

# THE CRAZY WISDOM COMMUNITY JOURNAL

## SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

FREE

SEPTEMBER THROUGH DECEMBER 2022 - ISSUE 81



**Mary Thiefels and  
Danijel Matanic**

**Brush Monkeys and  
TreeTown Murals  
Beautifying Ann Arbor  
and Beyond**

**Amy Garber – Promoting Holistic and Psychic Realms for 25 Years  
A Walk Within and Beyond – Labyrinths Lead the Way**

Ovarian Cancer and Creating Miracles • IFS Therapy • York and Mobile Food Businesses • Meditation for Breakfast  
• Psychologist Christi Bemister • Singer + Songwriter David Magumba • Author Alexander Weinstein •  
Exploring Four Ypsi Businesses • Understanding Long Covid • Detroit Agrihoods • GilChrist Retreat Center  
• An Audience with the Pope • Bring Your Own Container • Yoga Column • Events Calendar • And More



“World, meet Eos!”



A COMMUNITY CONNECTIONS PORTAL

A Unique, Safe and Powerful Platform that Redefines Online Community.

Eos - the result of a 3+ year community collaboration - is a complete game changer.



We designed an innovative and elegant online community platform to meet the needs of a new age of connection and collaboration!

Eos is a powerful, easy to use community support engine that connects people and organizations with speed and scale – making it easier than ever to find the hope, inspiration & resources you need in these times.

Create your **FREE** basic Eos account and find your community today!

[WWW.EOSPORTAL.ORG](http://WWW.EOSPORTAL.ORG)

# OZONE IV THERAPY BENEFITS:

**ANTIOXIDANT**

**SUPPORT  
CIRCULATION**

**PAIN RELIEVER**

**IMPROVE  
TISSUE  
OXYGENATION**



**ANTI-  
INFLAMMATORY**

**BOOST ENERGY  
PRODUCTION**

**BALANCE  
IMMUNE SYSTEM**

**GERMICIDE**



[www.bioenergymedicalcenter.com](http://www.bioenergymedicalcenter.com)

**734-995-3200**



**MCLAREN WEALTH**  
STRATEGIES

## BRINGING BALANCE TO YOUR FINANCIAL LIFE



**Doug Gross, CFP®  
Financial Advisor**  
Doug.Gross@raymondjames.com



**Sam Maness, CFP®  
Financial Advisor**  
Sam.Paul.Maness@  
raymondjames.com



**Jason Coleman, CIMA®  
Financial Advisor**  
Jason.Coleman@  
raymondjames.com



**Emily Rice  
Relationship Manager**  
Emily.Rice@  
raymondjames.com



**Justin Rice  
Investment Specialist**  
Justin.Rice@  
raymondjames.com

315 Eisenhower Parkway  
Suite 301  
Ann Arbor, MI 48108

Phone: 734-944-7556

Fax: 734-661-1314  
Toll-Free: 866-944-7556

For all of us, time marches on.

You may have been managing your finances successfully for many years.

You still feel you can manage the funds, but would like some oversight to help you out as things change.

You want someone who will listen, take good care of you, and not push you into the product of the day.

Check with us to discuss how our services might help to reduce your stress at a very reasonable cost.

**Independent**

**Local**

**Thoughtful Advice**

Securities offered through Raymond James Financial Services, Inc. member FINRA/SIPC. McLaren Wealth Strategies is not a registered broker/dealer and is independent of Raymond James Financial Services. Investment Advisory Services offered through Raymond James Financial Services Advisors, Inc.

[www.McLarenWealth.com](http://www.McLarenWealth.com)



# THE CRAZY WISDOM COMMUNITY JOURNAL

# In This Issue ~



**Page 12**  
**Kindred Conversations**  
(Pictured - David Magumba)  
by Hilary Nichols



**Page 14**  
**Out of My Comfort Zone**  
by Julie Kouyate



**Page 45**  
**IFS Therapy — More Than the Sum of Our Parts**  
by Jennifer Lee Stein



**Page 50**  
**Tell Every Amazing Lady These Five Lessons**  
by Carin Michaels



**Page 62**  
**How York Helped Forge a New Way of Dining Out**  
by Angela Madaras



**Page 72**  
**Amy Garber — Promoting Holistic and Psychic Realms for a Quarter of a Century**  
by Michelle McLemore



**Page 97**  
**Conscious Parenting Column ~ Meditation For Breakfast**  
by Trish Maley



**Page 107**  
**Empowered by Earthella**

**Ann Arbor's Planet Parade & Action Network**  
by Megan Sims



## CWJ Features

**A Moment of Joy**  
by Sandor Slomovits ..... Page 7

**Pulling Weeds in Crow, Montana**  
by Marie Noelle Duquette..... Page 8

**Wintering Within**  
by Kirsten Mowrey ..... Page 10

**Exploring the “Diagon Alley™” of Ypsilanti**  
by Crysta Coburn..... Page 36

**Brush Monkeys and TreeTown Murals — Beautifying Ann Arbor & Beyond**  
by Sandor Slomovits..... Page 40

**Staying the Course — Committing to Love for Life**  
by Janeen Morgan..... Page 44

**IFS Therapy — More Than the Sum of Our Parts**  
by Jennifer Lee Stein ..... Page 45

**Tell Every Amazing Lady These Five Lessons**  
by Carin Michaels..... Page 50

**Sick of This — Understanding Long Covid and Local Resources for Recovery**  
by Emily Springfield..... Page 54

**Amy Garber — Promoting Holistic and Psychic Realms for a Quarter of a Century**  
by Michelle McLemore..... Page 72

**Making Your Own Magic**  
by Cashmere Morley..... Page 76

**A Walk Within and Beyond — Labyrinths Lead the Way**  
by Michelle McLemore..... Page 78

**An Audience with the Pope**  
by Estela Monjo Boudreau..... Page 86

## CWJ Columns

**Random Acts of Kindness ~ Kindness is Always Possible! Join the Kindness Revolution**  
by Madeline Strong Diehl ..... Page 6

**Kindred Conversations ~**  
by Hilary Nichols..... Page 12

**Out of My Comfort Zone ~**  
by Julie Kouyate ..... Page 14

**Our Yoga Column ~**  
by Katie Hoener..... Page 21

**What's New in the Community ~**  
by Lynda Gronlund ..... Page 22

**Leaps of Faith ~**  
by Laurel Decker..... Page 30

**Arogyaveda ~**  
Brighton Light House..... Page 32

**Green Living ~**  
**Bring Your Own Container, Leave with a New Way to Live**  
by Cashmere Morley..... Page 34

**Healers of Ann Arbor ~**  
**Psychologist Christi Bemister —Healing Trauma and Chronic Pain**  
by Laura K. Cowan..... Page 48

**Sustainable Health ~**  
**Enhancing Detoxification— A Path to Lifelong Wellness**  
by Shannon Roznay ..... Page 56

**Weekend Getaways ~**  
**GilChrist Retreat Center — Nature and Spirituality Intersecting**  
by Petula Brown..... Page 57

**Hand Crafting ~**  
**A Jolly Old Elf**  
by Jennifer Carson ..... Page 58

**Astrologically Speaking ~**  
**The Solar and Lunar Eclipses of 2022 & 2023**  
by Catherine Carlson..... Page 88

**All Creatures Great and Small ~**  
**Stronger Relationships — Healthier Pets**  
by Renette Drozdov ..... Page 92



## On the Cover



### Danijel Matanic and Mary Thiefels

Learn more about Danijel Matanic and Mary Thiefels by visiting them at [brushmonkeys.com](http://brushmonkeys.com) or [treetownmurals.com](http://treetownmurals.com). Connect with them on Facebook @BrushMonkeys, and on Instagram @brushmonkeys.

Cover Photo by Hilary Nichols

## Serving the Community Since 1982



[info@crazywisdom.net](mailto:info@crazywisdom.net)  
[crazywisdom.net](http://crazywisdom.net)

## CWJ Conscious and Tasty Eating and Nutrition

**Food Section** ..... Starts on Page 59

### Great Tastes in Local Foods —

by Crysta Coburn

**Eli's Blazin Wings + Pizza** ..... Page 60

**What's In Your Cup? Juice And Smoothie Cafe** ..... Page 60

**First Bite** ..... Page 61

### How York Helped Forge a New Way of Dining Out

by Angela Madaras

Page 62

### Tea Time with Peggy — Home Grown Tea

by Peggy Alaniz

Page 67

### Cooking with Lisa

by Lisa Viger Gotte

Page 68

### Detroit Nonprofit Paves the Way for Innovative Urban Agriculture

by Christine MacIntyre

Page 69

## CWJ Kids Section

**The Crazy Wisdom Kids Section** ..... Starts on Page 93

**Children's Book Picks** ..... Page 93

### Crazy Wisdom Kids in the Community

**Country Fall Festivals**

by Laura K. Cowan

Page 94

### Conscious Parenting Column ~

**Meditation For Breakfast**

by Trish Maley

Page 97

## CWJ Book Reviews

### Book Review: *Rules of Estrangement* — By Dr. Joshua Coleman

Book Review by Christine MacIntyre ..... Page 90

### Book Review: *Finding the Mother Tree* — By Suzanne Simard

Book Review by Christine MacIntyre ..... Page 91

## CWJ The Calendar

### The Crazy Wisdom Calendar Section

Calendar Edited by Jessica Thompson ..... Starts on Page 98

**The Calendar** ..... Page 98

**Background Info on the Teachers** ..... Page 116

### Body Wisdom from Our Ancestors —

**Combining Trauma Informed Movement and Art Therapy**

by Kate Roos

Page 100

### Empowered by Earthella —

**Ann Arbor's Planet Parade & Action Network**

by Megan Sims

Page 107

### Compassionate Depossession and Curse Unraveling

by Judy Ramsey

Page 112

### Changing Our Minds — Kindness, Clarity, and Insight

by Guy Newland

Page 118

## CWJ Advertisers

**Advertiser Directory** ..... Page 4

**Resources for Conscious Living** ..... Starts on Page 16

### The Crazy Wisdom Community Journal

has been published

three times a year since 1995.

Copyright © Crazy Wisdom, Inc. —

August 2022

No parts of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website, so make sure to contact us first. Articles from back issues are available on our website's archive.

### Crazy Wisdom

was founded in 1982.

Since 1989, it has been owned by

Crazy Wisdom, Inc., which consists of

Bill Zirinsky and Ruth Schekter.

### Design and Production Editor

Carol Karr

Designers: Jennifer Carson, Carol Karr

### Managing Editor/Staff Coordinator

Jennifer Carson

### Editing

Jennifer Carson, Victoria Huffman,

Michelle McLemore, Lexi Mohney

### Writers

Peggy Alaniz, Petula Brown,

Catherine Carlson,

Crysta Coburn, Laura K. Cowan,

Madeline Strong Diehl, Marie Duquette,

Lynda Gronlund,

Katie Hoener, Laurel Decker,

Christine MacIntyre, Angela Madaras,

Michelle McLemore, Carin Michaels,

Cashmere Morley, Kirsten Mowrey,

Megan Sims, Sandor Slomovits,

Emily Springfield

### Artwork

Jennifer Carson, Logynn Hailley,

Sally Wetzel

### Photography

Senior Photographer: Linda Lawson

Susan Ayer, Mary Bortmas,

Rachel Everheart, Tobi Hollander,

Kate Jackman, Hilary Nichols,

Edda Pacifico, Joni Strickfaden,

Rachael Waring, Jennifer Wooley

### Distribution

Richard Knapp, Paul Stehle

### Advertising Sales Manager

Tana Dean

### Calendar Staff

Jennifer Carson, Jessica Thompson

### Publisher/Editorial Director

Bill Zirinsky

This issue is distributed starting in the last week of August.

The deadline for Free Calendar submissions for the January thru April 2023 issue is Friday, November 11, 2022.

Contact [calendarforms@crazywisdom.net](mailto:calendarforms@crazywisdom.net)

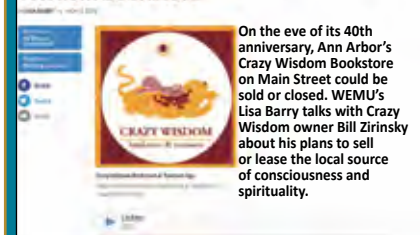
The deadline for reservations for Paid Advertising is Monday, November 21, 2022

Contact [tana@crazywisdom.net](mailto:tana@crazywisdom.net)

Listen to the interview with Crazy Wisdom's co-owner, Bill Zirinsky, on All Things Considered with Lisa Barry.



### Changes are in store for Ann Arbor's Crazy Wisdom Bookstore



Changes are in store for Ann Arbor's Crazy Wisdom Bookstore by LISA BARRY NOV 3, 2021

<https://bit.ly/LisaBarry>

[CRAZYWISDOMJOURNAL.COM](http://CRAZYWISDOMJOURNAL.COM)

This issue will be posted on our website as of September 1, 2022



# EXPAND YOUR BUSINESS HORIZONS!



*Join our family of satisfied advertisers ...*

“The Crazy Wisdom Journal and the family of publications hosted by them, are a staple in our community! Bringing natural health offerings including massage, sound therapy, reiki, natural health consultations, sound baths, classes, and events to this area simply would not be possible if it wasn't for the voice of Crazy Wisdom. **I am grateful for the excellent care, communication, and community that Crazy Wisdom has cultivated and created for this area.** Our business at 7 Notes Natural Health is proud to be an advertiser and supported in this way by Crazy Wisdom!”  
 —Rob Meyer-Kukan, Owner, 7 Notes Natural

“Being local and supporting local is what we do! **Sharing those values with the Crazy Wisdom Community Journal is why we advertise** with them. They are an amazing resource for folks in the community to learn about what's happening.  
 —Ken Davis, Marketing Director, People's Food Co-op

“**My advertisement in the Crazy Wisdom Journal brings me a lot of business.** People come in saying they saw my ad in the Journal. Generally, I have found that word of mouth is the best way to build business, but **advertising in Crazy Wisdom Journal has really paid for itself. I love you guys!!**”  
 — Cathy Boaz, Owner, Kokopelli's Korner

*Advertise in The Crazy Wisdom Community Journal and reach over 25,000 loyal readers in southeastern Michigan interested in a healthy, holistic, and conscious lifestyle!*

## Advertiser Directory

Angel Whispers Spiritual Spa & Boutique.....	33	Liz Forman Hypnotherapy .....	17
Ann Arbor Pharmacy .....	53	McLaren Wealth .....	1
Arcana Press .....	38	Melisa Schuster, LMSW .....	16
Ashes in Art Glass .....	9	Michelle Camilleri.....	19
Asian Healing Traditions / Henry Buchtel .....	16	Michelle McLemore Healing Guide .....	11
Beth's Bodywork / Beth Dulka .....	59	Michigan Collaborative for Mindfulness in Education .....	95
Bgreen, Inc. ....	20	Michigan Merinos / Happy Goat Lucky Ewe Farm .....	20
Bio Energy Medical Center .....	1	Monica Turenne / Four Paws Veterinary .....	117
Bobbi Kowalski.....	110	Nanci Rose Gerler .....	18
BVI Ayurvedic Institute .....	16	Neighborhood Theatre Group .....	20
Carol Trembath .....	77	New Earth Home and Garden / Rosina Newton.....	18
Castle Remedies .....	9	Nia Spongberg, ACC,CPC.....	18
Chanda Rollins, LMT .....	16	NITE - Naturopathic Institute.....	Back Cover
Chérie Ann McMullen.....	17	Northern Sky and Beyond/ Alice Davinich.....	16
Christi Bemister, PsyD, LP.....	23	Pauline Loewenhardt.....	17
Deep Spring Center.....	103	Peaceful Dragon School.....	83
Denise Held .....	16	People's Food Co-op .....	67
Divine Sanctuary.....	20	Pott Farms .....	11
DNA Sales 2100 .....	109	Powers 365/ Shellie Powers.....	89
Dr. Raymond Kong / Acupuncturist .....	16	Rob Meyer-Kukan, LMT / 7 Notes Natural Health .....	16
Embracing Stillness.....	19	Ronora Lodge & Retret Center .....	85
Ellen Livingston / Living Heart .....	19	Roos Roast .....	67
Elizabeth Hurwitz Elder Law .....	17	Ruth Wilson .....	35
Elizabeth Sullivan / Ayurvedic Astrology.....	89	Enlightened Soul Center .....	77
Enlightened Soul Center .....	77	Sabra Detorre / Ceremonies By Sabra .....	17
EOS Portal .....	Interior Front Cover	Sacred Sexuality with Leslie Blackburn.....	20
Eve Wilson .....	20, 103	Sing Ann Arbor.....	11
Evenstar Institute.....	15	Sole to Soul.....	55
Fran Adler .....	19	Stefanie Cohen, MA, RSMT / Moving Stories .....	18
Frog Holler Farm .....	59	Steiner Health.....	9
Ginger Chase Massages.....	16	Stephen Rassi / Chrysalis Facilitation and Counseling.....	19
Guided Hands Energy Healing / Rev. Cathy Deauter .....	17	Susan McGraw / Divine Inspiration at Work.....	31
Humane Society of Huron Valley / Tiny Lions.....	47	Suzy Wienckowski / Reiki.....	19
Indigo Forest.....	110	The Celebrated Heart / Rachel Egherman .....	85
Interfaith Center for Spiritual Growth .....	47	The Sambodh Center for Human Excellence .....	17
Jennifer Carson / Artist & Author .....	28	This Breath / Jackie Miller .....	17
Jennifer Lee Stein / Life is Current.....	18	Transitions LLC / Linda Bender.....	19
Judy Ramsey / Heart to Heart Animal Communication .....	111	Triple Crane Monastery .....	81
Karita Zarley.....	38	2 Dandelions Bookshop.....	11
Kate Roos, MAAT, ATR.....	16	Urban Rider Cargo Bikes .....	85
Kelly Mox .....	18	Valiant Realty Michigan/ Linda B. Long .....	Interior Back Cover
Kerrytown BookFest .....	15	Victoria Schon.....	51
Krasnick Regenerative Medicine.....	106	Winewood Organics .....	5
K. West Skin Body Spirit.....	83	Yoga Space Ann Arbor .....	47
Leslie Science & Nature Center .....	95	Z Source Connection / Rev. Lori Irvin.....	18
Living Grateful / Bill Mure, LMSW, CAADC.....	18		



# Meet Some of Our Creative Team

We sincerely appreciate all the talent that gets put to work to bring you the best *Crazy Wisdom Community Journal* three times a year, and like to introduce our readers to creators from each issue in this space to shine a light on their contributions.

**Carin Micahels** is a freelance journalist who has written for Gannett Newspapers, MLive Media Group, and Three Street Publications, a subsidiary of The Detroit News. She is also a playwright and has had productions in NYC, Chicago, and LA. Carin wrote a very personal essay about her journey with ovarian cancer in this issue.



**Linda Gronlund** has been writing the What's New in the Community column for over a decade. She loves talking to the practitioners, business owners, authors, farmers, musicians, healers, artists, and others in the community. She learns something new every time! Lynda owns and operates BalancePoint Fitness, a small personal training studio in Ann Arbor, and co-owns PKSA Karate Ann Arbor North, where she teaches the Korean martial art Tang Soo Do. She lives in Ypsilanti and spends the spring, summer, and fall outdoors as much as possible.



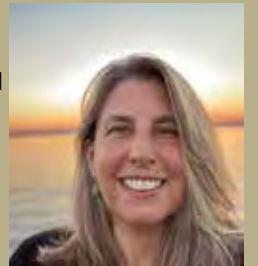
**Jessica Thompson** is our calendar editor and a holistic healer embracing the modalities of Energy Healing, Shamanic expression, Sacred Dance, Kundalini Yoga, and Astrology. As an energetic channel she helps others travel the layers of the inward journey. Facilitating as well as teaching the tools that allow her clients to filter through and release the rubble, or stuck energy that prevents the body's innate ability to Self-heal. She is a lover of the wild, of primal joy, deep living, and real conversations.



**Marie Duquette** is beginning her seventh year as pastor at King of Kings Lutheran Church on Packard Road in Ann Arbor. She is particularly interested in interfaith work, anti-racism education and action, and the hard work of reconciliation, reparation, and redemption for all those whom Christianity has harmed. A former journalist, she is currently working on a memoir about her experiences leading people of faith in four different congregations in different locations of our divided states. She has two grown sons, a partner whom she married in 2021, a cat named Picasso, and a dog named Nala.



**Catherine Carlson** has been writing for CWJ since 2019 but switched gears recently with her new column Astrologically Speaking which highlights different astrological transits or phenomena that are happening each season. She loves many out-of-the-box subjects and considers astrology to be a guide and blueprint for understanding what happens in our personal lives, as well as in the greater world. Catherine is an Ann Arbor native and now lives with her husband, daughter, and doodle dog Gracie, not far from where she grew up.



**Christine MacIntyre** is a Jackson County-based writer, photographer, and otherwise creative spirit. She is an avid reader, nature enthusiast, and animal lover. With an intense fascination with water, she enjoys swimming and kayaking with her husband and two kids. On a mission to pen a book someday, Christine continuously seeks the next story and adventure, photo opportunity, or wonder at which to marvel.



# Resist Corporate Cannabis



## WINEWOOD ORGANICS

KNOW YOUR GROWER,  
KNOW YOUR CANNABIS

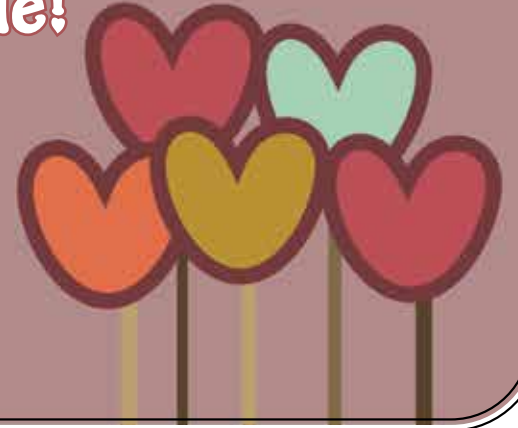




Random Acts of Kindness

# Kindness is Always Possible!

Join the Kindness Revolution



By Madeline Strong Diehl

I think most people would agree that the pandemic has made a lot of things that we used to take for granted much more complicated. For example: every time I go grocery shopping now, I feel I am putting my health at risk. Because of staffing shortages, I know I'm probably going to have to wait in line for a long time and end up in a DIY check-out lane—and those machines, for whatever reason, hate me. They spew out a constant stream of commands and demands that I can never understand. If I had any feelings of peace and harmony when I entered the store, I know they will be gone by the time I leave.



**I think most people would agree that the pandemic has made a lot of things that we used to take for granted much more complicated.**

Except, more recently, I have discovered a way to maintain my composure (and dare I say my humanity?) no matter how much the machines revile and abuse me. That is what I am going to share with you today.

First, let's review what we all are up against in this situation. We are dealing with machines known in the business as "kiosks." To me, the word sounds vaguely Scandinavian, like "Ikea," or "solkatt." (I just picked that one out of the dictionary; it's Swedish for "when the sun reflects off your watch". No, I am not kidding. You can look it up yourself, in fact; I think it's a handy word that all of us should incorporate into our vocabulary.) If you're like me, you've been socialized to believe that everything Scandinavian is cool. But, in the case of "kiosks," they are not Scandinavian, and they are not cool. If you fall into the trap of believing they are cool, you should be aware that you have been deceived, because using a kiosk means that you are the one having to do all the work!

When you are working with kiosks, you must remember that they are machines that are completely unperturbed by anything you might say or do to them to make them stop their rude and insulting behavior. You can beg, plead, curse, or bargain, and none of this will have any effect. They are not scared by threats and they're impervious to bribes.

Now let's examine the language they use to gain power over us. (For the purposes of this story, I will call the kiosk "Stan.") After waiting in line for a long, long time, when I finally reach Stan, he greets me with false AI friendliness and enthusiasm, and says: "Welcome valued customer!!! Please scan your membership card. Now scan your items and put them in the bag. Sorry. I didn't see that. Please take the item out of the bag and scan it again. I said scan your item and put it in the bag. Now take the item out of the bag and scan it. What was that? I couldn't see it. Please place the item on the scanner and type in the name of the item. What? There's no such thing as that, dummy! Try again! Obviously, you flunked spelling. Please select a picture of the item. What? You still can't get this right? Why are you taking so long? What's the matter? Are you finished? Now choose your method of payment. You're not done? Then call the cashier for help. What? There is no cashier? Then I suggest you run out of the store screaming so I can berate and frustrate the next customer in line. GOOD BYE! ... "Welcome valued customer!"



**If you fall into the trap of believing they are cool, you should be aware that you have been deceived, because using a kiosk means that you are the one having to do all the work!**

So, now I know you're probably asking, what does this all have to do with kindness? Well, our ability to be resilient and maintain our composure when dealing with the Stans of this world is directly related to: (a) how much sleep we had the night before, (b) how long we have been waiting in line, and (c) our experience while waiting in line. By the time we get to Stan, we have zero control over factors (a) and (b), but I have learned that we have a lot of control over (c), our experience in line. If we learn how to be kind in the face of adversity in the grocery store, I believe it's possible we can be part of a revolution of kindness that can have a much greater impact. In fact, I know that there are tens of thousands of people all around the world who also believe this! They are all members of the Random Acts of Kindness Foundation,

which is based on the belief that kindness is a skill that can be taught and developed. On its website, [randomactsofkindness.org](http://randomactsofkindness.org), it provides numerous suggestions for how to become a "raktivist"—someone who is constantly on the lookout for ways to be kind and thereby help to bring about a revolution of kindness.

According to the website, scientists have determined that acts of kindness confer increased physical, emotional, and psychological wellbeing not just to the recipient, but also to the "raktivist." Kindness is also contagious; observing acts of kindness also sets off a domino effect that causes observers to participate in kindness and benefit from kindness, too. And participating in or observing acts of kindness set off a cascade of happiness drugs in the brain such as oxytocin and endorphins.

Here is the story of what happened during my first experiment with kindness, before I discovered the international social movement established to promote it. (It's also the story of how I discovered how much I had let the pandemic compromise my sense of humanity, and I am embarrassed to tell it for that reason!) I was in line at my local grocery store feeling my usual ambivalence because each step forward brought me closer to home, but also one step closer to having to deal with Stan. And on this particular night there was a woman in her late 20s directly behind me who was trying, unsuccessfully, to comfort a baby and a toddler who were both crying inconsolably. And as their crying reached a crescendo, I found myself turning into my version of the CRABBY QUEEN, and wondering *Why can't this woman get her children to stop crying? Doesn't she realize that she's inconveniencing all the rest of us and putting us all on edge while we're all standing less than six feet away from each other? If this were a movie theater, or church, wouldn't she have to leave?* I looked around and everyone else's faces looked angry and impatient, too.



**...Scientists have determined that acts of kindness confer increased physical, emotional, and psychological wellbeing not just to the recipient, but also to the "raktivist."**

Suddenly, it struck me how much I have allowed my survival instinct, my reptilian brain, to take over during the pandemic. I remembered what it was like to have to take a baby and a toddler shopping with me, hoping against hope that I could make it in and out the door before they both melted down completely. I remembered that I used to be a very different person—and I vowed to become that person again. I remembered a quote from my hero, the Dalai Lama XIV: "Be kind whenever possible. It is always possible. And be kinder than necessary." So, I turned around and said to the woman: "Please. I remember what that's like! Why don't you go ahead of me in line?" At first she looked incredulous, then hopeful, then relieved, and she moved forward with a bounce in her step, and then I saw the miracle happen. Because the face of the next person in front of me softened, and he told the young mother to go ahead of him, and the next person did, too, and the next, and lo and behold, the woman got to the front of the line within about five minutes total. And if that wasn't proof enough that kindness was still alive and well in the world, the woman in the very front of the line let the mother go ahead of her, too, and even scanned all of the mom's groceries for her, and the mom was out the door within about eight minutes total.

Eureka! What I witnessed that night was the scientifically proven domino effect of kindness. I felt delirious with happiness and joy! When I looked at my fellow customers now, they were all chatting and joking with each other with smiles on their faces! (For science has proven that kindness is contagious.) It still took me a long time to reach Stan, but when he treated me with the usual sadistic scorn and abuse, I just let it roll right off my back and told him, "Have a nice day!"

That night I discovered the Random Acts of Kindness Foundation, and now I just need to help persuade millions of other people to become raktivists. The Foundation doesn't want your money; it just wants to help you celebrate kindness in everyday life. The best part of all—it's for your own benefit. As the website says, "When you are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the 'helper's high.'"

*World Kindness Day is November 13<sup>th</sup>, but don't wait until then to give it a try! Please write to us at [info@crazywisdom.net](mailto:info@crazywisdom.net) and let us know how it goes!*





By Sandor Slomovits

I had every intention of writing here primarily about climate change. Despite the many crises that Americans and people throughout the world are confronting, it seemed clear to me that climate change dwarfed them all. It is, ultimately, perhaps the only genuinely global existential crisis, impacting every living being on the planet. Nevertheless, I felt I could not ignore the other emergencies, catastrophes, and calamities that we are also facing, because many of them either directly affect climate change, are affected by it, impair our efforts to mitigate it, or all of the above.

I began writing this essay on July 11. As you read it now, it's a couple of months later. Do you recall the three weeks and some of the crises-du-jour preceding that date? Permit me, dear reader, to refresh your memory.

---

**What a dismaying, disheartening list. And a tragically abbreviated one at that. Oh yes, and don't forget climate change.**

---

There were the Supreme Court's rulings on gun rights, abortion, and limiting the EPA's power to reduce power plant emissions. Additionally, some of the Justices made thinly veiled threats of perhaps even more draconian decisions to come.

Then there was the July 4th Highland Park shootings, triggering excruciating memories of the Uvalde and Buffalo massacres, and all the others before them.

The Select Committee to Investigate the January 6th Attack on the US Capitol was exhuming and examining the sordid and by now almost buried details of that traumatic day.

The war in Ukraine was still raging, the threat of it exploding into a worldwide conflagration still looming, and its damaging effects on energy shortages and hunger in many parts of the world still unresolved.

The pandemic, depending on which expert's crystal ball was Windexed the clearest, had either eased, entered an endemic stage or, with the recent advent of the most contagious variants yet, about to flare into its maximally dangerous phase to date.

High inflation in the US and throughout the world was further squeezing many people already in the grip of poverty.

What a dismaying, disheartening list. And a tragically abbreviated one at that. Oh yes, and don't forget climate change.

After I finished writing the first draft of the previous paragraphs, I felt thoroughly enervated. I looked at that list and thought, "No one will want to read this. And especially, no one will want to read that climate change may be even more daunting than all of these issues, and that all of these are likely to make addressing climate change even more difficult."

And then, unexpectedly, I heard a little voice singing a brief blues lyric in the back of my head. "A thimbleful of good news, a bucketful of bad." Thinking that a line that good likely did not originate with me, I immediately Googled it. And found to my happy surprise, that in fact it had. The closest one that I found to it was by Henri Matisse who supposedly said, "A thimbleful of red is redder than a bucketful." Which is, I'm sure, good advice for painters but seemed, at first, not at all what my inner lyricist was singin' about.

---

**And then, unexpectedly, I heard a little voice singing brief blues lyric in the back of my head. "A thimbleful of good news, a bucketful of bad."**

---

So, I asked my interior songsmith-in-residence for an encore and he doubled down with this. "A bucketful of bad news, a barrelful of worse."

"That's more like it," I thought sourly. The original line had seemed, in my mood of the moment, Pollyannic, too good to be true. I couldn't see, "A thimbleful of good," on that list—or on any other I could conjure. I only saw buckets and barrels.

And then, as if on cue, a notification popped up on my laptop screen. "Breaking News from the Washington Post." Glad for the distraction, I opened the email. And immediately felt—literally, physically felt—different. My mood, my state, suddenly reoriented 180 degrees. All because I found myself looking at the first picture the James Webb Space Telescope had sent back from its parking spot a million miles from Earth.

---

**My mood, my state, suddenly reoriented 180 degrees. All because I found myself looking at the first picture the James Webb Space Telescope had sent back from its parking spot a million miles from Earth.**

---

It was breathtaking! A Jackson Pollack style spattering of innumerable galaxies on a black field—an absolutely jam packed view of an infinitesimally tiny fraction of the universe, a magnificent postcard from the edge of time. I was gobsmacked. I stared at the screen through wet eyes. It literally took me out of this world. As Dante wrote at the end of *The Inferno*, "We beheld through a round aperture/Some of the beauteous things that Heaven doth bear;/Thence we came forth to behold the stars again."

None of the items on the crises list I'd just compiled had changed. None of the issues were clarified, mended, or resolved by the sight of that picture. Nothing in the world had changed.

But I had.

I got up from my desk and headed outside for a walk. My neighbor was gathering daisies from her garden to bring into her house. The daisies looked especially lovely in the sunset's fading light. I remarked on them and she said, "Yeah, I need something cheerful to bring inside." I nodded, "I know what you mean." And told her about the Webb photo I'd just seen, how beautiful it was, how it had uplifted me. She said she'd look for it as soon as she went inside.

A single picture, a handful of daisies. Maybe Matisse's maxim, "A thimbleful of red is redder than a bucketful" applied in this respect also. Maybe a thimbleful of good can be more powerful than a bucketful, or even a barrelful of bad. Maybe Webb's shining example of international cooperation, of technological miracle-making (scientists from many parts of the world contributed to Webb, and of course the accumulation of thousands of years of human wisdom underpinned the entire endeavor), might help inspire us in solving our difficulties closer to home.

---

**But my experience with the Webb photo on July 11 reminded me that it is in touching joy—even just a thimbleful of joy, in the myriad and unique ways we all have—that we will find the strength to do those things.**

---

The next day there were more pictures from Webb, each one more spectacular, more glorious than the next. One of them was a side-by-side comparison of pictures taken of the same speck of sky by the Hubble telescope and by Webb. By looking deeper, Webb had been able to see so much more, and so much clearer; had uncovered what had not been visible before. Perhaps that's also what is needed here on Earth. Maybe it will help if we try to look deeper and try to understand more about each other and the challenges we face.

We, the planet, and everything living on it will, I sadly fear, sink deeper into the inferno that is climate change before we rise from that hell and heal. (I am not willing to entertain the possibility that we won't.) Of course, I am by no means suggesting that simply feeling uplifted and energized by Webb's astounding accomplishments—or by any other joyful experience—will alleviate climate change. I know that I must continue, and even increase my efforts to be mindful of my actions, to do my small part to tread lightly on the Earth, to advocate on her behalf, to value her gifts. I respectfully submit that we all must. But my experience with the Webb photo on July 11 reminded me that it is in touching joy—even just a thimbleful of joy, in the myriad and unique ways we all have—that we will find the strength to do those things.





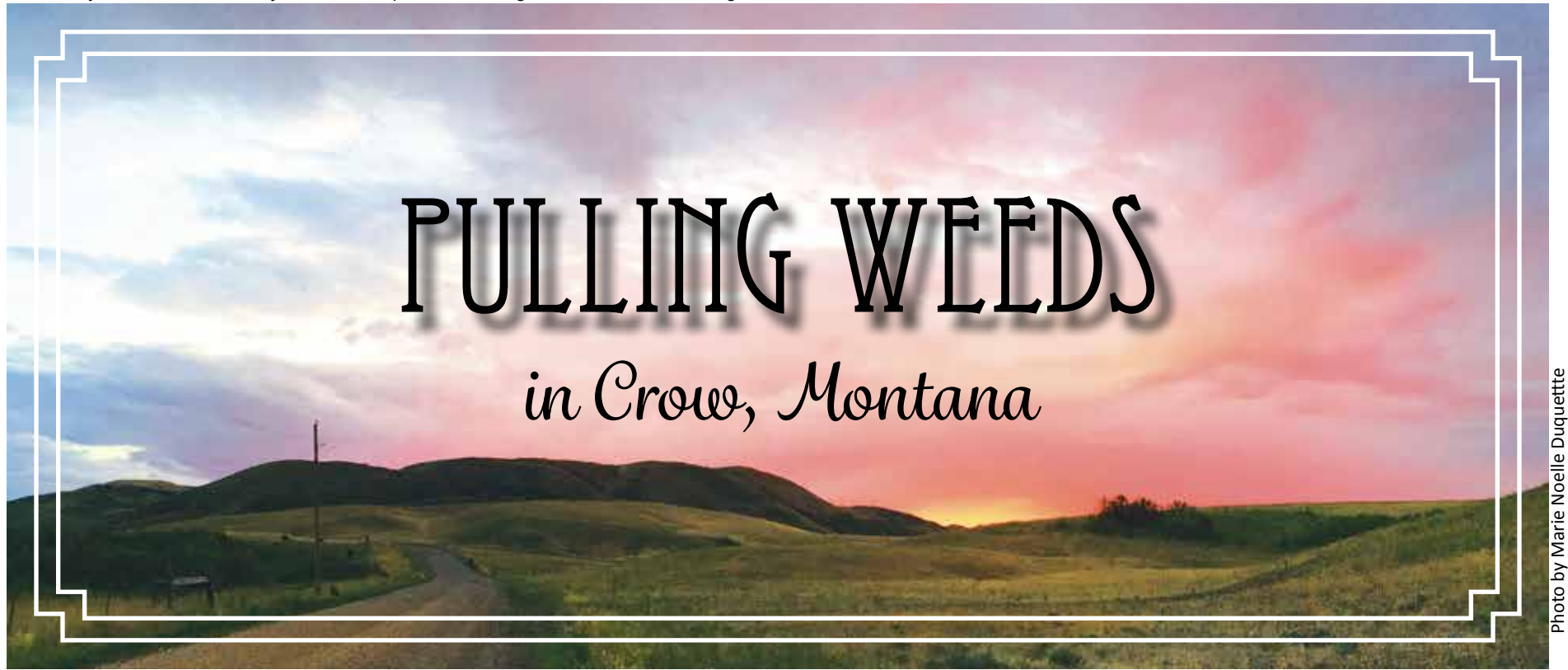


Photo by Marie Noelle Duquette

# PULLING WEEDS

## in Crow, Montana

By Marie Noelle Duquette

In 1994, I watched *A River Runs Through It* while I was nine months pregnant. It was filmed in Montana. As the credits rolled, I thought, “That is one of the most beautiful places I’ve ever seen.” I named the baby I was carrying, Chase Montana.

He wrote an essay in college that began: “My mother named me after a place she had never been. She said I would go there someday.” In 2017, Chase and I both went to Montana, on separate trips. I accompanied four youth from our church and their two young adult leaders. We stayed on the reservation with seventy high school youth, their chaperones, and Crow leaders who acted as hosts. What follows are excerpts from my journal during that time.

**July 9, 2017** *“I am the oldest one here. This is new to me. I will need to remember my role if I am to survive this heat. I am the one who captures stories and weaves them together for the telling—I couldn’t force myself to work harder than I was able and pass out or get heat stroke. Earlier this evening, we gathered with other church groups in a small classroom in the elementary school where we are staying to engage in The Blanket Exercise, a participatory history lesson developed in collaboration with Indigenous Elders and educators. Its purpose is to foster truth, understanding, respect, and reconciliation among Indigenous and non-indigenous peoples.”*



He wrote an essay in college that began: “My mother named me after a place she had never been. She said I would go there someday.” In 2017, Chase and I both went to Montana, on separate trips.



*First, we were instructed to stand somewhere on one of the old blankets that covered the floor. The blankets represented land. Once assembled, community elders read as voices of the Native Americans; leaders from Youthworks, the group who had organized the trip, read the parts written for the U.S. Government. The Native American voices spoke far less. As these narrators moved us through the story, they picked up blankets so that we had to move closer and closer to one another to share the small amount of “land” that was left. A leader randomly walked through the middle, giving out colored index cards. I was handed a yellow card which meant I was killed by smallpox. I felt indignant when they handed me the card; I had only just begun to play the game. How could I die so soon from a disease for which we now have vaccines?*

When the game was over, a Lakota elder lead a discussion about the experience. He began by quoting a character in the book, *The Wolf at Twilight*.

*“I’m not saying any of this is your fault or even that your grandparents did any of it. I’m saying it happened, and it happened on your people’s watch. You’re the one who benefited from it. It doesn’t matter that you’re way downstream from the actual events. You’re still drinking the water. I don’t care if you feel guilty. I just care that you take some responsibility. Responsibility is about what you do now, not about feeling bad about what happened in the past. You can’t erase the footprints that have already been made. What you’ve got to do is take a close look at those footprints and make sure you’re more careful where you walk in the future.”*

It was hard not to feel ashamed of our history; it was hard to look directly at him or at one another. “So,” the elder said. “Let’s talk about what it means to be careful about where we walk in the future.”



**July 10, 2017.** *Chase, the part of the Crow reservation on which we are staying is exactly what you prepared me for—abject poverty. Our base camp is an elementary school which many communities we are accustomed to living in would likely demolish without so much as a vote. I think of the well-coiffed communities of our country with typical incremental increases in taxes for things like new turf on the football field or new technology in the library—how they are often disputed, but nearly always passed. This school needs paint, new toilets, and a mirror in the bathroom would be nice. On the doors of the main entrance is a black bumper sticker with block white letters spelling out: METH IS DEATH / NOT EVEN ONCE.*

*Johnny is the security guard on hand. He is all Crow: skin that looks like weathered leather with a thick head of hair three inches tall. I got locked out of the building last night and Johnny was the one to open the steel door after my muted knocks. I thanked him. His reply, “I saw you go to your car to get your water bottle.”*

*I didn’t see him see me.*



**July 11, 2017.** *Yesterday we went to the home of Jackie Whisperstep to help clear about a quarter acre of the land surrounding her house. It is filled with tightly packed Amazon weeds, each one 10’ tall. Their stalks are like hard bamboo, about 3” in diameter. It is 103 degrees. I drag bundles of these weeds out of the area all day, taking long breaks for water and lunch. The youth work endlessly with few breaks, by choice.*

*The skin on my hands looks like that of a Native American elder. I look at them and think, “these are getting to be the kinds of hands I would want to photograph for the stories they hold. But now that they are my own, I don’t want to photograph them.”*

*I spend quite a bit of time talking with Jackie. She brings me a cup of hot coffee when she sees me panting, my face ablaze from the heat. “Drink it, she said,” it will cool you off.*

*I did, so as not to offend. I instantly felt revived. “What kind of magic coffee is this?” I asked.*

*“Dunkin Donuts,” she said. “With some Hazelnut Coffeemate in it.”*

Jackie Whisperstep has her master’s in social work from Walla-Walla University in Washington. She is retired, slightly younger than me. Her husband died last year; his hat remains on the table next to his worn leather recliner. Her dog and cat, Milo and Otis, wander reluctantly outside as we work, moving to stay in the ever-moving shade. I asked her what she planned to do with the land once it was cleared. She told me we were not clearing the land to build or plant; the fires that come in the late summer will ignite her house if they are not removed.



A leader randomly walked through the middle, giving out colored index cards. I was handed a yellow card which meant I was killed by smallpox. I felt indignant when they handed me the card; I had only just begun to play the game.





We sip our coffee in silence, watching the youth make their way in and out of the Amazon weeds, work gloves covering strong hands that carry bundle after heavy bundle to the truck bed so we can drive them to a far corner of the reservation. "I prayed every day that God would send people to help clear the weeds," she said. "Thank you."

Later that afternoon, we gathered to hear Wrex, an elder, explain the process of a Sweat Ceremony. He introduced himself, "W-R-E-X, the W is silent." He chuckled, clearly pleased with his joke. We were sitting in a large circle facing his sweat lodge. We were outdoors, but inside a fence-wall that was constructed of long birch branches, upon which thick blankets, animal hides, and bundles of sage and chokecherry leaves hung. The effect was to be enclosed in an open-air fortress, hidden in plain sight. We had passed by this sweat lodge many times during the week while clearing Jackie's land. We had looked at it from a treeline above when we carried truckloads of weeds to a dump. We never saw it. The lodge itself, like the fence-wall surrounding it, was made of long sturdy branches that were bent to form the skeleton of a tent shaped like an eagle. Wrex reached down and grabbed the corner of an animal pelt, flipping it up on to the top of the lodge to show the doorway. A twin doorway was on the other side so that one could have crawled into and through the lodge, right out the back door. Just inside to the right of the doorway was a pit about three feet deep and three feet wide, filled with pieces of fist-sized sandstone. Sage and sweetgrass were scattered on the limbs to form the roof. Wrex said, "During the ceremony, participants take turns pouring ladles of water onto these rocks, adding steam to the heat of the lodge."



The skin on my hands looks like that of a Native American elder. I look at them and think, "these are getting to be the kinds of hands I would want to photograph for the stories they hold. But now that they are my own, I don't want to photograph them."



On the night of each new moon and each full moon, Wrex and nine to eleven other men in his tribe enter the lodge to pray and experience the cleansing of impurities from their bodies. Wrex explained that this detoxifying process gives the men clarity of vision and insight.

"In this way," he said, "We pray in community and as individuals. And we pray simultaneously with our bodies, our minds, and our spirit. If you do not pray in this way," he cautioned, "you will not live in balance."

Wrex said that the sweat lodge ceremony is not to be taken lightly. "It is transformative," he said. "Those who arrive angry, find calm. Those who are lazy, become energized. Those who are without direction, may be given guidance. Those who are weak, gain strength. The wisdom we receive in the Sweat Ceremony, comes from the words we say to one another. That is why even those who do not receive a specific answer must still come; it may be that they will be the one who receives the words to speak to another in need."

We left the beaten path that others in our group followed, winding our way through the mountains at dusk, listening to playlists the youth took turns offering. During "The Dark Side of The Moon," we happened on a lake so calm it commanded us to be still.



I think about Jackie Whisperstep and the fragility of her house given the heartiness of the weeds that grow too near it. And I long to go back, to stand with those to whom we made promises we did not keep.



I was viscerally aware, that the United States of America, with the help of the Supreme Court, has broken every single treaty it signed with our indigenous siblings. The Supreme Court recently has upended environmental law. Fire season in the dry, western states has begun. I think about Jackie Whisperstep and the fragility of her house given the heartiness of the weeds that grow too near it. And I long to go back, to stand with those to whom we made promises we did not keep.

The definition of faith is being sure of what we hope for, and certain of things we cannot see. When I apply this definition, I realize my faith remains because I hope for a world bigger than I can see or understand; a world where justice is proactive. And I am certain that we were gifted by the stories we experienced in the Crow community, which invite us to consider more carefully where we walk. And why.

Learn more about *The Blanket exercise* here at [kairosblanketexercise.org](http://kairosblanketexercise.org). Marie Duquette is beginning her seventh year as pastor at King of Kings Lutheran Church on Packard Road in Ann Arbor.



Ashes in art glass



The Memory Sphere is a forever keepsake using a loved ones ashes encased in solid glass. Set up your personal consultation [AshesInArtGlass.com](http://AshesInArtGlass.com)

CHRIS NORDIN  
STUDIOS

313-683-3363 117 East Ann Street, Ann Arbor, Kerrytown District

CASTLE  
REMEDIES

Now Open for  
In-Store Shopping!

Since 1984, your source for:

- Homeopathic Remedies
- Quality Nutritional Supplements
- Herbs & Essential Oils
- Flower Essences
- Unique Gifts & Jewelry



Shipping and contactless pick up options available.

Ann Arbor, MI • (734) 973-8990 • [www.CastleRemedies.com](http://www.CastleRemedies.com)

For questions call:  
734-222-1491

FOR CHRONIC ILLNESS, CANCER, OR WELLNESS

Life Force Intensive Session

Regain your health with two weeks of anthroposophic medical care, therapies, and nutrition in Ann Arbor.

Oct 31st-Nov 12th

Start your registration at [steinerhealth.org](http://steinerhealth.org)



# Wintering Within

By Kirsten Mowrey



As I write this the days are lengthening, the sun riding high in the sky, and the expansiveness of summer stretches before me—though the days seem to be filling fast. So much to cram in here, in Michigan, where summer is the fleetest season: lake time, picnics, parties, peony blooms, and cicada chirps, fireflies and star showers, light until late in the evening and 4 a.m. birdsong. Long, hot, humid-filled days and hopefully, lots of water play. But you will be reading this after all that has passed, and the days shorten. I am always surprised how soon the dark comes in late August, how quickly the dusk rises, how the trees begin their color change, their leaf drop.



**I am always surprised how soon the dark comes in late August, how quickly the dusk rises, how the trees begin their color change, their leaf drop.**

We turn on the lights and leave them on longer but keep rising at the same time—or perhaps even earlier now that school routines are back in place. Though my business is not on the school cycle, in our community of three universities, a community college, and numerous public, private, and charter schools, the academic calendar creates the rhythmic foundation. Its ebb and flow grounds the cycles of traffic, society, culture, and even health access. This river flows greater in the fall and winter than in summer, in stark contrast to the natural world and our bodies natural rhythm. It's an almost perfect opposition—the warm sun-filled days coincide with the rousing of birds and nature while the arrival of winter coincides with the rising of the window blinds, the glowing flash of artificial light, and pulling ourselves from the cozy nest of blankets and darkness.

But maybe we shouldn't be so hasty.

We live in a culture that's all about constant pushing, striving, reaching, accelerating, and growing. Nothing in the natural world does this. Plants leaf out, form flowers, bloom, fruit, and fade with the sunlight. Birds, bees, mammals, and amphibians all have their cycles of activity, fertility, and rest appropriate to their climate: times of slowness, times of busyness.

Why don't we?

This question tugs my heart, particularly in 2022, as we look back at the past two years. There has been a lot written about the coronavirus pandemic by all types of talking heads: what does it mean, what do we do with it, how do we move beyond it? I'd like to offer a framing of it that comes from my love of mythology and story. Stories can aid us in times of struggle. We make meaning through story, but as Carl Jung pointed out, is that story a healing fiction, or a debilitating one? What story are you telling about the pandemic, about the last two years? I invite you to think of them as an initiation.

Initiation is a threshold crossing: a ritual and ceremonial process that humanity uses constantly. Our long-ago ancestors initiated youth into adulthood through ceremony. Youth were prepared for months to survive the ritual, to leave their childhood behind, and return with the seeds of their adult self. Graduation, communion, bat/bar mitzvahs, baby and wedding showers all derive from this tradition.

That nascent adult over time would become an elder to the next generation of youth. Initiation has three psychological and psychic components (I use psychic in the sense of soul, and psychological in the sense of our thoughts). First, it is a break from the world you knew before the initiatory event. Second, it is an alteration of your sense of self, and finally, you can never return to the world you left behind. It is meant to be a contained encounter with death.



**After over twenty years working with bodies, I know well how our culture of ascension works: it asks us to leave our bodies behind, to forget them, discipline them, or anesthetize them. Yet it is only through turning toward and attending to the body, and therefore the soul, that we can meet our needs, meet ourselves, be present in our lives and express our aliveness.**

While historically initiation is a planned and prepared for event, there are also those that are not. Psychologist Francis Weller calls these "rough initiations; when the bough breaks." The key difference between planned initiation and unplanned—there is no containment. When the bough breaks the cradle falls and you have no idea how to respond. Your spouse asks for a divorce. You lose your job. You receive a cancer diagnosis. You lose a loved one. You've been pushed off a cliff you didn't know was there, weren't told about, couldn't prepare for, nor even had an inkling it existed. Unlike prepared initiations, where there is planning, education, skills, and practices in place, your hands are empty. You find yourself away from the known world and dropped into....what?

Think about these in the context of the coronavirus. Almost all of us were caught unaware, our lives overturned within weeks. Many of us were desperate for news and guidance to keep ourselves safe. Talk quickly turned to "getting back to normal" without any recognition that "normal" was gone. There is no longer a world where we don't know what it is like to have a global pandemic, where we don't know how it feels to have a novel disease upend our lives, where we don't see how differently we each respond to uncertainty, mystery, and stress. Whether we were ready or not, willing or not, initiation occurred. We broke away from the world "before" and can never return.



**While historically initiation is a planned and prepared for event, there are also those that are not.**

Our culture, particularly our spiritual culture, focuses on ascension. "Rise up!" we hear. Meditate to leave your body and suffering behind, sweat out those difficult emotions, keep running, reach out. Our spirits rise, which is all well and good, but what about our soul? Do we have roots beneath that rising? Soul is earth. It is our bodies, it is the physical world we live in, our loved ones, our pets, all that is tangible and touchable. Soil on our palms, our gliding joints as we plant flowers to smell or vegetables to harvest, the taste of mint on the tongue, the soft brush of rose petals against our lips, the warm weight of a beloved's hand in ours, the silky fur of our cat, the delicious taste of our favorite food. Soul is interior, it is reaching in rather than out, it is paying attention to what arises from our guts, our passions, our hearts. Ancient Western philosophers placed sensation in the heart. Our aesthetic response, our response to physical beauty feeds our heart. Soul tracks our attention into the cave of ourselves, and if we go deep enough, we find the cave of memory. Soul takes us to places like Lascaux, the darkness where art and beauty were painted on the walls, celebrations and kinship with Others who share our planet. Soul asks us to face our bodies, befriend our physicality, our immanence, our being, and ultimately, our mortality.



**We live in a culture that's all about constant pushing, striving, reaching, accelerating, and growing. Nothing in the natural world does this.**

After over twenty years working with bodies, I know well how our culture of ascension works: it asks us to leave our bodies behind, to forget them, discipline them, or anesthetize them. Yet it is only through turning toward and attending to the body, and therefore the soul, that we can meet our needs, meet ourselves, be present in our lives and express our aliveness. Biologically, we have more receptors within our bodies than without, more nervous system connections below the skin than on top. I interpret this to mean that what happens within might just be as important as what happens without.

One of the most difficult parts of turning our attention inward is noticing all the places we have neglected. It's like waking up from an illness only to find the house in disarray: dirty laundry everywhere, dishes stacked in the sink, and mail piled up. Feelings are often right at the door when we turn within, or exhaustion, pain, or loneliness. If we can stay with our discomfort and befriend what greets us, we return to the ability to choose our response. Take a moment right now to stop reading this and breathe. Sense what is within you from these words. Is your breathing fast or slow? Do you feel the support (chair, floor, bed) that is beneath your body? How much of your weight is resting there? Are you settled or are you lifting, ready to move? Breathe. Notice. Breathe. Notice. Breath. Notice.



As I wrote that, I felt my butt widen on the chair below me. I felt my ribcage expand more with each breath. I felt more weighted, present, and real.

Bringing safety and connection to ourselves allows us to feel more alive. Being more alive not only enriches our experience of life—it allows us the choice to respond to what happens in our lives.

Joanna Macy, in her book *Active Hope*, writes of how we need two essential movement directions. One is to oppose those events in the world that are harmful, that don't enhance life, to say "no" to violence, pollution, or oppression, for example. But more of our psychic and psychological energy needs to be directed toward what we say "yes" to—to life-nourishing and life-enhancing activities. It takes reflection and choice to actively move toward life. We cannot know the where or the what if we do not take the time for pausing, evaluating, weighing our energy levels and abilities, and then creating our intention.

This is what winter is for. Autumn is the time of harvest, where we gather all that grew over the past year. Winter was traditionally about rest, repair, and pause. In settler communities you ate the food you had preserved in the autumn. Christian families and communities would gather for the great feast of Advent, while Pagans would celebrate the Winter Solstice, gathering close in the darkness. Indigenous communities would tell the winter stories, told only at the dark time of the year to feed the community in the cold. Life was slower.



**I encourage you to winter with these questions and see what seeds arrive, ready for spring's return.**

Where is our pause, our rest, our time in the dark now? Where is the time of inhaling, pausing, letting the body be heavy and slow? Where is the psychic soul space of moving into mystery, chaos, and the unknown of darkness to create anew for spring? We have left rest behind in the belief that we are unattached to nature. Rather than turning inward, we seek the anesthesia of constant doing, or the amnesia of distraction and exhaustion. Neither satisfies our craving within, the emptiness we feel in our souls.

Getting present with winter also gives us a contained experience with a death not our own. We know winter will end, that the days will get longer. Can we allow ourselves to experience the death of the natural world around us as a model to become more comfortable with death itself? We all lost a part of ourselves in this Covid initiation, but death is only a part of the cycle. The tree in the park will lose its leaves and flush with green again in the spring. The riverside will turn brown and decay, and the ducks and geese will return to nest in the grasses.

To show up in these times, in the world beyond the threshold of the coronavirus pandemic, we must be willing to be present with all that we are—leaving no part behind on the trail we walked. Acting from our soul *with* our spirit, our darkness, *and* our light, welcoming in the rejected outcasts, we need everyone, and as much of ourselves as we can gather.

What, when, and where brings you a sense of safety and connection? Is there a place, a person, or a time of day where you feel a safe harbor and ability to rest?

Let the seasons guide our soulful journeys, let us harvest and then slow down, turn inward, and re-introduce us to ourselves. Who are you now, after these two, ground rumbling, culture tossing years? What surprised you about yourself, your friends, your relationships? What rose to sustain you, anchor you, and nourish you? I encourage you to winter with these questions and see what seeds arrive, ready for spring's return.

