

Judy Liu Ramsey

Shamanic Healer & Animal Communicator

May 13, 2022

Issue #86

The
Crazy Wisdom
Biweekly

shining a light in the dark



The Crazy Wisdom Weekly

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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.

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

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Our cover photo was taken by Mary Bortmas of Unforgettable Photos.

Thank you to our contributors for this issue:

Christine MacIntyre
Cayla Samano
Jennifer Carson
Carol Karr
Bill Zirinsky



word of the week:

Remontant

Blooming or producing a crop more than once a season.

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.

World of Wonders:

In Praise of Fireflies, Whale Sharks, and Other Astonishments

By Aimee Nezhukumatathil

By Christine MacIntyre

World of Wonders: In Praise of Fireflies, Whale Sharks, and Other Astonishments is a pleasant read from cover to cover. The lighthearted prose of celebrated poet Aimee Nezhukumatathil reads like a picturesque spring day—a soft breeze, sunlight warming the earth after a long winter, and scents of growth and new beginnings.

Nezhukumatathil's observations of some of the world's astonishments, primarily through the lens of a younger version of herself, provide readers with little-known details of each curiosity. Her rendition of how these curiosities guided her and provided clarity to her life are interesting. Each chapter highlights a different creature, flower, or plant as she examines the beauty of all living things. Further, she derives meaning and value from each wonder she describes—animated but not to the point of delusional or impractical. By the book's end, optimism bloomed as I found myself subconsciously observing my surroundings, questioning, *What can this teach me in terms of my own life?*

From the first chapter, Catalpa Tree, Nezhukumatathil utilizes her knack for analogy and metaphor to create a vivid picture in readers' minds, placing the reader in the shadows of the catalpa trees of the south. Recollections from her childhood embody the many landscapes in which she lived, spanning the grounds of a Kansas mental institution where her Filipina mother was a doctor, the open plains of Arizona, and the startling cold climates of rural western New York and Ohio. As with any childhood experience, her life was not without awkward situations, drama, mishaps, tears, fears, and, of course, wonder. Yet, as her roots transplant from place to place, she absorbed her surroundings, finding beauty and kinship in some surprising places.

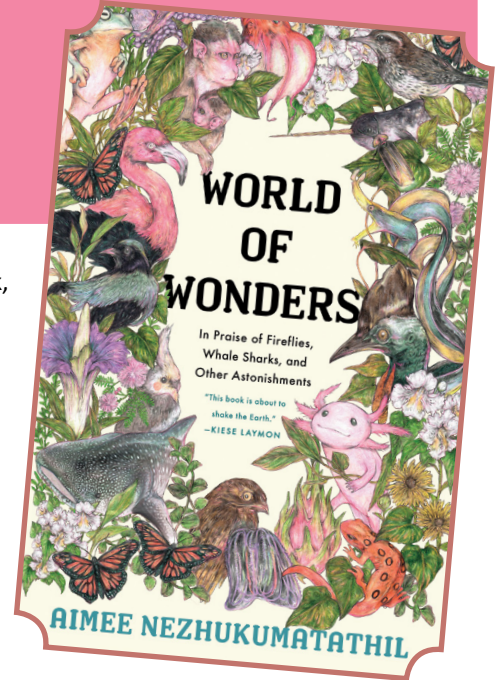
Nezhukumatathil contemplates her parents' influence on her with the wise voice of someone with a firm grasp on the things in life that truly matter—someone who, as a "brown girl" surrounded by white ones, enjoyed "extravagances" such as the occasional Little Debbie brownie shared with her sister. Her mother's confidence shaped and molded her, transforming the once shy, nervous sixth-grader, the girl who looked to the colossal catalpa (a steadfast fixture rooted in her life) to shield her and provide anonymity when she desired it most.

World of Wonders encompasses a harmonious blend of informative and inspirational prose. In just 165 pages, Nezhukumatathil captures the jovial nonchalance of childhood, seamlessly tying in the slights of becoming—of growing up. Her impressionable mind absorbed the world's delights, even in the face of the more poignant aspects inherent in learning to cope in an often-intimidating world.

True to form throughout the book, Nezhukumatathil's tone is earnest and light while savoring the fun, quirky facts of creatures, such as how narwhals see through sound or an axolotl's wide smile. These facts are woven flawlessly into her childhood, often conjuring up a sense of nostalgia as readers reflect on their childhoods and the wonders they may have overlooked or taken for granted. Yet, at the same time, the book is a beacon of hope for the rest of us—it's never too late to learn to appreciate the beauty surrounding us.

Another chapter demonstrates how a bold shade of candy apple red lipstick is symbolic in her life. In junior high, she longed to feel a sense of belonging and fit in. She writes, "But even from that brief application, you fell in love with and slightly feared that slash of red, a cardinal out of the corner of your eye, lending definition to the outline of your mouth. A mouth that was used to speaking only when called upon."

