

THE  
**CRAZY WISDOM**  
BIWEEKLY

#115



*Little Trees, Big Impact*  
*Bonsai at Matthaei Botanical Gardens*

PAGE 8



# CRAZY WISDOM

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Word of the week:

**verdant**

*adjective*

lush with vegetation; covered with growing plants or grass; of the color green

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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.

Thank you to our contributors for this issue:



- Jennifer Carson
- Fran Mason
- Peggy River Singer
- Sandor Slomovits
- Jack Sustic
- Bill Zirinsky

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*Little Trees, Big Impact*  
*Bonsai at Matthaei Botanical Gardens*



by Sandor Slomovits

The mid-January day I visited Gateway Farm in Plymouth was breezy, and the temperature was in the low thirties with faint flurries falling. At the farm's small, dirt parking lot off Joy Road, I met Bridget O'Brien who, along with her husband Dr. Charlie Brennan, is the farm's co-director. After we greeted each other, I said, "Not the best time of the year for me to see the farm, I guess."

"It'll be okay," she replied cheerfully. "We'll be able to see everything because there's no snow on the ground. Plus," she added, "The sorrel is still green."

Gateway Farm in Plymouth is owned by Mary Emmett and her family. Emmett founded the nearby Plymouth Orchard and Cider Mill in 1977 and established Gateway Farm in 2017. Zoe Arvantis, the Farm's Markets and Marketing Manager, emailed me that, "Mary's intention was to create a farm hub offering organic nutrient-dense food to the Plymouth Community." She then added that, "The farm has diversified a great deal in the last five years. We have gone from offering solely organically grown annual vegetables, to showcasing a variety of food systems. Also, like many farms, when the pandemic hit, we were forced to pivot quickly. We leaned heavily into our onsite farm stand as a distribution hub for pre-order online sales. We partnered with local producers to expand our organic vegetable offering with pantry items, maple syrup, and honey. We've continued [doing that] today, expanding our offering even more to include perennial foods, Gateway Farm dried herbal teas and value-added products, CSA memberships, farm swag, and transplants. We've re-imagined our farm-scape using a permaculture-inspired vision that weaves together market gardening, food forests, land regeneration and re-wilding."

I'd heard of permaculture, (short for permanent agriculture, which relies on a variety of perennial crops) but had never seen a permaculture-based farm in person, so I asked for a tour.

We began walking and O'Brien pointed to a number of yard-high berms, crowded with a great variety of plants and bushes, curving gracefully around two small ponds and weaving throughout the thirteen-acre property. "One of the most interesting things about this farm," she said, "Is that in our perennial plantings we have over 250 different varieties of plants." She pointed to the berms. "This feature is our food forest--our perennial food system. Eighty to ninety percent of everything that's planted here is edible in some way, shape, or form."



I had heard the term "food forest" before and had imagined woods with fruit and nut trees. Here the tallest plants growing on the berm near us were only about three or four feet tall.

Yes,” O’Brien replied, “This planting is only going on its third to fourth year, depending on the plant. There’s a lot of trees in the system, and most of these were planted when they were this big,” she said, holding her hand about a foot off the ground.

“So, we’re already getting some good growth on them. Eventually this will have trees, lots of trees in it, so it’ll feel more like a forest. There are layers in a traditional forest. You have tree layers, shrub layers, ground cover layers, and often vines, too. These [plantings] are meant to mimic systems in nature that a lot of indigenous cultures around the world cared for and worked on for centuries.

We do have mulberries and other stuff that we planted on the other berms that you’ll see are taller than us now. They were planted at the same time but are just happier and grew faster. A lot of food forests are planted kind of like a wild forest, where it’s a bit more of a scatter pattern; there’s a tree here and maybe one over here, but it’s a different species. However, this [food forest] was designed for production. So, there’s a row of serviceberries, rows of elderberries, and we have three patches of honeyberries, but they’re all in one section. As they grow and we harvest them, they’re easier to find. Elderberries are growing really well here. We’ve planted over fifty elderberries on the property; we started harvesting this year—seventeen pounds—second year of growth.”




We came to a small flat area devoted to mints. “We put it [the mints] far away from everything, so it won’t take over. It can grow into the grass, we don’t care. We have a number of varieties that we harvest: chamomile, lavender, calendula, and others. Many of our native herbaceous perennials make really great medicinal teas. A lot of the understory of the food forest are medicinals that we’re value-adding into our herbal tea blends.

We walked by a small pond, and I asked if that had been there before they began farming here. “No, this was all flat or flat-ish. There are wetlands surrounding this property. This land probably also was a wetland, but it was clear cut, flattened, and farmed. Then it was turned into a golf driving range for forty years. When we came to the property, this was just all grass. These ponds were built for the design.


*read the entire article online...*

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“The healing of the land  
and the purification  
of the human spirit is  
the same process

— Masanobu Fukuoka (1913-2008)

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# Book of the Week:

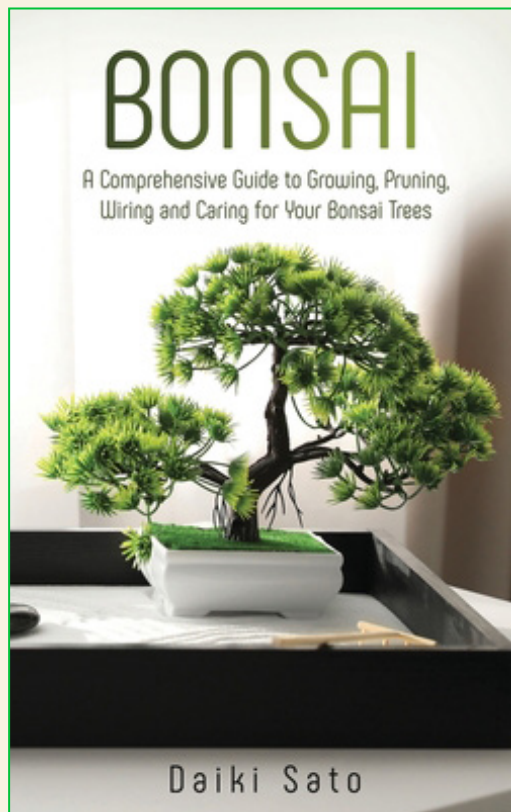
## BONSAI

Master the art of growing healthy, robust and gorgeous bonsai trees and unlock the therapeutic benefits of the ancient practice with this comprehensive guide to cultivating bonsai trees

Have you ever laid eyes upon a magnificent bonsai tree and wondered if you could replicate that beauty in your own home and private space? Do you want to adopt a wholesome new hobby that will develop your gardening chops while helping you get rid of stress?

If yes, then you absolutely need to get your hands on this guide

In this book, Daiki Sato covers everything you need to need to know about bonsai trees to become a bonafide expert, from its history and modern practices to designing, growing and successfully maintaining and attractive, well-kept bonsai trees.



[PURCHASE YOUR COPY OF BONSAI  
AT SHOPCRAZYWISDOM.COM](https://shopcrazywisdom.com)

Pick  
up  
the  
spring  
issue  
now!

*The Crazy Wisdom Community Journal*

# issue 83

## *\*Features\**

- Gateway Farm
  - Black Men Read
  - Ann Arbor Clothing Company, Joob Activewear
  - An Interview with Dr. Craig Stoller
  - Hilary Nichols chats with Maurice Archer and Anne Erlewine
  - Indigo Forest and chronic pain reduction
- ...and more!