*Kirsten Mowrey is a trauma-informed somatic practitioner. She uses hands-on, movement, and soul focused practices to assist individuals on their life's journey. You can find out more about her on her website, [kirstenmowrey.com](http://kirstenmowrey.com).*



**Embodiment Meditation**  
\*PRIVATE & GROUP SESSIONS

**VOCAL COACHING**

**1<sup>st</sup> SUNDAY OF THE MONTH KIRTAN**  
@ the Studio & Online \*Donation

FOR MORE INFORMATION  
**SingAnnArbor.com**

**Sing Ann Arbor**  
206 South Main Street, STE 218 Ann Arbor, MI  
313.820.8364

**Energy Therapy**  
*plus*  
**Stress Management Coaching**  
*equals*  
**Balanced Living**

*It is the heart of the journey.*  
*Ready for your next step?*

**Michelle McLemore, Healing Guide**  
[michellemclemore.com](http://michellemclemore.com)  
(517) 270-0986

2 Dandelions

BOOKSHOP

VISIT US IN DOWNTOWN BRIGHTON

words  
wishes  
wonders

Tues. - Sat. 10 - 8pm  
Sunday 12 - 5pm  
810.522.5310  
428 W. Main St.  
Brighton, MI 48116

Mention  
this ad when  
signing up for our  
loyalty program  
and receive a  
FREE button

[2dandelionsbookshop.com](http://2dandelionsbookshop.com)

Simple ingredients of organic hemp seed oil and our own hemp flower extract makes our CBD Oil great for both you & your pets.

a Kind Company

A regenerative hemp farm dedicated to responsibly producing great CBD.

*shop & learn more*  
[pottfarms.com](http://pottfarms.com)



# Kindred Conversations

with Hilary Nichols



Story and Photos By Hilary Nichols

Where does music begin? When you're a musician, the search is inward. David Magumba realized that, "Beyond inspiration, you do the work. You make it happen. As a songwriter, that is the effort I am making right now."

When Magumba writes a piece, he sees the science of it. "I line up as many of the parameters as I can before I dive in—How do I want the lyrics to hit, the melodies to harmonize, and what instruments and why?—until the voice of the piece begins to emerge." With a temperament for detail work, he is suited for the long hours alone, crafting a song into being. The devotion is worth it. It is undeniable. Music is his world.

Magumba has been told, "you have a gift," ever since he was small. He was advanced to primary in the church choir by age six at his Catholic school in Price Hill, near Cincinnati, Ohio. The area was tough, but his parents, having escaped Ida Amin's Uganda, found each other there, and the church became their safe haven. He followed his sisters into the choir, "cause that's what the cool kids did." The first time he opened his mouth and started singing, he found the response was bizarre. All he knew was that he was making people happy. He knows he was lucky to find music. Quickly, he became a professional, singing at weddings and funerals as early as first grade.



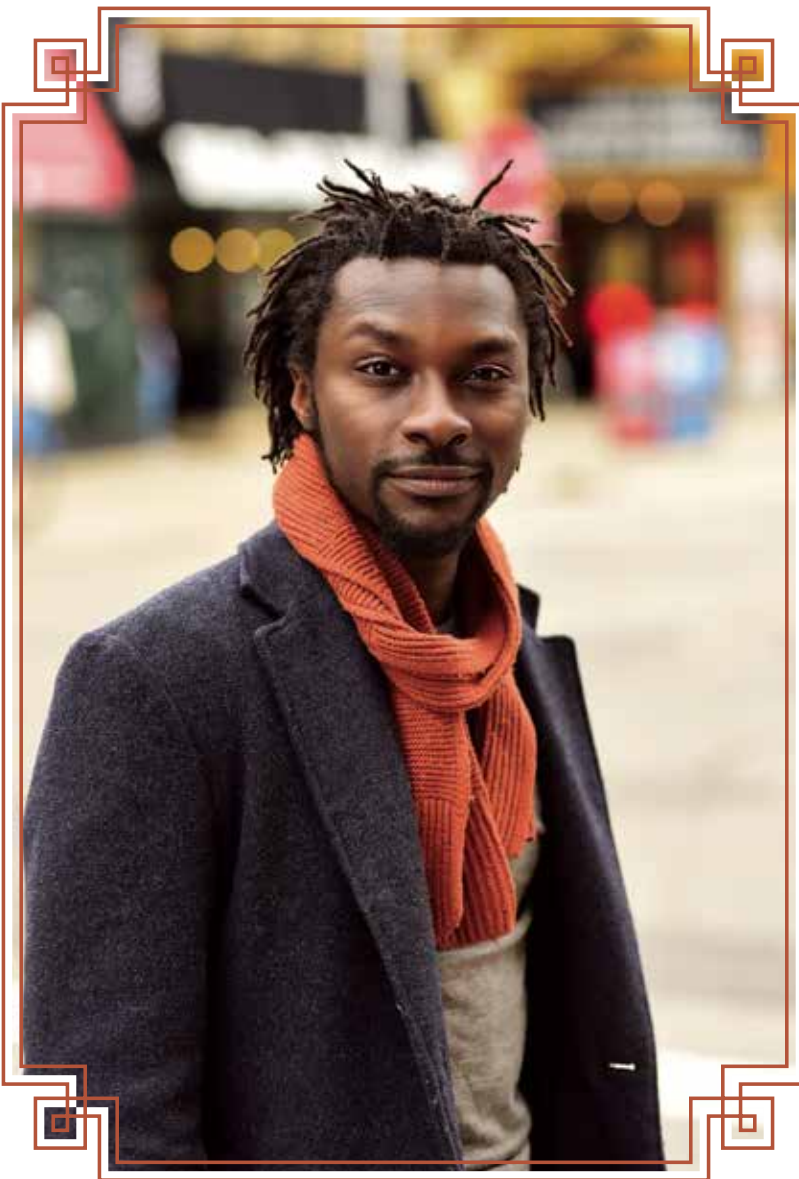
Being a professional musician can be slow, methodical, and agonizing work.

He entered the Vocal Performance major at the University of Michigan school of Theater and Dance after some false starts. Originally, he entered college in the business management department at Michigan State, which "didn't work out at all." It was a job at Zingerman's that brought him to Ann Arbor where he enrolled initially at WCC. Still not it. The aha moment came with a realization that he should audition for the opera department at U-M, in order to fully develop his singing voice, which would take more training, which would take more funding. Once he auditioned, the school agreed, he was meant for the program, and did provide some support, though he paid his own way through most of his college career.

But that doesn't mean this career comes easily. Being a professional musician can be slow, methodical, and agonizing work. "I want to put my message in the best light that I can." To get the work out of his head, Magumba has had to learn to share the process. From the Amazin' Blue Acapella group, and theater and music writing workshops, he has finally found his home and family of fellow creatives. By creating this microcosm to collaborate with, the creation begins to flourish—it grows and takes on a life of its own. "It enlightens me to dig deeper and to be able to evaluate how I actually want to say what I mean in different ways. With these respected reflections the work is honed until it really hums," Magumba muses.

David Magumba is a Singer-Songwriter, U-M Graduate, and an opera vocalist.

He and I are sitting at Black Diesel Coffee House on a Tuesday morning, when he shares his performance schedule. He is keeping busy as an artist these days. He completed his roles in *Dead Man Walking* (U of M), *La Boheme* with the Detroit Opera House, *Smokey Joe's Cafe* with the Encore Musical Theater, and contributed to recordings with Emma McDermott and Hannah Baiardi, and S.N.O.T. chamber orchestra, ([youtube.com/watch?v=Nj2rmvXYM-U](https://www.youtube.com/watch?v=Nj2rmvXYM-U)) all while continuing to pursue his solo career.



We are lucky that his love of music remains local before his undeniable talent takes him to a bigger stage.



So, it was at his standing Tuesday night gig at the Ypsilanti Cocktail Club where I first hear Magumba's voice. Even before we open the heavy doors and step into the stylish new club, I am struck by the strength of his tenor tone. He sits unassumingly behind his keyboard and fills the room with the contained power of a beautifully trained voice. Both effortless and all-enveloping, the elegant sound captivates the room. The audience, made up of many of Magumba's friends from the music department, hangs on every word. The support is palpable, but he doesn't take that for granted. Though his goal will take him to another city someday, he designs that his "goal in Ann Arbor is to build my army of support to collaborate with." When the set ends, the microphone is unexpectedly, yet quickly, reattached to a karaoke set up and everyone steps up to join Magumba in a duet. With so much talent in this room, it is clear, Magumba's army is fully formed and unstoppable. And for now, we are lucky that his love of music remains local before his undeniable talent takes him to a bigger stage.

"Beyond inspiration, you do the work. You make it happen. As a songwriter, that is the effort I am making right now."

—David Magumba





Alexander Weinstein is the author of *Children of the New World* and *Universal Love*.

Sustainable Arts Foundation Award and Pushcart Prize, as well as appearing in *Best American Science Fiction and Fantasy*, and *Best American Experimental Writing*. Most notably, his short story, *After Yang*, was made into a film starring Colin Ferrell and Jodi Turner-Smith, now playing on Showtime. The director, renowned Korean filmmaker Kogonada, came to visit. "He sat at my table, we drank tea by the lake, and we spoke about the characters like they were real people. Then he went off and wrote the script." The film was nominated at Cannes and won the feature film prize at Sundance Film Festival. Weinstein approved. "It was amazing to have these actors saying the lines right out of my writing. He really captured the heart of the work. It was like seeing old family members."

Our way of being, our common sense and social norms, the way we dream and scheme in sequence are all from story. This source, from our fables and fairytales read while tucked into bed, becomes our common thread. Much of the mythos that unifies a culture comes from a book, written by a writer, before it creeps into our shared psyche to become the substructure of society. We owe our very way of being to a writer. But where did the writers summon the stuff to scribe these sacred texts that we now trust to be our veritable lifeblood?

For Alexander Weinstein, the visions that fill his pages come through the heart. The characters aren't recycled through a telescope to retell the details of our earthly life. These visitors enter through a portal from another realm. With his deft craft he makes them a home here, so that we can all meet the face of fantasy like a new friend or family member.

Each story opens us to his unique world within a few words and we are swiftly enveloped into this new truth. It is in this cajoled familiarity that these characters can do their important work of influencing our perspectives effectively. Through the singular mind of the maker, all of our imaginations are made greater. Weinstein does not take that responsibility lightly. He shared, "I find the spiritual in my present work is in the hearts of my characters, and in the aim of transcendence that underlines the characters and the plots of the stories."

After years of deep work, studying with the Tepehuán of the Sinaloa region of Mexico, and traveling with the Huichol Indians to their sacred Wirikuta, birthplace of their Gods, alongside his more current pursuits in Lakota ceremonies and loving kindness Buddhist practices, Weinstein delves the depths of consciousness to populate his landscapes. This time of introspection has clearly been precious work to meet the many wild wonderings. His theory might seem far out, but he posits that a writer must spend the time in the quiet groves and fairy forests listening "in hopes that the unseen might decide to enchant and whisper tales of the sacred into the storyteller's slumbering ear." Some stories are made up and others are a gift from the "shared consciousness from an unseen world."



"He sat at my table, we drank tea by the lake, and we spoke about the characters like they were real people. Then he went off and wrote the script." The film was nominated at Cannes and won the feature film prize at Sundance Film Festival. Weinstein approved. "It was amazing to have these actors saying the lines right out of my writing. He really captured the heart of the work. It was like seeing old family members."

Most notably, his short story, *After Yang*, was made into a film starring Colin Ferrell and Jodi Turner-Smith, now playing on Showtime.



The stories in his newest collection, *Universal Love*, summon surprising worlds in an instant. Each might seem bleak at first in this style of science fiction or, more aptly, speculative fiction, but on a deeper read the stories are filled with heart and hope. The other worldly characters encounter unfamiliar conflicts but transcend their troubled souls in the same ways we might. Cautionary tales, it could be called, and I do hope we take heed before our current trends collide with these fuzzy future tellings. "It is realism but just a little further than we are right now."

Holographic parenting is happening. The dystopia world is mirroring my stories, in some unsettling ways it seems." As the author taps into the gestalt of the moment, does fiction report on or determine our reality? That is the query. I for one hope to steer away from a virtual world where our oxygen comes from tanks, and our bots struggle with addictions, too. Lately, Alexander Weinstein is exploring a more utopic vision, and with his powerful force of fiction, our future just might be bettered by his far out and outstanding imaginings.



Weinstein delves the depths of consciousness to populate his landscapes.

Weinstein has been listening for a long time. He has been writing since third grade. Handwriting reams of pages with his first drafts, before the countless hours spent honing that brilliant initial blast, through the miasma of doubts and drudgery until eventually it shines again, with that initial sense of assuredness.

Now a full professor of Creative Writing at Siena Heights University, and the founding director of the Martha's Vineyard Institute of Creative Writing, Weinstein is a youthful spirit, handsome in his middle years with a well-earned gravitas. He has been living in Ann Arbor for 12 years, in a current cabin-styled home with his new wife and their blended family for a few years. I joined him there on the back porch, at the last house on a dead end, not far from downtown. The yard is surrounded by wild woods, with a slope that leads to a small swimming lake. Spending time in this nature is now a big part of the spiritual practice that fuels his fiction.

His first short story collection, *Children of the New World*, was named notable literature by *NPR*, *NY Times*, and *Electric Literature*. He is a recipient of the

A writer must spend the time in the quiet groves and fairy forests listening "in hopes that the unseen might decide to enchant and whisper tales of the sacred into the storyteller's slumbering ear."

—Alexander Weinstein



# COMFORT ZONE

*Out of My*

*The Crazy Wisdom Community Journal* asked a number of leaders in southeastern Michigan’s conscious living community to reflect upon times in their lives that they’ve left their comfort zones to venture out in new ways. In the distant past or much more recently, we asked, what did you do, what inspired you, did it change you, inside or outside, big or little? Did you attend a new class, take an adventurous trip, go skydiving, stretch beyond a long entrenched boundary, start a new relationship or end an old one, take a leap, retire, join the Peace Corps, go on a night trek in the wilderness, or just do something way out of the ordinary?

*Julie Kouyate is a BodyMind coach and a licensed massage therapist. She lives in Ann Arbor with her husband, Mady Kouyate Griot, daughter Koro (19), and four sons, Djimo (17), Amadou (14), Mahamadou (12), and Soriba (9). You can learn more about her offerings, including bodymind coaching, somatic healing sessions, “playshops,” retreats, and dance classes with live drumming, at kouyatehealingarts.com, or call (734) 330-7903.*

## *Living Outside My Comfort Zone*

By Julie Kouyate • Photos by Hilary Nichols

Upon reflecting on “a single time” that I have moved outside of my zone of comfort, I am somewhat stumped. I realized while considering this topic that I virtually live outside of my comfort zone. My life is what I call “living on a prayer.” I work in the healing industry and have been a self-employed woman for well over 20 years of my 23 years of healing service. I don’t know where my next clients will come from, or how my week of work will look until I’m living that week. I don’t have a salary. I have had my babies at home despite the well-wishers making sure I knew how close to death I could be (both myself and my babies). I un-traditionally had five children as a self-employed woman with no paid maternity leave. All the while I say “thank you” to the universe and all that is for providing, even when the outcome falls short of my hopes. I say thank you for the flow of life itself for continuing to provide each day on some level.

I married a man from Africa who was not yet proficient in English, but the language of love proved to be real, as our marriage is still healthy and alive today, 20 years later. A mixed-race marriage in the 90’s was still very controversial in so many ways. This is just a beginning “short story” of the times I truly lived my life as I felt fit, which most times is uncomfortably perfect.

Upon reflecting on “a single time” that I have moved outside of my zone of comfort, I am somewhat stumped. I realized while considering this topic that I virtually live outside of my comfort zone.

If I have to choose one outrageous and inspiring story to tell of a time I went outside of my comfort zone, then I’d like to tell you the story of how I became a healing somatic practitioner/sacred living coach and retreat leader!

I was, like everyone in my generation, placed in a suggested pool of interest at high school for which career I would thrive in based on a short quiz. The quiz suggested physical therapy as a good match. Okay, sounds fine, I didn’t know what that was really, but I went for it! I enrolled in Eastern Michigan university in 1996 to begin my four-year physical therapy program. One day while I was walking on campus in the last weeks of my first year of school, I had a deep feeling wash over me. “What was I doing? It’s like we are all cattle feeding from the same trough. I don’t want to know what everyone else wants to know. I am outta here.” Boy, my parents were devastated that I quit college and even more freaked out when I told them I was moving to Hawaii to “just figure it out.”

I had gotten a photocopied paper from my grateful dead, rainbow-gathering, traveling big sister, that showed two farms in the middle of the jungle. Her handwritten note gave the names of the farms that had a work trade program and I thought, “Okay, why not?” The pushback from my parents was expected but, everyone—even my young friends—had severe warnings for me. I was not to move outside of the matrix and they were “helping to keep me safe” by telling me horror



I was, like everyone in my generation, placed in a suggested pool of interest at high school for which career I would thrive in based on a short quiz.

stories about how something could go wrong. I just knew in my heart it was the move to make and realized there was something very wrong with nobody agreeing to an adventure because of fear!

I packed a hiking backpack, took my new hand drum, and off I went into the jungle with my close friend Shawn. We had no money and no plans except for the handwritten work trade addresses. It was the best decision I ever made.

We landed on the big island in the middle of nowhere (it seemed). We had no car and there were no taxis to be found. There was hardly a person in the airport and





it was getting dark. We didn't know what to do. A few hours later, as we sat on our luggage at the airport, a huge group of hippie folk our age, packed to the gills in their small car, asked if we saw a man and women get off the plane. We said no but asked about how to get to the farms. They said, "Hey, our friends aren't here, so hop in and you can stay at our place. We have a room for ya!"

What?!! To boot, the farms were close to their place. We found ourselves in a nice little jungle home that they were squatting at. The nearby trees were full of food. Mangos, bananas, guava, avo, liliquoi, star fruit, and jackfruit. Wow! We had a bed and food in the middle of the jungle. Just. Like. That.

Each of my experiences in life that took me into the unknown have been chances for me to rely on my creator and move more fruitfully into the true expression of my life's potential.

Turns out the farms didn't have any openings, and we couldn't stay at that house so, we lived on the beaches for over six months. There were makeshift shelters for storms that others had built over time, and we utilized these at so many secret beaches away from the tourists. Jackfruit is a great source of protein, and you can throw it on an open fire and eat it warmed. We had plentiful cocos that were young with lots of water in them, and of course we hitchhiked to the local co-op where we could fill up water jugs.

One day as I was coming back in from swimming in circles with 15 other folks to call the dolphins to us (yes, we joined hands and swam in circles, which is known to attract the dolphins) I had a woman approach me. She said she needed to practice her massage techniques and her friend never showed, could she practice on me? Uh... yes, please. It was pure bliss, and I asked where she was studying. She told me she studied at the massage school in Hilo, clear across the other side of the island. I asked if I could go with her, and of course she said yes. We hitched on motorcycles the next day to the school.

I literally walked into what felt like home. The music, smells, and energy was it! I came home to Michigan and within three weeks I was enrolled into Irene's Myomassology Institute in Southfield and became a massage therapist about a year later.

To be uncomfortable is a gift to move into what was once thought to be impossible.

I wouldn't change this experience for the world. I am forever grateful for my urge to see something different and the courage to be open to the unknown. Each of my experiences in life that took me into the unknown have been chances for me to rely on my creator and my trust to move more fruitfully into the true expression of my life's potential. To be uncomfortable is a gift to move into what was once thought to be impossible, and to provide evidence for the trust of the ever-giving universe that continues to move us into our future. From there, my continued effort to move out of my comfort zone has taken my career into so many new paths of healing. If I was concerned about staying comfortable, I would not be able to share these offerings with my community. The unknown is a playground where we get to imagine what we desire, feel the true possibility of doing anything that we have the courage to open up to, and most importantly to play.

KERRY TOWN

# BookFest

---

**Sunday, September 18 – 10:30 to 5:00**  
 at this year's new location  
*Washtenaw Community College's Morris J. Lawrence Building*

Enjoy authors, illustrators, children's activities, book arts & artisans, demonstrations, poetry, antique books & ephemera, talks on writing and publishing, artisan printing, bookmaking – and more!

[www.ktbookfest.org](http://www.ktbookfest.org)

## Social Media Specialist Wanted!

*The Crazy Wisdom Community Journal is looking for a Social Media Specialist — a person who is interested in the holistic and conscious living subjects we cover. This job can be up to 5 hours per week.*

Duties of this position will include posting many times a week to various platforms such as Facebook, Instagram, Pinterest, and elsewhere, and potentially creating reels and video content for a YouTube channel. She/he will be strategizing new social media campaigns and initiatives to build more readership for our online *Crazy Wisdom Biweekly* and for our print + online *Crazy Wisdom Community Journal* content.

If you are a team player and are interested in this position, please email a letter of interest, and a resume with relevant work experience, to [Jennifer@crazywisdom.net](mailto:Jennifer@crazywisdom.net). (This job pays reasonably well, but it is a very part-time position.)



# E ▼ ENST ▲ R INSTITUTE

---

EVOLVE  
& ENRICH  
*your life*

Fall and Winter Courses  
**ENROLLING NOW**  
 Classes online and in person.

[www.evenstarschalice.com/courses](http://www.evenstarschalice.com/courses)  
[Evenstar.Institute@gmail.com](mailto:Evenstar.Institute@gmail.com)



# Resources for Conscious Living

## Acupuncture

**Dr. Kong Acupuncture and Fertility Center**

*Sleep Better. Reduce Stress.  
Eliminate Pain.*



4343 Concourse Drive, Suite #100, Ann Arbor  
**734.358.3379**  
acupuncture-annarbor.com



**ASIAN HEALING TRADITIONS**

**Henry Buchtel, MMed (China), L.Ac (MI)**  
*Acupuncture • Chinese Herbology • Tui na*

henry@asianhealingtraditions.com | 734.707.8890  
231 little lake drive | suite g | ann arbor, mi 48103  
www.AsianHealingTraditions.com

## Bodywork/Bodymind Therapy

Kate Roos, MAAT, ATR, TCTSY-F  
**Movement & Art Therapy**

A Trauma Informed Practice  
For Teens and Adults



www.kate-roos.com 734-221-0202



**Rob Meyer-Kukan, LMT**

Bodywork: sound therapy, massage, reiki, craniosacral, reflexology, & natural health consultations



7 Notes Natural Health  
7notesnaturalhealth.com  
248-962-5475 roberobmeyerkukan.com  
3830 Packard Road Suite 120 Ann Arbor, Michigan 48108



## Astrology/Chart Services

**NORTHERN SKY AND BEYOND, LLC**  
Astrology with Alice

Charts • Readings • Star DNA

www.northernskyandbeyond.com  
info@northernskyandbeyond.com  
734.892.8809



**Ginger Chase LMT**  
Collaborative  
Therapeutic  
Massage



Ann Arbor, MI

GingerChaseMassages.com  
Call/Text: 734.660.5748 Chase.Ginger@Gmail.com

## Ayurveda

Join our State of MI-Licensed Certificate Program in Ayurveda

**Become an Ayurvedic Health Consultant!**  
Visit our Website for Program Details!

**BODHANANDA VEDIC INSTITUTE**  
**SCHOOL OF AYURVEDA**

The Sambodh Society, Inc., 6363 N. 24<sup>th</sup> St., Kalamazoo, MI 49004  
www.AyurvedaMichigan.org  
Request our Catalog: [BVI.Ayurveda.MI@gmail.com](mailto:BVI.Ayurveda.MI@gmail.com)



**Denise Held, RN**  
CERTIFIED RELEXOLOGIST • REFLEXOLO-CHI™




**Natural Healing Center**  
2002 Hogback Rd. Suite 14  
Ann Arbor, MI 48105  
734-649-2891 (C)

deniseheld@gmail.com  
www.a2reflexology.com  
www.facebook.com/A2Reflexology

*Therapeutic Foot Massage*

## Birth



**Melisa Schuster, LMSW**  
*psychotherapy for the childbearing years*

- prenatal and postpartum depression
- traumatic birth
- childbearing losses
- parenting and child guidance

734-302-0033 • www.melisaschuster.com  
500 Little Lake Drive, #300 • Ann Arbor, MI 48103



**Chanda Rollins**

Licensed Massage Therapist  
www.chandarollins.com  
(734) 624-1693

2020 Hogback Rd  
Ann Arbor, MI 48103



# Resources for Conscious Living

## Books



**From the streets of Detroit to the ashes of the Holocaust**



**ALMOST LOST**

paulineloewenhardt.com  
paulineloewenhardt@gmail.com

## Energy Healing/Therapy

**Guided Hands Energy Healing**

**Rev. Cathy DeLauter**  
Bodywork/Energy Healing



Phone / (734) 678-4900  
Phone / (734) 994-8847  
Ann Arbor, MI  
cathydelauter@gmail.com  
GuidedHandsEnergyHealing.com

## Breathwork

*this breath*

**ADVANCED BREATHWORK**

Jackie Miller  
*Certified Breathwork Facilitator*

[thisbreath.com](http://thisbreath.com)  
734-883-7130 / jackie@thisbreath.com  
Ann Arbor & Ypsilanti, Michigan

## Hindu philosophy/Teachings



**The Sambodh Center for Human Excellence**

**VEDANTA • MEDITATION • SHIVA TEMPLE**

Join Our Weekly Classes: [thesambodhsociety@gmail.com](mailto:thesambodhsociety@gmail.com)

## Ceremonies



**Sabra Dettore**  
Professional Master Celebrant

[Sabra@CeremoniesBySabra.com](mailto:Sabra@CeremoniesBySabra.com)  
**248-802-9968**

Weddings-Elopements-License Signings  
Funerals-Memorials-Graveside Services



[www.CeremoniesBySabra.com](http://www.CeremoniesBySabra.com)

## Holistic Health

**CHÉRIE ANN McMULLEN**  
Holistic Health Practitioner

Nutritional Consultations  
Vitamins/Herbs/Homeopathy

734-355-5369  
2223Cherieann@gmail.com



## Elder Law

Law for the Second Half of Life

**ELIZABETH W. HURWITZ**  
Hurwitz Law Offices PLLC

2035 Hogback Rd. Suite 211  
Ann Arbor, MI 48105  
(734) 657-0835  
Admitted in NYS & MI

## Hypnotherapy



**Past Life Regression  
Direct Intuition Work  
Energy Healing**

**LIZ CHEATHAM FORMAN** Main Sreet, Ann Arbor

Quantum Healing  
Hypnosis Technique  
Practitioner, Level 2  
Reiki Master

🌐 [www.lizforman.me](http://www.lizforman.me)  
✉ [hello@lizforman.me](mailto:hello@lizforman.me)  
📷 [@sunshine.brightly](https://www.instagram.com/sunshine.brightly)





# Resources for Conscious Living

## Intuitive/Psychic/Tarot



**Nanci Rose Gerler**  
 Psychic | Medium | Channel | Lightworker  
 Over 30 years of experience providing expert intuitive guidance & illuminating insight

Life Challenges: Past | Present | Future  
 Departed Loved Ones | Spirit Guides

Phone readings by appointment  
**734.707.5044**  
 NanciRoseGerler.com

## Mental Health



209 E. Washington Ave  
 Suite 180-B  
 Jackson, MI 49201  
 517-748-7075

*Living Grateful*  
 Behavioral Health Services

**Bill Mure, LMSW, CAADC**  
 bill.livinggrateful@gmail.com

## Intuitive Healer



**ZSource Connection**  
**REV. LORI IRVIN**  
 Medical Intuitive Healer

Holy-Fire Reiki Master Occupational Therapist  
 Decrease/Remove Emotional & Physical Pain, Reduce Anxiety, Pull Cords, Thought Pattern Shifts & Inner Child Work

Discount if You Mention this Ad  
 ZSourceConnection.com  
 Lori@ZSourceConnection.com

New Location: **BRIGHTON**  
 ANN ARBOR, MIDLAND  
 Call/Text: **810-820-0494**

## Movement



**Stefanie Cohen, MA, RSMT**  
 Registered Somatic Movement Therapist  
 www.somastories.net  
 stefaniemovingstories@gmail.com

## Life Coaching

Hi, I'm Nia. I'm a certified (ACC, CPC) and experienced life coach based in Ann Arbor. I support ambitious, soulful people like you all over the country. The work we do together is bravely and boldly about embracing possibility, amplifying awareness, and **ACTIVELY** pursuing your desired change. We can coach via phone, Zoom, or (great option!) in Walk & Talk sessions at local nature areas. I look forward to connecting with you and exploring your goals!



**(734) 531-9024**  
 www.niaspongberg.com

## Organic Gardening

IFS • Enneagram • Career • Relationships



*Life Is Current*  
 COUNSELING & INTUITIVE COACHING

Jennifer Lee Stein  
 MA, LLPC

lifeiscurrent.com  
 lifeiscurrent@gmail.com 734-707-7766



"Know the enduring happiness that the love of a garden gives."  
 - Gertrude Jekyll

**Rosina Newton**  
 Organic Gardening Coach/Designer/Speaker

Rosina@NewEarthHomeAndGarden.com  
 NewEarthHomeAndGarden.com  
 512-638-3401



**KELLIE MOX**  
 COACHING & HEALING

Catalyzing revolutionary healing through  
*Trauma-Informed Homeopathy*  
*Intrinsic Coaching*  
*Holistic Health Education*

KELLIE MOX, MPH, DCHM, CCH (cand)  
 KELLIEMOX.COM  
 HEAL@KELLIEMOX.COM | 734-476-0349  
 Free, 20-minute exploratory session for new clients

"Winter is an etching,  
 spring a watercolor,  
 summer an oil painting and  
 autumn a mosaic of them all."  
 — Stanley Horowitz



# Resources for Conscious Living

## Psychotherapy/Trauma Therapy

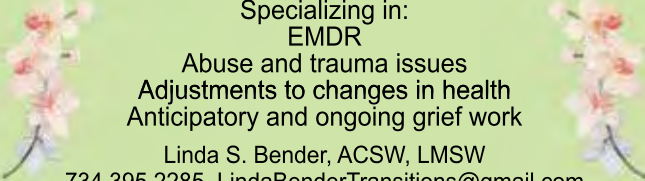
**ANN ARBOR WALK AND TALK THERAPY**  
**Fran Cowen Adler, LMSW**  
 An experienced therapist's novel approach to counseling, for teens and adults  
*Let's walk and talk!*  
 For information and to make an appointment:  
 734-429-2076  
 a2walktalk@gmail.com



**Stephen L. Rassi, PhD, LMSW, MA**  
**Clinical Social Worker**  
 CBT for Anxiety; TIR for PTSD and Trauma Concerns  
 Skills for Increased Focus and Concentration  
 Counseling for Trans\* and Gender-Diverse Clients  
 mercury@umich.edu • 734.945.9100  
 Chrysalis Facilitation and Counseling Services, LLC



**Transitions LLC**  
 Helping you successfully navigate the changes you encounter as you go through life.  
 Specializing in:  
 EMDR  
 Abuse and trauma issues  
 Adjustments to changes in health  
 Anticipatory and ongoing grief work  
 Linda S. Bender, ACSW, LMSW  
 734.395.2285 LindaBenderTransitions@gmail.com  
 4488 Jackson Road #4, Ann Arbor, MI 48103  
 LindaBenderTransitions.com



## Reiki

**ES**  
**EMBRACING STILLNESS**  
*with Trish and Joy*  
 Twin Healings - Reiki -  
 Pet Reiki - Social Meditation  
 Mindfulness Meditation Classes  
 ✉ EMBRACINGSTILLNESSWITHJOY@GMAIL.COM  
 f HTTPS://WWW.FACEBOOK.COM/EMBRACINGSTILLNESSWITHUS  
 @EMBRACINGSTILLNESSWITHJOY

## Reflexology

**Reflexologist**  
**Craniosacral Therapist**  
**Energy Work**  
  
**Ann Arbor**  
 Soleful29.com  
**Brighton**  
 Simplyskinbrighton.com  
**Plymouth**  
 Soleful29.com  
 Practitioner for over 20 years  
 917-842-2409  
 michelle.camilleri26@gmail.com

## Reiki

**REIKI**  
 THE USUI SYSTEM OF REIKI HEALING  
 For Body, Mind & Spirit  
 CLASSES & INDIVIDUAL TREATMENTS  
**Suzy Wienckowski, Reiki Master**  
 Reiki Alliance Member  
 734.476.7958 SuzyReiki@aol.com



## Retreats

**Living Heart**  
 Plant-based, Intuitive  
 Natural Wellness  
 Raw Vegan RETREATS  
 Personal Mentoring  
 "The harmonic dance between the earth and the human IS the point!"  
 EllenLivingston.com  
 734-645-3217  
 Englewood, Florida




*Our advertisers appreciate your patronage*



# Resources for Conscious Living

## Sacred Sexuality



**Sacred Sexuality**  
with **Leslie Blackburn**  
*remote sessions or  
in-person in Ann Arbor*  
Trauma Informed, Somatic Practitioner  
also Biodynamic Craniosacral Therapist  
**313.269.6719**  
[www.LeslieBlackburn.com](http://www.LeslieBlackburn.com)  
[Leslie@LeslieBlackburn.com](mailto:Leslie@LeslieBlackburn.com)

## Theater Groups



**Neighborhood Theatre Group**  
*Theatre from Scratch*

Instagram icon  
Facebook icon

[www.NTGypsi.org](http://www.NTGypsi.org)  
[info@ntgypsi.org](mailto:info@ntgypsi.org)

## Shops



**Divine Sanctuary**

1524 Horton Rd.  
Jackson, Michigan 49203  
517-247-8400  
Metaphysical Supplies

Facebook icon Instagram icon Twitter icon

[mydivinesanctuary.com](http://mydivinesanctuary.com)

## Wool Products - Fiber Farm

Happy Goat Lucky Ewe  
Fiber Farm and  
Michigan Merinos

We offer Michigan grown wool  
hats, socks, mittens and dryer  
balls. Visit the wool shop  
or our website  
[www.michiganmerinos.com](http://www.michiganmerinos.com)




## Spiritual Healing

**Eve Wilson Bridge to Wholeness**



- ♥ Remarkable Spiritual Healing
- ♥ Healing & Ascension Monthlies
- ♥ Award-Winning Blog
- ♥ Book - "Riding the Wave of Change"

The Weekly Word for Healing & Ascension  
[www.spiritualhealers.com](http://www.spiritualhealers.com) • 734-780-7635



**Resources for Conscious Living Ads**  
for as little as \$99 an issue with  
a 3 issue agreement (\$295.00)  
Contact Tana  
at [tana@crazywisdom.net](mailto:tana@crazywisdom.net)  
for more information.

## Sustainable Building Supplies



**Bgreen Inc.**  
*Sustainable, Non-Toxic Building Supplies*

flooring, countertops, tiles, paint, dualflush  
toilets, solar, wood burning stoves,  
cleaning supplies and much more

2111 Packard Street, Suite A  
Ann Arbor, MI 48104  
phone: (734) 214-3000  
[www.BgreenToday.com](http://www.BgreenToday.com)





YOGA COLUMN

# Namaste, Katie...

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, here you'll find a variety of useful tips from local yoga instructor, Katie Hoener.



Namaste Katie,

I love breathing techniques. They are a tool that I can take anywhere, and I have been using them more and more. I am hoping to find a breath practice that is efficient and grounding. In my high-pressure job, I need something I can incorporate quickly (I know, not the most mindful attitude).

Annie, Scio Township

Dear Annie,

We are all working in the spaces we have available right now, and if you have a minute, that is a wonderful space to build a practice! Recently I have been playing with *kumbhaka*, breath retention, as an amazing way to come back into the body. This practice develops focus and mindfulness in an efficient and purposeful way and grounds us through the breath.



One beautiful kumbhaka practice is to take a nice full inhale, knowing that fullness will depend on the moment. Take a pause at the top of the inhale. Purse the lips and start to exhale slowly and forcefully, as though you were blowing out the candles on a birthday cake. Try as you are completing this exhale to not inflate the cheeks. About a third of the way into the exhale, take another brief pause for a moment or two. Exhale again through pursed lips, pause and hold, then complete the exhale. If you are comfortable with a brief retention at the bottom of the exhale, take a brief pause prior to inhaling. Take two full breaths in a soft and comfortable way, and then try this kumbhaka practice one more time.

When you have finished your two rounds of kumbhaka, take a moment to notice how the body feels, how the mind feels, and the sensations surrounding the breath spaces. Each time you practice

breath retention there is opportunity to build on your awareness and create that sense of grounding and connection.

Namaste Katie,

There is a co-worker that has remained remote this entire time, which I realize is a choice, and an opportunity. I am really struggling with this, as it feels like I am stuck with resentment and anger every time we are in a Zoom meeting. Are there any strategies to let go of this emotional weight?

Eric, Ann Arbor

Namaste Eric,

This is a tough emotional space to be in, and I am sorry that you are there. Globally, there is much unrest around issues of equity and inclusion, while at the same time a feeling of isolation and separation. Contained within the Eight Limbs of Yoga are the Yamas and the Niyamas, often described as the moral tenets of the practice. These guideposts set us up for living yoga through these difficult times, whether an instance is momentary in nature or our lifetime.

**Contained within the Eight Limbs of Yoga are the Yamas and the Niyamas, often described as the moral tenets of the practice. These guideposts set us up for living yoga through these difficult times...**

One of the Yama is Aparigraha, which is translated as non-grasping or non-attachment. I often visualize this Yama as a tightly clenched fist, and with a tightly clenched fist, it is hard to receive, challenging to accept. All of us hold on, and often hold on tightly, to thoughts, feelings, and situations that are not ours to hold. When we are looking at Aparigraha we are asking ourselves through these situations, how does this serve me? What purpose does this holding have on my growth? On my emotional well-being? These are often uncomfortable explorations. Meditation can be a safe place to get next to and sit with discomfort. In explorations of Aparigraha, rarely do we release all at once, like in a game of tug-of-war. Rather, there is a slow softening and opening that comes with building our own awareness. With all the external stressors occurring, practicing self-compassion and softening (wherever we can) has the potential to bring relief to our mental and emotional spaces.

Namaste Katie,

I have spent way too much time on my couch watching TV, working, things that have made my posture less than ideal. I am hoping to spend a little time each day on something to open the front side of my body, as I feel like I am getting contracted.

Sumner, Ypsilanti

Dear Sumner,

That feeling is quite relatable! I too, have spent more time collapsing on the couch than I would like to admit, and it feels like a collapse—no orientation of my body into any sort of alignment. There are certainly ways to be more mindful in our rest, which I think most of us logically know, and is harder to put into practice. There are also ways to counteract these impacts through our yoga practice. One such posture is a Sphinx Pose.

Sphinx Pose is a posture that we come into from our abdomen. It can be nice, though not necessary, to come in from a Crocodile Pose, where we lay down, crossing the arms, stacking the forearms on top of one another, and resting the forehead on the arms. This allows the back to start to lengthen in a neutral way. When we've been slouched for a long period of time, this neutrality can be a helpful way to start, and can prevent the muscles in the spine from reacting to the backbend/heart opener we are about to practice.

From this space, walk the palms out in front of the body and engage the muscles of the back in order to lift the heart off the floor/mat. Simultaneously, press into the palms, and maybe the forearms. As everyone's arms are proportioned different, this may feel slightly different as to where the contact feels most grounding. You'd like to feel the shoulder blades moving toward one another and down the back to a degree that feels comfortable. When you first start a Sphinx Pose it can be intense, so find a place where you can sit with that intensity. Adjust the distance of the arms from the body as needed to adjust the amount of backbend you are engaging in. The gaze lands where it feels right, perhaps starting toward the floor, then directly in front, and maybe even slightly upturned. See how long you can hold without the back cramping or feeling over exerted. Come back to Crocodile, or another rest space. Repeat as it feels good.

*Katie Hoener is a RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker and a partner at Verapose Yoga in Dexter (veraposeyoga.com). Please send your own yoga questions to katie@veraposeyoga.com.*







## New Offerings by Established Businesses and Practitioners

**Ann Arbor and Detroit-based somatic movement therapist and educator Stefanie Cohen, MA, RSMT, will be offering somatic support groups for therapists and healers starting in September.**



The weekly in-person sessions will offer an opportunity for therapists and healing professionals to join with peers “to discover practices of somatic movement as a means of healing, self-discovery, creative expression, and self-care.”

Cohen first offered this group experience in the spring as an eight-week session, but the fall sessions will meet for 12 weeks. There will be a group meeting on Monday evenings, and another on Saturday in the early afternoon—dates will be announced on her website as they are finalized.

She said that the initial groups made good connections with one another and “appreciated the opportunity to connect with and tend to their own bodies.” Cohen said many in caring professions focus so much on others that they can become disconnected from themselves. “The group sessions will allow us to both offer compassionate witness to others and to be seen and held, ourselves. To release what doesn’t belong to us and to nourish and replenish our body and minds. To come together to tend ourselves in good company.” The groups will be kept to around eight people.

Cohen also works with people privately. She has been a somatic educator for 25 years and draws on multiple practices “oriented toward contemplative movement, experiential anatomy, and somatic trauma therapies.” She is passionate about the ideas of embodiment, contemplative practice, spiritual mystery, and creativity. With the support groups, as well as with her private sessions, she helps care providers explore somatic practices to “consider how best we can listen and be in service to our own bodies, our patients and/or clients, and how to access the resources we need to do so.”

*Stefanie Cohen can be reached by email at [stefaniemovingstories@gmail.com](mailto:stefaniemovingstories@gmail.com) and her website is [somastories.com](http://somastories.com).*



**Ann Arbor-based teacher Merilynne Rush will offer End-of-Life Doula training and Advance Care Planning Facilitator training this fall.**

Rush has been a pioneer in the end-of-life doula field and in the past year has built a team at her practice, The Dying Year. They offer training, counseling, and consulting related to death, home funeral and green burial, and end-of-life care. Christina Wall, who joined The Dying Year as an administrative assistant and teacher, said that this allows her the ability to provide more doula services, mentoring of other doulas, trainings, and more. There are now six people on staff at The Dying Year in addition to Rush.

Rush is helping to spread awareness of end-of-life doulas as a profession and as a resource for families preparing for or dealing with the death of a loved one. *Time Magazine* and *WebMD* both published articles about end-of-life doulas this year, both quoting Rush.

End-of-Life Doula training is for those looking to change their career, those already working in a related field who want to expand their skillset in assisting dying people and their loved ones, and those who simply want more knowledge to deal with deaths in their own lives and circles. Two trainings will be offered this fall: the first will be from September 9 to October 7, on Fridays at 12:00 p.m. to 3:30 p.m. The second will be from October 29 through December 3, on Saturdays at 1:00 p.m. to 4:30 p.m. Scholarships and payment plans are available for those who are interested.

An Advance Care Planning Facilitator class will be offered on November 14 from 8:30 a.m. to 4:30 p.m. This class will prepare participants to assist healthy adults in choosing a healthcare advocate, examining their values and wishes, and documenting and sharing their preferences. The training is valuable for end-of-life doulas, medical providers, chaplains, social workers, hospice administrators, and really, everyone. This class is based in the Respecting Choices® model, which is internationally recognized and has been developed over 25 years.

Both classes will be provided live online via Zoom and will include additional materials. The End-of-Life Doula training will prepare participants for certification through the National End-of-life Doula Alliance (NEDA).

All trainings offered through The Dying Year “pay special attention to addressing systemic racism and health disparities endemic in our culture” (from the website). Said Wall, “It’s one of the many things that sets [Rush’s] training apart.”

*More information and registration for trainings is available on The Dying Year’s website, [thedyingyear.org](http://thedyingyear.org). Merilynne Rush can be reached via email at [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com) or by phone at 734-395-9660.*

Continued on page 25

## Uncover, Empower, and Rejoice in the Experience of being Human: Understanding, Voice, Power, Gender, & Love

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

Online via Zoom

Series of six weekly two-hour sessions:  
September 9, 16, 23 & October 7, 14 & 21, 12:30-2:00 PM Eastern



## Learn to Sit with Another Person’s Deep Distress: flight, fight, freeze, collapse, and more



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

Online via Zoom • One day workshop  
Saturday, November 12, 2022, 11:00 am – 5:00 pm, Eastern



DrChristiBemister.com | [christitherapy@gmail.com](mailto:christitherapy@gmail.com) | 1-734-796-1686

# Crazy Wisdom Biweekly Ezine – Assistant Editor/Graphic Designer Wanted

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



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

## Tasks for this person would include:

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

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

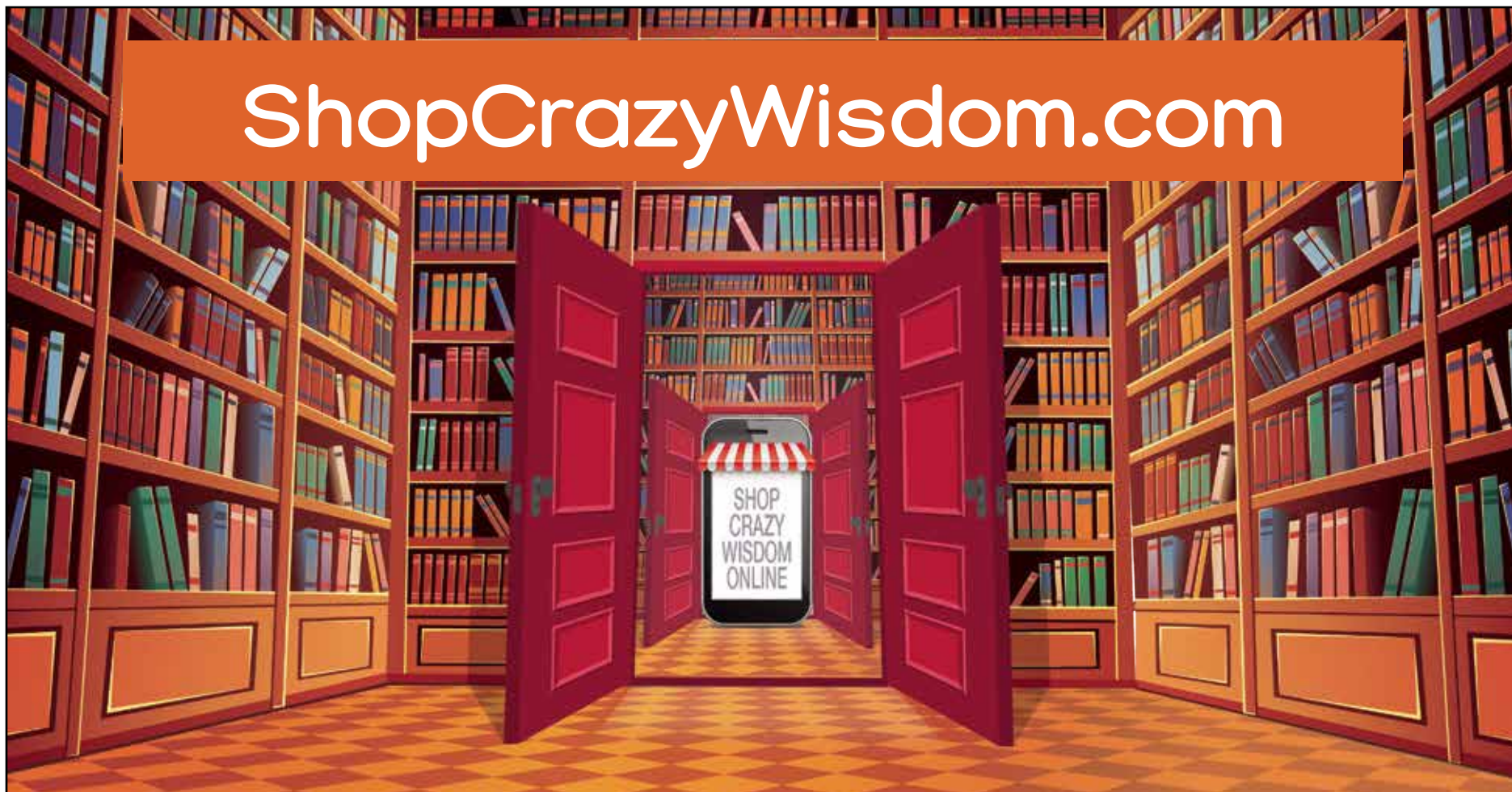
The Crazy Wisdom Biweekly Ezine, founded during the pandemic, seeks to represent the voices in our community in a timely and entertaining way. It currently reaches 5,000 readers per issue.

Find issues of the CW Biweekly here: [crazywisdomjournal.com/crazy-wisdom-biweekly](http://crazywisdomjournal.com/crazy-wisdom-biweekly).



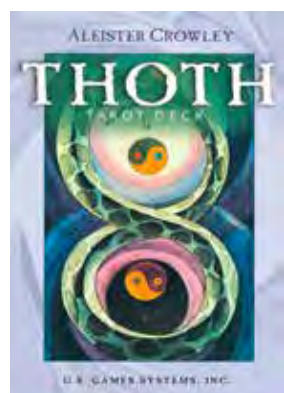
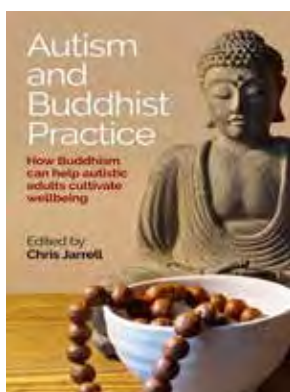
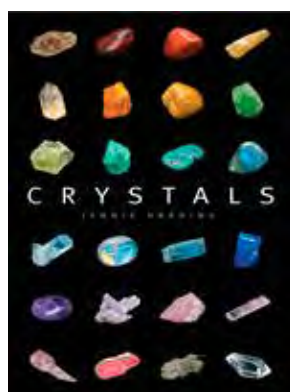
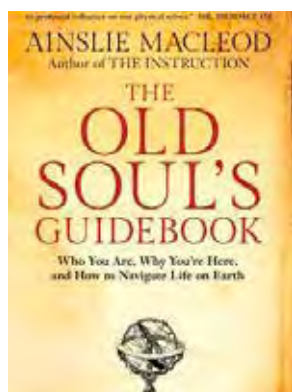
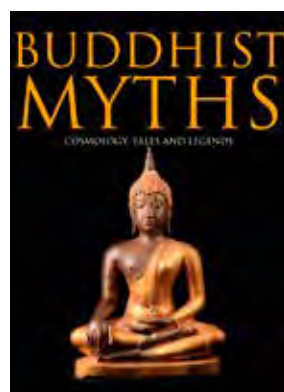
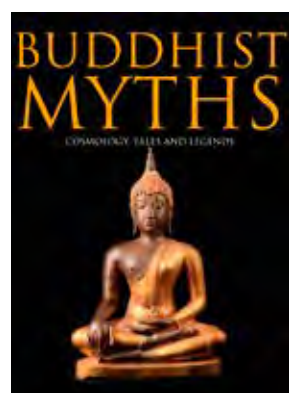
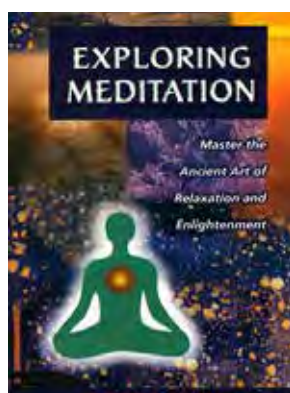
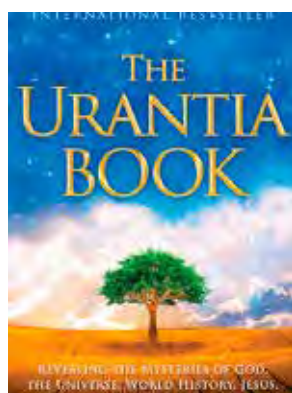
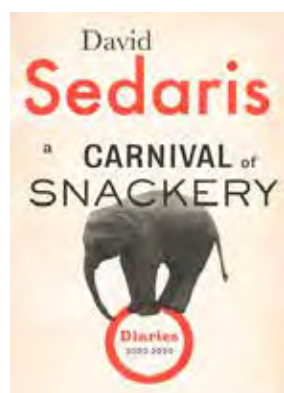


# ShopCrazyWisdom.com



## Books, tarot, games, toys, blank journals, ebooks, audio books & more

Browse the millions of book titles available and thousands of items from gift, game, and sidelines vendors





# WHAT'S NEW IN THE COMMUNITY

Continued from page 23

**The Riverside Arts Center is a 501(c)(3) nonprofit organization offering low-cost rental opportunities and arts programming to Ypsilanti and Washtenaw County.**



It has occupied the space at 76 North Huron in downtown Ypsilanti on a low-cost lease from the city since 1995, and this year in April, purchased the building. This will allow the organization to expand their rental services, youth and adult programming, summer camps, and other arts-related opportunities. They will renovate the currently unused third floor and perform necessary updates and improvements to the building and parking lot using \$450,000 grant funds from the State of Michigan and the American Rescue Plan awarded in 2021. Originally a Masonic Temple, the four-story structure was built in 1910 and has become a hub for fine and performing arts activities in the area. It contains a theater, art galleries, dance studio, artist studios, and classrooms.

Fall events will be posted on the website as they are finalized at [riversidearts.org](http://riversidearts.org). Riverside Arts Center is located at 76 North Huron Street, Ypsilanti, MI 48197. They can be reached by email at [info@riversidearts.org](mailto:info@riversidearts.org) or by phone at 734-480-2787.



**Sacred Circle is a welcoming group at Unity A2 Church, facilitated by Joy Kauer. Kauer is a Reiki Master, licensed massage therapist, registered nurse, certified Healing Touch practitioner, and reflexologist.**

The group meets on the second Saturday of each month from 10:30 a.m. to noon and consists of 45 minutes of meditation followed by 45 minutes of Reiki energy sharing. Kauer incorporates a variety of experiences—sometimes drumming—often meeting outside when weather permits, and using a variety of energy modalities and teachings. She started the Circle shortly before the pandemic and kept it going via Zoom and outdoors in the Mill Pond Park in Saline while the church was closed to the public. She felt it was more important than ever to offer this type of support for people.

As few as one person and as many as 10 have attended, she said. “Anyone can participate as long as they are interested. It will change your life for the better,” she added.

The group is beginner-friendly; Kauer joked that it is “kind of meditation and Reiki for dummies.” After a long career of nursing and massage therapy, she is now retired and helps care for her two grandsons. She said she wishes she knew about energy healing modalities when she was raising her own children, as she finds it very helpful with the three- and seven-year-old boys.

Anyone interested in joining can simply show up or can email Kauer with any questions. The only cost is a suggested love offering to the church. “Don’t be afraid if you’re not a reiki practitioner, never meditated before, or have trouble meditating,” said Kauer.

Unity A2 Church is located at 4599 Carpenter Road, Ypsilanti, MI 48197. Joy Kauer can be reached by email at [sacredcircleua2@unitya2.org](mailto:sacredcircleua2@unitya2.org), and Sacred Circle has a Facebook page at [facebook.com/profile.php?id=100049295094522](https://www.facebook.com/profile.php?id=100049295094522).

**Ann Arbor’s Interfaith Center for Spiritual Growth has, like most organizations, gone through challenges and changes during the pandemic and had to learn to connect with people in new ways.**



The Center has risen to the challenge and is recovering. “It’s wonderful to see more life coming in person,” said Associate Minister and Administrator Delyth Balmer.

The Center’s Sunday “church alternative” services are offered in a hybrid format now, with about 30 people generally attending in-person and about 25 via Zoom. Masks are suggested at the Center. Services draw from diverse spiritual traditions and practices, and include prayer, singing, guided meditation, spiritual readings, guest musicians, lessons by the Center’s ministers, and an open mic time during which anyone can share questions, insights, or struggles in response to the day’s lesson. Balmer said that the service format has evolved as the pandemic has progressed, going to Zoom-only in March 2020, then a small group of people meeting at the church to broadcast & record via Zoom, then a hybrid requiring people wishing to come in-person to sign up, and now an open in-person and Zoom format where people can attend remotely or physically according to their comfort level.

Café 704 Coffeehouse Concerts have resumed, with limited in-person seating and Zoom broadcasting, said Balmer. These are musical performances that fall under the Center’s commitment to host “social events to create and inspire a vibrant and diverse spiritual community.” Upcoming performances include folk band Path on September 10<sup>th</sup>, folk singer Katie Geddes on October 8<sup>th</sup>, and jazz group Jean Wilson & Friends on November 12<sup>th</sup>.

Balmer said the Center’s Youth Education Program is ready to go, but almost no families have brought their children back to Sunday services yet. There has not been much interest in Zoom programming for children, she said, because the kids have felt “Zoomed out.” The program’s teachers and assistant are attending services and are ready to resume teaching and caring for all ages from infants to teens during services whenever the need and desire arises. Prior to the pandemic, there used to be around six to 12 children of various ages at any given service, and the teachers and ministers look forward to being able to serve the children and families again.

On November 19<sup>th</sup>, Ecuadoran shaman and sound healer Oscar Santillan will visit the Center, offering a sound healing ceremony with flute, drums, and other instruments. He will offer the Sunday Service lesson on November 20<sup>th</sup> and will be available for one-on-one healing during the weekend. More information will be available online as the date approaches.

