

April 29, 2022  
Issue #85

# JOE & COURTNEY PUSTA

*owners of Lavender Lane Farm*



*The*  
**Crazy Wisdom**  
*Biweekly*

*shining a light in the dark*



Published by *The Crazy Wisdom Community Journal.*

# The Crazy Wisdom Weekly



The spring issue of *The Crazy Wisdom Community Journal* is here with features on local sound healers, HoneyBee U-Pick, Lessons From My Two-Year-Old, Detroit's Hidden Gems, and more! Look for it around town or have it mailed directly to you.

[Subscribe here.](#)

Issue will be posted online  
5-1-22

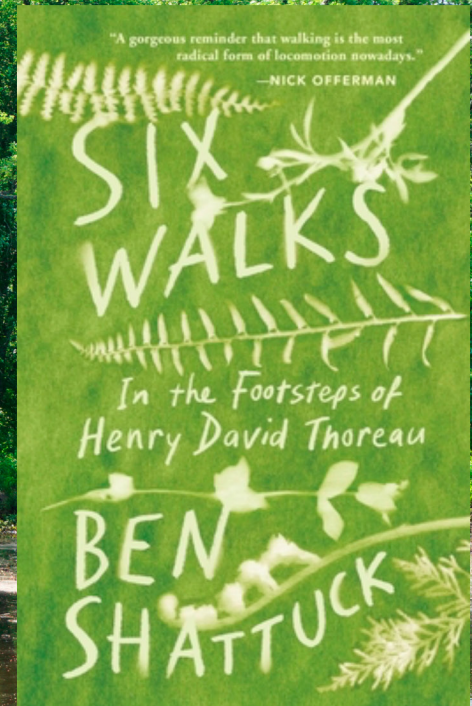
## Table of Contents

|   |         |
|---|---------|
| Word of the Week .....                              | page 4  |
| Tis' the Season...Almost!<br>By Angela Madaras..... | page 5  |
| Lavender Lane<br>By Lynda Gronlund.....             | page 7  |
| Crazy Wisdom Book Picks of the Week.....            | page 9  |
| 5 Questions for Sibel Ozer.....                     | page 10 |
| The Crazy Wisdom Weekly Calendar.....               | page 13 |
| A Final Thought.....                                | page 24 |



# "Six Walks: In the Footsteps of Henry Davis Thoreau"

A Wall Street Journal Best Book of Spring, a Town & Country Magazine Must Read Book of Spring, and a Rumpus Most Anticipated Book of the Year



30% off your purchase at [shopcrazywisdom.com](http://shopcrazywisdom.com) with coupon code BIWEEKLY85

expires 5/12/2022 - one code use per person - cannot be combined with other offers



No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

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.

Copyright © Crazy Wisdom, Inc., April 29, 2022.

Our cover photo was taken by Hilary Nichols.

Thank you to our contributors for this issue:

- Angela Madaras
- Lynda Gronlund
- Sibel Ozer
- Joe and Courtney Pusta
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



## word of the week:

**Spoon-drift**

A showery sprinkling of sea-water or fine spray swept from the tops of the waves.

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 pets, or musings on current events. Send your submission to [Jennifer@crazywisdom.net](mailto:Jennifer@crazywisdom.net).

# Tis' the Season... Almost!



By Angela Madaras

In the spring issue of the printed Crazy Wisdom Journal you can find an educational and inspirational article of a long standing sustainable no-spray farm situated in Cheslea, Michigan that began on forty acres of land in 1993. They have expanded their farm-land to another 160-acre parcel in Scio Township they call HoneyBee U-Pick that focuses more on perennial plants like strawberries, raspberries, nut trees, and more. People can pull up during most days in the growing season. You have an option to pick your own or buy pre-picked containers. I live down the road and love to watch children with their parents tromping through the fields picking and eating berries and looking like they are having great fun. I stopped in a few times myself and was impressed with the entire scene, but most of the berries did not make it home as I ate them before I could pull out of the driveway. HoneyBee U-Pick is only a ten-minute drive from Ann Arbor proper.

Tantre' Farm also sells to many local restaurants, farm markets, and local farm stores like Argus and Agricole. They also offer a seasonal CSA that already serves around 300 members. They have a second CSA that runs year-round containing items from other farms and producers for a well-rounded local food box. Anyone can order week to week with no long term commitment for the year round share. I like this one the best as it is named "Immune-Booster- Box." It is like Christmas when we bring the box home on a cold and snowy winter Saturday.

Read the article and learn how this one farm-food group of hard-working folks has made such an impact on our local food scene, and what drives their businesses and hearts. Sometimes we eat food purchased at a local farm and we just focus on the actual food. With Tantre' there is much more than food: there is a group of people who care about what they do and how they do it. It is a community driven model that helps make our little area feel like a large family.

*Read the article online!*





# 7 Notes Natural Health

*Celebrating 7 Years!*

**Hear, see, and feel true wellness!**

Ann Arbor's premiere destination for integrative bodywork, incorporating massage, sound therapy, energy work, and reflexology.

## Now offering Infrared Sauna Therapy

Benefits of Infrared Sauna Therapy:

- better sleep
- relaxation
- detoxification
- weight loss
- relief from sore muscles
- relief from joint pain
- clear and tighter skin
- improved circulation



7 Notes EST. 2015  
Natural Health

HEAR, SEE, AND FEEL TRUE WELLNESS

### Contact

248-962-5475

[contact@7notesnaturalhealth.com](mailto:contact@7notesnaturalhealth.com)

[www.7notesnaturalhealth.com](http://www.7notesnaturalhealth.com)



By Lynda Gronlund

**Joe and Courtney Pusta opened Lavender Lane on Main in downtown Milan in February of this year.**

The shop is an extension of the organic lavender farm the Pustas founded in Milan in 2016. They have seven acres of lavender with about 7,000 plants and are expanding their fields with every growing season. The couple is passionate about the many uses for lavender, from its visual beauty to its soothing fragrance, to its culinary and therapeutic applications. Lavender Lane on Main allows them to bring the bath, beauty, and home products from the farm's gift shop to customers year-round.

Joe formulates the shop's products and has an endless supply of product testers in friends and family. They offer dried lavender for decoration and fragrance, lavender essential oil, linen sprays, body sprays, candles, food products like lavender-infused honey and maple syrup, plain culinary lavender for customers to add to their own recipes, beauty and hair products, children's bath and body products, pet shampoo, and more. They also have a lavender plus CBD line for a variety of uses such as pain relief and anxiety reduction. Joe said they carry around 70 products, all handcrafted by the family. Products can also be purchased online year-round.

From Our Current Issue  
(Issue Posting Online 5/1/22)

The farm itself, open seasonally, offers "U-Pick" lavender, lavender plants, dried flowers, lavender lemonade, and all the products sold at the Main Street location in its gift shop. People can book photo sessions when the lavender is at its peak beauty in the summer, and they host an annual Lavender Festival in July. This year's festival will be their fifth, held on July 9<sup>th</sup>, and will include a lavender smoked barbeque, as well as hosting a variety of local vendors.

Joe said that he was first attracted to working with lavender because of the "response that people have to it—they light up!" It is so versatile, has so many uses, and is so popular that he felt it was a perfect pursuit. He is a self-taught farmer and product formulator and said he has always been interested in science. Prior to the farm his background was in remodeling homes and teaching, and he has a degree in political science. Courtney is still a schoolteacher in Ann Arbor, and she handles the farm and shops' event planning and customer service. The couple's young sons, Jonas and Luka, love to help out as well.