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# Crazy Wisdom is Seeking a Full-Time Manager for Events Space & Bookstore

Crazy Wisdom is offering an exciting one-of-a-kind opportunity for a full-time manager to spearhead the re-imagining of the brick-and-mortar Crazy Wisdom Bookstore, southeastern Michigan's leading body, mind, and spirit bookstore for almost 40 years. After being on sabbatical since early 2022, Crazy Wisdom Bookstore is ready to reemerge, under its same longtime ownership, in the fall of 2023. This incarnation will focus primarily on the second floor as an event and community building space, and will host a variety of events including but not limited to: meetings, workshops, poetry and storytelling nights, book discussion groups, author events, intuitive and psychic readings, seasonal rituals, witches' nights out, Salon nights, music nights, drum circles, meditation gatherings, and other types of events which it has fostered and hosted over its decades. There will also be a smaller and more focused bookshop located on a portion of the first floor. The re-imagined Crazy Wisdom will have significantly reduced hours of operation—still a destination for its regional customer base—but only open 30 hours a week, spread out over just four days each week.

**For more information about applying, minimum qualifications, duties and responsibilities, and salary and benefits, visit our website:**

[crazywisdomjournal.com/job-openings](https://crazywisdomjournal.com/job-openings)



# Little Trees, Big Impact

The Bonsai and Penjing Garden at Matthaei Botanical Gardens is celebrating its 10th anniversary this month.

We spoke with bonsai expert **Jack Sustic** about the art of this centuries old tradition.

**CW: What exactly is bonsai?**

**JS:** Bonsai, (pronounced “BONE-sigh”), is literally translated as tree or plant in a pot. However, bonsai is much more than sticking a plant in a pot. It is the artist’s interpretation of a tree in nature in a smaller scale. The goal is to create and present a natural looking tree.

**CW: Can you give us a short history of bonsai?**

**JS:** The art of growing trees in containers for aesthetic purposes began approximately 1,000 years ago in China. Eventually the art traveled east with Buddhism through Korea and into Japan. American soldiers were introduced to bonsai during WWII and brought that interest back to the U.S. where it has gained popularity ever since.

**CW: In this Smithsonian Institution article, you said, (Bonsai) “is a marriage between horticulture and art.” We’re intrigued, tell us more!**

**JS:** Bonsai is definitely an art form that the viewer can appreciate whether you’re a seasoned bonsai artist or a casual observer. The big difference between bonsai and other art forms, like painting or sculpture, is that bonsai requires constant attention. Bonsai never stops growing so once its created, it’s never finished. A strong understanding of horticulture is very important for bonsai’s health and longevity. My bonsai teacher said, “Better a live donkey than a dead doctor,” meaning you can have the most beautiful bonsai in the world but it’s not worth much if you can’t keep it alive. With bonsai, horticulture and art go hand and hand.

**CW: How does a tree become a bonsai?**

**JS:** There are different ways of starting a bonsai. You can start from seed or cuttings, however, the most popular way is to find a plant at your local nursery or dig up a small tree. Once a plant/tree is selected, the bonsai artist wraps copper or aluminum wire around the branches allowing the artist to place them in their desired position. The wire will remain on the tree for several weeks to months depending on the species of tree and when the wire is removed the branches will remain in that position.

**CW: How did the Bonsai and Penjing Garden at Matthaei get started?**

**JS:** There is a short history on the Matthaei Botanical Garden’s [website](#). There has been an interest at the Botanical Gardens in having a bonsai collection since the 1970s. One issue, however, is most of the bonsai need a cold season and thus aren’t appropriate for exhibiting in the Conservatory during the winter. About 15 years ago, Bob Grese, then the Director of Matthaei-Nichols, started to explore how to establish an outdoor bonsai garden so that we could build a serious collection. That gathered steam—to what we see today.

**CW: How can the public learn more about the art of bonsai?**

**JS:** One of the best ways to learn more about bonsai is to join a local club. The Ann Arbor Bonsai Society is celebrating its 50th anniversary this year so they have many talented and experienced people who will gladly share their knowledge and experience. The group meets monthly at the Matthaei Botanic Garden. Visit: [annarborbonsaisociety.org](http://annarborbonsaisociety.org) for more information.

Also, join us at Matthaei in June for our [month-long celebration](#). Events include workshops, demos, and other family-friendly activities.



*Jack Sustic’s interest in bonsai began in the mid-1980’s while serving in the military in South Korea. In 1996, Jack was selected as the first intern at the National Bonsai & Penjing Museum, U.S. National Arboretum, Washington DC. In 2002, Jack was appointed Museum Curator, retiring in 2016. He has received formal bonsai training from masters in both the United States and Japan. A member of several bonsai and viewing stone organizations, he is also an honorary member of Nanpu Kai, a study group comprised of bonsai master John Naka’s students. Jack currently cares for the bonsai collection at Matthaei Botanical Gardens in Michigan.*





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Born during the pandemic,  
*The Crazy Wisdom Biweekly* seeks to represent  
the voices of our community in a timely and  
entertaining manner. We welcome articles,  
interviews, recipes, wisdom, personal essays,  
breathing exercises, art and photos, favorite places  
for walks, or musings on current events.

**Send your ideas to [fran@crazywisdom.net](mailto:fran@crazywisdom.net).**

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# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### A COURSE IN MIRACLES

Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 1 through August 28 · Monday · 6:45 p.m. to 8:45 p.m. · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 31 through August 28 · Thursday · Noon to 1:30 p.m. · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

### ANIMALS AND PETS

Advanced Animal Communication with Judy Liu Ramsey · Friday, August 4 through Saturday, August 6 · 9 a.m. to 5:00 p.m. · If you have practiced communication with animals after a basic course and want to deepen your experience and to remove blocks to receiving messages, learn to apply your telepathic skills to explore the practical essence of communication with domestic and wild animals, plants, minerals, the elements, and the Earth. \$440. For more information email [info@judryramsey.net](mailto:info@judryramsey.net) or visit [judryramsey.net](http://judryramsey.net)

### ART AND CRAFT

INAI Exhibit - Seasons of Beauty with Kathleen Voss, OP, Janet Wright, OP, Mary Jean Dorsey, OP · Monday, May 26 through October 1 · Seasons of Beauty gives us a springtime look at the brilliant digital paintings of Kathleen Voss, OP, beautiful watercolor paintings of Janet Wright, OP and the extraordinary cut-out silhouettes of Mary Jean Dorsey, OP (1914 - 1988). For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

Artists from the Linkage Community, an Alliance of System-Impacted Artists · Open Monday through Friday · August 11 through September 1 · Opening Reception on Friday, August 11, from 6 to 9:00 p.m. · In cooperation with the Flint ARTWALK. Film screening is on August 31 at 7:00 p.m. The exhibition is designed to connect viewer to artist through the wide gamut of their human experiences. FREE. Visitors will see works from familiar artists, including Andy Wynkoop, An ArtsyGuy, RIK, Roger (FREE-Hand) Stephenson, and many others. For more information call Sarah Unrath at (734) 615-5643.

### BOOK DISCUSSION GROUPS

Jewel Heart Readers with Jewel Heart Instructors · Monday, July 10 · Online only · 7 to 8:30 p.m. · Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. FREE / Donations welcome. For the book selection and participation information, visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

Dine & Discuss Book Announcement, Dinner & Discussion with Matthew Desmond · August 7 · 5:30 to 7:30 p.m. · This fall we will be reading, *Evicted: Poverty and Profit in the American City*, by Matthew Desmond. *Evicted: Poverty and Profit in the American City* is a 2016 non-fiction book set in the poorest areas of Milwaukee, Wisconsin. The book follows eight families struggling to pay rent to their landlords during the financial crisis of 2007–2008. Winner of the Pulitzer Prize and a New York Times Bestseller. Cost: \$15.00 Includes book & dinner. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

### BUDDHISM

Join us as we sing and contemplate songs of the masters together · Saturday, July 15 · 12-1 p.m. · Buddhist teachings and spiritual experiences are often communicated through songs, such as those famously sung by the great Tibetan yogi, Milarepa. Following the teachings of Khenpo Tsultrim Gyamtso Rinpoche, we will sing in English, without judgment of “good” and “bad” as we try to move beyond an intellectual approach to the Dharma. Held at Bethlehem United Church of Christ. FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

Why are we still stuck in samsara? · Tuesday, July 18 \* 8 to 9:30 p.m. · One reason is that we haven't fully developed the motivation to transform our lives. Deep contemplation of the Four Thoughts that Turn the Mind to the Dharma will arouse our desire to free ourselves and others from suffering. FREE. To join this live zoom teaching, contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org), or visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

Practical Buddhism by Gelek Rinpoche · Tuesdays, June 27, July 11 and 18, August 1, 8, 15, 22, 29 · Online only · 7 to 8:30 p.m. · “Practical Buddhism” offers video recordings of earlier teachings by Gelek Rinpoche as an opportu-

# IN THE COMPANY OF RAIN



By Peggy River Singer

Let's play with free association for a few minutes. What do you think of when you hear the word Rain? Sprinkle, pour, drizzle, washing, cleaning, clearing, replenishing, soothing, refreshing, nurturing, restoring, splashing, lakes, ponds, puddles, *Raindrops Keep Fallin' on My Head*, shower heads, floods, monsoons, deserts, rain forests, aquifers, mud slides.

