m. to 4:30 p.m.** • Learn the joy of natural earthen plasters that can be used in a variety of applications to beautify and naturalize your existing dwellings or future natural strawbale home or Earth Oven project! Tour natural buildings and identify, test, mix, and apply natural local soil to create simple or artistic expressions. Location, cozy main house. Bring a bag lunch. Limited to 12 participants. \$70 paid two weeks in advance or \$85 thereafter. For more information contact Deanne at (248) 496-4088, email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://strawbalestudio.org).

**Intro to Thatching: Tour & Reed Collecting with Deanne Bednar • Saturday, February 17 • 9:30 a.m. to 5:00 p.m.** • Enjoy a unique day in nature! See several thatched roofs on-site during a two-hour learning tour at Strawbale Studio. Ask questions! The tour also includes Rocket Stoves, Earth Oven, Living Roofs, Strawbale, Cob, and Earth Plasters! Please bring a bag lunch. Then learn to harvest reed in a nearby field for thatching a future project at Strawbale Studio. Reed Collecting will also happen on February 18 if you want to join. \$35. For more information contact Deanne at (248) 496-4088, email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://strawbalestudio.org).

**Candle Making & Crafting with Deanne Bednar • Saturday, March 9 • 10:00 a.m. to 4:00 p.m.** • Enjoy the rhythmic process of this ancient art as you dip six tapered beeswax candles, craft candle holders out of an earthen "cob" mix and decorate matchboxes with nature items. Relax with the smell of beeswax and the beauty of natural materials. Held at the Lovely Michigan Folk School, outside Ann Arbor. \$100. For more information visit [mifolkschool.com](http://mifolkschool.com).

**Equinox Tour of Strawbale Studio & Earth Oven Pizza with Deanne Bednar • Wednesday, March 20 • 9:30 a.m. to 3:30 p.m.** • Explore the enchanted buildings and grounds, make and fire your own Earth Oven Pizza, and enjoy a day in nature. Celebrate the Equinox with a Strawbale Studio Learning Tour 9:30 to 11:30 a.m. & Earth Oven Pizza-making & bonfire, Noon to 3:30 p.m. \$35. For more information contact Deanne at (248) 496-4088, email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://strawbalestudio.org).

**Making Cordage & Learning to Lash with Deanne Bednar • Saturday, March 23 • 10:00 a.m. to 4:00 p.m.** • Join this fascinating workshop taught with materials straight from nature. Held at the Michigan Folk School outside Ann Arbor. Learn the traditional craft of cording using several different local plants! Then learn several very useful knots and apply them to some small-lashed model-making of your choice (ex. lashed ladder, A-frame Structure,). We will also make a few larger-scale projects together. Handouts will give ideas! A very interesting, fun, and practical class. \$100. For more information visit [mifolkschool.com](http://mifolkschool.com).

## Tai Chi, Martial Arts, and Self-Defense

**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](mailto:info@wustyle-annarbor.com), or visit [wustyle-annarbor.com](http://wustyle-annarbor.com). For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Wu Style Tai Chi Chaun with Marylin Feingold • Weekly on Sundays from January 7 to April 28 • 4 to 5:00 p.m.** • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, \$5 per session collected at the door. No class on March 3. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Yang & Chen - Qigong & Tai Chi - Beginner – Advanced with Karla Groesbeck • Ongoing Tuesdays, Wednesdays & Thursdays • See Website for Times • Solo, two-person, weapons. Outside, inside & zoom. Yang Long Form 108, Chen Laojia Yilu. Various qigong sets & Zhan Zhuang. Sword, Staff, Bang, Ruler, Tuishou, and Push Hands. Free for folks 65+. Contact us for under 65. For more information contact Karla at, (734)276-3059, email [info@taichilove.com](mailto:info@taichilove.com), or visit [taichilove.com](http://taichilove.com).**

**Chen Tai Chi Chuan with Joe Walters • Every Tuesday, Thursday & Saturday • 4 to 5:00 p.m.** • Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. For more information contact Joe at [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com) or visit [annarbortaiichi.com](http://annarbortaiichi.com).



## Work and Right Livelihood

**End of Life Doula Training with Patty Brennan • Saturday and Sunday, February 3 & 4 • 10:00 a.m. to 4:00 p.m. •** Online professional training to become a certified End-of-Life Doula (EOLD) through Lifespan Doulas. The Hybrid program features 50 hours of self-paced study plus a live, interactive workshop on Zoom. The 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. \$797. For more information contact Patty at (734) 663-1523, email [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com), or visit [lifespandoulas.com](http://lifespandoulas.com).

**Sound & Vibrational Therapies Double Certification with Meditation School of Mindfulness • March 16, 17, 18, & 19 • Saturday through Monday 10:00 am to 6:00 p.m., Tuesday 10:00 a.m. to 4:30 p.m. •** This interactive training is centered around the teaching of Sound Healing and vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing but to give you a “hands-on” experience. \$1,690. For more information, contact Brian at (954) 641-8315, email [brian@meditateyou.me](mailto:brian@meditateyou.me), or visit [meditateyou.me](http://meditateyou.me).