*Lavender Lane on Main is located at 12 East Main, Milan, MI 4160. The farm is located at 12040 Plank, Milan, MI 48160. More information is online at lavenderlanemi.com. Joe and Courtney Pusta can be reached by phone at (734) 239-2213 or by email at joe@lavenderlanemi.com.*



**Movement, Mindfulness, Connection, Joy**

**Class Schedule**

- Sunday-2:00pm
- Tuesday-6:30pm
- Thursday-5:30pm
- Saturday-10:45am

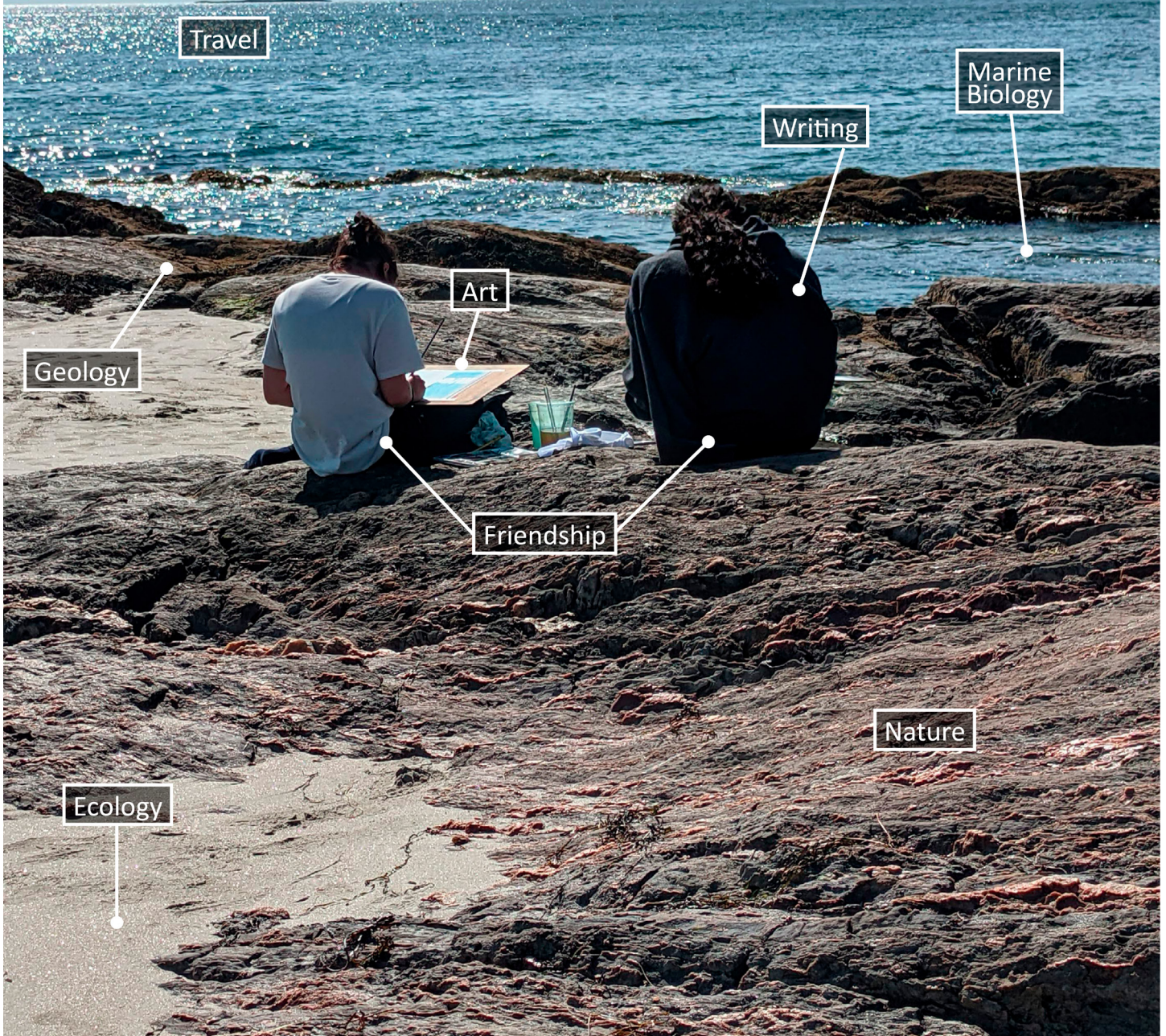
For further class information:  
[www.soulfulmovement.com](http://www.soulfulmovement.com)



*Nia presents itself in me and through me in a unique way. I hear, see, sense and feel Nia in a way that nobody else does. So I have a unique way to present Nia. I know with every fiber of my being that there are people that need to know about Nia through me. —Teresa Myers*



# Education From Every Perspective



Annual Trip to Hermit Island, Maine



**RUDOLF  
STEINER  
SCHOOL**  
OF ANN ARBOR

We go beyond the textbook and into the world.  
Our liberal arts high school encourages discovery, builds  
resilience and prepares students for countless opportunities.  
High School Open House January 18, 5 pm. Please Register.

More Than Meets The Eye  
[SteinerSchool.org](http://SteinerSchool.org) • 734-995-4141



# Crazy Wisdom Book Picks of the Week

Recreate the wild beauty and thriving ecology of meadows, prairies, woodlands, and streamsides in your own garden.



**NEW NATURALISM**  
Designing and Planting a Resilient, Ecologically Vibrant Home Garden

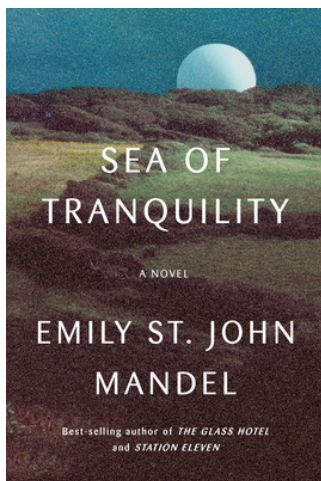


In *New Naturalism*, horticulturist and modern plantsman Kelly D. Norris shares his inspiring, ecologically sound vision for home gardens created with stylish yet naturalistic plantings that mimic the wild spaces we covet—far from the contrived, formal, high-maintenance plantings of the past. Through a basic introduction to plant biology and ecology, you'll learn how to design and grow a lush, thriving home garden by harnessing the power of plant layers and palettes defined by nature, not humans.

The next generation of home landscapes don't consist of plants in a row, pruned to perfection and reliant on pesticides, fertilizers, and herbicides to survive. Instead, today's stunning landscapes convey nature's inherent beauty. These gardens are imbued with romance and emotion, yet they have so much more to offer than their gorgeous aesthetics. Naturalistic garden designs, such as those featured in this groundbreaking new book, contribute to positive environmental change by increasing biodiversity, providing a refuge for wildlife, and reconnecting humans to nature.

*New Naturalism* approaches the planting beds around our homes as ecological systems. If properly designed and planted, these areas can support positive environmental change, increase plant and animal diversity, and create a more resilient space that's less reliant on artificial inputs. And they do it all while looking beautiful and improving property values.

[Purchase your copy of \*New Naturalism\* at shopcrazywisdom.com.](https://shopcrazywisdom.com)



Edwin St. Andrew is eighteen years old when he crosses the Atlantic by steamship, exiled from polite society following an ill-conceived diatribe at a dinner party. He enters the forest, spellbound by the beauty of the Canadian wilderness, and suddenly hears the notes of a violin echoing in an airship terminal—an experience that shocks him to his core.

Two centuries later a famous writer named Olive Llewellyn is on a book tour. She's traveling all over Earth, but her home is the second moon colony, a place of white stone, spired towers, and artificial beauty. Within the text of Olive's best-selling pandemic novel lies a strange passage: a man plays his violin for change in the echoing corridor of an airship terminal as the trees of a forest rise around him.

When Gaspéry-Jacques Roberts, a detective in the black-skied Night City, is hired to investigate an anomaly in the North American wilderness, he uncovers a series of lives upended: The exiled son of an earl driven to madness, a writer trapped far from home as a pandemic ravages Earth, and a childhood friend from the Night City who, like Gaspéry himself, has glimpsed the chance to do something extraordinary that will disrupt the timeline of the universe.

A virtuoso performance that is as human and tender as it is intellectually playful, *Sea of Tranquility* is a novel of time travel and metaphysics that precisely captures the reality of our current moment.

[Purchase your copy of \*Sea of Tranquility\* at shopcrazywisdom.com.](https://shopcrazywisdom.com)

# 5 questions for art therapist and author Sibel Ozer

**What brought you to art therapy? Why did you choose to follow this path?**

I was a clinical psychologist before I even heard about art therapy. My very first experience was with an Israeli art therapist who was part of a group of Israeli trauma therapists who came to train Turkish therapists as we were getting ready to treat the survivors of a recent major earthquake. I was intrigued and surprised by my own experience of using clay, realizing my creations were an extension of my inner world, offering the opportunity not only for expression, but also corrective emotional experiences. When we moved to the United States and I needed to go back to school, I choose to pursue a degree in art therapy to further deepen my understanding of this modality that is particularly effective in reaching the deeper parts of the psyche, in that it is nonverbal and involves the engagement of the body as well as the mind. Jung says the hands know how to solve a riddle the mind has wrestled with in vain. Imagery tends to create a direct pathway to what lies below our conscious awareness. And as such we can both bring awareness to what avails us, as well as what is needed to heal us.