This list reminds us that no matter who you are, or where you live, or what you do for a living, RAIN MATTERS. Rain—and its absence—has been hugely important to humans from the very beginning. And our spiritual, emotional, and physical relationship with rain goes far beyond scientific facts and figures.

I've always treasured the soothing sound of a steady rain. When I began meditating in the 1990's, I found that on rainy days my meditations were deeper and more satisfying. Around that same time, I developed a habit of picking up my guitar when it was raining. I liked to think that Rain was listening to me play, and the lower air pressure and humidity seemed to add some nice resonance to the sound.

As a fledgling Communicator, I wondered one day whether I would be able to connect with Rain. I sent thoughts of love and appreciation, and a virtual hug; and asked for some kind

of response. Moments later, the gentle rain had suddenly become quite a downpour. Right in front of my door.

Today, it is my great pleasure to be able to share a conversation I had with this multi-talented Being who is so vitally essential to the health and welfare of the planet and all who share it.

**Peggy:** Good morning, Rain! I'm afraid I cannot pronounce the name you just gave me; may I address you as Rain instead?

**Rain:** Surely!

**Peggy:** Thank you. Will you tell us something about your day-to-day activities?

**Rain:** That could be described broadly as "oversight" of the planet's relationship with water in the form of rain, or a lack of rain. I am given responsibility—by Creator—for coordinating this very complex and sophisticated system.

**Peggy:** Do you exist or work within the structures of linear time?

*continue reading online...*



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### BUDDHISM

nity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Each session reviews Gelek Rinpoche's 2012 and early 2013 Sunday talks. FREE / Donations welcome. For more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche** · Sunday, June 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · No discussion on July 30 · Online and on-site · 11 a.m. to 1:15 p.m. · Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**FREE Film & Discussion with Jewel Heart Instructors** · Fridays, July 14, August 11 · 7:00 p.m. · Bring your friends and enjoy a FREE film and discussion about the film. Concessions are also available.

–July 14—*Blessings: The Tsoknyi Nangchen Nuns of Tibet* (2009) In Tibet, the word for woman translates as “lower rebirth.” In a remote eastern region of the country, the Tsoknyi Nangchen nuns defy this definition. Devoted to the ancient practices of Tibetan Buddhism—once primarily a male domain—over 3,000 nuns have attained elevated status.

–August 11—*Travelers and Magicians* (2005) A universal tale of a young man with big dreams and no real plans to achieve them, linking how we live our lives and how we imagine our lives should be. Filmed entirely in Bhutan, directed by Khyentse Norbu. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Ullambana Day Service with Ann Arbor Zen Buddhist Temple** · Wednesday, August 30 · 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. FREE. For more informa-

tion call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Sunday Services at the Ann Arbor Zen Buddhist Temple** · Ongoing · 10 to 11:30 a.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. For more information call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Temple Stay/ Visitor's Program and Residential Opportunities with Ann Arbor Zen Buddhist Temple** · Ongoing · The Visitor's Program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. For more information call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

### CEREMONIES, CELEBRATIONS, AND RITUALS

**Entering the Healing Ground: The Sacred Work of Grief with Kirsten Mowrey** · Saturday, August 26 · 10 a.m. to 4:00 p.m. · Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily until our hearts and souls become weary and overburdened. This day-long gathering invites us to share in a time of honoring the losses we hold in our hearts. We will come together and turn our attention to the grief we carry—for ourselves, the loss of those we love, the wider community and our struggling world. This gesture brings us into the circle of restoration and into the arms of our human and more-than-human community. Grieving together, we reconnect with the practices of our ancestors, building a temporary village that can hold our grief and loss in human communion. Sliding scale \$40-\$60. For more information contact Kirsten Mowrey at [greatlakesrituals@gmail.com](mailto:greatlakesrituals@gmail.com).

### CLASSES AND WORKSHOPS

**Reiki I training** · Friday, June 23, 2023 · 6:00–8:00 p.m.; Sunday July 30, 12:00–2:00pm; Sunday August 27, 12:00–2:00 p.m. Have you been looking for a Reiki share



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### CLASSES AND WORKSHOPS

group so you can practice what you've learned? Let's get those cobwebs gone, and start sending that Reiki energy again. Even if you were attuned years ago and haven't used it, the Reiki energy is STILL THERE! It can benefit others as well as you, as you send it through you and out. Questions and more information:

Contact Jenny at [reikitherapy@sbcglobal.net](mailto:reikitherapy@sbcglobal.net) or 734-478-0866.

**Beyond the Veil Mediumship • 6 Thursdays: June 15–July 20 • 6:30–8:30 pm** • Mediumship is the ability to connect and communicate with loved ones who are in spirit. Develop your mediumship abilities with this 6 part class series. Topics: Types of mediumship experiences and the types of information that comes through; Developing and strengthening your mediumship connection and abilities; Recognizing your communication language and interpreting the messages; Evidential information ~ “proof” and identifying information about the departed. Guided meditations and practice mediumship sessions. Cost: \$200 ~ Payment Plans Available SPECIAL! Pay in Full by 6/15: \$180. [www.enlightenedsoulcenter.com/beyond-the-veil-mediumship](http://www.enlightenedsoulcenter.com/beyond-the-veil-mediumship)

**Level 1 Intuition Development Class • June 6–August 2, 2023, 6:30–9:00 p.m.** • EVERYONE has intuition! It's our birthright, our internal GPS, our 6th sense that uses the other five senses — plus dreams, synchronicities, and other means to communicate with us. It's more than just predicting the future; in fact, that is only ONE aspect of intuition. Whether you were a psychic child, are having visions or hearing things now, or are just curious and wanting to explore, NOW is the time to decode the messages and learn what you can do! For more information contact Lori at ZSourceConnection.com or visit [enlightenedsoulcenter.com/intuitive-healing-for-self-care-classes](http://enlightenedsoulcenter.com/intuitive-healing-for-self-care-classes)

**Drop-in Tarot Study Group • Every Sunday 6:30–8:00 pm.** • This is a drop-in group of Tarot enthusiasts that meets once a week, facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. The meetings consist of focused open Tarot discussion, Tarot meditations, Tarot theory and theosophy, Tarot reading, Tarot history, Tarot symbolism, etc. Deepen Tarot understanding and build a local Tarot community. After questions, a 25-minute mindfulness meditation that is focused on the Tarot will conclude the formal meeting. Minimum donation: \$10 (Cash, credit, electronic). Contact Nick: [nicksvictorygardens@gmail.com](mailto:nicksvictorygardens@gmail.com) or call/text (734) 299-6472. Enlightened Soul Center: [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com)

**Natural Building & Sustainable Skills Program at Strawbale Studio • July 2 through July 28 • Live at Strawbale Studio and experience a variety of natural building skills through classes and hands-on training: foundation, round pole framing, thatched and living roof, strawbale walls, earth plaster and cob. Learn to fire up the Rocket Stove, Rumford Fireplace and Earth Oven (for pizza!). Enrichment: mushroom fruiting on inoculated logs, foraging, and more. \$1250 / \$950 if registered two weeks in advance. All classes, training, enrichment, plus room and board included. Some ½ pay work trade available. For more information: [strawbalestudio.org](http://strawbalestudio.org).**

**Learning Tour at Strawbale Studio with Deanne Bednar • July 15, August 6 • 9:30 a.m. to Noon** • Tour the enchanting structures with thatched & living roofs, Earth Oven, Rocket Stove & Rumford Fireplace! See “Strawbale Studio”, “Hobbit Sauna” & “Middle Earth.” On lovely rural land one hour north of Detroit. Questions invited! Each tour has a workshop scheduled for the afternoon. \$20. For more information: [strawbalestudio.org](http://strawbalestudio.org).

