

August 5, 2022  
Issue #92



Trish Maley  
*mindfulness teacher*  
**The Crazy Wisdom**  
*Biweekly*



A diver is shown from a low-angle perspective, looking up towards the surface. The diver is wearing a black swimsuit and a diving mask. The water is dark and murky, with several vertical ropes or lines extending from the surface down to the diver. There are some coral-like structures or plants visible in the water. The overall atmosphere is mysterious and somewhat somber.

*shining a light in the dark*



# The Crazy Wisdom Biweekly

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



## Table of Contents

Word of the Week .....	page 4
Wonder-twinning™: Activating Healing Through Faith and Energy By Christine Tory.....	page 5
Social Meditation By Trish Maley.....	page 6
Crazy Wisdom Book Picks of the Week.....	page 9
How Bodymind Coaching Creates Real and Lasting Change By Julie Kouyate.....	page 11
The Crazy Wisdom Weekly Calendar.....	page 14
A Final Thought.....	page 20

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.

[Subscribe here.](#)





**Experiential. Poetic. Revolutionary.**  
**A New Approach to the Tree of Life.**

JANE MEREDITH

"Jane Meredith gives us a Tree of Life that is truly alive, not a diagram but a vibrant and ever-growing Tree, based in nature as well as ancient wisdom."  
—Rachel Pollack, author of *Seventy-Eight Degrees of Wisdom*

Falling Through the  
**Tree of Life**

Embodied Kabbalah

30% Off at  
**shopcrazywisdom.com**

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., August 5, 2022.

Thank you to our contributors for this issue:

Christine Tory  
Julie Kouyate  
Trish Maley  
Jennifer Carson  
Carol Karr  
Bill Zirinsky

**word of the week:**

**Carapace**

The hard upper shell of a tortoise, crustacean, or arachnid.

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).





# Wonder-twinning™ :

## ACTIVATING HEALING THROUGH FAITH AND ENERGY

By Christine Tory

In 2017, Vicky Lovell and Danielle Groth crossed paths for the first time. They met during milestone transitions in both of their lives. Lovell was graduating from seminary and answering her first call into ordained ministry and Groth was recovering from breast cancer and in the midst of her own healing. It was a friendship, built on the foundation of their faith, that took time to grow.

The two women approached their faith from different angles, however, it was in that difference that beautiful conversations were shared. They were told they were twin flames, and one was the yin while the other the yang. Their differences proved to be complementary, and their strong bond continues to be a frequency felt by anyone who spends time with them.

It all began one Sunday morning after Groth listened to Lovell preach. Groth boldly approached Lovell and said these now famous words, “You do a great job of teaching us how to love God and our neighbor, but when do you teach us how to love ourselves?” When Groth realized she stumped Lovell with that question, she offered to meet with her weekly to share Reiki. Lovell had no idea what she was agreeing to, but she said yes, and soon became the recipient of a weekly dose of divine love through the hands of her new friend. At the end of every session the pastor and the energy medicine practitioner would spend time chatting about what each experienced and both became enthralled with the experiences they were sharing.

During that time Lovell was caring for a woman who was near the end of life. She invited Lovell to visit her in the hospital to pray, but she asked if Lovell would bring her “Reiki friend” with her as well. The two women gathered around the bedside of this dying woman and while Lovell prayed and held the space sacred, Groth offered her Reiki. The three women agreed that when their collective energies united, something unbelievable occurred. The woman felt the presence of God in a new, indescribable way. She died peacefully a few weeks later, filled with hope, and gave the credit to what she encountered in that hospital room. Danielle Groth and Vicky Lovell began to sense that they were on to something by blending faith with energy medicine.

In early 2020, Lovell and Groth shared a life changing spiritual experience at a shrine in Grass Lake, Michigan that

they believe catapulted their mission, and shared ministry, into a new phase. It was in that holy space they felt their energies merge. It took their faith to a new depth and gave them the holy nudge that they needed to bravely pioneer into the unknown territory of blending energy medicine and mindfulness with faith into something they call Wonder-twinning. However, before they could step into that calling with both feet, they each needed to reconcile their own faith beliefs with Reiki. Many challenged them. Some said they were devil worshipping, while others said they were getting too “woo-woo.” They needed to know for themselves that what they were dabbling in aligned with their faith convictions.