**You offer Wisdom Counseling on your art therapy site. How does this differ from a traditional art therapy session?**

For me, traditional therapy is long term therapy. I offer a mixture of art therapy, guided imagery, sensorimotor psychotherapy, and talk therapies. As I specialize in trauma therapy, it often takes years of regular weekly meetings to make significant progress. Over the years, I have encountered clients who are not in need of regular long-term psychotherapy but are mostly needing a different perspective or clarity around a particular dilemma they can't work through on their own. A wisdom counseling session is my offering of perspective and insight that comes from listening and attuning to a person's present dilemma—this perspective comes from connecting to my inner wisdom. These are single session offerings.

**How did the pandemic affect your practice and what changes did you have to make to continue your art therapy practice?**

I had to let go of my gorgeous art therapy studio with the pandemic, and hardly do any art therapy (except for long term art therapy clients who have their own set up at home) as I continue to work with telehealth. I can't wait to create another



space with all the materials for art therapy so that I can get back to it. In the meantime, I have been able to continue trauma work using the other modalities of therapy such as guided imagery, sensorimotor art therapy, and talk therapy.

**How does art therapy help with processing grief?**

To give one example of how art therapy helps with the processing of grief I will explain a 6-week art therapy grief processing group we offered while working at hospice. The first two weeks we would create representations of the deceased person and the bereaved person to build safety and get to know one another as well as the particular grief group participants were holding. Once the group had familiarized itself with how to engage with the materials and build a sense of trust and safety with one another we dove into exercises that helped support the expression of a participant's grief. The art product creates a nonjudgmental holding place for what is felt deeply and isn't always able to be articulated through words. The witnessing of this outside of oneself offers a validation for what is real, yet intangible, and creates great relief. The last two sessions of this art group we offered interventions that allowed participants to give and receive feedback as well as gain clarity on their support system. We are often surprised when we realize who we thought would be our support system doesn't end up being able to meet our needs—but there are others able to step into this role. Art therapy can help bring clarity to what is, as opposed to what we believe should be, as reality is given form. The bereaved can then make adjustments and focus on where actual support exists.

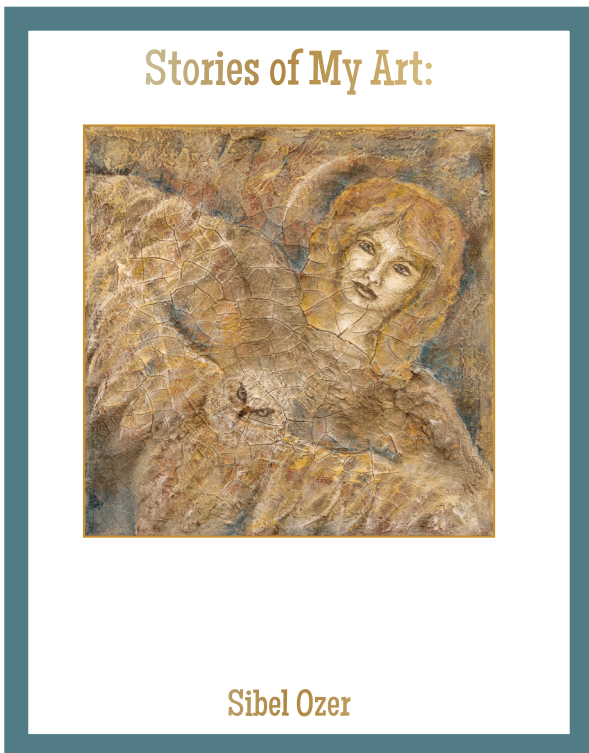
**Why did you decide to compile your art therapy blogs into a book? What was your goal of sharing these stories? What goal did you have in mind for the book?**

The desire to compile my art therapy blogs into a book came from the realization that they were helping readers that weren't clients. There is a lot of nuggets of wisdom that come through these stories and I wanted them to reach a larger audience.

I've also noticed over the years that the realizations/teachings/nuggets of wisdom that came out of my engagement with my paintings through inquiry and contemplation has benefitted my clients in counseling. I've often thought the Spirit world works economically in that an insight that benefits me ends up benefiting my clients as well. And so, there was the idea that more people could benefit from the insights if I shared them through writing. The book came about through my desire to share the insights not only I, but also my clients found helpful.

**Where do the stories you tell come from?**

The stories of my art nearly always come because of my engagement with the creative process. I'm almost always reading something that relates to things worth contemplating such as our relationship with the planet, creativity, mythology, and mindfulness, and what comes through process painting finds a way to relate and connect to what I am reading. The stories of my art come from a weaving of creativity, reading, and contemplation of matters that have heart and soul—the stories come naturally to me. There is not a day I am not contemplating something that connects to my profession of counseling or the need to make meaning of this complicated life and trying to navigate it the best way we know how.



**[Purchase a copy of \*Stories of My Art\*](#)**



## Crazy Wisdom Poetry Series

Hosted by Edward Morin,  
David Jibson, and Lissa Perrin

Second and Fourth Wednesday  
of each month, 7-9 p.m.

All sessions are virtual and accessible through Zoom.  
Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.

Second Wednesdays, 7-9 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 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.

### Featured readers

**May 25 – Miles David Moore** is film reviewer for the online arts magazine *Scene4* and author of three books of poetry: *The Bears of Paris*, *Rollercoaster*, and the recent *Man on Terrace with Wine*. From 1994 to 2017 he organized and hosted the IOTA poetry reading series in Arlington, Va., where he lives.



**May 25 – Jo McDougall**, Poet Laureate of Arkansas from 2018-2021, is the author of seven books of poetry and a memoir, *Daddy's Money*. She was awarded the Porter Prize Lifetime Achievement award in literature. Her latest collections of poems are *In the Home of the Famous Dead* and *The Undiscovered Room*. She lives in Little Rock.

**June 22 – Shutta Crum** has poems published in *Typehouse*, *3rd Wednesday*, *Blue Unicorn*, *Acumen*, and a chapbook, *When You Get Here*, which won a gold Royal Palm Literary Award. Her newest book is *The Way to the River*. Of her many books for young readers, *Thunder-Boomer!* was chosen by *Smithsonian Magazine* and *American Library Association* as a notable book.



**June 22 – Mike Maggio**, poet and fiction writer from the DC Area, has had work published in *Potomac Review*, *Pleiades*, and *L.A. Weekly*. His newest of several books of poems is *Let's Call It Paradise*. His recent novel is *In the Valley of Granite and Steel*, and *Letters from Inside* is a collection of his stories.

**July 27 – Jim Daniels'** most recent of 30 poetry collections is *Gun/Shy*. Other recent books include *The Perp Walk* (fiction) and *RESPECT: The Poetry of Detroit Music* (2020), co-edited with M. L. Liebler. A native of Detroit, he lives in Pittsburgh and teaches in the Alma College low-residency MFA program.



A workshop is scheduled for the second week in August,  
but there is no featured poetry reading in August.

### Crazy Wisdom Poetry Circle

The Poetry Series is open to all.  
There is never a charge.  
<https://cwcircle.poetry.blog/>

Sponsored by



# DARRYL BARKING DOG BROWN

Artist | Activist | Healer | Teacher

## Upcoming Events Series

Friday, May 6th 6:30pm

Unveiling of November Unity Vibrations community painting, another community painting, + art show @ Unity Vibrations' Brewery Tasting Room

Saturday, May 7th 10am-6pm

Meditation Painting Workshop @ Unity Vibrations. \$165 per person. Some scholarships available—email [thiagreene@aol.com](mailto:thiagreene@aol.com). [bit.ly/darrylart](http://bit.ly/darrylart) to register—space is limited. Bring your own lunch.

Sunday, May 8th 11am

Pipe Ceremony + Huron River Blessing + Q&A @ Riverside Park. Meet at the pavilion. Bring your own lunch.



At age nineteen, Darryl was given the name Medidegwe Anamosh, or Barking Dog, when he became a powerful voice for the American Indian Movement (AIM). Darryl led the 1994 Walk for Justice, a peaceful March from California to Washington DC initiated by First Nations Justice. Darryl is the former chairman of the Mackinac Band of Chippewa and Ottawa Indians (Anishinabe) as well as the coordinator of the annual Rendezvous at the Straits Powwow in St. Ignace, Michigan. Barking Dog is a spiritual leader in his community and an award-winning painter. In 2019, Michigan Governor Gretchen Whitmer appointed Darryl Brown to the board of the Michigan Council for Arts and Cultural Affairs, where he is currently serving a 3-year term.

Purchase art and stay updated on community art workshops and public talks on Darryl's website

# The Crazy Wisdom Calendar

Biweekly



## A Course in Miracles

**A Course in Miracles Study Group with Rev. David Bell • Mondays, May 2 - August 29 • 6:45 - 9:30 p.m.** • Exploration of A Course in Miracles. Free, but donations accepted. Contact 734-327-0270; [Interfaithspirit.org](http://Interfaithspirit.org).

