

THE CRAZY WISDOM BIWEEKLY

#109

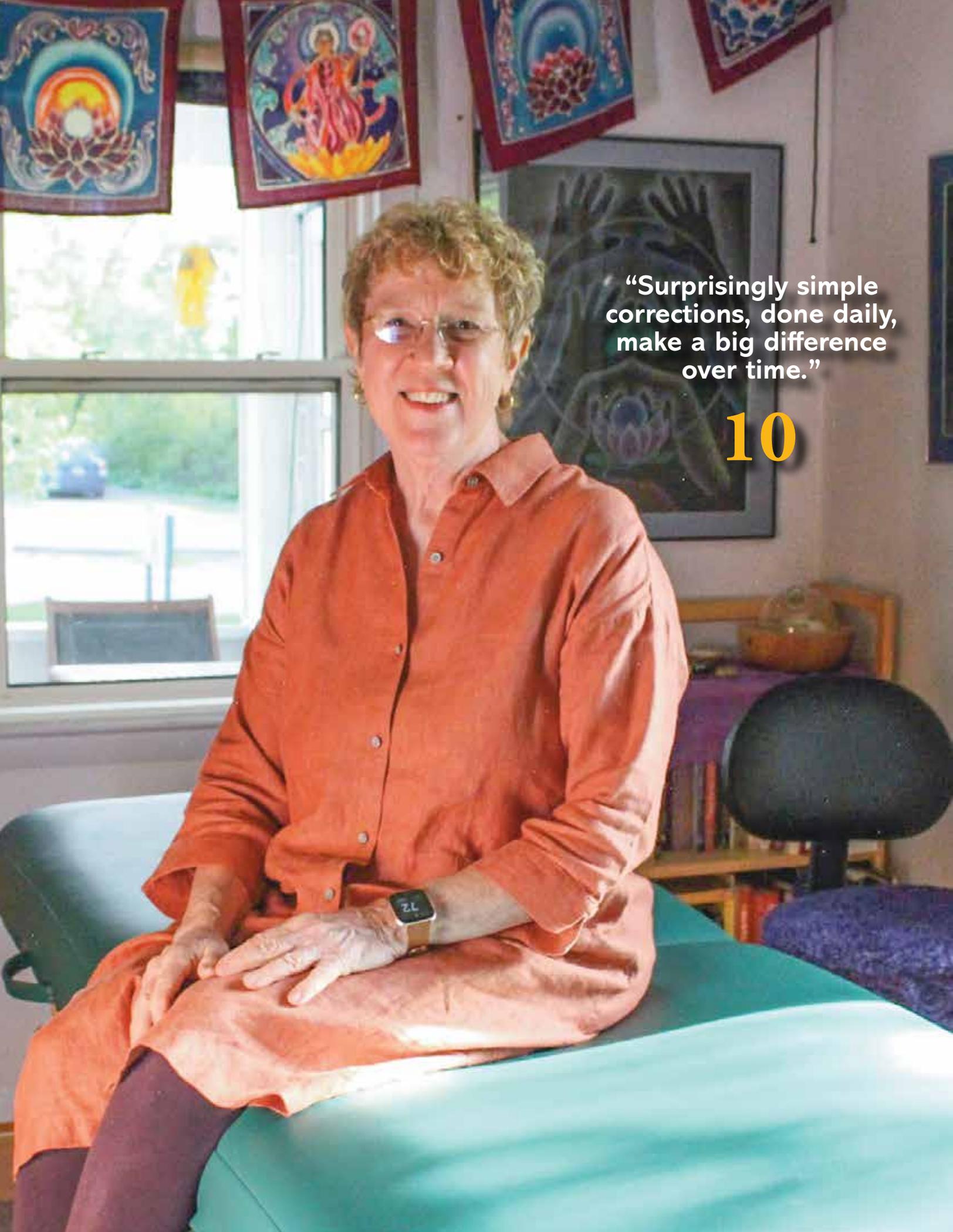
**Barb Scholz,
Advanced
Energy Medicine
Practitioner**

PAGE XX



March 31

Waxing Gibbous



“Surprisingly simple corrections, done daily, make a big difference over time.”

10

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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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.