Nezhukumatathil considers what it would be like to be a vampire squid as she bore the status of "new girl" again and again, especially in high school when the desire to chase away predators seems like a matter of life or death. The essays walk readers through the point in her life when she emerged from the shadows where that shy, unsure girl once dwelled in solitude. She reflects on wiggling out of a dark time in her life, moving on from trying to disappear to stepping into her own being, her own existence. "I was figuring out the delight and pop of music and the electricity on my tongue when I read out loud. I was at the surface again," she writes.



[Read the whole book review online!](#)

[Purchase a copy of World Of Wonders at shopcrazywisdom.com.](http://shopcrazywisdom.com)

From Our Current Issue

Judy Liu Ramsey, SHAMANIC HEALER



By Jennifer Carson

For over 15 years, Judy Liu Ramsey has been serving the Ann Arbor area community with animal communication and shamanic healing services. With more than 40 years of experience in counseling, teaching, and mentorship, she brings a wide range of skills to support her clients in their own growth. Her grounded techniques help others to have a closer relationship with their animals and with nature.

“2020 was a landmark year for me,” comments Ramsey, “as it was for most people. I discovered during the quarantine that I could offer my services for both animals and people full time, since our massage clinic was suspended by the governor’s decree.” She and her business partner, Rachel Egberman, closed their clinic at the end of 2020 to pursue their passions for service.

Ramsey chose to combine her passion for animals with her dedication to shamanic healing to offer unique healing and communication services to her clients. The result has been a hybrid which works very well. “Both animal communication and shamanic healing have a foundation in the spiritual aspects of nature. I have explored not only the individual fields, but also how they relate to each other for both animals and humans.”

Having mentored with Penelope Smith, renown animal communicator and teacher, Ramsey teaches four levels of animal communication from the basic communication class to interspecies counseling. “The

biggest challenge has been to learn how to teach remotely with the technology that is available. I have learned so much. It is so rewarding to have students from all over the country, and indeed the world, be able to access my classes.”

Client services in animal communication have grown as well. Ramsey has developed a unique interview process for those wanting to adopt a new family member. “Clients send me a photo of the animal candidates they are interested in, along with three to five questions they would like to know of the animal, like, “Do you bark much? Do you like cats?” People can also ask their current animal friends if they would welcome another into the family—or not.

A similar arrangement works for animal hospice communication. Ramsey does check-ins with the animal and asks questions their person may have. “Is this the day? What can we do to make you more comfortable? Do you want to go on your own or do you want help transitioning?” She helps with explaining to the animal what “help” means and supports the family in being able to tell when it is time for the animal to go.

Shamanic healing for both animals and people has been part of Ramsey’s practice for nearly eight years. She is approved by Sandra Ingerman as a shamanic instructor, having studied with Sandra, as well as a number of well-known practitioners, such as Carla Meeske, Kate Durda, and Stephanie Tighe,

Tom Cowan, Christina Pratt, Betsy Bergstrom, Renee Baribeau, and others. She teaches Sandra's courses, including an introduction to shamanism and basic shamanic journeying.

Ramsey performs healing sessions remotely, as well as in person for those local to southeastern Michigan. "Shamanism addresses the spiritual aspects of healing," she explains, "and is particularly effective with PTSD, anxiety, and repetitive or chronic illness."

New shamanic service offerings include compassionate de possession and curse unraveling, which were responsibilities of shamans and medicine men and women throughout history. "We all come from cultures that used curses as a real tool in olden times," says Ramsey. "If you are human, you or your ancestors were probably cursed." If someone is listless, chronically anxious, or depressed, or has had a series of unfortunate events or illnesses, it might be beneficial to see if there is a curse to be removed. Illness and trauma can also make people vulnerable to opportunistic spirits, lost souls themselves, who take up residence in a person. Judy explains, "A shamanic practitioner can remove the being and restore sovereignty in a compassionate, gentle way to both the person and the being with the help of spirit allies like angels." The process is surprisingly gentle, effective, and without the drama depicted by films and science fiction novels.

During the past two years, Ramsey has been developing courses to enrich students' experiences with their practices. She offers her own hybrid classes for shamanic animal healing and shamanic animal communication, teaching other practitioners how to apply their skills specifically to animals. An online class is available that demonstrates how to safely set up sacred space, including various means of spiritual protection. For those wanting to connect more closely with their ancestral spiritual heritage, Judy presents a weekend experience that aims to make us all better ancestors.

All classes may be found on Ramsey's website, <https://JudyRamsey.net>. Descriptions and fees are easily found. One more development has been growing over the past year—a scholarship fund for students who want to help animals or people shamanically and need a financial break to be able

to realize their dreams. The scholarship fund is supported by donations, which can be made on the website, as well as 5% of all tuition received going into the fund to maintain it. In the past year, three students, two Americans and one student from Zanzibar, were helped. Many animals are also helped, because the students from all classes work with shelter and foster care animals of all species. A little goes a long way.

