

June 10, 2022  
Issue #88

Our Annual  
Faerie Issue!

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

*shining a light in the dark*



# The Crazy Wisdom Weekly

Watch the trailer for  
*The Crazy Wisdom Community Journal*,  
Issue 80.



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.

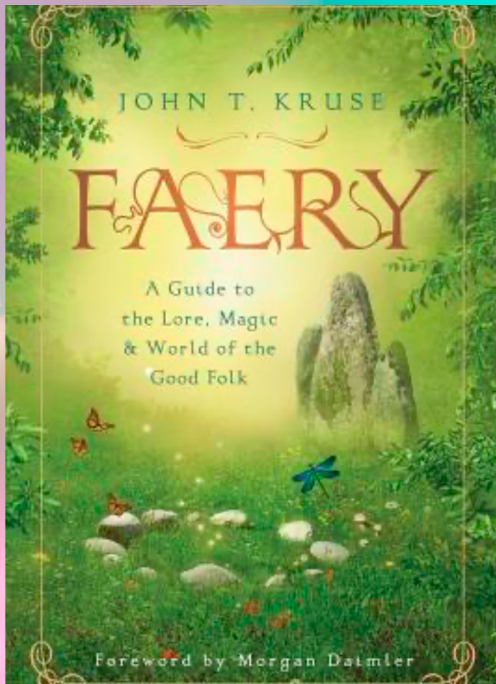
[Subscribe here.](#)



Artwork by Jennifer Carson

## Table of Contents

Word of the Week .....	page 4
Gail Piepenburg and Her Beautiful Fairy Houses By Crysta Coburn.....	page 5
Kashi's World: Ann Arbor Artist Brings Magical, Spiritual Touch to Her Creations By Diane Majeske.....	page 6
Crazy Wisdom Book Picks of the Week.....	page 8
The Seelie Court of Ann Arbor's Faery Artists and Events By Laura K. Cowan.....	page 10
The Crazy Wisdom Weekly Calendar.....	page 14
Dreaming a Bridge By Irena Nagler.....	page 18
A Final Thought.....	page 21



**This impressive book is both a folkloric resource and guide to living and working with your magical neighbors.**

**30% off your purchase at [shopcrazywisdom.com](http://shopcrazywisdom.com) with coupon code BIWEEKLY87**

**expires 6/23/2022 - 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.

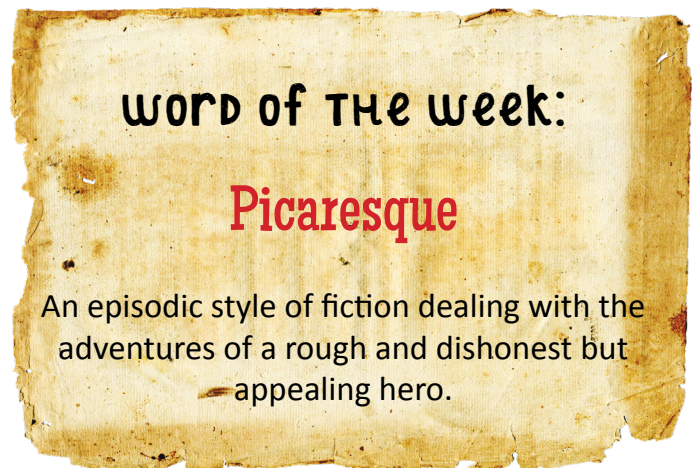
Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, [crazywisdomjournal.com](http://crazywisdomjournal.com). *The Crazy Wisdom Journal* has been published three times a year since 1995.

Copyright © Crazy Wisdom, Inc., June 10, 2022.

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

Thank you to our contributors for this issue:

Crysta Coburn  
Diane Majeske  
Laura K. Cowan  
Irena Nagler  
Jennifer Carson  
Carol Karr  
Bill Zirinsky



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).

# Gail Piepenburg and Her Beautiful Fairy Houses



By Crysta Coburn

"I grew up in the metro Detroit area 'burbs surrounded by lots of kids, in a neighborhood of fields, meadows, and streams ripe for adventure," said ceramic artist Gail Piepenburg. She later moved to Ann Arbor with her husband, who is also an artist. "We both fell in love with a piece of property on a dirt road near the river with trails. It was a place we could build on using our creativity and skill. It had room for an art studio. We both value how creative and diverse

people in a community contribute to making a place more interesting and often beautiful. The historic architectural buildings, the quirky places, individual businesses, the varied restaurants, close to nature, all made it a city with visual appeal to live in."