**A Course in Miracles Study Group with Randall Counts • Thursdays, May 5 - August 25 • 12 - 1:30 p.m.** • Exploration of A Course in Miracles. Free, but donations accepted. Contact 734-327-0270; [Interfaithspirit.org](http://Interfaithspirit.org).

## Animals and Pets

**Basic Animal Communication with Judy Liu Ramsey • May 14 & 15 • 9 a.m. - 5 p.m.** • Learn to communicate with animals the way animals talk with each other—using telepathic and intuitive skills. We were all born with these abilities. Join us for this eye-opening class and learn from the animals themselves. \$160 per person or household. Contact Judy Ramsey at [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net); [JudyRamsey.net](http://JudyRamsey.net).

## Art and Craft

**Art in the Time of Covid with Eight Artists • May 1 - August 28 • Daily 9 a.m. - 6 p.m.** • During the early months of the Covid-19 pandemic, eight women gathered on Zoom monthly to share their creative work; they found meaning in what was going on and gave expression to those thoughts, feelings, and observations. Artworks include drawing, painting, quilting, journaling, graphic arts, collage, photography, and video production. Free. Contact [webercenter.org](http://webercenter.org).

## Astrology

**Discover your Birth Chart with Alicia Clark-Teper • Thursday, May 5 • 7 - 9 p.m.** • Your birth date can tell you so much about yourself and the influences that will flow through your life. Learn how to understand your energy patterns better. Knowing this information can help you with your family dynamics, self-acceptance and more. Group class, not personal chart reading. \$25. Contact Alicia at 734-945-5396 or [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com).

## Bodywork and Bodymind Therapies

**Introduction to Cranial-Sacral Therapy with Kathy Paholsky • Saturday, April 30 and Sunday, May 1 • 9 a.m. - 4 p.m.** • Also known as Craniosacral Therapy, CST is a gentle hands-on technique that uses a light touch to examine membranes and movement of the fluids in and around the central nervous system. Relieving tension in the central nervous system promotes a feeling of well-being by eliminating pain and boosting health and immunity. Students will learn to monitor cranio-sacral rhythms, perform transverse plane releases, and design a session for clients. \$265.00 / 16 hours. Contact Lakewood School of Therapeutic Massage 1102 6th Street Port Huron, MI 48060 / 810-987-3959 / [lakewoodschool.edu](http://lakewoodschool.edu).

**D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg • Fridays, May 6, 13, 20 or June 10, 17, 24 • 10:30 a.m. - 2:30 p.m.** • Repattern client's limiting behaviors, assist client in expressing low-vibrational emotions, institute new behaviors via Tree of Life. \$777 (pick any group of three dates above) + materials fee. Contact Karen at 734-417-9511 or [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com); [clairascension.com](http://clairascension.com).

## Book Discussion Groups

**7 Notes Book Club with Rob Meyer-Kukan • First Thursdays • May 5, June 2, July 7, August 4 • 7 - 8:30 p.m.** • The purpose is to meet with like-minded people to read books about holistic practices, health, meditation, and spirituality. All participants will be given equal voice and have ample opportunity to contribute to the discussion. Register at [forms.gle/GMPWUufpHnqFW3R2A](https://forms.gle/GMPWUufpHnqFW3R2A). Donations accepted. Contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com); [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Jewel Heart Readers with Jewel Heart Instructors • Mondays • May 9, June 13, and August 15 • 7 - 8:30 p.m.** • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free; donations welcome. Contact Jewel Heart at 734-994-3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org); [jewelheart.org/Free-weekly-virtual-programs](http://jewelheart.org/Free-weekly-virtual-programs) to register. Breathwork

**Transformational Breath® Experiential Workshops with Julie Wolcott and Marcia Bailey • Saturdays, May 21, July 9, and July 30, 11 a.m. - 1 p.m.; Monday May 16, Wednesday May 25, Thursday June 2, Tuesday June 7, and Friday June 17, 7 - 9 p.m.** • Learn the benefits of the Transformational Breath process, set intention, and experience a full session. \$30 per

review; \$40 first time. Contact Julie at 734-355-1671, jlwolcott@gmail.com or Marcia at 734-395-4799, mbaileym@gmail.com; BreatheAnnArbor.com.

## Buddhism

**The Graduated Path in 60 Verses with His Eminence Dargyab Kyabgon Rinpoche • Tuesdays • May 3, 10, 17, 24, 31. • 7 - 9 p.m.** • The step-by-step path to Buddhahood, these teachings are based on tradition with Dargyab Rinpoche's warmth and wisdom. Each week includes Rinpoche's recorded teaching followed by a facilitated discussion. Suggested \$240 members/\$300 Non-members. Pay what you can. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Weekly first Sundays • May 1 - August 28. • 11 a.m. to 1:15 p.m.** • A variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free but donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

**37 Bodhisattva Practices with Geshe Yeshe Thabkhe • Thursdays • May 5, 12, 19 • 7 - 8:30 p.m.** • A practical guide for anyone aspiring to follow the path of great compassion leading to full enlightenment. Note: This teaching is a continuation of

Thabkhe's 37 Bodhisattva Practices given in 2021. Suggested \$75 Jewel Heart members/\$90 Non-members. Pay what you can, no one is turned away. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

**A Buddha is Born: Free Vesak Day Talk with Demo Rinpoche • May 6 • 7 - 8 p.m.** • In Tibet Buddhism, Vesak Day honors the birth, enlightenment, and death of Shakyamuni Buddha. This teaching provides us with an opportunity to celebrate the life of Buddha and to expand our knowledge about how Buddha's journey of enlightenment began. Free, but donations welcome. Contact 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

**Exchanging Cherishing Self for Others (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, May 7 • 9 a.m. - 1 p.m.** • Continuing the Applied Meditation Technology series, learn to expand spiritual vision and practices aimed at full enlightenment. Workshops include instruction, guided meditation, individual meditation, and discussion. Suggested \$25 Jewel Heart members / \$30 Non-members. Pay what you can, no one turned away. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs.

## Ceremonies, Celebrations, and Rituals

**Buddha's Birthday with Haju Linda Lundquist • Sunday, May 15 • 9:30 am** • Traditional Buddha's birthday service with special chanting, bathing of the baby buddha, and Children's Celebratory



**Deep Spring Center**  
for Meditation and Spiritual Inquiry

Focused on living with more  
wisdom and compassion,  
with lovingkindness  
and non-harm to all beings.

**What is a Dharma Teacher?**  
*Evenings with Aaron - Barbara Brodsky*



Subscribe to our YouTube channel!

Deeo?Spring.org

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

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

Service, special lantern lighting and chanting service. \$Donation. Contact 734-761-6520 or annarborzentemple@gmail.com.

**Full Moon Reiki Bonfire Ceremony with Alicia Clark-Teper & Jennifer Kirk • May 15, June 14, July 13, August 11, September 9 •** Arrival 6:30 p.m., ceremony is 7 – 10 p.m. • Journey thru the Full Moon, astrological energy, gentle yin yoga, and a Reiki meditation followed by a bonfire, drumming and s'mores. \$33 each or 2/\$50 bring a friend. Contact Alicia Clark-Teper at 734-945-5396 or sacredlotusexperience@yahoo.com; sacredlotusexperience.com.

## Channeling

**Remembering Wholeness - Darshan with The Mother, channeled by Barbara Brodsky • Monthly Sundays: May 15, June 12 • 2 - 5 p.m.** • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. In Remembering Wholeness as we continue, I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation: \$10-\$30 individual; \$90-\$180 winter/spring. Contact om@deepspring.org.

**Evenings with Aaron, channeled by Barbara Brodsky • Monthly Tuesdays: May 17 • 7 - 9 p.m.** • Unlike the previous years' Aaron evenings, where I often simply spoke about a timely topic, my focus this year will be weaving the themes of The Eden Project together. All are welcome. You need not be in The Eden Project classes to find value in these talks. Suggested donation - \$10-\$30 per session; \$90-\$180 for winter/spring. Contact om@deepspring.org.

## Childbirth

**Postpartum Doula Training and Certification with Patty Brennan • Saturday, April 30 • 11 a.m. - 4 p.m.** • Online professional training from Lifespan Doulas includes self-paced study modules and a workshop with Patty Brennan. Program covers how to provide non-medical comfort and support to the birthing mother and her partner. \$697. Contact Patty Brennan at 734-663-1526.

