

July 22, 2022
Issue #91

Katy Gladwin
*Doula, Childbirth Educator, and
Certified Women's Coach*

The
Crazy Wisdom
Biweekly

shining a light in the dark



The Crazy Wisdom Biweekly

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

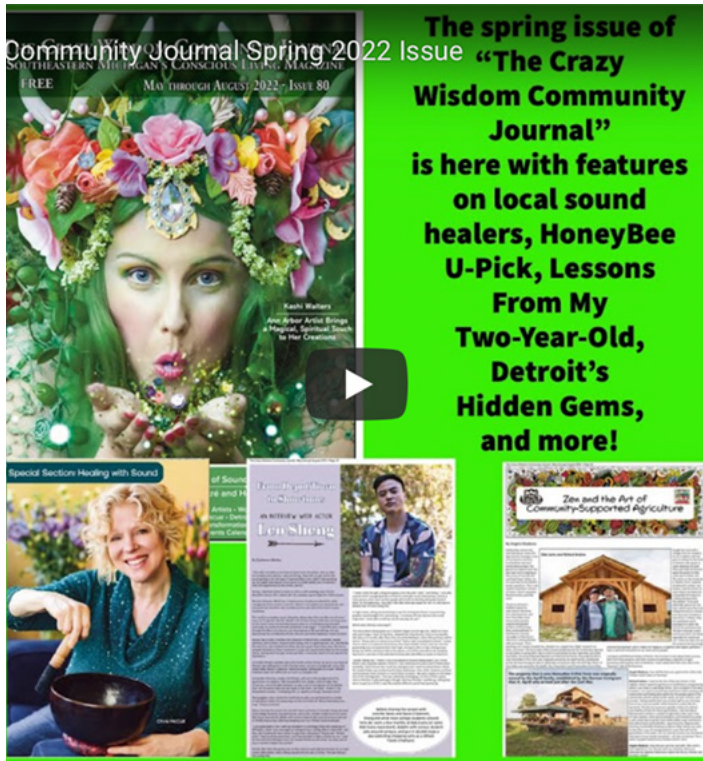


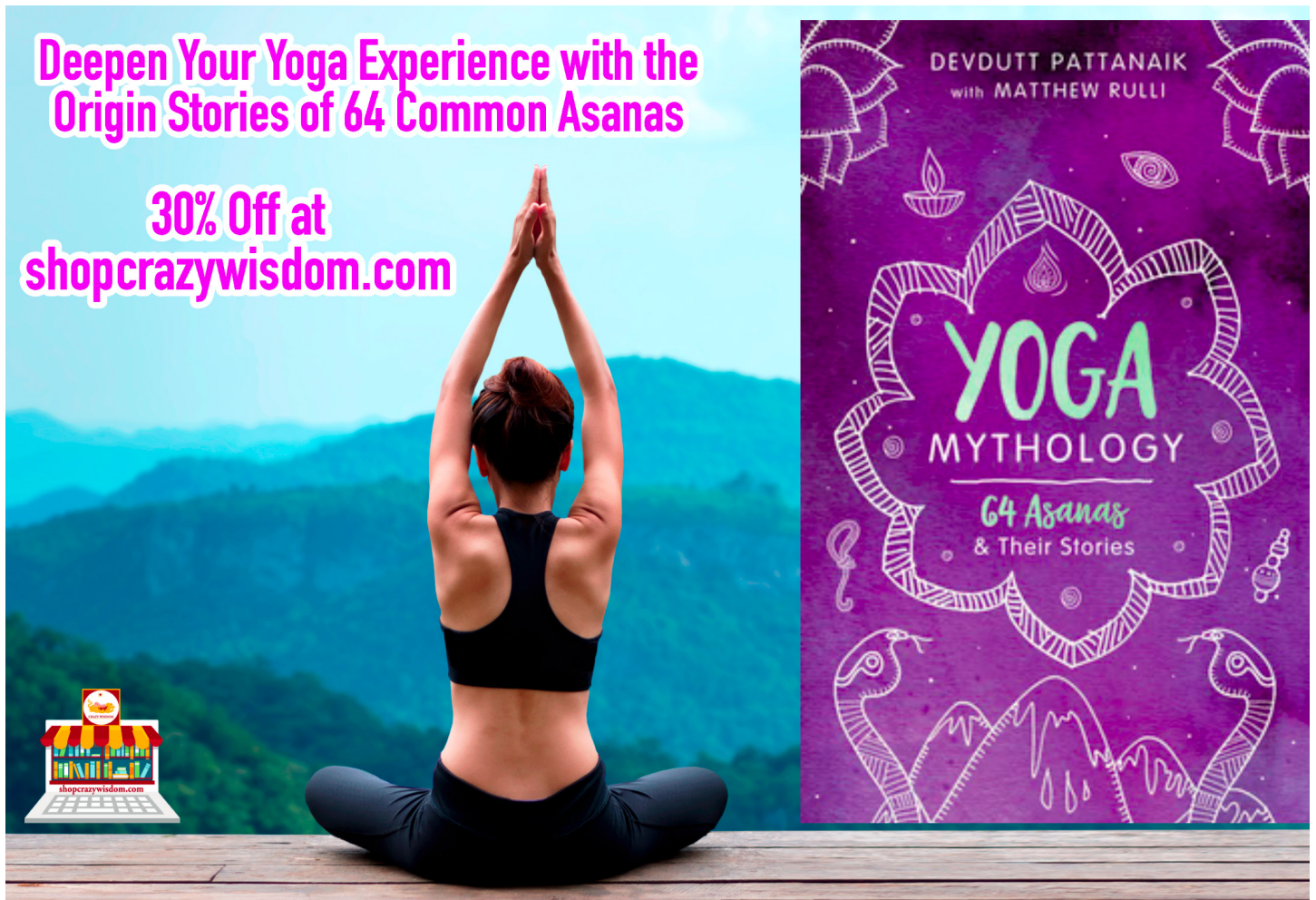
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Get the spring issue before it's gone! With features on local sound healers, HoneyBee U-Pick, Lessons From My Two-Year-Old, Detroit's Hidden Gems, and more! Look for it around town or have it mailed directly to you.