Kelly McDermott
Ema Stefanova
Grace Pernecky
Sue Hidalgo
Lissa Perrin
Susan Ulrich
Cashmere Morley
Bill Zirinsky
Jennifer Carson

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On the Cover

On the cover is Barb Scholz, the featured story beginning on page 10 of this issue.



“It was during one of these meditations that I had a clear vision of a new musical ensemble.”

– Kelly McDermott

06

Blue

By Kelly McDermott



During the pandemic I had plenty of time to think and wonder, like I know most people did. I don't know exactly how it began, but I became obsessed with science. Science combined with spirit. I was constantly thinking about hope and possibility in the new world. I dug deeply into quantum physics, biology, epigenetics, fractals, string theory, feedback loops, entanglement theory, ancient civilizations, critical mass, and most important of all, the power of the mind.

During this time I had three young adults living with me on a gap year from college.

My daughter Emma, her partner Hank, and my godson Terry. My son Spencer was 2,000 miles away in Arizona, taking his gap year. I felt extremely responsible for these beings who were looking up to me for answers and comfort. I refused to sink into negativity or fear. I found amazing teachers and healers: Dr. Joe Dispenza, Dr. Kim D'Eramo, Wim Hof, Elizabeth April, Nassim Haramien, Bruce Lipton, Meg Benedict, and Gregg Bradon to name a few.

While in quarantine I encouraged the family to gather nightly. Together we ate gourmet meals, wrote poetry, painted, did live stream music concerts, and had many, many deep discussions about how to help the planet and humanity. We talked about expansion, paradigm shifts, unity, love, and how to raise our vibrational

frequency. Along with studying and discussions we dove into Joe Dispenza's guided meditations.

It was during one of these mediations that I had a clear vision of a new musical ensemble.

As the months went on I kept having little snippet visions about the new ensemble. I saw a cello, I heard the music, I began to compose (which was strange because I was not yet a composer, just an arranger of music), I saw a bio video, and even heard the word 'blue.' The ensemble and music kept forming bit by bit. Now we have a six piece-band with a song writer (my daughter Emma), a poet/spoken-word/rap artist (my godson, Terry) and a video component.

We just released our first track on March 17, "Liminal" and are releasing another one, "Magic Wand" on April 7. In addition we are releasing an EP "Heart Space Suite" in May and a full album, "Liminal Spaces" in June. Blue is described as a "mystical, neo-classic, jam" with shades of classical, jazz, pop, gospel, and meditation music. I am staying very quiet about "Blue," replacing my usual energy of try, push, strive, work, etcetera, with the energy of ease, fluidity, flow, balance, and patience. We will see where Blue is meant to go. I have no expectations, just enjoying the ride and having a desire to share this music.



Kelly McDermott holds a Bachelor of Music from Michigan State University majoring in flute performance and music therapy. In addition, she has a masters in flute performance and a post masters professional studies degree in flute performance from Temple University in Philadelphia. She has participated in festivals and master classes including the AIMS Festival in Graz Austria, Aspen festival in Colorado, Teton festival in Wyoming, Sarasota Florida Chamber festival, Wildacres Master class in North Carolina, the William Bennett flute class in England, and Suzuki flute training in Hamilton, Ontario from book one through book eight.



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"I can say beyond a doubt that Susan has helped propel me in my soul's direction and vocation! She is incredibly accurate and left me feeling more inspired and excited than I could possibly express!" Hallie S., Salt Lake City, Utah



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.