Piepenburg's parents taught their children many life skills and hands-on skills such as sewing, baking, painting, gardening, and working with wood and metal. "So, learning to work with clay was an easy fit for me," she said. "I simply took classes in ceramics after my own children were born."

The fairy houses are a marriage between ceramics and her interest in gardening. Piepenburg explained, "I've worked in and taught art in the public schools for over 25 years now. But it was my garden and an invitation to be part of the Ann Arbor Garden Walk that started me on the fairy house project. Twice my garden was selected to be included on the garden tour as well as having our ceramic studio open to visitors."

After brainstorming ceramics that would appeal to gardeners, she decided "whimsical fairy houses would fit perfectly." She shared, "This side project blossomed into an annual event in which I make fairy houses for the A2 Garden Walk specifically. Each year the houses continue to evolve in design, and I display and sell them in a different garden [every year] at their event."

The fairy houses, which come in various shapes, are so fun and colorful, they really do make the perfect addition to any yard or garden. What a delightful discovery for people to make while out on a walk in the neighborhood!

And where do the ideas for her artwork come from? "I have to say I can find inspiration nearly everywhere, it's how we choose to look at something that shifts our view," Piepenburg said. "I am drawn to the rich experiences of travel. Architecture and detail. Cultures and history. Imagination. Creativity. Good design. Burning Man artists and my daughter's ethereal photographs. My husband's creativity and his inspired suggestions. My youngest daughter, who truly 'loves what she does.' They all nourish me, and I am in awe of them."

During the second week of June, you can find Piepenburg at the Ann Arbor Garden Walk in one of the beautiful gardens. If you're interested in one of her houses or other works of art, contact her for a tour of the studio.

*Find Gail Piepenburg online at [instagram.com/fairytalehouses/](https://www.instagram.com/fairytalehouses/). You can find her work for sale at Two Fish Gallery in Leland, Michigan. She can be contacted by emailing [Gpiepenburg@gmail.com](mailto:Gpiepenburg@gmail.com) or texting (734) 834-7117.*



From Our Current Issue

# Kashi's World:

## Ann Arbor Artist Brings Magical, Spiritual Touch to Her Creations



Photo by Robert Adisa Dayo

By Diane Majeske

**I**n Kashi's world, there are jewels and feathers, sequins and stars, belts, beads, shiny threads, and smooth shells. There's lace and flowers, a touch of whimsy, a hint of darkness, and a tangible passion for art. In the midst of it all, there is Kashi Amma Walters, blissfully creating and steadily earning praise for her ornate pieces which run the gamut from jewelry to costumes to headpieces to sculptures.

"I love anything that's magical, mysterious, mythical, and spiritual," says the self-taught artist. "I resonate with my creations—they're not just pretty little things. They bring me to life. They connect me to something bigger than the mundane world. I'm a spiritual person, and a lot of my art reflects that."

For Walters, spirituality is a part of day-to-day life; she and her husband, Swami Atmananda Saraswati, run the Kashi Niva Shivas Meditation Ashram in Ann Arbor. She joined the Ann Arbor community in 2014, arriving from Australia where she had met her soon-to-be husband, and soon felt at home.

In Australia, Walters already had begun following a spiritual path, joining an ashram in her 20s and studying with a variety of spiritual teachers.

"I was always creative in school, but there was a part of me that wanted to be of service to others," says Walters, 42. "I've always done some type of volunteer work. I just never knew how it would work out in my life."

While many of the Ann Arbor ashram devotional and meditational programs were forced to pause during Covid-19, Walters found her creativity working overtime.

Gathering up a few beads and shells one day, she spontaneously decided to design and create a necklace, placing it for sale in the small store in the ashram. To her surprise, the next day a student saw it, fell in love with it, and paid her three times the asking price.

"I absolutely couldn't believe it," she says, laughing. "I was like, 'Whoa!' And I started making more jewelry."

## Art that reflects life

Walters' jewelry is ornate, intricate, gothic in style, and layered in symbolism.