## Children and Young Adults

### Children and Young Adults

**Youthful Spirits class with Interfaith Center for Spiritual Growth • Sundays, May 1 - August 28 • 1 – 2 p.m.** • Spiritual classes for young people. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

**H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) with Karen Greenberg • May 1, June 5, July 10, August 21 • 1 – 3 p.m.** • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem. We aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage fostering authentic selves and genius. \$50/session for 2-hour class, meets one time/month for about a year. Contact 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

**Music & Motion KinderConcerts with The Ann Arbor Symphony • May 12, 13, 14, 16 • 10 - 10:30 a.m. & 11:00 a.m.** • Designed for up to six years old. Celebrate spring & enjoy the music. Families invited to keep a beat, play follow the leader, listen, dance with flowers & scarves, waltz, dance together, listen to a story book, rock to a lullaby while sharing laughter, and hugs. Free. Contact Ann Arbor Symphony at 734.994.4801 or a2so.com for locations.

## Dance and Movement

**World class classical guitarists with Sean Blackman and John Arnold • Saturday, April 30 • 7 - 9 p.m.** • World renown musicians playing heartfelt classical guitar and original compositions. \$25 online, \$30 at door. Contact lighthousecenterinc.org.

## Death and Dying

**Death Cafe with Interfaith Center for Spiritual Growth & Rev Annie Kopko • First Tuesdays monthly: May 3, June 7, July 5, August 2 • 6:30 p.m. – 8 p.m.** • An exploration of death and dying. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

**Ann Arbor Death Cafe (Virtual) with Merilynne Ruish • Third Saturdays monthly: May 21, June 18, July 16, August 20 • 10:30 a.m. - 12 p.m.** • All are welcome! Join us for a frank discussion on death, dying, and life. Free. Contact The DyingYear@gmail.com; DeathCafe.com.

## Energy and Healing

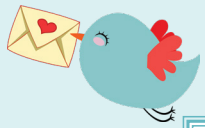
**Universal Sphere® Intro and Upcoming Classes with Shellie Powers (On-line optional) • Mondays, May 2 - August 29 • 10:30 a.m. - 11 a.m.** • Learn about the Universal Sphere, a next-generation modality here to accelerate the connection with your "Highest Potential." The Universal Sphere can stand alone or compliment another modality. In-person and online. Free. Contact Shellie at info@thepowersof.com or 734-926-8423; thepowersof.com.

**Qigong/Self-Care Energy Work Basics with Master Wasantha Young • Thursdays, May 5 - August 4 • 11:15 a.m. - 12:15 p.m.** • The Qigong, self-care techniques you will learn in this class include energy cleanse, meditation, muscle relaxing acu-points, and cultivation of chi that will revitalize your sense of well-being. Best of all, you develop a toolbox of strategies for self-care! \$180. Contact 734-741-0695 or info@peacefuldragonschool.com; peacefuldragonschool.com.

**Heightening Your Vibration: Alchemy (2 day class) with Karen Greenberg • May 15, 22 • 1:30 - 6 p.m.** • Change your vibration from low to a higher vibration, and sustain it using tools 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, and Masters of Light. \$200. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

# The Crazy Wisdom Calendar

Biweekly



## Exhibitions

**FUN (working title) at the University of Michigan Museum of Art • Begins May 14 • 11 a.m.** Unlike any art museum exhibition you've seen, "FUN (working title)" will transform before your very eyes as it becomes what you — our community, our students, and our visitors — make of it. Over the course of this exhibition, UMMA's glass-walled Stenn gallery will become a creation space. Piles of materials and supplies will form the backdrop of a collaborative, summer-long free artists' workshop. A place to create, experiment, glue, paint, and get messy.

You're invited to roll up your sleeves and have fun alongside local artist Mark Tucker and his U-M students to help create this colorful, kinetic, and altogether FUN art installation. Inspired by objects in UMMA's collection, you'll create giant movable and interactive sculptures that will take on a life of their own. For more information email [umma-news@umich.edu](mailto:umma-news@umich.edu) or visit [umma.umich.edu/exhibitions/2022/fun-working-title](http://umma.umich.edu/exhibitions/2022/fun-working-title)

**Psychic Saturday Holistic Fair at the Enlightened Soul Center • Saturday, April 16 • 12 p.m. - 6 p.m.** • Join us for a fun-filled day at the Enlightened Soul Center & Shop (2711 Carpenter Road, Ann Arbor) at our twice-monthly ESC Psychic Fairs. WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and energy healing at one time, under one roof!

Psychics~Mediums~Tarot~Energy Healers~Crystals~Shopping  
Admission: \$5 at the door = FREE gift, FREE snacks, FREE parking  
Readings & Energy Work: \$2/minute (minimums vary) Cash & credit/debit accepted. For more information visit: <https://www.enlightenedsoulcenter.com/enlightened-soul-fair>

## Festivals and Fairs

**Teacher Appreciation Week with Rob Meyer-Kukan & Hannah Kanter • May 1 • 1 – 5 p.m. and 7 - 8:30 p.m.** • In celebration of Teacher Appreciation Week and National Teacher Day, we invite you to join us for a day to rejuvenate, relax, and restore. Open to all teachers and others working in education. Free. Contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com); [7notesnaturalhealth.com](http://7notesnaturalhealth.com)

**Health Yourself Fair with More than a dozen Local Natural Health Providers • Saturday, May 7 • 10 - 4 p.m.** • The first annual fair will showcase providers and community resources that promote natural approaches for optimum wellness. The fair will take place at Accelerate Church, 6075 Jackson Road, Ann Arbor, MI. Free. Contact Barbara Bowman at 734-977-1266; [diy-wellness.info](http://diy-wellness.info).

## Health and Wellness

**Teacher Appreciation Day with Rob Meyer-Kukan and Hannah Kanter • May 1 • 9 a.m.** • In celebration of Teacher Appreciation Week and National Teacher Day, we invite you to join us for a day to rejuvenate, relax, and restore. Open to all Teachers and others working in education, this offering is brought to you FREE of charge to give back to the community. Yoga + Sound Reiki Sessions. To see the schedule visit <https://www.facebook.com/events/204555025188664>. For more information contact Rob Meyer-Kukan, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com).

**10th Annual Drum and Dance Jam with Curtis G. • First Saturday monthly • 7:30 p.m.** • 18 and over welcome. No experience necessary. Bring a drum of your own, or use one provided at the Interfaith Center for Spiritual Growth. \$5 Sliding donation at door. Contact [interfaithspirit.org](http://interfaithspirit.org).

## Intuitive and Psychic Development

**Focused Mind Meditation with John Friedlander • First Sundays monthly: May 1, June 5, July 3, August 7 • 9 a.m. – 12 p.m.** • 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. \$15. Contact Violeta Viviano at 734-476-1513 or [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com); [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • First Tuesdays monthly: May 3, June 7, July 5, August 2 • 7-8 p.m.** • For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. Contact Violeta Viviano at 734-476-1513 or [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com); [psychicpsychology.org](http://psychicpsychology.org).

## Kabbalah

**Kabbalah for Couples with Karen Greenberg • Sundays monthly: May 1, June 5, July 10, August 21 • 3-5 p.m.** • This is for good relationships in which all want to make better. This two-hour session, for about a year, is not couples therapy, but can help you get your relationship to the place that you always wanted it to be but did not know how. \$274 per session. Contact Karen at 734-417-9511 or [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com); [clair-ascension.com](http://clair-ascension.com).



**Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • May 11, June 8, July 13, August 10 8:15 a.m. - 10:15 a.m. OR Evenings May 10, June 14, July 12, August 9, 7:30-9:30 p.m.** • Balance the important areas of life. Rather than resisting, we utilize that liberated energy for creating. Monthly Rate - \$137/person; Monthly Semi-Private (2 people) \$180/person; Monthly Private (1 person) \$150/hour (based on time utilized). Contact Karen at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

## Love and Relationships

**Creating Your Ideal Mate with Karen Greenberg • Sunday, May 1 • 5-10 p.m.** • Identify your Ideal Mate's qualities, learning how to use ceremony, meditation, chanting, movement, fragrances, essences, elixirs, herbs, flowers, colors, shapes, metals, altars with sacred symbols, Archetypal images, and candles. Learn to work to remove blockages, to work through fears and "deserving" issues, and to trust the Divine Order and Timing. \$150. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

## Massage

**Bamboo Fusion with Stacey Vipond • Saturday-Sunday, May 14 - 15 • 9 a.m. – 5 p.m.** • Use gently-heated bamboo tools for kneading tight muscles and rolling out muscle tension. Bamboo-Fusion is an innovative way to provide Swedish or deep tissue full body massage on the table while reducing the stress on your hands. You will learn a new way to give effleurage and petrissage with warm bamboo of different shapes and sizes in the hand. \$450. Contact lakewoodschool.edu.