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

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Judy Liu Ramsey

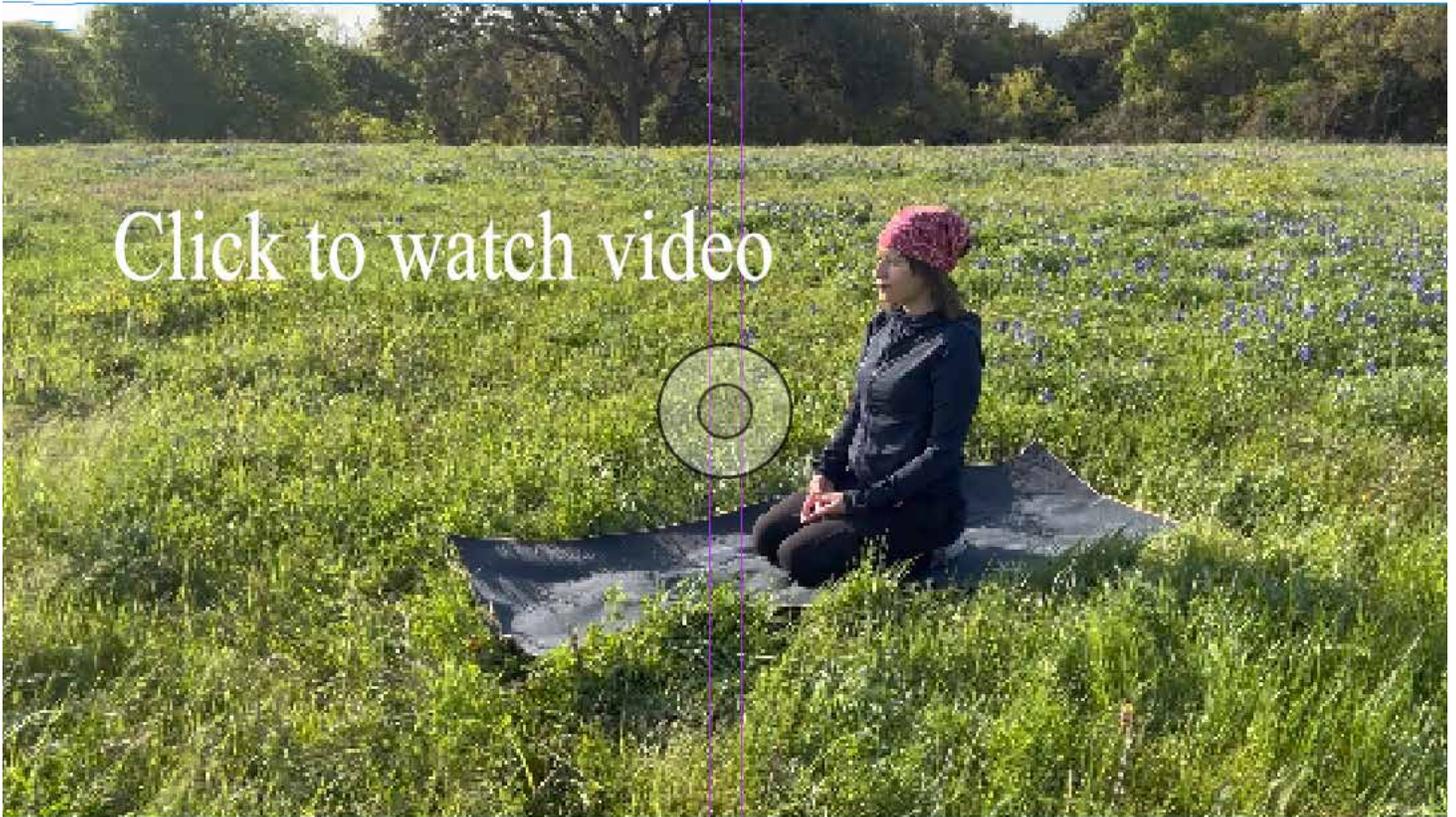
Consultant

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

<https://www.JudyRamsey.net>

Sitting Position Prep

By Ema Stefanova



Ann Arbor Yoga and Meditation founder and director, Ema Stefanova is one of the most highly trained and experienced master yoga and meditation teachers in the nation. She was born in a family of natural yogis and healers and holds advanced degrees in engineering as well as English language and literature. Her yoga therapy and meditation teachings are inspired by her miraculous yoga and meditation life journey and the direct guidance by one of the most renowned gurus of our time, Swami Satyananda Paramahansa (Swamiji), and senior swamis in the same health, spirituality and personal growth oriented lineage. Stefanova has selflessly shared the wealth of this high level knowledge and experience guiding and mentoring yoga teachers, therapists and students of all ages, as well as corporate clients across the globe. Her unique and gentle teaching style inspires, heals and changes lives.

