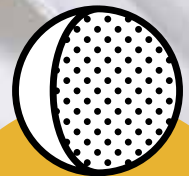


THE CRAZY WISDOM BIWEEKLY

#108


Remembering
Transpersonal
Psychologist
Richard D. Mann

PAGE 08



March 17

Waning Crescent



**MAY YOU FIND A
LITTLE LUCK
TODAY....**

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:

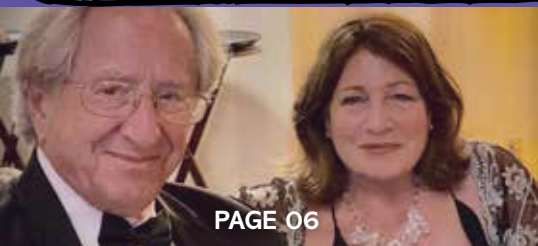
crazywisdomjournal.com/job-openings





CRAZY WISDOM

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PAGE 06



PAGE 14



PAGE 16

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Thank you to our contributors for this issue:

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.

Cindy Catches
Peggy River Singer
Hilary Nichols
Rachel Waring
Sue Hidalgo
Lissa Perrin
Susan Ulrich
Cashmere Morley
Bill Zirinsky
Jennifer Carson

Contents

Issue #108

06 Sound Bites with Artist Curtis Glatter
BY CASHMERE MORLEY

08 Remembering Transpersonal
Psychologist Richard D. Mann
BY BILL ZIRINSKY

12 A Conversation with the
Oversoul of Hartwick Pines
BY PEGGY RIVER SINGER

14 Fundraiser at Unity Vibrations
Fundraiser for Oceti Wakan
BY CINDY CATCHES

16 Argus Farm Stop:
Mission Driven
STORY AND PHOTOS BY HILARY NICHOLS

22 Crystal of the Week
BY SUSAN ULRICH

What's Happening Around Us

26 The Biweekly
Community Calendar
EVENTS HAPPENING
IN OUR AREA

Biweekly Divination

39 Sociopolitical Predictions
BY SUE HIDALGO

On the Cover

On the cover is Richard D. Mann, the featured story beginning on page 08 of this issue. Photo by Rachael Waring.

“I’d like to help share your story with others who might not be aware of your presence in this protected place. I hope that talking will encourage many to visit you in person, so they may enjoy the experiences I remember so well.”

– Peggy River Singer

12

“Try to make music any way you can and don’t let excuses or finger-pointing get in the way of your creativity. Follow your bliss.”



“I am inspired by musical sounds like breaking glass, construction yards, brake drums, thunder storms...”

Sound Bites

with Artist Curtis Glatter

By Cashmere Morley

Curtis Glatter is a American artist, composer, improviser and percussionist. In the past 25 years, Glatter has studied with Pierre Boulez and Leo Wadada Smith. He has performed on numerous recordings all over America and has been a featured guest on WXOU, CTN TV, WCBN, WKPBS, WHFR, KSDS. In 2023, Glatter and his cross-country trio, TROIKASTRA, released their first CD called “It’s the door with the little stairs” on the Castor and Pollux Music label and this spring season he is currently hosting the 11th Annual Drum and Dance Jam at the Interfaith Center for Spiritual Growth in Ann Arbor, Michigan.

1. What does music mean to you?

Music means everything to me. Since I began performing live on stage at the age of 15, I knew it was my calling in life. I wake up and fall asleep to music and there are musical ideas always running through my head [constantly.]

2. Describe your music in one word.

My music in one word is *sound-scapes* or *poetic-soundscapes*.

3. How would you classify your sound as a whole?

My sound as a whole could be classified as electro-acoustic chamber music.

4. What are some other artists or bands who have influenced your sound?

Hundreds to thousands of artists have influenced my sound. Most recently in the last ten years, I have been listening to the catalogues of John Cage, Harry Partch, Nathan Hubbard, [Frank] Zappa, [Igor] Stravinsky, John Williams, [Danny] Elfman, [John] Zorn, Bjork, [David] Bowie, Fantomas, Aphex Twins, Eno and Meredith Monk.

5. What is the last song you have listened to that moved you?

The last song that I listened to that moved me was “Comes Love” by Billy Holiday.



6. Do you have any advice for aspiring musicians?

Try to make music any way you can and don't let excuses or finger-pointing get in the way of your creativity. Follow your bliss. If there is music inside of you and it needs to come out, then find a way to make it happen no matter what your circumstances are.

7. What is something about your music that someone may not know?

Something about my music that someone may not know is that I am not always at the piano or behind a drum set to create new musical ideas. I collect a lot of ideas on my cell phone. Plus I collect music from all sound sources, and I am inspired by musical sounds like breaking glass, construction yards, brake drums, thunder storms, snow steps, rivers, oceans, streams, vibrating car mufflers and other sources.

8. If you could take only three records to a deserted island, what would they be?

The three records that I would bring to a desert island are Zeppelin's "Physical Graffiti," Beethoven's "9th Symphony" and "The Best of James Brown."

9. Where are you performing next?

I am performing on percussion next, June 25 with CM Etters—a local poet—at the Interfaith Center for Spiritual Growth.

10. Where are some of your go-to places to catch a show around Ypsi/Ann Arbor that other people may not know about?

The places that I go to catch a local show are Kerrytown Concert House, Ziggy's in Ypsi, and The Raven in Ann Arbor. I also frequent the Ann Arbor District Library for local events and local performances.

Click to connect with Curtis Glatter or to set up lessons, commissions and workshops in music.

Now playing "BLAME IT ON THE CASSANOVA" by Curtis Glatter.

Richard D. Mann

(May 10, 1933 – January 24, 2023)

Richard D. Mann, one of the leading thinkers and authors in the field of transpersonal psychology, died on Tuesday morning, January 24, at his home in Ann Arbor. He died peacefully, after a short illness, bathed in love by his wife, Matruka Sherman, and a few close friends. He was 89. He was a loving husband, father and grandfather.

He was exceptionally well-known and respected at the University of Michigan, in Ann Arbor, where he was a longtime Professor Emeritus of Psychology. He taught cutting edge courses in psychology and religion, group dynamics, and the nature of consciousness. No one at the University had a greater impact on three generations of students (spanning over 61 years) who were interested in psychological growth and spiritual development, and he remained approachable and visibly popular on the campus. A retirement event at the local Unitarian church, in 2019, was attended, in-person and remotely, by hundreds of former students of all ages. Mann spoke at Crazy Wisdom Bookstore on a couple of occasions over the years, and an in-depth interview with him was featured on the cover of The Crazy Wisdom Journal in 2004. (The link is provided on page 09.)

His own path took him from Harvard in the early 1960's, as a young member of the faculty in the psychology department at the same time that Timothy Leary and Richard Alpert (better known as Ram Dass) were also young faculty members; to being a leader in the anti-war movement in Ann Arbor in the mid to late 60's, helping to spawn the very first "teach-ins" which took place in Ann Arbor and caught on nationally; and then turning towards Eastern religion in the 1970's, at the same time as others of his era were also moving on from the political tumbles of the late 60's.

Mann was of the generation of young psychologists of his era who helped to redefine psychology, and he was deeply involved in fostering an understanding of group dynamics and group communication. He taught a course called Analysis of Interpersonal Behavior which was constantly sought after and oversubscribed. He helped to found Project Outreach at the University, which sent scores of students out into the region for hands-on learning at hospitals, prisons, mental hospitals, and elsewhere.

His courses on Psychology and Spiritual Development, and Psychology and Consciousness, and on Non-Ordinary Reality, became the place at the University for students who were interested in experiential learning –

about themselves, and about the various paths one could take to deepen oneself spiritually or psychologically.

Mann was also the series editor for the SUNY Press Series in Transpersonal and Humanistic Psychology, for its books on psychology and religion. He was the author of three books: Interpersonal Styles and Group Development, The College Classroom, and The Light of Consciousness. The Light of Consciousness is considered one of the seminal works in the field of transpersonal psychology, and used as a classroom text wherever transpersonal psychology is taught.

Both Mann, and his wife of 27 years, Matruka Sherman, were deeply involved in Siddha Yoga, over an almost 50-year period, and their commitment to Siddha Yoga was formative in their world view. Siddha Yoga was popularized in the United States by Baba Muktananda, a Hindu teacher/guru and author, and over the last 40 years has been led by Gurumayi Chidvilasananda. Chidvilasananda had been Muktananda's student and translator, and she has continued the Siddha Yoga tradition. Mann wrote about Muktananda's philosophy, and his own experiences with those teachings, in The Light of Consciousness. Mann embraced the teachings, and liberally shared them with his students and friends, sometimes to the consternation of the psychology faculty, but by and large he was supported in continuing to teach his courses, and his popularity among students did not go unnoticed within the department. He was tenured at the young age of 31, and that allowed him a certain freedom to go his own way. And he integrated the teachings into his own worldly life as a teacher of college-age students, and as a husband, parent, and citizen. He liked to quote the teachings of Muktananda and Chidvilasananda. One of his favorite Muktananda sayings was, "See the divinity in yourself and in everyone and everything." His favorite Chidvilasananda saying was, "Nothing has gone wrong."

Born into an established Boston family, with his father having gone to Dartmouth and then Harvard Business School, and his mother's second husband being a Cabot, he was following along a fairly clear path; most of the boys he knew would end up in law or medicine or on Wall Street. He went to boarding school at St. Paul's in New Hampshire, and to Harvard as an undergraduate, and to the University of Michigan as a graduate student. But he was drawn to some aspects of his Episcopalian background, especially the actual

CONTINUED ONLINE PAGE 11



Photo by Rachael Waring.


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Writers Wanted

Fun ways to be visible and connected in the community.

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.

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

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Remembering Richard D. Mann
CONTINUED FROM PAGE 08

experience of how it felt to be in chapel. Later, he taught Sunday school when he was a graduate student. But what ended up really capturing his imagination at that age of his life was the world of the social sciences. He was influenced in college by social psychologist Freed Bales, who specialized in small group interpersonal interaction and developed the SYMLOG method of group observation. And so he began his career as a social psychologist, and that is what propelled him to early recognition and early tenure. He continued teaching courses well into his 80's, and he remained immersed in studying, teaching about, and writing about the frontiers of consciousness. He was enormously well-liked around the university town of Ann Arbor, and appreciated for his warm and kind disposition, and his generosity of spirit. And he always appeared to be in robust good health, looking twenty years younger than his age to most of those who knew him. He was diagnosed with a terminal cancer just eight months ago, and he maintained his pleasure in life and his zest for life, and his equanimity, to the very end of his life. He spent his last summer by his beloved beach on the South Fork of Long Island, and texted to a friend one afternoon, "All good. Especially life."



He is survived by his wife, Matruka, who is a well-regarded psychotherapist and photographer in her own right. His first wife, Jean, passed away in 1989. She was also a professor at U-M. She was a student of Indian History, and notably she taught a course at the University called Saints and Mystics of the 18th and 19th Centuries in India. She was the mother of their three sons, Larry, Ned and David. His son, Larry, died in 1987, and his son, Ned, passed away in 2011. He is survived by Ned's sons, Evan and Ben; and by his son, David, a musician, his daughter-in-law, Diane, their daughter, Lili, and son, Lucas. He is also survived by Matruka's son, Adam. He treasured and deeply loved his children and grandchildren, and family life.

There will be a memorial service at the end of March. For further information, please write to Matruka Sherman at: matrkasher@aol.com or call her at 734-395-1328. Donations in his memory may be made to a charity of your choice that has meaning for you.