Judy was there to assist with hospice care for Molly, an 11-year-old black lab with lymphoma and Tina, an 18-year-old black cat with kidney issues to whom I was giving subcutaneous injections daily.

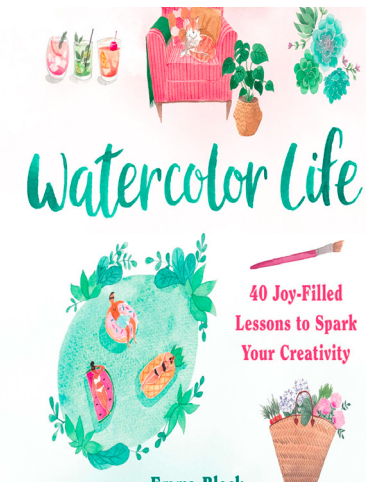
Molly communicated to Judy who shared with me messages from our hospice check ins. I was able to hear from Molly what she needed at the end, and the messages between us were great comfort to both of us. Molly let me know when she needed help to die and she wanted me there. I never had to second guess her wishes. Only about a week later, I went through the same process with Tina. I was able to provide exactly what she needed for comfort on a daily basis. Again, I was told by Tina when it was time for her to go. As difficult as it was to let go of an old friend, the process was better when everyone, human and animal, could agree it was time and how it would be done. For both animals, the love and gratitude was expressed in ways we all could understand. It was truly a gift.

Patty McCarthy
Chelsea, MI

I recently had the opportunity to work with Judy Ramsey while looking to adopt a new kitten. It was easy to text or email Judy with potential adoptee information. After she communicated with each one, she sent the information back to me. With her help, I was able to find the perfect fit. We brought home our beautiful Maine Coon kitten a couple of weeks later, and she has fit into our family wonderfully.

Kay Anderson
Garden City, MI

Crazy Wisdom Book Picks of the Week



Discover the joy and versatility of watercolors with forty gorgeously illustrated lessons for any skill level. Watercolors are beautiful in their simplicity: a basic palette of paints, a few brushes, and nice thick paper will do the job. The medium is also beautiful, though, in its depths and complexities. Here, watercolor artist and instructor Emma Block focuses on techniques, materials, and lessons to help you explore new watercolor techniques, build creative confidence, and discover your unique style of painting. She'll show you—with clear, step-by-step instructions—how to paint everything from people, plants, and animals perfect for framing to patterns and washes perfect for stationery and housewares. The forty lessons cover useful topics like:

- Quality materials and how they can elevate your craft
- Color theory 101 to help you confidently create artwork all your own
- A techniques glossary full of exciting new skills to learn
- Tips for finding creative inspiration in your everyday life

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



Learn how to cultivate your own magical garden, begin your journey with folk herbalism, and awaken to your place in nature through practical skills from an experienced Appalachian forager and witch.

Witchcraft is wild at heart, calling us into a relationship with the untamed world around us. Through the power of developing a relationship with plants, a witch—beginner or experienced—can practice their art more deeply and authentically by interacting with the beings that grow around us all. Bridging the gap between armchair witchcraft and the hedge witches of old, *Wild Witchcraft* empowers you to work directly with a wide variety of plants and trees safely and sustainably.

- With *Wild Witchcraft*, Rebecca Beyer draws from her years of experience as an Appalachian witch and forager to give you a practical guide to herbalism and natural magic that will share:
- The history of witchcraft and Western herbalism
 - How to create and maintain your own herbal garden
 - Recipes for tinctures, teas, salves, and other potions to use in rites and rituals
 - Spells, remedies, and rituals created with the wild green world around you, covering a

range of topics, from self-healing to love to celebrating the turning of the seasons. *Wild Witchcraft* welcomes us home to the natural world we all dwell in by exploring practical folk herbal and magical rites grounded in historical practices and a sustainable, green ethic.

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



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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



GO OUTSIDE!

A How-To Guide For the Urban Family



By Cayla Samano

As we shiver out of another Michigan winter and into warmer weather, I am building my usual short list of activities to keep myself sane. This list has become shorter than usual due to pandemic safety precautions. Ordinarily it would include more frequent visits with extended family and more friend get-togethers. My sticky note sanity plan has become heavier on more practical reminders like “Sleep more regular hours!” “Take Vitamin D!” and “GO OUTSIDE” which is written in all caps.

While most of the items in my sanity plan have health benefits, only going outside offers me the powerful all-in-one package of a fresh perspective, easy exercise, and the potential for some dopamine-boosting delight, such as my view last week of a coyote frolicking through fresh snow. Making time to enjoy nature can have such a huge impact on human well-being that the lack of it has been labeled as a nonmedical disorder.

I experienced *Nature Deficit Disorder* for the first time at fourteen. My small, rural community was rich in land but poor in access to anything else. Consequently, I was used to spending four to six hours a day outside. (This was also before every child had a smartphone, tablet or even steady internet access, but I digress.) When I moved into high school, I discovered that students spent most of the eight-hour day inside with little exposure to natural light. While I’d always loved school, I immediately began to experience what I can only describe as mild and constant cabin fever. I became moodier, gained weight, and had less energy.