They dove into scripture, spent time in meditation and prayer, visited holy spaces and listened for the direction of the Holy Spirit. In the end, they were convicted that what they were being called to do was divinely guided and in no way going against their faith. Instead, they firmly honored the Creator every step of the way and had scripture to support their actions. They were fascinated by their findings and decided to write a book, *Reiki and Faith*, to help others who also struggled or are struggling with combining the two worlds of energy medicine and faith. They are now confident that they are to redefine ministry to allow people to experience God or Love in new ways.

When working with individuals during private sessions, Lovell acts as the spiritual gatekeeper and prays a shield of protection around the space and the people within it. She helps guide a conversation with the client while she and Groth actively listen to observe patterns of behavior and thoughts. Groth leads the individuals through meditations or tapping, also known as EFT (Emotional Freedom Techniques). The simple, yet powerful method helps in healing at both a conscious and unconscious level. Together, they end the session by inviting the Holy Spirit to flow from their hands and guide them as vessels to offer healing to individuals in mind, body, and spirit through the practice of Reiki.

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





By Trish Maley

Son 1: "Tasting."

Son 2: "Thinking."

Son 3: "Seeing."

Me: "Hearing."

Son 1: "Feeling."

## *Long Pause*

Son 1: "GO! IT'S YOUR TURN!"

Son 2: "HEARING!"

On early school mornings, when we are piled in my mini van, heavy book bags rested on laps, I, along with with my three teenage sons, wakefully meditate.

From the time we pull out of our driveway until I make the first drop-off, we have exactly five minutes and 24 seconds together. It may not sound like a lot of time. But it's just right.

Phones are put away and we are not engaging in conversation but inside the van it is not silent or full of zen by any means. The radio is on, my GPS is blaring, backpacks are getting unzipped and zipped, papers and folders are shuffling—sometimes my kids are finishing up breakfast.

However, when it is a person's turn to note, we are tuned into what our most prominent sense is in real time.

It's a form of social meditation. In the most basic terms it's a meditation in which you vocally note when a theme is arising. This particular theme that I practice with my kids is, "Noting The Six Senses" which includes thinking, seeing, feeling, tasting, smelling, and hearing.

I use "Sixth-Sense Noting" with kids or any beginner social meditator. Reason being, it's relational, the six senses are easy to remember, it touches on a basic form of embodiment, and supports the practice of checking in with yourself. It also awakens people to how engaged their sensory system is with the external world and reveals its ever-changing nature.

I learned how to socially meditate from Buddhist Geeks at a virtual retreat in June 2020. Buddhist Geeks is a non-profit established in 2006 by Vince Horn and Ryan Oelke. It offers a podcast, trainings, sanghas, retreats, and more.

I needed to complete a silent meditation retreat as a prerequisite for the Mindfulness Meditation Teacher Certification Program I was enrolled in. A program created by meditation pioneer Jack Kornfield and meditation teacher and psychologist Tara Brach. This "prerequisite" changed my life.

I had been meditating since 2014 but in 2018 I started to struggle with my formal meditation practice. As a working mom of three boys, ages 11 and younger, finding a time to formally sit proved challenging.

Social meditation helped me integrate my meditation into daily life. I learned how to wakefully meditate at any time in any place. For example, if I'm driving to the store I will practice noting Metta.

Metta is the practice of well-wishing.



If I am driving and feel anxiety creeping up, I begin to note body sensations such as, tightness, pressure, and fluttering.

This helps me get into my body and out of my head. Throughout my day, the oscillation of checking in with myself and checking in with the external world helps me titrate what's happening around me which is usually beyond my control.

The practice of social meditation has helped me create new neural pathways when dealing with the external world which generally feels unsafe to me. If an unpleasant sensation comes into my nervous system, instead of my fight response taking over, I note outloud or to myself, "Discomfort" or "Unpleasant." If I am able, I put my hand on the body part that I'm feeling the discomfort in. That gives me enough time to breathe and get clarity so I can respond instead of react.