The cover of 'The Crazy Wisdom Community Journal' for September through December 2004. It features a central photograph of Richard Mann smiling. The text on the cover includes the journal title, the issue dates, and a headline: 'The Crazy Wisdom Interview with U-M Professor Richard Mann'. Below the headline is a sub-headline: 'A Leading Transpersonal Psychologist Reflects on his Years of Political Activism, and on his own Spiritual Journey'. The cover is set against a purple background with a decorative border.

Click to read the 2004 *Crazy Wisdom Journal* interview with Mann [here](#).





A Conversation Oversoul of H

By Peggy R

With an area of 9,672 acres, Hartwick Pines State Park and Logging Museum near Grayling is the largest state park in the lower peninsula; the land was set aside in 1927. The park's rolling hills, which are built of ancient glacial deposits, overlook the valley of the East Branch of the Au Sable River, four small lakes, and unique timber lands. The principal feature of this park is the 49-acre forest of Old Growth Pines which gives the park its name. This forest is a reminder of Michigan's past importance in the pine lumber industry, as well as a source of inspiration for the future of our forests. (stateparks.com/hartwick_pines_state_park_in_michigan)

HWP: Welcome back, sister! Your heart song has been missed!

Peggy: Thank you, it's been so long since I last visited you, but you will always have a place in my heart.

HWP: How may we assist you today? We see many questions fluttering around you.

Peggy: I'd like to help share your story with others who might not be aware of your presence in this protected place. I hope that talking will encourage many to visit you in person, so they may enjoy the experiences I remember so well.

HWP: This would be welcome; we do enjoy sharing our energies with those who are willing to receive them. We perceive that some of those visitors will be able to talk with us, as you do, and that would be a delightful experience for us.

Peggy: I've always considered this place to be one of great sacredness, and many visitors describe walking in your park as like being in a cathedral. How does this special energy arise?

HWP: We pines were created with very deep—deep almost beyond measure—root systems, in addition to the physical roots, all of which help us to survive in harsh environments. These massive root systems allow us to gather in much more sacred life force energy than most other tree forms can. Part of our role is to share this wondrous energy with others, and the high levels of this energy can be perceived by many who do not consider themselves to be “sensitives.” You might describe the atmosphere as “the constant presence of grace.”

Peggy: Does this very high-level energy still exist in the lands where your people do not currently grow?

HWP: Indeed, yes. Even though our physical expressions are now confined to a few locations, our energetic signature can still be felt by those who have that sensitivity, in all the places where we once stood tall.

Peggy: When the pine folk were first established here in Michigan, were you aware of the intense logging that would take place millions of years later?

HWP: Up to a point, yes. We knew that our kind was intended by creator to offer many resources to many other kinds of beings. Because we have a shared consciousness, we all know instantly when one of us is damaged or cut down. In that way, we also shared awareness of the intentions of those humans who were determined to use our physical selves in different ways.

ion with the hartwick Pines

River Singer

Peggy: Do the pine folk still carry the energies of grief and loss related to the logging era?

HWP: Yes, it is part of our being-ness, you might say.

Peggy: Would it be appropriate for me to offer to send healing energy to your people?

HWP: The thought is much appreciated. We would welcome this.

Peggy: [five minutes later] Can you feel any difference?

HWP: Gloriously, yes! It is difficult to describe how this is for us, it is like welcoming and feeling light and lightness into every element of our being. We are deeply grateful for this gift.

Peggy: This park was set aside almost a hundred years ago (in 1927.) Are your people here comfortable in your role as teachers and hosts for human visitors?

HWP: As a group, we understand and appreciate the importance and significance of telling a story about the past, present, and future. Some of us prefer to dwell in quieter areas of the land, where there is less disturbance.

Peggy: Can your people trade physical forms, if they wish to experience different parts of the park?

HWP: You may describe it with those words, yes.

Peggy: That's remarkable! Thank you for sharing this with us. I'd like to ask whether you can confirm that I spent at least one lifetime in the logging camp that can be seen in your park?


HWP: Yes. Your visioning of an older man, with a plaid shirt, and dark hair is accurate. In that life, you spent much time sitting among us and enjoying our peaceful strength, and you regretted the necessity of the [logging] enterprise you were part of. You had grown up among us, then spent your years around us. This is a pattern repeated in several of your lifetimes, including this present one, where we have had the honor of sharing your deep love and appreciation for our folk from your earliest years.

Peggy: I feel I was the camp cook in that lifetime, a preparer of food?

HWP: That would be the designation, yes. You had several occasions of saving the lives of injured and ill wild ones. You did not know at the time that we supported your efforts. We also did what we could to soothe the pains in your body as you aged.

Peggy: I'd like to thank you for all that you did for me, I feel a little overwhelmed by your kindness. Is there anything else you'd like to share today?

HWP: Come. Inhale the scent of this forest world. Sit down in a quiet spot and open your heart to us, and we will shower you with blessings. Take home one of our cones, as a constant reminder of our connection. We are done, the words are complete.



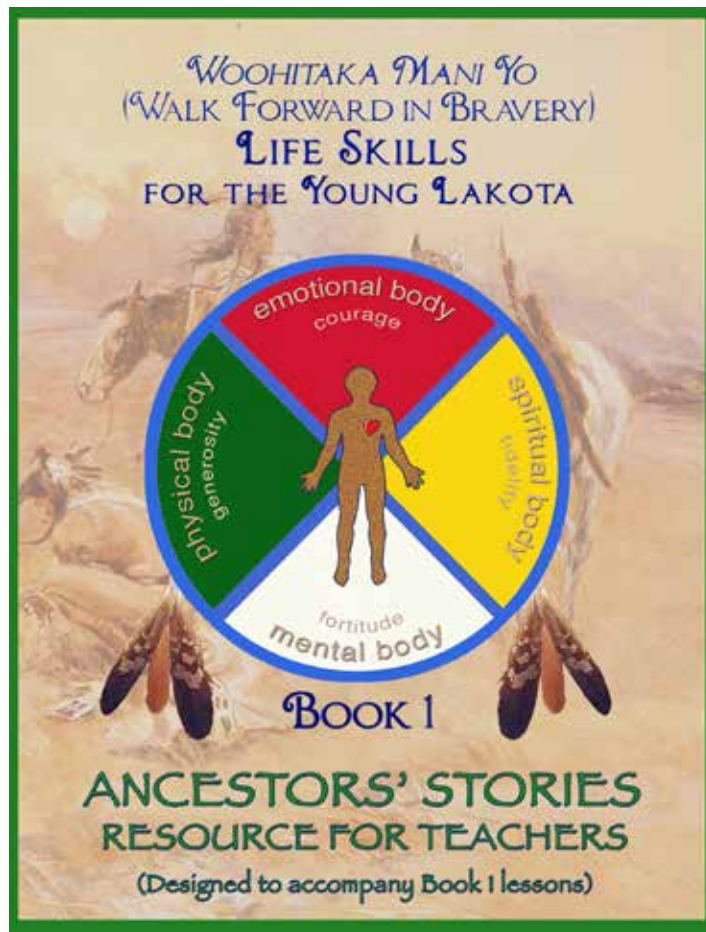
Peggy River Singer is a lightworker, all-beings communicator, faerie ally, Reiki practitioner, restorer of balance, and lifelong writer who combines her gifts to help create harmonious relationships among all who share the Earth. Connect by email at newbluecanoe@aol.com. Previous columns, interviews,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

Fundraiser at Unity Vibrations for Oceti Wakan

By Cindy Catches

Oceti Wakan welcomes all to an event at Unity Vibrations on March 25, from 5–11 p.m. at 93 Ecorse Road, in Ypsilanti. Help us welcome our speaker William “Doc” Martin Jr., a passionate and charismatic educator on holistic principals and the art of self-healing. He teaches students these principals across the globe through ongoing talks, seminars, workshops, radio interviews, his classic daily program booklet, and through the school he founded—The Ninth Gate School of Medical Intuition. There will be live music with Robin & Jeremy from 8–10.

Oceti Wakan is a nonprofit 501(c)3 organization that was created in 1989 by 37th and 38th generation Lakota medicine men to help with the preservation of the Lakota culture and language and the healing of the people. Our mission and work have never been more relevant than it is now.



Pine Ridge Indian Reservation is the most impoverished community in the northern hemisphere. In 2015, *Time Magazine* published an article titled “This Map Shows the Deadliest Counties in the United States” and it opens with these words “Oglala Lakota County, South Dakota, is the deadliest county in America.” The average life expectancy is 47 years for men and only 52 for women.

However, we believe we can improve the overall health of this community, raise the graduation rate, reduce alcohol and drug addiction among our youth, lessen the rate of suicide, and teach healthy life skills that will help heal historical trauma through a culturally based curriculum called *Woohitaka Mani Yo—Life Skills for the Young Lakota* (LSYL) and *Wolakota—Life Skills for Teens* which completes a kindergarten through twelfth-grade wellness program for our children and youth. The life skills curriculum is currently in nineteen schools throughout the state of South Dakota and about 4,500 children and youth are receiving this daily life skills class. LSYL is a culturally based wellness curriculum that is a whole-body medicine wheel approach to the development of the physical, emotional, spiritual, and mental bodies within each one of us. This program is providing the educational tools needed to heal from current and intergenerational trauma.

With scientific advances, we can understand how trauma impacts a person’s health and life. Through technology, we can see trauma markers and how they show up on our DNA. Pine Ridge has faced and continues to be impacted by major health issues that have resulted from intergenerational trauma. But there is hope, by relearning the culture and taking back their ancestral teachings, by speaking their native language and participating in their cultural ceremonies and activities, these wounds can heal. Oceti Wakan is honored to be participating in this healing work.

Oceti Wakan was founded by Peter Catches Sr. and Peter Catches Jr., 37th and 38th Lakota medicine men, and Peter's wife, Cindy Catches, in 1989. Their vision of Oceti Wakan is response to events that have devastated the Dakota nation over the past seven generations. Peter (Zintkala Oyate), the last of his line, died in 2018. Cindy has worked hard to fulfill their vision. Their curriculum is now in 18 schools, and they are in the process of the development of the Healing Center. Visit their website to find more at www.ocetiwakan.org.

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Argus Farm Stop: Mission Driven

Story and Photos By Hilary Nichols

Mission driven in all its disparate pieces, this grocery store, that is so much more, is determined to serve many sectors of our local culture. It could seem confusing, if it wasn't all so smooth. Argus is a daily farmers' market, and a local grocery and sundries store. It is a coffee shop and cafe, a tavern, and an entertainment venue. It is an education center offering weekly webinars, classroom curriculum, and full trainings. And Argus Farm Stop is a crucial component that was missing for the growth of our local food system. In every aspect, wife and husband owners, Kathy Sample and Bill Brinkerhoff are hands on and happy to be so. You will find them behind the counter making the coffees, or in the back receiving the produce, or around town driving the CSA deliveries on any normal day. They are fully devoted to this segment of our local economy with the soil under their fingernails to prove it. Running this multifaceted operation can't be simple, but it is clear. Every aspect returns to the central mission, as stated on the website: "To grow our local agricultural economy by supporting the success of local farms. Argus provides a place where local farms can sell locally-grown produce and other goods conveniently to consumers, year-round!"