Many of my symptoms were classic signs of a condition which the journalist and author Richard Louv introduced as the term “*Nature Deficit Disorder*” in his book *Last Child in the Woods*, published in 2005. It describes how a lack of time spent in nature can have negative effects on a person’s mental and physi-

cal wellbeing. Louv’s theories strongly suggest that spending so much of our time inside, indoors, and in virtually constructed realities is unnatural and unhealthy. Is it possible that we have become too disconnected from a natural world that should feel more like our native habitat? Have we lost a deep biological connection with the ecosystems that we share?

The Japanese became the first to develop a modern nature immersion practice as a response to urban stress. They call it *shinrin-yoku*, or “forest bathing.” Studies done since the early 2000s by Yoshifumi Miyazaki at the University of Chiba and Qing Li from Nippon Medical School in Tokyo use field tests, hormone analysis, and brain imaging technology to uncover the molecular effects nature has on human bodies. They found that even twenty minutes of walking among trees lowered blood pressure, improved mood and concentration, and could possibly boost the immune system. This study corroborated similar studies done by the environmental psychologists Rachel and Stephen Kaplan at the University of Michigan in the 1970s. The Kaplans observed that spending time in nature improved cognition, memory, and reversed the effects of “Cognitive Burnout,” a modern urban phenomenon they named for its fatal effects on attention, mood, memory, and mental stamina. (Interestingly, the Japanese observed a similar phenomenon, *Karoshi*, which means “death by overwork.”)

As city-dwelling becomes more prevalent and the pandemic continues to limit opportunities to interact outside of our bubbles, parents with children are faced with increasingly desperate conditions. There is a double-edged problem here; how to engage our children in physical and tactile exploration among increasingly virtual options, and how to incorporate a love of the outside when the outside is what we’ve been taught to fear. We may know what’s good for us, but how do we convince our children

away from screens and get them interested in an experience (playing outside) that is increasingly foreign to so many. Fortunately, you don't need access to the Grand Canyon to be able to build a nature connection practice with your kids. Here are some easy-access ideas to enhance nature connection wherever you live.

Going outside is such a vital part of feeling human that whole organizations have been formed just to help us remember what it's like. The Association of Nature and Forest Therapy offers adult programs for those interested in deepening their nature connection practice and sharing it with others. Nature connection practices may be a crucial step in the rebalancing of our relationship with the universe—and one blue-green planet in particular. Perhaps if we can teach our children how to play in the dirt, they will become adults who respect the ground they walk on, and better advocates for the natural world that supports us all.

Cayla Samano has been a certified Nature Immersion Guide since 2017, leading private and public nature immersion experiences throughout southeast Michigan. She is currently finishing her MFA in Drawing at Eastern Michigan University. Cayla's first children's book, How To Meet a Forest was published in 2020. For more information about Nature Immersion experiences, contact Cayla at a2shinrinyoku.com.

[Read Cayla's ideas for bringing nature indoors and getting outdoors in nature online!](#)



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 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.

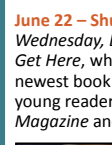
Fourth Wednesdays, 7-9 p.m.:
Featured Reader(s) for 50 minutes.
Open Mic reading for 1 hour.
All writers welcome to share their own
or other favorite poetry.
Sign-up begins at 6:45 p.m.

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.



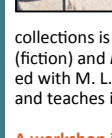
May 25 – Jo McDougall, Poet Laureate of Arkansas from 2018-2021, is the author of seven books of poetry and a memoir, *Daddy's Money*. She was awarded the Porter Prize Lifetime Achievement award in literature. Her latest collections of poems are *In the Home of the Famous Dead* and *The Undiscovered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