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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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Thank you to our contributors for this issue:

Peggy River Singer
Christina Wall
Lynda Gronlund
Rebecca Williams
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.

“Elder” Talks About the Lives of Worm~Kind

By Peggy River Singer

Elder: *I am here. How may I be of service?*

Peggy: Humans have been fascinated with your people since the beginning. Even though you seem so common and familiar, I feel that we could learn a great deal from you. So, today I ask if you will share some of your history and wisdom that we probably *don't* know about, to the greater good of all. At the very least, I hope that those who read our words will feel more respect and compassion for your folk.

Elder: *[approval] This is worthy, and I/We shall share. We were among the first groups of beings to be called to this planet by Creator. We had many forms and abilities that helped us to form soil, you see. We are capable of mutating quickly in order to address specific needs, and we are also capable of reproducing quickly. These qualities allowed us to do our work of soil-building very efficiently. Understand, please, that many millions of years passed as we worked faithfully at our initial task.*

We are capable of very long lives. However, since we were also created to serve as food for others, many of us die before reaching “old age.” To us, the body is a convenient form that allows us to express ourselves physically as Worm-kind. When we are about to be killed, we slip out of the body in such a way that we feel no pain or harm. It is an easy matter to find another suitable body to inhabit if we wish to.

We share with humans—and many other species—an eternal identity of selfness; not quite what you humans call a soul, which has spiritual connotations which do not apply to us. Because of this arrangement, we can experience billions of lifetimes without diminishing our memories and learnings. I could, for example, tell you how it felt to dwell in the soil under the inconceivable weight of a glacier; and how joyous my people were when that heaviness melted away and we could move upward as the soils warmed.

You are wondering whether we know in advance what natural events will take place on this world. Because of our intimate connections with the planet, we are aware of the building of energies that precedes an earthquake or hurricane, as examples. We can also connect with Worm-kind in other parts of the world, a network of consciousness that reaches other locations instantly.



You would like to ask about our emotional lives. I would describe them as a steady, constant state of “feeling positive” most of the time. We do not normally feel anger, hatred, or negativity in any of its forms.

As for our society, we live in a communal structure of shared equality, where each has a voice. There is very little strife of any kind.

Many of us spend time in contemplation, deep in the quiet sacredness of the earth we serve.

Like all living things, we sing to the earth, the sky, the stars, and each other. Our songs can be heard by those who are sensitive to such high frequencies.

We honor humankind’s presence, without judgement.

We continue to evolve to meet the constant changes around this planet.

It is time to let go of [end] this talking.

Peggy: Thank you, I’m very grateful.

Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer who combines her gifts to help create harmonious relationships among all who share the Earth. Connect by email at newbluecanoe@aol.com. Previous columns, interviews, and articles about her experiences and insights are posted on angelsfairiesandlife.wordpress.com.

From Our Current Issue

Out of My Comfort Zone

The Paradox of Dying

By Christina Wall



I will never forget the moment when I walked into the hospice home for the first time to see my dad. A palliative care doctor recommended hospice care the day before and he was transferred to this hospice home from a rehabilitation facility. I had been his primary caretaker throughout his rapid decline—navigating the hospital scene, confronting doctors, and aggressively advocating for his care. This situation was without a doubt my comfort zone—having concrete things to fix and fixing them. I was confident in my abilities, and due to an extensive history of trauma, seemingly thrived in the chaos and intensity of the situation.

Then the fixable things became unfixable. My final “fix” was asking the palliative care doctor to complete the hospice evaluation and assist in getting my dad transferred to a new facility. Just like that, I was thrust out of my comfort zone and into a world of quiet observation. The thing I would be quietly observing and holding space for was the impending death of my father.

I sat in the parking lot for a long time before going in to see my dad that day. I believed I was about to embark on something seemingly impossible, yet inevitable. Vulnerability, finitude, and quiet all resided inside that building and, in my everyday life.

These things had become my nemeses. I envisioned what would happen to me the minute I saw him in his bed. My prediction was that I would shake (and potentially vomit) from anxiety and then promptly melt into a puddle onto the floor. I would be reeling from the recent revocation of my fixer role while simultaneously becoming the one that needed to be fixed—all resulting in being unable to be present for my father during this precious time. I sat in the parking lot, envisioning my worst nightmare.

I eventually opened the door to the building. It was quiet and vulnerable and there was a definite sense of finitude, just as I predicted. Yet, I have never been caught so off guard in my life. My soul was at peace before I even got to my dad’s room. I stood at his entrance.

“Hey, Dad.”

I was still his 44-year-old baby. But there I was—not shaking, or vomiting, or melting into a puddle. I was fully present in a way that I had never experienced. Everything that was important rose to the forefront because there is no time for anything else in the face of death. And the reality of it is that we are all facing death every day. Modern society has stripped us of many of the reminders of this—for example, products that develop insatiable cravings for youth and normalized quests to seek out all life-saving treatments regardless of quality of life in the process. This is to our great detriment because as I spent time with my dad in that hospice home, I began to learn that the awesomeness of life gains clarity while learning to be present in death.

I wanted to learn more, so I became a hospice volunteer. I always find it amusing when people react with “that is so generous” when I tell them that I’m a hospice volunteer. Truth be told, it is quite a selfish act for me—or at minimum, a win-win for the patient *and* me. I give them my full presence and in return...well, I end up getting something similar. Magical, really.

Within about a week of this day with my dad, just as I was resting on the coattails of awe and peace, my mom was officially diagnosed with dementia. I quickly began to see that my newly found “death is awe-inspiring and something to be embraced” approach was potentially a little naïve or at minimum, not inclusive of all end-of-life experiences. Dementia is not beautiful. I was not awe-inspired as I witnessed the cognitive decline of my mother.

It was a sad, exhausting experience filled with devastating loss over and over, and in so many ways. My dad died in March and by April, I had gained guardianship and conservatorship through the court system and placed my mom in a memory care facility. She developed bladder cancer in addition to her dementia and died a couple months after being placed on hospice. Covid took her out in the end. That three-year time from my dad’s death until her passing was potentially the most challenging of my life.

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

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If you want to succeed authentically and use your power for good, visit my webpage and schedule a chat with me.

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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



From the Cover

By Lynda Gronlund

Katy Gladwin is a mother, doula, childbirth educator, and a Certified Women's Health Coach.



She graduated from Eastern Michigan University with a degree in Human Biology/Pre-med. She found out about birth doulas during her final year in college and immediately sought training to become one. For the last decade she has supported over 300 families through doula services and childbirth education. In 2017 she started to shift her business to a coaching role (though she does intend to continue doula work) obtaining training and certifications through the Dr. Sears Wellness Institute and the Integrative Women's Health Institute, focusing on fertility, pregnancy and postpartum, looking at the whole person through a functional medicine lens and helping women "bring attention to their own intuition and ways of knowing" what is best for their bodies and lives. A lifelong student, she is currently enrolled in Aviva Romm's Herbal Medicine for Women program, and Kundalini Yoga Teacher training. She draws greatly from her own experiences as a woman and mother, seeing how nutrition, rest, mindfulness, and other practices can affect her mood, energy, health, and happiness.