"In many of my pieces, you may see something that is really pretty, like a sequin or stone, but then a tinge of something dark—like a skull," Walters says. "That's because life is both light and dark, and in human nature there is both light and dark. Art is an expression of life—it's not just one thing: it's a combination. So, you'll see that reflected in my pieces; there is beauty, there is ugliness, there is light and there is darkness."

"The care that Walters puts into each piece she creates is obvious," says Katie Parzych, a friend of Walters who has helped her model jewelry on her Instagram page.

"Each piece has such a strong vision," Parzych says. "I'm so just impressed on how every piece has its own personality—they're truly magical. Kashi is such a loving person, and that really comes through in her work."

Parzych has watched her friend evolve from creating jewelry to branching out to other media such as costumes, sculptures, and headdresses. "It's been so exciting for me to watch," she says. "She just seems to excel at every medium she tries."

Ask Walters, though, and she's far more modest saying it's simply a matter of trial and error, of embracing mistakes, changing plans, and being open to new ideas.

"I had only been doing jewelry, and a friend wanted me to make her a wall-hanging mask of a Hindu god and I was like, 'I don't sculpt!' But she was like, 'Oh, you can do it,' so I decided to try it—doing a practice one before I tried hers."

Using a polymer clay, she found she reveled in the process of meticulously creating something from nothing, of carving facial features and uncovering the symbols and stories behind the gods and goddesses she was asked to bring to artistic life.

"I simply fell in love with sculpting," Walters says. "There is just something in me that is being driven to create in more and different ways and I'm going to let it be, let it do that. I think there are things in life we need to live out. Instead of pulling away, we need to live it out, live it mindfully and be healthy with it. I think that's the spiritual aspect that comes with art for me."

Susan Thompson, of Dexter, commissioned Walters to create a sculpture of Kali, a Hindu goddess with a rich, complex history. She was thrilled with the result.

"It's beautiful; it's actually more than that—it's inspiring," she says. "It's difficult for me to even find words to describe it. I love the way she customized it for me and placed so many symbols within the sculpture. She puts everything she has into a project, and her passion for art truly comes through."

[Read the rest of the article 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](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.

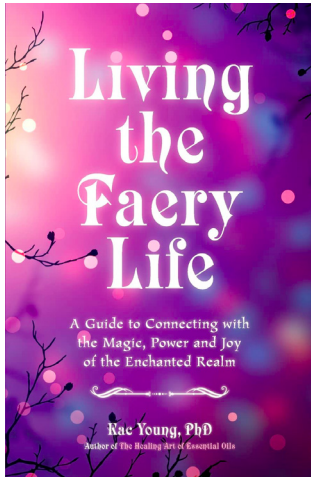


A workshop is scheduled for the second week in August,  
but there is no featured poetry reading in August.

## Crazy Wisdom Poetry Circle

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

# Crazy Wisdom Book Picks of the Week



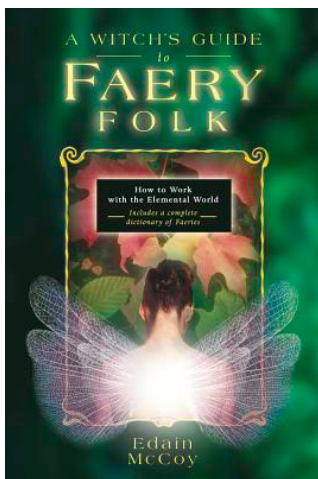
You are cordially invited to begin your magical relationship with the faery world. Many of the things we believe about faeries are old wives' tales, made-up myths, and invented stories to satisfy cultural curiosity. Here, you will learn how to separate myth from truth and discover how to create your private faery kingdom.

Learn the rules of faery life and reconnect with nature. Discover how to make a faery garden, what particular trees and plants attract faery folk, and rituals you can perform to connect with the faery realms. Even if you are not yet a fully-fledged "Faery Believer," a walk in the outdoors will never be the same once you have been touched by the wisdom and enchantment of Living the Faery Life.

Living the Faery Life is a guide for everyone: Tinkerbell fans, faery non-believers, fanatics, Pagan and Wiccan practitioners, as well as devotees who enjoy the ritual use of candles and crystals.

Learn about the Faery world and the rules Faeries live by  
Nurture an innate connection with the wild and natural world  
Awaken the deep magic, wonder and joy of the Faery Realm

[Purchase your copy of \*Living the Faery Life\* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



Work magick with help from the little people

All over the world, people have reported encounters with a race of tiny people who are neither human nor deity. This book reclaims that lost, rich heritage of working with faery folk that our Pagan ancestors took for granted.