**Advance Care Planning Facilitator Training with Merilynne Rush • Friday, April 19 • 8:45 a.m. to 5:00 p.m. •** Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. \$265 includes online study modules. For more information contact Merilynne at (734) 395-9660 or email [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com).

## Writing and Poetry

**Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • Sunday, 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](mailto:jissojizen@gmail.com) or visit [jissojizen.org](http://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](mailto:maryledvina@gmail.com), or visit [maryledvina.com](http://maryledvina.com)

**Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesday, January 10, 24, February 14, 28, March 13, 27, & April 10, 24 • 7 p.m. to 9:00 p.m. •** Crazy Wisdom Poetry Series hosted by Edward Morin, David Jibson, and Lissa Perrin Second and Fourth Wednesday of each month. Second Wednesdays, 7-9:00 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays, 7-9:00 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link. FREE. For more information contact Edward at (734) 668-7523, email [eacmorso@sbcglobal.net](mailto:eacmorso@sbcglobal.net) or visit <https://cwcircle.poetry.blog>.

### Featured Readers:

- **February 28** - Rachel DeWoskin began her career starring in the Chinese TV serial, *Foreign Babes in Beijing*, watched by 600 million viewers. Returning to the U.S., she published five novels and, most recently, two collections of poems: *Two Menus: Poems* and the forthcoming *absolute animal: poems*. She teaches fiction at The University of Chicago.
- **March 27** - Ken Meisel, a Detroit-area psychotherapist whose poems dramatize personal and social conflict and recovery, is author of nine poetry collections, including *Mortal Lullabies*, *The Drunken Sweetheart at My Door* and—released just this year—*The Light Most Glad of All*. He was featured poet in the movie, *Detroit: Tough Luck Stories*.
- **March 27** - Russell Thorburn has authored five books of poems, including *Somewhere We'll Leave the World*, and *Let It Be Told in a Single Breath* due for publication in 2024. Among his awards is a National Endowment for the Arts Fellowship. His wrote the play, *Gimme Shelter*. In 2013 he was the Upper Peninsula's first Poet Laureate.

**At Work Underground - A Writing Workshop with Tarianne DeYonker • Saturday, March 9 • 1 to 4:00 p.m. •** Hidden from sight under piles of snow and ice, nature continues her work during winter months. Sometimes against great challenges, plants, trees, and creatures small and large use these cold, dark winter days to rest and rejuvenate. As writers, we also need the same space and time to re-invigorate our writing. Why not join us for an afternoon to pay attention to the writing you're working on or create something new? Beginning and experienced writers are welcome whether in person or online. If you choose to attend online, the Zoom link will be sent to you a few days before the workshop. \$35. For more information contact the Weber Center at (517) 266-4000, email [webercenter@webercenter.org](mailto:webercenter@webercenter.org), or visit [webercenter.org](http://webercenter.org).

## Yoga

**Unwind Vinyasa with Sara Saunders • Tuesday, February 6 • 5:45 p.m.** • Unwind after work with Vinyasa Yoga. For more information visit <http://yogawithsaraa2.com>.

**Come as You Are Yoga with Sara Saunders • Thursday, February 8 • 12:15 pm** • Yooga at lunch break. For more information visit <http://yogawithsaraa2.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](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**Open Level Yoga with Michele Bond • Sunday, 4 to 5:30 p.m. • Tuesday, 6 to 7:30 p.m. • Saturday, 10 to 11:30 a.m.** • Each student is encouraged to honor their own unique abilities and limitations in this mixed-level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Myofascial release is a recent—and welcome—addition to all classes. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358.8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga Essentials with Michele Bond • Ongoing Tuesdays • 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, and developing a yoga practice that is safe, joyful, therapeutic, and fun! Myofascial release techniques help ease our way into the poses. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358.8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m.** • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, and enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Students return year after year to enjoy the benefits of this life-enhancing practice. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information. contact Michele at (734) 358.8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Hatha Yoga with Samantha Lieberman • Weekly on Thursdays • January 4 through April 25 • 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. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Yoga with Jillian Diwan • Ongoing Saturdays beginning February 10 • 10 to 11:00 a.m.** • This is a beginner ashtanga yoga class, offered with lots of modifications to make it accessible to everyone. Donations are welcome. Held at the First Congregational Church of Ann Arbor. For more information email Jillian at [jill@jamhandsbodywork.com](mailto:jill@jamhandsbodywork.com).

**Yoga at the Depot Town Freight House with Sarah Kreiner • May 18 • 10 to 11:00 a.m.** • Free Yoga at the Farmers Market / Freight House facilitated by The Mix Fitness Studios. FREE. Donations accepted to go toward the Rutherford Pool in Ypsilanti. For more information visit [the-mix-studios.com](http://the-mix-studios.com).



**On March 1,  
The CW Biweekly will  
change to become  
The CW Monthly  
digital magazine.**

**Be sure to get your  
new March event  
listings submitted  
before  
February 22nd!**

**[Submit Your Event Here](#)**

# 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!



I believe it is our attitude that determines our altitude. It is our attitude that allows us to soar above those things that would otherwise overcome us.

—T. D. Jakes