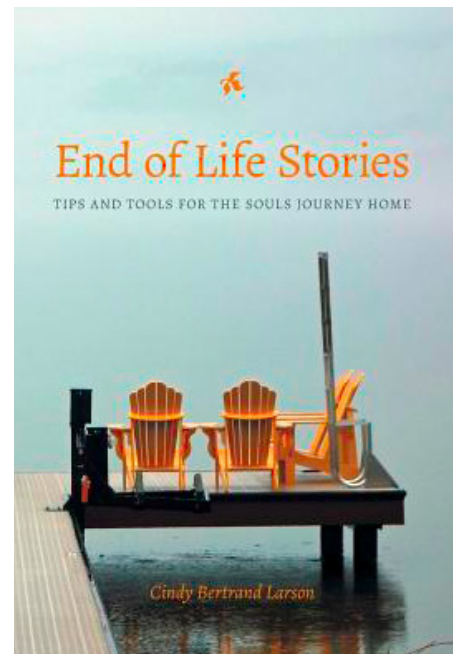
Gladwin describes her role as that of a "guide," helping women discover their own way forward, as everyone's journey will be different. She specializes in the childbearing year, but can also help with digestive issues, energy, adrenal fatigue, and other issues women face. Sometimes, she explained this work can involve blood tests and lab work, and sometimes it is simply a matter of trial and error with different modalities and habits. Food, sleep, movement, community, supplements and herbs, and emotional and mental resilience are all areas she looks at to help women achieve their optimal level of health. She will generally meet with women once a week to work with them in-depth and understand their progress, setbacks, and journey with them, providing accountability and helping with problem-solving. She is flexible with those for whom weekly meetings aren't practical.

Gladwin lives on a 10-acre wooded property with a creek in Ypsilanti with her two- and eight-year-old children, her husband, a cat, and a dog. She is a strong believer in "autonomy and intuition," and said she believes that "when we allow women to trust those things that is where the magic happens."

Gladwin also recently finished designing her Resilient Mother Course, a six-week journey in preparation for the postpartum period, which will be offered soon; see her website for dates as they are announced.

Katy Gladwin is online at sacredrootsh Healing.org, where prospective clients can book a consultation with her. She can be reached by email at katygladwin@gmail.com.

Crazy Wisdom Book Pick of the Week



There aren't many things more terrifying than having to stare down the inevitability of death. More than fear, though, is the tangle of other emotions that can crowd this painful phase: guilt, anger, excruciating despair. Author Cindy Bertrand Larson, who has long worked in palliative care, seeks to mitigate these complex feelings for those who are suffering them, to deliver a sense of peace and fulfillment, and to help these troubled souls find resolution with dangling questions and unresolved issues.

Though different cultures have different approaches to dying and death, there are some universal truths around achieving a so-called "good death." In these instances, these people's transcendence to another place made them better. And those who traveled with them on their sacred journey are similarly blessed with the same sense of enlightenment and peace.

Here is a truly special book that reminds us that we can choose to let death conquer and consume us, or we can choose to let death uplift us, to allow it to teach and transform us, to make us more compassionate souls.

[Purchase your copy of *End of Life Stories* at shopcrazywisdom.com.](http://shopcrazywisdom.com)

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From Our Blog

what is **TRUTH?**



By Rebecca Williams

What is truth? In our world of ‘fake news’ and contested facts, truth can be difficult to grasp and even harder to hold. How can we look at an interaction or event and come to such dramatically different conclusions? To perceive it accurately requires a level of objectivity and nonattachment few of us possess. It is almost impossible to separate who we are and what we hold sacred from what we perceive. Truth is challenging to witness—it can be simultaneously terrifying and awe inspiring. Just when we think we understand, it suddenly gives way to a profounder meaning—a soul shaking reality that moves us to the very core of our being.

There are those who plumb this deeper truth, seeking to bring its wisdom and light to the surface to help and serve others. As humans we have always sought methods to better understand who we are, what to do in times of change, and how to navigate crisis. This is exactly what tarot readers, psychics, and other intuitives do. We use our skills to help you understand your world and give you the tools to make positive, life affirming choices. As a tarot reader, I use a large deck of cards with distinct pictures and images painted on each card to guide my work. Tarot cards provide a pictorial map, describing our current lives and metaphorically illustrating our journey to what may become.