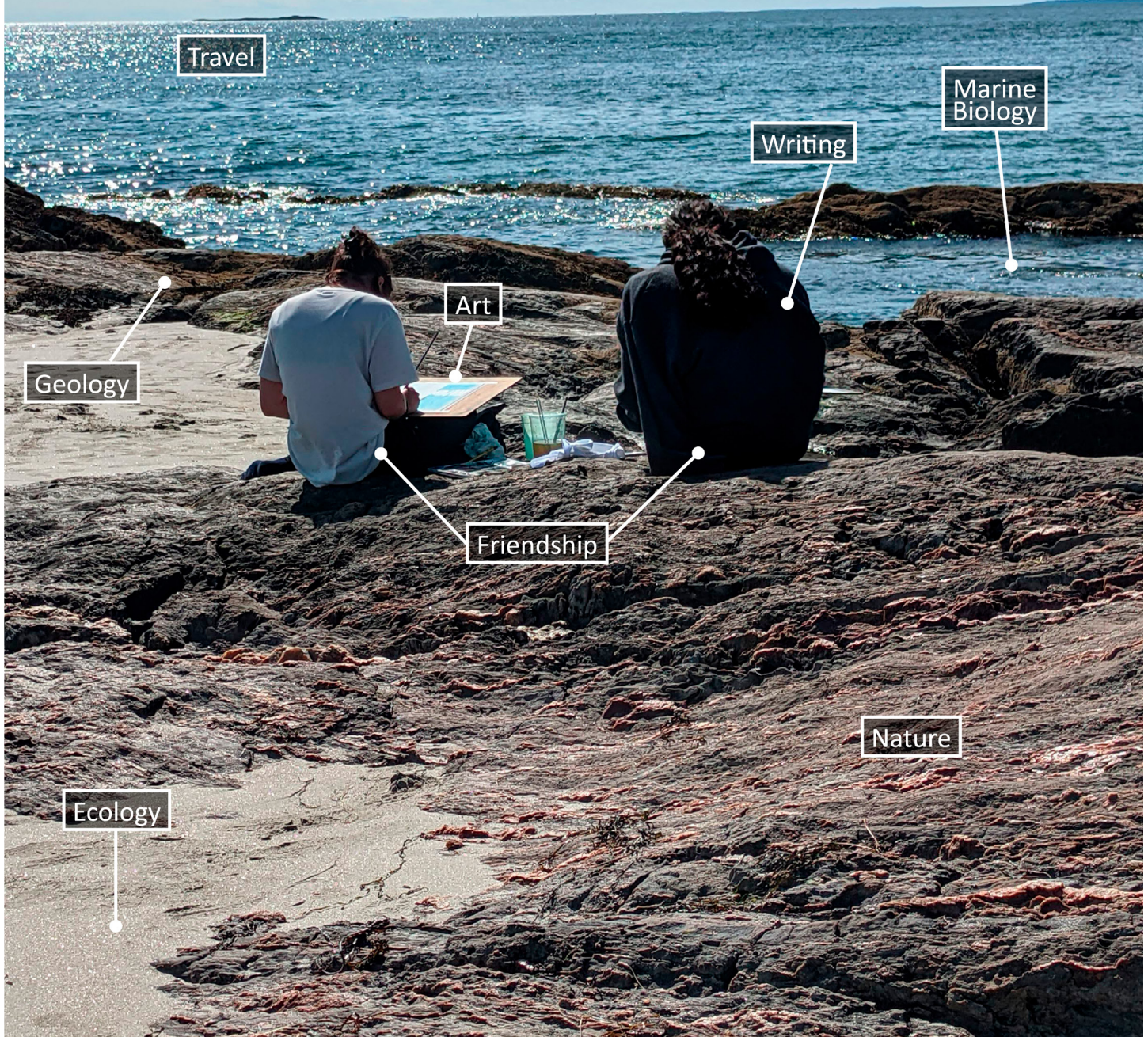


A workshop is scheduled for the second week in August,
but there is no featured poetry reading in August.

Crazy Wisdom Poetry Circle

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

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The Crazy Wisdom Calendar

Biweekly



A Course in Miracles

A Course in Miracles Study Group with Rev. David Bell • Mondays through August 29 • 6:45 - 9:30 p.m. • Exploration of A Course in Miracles. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

A Course in Miracles Study Group with Randall Counts • Thursdays through August 25 • 12 - 1:30 p.m. • Exploration of A Course in Miracles. Free, but donations accepted. Contact 734-327-0270; 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@judyramsey.net; 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.

Art & Design, 101, Virtual Zoom class with Nancy Wolfe • 8 Tuesdays, June 7 - July 26 • 10 a.m. - 12 p.m. • Drawing and collage for beginners and to those who want to return to experience the pleasure of making art. \$140. Contact nancy@nancywolfe.com or 734-358-5857.

The Ghana Experience with Judith Bemis • June 10-12 • 4 – 8 p.m., June 11, 3 – 6 p.m., June 12: 2 – 5 p.m. • The Ghana Experience featuring paintings from the artist's travels to Ghana, including two new works created for this exhibit. Free. Contact Rob Meyer-Kukan at 248-962-5475 or rob@robmeyerkukan.com; 7notesnaturalhealth.com.

Westside Art Hop • June 11 • 10 a.m. • Artists supporting artists on Ann Arbor's Westside by holding a twice-yearly art walk rooted in the local community. We present high quality art and hand-made crafts for sale to the public in a festive atmosphere. Several venues: see website for maps & details. Bring your family and friends, or come solo. On-street parking or at local schools. Free! For more information visit: <http://WestsideArtHop.com/> or WestsideArtHop@gmail.com or email: westsidearthop@gmail.com

Bodywork and Bodymind Therapies

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg • Fridays, June 10, 17, 24 or July 8, 15, 22 or August 5, 12, 19 • 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; clair-ascension.com.

Book Discussion Groups

7 Notes Book Club with Rob Meyer-Kukan • First Thursdays • 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. Donations accepted. Contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com; 7notesnaturalhealth.com.

