

August 19, 2022
Issue #93

Sabrina Deltore
Professional Celebrant

The
Crazy Wisdom
Biweekly

shining a light in the dark



Published by *The Crazy Wisdom Community Journal.*

The Crazy Wisdom Biweekly



The fall issue is almost here!
With features on Amy Garber, owner of Enlightened Sould Center, Walking Labyrinths, interviews with singer-songwriter David Magumba, author Alex Weinstein, mobile food businesses, and more!
Look for it around town starting August 27th or have it mailed directly to you.
[Subscribe here.](#)

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A warm and uplifting novel about an isolated witch whose opportunity to embrace a quirky new family—and a new love—changes the course of her life.

30% Off at shopcrazywisdom.com

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

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Our cover photo was taken by Mojo Photo

Thank you to our contributors for this issue:

Michelle McLemore
Sabra Dettore
Peggy River Singer
Grace Pernecky
Jennifer Carson
Carol Karr
Bill Zirinsky

word of the week:

Wonderwall

Someone you find yourself thinking about all the time; a person you are infatuated with.

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.



UNSIICIYAPI, WAWOOHOLA, CANTOGNAKE: HUMILITY, RESPECT, LOVE

Healing through Service

From Our Current
Issue

By Michelle McLemore

What do you get when you merge a life called to support adolescents, spiritual awakening that all are one, and an ongoing relationship with the Lakota people? Omega Commons and a staff that lives to serve in higher truth and humility.

When you step out of your vehicle into the parking lot of Omega Commons, the calmness of this neighborhood in Adrian, MI wraps around you. Then, you notice the gentle nods to a deeper way of life. The building is a cornflower blue, a perennial of the grasslands, also psychologically shown to calm us physiologically and emotionally. To the right of the door is a signpost near tall pampas grass. In both Spanish and English, the sign reads, "May peace prevail on Earth." In the distance behind it rises the newly constructed yurt.

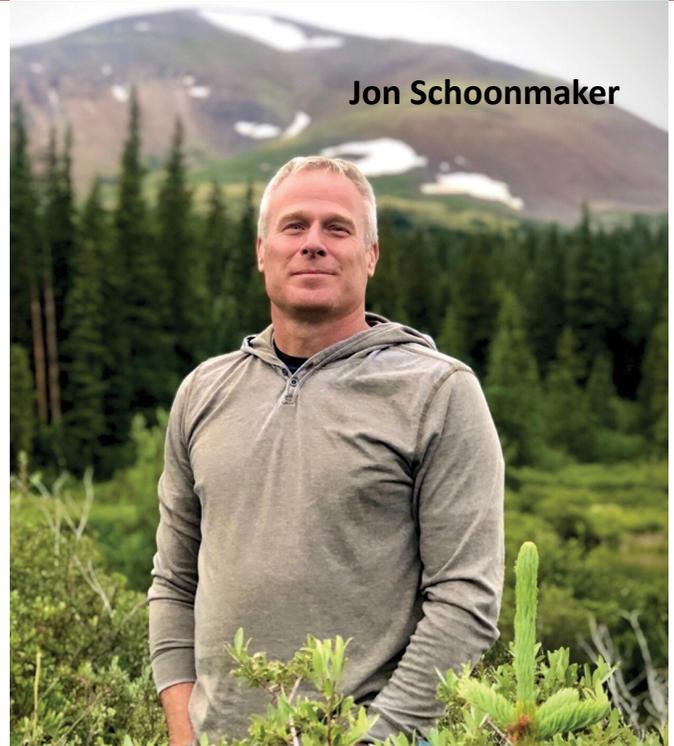
As you walk to the door, standing nearly five feet high, is a metal bison silhouette. And on the building itself? The medicine wheel is affixed under the peak. The common black, white, red, and yellow equal quadrants is a vivid, subtle declaration that the Lakota way of life, love, and learning will be explored within the center for each client's total health.

I joined Jon Schoonmaker, Licensed Professional Counselor and owner of Omega Commons, and co-worker Ryan Richardson, Certified Personal Trainer and wellness guide, to talk about their beliefs, practices, and actions uniting multiple cultures into the awareness of one healing humanity.