Edain McCoy teaches how to work with faeries in a mutually beneficial way. Practice rituals and spells in which faeries can participate, and discover tips to help facilitate faery contact. These capricious creatures can help with divination, past life recall, scrying, and spiritual quests. Also included is a dictionary of more than 230 faeries that include goblins, gnomes, elementals, seasonal faeries, and angels.

[Purchase your copy of \*A Witch's Guide to Faery Work magick with help from the little people\* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



# KELLIE MOX

COACHING & HEALING



Catalyzing  
*revolutionary healing*  
through  
trauma-informed  
homeopathy,  
intrinsic coaching,  
and holistic  
health education.

I partner with  
women & children  
who want to reclaim  
their intrinsic  
healing capacity  
and strengthen their  
vitality so that they  
can heal mind,  
heart, body, & spirit  
from the inside out.

Curious about partnering  
with me? Schedule your  
free, 20-minute  
exploratory session at  
[kelliemox.com](http://kelliemox.com).

KELLIE MOX, MPH, DCHM, CCH(cand)  
KELLIEMOX.COM  
HEAL@KELLIEMOX.COM  
734-476-0349



# The Seelie Court of Ann Arbor's Faery Artists and Events

## From Our Cover

By Laura K. Cowan

### Shakespeare in the Arb, A 20th Anniversary Fairy-stravaganza

Beloved annual summer event Shakespeare in the Arb is celebrating its belated 20th anniversary after a Covid hiatus, with a fairy-tastic performance of *A Midsummer Night's Dream*. Visit your favorite characters, like Puck the trickster fairy, as actors weave themselves among the trees of the beautiful Ann Arbor Arboretum.

Director Kate Mendeloff says the event this year should kick off with *A Midsummer Night's Dream* on June second, running Thursday through Sunday every week until June 26th. This is an easy event to miss in the early summer because, like a glimpse of the fairies, it's here and gone in the blink of an eye. Mendeloff says you can also get involved if you are of the thespian persuasion: "Auditions are the weekend of Shakespeare's birthday, the 22<sup>nd</sup> through 24th of April, and are open to community actors, dancers, and musicians." You can keep an eye on the Shakespeare in the Arb Facebook page for details. "Young children ages 5-8 are welcome to participate as fairies, and should contact us in May," Mendeloff adds.

What's it like performing with fairies in the Arb in one of these popular productions? "The Arb is an actor in all of our plays," Mendeloff explains. "We are inspired by the natural landscape and stage scenes organically in the hills and valleys and groves. My aim is to create a 360-degree picture in every scene, so the audience really believes they are in the reality of the events with the actors."

Sounds fabulous. If your kiddos want to be part of this supernatural all-outdoor theater production, what better way to get involved than as a fairy themselves? Shakespeare in the Arb does charge for admission to cover costs.

*Shakespeare in the Arb is part of the University of Michigan LSA Residential College. You can find more information at their website [lsa.umich.edu/rc/programs-and-community-engagement/shakespeare-in-the-arb.html](http://lsa.umich.edu/rc/programs-and-community-engagement/shakespeare-in-the-arb.html). Or visit their Facebook page for up-to-date information on auditions and production schedules: [facebook.com/ShakespeareintheArb](https://facebook.com/ShakespeareintheArb). Director Kate Mendeloff is reachable at [mendelof@umich.edu](mailto:mendelof@umich.edu).*



### Create Your Own Jonathan Wright Fairy Door Hunt

It's no secret that fairies love Ann Arbor, as evidenced by the work of fairyologist Jonathan Wright, who "discovered," as he prefers to say, the fairy doors that populate the curbsides and coffee shops around town.

Now you can find fairy doors in other nearby towns, too. Wright is always working, and he's a frequent exhibitor at the Kerrytown Bookfest every spring. Last year the event was canceled due to Covid, but in no time, expect to see Wright's lovely creations being drawn in real time at the book festival. (Think something quirky like Brian Froud of *The Dark Crystal* and *Labyrinth*.) You might also spot Wright in his yellow beanie at Sweetwaters on Ashley, where he regularly draws custom murals with hidden easter eggs.