I purchased my first tarot deck 30 years ago and have used many throughout the years. The tarot decks I use for readings I’ve specifically chosen for their ability to anchor the words, metaphors, and images I receive in a reading. Like old friends, we work together to tell the story of a life and where it’s going, or peer more deeply into current events and why they are occurring. Our brains process images differently than words—images can provide another doorway for a deeper wholeness to emerge. When combined with intuition, these sacred symbols illuminate our own inner wisdom. Powerful A-ha moments of insight occur when the words and images shift confusion and chaos into truth and wisdom. Every person has a deeper understanding of their own nature, however cloudy it may be

at the moment. This is your truth. The more I can engage your own inner wisdom, the more the tarot reading will resonate and positively echo in the future.

That brings us to a common question people have about going to a reader—can he or she see the future? The past? Or can a reader only see the present very clearly, if at all? I believe time is just as hard to grasp as truth, even more so given we think we can parcel it out in specific quantities of minutes, days, and years. Indigenous cultures often see time as a circle—cycling through periods of death, disorder, and decay before new life emerges with strength and vigor. Think of the endless cycle of the seasons from winter to spring, summer to fall, and back again. Western society sees time as linear, with only one direction—the future. The past is important only as it relates to how we got here and where we are going.

I believe time is more of a spiral. Through the spiral of time we live the seasons of our lives. Each period may feel similar yet is different, just as this winter cannot be the same as last years. We go through times of challenge and pain before returning to normalcy and routine, cycles where everything goes right before heading into tumult and sorrow. I have seen potential futures—both those that occur and those that don’t. Is a foretold event that doesn’t happen a mistake? A worthless shot in the dark? I have seen futures change during a reading when a client has a sudden flash of insight. Through their own realization, that once immutable future has shifted into something different. What was an unwelcome future is now a more desired one.

So it is with any prediction. What is heard cannot be unheard. Forewarning may help avoid it or better prepare for its potential reality. Tarot readers and psychics shine a flashlight into your being and detail what we see in the surrounding environment. Through this clarity you can shape your actions and face all your realities with presence—and hopefully patience, joy, and love. When we do that we become better versions of ourselves and make wise choices leading to more harmonious futures.

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

Advanced Animal Communication: The Deepening with Judy Liu Ramsey • August 12-14 • 9 a.m. – 5 p.m. • In-person class that will remove any mental blocks to fully communicate with animals, plants, hidden folk, nature spirits, and all our relations. It is an amazing, magical experience that you will treasure. Pre-requisite: Basic Animal Communication. Suggested reading: *When Animals Speak* by Penelope Smith. \$220 per person. Contact Judy Ramsey at info@judyr Ramsey.net; JudyRamsey.net.

Art and Craft

Watershed with University of Michigan Museum of Art • August 4 • 11 a.m. • “Watershed” brings recent work from sixteen contemporary regional, national, and international artists to UMMA for an exhibition that asks visitors to immerse themselves in the interconnected histories, present lives, and imagined futures of the Great Lakes region. Inquire for cost. Contact umma-news@umich.edu.

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.

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 or 734-764-7032.

Bodywork and Bodymind Therapies

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg • Fridays, 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 • 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 • Monday, 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® Workshops with Julie Wolcott and Marcia Bailey • July 30 • 11:00 a.m. or 7:00 p.m. • Come Breathe with us! Circular, connected breathing that is totally enlivening. We begin each workshop with a discussion of the benefits and basics of the Transformational Breath process, set intention, and then experience a full breath session and end with integration. The rewards are many – new awarenesses, physical and emotional healing, clarity and joy. For more information email jlwolcott@ymail.com or mbaileyt@gmail.com or visit <http://breatheannarbor.com>.

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.

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; 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; annarborktc.org.

Ceremonies, Celebrations, and Rituals

Full Moon Reiki Bonfire Ceremony with Alicia Clark-Teper & Jennifer Kirk • 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. 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.

Ullambana Day Service with Maum Gloria Cox • Sunday, August 14 • 11:30 a.m. • Rites and service for the dead to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation appointment necessary. By donation. Contact 734-761-6520 or annarborzentemple@gmail.com.

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.

Death and Dying

Death Cafe with Interfaith Center for Spiritual Growth & Rev Annie Kopko • First Tuesdays monthly: 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 Merylynne Ruish • Third Saturdays monthly: 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.

Healing & Ascension Monthlies with Eve Wilson UCM Master Healer, World Ascension Worker • Thursdays, monthly: 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 ewew@spiritualhealers.com or 734-780-7635; spiritualhealers.com.