Omega Commons provides space for like-minded health and healing practitioners. Schoonmaker explained, "We are a collaborative here—we have the same vision and support each other. Our services are grounded in a deeper healing modality. Everyone here believes in the resilience of the human soul to heal rather than 'just manage' which is how the typical mental health profession functions." He emphasized, "We don't 'manage' stuff here. We heal."

At 55, Schoonmaker has 30 years as a licensed professional counselor in personal healing and empowerment. He opened his personal practice in 2010. "The focus of my work is healing trauma and correcting problematic behavior patterns." Yet, it is Schoonmaker's work with youths beyond the counseling office that has brought him national attention and enabled youths to heal through serving in a transcontinental experience.

He developed the Legacy Program as an empowerment experience for school communities. Schools hire his team to do team building, stress reduction, assemblies, and other student enrichment activities. Over time, he fine-tuned the process. "We've created a line of understanding that I've seen change so



Jon Schoonmaker

many lives," Schoonmaker said. "It's powerful. I worked years pulling from various processes and building it into a movement of grace, safety, and vulnerability."

Richardson has also witnessed the impact in the local community and the Middle College students in Adrian, MI. Richardson, added, "I know it is true because kids will contact us later saying, 'that was the first time I shared X' or 'that was the first time one of my good friends heard me,'" and even more powerful... 'that was the first time I felt understood.'"

Schoonmaker is also the founder of Omega Youth Programs and Wolakota Youth Programs, a 501c3 nonprofit youth-serving agency. He said, "I wanted a place for kids to pay it forward. I found that relationships are the primary way of healing and communicating the healing."

After receiving multiple fliers about Pine Ridge Reservation, in South Dakota, he "decided to trust it." With two other friends, he drove west and pulled into a small store in Manderson (which happened to be the center of the reservation.)

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



By Sabra Dettore

Officiating a wedding was supposed to be a one off for my two best friends. It was fabulous, and fun, and I nailed it. Those two friends were convinced that marrying people was my calling, what I was meant to be doing, and they made sure to tell me this every time we got together. I always laughed them off. But the universe nudges you when you don't listen to the whispers. Eventually, I listened.

My next wedding was for a friend in July. By the end of 2018 I'd officiated 32 weddings. The next year, 44. Every year the numbers grew. In between these weddings, I was learning absolutely everything I could! I attended free weekly webinars, joined FB groups, read books, watched YouTube, and researched other websites from officiants with far greater experience than I. Then covid hit. I had an abundance of free time since I'd quit my day job to go full time with my weddings. 2020 brought out a major change in the industry, and I was right there learning all about it. Wedding education was free, or inexpensive, as people were learning to create online/Zoom options and I signed up for everything that I could.

I attended The UnBoring Wedding Academy for six weeks, then the first ever online WeddingProCOR, virtual Wedding MBA, CelebranTopia, FB lives with Bethel, and so many more. I was absorbing every possible thing I could to be the best wedding officiant possible for my future couples.

Later that year, a really great man that I adored, died. I was so disappointed in his service and how it was conducted. I thought to myself, *I could do this, I could do this better*. But, could I do it without crying? Without being overwhelmed by grief myself? Hmm...who does funerals? How do you become a funeral celebrant? What is a funeral celebrant? What is a celebrant? I Googled for days.

While Celebrants are wildly popular in Australia, New Zealand, and in the UK, celebrants are not as widely known here in the states. Anyone can be an officiant; you just apply online, print a script, and do your research on what's legally expected of you. But being a celebrant, that was the *crem de la crem*, the elite.

My Journey: Becoming a Professional Celebrant

The ones who put in the time needed to train in ceremony, writing, and ritual. To hold that title made you special. I found numerous classes overseas, but I didn't want to deal with the massive time zone difference. I looked into the two options available here in the US. I spoke with the directors at both, and spoke to a few graduates, and went in the direction that my heart was leading me. I enrolled in the Celebrant Academy and it changed my life forever.