In the meantime, you can go on your own fairy door hunt around Ann Arbor. To start, there's one in the west-side Sweetwaters on Ashley, and a few in the curbs around downtown Ann Arbor, plus a really cool 3D diorama door in the rec and ed building off Packard where kids often have extracurricular activities including ballet and art classes. These fairies seem to love coffee shops and public buildings, but they can still hide in plain sight: check out the downtown Ann Arbor storefront windows, and don't forget Joe & Rosie's coffee shop in downtown Dexter if you're on the west side. You can always ask around. People in Ann Arbor seem to be in touch with the fae and know where to look if you ask them nicely. Arrange your own treasure hunt to compete with your friends to find all the doors and take photos. Don't forget to leave gifts like pennies and candy for the fairies to keep the good folk friendly. Nothing made from iron, please! The good

neighbors hate anything made of this noxious metal. They say that bronze was the original metal that couldn't help the fairy folk fend off invasion in ancient times, so steer clear of that as well.

To keep up with the latest in event appearances or pick up a copy of Wright's book on the Ann Arbor Fairy Doors and how they came to be, visit [urban-fairies.com](http://urban-fairies.com).

### Discover David Zinn's Whimsical Chalk Creations at Summerfest

Looking for some whimsical fun while you're around town? You've probably heard of David Zinn, or maybe you read *Crazy Wisdom's* feature on him in issue #76 ([crazywisdomjournal.com/featuredstories/2020/12/17/the-whimsical-world-of-david-zinn?rq=david](http://crazywisdomjournal.com/featuredstories/2020/12/17/the-whimsical-world-of-david-zinn?rq=david)). Here's how to find his work as it peeks through the cracks of Ann Arbor's city streets.

David Zinn is Ann Arbor's own chalk sidewalk artist, whose creations emerge from curbs and roadsides on Ann Arbor's west side in the Bach neighborhood, and now all over the country when he travels.

Zinn also has been known to make an appearance at the Ann Arbor Summer Festival through Top of the Park and the Ann Arbor District Library, where Zinn draws live and hangs out with local kids. Keep an eye on the developing schedule for this year's event at [a2sf.org/calendar/](http://a2sf.org/calendar/).



Did you know that Zinn recently released a book? You can find it on his website at [zinnart.com/about-the-artist/](http://zinnart.com/about-the-artist/).

We adore Zinn's Twitter and Instagram, where you can keep up with all the fun and the latest from this artist who has grown in popularity and now enjoys national fame. Watch for a repeat favorite: the pig with a wand and a tutu, or any of the other tiny animals that seem to fall in and out of our world through the paving stones.

For more information about David Zinn's latest publications and events, visit [zinnart.com](http://zinnart.com) or email [info@zinnart.com](mailto:info@zinnart.com).