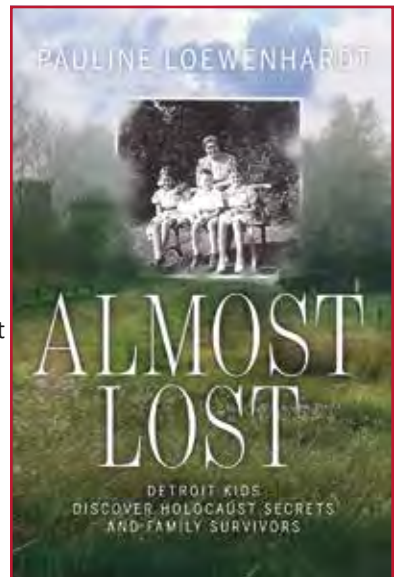
The Interfaith Center for Spiritual Growth is located at 704 Airport Boulevard, Ann Arbor, MI 48108. Their website is [interfaithspirit.org](http://interfaithspirit.org). Delyth Balmer can be reached by email at [delyth.balmer@interfaithspirit.org](mailto:delyth.balmer@interfaithspirit.org) or by phone at 734-657-5384.

## New Books by Area Authors

**Ann Arbor resident Pauline Loewenhardt published her third book, a memoir titled *Almost Lost: Detroit Kids Discover Holocaust Secrets and Family Survivors*, in 2020 with Fifth Avenue Press.**



In it, she tells the story of finding her father’s lost relatives in the Netherlands in 1996. Her parents came to the United States in the 1920s from Germany, and so she missed having an extended family growing up. Her parents met in the United States (though both had come from Germany), and eventually had four children. Her father would only say that he had come from a large family and spent part of his childhood in an orphanage, and he hid his Jewish heritage from his family. He was the youngest of 12 children, and served in the German army during World War I. He was the only male of his family to come to the United States after that war following a sister who had come in 1910. Loewenhardt is not certain how much her father knew about what had happened to his siblings and other family members in the years leading up to World War II, but she believes he had some connections in Germany and later the Netherlands where his family lived, if only through his sister.



Loewenhardt was raised with her three siblings in Detroit. In the mid-90s they sought out their European relatives and learned that many of them had died in the holocaust, but they found two living descendants, grandchildren of one of their father’s brothers. In the 20 years since finding them, Loewenhardt has visited them in the Netherlands and hosted them in the United States, forming a “close and loving relationship.” She was thrilled to finally have extended family members, though that joy was dampened by learning of her father’s family’s plight.

The Covid-19 pandemic prevented Loewenhardt from doing readings from the book as she had wanted to, but now that it has reached what she called a “tenuous plateau,” she is working to schedule events at the Ann Arbor District Library, at local bookstore Booksweet, and possibly at the Turner Geriatric Center. Dates will be listed on her website as they are finalized.

*Almost Lost* can be purchased through Loewenhardt’s website, and there are copies available at all of the Ann Arbor District Library’s branches. Pauline Loewenhardt can be reached via email at [paulineloewenhardt@gmail.com](mailto:paulineloewenhardt@gmail.com). Her website is [paulineloewenhardt.com](http://paulineloewenhardt.com).



# WHAT'S NEW IN THE COMMUNITY

Continued from page 25

## New Classes

### Reflective Meditation teacher and consultant Erica Dutton will offer a new class called *Patience and Compassion* starting October 2.



The class will explore how to cultivate and maintain patience and compassion in a world and time that is overwhelmed with anger, rage, and hatred constantly compounded and reinforced by the 24-hour news cycle. Dutton will teach Reflective Meditation as part of the class, which she described as “an open, gentle, receptive practice.” She has been meditating for 30 years, and taught Vipassana Meditation for 12 years before shifting into Reflective Meditation about nine years ago, after encountering the work of Jason Siff, author of *Unlearning Meditation and Thoughts Are Not the Enemy*. Dutton said the concept of allowing and working with thoughts and emotions during meditation instead of attempting to eradicate them resonated strongly with her. This helped her “undercut all of the pushing, striving, self-judgement,” she said, and accept and work with whatever thoughts arose during meditation.

This class will explore individuals’ own definitions of patience and compassion and examine the benefits and drawbacks of practicing them: how they can help us and also hurt us. In her recent class on worrying, students explored both the positive and negative effects of worrying, which allowed a clearer view of why worrying is difficult to let go of. Similarly, concepts that seem on the surface strictly positive, can have negative aspects, and Dutton explained that it is helpful to understand both sides of this balance.

The five-week class will offer teachings, meditation sittings, and opportunities to share and discuss what participants have learned. This will be done online via Zoom, on Sundays at 5:30 p.m. to 7:30 p.m. from October 2 through October 30. Beginners and experienced meditators are welcome, and anyone from late adolescence and older can participate. Dutton follows the principle of “dāna,” which means that teachings are offered freely but donations are gladly accepted, creating a mutually reciprocal practice of generosity.

Erica Dutton can be reached via email at [eld306@yahoo.com](mailto:eld306@yahoo.com), and more information is available at her website [ericadutton.com](http://ericadutton.com).

## Upcoming Events



**The Kerrytown Book Fest will return to Ypsilanti on September 18 in a new location: Morris Lawrence building on Washtenaw Community College’s campus.**

This all-day event celebrates books, authors, writing, and the art and craft of bookmaking. The 2022 Book Fest is the 18<sup>th</sup>, said current chairperson Mary McDonald. The last one was held in 2018. 2019 was a planned year off due to board turnover, and 2020 and 2021 were cancelled due to the Covid-19 pandemic. This year’s event, due to being held at the large venue, will have several simultaneous activities and guests will be able to choose which to attend.

Wade Rouse ( who also writes as Victoria Shipman) will discuss his new book *Magic Season* with Craig Calcaterra, author of the daily baseball newsletter “Cup of Coffee.” Rouse’s book is a memoir about reconciling with his father through a shared love of baseball, while Calcaterra recently published his own book *Rethinking Fandom: How to Beat the Sports-Industrial Complex at Its Own Game*.

Lev Raphael will talk about his latest mystery novel *Assault with a Deadly Lie* which is set at Michigan State University where Raphael received his PhD.

Some of the 16 authors of *The Ones Who Remember—Second Generation Voices of the Holocaust* will discuss the book and their experiences of growing up in the shadow of their parents’ unimaginable experiences during the Holocaust. The book jacket states, “This book offers a vision of a shared humanity against the background of inherited trauma.”

Poets Peter Markus, Christina Kallery, and Jess Kass will read from their works. Markus’ latest book of poems (published by Wayne State University Press) is *When Our Fathers Return to Us as Birds*. Kallery currently lives in Ann Arbor and her work has appeared in numerous publications and anthologies. She has served as submissions editor for *Absinthe: A Journal of World Literature in Translation* and poetry editor for *Failbetter*. Kass founded the Literary Arts Program at Ann Arbor’s teen center, The Neutral Zone, and has published several books including his poetry collection *My Beautiful Hook-Nosed Beauty Queen Strut Wave*.

The Ann Arbor District Library’s 5th Avenue Press will present a panel on Becoming an Author. McDonald said that the publishing program is unique and does great work for independent writers who live in Ann Arbor.

The University of Michigan Library’s Book Arts Studio will sponsor a hands-on maker craft for people interested in learning how books are made.

Ann Arbor-based author and illustrator Randy Asplund will demonstrate the almost-lost art of medieval manuscript illumination, from the making of pigments from plants to the finished book.

Local antique book experts will host an “Antique Book Roadshow,” allowing people to bring in their antique books for a better understanding, not only of their monetary value, but of their unique histories.

The Emerging Writer’s Group of the Ann Arbor District Library will put on a Writer’s Meetup & Mini-Workshop, with mini-critiques and advice for those who bring their writing with them.

Children’s activities include a make-and-take project for kids in grades four and up by the Ann Arbor District Library and Story Times for young children provided by the AADL and The Michigan Chapter of the Society of Children’s Book Writers and Illustrators. A panel of children’s specialists from the AADL will also share their favorite children’s books.

There will be a screening of *The Bookstour*, a short film by Mason Engel, who traveled around the country on a roadtrip visiting independent bookstores and talking to the owners and clients about the communities that form around them. The film was sponsored by the Book Industry Charitable Foundation (BINC), an Ann Arbor-based nonprofit organization that helps owners and employees in the bookselling industry.

More activities include an English country dance tutorial (just like in a Jane Austin novel), a panel on writing one’s personal memoirs and stories, stands from local independent bookstores including Nicola’s and Booksweet, local authors selling their books, and more.

*Details and the schedule will be available on the Kerrytown Bookfest website [ktbookfest.org](http://ktbookfest.org) as they are finalized. Any inquiries should be directed through the website portal on the contact page.*

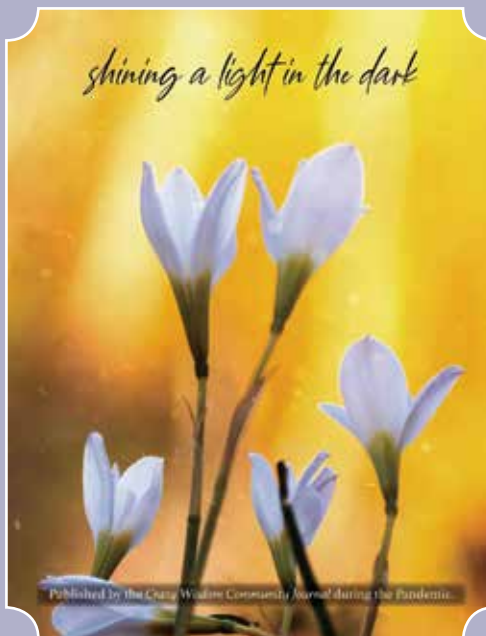


Continued on page 28



# Read The Crazy Wisdom Biweekly

Born during the pandemic, *The Crazy Wisdom Biweekly* seeks to represent the voices of our community in a timely and entertaining manner. Read the E-zine online by visiting [crazywisdomjournal.com/crazy-wisdom-biweekly](http://crazywisdomjournal.com/crazy-wisdom-biweekly). If you'd like the E-zine delivered directly to your inbox every other Friday morning, sign up on our website.







# Jennifer Carson

is an illustrator and surface pattern designer who specializes in whimsical animals and nature friends.

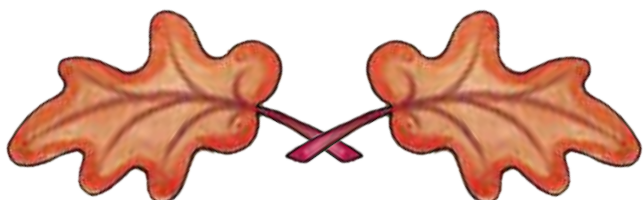
Commissioned work accepted. Get on the schedule for 2023!

To see more of her work visit:  
[furandfeatherfriends.com](http://furandfeatherfriends.com).

Want a custom Christmas or holiday card to send to your friends and family? Jenn would love to create something just for you. Like something she already has? Customize it with your own message.

Discounts for orders of ten or more cards.

Shop Jenn's designs at:  
<https://www.etsy.com/shop/furandfaeriegifts>



# WHAT'S NEW IN THE COMMUNITY

Continued from page 26

## New Practitioners and Businesses



**Nest & Nurture, a childbirth and parenting center, opened in Ann Arbor in May of 2022.**

Owners Cynthia Gabriel and Toni Auker both teach childbirth education and are experienced doulas. Gabriel said they saw a need in the community for a community center around childbirth and parenting after the Center for the Childbearing Year, headed up by Patty Brennan, closed in 2020. Gabriel explained that after the owner of the Center's space passed away, ownership was

taken over by his daughter, who provided some much-needed renovations before she and Auker decided to use it. The space, said Gabriel, consists of a large room that can host up to about 24 people for workshops or classes, an office, and what they will use as a massage space in the future.

The goal, said Gabriel, is to be a collaborative community space for families and birth workers. "Ann Arbor has had a reputation as a great, natural-birth friendly area.... with a huge community of birth workers." She said the area has an abundance of doulas, home-birth midwives, support people at the two local hospitals, and one of the top Nurse-Midwifery programs in the country. Gabriel & Auker want to serve this community and help the area "continue to carry the banner of the Southeast Michigan forward-thinking birth world."

Currently, Nest & Nurture offers childbirth education and newborn care classes, drop-in play groups for families with small children, doula support groups and trainings, sleep workshops, Dancing for Birth classes, writing workshops, and has plans to offer prenatal yoga soon. They have an extensive collection of baby carriers for families to try out and decide what to buy (the center does not sell them; but only assists in decision-making). One of the doulas who partners with them is a lactation consultant, and the center hosts infant feeding support groups on Thursday evenings.

Gabriel said they are very focused on inclusivity for "all the different ways people make families and all the different ways of parenting." She mentioned she is passionate about parenting with disabilities, and the center supports adoptive families, same-sex couples, and trans parents.

They will host a Dancing for Birth training workshop for birth workers, doctors, nurses, yoga and/ or fitness instructors on October 8<sup>th</sup> and 9<sup>th</sup>; details and registration are available online.

*Nest & Nurture is located at 722 Brooks Street, Ann Arbor, MI 48103. Their website is [www.nestandnurture.org](http://www.nestandnurture.org) and they can be contacted through the form on their site.*

## Submit your listing for the January through April 2023 issue.

*Please note that the "What's New in the Community" column is part of the editorial (not paid-for-advertising) part of the CW Journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue.*

*If you would like to submit information to be considered for this column, please email [communitynews@crazywisdom.net](mailto:communitynews@crazywisdom.net), or drop off or mail information to the store: What's New in the Community, 114 South Main, Ann Arbor, MI, 48104. The firm deadline for submissions for the next issue (Jan. thru Apr. 2023) is November 1, 2022.*



# crazywisdomjournal.com

## The Crazy Wisdom Community Journal and The Crazy Wisdom Biweekly

WELCOME ABOUT THE JOURNAL CRAZY WISDOM BIWEEKLY ADVERTISE WITH US COMMUNITY CALENDAR  
CALENDAR SUBMISSIONS BLOG FEATURED STORIES AND COLUMNS JOURNAL ISSUES  
HOLISTIC RESOURCE GUIDE JOB OPENINGS WRITER'S GUIDELINES SUBSCRIBE




- 20,000 print and online readers each issue of *The Crazy Wisdom Journal*. More than 235 drop-off locations.
- 30 features, interviews, journalistic profiles, essays, and columns, and over 80 advertisers.
- Published since 1995. Full digital issues dating back to 2009, available to read online or with the ISSUU app.
- A Community Calendar with hundreds of listings of events, classes and workshop taking place in the region.



Hundreds of body/mind/spirit blogposts written by over 100 local authors & practitioners.

### Posts from our Blog

Blogs by Category Blogs by Author




**WHAT IS THE ANN ARBOR MENTALITY?**

By Dan Pines

In 1979 we relocated. Our first house was barely next to the "Big House," on the University of Michigan campus. I could open my front door and see the stadium from my porch. As a child, I repeat saw the Big House as my playground. I can remember going into Yost Ice Arena and playing on the cement, which was normally ice for games.

[Read More](#)




**AWARENESS: THE PATH TO EMOTIONAL WELLBEING FOR KIDS**

Paula Bergquist

Awareness helps us understand and neutralize situations, allowing them to feel less personal. Unconscious patterns like believing, judgment, and anger become conscious as our awareness grows. As the saying goes, "hurt people hurt people." When awareness grows, and we become conscious of our emotions, we're more able to transcend behaviors that cause us or others to be hurt.

[Read More](#)




**A CONVERSATION WITH THE GUARDIAN OF NIAGARA FALLS**

Heidi Marie Soper

A conversation with the Guardian of Niagara Falls

[Read More](#)



**YOU'RE IN GOOD HANDS**

Wendy P. Kline

I arrived at my first physical therapy (PT) appointment with my daughter alongside me, sitting in her car seat. Within the first few moments of small talk, the physical therapist, Emma, asked me about my profession. After sharing with her that I, too, am a physical therapist, she assumed I was aware of and familiar with PPTP. That was not the case.

[Read More](#)





# LEAPS OF FAITH

---

## TALES OF LOCAL BUSINESSES

By Laurel Decker  
Photos by Susan Ayer

This column is a look at some brave souls who took a leap of faith to open their businesses. What follows are personal profiles of entrepreneurs following their dreams and thriving despite the odds.

### Arogyaveda

2458 North Dixboro Road Ann Arbor, MI 48105  
www.arogyaveda.org  
(248) 736-4633

Open Monday, Tuesday, and Wednesday from 6:30 a.m. to 3:30 p.m., Thursday and Friday from 6:30 a.m. to 7:30 p.m., Saturday from 7:30 a.m. to 8 p.m., and Sunday from 6 a.m. to 3:30 p.m.

At the end of a quiet lane, I found the building where Pradeepa Ryasam invited me to meet her. I had asked if she could share her experience as a new business owner offering holistic wellness services at the peak of the Covid-19 pandemic. As I walked toward the building, I noticed rabbit footprints in the new snow, and several birds greeted me before Ryasam had a chance to open the door to introduce herself.

**The peaceful environment Ryasam created for herself, and her clients, helped me further understand her reasons for providing wellness knowledge at this time in particular.**

There was no time wasted before Ryasam and I were excitedly sharing views on metaphysical spirituality and holistic wellbeing. She told her story of opening



**She told her story of opening Arogyaveda in the fall of 2019, just as the virus began showing up outside of the United States. By the time it reached her own community, it was clear to Ryasam that she must continue teaching Ayurvedic science and yoga during the pandemic.**

Arogyaveda in the fall of 2019, just as the virus began showing up outside of the United States. By the time it reached her own community, it was clear to Ryasam that she must continue teaching Ayurvedic science and yoga during the pandemic.

I wanted to learn how Ryasam and her clientele adapted to challenges, such as teaching yoga from a distance. I also found it moving to hear how she discovered new ways that the pandemic unified her with those she counseled.

After we said our goodbyes, I took my time walking to my car for the same reason the birds and rabbits frequent the grounds at Arogyaveda. I simply enjoyed how I felt in the energy there. The peaceful environment Ryasam created for herself, and her clients, helped me further understand her reasons for providing wellness knowledge at this time in particular. Now more than ever, we are seeking and applying practices that bring inner peace.

**Laurel Hogge:** Were there any unexpected benefits to your business due to the pandemic? If so, what were they and why do you think it's unique to the pandemic?

**Pradeepa Ryasam:** People started to realize prevention is better than cure and started to look for holistic wellness solutions to boost their immunity. Ayurveda is a natural holistic system when it comes to preventive medicine, immunity



**"Our yogashaala is tucked in a serene and peaceful corner of Ann Arbor surrounded by friendly wildlife and nature."**

Pradeepa Ryasam



enhancement, and improved gut health. Because of this, I have seen an increase in the number of clients seeking consultation.

I started consulting with my clients online. The one benefit of online consulting was that I could reach my clients anywhere on the globe from Australia to New Zealand.

I also noticed people taking a huge interest in social media. So, I used Instagram and other social media to share creative content about Ayurveda and yoga. That has helped me gain new clients and students.

**Laurel Hogge:** How have you adapted to the various mandates?

**Pradeepa Ryasam:** For yoga, we practiced outdoors during summer with no masks. When we met indoors, we were socially distanced following CDC guidelines. During this time, online group yoga classes also worked well where clients practiced yoga from the comfort of their own homes.

**Laurel Hogge:** What is the most useful personal skill or trait that you have implemented to keep the business going?

**Pradeepa Ryasam:** It is important to understand that a lot of people also had emotional struggles during the pandemic, be it with the loss of loved ones, loss of a job, or even falling sick. Being empathetic to their concerns and listening to what my clients had to share was crucial.

**Laurel Hogge:** Is there a memorable moment, good or bad, associated with having a business during such an uncertain time that you could share?

**Pradeepa Ryasam:** Most of my offerings are on a one-on-one basis. I will work with all my clients in a very intimate setting and we both connect very well. Before I start my consultation, I chant a mantra and pray that we only exchange positive vibes and energies. In such unprecedented times, we all went through a turmoil of emotion, and it was nice to have someone to share how we felt and reciprocate the other's feelings.

**"Mistakes, failures, and rejections allow us to push to the next level. Instead of dropping down with these, I try to appreciate them and quickly learn how to convert these to opportunities."**  
**— Pradeepa Ryasam**



## Divine Inspiration At Work

Align Divine Inspiration with concrete action to transform your personal life, career, or business.

Psychic & Mediumship Readings  
 Career & Business Strategy Sessions  
 Live Workshops via Zoom starting October 2022

[DivineInspirationAtWork.com](http://DivineInspirationAtWork.com)

Susan McGraw  
 Psychic Medium  
 Career & Business Strategist  
 734-415-4006  
[DivineInspirationAtWork.com](http://DivineInspirationAtWork.com)

"I can say beyond a doubt that my reading with 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

**"I used to get notes from my clients saying how grateful they are, and notes like these would make me extremely humble and allow me to continue what I was doing."**

The first client I saw in the pandemic was a college student and she mentioned so many stressors including Zoom fatigue, workload, isolation, and not being able to see the end of the pandemic. I taught her some meditation and pranayama techniques and how to tune in the positive energy realm. I also reassured her and shared some of her concerns—she was not alone in this journey. Working with people at this level really helped me to realize that we are all on the same path. Together we are praying and hoping together to see the end to this pandemic. Everything around us is energy, and it is in both animate and inanimate things around us. The confluence of these positive vibrations and healing is so potent, it can do miracles.

Another memorable occasion was our outdoor Yoga class. Outdoor Yoga in nature just felt so refreshing. Almost all of us went into a deep state of meditation. Our yogashaala is tucked in a serene and peaceful corner of Ann Arbor surrounded by friendly wildlife and nature. If not for social distancing, we would have been indoors all the time.



**Laurel Hogge:** Is there anything you would have changed about how you handled business during the pandemic?

**Pradeepa Ryasam:** Offering group yoga lessons when I have people from different time zones was a challenge. I then opened one more online class that can accommodate people from different geographies. Online yoga classes, especially in a group setting, was not motivating for many as technical issues can pop up from time to time. I soon realized that I should only do private lessons, so I could focus on people individually. That worked very well, and I wish I had done that sooner rather than later.

Mistakes, failures, and rejections allow us to push to the next level. Instead of dropping down with these, I try to appreciate them and quickly learn how to convert these to opportunities. The private online lessons were much more rewarding to me and my clients, so I ended all my group yoga lessons. Now that the rules have eased up a bit, I have my socially distanced group yoga lessons and they are going great once again.

**Laurel Hogge:** Did you take any time away from operating as a business?

**Pradeepa Ryasam:** No, we did not shut down the business. I knew at that time Ayurveda, yoga, and meditation were much needed for everyone. I thoroughly enjoy teaching yoga and Ayurveda especially because these can bring a direct impact on people's lives and lifestyles. I like to stay authentic in my practice and principles since both Ayurveda and yoga are highly spiritual practices. It was such a fulfilling experience to offer wellness during these tough times. I used to get notes from my clients saying how grateful they are, and notes like these would make me extremely humble and allow me to continue what I was doing.





# LEAPS OF FAITH

---

## TALES OF LOCAL BUSINESSES

By Laurel Decker  
Photos by Susan Ayer

### Brighton Light House

142 Brighton Lake Road Brighton, MI 48116  
(810) 775-3588  
connect@brightonlighthouse.com  
Brightonlighthouse.com  
Monday-Friday 8 a.m. – 4 p.m.

You read it right. Brighton Light House (BLH) is three words. That’s because, unlike a “lighthouse,” BLH is not a cautionary beacon on a rocky shoreline—a vision that may have come to mind at first glance. Rather, the light radiating from BLH is one that beckons the community toward it with the sole purpose of providing space for individuals to find, nurture, and shine their own light.

If you think that sounds incredibly idealistic for a business model, you’re right again. Ultimately, it was the simple faith of husband-wife team Anna and Dan Oginsky that made it possible for this community gathering place to be built, and to surprisingly flourish, even as the global pandemic progressed.

**Imagine, as a first-time business owner, having your building under construction when you are told that building trades would soon be forced to cease operation for an unknown amount of time. Oginsky described it simply as “a strange time.” But she added, there were many gifts that appeared along with each challenge.**



The Oginskys began planning their business in December of 2016 and opened the doors in February of 2021. While it’s normal for a business of this scale to take years to be created and built, it is unusual to do such a thing during a worldwide pandemic. I visited BLH to find out some of the challenges that arose throughout the process and to learn how the couple overcame them.

Anna Oginsky greeted me with a warm smile and a hug before we began our tour around the property. She showed me individual private offices, large gathering rooms, and expansive outdoor spaces while pointing out the Michigan-made details that are incorporated throughout the property. Her husband Dan, a history enthusiast, was especially involved with finding the perfect items to preserve the essence of the original 1860s Michigan home.

So, how did Covid-19 affect their plans and progress? Imagine, as a first-time business owner, having your building under construction when you are told that building trades would soon be forced to cease operation for an unknown amount of time. Oginsky described it simply as “a strange time.” But she added, there were many gifts that appeared along with each challenge.

**Laurel Decker:** Were there any unexpected benefits that came from opening during the pandemic? If so, what were they, and why do you think it’s unique to the pandemic?

**Anna Oginsky:** Our focus was on creating a unique space where people could come to work, learn, grow, and share their gifts. The pandemic created a situation where places people typically go to do those things were no longer available—places like offices, restaurants, and classrooms. So, we could offer something that wasn’t

**Rather, the light radiating from BLH is one that beckons the community toward it with the sole purpose of providing space for individuals to find, nurture, and shine their own light.**






available elsewhere. We have a unique event space with garage doors that create an open-air vibe that people love and, as it turned out, was very covid-friendly for gathering people together. We were booked last summer and I'm not sure the word would have gotten out as quickly if the pandemic didn't create a need to find new, safe spaces to gather.

**Laurel Decker:** How have you, your staff, and your clientele dealt with the various mandates, such as stay-at-home, social distancing, masks, no masks?

**Anna Oginsky:** We followed all local and state mandates on when we could open to the public, masks, and social distancing, and CDC guidelines on how to handle exposure (we only had one). When masks were required, we also required them in common spaces. The nature of our business allowed us to also give people flexibility in determining their own level of comfort as well. We don't have crowds, and most people worked individually behind closed doors so they could take their masks off when alone and in rooms where there were several people, we have the capacity to spread out. We also use air purifiers, hand sanitizing stations, and deep cleaning. We were able to maintain a safe, clean, welcoming environment, I think.



## Angel Whispers Spiritual Spa & Boutique

Living compassionately rooted in love

**Pr. Vicky Lovell**  
MINDFUL PASTOR ☎ 734-276-2682

**PASTORAL SERVICE:**

- SPIRITUAL CARE
- LIVING RED WORSHIP PASTOR
- PRAYER
- END OF LIFE CARE
- OFFICIATING WEDDINGS AND FUNERALS

**OTHER SERVICES:**

- RETREATS AND WORKSHOPS
- GUEST SPEAKING

**ENERGY MEDICINE MODALITIES:**

- WONDER-TWINNING™
- TIMELINE MENDING

**Our Offerings & Who We Are**

---

**SPA ROOM:**

- MASSAGE CHAIR
- MIGUN MASSAGE TABLE
- SOUND & FREQUENCY HEALING TABLE

**VIRTUAL REALITY MEDITATION**

**BOUTIQUE ROOM:**

- ARTISTIC CREATIONS FROM LOCAL ARTISTS
- DRUMS, SINGING BOWLS AND TUNING FORKS
- BOOKS

**JEWELRY**

- CRYSTALS AND STONES
- LOCAL ORGANIC APOTHECARY
- HOME GOODS AND MORE!

**Dan McConnell**  
SPIRITUAL DIRECTOR ☎ 734-355-2808

**ENERGY MEDICINE MODALITIES:**

- REIKI
- CLINICAL EFT (TAPPING)
- VIBRATIONAL SOUND THERAPY
- MEDITATION
- WONDER-TWINNING™
- TIMELINE MENDING

**Danielle Groth**  
ENERGY HEALER ☎ 734-604-6938

**OTHER SERVICES:**

- RETREATS AND WORKSHOPS
- GUIDED MEDITATION AND SOUND BATHS

Angel Whispers Spiritual Spa & Boutique  
7940 Ann Arbor St., Dexter, MI 48130  
[www.angelwhispersspiritualspa.com](http://www.angelwhispersspiritualspa.com)

“In my heart of hearts, I know this business is about something bigger than day to day operations. It’s a calling and having faith in that is what keeps me motivated.”

— Anna Oginsky

**Anna Oginsky**  
Director/Founder

**Laurel Decker:** What is the most useful personal skill or trait that you, and/or your staff, have implemented to keep the business going?

**Anna Oginsky:** Staying open to what's possible and curious about what would best serve our members and guests. We are constantly looking for new ways to provide a high-quality experience and we're not afraid to pivot when what we're doing isn't working.

**Laurel Decker:** Is there a memorable moment, good or bad, associated with having a business during such an uncertain time that you could share?

**Anna Oginsky:** I'm struggling to find the right words to describe how it felt to be able to provide a safe space for people to gather after they had been unable to do so for so long. To witness the smiles, the hugs, the laughter, tears, and the palpable relief everyone shared in being in the same space again with loved ones was a gift and something I will never forget.

**Laurel Decker:** Is there anything you would have changed about how you handled business during the pandemic?

**Anna Oginsky:** When there were clear mandates, I felt confident in how we handled our business during the pandemic. It was much more difficult when there were no clear guidelines about what to do. We were constantly wondering if we were doing everything right to keep ourselves, our staff, our families, our members, and guests safe. I think we handled it well from where I sit now, but in the moment, I just never wanted to make the call that would cause someone to become ill. If anything, I guess I would have trusted myself more and not spent so much time worrying about the what-ifs.

**Laurel Decker:** What keeps you motivated to persist through the challenges of business ownership?

**Anna Oginsky:** In my heart of hearts, I know this business is about something bigger than day to day operations. It's a calling and having faith in that is what keeps me motivated. Owning a business is harder than I ever imagined it would be, but I guess it's a lot like parenting in that way. This path means I get to live the fullest possible life. It's a privilege I try not to take for granted.

**Daniel Oginsky**  
Historian/Founder

**Melissa Bruno**  
Community Coordinator

Before we wrapped up our tour and interview, Oginsky shared a little more about her business name's play on words. She explained that as the building neared completion, she was still having a hard time committing to a final name. Oginsky said one day she just drove to the property and sat in front of the building before asking, "What is your name?" The answer from Brighton Light House simplified what she felt was her purpose in creating this business all along—illumination. We stood looking at the physical manifestation of what started as an idea, and Oginsky added, "We all have a light. Whether people come here to ignite the flame of doing something they've always wanted to do, to fuel a career or something they're already good at, or to stand as a bride and groom in a wedding, it's an invitation to shine."

Well said, and thank you to the Oginskys, and other business owners, who continue to illuminate a path of hope as we collectively find our way out of the darkest days.



**Green Living**

# Bring Your Own Container, Leave with a New Way to Live

Story and Photos by Cashmere Morley

It is a song many of us sing every day: the last swipe of lotion on a dry day leaves a container empty; the final drizzle of olive oil escapes the bottle and sizzles on the pan; the old water kettle stops boiling; it is time to throw it all out and start over with something new.

Something new means there is something old. The Earth is full of those old things; so full that we, as humans, are seeing the damage daily. One can almost never escape a day fully unscathed from the problem that is container waste. While we cannot eliminate the latter overnight, we can control how we approach the problem today. At BYOC Co. in Ann Arbor, owner Emma Hess strives to offer solutions.

BYOC Co., short for Bring Your Own Container Company, was one of the small businesses that blossomed from the harrowing seed of the pandemic. What began as a pop-up shopping experience in August of 2020 turned into a brick-and-mortar store in downtown in April of 2021.



**“At BYOC Co., we’re aiming to reduce single use plastic consumption by allowing folks to refill containers that they already own, with ethically sourced and eco-friendly, plastic-free household cleaning and personal care products.”**  
 – Emma Hess

Bring a refillable container downstairs in Liberty Square and discover a resourceful and reusable call to action in the face of waste. Pastel shampoo and conditioner bars stacked like macaroons are lined on a table. Body bars and cut-your-own-soaps fill the space with lavender, eucalyptus, mint, and other inviting aromas. Laundry detergent is scoop your own, pay by the ounce. There are eco-friendly pet toys and reusable oral care solutions. What BYOC Co. has built is a communal everyday living resource unique to Ann Arbor, in which the customer can contribute as well as benefit. It is a symbiotic relationship that has only flourished during the consistent threat of pandemic, generating repeat customers and regulars who Hess knows by name.

How does one begin to shop in a store like BYOC Co.?

“At BYOC Co., we’re aiming to reduce single use plastic consumption by allowing folks to refill containers that they already own, with ethically sourced and eco-friendly, plastic-free household cleaning and personal care products,” said Hess. “We’re not trying to eradicate single use plastic. There are means for it, and you have to kind of think holistically when you think about zero-waste or low-waste.”



“Containers that they already owned” can mean an empty yogurt quart, an old kombucha bottle, or a worn-out beer growler. Hess has not seen a container she cannot refill, so long as it’s “clean and dry.” Customers can also purchase a container in the store for \$2.50 to \$10, depending on size. Sometimes, smaller containers are available for free.

“I always say sustainable living has three big barriers to entry, and that’s time, energy, and money,” said Hess. “They all kind of play their own role, but I think a lot of it is really getting yourself out of that convenience-culture mindset; not relying on Amazon for everything, and not just opening a trash bin and throwing anything in there without a thought to it.”

At just 22 years old, and two months shy of graduating with a sociology degree from the University of Michigan, Hess said BYOC Co. “just sort of happened” after Covid uprooted her from her college living situation and transplanted her into her brother’s Royal Oak home.



**Something new means there is something old. The Earth is full of those old things; so full that we, as humans, are seeing the damage daily.**

“Once I moved in with my brother, I began taking the term “low-waste lifestyle” more seriously in my personal life. I didn’t really have the restriction of a bunch of roommates, and my brother just said, ‘Go for it. Do whatever you want to do at my house.’ It gave me so much freedom to really experiment with that lifestyle and take it more seriously.”

While Hess notes that the term “zero-waste” is more commonly known and used in regard to utilizing reusable goods, she prefers the term “low-waste lifestyle” because it’s more realistic to her personal journey.



"I think when it comes to *your own* personal journey, we're all starting at different points, especially if you're living with other people. Even living with my partner there are certain things where he draws the line and says, 'I'm not personally going to do that,' so there are just things that I'll go and do on my own or we have to kind of meet in the middle.

"But to me, I think what constitutes a low-waste lifestyle is making the effort—picking and choosing what's going to be maintainable for your life. At the end of the day, if you go all in and it's just too much for your life and your priorities, then maybe that's not the most sustainable option for you, but it could be for someone else. It's definitely a balance. I like to meet people where they're at, and not make them feel like they're never doing good enough. We just need everyone making an effort."



**Bring a refillable container downstairs in Liberty Square and discover a resourceful and reusable call to action in the face of waste.**

BYOC Co. aims to make that effort feel a little less daunting and a lot more accessible, while acknowledging that sustainable living can come with a literal price tag.

"There are products that come at a higher price point. If you're able to make those swaps and keep up with it and have the privilege to do so, I think it's a great thing to get on board with. If you're already shopping at the farmers market and you swing on by to us, even for a couple of items, I consider that a win. We really try to source as locally as possible, especially when we're looking at price points."

"There's a lot of things that go into the choices we make and what products we sell. And not everyone has access to those things, and not everyone can afford to go to the farmers market every week, for instance, so we approach our products the same way; if you have the ability to do so, we totally encourage you to come in and embrace this concept. If you don't have the means, or you can't get everything from us, even picking and choosing those few items that you can afford with us every month makes a big difference."

Hess said that a good way to begin low-waste living is to start with swapping out traditional shampoo bottles with BYOC Co.'s shampoo bars, which eliminate the use for plastic containers and offer an average of 55 washes.



**Beyond offering refillable products, BYOC Co. also offers recycling on everyday items such as cosmetic containers, crayons, razors, oral care waste, and more.**

**Ruth Wilson**  
*Intuitive Coaching & Healing*



**My psychic & coaching skills help you connect with your unique magic. Create solutions, clarify decisions, and heal problems.**

*Schedule a session and tap into your magic to create!*

**join my facebook group - facebook.com/group/magicintuition  
facebook - @ruthwilsonintuition  
www.ruth-wilson.com • commailruthwilson@gmail.com**

"I had been doing little things here and there at the start of my journey, with shampoo bars and reusable makeup rounds, just to begin that swap from throw-aways to low-waste in a way that felt obtainable. But with a full rein on my brother's house, we were able to set up a composting system, and we started to garden. We ended up finishing our last roll of paper towels and switched all over to rags, and it was just kind of a step-by-step process. We used something up and we made the swap to something sustainable instead. And now I'm almost three years out, and there are still sustainability goals I'm striving for every day. But every bit counts."

Hess said taking a step back and looking around all these big box stores was a wake-up call, too.

"We had all these bulk food stores available and that was really great, but I kept thinking... okay, but what about everything else that I don't have access to refill? Some bulk food stores have a shampoo refill, or they might have some castile soap, but they don't have everything. That really got me thinking. How could we solve this problem?"



**Emma Hess**

**While Hess notes that the term "zero-waste" is more commonly known and used in regard to utilizing reusable goods, she prefers the term "low-waste lifestyle" because it's more realistic to her personal journey.**

Beyond offering refillable products, BYOC Co. also offers recycling on everyday items such as cosmetic containers, crayons, razors, oral care waste, and more.

In one word, Hess describes BYOC Co. as "innovative."

"Just looking at how consumers purchase goods now, I hope BYOC Co. can show the world a better direction to head into," said Hess. In the future, Hess said she hopes to incorporate other local businesses with the same sustainability goals as BYOC Co. 's into a partnership, in whatever form that may take. As an avid coffee drinker, she brings up sustainable and/or reusable local coffee options as an interesting venture but is open to all possibilities the future may offer her.

Said Hess, "In 100 years, I hope this is how we are all purchasing goods. We're always bringing our containers to the stores and refilling them, over and over. I hope that's what the future looks like."

Visit BYOC Co. At 255 East Liberty Street # 215, in Ann Arbor, open Wednesday through Sunday. Check out BYOC Co.'s website at [byocco.com](http://byocco.com) for store hours.





# Our Neighbors to the East —

# Exploring the “Dragon Alley™” of Ypsilanti

By Crysta Coburn • Photos by Susan Ayer

Did you know that downtown Ypsilanti is turning into a vibrant hub of the metaphysical community? It’s true! Within just a few short blocks, you will find candles and herbs for magical use, crystals and other stones, incense, tarot and oracle cards, deity statues, and so much more. Allow me to take you on a brief tour.

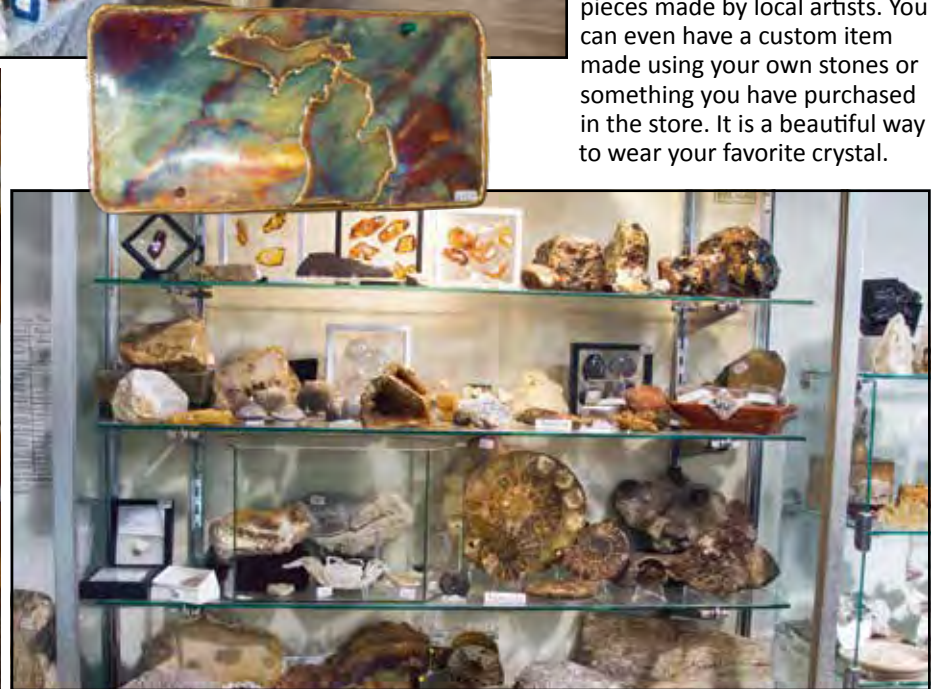
## World of Rocks

The aptly named World of Rocks, located on North Huron Street, has been the go-to place for stones, crystals, fossils, and more for over 20 years. You are likely to find beautiful stones that you did not even know existed on the plentiful shelves and tables. There is always something new to discover on a trip to World of Rocks, such as the innocuous-looking coprolite, also known as the fossilized feces from creatures that lived millions of years ago, or a shiny rainbow lattice sunstone, a distinctive and rare type of orthoclase feldspar that is unique to one small, specific area in northern Australia.



**Large crystals and geodes make excellent conversation pieces when decorating one’s home or office, and World of Rocks has just such treasures in spades.**

World of Rocks is the perfect stop for people who love stones and crystals as well as those who create their own jewelry using stones, such as in wire wrapping. If jewelry is your thing, but you do not make it yourself, you can’t miss the pieces made by local artists. You can even have a custom item made using your own stones or something you have purchased in the store. It is a beautiful way to wear your favorite crystal.



**World of Rocks is the perfect stop for people who love stones and crystals as well as those who create their own jewelry using stones, such as in wire wrapping.**

The walls and tables are filled with all different kinds of captivating rocks and fossils, both polished and raw. In the back of the store is a microscope that you can use to check out the stones up close and personal. Children’s faces light up when they receive a free stone on every visit. Who would have thought a store about rocks would be so educational *and* entertaining?

If you have a rough stone you would like to have polished, World of Rocks can help you with that, too. And if you have your own rock that you need identified or would like appraised, bring that in as well.

Large crystals and geodes make excellent conversation pieces when decorating one’s home or office, and World of Rocks has just such treasures in spades. Or, in a metaphysical sense, if you are looking for just the right gem, such as amethyst or other quartz, to balance out or promote a specific energy in your personal space, find the perfect stone for you at World of Rocks.

*World of Rocks is located at 32 North Huron Street in Ypsilanti. For more information, head to [worldofrocks.com](http://worldofrocks.com) or call (734) 481-9981.*



# Evenstar's Chalice

In July of 2017, Evenstar's Chalice, a spiritual and metaphysical retail shop with "meaning and purpose," conveniently moved in right next door to World of Rocks. Owner Mara Evenstar explained, "The mission of Evenstar's Chalice is to enhance the experience of Growth, Beauty, and the Sacred. We envision at Evenstar's Chalice a space that is aesthetically beautiful, seductive, sensory rich, and deeply honoring of the feminine principle. It is a space that is transformative, in and of itself. It is a deep breath.... It is an invitation to explore, learn, truly connect with others and to nourish your Soul."



Co-owners Mara Evenstar and Russell Jones

of different tones and sizes. If you are in need of a little luck, you can drop a coin or two at the altar to the Indian Lord of Obstacles, elephant-headed Ganesha, in hopes that he removes the obstacles in your life.

If you come in for one of the many spiritual or card readings, there is a room in the back of the store for added privacy. The vintage-inspired hair salon Be Hair Now is also located within Evenstar's Chalice. So, in one stop, you can get your spirit, as well as your body, nurtured with a fresh new style by Jeanne Adwani.

## Evenstar Institute offers courses and workshops for personal, spiritual, and relational development.

When you walk through the front door of this spellbinding shop, you are immediately enveloped by a sweet, rich aroma. A clerk behind the front counter greets you with a warm and friendly smile. And what treasures will you find within? "We carry books, divination tools, jewelry, spiritual art, candles, incense, and ceremonial and altar tools. We also offer consultation services with healers and wise-ones, and through Evenstar Institute we offer courses and workshops for personal, spiritual, and relational development," said Evenstar, who enjoys providing a special space for such a diverse community, both spiritually and culturally, as Ypsilanti. "We see a beautiful tapestry of religious and spiritual paths, of mystical and magical practices, now more textured with a desire to reconnect to traditions while honoring our interconnectedness and our social needs for equity and inclusion." And being an independent business offers freedom with "a lot more risk, but also much more potential for joy and fulfillment."



Evenstar's Chalice hopes to continue to expand and grow by offering "a fuller range of metaphysical supplies and resources" in the future. Said Evenstar, "We would like Evenstar Institute to expand in our ability to offer more spaces, experiences, and opportunities to learn, connect, and evolve—on an individual and collective basis. We hope to continue to deepen our connections within our community and enjoy and thrive in our lives!"

*Evenstar's Chalice is located at 36 North Huron Street in Ypsilanti. For more information, head to [EvenstarsChalice.com](http://EvenstarsChalice.com) or email [info@EvenstarsChalice.com](mailto:info@EvenstarsChalice.com).*



**If you are in need of a little luck, you can drop a coin or two at the altar to the Indian Lord of Obstacles, elephant-headed Ganesha, in hopes that he removes the obstacles in your life.**

Paintings by a local artist dot the walls, adding to the unique atmosphere. Each of the divination and oracle decks for sale has a sample deck that you may try out to see if that particular deck is for you, or if you just want to peruse through the beautiful, magical artwork that appears on the cards. There are also crystal singing bowls



Continued on next page





# Exploring the “Diagon Alley™” of Ypsilanti



## Twisted Things Organic Apothecary & Curious Goods



Because the goods for sale are created by hand by independent artists, Twisted Things stock is always changing, and many items are completely unique rather than mass produced.



With the addition of pagan-owned, and volunteer-operated, Twisted Things Organic Apothecary & Curious Goods on the other side of Evenstar’s Chalice from World of Rocks, also in 2017, the “Diagon Alley™ of Ypsilanti” (as some patrons have dubbed it) was complete. Per their Facebook page, “Twisted Things was created by artists, for artists. We offer local artists the opportunity to exhibit, sell, and learn how to grow their own business and connect with their community.” You will find locally-made bath and body products, magical herbs, jewelry, art, skulls, taxidermy, wall art, prints, clothes, bags, and a lot more. Because the goods for sale are created by hand by independent artists, Twisted Things stock is always changing, and many items are completely unique rather than mass produced. Buy a treat for yourself or find the perfect gift for a friend or loved one.

Twisted Things is decidedly *not* your average artisan-made crafts store. If you are a fan of the strange and unusual, and you prefer to support local artists and businesses, Twisted Things is an absolute must-stop. A doorway in the back of the store leads you to the especially strange and magical items. It is there you find the magical herbs, candles, wands, and squid tentacles in jars, among other fun things.

If you yourself are an artist of unusual works, then Twisted Things might be the perfect venue for you to peddle your wares.

Twisted Things Organic Apothecary & Curious Goods is located at 40 North Huron Street in Ypsilanti. For more information, head to [twistedthingsypsi.com](http://twistedthingsypsi.com) or send a text to (734) 961-7881.



### Karлта Zarley, RN, CHTP Certified Healing Touch Practitioner

- \* Healing Touch Energy Work
- \* Multidimensional, Intuitive and Transformational Healing
- \* Spiritual Direction
- \* Neuro-Sensitives and those on the Autistic Spectrum
- \* Essential Oils Consults
- \* Flower Essence Master Formulas
- \* Workshop & Retreat Facilitator

210 Little Lake Drive, Suite 7, Ann Arbor, MI 48103  
734.761.5908 • [karlta@karltazarley.com](mailto:karlta@karltazarley.com)



### Do you know a Tarot Geek?

I bet you do, you're just not aware of it. — Maybe it's you! Maybe you found the Tarot long ago and read everything you could find, but it was not what you wanted.

Where were the charmingly quaint cards on book covers that you opened, only to find English cards and traditions?

Those powerfully simple blockprinted images are finally available as quality reproductions and accurate recreations. But still rare, are books that teach interpretative traditions for their non-scenic pips. This book

#### *The Tarot: A Strange and Wondrous Thing*

will show you a simple historically based method that is both intuitive and fun. Visit [ArcanaPress.net](http://ArcanaPress.net)



A Tarot Geek? Well, at least you know you're not the only one!





## Conjure Goddess Botanica and Metaphysical Shop

Around the corner from Ypsilanti's Diagon Alley and down only a couple of blocks, located right on Michigan Avenue, is the newly opened Conjure Goddess Botanica and Metaphysical Shop. The Conjure Goddess has an emphasis on "Conjure, Hoodoo, Voodoo, African Traditional Religions (ATRs), Santeria, Wicca, and Witchcraft" traditions. ATRs and African-based traditions are often underserved in the dominantly white neo-pagan community, making the Conjure Goddess a beautiful addition to Ypsilanti, a city where more than a third of residents are not white. Though, of course, all are welcome.

When you open the door, the warm aromas embrace you and invite you inside. There is an uncountable mixture of herbs, spices, oils, teas, and candles to tantalize the nose. And you are guaranteed a warm greeting, too. Everyone on staff is friendly and happy to see you as well as answer any questions you might have.



intentional soaps, tarot and oracle decks, books, tumbled stones, raw crystals, and crystal points. There are also statues, teas, journals, feathered pens, parchment paper, and other miscellaneous items."

The Conjure Goddess answers a plethora of magical needs from components to books to magical items and even whole rituals. If you are looking for a reading, the Conjure Goddess offers them in half hour and one hour increments. (These are bookable online at the website.) In the near future, they also hope to "host classes, workshops, and our annual retreats."

Jordan-Casey has "been practicing for over 20 years." She said, "I've known for a very long time (and more so since 2015) that I wanted to have

my own metaphysical shop. I have had an online presence since 2017, but between doing that and working, the online thing felt more like a hobby than a business. In 2018, I had finally gotten the chance to pursue my business venture full-time." In the beginning, her husband worked full time while she grew the online business. But success after success brought him into the business too, and the brick and mortar store had its soft opening on October 20th, 2021.



**The Conjure Goddess answers a plethora of magical needs from components to books to magical items and even whole rituals.**



While headquartered in Ypsilanti, the Conjure Goddess "also cater[s] to all of Washtenaw County and any and all neighboring cities and states." If you cannot make it to the brick and mortar store, there is also an extensive online shop that also includes handy instructions on using candles for magic and conjure oil.

Owner Tanet Jordan-Casey explained, "We sell an array of candles, from your 7-Day Candles, Chime Candles, Intentional Candles, and more. We also sell many other tools along the metaphysical side, such as incense, sage bundles, herbs, spiritual waters and colognes, spiritual floor washes, intentional colognes, intentional oils,



*The Conjure Goddess Botanica and Metaphysical Shop is located at 226 West Michigan Avenue in Ypsilanti. For more information, head to [theconjuregoddess.net](http://theconjuregoddess.net) or email [theconjuregoddess@gmail.com](mailto:theconjuregoddess@gmail.com).*

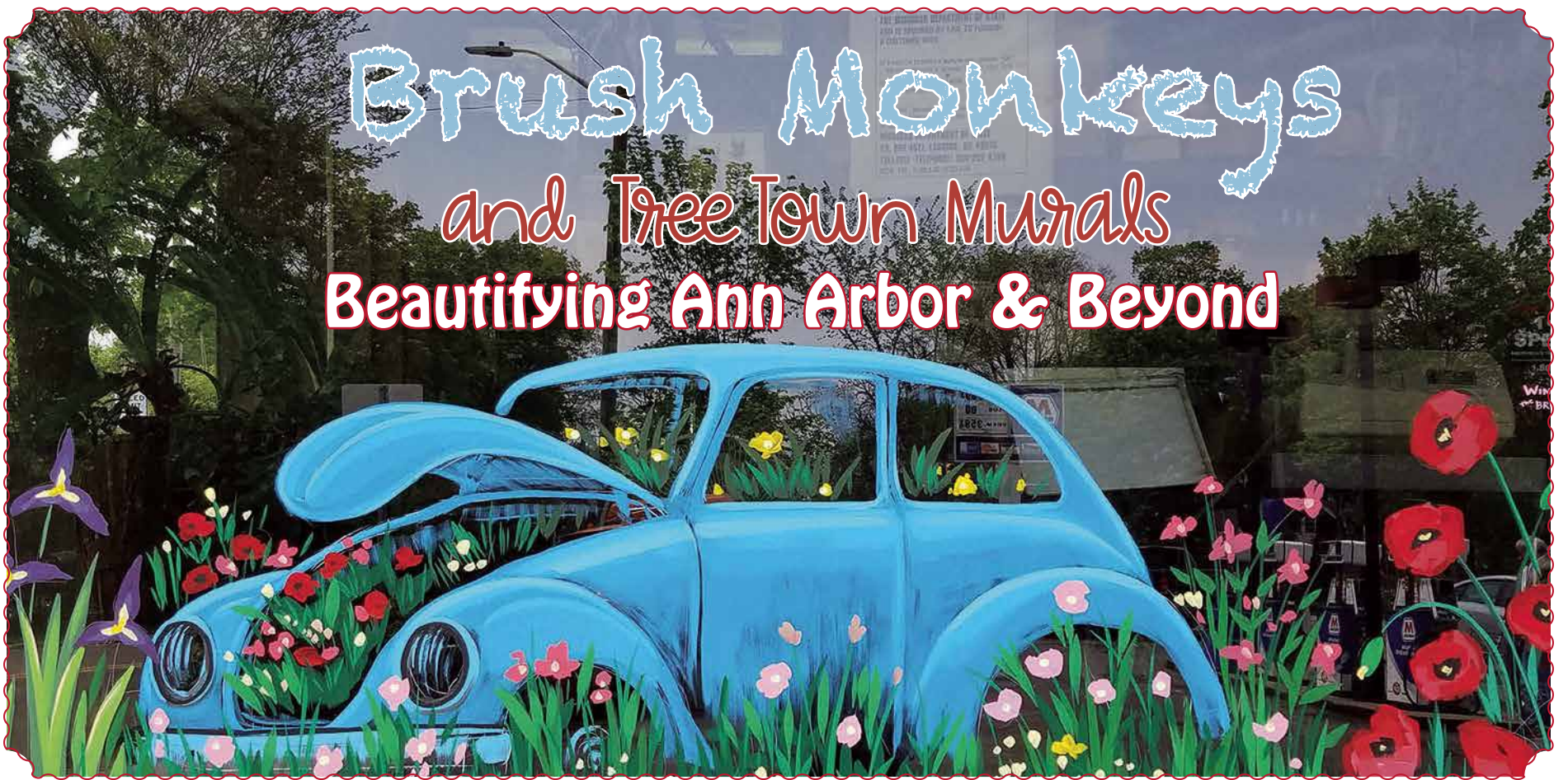
**The majority of the establishments in downtown Ypsilanti are locally owned and operated, making them unique and guaranteeing you a singular, not to mention magical, experience.**

If you begin your journey at Huron Street and make your way down to and then along Michigan Avenue, perusing all of the shops in between, whether metaphysical or otherwise, could easily fill an afternoon—or longer. (Don't worry. There are plenty of places to grab a snack along the way if you begin to feel peckish.) The majority of the establishments in downtown Ypsilanti are locally owned and operated, making them unique and guaranteeing you a singular, not to mention magical, experience.

###



# Brush Monkeys and TreeTown Murals Beautifying Ann Arbor & Beyond



By Sandor Slomovits • Photos By Susan Ayer and Hilary Nichols  
with additional photos provided by Brush Monkeys

Ann Arbor has long had a tradition of downtown businesses featuring window paintings on their store fronts during the holiday season. When in 2006 local artist, John Copley noticed a break in that tradition, “I mentioned to Jim Hart of Seyfried Jewelers, that I had enjoyed the holiday window painting that someone had been doing downtown for a while. That year it was not happening. I asked him why and he said, ‘Well, he died. You want to do it?’ And that is where it all began.”

Partnering with the Main Street Area Association, he decorated store windows for the 2006 holiday season. Soon, said Copley “I was working solo seven days a week during November, mostly eight hours a day, trying to keep up with demand.” It became clear that he needed an assistant. He asked Mary Thiefels, who he’d met through their mutual membership in Chelsea Painters, a collective of artists who organize an annual art show, share paintings, and critique each other’s work.

At first, “It was just a seasonal thing,” said Thiefels. “It was meant to be about celebrating winter, the holiday spirit. It was never meant to feature any specific holiday, so November is when John would start. He came up with the name Novemberistas.” Laughingly she added, “For a number of years, we were the Novemberistas, and it was John’s vision that we were like this guerilla group of painters that would jump out of a van and paint the whole downtown and then get back in....”

At some point, they were joined by Danijel Matanic, also a painter, and now Mary’s husband and business partner. “John started to take in others,” said Thiefels, “and the crew began to grow. He was just thrilled with how the art was changing now that there were different creative voices jumping in.” Eventually, in 2016 Copley said to Thiefels, “‘It’s all you and Danijel. You take it from here.’ So, we sort of brought the company into the 21<sup>st</sup> century. We started to actually advertise. It was then that we rebranded.” They became the Brush Monkeys.