In January of 2021, I jumped online with seven other strangers, not knowing what to expect, as we explored Introduction to Celebrancy with director and teacher, Donna Forsythe. It was challenging, and I put in a lot of work. Those instructors, and my classmates (known as a cohort), became a sounding board, another set of eyes, someone to call when I was stuck and needed help or inspiration. They became my friends and family. Six months, and seven courses later, I graduated with a Master Celebrant Certification in Weddings and End of Life Celebrations. While taking the End-of-Life class in May, I contacted my local funeral home and asked to observe services, to shadow the clergy. They were all so gracious and answered my endless questions. I learned that while I felt empathy for the families of the deceased, it wasn't my own grief, and that knowledge brought a whole new level of confidence that allowed me to be able to hold space for clients.

In November, I completed another Celebrant Academy course on Life Transition Ceremonies with Krista Beth. Think baby blessings, transgender re-naming ceremonies, house blessings, and sobriety anniversaries.

Then I took the Equally Wed Pro class to learn to be more inclusive as a wedding vendor which absolutely made me rethink how I spoke to my clients and caused me to make multiple changes on how I worded forms and online verbiage. Becoming a professional celebrant has changed my life. I've bloomed into the person I was meant to be and can't wait to travel the path the universe has in store for me.

To learn more about Sabra and her offerings, visit ceremoniesbysabra.com.

Crazy Wisdom Biweekly Ezine – Assistant Editor/Graphic Designer Wanted

A great opportunity to be a key player on the Crazy Wisdom publishing team.



We are looking for someone with a broad skill set to fill the role. If you are creative team player with interest and experience in writing, editing, INDD and PS, Word, know how to prioritize work, are detailed oriented, work well independently, have experience using social media, and are interested in conscious living subjects, art, and local happenings, you may be just who we are looking for!

Tasks for this person would include:

- Compiling a 20-page Biweekly Ezine (editorial and layout)
- Brainstorming article ideas & contacting writers
- Editing articles
- Inputting calendar listings to online calendar and into Ezine
- Creating page designs for the Biweekly
- Doing Social Media postings
- Compiling and editing the Crazy Wisdom Journal's print calendar

You must have your own computer and access to high-speed internet. Job is on average 10 hours a week, with possible room to grow. Pay rate is \$20-\$24/hour depending on experience and skill set. If you are interested, please email a cover letter, resume, a sample or two of editorial layouts you have completed, and a writing sample to jennifer@crazywisdom.net.

The Crazy Wisdom Biweekly Ezine, founded during the pandemic, seeks to represent the voices in our community in a timely and entertaining way. It currently reaches 5,000 readers per issue.

Find issues of the CW Biweekly here: crazywisdomjournal.com/crazy-wisdom-biweekly.



Writers Wanted

Fun ways to be visible in the community, and connected.

Kids Columnist

We're looking for a new columnist for our ongoing CW Kids Column. Each issue, the columnist writes a feature article which includes 3 or 4 profiles of interest to parents and their kids. We focus on people, organizations and businesses offering cool, fun, meaningful and sometimes therapeutic activities, programs, events and classes for kids. Great opportunity for a writer who is also a parent.

Healers of Ann Arbor Columnist

Each issue this columnist profiles an established and skilled holistic practitioner or bodymind therapist. The columnist sometimes does the profile as an interview, and at other times it's a narrative. We are looking for a local/regional writer with an appreciation for non-traditional healing modalities, and a curiosity to meet and learn about a variety of the region's most interesting practitioners.

We are always looking for good articles about the holistic scene... reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

Modest but respectable pay. If you might be interested, please write to crazywisdomjournal@crazywisdom.net.

Summertime is always the best of what might be.

—Charles Bowden



Nature & Nurture Farm's Homegrown Harvest Festival

By Grace Pernecky

Join Nature & Nurture Farm in community on Saturday, August 20th as they celebrate and give thanks for another bountiful growing season! There will be a tomato tasting, potluck, guided farm tours, live music, kids activities, a seed giveaway, a bonfire, and more.