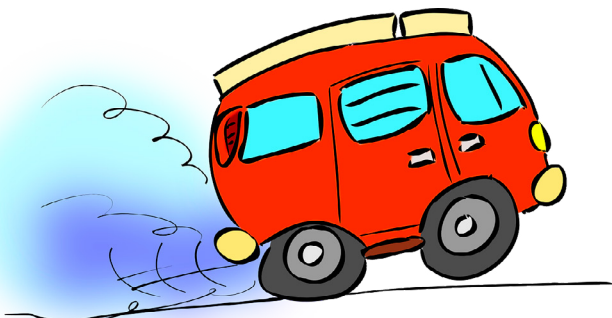
In a formal social meditation practice I find sharing my experience aloud with others in a compressed form, using one or two words to describe my experience, has allowed me to feel safe in the vulnerability of sharing. I say a compressed form because it's not like a therapy session where a person is getting into the content or storyline of their sensory experience.

An example of compression during a social meditation practice on mind states would be noting "Anxiety" or "Planning." A person would not say, "Anxiety about my exam." Or, "Planning my day."

The first time I practiced compression it overwhelmed me. For one, I didn't know how to check in with myself. Two, I didn't know how to choose a predominant feeling, thought or sense, and put it into one word. However, practicing this continues to benefit me. Not only does it help me get clarity on what exactly I am feeling, sensing or thinking but it also supports the practice of stopping untrue narratives floating around in my head. As a result, practicing social meditation has raised awareness to my conditioning and my unhealed wounds. This helps me remain on the path of finding my authentic self.

*Trish Maley is co-owner of a business called Embracing Stillness. She is in her final months of the Mindfulness Meditation Teacher Certification Program taught by meditation pioneers Jack Kornfield and Tara Brach.*

*Maley and her twin sister Joy Aleccia, have been teaching mindfulness to children, teenagers and adults since 2020. They offer private sessions up to large workshops in the workplace or sports teams. Embracing Stillness has a Facebook page and their handle on Instagram is Embracingstillnesswithjoy. To contact Maley email [embracingstillnesswithjoy@gmail.com](mailto:embracingstillnesswithjoy@gmail.com).*



## HEART TO HEART ANIMAL COMMUNICATION



*Compassionate Care For Your Animal Friends*

- Interspecies counseling
- Support for life changes
- Support for trauma, grief, and adoption
- Animal communication classes
- Shamanic animal healing

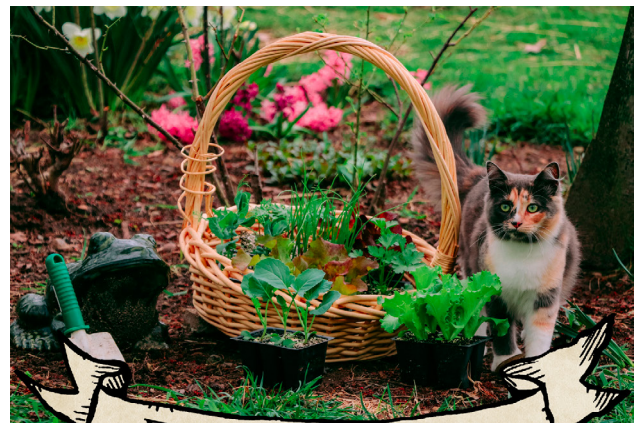


*Judy Liu Ramsey*

Consultant

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

<https://JudyRamsey.net>



**Frog Holler Farm**  
Since 1972

Organic plant starts  
April - June

Organic produce  
June - October

Ann Arbor Farmers Market  
Saturdays, 7 AM-3 PM - 315 Detroit Street  
Pre-order and curbside pickup available  
[www.froghollerorganic.com](http://www.froghollerorganic.com)