**Ann Arbor has long had a tradition of downtown businesses featuring window paintings on their store fronts during the holiday season.**

“The Brush Monkeys was John’s idea,” said Matanic. “He drew a sketch for it, and I took it and made it into the logo we use today—a kind of levitating, meditating monkey with a brush for a tail.”

“We had started to notice that our winter clients also wanted spring windows, and then they also wanted fall windows,” said Thiefels. “We thought that this would be more all-encompassing of our year-round services, as opposed to Novemberistas, which kind of just branded us as being winter painters. We created a flyer, a postcard and stickers, and we’ve been able to get the word out. We have ten artists that work with us. We have about six in our hardcore crew that work year-round with us, then seasonally we bring on about five new helpers.” Matanic added, “The hardcore crew, the two of us, plus John Copley, Narooz Soliman, Lavinia Hanachiuc, and Colin Wilson, are the artists that are constant and actively working—doesn’t matter what kind of weather or time of year.”

John Copley, now in his mid-seventies, said, “I’m a genuine townie, born and raised in Ann Arbor, and have lived almost all my life in Washtenaw County.” He’s also been an artist all his life. After attending U-M Art School he has, among other things, painted traffic signs for the City of Ann Arbor, founded Crow Quill Graphics (a graphic design studio), painted murals in U-M residence halls, and painted scenery backdrops for plays and operas.

Mary Thiefels, now in her forties, was also born and raised in Ann Arbor. “Until Danijel and I moved where we’re living now, I’ve lived a mile from Main Street my whole life.” She graduated with an art degree from Eastern Michigan University, “But even before my degree was finished, I was doing murals for commission, improving my craft, and entering competitions. I started answering the call around the state of Michigan for public art, and that’s when my interest in wanting to do murals for public enjoyment really kind of took off.” She worked with teens at the Neutral Zone as a full-time visual arts manager, from 2013 to 2019 while also simultaneously running Brush Monkeys and her other business, TreeTown Murals. (TreeTown Murals creates large public murals and mosaics. You’ve probably seen one of their largest on the back of the Courthouse Condos, downtown near the corner of Main and Huron, pictured on the cover of this issue. See the feature about TreeTown Murals in the CW Kids in the Community Column in Issue #77 of *The Crazy Wisdom Community Journal* or online at <https://tinyurl.com/kfsh3k7a>).



Photo by Susan Ayer

Danijel Matanic, also in his forties, is from Serbia and got his degree from the Academy of Arts Novi Sad there. “I’m a painter and I’ve been doing art most of my life. The school was pretty competitive and back then the traditional media were taught. I did murals and paintings, and all sorts of media. After I moved here, I kind of continued doing the same thing,” Matanic shared.

When asked what made him decide to move to the US, he smiles and points to Thiefels. They’ve known each other for about ten years, been married for five, and run Brush Monkeys and TreeTown Murals together.

“Danijel and I met, and our combined love of art and business has blossomed into these two companies,” added Thiefels.





Mary Thiefels and Danijel Matanic



Photo by Hilary Nichols



Photo by Susan Ayer







# Brush Monkeys

continued...

You need a lot of adjectives to describe the Brush Monkeys' window paintings. Here's a partial list from A to Z: artistic, brilliant, creative, dazzling, humorous, ingenious, masterful, original, whimsical, quirky, and zany. Their works range from relatively simple projects to highly detailed and ornate ones and encompass a wide range of styles and subject matter. "We really look at each window as if it's a composition, including the display that the store front owner is working with," said Thiefels. "We compliment and try to accentuate."

"It depends who we work with," added Matanic. "Some people, they're really specific. They know what they want. Others are more relaxed. They're like, 'Oh, its Brush Monkeys, you guys will figure it out.' And most of the time we come up with something right there on the spot. In a group of creatives, that works, it's very nice. In our hard-core crew, everyone is creative. Everyone has their own ideas. We kind of chat or have coffee, look at the window together, and then all kinds of ideas start sparking right there between us. And then we gotta sometimes kind of pull back and control [ourselves] if we start going too wild." They laughed.

John Copley still paints with the Brush Monkeys. "I enjoyed doing the seasonal work, and especially when people walking by would remark how they liked seeing me painting—how it made them happy that the holidays were coming and how it seemed to officially usher in the holiday season. Folks were very kind and supportive, and I truly enjoyed doing the work, even when it was bitter cold, or I was standing in an inch of slush. Thanks to Mary, I still make a cameo appearance every year, usually in partnership with my excellent nephew David Zinn. It is a young person's calling."



**You need a lot of adjectives to describe the Brush Monkeys' window paintings. Here's a partial list from A to Z: artistic, brilliant, creative, dazzling, humorous, ingenious, masterful, original, whimsical, quirky, and zany.**

"These days we bring him to hang out with us. We don't want to put too much work on the old man," Matanic said jokingly. "He works as much as he enjoys, and he likes to hang out with the crew. We love him. We love to have him around."

"He has an aesthetic and training different from ours, and he's really taught all of us the background of sign painting, of lettering," added Thiefels. "He taught us all how to paint on glass. Even though we have experience painting, there's always a learning curve when—"

"The medium is totally different," Matanic finished her sentence. "You have to think about how light reflects and what affects it. There's many things to it. Those basics we learned with John." Thiefels added, "He's definitely still our teacher."

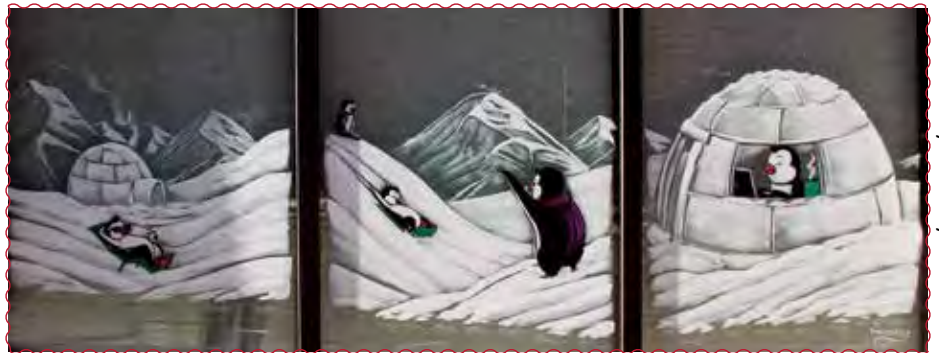


Photo by Susan Ayer

"We have ritual parties before we start in November," continues Thiefels. "*Brushes up, glasses down* is our kickoff party, and then *brushes down, glasses up* is our celebration party. The majority of our window clients are from November to mid-December. But we have about fifty businesses that are now wanting year-round services. Ann Arbor SPARK hires us every year—we do about twenty store fronts that SPARK pays for—to help get the word out about Tech Trek. We do all sorts of, 'coming soon,' 'opening now,' so it's become like a visual enhancement to store fronts, not just for decoration, but also for announcements."

Thiefels continued, "Brush Monkeys and the Neutral Zone, running the art department and working with teenagers, was an excellent pairing. I still have a lot of youth that I work with or that we have talked about bringing in as Brush Monkeys. We get a lot of inquiries from artists, 'Do you need help?' or 'Are you looking for an apprentice?' We've been able to recruit young, emerging artists into Brush Monkeys that we've then nurtured and trained. And some of them help us on the murals as well."

Every year we're looking for new talent, we've called it kind of a micro economy for artists. We've been able to keep artists busy with this Brush Monkey company. It's a chance for all of us to make money, but also to gift, and be of service. I feel like this line of work is in a way a service to the community."



Photo by Susan Ayer

Neither Thiefels, nor Matanic grew up in artistic families, but both were encouraged in their chosen work.

"I'm the only painter that I'm aware of in my immediate family line, or even in my ancestral family line," said Thiefels. "But the element of whatever you're doing, and supporting that, was very high and valued very much. I was never discouraged from following my passion of being an artist. Ever. It all just kind of escalated with my personal passion to be an artist. And to be of service. My family are all social workers, so maybe that's part of it, too. Somehow the social aspect and the community connection that Brush Monkeys and TreeTown Murals has is in a way similar to what the values that my family, my parents taught."

"I don't have any painters in my family," said Matanic. "My mother used to paint and draw just for herself, as a side thing. But my grandparents were furriers. Everyone was always valuing craft or some kind of skill that you develop and nurture. Both my brother and I are kind of doing creative things in a different way. He's doing a lot of wood carving and is a carpenter, so both of us kind of do creative work. And as Mary said, just like in her family, it was always encouraged; whatever you commit to, kind of keep going at it, and do it as much as you can. I was always taught that we, all humans, are capable of creativity in a certain way. What's your drive? What field kind of grabs you? What are you interested to commit your time to, to get more creative and better at it over time?"

Brush Monkeys is continuing to grow and evolve as a business in a variety of ways. Among other things, they plan to open an online store for Brush Monkeys swag this year. "Until now we've been giving it [swag] away," said Thiefels. "We buy a bunch each year and we just give it away. It's fun. We get so much feedback, when people see that we're painting, we often have that whole fan thing happen. 'Whoa! Like the Brush Monkeys actually working! I've never seen you; I've only seen your art!' They go on and on. And so, we have stickers on hand that we give to our fans. But we're noticing that there's certain aspects of Brush Monkeys that can, and that just needs, to grow."



We call ourselves a collective. Even though Danijel and I manage the company, we really look to our crew of artists for ideas about how we can grow. One of our Brush Monkeys lives in Ferndale and is picking up a lot of work in his neighborhood in Detroit. He has a Brush Monkey kit, which has all the kind of signature supplies and the quality paint that we use, and he really has branched out on his own. What I would like to see is for more artists to learn from us, but have their own agency, to maybe develop this as a side hustle for themselves, use the Brush Monkey name and signature, stick to our core values and our high quality art. I think this is a potential tool for other artists to make a living.



**“Every year we’re looking for new talent, we’ve called it kind of a micro economy for artists.”**

**–Mary Thiefels**

I don’t want to use the word franchise, but you could think about it that way, in a sense. Why aren’t there Brush Monkeys in cities across the country doing this service in their communities? The city of Midland is a really good example. The judge of their court came down to Ann Arbor, saw our work, called, and had me come up and paint her home. She then threw a party where she invited all of the decision makers of downtown Midland, and the next year, the city of Midland hired the Brush Monkeys to come up and paint their entire downtown—at very little cost to the storefront owners.

So, we now go to Midland with five artists. We stay for five days, and we paint almost 50 storefronts. It has become an attraction for the Bay City area, that whole tri city area. We’re getting calls from towns across the state of Michigan, but it’s hard for us to travel if we don’t have incentive to maybe do more than one storefront. So, we’re looking at developing little pockets....”



**“I was always taught that we, all humans, are capable of creativity in a certain way.”**

**–Danijel Matanic**



lot of pocket change to pay for it,” said Thiefels. “So, we did a lot of trade with restaurants and businesses in 2020. We just wanted to help, and this was our way. We also do a few pro bono stores. Every year we do the Delonis Center, no charge. We’ve talked about doing other nonprofits, no charge. It’s fun for us to show up for an hour or two and do something really quick. And then the gift keeps giving for months and months.”

And, continuing to talk about the intangible rewards of doing the work that Brush Monkeys does, Thiefels concludes, “It’s absolutely a hoot to be a Brush Monkey. We work outside you know, so we buy a box of hand warmers in October. You bundle up and then you have this outfit that is just covered in paint. It becomes your uniform. [Laughter.] We are a sight to see

“And training already skillful artists that will work with us maybe a season or two,” added Matanic. “[They can] figure out how we do our thing, and then maybe they can continue training other younger, upcoming artists. Make some money out of it for themselves and be proud of doing something for their community. Maybe we’ll expand the business further. Maybe it’s gonna take over the world!”

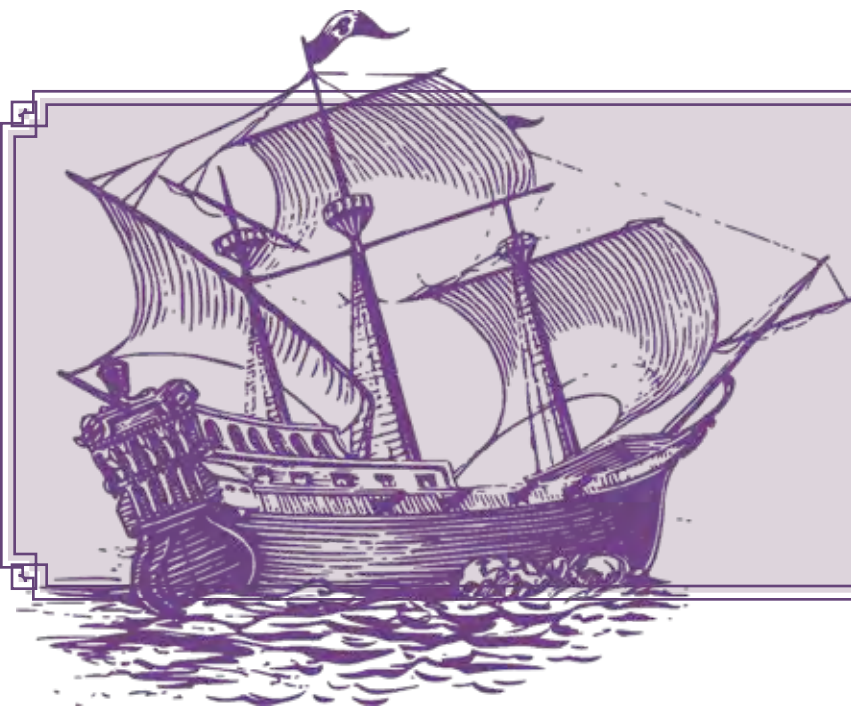
“Well, we joke, but why not?” added Thiefels. “Why doesn’t the hardcore crew stop (in Michigan) on December 1<sup>st</sup>, and then go down to Miami and paint for two weeks during their holiday season? We do see the business growing. We’ve expanded beyond the Main Street area and even beyond Ann Arbor. Since the crew has grown, we’ve probably increased 25% every year. Last year we did 170 storefronts across Southeastern Michigan. It’s no longer just Washtenaw County. I think we were more spread out across the state of Michigan this year than ever, and we were in Toledo this spring. So, I think it’s just a matter of time before what happened in Midland happens in other cities.”

During the pandemic, Brush Monkeys offered reduced rates for some of their customers who were particularly hard hit by the lockdowns. “They didn’t have a

when you find us on the street painting. We love interacting with people—that’s a big part of the joy of it. We engage with people that want to talk. You don’t often get to see artists working, creating their craft. I know with the rise of Instagram and TikTok and all these videos, you do now see more painters, sign painters, and muralists working, but there’s something so mesmerizing about being able to watch someone create a work of art in front of you. Or to walk by, and then come back an hour later and see it finished. I like that it’s exposing people to a different kind of creativity watching us work, seeing it go down and what goes into it. I think that’s really special.”

Learn more about Mary Thiefels and Danijel Matanic by visiting them at [brushmonkeys.com](http://brushmonkeys.com) or [treetownmurals.com](http://treetownmurals.com). Connect with them on Facebook @BrushMonkeys, and on Instagram @brushmonkeys. Email them at [treetownmurals@gmail.com](mailto:treetownmurals@gmail.com) or give them a call at (734) 846-4455.





# Staying the Course

## Committing to Love for Life

By Janeen Morgan

The world we live in today is filled with so many uncertainties. Social and civil unrest, uncontrolled gun violence, and the never-ending saga called the Coronavirus, are all changing the lives we knew. All these factors are changing nearly every day—sometimes, by the minute. One thing we can guarantee won't change is love. No matter who your love partner is, knowing how to love and who to love is very important. More important than that is knowing how to stay committed to the one you love.

Not long ago, I had a chance to gain some insight on this topic from a Detroit local—Dr. Sabrina Black, CEO of Abundant Life Counseling and Coaching, LLC. A professional counselor, minister, mother, and wife, Dr. Black has been married for over 30 years. Our world needs so much help and healing. The advice she gave me is timeless, not just in these perilous times, but forever. Love is and will always *be*.

*The world we live in today is filled with so many uncertainties. Social and civil unrest, uncontrolled gun violence, and the never-ending saga called the Coronavirus, are all changing the lives we knew. All these factors are changing nearly every day—sometimes, by the minute. One thing we can guarantee won't change is love.*

**Janeen Morgan:** How has commitment played a role in your professional life as a counselor?

**Dr. Sabrina Black:** Commitment is paramount. Not only as a professional counselor, but in life. Especially in relationships. Commitment is defined as being dedicated to a cause or activity that is important to you. When you are committed to something, you are willing to make sacrifices, and you are willing to stay the course to see change come about. As a professional counselor, I am committed to help my clients accomplish the goals and objectives for which they have sought help. As a counselor, I am choosing to enter into that person's world to help him/her navigate the course of their life. It could be easy to give up or give in when things get off course. But that is when we determine how committed we truly are. That is when people most need us to be committed. Just like in relationships. The commitment we make in marriage is until "death do us part—" not until things get difficult. People seem to have lost clarity about what it means to be committed, to be faithful, to be loyal, to be steadfast. These are words that we need to define before we enter into a relationship. They [those definitions] will help us determine if we are truly ready. You may find that you know how to be committed, but only to yourself and not to another.

**Janeen Morgan:** Do you believe a person is single until they are married?

**Dr. Sabrina Black:** Single based on how society has defined it would mean a state of being where an individual is not in a committed relationship. Marriage is also a state of being. Many people classify their status online in various ways to indicate their availability and commitment to their current relationship. Many Christians consider themselves single yet married to Christ. Others consider themselves single yet available. Single has over time had a negative connotation. It has implied that you are alone, that no one wants you, or that you are difficult to please or be with.

However, single being a solitary state, simply means that you are making a choice to not be in a relationship. When you are choosing to be single versus married, you are also indicating that you are willing to do without the privileges of marriage. Without sounding sanctimonious, some of the benefits of marriage are supposed to be

"People seem to have lost clarity about what it means to be committed, to be faithful, to be loyal, to be steadfast. These are words that we need to define before we enter into a relationship."

—Dr. Sabrina Black

exclusivity, sexual intimacy, and lifelong companionship through both good and bad times. When a person is single, exclusivity is sometimes questionable, and people stay for the good times only.

**Janeen Morgan:** The terms love and commitment are used so loosely in today's world. What advice can you give someone in a committed relationship?

**Dr. Sabrina Black:** For those who are in a committed relationship, my question would be how long will this commitment last? If it is until death do us part, then you should get married. If you are just having a good time and having fun—that needs to have a limit. If after two or so years, you haven't figured out if he/she is right for you or not, it's time to rethink some things and get clear on what you really want in life. When people who are single date until infinity, they actually hold one another hostage from better relationships. After you've been dating for over one year, and you've had an opportunity to see your partner in various seasons of life (out with family, friends, alone time) you should be able to decide as to whether you want to be with that person for the rest of your life or not. When people are single, they are usually looking toward something. If your relationship as single individuals doesn't have a definite determination or future, then you need to ask yourself, "How long do I want to linger here?" There is no reason for you to date beyond two years. That is more than enough time to determine if you want someone or not. After two years, you should begin to discuss marriage and or separation. You should not still be dating this person six years later hoping that you were going to marry one day. If marriage is your end goal, then you need to find someone who has the same goal in mind. You will not find that person and that person will not find you if you continue to date that person. A single person with no plans in marriage in the end is pointless.

Let's continue to make love make sense as we strive to stay committed, not only in a relationship, but to each other, in our families, and friendships. Love Wins!

To learn more about Dr. Sabrina Black visit her online at [DrSabrina.net](http://DrSabrina.net) or give her a call at (313) 201-6286. Office hours are virtual only, 10 a.m.-8 p.m. by appointment.

Dr. Sabrina Black with her husband, Warren José Black.







# IFS Therapy: More Than the Sum of Our Parts

By Jennifer Lee Stein • Photos by Linda Lawson

Psychotherapy has undergone massive shifts and transformations since its inception in the early 20<sup>th</sup> century. By the 1980s, modalities such as cognitive, psychodynamic, and dialectical behavioral therapies were firmly planted as the gold-standard of the field.

Meanwhile, out in the Midwest, a therapeutic model started to percolate that would, nearly 40 years later, undergo exponential growth and be considered the revolutionary paradigm shift in the world of psychotherapy. This model goes by the name of Internal Family Systems therapy (IFS) and it is popping up wherever you go.

There are various reasons why IFS is exploding right now. One is that it works. The founder of IFS, Dr. Richard Schwartz, notes that he sees himself as a “hope merchant,” and that if you want to find relief, healing, and emotional freedom, this is a path that offers deliverance.

There are two prominent aspects of IFS that are important to understand: First, the recognition of the multiplicity of the mind. People naturally speak this way, “a part of me wants to stay, a part of me wants to go.” If you’ve ever noticed your seemingly contradictory feelings, opinions, and behaviors, you’re in the company of billions of people. Our minds are multiple!

The other aspect that completely shifts the narrative is the concept of Self. Schwartz describes happening upon “Self” as he worked with clients at University of Illinois at Chicago in the 1980s. His clients were dealing with bulimia and self-harm, and they would, at times, talk about these “parts” inside that were often in direct conflict or allied with one another. Having been trained as a family therapist, he began to wonder if, internally, we all had a constellation of “parts” that, when out of balance, behaved like a dysfunctional external family. As Schwartz explains, he learned from his patients that their parts indeed formed internal networks that resembled family relationships, hence the name Internal Family Systems. Schwartz found that when clients were able to mindfully separate from, but remain in relationship with their parts, a state of being characterized by compassion, clarity, curiosity, and confidence emerged that he called Self, and that Self inherently could allow the spaciousness necessary for the healing of clients’ parts to occur.

**As a basic roadmap of parts, there are two main camps:  
exiles and protectors.**

As a basic roadmap of parts, there are two main camps: exiles and protectors. Exiles are parts of us that are usually very young and vulnerable, and often frozen in the past when trauma or other difficulties occurred. Because we don’t know what to do with that distress, especially at a young age, our systems unconsciously banish these parts to the further reaches of our psyche so that we can operate and function without being overwhelmed by feelings of worthlessness, sadness, or shame. The guardians, or protective parts, develop to ensure that the system is not overwhelmed by the exile’s emotions. There are two kinds of protective parts: managers are the parts that proactively look for ways to control external situations so that the exile does not get activated: these are usually anxious parts, obsessive parts, very organized parts that may need to clean, plan, control. Manager parts work to prevent further pain from entering the system and adding to the emotional

“load” of the exiles that they protect. Inevitably, however, managers cannot control everything, and so the exile’s deep pain gets activated, and a “firefighter” part may step in to put out the flames of emotion. Some firefighter activities include over drinking, sleeping or eating, bingeing (with food, television/video games and other substances), shopping, etc.; these parts are often seen to be impulsive but tend to do their jobs in more reactive ways. When any of our parts are unburdened from these roles, they have wonderful qualities that they aren’t able to express until released from their duties.

I spoke with Tanis Allen, a licensed clinical social worker and IFS therapist, about the modality. Allen was one of a handful of Michigan IFS therapists who started learning about the model in the 1990s and trained with Richard Schwartz.

**Jennifer Stein:** How did you find IFS?

**Tanis Allen:** I was a medical social worker at St. Joseph Mercy Hospital, and a local therapist by the name of Jane Fink, who was training directly with Dick Schwartz in Chicago at the time, had been invited by our social work department to provide a continuing education session. I became absolutely intrigued by the model after this introduction, and shortly after that, Jane also invited Dick Schwartz to come to Ann Arbor to do an introductory workshop and another in-depth workshop a year or so later. I attended those and was completely hooked after that. That was, I want to say, about 1995. At that point, nobody knew about IFS, it was in its infancy.

*There are various reasons why IFS is exploding right now. One is that it works.*







# More Than the Sum of Our Parts

continued...

**Jennifer Stein:** What was it that hooked you?

**Tanis Allen:** As many people say about this model now, it was that it just felt natural to me. It is very common for anyone to say: “there’s a part of me that feels like this and another part that feels completely differently.” It just made a lot of sense to me. And it was totally intriguing. I held onto that.

**Jennifer Stein:** Can you describe the process of IFS?

**Tanis Allen:** The bottom line with IFS is that it’s all about non-pathologizing whatever is presented to you as a therapist. It is about normalizing and validating all behaviors and feelings—in IFS we call those parts. Whereas, in the regular medical model, or institutionalized ways of approaching behavior management or mental health care, the focus tends to be on the management of symptoms, particularly if we talk about something like an eating disorder, severe depression or anxiety, or other addictions. With an eating disorder, it’s all about making sure the person eats if they are anorexic or doesn’t purge if they are bulimic. So, IFS takes a completely different view of that process—which is to actually invite the restrictor, in an eating disorder situation, to talk about what it feels like its job is. What it’s trying to do for that person. It’s a completely different perspective. Same with a binger, a purger, a depressed, anxious, obsessive, or highly critical part. All of these are considered to be parts that are doing something very important for the person. IFS is all about being open to what that’s about and what might be underneath it. In the IFS community, the phrase “all parts are welcome” is used to illustrate the framework of the model as inviting and allowing all parts of us to speak their truth and to be our teachers in coming to understand the internal dynamics that are individual to each person and situation.

**JS:** What happens to parts when you’re open to them?

**The bottom line with IFS is that it’s all about non-pathologizing whatever is presented to you as a therapist. It is about normalizing and validating all behaviors and feelings—in IFS we call those parts.**

**-Tanis Allen**

**TA:** They’re pretty surprised at first, actually, because generally they’re not invited into the room. Typically, in other approaches to mental and behavioral health, it’s all about managing them, and getting them to stop a target behavior if possible. So, it’s pretty incredible to be with someone and say, “let’s get to know this part of you that feels that it’s so important that you not eat or feels that it has to make you binge. Let’s hang out with that. Let’s see what we can understand from that one’s point of view rather than saying, “you can’t be doing that.” This is generally what people in that circumstance are met with in their families or out in the world. So, it’s surprise and appreciation that some acknowledgement is being made that these parts are in fact trying to help...and when welcomed in this way these parts actually have incredible wisdom which they can share with us.

**JS:** What is your experience and understanding of Self and Self-energy?

**TA:** Usually I think about it in terms of being our “best self,” or the “core” of us that is not one of these parts that we were just talking about. The notion of Self is what really sets IFS apart from many other models that work with parts. Self is that within us that can be present to our parts in a loving, open, compassionate way—that actually acts like an internal therapist and a loving, involved witness. This is the piece that really drew me to this work, because it takes the therapist out of the expert role and places the therapist very firmly in the facilitator or consultant role, which is incredibly empowering for people. Because once Self-energy can be tapped into, once that place or energy can be experienced, then deep healing can occur. It doesn’t happen without that, really.

**JS:** What has been a significant experience of Self for you?

**TA:** There have been many of those. It feels to me that working with Self-energy is a practice of being in relationship with and present to your parts as consistently as possible. I would say for me and most other IFS therapists that I know, especially if they’ve been doing this for a long time, that Self is in everything that I do. It’s very much about your connection spiritually as well—the way I often describe Self to people, and this does tend to depend on their own spiritual approach to things, but for me it has always felt like Self is the “divine spark” within each of us and is that which connects us to the bigger Self-energy that’s out there in whatever belief system that we might have. That has been my experience of Self...It kind of boils down to faith, and not faith in a religious sense, but faith that I know my Self is always there—even if I (or my parts) can’t see it or feel it in the moment—I know it. And so having that kind of faith and trust in your internal workings is a really big deal. This is a way of life, and the way we find our way through, and it’s just been an incredible gift to me in my life personally because of that.

**JS:** How has IFS changed your relationships?

**TA:** It has greatly impacted how I view and function in all of my relationships. In a relationship, what we often do, particularly when there is conflict, is to point at the other person and say (out loud or just to ourselves), “Well, you’re the problem.” What’s great about IFS is that, when you’re looking at any relationship, but particularly in an intimate partnership, it’s all about kind of doing this U-turn into yourself. You have to be with your own internal conflict: what’s going on with



**Tanis Allen and her feline friend.**



your own parts first and do your best from as much of a Self-led place as you can to communicate that to your partner, and that changes things pretty dramatically. This isn't to say there aren't any fights, but it makes communication very different from what it otherwise might look like. This kind of turn-around can bring in much more compassion, true connection, curiosity, and for me, humor, which has been very healing in my own system and my relationships. It's an internal knowing that, "okay, here's what's happening with me right now; what do I need to do to take care of my own parts and maybe communicate for them in some way? (Rather than from them, which usually never goes all that well.)

**JS:** So, communicate *for* them and not *from* them? That seems key.

**TA:** It's very, very important and is one of the foundational pieces of the model.

**JS:** Because there's more Self there?

**TA:** Yes, it's like Self is fielding the reaction first and can be the mouthpiece for our parts that need to express something important (to both ourselves and the other person). So, rather than saying something like, "You are so messy, you're driving me crazy," it would be switching that around to, "There's a part of me that gets so frustrated by the mess in the kitchen." It sounds like just a semantic shift, but when you're in the thick of it, it is very different. I've done a fair amount of couples' work with IFS, too. It's quite a turnaround for most people to be able to do that—to really do that U-turn and look at what's going on inside of themselves first rather than what's wrong with their partner that may be causing trouble in the relationship.

**It's very much about your connection spiritually as well—the way I often describe Self to people, and this does tend to depend on their own spiritual approach to things, but for me it has always felt like Self is the "divine spark" within each of us and is that which connects us to the bigger Self-energy that's out there in whatever belief system that we might have.**

**–Tanis Allen**

**JS:** What is the research being done on IFS right now?

**TA:** There's a great deal of research happening since the Foundation for Self-Leadership was established for funding along with providing scholarship support. The first study that was run by a physician and a team of IFS therapists had such dramatic results that it helped IFS become recognized as an evidence-based modality. It was a study with rheumatoid arthritis patients and found that the participants who received IFS therapy actually reported a decrease in physical pain and depressive symptoms, and experienced increased physical functioning and self-compassion. They were blown away by these initial results, and it was really incredible. There have been many other research studies since then, several with adults suffering with PTSD. One of these was able to show that with IFS treatment, 92% of the participants no longer qualified for the PTSD diagnosis. There are IFS programs all over the world now which are bringing the model to students and teachers in schools, to the prison population, and to regions of major political unrest like the Middle East. The model really has taken wing, with its now thousands of dedicated IFS therapists, educators, and researchers, to become a healing force for our whole world which has always been Dick Schwartz's dream.

**JS:** That's amazing.

**TA:** Yes, it's incredible. You really see the power of Self energy as a healing force, and not just to address emotional issues. Isn't that something? Now the research is revealing that, when an exiled part has been unburdened, new neural pathways are being made. Things like that. The newest IFS research is proving that the brain is actually changing as a result of this work.

**JS:** If you could describe this approach using only one or two words, what would they be?


**TA:** Transformation and compassion...for our internal worlds, our relationships, for the groups and institutions, and even the countries in which we live, and ultimately, for our world.

**JS:** Thank you so much for doing this interview. I've teared up a couple times.

**TA:** Well, thank you!

I am struck by the assertion by Richard Schwartz that Self is our birthright, and therefore love, compassion, and healing are as well. The therapeutic model that started with Schwartz's curiosity toward his clients has evolved into a path that intersects psychotherapy, spirituality, and neuroscience. In these times, this coalescence is the path forward, and the balm that takes us inward to none other than our Self.

*Tanis Allen, LMSW, ACSW, is a psychotherapist in private practice in Ann Arbor and a certified IFS therapist and can be reached at [tanis\\_jo@yahoo.com](mailto:tanis_jo@yahoo.com). She is currently engaged in the provision of IFS therapy, consultation, and training through workshops, retreats, and individual sessions.*



Just look into these eyes....

...you should soon feel an overwhelming sense to come and visit me and my kitty friends at the Tiny Lions cat café!

Play with us. Cuddle us. Do yoga with us. You can even take us home (but don't have to). Just being near us, your heart rate will slow, and you'll be filled with joy. Hope to see you soon!

*tiny lions*  
LOUNGE & ADOPTION CENTER

5245 Jackson Road  
Ann Arbor, Michigan 48103  
[tinylions.org](http://tinylions.org) 734.661.3530

Honoring All Spiritual Paths & Traditions

*Interfaith Center for Spiritual Growth*



*Be a light unto the world*

704 Airport Blvd., Suite 1  
Ann Arbor, 48108

Sunday Celebration Services 10:45-12:15  
Also: Nursery - Youth Education

Monthly Concerts, Movies and Drum Circles

Weekly Study Groups,  
A Course in Miracles,  
Science of Mind, Sufi Meditation & more

*Sunday Service and many classes available via live stream, in person gatherings may be limited in size, see website for details.*

734.327.0270  
[interfaithspirit.org](http://interfaithspirit.org)



THE YOGA SPACE

In Person/ Zoom  
Yoga is Fun  
Classes for All Abilities  
check website for schedule  
[yogaspaceannarbor.com](http://yogaspaceannarbor.com)

Experienced Certified Teachers:

- Sally CIYT 1
- Susan CIYT 1
- Linda CIYT 1
- Sue CIYT III, RYT500, CIAYT

180 Little Lake Dr. #1  
Ann Arbor 48103



## Healers of Ann Arbor



# Psychologist Christi Bemister

## Healing Trauma and Chronic Pain

Photo by Donald J. Werthmann

By Laura K. Cowan

“I don’t think I’ve ever seen someone in chronic pain, myself, who doesn’t have a history with trauma,” Christi Bemister said as she opened up a weekend retreat on trauma and chronic pain. The retreat covered the work of healing the mind and body together through the Realization Process created by Judith Blackstone. “They’re very intricately related, because chronic pain is actually a brain issue versus simply a physiological one. It’s a very complex issue,” she added.

Christi Bemister is an Ann Arbor-based psychologist and therapist also trained in holistic healing modalities, who works with people healing from trauma. She has co-hosted retreat weekends working with Judith Blackstone material on healing the mind and body with Marcia Haarer, whom I have previously interviewed for this column.

Bemister’s work fascinates me, because of my own history that can’t seem to unhook chronic illness from trauma triggers. I have learned a lot over the years about the biological mechanisms of how trauma and chronic stress can alter your body’s response to stress and trigger chronic illness in different ways. This means a lot to me because it helped me understand that there are very real physiological changes at work here and it isn’t helpful to blame myself for being anxious or try to force myself to pretend to be okay when I don’t have answers. Science has made great headway lately into understanding trauma and the brain, and how traumatic stress affects physical health. I believe work like Christi Bemister’s will help many people.

I run into people all the time who have a problem with chronic or sudden illness triggered by traumatic stress, so I wanted to learn more about what Bemister offers through these weekends to see if it might help some of the many people out there who may find relief through mind-body therapies. I hope that through learning about the Realization Process, you will find something that speaks to you as well and offers a way forward to a healthier and more pain-free life.

**Science has made great headway lately into understanding trauma and the brain, and how traumatic stress affects physical health. I believe work like Christi Bemister’s will help many people.**



**Laura Cowan:** So, Christi, tell me how you got into this work. What led you to working in mind-body healing therapies?

**Christi Bemister:** I have my own long healing journey having been 60 percent burned when I was four years old. I was in the hospital for two months before returning home. [This] resulted in touch being very painful for me for many years. Additionally, I grew up in a home with an autistic brother who was verbally and physically abusive, yet he was the protected one. This did a number on my self-esteem and sense of identity. I often wondered what was wrong with me that I was not protected from his abuse. I was told I ‘should’ just be grateful that I was normal and that he can’t help what he is doing. No one’s fault... however to a kid, abuse is abuse, and this confused me. I learned I was not worth protecting. I learned to hate myself.

**Laura Cowan:** How did this journey lead to the particular modalities you are working in now? How do these therapies help people?

**Christi Bemister:** I work with individuals much the way I learned to recover from my own history of trauma. There is a path of very practical kinds of things that can help someone feel better right away while doing the deeper, more painful work.

**Laura Cowan:** Tell me how the process works.

**Christi Bemister:** I start out listening to why someone has come and the issues they’d like to work on. In the first session I ask them to touch something and to describe the sensation as best they can, then to check in with themselves about any emotional reaction—like it, not like it, neutral? I suggest they do this with focus and purpose once or twice a day. Just to begin a practice of connecting and being present in their body.

**LC:** That’s interesting. We hear a lot about connecting and being present—mindfulness for chronic pain. Isn’t that hard if you don’t want to be aware of the pain you’re in at the moment? Tell me about the process you work with to help clients through that.

**CB:** So, here’s what I do with people. It works in cycles, but a lot of it is linear. I emphasize that your body and life belong to you. We do sensory integration exercises—using the senses to experience being in a body.

First things first: boundary setting. Go through your closet/life to finish projects and clean closets. Practically speaking, how do you care for yourself and your personal environment? Do the colors on the wall reflect you, do you like the colors? Do the things you bring into the house reflect you, do you love them? All things hold good/bad energy. We feel best when things in our environment are in order and we love the things/colors in our environment.

What small thing can you do to take something out that you don’t love, or bring something in that you do love? I teach about choice: yes, no, maybe. Choose no matter what, then experience it. People will often say, “I don’t know,” to questions. The question then is, “What do you know?” To have people begin to become aware of the many things they do know. This helps with self-validation.

**“I don’t think I’ve ever seen someone in chronic pain, myself, who doesn’t have a history with trauma,”**

**—Christi Bemister**



**LC:** I see, so you’re helping people connect with the part of themselves that feels connected and empowered to make choices.

**CB:** Yes. We’re exploring: What’s it like to make a clear choice? Structure is a good thing for safety and consistency, and we want to engage and learn something new to develop new resilience, clarity, self-satisfaction, and structure. Flexibility is a good thing for resolving anxiety.

**LC:** You’re helping people explore ways of being structured and safe.

**CB:** It’s also self-inquiry about ways of being that are rigid, inflexible, our expectations of others. We do a self-review of what life would be like if you were more relaxed.

Then I work with people to resolve or stop the what ifs. Almost all of life’s problems are solvable in the moment—not in the future.

**LC:** Okay, so if they get through that point in the process, how can they feel more comfortable in the choices they need to make?

**CB:** The Realization Process I work with focuses on presence, emptiness, and groundedness. Build a dream of your best life and continue to think about it. Co-create with the universe. You have to teach your brain to create. This uses both sides of the brain and is an integrative healing process.

**LC:** The visualization and planning process itself is part of the healing?

**CB:** Yes, then we do exercises to unify and reconnect aspects of the brain to work together. We work with “I know what I know, and it’s okay.” We can face pain, physical or mental, and talk through the hurts.

**LC:** This is starting to make sense to me, because it involves both the visualization process and getting out of your head and trying new things.



**CB:** All of this together works to help people clearly identify what is not working in their life and to create a way to be self-responsible to make choices that are healing. The work then opens a person up to experience and claim their body/mind/spirit as their own while resolving unhealthy adaptations they have made through life, often just to survive.

**I emphasize that your body and life belong to you. We do sensory integration exercises—using the senses to experience being in a body.**



—Christi Bemister

**LC:** So, the process gets them out of the PTSD loop of survival mode and into a healthier way of being in the moment and taking action.

**CB:** Yes, I help people with expressing emotions, teaching that those emotions are like waves and will resolve. The Realization Process is about learning to breathe into the core self, learning to be with pain by feeling it, breathing into it, in order for the body to relax.

**LC:** Isn't that hard if it's chronic or severe pain or if we are choosing to take action others won't approve of?

**CB:** We validate that bad or painful things happen, and they can be accepted. We also learn that it's okay to like what we like, even if no one else does. Learning that it's okay to be different or to experience and accept that you like what you like.

We also learn to see red flags when one is being taken advantage of or being asked to adapt in some way that is not healthy, or when someone wants to merge and lose individuation. We learn how to recognize this as codependent and a relationship to say no to.

**We validate that bad or painful things happen, and they can be accepted. We also learn that it's okay to like what we like, even if no one else does.**



—Christi Bemister

**LC:** A core idea here seems to be that you are teaching people that they know what they want and what they need better than others do.

**CB:** Yes, I know what's going on in my body better than you do. Many Realization Process practices are to get one connected to all aspects of their body, mind, and spirit, the experiences of their own unique qualities, and deepen their connection to themselves and thus to others.

Through the weekend retreat, Bemister walked participants through several key points from the exercises above, to understanding what parts of the brain are at work in trauma and triggered chronic pain. Because of neuroplasticity, our brain can change. "We have a thing called mirror neurons. They help us learn. We can watch somebody tie their shoe and learn by watching. Those are mirror neurons in action. It also means we're wired for connection. What we see and experience, we want to connect to that and have an experience in our own body." What happens in trauma is that we get rewired for protection, Bemister said. "We lose that ability for connection, and now we are in a state of protection. We lose that ability to connect. But we can unlearn it. We can have lots of difficulty in relationships if we're not dealing with an open-hearted connection but are instead interacting defensively."

Bemister and co-host Marcia Haarer ran participants through an exercise to become aware of the sensations in their body. I don't want to run you through the exercise without being able to support you through the followup, but I encourage you, if this sounds like a process that might help, to come try one of these retreats or work with Bemister in an individual session. The days are finally here when chronic pain doesn't have to be a life sentence. I do wish you well and hope that wherever you find answers for chronic pain and illness, you will remember to be proud of yourself for getting through the journey. You did this, you got yourself this far. You can do it.

To connect with Christi Bemister PsyD PLLC, visit [drchristibemister.com](http://drchristibemister.com).

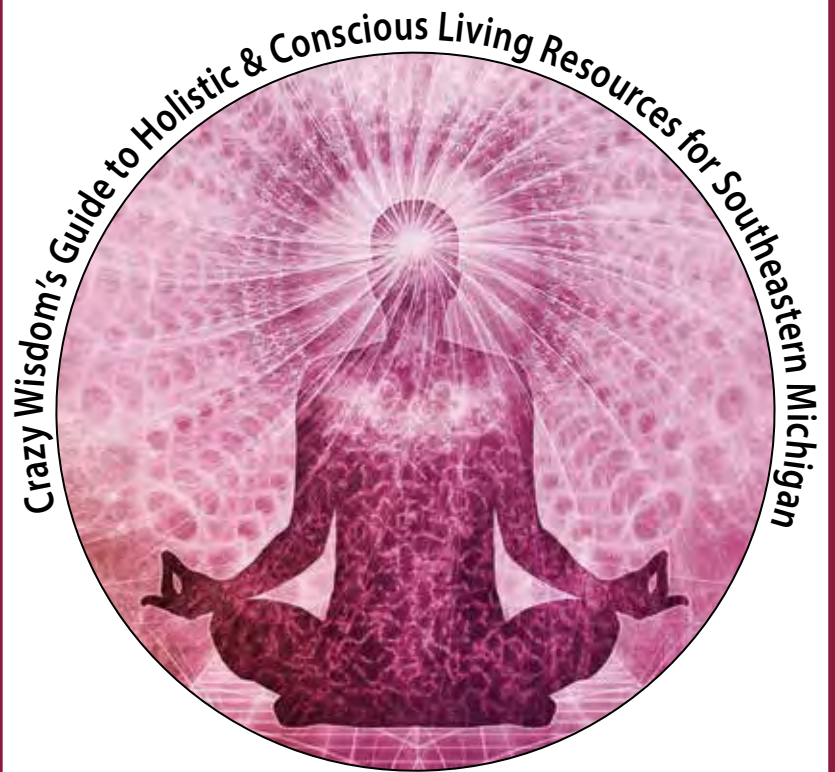
Laura K. Cowan is a tech and wellness journalist, a former meditation and reiki coach and practitioner, and co-founder of Ann Arbor-based content marketing agency and media outlet Cronicle Press at [www.cronicle.press](http://www.cronicle.press).



# Visit the improved, and updated Ann Arbor Holistic Resource Guide

Since 1982, Crazy Wisdom has served as a regional resource for information in the areas of holistic health and integrative medicine, bodymind therapies, psychology and personal growth, Buddhism, spiritual development, and consciousness.

Visit [annarborholistic.com](http://annarborholistic.com) if you are searching for a practitioner or business in southeastern Michigan



If you are a holistic practitioner or business owner list your business for free in our online guide.

Online advertising opportunities available!

Questions?

Email [annarborholistic@crazywisdom.net](mailto:annarborholistic@crazywisdom.net)



# Tell Every Amazing Lady These Five Lessons



By Carin Michaels

I am a T.E.A.L. survivor. T.E.A.L.® stands for Tell Every Amazing Lady about ovarian cancer. It is an organization (and national movement) started to help women identify signs and symptoms and urge them to seek medical help in its early stages, because ovarian cancer is often overlooked until it is too late. When it declares itself with debilitating symptoms, usually in stage III or IV, the prognosis is poor, so in an attempt to get the information out there, I share my cautionary tale.

At 59 years old, cancer is my lived-experience. A *lived-experience* is having personal knowledge attained through first-hand involvement in events, and those perceptions become valuable narratives for phenomenological research. With an estimated 1.6M cancer cases in the U.S. in 2020, and with approximately 37.5% (600,000) fatalities, cancer is the second leading cause of death, and also a treasure trove of stories. While my knowledge is empirical, my husband has always expressed admiration for my ingenuity—particularly with perseverance. Hence, I will share my survival secrets after being diagnosed with stage IV ovarian cancer. I endured radical debulking surgery, chemotherapy, Parp chemo maintenance medication, and conversations with two children in their early twenties about mortality.



**While my knowledge is empirical, my husband has always expressed admiration for my ingenuity—particularly with perseverance. Hence, I will share my survival secrets after being diagnosed with stage IV ovarian cancer.**

I was genuinely happy when undergoing the rigors of cancer treatment, in spite of social advocate and thespian, Anna Deavere Smith's description of chemotherapy in her one woman show, *Let Me Down Easy*. She states, "Cancer therapy is like beating the dog with a stick to get rid of his fleas." It's rudimentary. Dr. Azra Raza concurs, the author of *The First Cell*, a memoir chronicling the treatment of her cancer patients. She wrote, "Since 2005, 70 percent of approved drugs have shown zero improvement in survival rates while up to 70 percent have been actually harmful to patients." When close friends and family learned about my diagnosis, I thanked them for their concerns but, let them know I was good. Their remorse confused and inspired me to document the deeper journey of my joy, because ideas shape beliefs, and beliefs shape destinies. These lessons, or articles-of-faith, are for my children—with the pulse of the Ella Fitzgerald song, "Bewitched, Bothered, and Bewildered." Fitzgerald sings this song to a man, but in my mind, she sings to death, and so with the air of a jazz riff, I tried to recapture my lessons learned as if practicing the musical notes of a love song. Lesson number one: Believe in miracles.

Our chaotic and stressful world doesn't offer us time or space to convalesce, but it is my testament, when honored, the healing journey is profound. I broach the phrase "spontaneous remission" cautiously, as it is unscientific and rare, defined by the cessation of a disease without any treatment or an unexpected cure with some treatment. In layman terms, it's about beating the odds. Dr. Siddhartha Mukherjee, author of *The Emperor of All Maladies*, a cancer bible written in plain English and winner of the Pulitzer Prize, warns, "I am not opposed to optimism, but I am fearful of the kind that comes from self-delusion." In concurrence, I say medicine saved my life, but spontaneous healing as a modality, if understood, works. Similar to Eckhart Tolle's spiritual definition of awakening, spontaneous healing must be experienced independent of thought to be realized. In an attempt to share my story, at times up-close-and-personal, I asked myself why this miracle befriended me.



**When close friends and family learned about my diagnosis, I thanked them for their concerns but, let them know I was good. Their remorse confused and inspired me to document the deeper journey of my joy, because ideas shape beliefs, and beliefs shape destinies.**

Oncologists frame their patient's survival rate against a five-year backdrop. I was diagnosed on January 8, 2020 with stage IV ovarian cancer and my chances of surviving until January 8, 2025 was 17 out of 100. This stat didn't factor in recurrence rate, only mortality; so in the next few years, it appeared I'd be

negotiating for my life. I welcomed the challenge. My doctor said, "Your attitude will benefit you greatly." Another physician friend explained that medicine doesn't talk about miracles—everyday miracles—because they can't be quantified. My instinct was to lighten my load and find humor in my unexpected and utterly terrifying diagnosis. You know the expression, "If I don't laugh, I'll cry," and while cancer jokes aren't funny, it was vibrationally healing to enjoy a sick joke at my own expense. I felt better when laughing, like when I realized I lost all my hair before my balding husband which leads me to lesson number two: Find bliss.

My go-to for healing aches and pains has always been a "required reading list" to help me find the appropriate words to articulate an experience. So, I did a deep-dive into cancer literature. In *Cured*, by Jeffrey Rediger, M.D., M. Div., he calls for clinical investigations to move beyond medical intervention and redress spontaneous healing which "offers us a rare window into the root causes. We have a responsibility to study these cases and learn everything we can from them." He continues further down the page, "I investigate just how interconnected radical healing is with our thoughts, beliefs, and even our most fundamental, often unexamined sense of self. I found myself asking the question: Can my identity, in some way, determine my ability to heal? The answer is both revelatory and complex."

Honestly, spontaneous recovery wasn't even part of my discourse during treatment. I just kept laughing, smiling, and making snarky comments such that one nurse thought I was mentally unstable, when I just felt blessed.

I spoke to my husband about these awkward moments, and he logically explained that cancer's high fatality rate requires reverence. In Dr. Mukherjee's cancer compendium, he states, "Cancer was an all-consuming presence in our lives. It invaded our imaginations; it occupied our memories; it infiltrated every conversation, every thought. And if we as physicians, found ourselves immersed in cancer, then our patients found their lives virtually obliterated by the disease." Hence, my impetus was to turn-the-tables on death and rebalance the scales with joy and humor. A major hallmark in cancer treatment is a patient's one-year anniversary of living-cancer-free. Almost two years later, I am still in remission. Maybe I am one of the 17 in 100 who will survive.

**I broach the phrase "spontaneous remission" cautiously, as it is unscientific and rare, defined by the cessation of a disease without any treatment or an unexpected cure with some treatment. In layman terms, it's about beating the odds.**



I don't want people to say I battled cancer. I want to be known for my joy, one moment after another, such indescribable experiences savored as memories. One of my favorite quotes from Esther Hicks, author and inspirational speaker is, "When people say what are you doing? You say things that please me. And they say toward what end? You say pleasure. And they say but really what are you working on? And you say, having a good time. And they say, but what do you hope to accomplish? And you say, living happily ever after." Her teachings based on the Law of Attraction, focus on our positive vibrations, imagined or real, that reverberate and create a continued windfall of uplifting power. But, when enduring painful cancer treatment, finding bliss can seem impossible. Dr. Rediger in *Cured* seeks to identify a methodology toward wellness as explained, "We need to place the extraordinary on the operating table so that we can dissect and learn from it, so that the possibilities for the extraordinary that exist within all of us are illuminated for everyone."

I am by no means "extraordinary," but I do think I should have been a comedian—except it's probably easier to survive cancer. My neighbor, concerned about my glib attitude, asked me if I ever cried during my treatment, and I said, "Once." Soon after receiving my diagnosis, I read an essay that my youngest child wrote for an acting fellowship. The piece, which was about something I had taught her, was her way of saying, "I love you, Mom." A real tearjerker. I made minor corrections and sent it back, commending her writing. I feigned exhaustion, but my daughter could read between the lines. Immediately, my older daughter called me to offer a pep talk. I relented and said I was afraid to leave them on this earth alone. My diagnosis was serious. I shouldn't make light of my circumstances. She agreed but articulated that my diagnosis can't preclude me from living a good life. She, as a cancer researcher,





has seen stage IV patients go on to live vibrant lives, including one who ran the NYC marathon. We laughed that night on the phone and determined that I had a choice: glass half-empty or glass half-full. Obviously, I chose the glass half-full, but decided to fill it with champagne. I never looked back once after receiving my daughter's permission to live my best life. It helped knowing she was happy and thriving.

Prior to diagnosis, I led a very stressful life. I was a federal investigator raising two children with a husband who traveled for work and who had no family nearby. Regretfully, life's experiences also garnered me with another diagnosis of PTSD. I believe the aforementioned, along with my sugar highs, be it from Zingerman's Bakehouse or high-quality liquor, delivered me the cancer diagnosis, since cancer feeds on sugar and stress. There were no hereditary factors. At age 59, I awoke after an eight-hour surgery and was told my mass was malignant. My doctors performed a hysterectomy and resected my bowel and colon. I remember being unphased when learning this, probably because I was loaded up with drugs. During my stay in the post-op ICU, when the nurse tried to orient me to person, place, time, and situation, I answered, Carin Krishnan at St. Joseph Hospital on January 2020 with stage IV ovarian cancer, and that produced noticeable sadness in her. I wanted to say that my life wasn't sad. Instead, I asked her if there was a stage V cancer. Her eyes bulged, because there isn't one, so I immediately said, "Just joking. That's me wondering if things could get any worse." We both smiled.



**Another physician friend explained that medicine doesn't talk about miracles—everyday miracles—because they can't be quantified.**

My cancer journey, unbeknownst to me, began approximately one-year prior. I thought it was food poisoning from a hotel sandwich purchased at a spiritual retreat. When I confessed to fellow devotees that I had to take the night off because I was ill, they said our guru can bring out cathartic repressed physical reactions in all of us. This resounded over the next year. I had weight loss, experienced fatigue, pelvic pain, change in bowel habits (appropriately termed), vaginal bleeding, nausea, vomiting, and I would obsessively document these maladies with an online symptom checker to determine an appropriate diagnosis. I used the app so many times one day that it banned me from the site and told me to seek medical help, which I did, multiple times, in multiple towns, and was discharged with multiple diagnoses, all plausible given the test results.

In my final iteration with doctors in October 2019, I recall one scheduler telling me that I could only be seen after January 2020. I begged for a sooner appointment because I said, "I'll be dead by then." My intake exam was customary with instructions and a follow-up in four weeks. Recent bloodwork had been done by two other doctors. Within ten days, I called my newest doctor back complaining of severe abdomen pain. I explained that I needed to go to emergency department because the 1000 mg of Motrin daily wasn't working. I asked him if he could intervene and help me. Dr. Andrew T. Catanzaro of Huron Gastro in Ypsilanti, MI, discovered a huge mass in my lower abdomen the size of two large fists, almost six centimeters in size. Specific blood tests, a colonoscopy, and multiple scans later brought me back to my gynecologist who referred me to an oncology surgeon. The mass I was carrying was too large and intricate for a gynecological surgeon, yet my GYN doc told me not to worry, because my CA-125, the cancer blood marker, was too low to be cancer. She was "pleasantly surprised."

While waiting for my scheduled surgery two weeks away because of the December holidays, I felt like I was going to die. My symptoms became severe. I share them here because very few women rebound from a stage IV ovarian diagnosis and live to talk about it; besides, I want to pay it forward and be T.E.A.L. redeemed. I was nauseous and tired all the time; I couldn't sit up or stand for very long; I bled from my vagina, had diarrhea with occasional vomiting, and lost 40 pounds (which I was very happy about), but I began to have blood in my stool. The cancer perforated other organs. Before these egregious symptoms, it was assumed many were menopausal with irritable bowel or celiac disease. Remember, my CA-125 was 50, with a normal range 0 to 35. It was considered very low and likely indicative of diverticulitis. Even a friend and fellow stage IV cancer patient, who is a physician, told me her CA-125 was over 400. Also, I was told that a mass that large can't be cancerous, because I'd be dead. Looking back, I was dying. Lesson number three: Always trust your instincts (or listen to your partner's complaints) which leads me to lesson number four: Cancer patients need an advocate.

There were so many technical terms shot at us that when the doctors walked into my hospital room, they suddenly looked like Greek gods who appeared wearing white togas to pass down ominous oracles. Words like *total abdominal hysterectomy bilateral salpingo-oophorectomy omentectomy radical tumor debulking, open low anterior resection with primary anastomosis and en bloc of tumor complicated by post-operative hypotension and oliguria*, were beyond my pay-grade. I decided to keep it simple and live in bliss, and the painkillers, of course used judiciously, helped.

My husband, Unni and I were shell-shocked from the trauma and relied on our older daughter to be my patient advocate, which she did long distance, because during Covid, I was only allowed one person at my bedside, per day. The doctors, my husband, and my daughter would FaceTime, as I listened, barely remembering anything except that my husband was nearby.

Unni and I were inseparable because we didn't want to lose each other. I recall him staring at my frail naked body hunched over while sitting on a plastic hospital chair under the shower with fear in his eyes. My body had a high probability of rejecting the unplanned colorectal surgery, and I might require a colostomy bag. I

*Victoria Schon*  
SACRED SOUND



Sacred Sound Journey  
Cacao Ceremony  
Sacred Instruments Online Shop

[www.victoriaschon.com](http://www.victoriaschon.com)

don't favor using technical terms here because they miss the pulse of the human heart, unless we're talking about cardiology. Needless to say, my husband and I were too numb to advocate for me, especially with cancer markers like High Grade Serous Carcinoma, HGSC, and the corrupt TP53 gene--both death sentences.