Not only does Nature & Nurture have a farm-based seed company offering over 170 varieties of heirloom vegetable, flower, and herb seeds; they also sell produce through Argus Farm Stop, have a thriving organic landscaping business, grow and sell shiitake mushrooms, maintain a well-stocked organic fruit tree nursery, and more.

The farm's annual Harvest Festival at Nature & Nurture Farm (just outside of Ann Arbor) aims to bring our community closer together as we celebrate and give thanks for another successful growing season. Nature & Nurture is invested in creating and nurturing the connection between farmer and consumer. Their annual harvest festival allows them to not only bring people into their fields, but also into their hearts.

At the Harvest Festival, people will be able to view Nature & Nurture's farming operation through farm tours guided by Nature & Nurture staff. They'll share delicious, homemade food at the festival's potluck, and make new friends while feasting on a variety of recipes new-to-them. The tomato tasting will allow participants to explore the full range of the tastes, textures, and sizes of heirloom tomatoes. Local music provided by Dan Hall and Dave Levy + Friends will leave people dancing all night long. The night will end, Nature & Nurture reports, "when the bonfire goes out."

Tickets for the event are based on a sliding scale. Nobody will be turned away for lack of funds, but there is a \$30 suggested donation, \$10 suggested donation for students. Nature & Nurture will be giving out one free seed packet per person, while supplies last. The event will start at 5pm and runs late into the night.

There's plenty of space at the farm to socially distance, but farm owners Mike and Erica ask you to come vaccinated or plan to wear a mask and keep your distance. Advance permission is required for bringing dogs to the event.

For more information about the event and to purchase tickets in advance, visit natureandnurtureseeds.com/pages/2022-homegrown-harvest-festival. For questions about the event, please email info@natureandnurtureseeds.com.

JOIN US IN FAMILY-FRIENDLY COMMUNITY CELEBRATION!

Homegrown Harvest Festival

AT NATURE & NURTURE FARM

- Tomato tasting
- Potluck
- Kids' Activities
- Guided Farm Tours
- Live Music
- Bonfire
- Seed Giveaway

AND MORE!

8/20 at 5pm - 12am (till the bonfire goes out)

7100 Marshall Road, Dexter, MI, 48130

Visit www.natureandnurtureseeds.com for details

Fall Programs



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.



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Consultant

For information
or appointment,
contact:
info@judyr Ramsey.net

<https://JudyRamsey.net>

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WITH HORSES

WORK THAT RECONNECTS &
EQUINE GUIDED LEARNING

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Crazy Wisdom Book Picks of the Week



Say Hello to a Brighter, Happier Future!

Featuring a variety of simple spells, rituals, meditations, and more, this practical guide helps you and your community raise positive energy and create the loving, compassionate world you desire. Bring out the best in yourself and others with more than fifty activities, such as a spell to cope with loss and a ritual to heal a community divide. This book also covers how to nourish your body, mind, and spirit with wholesome self-care recipes, like revitalizing shower steamers and lavender rose hot chocolate. Filled with tools that can be used throughout the day, this cheerful book shows you that now is the perfect time to step into the sunny, joy-filled life you deserve.

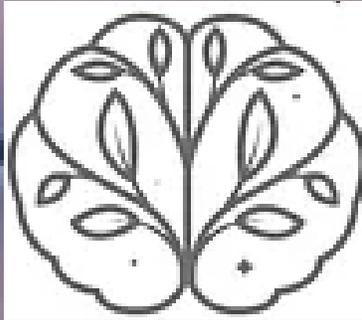
[Purchase your copy of *Spells for Good Times* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



From heart-felt to hilarious, Ashley Carbonatto's own path of motherhood has been a faith-journey through unexpected ups and downs of learning to re-discover her identity that motherhood tried to strip away. With tales of daily loneliness, anxiety and postpartum along with lessons of growth, self-discovery, and friendship, this book is the guide from a sister in the trenches that will meet the everyday mom right where she's at. Whether you're a first-time mom trying to find up from down and make sense of your newly-acquired job title, or the experienced veteran crawling to the finish line of bedtime with wheels missing and your wagon on fire, *More Than A Mom* will be your encouragement, source of humor, and honest companion. With a lack of short cuts and five-star resorts on this path, this is the guide for the everyday mom to find freedom in the woman she was created to be as she looks to find purpose in the mundane & monotonous tasks that come along with motherhood.