**Strawbale Studio Work Trade/Sustainable Skills Program with Deanne Bednar • Four Week Program • August 1 through August 28** • Strawbale Studio Work/Skill Program. Enjoy this enriching experience of living on the land at Strawbale Studio! Help create and maintain Strawbale Studio buildings and grounds while learning many sustainable living skills along the way! Two hands-on classes taught each week, such as spoon carving, lashing, foraging, and wood splitting. Includes Room, board, and sustainable skills in exchange for 25 hours infrastructure work trade, half of which will be natural building-related activities. For more information visit [strawbalestudio.org](http://strawbalestudio.org).

### CHILDREN AND YOUNG ADULTS

**Camp Jump-In 2023 Intensive Therapy Camp with Jacquelin Kilburn • July 17–28 • 9 a.m.- Noon** • Therapy camp benefits children with sensory processing difficulties, learning problems, apraxia, in-coordination, low muscle tone, auditory processing dysfunction, and other neurological delays or disorders. We use the “Frequency, Intensity, Duration Model” which has been proven highly effective at making large gains in a small amount of time. We require one parent or caregiver for each camper, because the camp becomes a parent training, networking, and support system. We can accommodate eight campers. All camp activities are held outdoors, weather permitting. Activities involve the use of suspended equipment, gross motor activities, fine motor activities, social interaction, brain gym, language, body work, and pool time.

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# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023

### CHILDREN AND YOUNG ADULTS

Campers new to Jump-In need an evaluation prior to camp. Due to the intensity level, campers must be at least four years old. Program may be covered by health insurance. For more information call (810) 231-9042 or email [Info@jumpinot.com](mailto:Info@jumpinot.com).

**Summer Peace Camp with Ann Arbor Zen Buddhist Temple** · Friday, July 28 through Friday, August 4 · Tent camping for families and children of all ages, by the lake and in the forest, close to Ann Arbor. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants while seeking to balance structure and spontaneity. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Parenting, Teaching, Coaching, and Working with Indigos with Karen Greenberg** · Sunday, August 27 · 9 a.m. to Noon · Your Indigo child is a genius! What worked with earlier generations, simply doesn't work and can even be counterproductive and self-defeating. Indigos, parents, teachers, coaches, employers, and employees: learn how to discover, understand, encourage, support, nurture this genius, novel patterns of bonding, how emotional needs differ from those born previously, mate agreements, social difficulties, organization, hyperactivity, and alternative strategies to drugs, how Indigos learn differently, and mirror unresolved family issues (private individual/family sessions available, too). \$77. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

### DEATH AND DYING

**Death Café via Zoom with Rev. Annie Kopko** · First Tuesday of the month · 6:30 p.m. to 8:00 p.m. · Open discussion of death and dying. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Ann Arbor Death Cafe via Zoom with Rachel Briggs** · July 15, August 19 · 10:30 a.m. - Noon · Please join us in an open, respectful, confidential (virtual) space for an agenda free discussion on all things life and death. People of all ages, experiences and needs gather to talk about all aspects of death. Bring your heart and curiosity. Everyone is welcome. We meet via zoom the third Saturday of each month. Learn more about worldwide Death Cafes at [deathcafe.com](http://deathcafe.com).

**End-of-Life Doula Training with Patty Brennan** · Saturday and Sunday, July 29 & 30 · 10 a.m. to 4:00 p.m. · Online professional training with Patty Brennan to become a certified end-of-life doula (EOLD) through Lifespan Doulas. Hybrid program includes 50 hours of self-paced study plus a live, interactive workshop on Zoom. Course prepares you to support family and friends on their final journey, seek employment as an EOLD, enhance your support efforts as a hospice volunteer, or open an income-generating community-based doula practice. \$697.00. For more information contact Patty Brennan at (734) 663 -1523, email [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com), or visit [lifespandoulas.com/end-of-life-doula-training](http://lifespandoulas.com/end-of-life-doula-training).

### ENERGY AND HEALING

**Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer** · Friday · What's new in personal and planetary healing and ascension, support for your journey including practical and spiritual tools, insights, visions, and finding hope, trust, and joy through the process. This international award-winning blog is cutting edge and timely. Eve Wilson is a leader in World Healing and Ascension. FREE. Visit [spiritualhealers.com](http://spiritualhealers.com) to sign up for weekly links.

**Healing Through the Akashic Records Practitioner Certification with Shellie Powers** · July 29-30 -or- August 12-13 -or- 19-20 · \$500. For more information call 734-926-8423, email [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/eventsor](http://powers365.com/eventsor).

### FESTIVALS AND FAIRS

**Community Chalice with Evenstar's Chalice** · June 24, July 30, August 26 · Noon to 5:00 p.m. · "Community Chalice" is a monthly gathering where we learn, play, do ceremony, and grow together in community! Each month will have a theme. July's theme is "Plant Magic / Plant Medicine" and August's theme is "Tarot." For more information visit [EvenstarsChalice.com/Happenings](http://EvenstarsChalice.com/Happenings) or email Mara at [mara@evenstarschalice.com](mailto:mara@evenstarschalice.com).

**Enlightened Soul 2-Day Psychic Fair** · 1st & 3rd weekends: July 1-2, July 15-16, Aug. 5-6, Aug. 19-20 · Saturdays: 11 a.m. to 6 p.m. Sundays: Noon to 5 p.m. · Join us for TWO DAYS of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Psychic Fairs. Admission: \$5 Sat./\$3 Sun. = FREE gift, FREE snacks, FREE parking Readings & Energy Work: \$2/minute (minimums vary). Contact Amy Garber, 734-358-0218, email [amy@enlightenedsoulcenter.com](mailto:amy@enlightenedsoulcenter.com), or visit [enlightenedsoulcenter.com/enlightened-soul-psychic-fair](http://enlightenedsoulcenter.com/enlightened-soul-psychic-fair).



**21st Annual Michigan Lavender Festival · Friday through Sunday, June 23 through June 25** · It's the most fragrant and relaxing event of the season! The Lavender Festival will showcase Michigan's top lavender farms, growers, and producers along with more than 200 Artists and Makers. Our festival also features a food truck gathering with Metro-Detroit's best food trucks, and guests will be able to learn about the many benefits of lavender, including growing, harvesting, cooking, crafting, along with medicinal and aromatic uses for this beloved herb. A variety of lavender themed classes, workshops and demonstrations available. Learn more at [themichiganlavenderfestival.com](http://themichiganlavenderfestival.com).

**Saline Celtic Festival · Friday and Saturday, July 7 & 8** · Join us for our 26th festival! We've relocated to the Washtenaw Farm Council Grounds just north of Saline at 5055 Ann Arbor Saline Road. Celebrate your Celtic heritage with Highland dance competitions, Ancient Athletics competitions, merchants, workshops, and more! Magical or the whole family. For more information visit [salineceltic.org](http://salineceltic.org)

**Holler Fest with the King Family at Frog Holler Farm · Friday, August 25 through Sunday, August 27 · Begins Friday at 2:00 p.m. through 8:00 p.m. on Sunday** · A family-friendly farm festival featuring over 60 top local music artists on four stages with guided nature walks, yoga and movement workshops, local food vendors, and kid's activities throughout the weekend. FREE camping. Check [hollerfest.com](http://hollerfest.com) For more information follow Holler Fest on Facebook and Instagram or email [kings@hollerfest.com](mailto:kings@hollerfest.com).