Their effort is effective. Since opening their original 1800 square foot converted gas station on August 16, 2014, to running three bustling outposts today, Sample and Brinkerhoff continue to expand sales and offerings in all directions. But they won't take the credit. When I request an interview with Kathy for these pages, she defers "you mean you want to cover Argus?" And when I congratulate her for the success of this bustling business, she quickly points to the employees instead, giving full credit to their incredible staff. So, I sit with their general manager Laura Matney and the Packard location manager, Meg Goldwyn. They both wax poetic about Kathy and Bill's mission, nearly coming to tears about how much they appreciate the core principals at the center of the whole Argus undertaking. The enthusiasm is infectious. "We wouldn't survive without our produce managers Trice Kmiechiak and Dani Cavagnaro ordering the right amount to balance a beautiful display that is robust enough to make it exciting to shop from," says Matney, amplifying Kathy Sample's example. Every employee seems to agree, with glee, how happy they are to add their good work to the central tenant: growing the local food economy, for the betterment of us all. Finally, I had to ask the obvious question. Why? What is it about locally grown that drives this complex machine with so much zeal?

There are obvious reasons of course. The colorful flow chart posted at each location with the breakdown of the social, environmental, and economic benefits of buying local outlines, "Each dollar spent at your local business returns three times more money to your community than a dollar spent at a chain or non-local store. Local and regional food distribution uses at least 4x less fuel than conventional food. And local food production protects the health of our environment, our economy and our bodies." But how does this workforce unify around these abstract platitudes? Obviously, most of us haven't abandoned our standard workplace to devote all of our waking hours to the local food movement. These people must be in it for another reason.

When you witness the way these offerings flow from the farms to the shelves to the families who walk in to shop each day, it becomes clear. After spending time at both the Liberty Street and the two Packard-street locations, I can see, these concepts are not abstract. They are evident and infectious. It is wonderful to witness the web being built. "When egg producer Lukas Dickerson of Webfoot Pines delivers twice a week, he always comes through for an iced hot chocolate, and invariably when he's near the counter he sees someone buying a dozen of his eggs. Without fail, he leans over and says, 'Those are my eggs.' And then they have a real conversation. And all of a sudden, they have a human being that they can put to those eggs they are eating. And it is so powerful!" gushes Matney.

And it strikes me. This is all an act of love. It is the love that propels such loyalty to the concept and the cause. With little or no parking, with limited supplies, with odd-shaped veggies that can cost more than a traditional store, the draw here is not convenience. Shopping at Argus is a feel-good activity. And that feeling is very real.

General manager Laura Matney makes the mission clear. "Our goal is to get the most money back into the hands of the farmers while paying employees fairly. We spend a little more of our effort and budget, and for the investment we get triple the value. Buying your coffee here helps build the funds that helps us to pay our farmers as much as possible." We really are serving the health of our community, the health of our planet and our own health when we budget a bit more for better meats and vibrant micro greens. Even tipping your friendly barista when you come in for coffee and a pastry supports this elegant equation.

CONTINUED ON PAGE 18





Argus Farm Stop: Mission Driven
CONTINUED FROM PAGE 16

Letting your dollar speak for what you stand for is a revolutionary act. Why not be part of the solution every time you buy bread that was crafted that morning in the kitchens at the local bakeries Crust or White Lotus farms? Sample and Brinkerhoff believed in the premise. Though initially the idea wasn't seen as a sure thing. Far from it. They weren't even eager to bank on it themselves. But finally, it seemed like they had no other choice.

While they were raising their three kids, Sample and Brinkerhoff kept busy traveling and toiling in traditional fields of biotech and corporate strategy. Their interest in local food was eating it. They joined a CSA (Community Supported Agriculture), but couldn't always collect their produce box on time so they were kicked out. The farm box deserved more respect. They began to talk about ditching their jobs to do something together. It was while they were visiting their son's college town in Wooster, Ohio that they were wowed by a farmer's co-op market called Local Roots and realized Ann Arbor might really benefit from such a shop. The couple had over 200 conversations with entrepreneurs, business developers, and farmers at the Local Food Summit hoping someone else would advance the idea. But when no one stepped up to spearhead the effort, Sample and Brinkerhoff realized that they were the ones to do it.

CONTINUED ONLINE AT [CRAZY WISDOM JOURNAL](#)



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.

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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

"This is a powerful technique to explore the heart of human trauma." Susan Downes, M.D.
"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.
- Address concerns at the mental, emotional, and physical levels.
- Discover whether self-sabotage will undermine results, and overcome it.
- Determine whether a physical/mental issue has some emotional cause and 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

For more information and to register: ecctherapy.com

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Events with Spirit

Remembering Wholeness
Barbara Brodsky and Aaron

Evenings With Aaron
Barbara Brodsky and Aaron

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*



Deep Spring Center
for Meditation and Spiritual Inquiry

DeepSpring.org | info@deepspring.org | 734.477.5848

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

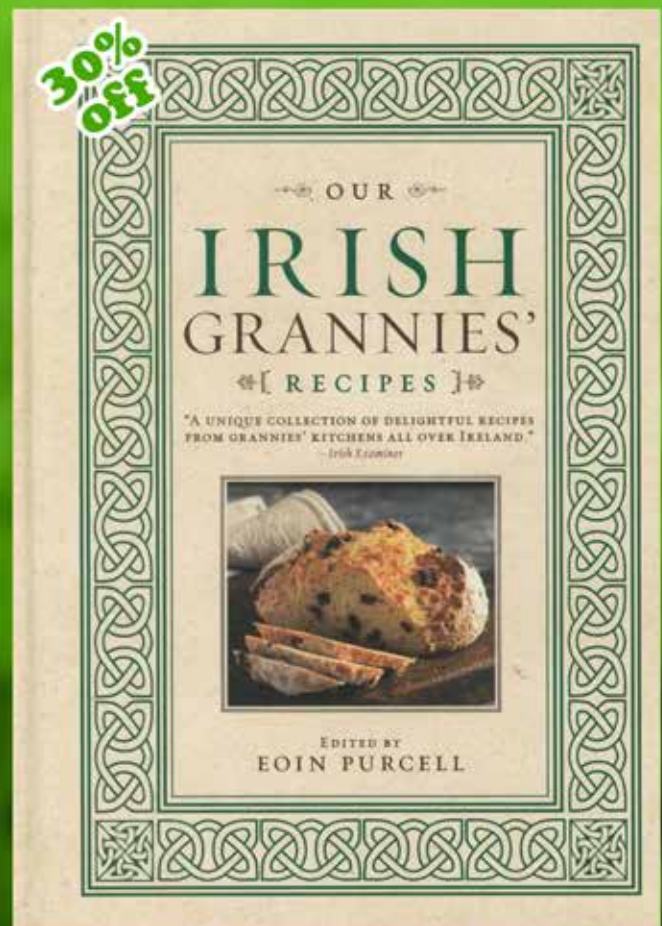


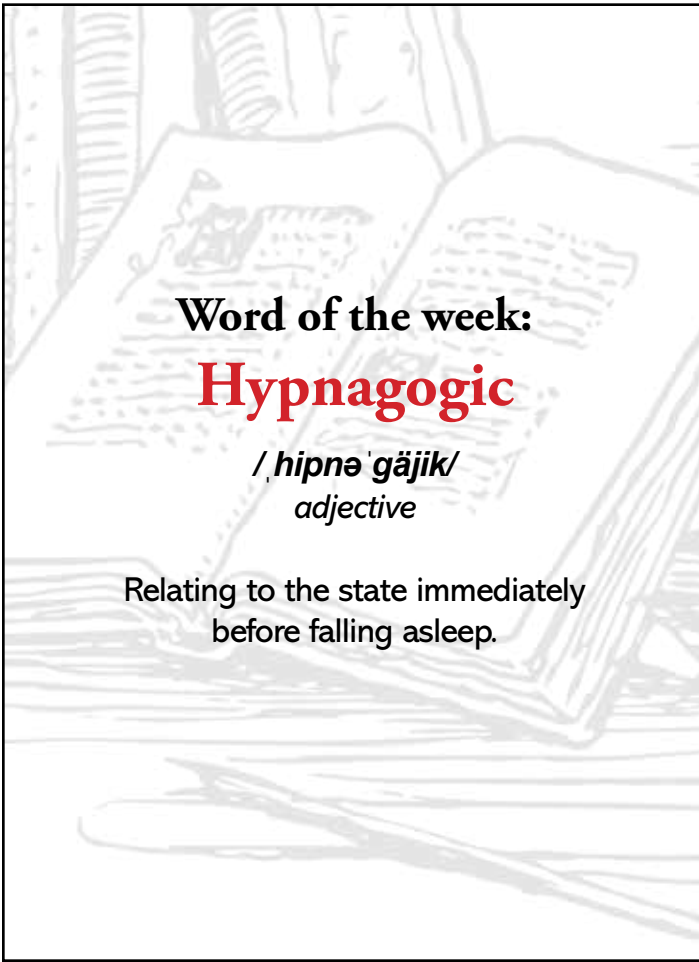
List Price: \$12.99
Our Price: \$9.09



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Word of the week:
Hypnagogic
/ˌhɪpnəˈɡæjɪk/
adjective

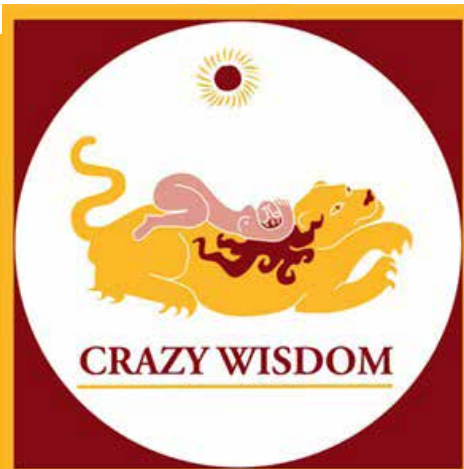
Relating to the state immediately before falling asleep.

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



Submit your listing two weeks in advance.

[Submit your listing here.](#)

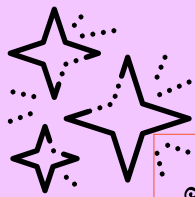


Born during the pandemic, *The Crazy Wisdom Biweekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for walks, news of your pets, or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

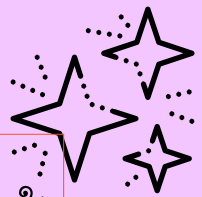


Stay informed!

[Click to sign up for our newsletter](#)



Crystal



OF THE WEEK

*Courtesy of Susan Ulrich, owner and proprietor of
Bright Earth Minerals and Crystals*

Magnetite



Magnetite is an iron oxide mineral and is highly magnetic. It is used to align polarities and auric fields and is a wonderful grounding stone. Magnetite is actually “found in crystalline form throughout the human brain, particularly...in the cerebellum and brain stem.” Therefore, just holding a piece of magnetite can help achieve rebalancing.

By placing the stone on the body, it can open the flow of blocked chakras and meridian points. It aids in stability and the removal of excess energies. It's a great stone for manifesting what one wishes to create.

The magnetite specimen shown in this article is from the Kola Peninsula in Murmansk, Russia and is available on my [eBay store](#). More specimens are also available on my [Facebook page](#), Bright Earth Crystals and Minerals; contact me at ulrichfinminerals@gmail.com if interested.

(Text references: mindat.org, “The Book of Stones” by R. Simmons and N. Ahsian, www.realclearscience.com)

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 Reading Series of **The Crazy Wisdom** **Poetry Circle**



7:00 PM - 8:45 PM • March 22, 2023

Featured Reader:

March 22 – Linda Nemec Foster is author of twelve poetry collections including *The Blue Divide* and *The Lake Michigan Mermaid* (a Michigan Notable Book). *Bone Country* is her forthcoming collection of prose poems and flash fiction. Linda was the first Poet Laureate of Grand Rapids and founder of the Contemporary Writers Series at Aquinas College.

*Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com
for Zoom link.*

Featured readers are followed by Open Mic reading. • FREE • All writers welcome
• Ready your own or other favorite poetry.
• Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by David Jibson, Ed Morin & Lissa Perrin. See our blog [here](#).
www.crazywisdom.net



Crazy Wisdom
Poetry Circle
[https://cwcircle.
poetry.blog/](https://cwcircle.poetry.blog/)
734.665.2757
crazywisdom.net

Crazy Wisdom Poetry Series

hosted by Edward Morin, David Johnson, and Lissa Ferrin

**Second and Fourth Wednesday
of each month, 7-9 p.m.**

Second Wednesdays, 7-9 p.m.

Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

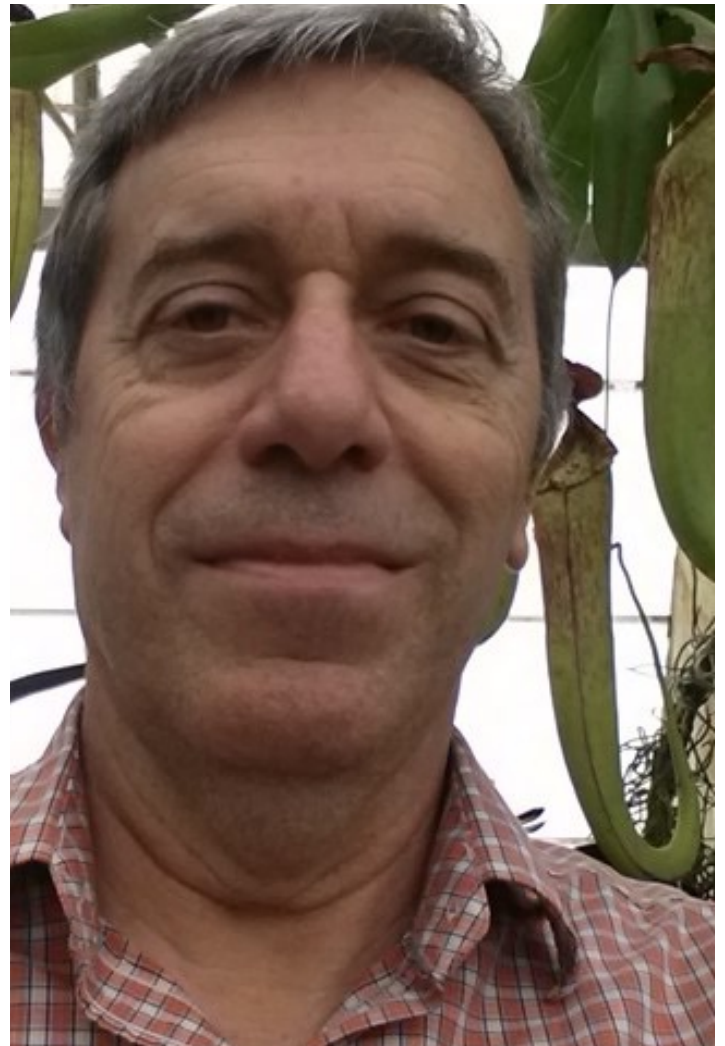
Fourth Wednesdays, 7-9 p.m.

Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

**All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.**

Crazy Wisdom Poetry Series Featured Reader

April 26 – Dan Bellm (Berkeley, CA) has published five books of poems, including *Counting* (2023), *Deep Well* (2017), and *Practice* (2008). His recent translations include *Central American Book of the Dead*, by Balam Rodrigo (2023), *Speaking in Song*, by Pura López Colomé (2017), and *The Song of the Dead*, by Pierre Reverdy (2016).



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THE BIWEEKLY COMMUNITY CALENDAR

A COURSE IN MIRACLES

A Course in Miracles Study Group on Zoom with Rev. David Bell • Mondays, January 2 through April 24 • 6:45 p.m. - 9:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

A Course in Miracles Study Group on Zoom with Randall Counts • January 5 through April 27 • 12 - 1:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

27th Annual Exhibition of Artists in Michigan Prisons with The Prison Creative Arts Project (PCAP) • Tuesday, March 21 through Tuesday, April 4 • Gallery and sales open on March 21 at 5:00 p.m., Celebration Program from 6:30 to 7:30 p.m. Free and open to the public. For more information call (734) 647-6771, email pcapinfo@umich.edu, or visit prisonarts.org.

ADDICTION AND RECOVERY

Recovery Dharma with various leaders • Sundays • 12 - 1:30 p.m. • Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email annarborzentemple@gmail.com.

12 Step Self-Help Group: Growing Through Life's Changes and Challenges with Facilitator Larry Gazda • Tuesdays, 7:30 to 8:30 p.m. • A weekly spiritual help and support group at the Lighthouse Center based on the traditional 12 Step Programs applied to spiritual growth and expansion of consciousness. For more information call (734) 808-1335 or email, lhci.financials@gmail.com.

AROMATHERAPY AND ESSENTIAL OILS

Aromatherapy with Irene's Myomassology Institute • April 1 and 2 • 9:30 a.m. to 5:30 p.m. • This class will explore the different aromas and therapeutic properties of essential oils. We will additionally discuss how oils are processed and how to ensure the oil quality. You will learn a variety of methods to use essential oils in your practice including mixing essential oils with massage lubricant, diffusers, steam showers, bath salts, and space clearing. Students will create an aromatherapy blend to use in class and take home. Bring a notebook, washcloth, and hand towel for class. \$352 (\$22 per hour). For more information call (248) 350-1400, email contact@irenes.edu, or visit irenes.edu.

ART AND CRAFT

Textile Artist Carole Harris at the INAI Gallery • February 1 to May 21 • 9 a.m. to 6:00 p.m. • Enjoy textile artworks by artist Carole Harris, a Detroit based artist, who draws inspiration for her work from walls and aging structures that remind us of the impermanence and the beauty of that which has lived for a long time. FREE. For more information contact the Weber Center at (517) 266-4000.

26

Lunch and Learn with Janet Wright, OP, Nancyann Turner, OP, Kathleen Voss, OP and Barb Cervenka, OP • April 11 • 12:15 to 1:00 p.m. • Four of our artists, each working in a different medium, share what's at the heart of creating art. Where do ideas come from? What are the challenges? What are their favorite creations? And other questions we may have. Event is free (lunch is available for \$5.00). For more information contact the Weber Center at (517) 266-4000.

BODYWORK AND BODYMIND THERAPIES

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg • Fridays, March 17 OR April 14, 21, 28 • 10:30 a.m. to 2:30 p.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, and instituting new behaviors. Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (for any group of three dates listed) + materials fee. For more information call Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com or visit clair-ascension.com.

BOOK DISCUSSION GROUPS

7 Notes Book Club with Rob Meyer-Kukan • First Thursday of the month • 7 - 8:30 p.m. • The purpose of the 7 Notes Book Club is to meet together with other like-minded people to read books about holistic practices, health, meditation, and spirituality. Books to be read are: September - The Miracle of Mindfulness by Thich Nhat, October - Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss, November - Clarity and Connection by Yung Pueblo, December- The Complete Game of Life and How To Play It by Florence Scovel Shinn. Open to anyone who likes to read and discuss the books they read. Donations. Contact 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Jewel Heart Readers with various Jewel Heart Instructors • Mondays, March 13, April 10 • 7 to 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. FREE but donations welcome. For the month's book selection and participation information, send an email message to programs@jewelheart.org or call Jewel Heart at (734) 994-3387. For more information, visit the Jewel Heart website at jewelheart.org.

BUDDHISM

Sunday Meditation and Sharing with Still Mountain teachers • Every Sunday • 10 - 11:30 a.m. • Still Mountain is made of

individuals and families from Ann Arbor and the surrounding areas. We strive to be inclusive, open to people of all ages, backgrounds, and experience. Our teachers are trained in Insight Meditation and come from multiple spiritual paths. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing/teaching related to the Dharma. Free. Visit stillmountainmeditation.org/ for more information.

Jewel Heart Virtual Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • *Sundays, January 1 to April 30 with no discussion on February 26* • 11:00 a.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. Talk from 11 a.m. to 12 p.m. Moderated discussion of the presenter's talk: starting at 12:15 p.m. FREE but donations welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Practical Buddhism by Gelek Rinpoche • *Tuesdays, January 10 to April 25* • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. FREE but donations welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

The Bodhisattva's Way of Life with Demo Rinpoche • *Thursdays, January 19 to April 13* • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. Members \$95 / \$120 Non-Members. Pay what you can - no is one turned away. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Four Noble Truths with Joe Palms and Figen Lacin • *Monday, March 20* • 7 to 8:30 p.m. • This course introduces Buddha's revolutionary message that suffering can come to an end through one's own efforts. Following Gelek Rinpoche's transcript Four Noble Truths, participants rely on readings, discussion and meditation. \$60 Jewel Heart non-members / Free for Jewel Heart members. Pay what you can - no is one turned away. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Ryaku Fusatsu—Full Moon Ceremony with Rev. Marta Dabis • *Sunday, April 2* • 11a.m. to 12:30 p.m. • Traditional Japanese Soto Zen Full Moon Ceremonies in the tradition of the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. FREE, but donations are appreciated.

Everyone is welcome. You can come for any portion of the program. For more information contact Marta at (248) 202-3102, email jissojizen@gmail.com, visit jissojizen.org, or find us on MeetUp!

Foundation of All Perfections: Guru Devotion (Applied Meditation Technology Series) • *Saturday, April 1* • 9 a.m. to 12:00 p.m. • The Foundation of All Perfections introduces the stages of the spiritual path, from the role of the guru to a practical introduction to Vajrayana, offering an introduction to Tibetan Buddhist principles and practices through instruction, guided meditation, and discussion. \$30 Jewel Heart member / \$45 Non-member. Pay what you can - no is one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Searching for Self with Venerable Thubten Chodron • *Wednesdays, April 5, 12, 19, and 26* • 7 to 8:30 p.m. • In this series of talks, Venerable Chodron will explore emptiness, one of the most central teachings in Buddhism, drawing from the seventh and newest volume of her Library of Wisdom and Compassion series with the Dalai Lama. "Searching for the Self" leads us to delve deeply into the topic of the ultimate nature of reality, presenting it from a variety of approaches while focusing on identifying our erroneous views and directing us to the actual mode of existence of all persons and phenomena. Engaging in this investigation will challenge our deepest-held beliefs and uproot false ways of viewing ourselves and the world that are so habitual we don't even notice them. Members \$65 / \$80 Non-Members. Pay what you can - no is one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.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. Enter through back door, 614 Miner Street, annarborktc.org. FREE. For more information contact Pat at (734) 678-7549, email aaktc@yahoo.com or visit annarborktc.org.

Sitting Meditation Lama Nancy Burks • *Saturdays* • 10:30 to 11:20 a.m. • Every Saturday morning, please join us for silent sitting meditation. We start with a few brief instructions, then do two 20-minute sessions of sitting with 10 minutes of walking meditation in between. Sit on a cushion or in a chair and stay awhile afterward for informal discussion if you wish. Held at Bethlehem United Church of Christ. karunabuddhistcenter.org. FREE. For more information contact Caitlyn at (708) 307-5169, email Cdbuchanan325@gmail.com or visit <https://karunabuddhistcenter.org>.