[Purchase your copy of *More Than a Mom* at shopcrazywisdom.com.](http://shopcrazywisdom.com)

Uncover, Empower, and Rejoice in the Qualities of Being Human



In this series of six weekly two-hour sessions, we will explore the five human Qualities of: gender, power, love, voice, and intelligence. Each session will follow a sequence of attuning, journaling, talking, chanting, and movement.

Cost – \$650. Contact Marcia at mhaarer@comcast.net

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

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

A participant writes:

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.

—Deborah Bayer, creative writing teacher

We invite you to take a “deep dive” to experience the five human Qualities, while being in the support of beloved community.

The pandemic gave us the blessing to discover that we can connect and attune online with one another as deeply as we do in person. Without being in the same physical setting with one another, sometimes we “let go” even more deeply to the Unified field of Consciousness. When we do this as a group, we feel the depth of our connection within Consciousness. We open to our true identity.

Please, come dive with us.

—Christi & Marcia



The Heart and Soul of Bird Watching

by Peggy River Singer

My apartment complex on Ford Lake was built into a strip of forested land along the eastern shore. The lake itself and the surrounding woods offer a popular stop-over spot for migrating birds. The year-round variety of feathered neighbors is one of my favorite aspects of living here. Ducks and other waterfowl have always been favorites of mine; and I quickly learned that the more I stared at them through binoculars, the more likely it was that they would move to the other side of the lake to avoid my intrusive energy.

Birds and other animals are fully "plugged in" to the energetic world around us, in all its unseen complexity; and this permits instant communication among them. It also helps them pick up on our energies, especially our emotional energies. They can easily perceive when they're being watched by humans, especially when that attention is magnified by the unblinking "eyes" of binocular or camera lenses.

Last spring, I spent a good bit of time trying to figure out the species of a mystery bird with a distinctive song. Like many warblers, he was skittish around humans. He wouldn't allow me to get close enough to see the field marks that would have helped me identify him; and whenever I tried to focus my binoculars on him, he zipped away into the trees.

I'll bet you can guess what the problem was! My scientifically trained left-brain really wanted to find out what kind of warbler he was! After all, it's exciting to spot a bird you haven't seen before, and I could share the news on my neighborhood blog. But even though I offered Reiki to the bird, my stubborn determination to capture his identity overpowered Reiki's gentle energy, and convinced him to keep his distance.

Finally, I reminded myself that the forest is a different world, and I would always be a guest of those who dwelled there. In order to be a considerate visitor, I would need to let go of my human desire to do whatever I wanted and soften my energy so it would be heart-based.

With that in mind, the next time I heard that special song, I put away the binoculars, leaned up against a tree, and sent loving Reiki energy toward the singer. I told him I'd love to meet him face to face for a conversation, but only if he was comfortable with that nearness. And I assured him that whatever he decided to do would be fine with me, and his wishes would be respected.

A few moments later, he fluttered into some brush about 20 feet away. Close enough to show me he was thinking about my invitation, but far enough away for him to feel safe. Warblers are very active birds, so he didn't stay still for long, but I got the message. Though I once had wondered why he had tolerated my persistence so long, now I feel that he was intentionally teaching me something important.

This fresh approach has served me well in countless similar situations. A feisty little Carolina Wren approached quite close and assumed one pose after another so I could see all his field marks (look for the peach-colored breast). A Gray Catbird serenaded me with his glorious liquid song from a perch only three feet away, and tilted his head to show me his black cap. A Sharp-shinned Hawk resting on our bird feeder made sure I could see the markings on her tail and face. A Redstart concealed in deep brush showed me the red-orange chevron on his wing, which was all I needed to see to know his name.



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

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.

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.

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 • 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.