## HEALTH & WELLNESS

**The Journey of Abundance with Angie, Paula, and Valentine · Saturday, June 24 · 2:00 p.m.** · Have you ever wanted to try all the things Spirit has to offer but didn't have the time or resources to do so? Well now you have the opportunity! Come join us on The Journey of Abundance where we sample all the things we love ~ Meditation, Chair Yoga, Breathwork, Sound Healing, Essential Oils, Reiki and a Gallery Reading all while relaxing at the beautiful Infinite Light Center. \$33 pre-registered or \$44 at the door. Register online at [jotform.com/assign/231207040506138/231275743857061](https://jotform.com/assign/231207040506138/231275743857061)

**Join Trish Maley for one hour of in-person practice of mindfulness meditation and social meditation · June 25 @ 10:30 AM** · <https://hyooguh.studio>

**Join Trish Maley for one hour of in-person practice of mindfulness meditation and social meditation · June 27 @ 7PM** · <https://hyooguh.studio>

## HOLISTIC HEALTH

**Holistic Health Classes with Beth Barbeau at the Natural Health Expo—Part of the Lavender Festival · Friday, June 23 through Sunday, June 25 · 10 a.m. to 6:00 p.m.** · Beth is teaching three FREE classes at the Natural Health Expo: Healthy Births-Healthy Lives, Why Birth Matters to All of Us Even When We Aren't Having Babies, Natural Pain Relief That Works and Family Herbology. See event websites for descriptions and schedule. Lavender Festival

admission \$8, under 12 FREE. For more information visit [wearebloomingwell.com](http://wearebloomingwell.com) or email [Beth@IndigoForest.com](mailto:Beth@IndigoForest.com).

## INTUITIVE AND PSYCHIC DEVELOPMENT

**Focused Mind Meditation – Teleconference with John Friedlander · Sunday, July 2, August 6 · 9 a.m. to Noon** · 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. See website for phone and payment information. \$15. For more information contact Violeta Viviano at (734) 476-1513 or visit [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group - Teleconference with John Friedlander · Thursday and Friday, July 20 and 21 · 7 to 9:00 p.m. · Saturday and Sunday July 22 and 23 · 10 a.m. to Noon and 2 to 4:00 p.m.** · New material introduced with continued development of advanced and core techniques seeking a natural sense of skills in practical everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or permission of instructor. \$275. For more information contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com) or visit [psychicpsychology.org](http://psychicpsychology.org).

## MASSAGE

**Infant Massage with Irene's Myomassology Institute · Saturday, August 26 · 9 a.m. to 1:00 p.m.** · Students are taught how infant massage can enhance development and well-being of babies. Techniques included are for infants up to one year old. Students are asked to have a friend or family member bring a baby to class. If a student wants to work with their own baby, another care-giver will need to bring the infant to class. You will also need a sheet, doll or stuffed animal large enough to practice techniques. \$88. For more information call (248) 350-1400 or visit [irenes.edu](http://irenes.edu).

## MEDITATION

**Introduction to Mindfulness 4-Week Online Series · July 13-Aug 3, 7:45-9:00 p.m** · Are you interested in learning what mindfulness is and how it can benefit you? Perhaps you are hesitant to commit to a longer program or want to refresh your mindfulness practice. If so, this introductory 4-Week Online Series may be right for you.

**Healing and Compassion Meditations with Hartmut Sagolla · Mondays, June 26, July 10 and 17, August 7, 14, 21, 28 · Online only · Noon to 1:00 p.m.** · Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE / Donations welcome. Visit: Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### MEDITATION

**FREE open meditation with Jewel Heart Instructors** · Thursday, June 29, July 6, 13, 20, August 3, 10, 17, 24, 31 · On-site only 6 to 6:45 p.m. · Facilitators offer lightly guided concentration meditation sessions for all levels of experience. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**White Tara Guided Healing Meditation with Jewel Heart Instructors** · Sunday, June 25, July 2, 9, 16, 23, August 6, 13, 20, 27 · No event on July 30 · Online and on-site · 9:30 to 10:35 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. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**A Day of Mindfulness Meditation with Esther Kennedy, OP** · Saturday, July 15 · 10 am to 2:30 p.m. · Meditation has a way of going to the heart of who you are, the choices you make, and the way you live. The heart of meditation is awareness of and staying with whatever rises. We just stay. We just breathe. As the mind begins to ease, a taste of compassion rises. \$35, lunch included. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Peace Generator via Zoom with Interfaith Center for Spiritual Growth** · Friday, July 21, August 18 · 7 to 9:00 p.m. · Manifest peace for the planet. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Every Saturday morning, we meet for sitting and walking meditation**, followed by informal discussion and tea. Newcomers are always welcome! Held at Bethlehem United Church of Christ. FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

**Meditation and Discussion with Lama Nancy Burks** · Wednesdays · 7 to 8 p.m. · The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants

are encouraged to share their questions, reactions, and experiences with the group. Join in person or on zoom. FREE. For more information contact Pat a (734) 678-7549, email [aaktc@yahoo.com](mailto:aaktc@yahoo.com) or visit [annarbortc.org](http://annarbortc.org).

**Dharma Talk: Working Through Regret – A Buddhist Approach with Lama Nancy Burks** · Saturday, July 1 · 12-1 p.m. · Lama Nancy Burks will present a dharma talk on Buddhist methods for working with regrets. Questions welcome! Held at Bethlehem United Church of Christ. FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

**Dharma Study and Practice Workshop with Lama Nancy Burks** · Saturday, July 22 · 12-1 p.m. · Bring your questions about meditation practice, thoughts about your Dharma study, and responses to the teachings to a group discussion led by senior students. All of us go through doubts, confusion, and stuck places as we progress on our spiritual journeys, and sharing these experiences with others helps us create community as well as understanding. Held at Bethlehem United Church of Christ. FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit: [karunabuddhistcenter.org](http://karunabuddhistcenter.org)

**Myriad of Meditations with Karen Greenberg** · Sunday, July 9, 16, 23, 30, August 6, 13, 20 · 10 a.m. to 12:30 p.m. · Seven classes in the series. Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to meditation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees. Cost: \$25 per class. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Meditation Getaway with Rob Meyer-Kukan** · Saturday, August 19 · 9 a.m. to 5:00 p.m. · You are invited to join Rob at 7 Notes Natural Health for a chance to get away and meditate. This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, to your higher self. Walking/hiking meditation opens our day at one of Ann Arbor's many local parks. We continue with various forms of meditation, yoga nidra, journal writing, breath work, sound, and aroma experience, and more. Registraton required. \$125. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Weekly Silent Meditation Practice with Celeste Zygmont via Zoom** · Sunday, 11 a.m. to Noon · Tuesday, 9 to 9:30

a.m. · We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Donation. For more information email [om@deepspring.org](mailto:om@deepspring.org).

**Sunday morning meditation with Insight Meditation Ann Arbor · Sunday · 10 to 11:15 a.m.** · Join us for a silent 45-minute meditation, followed by a talk or sharing. A chance to be in community and practice together. Donations appreciated. For more information visit [insightmeditationannarbor.org](http://insightmeditationannarbor.org).

**Still Mountain Buddhist Meditation Center Sunday Morning Sitting with Kenneth Morley · Sunday · 10 a.m. to 11:30 a.m.** · Our weekly meditation and sharing is open to the public. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing related to the Dharma. Zoom option is available. FREE. For more information contact Ken Morley at [kenwmorley@yahoo.com](mailto:kenwmorley@yahoo.com).

## MOVEMENT AND DANCE

**First Friday Dances of Universal Peace with Judith L. Trautman · Friday, July 7, and August 4 · 6:00 p.m.** · We meet on Zoom. By donation if in person—we are in transition. People on our list receive updates. To be on the list, or for more information email Judy Lee Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net).