For more information on Satyananda style yoga, go to www.biharyoga.net

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The Healer Within ~ The Crazy Wisdom Interview with Advanced Energy Medicine Practitioner, Barb Scholz

Story and Photos by Grace Pernecky

Barb Scholz is a leading energy medicine practitioner in this region, highly respected by other energy medicine practitioners, and deeply valued by her clients. Born in Lansing, she moved to Ann Arbor when she was 14 years old and has stayed here ever since. She refers to herself as a Modality Museum, and rightly so. Over the course of her life, she has practiced and become immersed in yoga, aromatherapy, essential oils, homeopathy, craniosacral therapy, massage therapy, acupuncture, energy medicine using Donna Eden's method, and more.

For over 20 years, she's been an Energy Medicine practitioner. She studied with Donna Eden herself back in the late 90s and early 2000s, before a certification program existed. (Energy Medicine is a modality of healing developed by Donna Eden that incorporates techniques from yoga, acupuncture, kinesiology, qi gong, and those developed by Donna herself.)

Scholz says, "It's kind of like acupuncture, but you use your hands instead of needles to work with the energy."

As one of the first teachers of the Eden Energy Method (EEM) program, Scholz has acted as student, teacher, and practitioner. Since the initiation of the EEM program, she has been involved in its evolution into a rigorous and instructive four-year course in which students learn fundamental skills about working with energy and can eventually become certified, skilled practitioners themselves.

Scholz has served as a guide to help others heal, and her practice is full and thriving. She serves as a practitioner at her cozy home near Argo Canoe Livery and the Huron River. She spends much of her free time tending to her biodynamic garden which she has cultivated for over 45 years.

Grace Pernecky: Let's start at the beginning. Where were you born and raised? What sorts of occupations did your parents have? Where do you live now?

Barb Scholz: I was born in Lansing, Michigan. I lived there for the first 14 years of my life, and at age 14, we moved to Ann Arbor. It's been my home ever since. I went to Slauson, Pioneer, and then to the University of Michigan.

My dad is a mechanical engineer and self-taught electrical engineer. He still plays with his computers at age 99! When I was growing up my mom didn't work, but she did bookkeeping before she had kids. Then, she did the bookkeeping for my dad's business when my siblings and I had grown up.

I've lived in this house for 46 years. I love this place. My sister owned it before I did and sold it to me when she went away to college.

Grace Pernecky: What is your earliest memory of having thoughts of pursuing a career in healing?