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

Ann Arbor Death Cafe (Virtual) with Merilynne 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 TheDyingYear@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 • Thursday, August 18, September 15 • 7:30-9:30 p.m. • Healing, ascension work, and spiritual support for life. Help our world to transform smoothly. Learn to live in unity with Higher Self in the new world experience. Recorded. \$50 per class, sliding scale possible. Enrolling until May 26. Contact Eve at evew@spiritualhealers.com or 734-780-7635; spiritualhealers.com.

Universal Sphere® Practitioner Certification Training 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

Nature & Nurture Farm’s Homegrown Harvest Festival • Saturday, August 20 • 5 p.m. • Join Nature & Nurture Farm in community as we celebrate and give thanks for another bountiful growing season! There will be a tomato tasting, potluck, guided farm tours, live music, kids activities, a seed giveaway, a bonfire, and more! Follow us on social media (FB/IG) as more details become available.

\$30 suggested donation, \$10 suggested donation for students, but nobody will be turned away for lack of funds. One free seed packet per person, while supplies last! Event starts at 5pm and runs late into the night.

There’s plenty of space here at our farm to socially distance. Please come vaccinated or plan to wear a mask and keep your distance. Advance permission required for bringing dogs to the event.

Please bring a lawn chair or blanket to sit on. People are welcome to camp on our farm property Saturday evening (8/20) to Sunday morning (8/21). If you want to help us setup, you can come camp on Friday night too, but please let us know ahead of time.

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 mviviano@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 & Mindfulness

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.

Introduction to Mindfulness • Starting September 6 • 7 p.m. • Join Donna J. Champine, MD, MA for this Four-week course, one hour each week. Attendance at all four weeks is not required; but helpful for both the participants and the instructor.

DATES AND TOPICS:

September 6 - Introduction to Mindfulness
September 13 - Being Fully Human: Working with Emotions
September 20 - The Wise Heart
September 27 - Bringing Your Practice into the World

Class hosted by 7 Notes Natural Health at 3830 Packard Road Suite 180 in Ann Arbor, Michigan. A donation will be received to offset the expense of the space. Please register by visiting <https://forms.gle/hdyQNFaeUg4aPGTQ7>.

Music, Sound, and Voice

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.

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.

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.

Uncovering, Empowering, and Rejoicing in the Experience of Being Human with Christi Bemister, PsyD & Marcia Haarer, LMSW • September 9 • 3 p.m. • 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. Going through these varied steps while exploring a Quality, something uncontrived emerges. With each Quality, a knowing becomes apparent. Even though inequalities and injustices may obscure the Qualities, we can find them within, ever present and pure. For more information contact Marcia Haarer, LMSW at mhaarer@comcast.net or visit <http://drchristibemister.com/>.

Prosperity and Abundance

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

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

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.

The Crazy Wisdom Calendar

Biweekly



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@judyr Ramsey.net; JudyRamsey.net.

Sound Healing

Sound Therapy Workshop • August 20 • 2 p.m. • Join Sound Therapist, Rob Meyer-Kukan, for this introduction to sound therapy workshop, playshop, and sound bath. In this workshop we will explore how healing with sound works. Participants will learn the basics of sound, the history of sound therapy, the tools used in sound therapy (specifically Himalayan singing bowls, crystal bowls, and gongs), and the applications for group and individual use of sound therapy. Participants should bring a yoga mat, blanket, bolster or pillow and eye cover/eye pillow. \$89. Learn more about 7 Notes Natural Health by visiting: www.7notesnaturalhealth.com

Sound Bath Meditation: Ever Changing • August 20 • 7 p.m. • We will visit affirmations and readings from Louise Hay's book, *You Can Heal Your Life*, coupled with sacred sound of singing bowls, gongs, and more! Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$40. Advanced registration required. Learn more about 7 Notes Natural Health by visiting: www.7notesnaturalhealth.com

Spiritual Development

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

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'án 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



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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 scenic landscape featuring a large, turquoise lake nestled between lush green mountains. In the foreground, a rustic wooden fence made of weathered logs and beams runs across the frame, partially obscuring the view. The sky is a clear, vibrant blue with a few wispy clouds. The overall atmosphere is peaceful and majestic.

The best way to predict your future is to create it.

—Abraham Lincoln