**FINDING OUR WAY HOME**  
**EMBODIED GROUP LEARNING**  
**WITH HORSES**

---

WORK THAT RECONNECTS &  
EQUINE GUIDED LEARNING

**LYDIA VIOLET**  
**YOSHI BABCOCK**

---

**EARTHWELL RETREAT CENTER**  
MANCHESTER, SOUTHWEST MICHIGAN

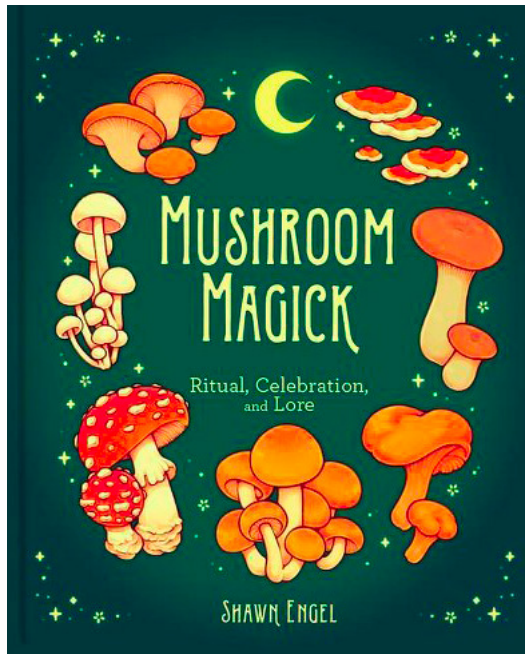
9 . 22 . 22 - 9 . 25 . 22

---

[SCHOOLFORTHEGREATTURNING.COM/HORSE-RETREAT](https://SCHOOLFORTHEGREATTURNING.COM/HORSE-RETREAT)



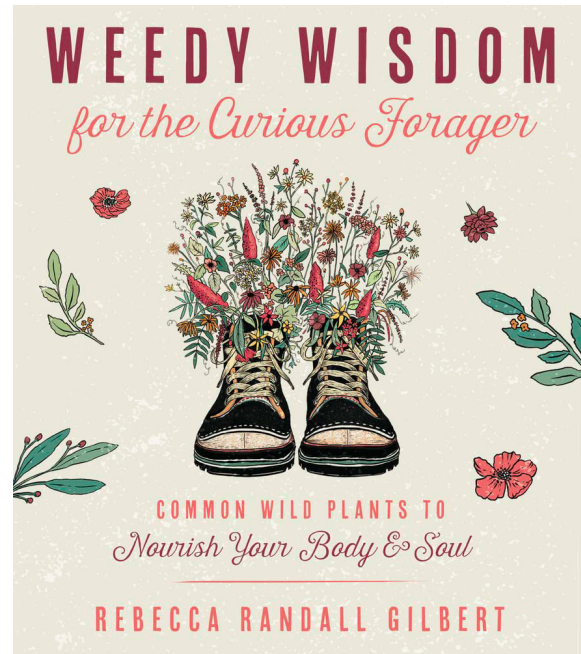
# Crazy Wisdom Book Picks of the Week



A fascinating and enlightening celebration of mushrooms and the magic of the forest for those who revel in mushroom imagery and lore.

Mushrooms—as a decorative element, as a signifier of the mystery of the forest, and as an adorable emblem of witchy cottagecore dreams—have proliferated in the collective consciousness as of late. *Mushroom Magick* is a whimsical collection of mushroom facts and fables divided into three sections: first, profiles of 22 well-known mushrooms include information on biology and common uses as well as a rundown of their energetic properties and suggestions for incorporating them into spellwork. Section two provides a world-spanning collection of mushroom myths and fables. The final section is a taste of the spells and rituals that you can perform with common mushrooms such as creminis, shiitakes, and portobellos—carved candles, floor washes, teas, and even some yummy meals can improve your love life, super-charge your good fortune, or even cast a well-deserved hex upon your most hated enemy.

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



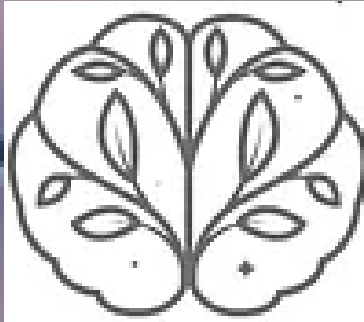
Find Delicious and Healthful Plants Hiding in Plain Sight

With more than fifty recipes, hands-on activities, and thought-provoking social themes, Rebecca Randall Gilbert shows you exciting ways to incorporate common wild plants into your life. This beginner-friendly book provides eight essential foraging lessons based on classes Rebecca taught at Camp Jabberwocky (the oldest sleepaway camp in the US for people with disabilities). You'll learn how to gather edible flowers, work with invasive species, find flavor correspondences, process healing plants, and preserve your harvest with fermentation. From roots, seeds, and sprouts to mint, saffras, and beyond, this practical guide deepens your understanding of plants and reveals important life lessons.