CEREMONIES, CELEBRATIONS, AND RITUALS

New Moon Gathering with Yoga Nidra and Sacred Sound • *April 20* • 7 to 8:30 p.m. • Join Victoria and Courtney for a unique offering to celebrate and gather under the New Moon. Courtney will offer her original Yoga Nidra meditation while Victoria offers waves of sacred sound and silence. \$40. For more information visit victoriaschon.com.

CONTINUED ON PAGE 26

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 25

Vernal Equinox Celebration with Victoria Schon • Tuesday, March 21 • 6:30 to 8:30 p.m. • Join in for the celebration of the Vernal Equinox and welcome Spring! Courtney and Victoria will be offering a celebration to honor the re-awakening of our hemisphere as many generations before us, recognizing the orderly intelligence of nature. We'll focus on rebirth after the dark winter, new beginnings, fertility, green, growth and light using the natural world as our guide and honing into the astute observation skills of our ancestors. Our celebration will include a Vernal Equinox Ceremony, a warming spring tea, gentle movement, and Sacred Sound. \$59. For more information visit victoriaschon.com.

CHANNELING

Remembering Wholeness—Darshan with The Mother Channeled by Barbara Brodsky • April 2, May 14 • 2 to 4:00 p.m. • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation. For more information email om@deepspring.org, call (724) 477-5848, or visit deepspring.org.

Evenings with Aaron Channeled by Barbara Brodsky • April 19 • 7 to 9 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron will often address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Suggested donation. For more information email om@deepspring.org, call (724) 477-5848, or visit deepspring.org.

CHILDBIRTH

One-Day Intensive Childbirth Preparation Class with Toni Auker and Cynthia Gabriel • Saturday, April 1 • 9 a.m. to 5:00 p.m. • This class aims to prepare you for your best birth. We will cover topics including stages of labor, positive team-building communication with providers, informed decision making, coping techniques, and postpartum. \$250. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Prenatal Chestfeeding/Breastfeeding Class with Erica Macleod, IBCLC • Sunday, March 19 • 2 to 4:00 p.m. • This 2-hour comprehensive class enables us to take time to answer all of your feeding questions, and concerns. We will cover information beginning with the prenatal period to feeding in the early weeks. ASL and Queer affirming. \$100 per family. For more information email EricaMcleod@gmail.com or visit nestandnurture.org.

Ask-A-Doula Drop-In with Erica Businski, Toni Auker, and Cynthia Gabriel • Wednesdays • 1 to 2:30 p.m. • Stop by on Wednesdays from 1-2:30 to chat with a local doula. They are happy to answer questions about what a doula does, help you explore your local resources, assist you with baby carriers, and more. There is no need to register for this, but you are welcome to contact us through the website with questions about it. It is always possible that Ask a Doula will have to be cancelled due to our doulas being at a birth. We will do our best to update on our Facebook page if we are going to cancel. FREE. For more information email hello@nestandnurture.org or visit nestandnurture.org.

CHILDREN AND YOUNG ADULTS

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade and up) • Sundays, March 19, April 23 • 1 to 3:00 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (not reinforce feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves' genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the "1000 Years of Peace" prophecy. \$50/session for 2-hour class, meets one time/month for about a year. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

DEATH AND DYING

Death Cafe on Zoom with Rev Annie Kopko • Tuesdays, March 7, April 4 • 6:30 to 8:00 p.m. • Join us for a discussion of Death and Dying. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Ann Arbor Death Café via Zoom with Rachel Briggs • Saturdays, March 18, and April 15 • 10:30 a.m. to Noon • Please join us for a frank discussion on all things life and death. We meet via zoom the third Saturday of each month. Everyone is welcome. Learn more about worldwide Death Cafes at deathcafe.com. FREE. For more information email rachelabriggs@gmail.com

ENERGY AND HEALING

Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg • Sunday, March 19 • 8:45 a.m. to 12:45 p.m. • Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation,

prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, and Angels. \$200 total for both days. For more information contact Karen Greenberg at (734) 417-9511, email krngmbg@gmail.com, or visit clair-ascension.com.

Sound Bath and Gallery Reading with Rob Meyer-Kukan and Rev. Dr. Ryan Mehmandoost-Gauthier • *Friday, April 7 • 7 to 8:30 p.m.* • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier for this time of sound bath meditation including a gallery reading. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob, Ryan will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, and more. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. We also have 7 zero gravity chairs available to the first 7 participants who request them at the event. Register by completing this form - <https://forms.gle/UbBX6hBtf15Piivr9>. \$50. For more information call (248) 962-5475 or visit facebook.com/events/935501740744849.

Teacher Appreciation Day with Rob Meyer-Kukan and Alicia Clark-Teper • *Sunday, April 30 • 9 a.m. to 4:00 p.m.* • In celebration of Teacher Appreciation Week and National Teacher Day, we invite you to join us for a day to rejuvenate, relax, and restore. Open to all Teachers and others working in education, this offering is brought to you FREE of charge to give back to the community. Please complete the form found here - <https://forms.gle/XXYcTN4h6edZrpy5>. FREE. For more information call (248) 962-5475 or visit facebook.com/events/1330459981058821.

The Powers Of... Unified with The Field with Shellie Powers • **First Thursday of the month** • *8 to 10 p.m.* • *Third Tuesdays* • *9 to 11 a.m.* • Unified with The Field' explores various ways to connect to the field. For more details visit <http://powers365.com/events>. \$99.00/session. For more information email info@thepowersof.com.

Universal Sphere (R) Practitioner Certification with Shellie Powers • *March 28 and 29* • Gain immediate access to the unified field and increase your frequency/vibration so to attract higher vibrational solutions into your reality. See website for more details powers365.com/events. \$397.00. For more information email info@thepowersof.com.

EXERCISE AND FITNESS

GYROKINESIS® Method (Online) with Angela Hawkins • *Mondays, January 9 through March 27 • 4 to 5 p.m.* • The GYROKINESIS® Method focuses on increasing range of motion and strength in a fluid, circular way. Our bodies are not linear and should move in all of the ways they can to maintain mobility. This method was inspired by whole body, efficient and graceful movements like yoga, dance, swimming and tai chi. Gyrokinesis® exercise is done using a stool or a chair and a mat for floor work. It is adaptable for all skill and comfort levels and includes rhythmic, flowing movement sequences. \$99 or FREE for ages 65+ with WCC Emeritus Scholarship. Visit wccnet.edu and search "Emeritus" to learn more. Visit washtenaw.augusoft.net and search "Gyrokinesis" to register. Contact reachrootmovement@gmail.com with questions.

GARDENING AND ECOSYSTEMS

Mushroom Growing Workshop with Deanne Bednar • *Saturday, April 8 • 1 to 5 p.m.* • Enjoy a fun(gi) day of hands-on learning at Strawbale Studio! We will tour the various mushroom gardens (shiitake, wine cap, lions mane and oyster) then harvest an oak tree and inoculate shiitake logs. Take home a 12" inoculated log at the end of the day to explore the fruiting process. Online handouts included. Growing our own food medicine! \$40 if paid one month in advance or \$50 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

HEALTH AND WELLNESS

Introduction to Journeying • *April 23 • 20 a.m.* • 6 hr. class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. For more information contact Connie Lee Eiland at clshebear7@gmail.com.

Drum and Dance Jam • *April 1 • 7:30 p.m.* • "Drum and Dance Jam at Interfaith Center for Spiritual Growth On The First Saturday Of Each Month from April 2023 to August 2023! *No experience necessary *Bring a drum of your own or use one provided at the center *\$5 sliding donation at the front door *6 feet between drummers and masks requested Address: Interfaith Center for Spiritual Growth at 704 Airport Blvd, Ann Arbor, MI 48108 Phone: (734) 327-0270. For more information contact Curtis Glatter at cgindetmi@gmail.com.

Health Yourself DIY-Wellness Fair • *April 22 • 10 a.m.* • How to live life to the fullest at every age and every stage of life is the message of the Health Yourself Wellness Fair. It is located at Even Hotel, 600 Briarwood Circle, Ann Arbor. The fair, which is free to the public, will feature a wide variety of providers who are eager to share a wealth of knowledge and insights about healthy alternatives to increase your ""self-health"" abilities. The event is sponsored by the DIY-Wellness Coalition whose members are dedicated to creating a healthy community that moves well, eats well, communicates and thinks well. "We are a group of dedicated providers who focus on natural health solutions," said Barbara Bowman, health fair coordinator and owner of Heartfelt Wisdom, a dream activation service provider. "We are committed to empowering families to get healthy and stay well." "This fair provides the perfect opportunity for everyone to learn more about natural health solutions that are designed not only to improve and sustain their wellbeing but also save them time and money. Everyone is invited to attend. For more information, contact Bowman at 734-478-4263. Also visit www.diy-wellness.info. Email may be sent to barbara@diy-wellness.info.

Camp JUMP-IN 2023 Intensive Therapy Camp • *July 17 • 9 a.m.* • Camp JUMP-IN 2023 Intensive Therapy Camp. First, 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 have observed our campers make phenomenal gains in motor skills, language, social skills, and sensory processing. Second, we require the presence of at least one parent or caregiver for each

CONTINUED ON PAGE 28

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 27

camper, because the camp becomes a parent training, networking, and support system. Parents are trained in effective therapy techniques that can be utilized at home to facilitate the continued advancement of their child's development; also, parents have the opportunity to speak with other parents facing similar issues. Third, but not least, we have student volunteers who assist and gain practical experience in their chosen field of study. This benefits both the child and the student volunteer. Camp ratio is typically 2 to 3 professionals to 1 camper. We can accommodate eight campers. Our program stands above programs, as we have an intense focus on improving foundation skills as opposed to a more cognitive or play model. We utilize a three-hour concentrated activity block of therapy to gain improvements in the neurological system. All camp activities are held out of the doors if the weather allows. All the attributes of the JUMP-IN summer camp make it a unique program. Camp runs from July 17th - July 28th 2023 Sessions are held Monday through Friday mornings from 9:00am to 12:00 noon, Campers activities involve the use of suspended equipment, gross motor activities, fine motor activities, social interaction, brain gym, language, body work, and pool time. A parent/caregiver is expected to stay at camp with the child and participate in activities as needed. Parents tasks include monitoring their child's arousal level and alerting staff to impending melt-downs. Campers new to Jump-In need a evaluation at Jump-In prior to camp. Schedule your evaluation early to begin your home program in boosting nervous system function which will allow your child to receive maximum benefits at camp. Due to the intensity level, campers must be at least 4 years old. There is no upper age limit as all activities are programmed at the individuals level. Please call our office to schedule your spot! Phone: 810-231-9042.

HEALING

Navigating Loss with Grace with Barbara Hutton • Sundays TBA • Creative exploration and support to gracefully, consciously, and deeply navigate the experience of loss, in a sacred and confidential space. By donation. For more information contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

Creation Through Synchronicity Healing Workshop with Anthony Two Feathers • March 30 • 6 to 9 p.m. • Workshop will include an explanation of chakras and the four "clairs," guided meditation, unlocking your "super powers" (spiritual gifts), tuning forks on heart, third eye and crown chakras Reiki to each person's crown chakra, extraction healing, introspective work through oracle card deck, Native American Flute Ceremony, heart, third-eye, and crown chakra sound bowls. For more information contact Angela Christensen at (419) 824-4079, or email angelasangels4@aol.com.