**Fairy Houses**  
How to Create Whimsical Homes for Fairy Folk  
Sally J. Smith

**"this adorable book will leave even the most sceptical of readers chanting: 'I do believe in fairies, I do!'"**

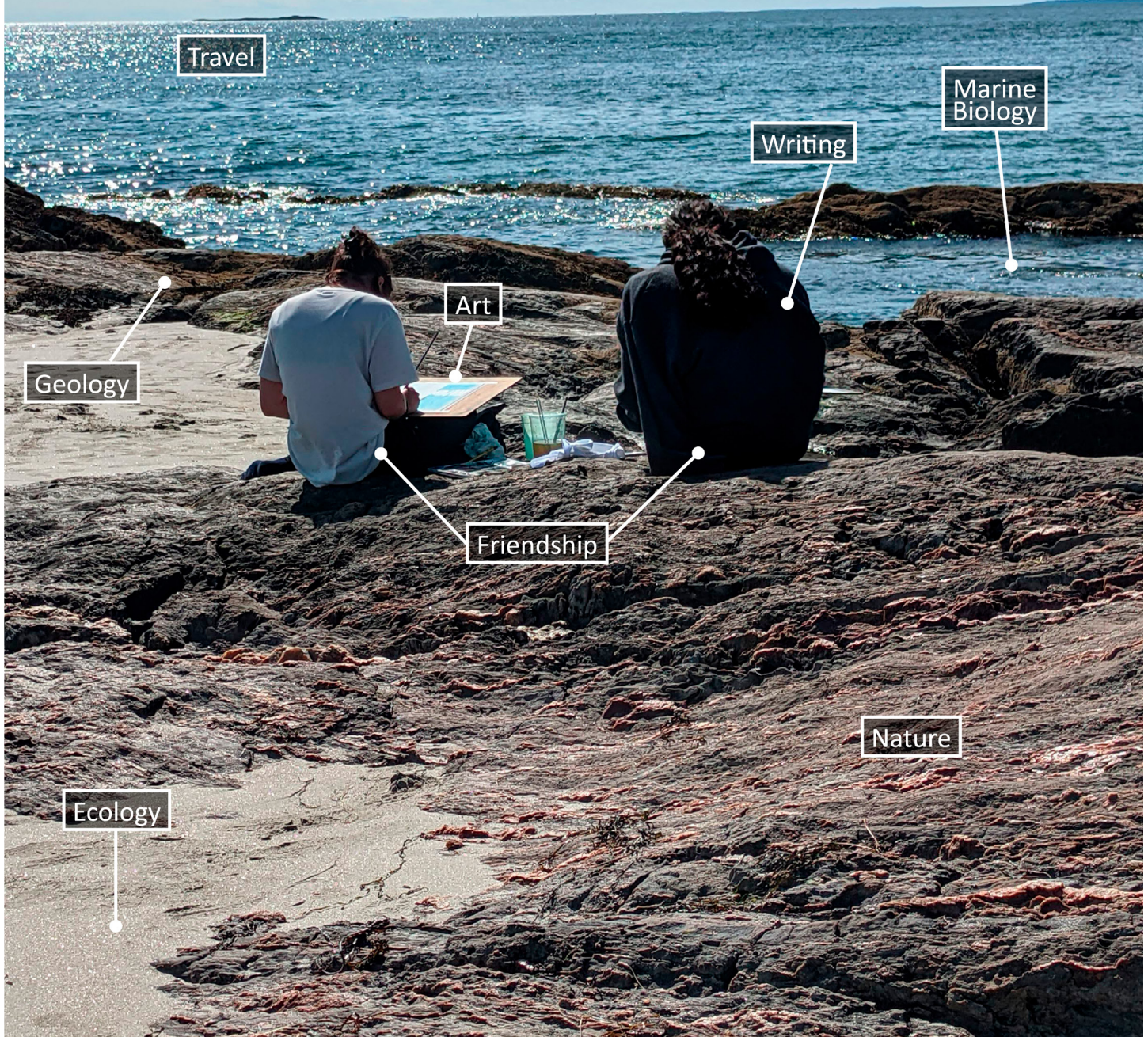
—Katya Edwards

**Available at [shopcrazywisdom.com](http://shopcrazywisdom.com)**



*Learn about more faerie events and artists online!*

# 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 • 734-995-4141



**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?Sertubg.jpg

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

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



**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*



# 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](http://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](http://Interfaithspirit.org).

## 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).

**FUN with University of Michigan Museum of Art • May 14th - September 4 • 11 a.m.** • The exhibition will transform before your very eyes as it becomes what you—our community, our students, and our visitors—make of it. 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. Free. Contact [kbeaton@umich.edu](mailto:kbeaton@umich.edu) or 734-764-7032.

**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](mailto:rob@robmeyerkukan.com); [7notesnaturalhealth.com](http://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](mailto:WestsideArtHop@gmail.com) or email: [westsidearthop@gmail.com](mailto: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 [krngnrbg@gmail.com](mailto:krngnrbg@gmail.com); [clair-ascension.com](http://clair-ascension.com).

## Book Discussion Groups

**7 Notes Book Club with Rob Meyer-Kukan • First Thursdays • 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 • 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

## 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](mailto:programs@jewelheart.org); [jewelheart.org/Free-weekly-virtual-programs](http://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-

# The Crazy Wisdom <sup>Biweekly</sup> Calendar

3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org); [jewelheart.org/Free-weekly-virtual-programs](http://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](mailto:programs@jewelheart.org); [jewelheart.org/Free-weekly-virtual-programs](http://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](mailto:programs@jewelheart.org); [jewelheart.org/Free-weekly-virtual-programs](http://jewelheart.org/Free-weekly-virtual-programs) to register.