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



# Uncover, Empower, and Rejoice in the Experience of Being Human



Co-leaders: Christi Bemister, PsyD, LP & Marcia Haarer, LMSW

Online via Zoom

September 9, 16, 23 (skip September 30th),  
October 7, 14 & 21, 12:30-2:00 PM Eastern

**In this series of six weekly two-hour sessions, we will explore the five human Qualities of gender, power, love, voice and understanding. Each session will follow a sequence of attuning, journaling, talking, chanting, and movement. Cost – \$650. Contact Marcia at [mhaarer@comcast.net](mailto:mhaarer@comcast.net)**

*One previous participant writes:*

For me the sequencing of attuning, journaling, talking, chanting and movement has a powerful effect, especially that it concludes with movement, which feels both right and natural. When moving at the end, I sense an integration happening, a trustworthy completion.

Going through the varied steps while exploring a Quality, something uncontrived emerges. With each Quality, a knowing becomes apparent. What became apparent for me is this: these Qualities are an undeniable truth for each human being. No one can rob them from us. Even though inequalities and injustices may obscure the Qualities, they are there, ever present, and pure. During the Healing Session, even if our access to a Quality is brief or fuzzy or incomplete, we can confirm, and even rejoice, that it is present. I find this to be empowering and stabilizing.

—Deborah Bayer, creative writing teacher



From Our Blog



## HOW BODYMIND COACHING CREATES REAL AND LASTING CHANGE

By Julie Kouyate

Look, here's the deal. YOU CANNOT CREATE CHANGE in your life with concepts and words alone. Affirmations can only take us so far. Let me break it down for you.

Our lovely minds are a record of the past. Our experiences are a combination of what our brains and bodies record, along with a chemical release (depending on what happened in the experience), but mostly the emotion we assign to the experience. The neurological networks wire together to create a roadmap—the way we respond to this experience gets mapped out and that's how the body conserves energy. It will run this program over and over again when faced with similar situations—the body goes into auto-pilot. This is great for survival, but the problem is that this system works in the same manner when we get angry at a fellow co-worker, get totally stressed about a car problem, or upset with how someone we love speaks to you.

The long term stress response creates downregulation in the genes and immune system, and ultimately body and mental illness prevail. This is precisely why it seems almost impossible to change. It literally takes energy to change. So how do you get inside that hardwired program of redundant responses based on past experiences? Is it possible to change the automatic way the body responds without your conscious awareness? How can one change anything with the mind alone without understanding how to change the chemical response associated with that thought?

Bodymind coaching steps in here as a very unique transformational process. First, we attempt to understand the neural networks or “the map”. Awareness is key and investigating our subconscious thoughts is where it all begins. We literally bring the

“program” out of our minds, and by identifying it, we bring the response road map to the forefront of our awareness. We work with all areas in life that a client desires to focus on, but particularly we start where the current “stuck spots” are, or where there's pain and suffering in the body. Bodymind coaches all have touch as a unique skill set and have honed their craft over many years as healers. Bodymind coaches are well versed in alternative health approaches like massage and energy work.

Next, and most importantly, is understanding where you experience this energy in the body. This is super important. Most of us are walking around living in our head, assigning negative thoughts to most of our experience. If we can locate the place, texture, and all the details of what and where that negative contraction comes from in the body, then we have just made a bodymind connection! Once that's truly felt in the body then we re-assign the emotion that you want to feel. AHHHHH, the neurons begin to create tiny tendrils in a newer set of networks just by this process alone. Everything is possible here. Once we have identified the new emotion that you're inviting in, then we do the important embodiment work. This comes in many ways that is intuited by the coach—ranging from massage, energy work, movement, guided visualizations, breathwork, to song. It's so powerful to watch people come into full touch with what was missing, and when you embody a new emotion you actually release new chemicals from the glandular system. You're saying YES to oxytocin which seriously makes a change in the body. Change cannot be intellectualized. It's a bodymind process in which we get in touch with ourselves so we can hear what the wisdom of the body knows and desires.