**Fascial Therapy with Beth Ashcraft • Saturday – Sunday, May 21 & 22 • 9 a.m. – 5 p.m.** • This therapy stretches the fascia and can be used anywhere there are fascial restrictions. The goal of this work is to reduce restrictions, so the tissues and joints to move better, and there are fewer structural dysfunctions and imbalances. Students will learn specific releases, diaphragm holds, cross arm technique, lumbosacral decompression, and dural tube mobilization. \$265. Contact lakewoodschool.edu.

## Meditation

**IMA2's Sunday Dharma Series ~ Taking Refuge in Simplicity • Sundays • May 1 • 10 a.m.** • Join Insight Meditation Ann Arbor (IMA2) on Sunday, May 1st for our Sunday Dharma Series with guest teacher, Yong Oh who will speak about Taking Refuge in Simplicity. Our Sunday Dharma Series takes place the first Sunday of every month with an invited guest teacher who will guide a meditation, present a Dharma teaching and follow up with Q&A. Please visit our website <https://insightmeditationannarbor.org> for more information.

**Myriad of Meditations (7 classes in the series) with Karen Greenberg • Sundays • May 1, 15, 22, June 5, 26, July 10, 17 • 10 a.m. - 12:30 p.m.** • Learn a myriad of techniques, to discover which resonate for you: meditations with fire, water, air, earth, the Four Worlds, different breathing, Holy Geometry, sacred

letters, Archetypes, spiritual beings, qualities of G-D, and more. \$25 per class. Contact Karen at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

**White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly Sundays • May 1 - August 28. • 9:30 a.m. to 10:40 a.m.** • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. Free/Donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

**Healing and Compassion Meditations with Hartmut Sagolla • Weekly Mondays • May 2 - August 29. No class July 11, 18, and July 25. • 12 - 1 p.m.** • A 30-40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free/Donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

**Putting Out the Nervous System's Fire: Meditations for Coping in Crisis with Amy Hertz • Weekly Fridays • May 6 - August 26. No class May 27, July 15. • 4 - 5 p.m.** • Settling the mind is tough in the best of times. Using the breath, writing exercises, and guided meditations, we'll explore ways to calm the body's threat response and regain balance. Free/Donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

**World Labyrinth Day with Rob Meyer-Kukan • Saturday, May 7 • 1 p.m.** • Join Veriditas-trained Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, Dexter, Michigan for a labyrinth walk on World Labyrinth Day! Donations to support the work of Webster UCC. Please register for this event by completing the form found here: [forms.gle/TvSCV3dmuu6X1bdm9](https://forms.gle/TvSCV3dmuu6X1bdm9). Contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com; 7notesnaturalhealth.com.

**Day of Mindfulness - Living in Gratitude with Esther Kennedy, OP • Saturday, May 7 • 10 a.m. - 2:30 p.m.** • What else is there, really? Each day, a new twenty-four hours of life. In your life you may not feel well, you may be very ill and dying, you may be lonely, unsure, and scared but just remember, you are alive: No more is asked of you. Be here, be awake, be grateful. \$25. Contact webercenter.org.

## Movement and Dance

**10th Annual Drum and Dance Jam • May 7 • 7:30 p.m.** • Local drummer, Curtis G. hosts the 10th Annual Drum and Dance Jam at Interfaith Center for Spiritual Growth On The First Saturday Of Each Month from April 2022 to August 2022! 18 and over welcome, no experience necessary, bring a drum of your own or use one provided at the center. 6 feet between drummers and masks requested. \$5 sliding donation requested at the door. Held at Interfaith Spirit, 704 Airport Blvd, Ann Arbor, MI 48108. Phone: (734) 327-0270 Contact the center for more info. or visit [interfaithspirit.org](http://interfaithspirit.org).

**Ann Arbor - Toledo Dances of Universal Peace on Zoom with Judy Lee Nur-un-nisa Trautman, Drake Moses Meadow Drake ON-LINE • First Fridays • May 6 – August 5 • 7 - 8:30 p.m.**

• Sacred dances to the mantras of the World Religions with simple folk movements. Get link or news of in person events from [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net). Free on Zoom; \$5 donation if a space rental is needed. Contact Judy Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net) or 419 475 6535; [sites.google.com/view/a2-toledodup/](https://sites.google.com/view/a2-toledodup/); [facebook.com/dupannarbortoledo/](https://facebook.com/dupannarbortoledo/).

## Music, Sound, and Voice

**Journey Through Sound with Rob Meyer-Kukan • Saturday, May 7 • 7 - 8:30 p.m.** • The first Saturday in May every year is World Labyrinth Day. A labyrinth is a powerful journey of inward reflection which often brings about clarity, calmness, and centeredness. This sound bath will allow you to journey through sound to a place of rest, relaxation, and rejuvenation. \$40 Advanced Registration Required at [forms.gle/kRStQJ7FKA55iRTm7](https://forms.gle/kRStQJ7FKA55iRTm7). Registration May 6. \$40. Contact Rob at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com); [7notesnaturalhealth.com](https://7notesnaturalhealth.com).

**Benefit for Refugees Fleeing Ukraine with Tret Fure • Saturday, May 21 • 7 - 9 p.m.** • At the First Unitarian Universalist Congregation of Ann Arbor. Free, but asking donations for refugees fleeing Ukraine. Contact [communications@uuaa.org](mailto:communications@uuaa.org); [uuaa.org](https://uuaa.org).

## Personal Growth

**HeartMath® Building Personal Resilience™ with Patricia Scott • Saturday-Sunday, May 21, 22 • 4 - 6 p.m.** • This a focused and practical program, combining personalized coaching with scientifically validated tools to help you self-regulate your body's response to stress and build resilience. You will learn life-long skills that you can use at any time to increase well-being, personal and professional performance, and quality of life experience. Part 2: Deepening your Practice. \$99. Contact [nancy@karma-yoga.net](mailto:nancy@karma-yoga.net); [karma-yoga.net](https://karma-yoga.net).

**Cohousing Tours with Cohousing Tour Leaders • Sundays weekly • May 1-August 28 • 2- 4 p.m.** • An informative tour of Ann Arbor's three cohousing communities by residents, located in Scio township. Cohousing is a community of friends who work, share, learn, grow, and play together. We are three communities created and sustained by our residents with the intention of sharing the joys and challenges of life. Free. Contact [Tours@Touchstonecohousing.org](mailto:Tours@Touchstonecohousing.org) or 734-274-9110.

**Women's Circle with Facilitated by Lisa Lorius • First Mondays monthly, May 2 – August 8 • 6:30 - 8:30 p.m.** • Women's support group: please see description on our calendar page [\\$10 donation](https://lighthousecenterinc.org). Contact 734-808-1335; [lighthousecenterinc.org](https://lighthousecenterinc.org).

## Prosperity and Abundance

**Moon Phase Manifestation with Alicia Clark-Teper • Third Mondays monthly • May 16, June 20, July 18, August 15, Sept 19 • 7 - 8:30 p.m.** • Learn how to manifest with the Moon's energy thru the cycles, phases, zodiac, corresponding Arch Angels, goddesses, essential oils, crystals, and more. Make moon water, crystal grids, and receive crystals. Each class will have different activities. \$165 all 5 classes or \$44 each class including crystals. Contact Alicia at 734-945-5396 or [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com).

## Reiki

**Reiki Level 2 with Mara Evenstar • Wednesday May 4, 11 • 6:30 p.m. - 9 p.m.** The attunements for Reiki 2 will help refine and "widen" your energy channels, giving you access to more "amperage." The learning focus for this level is to work with the Reiki symbols directly – learning their functions and applications; learn how to use Reiki for distance healing; and to practice doing Reiki treatments on others. Reiki Level 1 is a pre-requisite

## Retreats

**3 Day Holistic Yoga and Meditation Retreat at Lake Michigan with Ema Stefanova • Friday – Sunday, May 13 - 15 • Friday 5 p.m. - Sunday 11 a.m.** • Experience classical yoga/meditation as a way of life; develop and refine your practice in a peaceful environment. Lodging, vegetarian meals, and six guided group classes included in cost. RYT200 and RYT500 teachers earn CE hours with the Yoga Alliance. \$479. Additional retreats TBA. Contact [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com) or 734-665-7801; [YogaAndMeditation.com](https://YogaAndMeditation.com).