**Sadhana Meditation Practice with Lama Nancy Burks via Zoom • Every Sunday • 10:30 a.m. - 11:30 a.m.** • Sadhana practice includes chanting and mantra recitation. Medicine Buddha sadhana on the first and third Sunday of the month; Chenrezik/Amitabha sadhana on the second and fourth Sunday. If there is a 5th Sunday, we do silent sitting meditation. Texts are provided and everyone is welcome. Free, but donations welcome. Contact Pat at 734-678-7549 or [aaktc@yahoo.com](mailto:aaktc@yahoo.com); [annarborktc.org](http://annarborktc.org).

**Meditation and Discussion with Lama Nancy Burks • Every Wednesday • 7 – 8 p.m.** • The purpose of the meditation is to provide group practice and discussion that will be meaningful to students at every level. The content of each meeting will be informed by the interests of the participants and will include meditation practice and traditional Buddhist teachings of the Karma Kagyu Lineage of Tibetan Buddhism. Free, but donations welcome. Contact Pat at 734-678-7549 or [aaktc@yahoo.com](mailto:aaktc@yahoo.com); [annarborktc.org](http://annarborktc.org).

## Ceremonies, Celebrations, and Rituals

**Full Moon Reiki Bonfire Ceremony with Alicia Clark-Teper & Jennifer Kirk • 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](mailto:sacredlotusexperience@yahoo.com); [sacredlotusexperience.com](http://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](mailto: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](http://webercenter.org).

## Channeling

**Remembering Wholeness - Darshan with The Mother, channeled by Barbara Brodsky • Monthly Sundays: 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](mailto:om@deepspring.org).

## 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](http://Interfaithspirit.org).

**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](http://a2so.com) for locations.

## Death and Dying

**Death Cafe with Interfaith Center for Spiritual Growth & Rev Annie Kopko • First Tuesdays monthly: 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: 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.

**Healing & Ascension Monthlies with Eve Wilson UCM Master Healer, World Ascension Worker • Thursdays, monthly: 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 evew@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.

## 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)

## 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](http://interfaithspirit.org).

## Intuitive and Psychic Development

**Focused Mind Meditation with John Friedlander • First Sundays monthly: 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: 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).

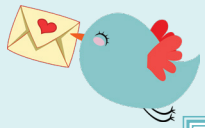
## Meditation

**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](mailto:programs@jewelheart.org); [jewelheart.org/Free-weekly-virtual-programs](http://jewelheart.org/Free-weekly-virtual-programs) to register.

**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](mailto:mail@a2ringstar.com); [a2ringstar.com](http://a2ringstar.com).



# The Crazy Wisdom Calendar *Biweekly*



## 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](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

**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](mailto:rob@robmeyerkukan.com); [7notesnaturalhealth.com](https://7notesnaturalhealth.com).

**Sound Bath: crystal bowls concert with Lighthouse Center and John Steinbauer • Third Fridays monthly • June 17, July 15, August 19 • 7 – 9 p.m.** • Crystal bowls concert “Sound Bath.” \$20. Contact 734-808-1335; [lighthousecenterinc.org](https://lighthousecenterinc.org).

**Cafe 704 featuring Marlena Studer and Steve Ragsdale • Second Saturday, June 11 • 7 – 9 p.m.** • Musical performance at Interfaith Center for Spiritual Growth. \$10 per ticket. Contact 734-327-0270; [interfaithspirit.org](https://interfaithspirit.org).

## Personal Growth

**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

[lighthousecenterinc.org](https://lighthousecenterinc.org) \$10 donation. Contact 734-808-1335; [lighthousecenterinc.org](https://lighthousecenterinc.org).

**Stress Reduction & Intuition Development with Monica Levin • Mondays weekly • 7 - 8:30 p.m.** • Join us for spiritual workshops in Center Line, MI to gain clarity about your goals in life and reduce stress through a variety of techniques. \$20 per session. Contact Monica Levin at 248-656-2505; [linktr.ee/monicalevin](https://linktr.ee/monicalevin).

## 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).

## Retreats

**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 more; opportunity to consult with an experienced meditator for guidance and answers. Free; lodging starting at \$50/night. Contact 989-983-4107 or [office@songoftthemorning.org](mailto:office@songoftthemorning.org); [songoftthemorning.org](https://songoftthemorning.org).

**Summer Monastic Retreat with Haju Sunim • 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 annarborzemple@gmail.com.

**Illness and Healing from a Shamanic Perspective: Extraction with Judy Ramsey • 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, 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: June 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: 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 krngrnbg@gmail.com; clair-ascension.com.