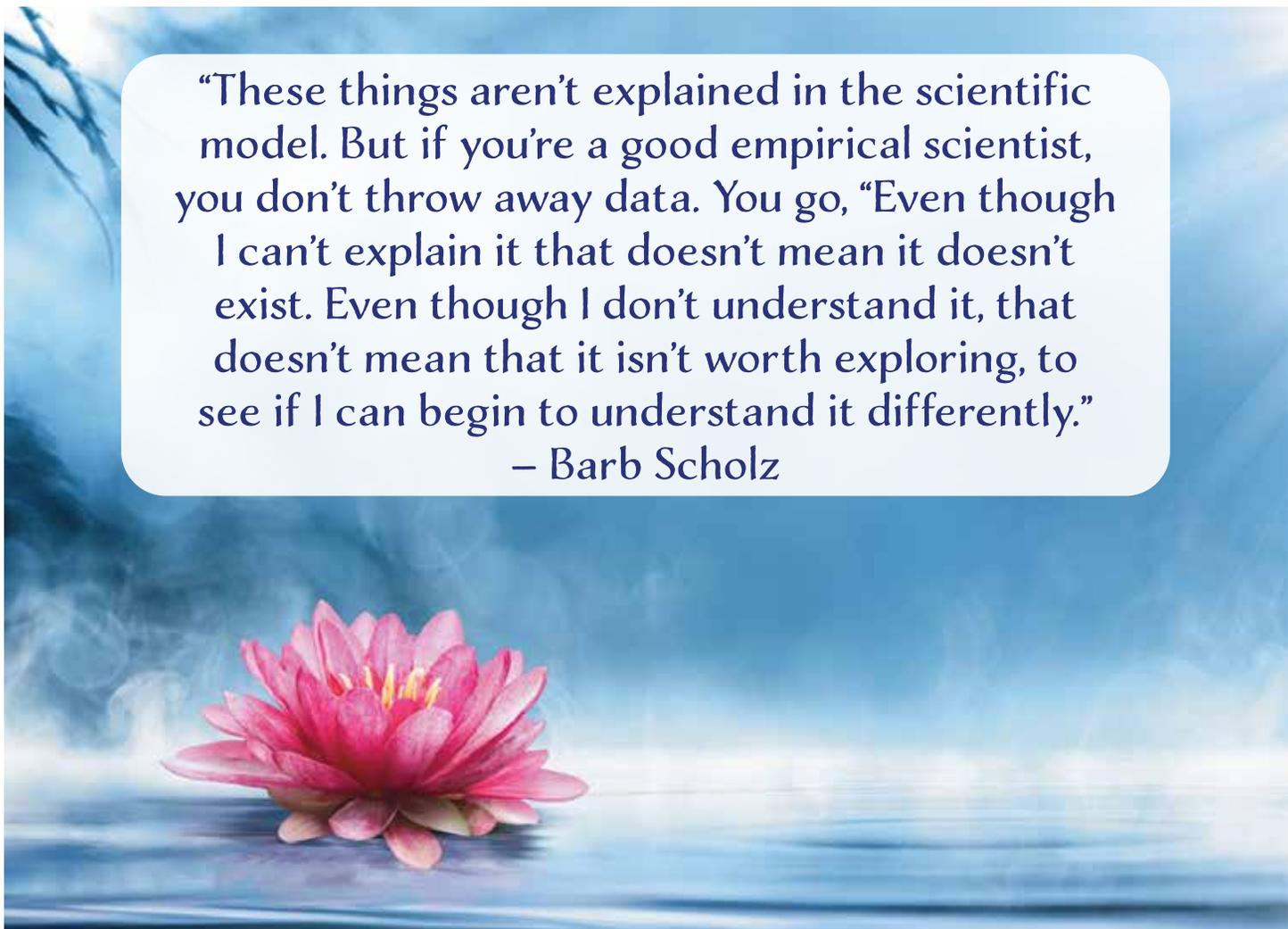
Barb Scholz: It was kind of an odd journey. I was really interested in going into science and math. So, I got my degree in mathematics from U of M. But in high school, I began reading about alternative healing. In my early 20s, I started taking every workshop I could on various forms of bodywork. During my 20s and 30s, I was always studying something or taking workshops: yoga, homeopathy, Chinese medicine, herbal medicine, ayurvedic medicine, craniosacral therapy, massage therapy, polarity therapy, aromatherapy and more.

When I was 47, in 1997, I was diagnosed with optic neuritis, which involved inexplicably losing sight in both

CONTINUED ON PAGE 12



“These things aren’t explained in the scientific model. But if you’re a good empirical scientist, you don’t throw away data. You go, “Even though I can’t explain it that doesn’t mean it doesn’t exist. Even though I don’t understand it, that doesn’t mean that it isn’t worth exploring, to see if I can begin to understand it differently.”
– Barb Scholz



of my eyes for six weeks. The doctors told me within two years, 50% of people with this condition get MS, which shocked the heck out of me. That started me on a journey of searching far and wide for alternative health treatments because I already knew what standard medical care was going to advise.

Through a series of serendipitous events, and after months of searching for alternative treatments, I found out about Donna Eden and Energy Medicine and immediately felt drawn to it.

GP: Why did you feel drawn to this particular modality? And how did you go from student to practitioner? BS: Donna’s story is that she had MS and cured herself. When I learned this, I knew that she would be my teacher. I signed up for every workshop she taught. Her methodology and her techniques are so focused on self-care, which was very different from the model I’d been working within where people would work on me, and I would have to wait till the next session. During that wait period, I would start to fall apart. To have someone teach me things that I could do for myself was a game changer. I became a very devoted practitioner of self-care, and I started to improve. It was this slow rebuilding of my immune system’s response by way of correcting imbalances in my energy field that brought me back to wellness. It was transformational. Over the course of

a few years, entirely by word-of-mouth, I started teaching and then working on people myself. I loved to teach and share, but I was not really going to “work” on people. I was quite resistant to the idea of becoming a practitioner and having a business. I already had a full-time job as a medical software developer and project manager. Starting a practice of seeing people did not seem realistic.