Jewel Heart Readers with Jewel Heart Instructors • Mondays • 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; 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.

DARRYL BARKING DOG BROWN

Artist | Activist | Healer | Teacher



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.

Check Darryl's website and follow him on Twitter for upcoming community art workshops and public talks and to purchase art



darrylbrownart.org darrylbrownart@gmail.com [@darrylbrownart](https://twitter.com/darrylbrownart)

Buddhism

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.

Nagarjuna's Precious Garland of Advice to a King with Demo Rinpoche • Weekly Thursdays • June 2- July 7 • 7 - 8 p.m. • How to gain happiness, individually and as a society, now and in future lives, and attaining enlightenment through practical ethics, great compassion, and the wisdom of emptiness. A continuation of 2021 Precious Garland teachings. \$70 members / \$90 Non-Members. Negotiable. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

The Logic of Tantra with His Eminence Dargyab Kyabgon Rinpoche • Saturday, June 4 • 9 - 10:30 am • Buddhist Tantra is the realization of emptiness and the pursuit of the welfare of all beings. The tools of tantra include mantra, mudra, and meditation. It encompasses symbolism as well as the deepest levels of meditation and philosophy. Suggested \$55

members/\$75 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.

Kindness, Clarity & Insight: An Introduction to Buddhist Practice with Guy Newland • Saturday, June 18 • 9 a.m. - 2 p.m. • In Thailand, Tibet, Taiwan, and throughout the world, Buddhist practice means training the mind in ethics, concentration, and wisdom. We will use this framework to introduce Buddhist teachings as a guide to a calmer, more caring way of life. Suggested \$80 members/\$100 Non-members. Pay what you can. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs.

Tong Len: Courageous Compassion (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, June 25 • 9 - 1 p.m. • Turning ego's addiction to self-gratification upside down, the practice of giving happiness to others and taking on their suffering transforms our very being. Learn methods to expand the spiritual vision and practices for enlightenment. Suggested \$25 members / \$30 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.

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 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.

Liberation of Life Ceremony with Haju Linda Lundquist • Sunday, June 19 • 10 - 11:10 a.m. • In keeping with the Buddhist Precept "Do not harm, but cherish all life," the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. Donation. Contact 734-761-6520 or annarborzentemple@gmail.com.

Summer Solstice with Esther Kennedy, OP • Sunday, June 19 • 3:30 - 4:30 p.m. • Solstice is a time of love and abundance as Earth pours herself out in bud, bloom, and birthing time for her creatures. She is our mother. We must wake up and protect her fragile life systems. We will save only what we love. Come with a poem, or a song, a treat to share and an open heart. Donations appreciated. Contact webercenter.org.

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.

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.

Music & Motion KinderConcerts with The Ann Arbor Symphony • May 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.

Music & Motion KinderConcerts with The Ann Arbor Symphony • June 18, 23, 24, 27 • 10 - 10:30 a.m. & 11 - 11:30 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.

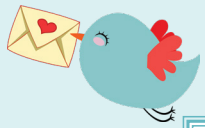
Heightening Your Vibration: Alchemy (2 day class) with Karen Greenberg • May 15, 22 • 1:30 - 6 p.m. • Change your vibration from low to a higher vibration, and sustain it using tools including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, 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.

Healing & Ascension Monthlies with Eve Wilson UCM Master Healer, World Ascension Worker • Thursdays, monthly: May 26, June 23, July 21, August 18, September 15 • 7:30-9:30 p.m. • Healing, ascension work, and spiritual support for life. Help our world to transform smoothly. Learn to live in unity with Higher Self in the new world experience. Recorded. \$50 per class, sliding scale possible. Enrolling until May 26. Contact Eve at evev@spiritualhealers.com or 734-780-7635; spiritualhealers.com.

Universal Sphere® Practitioner Certification Training with Shellie Powers • June 12 • 10 a.m. to 6 p.m. 12, OR Saturday, July 30, 9 a.m. - 5:30 p.m. • Learn to work with multi-dimensional frequencies to enhance your human life. Easy to learn, quick to apply with powerful results, this is a next-generation modality to accelerate the connection with your "Highest Potential." Transcend 3D drama and challenges. Designed for energy practitioners ready to expand their practice. \$397. Contact Shellie Powers at 734-926-8423 or info@thepowersof.com; thepowersof.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 or visit umma.umich.edu/exhibitions/2022/fun-working-title

Health and Wellness

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.

Holistic Health

Help Yourself with Self Hypnosis with Conrad Joseph Welsing, Jr. • June 6, 13 and 20 • 6 p.m. • Do you want to understand more about the science behind hypnosis and learn the techniques to engage the mind, body, and emotion? You will learn about research from academic sources as well as popular practitioners to support your practice. \$59. Contact Washtenaw Community College at 734-677-5060 or to register online: wccnet.edu/noncredit.