**Write Time Writers' Spring Retreat with Michelle McLemore • Saturday-Sunday, May 14 - 15 • 9 a.m. - 7 p.m.** • Immerse yourself in a weekend designed to support your work on your projects. Optional self-exploration, poetry, block-breakers, & memoir activities. Nourishing food supports dialogue about the craft, publishing, and optional peer reading. Capping at 10. Registration deadline May 2. See <https://bit.ly/WriteTimeSpring>. \$125 for retreat and menu. Room rates separate. Contact Michelle McLemore at 517-270-0986 or [energy@michellemclemore.com](mailto:energy@michellemclemore.com).

**Overnight Beginners Zen Retreat with Maum Gloria Cox • May 20-21, July 22-23 • 7 p.m. Friday - noon Saturday** • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. \$160/\$120 students or unwaged, includes accommodation and a vegetarian breakfast. Contact 734-761-6520 or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Guided Personal Retreat with Song of the Morning Yoga Retreat Community • May 27-29, June 10-12, July 8-10, August 19-21 • Friday 4 p.m. - Sunday 2 p.m.** • An uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. Join our daily schedule of events, including yoga, meditation, devotional practices, community meals, and

# TRET FURE

Saturday May 21 7:00pm

**Singer/Songwriter &  
Storyteller Extraordinaire**

**Benefit  
Concert for  
Humanitarian  
Aid to Those  
Fleeing Crisis  
in Ukraine**

**ADMISSION FREE  
DONATIONS REQUESTED**

100% of donations go  
to direct aid through  
[FemFund.pl](https://www.femfund.pl)



**Acclaimed, multi-award winning and prolific (*17 albums*) contemporary folk artist Tret Fure is well known as a songwriter, musician, and storyteller extraordinaire who offers exceptionally crafted songs, and stories rich with poignant themes of our age.**

---

**First Unitarian Universalist Congregation of Ann Arbor**

4001 Ann Arbor – Saline Rd. 734.665.6158

Limited seating ~ Registration required ~ Covid protocols at [uuaa.org](https://www.uuaa.org).

---

*Register & review COVID protocols at [uuaa.org](https://www.uuaa.org)*

more; opportunity to consult with an experienced meditator for guidance and answers. Free; lodging starting at \$50/night. Contact 989-983-4107 or office@songofthemorning.org; songofthemorning.org.

**Spring Retreat - Praise of Buddha: Unrivaled Lion of the Shakyas with Demo Rinpoche • Friday – Sunday, May 27, 8:30 a.m. - 8 p.m., May 28, 8:30 a.m. - 8 p.m., and May 29, 8:30 a.m. - 5 p.m.** • The main purpose is to evoke Buddha's love and to call on Buddha's grace to enable oneself to follow his path. \$180 members / \$225 Non-Members. Pay what you can. Contact 734-994-3387 or programs@jewelheart.org; jewelheart.org/ Free-weekly-virtual-programs to register.

**Summer Monastic Retreat with Haju Sunim • May 30 - June 27, OR July 11 - August 8** • Learn the practical skills of waking up both for ourselves and others. Schedule includes early morning, noon, and evening meditation practice and liturgy, Buddhist study and daily dharma discussion, work with the hands, and community service. Students at all levels accepted. Simple accommodations and vegetarian meals provided. Cost is \$75/week or \$300/month. Scholarships available. Contact 734-761-6520 or annarborzentemple@gmail.com.

## Shamanism

**Cycles of Life with Connie Eiland • Saturday, April 30 • 10 a.m. - 4 p.m.** • This class will present pathways to help with your own life explorations. We will work with the Medicine Wheel, the Spirit of the Moon, our Ancestors. This class includes healing, divination, and journeying. Introduction to Journeying is required prior to this class. \$180 until April 16, then \$220. Contact Connie Eiland at 248-809-3230, clshebear7@gmail.com; shewolfshaman.com.

**Journey Circle with Judy Liu Ramsey ON-LINE • First and Third Thursdays monthly: May 5 and 19, June 2 and 16, July 7 and 21, August 4 and 18 • 7 - 8:30 p.m.** • A shamanic circle to explore the perspective of different human conditions, to heal those, and to retrieve practical knowledge for everyday life. Pre-requisite: know how to journey. \$25 per session/\$40 per month. Contact Judy at info@judyr Ramsey.net; JudyRamsey.net. Community Painting, Meditation, and Pipe Blessing with Darryl Barking Dog Brown, Medidigwe Animush • May 6 - 8 • May 6 at 7 p.m.; May 7 from 10 a.m. – 6 p.m.; May 8 at 11 a.m. • See the 2021 Community Painting unveiled; participate in a 2022 group painting. Saturday, a daylong Atavistic painting meditation workshop experience. Sunday, a Pipe Ceremony Blessing of the Huron River and Prayer Walk at Riverside Park. Most events Free. Contact Cynthia Greene at 734-476-7111 or Thiagreene@aol.com.

## Spiritual Development

**Interfaith Sunday Service • Sundays, May 1 - August 28 • 10:45 a.m. - 12:15 p.m.** • Sunday celebration. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

**Akashic Records Intro and Upcoming Classes with Shellie Powers ON-LINE • Mondays, May 2 - August 29 • 10 – 10:30 a.m.** • The Akashic Record is an experiential body of wisdom, insight, guidance, and healing information. Introduction to the Certified Practitioner, Advanced Certified Practitioner and Healing Through the Akashic Record Certification classes, and upcoming classes, both in-person and online. Free. Contact Shellie at info@thepowersof.com or 734-926-8423; thepowersof.com.

**Sufi Chanting Meditation & Discussion with Imam Kamau Ayubbi • Tuesdays, May 3-Aug 30 • 6:30pm-8pm** • exploration of Sufism \$5-\$10 per class. Contact 734-327-0270; Interfaithspirit.org.

**Midrash Study with Karen Greenberg • Mostly first Fridays: May 6, June 3, July 8, August 5 • 2:30 - 5:30 p.m.** • The Old Testament (Torah) compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180. Contact Karen at 734-417-9511 or krngnrbg@gmail.com; clair-ascension.com.

**Science of Mind for Today with Interfaith Center for Spiritual Growth & Janet Somalinog • May 11, 25, June 8, 22, July 13, 27, August 10, 24 • 7 - 8:30 p.m.** • Study of a Science of Mind by Ernest Holmes. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

**Lightworker Activation with SANDYA - Sandra Shears • Wednesdays • Starting May 18 - • 7 p.m.** • As a Lightworker or World Server you have incarnated at this time to facilitate the transition into the next Age. It is time to bring forth the gifts that will accelerate healing and activate Spiritual Purpose. \$100 per month. Contact sandya2033@yahoo.com; sandya-sandrashears.com.

**Lightworker Development with SANDYA - Sandra Shears • Third Fridays Monthly • Starting May 20 - • 7 p.m.** • Contact sandya2033@yahoo.com; sandya-sandrashears.com.

**Akashic Records Practitioner Certification with Shellie Powers • Saturday – Sunday, May 21 - May 22 • Saturday, 4 p.m. to 7 p.m.; Sunday, 10 a.m. to 5 p.m.** • Experience the Akashic Records through the Pathway Prayer Process© to access the heart of the Records. Learn about the method of access and develop skills for successful navigation of the Records for yourself and others. Inquire for certification requirements and prerequisites. \$360. Contact Shellie at 734-926-8423 or info@thepowersof.com; thepowersof.com.

**Lightworker Activation with Sandya--Sandra Shears • May 20 • 7 p.m.** • As a Lightworker or World Server you have incarnated at this time to facilitate the transition into the next Age. It is time to bring forth the gifts that will accelerate healing and activate Spiritual Purpose. Ongoing Wednesdays - \$100 per month. For more information email sandya2033@yahoo.com or visit sandya-sandrashears.com.

# **\*\*URGENT\*\* FDA THREATENING TO ELIMINATE BIOIDENTICAL HORMONES BY JUNE 2022**

**"Bioidentical hormones make a world of difference for many people and their ability to live a normal life."**

The FDA recently announced that it was planning to move ALL bioidentical hormones to the "difficult to compound" list by the end of June 2022. This means that bioidentical hormones will **NO LONGER BE AVAILABLE**.

Compounding pharmacies will not be allowed to get bioidentical hormones to make creams, gels, troches, or anything with them. News like this is extremely concerning, and we need to act now to fight this.

Once a product is moved to the "difficult to compound" list, it will prohibit compounding pharmacies from making individual, customized bioidentical hormone products. Big pharmaceutical manufacturers may continue to make their own hormone products, while compounding pharmacies will be forced out.

This change will not only impact the health of thousands who rely on these hormones, but it will also disrupt many businesses and compounders. It is imperative to take action today!