Healing Through the Akashic Records Practitioner Certification with Shellie Powers • April 5, 12, 19, 26 • Transform your relationship with wounding life experiences to experience the perfection of your soul. Practitioner certification with Linda Howe's Center for Akashic Studies. 12-hour class, see website for various times offered. \$500. For more information email info@thepowersof.com or visit powers365.com/events.

30

HEALTH AND WELLNESS

2023 DRUM AND DANCE JAM-Drumming Circle • April 1 • 7:30 p.m. • *Bring a drum with you or use one provided by the Interfaith Center * No Experience Necessary *\$5 Donation Requested*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years *Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

2023 DRUM AND DANCE JAM-Drumming Circle • May 6 • 7:30 p.m. • *Bring a drum with you or use one provided by the Interfaith Center * No Experience Necessary *\$5 Donation Requested*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years *Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

2023 DRUM AND DANCE JAM-Drumming Circle • June 3 • 7:30 p.m. • *Bring a drum with you or use one provided by the Interfaith Center * No Experience Necessary *\$5 Donation Requested*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years *Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

2023 DRUM AND DANCE JAM-Drumming Circle • August 5 • 7:30 p.m. • *Bring a drum with you or use one provided by the Interfaith Center * No Experience Necessary *\$5 Donation Requested*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years *Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

INTUITIVE AND PSYCHIC DEVELOPMENT

Focused Mind Meditation with John Friedlander • Sunday, April 2 • 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. \$15. For more information contact Violeta Viviano by email at mvaviviano@gmail.com, call (734) 476-1513, or visit psychicpsychology.com.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher Choudury • Tuesday, April 4 • 7 to 8 p.m. • For Women Only: Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. For more information contact Violeta Viviano by email at mvaviviano@gmail.com, call (734) 476-1513, or visit psychicpsychology.com.

Spring Intensive 2023 Webinar/Teleconference • April dates TBD • New material introduced with continued development of advance and core techniques seeking a natural sense of skills in a practical everyday life. Prerequisite Level 1 Psychic Development class, CD set of permission or instructor. \$275. For more information contact Gilbert Choudury at gchoud@yahoo.com or visit psychicpsychology.org.

KABBALAH

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • March 22, April 19 • 9:15 to 11:15 a.m. OR 7 to 9:00 p.m. • This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy RESISTING (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for CREATING, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifesters of our dreams, desires, and goals, open to MIRACLES, and fulfilling our destinies. Monthly Course Rate - \$150/person; Monthly Semi-Private (2 people) Rate - \$180/person; Monthly Private (1 person) Rate - \$150/hour (based on time utilized) For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Kabbalah for Couples with Karen Greenberg • Sundays, March 19, April 23 • 3 to 5 p.m. • Has social distancing amplified distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session (not one hour), once a month, for about a year, is not couples therapy; it can help you get your relationship to the place that you always wanted it to be but did not know how. \$274 for 2-hour session. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

MASSAGE

Free Massage Class with Irene's Myomassology Institute • Friday March 31 • 7 to 9 p.m. • You can relax and have some fun at Irene's free massage class! This is an excellent opportunity for those interested in massage as a hobby or an introduction to massage as a career possibility. During this free two-hour class, you will have the opportunity to learn basic techniques while both giving and receiving massage. We invite you to bring a friend to exchange massage or come alone and we will pair you up with a friendly partner! FREE. For more information call (248) 350-1400, email contact@irenes.edu, or visit irenes.edu.

MEN'S HEALTH WORKSHOPS

A one-day workshop for men 65 and older. Led by Michael Andes, MSW, 80, and Jim Wilton, MSW, 84. • \$95. Could be a precursor to an on-going group. To register or for more information email mduncanandes@gmail.com.

MOVEMENT AND DANCE

Dances of Universal Peace on Zoom with Judy Lee Nur-un-nisa Trautman • Friday, April 7 • 7 to 8:30 p.m. • Meditation and dance leadership for at home dancing or meditation. Inspiration is from diverse faith traditions. FREE, donations accepted. For more information call Judy Lee Nur-un-nisa Trautman at (419) 283-5937, email jltrautman@sbcglobal.net, or visit <https://sites.google.com/view/a2-toledodup/home>.

MUSIC, SOUND, AND VOICE

Singing for Comfort on Zoom with Interfaith Center for Spiritual Growth • Thursdays, April 13 • 7 to 8:30 p.m. • Singing for comfort. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Sacred Sound Journey with Victoria Schon • March 17 and 26, April 7 and 23 • 4 to 6:30 p.m. OR 6 to 7:30 p.m. • Victoria offers a deeply restorative Sacred Sound Journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming and other sacred sound instruments as she begins with guided meditation and relaxation techniques to expand your ability to find equilibrium and harmony, thus opening a portal of creativity and connection during her sacred sound journey. \$40. For more information visit victoriaschon.com.

Sound Bath: Crystal Bowls Concert with John Steinbauer and Julia Taylor • March 17 • 7 to 8:30 p.m. • Crystal Bowls concert with music and Reiki Healing Energies \$20. For more info call (734) 808-1335 or email lhci.financials@gmail.com.

Singing From Your Soul • For information, go to <https://www.singingforyoursoul.com/singing-from-your-soul-course/> or email freeyourvoice@singingforyoursoul.com

Singing For Your Wild Soul sacred sisterhood of voice healing • For information, go to <https://mailchi.mp/singingforyoursoul.com/wildsoul> or email freeyourvoice@singingforyoursoul.com.

OTHER

27th Annual Art Exhibition of Artists in Michigan Prisons • March 21 • 10 a.m. • The 27th Annual Exhibition of Artists in Michigan Prisons showcases the hard work and talents of artists incarcerated in Michigan prisons. The work is by men and women from all 25 state prisons in both the upper and the lower peninsulas: 24 men's prisons and 1 women's prison. This year there are 645 works in two and three dimensions, including portraits, tattoo imagery, landscapes, fantasy, and wildlife as well as images about incarceration and visions that are entirely new. The event is free for all and all are welcome, we hope to have your support and to see you there! ALSO: event is from MARCH 21 - APRIL 4 Sunday - Monday: 12pm - 6pm Tuesday - Saturday: 10am - 7pm. For more information, contact Sarah Unrath at saraheve@umich.edu or 734.615.5643 or visit <https://lsa.umich.edu/pcap>

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 29

Community Chalice: Manifestation & Abundance • March 25 • 12 p.m. • Let's gather at the crossroads! Let's Bless one another with our presence & connection! Let's fill our cups Together. "Community Chalice" is a monthly gathering where we learn, play, do ceremony and grow together in community! Each month will have a theme and we will have offerings in alignment with that theme. For more information, contact mara@evenstarschalice.com or visit <https://evenstarschalice.com/happenings>.

PARENTING

Parenting Arts Support Group with Cynthia Gabriel, Ph.D. and Toni Aufer • Thursdays beginning January 12 • 1 to 2:30 p.m. • This is a group to nurture and support parents who are primary caregivers of infants during the early days! You are not alone! We hope to create community connections, explore the world of parenting philosophies (What is Attachment Parenting? What is Helicopter Parenting? What kind of parent am I?), talk about how life events intersect with caring for a small human, get support for infant feeding challenges, and so much more! We will have rotating topics each week with plenty of time for sharing and getting to know each other and our babes. Open to new parents with babies up to crawling age. \$15 week drop-in; \$90/8 weeks; \$120/12 weeks. For more information email EricaMcleod@gmail.com or visit nestandnurture.org.

Work and Play Space with Toni Aufer, Erica Businki, Erica Macleod, and Cynthia Gabriel • Tuesdays • 1 to 3 p.m. and Fridays 10 to noon • It can be really difficult to find a safe place to let our little ones play away from home. We actually started our play area so our own children could come to work with us. Thanks to some generous donations from community members and The Little Seedling, we now have a beautiful area that is perfect for toddlers and preschoolers. Our space has a variety of seating options, WiFi, and coffee. We will be there working, and we would love to invite you to do the same. Sliding scale \$0-10. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Infant/Pediatric CPR and First Aid with Lorenda Lewis • Sundays March 19 • 10 a.m. to 1 p.m. • Nest and Nurture is excited to team up with Lorenda Lewis to offer this class, which include Red Cross Certification for infant/pediatric CPR and First Aid. Erica is teaching a chestfeeding/breastfeeding class from 2-4 following these classes in 2023. We are offering a \$10 discount to anyone that registers for both classes. \$120. For more information email hello@nestandnurture.org or visit nestandnurture.org.

PROSPERITY AND ABUNDANCE

Mamas Smart Money Group with Cynthia Gabriel • Thursday, March 23 • 6 to 7:30 p.m. • A fun, supportive group of folks who identify as "mothers" who want to make financial goals and stick to them! This is a great place to think about 529 plans, starting a new budget, setting up retirement accounts, living on one salary, asking for a raise! Bring your own wine! Snacks provided. \$0-20 sliding scale donation. For more information email hello@nestandnurture.org or visit nestandnurture.org.

32

REIKI

First Degree Reiki Training with Suzy Wienckowski • Saturday, April 22 • 10 a.m. to 5 p.m. and Sunday, April 23 • 10 a.m. to 1 p.m. • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. For more information contact Suzy Wienckowski at (734) 476-7958 or email SuzyReiki@aol.com.

RETREATS

Customized Raw Vegan Detox Retreat in Florida with Ellen Livingston • Various dates available January through June • There are opportunities to attend occasional formally planned group retreat offerings, or to come at other flexible times on your own schedule, either for full retreat services or as an independent nightly guest at our in-home raw vegan retreat sanctuary. Yet another option, which we would like to highlight and encourage, is to recruit your own group of up to four people, decide the focus your group desires, and receive significant referral discounts! Starting at \$80/night. For more information contact Ellen Livingston at (734) 645-3217, email ellen@ellenlivingston.com, or visit EllenLivingston.com.

The Paschal Mystery of Christ: A Holy Week Retreat with Edward Ruane • April 2 to 6 • 6:30 p.m. • Centering on the events that compose the Paschal Mystery of Christ, this journey guides participants to enter more profoundly into the Sacred Triduum. Single: \$425 Double: \$325 Commuter: \$225, includes all meals and snacks. For more information contact the Weber Center at (517) 266-4000.

Mini Wellness Retreats at The Yoga Room with Christy DeBurton • 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 3 friends and schedule your own mini retreat! Note: proof of Covid vaccination and booster required. Contact for pricing. Christy, info@christydeburton.com, christydeburton.com.

MEDITATION

White Tara Guided Healing Meditation with various Jewel Heart Instructors • Sundays, January 1 to April 30 • 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. For more information, and to register, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Complimentary Mindfulness-Based Stress Reduction (MBSR) Orientation and MBSR Online 8-Week Series with Brenda Lindsay • *Complimentary Orientation on April 11, Tuesday 8-week classes from April 18 to June 6, All-Day Retreat on May 21 • 6:30 pm - 9:00 pm* • Learn about mindfulness, the benefits/risks and what the Mindfulness-Based Stress Reduction (MBSR) secular, evidence-based 8-Week program entails during the complimentary Orientation. MBSR was created by Jon Kabat-Zinn, PhD in 1979 at the UMass Medical Center to optimize one's ability to face stress, pain and illness and make sustainable change across one's lifespan. Tuition Fees: \$175.00, \$290.00, or \$380.00 Suggested sliding scale, "pay what you can" pricing. Visit <https://www.mindtransformationsllc.com/upcoming-classes> or contact Brenda@mindtransformationsllc.com for more information.