Upon discharge, Unni homeschooled himself in oncology and took over as my local patient advocate. He lived and breathed cancer. Doctors enjoyed the rigors of his technical discussions. Unni has his PhD in biophysics, specifically brain science, where he builds mathematical models and computer programs to mimic the human brain. He could read medical papers, books, and consult physician friends and previous coworkers. Before I visited my oncologist at St. Joseph Mercy Ann Arbor Hospital, my husband called his medical colleague in Chicago, who went through her grapevine to inquire about my Ann Arbor doc's reputation. Dr. Brandy Michaels checked out with flying colors, and she eventually saved my life. Doctors are in the business of saving lives, so they do not mind if you have a patient advocate. They actually encourage it as your questions keep them on their toes to ensure they are providing good patient care.

Continued on next page





# Tell Every Amazing Lady These Five Lessons



Carin and Unni at their daughter's wedding.

With Unni as my new patient advocate, I felt safe knowing he was working hard to ensure my longevity. It's important not to worry when healing. Hence, lesson number five: Find love.

I have a list of family and friends who I've thanked repeatedly for their help. My husband and I didn't have to cook for six months. It is critical to have a support system for healing, which for me included Unni, my patient-advocate-ninja. He relied on two friends specifically: one who is a nurse practitioner and works in oncology; the other is the physician I mentioned earlier who has stage IV cancer. She is participating in her second clinical trial—part of a research study that tests new approaches to treating her type of recurrent cancer. Unni also called in some favors having worked in hospital settings and medical schools. Our friends were impressed by his cleverness.



**Honestly, spontaneous recovery wasn't even part of my discourse during treatment. I just kept laughing, smiling, and making snarky comments such that one nurse thought I was mentally unstable, when I just felt blessed.**

Unni loves solving problems. He discovered through his contacts that my stage IV diagnosis qualified for extensive genome testing at University of Michigan's Center for Translational Pathology in The Rogel Cancer Center. My patient-advocate-ninja had more questions than answers as to why a healthy person such as myself who exercised, ate well, meditated, and did yoga, got cancer and he thought U-M's Oncology Sequencing project would offer us deeper insights.

When my report came back, some details were confusing. Unni wanted to discuss the findings in a supportive environment, so he looked up the name of the cancer researcher who signed off on my report. Unni discovered that they both went to the same prestigious technical university in India. Somehow given Unni's cleverness,

he gets an invitation for chai at this researcher's house to discuss mutual collegiate experiences. When he sees this guy is affable, Unni confesses his real reason for being at his home: to better understand my genome report. My husband was doing everything in his power to keep me alive. But these efforts made me feel guilty. I didn't want him to hurt if I died.

Suleika Jaouad, author of the eloquently written *New York Times* Bestseller, *Between Two Kingdoms, A Memoir of a Life Interrupted*, talks about living in the cancer canyon, from illness to recovery, herself diagnosed with early onset acute myeloid leukemia. Her title comes from a famous quote by Susan Sontag often used in cancer literature. "Illness is the night-side of life, a more onerous citizenship. Everyone who is born holds dual citizenship, in the kingdom of the well and in the kingdom of the sick. Although we all prefer to use only the good passport, sooner or later each of us is obliged, at least for a spell, to identify ourselves as citizens of that other place." As I continued reading, I feared that I lacked the sophistication or courage to discuss "that other place" with its harbingers of natural selection. I was a jokester. My highest achievement, aside from boasting about having the most frequent flyer miles in the nearby hospital, is that my two beautiful daughters came out of that system. But Jaouad expressed a desire to interrogate her illness. She was not afraid. Jaouad shared with readers of her blog "The Isolation Journals," that in December 2021 the cancer, which almost took her life, had returned.

**There were so many technical terms shot at us that when the doctors walked into my hospital room, they suddenly looked like Greek gods who appeared wearing white togas to pass down ominous oracles.**



While I initially thought Jaouad whined too much, I came to understand that she was speaking as a Bodhisattva warrior striving for unimpeded enlightenment. She said, "I thought with incredulity how I won't get to see or do things and then I realized that my loved ones would be living with that grief of my absence in their lives, so I decided to make the most of my moments with them." The operative words here for me were "living with that grief," and while this rite of passage seems universal, it reminded me of my daughter's fellowship essay. She exposed a layer of her grief then, and the kicker was that she quoted me. I had no idea she was listening intently a few years back when I said, "Once in love, always in love. Even after 35 years of a challenging marriage to your father, he still teaches me about love." Her thesis, if my ramblings were correct, argued that her heart felt like it was breaking, having just come off a long-term relationship, and expanding, because of what she learned. Her life pulsed with emotions, and she had the means as an actress, filmmaker, writer, singer, and producer to work through her feelings. I could let her go and trust the universe would be kind to her.

With my glass half-filled, I took the bull by its horns and embraced my "other world." I remember during treatment that there were many tests. They were constant. My hair fell out. My nauseousness required stillness. My bones felt like drill bits were boring holes in me and my body felt old. I almost itched myself to death. While being poked and prodded, I found comfort in the book, *Cured*. I abandoned using the term 'life-lessons' and used the word 'beliefs,' because I didn't want to be a liar. We are all so unique. We are not whiners; we are winners given the fact that we make it to another day. Dr. Rediger addresses spontaneous remission as, "I knew that whatever was happening wasn't primarily caused by something external. It wasn't a pill, a medicine, a surgery, or a healer's miraculous hands that held the key to

Unni and Carin.








these people’s recoveries, as tempting as it might be to believe in these simple and seemingly clear solutions. Something was happening within these individuals that made their recoveries possible.”


Personally, I had dealt with many of my emotional issues pre-diagnosis with the help of a psychiatrist. Perhaps my *atman*, or pure consciousness, that being beyond identification with phenomena, attained liberation, and in the process my immune system naturally held-the-fort and did what it was called to do: rescue me. “Today, cases like these are ‘miracles.’ Tomorrow, we’ll look back at them and see them for what they were: steps in the long, steep staircase toward knowledge.” Dr. Rediger’s words continue to provide comfort.

 **As a schooled practitioner of life, I knew there were no clear-cut salves like love to treat cancer, metaphorically or literally.**

A vortex swallowed me whole in the industrialized cancer complex of hospital medicine. I found myself staring into the abyss—which forced me to re-examine my psyche. It was like a self-induced age regression hypnosis where my husband’s unconditional love, which I felt deeply, channeled all previous loves who supported me: my grandmother, my grandfather, my gay aunts who are my surrogate mothers, my father, my best friends, my girls, my previous psychiatrist. Sadly, my mother didn’t make the list, but I heard Dr. Rediger say, “Could this powerful feeling of being loved have been broadcast into [my] immune system, revivifying something deep within [me]? Whether it comes from a therapeutic session, a loving relationship, deep meditation, or focused imagery, love touches and heals something that medication can’t touch.”

As a schooled practitioner of life, I knew there were no clear-cut salves like love to treat cancer, metaphorically or literally. Dr. Raza’s cancer memoir speaks to this because as an oncologist, she not only intimately documents her patient’s experiences, but her friends’, and husband’s cancer stories, too. She states, “Cancer is what I had been treating for two decades, yet until I shared a bed with a cancer patient, I had no idea how unbearably painful a disease it could be.”

After chemo, my next line of defense, recommended by my doctor, was a Parp inhibitor, given to certain stage III and IV breast and ovarian cancer patients after chemotherapy, used as maintenance chemo in pill form. We agreed to give it a try. I deserved the extra 12 months of life it was offering, or rather predicting. This daily maintenance pill cost my insurance company \$45,000 a month and it was more brutal—for me—than the chemotherapy. I joked that robbers could gladly enter my house and steal the medicine for its street value, but there wasn’t any. The weekly blood tests that were scheduled for the initial four weeks on the meds, to ensure I eventually stabilized, never stopped. My blood counts were so low that I officially classified myself as reptilian. The fatigue was crushing. I became a zombie. I aired my complaints aloud to my husband, so when I had the courage to stop, he would agree. We were a team.

 **We all live with a little black box of unknowing, a kind of knowing by not thinking, and under that guise, I let go of fear, and embraced spontaneous healing. Source lives in us all, and when we stop resisting, it shines.**

At that point, I missed having a few good days during treatment and couldn’t even remember what they felt like. Life can be fragile, but if these pills were really going to offer a 12-month add-on to my life, I chose the time remaining that I had left on this earth to be filled with joy. I stopped the medicine and even my physician was empathetic. It was the first time I felt understood. She accepted my defeat. But I walked away with so much more.

ANN ARBOR  
**PHARMACY**  
Apothecary • Compounding • Boutique



**\$10 off \$30+ purchase**

2418 E Stadium, A<sup>2</sup>

Next to Trader Joe’s

734.677.5555

**Full service pharmacy**  
Free delivery (3 mi radius)



## Writers Wanted

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

### Kids Columnist

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

### Healers of Ann Arbor Columnist

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

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

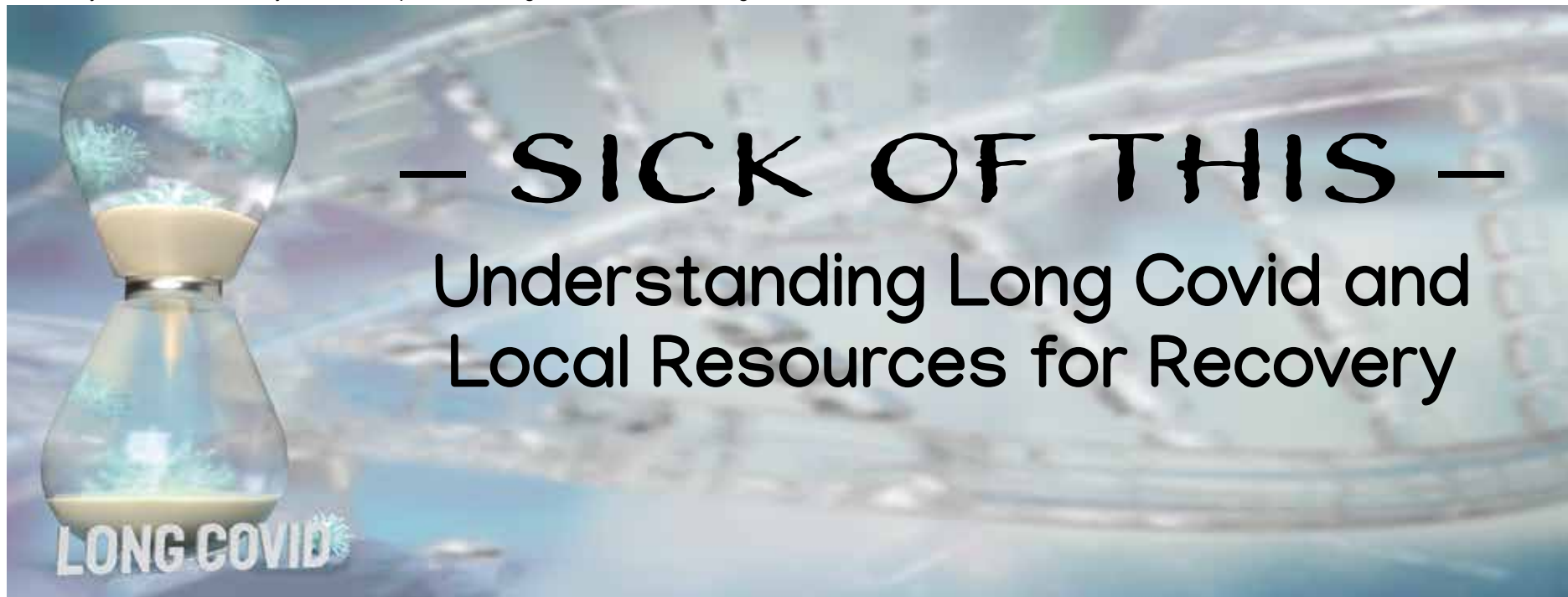
Modest but respectable pay. If you might be interested, please write to [crazywisdomjournal@crazywisdom.net](mailto:crazywisdomjournal@crazywisdom.net).

We all live with a little black box of unknowing, a kind of knowing by not thinking, and under that guise, I let go of fear, and embraced spontaneous healing. Source lives in us all, and when we stop resisting, it shines. My doctor reminded me that “it is not *if* my cancer returns; it is *when*.” I said, “If it comes back, I’m okay with that, because we’ve become friends.” I’m not afraid of death. Maybe that’s the miracle: I was fearless in this major shift. In the whirlwind of impermanence, I learned that my children can balance it, and with that, I moved into daily joy without my knowing it. Every day I focus on my abundance. I have enough. I can’t impart any lessons because life mystifies me. I’m blessed to be alive and to be greeted every morning by the wind, the waving trees, the smell of spring, the birds’ symphonies, followed by the sound of the rain on the blacktop, voices of children playing in the street, and the memory of when my girls came home recently. We had champagne and giggled about how silly I was to believe in miracles. We had a ninja party.

*Thank you (alphabetized): Ajitha & Chad, Akshay & Devang, Anitha, Antonio, Anu & Promod, Arul, Asha & Nitin, Chandan, Chewie, Christian, Cindy, Cynthia, DaCool Gang, Emma, Frank & Kathy, Gale, Gill, Jan, Janet & Dave, Jenna, Jill & Pete, Janu, Kelley, Lynn & Eric, Lynn & Rajeev, Madhavi, Maya, Niki & Hass, Nishkama, Pam & Dave, Rahul, Raji, Rosanne & Mary, Shanti & Sashi, Smitha & Chako, Sumi, Susan, Terry, Tony, Trica, Vijay.*







By Emily Springfield

Nearly three years after SARS-COV2 emerged, we are coming to realize that acute Covid-19 disease is, for many, only the first phase of an ongoing health challenge. For a large percentage of people who have had Covid, fatigue and other symptoms last for months or even years after the initial infection. Officially known as “Post-Acute Sequelae of Covid-19 (PASC)” or “Post-Covid Conditions (PCC),” this constellation of lingering symptoms is commonly known as “Long Covid.”

Many people want help with Long Covid, but it’s hard to find. Specialty clinics like the University of Michigan Post-Covid Clinic have wait lists of six months or more. Family doctors are overwhelmed with patients. Worse, very few practitioners are comfortable treating the condition because research is just getting started and there is little clear guidance about how to best help patients. In this article, I will share what I learned from some local practitioners about current insights into Long Covid relief, and what kinds of alternative and holistic healthcare seems to ease symptoms. To research this article, I talked to three local holistic health professionals.

- Dr. Dennis Chernin, MD/MPH, who is the public health director for Shiawassee, Jackson, and Lenawee counties. In addition to his private medical practice in Ann Arbor, he is also a yoga teacher and tai chi practitioner.
- Dr. James Neuenschwander, MD, founder of the Bio Energy Medical Center, an integrative medical practice in Ann Arbor.
- Dr. Maria L. Gahry, DNP, RN, FNP-BC, family nurse practitioner with a specialization in complementary and alternative medicine.

I am deeply grateful for their willingness to meet with me. The facts and figures I share here come from their ongoing reviews of scientific publications and their own experience with Long Covid patients.

## What is Long Covid?

It’s a simple question, but the answer is not. Different organizations use different criteria to define Long Covid. The CDC defines Post-Covid Conditions (PCC) as the “wide range of health consequences that are present four or more weeks after infection with SARS-CoV-2.” In contrast, the World Health Organization (WHO) defines PCC as “the illness that occurs in people who have a history of SARS-CoV2 infection ... with symptoms and effects that last for at least two months.” This leads to differences in the way cases are counted. From a patient’s perspective, what it boils down to is that you’re still not feeling well months after you’ve had Covid.

Dozens of symptoms have been attributed to Long Covid. Some of the most common are fatigue and “post-exertional malaise” (which means symptoms get worse after physical or mental effort); fever; shortness of breath or cough; heart palpitations (fast heartbeat); problems with concentration, memory, or thinking; sleep problems; and anxiety, depression, or PTSD-like issues. A person may experience a few major symptoms, or many of them. Symptoms may also vary over time, with old symptoms disappearing and new ones reappearing unpredictably.

## Who gets Long Covid?

Most studies have found around 20-30% of people who have had Covid also develop Long Covid. The main risk factors for Long Covid are age (over 40), obesity, asthma, and other pre-existing conditions. People who had more severe Covid illness are more likely to have lingering symptoms, as are people affected by health care inequities and access issues. Long Covid symptoms can also affect people who had very mild symptoms or no symptoms at all.

Vaccinated and unvaccinated people can all get Long Covid, but since vaccinated people get infected with Covid at a much lower rate overall, vaccinated people have a 50% lower risk of getting Long Covid. It is also possible to avoid Long Covid after an initial infection but develop symptoms after a second infection. Avoiding Covid is the only known prevention at this time.

## Current research into causes

We still don’t know what causes Long Covid. The information below is based on research that was current in the early summer of 2022, and the doctors I spoke with stressed that new research is coming out weekly and each new study adds to—or can drastically change—our understanding of what’s going on.

### Theory 1: SARS-COV2 damages body tissues directly.

The SARS-COV2 virus has been shown to damage nearly every body system. Different variants seem to “specialize” in different tissues of the body. For example, the original strain showed an affinity for the lungs, whereas the Omicron variants presented more symptoms in the nose and sinuses. All variants damage epithelial tissue—the linings of our blood vessels, organ cavities, and glands. One theory is that Long Covid damages blood vessels and creates extensive inflammation throughout the body.

### Theory 2: SARS-COV2 damage causes internal changes that further damage the body.

This follow-on damage is seen in a number of ways. First is blood clotting. People who have had Covid often have an increase in blood clots. Those clots can cause further damage when they become wedged in blood vessels, cutting off oxygen to various tissues. In the brain, blood clots cause strokes of varying magnitudes.

It’s also possible that the body responds to SARS-COV2 by producing autoantibodies. These antibodies attack the person’s tissues instead of the virus, causing autoimmune problems. This would explain why many of the symptoms we see in Long Covid are similar to those seen in other autoimmune conditions such as lupus, multiple sclerosis, and some forms of myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS).

Having Covid is also incredibly stressful by itself because of the cascade of issues caused by being ill. People may have valid concerns about losing their jobs, not being able to pay for treatment, or not being able to take care of themselves and their loved ones. Being sick can also bring on or exacerbate existing depression, anxiety, PTSD, and other mental health issues. These cause chronic stress which is damaging to the body’s systems.

### Theory 3: The SARS-COV2 virus may not leave the body.

There are several reasons our bodies might not clear a virus completely after infection. We might have an ineffective immune response and be unable to clear the infection for weeks or months. Parts of the spike proteins of the virus may linger, triggering an immune response long after the active infection phase. Or SARS-CoV2 might simply be a type of virus that goes dormant but never really leaves the body.

There are many viruses that never leave the body entirely once a person is infected. Chickenpox is perhaps the best-known. After recovering from the acute phase of the infection, a person likely won’t show symptoms again unless the virus resurfaces as a case of shingles years later. We’ve known for many years that the Epstein-Barr virus, which causes mononucleosis, stays in the body, and recent evidence suggests that it may be a cause of multiple sclerosis. HIV is another example. We now have drugs that can encourage HIV to stay dormant, but if the drug therapies are stopped, it can flare into a highly symptomatic AIDS presentation. SARS-CoV2 might also stay in the body, occasionally flaring up into periods of Long Covid symptoms.

### Theory 4: It simply takes a long time to recover from a serious illness.

There is no denying that having and treating acute Covid is really hard on the body. Even life-saving treatments, like intubation and steroid treatment, can cause damage that the body needs to recover from. Given most people’s work and home responsibilities and the lack of paid time off and support care, many people feel the need to resume their normal activities as soon as possible. This can draw out the recovery phase, as the body doesn’t get enough time to rest deeply and recover.



## How can Long Covid be treated?

Since we don't yet know the cause or causes of Long Covid, we don't yet know if or how to cure it. Instead, current treatments focus on addressing the symptoms unique to each patient. With so many symptoms currently attributed to Long Covid, it can be hard to know which ones to treat first. There are blood tests to measure inflammation (interleukin 6 levels), blood clotting (SCD40L levels), and some other biomarkers, which can suggest medications and other treatments for the most prominent issues. But it can be hard to find a doctor to perform the tests, and those who do often have a months-long waiting list.

One of the best ways to help yourself recover is to support your body in as many ways as possible so it can heal itself. Here are some specifics:

### Rest and limit exertion

If you have Long Covid, you probably feel like you are tired all the time, even if you are less active and you are sleeping more than usual. You probably want to get up and move more than anything—to get back to your “normal” life. So, when you have a good day, you do all the things you've missed doing, and then the next day, you feel more exhausted than before. This is called *post-exertional malaise* or *exercise intolerance*, and it's very serious. It's extremely difficult to heal if you are stuck in a cycle of overexertion and crashing. Finding your “safe maximum” amount of activity will help you break the cycle and start recovering more steadily.

If you have been accustomed to a highly efficient, achievement-driven lifestyle, you may need to make some fundamental changes in your routine and mindset. You might try the following:

- Lie down mid-morning and mid-afternoon for 15 minutes – being horizontal gives your heart a break from pumping blood up from your feet and provides a huge energy boost.
- Track your daily activities and set a daily *maximum* effort. e.g., keep total steps *below* a certain number per day.
- Recognize that you can't “do it all” and investigate shortcuts to reduce effort for a while. This might require compromises with some of your other habits or values—for example, buying pre-cut packaged vegetables or driving instead of walking for short trips.

### Reduce stress

We hear all the time that we should reduce stress, but it's hard to prioritize that advice because stress and its effects seem so nebulous. However, the connection between stress and Long Covid symptoms can be very direct. Stress increases activity of the sympathetic nervous system (the “fight or flight” response) and decreases parasympathetic activity (which, among other things, regulates digestion and healing). This has direct negative impacts on your physical state.

There are ways to reduce stress:

- Reduce news consumption and “doom scrolling” on social media
- Breathing exercises—slow, smooth “belly breathing” is most beneficial
- Meditation, yoga, tai chi, qigong, and similar mind-calming practices
- Give yourself permission to prioritize your own healing over others' needs

### Reduce inflammation

High blood levels of interleukin 6 (IL6) indicate high levels of inflammation have been found in many Long Covid patients. One common form of treatment is to reduce systemic inflammation as much as possible. That can include...

- Stress reduction
- Gentle exercise like stretching and slow walks
- Anti-inflammatory diets—there are various types, but most emphasize eating a lot of fresh, organic vegetables and eliminating “junk food” like sugar and deep-fried foods. If you know a certain anti-inflammatory diet works for you (e.g., vegan, pescatarian, paleo, no-nightshade), this is a good time to follow it.

### Support your body's healing

All the practitioners I spoke to, plus dozens of people in the Survivor Corps Long Covid community, said that common holistic practices like acupuncture, massage, and gentle yoga are helpful for recovering from Long Covid. They help reduce inflammation, increase flexibility, improve breathing, and reduce the stress related to coping with a chronic health condition. You might try the following practices:

- Tissue-related therapies—chiropractic adjustments, massage, shiatsu, lymphatic drainage, myofascial release, and other direct physical adjustments of the body
- Energetic/meridian type therapies—acupuncture, acupressure, reflexology, tai chi-based healing, and similar therapies focusing on the energy flowing through the body
- Nutrition, toxin cleansing, and basic resilience therapies, including supplements, homeopathy, and medications as indicated for specific symptoms

**Nia**  
Movement, Mindfulness, Connection, Joy

**Class Schedule**  
Sunday-2:00pm  
Tuesday-6:30pm  
Thursday-5:30pm  
Saturday-10:45am

For further class information:  
[www.soulfulmovement.com](http://www.soulfulmovement.com)

*Sole to Soul*

*Nia presents itself in me and through me in a unique way. I hear, see, sense and feel Nia in a way that nobody else does. So I have a unique way to present Nia. I know with every fiber of my being that there are people that need to know about Nia through me. —Teresa Myers*

### Research similar conditions

You can also take some cues from other conditions with similar presentations, such as post-viral fatigue, myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), postural orthostatic tachycardia syndrome (POTS), lupus, strokes, post-intensive care syndrome, and post-traumatic stress disorder (PTSD). While Long Covid is not identical to any of the conditions listed above, the research into and lived experience of those with these conditions can give us some clues on how to treat Long Covid.

### Where to get help

I called a dozen Washtenaw County holistic healthcare providers, hoping to come up with a list of practitioners who are currently accepting new Long Covid patients. However, most of these great healthcare providers are already overwhelmed with patients, and some feel Long Covid is out of their area of expertise. Here are a few specific clinics taking patients, albeit with a months-long waiting list:

- UM Covid Clinic – adult—allopathic, but multidisciplinary – must have a positive PCR test and referral from your primary doctor
- UM Covid Clinic – pediatric—allopathic, but multidisciplinary – must have a positive PCR test and referral from your primary doctor
- RIM Rehab—traditional rehabilitation; requires doctor's prescription
- Bioenergy Medical Center—Integrative medicine center – no referral or PCR test required (interviewed for this article)

If you can't get into one of these clinics, or while you are waiting, the following types of practitioners can provide supportive care to help you feel better as your body heals:

- Holistic chiropractors
- Acupuncturists
- Herbalists
- Supportive care practitioners like massage therapists and other hands-on healers
- Be careful with athletic trainers—they may push you too hard unless they have experience rehabilitating people after *illness* (as opposed to after injuries)

### Avoiding Long Covid

The only way to be sure you won't get Long Covid is to not get Covid at all. Get vaccinated. Avoid unmasked crowds, especially when cases are high. Wear a K95/ N95 mask when in buildings other than your house. Wash your hands. Open windows and run an air purifier rated to remove viruses. Eat well, avoid toxins and pesticides, exercise, and reduce stress—the more resilient your body is in the first place, the less likely you are to develop Long Covid after a SARS-CoV2 infection.

If you do get Covid, rest and give yourself plenty of time to recover before returning to your normal pace. Once you are no longer contagious, consider one of the clinics above and support your body with good food, rest, and hands-on healing like massage, chiropractic, acupuncture, or other modalities.

*Emily Springfield is a Chelsea-area bodyworker specializing in body energy flows. She uses a combination of reflexology, myofascial release, and tai chi-based healing to help her clients improve their flexibility, resilience, and emotional health. She used many of the techniques listed above to recover from a three-year bout of post-viral fatigue after a case of pneumonia in 2016. Learn more about Springfield online at [fenhaven.com](http://fenhaven.com).*





Sustainable Health

# Enhancing Detoxification— A Path to Lifelong Wellness



By Shannon Roznay

The idea of enhancing detoxification to improve health has been known and practiced in the natural healthcare community for decades. Herbs, saunas, activated charcoal, juicing, and body wraps are just a few of the ways practitioners and patients have sought to rid the body of toxins and waste more efficiently. These different approaches have gone in and out of fashion, and with the advent of social media you can find any number of people claiming they've got the perfect shake, supplement, or potion for everyone to achieve a cleaner body. Let's face it, some of them are scams, but the theory is sound—help the body detoxify and you'll have more energy, clearer skin, better bowel elimination, and avoid chronic illness later in life.



Help the body detoxify and you'll have more energy, clearer skin, better bowel elimination, and avoid chronic illness later in life.

I've seen Western medical professionals claim that "detox" is not really a thing to be enhanced, but rather something the body does just fine on its own without intervention. It's true that we have multiple ways to neutralize and eliminate toxins via our liver, kidneys, skin, and lungs. In a perfect environment with a nutrient-rich diet these processes would work efficiently and perfectly. However, these processes are often compromised or made sluggish by our lifestyles and exposures, making it necessary to support and assist the organs.

The main categories of offending substances include metals, chemicals, and pathogens (microbes). These are found in our air, water, and food supply thanks to modern industrial and farming practices, and our reliance on antibiotics in meat production. Additionally, in our households they are found in many everyday items—cookware, carpets, plastic containers, cleaners, makeup, air fresheners, shampoos, and anti-bacterial soaps.

With the amount of toxic items we are exposed to through breathing, eating, drinking, and through our skin, it's kind of amazing we are able to withstand the assault at all! Unfortunately, these concerns do contribute to chronic issues for many of us, including allergies, asthma, skin conditions, autoimmune problems, fatigue, and eventually can lead to changes in cellular function that we ultimately call cancer. The symptoms and conditions that can be attributed to toxin exposure are innumerable, and based on clinical practice for decades, can mostly be reversed if we help the body more effectively detoxify.



The main categories of offending substances include metals, chemicals, and pathogens (microbes).

These are found in our air, water, and food supply thanks to modern industrial and farming practices, and our reliance on antibiotics in meat production.

The first and best way to enhance detoxification is to minimize your daily toxin exposure. Drinking filtered or distilled water is essential and switching to naturally derived cleaners and skin care are important as well. Choosing responsibly grown meat and produce is better for you and for the environment. Using glass containers to store your food, minimizing plastics in your kitchen, and upgrading to ceramic, glass, or cast iron cookware are also great ways to lessen your daily load.

You won't be able to avoid toxins in the world at large, so making your home and your workspace more body-friendly is key. A good quality air purifier at home and at work is a great investment and positively impacts everyone who lives or works in the space.

There are great options for water filtration, and even home distillation, that are also cost-effective when you consider the money you can save on purchasing water, and also the money potentially saved on medical bills in the future.

Sweating is an excellent way to get more toxins out through your skin, the largest detoxification organ. Saunas and exercise are two ways to enhance elimination through sweating.

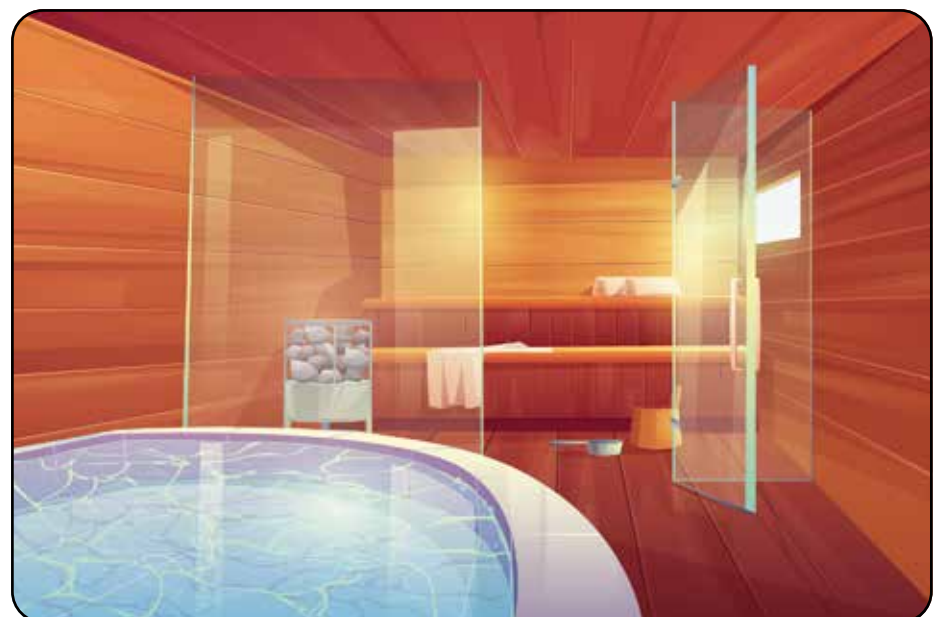
Dry brushing the skin is also helpful to remove dead skin and assist in lymphatic drainage—another inexpensive but impactful practice to help your body do its best.

There are also benefits to fasting diets, purification shakes, supplements, and juicing to name a few. I recommend consulting with a practitioner that is well-versed in these before deciding which is best for you and your current condition. This will ensure that you get the most benefit for your efforts, and you'll also be less likely to experience unpleasant side effects or problems if you've got someone to guide you through the process. Of course, having a green smoothie or fasting for a day are safe practices for most anyone without serious illness.

Ultimately, it seems our environmental toxin load is only increasing, so to improve your health now, and enjoy vibrant health in the future, it's important to adopt as many of these practices as possible for you and your family.



Currently, there are excellent technologies available to assist in detoxification, including red light therapy, ionic foot baths, and infrared saunas. Depending on your current health status and your health goals these may also be something to consider. Ultimately, it seems our environmental toxin load is only increasing, so to improve your health now, and enjoy vibrant health in the future, it's important to adopt as many of these practices as possible for you and your family.



Dr. Shannon Roznay, D.C. is owner and head practitioner at Thrive Wellness Center. She has been in practice for 20 years, specializing in clinical nutrition and wellness. Dr. Roznay utilizes Nutrition Response Testing® to help optimize her patients' health, and in the last 14 years has taught practitioners how to do the same in their practices. Thrive offers chiropractic and nutritional services, infrared sauna, ionic footbaths, and an array of healthy products for home and beauty. They are located at 6901 State Road, Suite D in Saline, MI. Visit them online at [thrive-wellness-center.com](http://thrive-wellness-center.com) or give them a call at (734) 972-6631.

State Road, Suite D in Saline, MI. Visit them online at [thrive-wellness-center.com](http://thrive-wellness-center.com) or give them a call at (734) 972-6631.

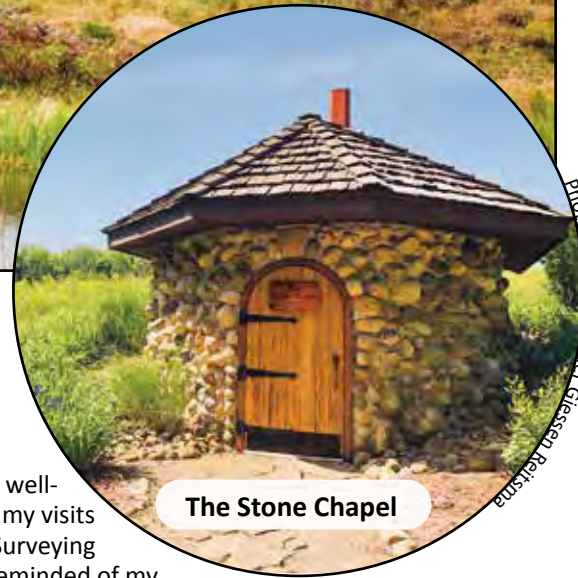


Weekend Getaways

# GilChrist Retreat Center - Nature and Spirituality Intersecting



Photo by Fran Dwight



The Stone Chapel

Photo by Kristin Vander Giesen Reitzma

By Petula Brown

Over the years, I-94 has been my go-to route to destinations throughout southern Michigan, but this trip I got off the fast-track west of Jackson to see what I've been missing. On M-60 I passed through the campus of Spring Arbor University, and glimpsed local museums and farms. Bedroom communities like Concord, Tekonsha, and Union City offered local eateries and attractions missing from interstate rest stops. Accustomed to the relaxed vibe of those villages, the industrial scene of Three Rivers was an unexpected shift—a change experienced by travelers willing to take the less conventional path to Three Rivers' GilChrist Retreat Center.

My sense of relaxation was restored as I surveyed GilChrist's landscape. My eye was drawn to a man walking through high grasses. Gazing longer, I realized he was traversing a large prayer labyrinth. Having previously seen only ornately manicured options, the labyrinth's 1.5-mile path blended naturally with the property, a reflection of GilChrist's approach of embracing the surroundings. Two stocked ponds were added to the property in 2017 and seem ideal for swimming or perch fishing, but their role is to support ecosystem development. The ponds provide a focal point for land-based outdoor meditative practices and nature walks for guests.

**Accustomed to the relaxed vibe of those villages, the industrial scene of Three Rivers was an unexpected shift—a change experienced by travelers willing to take the less conventional path to Three Rivers' GilChrist Retreat Center.**

GilChrist's deference to nature was also evident in its approach to accommodations. Touring the property via golf cart, I noticed mature woods surrounded each cabin—which were widely dispersed—an ideal option for guests seeking a secluded setting. Without wifi, phones, or televisions, the modest cabins reinforce a low-tech respite with a focus on not only nature, but spirituality. Each cabin has a distinct theme with spiritual undertones such as Hinduism, Judaism, and naturalism. The cabins' intersection of nature and spirituality provide visitors a unique space for relaxation or reflection.

I appreciated the aura of peace that resonated from the grounds and cabins, but felt a special connection with WindHill, the main house situated between the labyrinth and cabin areas. While exploring publications focused on well-being at the library, I reflected on my visits to the Crazy Wisdom Bookstore. Surveying WindHill's meditation loft, I was reminded of my introspective experiences enjoying refreshments in the Crazy Wisdom Tea Room. As a primary location for meetings, WindHill serves as a gathering space encouraging knowledge, sharing, and support akin to the Crazy Wisdom Community Room.

WindHill amenities, including Wi-Fi service and additional lodging options, means the house is a focal point for many GilChrist activities, while the retreat center's 67 acres provides numerous outlets to support well-being. Visitors can traverse the woods and meadows on foot, yet golf carts are available for mobility support if needed. On the eastern end of GilChrist, guests can explore The Stone Chapel, a volunteer-constructed building particularly suited for solo or small group meditative activities. Although meals are not provided at GilChrist, guests are welcomed to peruse the vegetable garden on the western end of the property for items to use to prepare dishes. Alternatively, visitors can engage local catering and restaurant establishments for meal arrangements. The variety of accommodations and amenities available at GilChrist means the retreat center can accommodate a variety of guests including solo travelers, couples, families, groups, and service animals.

**Having previously seen only ornately manicured options, the labyrinth's 1.5-mile path blended naturally with the property, a reflection of GilChrist's approach of embracing the surroundings.**

The intrigue of GilChrist extends beyond the physical property. As part of the Fetzer Institute, the retreat center supports a philanthropic organization with a mission to "build the spiritual foundation for a loving world." GilChrist's facilitated activities reinforces Fetzer's efforts to support people "seeking to deepen their experience of the sacred in everyday life." As one of several retreat locations within Three Rivers, GilChrist resides within a "thin space"—a Celtic Christian concept of a location where heaven and Earth are especially close. Described by Kevin Koch, author of *The Thin Places: A Celtic Landscape from Ireland to the Driftless*, they are "locales where the veil between this world and the otherworld is porous, where there is mystery in the landscape. The earth takes on the hue of the sacred among peoples whose connection to place has remained unbroken through the ages." Three Rivers' character as a thin place was explored in the 2016 PBS program *Three Rivers Spirituality* ([pbs.org/wnet/religionandethics/2016/11/11/three-rivers/33301/](https://pbs.org/wnet/religionandethics/2016/11/11/three-rivers/33301/)). GilChrist, along with St. Gregory's Abbey, Hermitage Community, and Apple Farm Community, provides a nexus of resources for persons to explore their spirituality, engage with nature and/or, renew one's body.

Though not familiar with the concept of thin spaces prior to visiting GilChrist, I must concede that a sense of peace and self-awareness seemed to envelope me as I explored the grounds. The retreat center was large enough for me to have my own space, but also had a sense of intimacy to foster a feeling of oneness with nature. Modest and comfortable, GilChrist provides a welcomed escape from the external noise—allowing one to focus on the internal.

Learn more about GilChrist and its fall events at [fetzer.org](http://fetzer.org).



The intrigue of GilChrist extends beyond the physical property. As part of the Fetzer Institute, the retreat center supports a philanthropic organization with a mission to "build the spiritual foundation for a loving world."





Hand Crafting

# A Jolly Old Elf



By Jennifer Carson

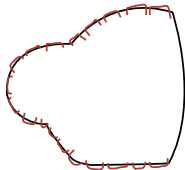
Bring a little magic into your holiday season with this jolly old elf. Made from scraps of wool felt and a bit of ribbon from your stash, he'll be adorable hanging from your Yule tree, decorating a package, or pinned to your lapel.

**Materials needed:**

- Wool felt in colors: red and skin tone of choice
- Embroidery floss to match hat and skin tone, plus white and black
- Embroidery needle
- Scissors
- Wool stuffing
- Two tiny, black seed beads
- Scrap of ribbon, lace, or other adornment
- Curly mohair locks, or other fibers for hair, beard, and moustache
- Pink colored pencil or blush
- Pin back, buttons, jingle bells, or other adornment as desired

To get started, trace the pattern pieces onto freezer paper. With a warm iron, press your pattern pieces onto the wool felt. Cut the pieces out of the wool felt, then repeat the process so that you have two head pieces, two ears, and two hat pieces. Mark the eye placement, noted by the dot on the pattern piece, lightly with a pencil.

Match your head pieces together and pin in place. With your needle threaded with two strands of embroidery floss that matches your skin tone choice, stitch the pieces together with a tiny blanket stitch following the diagram.



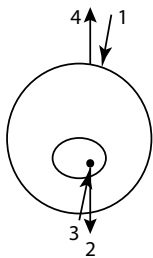
Knot your thread well, but don't cut it.

Stuff your head with wool stuffing. If you don't have wool stuffing, regular fiberfill will work, too. Stuff his nose well!

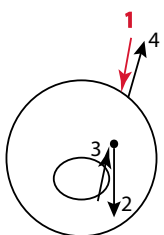
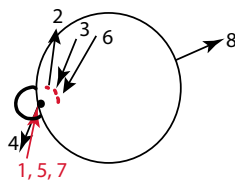
Gather the edge of the now stuffed head piece. Add more stuffing if needed to make the head full. Gently pull the gathers tight so that the head closes. Tie off and bury your thread end.

We are going to give the face a little dimension by putting in a few stitches.

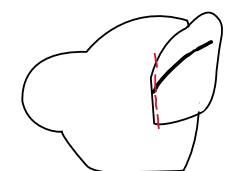
Starting at the back of the head, push your needle through the head and exit at the right nostril. Reinsert your needle and exit out back of head, pull gently. Repeat if you need/want more indentation. Do the same for the left nostril.



When both nostrils are indented, push your needle back into the nostril, and exit just a little above to make the side of the nose. Move your needle over just a bit toward the outside of the head and reinsert and exit out the nostril. Do this stitch 2 to 3 more times, then repeat for the other side. Knot your thread at back of head.



To indent eyes, anchor your thread in the back of head, insert needle through back of head and exit at eye. Move your needle over just a bit (you want to keep your stitches very close together!) and exit out the back of head. Pull gently and repeat. When you are happy with the indentation, repeat for other eye. Knot your thread at back of head.

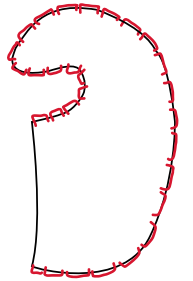


Sew your eyes in the indentations you just made with two strands of black thread and tiny seed beads.  
Fold the top edge of the ear over just a bit to create a small "fold." Pin ears to head and stitch in place with matching thread.

With white embroidery floss, stitch eyebrows and sew pieces of curly locks under his nose. I also sewed a lock of hair onto the top of his head.

Use your colored pencil, or some blush, to brighten his cheeks.

Sew the hat with a tiny blanket stitch as shown on diagram below. Don't cut thread, yet.



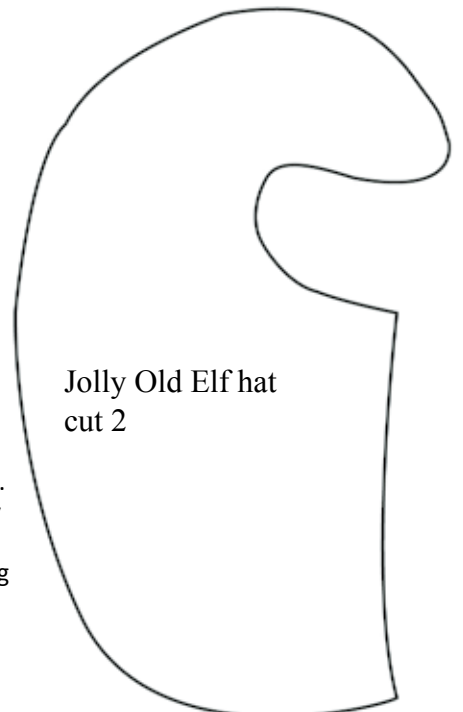
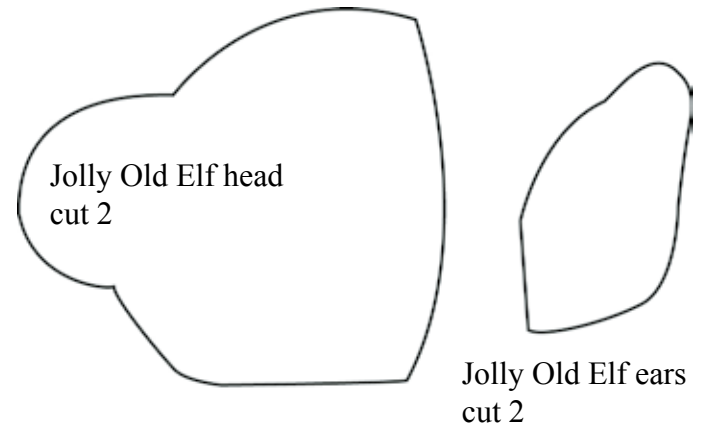
Place hat on your elf (over his ears). You'll need to cut a line from the edge of the hat to where the top of the ear is—it might take a little trying on, snipping, and then trying on again to get it right.

Pull his ears through, adjust the narrow strip in front of ears until you like the fit. At the bottom of the head, whipstitch the two pieces of the strips together. Then with a tiny blanket stitch, sew hat around face. Knot thread and bury end when finished.



Sew on any embellishments you'd like! Add a pin to the back of his hat to make a wearable piece of art or put a hanging string in the curve of his hat to hang in your Yule tree. I hope you enjoyed making your very own jolly elf.

*Jennifer Carson is a local author and artist who enjoys creating whimsical art for home and family. You can see more of her work and peruse all of her crafting patterns at [thedragoncharmer.com](http://thedragoncharmer.com).*



These are full size pattern pieces. Please feel free to make as many Jolly Old Elves as you'd like for yourself and as gifts. For licensing information contact the author through her website.



# Conscious & Tasty Food and Nutrition

Great Tastes in  
Local Food

page 60

How York  
Helped Forge a  
New Way of Dining  
Out

page 62

Tea With Peggy

page 67

Cooking With Lisa

page 68

Detroit Agrihoods

page 69

## *Heir Apparent's*

Requested to continue Linda Diane Feldt's work  
Accepting New Clients Call or Text

*Eril Andes & Beth Dulka*

734 216 3825 | 734 707 3706

BethsBodyWork.com

## *Beth's Bodywork*

Craniosacral Therapy  
Deep Tissue Massage Therapy

#1 Therapist Recommended by University of Michigan Dr.s  
Requested to continue Diana Feldt's work

Techniques: Neuromuscular, Myofascial, Reflexology, Sports  
OT, Roling, Polarity, Lome, Reiki, Qigong, Alignment  
Guided meditation for stress relief for individuals and groups

Free consultation & to book with Beth call or text 734 707 3706

Accepting New Clients

Beth Dulka's Aromatherapy Locally Made with Essential Oils  
Healing Hand Salve, Creams, Oils, Sprays & Lip Conditioner



## 50 Years of Frog Holler Farm

In 1972, we lived in  
this little cabin in  
the Frog Holler  
woods and started  
the adventure that  
became Frog Holler  
Farm. Thanks for all  
your support over  
fifty good years!

-The King Family



"The Cabin"  
by Sarah Felder

To stay in touch visit [froghollerorganic.com](http://froghollerorganic.com)



# GREAT TASTES in LOCAL FOOD



By Crysta Coburn • Photos By Rachel Everheart

## ELI'S BLAZIN WINGS + PIZZA

A takeout counter in the back of a party store is not where I expected to find amazing vegan food. But there I was, standing in Lakeside Party Shoppe, located a stone's throw from the shores of glistening Whitmore Lake, waiting to pick up my order from Eli's Blazin Wings + Pizza.

As the name implies, Eli's is not exclusively vegan, and yet it's so much more than just chicken wings and pizza. For such small square footage, they have an incredible menu that makes me feel like I'm at a neighborhood backyard barbecue party. Eli's uses only fresh ingredients to make their roughly fifteen original recipe sauces, spice blends, and dry rubs. Meat options include fried chicken, barbecued ribs, and seafood. You can also choose wings, sandwiches, pizza, and salads. The sides are downright homey with things like potato salad, coleslaw, baked beans, and brown sugar biscuits. For dessert, there's warm chocolate cobbler, salted chocolate chip cookie pizza, bourbon pecan pound cake, and strawberry lemon gooey butter cake. My mouth is watering just writing that.

I don't think I have ever before been impressed or excited by a menu's salad options. But Eli's House Salad, made with fresh strawberries, candied pecans, and crumbled goat cheese on mixed greens and drizzled with an apple cider honey vinaigrette was unbelievably delicious, satisfying, and sang of summer. It was difficult to choose between that and the Boss Lady, kale topped with roasted cauliflower, sunflower seeds, toasted almonds, crumbled goat cheese, and dried cranberry with a lemon herb vinaigrette.



Eli, the owner of Eli's Blazin Wings and Pizza, and his daughter Jaiden.



A takeout counter in the back of a party store is not where I expected to find amazing vegan food.

The salads are not the only vegetarian or vegan option. You can also order vegan wings in the form of battered cauliflower or oyster mushrooms. There are vegan "chicken" sandwiches and burgers. You can also order vegan Italian sausage and vegan pepperoni on your pizza with vegan mozzarella. The pizzas also have a gluten-free crust option, and you can order crispy gluten-free wings.

Having multiple food restrictions, I often have to tread lightly around barbecues. But at Eli's, I had so many options, I genuinely had a hard time narrowing them down. I was worried the cauliflower wings would be just an afterthought to satisfy the odd vegetarian customer, but they were packed with flavor. The coleslaw was fresh and crispy. I think I could eat the House Salad every day for lunch and not get sick of it. My husband loved the Sticky Honey Chicken sandwich, which I watched him eat with envy.

It only took me 15 minutes to drive from downtown Ann Arbor, and it was worth the trip. This would be a great place to order buckets of food for a party, and there is enough variety to satisfy every palate.

*Eli's Blazin Wings + Pizza is located at 52 Barker Road in Whitmore Lake. They are closed Sunday and Monday, and open Tuesday through Thursday from 11a.m. to 9 p.m., Friday and Saturday from 11 a.m. to 10 p.m. For more information visit [elisblazinwings.com](http://elisblazinwings.com) or call (734) 449-5252.*

## WHAT'S IN YOUR CUP? JUICE AND SMOOTHIE CAFE

Smoothies are a refreshing and satisfying treat, even when serving as a quick lunch. What's In Your Cup? Juice And Smoothie Cafe on Ypsilanti Township's south side is the perfect place to grab a delicious smoothie packed with fresh, healthy ingredients. They have amazing soups, wraps, and salads too, and everything on the menu is "vegan, dairy free, and mostly organic" (per their website).

The raw juices are freshly made from real fruits and vegetables. They each have a fun name like Beet-It (beets, carrots, orange, apple, and lemon), Spin-Gin (spinach, cucumber, lemon, and ginger), and Cucumber Blast (cucumber, spinach, celery, lemon, and orange).

The smoothies are just as well named with the Kale-Yeah (kale, spinach, orange and lime juice, mango, pineapple, banana, and coconut water), Mang, Tang, Bang





My hands down favorite, though, is the P&B Smoothie (peanut butter, banana, and almond milk), which is like the thickest, most delicious milkshake.

(mango, orange and lemon juice, and coconut water), and Yum-Me (strawberry, orange, pineapple, lime, banana, and coconut water). My hands down favorite, though, is the P&B Smoothie (peanut butter, banana, and almond milk), which is like the thickest, most delicious milkshake.

The Best Southwest really was the best Southwest Salad that I have ever had. (It also comes as a wrap.) The vegan imitation chicken was really quite impressive. It was juicy and tasted just like grilled chicken. If I hadn't known it was vegan, I probably would not have guessed it. On my next trip, I will have to try the Asian Persuasion (cabbage, soy chicken, carrots, red peppers, sesame sticks, and peanut sauce). I'm a sucker for a good peanut sauce.

For the especially health-minded, one ounce shots of fresh wheat grass are \$2.96. You can also order house chips and dips to share with a group, a bowl of hearty soup, and a cupcake (vanilla, chocolate, or banana) in case you still need to satisfy that sweet tooth.

The seating is casual and comfortable, and there is a fireplace to cozy up to when the weather turns cold. It's the perfect place to meet a friend, and the staff could not be friendlier or more passionate about eating healthier. If you have any questions, do not hesitate to ask!

Located only a short distance south of the I-94 Huron Street exit, What's In Your Cup? is a much more gratifying, healthful, and, dare I say, delicious option than fast food.

*What's In Your Cup? Juice And Smoothie Cafe is located at 1816 Whittaker Road in Ypsilanti Township. They are closed Sunday and Monday, and open Tuesday through Saturday from 12 p.m. to 6 p.m. For more information visit [whatsinyourcupcafe.com](http://whatsinyourcupcafe.com) or call (734) 340-9097.*



We featured First Bite after it first opened five years ago in issue #68. Anyone who has been by for brunch on the weekends can attest that First Bite has become a beloved part of the downtown neighborhood. Owner Vivek Dalela was kind enough to speak to me about First Bite's success and its commitment to Food 4.0: positive food, positive life.

"We have been reasonably successful because we try to offer our customers more value," Dalela shared. "[First Bite] is probably the most organic restaurant in town. We have organic maple syrup on the tables." And First Bite strives to do it all at a reasonable price. "We never want customers to say it's too expensive."

But high-quality food at a reasonable price isn't the only thing to which Dalela credits the restaurant's success. "We have a like-minded team to execute that value," he said. "The team is the key."

2020 was a desperate time for restaurants, especially independent ones, but the First Bite crew remained committed. "They knew how serious the situation was," said Dalela. "They never complained. We stayed open at all times because the team was available at all times." Sanitary conditions were immediately put in place, and First Bite signed up with DoorDash and GrubHub and offered take-out and delivery.



First Bite Owner, Vivek Dalela

When food is made with care, it shows. Everyone at First Bite clearly takes pride in their work and takes care of every customer.

Throughout the pandemic, First Bite remained committed to its vision of a healthier lifestyle. All packaging materials for take-out and delivery orders were made from compostable resources. In 2021, outdoor seating was increased. On weekends, there were ten tables outside, and greenhouses with heating were added for the chillier months. All attention was paid to their customers' safety and comfort.

And the food has only gotten better and better. The omelets are fluffy and packed with vegetables. The toast is crisp, and the sandwiches are gratifying. Everything is fresh and bursting with flavor. When food is made with care, it shows. Everyone at First Bite clearly takes pride in their work and takes care of every customer.

Dalela would also like to thank the taxpayers. "Without the PPP loan," he told me, "We never would have made it." Each of us can reap the rewards by stopping in for a cup of coffee, a smoothie, or a freshly made, nourishing meal that's good for the body and the soul.

First Bite is located at 108 South Main Street in downtown Ann Arbor. They are open Monday through Sunday from 9 a.m. to 3 p.m. For more information visit [www.firstbitefoods.com](http://www.firstbitefoods.com) or call (734) 369-4765.





# HOW YORK HELPED FORGE A NEW WAY OF DINING OUT



By Angela Madaras • Photos By Susan Ayer

When the pandemic started in March 2020, restaurants had to close their doors for a bit of time to re-group. Most were able to provide delivery, no contact pickups, and take-out options. During this time, mobile food folks had an edge. It was truly amazing how food businesses, from farms to restaurants, figured out new ways of operating in a short period of time. York Food and Drink (and many other alternative eateries) made the change successfully and super-fast.

This article is about York primarily, but also about some of the mobile cooks and chefs who have become extremely popular because of York's willingness to invite them into this new outdoor dining experience. Customers seemed happy to have many food options they may not have tried before. York inspired several food businesses to adapt to this new model of eating and drinking safely while creating a larger community based on sharing space and co-creating for everyone's benefit.

I have been joyfully shopping and dining at York Food and Drink for many years. They offer a variety of sandwiches, salads, seasonal soup, and baked goods, as well as cured meats and cheeses so one can create their own nosh board. They will customize any order to fit the customer's dietary wishes.