## **HERE'S WHAT YOU CAN DO: ALL IT TAKES IS 1 MINUTE**

Follow the below steps, ASAP

**1. GO TO [WWW.COMPOUNDING.COM](http://WWW.COMPOUNDING.COM)**

Accept cookies at the top of the page

**2. CLICK ON 'FIND MY REPRESENTATIVE'**

Located in the top right corner

**3. SELECT 'PATIENT' AND USE THE PRE-COMPOSED LETTER UNDER 'COMPOSE YOUR MESSAGE'**

Feel free to use your own letter

**4. FILL IN YOUR ADDRESS**

Below the message for constituent accuracy

**5. CLICK 'SUBMIT'**

Multiple representatives will receive your letter

[https://www.youtube.com/watch?v=5-Yks\\_CFwtE](https://www.youtube.com/watch?v=5-Yks_CFwtE)

Everyone deserves a normal life, including the thousands of people who rely on compounded hormones. Learn the facts, click [here](#) to watch a real testimonial and share your own story today to help save access to this medical treatment!

*(Photo above from Alliance for Pharmacy Compounding Youtube Video)*

Share your testimonial and read others stories **[here!](#)**

<https://compounding.com/testimonials>

[www.bioenergymedicalcenter.com](http://www.bioenergymedicalcenter.com)



## Tai Chi, Martial Arts, & Self Defense

**Beginner Tai Chi with Master Wasantha Young • May 2 - Aug 4 • Mondays, 10 - 11:15 a.m.; Thursdays, 6 - 7:15 p.m.** • The T'ai Chi form, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner which integrates both physical and mental energy mechanics, promotes relaxation, a sense of prowess, and spatial awareness. Hybrid class, in-person, or on-line. \$195. Contact 734-741-0695 or [info@peacefuldragonschool.com](mailto:info@peacefuldragonschool.com); [peacefuldragonschool.com](http://peacefuldragonschool.com).

**Wu Style Tai Chi Chuan with Sifu Genie Parker & certified teachers • Mondays and Thursdays • 10 a.m.** • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. Additional times available. \$45/month for 1 class per week; \$70 for 2 classes per week. Student/senior rates available. Contact [info@wustyle-annarbor.com](mailto:info@wustyle-annarbor.com) or 734-249-9887.

**Yang & Chen - Qigong & Tai Chi with Karla Groesbeck • Monday through Friday • 1-hour classes - various times** • Yang & Chen - Qigong & Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside & zoom. Yang Long Form 108, Chen Laojia Yilu. Various qigong sets & Zhan Zhuang. Staff, Bang, Ruler, Tuishou, Push Hands. Free (Seniors); Low Fee. Contact Karla Groesbeck at 734-276-3059, [info@taichilove.com](mailto:info@taichilove.com); [TaiChiLove.com](http://TaiChiLove.com).

**Okinawan Karate-Do with Asian Martial Arts Studio • Monday – Thursday • 10:30 a.m.** • The core curriculum of the Karate-do program is based on two systems of traditional Okinawan Karate-do: Shorin-ryu Karate-do and Shudokan Karate-do. The Shudokan tradition incorporates several different systems including Goju-ryu, Tomari-te, and others. At advanced levels, students also train in Kobujutsu. Additional days and times available. \$40 for 2 introductory classes; \$90 per person, \$105 monthly. Contact 734.994.3620 or [info@a2amas.com](mailto:info@a2amas.com); [a2amas.com/contact.php](http://a2amas.com/contact.php).

**Kung Fu with Asian Martial Arts Studio • Tuesday & Wednesdays • 6:30 p.m.** • The curriculum includes external martial arts, such as Hung Gar, Praying Mantis, Ying Chao, T'an T'ui, and Dragon. These emphasize power sources gained through physical development, hand-eye coordination, reaction time, agility, power, mechanical advantage, and balance. Additional dates and times are available. \$40 for 2 introductory classes; \$90 per person, \$105 monthly. Contact 734.994.3620 or [info@a2amas.com](mailto:info@a2amas.com); [a2amas.com/contact.php](http://a2amas.com/contact.php).

**54 Form Tai Chi with Wu's Tai Chi Chuan Academy • Saturdays • 8:30 - 10 a.m.** • 54 Form combines elements of the 108 round and 108 standard forms to help develop the circularity and looseness in more advanced training. Prerequisite: 108 Standard Form. \$45/month. Contact 734-249-9887; [info@wustyle-annarbor.com](mailto:info@wustyle-annarbor.com).

## Tarot and Divination

**Tarot Card Reading for Beginners with Conrad Welsing • Wednesdays • May 4, 11, 18 • 6 - 8 p.m.** • Discover how to use the imagery and symbolism of tarot to discern personal beliefs. Learn about card meanings that many say impact our lives. We will review the history of cartomancy and the multitude

of card reading decks available. \$59. Contact Washtenaw Community College at 734-677-5060 or to register online: [wccnet.edu/noncredit](http://wccnet.edu/noncredit).

## Writing and Poetry

**Write Your Wisdom with Lara Zielin • April 30 • 3 p.m.** • Do you ever wonder what to journal? Do you ever wish you had a way to make the most out of sitting down with paper and pen in a way that led to real, tangible change for the better? Well, wonder no more! Join Lara Zielin on April 30 at 3:00 p.m. for a journaling workshop where you'll learn a powerful new journaling technique AND put it into practice right there on the spot. You'll leave with a whole new method of writing that will help you know yourself better and access the parts of you that are ready to shine more brightly. All registrants will also receive a signed copy of Lara's book, *Author Your Life*. This workshop is \$35/per person and will be held in-person at the gallery at Stone and Spoon in Ypsilanti, Michigan. We encourage attendees to bring their own journals and writing utensils. For more information email Lara Zielin at [lara@lara-zielin.com](mailto:lara@lara-zielin.com).

**Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Second Wednesdays: May 11 – July 13 • 7pm - 9pm • Poetry Workshop • Free.** Contact Edward Morin at 734-668-7523 or [eacmorso@sbcglobal.net](mailto:eacmorso@sbcglobal.net); [cwcircle.poetry.blog](http://cwcircle.poetry.blog). Crazy Wisdom Readers Series • Fourth Wednesdays • May 25 – July 27 • 7 - 9 p.m. • Featured Reader(s) for 50 minutes, open mic reading for one hour. Featured readers include May 25: Miles David Moore and Jo McDougall. June 22: Shutta Crum and Mike Maggio. July 27: Jim Daniels. Free. Contact Edward Morin at 734-668-7523 or [eacmorso@sbcglobal.net](mailto:eacmorso@sbcglobal.net); [cwcircle.poetry.blog](http://cwcircle.poetry.blog).

## Yoga

**Yoga Classes with David Black • May 3 - Sept 6 • 6:30 - 8 p.m.** • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. \$60 for all 6 classes or \$12 per drop in class. Contact 734-761-6520 or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Karma Yoga Academy with Susann Spilkin, Nancy McCaochan, Valerie Weir, Katherine Austin Wooley • Saturdays, May 7, June 18, July 16, August 20 • 1 - 6 p.m.** • Our updated, relevant-for-today's-world, comprehensive curriculum covers Gods & Goddesses, Multi-dimensional Self/Koshas, The Science of Light, Mantras, Mudras, & Meditation. Now with our KYA courses (offered in-studio & Zoom), there's a new way to provide you with tools for amazing growth. \$150 / session. Contact [nancy@karma-yoga.net](mailto:nancy@karma-yoga.net); [karma-yoga.net](http://karma-yoga.net).

**The Gods & Goddesses with Susann Spilkin • May 7 • 1 - 6 p.m.** • Every picture tells a story. Every god, goddess, and demon does too. As we unpack their iconography and mythology, we will have the keys to their stories and our own. This course is a rich "who's who" of Hindu mythology. \$150. Contact Nancy McCaochan at 248-797-4271 or [nancy@karma-yoga.net](mailto:nancy@karma-yoga.net); [karma-yoga.net](http://karma-yoga.net).

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

Yes, Crazy Wisdom Bookstore is closing, but you can still find the 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  
Therapuetic Riding, Inc.  
Thrive Wellness Center  
Washtenaw Community College Student Center  
Washtenaw CC Health and Wellness Center  
Wine Wood Organics

## Ypsilanti:

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

## Plymouth, Livonia & Canton

Earth Lore  
Yoga Practice Center  
Zerbos

## Saline:

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

## Chelsea and Dexter:

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

## Jackson & Lenawee County:

Essential Energies  
Divine Sanctuary  
Pegasus Spa and Leisure  
Free to Be Yoga and Massage  
DNA Sales 2100  
Gidrah's Mind Body Spirit

*Dance is the hidden language of the soul.*

*—Martha Graham*