## MUSIC, SOUND, AND VOICE

**Sound Bath Meditation with Rob Meyer-Kukan · Friday, July 14, August 4 · 7 to 8:30 p.m.** · Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. \$40. Registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Singing for Comfort, In Person & Zoom Interfaith Center for Spiritual Growth · Thursday, July 13, August 10 · 7 to 8:30 p.m.** · Singing for comfort FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski at Ann Arbor Library Branches · Wednesday, July 5, August 1 · 6:00 p.m.** · Folk Song Jam Along: Bring your voices and/or acoustic instruments for some all-ages community music-making, just for FUN! Beginners most welcome! Guitar, Ukulele, harmonica, kazoo... even tuba! For more information contact Lori Fithian at (734) 426-7818 or email [lorifithian@mac.com](mailto:lorifithian@mac.com). Join us July 5—Malletts Creek Branch. Tuesday, June 6 and August 1—Westgate Branch.

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# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### MUSIC, SOUND, AND VOICE

**Cafe 704 via Zoom and In-person with David Mosher** · Saturday, July 8 · 7 to 9 :00 p.m.: July 8 · \$10/per person. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sound & Vibrational Healing Certification with Bill Gisclair-Sullivan** · Saturday, July 15 through Tuesday, July 18 · Saturday, Sunday, and Monday: 10 a.m. to 6:00 p.m., Tuesday: 10 a.m. to 4:30 p.m. · This interactive training is centered around the teaching of Sound Healing & Vibrational Therapies. Our intention for this interactive training is to not only share the theory, science, and practices of Sound Healing, but to give you “hands-on” experience. Level I and Level II are both available at this training. Level I - \$795, Level II - \$795, Levels I & II - \$1590. For more information contact Brian Gisclair-Sullivan at [meditateyou@gmail.com](mailto:meditateyou@gmail.com) or visit [meditateyou.me](http://meditateyou.me).

### PERSONAL GROWTH

**Cohousing Tours with Cohousing Residents** · Sunday, June 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · 2 to 4:00 p.m. · Explore Ann Arbor’s intentional communities, Sunward, Great Oak, and Touchstone Cohousing. We are self-governing condo communities built around shared values of connecting, sustainability, and consideration for differences. We are a community of friends who work, share, learn, grow and play together. Our neighborhood is a comfortable space that supports both individual expression and shared experiences. For more information call (734) 274-9110, or email [Tours@Touchstonecohousing.org](mailto:Tours@Touchstonecohousing.org).

**Finding Your Ground: A Personal Growth Group for Women with Jessica Ryder and Rachel Egherman** · Wednesday, July 12, 19, 26 · 6 to 8:00 p.m. · Summer Series Nourishing the physical, emotional, and spiritual roots that allow us to blossom in human form. Join us for guided explorations and practices of deep listening – to ourselves and each other. Seeing beyond the fog of judgement we naturally align more fully with our true nature, finding greater ease of being and the ability to live in heart-centered belonging. Cost: \$150. Some scholarships available. Limited to six participants. Open to adults who identify as women, independent of sex assigned at birth. Contact Jessica or Rachel to set up a FREE 20-minute consultation.

Contact Jessica:  
[jessica@jessicaryder.net](mailto:jessica@jessicaryder.net), or  
Rachel: [tellrachel123@gmail.com](mailto:tellrachel123@gmail.com).  
Visit [celebratedheart.com](http://celebratedheart.com)



### REIKI

**Reiki Retreat** · September 15th & 16th · Join us for a three day transformative, in-person retreat to become Reiki Certified and connect with a group of like-minded people in a quiet private nature venue. This retreat will prepare you to start your Reiki healing journey through our workshops, placements and hands-on practice. You will learn how to empower your daily life and gain the knowledge to effectively help yourself and others. This retreat will encompass Holy Fire 3™ Reiki 1 & 2, self-care/love, balancing morning yoga & meditation, breathwork, ceremonial circles, sacred sound healing, energy healing with essential oils and learning the use of other healing modalities in your Reiki practice. During your stay you will enjoy delicious nourishing meal options. If this resonates we invite you to join us on for a weekend reiki certification training by passionate Holy Fire 3 Reiki Masters at the Earth Well Retreat Center and Nature Sanctuary Home, Manchester, Michigan. For more information visit: [earthwellretreat.com](http://earthwellretreat.com)

### RETREATS

**Three-Day SW Lake Michigan Holistic Yoga and Meditation Retreat with Ema Stefanova E-RYT500, C-IAYT** · Friday 5 p.m. through Sunday 11 a.m. · July 14-16 or 21-23, August 11-13 or 25-27 · Our small group retreats are held minutes away from sandy Lake Michigan beaches at the Vivekananda Retreat Center. Vegetarian meals, accommodations in double rooms with shared bathrooms in cottages, and daily group classes are included. Our retreats work well for solo travelers, women, and men. The Center sits on 110 acres of beautiful non-farming land with a meditation Shrine Trail on it, huge indoor spaces, and a private patio that provide plenty of space for practice, solitude, and safe distancing. Cost: \$559/\$529. Reserve your seat early. For more information email [EmmaStefanova@cs.com](mailto:EmmaStefanova@cs.com).

**Private Directed Retreat with Janene Ternes of Prayer in Motion, LLC** · Monday, July 10 through Friday, July 14 · 2:00 p.m. · Experience the serenity and clarity that comes from listening to God’s Spirit within you. This retreat will provide time and space for solitude, personal prayer, quiet reflection and daily spiritual direction. \$450.00 for five days, includes private room, meals & daily spiritual direction (\$260 Commuter). For more information visit [prayer-in-motion.com](http://prayer-in-motion.com) or email [PrayerInMotionLLC@gmail.com](mailto:PrayerInMotionLLC@gmail.com).

**A Retreat on the Mystics with Thomas Berry and Caryl Houselander** · Sunday, July 23 through Wednesday, July 26 · 11 a.m. · The lives and works of two contemporary

# Where can you pick up a copy of The Crazy Wisdom Community Journal?

## 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 Healing Feeling Wellness Center  
Living Grateful



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### RETREATS

mystics, Thomas Berry and Caryll Houselander, will be explored and discussed. Commuter \$180; Double Occupancy \$280 each; Single Occupancy: \$380 (meals included). For more information call Weber Center at (517) 266-400 or visit [webercenter.org](http://webercenter.org).

**Mini Wellness Retreats at The Yoga Room with Christy DeBurton, RYT · Ongoing** · When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-time,' choose from a variety of 3-hour Mini Retreats at The Yoga Room to relax and renew. Watch for details for scheduled mini retreats in newsletter or grab up to three friends and schedule your own bespoke mini retreat! For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

### SHAMANISM

**Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey · Saturday and Sunday, July 15 & 16 · 9 a.m. to 5:00 p.m.** · This is an advanced in-person class, limit of 6 persons. Deepen your understanding of illness and how one's spirit can help the physical body thrive or not. Explore different ways to "diagnose" an illness as well as to address its healing. Working with partners, deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine For the Earth/Healing With Spiritual Light. Suggested Reading: *Walking In Light* by Sandra Ingerman. \$195 per person/\$100 for repeating students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net), or visit [JudyRamsey.net](http://JudyRamsey.net).