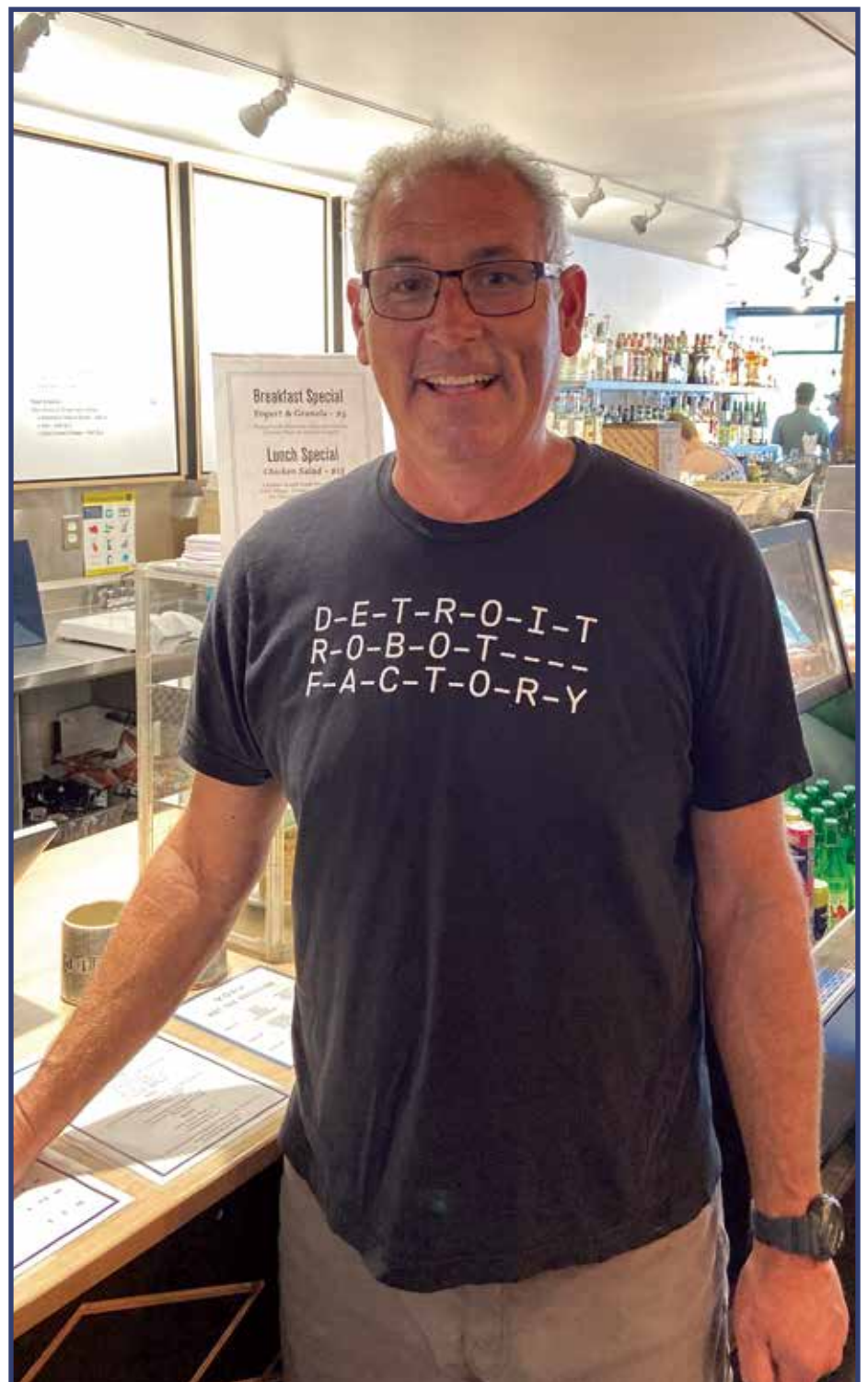
My favorite is the Cali sandwich filled with smoked turkey, avocado spread, smoked Gouda, red onion, tomato, and lemon basil aioli on toasted eight-grain bread. They make the best Americano I've had in the states. Additionally, I enjoy all of the richly diverse mobile food cooks and chefs who operate out of community kitchens, local food stores, food trucks, food carts, and gathering spaces. I have tried many while visiting York.

The innovative folks from York have inspired many foodies from every walk of life in our area and beyond. Some of them collaborate, and many use locally-sourced ingredients to grow our regional economy.

I had many questions for owner-manager and founder Tommy York and co-owner Sarah Okin about the business model that inspired many others. I am sharing just a part of what was shared, but it is enough to know that this business is about people and community. They feel it is their duty to create an indoor and outdoor space that brings people together in a safe and entertaining way. They give much to charities, while also bringing in DJs, food trucks, and artists to help them pay their bills. I was touched each time I visited and left feeling grateful for the food, drink, and camaraderie.

**Angela Madaras:** When did it hit you that the pandemic called for a complete change in your business practices—like online ordering, food truck courtyard, outdoor dining, and expanding the wine sales room? And what gave you the idea to offer heaters, a small fire pit, DJs, rotating food trucks, cocktails, and a family-friendly environment? And how did you make it happen?

**Tommy York:** About a month or two after the pandemic hit in mid-March 2020, we had the funds and the people, a website ready for creating an online ordering platform, a supportive community, and lots of hard work. We worked up to ninety hours a week for a few months in order to accommodate our customers and our vision for the future. My degree in social work and seven years at Zingerman's, gave me the tools I needed to make a swift change. I always had a passion for helping people and supporting community. It took every single person involved. My neighbors, family, customers, and others left very large tips, sent us money to keep the doors open, and some folks bought gift certificates but never used them because the community wanted to see us succeed in serving the public. I was raised to volunteer as a child and help people in need. My parents instilled in me that "you



Tommy York inspired several food businesses to adapt to this new model of eating and drinking safely while creating a larger community based on sharing space and co-creating for everyone's benefit.



are special, but not too special.” These ideals, and patience, got me through it and keeps me going. I was fortunate that my wife Julie was so supportive—I could not do it without her.

**Angela Madaras:** What other major changes were made in the way you run your business as it relates to your community and its seemingly temporary needs? I assume you felt the pandemic would end and perhaps you could go back to “normal”?

**Tommy York:** We created a place reminiscent of the “good old day’s neighborhood” or family reunions. We were able to get an additional permit to serve alcohol in our outdoor food-entertainment area. We realized quickly that this model was here to stay, and we were lucky enough to have the space to expand and meet the needs of our staff and customers.



It was truly amazing how food businesses, from farms to restaurants, figured out new ways of operating in a short period of time.

**Angela Madaras:** How many owners, managers, and staff do you have?

**Tommy York:** There are five of us “owners.” Each has his or her own focus. We make a great team. Our staff is fabulous and works hard to make customers happy. We could use more steady staff, but so can everyone. Staff counts change regularly.

**Angela Madaras:** Are you aware of the impact you made on the food scene? There are now about a half dozen local food joints mirroring your model, with their own twist.

**Tommy York:** I will let Sarah answer that question. She is a working partner who handles human relations, social media, and communication, plus many other tasks. The family-friendly party vibe in the courtyard was her and her husband’s vision, so I’ll let her explain.

**Sarah Okin:** My husband and I lived in London for a number of years and would frequent pubs on the weekends. The Sunday Roast is an institution in England, and we wanted to create that atmosphere for our young family, our friends, and the broader community—to create a space that was safe for kids to roam and fun

for parents to enjoy food, drink, and conversation. We got the idea for the Sunday Spin from our days on Brick Lane—live DJs and long hours spent in the sun with friends and kids over the afternoons. DJ Batz (Aaron Batzdorfer, our lead Sunday Spin DJ) was the one who suggested we add live art to the event, and of course it was perfectly on brand with the vision that all of York’s partners share: creating a shared community space for art, music, quality food and drink, and positivity. Olivia Chadwick, events producer, was the one who decided to schedule two pop-ups: we host one that serves a meal and one that serves a dessert! This event is very special and is even being copied at other establishments locally.

When the start of the pandemic forced so many of us to close our doors, we quickly shifted operations outside into our ample outdoor space. We gave all our tenants a generous break on the rent and invested the little cash we could scrape together into making the outdoor space beautiful and enjoyable. Contributing to the atmosphere were the fire pits, murals, colorful chairs, rocks, drink rail, plants, and kids play furniture, too!

We had our biggest sales day ever in February 2021, outside, in a pandemic, in Michigan. People were starved for safe options to do what they love, and we provided them with a way to make it happen. We also decided it was our responsibility to be generous and share what we had—a safe space and a small but mightily loyal customer base. So, we began inviting pop ups to sell their food to our customers—we felt that if we had found a way to survive the pandemic, we should share our good fortune with other small businesses who were struggling. This is my favorite part—lifting others up—as one of my friends always says, ‘A rising tide lifts all boats.’ We invited any pop up who wanted an audience to sling their food at York. For the first two years we charged nothing, and our crew added work to their plates to ensure things went smoothly. Now we charge a nominal fee which we reinvest into the food truck/pop up program enhancing electricity, equipment, and advertising. We added DJs who were looking for new ways to make money to our weekend evenings. We reached out and lifted them up as well.

Two of our crew members, Chelsea Koga and Lorena Ganser, launched an online art auction using York’s Instagram account. They collected pieces from our crew members and others in the community and sold them on a donation-auction basis. It was extremely ingenious and helped bring in some extra cash during a time when cash was so tight for everyone in the industry. We got some cool press coverage on that, but most importantly, our crew and their friends got some much-needed income when businesses were shuttered. We are grateful and innovative.

**Angela Madaras:** Tommy, what is your favorite part of the business?

Ricewood BBQ located inside York.



Aside from the incredibly satisfying Euro-style York fare for breakfast, lunch, and cocktail hour, they also serve up Ricewood BBQ’s permanent, in-store window service for tasty BBQ.



## A LOOK AT THE LOCAL MOBILE FOOD BUSINESS

# A NEW WAY OF DINING OUT *continued* .....



**Tommy York:** Making people happy and comfortable by creating a public space to hang out, to eat, drink, listen to live music, play games, participate in an art show, and so many other community events. I love the feeling of family within the entire business from owners to staff to customers. Our job is to create a space for all to enjoy...and we do.

**Angela Madaras** Do you have any advice for food truck owners and mobile food people?

**Tommy York:** Find good mentors and try it for a year. Be patient. Surround yourself with people who will tell you the truth whether you like it or not. And do not be afraid to accept help.

Noah Kaplan is another invested partner in York. Kaplan's success in starting a successful speaker company, Leon Speakers, over twenty years ago in Ann Arbor, and being part owner of Mothfire Brewery, gave him the funds to invest in York. He acquired the building and remodeling the old space into what it is today. It includes the parking lot behind York, the large capacity courtyard where they are able to serve creative adult beverages and a wide variety of food for every taste bud. Aside from the incredibly satisfying Euro-style York fare for breakfast, lunch, and cocktail hour, they also serve up Ricewood BBQ's permanent, in-store window service for tasty BBQ. Plus, the permanent food truck called Boa Boys is parked outside at one end of the courtyard. Some nights they offer free music and entertainment or just some hip music to groove with food and drink. It is one of the best places to see, and be seen, any time of day or night as well as every season thanks to fire pits, heat lamps, and umbrellas for shade.

Ricewood BBQ shares York's kitchen with a designated service window. The smoked BBQ offerings from Ricewood is an American-meets-Asian street food shining through in sandwiches, rice bowls, spicy wings, brisket, Szechwan chicken, burritos, tacos, and hamburgers (depending on the day's specials). You can buy BBQ by the pound until they sell out. I love their rice bowls with Szechwan chicken or pulled pork.-I also love the smell of wood coals cooking meat. It draws one to the flame like a moth.

Bao (bow) Boys have a permanent food truck parked out back of the courtyard featuring Asian-style steamed dumplings called "Bao Buns" filled with a variety of Asian fusion fillings from vegetarian mushrooms to spicy pork to one that elevates Spam! The pillowy soft buns cost around \$5.00. I suggest three per person. They also offer a rice bowl featuring pork belly, Japanese-style poached egg, and vegetables in a dashi broth.

York sells all sorts of healthy food options in the grab-n-go case with a Euro-Spanish twist like the spicy Italian bocata or Caprese salad. They have a daily frittata, bagels, toasts, a seasonal soup, crisp green salads, deli classic sandwiches, Spanish bocatas (sandies on a baguette), baked sweets, and a kids' menu. On top of that, they offer cheese boards served with olives, meat if desired, and a baguette. They also sport a beautiful full bar serving craft brews, handpicked wine options, inspired cocktails, classic cocktails, and neat pours, thus providing an experience inspired by European markets, bars, and cafés. You can take advantage of a small bar outside and in the evenings a bar tender-server will help keep your drink topped off. The expansive wine room sells small estate wines with regular tastings and specials. Tommy York does not care if you bring food from Anthony's Pizza next door as long as you purchase your beverage at York. He wants all businesses to thrive. This type of goodness gives York good karma and a loyal customer base. Check their website for events, guest food trucks, and pop-ups.



Visit York Food & Drink at 1928 Packard Street in Ann Arbor. They are open Tuesday – Thursday from 8 a.m. - 9 p.m., Friday - Saturday 8 a.m. - 10 p.m., and Sundays from 8 a.m. - 9 p.m. For more information give them a call at (734) 662-0798. [info@Yorka2.com](mailto:info@Yorka2.com) or visit them online at [Yorka2.com/events](http://Yorka2.com/events).

Another location inspired by the York business model is Homes Brewpub, also in west Ann Arbor. They provided year-round indoor-outdoor seating before the pandemic and later, they opened a second location at 112 Jackson Plaza along with Dozer Coffee, The Can Shop, and Smooj Lab (beverage bar) where Homes beers and Smooj canned hard smoothies (adult beverages) are the main focus. They have a brewery production facility plus a large community kitchen and gallery that has more than ample seating. They bring in mobile food businesses as well on a regular basis so check their events page for updates. Their website states that, "Homes Campus is



The authentic empanadas from Brava Empanadas were each perfectly created with a crust that crunched a little around the edges.

*a creative community of businesses centered around the Homes Brewery production facility, just down the road from the brewpub. Come hang with us."*

My first visit to Homes Campus was to taste Brava Empanadas after I had a text conversation with owner and cook, Silvia Parra McCarthy. I asked her if she could prepare a good sample of her Argentinean Empanadas that were either frozen, or partially cooked, so I could sample at home. She said she could and included heating directions for each type of empanada.

Sadly, I did not meet her when I picked them up, but I enjoyed meeting her sons and sharing information about their extremely popular business. The authentic empanadas were each perfectly created with a crust that crunched a little around the edges then melted into a buttery-savory morsel. There were fillings such as ham and cheese (an Argentinean favorite), spinach and cheese with a creamy béchamel sauce, chicken Portuguese, ground beef with onions and hardboiled egg, mushroom with mozzarella cheese, caramelized onions and seasonings, and corn with Spanish and green onion, red and green pepper. If you like Central and South American cooking, then food trucks are for you and Brava is currently the only Argentinean food truck in our region.

A popular African food truck in the USA, Fork in Nigeria, happened to be at the Ann Arbor Farmers' Market one Saturday. I was excited to try a few items from the menu! The owner and staff were warm and calm as the line started to snake around the truck. They suggested a juice called Zobo while we waited for our lunch to be cooked. I have no idea what the beverage was made of, but it was a cold, red, aromatic drink that was not too sweet and had a little sour pucker along with cinnamon undertones. We ordered small meat pies for appetizers with a flaky-buttery crust that did not fall apart while nibbling. We enjoyed a chicken and rice dish served with lightly cooked vegetables. The sauce on the chicken had a little fire kick. I was exceedingly happy with the food and the people who made it happen.

In contrast to spicy African fare, I tasted from several excellent BBQ trucks: PB&J BBQ, Good Eats, and Baby Bear Burgers plus the Pierogi Queen, Sanich Union, Friendly Foods Vegan Kitchen, Moon Sky's Cheesesteaks and so many others cooking all kinds of good food. There was even one amazing fire-baked pizza truck called PizzaPazza that parked occasionally at Erratic Ale in Dexter.





I could write all day about every food truck or mobile chef-cook with whom I spent time. I was touched by each person's generosity and kind spirit.

Erratic Ale is another wonderful outdoor and indoor brewery with a small food menu and big hearts. They do a lot for the community and have events, musicians, and fun family nights that residents can bike and or walk to. Every time we have visited, they are packed, so get there early.

I actually visited PizzaPazza food truck there twice because the first time blew my mind and I wanted to know if one could call in an order to bring home for reheating. The answer was a resounding yes! The Chef's name is Jeff Condit who was friendly and kind. They do parties and will park just about anywhere. When you find them, ask how in the world they can get a wood-fired pizza oven to cook pies in three minutes from a truck! We tried the Sausage and Peppers Margherita which was very saucy with a lot of fresh basil and fungi that rocked my mushroom-white pizza fantasies, and Vegetali with an abundance of Swiss chard, Kalamata olives, roasted tomato, garlic, EVO oil, mozzarella, and ricotta. Each pie was scrumptious with a perfectly baked crust and a tinge of burnt bits around the edges. They also have a larger catering menu from which to choose.

I could write all day about every food truck or mobile chef-cook with whom I spent time. I was touched by each person's generosity and kind spirit. I usually struck up conversations while they cooked and helped other customers, yet I was never made to feel like I was being a bother. There are now many places where trucks park such as farmers' markets, White Lotus Farm, Ann Arbor Distillery, Erratic Ale, York, Homes Campus, and a few other spots listed in the directory (see sidebar). I encourage all our readers to support these folks and leave generous tips!



## LOCAL TRUCK PARK & SERVE AND POP-UP KITCHENS



[ANNARBORDISTILLING.COM](http://ANNARBORDISTILLING.COM)

[ANNARBOR.ORG/RESTAURANTS/](http://ANNARBOR.ORG/RESTAURANTS/)

[YORKA2.COM/EVENTS](http://YORKA2.COM/EVENTS)

[HTTPS://WHITELOTUSFARMS.COM](https://WHITELOTUSFARMS.COM)

[ANNARBOR.ORG/THINGS-TO-DO/FARMS-FARMERS-MARKETS/](http://ANNARBOR.ORG/THINGS-TO-DO/FARMS-FARMERS-MARKETS/)

[HOMESCAMPUS.COM/EVENTS](http://HOMESCAMPUS.COM/EVENTS)

[HTTPS://ROAMINGHUNGER.COM/FOOD-TRUCKS/ANN-ARBOR-MI/1/](https://ROAMINGHUNGER.COM/FOOD-TRUCKS/ANN-ARBOR-MI/1/)

[LINKTR.EE/RIVERRAISINDISTILLERY](http://LINKTR.EE/RIVERRAISINDISTILLERY)

[HTTPS://ERRATICAL.COM/EVENTS-FOOD-TRUCKS/](https://ERRATICAL.COM/EVENTS-FOOD-TRUCKS/)

[AGRICOLEFARMSTOP.COM/](http://AGRICOLEFARMSTOP.COM/)

[ROAMINGHUNGER.COM/FOOD-TRUCKS/ANN-ARBOR-MI/1/](http://ROAMINGHUNGER.COM/FOOD-TRUCKS/ANN-ARBOR-MI/1/)





# A NEW WAY OF DINING OUT *continued* .....



## SOME OF THE LOCAL MOBILE FOOD BUSINESSES

[FACEBOOK.COM/PG/SUNSETRIDGEBBQ](https://facebook.com/pg/SUNSETRIDGEBBQ)

[SANICHUNION.COM/](https://sanichunion.com/)

[HTTPS://PIZZAPAZZAFoodTRUCK.COM/](https://pizzapazzafoodtruck.com/)

[BRAVA-EMPANADAS.COM](https://brava-empanadas.com)

[HTTPS://BASIL-BABE.COM/](https://basil-babe.com/)

[FACEBOOK.COM/HUMUSFALAFIL/](https://facebook.com/humusfalafil/)

[HTTPS://SIMPLY-SPANISH-FOODTRUCK.SQUARE.SITE/](https://simply-spanish-foodtruck.square.site/)

[HTTPS://SHIMMYSHACK.COM/](https://shimmyshack.com/)

[HTTPS://LUCHAPUERCO.COM/](https://luchapuerco.com/)

[WHOATACOS.COM/](https://whoatacos.com/)

[LINKTR.EE/JUICYOISTRE\\_](https://linktr.ee/juicyoistre)

[PIETRZYKPIEROGI.COM/](https://pietrykpierogi.com/)

[HTTPS://THELOBSTERFOODTRUCK.COM/](https://thelobsterfoodtruck.com/)

[INSTAGRAM.COM/BABYBEARBURGER/](https://instagram.com/babybearburger/)

[FACEBOOK.COM/GOODEATSMOBILEFOODCOMPANYLLC/](https://facebook.com/goodeatsmobilefoodcompanyllc/)

[PILARSTAMALES.COM](https://pilarstamales.com)

[CHUTNEYCAT.COM/](https://chutneycat.com/)

[GOICECREAMGO.COM/](https://goicecreamgo.com/)

[FACEBOOK.COM/BAOBOYSAA/](https://facebook.com/baoboysaa/)

[HTTPS://FORKINNIGERIA.COM/](https://forkinnigeria.com/)

[FACEBOOK.COM/PBJSBBQOFMICHIGAN/](https://facebook.com/pbjsbbqofmichigan/)

[MOON-SKYS.COM/](https://moon-skys.com/)







# Tea with Peggy

## Home Grown Tea

By Peggy Alaniz

Gardening is one of my favorite hobbies. I enjoy getting my hands dirty, the daily watering routine, and the weekly fertilizing. Early fall is the best time to receive the earth's bounty. Pumpkins, squash, and assorted herbs are plentiful. Depending upon the richness of the soil, and the amount of water the garden received over the summer months, the taste of the plants grown each year will be unique to that season. These distinctive flavors should be savored. I can think of no better way to show thankfulness for the harvest than to enjoy a cup of tea made from plants and herbs found in my own garden.

Several herbs can easily be cultivated in the Michigan climate. Plants such as lemon balm, bergamot, chamomile, peppermint, spearmint, lavender, and anise can thrive with the right amount of sun, water, and patient tending. Dried fruits such as apples or cherries can also be added to make more interesting flavor blends.

When making your own loose leaf herbal tea you should do a little research on the plants you intend to use. It is important to know which parts of the plants are edible and will give you the best quality of flavor. Some parts of the plant might have a more bitter taste. It is also important to harvest the plants at the peak of their growth to reap their nutritional benefits and enjoy their full robust taste.

The plants can be dried for later use in a couple different ways. The herbs should be well washed and sorted into small manageable bundles. Then, you can hang the small bunches upside down in a warm, dry environment. Make sure to keep them out of the sunlight and that there is good airflow between the bundles. You can also dry the herbs in the oven on low heat. A dehydrator can also be used. Once dried, you need to keep the plants in an airtight container such as a glass mason jar with a snap lid. You should avoid plastic since it retains and can create moisture.

Two of the easiest aromatics to grow and dry are chamomile and mint. Chamomile has a beautiful daisy-like appearance. The yellow center of the flower when dried can be used to make tea. The flavor is slightly floral and earthy. It pairs well with apple and peach. I like to add bits of dried apple when steeping for a sweeter taste.

Mint grows where there is a lot of rain and sunshine. Once you plant it in your garden you will be hard pressed to get rid of it. Tea can be made from the leaves of spearmint or peppermint. Where spearmint has a nice fresh taste, peppermint tends to be stronger.

Though mint mixes well with bourbon and rum, chamomile pairs well with gin. So, instead of a gin and tonic, why not try an iced chamomile tea with gin?

### Iced Chamomile Tea with Gin

Steep dried chamomile in 1 cup to 2 cups of boiling water for up to 5 minutes or the desired darkness you prefer. Chill for one hour, then add a half a cup to a full cup of ice and 1 shot of your favorite gin.

Drink, relax and enjoy the spirits of fall.

*Peggy A. Alaniz is a tea enthusiast and a graduate of Naropa University in Boulder, Colorado.*



Shop Online!

## So Many Delicious Deals!



**PEOPLE'S FOOD CO-OP**  
NATURAL FOODS MARKET & DELI

# \$5 OFF

WITH YOUR NEXT PURCHASE OF \$25 OR MORE  
COUPON IS GOOD FOR IN-STORE VISIT ONLY

Must present coupon at the time of purchase. No other discounts apply. Gift cards, case purchases, Co-op cash card, beer or wine cannot be used with purchase. Limit one offer per customer, one coupon per transaction.  
OFFER EXPIRES 12/31/2022 Cashiers write transaction total: \_\_\_\_\_



coffee!  
it's what people want and need



734.222.9202

holiday bulk gift ordering now open

**RoosRoast.com**

Southtown Roastery & Cafe  
1155 Rosewood • Ann Arbor

Downtown Ann Arbor Cafe  
117 E. Liberty • Ann Arbor





# Cooking with Lisa

Lisa Viger Gotte is a Chelsea resident passionate about plant-based cuisine and loves showing others how simple, delicious, healthy, and joyful it can be. A vegan diet improved her own physical, mental, emotional, and spiritual health and she's seen it do the same in others! She is also an artist, cookbook author, MSVA Vegan Life Coach, and RYT 200 yoga teacher. You can learn more about her and find more tasty recipes at [planted365.com](http://planted365.com).



## Secret Ingredient Sweet Potato Chili

Warming and hearty, sweet potato chili is a delicious dish for when the days turn cool. There are two secret and unexpected ingredients that add a wonderful depth of flavor; balsamic vinegar and cocoa powder. This recipe makes six servings and is affordable at about \$2.00 per serving.

- |  |                                    |
|--|------------------------------------|
| <b>Ingredients:</b>  | 2 Tbsp cocoa powder                |
| 4 cups peeled and cubed raw sweet potatoes                   | 1 Tbsp paprika                     |
| 1 cup peeled and chopped carrots                             | 1 tsp cumin                        |
| 1 cup chopped celery, stalks and leaves                      | 1/2 tsp crushed red pepper flakes  |
| 1/2 cup chopped red bell pepper                              | 1/2 tsp cayenne powder or to taste |
| 1 cup chopped onions and/or shallots                         | 1/4 tsp nutmeg                     |
| 15 oz crushed tomatoes, canned                               | 1 tsp salt or to taste             |
| 15 oz diced tomatoes, canned include liquid                  | 1 tsp black pepper or to taste     |
| 15 oz garbanzo beans, canned include liquid                  | 2 cubes vegetable bouillon         |
| 15 oz black-eyed peas, canned or black beans, include liquid | 1 cup water, as needed             |
| 1/4 cup balsamic vinegar                                     | 2 bay leaves remove before serving |
| 2 Tbsp chili powder  | fresh lime quarters                |

### Instructions:

Use a large, heavy-bottomed soup pot. Clean and prepare the produce. The celery, onions, carrots, and bell pepper can be sauteed in a bit of oil first in the bottom of the pot. Then add the remaining ingredients and simmer for about 30 minutes until everything is tender. Add more water when needed if it evaporates.

For an Instant Pot or crockpot, follow the manufacturer's instructions for your appliance.



## Smoky Rosemary Hummus

This smoky rosemary hummus recipe is delicious and easy to make. It takes just a few minutes and uses simple ingredients found on hand in most pantries. It's perfect as a fall snack with chips or as a sandwich spread in place of mayo. The smoked paprika is what gives it a rich smoky flavor. But if you don't have it, just use regular paprika. Makes about 1 1/2 cups. Approximately 35 Calories per tablespoon.

### Ingredients:

- 15 oz garbanzo beans aka chickpeas canned or cooked from dried
- 1/4 cup lemon juice
- 1/4 cup oil, optional
- 1/4 cup tahini
- 2 tsp dried rosemary pulsed in herb grinder
- 1 clove fresh garlic or 1 tsp powdered
- 1 tsp smoked paprika
- 1/4 tsp black pepper
- pinch crushed red pepper flakes
- salt to taste

### Instructions:

Add all ingredients to a food processor or high-speed blender and process until very smooth and creamy.

Omit oil if desired without substitution.

Place in a bowl and garnish with rosemary, red pepper flakes, salt and pepper, and a drizzle of oil.

Serve with toast, crackers, chips, or use as veggie dip or as a base for dressings.





# Detroit Nonprofit Paves the Way



FOR INNOVATIVE URBAN AGRICULTURE

Story and Photos By Christine MacIntyre

Tucked into a three-acre section of Brush Street in Detroit’s North End lies a utopia of freshly grown foods available to the surrounding communities at no cost. Made possible by the 501(c)(3) nonprofit organization Michigan Urban Farming Initiative (MUFİ), the project, known as America’s first sustainable urban agrihood, aims to combat challenges unique to urban communities such as Detroit. More than 120,000 pounds of food are grown from seed from this portion of Detroit’s land, which was once abandoned.

According to the all-volunteer organization’s website, the MUFİ utilizes the agricultural neighborhood, or agrihood, “as a platform to promote education, sustainability, and community while simultaneously reducing socioeconomic disparity.” Vacant, unutilized land, and a lack of food security are concerning issues that have led to a lost sense of empowerment within the surrounding community. The MUFİ’s adaptive use of the land on which it resides, and the existing environment, demonstrates sustainable urban farming practices and, in turn, is an effective strategy for increasing food security.

## A Model of Innovation & Sustainability

The urban farm began as a humble community garden under an adopt-a-lot program in 2011. Now, the operation scales a much larger area spread over several acres near Brush and Custer, demonstrating creativity and innovation for the use of space. In 2011, anyone could relocate to Detroit due to the vacant land. “You could take over a vacant lot, and as long as you kept it up and showed good stewardship, the deed was transferred to your name after ten years. In 2013, that changed,” said long-time volunteer Michael Willard.

Working on numerous parcels of land, the organization acquired additional lots from private owners and county foreclosure auctions. However, the early years saw some difficulty obtaining deeds to other properties due to the city’s requirement for approval of larger-scale land use. Although the city seemingly recognized the agricultural efforts as positive, they cited higher priority items such as affordable housing opportunities as reasons for their resistance.

The lots owned by the MUFİ through adopt-a-lot went into a government organization, the Detroit Land Bank Authority. After raising the assessed taxable value for the eight lots, the nonprofit put forward the funds to purchase the lots. However, Willard said the city denied their proposal, citing that they had earmarked the land for mixed-use development. After years of negotiations, the organization finally purchased the lots in 2018. “However, we aren’t allowed to grow further until 2028 in the city of Detroit.”

Not only does the vacant land provide a foundation for various fresh foods to grow, but the existing structures also offer an opportunity for cost-competitive blight deconstruction that doesn’t necessarily involve demolition. The historic North End of Detroit is one of the city’s neighborhoods facing gentrification. While this process typically bestows negative impacts, including forced displacement, discriminatory behaviors by people in power, and exclusion of low-income individuals and people of color, this area of Detroit is embracing the process of changing the neighborhood’s character through culturally rooted leadership and methodologies. The agrihood is a relevant, positive difference-maker in the majority black community.

Innovations in blue and green infrastructure further demonstrate the intelligent use of space. For example, a fire dilapidated home adjacent to the plots where food is being grown serves as a water harvesting cistern. Since water and sewage are expensive in the area, using the property as a water collection system provides

cost-effective farm irrigation and avoids stormwater run-off. “One of our biggest challenges as a 501(c)(3) nonprofit is paying for the water. Our bills can be hundreds to thousands of dollars per month sometimes. So, we have the cistern to complement our water system.”

Additionally, plans for a long-vacant three-story apartment complex involve the collaboration of businesses to redevelop the space into a multi-functional community space. Several companies, including BASF, General Motors, PPG, and others, are partnering together, finding viable ways their materials and resources can assist in the building’s transformation.

According to a 2017 press release, MUFİ president and founder Tyson Gersh said, “We’re emphasizing efficiency with some of the most sustainable, progressive building products and techniques available today. Our Community Center will serve as an example of how we must reinvent the way we plan our buildings, neighborhoods, and communities.” The premise for these projects lies in Gersh’s belief that Detroit presents the opportunity for sustainability and innovation in looking toward the city’s future. Many speculate that this project, once

finished, will be a showcase example—one of the most sustainable, energy-efficient buildings in Detroit.

## Key Features

MUFİ’s farm began in 2011 as a quest to enhance the neighborhood and provide a valuable resource to residents. In 2017, the agrihood was featured as a model for sustainable urban planning at Sustainable Brands 2017 global conference, held at the Cobo Convention Center in Detroit. Forged out of necessity and the urgency to relieve the plight of the surrounding community, the agricultural space boasts orchards, gardens, a hoop house, a seed container house, a community center, and a cistern. Willard said about ten total projects are occurring. “They’re all in different phases, but the most complete project is our farm.”

Tucked into a three-acre section of Brush Street in Detroit’s North End lies a utopia of freshly grown foods available to the surrounding communities at no cost ... More than 120,000 pounds of food are grown from seed from this portion of Detroit’s land, which was once abandoned.





# INNOVATIVE URBAN AGRICULTURE

continued...



Not all the projects are farm specific. For example, the community resource center, previously utilized as a three-story six-unit apartment complex, continues to undergo rehab and will house administrative space, multi-purpose space for meetings, training, workshops, yoga classes, and more, a production and packaging kitchen for value-added products, and a for-profit farm-themed marketplace. The brick-floored hoop house also has a neat location for rehearsal dinners and other gatherings. “We’re open to a lot of different things,” said Willard.

Key features of the farm include more than 300 vegetable varieties which provide about 20,000 lbs. of produce annually. The food grown on the land is free to over 2,000 households, food pantries, churches, and businesses surrounding the farm. Healthy, fresh-harvested foods picked by volunteers are available at the easily accessible, on-site produce stand, which is open every Saturday. Nothing goes to waste, as MUFI donates any leftover at the end of the day.

The organic movement is woven into the grassroots farm and its processes. “All our stuff here is organic, except the flowers,” said Willard. “We are a no-till farm, and we don’t treat with pesticides. We use fertilizer, but it’s all-natural, such as worm castings. We’re all about organic here.”

“We have over 350 varieties of produce including six types of lettuce, 22 varieties of peppers including 11 sweet and 11 hot, three varieties of cabbage, nine to 11 varieties of eggplant, 11 rows of collards, 22 varieties of tomatoes, nine to 11 varieties of each summer and winter squash, beets, radishes, onions, beans.” There are herb and perennial sections as well. In addition, a century garden furnishes strawberries, blackberries, boysenberries, huckleberries, honeyberries, and champagne grapes.

“There’s a big population from the South because of Detroit’s automotive industry. When I first started volunteering here in 2015, we only had four rows of collards. But because of all the people here from the South, there was such a huge demand for them, so we increased the number of rows,” said Willard. “Also, no one knew what kale was, but everyone was requesting kale by the end of that season.”

The high-density fruit orchard boasts around 200 fruit tree varieties—Detroit’s most diverse and dense urban orchard. Apple, pear, plum, peach, and cherry trees have taken root there; each selection fit for Michigan weather to ensure optimal productivity.



## A Need for Improved Food Security

According to a 2022 report by Governor Gretchen Whitmer’s Food Security Council (FSC), “the social determinants of food insecurity have the greatest impact on the nature, scope, and causes of food insecurity. There is an interconnectedness between poverty, health, and food insecurity.” Determinants include racial and ethnic inequality; health, age, and disability status; and poverty, income, and unemployment. The FSC was initiated to increase funding for fresh and culturally appropriate food through local and regional programs, expand childhood nutrition programs, improve food access, and improve access to resources, to name a few. The MUFI’s agrihood addresses these issues.

In the FSC’s report, the finding that “high food insecurity rates correlate with pronounced racial disparities...” indicates several areas of Detroit as subpopulations vulnerable to food insecurity. For example, while statistics show that approximately 1.3 million Michiganders faced food insecurity in 2019, 2020 proved incredibly challenging, increasing to 1.90 million Michiganders facing food insecurity, including 552,000 children. In addition, 22% of black households and 17% of Hispanic households were food insecure in 2020—a stark contrast to the seven percent represented by white households.

A 2019 food security report specific to Detroit showed that 39 percent of households were food insecure and that there was a \$500M loss in retail grocery revenue. As shocking as they may be, the high food insecurity rates correlate with pronounced racial disparities, such as those found in urban areas with predominately black residents. Healthy food access and affordability are dominant factors, especially in low-income communities such as Detroit’s North End and others under-resourced.

While food distribution methods and assistance programs adapted, the state still witnessed disproportionate access to food across the population.

The Covid-19 pandemic placed a seemingly insurmountable hindrance on food insecurity in Michigan, as it led to unemployment, the loss of in-person learning, and a set of new economic challenges. While food distribution methods and assistance programs adapted, the state still witnessed disproportionate access to food across the population.

The implications of food insecurity stretch beyond hunger. According to the CDC, four Michigan counties, including Wayne County, have over \$100 million in healthcare costs associated with food insecurity. In addition, Bread for the World Institute research found additional costs related to food insecurity. These include educational expenses, costs incurred by students dropping out of school due to food insecurity, and those “based on the value of poor educational outcomes and lower lifetime earnings due to hunger and food insecurity.”

## Food Desert, Food Swamp, Food Apartheid?

While some industry professionals argue that we can’t classify Detroit as a food desert, there is no denying the lack of physical access to retailers that stock healthy, nutritious foods, let alone affordable foods, in many areas. Food initiatives such as urban and community gardens, independent retailers operating in areas of low food access, and charitable food programs, including mobile food markets and grocery recovery programs, are suggested targets for more significant investment from the State of Michigan. By the Department of Agriculture’s definition of a food desert, about 10 percent of Detroit could be classified as a food desert, as there are small pockets without easy access to grocery stores organizing the city instead as a “food grassland.”

Program manager of research and policy at the Detroit Food Policy Council, Amy Kuras, agrees that Detroit can’t be labeled a food desert. Instead, it may be a food swamp, indicating difficulty finding fresh food if you don’t know where to look. In January, Kuras told the Capital News Service, “All the major thoroughfares, especially once you get out of the downtown areas, it’s fast food, coneys everywhere.” Where people have more economical needs, food swamps tend to cluster. Additionally, food apartheid refers to the idea that the lack of food isn’t random; instead, it is a consequence of something else. Due to the amount of policy, planning, and racism in the area, people perceive Detroit negatively—as a place not to do business. These factors make residents rely heavily on party stores or convenience stores for food.





Racist policies, the perception of crime, and Detroit’s depopulation led to many grocery store chains closing. Around three percent of the area’s food outlets are made up of supermarkets and large groceries, and fewer than half of the city’s food outlets consist of fast-food restaurants, gas stations, and liquor and convenience stores. However, the food outlets such as MUFI and other urban farms, community and school gardens, and farmers’ markets are often left out and unaccounted for due to these being unrecognized and unsupported by many policies. These outlets make a significant impact on food justice, and that leads to improved food access.

According to Willard, “The closest store to the Michigan Urban Farming Initiative is Whole Foods.” However, how much does fresh, organic produce at stores such as Whole Foods cost? “The neighborhood here is socioeconomically diverse. A lot of people in this neighborhood are renters. Even myself, I live in a suburb of Detroit and can’t afford Whole Foods. People can come to the farm and get organic produce for free.”

The urban ag epicenter keeps data on where the food goes. “We have the data backing, showing where the food is going and how it’s utilized. I don’t think many people realized how great of a need there was for what we are doing here. There are 1,500 urban gardens in Detroit, but to be an urban garden, you only need a couple of tires and a couple of plants.” Some urban gardens closed due to the labor and time-intensive care required to manage them.

**Promotion of Inclusion and Diversity**

“We are 100 percent volunteer-driven. Our foremost tenet is food insecurity,” said Willard. “We have people from the community come here; we were originally intended mainly for the North End. But, since we started in 2011, we’ve started getting people from other communities—Metro Detroit, Livingston, Macomb, Oakland, Wayne, and Washtenaw counties, all over. In addition, people come from all over the world in the summertime.”

Volunteer groups include local and suburban schools, outdoor gear and apparel store Moosejaw, churches, and corporations such as General Motors, Mercedes-Benz, and Henry Ford Academy, to name a few. According to Willard, MUFI is not religiously based; however, “we welcome people from all walks of life. Everyone from toddlers all the way up to seniors come to help. We accommodate everyone and any ability.” From Memorial Day through December, the farm is bustling with volunteers working the farm. Over 100,000 volunteers have contributed their time and efforts since 2011.

Surrounding communities may not have a lot of exposure to farming and agriculture, so Gersh finds it important to teach best practices and to bring conversations on

agriculture and farming to the area. MUFI is establishing these connections for the community and bringing fresh food options to this Detroit neighborhood are a priority. While it requires year-round dedication, countless hours of manual labor, teamwork, innovation, careful planning, and behind-the-scenes strategic work, everyone benefits.

The original vision was one of aesthetically pleasing and presentable land use. “We are laid out like a production level farm, to maintain that aesthetic of looking like a farm, rather than utilizing the raised bed style gardens some community gardens use.” However, vandalism has become prevalent in Detroit area farms such as this. “Last year, we got broken into 11 times; this year, we’ve been vandalized three times as of a week ago and nine before.” We’ve had tools stolen out of a volunteer-built woodshed. People have tried to break into every structure on our campus.” Vandals broke the upcycled windows that compose the seed container house because they seemingly thought there were construction tools inside.

Additionally, “In 2016, we won a contest for \$40,000 from Scott’s Miracle Grow for our century garden. Another organization called Sit-On-It Detroit builds these benches to place at bus stops throughout Detroit. Well, we had it in our budget because of the money we won, so we purchased a couple of benches. Within six months, people snatched them up. It’s constant,” Willard said.

“What we really need right now is the community to come out and volunteer. It’s great that we give away free food, but additional volunteers, especially from this community, would be really nice to see.” Unfortunately, Covid-19 put a damper on volunteer turnout, as many still take precautions. Willard said he relocated back to his home state from California and quickly found his place with MUFI. “The school I went to had alumni service day. One organization had 300 volunteers, and this one had three, so I showed up at this one. I liked it and kept showing up on Saturdays.”

MUFI’s agrihood is more than beautiful floral blooms, plentiful fruit trees, and a produce-producing garden. Its underpinnings run deep in the space of inclusion and accessibility, and its processes are a platform for education and awareness in a time and place of diverse needs. The beauty of the gardens, orchards, and buildings is more than surface deep. It encompasses complex implications such as combating food injustice and repurposing otherwise dilapidated and vacant establishments.

The efforts would not be possible without the help of volunteers, as well as donations and partnerships with community members and organizations. Ways to support programing costs include shopping through Amazon Smile, Kroger Community Rewards, and monetary and cryptocurrency donations. For more information on their projects, to stay up to date on progress, and to learn how you can help, visit [miufi.org](http://miufi.org). Sustainable agriculture relies on Michigan communities to engage in projects such as this one. The future for food security has the potential to keep improving with generous people who continue to make a difference every day.



“...I don’t think many people realized how great of a need there was for what we are doing here. There are 1,500 urban gardens in Detroit, but to be an urban garden, you only need a couple of tires and a couple of plants.”  
 —Michael Willard



# Amy Garber — Promoting Holistic and Psychic Realms for a Quarter of a Century



By Michelle McLemore  
Photography by Susan Ayer

The year was 2015. We pulled into Washtenaw Community College’s Morris Lawrence Building in Ann Arbor. We arrived half an hour early not knowing what to expect of crowds or the venue as this was our first holistic psychic fair. (Yes, we were psychic fair virgins). Arriving early turned out to be a wise choice as an increasing stream of cars began pulling in. We walked to the entrance and waited, chatting casually with others in line. Anticipation, intrigue, and child-like joy bubbled throughout the line.

Once inside, to the left of the admission line, were holistic practitioners setting up their mini treatment centers. Massage tables, foot baths, colored lights, and technologies unknown to us awaited visitors’ trials.



**The Ann Arbor Holistic Psychic Fair became the largest of its type in Michigan as it gave a common arena for holistic practitioners and psychic intuitives to assemble in a mutually respected village for one or two days.**

To the right of the line, vendors were tweaking their displays. Crystals, oils, books, artwork, and more stretched across the expanse. Posters on the wall touted that free lectures and psychic readers could be found down the hall. It evoked a something-for-everyone giddiness.

I didn’t know at the time that this entire event was primarily thanks to the efforts of intuitive Amy Garber and co-founder Christina DePugh. They had built upon a small group’s vision in 2013 and steadily expanded the offerings each year until 2020 when the pandemic put in-person events on hold.

The **Ann Arbor Holistic Psychic Fair** became the largest of its type in Michigan as it gave a common arena for holistic practitioners and psychic intuitives to assemble in a mutually respected village for one or two days. Many of the practitioners highlighted in *Crazy Wisdom* articles have had booths, done readings, or attended informative lectures through these fairs.

Though Garber feels 2022 is too soon to risk creating a potential super-spreader event with an in-person fair, she has been far from lax in her continued nurturing, normalizing, and educating of the greater Ann Arbor area on holistic and psychic matters.

In the interim, a prior psychic vision blossomed into a reality: she expanded The Enlightened Soul Center & Shop with a new location on Carpenter Road. Firmly based on Garber’s passion, the “goal is to provide great holistic programming for the community. This includes renting spaces to practitioners and groups to practice the holistic and intuitive arts.” The new center hosts 2,674 square feet with a large event room, a small kitchen classroom, and individual rooms to rent.

The variety and frequency of offerings is impressive. Just a few of their events include lunchtime yoga, sound baths, a queer magic seekers group, Reiki sharing, and channeling demonstrations. Classes offered also cover intuition development, divination, mediumship, nature spirits, tarot, and voice channeling. You can also book a session with one of the practitioners.

In addition to Garber as a spiritual counselor, others offer visionary energy work, medical intuitive healing, art interpretation and oracle cards, psychic mediumship, oracle alchemy, and clairvoyant mediumship.




Additionally, the center hosts online learning events. As other practitioners and holistic businesses had to close their doors during recent years, Garber was able to build a center for practitioners to continue their offerings and expand light working without the financial strain of owning or renting one's own physical business.

She hopes to eventually add two mini fairs a month—like a mini version of the psychic expos. She envisions vendors in the parking lot under tents with psychic readers and discussions inside.

"I am building on a hybrid model, not just a store. I want to be of help. That's what I'm in it for," Garber explains.

How did Garber come to have the courage and passion to support holistic practices and psychic fairs on a grand scale when others had not?

 **In tracking Garber's intuitive and career development, she acknowledged one main theme: "The Universe finds ways to push me to get me to go where I need to go—sometimes like Noah, in the Bill Cosby sketch."**

**Her story:**

Garber grew up in Oak Park, a suburb of Detroit. She attended Berkley High School and then transferred to Southfield Lathrup High School after her parents' divorce in the mid-1970s. After high school, Garber earned a BA in Fine Arts and Literature and Language from Kalamazoo College. "Though," she confides, "if they would have had a journalism school, I would have done that."

Instead of stepping from the waters of intuition into public life, as some life-long psychics may experience, Garber's was a different process.

Growing up in a "culturally Jewish" family, there wasn't much discussion about intuition. Though she began doing informal readings for friends in 1993, it wouldn't be until years later, as an adult, when she met an uncle who had psychic abilities. "He became my mentor. He ended up doing roughly 900 readings in life. The general family today still doesn't believe in it."

Yet, as a child, Garber remembers being drawn to the 1970 movie *On a Clear Day You Can See Forever*. It was an American musical comedy-drama-fantasy in which Barbra Streisand plays a psychic. She also recalls frequently watching the night sky, waiting and hoping to see a UFO. "I'd always had a peculiar interest in certain occult or paranormal things like the Shroud of Turin (which is odd because I'm Jewish). Edgar Cayce was also an early read."

Garber explained, "When I teach, I give people hope—you didn't have to be a psychic child. We all wake up at different times."

"If you've ever shared information with someone and then said, 'I don't know where that came from!' then, you may have already gotten 'inspired' or 'channeled' messages! Each person has their own timing. It's our energy—everyone has some type of intuition. It can help guide us and make choices."

For Garber, intuition comes through the means of hearing (clairaudience) and seeing (clairvoyance). "The challenge is to be aware of it and listen to it. When I am clear, I hear it. Sometimes I argue with them [guides/spirit]. But I am sorry for it later. I can't imagine living life without it."

Metaphysical training for Garber started in 1993 with Spiritualist ministers Rev. Shala Kilmer, Revs. Edward and Annette Jones, and Rev. Ken Nowaciewski, among others. Eventually, Garber helped found the Center of Light Spirituality in Oxford, Michigan and later served on the Board of Trustees of the Interfaith Center for Spiritual Growth in Ann Arbor.

In the 2000s, "I took a freelance editor job for the *Washtenaw Jewish News* as a side job, copy editing. Also, I reached out to Bill Zirinsky at the *Crazy Wisdom Community Journal*. It was like an intuitive download—I should get paid for reading something I'm interested in!" Working at *CWJ* also created the opportunity to do readings in the Tea Room.

Laughing, Garber reminisced, "I don't know how I did it in the Tea Room. I would offer readings at night when the live music was going on just across the room." Her eyes twinkled admitting, "It definitely helped me hone my focus. I never adapted to using any tools. That was too much work—not my thing."

So, what is a psychic reading like? "I often work with my eyes closed when I am 'tuning in.' The reading is more of a conversation with you. The information comes in the form of feelings and pictures instead of a flow of words or thoughts. As always, however, I rely on Spirit to direct the form and function of the reading. I strive to translate the client without interpretation on my part."



**"When I teach, I give people hope—you didn't have to be a psychic child. We all wake up at different times."**

**—Amy Garber**

In an April 2021 *Crazy Wisdom* ezine article, ([crazywisdomjournal.com/weekly-48](http://crazywisdomjournal.com/weekly-48)) Garber also emphasized the importance of the client's participation. "I understand clients may want to hear 'proof' and therefore may wish to withhold facts from the reader until the reader has confirmed these details. However, it is detrimental to the reading for the client to be passive and unresponsive throughout the entire reading. If the information doesn't sound right, it is important for the client to bring this up immediately, so the message can be re-worded, clarified, and explained if necessary. Usually, misinformation is just a misunderstanding, or a problem of semantics."

In tracking Garber's intuitive and career development, she acknowledged one main theme: "The universe finds ways to push me to get me to go where I need to go—sometimes like Noah, like the Bill Cosby sketch."


Garber's own facilitated group started with a grad student saying a metaphysical group, "sounded like fun." They used Meetup.com. This led to renting the back room at *Crazy Wisdom* once a month. Then, two Sundays a month. The momentum kept building.





# Amy Garber — Promoting Holistic and Psychic Realms for a Quarter of a Century



 Posters on the wall touted that free lectures and psychic readers could be found down the hall. It evoked a something-for-everyone giddiness.

“In January 2012, I co-founded a group named Intuitives Interactive for intuitives, adult indigos, empaths, and other lightworkers. (This group would eventually fold into the Enlightened Soul Center’s offerings in 2018).

Also in 2012, the HGTV show “House Hunters” contacted Crazy Wisdom Bookstore for a psychic that would be willing to participate for an Ann Arbor episode. Bookstore representatives chose Garber. She recounted, “I accurately described the house that the client would ultimately choose, and it was confirmed when the show aired on April 8, 2013.” However, they didn’t tell her anything regarding her accuracy at the time of her interview nor up until the airing. Since that time, Garber has added home buying/selling consultation to her repertoire of services.

“People may know they have a feel for a new place, and I see a map in my mind of where they are being drawn to. It might be two places and Spirit tells the differences between them. Or, if local, it may feel in a certain geographical direction and looks blah, blah, blah. I can get colors, shapes of houses, and more.”

In tracing her rise as a holistic center director, Garber’s eyes grew wider, and she gasped slightly. “Wow, 2013 was a big year! I had the vision of the center in 2013. One of the regulars at the Interactive Sunday group said, ‘I think you are going to be famous for something—and it’s not your readings.’” They both laughed. The friend hadn’t meant anything derogatory about Garber’s psychic abilities.

“She said it was something else, so I sat and went within. I saw a center, like a director of a holistic center. That night I did a meditation and took notes. I drew out a schematic. Spirit was giving me this information. It would be a combination of readers and healers. They would work together and refer to each other. It would have a café, and events gathering space, and a gift shop.” She beamed. “That was the dream. I was led... and pushed.” And the center today is bringing the dream to fulfillment.

 In 2013, the HGTV show “House Hunters” contacted Crazy Wisdom Bookstore for a psychic that would be willing to participate for an Ann Arbor episode. Bookstore representatives chose Garber.

Garber’s Intuitives Interactive group also helped nurture her to begin teaching. In 2015, after repeated requests, Garber began teaching intuition development classes. (Today, she offers three levels of such classes). She also founded her private business, Metafizzy LLC, at that time.

Garber became certified in Medical Intuition through Living Aware Inc. with Tina Zion. Additional training came from Constance Joy Hart in Past-Life Healing. These


can be done in person or over the phone. “I love doing readings for individuals, couples or pairs, groups, and parties!”

Garber explained, “I’m a skeptic. So, if I have direct experience and can validate it, then I can bring it in. I trust my own experience. Along the way, I had a profound experience, and so I remind everyone, Einstein proved it. Time is a continuum. We can go back and go forward.”

She shared one experience when past life healing made a world of difference to a client and her three-year-old daughter. The daughter was petrified of taking a bath. The mother knew instinctively the child had drowned in a prior life. So, during the mother’s past life regression session, she witnessed the child (who was also a family member in the prior lifetime) begin to drown. This time, however, the present mother stepped in to save the daughter and reassure her, she was fine. Post session, that night when the client went home, the mother found her daughter was suddenly no longer afraid of the water. Not a bit.

The universe kept prodding, and in the spring of 2016, Garber co-founded the Enlightened Soul Center for the Holistic & Intuitive Arts. Meanwhile, she continued training. Garber became certified to perform personal clearings and space clearings through Diana Burney of Earth Release. In 2016, she was ordained into the Priesthood of the Order of Melchizedek.



 The universe kept prodding, and in March 2016, Garber co-founded the Enlightened Soul Center for the Holistic & Intuitive Arts by renting the office they had been sub-leasing for the Sunday group.

In 2018, she would add graduating from the Shamanic Healing Program by Marjorie Farnsworth of Spirit Assist LLC, and Shamanic Practices with Kate Durda and Stephanie Tighe of Spirit Weavers to her repertoire. Certification as a Reiki Master teacher and Rahanni Celestial Healing (Pink Ray 5<sup>th</sup> Dimensional Energy Healing for the New Age) soon followed. Garber wanted to clarify, “I don’t call myself a healer. I was more like a kid in a candy shop—an attunement junkie.” She was excited to learn about everything metaphysical.

In addition to offering channeled readings, by 2017, Garber added classes for others to learn how to channel. Mediumship, to Garber, is different than channeling. “During a mediumship reading, you may ask me to call in certain persons who have passed on, but I will not channel a deceased loved one by inviting them to share my body nor energy.”

One idea, or message, that kept coming up in our interview was a strong belief: “There are no coincidences, we are never alone, and we are always loved.” Garber said this underlines every reading. That being said, Garber doesn’t believe in fate necessarily. “Synchronicities occur by being aware and in the flow of the Universe, not by blocking things. I believe in reincarnation, recycling of souls, time as a





continuum (nonlinear) because of the dense vibration of the Earth plane. It's like a circuit board. Some things are fated like soul agreements—certain people will meet, but the minutiae are left to free will. If it was all fated, what would be the point?"

Garber describes herself as "basically a work-a-holic," though the work of the Center brings her immense joy.



Today, at 64, any downtime is shared primarily with two feline daughters: Esmeralda, 9 (named by Spirit) and Tabatha, 10. "Es" and "Tab" both come like dogs when they are called. Container deck flower gardening delights her in the spring/summer. Other times you can find her among the flowers reading. She also enjoys taking walks and visiting coffee shops. (Pre-pandemic, Starbucks was a favorite spot to visit and meld with the many other quirky patrons). An occasional historically true movie or "chick flick" also brings her delight.



Garber describes herself as "basically a work-a-holic," though the work of the Center brings her immense joy. As an ordained minister, she performs ceremonies for all life transitions. With psychic channeled readings, she assists clients with relationships, health, business, career, life path and patterns, prosperity, soul purpose, past life exploration, spirit guide connection, intuition development, and spiritual growth.

For more information, explore [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com) or call Garber at 734-358-0218. The Center is open Tuesday-Saturday, 12:00-7:00 pm except holidays. It is located at 2711 Carpenter Road, Ann Arbor, MI. You can also learn of events at [meetup.com/Enlightened-Soul](http://meetup.com/Enlightened-Soul).



### Garber's Recommended Reading Bibliography

*Spiritual Growth: Being Your Higher Self* by Sanaya Roman. Channeled book by Sanaya Roman and her guide Orin. Learn all about your Higher Self and why it's important to connect with it. Great exercises too!

*Journey of Souls* by Michael Newton –First book

*Destiny of Souls* by Michael Newton – Second book

Great exploration of metaphysical topics, particularly on the planning of Earth incarnations. Newton was a hypnotherapist who regressed clients to the time when they were in spirit, in between Earth lifetimes. These books are a compilation of the wisdom learned in these sessions, along with transcripts of representative cases.

*Many Lives, Many Masters* by Brian Weiss

Considered the father of modern Western reincarnation theory, hypnotherapist Brian Weiss originally stumbled upon a client who recalled a past life by accident, when asking that client under hypnosis to go to the "first time" the problem presented itself. He eventually wrote this first book detailing his journey with his client, and later others, into their past lives.

*There is a River: The Story of Edgar Cayce* by Thomas Sugrue

Excellent biography of Edgar Cayce, the "Sleeping Prophet of the 20<sup>th</sup> Century" and founder of the Association for Research and Enlightenment (A.R.E) in Virginia Beach. My idol, who died in 1945, channeled over 13,000 readings that were transcribed by a secretary and helped countless people with medical problems. He later gave spiritual information of all types as well. Many books have been written about his channelings and predictions, based on the transcripts of the readings.

*A Search for the Truth* by Ruth Montgomery

Ruth Montgomery was a journalist in Washington DC in the 1950s when she discovered a talent for inspired/channeled writing, which became automatic writing. This is her first book, a good exploration of Spirit Guide communication and the paranormal.

*Become a Medical Intuitive* by Tina M. Zion

*Advanced Medical Intuition: Six Underlying Causes of Illness and Unique Healing Methods* by Tina M. Zion.

Tina Zion is a medical intuitive from Indiana who, after her first book on medical intuition was published, has been lecturing around the world with a three-day workshop on how to access this gift. Her exercises and tips are also great for general intuition practice and trust!