**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.

**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 excelerate 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 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

**Karma Yoga Academy with Susann Spilkin, Nancy McCaochan, Valerie Weir, Katherine Austin Wooley • Saturdays, 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.

From Our Archives

## Dreaming a Bridge: Merging Human Imagination with the Living World



By Irena Nagler

A fire is dying to rose-colored embers in a brazier. A sound like branches being broken drifts down to us from high overhead. We cannot see the blue heron flying above us. It calls, wrapped in folds of night, and its dream touches ours.

One November fifth under seas of stars, a dance-theater group was performing poetry by a fire near a pair of sweat lodges.

Kalaea read a poem by Donald Howard to accompany a sword dance, the first piece I had created for public performance two years before. The sword might seem a perilous dance partner, but it had demanded the focus I needed to begin dancing for audiences.

This time, however, the peril was another altogether.

As I bent back with the sword balanced on my waist, I was laid open to the stars, terrified for an instant that they might seize me up and I'd fall out into blue, unfathomable reaches. Fortunately for the dance and the audience, I reeled myself back in.

The experience of time changes in outer space. But past, present, and future are nonlinear: merged and encapsulated in the tastes and scents, memories and sounds, of the living system of Earth. Our biological rhythms are profoundly attuned to this. We are often a little jarred by clock-time.

Children often play with time and space in a flow that resembles dreaming. I attended an elementary school perched on a hillside bristling with shrubs and bushes, trees and vines. The building was a massive Greek revival structure, the oldest on the East Campus of Western Michigan University. An upper playground was paved in blacktop, but graced also by enormous oak trees. The lower playground was a conventional turf field for various games. Between them stretched the liminal, forbidden space of the Bushes.

Needless to say, some of us were most attracted to playing there. It was a world of tunnels and caverns wreathed in branches. Little purple-blue Concord grapes grew on vines. To pick and eat them was a sacrament of sorts. They were sweet and sour and concentrated, rich in their power to connect us eternally to a system that no longer exists on this hillside.

My best friend and I played in the roots of a tree among those vanished "tunnelscapes." We made a chokecherry potion named Zish, mixing it in root hollows. We leaned over it, imagining ourselves as witches, muttering and stirring. Our roots were interwoven with those of the trees.

Many years later, in 2006, Jennifer Kovach, Matt Raven Rogers, and I sought locations for outdoor dances. We gravitated toward a bridge: the M-14 overpass. Under it, a floor of reddish-tan earth edged with stones and tall grasses slopes gently to the river, punctuated by angular columns supporting the highway, with a pier next to the water. The oceanic sounds of vehicles overhead resonate in the concrete long after they have passed.

The impetus to work outside had begun a few years before. The group had presented a program at a private fire circle. Waiting in the woods, we were startled by a long breath of wind on an otherwise still evening. Leaves floated by. The ensuing performance seemed to be exhaled from that sigh of wind.

During the previous summer, Kate Mendeloff's drama classes at the University's Residential College had presented Shakespeare in the Arb for the first time. Their interaction with trees and fallen logs, flower gardens and steep hillsides, the fairy children throwing acorns and cones at the audience, had been inspiring.

Three years later we were dancing in the Arboretum, too. And again the wind breathed on us during a piece in which I played a fox-spirit based on the Japanese Kitsune legend. In the character of a wandering musician, another dancer, Ben, lifted a flute to his mouth. In a mighty wind-shiver, a rain of autumn leaves showered onto the sun-glowing grass around him.

Our exploration in merging human dreaming with nature intensified; we continued to experiment in various locations. At the Matthaei Botanical Gardens, flocks of geese seemed to synchronize their flight with upraised arms and pour through the sky from the hands of a dancer. Kalaea swayed in a bed of tall grasses, and the wind rose, tossing the scene into a sea of auriferous tumult. A hawk hovered over percussionists, and I wondered later if their sound reminded it of thunder, which might bring lightning, starting fires and flushing out food.

[Read the rest of the story online!](#)

# 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

A person in a dark, horned costume with a glowing blue orb. The person is wearing a black top with gold trim and a black skirt with gold buttons. They have large, curved horns and are holding a glowing blue orb. The background is dark and smoky.

To believe in faeries is to step into an  
enchanted space where the rational mind  
meets the irrational heart, and all things  
become possible.

~Brian Froud