Universal Sphere® Practitioner Certification Training with Shellie Powers • 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.

Universal Sphere® Practitioner Certification Training Workshop with Shellie Powers ON-LINE • August 24-25 • 6 – 10 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 here to accelerate the connection with your "Highest Potential." Transcend 3D drama and challenges. Designed 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 or visit umma.umich.edu/exhibitions/2022/fun-working-title

Festivals and Fairs

Triple Crane Retreat Center Summer Community Gathering with multiple presenters • Friday, August 12, 4:30 p.m. - Sunday, August 14 • 7:30 p.m. • Enjoy two days of yoga, meditation, kids' yoga, ecstatic dance meditation, kirtan, and more. Chant and dance together, explore topics on sustainability, and enjoy a feast of vegetarian food, all while cultivating community in a family friendly environment. cost TBD. Contact Office@TripleCraneRetreat.org; TripleCraneRetreat.org.

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.

Intuitive and Psychic Development

Focused Mind Meditation with John Friedlander • First Sundays monthly: 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: 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

Ayurvedic Marma Chikitsa with Jeannie Faulkne • Saturday – Sunday, September 10 - 11 • 9 a.m. – 5 p.m. • An Ayurveda treatment, focusing on the 107 specific points in the body, each of which has a specific property for healing. Identify and work with several of these points and learn tools to relieve muscle tension, rejuvenate and nourish the systems through therapeutic bodywork, ayurvedic oils, and essential oils. \$450. Contact lakewoodschool.edu.

Meditation

Training Institute Teaching Mindfulness Skills for Youth with Rita Benn, Kristin Ervin • Monday-Wednesday • August 8, 9, 10 • 8:30 a.m. - 5 p.m. • This 2-day training for professionals

working with youth who have a practice with mindfulness. Those new to mindfulness are invited to register for the introductory one-day pre-institute program. Professionals will gain skill in adapting mindfulness instructions and activities for youth. \$295 - 345 before July 1; \$335 - \$390 after July 1. Contact info@mc4me.org; mc4me.org.

Day of Mindfulness—To Be So Generous with Esther Kennedy, OP • Saturday, August 13 • 10 a.m. - 2:30 p.m. • This understanding of love and generosity is gentle work. It comes from an awakened heart. It frees us from attachments and is the basis of such good qualities as kindness, sacrifice, mercy, and forgiveness. Generosity is such a living force that helps us release and let go into profound Freedom. \$25. Contact webercenter.org.

Mantras, Mudras & Meditation with Katherine Austin Wooley • Saturday, August 20 • 1 - 6 p.m. • Explore energetic practices that alter consciousness and address specific human issues/ common experiences (hunger, obsession, lack of self-esteem, anxiety, depression, ego, etc.) Help Free yourself from ancestral patterns and support the human stresses of living in today's world. \$150. Contact nancy@karma-yoga.net; karma-yoga.net.

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.

Sunday Meditation Services with Haju Sunim • Sundays weekly. • 10 - 11:30 a.m. and 4 - 5:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Contact 734-761-6520 or annarborzentemple@gmail.com.

Zazen (meditation) with Huron Valley Aikikai • Tuesdays & Thursdays weekly • 7:30 - 8 a.m. • Masks required when non-vaccinated participants are present. Bring your own mask. Inquire for cost. Contact 734-761-6012; hv-aikido.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/.



Deep Spring Center

for Meditation and Spiritual Inquiry

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



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

Music, Sound, and Voice

Singing for Comfort with Interfaith Center for Spiritual Growth

• **Second Thursdays • August 11. • 7 - 8:30 p.m.** • Raising our voices in song for comfort and peace. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Sound Bath: crystal bowls concert with Lighthouse Center and John Steinbauer • Third Fridays monthly • August 19 • 7 – 9 p.m.

• Crystal bowls concert "Sound Bath." \$20. Contact 734-808-1335; lighthousecenterinc.org.

Parenting

One Day Prenatal Chestfeeding/Breastfeeding Class • Sunday, July 24 • 3:00 p.m.

• This 2-hour comprehensive class enables us to take time to answer all of your feeding questions, and concerns. We will cover information beginning with the prenatal period to feeding in the early weeks. Available sessions: July 24, August 21, September 18. For more information visit https://nestandnurture.org/?tribe_events=one-day-prenatal-chestfeeding-breastfeeding-class-2 or email aukertoni@gmail.com. ASL and Queer affirming.