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



# 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





## Fall Programs



Deep Spring Center  
for Meditation and Spiritual Inquiry

### Meditation Classes and Practice

**Waking up: Living Awake**  
September 13 – December 6  
Barbara Brodsky, Aaron and John Orr

**Path to the Awakened Heart:  
The Yoga Sutras of Patanjali**  
September 15 – December 15  
Robert Jacobs

**Appying Vipassana in Daily Life  
And Seeing It's  
Progression Along The Path**  
September 5 – December 5  
Celeste Zygmont

**Cultivating Compassion and Wisdom:  
An Introduction to  
Deep Spring Center Teachings**  
September 14 – November 30  
Nancy Beckman, Iris Wolfson, Nina Bohlen

### Events with Spirit

**Remembering Wholeness**  
Occurs monthly  
Barbara Brodsky

**Evenings With Aaron**  
Occurs Monthly  
Barbara Brodsky

### Weekly Silent Meditation

Sunday and Tuesday

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

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

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

## RUTH WILSON

*Intuitive Coaching & Mentoring*



Connect with your magic to create solutions, make tough decisions, heal problems, with the help of my psychic, coaching, and strategic skills.

As a clairvoyant reader and trainer, certified coach, and MBA, I use intuition to do practical things. Together we get clarity, shift energy, heal, and strategize so you can create a change, deal with an issue, or make a decision. I support you to deal with fears, blind spots, and seeing the path ahead.

This process improves your awareness and your ability to know and use your inner wisdom and emotional intelligence.

When you engage your unique magic and genius, you create more of what you want in the world and contribute more of what the world needs.



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

ONLINE: [WWW.RUTH-WILSON.COM](http://WWW.RUTH-WILSON.COM) FB: [@RUTHWILSONINTUITION](https://www.facebook.com/@RUTHWILSONINTUITION)

EMAIL: [MAILRUTHWILSON@GMAIL.COM](mailto:MAILRUTHWILSON@GMAIL.COM)

JOIN MY FACEBOOK GROUP: [WWW.FACEBOOK.COM/GROUP/MAGICINTUITION](https://www.facebook.com/group/MAGICINTUITION)



Biweekly

# The Crazy Wisdom Calendar



## 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 • On view until October 23rd** • “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.

**Argus Summer ARTisan Market • August 13th • 10 a.m.- 3 p.m.**  
• The Argus Farm Stop at 325 West Liberty will be hosting a local artisan market on Saturday, August 13th from 10am-3pm. 14 local artists will be selling a variety of handmade items including: ceramics, woodworked items, fiber arts, botanicals, prints, jewelry, and many more.

## 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.

## 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 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.

## 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 • August 5 • 7 - 8:30 p.m.** • Sacred dances to the mantras of the World Religions with simple folk movements. Get link or news of in person events from jltrautman@sbcglobal.net. Free on Zoom; \$5 donation if a space rental is needed. Contact Judy Trautman at jltrautman@sbcglobal.net or 419 475 6535; sites.google.com/view/a2-toledodup; facebook.com/dupannarbortoledo/.

## Music, Sound, and Voice

**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.

## Personal Growth

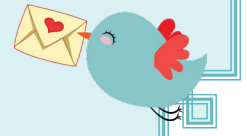
**Cohousing Tours with Cohousing Tour Leaders • Sundays weekly • May 1-August 28 • 2- 4 p.m.** • An informative tour of Ann Arbor's three cohousing communities by residents, located in Scio township. Cohousing is a community of friends who work, share, learn, grow, and play together. We are three communities 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.

**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.



# The Crazy Wisdom Calendar

Biweekly



## 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

**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@songofthemorning.org; songofthemorning.org.

**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 with 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 with be shared mid-day. Register online. \$45 - \$100. Contact Office@TripleCraneRetreat.org; TripleCraneRetreat.org.

## Shamanism

**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@judyramsey.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@judyramsey.net; JudyRamsey.net.

## Spiritual Development

**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 krngrnb@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 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.

**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



A night scene in a forest. In the foreground, a campfire burns brightly, casting a warm glow. To the left, a white tent is illuminated from within. In the center, a person is sitting on a chair, and another person is visible near the fire. The background is filled with dark trees and a vast, starry sky. A bright meteor streaks across the sky in the upper left quadrant. The overall atmosphere is serene and peaceful.

The summer night is like a perfection of thought.

—Wallace Stevens