Barb Scholz can be reached at: bscholz@comcast.net.

CONTINUED ONLINE AT CRAZY WISDOM JOURNAL



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Watch replay at ecctherapy.com

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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...

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Presenter: **Brad May, Ph.D.**
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Professor coast to coast at 11 universities

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Silent Meditation
Sunday and Tuesday

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



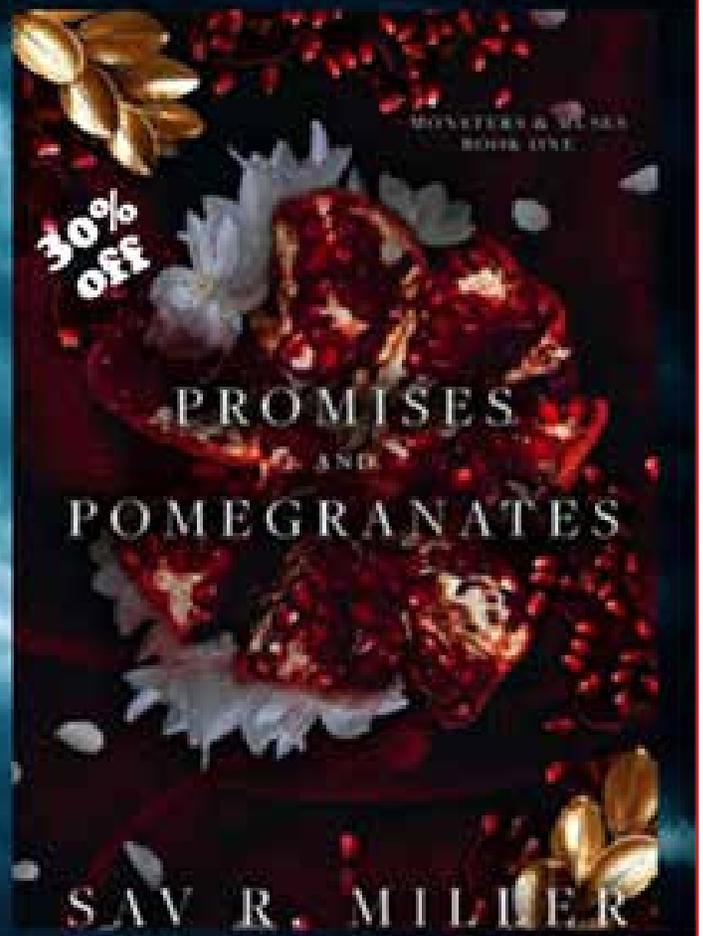
DeepSpring.org | info@deepspring.org | 734.477.5848

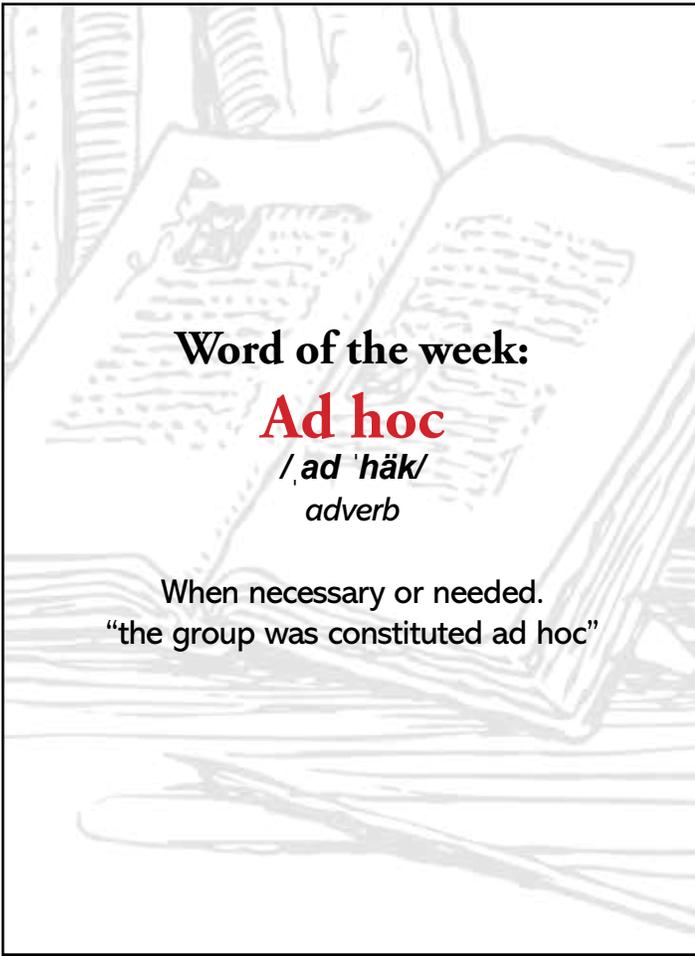
Deep Spring Center is a 501(c)(3) non-profit. See website for details.