# Making Your Own Magic

By Cashmere Morley

At age five, Paula Hampton knew that there was something magical about art. The way her mother would hold a pencil to paper and make a face appear on a blank canvas, unaided by anything save her imagination, blossomed a world of possibility in Hampton's heart.

It also sparked a question: Could she do that, too? Conjure something out of nothing?

Like the pencil to canvas, Hampton's life unfolded before her into several avenues: figure artist, portraitist, and AT&T phone operator, to name a few. Today, she prefers the title "wand maker."

An Ypsilanti native her entire life, Hampton cut her artistic teeth working alongside figure artist John Lockhart, at Washtenaw Community College. Under his tutelage, she gained a profound understanding of the human body, a skill that would later help her unfurl forms in felled wood when wand making became her profession.

"It was a combination of watching her make her own wand and seeing what her husband could do with carving and the textural elements of the wood that got me curious. Even when he wasn't at work, Ken would still always have something in his hands that he was working on. And I used to just watch him carve on pieces sometimes," said Hampton.

It was not until the Harry Potter craze during the early 2000's, when wand woodworking would levitate its way into Hampton's creative brain once more. After attending a Halloween party dressed as a Hogwart's character, Hampton put her artistic talents back to work, crafting a wizard wand for her costume. Soon, her nephews took notice of the special piece, and it wasn't long before Hampton had family members calling upon her for a wand of their own.

"That's when I knew I had something really special here," said Hampton.

Coincidentally, Hampton's career at AT&T was coming to a close around the same time. A new door was opening up, and, as if by a flick of a wand, the energy in Hampton's life was unexpectedly moving.

Thus began Hampton's exploration in taking her wands wholesale to metaphysical stores and events such as Artes & Crafts in Hartford, and ConVocation in Dearborn. Hampton sold her handmade, one-of-a-kind wands from around 2004 up until 2017 through these outlets until she decided she wanted to scale back, get off the road, and sell more locally. Currently, Hampton is selling wands at Evenstar's Chalice in Ypsilanti.

"If you are wanting to, in any way, shape, or form, move energy in your life, a wand is a powerful tool for that intention," said Hampton. "Many pagans and energy workers use my wands for this purpose. But kids love them, too, and parents love to buy my wands for the purpose of gift giving as well."

For Hampton, the wand making process begins when Mother Nature decides.

"I do not purchase wood," said Hampton. "All my wands are made entirely by hand, without the use of electric tools, except for a wood burner which I use to etch designs into the wands."



**Paula Hampton knew, at age five, that there was something magical about art.**

"You don't just draw," said Hampton, "...You study the human form. You study anatomy, just like if you're going to school to become a physician. I had to learn all the human bones in order to understand structure. And how, when a human form moves *this way*, then the light changes across it *that way*. I had to translate that on the paper to shadow and form so it became a work of art."

Translating the three-dimensional onto a two-dimensional piece became her early living. In the 80's, living in Depot Town, Hampton did not have to go far to find work. Literally outside of her apartment door, Depot Town landlords helped establish the Heritage Festival, where Hampton was asked to be a resident artist. Her studio was situated in one of the old AirTrain railroad cars, where Hampton would sketch portraits alongside of her friend, another resident artist, who was working as a basket weaver.

Through her time as a portrait and figure artist, Hampton would often ask friends to sit for her. A pair of these friends—a couple of local pagans, who lived on a farm on the outskirts of town—invited Hampton over one afternoon where the couple were working on crafting a wand out of fallen wood.

"He had cut the wood for his wife, though she had chosen the wood herself because she had an interest in making her own wand. Watching them work—I was instantly curious. I immediately wanted to try making my own [wand]."

Hampton had found the incorporation of wood in her artwork intriguing since she was a child. She would paint on the backs of found wooden objects, such as the back of a mirror, then incorporate those two-dimensional paintings into a table or an item that was more three-dimensional in finality. She was always, conceptually or physically, working between the two worlds.



**"If you are wanting to, in any way, shape, or form, move energy in your life, a wand is a powerful tool for that intention."**

This means that when a storm hits, Hampton is searching the woods of Ypsilanti and the surrounding area for felled wood such as birch, ash, and willow—whatever Mother Nature has in store. Or, Hampton sources wood from friends. Every branch she finds, Hampton takes to her barn to dry out in barrels. The wands stay that way for at least a year before she begins to work on them. This way, the moisture is out of the wood completely, and any splits or cracks in the bark are evident.

Hampton works in cycles of the moon. Beginning a new batch of wands happens in the waning cycle, "because the wood is dead. The way I see it, it's being resurrected into its next life as a working tool. During the waning phase, I'm cleaning off the cambium of the bark, [the part of the bark responsible for root and stem growth] and I sand the wands to get them nice and smooth."



When Hampton's father passed, he left her boxes of amethyst and crystal tips, souvenirs of his "amateur rockhound days" sleuthing around the Upper Peninsula for gemstones. The incorporation of gemstones into her wooden wands felt like kismet to Hampton.

"Dad had seven kids. He worked full-time for Ford Motors, but he loved being around us when he was home. He would go out to quarries pretty frequently. There was always that week of being off at Ford, the week when there would be a changeover, and he would put all of his kids in the car and we'd go up to Grand Marais looking for Lake Superior agate, or we'd go to Petoskey and search for Petoskey stones... he had all of the jewelry making equipment in the basement: Tumblers. Tools for slicing. I had everything I needed. Almost everything I used [initially for the wands] was from his collection until probably about five or six years after he passed. Then I started going to rock shops. Sourcing materials for the wands ethically has always been important to me."



**"I've held onto wands for years, waiting for the right person to pick them up. Whatever combination of wood and crystals I've used, will draw the person best suited to work with that wand."**

Hampton said she's created between 1,200 – 1,500 wands since she began in 2004. "My wands are playfully healing," said Hampton. "They allow you to play, but they also help you heal your own inner desires."

And just like in the Harry Potter series, Hampton reiterated, "...the wand has a way of choosing the person. I've held onto wands for years, waiting for the right person to pick them up. Whatever combination of wood and crystals I've used, will draw the person best suited to work with that wand."

During the final selection of a wand, Hampton said the tool should feel like part of the person holding it—like an extension of the limb.

Hampton recalls a time when a young man walked up to her booth. "He must have picked up nearly every wand I had displayed," she recalled. "I watched the gears turning in his head. He finally settled on two wands both made of white oak, but one had the Celtic infinity sign, where the other had symbols for financial success. I asked, 'what are you using the wand for?' he answered, 'I want to ask a girl to marry me. She's special to me but I'm not sure I'm special to her.'"



Hampton told the man to choose the wand with infinity knots, because "you are asking for the energy of the infinite universe to work in your favor."

Months later, in the summertime, the man came back to Hampton's booth, walking hand-in-hand with a beautiful blonde woman. "I could tell, by the look on his face, that it had worked," Hampton said. "He came up to me and said, 'I had to come back and let you know how you worked out in our story.' The wand gave him that boost of confidence that

he needed to ask her the question. Customer satisfaction stories like that are my favorite."

While Hampton hopes to one day get her hands on some ginkgo wood, or black willow, she is happy to craft her wands out of whatever nature provides.

"I've always known that if I ever lose my sense of that five-year-old wonder in myself, that part of myself who gets filled with wonderment and curiosity, that sense of wanting to observe and learn something more, that's when I've got one foot in the grave. That's what keeps me motivated, creatively. That's what keeps my spirit alive."

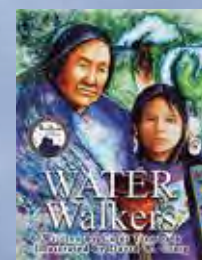
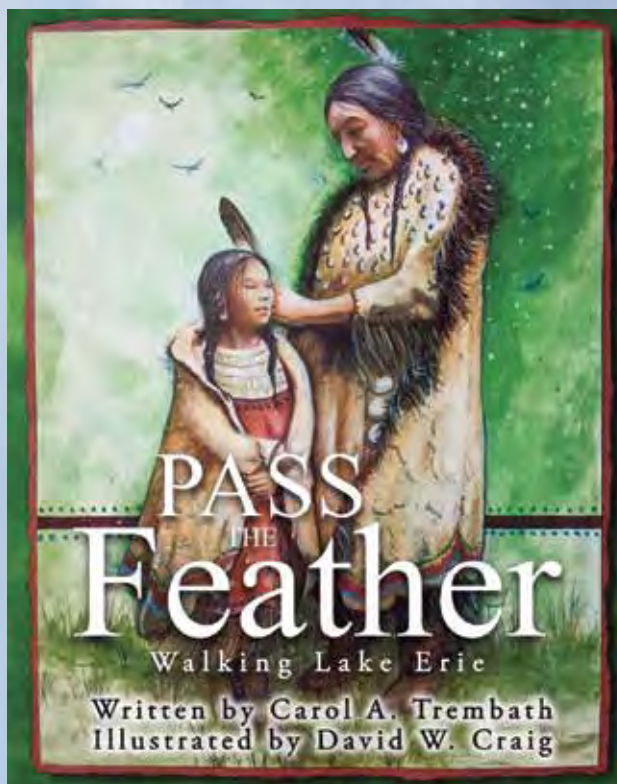


MEDIUMS & PSYCHICS ENERGY HEALERS INTUITION CLASSES WORKSHOPS & GROUPS  
CRYSTALS & PENDULUMS NATURE RITUALS MONTHLY PSYCHIC FAIRS! RENT OUR ROOMS!

**Enlightened Soul Center**  
& Shop for the holistic and intuitive arts

**WALK-INS WELCOME**  
**for Readings & Healings**  
**Wednesday - Saturday 12:00 to 7:00 p.m.**

[www.enlightenedsoulcenter.com](http://www.enlightenedsoulcenter.com) / 2711 Carpenter, Ann Arbor



**The Great Lakes are a precious gift and soon water will be sought everywhere. This story presents a strong message about the protection of water through the eyes of a young girl. She learns about the special gifts and responsibilities given to all living things. What is the sacred gift given to humans? What is the meaning of passing the feather in today's world?**

Read the article: <https://bit.ly/passthefeather>

Amazon: <https://amzn.to/3Qy5xM2>

Shopcrazywisdom.com: <https://bit.ly/3bMuSTG>

Website: [caroltrembath.com](http://caroltrembath.com)

Facebook Page:

<https://www.facebook.com/CarolTrembathWaterWalkers/>





By Michelle McLemore

The bright service-blue sign simply stating “labyrinth” caught my attention as I was driving by St. Barnabus in Chelsea, MI. It was on my literal path, thus destined to be part of my journey that day. Suffice it to say at the start of our walk together in this article, when I stood at the entrance of this 11 circuit, 40 foot labyrinth, I felt a mystical buzz. I was about to embark on a new spiritual entry point.

The design’s energy resonance blurred the already-low hum of vehicles passing by on Old-US 12. The energy seemed to pulse against the surrounding trees and flow back to me. I hesitated stepping into the labyrinth. Was there anything I needed to know about how to take this type of walk? I took a breath and like always, trusted to be led to what I was ready to learn at this time. Then, I stepped in. I invite you now to walk through several literary circuits of knowledge I gained exploring labyrinths in southeastern Michigan.



**It was on my literal path, thus destined to be part of my journey that day.**

Ever since my Moving Meditation article in Issue #79 of *The Crazy Wisdom Community Journal*, I knew I wanted to explore walking meditations. From walking or dancing in a clockwise fashion (either around a fire or statue or sacred rock) to walking miles for a pilgrimage or penance, the full body pacing of one’s self has been used for thousands of years to connect with, and divine from, Spirit.



**From walking or dancing in a clockwise fashion (either around a fire or statue or sacred rock) to walking miles for a pilgrimage or penance, the full body pacing of one’s self has been used for thousands of years to connect with, and divine from, Spirit.**

However, when I first began mentioning I was visiting local labyrinths, people began making allusions to the Greco-Roman minotaur’s lair, David Bowie in the movie *Labyrinth*, and JK Rowling’s book *Harry Potter and the Goblet of Fire*. These stories show choices infused with dire consequences along convoluted tunnels of either towering shrub-lined walls or stone carved caverns. Though the words “maze” and “labyrinth” have, at times, been used interchangeably, a clear distinction can be seen when comparing the terms’ etymologies and historical remains.

**Our Outer Circuit: History**

“Maze” is traced to Middle English and suggests delirium or delusion—possibly a truncation of “amaze.” “Labyrinth” can be traced to the Greek term labyrinthos which is a large building with intricate passages—not necessarily with misleading choices or dead ends. Similarly, per Doctor Julie E. Bounford’s *The Curious History of*



**Saint Barnabus Episcopal Church,  
Chelsea, Michigan**



# St. Joseph's Mercy Hospital Ypsilanti, Michigan



Mazes, the Greek word for the nautilus shell, for example, is *labirinthoi*. The nautilus shell reflects the Sacred Geometry principles of the Fibonacci Sequence and the spiral pattern of growth to perfection as (and when) it is needed—spiraling in and out of itself.

Though labyrinths may be square, oval, circular, and even random shapes, the oldest are oval and have been found in northwest Spain, carved in rock. The theory is they may have been traced with one's finger or eyes. Additional ancient labyrinths have been found on pottery, Roman floor mosaics, coins, the Nazca desert in Peru, and even tablets the world over.

At some point, Christian institutions began designing them as part of their complexes—either as outside gardens or indoor floor designs. It is believed they were used as a safe, cost-effective alternative to traveling to Holy sites on a full pilgrimage. The oldest Christian labyrinth is in the Basilica of Resparatus at Orleansville, Algeria and is estimated to be from 324 CE. One of the most walked—and most emulated—medieval labyrinths is at Chartres Cathedral in France, dating circa 1205. The pattern can still be walked today by visitors.



**“Labyrinth” can be traced to the Greek term *labirinthos* which is a large building with intricate passages—not necessarily with misleading choices or dead ends.**

## The First Turn: Circuit 2

Labyrinth construction is classified by shape, center design, and if a second path is present for a quick exit after reaching the center. Each type has “circuits” or one path that turns back and forth on itself before reaching the center.

Classical style is circular in design with no central circle.

Jericho-style from ninth century Italy is square with no central resting area.

Concentric circular patterns range from five to eleven paths with a center circular area.

Medieval style has a six-rosette center design with its path divided into four quadrants similar to the Native American medicine wheel. Battle Axes or horn-type turn-about separate the quadrants. Teeth, or jagged edging, face outward from the outer-most circle.

The Baltic design has the long entrance and a secondary quick exit path, believed to assist ceremonial processions.

Of the eighteen outdoor labyrinths I visited from March to June 2022, the Medieval style was the most commonly installed. I chose to focus on outdoor installations, but it is fun to note, there are numerous indoor labyrinths across Michigan as well

as wall labyrinths, carpet labyrinths rolled out for special occasions, and labyrinths printed on paper to be followed with a finger for convenience.

## Turn Three

Back at the entrance to the St. Barnabus Labyrinth (which came to be one of my favorites), I had missed the handout informing me of the three phases to a labyrinth walk: entering, centering, and exiting. The entrance and first half of the walk is dedicated to leaving the physical, daily “real” life to retreat into one's Self and the spiritual realm. By the time one reaches the center (where you may rest or dwell in contemplation) it is a typical experience to receive insight from your higher Self or Divine guidance. The third phase is walking the circuit back out the way you came in to integrate any insight gained and to prepare to re-enter the daily life more empowered.

Had my experience been limited by not knowing what to expect or these phases? No, because my intention had been simply to be open to receive, to take the time to breathe, be mindful, and try to go with the flow. Reading the pamphlet afterward simply clarified what I had experienced.

## Fourth Ring and Forthwith Hesitation

The first two observations while walking my first labyrinth, was that I had to slow my pace. Dizziness from looking down and tightness of turns depend upon the diameter of the full design, the number of circuits in the design, and the width of the actual path (which I came to discover ranged from one foot to riding lawnmower width). *Okay. Breathe. Slow the pace and breath. It isn't about getting to a destination quickly. It is about the walk.* The comfort in walking the design is knowing you don't have to think about where to go. Each path is outlined—with brick pavers, wildflowers, grass, something. And that is another purposeful part of the design.

A walk into a labyrinth is about yielding up conscious control. There is a comfort for your brain to let the borders in your peripheral vision guide your steps while the eyes watch for the turns. The combination provides the balance of easing out of the strain of directing your physical body and turning into yourself with each turn into a new circuit.

Curiously, somewhere just past the half-way mark of my journey to the center, in almost every labyrinth I walked, I was suddenly pulled out of the nearing meditative daze with a sudden almost panic: Had I stepped off the path? Had I messed up the journey? *Breathe. Let it go. Just continue.* I did. And it did. Every time. Almost immediately I fell back into the comfort of the protected dimension of discovery.

As I stepped into circuits closer to the center, a question or situation usually surfaced—different than the common daily buzzing thoughts that had entered the pattern with me. And usually, as soon as the question clarified, I would find myself at the center of the labyrinth with an answer.





Continued from previous page



**By the time one reaches the center (where you may rest or dwell in contemplation) it is a typical experience to receive insight from your higher Self or Divine guidance.**

**Reaching the Center and Culminating Insights**

With my first few labyrinths, facing the center would cause an intake of breath and brief hesitancy—similar to what I felt before stepping into the first circuit at the beginning. As my experiences and visits to more labyrinths unfolded, reaching a center evolved into a release of joy and child-like energy. Visiting the perennial wildflower five-circuit labyrinth at SoulDig LLC in Jackson, MI, I looked back briefly at my sister Susan, along for her first experience, and then I jumped into the center with both feet...and giggled out loud. For a brief moment, we were young children again—barefooted, tangled-hair in the sunshine. Then, I stepped further into the center circle to make room for her to arrive in her own time.

At each labyrinth, I presented myself humbly, open to whatever insights or experiences I would be led to, trusting in Divine protection and wisdom. Without fail, each experience led to different insights. I'd like to share a few appropriate for wider audiences.

**Your Walk is Your Business.**

I talked my husband into a day date at Matthei Botanical Gardens in Ann Arbor. After a hike across the fields, past a pond, and a wildflower garden, we drew up to the labyrinth and he asked, "Are you going to walk it?"

"Absolutely. That's the point!" I responded cheerfully.

He took off. I bit my lip smiling at his speed, reminding myself we all "walk" a different journey. The path being barely 12" of crushed stone, it was inevitable that we would pass several times. We did a high five each time his return loop came by my forward loop. (Be aware, this is not necessarily appropriate etiquette for all labyrinth situations. Most would suggest if you meet someone at the same point of the same circuit, one person simply steps aside to allow the other to continue. More serious environments would discourage any distractions of others in their meditation.)

In the center, we sat on the two large rocks for a few breaths listening to the giggles carried on the wind of other park visitors in the woods beyond. I found myself pondering: How do we each walk our paths? What does our chosen pacing reveal? What is our purpose per walk? We can guess answers regarding others' and yet, then came the insight: *It is none of our business. Our walk (physical, emotional, spiritual) is our own business.* Similarly, you may have seen the meme, "What others think of me is none of my business." Remind yourself as often as you need that it works both ways.



**Curiously, somewhere just past the half-way mark of my journey to the center, in almost every labyrinth I walked, I was suddenly pulled out of the nearing meditative daze with a sudden almost panic: Had I stepped off the path? Had I messed up the journey?**



**Soul Dig  
Jackson, Michigan**

The kiss of the sun for pardon,  
the song of the birds for mirth,  
one is nearer God's heart  
in a garden  
than anywhere else on earth.



Lori Tate, Owner



**You will arrive. Regardless.**

To the right of the main entrance from parking lot B at Ypsilanti's Saint Joseph's Hospital, is a sign directing visitors to the labyrinth. Tucked into an alley, nestled under small trees, the stone and paver 28 foot Medieval, 11 circuit design was surprisingly compelling. Stepping into the labyrinth was like walking into a bubble of calm, despite the fear and apprehension breathed daily into the rooms of the surrounding hospital wings. Within a few moments of that thought and entering the labyrinth, a text message came in from Roxane Chan, a holistic nurse who installed a 45 foot, medieval seven-circuit labyrinth on plush grass outlined by pavers. The design was installed in the side yard of her home in Saline alongside a traditional bell to ring before and after using a labyrinth. Chan was checking in from a nurses' conference where she was about to participate in the dedication of a labyrinth to all the nurses lost during the Covid-19 pandemic. Timing. Wherever we are, we are connected in experience and energy.

Pulling back to my immediate locale, I walked the hospital's one-foot-wide path and noted moss and tree debris were encroaching upon the outer circuit. I found myself mulling over what happens when someone's path is blocked out or obscured? In those less-clear moments, we acknowledge the situation. We try to look as far as we can down the road to decipher the path, but we have to continue on regardless. As I came to the rosette center, a breeze came up and sunlight shone through, coinciding with the thought—*You did arrive. You will arrive. Sometime. Somehow.* Like GPS recalculating, if we encounter a roadblock, or challenge and must reroute, we still end up at a destination. Fear less...fearless.

The former Saint Joseph's Hospital in Saline yielded similar thoughts. Just north of the utility shed by the old professional building (now a Montessori school), this abandoned labyrinth felt like I was discovering an archaeological treasure. Two young groundhogs were watching with interest as I walked toward the fieldstone. I chuckled to see a squirrel stretched out sunning itself on an overturned bench. The entrance to the 40-foot Medieval field stone design was blocked by a large burdock plant. I squeezed around it and continued. The use of heavier stones as the borders produced a grounding, mythical feel. And coming up on the nettle, prickles, and other wild plants creeping in somehow seemed appropriate in this rustic setting. (Though part of me at the same time wished I had brought my trowel and gloves so I could start clearing it.)


How do we react when we encounter roadblocks? Do we give up? Do we step aside? Do we work to remove the block? Do we look for meaning in the moment? We carry on and we arrive.

**Faltering Walks Can Still Be Trusted.**

At the entrance of the Manresa Jesuit Retreat labyrinth, I paused and actually whispered, "Wow!" I took a deep breath and was delighted to feel the energy of the design actually pull my body forward and in.


Mary Gresens, the main patron, has been involved at Manresa for over a decade on the Board of Directors, a graduate of its Spiritual Companions in the Ignatian tradition program, and as a Christian yoga instructor. The labyrinth was a three-year project, installed, blessed, and inaugurated in the summer of 2015. Gresens shared, "It is based on the eleven-circuit design at Chartres Cathedral in France, but with a diameter of 62 feet it is almost 50% wider." A 62-foot labyrinth is impressive...visually

*Triple Crane Monastery is now*



**TRIPLE CRANE**  
RETREAT CENTER

**Retreat and workshop space available. Call for details. 734.713.6163**



*Donations gratefully accepted*

*Visit our website often to learn about all of our upcoming events, yoga and meditation classes, programs, retreats, and MORE! [TripleCraneRetreat.org](http://TripleCraneRetreat.org)*

**Triple Crane Retreat Center** is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

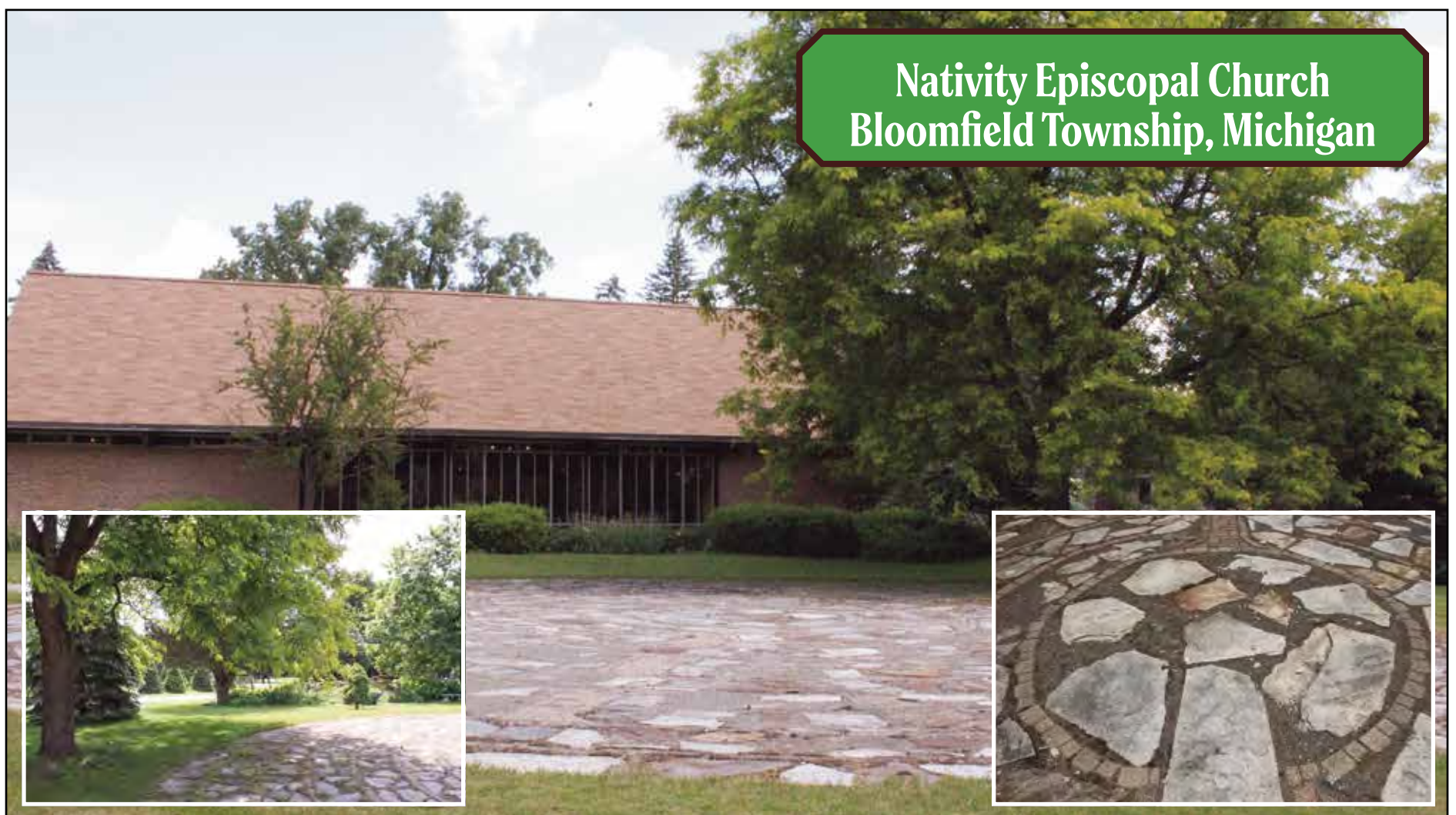
**Residential Retreat and Workshop Space Available for Group and Personal Retreats**  
TCRC also serves as a retreat place for other like-minded individuals, sincere spiritual seeker and organizations offering workshops and retreats for practitioners of their own. Contact us for more information on available residential retreat space.

**Work-Exchange and Volunteers Program**  
Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

**TripleCraneRetreat.org** | 7665 Werkner Road, Chelsea MI 48118  
Office@TripleCraneRetreat.org | 734.713.6163



**At each labyrinth, I presented myself humbly, open to whatever insights or experiences I would be led to, trusting in Divine protection and wisdom. Without fail, each experience led to different insights.**







# A Walk Within and Beyond ~ Labyrinths Lead the Way

## Manresa Jesuit Retreat House Bloomfield Hills, Michigan




### Continued from previous page

complex. My vision seemed to waver like a heat distortion as I stood at the entrance looking across the circuits weaving back and forth.

Standing at its entrance, I could feel tears of emotion begin to well up. So many people had walked here in gratitude, concern, hope, grief—all trusting answers and guidance would come. The two-foot diameter path underneath was subtle brown and gray stone. There were purposely no benches placed around the exterior to ensure no one sat and talked which might disturb a walker. What does each person want when they walk the path? Peace, clarity, forgiveness? Directive? Ironically, a labyrinth leads inward and, in every direction, geographically, mentally, and spiritually. Had I expected this labyrinth to provide the pinnacle of insight for this article? Is that why I saved it for nearly last?

It would seem there are many expectations of religious sites throughout history. We, the people, laden them with pressure and a demand to perform... perhaps unfairly. Do we place as much demand and expectation upon ourselves—our own spiritual relationship with the Divine? If not, why not? At that thought, my physical balance faltered. Ah. Because we struggle with spiritual balance and consistency? Is that our “excuse”? Suddenly, I pulled up. How had I arrived at the center already? Because it was time. It served as an exclamation point.

Despite when, and how often we may falter, it is still the individual’s responsibility to cultivate the relationship with the Divine—to ask questions, to explore the nature of Nature, to listen for insight whispered on the breeze or directed to our minds.

 **Stepping into the labyrinth was like walking into a bubble of calm, despite the fear and apprehension breathed daily into the rooms of the surrounding hospital wings.**

### The Return Path


Leaving the center, the return path usually feels quicker, though just as much processing and integration is occurring. I would caution that if one skips winding



back through the circuits, you should do a brief grounding meditation or sit a few moments before driving.

The labyrinth which yielded the most powerful return for me was in Jackson. Owner, designer, and maintainer Dr. Lori Tate is a spiritual life coach/spiritual director who invites everyone to walk her community-focused labyrinth next to the Northern entrance of the Dahlia Conservation Center.

With a Judeo-Christian background, Tate enjoys “helping people listen, notice, and discern what it is like hearing the Holy Spirit.” The current labyrinth, open to the public, is “version 3.0.” Tate chuckled. The first was an 11-circuit field stone-edging grass walk in a medieval style. Version 2.0 saw her expand the paths to lawn mower width for ease of maintenance. Version 3.0 was a dramatic revision removing the stones and reworking it to a five-circuit path, a riding lawn mower-width plush grass path with borders of perennials donated, purchased, and lovingly transplanted.

 **My vision seemed to waver like a heat distortion as I stood at the entrance looking across the circuits weaving back and forth.**



Wild yarrow, iris, milkweed, allium, lambs' ear, lavender, along with other plants line the walk, promising a continuous changing experience of blooms. On my June visit, we had just missed the center's brilliant kick off encircling the visitors with daffodils.

My sister, Susan and I discussed how the nature infusion supported this particular walk. There was space to breathe as the walk didn't make us feel confined by a tight structure. The mind was able to flow, and we were able to thoroughly immerse ourselves joyfully, appreciatively, in the diversity of the nature surrounding and guiding the steps.

As I exited the labyrinth emotion welled up. Tears gently released as I hesitantly stepped out. *Love. Joy. Gratitude.* I could feel the love that had been—and was—continuously intentionalized into this work of living art by its host. Manresa, Every Woman's Church, St. Barnabus, and Nativity Episcopal labyrinths all exuded similar energy. Works, such as these, will continue to be a spiritual gift and require physical maintenance. So, at each, I said a quiet prayer: Bless this home, this park, its purpose, and the work. Peace. It is done. It is done. It is done.

In a sense, labyrinths invite us in—into ourselves, where our past, potential future, and always present *Self* exists for a moment to breathe, talk to ourselves, and *be* in the eternal space inside "reality" and yet outside of it at the same moment.



**It would seem there are many expectations of religious sites throughout history. We, the people, laden them with pressure and a demand to perform... perhaps unfairly**

**Stepping out**

Every labyrinth experience wasn't soul-shaking yet did offer something to ponder. I chose my sites from the World-Wide Labyrinth Locator online and 18 was as many in Southeastern Michigan as I could visit before my deadline. There are actually many more in the area and across the state.

As I would discover, investing in a labyrinth is a long-term commitment (like raising children), and some organizations don't have the stamina to maintain them. Also, most I did not find to be wheelchair nor walker accessible due to narrow paths or uneven walking stones. Be sure to call before driving a long distance as some advertised labyrinths were under water or in varying stages of being overtaken by nature. A few were installed by well-meaning people with minimal skill (or perhaps care?) in executing the symmetry reminiscent of childhood chalk-drawn fantasies.

If I found myself comparing designs too critically, I chided myself to remember each has its own design, purpose, and goal along with influences. What were the resources available? Who donated their time and effort to bring it to fruition? What caused the developers to part ways and have to entrust the care to someone who may not have even been around at the time of installation? Each is a work of art. Each installation is a beautiful journey in its own rite.



**In a sense, labyrinths invite us in—into ourselves, where our past, potential future, and always present Self exists for a moment to breathe, talk to ourselves, and be in the eternal space inside "reality" and yet outside of it at the same moment.**

I met some lovely people—designers, caregivers, and walkers of these mystical paths. There are many more stories I could share. Still, you should walk your own path and see what experiences are brought to you on your own walk, in your own time.

*Michelle McLemore is an energy and stress-management therapist who also does freelance writing. The full specifics of McLemore's first labyrinth experience at St. Barnabus in Chelsea, MI can be found in The Crazy Wisdom Bi-Weekly, issue 87, "Out of the Maze and Deeper Into the Path." Read about some other experiences on her blog at michellemclmore.com.*



**Feature continued on next page**

## Peaceful Dragon School



**Enrich Your Health  
reduce stress, increase concentration, and  
improve balance**



**Peaceful Dragon School**

1945 Pauline Blvd., Suite B  
Ann Arbor, MI 48103  
Easy parking - 1 flight of stairs

**Phone: 734-741-0695**  
info@peacefuldragonschool.com

**Tai Chi and Chi Kung (Qigong)**

**Ongoing Classes**

**Crazy Wisdom  
Discount \$10**

**Use code: CW2022**

**Classes Begin  
Sept 12**



*Experience a sense of harmony and well being through the self-care practices of tai chi and chi kung [meditation; moving stretches, visualization and acu-points].  
You will find quality instructions and professional care at the Peaceful Dragon School.*

**Master Wasentha Young**

[www.PeacefulDragonSchool.com](http://www.PeacefulDragonSchool.com)

## K.WEST

SKIN BODY SPIRIT

### Ann Arbor's Luxury Holistic Spa

- Skin Rejuvenation
- Organic Facials
- Massage
- Pedicure + Manicure
- LED Light Therapy Bed
- Reiki, Tarot
- Gua Sha
- Facial Reflexology
- Yoga, Kundalini
- Metaphysical Workshops
- Face Yoga + Gua Sha Classes

415 N. MAIN STREET  
ANN ARBOR, MI 48104  
KWESTSKINBODYSPIRIT.COM  
734-436-8991







# A Walk Within and Beyond ~ Labyrinths Lead the Way

Continued from previous page

## Quality Outside Labyrinths Within 25 Miles of Ann Arbor, Michigan

- **Saint Barnabus Episcopal Church**, 20500 West Old US Highway 12, Chelsea: 40' in diameter, Medieval Chartres replica 11 circuit of brick pavers.
- **Matthaei Botanical Gardens**, 1800 North Dixboro Road, Ann Arbor: 56' in diameter, 8 circuit Baltic design. 12" wide crushed limestone walking path lined by Native Buffalo grass.
- **Dexter-Huron Park**, 6535 Huron River Drive, Dexter, MI. \$10 admission fee to the park. Classical design of three-foot slate stones sunk in grass.
- **St. Joseph's Mercy Hospital**, 5301 McAuley Drive, Ypsilanti: 28' Medieval Chartres replica with brick and pavers.
- **Church of Everyday Woman**, Saline: 46' medieval seven-circuit labyrinth on plush grass outlined by pavers. Call resident owner Roxane at 734-478-0170 for access.
- **Former St. Joseph's Mercy Hospital**, 400 West Russel Street, Saline: 40' Medieval 11-circuit rock design. (No longer maintained but a delightful rustic visit.)
- **Holy Cross Lutheran**, 30650 Six Mile Road, Livonia: 42' Medieval Chartres replica with brick pavers.

**Former St. Joseph's Mercy Hospital  
Saline**



**Holy Cross Lutheran  
Livonia**



**Church of Everyday Woman  
Saline**



**Matthaei Botanical Gardens  
Ann Arbor**






## Labyrinths Within 50 Miles

- **Weber Retreat**, 1257 East Siena Heights Drive, Adrian: 60' Medieval Chartres Replica with brick and paver.
- **Soul Dig, LLC**, 1433 Wickwire Road, Jackson: Medieval 5 circuit. Garden with grass paths. Call 419-345-0592. Park in the Dahlem Center off Wickwire.
- **Westminster Presbyterian**, 2301 Ridgeway Road, Jackson: 18' contemporary design painted on concrete.
- **Northbrook Presbyterian Church**, 22055 West 14 Mile Road, Bloomfield: 35' Octagonal Medieval design in brick and pavers.
- **Nativity Episcopal Church**, 21200 W. 14 Mile Road, Beverly Hills (Bloomfield Township): 60' diameter. Medieval 11 circuit. Rock/garden brick.
- **Manresa Jesuit Retreat House**, 1390 Quarton Road, Bloomfield Hills: 62' diameter, Medieval Chartres replica of bricks and pavers. Call 248-644-4933 for an appointment. Silence required.



**RONORA**  
Lodge & Retreat Center  
Watervliet, MI near I-94

**OVERNIGHT RETREAT VENUE**  
*Perfect for Yoga, Meditation, Healing*  
**LODGING • LAKE • TRAILS • MEALS**  
RonoraLodge.com 269.463.6315



The Celebrated Heart  
with Rachel Egherman  
Certified Trauma-Sensitive HeartMath™ mentor

Using the HeartMath™ method & heart-centered practices to help you find joy & resilience.

Get in touch:  
celebratedheart.com  
734-834-3223

Available for individuals, families, & organizations

### Weber Retreat Adrian



### Northbrook Presbyterian Church Bloomfield



**EBIKES AND CARGO BIKES ARE FOR EVERYONE!**

They're green transportation, safe exercise, and accessible recreation.  
Experience the Midwest's largest Ebike store!






**H.E.H. HUMAN ELECTRIC HYBRIDS** **URBAN RIDER CARGO BIKES**

410 N. 4th Avenue • HEH; 734-238-2269 • Urban Rider; 734-929-5995

Walk-in Hours: (subject to change; always check the website)  
Monday-Saturday 10am-6pm • Sunday 11am-4pm  
Appointments are available; schedule through the websites.

Email: HEH; info@human-electric-hybrids.com • Urban Rider; info@urbanrider.bike  
www.human-electric-hybrids.com • www.urbanrider.bike



# An Audience with the Pope



**Since I was a child, I have felt God's presence and remember having Divine unitive experiences of awe of my existence and God's creation.**



By Estela Monjo Boudreau

As a devout Christian I have studied the Bible and one passage that is very present in my heart is 1 Corinthians 2:9 "No eyes have seen, no ears have heard, and no minds have imagined what God has prepared for those who love him."

Faith, and the love of God, is a grace given to us. Since I was a child, I have felt God's presence and remember having Divine unitive experiences of awe of my existence and God's creation. I attended an all-girls school and thought I was going to be a nun. However, my vocation to be a mother was stronger and I was married young and had four daughters and a son. Raising them full time was a very fulfilling and holy experience for me.

**When my children left for college, my hands were empty, but my energy was very strong. It was a time to recreate myself.**

When my children left for college, my hands were empty, but my energy was very strong. It was a time to recreate myself. Coincidentally, my only sister and best friend Marta, died suddenly at the age of 38. In my profound grief I realized that I needed to create. More than the activities in the garden, more than my creations in the kitchen. Creativity was calling me to heal my soul.

At the same time, I felt I needed to rediscover God, so I enrolled at the Shalem Institute for Spiritual Formation where I earned several degrees and became a Spiritual Director and Group Formation Leader. It took me ten years, some of the best of my life. In Shalem, which is Ecumenical, I had the gift of sharing time and studies with people from different religions. It was a time of searching; I visited several temples, churches, and synagogues as my soul was so ready to soak in the many faiths that enriched mine. I discovered Rumi and Hafiz. I studied with Rossi Joan Halifax and attended Mystery school with Jean Houston for a year. My soul was soaring, renewed, and refreshed.

**In Shalem, which is Ecumenical, I had the gift of sharing time and studies with people from different religions. It was a time of searching; I visited several temples, churches, and synagogues as my soul was so ready to soak in the many faiths that enriched mine.**



Following graduation, I created Women’s prayer groups in my eagerness to share my discoveries.

During this time, I also discovered an interest in sculpture, and it has been one of my greatest gifts from God. My sculptures have been expressions of grief, healing, realizations, discoveries, and longings. Creating these pieces brought a tremendous amount of empowerment, courage, and lots of joy. As my sculpting skills grew, I created classes for beginners and advanced students to share the healing I had received through creating art.

In 1996, I founded the Windrise Retreat Center in Metamora, Michigan. For almost 30 years we have held retreats of many kinds. My husband Greg and I host people who find peace and serenity in a secluded 100-acre estate surrounded by forest and a softly singing river. We are Ecumenical in spirit—all denominations are welcome at Windrise. Now I mainly host sculpture classes at my Windrise studio, Galeria Mariposa, as my way to explore the soul.

**In March 2013, Pope Francis was elected. The fact that he is Argentinian, as I am, and the first Jesuit and Latin American to be ordained brought tears of joy.**

In March 2013, Pope Francis was elected. The fact that he is Argentinian, as I am, and the first Jesuit and Latin American to be ordained brought tears of joy. He chose his name, Francis, to honor his spiritual connection with St. Francis of Assisi who cared for the poor and the underprivileged. He lives in a simple apartment in the Vatican and refuses the Papal palace and all the luxurious apparel. At night he wears simple Priest clothes as a disguise and visits the homeless. We can say he is like Christ, revolutionary (bringing changes where needed), humble, compassionate, and very wise. When he appeared on the balcony after his ordination at Piazza St. Peter, his first words were “Pray for me.” I cried as I experienced the humility in his words. It was those three words that inspired me to start working on a bust of him—the work took a few months.



**The St. Peters Basilica has always made me marvel at its gilded beauty—from Michelangelo’s magnificent sculpture of The Pietà, to all the beautiful art adorning its walls. Being a sculptor, I have always been touched and inspired by my visits.**



After two years of applying for an audience to gift the Pope with my sculpture, I was finally accepted for an audience on March 18, 2020. Just as my husband and I were ready to embark on this holy and extraordinary trip, Italy closed, and the Covid-19 pandemic crushed our plans.

The Vatican coordinator for my audience with the Pope assured me that I would be first in line for an audience when the Vatican opened back up. So, as I surrendered to God’s plans, I spent the Covid quarantine time sculpting portraits of other people I admire like Ruth Bader Ginsberg.

In the summer of 2021, the Vatican scheduled another audience. With great excitement, we flew to Rome on the 5th of October for an audience with Pope Francis on the 6th. The bust was professionally packed, and we carried it to Rome with our luggage on Lufthansa Airlines. I had visited Rome and the Vatican several times since Pope Francis was ordained. During one visit I saw him in the balcony—it was an unexpected surprise—but it gave me the chance to take the photo I used to create his bust.

The St. Peters Basilica has always made me marvel at its gilded beauty—from Michelangelo’s magnificent sculpture of The Pietà, to all the beautiful art adorning its walls. Being a sculptor, I have always been touched and inspired by my visits. This visit was different, though. The audience was held in a large auditorium in the

Vatican. I have no words to describe my emotion and gratitude. When his Holiness greeted me personally, my heart swelled in his loving presence. Pope Francis told me he liked the piece, and after giving me a hug, as we Argentinians do, he said “Thank you for making me smile.”

I am forever grateful for the grace of this gift. Never would I have imagined that my sculpture would be at The Vatican, in Pope Francis’ collection.

*You can visit Estela Monjo Boudreau’s virtual art gallery at [galeriamariposa.net](http://galeriamariposa.net). To learn about the Windrise Retreat Center visit [windrise.com](http://windrise.com).*






## The Solar and Lunar Eclipses of 2022 & 2023

By Catherine Carlson

This fall season we will experience two eclipses: The first will be a partial solar eclipse on October 25<sup>th</sup> in the sign of Scorpio, followed by a total lunar eclipse on November 8<sup>th</sup> in the sign of Taurus.

When we speak of eclipses, we might immediately imagine a total solar eclipse, such as the one in August of 2017. While that was a rare event to witness, both solar and lunar eclipses occur regularly in pairs roughly every six months. Occasionally there may be a third eclipse in a series. Often the eclipses are partial and not observable, either because of our location, time of day, or cloud cover. Even if eclipses are not visible astronomically, they still have an effect astrologically.

To “eclipse” by definition means the total or partial obscuring of one celestial body by another, or to pass into the shadow of a celestial body. “Eclipse” generally speaking, means to obscure or darken. A solar eclipse occurs when a new moon passes between the sun and the earth. This can be a time of new beginnings. A lunar eclipse happens when the earth passes between the sun and a full moon. This can represent the completion of something. Eclipses happen due to the position of the north and south nodes of the moon. These are points where the moon’s orbit intersects with the orbit of the sun.

 Often the eclipses are partial and not observable, either because of our location, time of day, or cloud cover. Even if eclipses are not visible astronomically, they still have an effect astrologically.

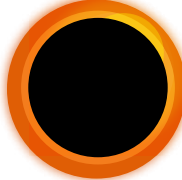
Eclipses typically occur between polar opposite astrological signs and they ping-pong between the two every six months for a duration of eighteen months to two years. The exception is when the polarity-point shifts for one sign before the other. For example, last November the Taurus eclipse series began while the previous eclipse series was still finishing out in the sign of Sagittarius.

Eclipses are said to bring about great beginnings and great endings, but not every eclipse will be significant to you personally. It all depends on where the planets fall in your birth chart. If your sun is in the signs of either Taurus or Scorpio, the current sets of eclipses are likely to have a big effect on you. It’s also worth noting that if an eclipse falls on or within days of your birthday, it’s a sign to pay attention to your health.

### Taurus & Scorpio

Taurus and Scorpio are opposite signs, six months apart, with a common thread. Taurus is an earth sign and represents mother nature and the material world. It has to do with what we value every day for our survival or what is worthy to us, such as basic needs like finances, food, and resources. It also reflects our self-worth, as well as beauty, since it is ruled by the planet Venus. The eclipses in Taurus indicates possible changes in these areas.

The lunar eclipse occurring on November 8<sup>th</sup> in the sign of Taurus has added significance in the United States because that happens to be election day. If that’s not enough to make you take notice, the planet Uranus, known for surprises, is lining up with the eclipse at that exact same time as well. While nothing may actually happen on that day, I would expect the energy of the eclipse to reflect what is happening in our nation in a significant way.

 Eclipses are said to bring about great beginnings and great endings, but not every eclipse will be significant to you personally.

While Taurus signifies basic survival, water sign Scorpio, on the opposite end of the spectrum, can represent survival against difficult odds with the potential for regeneration. Mars, Scorpio’s traditional ruler and the opposite of Venus, gives us the drive and energy for such tasks.

Scorpio also has to do with finances that are not our own and what we value at a deeper level. The solar eclipse occurring on October 25<sup>th</sup> aligns perfectly with the energy of Halloween, All Saints Day, All Souls Day, and Day of the Dead—all holidays that fall in the week to follow.

A perfect and powerful example of the Taurus-Scorpio eclipse energies playing out is the unprecedented rainfall and severe flooding Yellowstone National Park experienced within a month following the spring eclipses. Mother Nature produced an event that was historic, unexpected, and challenging, but all was not lost. Here lies the opportunity for survival in spite of a setback and an opportunity for transformation. Within a few weeks, the park was already re-opening in certain areas.

Talking about what’s happening in your life or hearing from others can illuminate how eclipses might affect people. A friend with her sun in the sign of Taurus ended up having major surgery in the weeks following the first eclipse in Taurus in November of 2021. The positive outcome of this was a previously unknown cancerous tumor was removed and she required no further treatment. This initiated a new path to health for her.

Another friend with her sun in the sign of Scorpio made plans to move from Michigan, where she has lived for many years, to Tennessee during the pair of eclipses this past spring. It’s something she had been planning to do eventually but the timing was finally right. For her this represented both a great ending of a chapter of her life and a great beginning in her new location.

Eclipses cycle through the zodiac in reverse order and repeat in opposite nodes, but in the same signs every nine years or so. They also repeat with mathematical accuracy down to the degree and day every 19 years. An easy way for someone to see how the current eclipse series will affect them is to simply subtract 19 years from the present and reflect back on that year or time period. That would be the last time the current series would have passed and you may notice a theme. Ask yourself





Children yet to be born that experience Taurus and Scorpio eclipses will have the gift of showing the world the rightful use of power and energy for tremendous healing.

if there was a significant ending or beginning during that time, or was there a transition that led to a new beginning? Did some aspect of your life suddenly speed up? This current series will repeat again at the end of 2039.

### Eclipses in Utero

Another fascinating aspect of eclipses that is not often discussed are the eclipses we experience before we are born. The book *Spiritual Astrology* by the late Jan Spiller and Karen McCoy examines the eclipses experienced by all of us pre-natal. The solar eclipse sign signifies the lessons a person has come here to teach others and the lunar eclipse sign indicates what lessons are necessary for continued soul growth. Children yet to be born that experience Taurus and Scorpio eclipses will have the gift of showing the world the rightful use of power and energy for tremendous healing. The lessons will be around themes of spiritual principles, personal boundaries, as well as achieving material wealth through spiritual means and measuring self-worth in a new way.

After this current round of Taurus-Scorpio eclipses, the moon's nodes shift into Aries and Libra which will highlight our individuality and relationships. There will be one last lunar eclipse in Scorpio next spring and one final lunar eclipse in Taurus in October of 2023.

Eclipses are dramatic and captivating to watch and they can reflect equally dramatic life events. The effects of eclipses can begin in the months beforehand and last up to 18 months following. Astrologer Chris Brennan of *The Astrology Podcast* says, "Eclipses always act as catalysts for change and change sometimes can be good or more challenging. But the primary idea is to keep in mind they are catalysts for change in [a certain] area of your life." It's not easy to foresee what the change is going to look like because the light, which shows us what we can see, is always obscured in an eclipse. Once the light is no longer blocked, we may be surprised at what is revealed.

*Catherine Carlson is an astrologer who offers consultations for adults and children. She is an Ann Arbor native who enjoys living locally with her family. She can be reached at [catherine-carlson.com](http://catherine-carlson.com) or [catenka@mac.com](mailto:catenka@mac.com)*

**POWERS 365**  
SOUL SOLUTIONS



Energy Healing • Akashic Records • Spiritual Coaching

Weekly Mini Workshops  
Practitioner Certification Classes

POWERS365.com

Jackson: 517.962.5378 • A2: 734.926.8423

Serving Ann Arbor, Jackson and surrounding areas



SCAN ME

25% Off First In-Person Session (Jackson)



**Elizabeth Sullivan**  
Certified Vedic Astrologer

Natal Chart Reading  
Annual Follow Up  
Relationship Analysis  
Prashna (Question Chart)

*Each person is born at the exact moment when the stars align with their destiny.*

Your natal horoscope is uniquely yours.  
It is the blueprint of your personal karma, serving as a divine roadmap to help guide you as you progress along your life's journey.

Facebook:  
734.971.2131

@astrologerelizabeth

[astrologer-elizabeth.com](http://astrologer-elizabeth.com)

[astrologerelizabeth@gmail.com](mailto:astrologerelizabeth@gmail.com)

### Future Eclipse Dates in the Taurus-Scorpio Series

**October 25, 2022**

Partial Solar Eclipse 2° Scorpio

**November 8, 2022**

Total Lunar Eclipse 16° Taurus

**April 20, 2023**

Annular Total Solar Eclipse 29° Aries

**May 5, 2023**

Penumbral Lunar Eclipse 14° Scorpio

**October 14, 2023**

Annular Solar Eclipse 21° Libra

**October 28, 2023**

Partial Lunar Eclipse 5° Taurus

## Crazy Wisdom Kids

An ongoing section of  
*The Crazy Wisdom Community Journal*

Articles, calendar listings, advertisements, music and book reviews, and other features that focus on raising conscious and spirited kids.

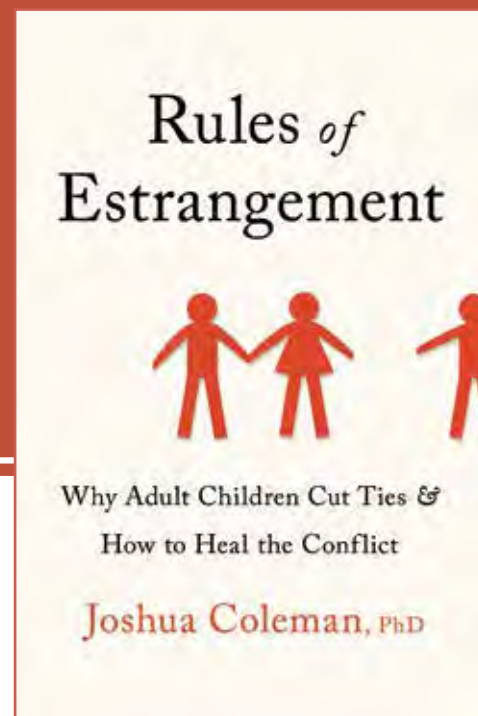


If you like our CW Kids section, and would like to contribute to it, contact [jennifer@crazywisdom.net](mailto:jennifer@crazywisdom.net). We welcome story ideas, illustrations, feature writing, and photographs.



Book Review

# Rules of ESTRANGEMENT



By Christine MacIntyre

Dr. Joshua Coleman visits a subject of vulnerability and sensitivity in nature in *Rules of Estrangement: Why Adult Children Cut Ties & How to Heal the Conflict*. His expertise as a trusted psychologist and his personal experience with the silent epidemic known as estrangement guide readers through this compelling book. While popular opinion typically sways to one side, favoring the estranged child, Dr. Coleman looks at each situation through an objective lens carefully drawing information from all sides. He touches on what estrangement looks like, how it might happen, coping strategies, and helpful information on reconciliation and healing. Gentle and sympathetic to both concerned parties, he offers professional and factual, evidence-based material for the reader wishing to dig deeper into the topic of estrangement.

Through compassionate verbiage and thorough explanations, Dr. Coleman provides insights deeper than the typical one-sided story commonly told on this topic. Estrangement is a seemingly complex phenomenon in terms of the underpinnings and emotional turmoil it causes. As a result, the issue may feel intimidating to some, especially those living through it. However, Dr. Coleman's well-thought-out narrative gives readers a sense of reassurance—they are not alone, it is not necessarily a lost cause, and help is available.

The introduction hits the nail on the head—that estrangement is not commonly discussed with anyone, including family, friends, or coworkers, for fear of being judged. Dr. Coleman ensures readers throughout the introduction and the entire book that estrangement doesn't always equate to bad parents, bad people, or worst-case scenarios. However, he doesn't discount it as something minute; instead, he says dealing with it is "no small task" and even dubs it "the most painful experience" he's ever been through in his own life.

Interspersing his book with both his own experience and clinical experience, as well as enriching it with the voices of parents with whom he's worked, Dr. Coleman starts by making no assumptions about either parties' innocence or guilt. While the book is seemingly intended for parents or grandparents suffering from a lost relationship with an adult child or grandchild, adult children also have something to gain. The painful and confusing topics discussed throughout the pages are eye-opening for anyone who reads them and shines a light on new perspectives to consider.

**ESTRANGEMENT IS A SEEMINGLY COMPLEX PHENOMENON IN TERMS OF THE UNDERPINNINGS AND EMOTIONAL TURMOIL IT CAUSES. AS A RESULT, THE ISSUE MAY FEEL INTIMIDATING TO SOME, ESPECIALLY THOSE LIVING THROUGH IT.**

From chapter one, Dr. Coleman maintains a realistic outlook for readers. A commonly asked question is, "Can I save the relationship...?" Case studies provide examples of real adult children and parents struggling with estrangement and explain how Dr. Coleman tried to assist them in reconciliation. Demonstrating his compassion and eagerness to help others, he evaluates the situation to gain an intelligible understanding of the parties involved, including their personalities, strengths, vulnerabilities, level of insight, sensitivity, and self-reflection. Additionally, he looks at generational traps and unhealthy patterns, determining how these shaped or negatively impacted the parent-child relationship and how they might influence reconciliation. The examples show readers that a parent's responses to professional recommendations, especially those involving "[empathizing] with the child's complaints or perceptions, however at odds these are with their own," may be crucial. The case studies show that "the chance for a reconciliation hinged on the parent's capacity to dig deep, empathize, and make amends for the ways that their child had felt neglected, hurt, or abused." Dr. Coleman then provides the tools needed to transform these problematic dynamics by teaching parents a new language and the requirements of parents and adult children to have a close relationship.

Dr. Coleman unearths some of the reasons for unsuccessful reconciliation, looking at various factors that inhibit success and how "estrangements reflect a broader cultural transformation" compared

to several decades ago. The bulk of the chapters provides insights into the underpinnings of estrangement, including abuse, mental illness, divorce, differing opinions, and differences in values and personalities. He posits that "what is diagnosable, pathological, and traumatizing now encompasses so much of what should be considered normal, expectable parenting." Dr. Coleman adequately explains how this expansion of grievances under the umbrella of mental disorders seemingly creates a problem for estrangement—both the prevalence and its outcomes. Family turmoil isn't a new concept; however, readers understand how it has changed and how the changes lead to an increased risk of estrangement.