JissoJi Zen Ann Arbor Meditation—Half-day Sitting with Rev. Marta Dabis • *Sunday, April 9 • 8:15 a.m. to 1 p.m.* • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11 a.m. Donations are appreciated. Everyone is welcome. Come for any portion of the program. Contact Marta at (248) 202-3102, email jissojizen@gmail.com, or visit jissojizen.org, and find us on MeetUp!

Healing and Compassion Meditations with Hartmut Sagolla • *Mondays, January 9 through April • Noon to 1 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. For more information, and to register, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Introductory Zen Meditation Course with Zen Buddhist Temple Ordained Dharma Teachers • *Thursday, March 23 • 6:30 to 8:30 p.m.* • Five-week course. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not as the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is \$160/\$120 unwaged. For more information contact the Zen Buddhist Temple, zenbuddhisttemple@gmail.com, or call (734) 761-6520.

Awakening and Living Awake—Grounding the Earth in Unconditional Love via Zoom with Barbara Brodsky, Aaron, and John Orr • *Tuesdays March 28, April 11 and 25 • 6 to 9 p.m.* • Waking up! We are all already awake, but most people have forgotten this truth. It was necessary that we arrive sleeping; now it is vital we awaken. We chase that elusive awakens, forgetting who we are. We practice on both levels, the ultimate one (where everything is connected, awake and present), and the relative level where we move through awakening as a gradual process. Suggested donation. For more information call (734) 477-5848, email om@deepspring.org or visit deepspring.org.

Overnight Introductory Meditation Course with Ordained Dharma Teachers • *March 24 and 25 • 7 p.m. Friday through noon on Saturday* • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. Cost is \$160/\$120 students or unwaged and includes accommodation and a vegetarian breakfast. For more information contact the Zen Buddhist Temple, zenbuddhisttemple@gmail.com, or call (734) 761-6520.

Peace Generator on Zoom with Interfaith Center for Spiritual Growth • *Fridays, March 17, and April 21 • 7 to 9 p.m.* • Join the circle of silence of inner and outer harmony. Stay for a few minutes or for the entire time to create world peace. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Virtual Mindfulness-Based Stress Reduction with Libby Robinson • *Saturdays, March 18, 25, and April 1 • 2 to 4:30 p.m.* • MBSR is the mindfulness class developed by Jon Kabat-Zinn which has been extensively researched and found helpful in coping with stress, pain, depression, anxiety, and chronic unhappiness, starting the current wave of interest in mindfulness as a strategy for coping with a wide-range of human problems. The class focuses on practicing mindfulness (compassionate present moment awareness) in and between classes. Meeting weekly, participants learn through guided meditations, discussions, daily mindfulness practices, and a half-day retreat. \$300 (scholarships available); includes recordings of guided meditations, handouts, and the retreat. For more information email libbyrobinson7@gmail.com or visit libbyrobinsonmindfulness.com.

Path to the Awakened Heart: The Yoga Sutras of Pantanjali with Robert Jacobs • *Thursdays, March 23, April 6 and 20 • 7 to 8:30 p.m.* • The Yoga Sutras of Patanjali is an ancient text that is a guidebook for walking the spiritual path. The course considers the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. Along with studying the text, we will practice tantric forms of meditation to help us understand the Sutras, focusing on mantra, the breath, visualizations, the opening of the central channel, and the chakras. Suggested donation. For more information call (734) 477-5848, email om@deepspring.org or visit deepspring.org.

Meditation Getaway with Rob Meyer-Kukan • *Saturday, February 18 or April 15 • 9 a.m. to 5 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. Ample time for sharing and reflection will be provided. \$125. For more information contact Rob Meyer-Kukan at (248) 962-5475 or visit facebook.com/events/3462262873993362.

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 31

Spring Equinox Ritual Celebration with Esther Kennedy, OP
• *Sunday, March 19 • 3:30 to 4:40 p.m.* • At the edge of spring we gather to welcome new growth rising within the dark soil of Earth; and rising within your heart and soul. Bless us with a poem, a prayer, or a treat to share. FREE. For more information contact the Weber Center at (517) 266-4000.

Daylong Meditation Retreat with Carol Blotter • Saturday, March 25 • 9 a.m. to 4 p.m. • A quiet day in a wooded natural setting for sitting and walking meditation. Instruction available. A short talk given for contemplation. Donation only for Michigan Friends Center. For more information call (734) 475-0942 or email cb.meditate@gmail.com.

A Day of Mindfulness Meditation ~ Cultivating Mindfulness with Esther Kennedy, OP • Saturday, April 15 • 10 a.m. to 2:30 p.m. • Why do we practice? What value does meditation have? The effort to pursue meditation is a commitment not written in stone but perhaps found in the heart. There is an eagerness in many of us to become aware of what we sense is closed, fearful or shut down in us; what is out of balance manifested in our reactivity; and what is the deeper truth of our experience hidden within. We may simply desire to more fully realize who we are and to live in the growing freedom of that awareness. \$35 includes lunch. For more information contact the Weber Center at (517) 266-4000.

Weekly Silent Meditation via Zoom with Celeste Zygmunt • Sundays and Tuesdays • Sundays • 11 a.m. to Noon • Tuesday 9 - 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time 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. Suggested donation. For more information call (734) 477-5848, email om@deepspring.org or visit deepspring.org.

SHAMANISM

Journeying Circle with Judy Liu Ramsey • First and third Thursdays of each month • 7 - 8:30 p.m. • The circle meets twice a month to explore issues, ideas and feelings deeply through shamanic journeying. Shamanism addresses the spiritual aspects of healing and gives us a very different perspective that often includes personal healing and empowerment. One person's journey is everyone's journey. Come join a supportive, nurturing group experience for your own empowerment. Prerequisite: shamanic journeying skills. Circle is on ZOOM. You must register prior to attending. \$25 per session or \$40 per month. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey via Zoom • April 22 and 23 • 9 a.m. to 3 p.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will begin to develop a relationship with a compassionate spirit or power animal who wants to help you at this time in your life. 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. This class is a prerequisite to ongoing and more advanced shamanic studies. \$160 per person/\$75 for repeat students. For more information email info@judyr Ramsey.net, or visit <https://JudyRamsey.net>.

Zoom Shamanic Journeying Circle with Judy Liu Ramsey • Thursdays, April 6 and 20 • 7 to 8:30 p.m. • Join us for shamanic journeying with a focus on healing yourself, your community and the world. Each session will have an intention to journey on, revealing your own inner wisdom combined with group sharing. Experience the incredible beauty and revelation of journeying within a group setting that supports your path. Knowledge of shamanic journeying required. Registration is required. \$25 per session or \$40 per month. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Shamanic Healing for Animals I via Zoom with Judy Liu Ramsey • Wednesdays, March 22, 29 and April 5 • 7 to 9 p.m. • Working with animals of all species, explore unique perspectives for animal healing that draw upon core shamanic practices. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Prerequisite: shamanic journeying. Knowledge of telepathic animal communication not necessary. \$360 per person/\$125 for repeating students. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

SPIRITUAL DEVELOPMENT

Interfaith Sunday Service on Zoom with Interfaith Center for Spiritual Growth • January 1 through April 30 • 10:45 a.m. to 12:15 p.m. • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Sufi Chanting Meditation and Discussion on Zoom with Imam Kamau Ayubbi • Tuesdays, January 3 through April 25 • 7 to 8:00 p.m. • An exploration of Sufism. \$5-10 per class. For more information visit interfaithspirit.org.

MONTHLY Midrash Study with Karen Greenberg • March 26, and April 9 • 9:30 a.m. to 12:30 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one 3-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). For more

information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Level One Akashic Record Practitioner Certification with the Linda Howe Center for Akashic Studies and Shellie Powers • April 15, 22, 29 • Become a Certified Practitioner of the Akashic Records. See website for details powers365.com/events. \$360. For more information email info@thepowersof.com.

Zen Meditation, Noon service, and Lunch with Rev. Marta Dabis • Sundays, March 19, 26, and April 2, 16, 23, 30 • Join us for a period of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 11:00a.m., followed by noon service and informal check-in. Donations are appreciated. Everyone is welcome. You may choose to come for any portion of the program. Contact Marta at (248) 202-3102, email jissojizen@gmail.com, or visit jissojizen.org, and find us on MeetUp!

Akashic Records Advanced Practitioner Certification with Shellie Powers • March 18 and 19 • Level Two: Become an Advanced Certified Practitioner with Linda Howe's Center for Akashic Studies. 9-hour class. Please see website for more details. \$430. For more information visit powers365.com/events, call (734) 926-5378, or email info@thepowersof.com.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Sundays, March 19 • 5 to 9:30 p.m. • Learn how to create a sacred, protected space to astral travel safely to the planets associated with the Sephirot (Spheres) in the Tree of Life, to become more deeply acquainted with different aspects of G-D. Learn how to connect to the energy of different aspects of G-D, and the special qualities that they represent. You may receive invaluable messages and/or answers to compelling questions. \$777. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Rites of Passage: Hindu, Christian, Muslim, Native American with Susan VanBaalen • Thursdays, March 23 • 1:30 to 3:30 p.m. • This program will introduce the similarities and differences of the rites of passage and spiritual journeys of Hindus, Christian, Muslims and Native Americans. The program will help participants recognize the universality of a life-long journey of searching for God-ness and goodness as it is expressed across time, geography and religious traditions. Participants will understand and appreciate the sacred rites of acceptance and growth in oneness with God that emerges from experiences of retreat from the world whether in the form of Hajj, Vision Quest, Holy Land Pilgrimage or Wandering Asceticism. We will explore rites related to initiation, penitence, mature acceptance of responsibility for self and the universe, grieving, suffering and death. \$45. For more information contact the Weber Center at (517) 266-4000.

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday to Sunday, March 25 and 26, and April 1 and 2 • 9:30 a.m. to 4:30 p.m. • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No Prerequisites. \$195. For more information contact (517) 295-3477, steven@spiritualtao.com, or visit spiritualtaoworkshops.com.

Cultivating a Personal Relationship with G-D with Karen Greenberg • Sundays, April 23 and 30 • 6:30 to 9:30 p.m. • Create a Sacred Space in which to compose and ask questions of your Higher Power. Decipher if you are receiving "Yes," "No," or "Essay" answers in your head, body, or spirit. Ask G-D how you can serve (working through resistance to trusting and surrendering to G-D); express gratitude, awe, and allow yourself to be comforted and healed by G-D. Compose prayers, feeling close to G-D, as though G-D were a close friend: HE/SHE IS! \$90. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Claiming Your Indigenous Self: An Apprenticeship Program with Bronwen 'Wildflower' Gates, Ph.D. • Date and time by arrangement • In this program you are apprenticing with your indigenous self, that self that is at home in the universe. My role is to help you identify and use skillfully the power of your choice. There are many different points of entry into this program depending on what calls you and your chosen level of participation. For more information contact Bronwen Gates at (734) 330-8099, email bronwild@gmail.com, or visit BronwenGates.com.