Intuitive and Psychic Development

Focused Mind Meditation with John Friedlander • First Sundays monthly: 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; psychicpsychology.org.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • First Tuesdays monthly: 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; psychicpsychology.org.

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.

Orthopedic Massage - Lower Body with Rob Kelly • June 4 - 5 • 9 a.m. – 5 p.m. • Students will learn to assess and treat dysfunction/pain in the mid and low-back, along with the hip, knee, and ankle regions. Treatments for specific conditions such as limited range of motion, sciatica, piriformis syndrome, psoas, and sacroiliac dysfunction will be taught. Specific techniques include muscle firing patterns, fascial mobilization, muscle stripping, pin and stretch, and trigger-point approaches. \$265. Contact lakewoodschool.edu.

Meditation

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.

Peace Generator with Interfaith Center for Spiritual Growth

• **Third Fridays • May 20, June 17, July 15, August 19 • 7 - 9 p.m.** • Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Come and go as you please. Free/donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Wheels that Drive You: Chakra Meditation for Total Health with Ema Stefanova • Saturday-Sunday, May 21-22 • Sat. 2:30 - 4:30 p.m. and Sun. 1 - 5 p.m.

• The focus is on how each chakra governs specific functions in the body-mind complex, and how to live a healthy, balanced lifestyle informed by meditating on the chakras. Teachers earn continuing education credit with the Yoga Alliance. Inquire for cost. Contact EmaStefanova@cs.com or 734-665-7801; YogaAndMeditation.com.

Day of Mindfulness - Living in Presence with Esther Kennedy, OP • Saturday, June 4 • 10 a.m. - 2:30 p.m. • Your very presence is who you are. Every moment you are awake to who you are is a holy moment. Come to know your own presence and how you be in the world and how you live in your own skin. What causes you to live in or to lose presence? Living from our fuller presence can bring us joy and help heal our wounded world. \$25. Contact webercenter.org.

Beyond Distraction: Five Practical Ways to Focus the Mind with Shaila Catherine ON-LINE • Sunday, June 5 • 10 - 11:30 am

• Open to all meditators on the occasion of publication of Catherine's new book, *Beyond Distraction: Five Practical Ways to Focus the Mind*. She will share her teachings and insights including how to overcome distraction in meditation practice and develop clarity in relationships, work, and daily life. Free. Contact stillmountainmeditation.org/events/sunday-meditation-shaila-catherine-2022-06-05.

Candlelight Labyrinth Walk and Meditation with Ringstar Studio • Saturday, June 25 • 7 - 11 p.m. • Walking the labyrinth is a form of moving meditation. Our indoor labyrinth of more than two hundred candles offers a chance to pause and enjoy the glittering stillness within. Free. Contact Ringstar Studio at 734-335-1625 or mail@a2ringstar.com; a2ringstar.com.

Movement and Dance

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. Free on Zoom; \$5 donation if a space rental is needed. Contact Judy Trautman at jltrautman@sbcglobal.net or 419 475 6535; sites.google.com/view/a2-toledodup; facebook.com/dupannarbortoledo/.

Music, Sound, and Voice

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; uuaa.org.

Aroma + Sound: Sound Bath Meditation with Rob Meyer-Kukan • Saturday, June 11 • 7 - 8:30 p.m.

• Sound elicits relaxation and calm. Scent can be equally as powerful. Participants will be treated to a relaxing sound bath of instruments from singing bowls to gongs and then some. Those gathered will also receive several essential oil samples to utilize throughout the experience. \$40 advanced registration required. Registration closes June 10. \$40. Contact Rob at 248-962-5475, rob@robmeyerkukan.com; 7notesnaturalhealth.com.

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; 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 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 lighthousecenterinc.org \$10 donation. Contact 734-808-1335; lighthousecenterinc.org.

MNRI Dynamic and Postural class with Jackie Kilburn • June 1-4

• **time TBA** • Inquire for cost. Contact 810-231-9042; ump-in-products.com.

Prosperity and Abundance



7 Notes Natural Health

Celebrating 7 Years!

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- weight loss
- relief from sore muscles
- relief from joint pain
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Contact

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www.7notesnaturalhealth.com

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.

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 or 734-665-7801; YogaAndMeditation.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.

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 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.

The Differences Among Us: Seeking Unity in Diversity with Laurie Brink, OP • Tuesday, June 7 • 7 - 8:30 p.m. • As women religious, we have taken to heart the urgent invitation to become Anti-racist. We recognize the definition of "neighbor" extends beyond our borders, and so we welcome the immigrant and exiled. We strive to heed the clarion call of Laudato Si' to care for our common home. Donation. Contact webercenter.org. Five-Day Summer Retreat (Jeongmaeng Jeongnin) in Chicago with Toan Jose Castelao • June 28 - July 3 • 7 p.m. Thursday - 10 a.m. Sunday • This retreat is an intensive period of Zen practice geared toward the experienced student. Cost is \$60/day, \$50/day for members. Contact 734-761-6520 or annarborzentemple@gmail.com.