**Shamanism, Death & Dying with Connie Lee Eiland · June 24 & 25 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4:00 p.m.** · This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach transition. The class also includes psychopomp, which is crossing lost souls over. Psychopomp is done individually and with the class. \$200 until June 10, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Cycles of Life with Connie Lee Eiland · July 15 & 16 · Saturday 10 a.m. to 6:30 p.m. and Sunday 10 a.m. to 4:00 p.m.** · This class presents pathways to help with your own life explorations. We will work with the Medicine Wheel, the Spirit of the Moon and her cycles, our personal shield, our circle of ancestors. This class includes journeying, healing, divination, and ceremony. Introduction to Journeying is required. For more information call Connie Lee Eiland at

(248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Ancestors & Descendants with Connie Lee Eiland · August 12 & 13 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4 p.m.** · This class investigates our connections to the ancestors and descendants in ways that impact them and us. This class includes journeys, healing, sacred art--mask making and decorating a staff, and ceremony. Introduction to Journeying and Cycles of Life are prerequisites. \$200 until July 22, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey · August 26 & 27 · 9 a.m. to 3:00 p.m.** · The shamanic journey is an easy and powerful tool we can use to access spiritual information. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. Meet a compassionate spirit or power animal who is coming forward to help you at this time in your life. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$150 per person/\$75 for repeat students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

**Journeying Circle with Judy Liu Ramsey · First and Third Thursdays · 7 to 8:30 p.m.** · If you know how to do shamanic journeying, please join us to explore the gift and healing of different states of the human condition in a friendly, nurturing, and supportive environment. \$25- \$40. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

### SPIRITUAL DEVELOPMENT

**Sunday Services via Zoom with Interfaith Center for Spiritual Growth · Sundays through August 27 · 10:45 a.m. to 12:15 p.m.** · Sunday celebration. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sufi Chanting Meditation and Discussion on Zoom with Interfaith Center for Spiritual Growth · Tuesdays through August 29 · 7 to 8:00 p.m.** · An exploration of Sufism. \$5-10 per class. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Akashic Records Practitioner Certification with Shellie Powers · June 24-25; -or- July 8-9 -or- 11-12-13; -or- August 5-6 -or- 14-15-16** · This class certifies you with Linda Howe's Center for Akashic Studies. \$360 For more information contact contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](http://powers365.com/events).

**Advanced Akashic Records Practitioner Certification with Shellie Powers · June 26-27-28, OR July 14-15 OR 22-23, OR August 26-27 · \$430 ·** This advanced class certifies you with Linda Howe's Center for Akashic Studies. For more information contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](https://powers365.com/events).

**Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg · Sunday, June 25 · 5 to 9:30 p.m. ·** Learn how to create a sacred, protected space to astral travel safely to spiritual dimensions, gates of heaven, planets associated with the Sephiroth (Spheres) in the Tree of Life, and other celestial bodies and star systems. Become more deeply acquainted with different aspects of G-D. Learn that which you don't normally learn when you're incarnate (some of which is accessible to you usually only after you leave your physical body and go to spiritual school). \$777 total (includes all 4 parts). For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](https://clair-ascension.com).

**Art as Spiritual Practice: The Art of Shamanism with Rocky Rains · August 5, 12, 19 · 1 to 4:00 p.m. ·** "The truest expression of any thought is the art which it inspires." In these workshops we shall be making a Shamans drum, rattle, and spirit bag, and learning the spiritual power behind them. \$350. For more information contact Rocky Shadowbear Rains at (734) 799-7502, or email [rainsrocky4@gmail.com](mailto:rainsrocky4@gmail.com).

**Be Still and Know Silent Retreat with Swami Sankarananda · August 18-25 · Beginning at 5:00 p.m. ·** Deepen and uplift your experience of Life through silence, meditation, chanting, yoga asana and introspection. The retreat is guided by Swami Sankarananda in accordance with the holistic Sivananda Yoga Vedanta tradition. The program is specifically developed to aid participants in their evolution from fear to fearlessness, from discord to Harmony, and from pieces to Peace. This retreat is both a weekend and a weeklong retreat. We've been offering the weekend Be Still and Know retreats for six years now, and the one consistent request was for the retreat to be longer, and so we extended it to one week for the first time two years ago. You can join this either for the weekend, and complete the retreat on Sunday afternoon, or continue for the full week. FREE plus lodging. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email [office@songofthemorning.org](mailto:office@songofthemorning.org), or visit [songofthemorning.org](https://songofthemorning.org).

**Catholic Social Teaching: Continuity, Change, and Relevance with Barbara Wall, Ph.D · Saturday, August 19 · 9:30 a.m. to 3:30 p.m. ·** An exploration of perduring themes in Catholic social teaching such as the sanctity of all creation, the common good, human rights, and the appropriate uses of power. \$45.00 Lunch included. For more information call Weber Center at (517) 266-4000 or visit [webercenter.org](https://webercenter.org).

## STRESS MANAGEMENT

**Stop Sabotaging Your Self-Care with Christy DeBurton, RYT · Self-Paced ·** In this compact but powerful self-paced course you'll find effective tips and tools to honor your

feelings, set boundaries, and thrive in the face of life's challenges. Get at the root causes of your self-sabotaging habits. Learn to set healthy boundaries--without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well + live better in your body. \$79. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](https://christydeburton.com).

## TAI CHI, MARTIAL ARTS, AND SELF-DEFENSE

**Yang and Chen - Qigong and Tai Chi with Karla Groesbeck · Ongoing ·** Classes available in Yang and Chen - Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Long Form 108, Chen Laojia Yilu, Xinjia Yilu. Various qigong sets. Zhan Zhuang. Staff, Bang, Ruler, Push Hands/Tuishou. Low fee, FREE for seniors. For more information call (734) 276-3059, email [info@taichilove.com](mailto:info@taichilove.com), or visit [TaiChiLove.com](https://TaiChiLove.com).

**Chen Tai Chi Chuan with Joe Walters · Ongoing Monday, Thursday 5 to 6:00 p.m. · Saturday, 9:30 to 10:30 a.m. ·** Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. For more information contact Joe Walters, [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com), [annarbortaiichi.com](https://annarbortaiichi.com).

## WOMEN'S HEALTH

**Creating Your Perimenopause Plan with Christy DeBurton, RYT · Self-Paced ·** Creating Your Perimenopause Plan combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this e-Guide Christy shares everything she learned during her own perimenopause journey, and then helps you create a plan to support your body—pro-actively—through nutrition, supplements, exercise, stress relief and more. \$59. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](https://christydeburton.com).

## WRITING AND POETRY

**Crazy Wisdom Poetry Series Hosted by Edward Morin, David Jibson, and Lissa Perrin · Workshops on June 14, July 12, August 9 · Featured Readers on May 24, June 28, July 26 · 7 to 9:00 p.m. ·** Second Wednesdays are Poetry Workshop days. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays are for Featured Reader(s) for 50 minutes, then Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link. For more information contact Edward Morin at (734) 668-7523, email [eacmorin@sbcglobal.net](mailto:eacmorin@sbcglobal.net), or visit [cwcircle.poetry.blog](https://cwcircle.poetry.blog)

–June 28: Terry Bohnhorst Blackhawk founded, and for 20 years directed, the InsideOut Literary Arts Project for Detroit students. Her poetry has won the John Ciardi Prize (for *Escape Artist*), the 2010 Pablo Neruda Prize, and a Kresge



# The Crazy Wisdom Calendar

## JUNE THROUGH AUGUST 2023



### WRITING AND POETRY

fellowship. Her fifth book, *One Less River*, was a Top 2019 Indie Poetry title. Her latest chapbook is *Maumee, Maumee*

–June 28: Derek Pollard is Editor of the Poets on Poetry Series at University of Michigan Press. A widely published poet, book critic, longtime educator, and workshop leader, he founded Constellar Creative, a creative agency that specializes in content marketing and copywriting. His most recent poetry collection is *On the Verge of Something Bright and Good*.

–July 26: Jack Driscoll's *Twenty Stories: New and Selected*, won the 2022 Pushcart Editors Prize. His novels or story collections received the PEN/Nelson Algren Award, AWP Grace Paley Short Fiction Prize, Society of Midland Authors Award, and Michigan Notable Book Awards. He founded the creative writing department at Interlochen Center for the Arts.