SUSTAINABLE CONSTRUCTION

April Worktrade/Sustainable Skills Program with Deanne Bednar • April 1 through April 30 • 9 a.m. to 5 p.m. • Enjoy an enriching month of living on-site at Strawbale Studio on lovely wooded rural land with natural buildings while contributing to the grounds and program. Help 20 hours a week (garden, grounds, maintenance/repairs, office) in exchange for room, board, and sustainable skill-building classes: mushroom log inoculation, Rocket Stove cooker build, cording, lashing, spoon carving, tool sharpening, earth oven pizza, and foraging! Strawbalestudio.org for details. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

Rocket Stove Outdoor Cooker with Deanne Bednar • Saturday, April 29 • 1 p.m. to 5 p.m. followed by supper • Enjoy a day on the land at Strawbale Studio! Tour the Rocket Mass Heater and Earth Oven on-site, then experience the hands-on building and lighting of a Rocket Stove outdoor cooker. This is a very useful, do-able project! Stay on for a vegetarian stew cooked on our "new stove"! \$40 one month in advance or \$50 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

Strawbale Studio Learning Tour • Saturdays, April 8 and 29 • 10 a.m. to 12p.m. • See the enchanting buildings with thatched and living roofs, earth oven, rocket stove, and rumford fireplace. Structures include the Strawbale Studio, Hobbit Sauna, and Middle Earth house. On lovely rural land just one hour North of Detroit. Questions invited. Each tour has a workshop scheduled for the afternoon that you might also want to register for and attend! \$20.

STRESS MANAGEMENT

Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • Ongoing and Self-Paced • In this compact but powerful self-paced course you will gain insight into yourself and see your way out of your self-sabotaging habits, learn tools to cultivate greater awareness of your self-care needs, and explore the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion, and more. \$79. Contact Christy at

THE BIWEEKLY COMMUNITY CALENDAR

info@christydeburton.com or visit christydeburton.com

Stop Sabotaging Your Self-Care with Cristy Deburton • Self-Paced • This compact but powerful self-paced course is the accountability partner you need to power through obstacles and overcome beliefs that hold you back from creating the life you want and deserve. It will help you gain insight into yourself and see your way out of your self-sabotaging habits; teach you tools to cultivate greater awareness of your self-care needs; and guide you in exploring the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion and more. \$79 introductory pricing for a limited time. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Meet the Mind-Body Connection (Webinar) with Robin Goldberg • Wednesday, March 29 • 6 to 8 p.m. • Discover how our thoughts, beliefs and emotions can affect our muscles, bones and organs. As you explore these inner lines of communication, you will also learn relaxation techniques that draw inspiration from healing modalities, like yoga and reflexology. These simple stress-relieving tools can enable you to reconnect with your inner sources of strength, joy and well-being. \$25 or FREE for ages 65+ with WCC Emeritus Scholarship - visit wccnet.edu and search "Emeritus" to learn more. Visit washtenaw.augusoft.net and search "40489" to register. Contact robinlily@outlook.com with questions.

TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

Chen Tai Chi Chuan with Joe Walters • On-going Monday and Thursday • 5 – 6:15 p.m. • Saturday 9:30 - 10:45 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. For more information contact Joe Walters at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Yang and Chen - Qigong and Tai Chi with Karla Groesbeck • Monday through Friday, Various times • Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Short and Long Forms, Chen Laojia Yilu. Various qigong sets and Zhan Zhuang. Free (Seniors); Low Fee. For more information contact Karla Groesbeck at 734-276-3059 or info@taichilove.com; or visit TaiChiLove.com.

Tai Chi for Beginners with Master Wasantha Young • Mondays, January 9 through April 13 • 10 to 11:15 a.m. or Thursdays 6 to 7:15 p.m. • T'ai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner. As a practice, it integrates the mind and body, promotes relaxation, as well increases balance. Register for one class and you can attend both sessions – whatever your schedule allows – at no extra cost! Hybrid class taught in-person (limit 10) and on Zoom (your choice). \$195.

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday to Sunday, March 25 and 26, and April 1 and 2 • 9:30 a.m. to 4:30 p.m. • Qigong Meditation Basics 1 is a

set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No Prerequisites. \$195. For more information contact (517) 295-3477, steven@spiritualtao.com, or visit spiritualtao.com.

Chen Tai Chi Chuan with Joe Walters • Every Monday, Thursday, and Saturday • Monday and Thursday 4 to 5 p.m., Saturday 3 to 4 p.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. annarbortaiichi@gmail.com, annarbortaiichi.com.

Yang and Chen - Qigong and Tai Chi Karla Groesbeck • Monday through Friday • 1-hour classes • Various times • 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 and Zhan Zhuang. Staff, Bang, Ruler, Tuishou, Push Hands. Low fee, free for seniors. For more information call (734) 276-3059, info@taichilove.com, or visit TaiChiLove.com

THEATER

Prose, Poetry, and Potpourri with John MacNaughton • Thursday, April 27 • 1:30 to 2:30 p.m. • John MacNaughton will headline the program with the story of his career as Creative Director of the Croswell Opera House, actor, author, graphic artist and more. Enjoy prose, poetry, music and song presented by a variety of talented friends and neighbors. Feel free to bring your own creations. FREE. For more information contact the Weber Center at (517) 266-4000.

WOMEN'S HEALTH

Creating Your Perimenopause Plan with Christy DeBurton, RYT • Self-Paced • Perimenopause can start as early as your mid-30s, and lifestyle habits such as diet, exercise, stress, and sleep can play a huge factor in symptoms. In Creating Your Perimenopause Plan, you will learn about the stages of perimenopause, the most common symptoms, important hormones to know about, tips for a hormone-balancing diet, beneficial supplements and herbs, exercise, sleep, self-care advice, and more. Journal prompts with thoughtful questions help you create your own Perimenopause Plan. \$59. Contact Christy at info@christydeburton.com or visit christydeburton.com.

ReVillaging for Modern Mothers: a day-long retreat with Miriam Dowd-Eller and Emily Adama • Sunday, April 16 • 9:30 a.m. to 4:30 p.m. • This retreat is for mothers of all ages and stages looking to fill their cup with self-connection, community-building, and normalizing the challenges of motherhood. Through Yoga, Movement, Story, Stillness and Song, these day-long retreats in nature (with an optional overnight add-on) will explore different themes in this season retreat. \$45 For more information contact Miriam.EarthWell@gmail.com.

Creating Your Perimenopause Plan with Christy DeBurton

• *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 introductory pricing for a limited time. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

WORK AND RIGHT LIVELIHOOD**“Become a Spiritual Entrepreneur” Master Class with Susan McGraw**

• *Tuesday, March 21 and 28 • 7 to 9 p.m.* • In this 2-part Master Class, you will identify the elements of “spiritual entrepreneurship” and explore ways to blend spiritual practices with traditional business approaches. You will learn techniques to call on Divine Inspiration to build and expand your business. By partnering with Spirit and taking “inspired action,” you will experience a more fulfilling and rewarding business. \$39. For more information contact Susan McGraw (734) 415-4006, email Susan@DivineInspirationAtWork.com, or visit DivineInspirationAtWork.com/classes.

WRITING AND POETRY**Sit. Stop. Write. Zen and Poetry with Dmitry Berenson**

• *Sundays, March 26, April 23 • 1:15 p.m. to 3 p.m.* • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations are appreciated. For more information email jissojizen@gmail.com, or call (248) 202-3102, or visit jissojizen.org.

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin

• *Wednesdays, March 22, April 12 and 26 • 7 to 9 p.m.* • Second Wednesdays, Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays, Featured Reader(s) for 50 minutes. 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 for Zoom link. For more information contact Edward Morin (734) 668-7523, email eacmorso@sbcglobal.net or visit <https://cwcircle.poetry.blog>.

• Featured Reader on March 22 – Linda Nemec Foster is author of twelve poetry collections including *The Blue Divide* and *The Lake Michigan Mermaid* (a Michigan Notable Book). *Bone Country* is her forthcoming collection of prose poems and flash fiction. Linda was the first Poet Laureate of Grand Rapids and founder of the Contemporary Writers Series at Aquinas College.

• Featured Reader on April 26 – Dan Bellm (Berkeley, CA) has published five books of poems, including *Counting* (2023), *Deep Well* (2017), and *Practice* (2008). His recent translations include *Central American Book of the Dead*, by Balam Rodrigo (2023), *Speaking in Song*, by Pura López Colomé (2017), and *The Song of the Dead*, by Pierre Reverdy (2016).

YOGA

Yoga + Wellness Virtual and In-Person Classes with Christy DeBurton • *Ongoing* • In-person and virtual yoga and wellness courses: Hatha, Vinyasa, Yin, Yoga for HSPs, Aqua Yoga, Self-Care and more. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Sivananda Yoga with David Black • *Beginning Tuesday, March 21* • Six-week courses for beginning and experienced students learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill up quickly, so early registration is necessary. \$60. For more information contact the Zen Buddhist Temple at (734) 761-6520, email annarborzentemple@gmail.com. Register at <https://forms.gle/EfprF84sEAk8LvNu9>.

Yoga and Sound with Rob Meyer-Kukan and Paul Barr

• *Sunday, March 19 • 6:00 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 call (248) 962-5475 or visit facebook.com/events/477866034321889/477866047655221.

Gentle Online Yoga in the Iyengar Style with Elizabeth Brauer

• *Fridays, January 13 through March 31 • No class February 24 or March 10 • 10 to 11:30 a.m.* • This class is geared to anyone with decreased mobility, but participants at any level will benefit from joining. Iyengar style yoga uses equipment to help participants manage the poses safely and effectively. Together we will practice yoga poses and study our breath. For this class, you will need at a minimum a yoga mat, a 10-foot yoga strap, 2 yoga blocks, and 3 thick blankets. A small plastic stool, a few more blankets, a round bolster and a second yoga mat may also be useful. \$249 or FREE for ages 65+ with WCC Emeritus Scholarship - visit wccnet.edu and search “Emeritus” to learn more. Visit washtenaw.augusoft.net and search “gentle” to register. Contact ebrauer@wccnet.edu with questions.

Compassionate Yoga with Mary Seibert • *Wednesdays • 4:15 to 5:30 p.m.* • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slower paced. Emphasis is on mindfulness, breath, postures, strength and balance. Sliding scale fee. For more information call (734) 323-2520, email compassionateyoga@outlook.com, or visit compassionateyoga.info.

Iyengar Yoga with David Rosenberg • *Mondays, Thursdays, Saturdays • January 9 through March 23 • Mondays 6 to 7:30 p.m. • Thursdays 7 to 8:30 p.m. • Saturdays 10 to 11:30 a.m.* • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Ten classes for \$129. For more information contact David Rosenberg at (734) 646-4195 or visit aarecedonline.com.

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The Crazy Wisdom Community Journal

issue 82

Features

- Argus Farm Stop Staff
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Interviews

Barb Scholz
Marie Duquette at the
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Sociopolitical Predictions

By Sue Hidalgo

Book of the Week:



Wild Beauty: Wisdom & Recipes for Natural Self-Care [An Essential Oils Book] (Hardcover)

By Jana Blankenship

Just like chemical additives in our food, synthetic ingredients in our hair and skin care can wreak havoc with our bodies. Luckily, there's no need to compromise luxurious, effective skin and hair care for safety. From a leader in the world of natural beauty, *Wild Beauty* is an inspiring and highly usable guide to harnessing the miraculous power of plants to make your own face oils, body balms, hairspray, bath salts, and more. Jana Blankenship, founder of the popular beauty company *Captain Blankenship*, believes that organic beauty products create a direct link with nature, and ingredients like cold pressed organic plant oils, flowers, seaweeds, sea salt, and organic essential oils not only conjure the natural world, but are highly beneficial for our skin, body, hair, and senses.

You can purchase *Wild Beauty* at shopcrazywisdom.com