Newborn Care Class with Toni Auker • Saturday, July 30 • 10 :00 a.m.

Many of us prepare for the birth, but it is just as important to prepare to bring home the baby. Whether you have a lot of experience caring for babies, or have never held one before,

there is always more to learn. In this class we will give you the tools that you need to confidently bring home your little one. We will talk about soothing a crying baby, diapering, bathing, babywearing, car seats, sleep, and much more. While we will talk about feeding your little one, we do recommend that you also take our breastfeeding/chestfeeding class in addition to this class if you plan to nurse your little one. This class is also ideal for parents planning to bring home a little one through adoption or foster care. Our class is about giving your options, support, and hands on practice. We will talk about finding your own way, dealing with outdated or unwanted advice, and building your community. For more information email aukertoni@gmail.com or visit https://nestandnurture.org/?tribe_events=newborn-care-class-2.

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 or 734-274-9110.

Women's Circle 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.

The Crazy Wisdom Calendar

Biweekly



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.

Prosperity and Abundance

Moon Phase Manifestation with Alicia Clark-Teper • Third Mondays monthly • 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

Overnight Beginners Zen Retreat with Maum Gloria Cox • 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 • 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; songoftthemorning.org.

ONLINE RETREAT: Mindfulness for Cultivation of Compassion and Wisdom with Nolitha Tsengiwe • July 28-29 • 4:00 p.m. • Online retreat Friday 4-6, Saturday 9-4:00. During this non-residential online retreat, we will deepen our understanding of mindfulness, compassion and wisdom teachings of the Buddha to connect with our hearts. We live in times of great instability, loss, trauma, stress and a potential "mental health pandemic." This is an opportunity to strengthen our capacity to calm the body, heart and mind to be responsive. The retreat session will include silent meditation, dharma talks, heart practices, and community discussions. Please register on the web site, <https://insightmeditationannarbor.org/2022/05/26/mindfulness-for-cultivation-of-compassion-and-wisdom-july-29-30-2022/>

Meditation Getaway: One Day Meditation Retreat with Rob Meyer-Kukan • Saturday, July 30 • 8 a.m. - 6:30 p.m. • This day long retreat at 7 Notes Natural Health is a chance to connect to nature, to spirit, to your higher self. Walking/hiking meditation opens our day. We continue with chanting, journaling, breath work, and more. Ample time for sharing and reflection will be provided. \$150. Registration required at forms.gle/EfWwnu94iqJcAFE8. Space is limited. Contact Rob at 248-962-5475, rob@robmeyerkukan.com; 7notesnaturalhealth.com.

The Experience of God in Everyday Life: A Day of Reflection with Patricia Cooney Hathaway • Saturday, July 30 • 9 a.m. - 4 p.m. • Morning Reflection: Seasons of Grace: the challenge of finding God. Afternoon Reflection: Portraits of Grace: in each season of our lives, the stories of women who model what holiness looks like through the prism of the beatitudes. \$25. Contact webercenter.org.

Summer Peace Camp with Peace Camp Coordinators • July 29 - August 3 or August 2 - 7 • Begins at noon • Tent camping for families and children near Ann Arbor. Programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation and appreciation for life while seeking to balance structure and spontaneity. Inquire for cost. Contact 734-761-6520 or annarborzentemple@gmail.com.

1 Day Meditation Retreat in Chinese with Master Zhong Hai (Winnie) w/ optional ON-LINE • First Sundays, monthly. • 10 a.m. - 6 p.m. • One day meditation retreat taught in Chinese, with an alternating schedule of Yoga or Traditional Chinese Exercises (gong fa), walking, standing, and sitting meditation. A Traditional Chinese Tea Ceremony will be shared mid-day. Suggested Donation \$45 - \$100. Register on-line. Contact Office@TripleCraneRetreat.org; TripleCraneRetreat.org.

1 Day Meditation Retreats in English with Kamakshi Ma (Betty Eller) w/ ON-LINE option • Second, Fourth Sundays monthly. • 10 a.m. - 6 p.m. • This one-day meditation retreat, is taught in English, has an alternating schedule of Yoga or Traditional Chinese Exercises (gong fa), walking, standing and sitting meditation. A Traditional Chinese Tea Ceremony will be shared mid-day. Register online. \$45 - \$100. Contact Office@TripleCraneRetreat.org; TripleCraneRetreat.org.