Illness and Healing from a Shamanic Perspective: Extraction with Judy Ramsey • Saturday – Sunday, May 21-22 in person; ON-LINE June 18-19 • 9 a.m. – 5 p.m. • This is an advanced class limited to six. Deepen your understanding of how spirit can help the physical body thrive or not. Explore ways to "diagnose" an illness and address healing and learn ways to extract spiritual intrusions. Inquire for prerequisites and reading. \$180 per person/\$75 for repeating students. Contact Judy at info@judyramsey.net; JudyRamsey.net.

Introduction to Journeying with Connie Lee Eiland • Sundays, May 22 or July 17 • 10 a.m. - 5 p.m. • Six hr. class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. \$70 until 2 wks. before, \$80 after. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Creating Safety and Sacred Space with Connie Eiland • June 12 • 10 a.m. - 5 p.m. • This class gives you practices, ways of looking at safety and sacred space that will serve you. We set an altar together, so you become aware of the aliveness of all beings. Ability to journey is a requirement. \$80 until May 28, then \$110. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Shamanism

Journey Circle with Judy Liu Ramsey ON-LINE • First and Third Thursdays monthly: May 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@judyramsey.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.

Midrash Study with Karen Greenberg • Mostly first Fridays: 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 krngnbg@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.

Akashic Records Practitioner Certification with Shellie Powers ONLINE • Friday-Saturday, June 10 - June 11 • Friday, 7 - 10 p.m.; Saturday, 12 - 7 p.m. • Experience the Akashic Records through the Pathway Prayer Process© to access the heart of the Records. Learn the method of access and develop skills for successful navigation of the Records for yourself and others. Inquire for pre-requisites and certification requirements. \$360. Contact Shellie Powers at 734-926-8423 or info@thepowersof.com; thepowersof.com.

Akashic Records Practitioner Certification with Shellie Powers • Friday-Saturday, June 24 - June 25 • Friday, 6 - 9 p.m.; Saturday, 10 a.m. - 5 p.m. • Experience the Akashic Records through the Pathway Prayer Process© to access the heart of the Records. Learn the method of access and develop skills for successful navigation of the Records for yourself and others. Inquire for pre-requisites and certification requirements. \$360. Contact Shellie at 734-926-8423 or info@thepowersof.com; thepowersof.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; 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 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; TaiChiLove.com.

Chen Tai Chi Chuan with Joe Walters • Mondays and Thursdays, 5 - 6 p.m.; Saturdays, 9:30-10:30 a.m. • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Free. Contact annarbortaiichi@gmail.com; annarbortaiichi.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

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



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.

Register & review COVID protocols at uuaa.org

****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 hormones 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!



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)

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

Follow the below steps, ASAP

1. GO TO 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

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

www.bioenergymedicalcenter.com



2 introductory classes; \$90 per person, \$105 monthly. Contact 734.994.3620 or info@a2amas.com; a2amas.com/contact.php.

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; 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; a2amas.com/contact.php.

CQC Self Defense with Close Quarters Combat Academy • Wednesdays • 7 p.m. • This class is designed to teach self-defense through a simple, straight forward approach. The class covers empty hands, weapons, throws/takedowns, chokes/locks, and grappling. First class Free. \$50 monthly. Contact 734-726-4417; cqcademy.com.

Satria Fighting • Wednesdays • 8 p.m. • (SFA) is a dynamic ancient martial art and a unique Yoga system. Although its lineage date back to Vedic culture, SFA remains highly effective in Self-Defense and is applicable to today's society. SFA also promotes health and wellness through moving meditation and the Satria Yoga system. First class Free. \$50 monthly. Contact 734-726-4417; cqcademy.com.

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.

12 Form Tai Chi with Wu's Tai Chi Chuan Academy • Mondays • 10-11 a.m. • 12 Form: The beginning form that introduces Wu Style and orients the new practitioner to basic principles and alignments while learning a short sequence that can be practiced on one's own. \$45/month

Beginner Judo with ANN ARBOR YMCA • Mondays – starting week of Jun 12 • 5:30 - 6:30 p.m. • Students learn maximizing efficiency while minimizing effort. Judo teaches falling, throwing, grappling and submission techniques along with prearranged forms. Judo Club is Free to students enrolled in a Judo technique class. \$15-\$103. Contact 734-661-8043 or efransen@annarborymca.org; annarborymca.org.

Writing and Poetry

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; 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; 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.

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; 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; 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
Therapeutic Riding, Inc.
Thrive Wellness Center
Washtenaw Community College Student Center
Washtenaw CC Health and Wellness Center
Wine Wood Organics

Ypsilanti:

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

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:

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

Chelsea and Dexter:

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

Jackson & Lenawee County:

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



It is the season now to go
about the country high
and low, among the lillies
hand in hand, and two by
two in fairyland.

—Robert Louis Stevenson