**The Promise of Summer: A Writing Workshop with Tarianne DeYonker, OP with the Weber Center · Saturday, July 15 · 10 am to 4:00 p.m.** · When planting seeds in my garden my hope is palpable. As spring turns to summer, I need patience and support to persist in watering, weeding, and aerating the soil to nurture what I have planted. The same is true for writing. What are some of those nurturing activities that keep us writing when the words just won't come, or time seems to drift away from us? You can give yourself the time to write with others during this workshop day. Beginning and experienced writers are welcome in this workshop. \$60, lunch included. For more information call the Weber Center at (517)266-4000. Registration at: [webercenter.org](http://webercenter.org).

### YOGA

**Chair Flow Yoga. · Drop in class every Tuesday · 11:00 am–12:00 p.m.** Looking for more muscle tone or just wanting to boost your mood? Join us to add more movement into your day and improve your overall health. This class is very supportive and beneficial, assisting you in finding mobility and strength at any age or level. Maintaining balance and flexibility is essential for your health and well-being. Each class begins with a short meditation, offer a drop of essential oil and then flow into gentle yoga bends, twists, and stretches to assist in relieving tension and stress. See you in the chair every Tuesday morning at 10:30 for one hour of your self-love practice. Fee: \$12/session. [enlightenedsoulcenter.com/chair-flow-yoga-tuesdays](http://enlightenedsoulcenter.com/chair-flow-yoga-tuesdays)

**Open Level Yoga with Michele Bond · Ongoing through July · Sunday, 4 to 5:30 p.m. · Tuesday, 6 to 7:30 p.m. · Saturday, 10 to 11:30 a.m.** Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 per class if registered for the semester. \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseann Arbor.com](mailto:michele@yogahouseann Arbor.com), or visit [yogahouseann Arbor.com](http://yogahouseann Arbor.com).

**Yoga Essentials with Michele Bond · Ongoing through July · Thursday 6 to 7:30 p.m.** · For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information: Michele Bond at (734) 358-8546, email [michele@yogahouseann Arbor.com](mailto:michele@yogahouseann Arbor.com), or visit [yogahouseann Arbor.com](http://yogahouseann Arbor.com).

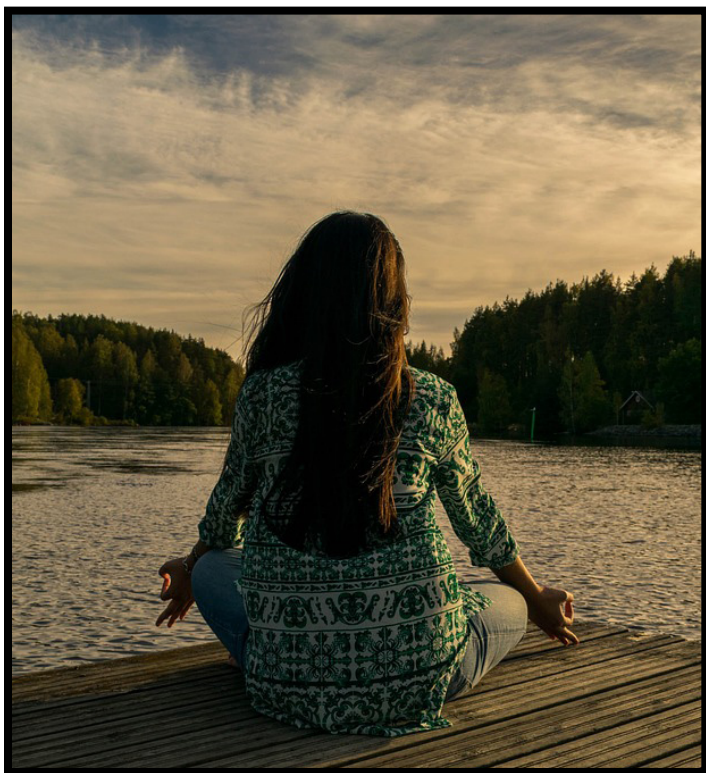
**Yoga for Athletes with Michele Bond · Ongoing through July · Wednesdays 6 to 7:30 p.m.** Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Universal Alignment Principles help open the door to peak performance in sports and all areas of your life. \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information: Michele Bond at (734) 358-8546, email [michele@yogahouseann Arbor.com](mailto:michele@yogahouseann Arbor.com), or visit [yogahouseann Arbor.com](http://yogahouseann Arbor.com).

**Guided Personal Retreat with Song of the Morning Staff · June 30 – July 2** · The Song of the Morning Yoga Retreat community invites you to join us for an uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. Offered during select weekends in 2023, guided personal retreat offers a greater sense of community and support, so that you might get the most out of your retreat experience. Cost: \$108 plus lodging. Contact Song of the Morning Yoga Retreat at (989) 983-4107, email [office@songofthemorning.org](mailto:office@songofthemorning.org), or visit [songofthemorning.org](http://songofthemorning.org).

**Yoga + Sound with Rob Meyer Kukan · Friday, June 23 · 6 to 7:30 p.m.** · Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply



rest into the new season while being immersed in sacred sound. \$40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).



# Yoga Retreat

## IN ISLA MUJERES MEXICO

**TWO RETREATS BACK TO BACK WITH A SHORT TOUR IN BETWEEN**

**March 14-18** Isla Mujeres 5 days 4 nights  
**March 19-21** Tour to Chichen Itza and 3days in Tulum  
**March 21-25** Isla Mujeres 5 days 4 nights

Join us for a spiritual reset in the beautiful Isla Mujeres. Enjoy breathtaking beaches, authentic Mexican food, and daily yoga & meditation classes, spiritual workshops, yoga nidra, cacao ceremony, ecstatic dance and more!

FOR MORE INFORMATION AND REGISTER VISIT [WWW.SOULMAGICYOGA.COM](http://WWW.SOULMAGICYOGA.COM) OR EMAIL IUS AT [SOULMAGICYOGA@GMAIL.COM](mailto:SOULMAGICYOGA@GMAIL.COM)  
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# GAIN FREEDOM FROM THE PAST WITH **EMOTIONAL COMPLEX CLEARING** GET THE RESULTS OF LONG-TERM THERAPY IN JUST A FEW HOURS

Join us to learn how to uncover and resolve your underlying issues.  
Learn to facilitate this powerful healing technique for others.

Tired of dealing with  
anxiety and/or depression  
or just stuck?

You've tried everything,  
but your emotional/mental  
issues prevent you from  
embracing life?

Ready to root out  
the causes of your  
challenges and  
clear them up?

**Free Introduction via Zoom**  
**May 24, 2023 at 7:30pm ET.**  
Watch replay at [ecctherapy.com](http://ecctherapy.com)

"This is a powerful technique to explore the heart of human trauma." **Susan Downes, MD.**  
"It was the best workshop I've ever taken." **Mary Framo, Ph.D., L.C.S.W.**  
"I was amazed by the healing I personally experienced with ECC." **Carole Inglis, M.F.T.**

Location	• Seminar •	Admission
Ann Arbor, Michigan	June 23, 2023 7-9:30pm June 24 & 25 9:30am-5:30pm	\$345 if paid by May 25 \$375 after May 25

### IN THIS SEMINAR YOU WILL LEARN TO...

- Get accurate information from the subconscious.
- Assess chronic anxiety, depression, and other core issues and resolve them.
- Access and address concerns at the mental, emotional, and physical levels.
- Discover whether self-sabotage will undermine results, and overcome it.
- Determine whether a physical issue has some mental/emotional cause.
- Resolve the issue at its source.
- Coordinate both hemispheres to achieve whole-brain learning.
- Ensure your results will last, thus enjoying enduring relief and release.
- Feel lighter, freer, and clearer.

Presenter: **Brad May, Ph.D.**

A licensed therapist for four decades and author of  
**FEELING GOOD ABOUT FEELING BAD** and **MUSCLE TESTING MIRACLES**  
Professor coast to coast at 11 universities



*"A bird does not sing because  
it has an answer, it  
sings because it has a song."*

*-Maya Angelou (1928-2014)*