“Promises and Pomegranates is a full-length, standalone, dark contemporary romance based loosely on the framework/characters from the Hades and Persephone myth.”



shopcrazywisdom.com





Word of the week:
Ad hoc
/,ad 'hök/
adverb

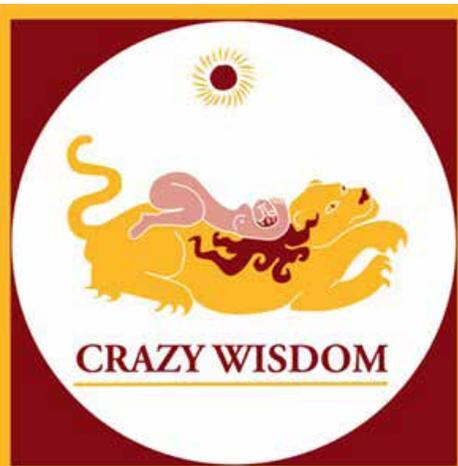
When necessary or needed.
“the group was constituted ad hoc”

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.

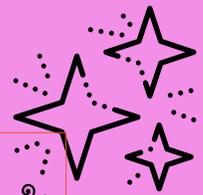


Stay informed!

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



Crystal



OF THE WEEK

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

Selenite



Selenite is a calcium sulfate, or salt (meaning it will dissolve in water), and is the transparent variety of gypsum, as opposed to the more fibrous satin spar or massive alabaster.

It has a hardness of two. Selenite is one of our most beloved stones; the name comes from a Greek origin, meaning “moon, in allusion to the moon-like white reflections of the mineral or to the quality of the light transmitted” through it. Its element is wind and its most often used for clearing energy—in the auric field, the physical body or the subtle bodies. It will dissolve blockages in the subtle body, allowing for a better flow of energy. Selenite can open and stimulate the third eye and crown chakras and aid with communion with the higher self. It also amplifies the energy of other stones around it, as in a grid. It’s a wonderful addition to an altar or to hold during meditation.

The selenite specimen shown above has fishtail twinned crystals and is from Laguna del Rey, Ocampo, Coahuila, Mexico (from my personal collection). I have other selenite specimens available on my [Facebook page](#), Bright Earth Crystals and Minerals. Contact me at ulrichfineminerals@gmail.com if interested.

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

Crazy Wisdom Biweekly Ezine – Creative Director Wanted (Editorial/Design/Social Media/Ad Sales)

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



We are looking for someone with a broad skill set to fill the role. If you are creative team player with interest and experience in writing, editing, INDD and PS, Word, social media, and sales/marketing, and know how to prioritize work, are detailed oriented, and work well independently, you may be just who we are looking for! This job is 50-60% editorial + design, 20-35% social media, 15-25% sales/advertorials.

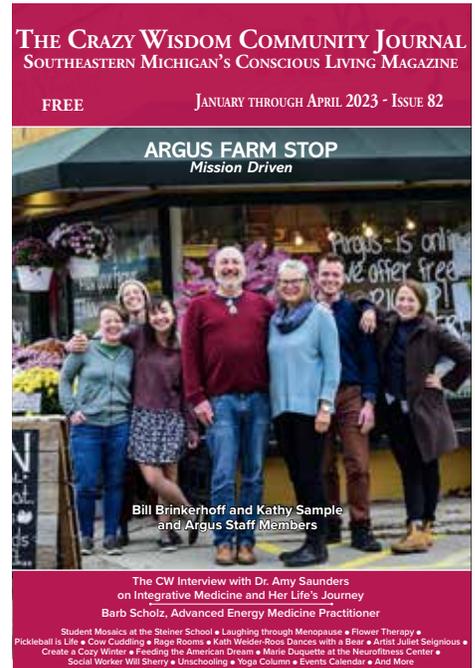
Tasks for this person would include:

- Compiling a 20+ page Biweekly Ezine (editorial and layout)
- Brainstorming article ideas & contacting writers
- Editing articles
- Inputting calendar listings to online calendar and into Ezine
- Creating page designs for the Biweekly
- Social Media postings, producing short videos/reels, and creating buzz

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

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

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



Pick up the winter issue now

Look for it around town or have it mailed directly to you.

[Click to Subscribe](#)

Hosted by Edward Morin, David Gibson, and Lissa Perrin

Crazy Wisdom Poetry Series



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



Featured Reader:

April 26, 2023 – 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).

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

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.

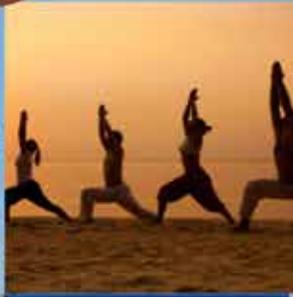
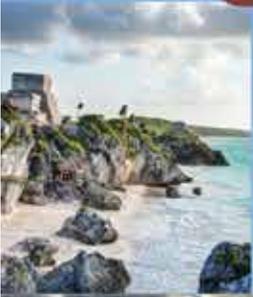
Fourth Wednesdays: Featured Reader(s) for 50 minutes. Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

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



Yoga Retreat

IN ISLA MUJERES MEXICO



TWO RETREATS BACK TO BACK WITH A SHORT TOUR IN BETWEEN

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March 19-21 Tour to Chichen Itza and 3 days in Tulum

March 21-25 Isla Mujeres 5 days 4 nights

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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.

20

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, 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 • Monday 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.

THE BIWEEKLY COMMUNITY CALENDAR

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 Aufer 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.

Ask-A-Doula Drop-In with Erica Businski, Toni Aufer, 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) • *Sunday, 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 • *Tuesday, 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 • *Saturday, 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

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.

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 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.

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.

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.

THE BIWEEKLY COMMUNITY CALENDAR

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 • 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 • Sunday, 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 • *Thursday, 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 • *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.

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.

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.

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.

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THE BIWEEKLY COMMUNITY CALENDAR

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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.

Awakening and Living Awake—Grounding the Earth in Unconditional Love via Zoom with Barbara Brodsky, Aaron, and John Orr • *Tuesdays, 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.

Peace Generator on Zoom with Interfaith Center for Spiritual Growth • *Friday, 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 • *Saturday, 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, 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, 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.

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 • Wednesday, 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 • 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, 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!

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday to Sunday, 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.

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

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THE BIWEEKLY COMMUNITY CALENDAR

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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 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.

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, 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.

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.

WRITING AND POETRY

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • Sunday, 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, 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 Nemeč 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>.

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.

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

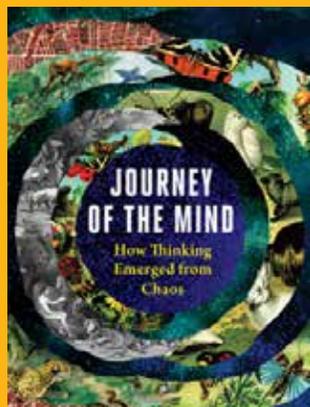
Classic Heroes' Journey

By Sue Hidalgo



Click to
watch
Youtube
video

Book of the Week:



*Journey of the Mind:
How Thinking Emerged
from Chaos (Hardcover)*

By Ogi Ogas, Sai Gaddam

Two neuroscientists reveal why consciousness exists and how it works by examining eighteen increasingly intelligent minds, from microbes to humankind—and beyond.

Why do you exist? How did atoms and molecules transform into sentient creatures that experience longing, regret, compassion, and even marvel at their own existence? What does it truly mean to have a mind—to think? Science has offered few answers to these existential questions until now.

You can purchase *Journey of the Mind* at shopcrazywisdom.com