Shamanism

Journey Circle with Judy Liu Ramsey ON-LINE • First and Third Thursdays monthly: 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@judynamsey.net; JudyRamsey.net.

Shamanic Animal Communication with Judy Liu Ramsey ON-LINE • Wednesdays weekly • August 3 - September 21 • 7 – 9 p.m. • Learn the difference between telepathic and shamanic animal communication and how to apply the best of both in an integrated way from Judy who has over 15 years' experience. No prior knowledge of telepathic communication necessary. Knowledge of shamanic journeying is required. \$240 per person/\$100 for repeating students. Contact Judy at info@judynamsey.net; JudyRamsey.net.

Ancestors & Descendants with Connie Eiland • August 20-21 • Saturday, 10 a.m. - 8 p.m., Sunday, 10 a.m. - 4 p.m. • This class investigates our connections to the ancestors and descendants in ways that impact them and us. This class will include journeys, healing, and sacred art. (Cycles of Life is a requirement.) Ability to journey is mandatory. \$180 until Aug. 6; then \$220. Contact Connie at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Soul Retrieval with Judy Liu Ramsey • Sunday - Friday, August 21-26 • Sunday, 6 p.m. – Friday, 12 p.m. • In this shamanic training, learn to work with your guiding spirits to restore a soul's essence. Through ceremony and initiation, expand your knowledge of healing the community and nature. This is an advanced residential class limited to 12. Inquire for prerequisites and reading. \$600 tuition plus residence fee \$350. Contact Judy Ramsey at info@judynamsey.net; JudyRamsey.net.

Spiritual Development

Akashic Records Advanced Practitioner Certification with Shellie Powers • Friday – Saturday, July 22 - July 23 • Friday, 6 - 9 p.m.; Saturday, 10 a.m. - 5 p.m. • Deepen your spiritual awareness by developing skills facilitating your transformation: Energy Healing, Ancestral Clearing, Past Lives. These are the Foundation protocols for mining the Records and enjoying the benefits of this work. Inquire for prerequisite. \$430. Contact Shellie at 734-926-8423 or info@thepowersof.com; thepowersof.com.

Healing Through the Akashic Records Certification with Shellie Powers • Saturday-Sunday, August 13 - August 14 • 10 a.m. to 5 p.m. • Transform relationship with wounding life experiences to experience the perfection of your Soul. Learn spiritual practice unconditional self-love, shift from resentment to acceptance, find freedom from limiting patterns. Activate inner ascension matrix, rise above difficulties. Inquire for prerequisites and certification requirements. \$500. Contact Shellie at 734-926-8423 or info@thepowersof.com; thepowersof.com.

Akashic Records Advanced Practitioner Certification with Shellie Powers ON-LINE • Tuesday – Wednesday, August 16 - 17 • Tuesday, 3 - 6 p.m.; Wednesday, 1 - 8 p.m. • Develop spiritual skills such as energy healing, ancestral clearing, past lives. These are the foundation protocols for mining the records and enjoying the benefits of this work. Inquire for prerequisite

and certification requirements. \$430. Contact Shellie at 734-926-8423 or info@thepowersof.com; thepowersof.com.

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.

Midrash Study with Karen Greenberg • Mostly first Fridays: 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.

Connecting with Archangels - Parts 1-4 with Karen Greenberg • Sundays, July 24 - August 14 • 9 a.m. – 1 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they do, how to create a sacred, protected space, whom to call, and how to safely call them. \$777 for all 4 parts. Contact Karen at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Sundays, July 24 - August 14 • 5 - 9:30 p.m. • Learn to create a sacred, protected space to astral travel safely to planets associated with the Sephirot (Spheres) in the Tree of Life, become more acquainted with aspects of G-D, connect to the energy aspects of G-D, and the special qualities they represent. \$777 for all four parts. Contact Karen at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Tai Chi, Martial Arts, & Self Defense

Beginner Tai Chi with Master Wasentha Young • May 2 - Aug 4 • Mondays, 10 - 11:15 a.m.; Thursdays, 6 - 7:15 p.m. • The Tai 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.

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

Get your event listed
in the Biweekly
calendar for **FREE**.

Send your listing in
two weeks in
advance!

[Submit your listing
here.](#)



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



“Feel the soil’s energy at this time of the Summer Solstice. Feel the energy of growth and nourishment that vibrates in the earth. Sense the expansion, the throb of life as it flows through roots and stems.”

—Arim Murphy-Hiscock