Select chapters are dedicated to topics such as divorce, mental illness, and addiction and how these might play a role in the likelihood of estrangement and the potential for reconciliation. Looking at each factor with a magnifying glass, Dr. Coleman explains how these influence the terrain of estrangement. While these can feel like hopeless, impossible situations, his suggestions for ways of responding calmly, effectively, and fearlessly offer encouragement to propel forward.

The contents of *Rules of Estrangement* illuminate the layers of emotional distress inherent to estrangement ranging from guilt, shame, and grief, to resentment. Cases are presented for modalities such as psychotherapy, offering lifelines for those who may need it most. The book continuously ensures readers that there is hope, even if reconciliation doesn't occur. Dr. Coleman maintains an optimistic tone throughout the text, without disregarding the possibility that pitfalls may be unavoidable. Through this tone, his work provides readers with hope, but not to the point of false promises.

Dr. Coleman provides comprehensive strategies that make the process seem less hopeless. Readers will realize the importance of getting to the heart of the problem, identifying triggers and underlying issues, and learning how to respond in the face of obstacles. The detail in each chapter, including those explicitly dedicated to flashpoints such as personality clashes, politics, religion, in-laws, and sibling dynamics, is the perfect amount to avoid feeling overwhelmed with information.

Dr. Coleman leaves no stone unturned with a chapter designated to abandoned grandparents and the weaponizing of grandchildren. Thousands of grandparent and grandchild relationships experience a cutting of ties. Dr. Coleman informs readers that it can sometimes result from a grandparent's problematic behavior; however, leaning on his clinical experience, he finds "it more typically stems from a conflict between the parent and the adult child or the adult child's spouse." This chapter's inclusion is significant, as it seems essential to understanding how estrangement aggravates more than just the parent and child. Examining estranged grandparents and the double burden it places on them allows readers to understand each part of the intricate web of estrangement. Similarly, estrangement has the potential to uproot marriages and romantic relationships, as well. Dr. Coleman describes this potential and provides practical information for coping strategies, finding a new normal, and settling into a life with healthy boundaries.

In conclusion, *Rules of Estrangement* holds valuable information revolving around the topic of estrangement. Dr. Coleman provides easy-to-follow explanations to help readers understand what it is, why it occurs, potential causes, and how to move forward. By acknowledging common myths about estrangement and giving merit to the perspectives of both adult children and their parents, the book feels like a complete guidebook or roadmap. Whether or not it results in reconciliation, the future sounds more manageable and optimistic after this read.



## Book Review:



# FINDING THE MOTHER TREE

By Christine MacIntyre

Suzanne Simard, *Finding the Mother Tree's* author, takes readers on a journey through the course of Simard's life. She interlaces the pages with experiences from her personal and professional life, one gracefully intertwining with the other.

An in-depth exploration of the natural world keeps readers engaged as they devour the pages in search of the next bit of wisdom Simard imparts. A quote by American marine biologist Rachel Carson, situated on the first few pages before the table of contents, sums it up perfectly: "But man is a part of nature, and his war against nature is inevitably a war against himself."

Throughout the chapters, Simard weaves a clear image for readers, vividly detailing the connections between humans and nature, nature and humans. Born and raised in British Columbia, her love of forestry shines through the narrative, which captures her connection to the forest and how that connection helped shape many aspects of her life. Readers follow alongside her as she ventures into the woods and dares to question that which she believes is wrong, challenging the conventional ways of forestry, work life, and feminism.

The introduction—which readers should not skip—helps establish a sense of connection, as its name suggests. Speaking on generational patterns of "cutting down forests" and, in turn, the spiral of life and death, Simard gives readers a peek into what sparked her curiosity about the forest. "Working to solve the mysteries of what made the forests tick, and how they are linked to the earth and fire and water, made me a scientist," she states.

Simard's memories demonstrate how she connects nature, human life, and her mission to piece together the puzzle of healing the natural world. Her remarkable discoveries in nature and herself resulted from her curiosity and determination to learn. However, she acknowledges that what she grew up understanding was vastly different than what she came to know. From the realization of "vast landscapes cleared of trees, soils stripped of nature's complexity, a persistent harshness of elements, communities devoid of old trees leaving the young ones vulnerable, and an industrial order that felt hugely, terribly misguided," a deep concern was born.

This concern took root within Simard and spoke to her soul, prompting her to learn about the trees' "perceptiveness and responsiveness, connections and conversations." What was once her childhood home, Western Canada, grew into something much bigger and extraordinary—a personal transcendence in which she furnished her understanding and appreciation of the forest's intelligence and how to heal her relationship with nature.

Throughout her journey, Simard reveals factual elements (such as scientific names of certain trees and fungi) and sheds light on the social nature of the forest and how it spurs evolution. One of the most shocking elements of her findings is the existence of a cryptic underground fungal network "pervasive through the entire forest floor, connecting all the trees in a constellation of tree hubs and fungal links." She maps out how these connections have similarities with the human brain—old and young showing traits such as perception, communication, and responsiveness to one another. The way older trees identify their kin and nurture the young with food and water—like human adults nurturing their young—led to Simard's discovery of Mother Trees. She identifies these as "the majestic hubs at the center of forest communication, protection, and sentience," stating that once they pass on, they pass their wisdom on to their kin, enabling them to adapt and survive in the landscape in which they live.

The introduction is a solid foundation for the rest of the book. Simard developed a framework through it—an understanding of who, what, where, when, why, and even how. Each chapter expands on the next, answering the question, how can the forest save us?

Simard's memories demonstrate how she connects nature, human life, and her mission to piece together the puzzle of healing the natural world. Her remarkable discoveries in nature and herself resulted from her curiosity and determination to learn.

Relying heavily on scientific evidence through observations, extensive research, experiments, and studies, Simard becomes a forest detective and sleuth. Her creative explanations teach readers both simple and complex forest knowledge. For example, how do you determine a tree's age? Many people know that the tree's rings, when cut, will show its age; however, perhaps not as many know that thicker rings indicate years when there was ample rainfall. Thinner, almost invisible rings indicate a cooler summer, drought, or other stressors.

Revealing a much deeper aspect of trees, Simard uses easy-to-follow language to describe the complex, scientific processes happening below the soil within the forests' roots. A recurring question she aims to resolve throughout the book is "what roots and fungi had to do with the health of forests—the harmony of things large and small, including concealed and overlooked elements." While the forest logistics she describes are intricate and complex, the way she conveys the knowledge to readers is neither mundane nor overly-scientific for the average person.

Interspersed throughout her explanations are beautiful photographs of various elements in nature as well as some of herself and colleagues, family members, and friends. Some of these photos, such as the closeup of a pancake mushroom, or *Suillus lakei*, the detailed photo of ectomycorrhizal root tips with abundant emanating fungal hyphae, or the several photos revealing a plumage of emerald that resulted from the neural network beneath the soil, provide readers with a glimpse into aspects of nature they may ordinarily overlook.

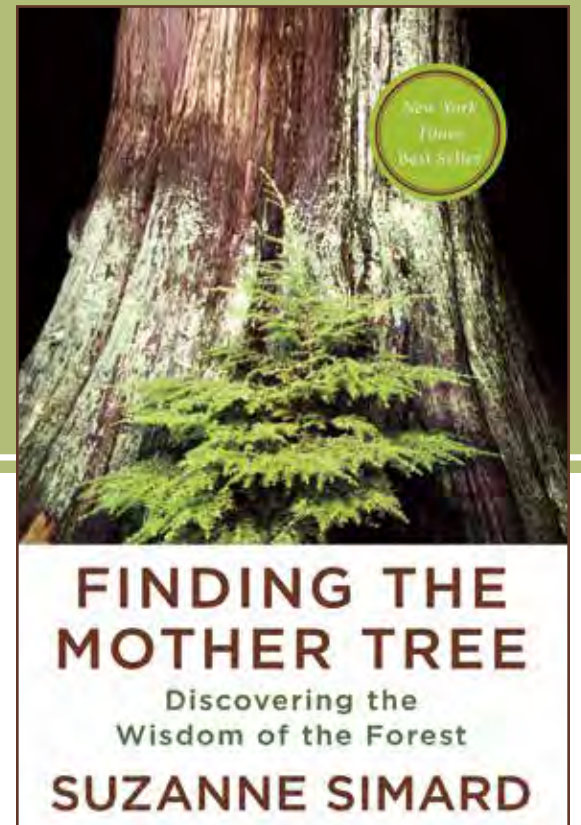
Moving through each phase of her life, the chapters of Simard's memoir reveal her progression in her findings about the forest and her personal life. Readers are given context for the ways in which her personal life and work-life developed seemingly parallel to the other. In many contexts, her work life development uncovered truths applicable to memoir age development. Her narrative unfolded, as well as answers in her work life, such as how fungal systems help maintain and even promote tree health. She refers to herself as "different from the women of the town and the girls on the pinup calendar by the drafting tables [at work]." Yet, she exhibits confidence and a sense of purpose, despite opposition and resistance, health issues, family grievances, failed experiments, and flawed policies.

She forged relationships both at work and home, finding herself a meaningful landing place in both arenas, just as the mycorrhizal networks found on root tips do in the forest. Yet, as with everything, she finds herself navigating obstacles, such as a divorce, the woes common to women in a male-dominated workplace, and, eventually, a cancer diagnosis. However, Simard stays true to her heart, following nature's guidance and seeking solace in and through the forest.

Based on her conviction that is working *with* rather than *against* nature, through maintaining its diversity as opposed to clear-cutting large areas or entire forests, Simard reveals the myriad synergistic benefits to every living thing and being. These include higher productivity, more wood, cleaner air, cleaner water, more homes for wildlife, and healthier forests.

Simard's work as a leading forest ecologist and as the author of *Finding the Mother Tree* exemplifies how passion, determination, and wisdom can unlock new points of view, reveal new factual discoveries, and prompt positive change. The text not only inspires readers to do better and be better, both to the Earth and to each other, but also promises to change our perceptions of the forest and how some of nature's mysteries hold clues to our own life stories.

Through documentation of revelations in her career and personal journey, Simard successfully presents a masterpiece filled with stories about love, heartache, loneliness, determination, longing, obstacles, and the need to discover truths. Not unlike many of her readers, her life is not void of challenges and barriers. However, she inspires readers to reach deeper, seek answers, embrace curiosity, and figure out how nature's intelligence might save us, to guide aspects in our own lives—in parenthood, community, growth, perseverance, adaptability, and resilience.







All Creatures Great & Small

# Stronger Relationships – Healthier Pets

By Renette Drozdov

Science has identified that the relationship between a pet and their family is mutually beneficial. Controlled research in anthrozoology has proved that pets can buffer stress, lower heart rate and blood pressure, give social support, help you stay in shape, and prevent certain types of sickness.

Studies have also shown that pets are equally beneficial to children. A good relationship between a child and a pet will encourage cognitive stimulation, improve behavior, create a heightened understanding of others, increase immunity, and lower anxiety levels.

It is also very beneficial, and in my opinion, imperative for children to be involved in the training process of puppies and new dogs. With guidance, children of any age can learn and administer the following methods and techniques. \*Be sure to consider the temperament, age, and physical condition of the pet when utilizing these modalities.

**A good relationship between a child and a pet will encourage cognitive stimulation, improve behavior, create a heightened understanding of others, increase immunity, and lower anxiety levels.**

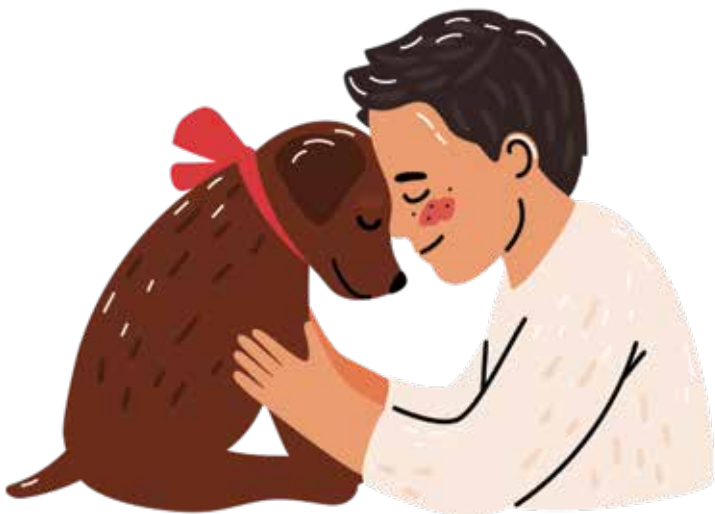
**Purposeful Play**— Take the time to be fully engaged with your pet during play (it can be fun for you too!). Use caution when playing with puppies under a year old. Excessive running, jumping, pulling or tugging can be harmful to the joints that are not fully developed. Be sure to monitor the intensity and duration of play with any pet of any age. Some breeds will continue to exert themselves as long as there is an arm available to throw a ball or a hand willing to tug a toy.

Senior pets can still engage in modified play. In fact, this interaction can stimulate their mental state, improve their mood and support their quality of life. Experiment with modifications to your pet's favorite form of play and get creative!

My 14-year-old German shepherd and 16-year-old labrador enjoyed laying on their beds and rolling a ball back and forth with me using their noses. Both dogs had corrective orthopedic procedures at younger ages, and like most senior pets, developed arthritis. So, going for walks was no longer an appropriate form of exercise for them. This engagement and mental stimulation kept them young at heart.

A quick search for “mental exercise for dogs” will provide ideas and activities. Some benefits include improving behavior with other people, as well as with other dogs or cats. Preventing boredom, which can help eliminate undesired behaviors like excessive barking, chewing on household items, scratching doors or furniture, and digging. Not to mention that mental exercise makes them happy.

**Senior pets can still engage in modified play. In fact, this interaction can stimulate their mental state, improve their mood and support their quality of life.**



**Give them your full attention and allow yourself to be in the moment with them. Observe how your pet responds to different strokes, pressure, and/or the parts of your hand used.**

Examples of mental exercise include:

- Puzzle toys, many of which can be DIY. Continue to challenge your pet by rotating these toys or providing a variety.
- Thinking games like hide and seek or teach your dog the name of their toys for an advanced form of fetch.
- New tricks and training. By the way, old dogs can learn new tricks...and they should! Teach new tricks yourself or enroll them in a training or obedience class (regardless of their age or existing abilities).
- Quick outings allow your dog to experience new things. Find a new place to walk, take them for a car ride when you run errands, or find stores which welcome pets, so they can shop with you.
- Quality Time. Nothing comes close to the effect of just spending time with your pet and letting them spend quality time with others. Simply talking and interacting with your dog while at home will greatly benefit both of you.

**Purposeful Petting**— This intentional form of touch can soothe, calm, comfort, relax, and provide relief to your dog or cat. Sit quietly with your pet. Avoid the television, computer, or phone. Give them your full attention and allow yourself to be in the moment with them. Observe how your pet responds to different strokes, pressure, and/or the parts of your hand used. Be mindful and considerate with areas of known sensitivity and be sure to observe your pet's responses along the way. Also, make note of lumps, bumps or new areas of sensitivity and inform your veterinarian.

- Techniques or strokes include:
  - » Slow, smooth, and long
  - » Soft and sweeping- either short or long
  - » Circular- in either a small or large circumference
  - » Soft and gentle patting
  - » Kneading or rocking
- Areas to target include:
  - » center of the forehead, between the brow
  - » length of ear flaps or edges of cropped ears
  - » base of ears and jaw
  - » length of back- use caution along the spine
  - » chest and forelimbs
  - » quads and hamstrings
  - » feet and toes- \*if your pet allows

Engage with your pets. Play with your pets. Relax with your pets. It's mutually beneficial!

*Renette Drozdov, CVT, CCFT, CHTAP is certified as a Veterinary Technician, Canine Fitness Trainer, and Healing Touch for Animals Practitioner. She lives in Port Huron.*





# Children's Book Picks



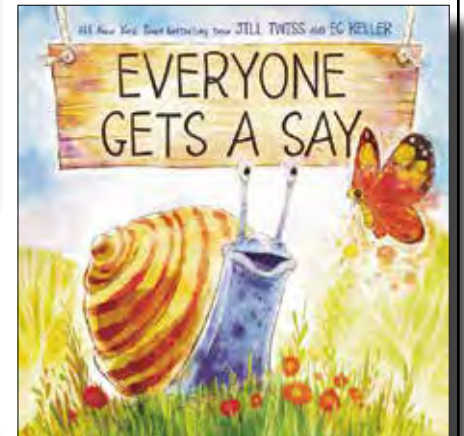
**Wish**  
By Chris Saunders

Rabbit has never had a wish before; but one day he gets not just one, but three! *Wish* is a touching story about the power of kindness and the magic of friendship, with beautiful and emotive illustrations from Chris Saunders. Rabbit cannot decide what to wish for, so he asks his friends Mouse, Fox, and Bear what they would do if they had a wish. Being selfless and kind, Rabbit grants all three wishes to his friends. They are so grateful for his kindness and generosity, they share their wishes with him.



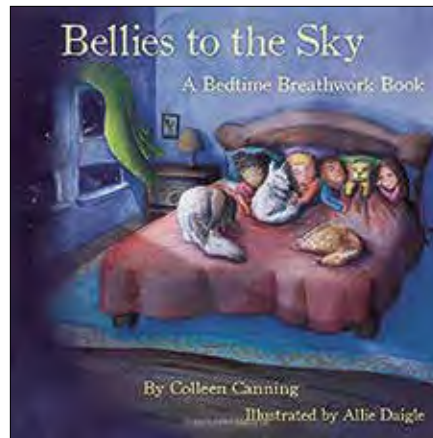
**Everyone Gets a Say**  
By Jill Twiss and EG Keller

Puttling the snail and his friends can't seem to agree on anything. Whatever Jitterbug the chipmunk wants, Geezer the goose does not. Whatever Toast the butterfly wants, Duffles and Nudge the otters are absolutely against. And if somehow Toast and Duffles and Jitterbug and Nudge all agree on something, then Geezer is not having it. So, when Toast suggests they need a leader, the friends try to figure out the best way to pick someone to be in charge. Should that someone be the fastest? The fluffiest? The squishiest? Or can Puttling show his friends that there just might be a way where everyone gets a say? Jill Twiss and EG Keller cleverly underscore the importance of speaking up and using your voice.



**Bellies to the Sky**  
By Coleen Canning

It's time for sleep, little one. Breathe in and raise your belly to the sky. From the Serengeti to the Arctic mountains, animals guide their little ones to sleep under the stars. With accessible breathwork for kids, this bedtime book will help lead your little one—and you—to a peaceful night's sleep. Beautifully written and illustrated, this book will provide everyone who reads and listens to it with a sense of calm and stillness.



**The Ogress and the Orphans**  
By Kelly Barnhill

Stone-in-the-Glen, once a lovely town, has fallen on hard times. Fires, floods, and other calamities have caused the people to lose their library, their school, their park, and even their neighborliness. The people put their faith in the Mayor, a dazzling fellow who promises he alone can help. After all, he is a famous dragon slayer. (At least, no one has seen a dragon in his presence.) Only the clever children of the Orphan House and the kindly Ogress at the edge of town can see how dire the town's problems are. Then one day a child goes missing from the Orphan House. At the Mayor's suggestion, all eyes turn to the Ogress. The Orphans know this can't be: the Ogress, along with a flock of excellent crows, secretly delivers gifts to the people of Stone-in-the-Glen. But how can the Orphans tell the story of the Ogress's goodness to people who refuse to listen? And how can they make their deluded neighbors see the real villain in their midst?



**The Aquanaut: A Graphic Novel**  
By Dan Santat

Ever since her father was lost at sea, Sophia has been moping around Aqualand, the marine theme park her dad and uncle created. But Sophia's world is turned upside down when an "aquanaut" breaks into the park's research lab. To her amazement, Sophia discovers that the aquanaut is not what it seems—inside lives a band of four goofy sea creatures! And when they all realize that Aqualand has evolved into something much darker than Sophia's dad had envisioned, Sophia is determined to help the aquanaut crew free the park's captive marine life before it's too late.



You may purchase these books at [shopcrazywisdom.com](http://shopcrazywisdom.com) by either visiting the website or scanning the QR code (right).





# CW Kids in the Community Column

By Laura K. Cowan

## Country Fall Festivals

Perfect for this new phase of expansion of the Journal are the fall festivals around Washtenaw County.

Now that *The Crazy Wisdom Community Journal* is covering a larger geographical area, I'm excited to explore kids' events with you that are waiting just outside of Ann Arbor. Perfect for this new phase of expansion of the *Journal* are the fall festivals around Washtenaw County. You can get outside with your kids, eat a caramel apple, and relax in nature for a day of family fun.

Here are some of my favorite kids' activities that will keep you and your kids healthy, active, and in the outdoors this fall in the countryside surrounding Ann Arbor.

### The Frosty Apple



If you love apples and visiting the farm, The Frosty Apple is a different option northwest of Ann Arbor just north of Dexter. It's a family-owned apple orchard run by Julie Frost whose late husband Jack started the orchard years ago. They have a fully mature orchard now that Frost manages with her sister Janet, where they grow dozens of popular varieties of apples at super affordable prices. The orchard requires people to order online. You can also order pies for the holidays online or pick up extra delicious little treats, as long as they last on site, when you pick up pies and apples throughout the fall months.



You can't pick apples at The Frosty Apple, as they have full-size trees that require staff to reach the apples safely, but you get great quality apples (you should see what they consider seconds—they are flawless!). Make applesauce with the kids, bake pies, or keep a fridge full of apples to last the whole season.

We bought several pies last year for the holidays, and it eliminated the pressure of baking before parties. The pies are so delicious that they've become a family favorite. Do not miss. Note that this orchard allows apples to be picked up as each variety comes into harvest season, and that timing can vary. See the website for up-to-date instructions on how that works.

Contact the Frosty Apple at (734)707-9019 or visit them online at [frostyappleorchard.com](http://frostyappleorchard.com).

### Webster Fall Festival

Just down the road from The Frosty Apple is the highlight of the year in Webster Township. Just northwest of Ann Arbor is the Webster Fall Festival. The festival runs at the end of September just as people are getting into the swing of all fall things. It includes many historic displays and events related to the township's historical residents. Think of it as a cross between a small-town fall festival and Greenfield Village. Festival PR rep Virginia Davis told us that everyone was relieved the festival was returning after a two-year hiatus due to the pandemic.

The festival takes place on the grounds of the Webster Township Hall on Webster Road that connects Ann Arbor's northwest outer burb neighborhoods with

Whitmore Lake and Hamburg to the north. The historic Webster United Church of Christ sits just across the road—the longest continuously running church in the state of Michigan—and features historic architecture and a family feel.



The festival runs at the end of September just as people are getting into the swing of all fall things. It includes many historic displays and events related to the township's historical residents. Think of it as a cross between a small-town fall festival and Greenfield Village.

"The festival is co-sponsored by the Webster Township Historical Society and the Webster United Church of Christ," Davis explained. "The 2020 festival was going to be the 39th annual festival, but since that and 2021 was cancelled, this year's festival on September 24, will be the 39th."



Davis said that the festival offers "wholesome, old-fashioned country fun for the whole family. We have always focused on children's activities such as the traditional farm-animal petting zoo (usually chickens, bunnies, llamas, goats, and cows), hayrides, barrel train rides, hands-on rope making, corn shelling, games, and craft projects."

This year, the local Girl Scouts are going to help with the children's activities. They will be dressed in period costumes that they will make themselves.

"We plan to offer hands-on demonstrations of traditional chores such as washing clothes in a wash bucket and then hanging on a line to dry, stringing sliced apples to dry, stringing green beans or 'Leather Britches' to dry, and possibly butter churning," Davis said.

The Podunk one-room schoolhouse will have an in-costume school marm teach a few classes during the day. The resident blacksmith will give demonstrations throughout the day in the township's historic working blacksmith shop. Kids can work with the blacksmith to make simple projects.

If that's not enough, penny candy will be on sale in the Kleinschmidt General Store, and they are hoping to have the cake and cookie walk again this year.

"Older children may be interested in the collection of antique tractors, cars and farm machinery on display, and demonstrations of tating and wool spinning," Davis said.

One of the most unique features of the Webster Fall Festival is the old-fashioned base ball (two words was the original way to spell this, Davis says) game between the Chelsea Monitor Base Ball Club and the Union Base Ball Club of Dexter. Webster Fall Festival goes all out to feature some of the most unique and fun historic country fair activities in a festival that brings together residents from the area for a day of outdoor activities.

Not confirmed at the time I talked to Davis were possible sheep dog demonstrations or search and rescue dogs at this year's festival. For adults, you might enjoy live





music on the Corncrib stage, arts and crafts for sale, homemade jams and baked goods in the Taste of Webster located in the Boy Scout Cabin, “a soup and sandwich luncheon in the church, a quilt and art display in the sanctuary, hot dogs, chips, ice cream, and beverages for sale during the day, and a pulled pork sandwich beginning at 1 p.m. And I can’t forget the Braun and Hellner antique auction at 9 a.m., and the flea market in the Scadin barn throughout the day.” Whew. Is that enough to draw a crowd? This year we can’t miss it!

Learn more about the Webster Fall Festival at [websterfallfestival.org](http://websterfallfestival.org) or email [websterfallfestival1@gmail.com](mailto:websterfallfestival1@gmail.com).

### Wiard’s Orchard

Wiard’s Orchard is an old favorite of many Ann Arbor townies, because it has everything you could want from a fall festival: apple picking, classic fall treats in their country store, plus a haunted house, hayrides, and more.



Wiard’s has changed many things for the sake of safety during the pandemic, so be sure to check their website for hours and rules of operation before your visit. During Covid, they created outdoor sanitizing stations, emphasized social distancing, and closed events they couldn’t keep clean, like the corncrib.

The country fair has remained open, and the giant slides. Wiard’s even hired a

sanitation team to keep outdoor exhibits extra clean these last two years. Masks were worn anywhere people couldn’t easily distance by six feet.

Wiard’s Orchard is an old favorite of many Ann Arbor townies, because it has everything you could want from a fall festival: apple picking, classic fall treats in their country store, plus a haunted house, hayrides, and more.



Wiard’s has a moonwalk and a full haunted house plus haunted hayrides that run through the woods on a tractor-pulled wagon. They also run corn mazes. Wiard’s host corporate picnics as well, so if you want to host a large party, you can get all the favorite activities and some special add-ons like mini golf, kids’ games, and bubbles for your extravaganza.

Wiard’s created no less than 45 stations for hand sanitizers and hard surface sanitizers this last year. The country fair is different during the week than on the weekends. Wiard’s event planner Rose Timbers says the best way to plan ahead is check out the Wiard’s website to see what’s happening at the “Country Fair Wed-Fri or Sat-Sun.”

Any day you visit you can plan on the petting farm being open, plus the corn maze, and some outdoor events. Believe it or not, there’s more!

Visit *Wiard’s Orchard* online at [wiards.com](http://wiards.com) or give them a call at (734)390-9211.

### Whitmore Lake Library Events

Just off the second exit on US-23 north of Ann Arbor in downtown Whitmore Lake is the beautiful and historic Northfield Township Library, which is known for its fabulous children’s events. Director Zaley Nelson has continued a tradition of extensive educational, fun groups and festivals that make this a destination for local families looking to entertain their kids rain or shine.

Beyond the fabulous collection of children’s books at this well-curated library staffed with enthusiastic librarians, you could not ask for a better way to make a kid excited to go to the library.



Nelson told us that continuous programs will run in the fall including the NTAL Sprouts Story Time every Wednesday from 11-11:30 a.m. with Ms. Hillary, the Sprouts Sensory Play Group every Friday from 11 a.m. - 12 p.m., and for older kids the Michigan Education Trust meeting is on September 13th to talk about saving for college. The Northfield Area Township Library also has a Teen Advisory Board to discuss library matters and plan events.

But, the really special event is the Annual Fall Fun Fest, September 24th from 10 a.m. - 2 p.m. This event features a petting zoo, outdoor games, chalk art, bubbles, and a special fall-themed craft for kids alongside a craft fair. We used to take our daughter to this event when she was a toddler and in early elementary, and it was one of the highlights of the year for her. Beyond the fabulous collection of children’s books at this well-curated library staffed with enthusiastic librarians, you could not ask for a better way to make a kid excited to go to the library.

For more information, you can contact the Northfield Township Library or check out their calendar of events online at [ntal.org](http://ntal.org), call (734)449-0066 or email [info@ntal.org](mailto:info@ntal.org). The Northfield Township Library is located at 125 Barker Road, Whitmore Lake, MI 48189.

## It is a beautiful time to be outdoors! Come Join Us

**Our site is free and open for EVERYONE  
in our community EVERY day**

**Join us:  
as we build a new NATURE PLAYSCAPE  
throughout this coming year**

**Monarch Migration Festival  
Animal Haunts: a *non-scary* Halloween event  
School Break Camps**




**Creating moments of discovery for 33 years, through:  
Birthday parties ♦ Preschool programs ♦ Scout programs  
School break and summer camps  
School field trip and outreach programs,  
family programs & more!**



**[www.lesliesnc.org](http://www.lesliesnc.org)**



**Michigan Collaborative  
for Mindfulness in Education**



**OUR MISSION:**  
To cultivate attention, empathy and well-being in students, educators and families by providing training and information on mindfulness practices.

**OUR VISION:**  
Compassionate and mindful school communities throughout Michigan where all students thrive.

**Mindfulness in Education**

**REDISCOVER THE PRESENT MOMENT  
A Half-Day Mindfulness Retreat**

**Saturday, November 12, 2022**

**9:00 AM - 12:30 PM**

**\$40.00**

Let go of the busyness of fall and relax into present moment experience. Guided meditation practice will help you connect to a place of deep stillness that will nourish your body, heart, and mind.

Learn More and Register at: [\*\*www.MC4ME.org\*\*](http://www.MC4ME.org)



## CW Kids in the Community Column

Continued

# Country Fall Festivals

### More Events in Whitmore Lake!

Want more fun in Whitmore Lake while you're at it? Whitmore Lake has its own events calendar published on the Northfield Township website, including events and meetings for teens and public get-togethers for families. Through mid-September, you can join the Movies Under the Stars event near the post office, which is essentially a community drive-in movie for families. From *Encanto* to *Sonic the Hedgehog*, you can bring your kids to an outdoor end of summer early fall family event overlooking beautiful Whitmore Lake for a last hurrah of outdoor parties.

Learn more at Whitmore Lake community events at <https://twp-northfield.org/calendar.php> or call (734)449-2880.

### Saline Oktoberfest and Halloween Kids Events

Are you on the other side of Ann Arbor south of town? Saline has Oktoberfest in the fall, full of kids' events. Oktoberfest is on September 16 and 17 in downtown Saline at 101 S. Ann Arbor Street. Oktoberfest includes food, concerts, and kids' crafts.

October 26 is a separate festival for Halloween in Saline called Trunk & Treat. It runs from 6:30 p.m. to 8:30 p.m. in downtown Saline and is free for all. "There's absolutely nothing scary going on at this Halloween party!" the event hosts say. Bring your little kids for trick or treating, flame swallowing performers, and much more.

Learn more about Saline's Oktoberfest and Halloween events at [salinemainstreet.org](http://salinemainstreet.org) or call (734)717-7406.

### Milan Fall Festivals



Just down the street from Saline is Milan, also on the south side of Ann Arbor. Milan has an event called Scarecrows on Main for kids during their fall harvest festival, where kids can create their own scarecrows which are then used to decorate the downtown streets. The harvest festival includes free hayrides, donuts, music, and food.

Separately, there is a Milan Fall Craft Show that's a big favorite among families and collectors. It's now held at the Milan High School cafeteria in Milan. This event is not specifically aimed at kids, but it is a fun family event to bring a kid to if they love arts and crafts. The Fall Craft Show features handmade, homemade, and homegrown items for sale. Fall decor is available for sale, and there is a coffee bar and sandwiches.

If you can wait to shop until November, there is also a Pop on Main Street event that combines Small Business Saturday (the Friday after Thanksgiving) that encourages people to shop local with popup events, food, and special deals at local retailers.

Learn more about Scarecrows on Main online at [milanmich.org/departments/main\\_street/festivals\\_and\\_events.php](http://milanmich.org/departments/main_street/festivals_and_events.php), and the Fall Craft Show at [festivalnet.com/8586](http://festivalnet.com/8586). For other events happening in Milan visit [milanevents.org](http://milanevents.org) call (734)301-9719.



### Dexter Cider Mill

It's no accident that the Dexter Cider Mill feels like a historic charming way to spend a fall weekend with the kids. This cider mill has been operating since 1886 west of Ann Arbor right on the Huron River and still cooks up the same favorites—from caramel apples and cinnamon sugar donuts to real raw apple cider made on site in old wooden presses.

**This cider mill has been operating since 1886 west of Ann Arbor right on the Huron River and still cooks up the same favorites—from caramel apples and cinnamon sugar donuts to real raw apple cider made on site in old wooden presses.**



The Dexter Cider Mill is super packed on weekends, but they open practically at the end of summer and don't close until the very end of the fall, so you're sure to find a time to go. They're open all day starting in August and sell pies and other extra treats on the weekends.

"Our cider mill is an active working mill and is proud to be a member of the Michigan Cider Makers' Guild," the

owners said. "With a passion of preserving our history, The Dexter Cider Mill has had very few changes to our processes over the past 132 years. From the authentic oak press and using a variety of local Michigan apples to create our own unpasteurized cider, to our natural setting along the Huron River... it's a little step back in time to how things used to be and have always been for us."

One thing to note is that like any cider mill, The Dexter Cider Mill has a lot of bees swarming around the grounds because of the sweet sticky apple juice on the premises. If you or your kid is allergic to bee stings, please come prepared or plan to hop in for a bag of donuts and then eat off the premises.



The Dexter Cider Mill can be combined with a day trip kayaking the Huron River or biking along Huron River Drive with the family. There is a new paved sidewalk stretching from Dexter near the Cider Mill to the west side of Ann Arbor at Zeeb Road to offer a safer sidewalk alternative for young kids just starting to bike.

Learn more about the Dexter Cider Mill online at [dextercidermill.com](http://dextercidermill.com).

### Ypsilanti Library Events

If you have a kid in Ypsi, or one who loves clubs instead of fall festivals, one final alternative is the awesome events at the Ypsilanti Public Library. There is a PrideZone group for 12-17-year-olds that meets in the fall at the library. "PrideZone is a social and support group for teens 12-17-years old who identify as LGBTQ+," the event hosts said. "It is a safe place to socialize, build community, and have fun in an open, queer space. Help us plan events like board game night, movie night, coming out over coffee, field trips, and craft nights." They also meet at Ozone House in Ann Arbor.

Have a budding gardener in the family? The Seed Saving Group is another cool event for kids that goes from summer into fall!

Learn more about programming at the Ypsilanti Public Library by visiting online at [ypsilibrary.org](http://ypsilibrary.org) or call (734)482-4110.

I hope that gives you some ideas for outdoor family fun before the cold weather closes in. With the weather as hot as it has been this year, we're hoping for some sunny days before the rain. I'll see you around Washtenaw County with the littles!

Laura K. Cowan is the Kids in The Community columnist for The Crazy Wisdom Community Journal and the Healers of Ann Arbor columnist. She is a tech and wellness journalist from Ann Arbor, and also runs Cronicle Press, an Ann Arbor tech blog and content marketing consultancy for tech startups and small businesses. You can learn more at [cronicle.press](http://cronicle.press). You can reach Cowan at [laurakcowan@gmail.com](mailto:laurakcowan@gmail.com).



# Meditation For Breakfast

By Trish Maley

At 6 a.m. I woke up to sit with my sangha. I showered and jumped on an early-morning Zoom meeting. Afterward, I had 30 minutes to whip up breakfast and eat before I had to pick up my other son.

I pulled out a pan and began frying eggs.

My 12-year-old son walked into the kitchen and opened the refrigerator.

"No milk?!" he snarled.

I had forgotten to pick it up the day before.

"There's oat milk in there," I said calmly.

"It's gross! Great, this ruins my whole routine. Now I can't eat breakfast!" He stormed off into his room and slammed the door.

I'm really good at anger; I always have been. The fight response in my threat system is ready to launch. If I wanted to slip back into my old baseline of anger in that moment, I had plenty of reasons to: I was in a rush, I was hungry, I was feeling unappreciated for the things I didn't forget to do for my sons, I was feeling vulnerable at my son's implication that my best wasn't enough, and I was feeling blamed for "ruining" my son's morning routine.

To cope, I could have become entangled in a storyline of how undervalued I am. I could have distracted myself by eating a few chocolate chips. I could have grabbed my phone and began scrolling. I could have started daydreaming about being on a mountain top away from all of this. But, this is how I learned how to meditate: not sitting for hours on a mountain top, transcending into light-filled states, but embodying these mundane moments in the midst of daily life.



**I'm really good at anger; I always have been. The fight response in my threat system is ready to launch.**

Mindful meditation is about seizing opportunities to find the aliveness in the present moment—whether it is pleasant or unpleasant. The social media version of meditation is peacefully sitting on a quiet beach or monastery, eyes closed, posture in perfect form. But on a busy weekday morning, I was standing in my kitchen over a stove.

I felt it was best to take a mindful moment with cooking to regulate my nervous system since it was right in front of me. For example, I noticed what a deep golden yellow the yolk was, and I watched the sides of the egg white, cradled by foaming butter, bubble in the hot pan. I listened to the soft sizzle the egg made as it cooked. The kitchen smelled of chocolatey undertone as coffee brewed, and I drew my attention to how cold the bottoms of my feet felt on the kitchen tile. Next, I took a deep breath from my lower belly to fill up my lungs, taking in sips of air, and slowly exhaled. Bringing in the senses and deep breathing engaged the "rest and repair" part of my parasympathetic nervous system, which is key to emotional regulation.



**Mindful meditation is about seizing opportunities to find the aliveness in the present moment—whether it is pleasant or unpleasant.**



I felt a shift, and it took about a minute to do.

I slid my egg onto a plate and sat at my kitchen table. As I ate, I was able to access clarity to note prominent feelings I was experiencing. This is an important step for me because it helps me honor my feelings; otherwise, my reflex is to dismiss my feelings. However, if I dismiss them, it lessens my capacity to kindly hold space for other beings.

Honoring my feelings helps me create space and access compassion for family, friends, and even strangers. For example, I had the capacity to consider that maybe my son was just hungry, or he felt unsupported by me with his new morning routine.

It took less than ten minutes to navigate a mindful process to help regulate myself and get clarity. I paused, brought in the senses, accessed a deep breath, sat in my discomfort and vulnerability, and noted my prominent feelings. I practice on small stuff like this, and I practice with the big stuff. It's a lot of undoing and I'm not going to get it right every single time.

If I want to skillfully manage my anger, it requires both parts of mindfulness: self-awareness and lovingkindness. Self-awareness is bringing things like conditioning, beliefs, and patterns to the surface. Lovingkindness is holding that awareness without judgment.

At this point I felt regulated enough to have a direct conversation with my son. I cleared the table and knocked on his door. I found him on the floor slouched against the wall on his phone, looking up at me.

**If I want to skillfully manage my anger, it requires both parts of mindfulness: self-awareness and lovingkindness.**



"Can we talk?" I asked.

"Yeah," he said, putting down his phone.

"Next time you are upset about there being no milk in the house, can you please take a pause? And say, 'Hey mom, when you go out today can you pick up milk?' I really wanted to have cereal this morning," I said gently.

"I can't. It just comes flying out of my mouth," he said coldly.

"I know. I'm asking that you practice pausing."

"I know, mom..." he said slowly smiling.

I smiled back because at that moment I knew he had remembered our conversations on pausing and reactivity. I'm not asking him to perfect pausing—my request of him was to simply practice it... just as I do.

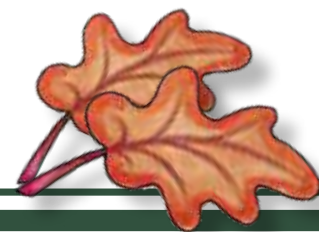
*Twin sisters Trish Maley and Joy Aleccia have a business called Embracing Stillness. Embracing Stillness was born during the pandemic in order to address pandemic stress. They teach mindfulness to children, teenagers, and adults through private sessions up to large workshops in the workplace. Maley and Aleccia have families of their own and reside in the SoPac neighborhood. Follow them on Facebook @EmbracingStillness or on Instagram @Embracingstillnesswithjoy. They can be reached by emailing [embracingstillnesswithjoy@gmail.com](mailto:embracingstillnesswithjoy@gmail.com).*



# The Crazy Wisdom Calendar

a free guide to local classes, workshops, and events

September through December 2022



Calendar edited by Jessica Thompson

## A COURSE IN MIRACLES

**A Course in Miracles Study Group with Randall Counts • Every Thursday • September 1 - December 27 • 12 - 1:30 p.m.** • Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact [Interfaithspirit.org](http://Interfaithspirit.org).

**A Course in Miracles Study Group with Rev. David Bell • Every Monday • September 5 - December 26 • 6:45 - 9:30 p.m.** • Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact [interfaithspirit.org](http://interfaithspirit.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](mailto:annarborzentemple@gmail.com).

## ANTHROPOSOPHICAL MEDICINE

**Retreat with Dr. Molly McMullen-Laird, M.D. and Dr. Quentin McMullen, M.D. • October 31 - November 12 • 1 p.m.** • Our two-week intensive health session is designed for those with cancer and chronic illness, including Long Covid. The program provides a wonderful chance to comprehensively address an illness. Frequent visits with physicians, daily therapies, group activities, and family style organic meals help create a healing environment in the Rudolf Steiner Health Center in Ann Arbor. From \$6,300. Contact 734-663-4365, or [samuel@steinerhealth.org](mailto:samuel@steinerhealth.org), or visit [steinerhealth.org](http://steinerhealth.org).

## AROMATHERAPY AND ESSENTIAL OILS

**Creating Personalized Bath Collection with Karen Greenberg, P.T. • Sunday, November 20 • 2 - 5 p.m.** • Choose from a massive collection of essential oils to create your own personalized bath collection to take home, to awaken, to believe in yourself, to help move you closer toward your life's purpose, for purity, for clarity, for inspiration, to envision, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance/prosperity. Special \$50 + \$100 Materials Fee. Contact Karen Greenberg at 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## ART AND CRAFT

**Candle-Making and Natural Holiday Gifts with Deanne Bednar • November 19, December 3, 4, or 10 • 1 - 5 p.m.** • Enjoy the season by making dipped beeswax candles. Includes making earthen candlestick holders + decorating matchboxes with birchbark, seed pods, and more! Held in the main house at Strawbale Studio on wooded land. \$40. Contact 248-496-4088, [ecoart@gmail.com](mailto:ecoart@gmail.com), or visit [strawbalestudio.org/events](http://strawbalestudio.org/events).

**September Natural Building and Sustainable Skills Internship with Deanne Bednar • September 1 - 29 • 10 a.m. to 5 p.m.** • This month includes a mix of natural building, classroom presentations, hands-on learning, plus a variety of resilient living skills, community outreach, gardening and grounds. Enjoy connecting with nature, local renewable materials, and others on the path. Live on the Strawbale Studio land, surrounded by nature and enchanting natural buildings. ½ pay Worktrader \$475 / Full Internships \$950. \$25 discount 1 month in advance. Contact 248-496-4088, [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org/events](http://strawbalestudio.org/events).

**Prison Creative Arts Project: 2022 Art Auction Hosted by Prison Creative Arts Project • Saturday, December 3 • 6:30 - 9 p.m.** • This event raises funds to support the 27th Annual Exhibition of Artists in Michigan Prisons (Spring 2023), where 700+ pieces of art created by incarcerated artists will be exhibited at the University of Michigan for public viewing and purchase. The auction will feature artwork by incarcerated artists, PCAP curators, University of Michigan faculty, and local artists. The silent auction will begin online on Thursday, December 1 at 7:00 p.m. Free. Contact [prisonarts.org](http://prisonarts.org), [@prisonarts](https://twitter.com/prisonarts), or [pcapinfo@umich.edu](mailto:pcapinfo@umich.edu), 734-647-6771.

## BODYWORK AND BODYMIND THERAPIES

**It's time to feel good!! With Robin Bosilovick • September 2 and November 4 • 11 a.m. - 2 p.m. October 7 and December 2 • 4 - 7 p.m.** • Everyone receives a foot analysis, massage, Negative Ion demonstrations, all natural pain relief samples, and a 30 minute foot detox! \$25. Contact Robin at 517-395-5258.

**Reflexology (reflexolo-chi™) Workshop with Gloria Zimet September 6, 13, and 20, OR November 2, 9, and 16 • 6:10 - 9:30 p.m.** • Learn three soothing and therapeutic foot massage sequences that melt away tension and anxiety. Discover whether pursuing reflexolo-chi™ is the right path for you. Learn the massage sequence that corresponds with the respiratory system, the nervous system, and immune system – an empowering and effective protocol to ensure optimum health and accelerate the body's ability to recover from infectious diseases such as Covid, the common cold, and flu viruses. Cost: \$250. Contact Gloria Zimet, 734-726-0072, [gloria@reflexolo-chi.com](mailto:gloria@reflexolo-chi.com), or visit [reflexolo-chi.com](http://reflexolo-chi.com).

**D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg's Clair-Ascension Kabbalistic Balance • Fridays • September 9, 16, 23, OR October 7, 14, 21, OR November 4, 11, 18, OR December 2, 9, 16 • 10:30 a.m. - 2:30 p.m.** • Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (pick any group of three dates above) + materials fee. Contact Karen Greenberg 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://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](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks, and events are listed in this calendar, please look in the section that follows the calendar, which is called "Teachers, Lecturers, Workshop Leaders, and The Centers" and which starts on page 116.



## Our Calendar Editor's Picks of Interesting Happenings in our Community

Recovery Dharma with various leaders • Sundays • 12 – 1:30 p.m. • See Addiction and Recovery

September Natural Building & Sustainable Skills Internship with Deanne Bednar • September 1 – September 29, 2022 • 10 a.m. to 5 p.m. • See Art and Craft

Release, Recalibrate, and Replenish with Alicia Clark-Teper • December 30th • 6:30 – 9 p.m. • See Ceremonies, Celebrations, and Rituals

Kabbalah for Kids (5th grade & up) with Karen Greenberg, P.T., • Sundays, September 11, October 2, November 6, December 4 and continues to meet monthly, 1 – 3 p.m. • See Children and Young Adults

Qigong Basics with Master Wasentha Young • September 15 – December 15, Thursdays • 11:15 a.m. – 12:15 p.m. • See Energy and Healing

Healing for the Healer with Rob Meyer-Kukan, Bri Babiera, and Alicia Clark-Teper • October 2 • 9 a.m. – 4:45 p.m. • See Healing

First Friday Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman and Drake Moses Meadow • September 2, October 7, November 4, December 2 from 7 p.m. – 9 p.m. • See Movement and Dance

Creating Your Perimenopause Plan with Christy DeBurton, RYT • Ongoing and Self-paced • See Women's Health



Art by Jennifer Carson

**Jewel Heart Readers with Jewel Heart Instructors • Second Monday • September - December • 7 to 8:30 p.m.** • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free / Donations welcome. For this month's book selection and participation information, contact programs@jewelheart.org or call Jewel Heart at 734-994-3387.

**Dine and Discuss Book Club: *Becoming Nicole: The Extraordinary Transformation of an Ordinary Family* • November 9 • 5:30 - 7:30 p.m.** • This is the inspiring true story of an ordinary American couple who adopted twin boys and began an incredible journey to understand, accept and embrace their son, Nick's struggle to become Nicole. It chronicles both the family's internal resistance, fear, and struggle as well as the ostracism and prejudice of the schools and local community. This story will challenge any preconceptions we may have about those who seek to be transgender and brings us into the reality this family faced and how they grew to celebrate the uniqueness in us all. \$15.00. Contact Weber Center at 517-266-4000, or webercenter@adriandominicans.org.

### BOOK EVENTS

**Kerrytown BookFest with Various Authors • September 18 • 10 a.m. – 5 p.m.** • A celebration of the greater Ann Arbor area's rich book history and vibrant literary community! Join us for author talks, a market with vendors offering books and products for book lovers, hands-on activities, children's story time, English country dancing, a writers' meet-up, and more. Held in the Morris J. Lawrence Building at Washtenaw Community College. Free. For more information visit [ktbookfest.org/2022-bookfest](http://ktbookfest.org/2022-bookfest).

### BREATHWORK

**Morning Meditation and Breathwork with Shellie Powers • September through December, See Schedule on Website** • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. See schedule on website. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. Contact Shellie Powers, 734-926-8423 or 517-962-5378, or visit powers365.com.

**Transformational Breath® with Julie Wolcott and Marcia Bailey • Saturdays, September 10, 24, and October 22 • 11 a.m. – 1 p.m.** • Come breathe with us! Circular, connected breathing that is totally enlivening. We begin each workshop with a discussion of the benefits and basics of the Transformational Breath process, set intention, and then experience a full breath session and end with integration. The rewards are many – new awareness, physical and emotional healing, clarity, and joy. \$30 each session for a reviewer, \$40 for those new to the Transformational Breath. Contact Julie Wolcott, 734-355-1671 or Marcia Bailey 734-395-4799, info@breatheannarbor.com, or visit [BreatheAnnArbor.com](http://BreatheAnnArbor.com) or [TransformationalBreath.com](http://TransformationalBreath.com).

**Transformational Breath® with Julie Wolcott and Marcia Bailey • September 16, 27, 30, October 12, November 4, 10, 14. • 7-9 p.m.** • Seven weekday evening workshops in Dexter, Michigan. Come Breathe with us! Circular, connected breathing that is totally enlivening. We begin each workshop with a discussion of the benefits and basics of the Transformational Breath process, set intention, and then experience a full breath session and end with integration. The rewards are many – new awareness, physical and emotional healing, clarity, and joy. \$30 each session for





# Body Wisdom from Our Ancestors—Combining Trauma Informed Movement and Art Therapy

By Kate Roos

Awareness of the universal impacts of trauma on the mind, body, and society—large and small—has been growing over the past few decades. Fortunately, this awareness has promoted understanding of what type of approaches might help support healing as well. Some of these approaches were known by our earliest ancestors, including creating images, movement, dance, music, and singing. Today we call these expressive arts therapies.

As a registered art therapist for over 30 years, the beauty of art therapy to me has always been how available and accessible it is to anyone, regardless of ability or experience. Consciously or not, we are always editing the stories we tell about ourselves to align with our current experience. However, if we have had past traumatic experiences, or we were very young, our stories might be fragmented or beyond words, held as implicit memory, cognitively unavailable to us. Implicit memory may be the source for creating expressive and potentially healing artwork. In my early days as an art therapist, I was repeatedly awed by my clients' abilities to make unexpected connections and discoveries about themselves during the course of our work together, even though the expressive power of art is what drew me to becoming an art therapist in the first place.

I have also been a yoga student for over 25 years, most often practicing Iyengar Yoga at Yoga Focus in Ann Arbor. In the words of Mary Dunn, who was an Ann Arbor native and founded the Iyengar Yoga National Association of the United States, "People have incorrectly pigeonholed Iyengar Yoga into 'alignment, technique, props' rather than 'learning, experiencing, integrating'—which I think are the real words." In these words, I heard a prescription for healing.

Learning how to bring our bodies into alignment requires paying attention to where our bodies are in space, muscle tension, and inner felt sensations. Eventually, I would come to understand that implicit memories are held in our bodies and inform our posture and how we feel—or don't feel—our body. Implicit memory might be accessed in movement which dance therapists have always known. To me, this seemed similar to how implicit memory might be expressed in art therapy. Practicing yoga develops neural connections with the cognitive mind and the felt sensations in the body which may attune with our bodies' natural healing abilities. Could this be what is happening with creative expression in art therapy?

My interest in learning and developing further awareness of felt experience to inform inner movement and posture during yoga practice and, more importantly, in my daily life, eventually led me to study Mindfulness Based Stress Reduction training developed by Jon Kabat-Zinn. Again, my attention was brought into my body, and my breathing. During body scan meditations—which in the beginning were my least favorite meditation—I slowly began to discover that by paying attention to places in my body that were tight or painful, while breathing, the tightness or pain would ease. Following these breadcrumbs down my personal path early in the Covid pandemic, eventually led me to learning about trauma sensitive yoga and earning certification as a Trauma Center Trauma Sensitive Yoga (TCTSY) Facilitator.

Our current understanding of trauma is that it is a response of our brains and bodies to an experience or event that is deeply disturbing or distressing, and that it overwhelms a person's ability to cope. Traumatic experiences might contribute to emotional, physical, and cognitive problems. Research has also made us aware that traumatic experiences may be personal and specific, but trauma can also be experienced broadly through cultural and systemic biases, discrimination, and

oppression. For some of us, the pandemic has been experienced as traumatic due to loss of loved ones, feelings of vulnerability and helplessness, and a loss of control over our lives.

Choice making, invitational language, and shared authentic experience are several of the core elements of a TCTSY practice. The experience of trauma is disempowering. As a TCTSY Facilitator, I invite people to follow my movements during a practice, but they are also invited to make choices and move in their own way, depending on what they might notice in their own body, maybe a tight neck and shoulders, or shallow breathing. Sometimes people aren't aware of any sensations in their bodies.

I have brought the principles of TCTSY into practicing both movement and art therapy with my clients. I often choose to call this a movement practice, instead of a yoga practice, because I have learned that people assume that there are specific poses in yoga, or they believe they can't do yoga. (Similar to people's beliefs about their ability to make art!)

But if someone can sit in a chair and move an arm or foot, it is possible to participate in TCTSY. The challenge of the practice is to feel safe enough to bring awareness to how your body feels.

In my practice, I offer the synergy of movement and art therapy, in a safe place for people who have experienced trauma; where they might feel seen and acknowledged. I offer to accompany clients as they explore and develop their inner awareness through making their own choices—choices about how to move or what art materials they might use to express themselves and develop a sense of embodiment, agency, and empowerment in their lives.

A session might begin with a brief seated movement practice to allow a participant to settle, ground themselves, become aware that they are breathing, and perhaps connect with how they feel in their body. Afterward, the participant is offered options for art making and creative expression.

Someone might choose to make something with clay or mixed materials. Or the choice might be to continue a visual exploration of felt sensations through guided drawing. There is also the choice of only a movement practice or only art therapy.

Both trauma sensitive yoga and art therapy nod to our ancient ancestors who innately knew that the ability to heal exists within ourselves through moving, telling stories with images and performance, creating rhythm, making music, and dancing in the company of others, both as participant, and as witness, to be seen and acknowledged in the moment of embodiment and experience. This is offered by all the expressive arts therapies. For my practice, I chose the synergistic potential of art *and* movement, to open a safe space for people who have experienced trauma, when words aren't enough.

*Kate Roos has a Trauma Sensitive Movement and Art Therapy practice in Ann Arbor, where she sees teens and adults individually and in groups. She also provides educational and experiential workshops for mental health, medical, and body work practitioners, and also social service, education, and non-profit organizations.*

*She may be contacted at [Kate-roos.com](http://Kate-roos.com) or [kate@kate-roos.com](mailto:kate@kate-roos.com).*



**if we have had past traumatic experiences, or we were very young, our stories might be fragmented or beyond words, held as implicit memory, cognitively unavailable to us.**



a reviewer, \$40 for those new to the Transformational Breath. Contact Julie Wolcott, 734-355-1671 or Marcia Bailey 734-395-4799, info@breatheannarbor.com, or visit BreatheAnnArbor.com or TransformationalBreath.com

## BUDDHISM

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Weekly on Sundays from September 4 to December 25 • 11:00 a.m. to 12:00 p.m.**  
• Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free / Donations welcome. To register visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information contact 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Uniting Concentration and Wisdom (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, September 10 • 9 a.m. - 1 p.m.**  
• The last two of the Six Perfections are needed in order to break the chains of self-grasping once and for all. Meditating on subtle impermanence and discovering the object of negation are essential steps to finding the wisdom that realizes the true nature of all phenomena. \$25 Jewel Heart members / \$30 non-members. Pay what you can - no one turned away. To register visit [jewelheart.org](http://jewelheart.org). For more information contact 734-994-3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Nagarjuna's Precious Garland of Advice to a King - Part 3 with Demo Rinpoche • Thursdays in September • 7 - 8 p.m.**  
• In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical ethics, great compassion and the wisdom of emptiness. Note: This program is a continuation of Demo Rinpoche's earlier Nagarjuna's Precious Garland teachings. \$60 Jewel Heart members / \$75 Jewel Heart non-members. Pay what you can - no one turned away. To register contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org/](http://jewelheart.org/).

**Practical Buddhism: The Tibetan Approach, by Gelek Rinpoche and Gelek Rinpoche • Most Tuesdays from September 6 to December 20 • 7 - 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. Sessions review Gelek Rinpoche's 2012 Sunday talks and into early 2013. Free / Donations welcome. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Preparing for Vajrayana with H. E. Prof. Samdhong Rinpoche • Saturday, September 17 • 9 a.m. - 12 p.m.**  
• This program presents two teachings recorded by H. E. Samdhong Rinpoche for Jewel Heart in 2022. In "Introduction to Vajrayana," Rinpoche draws out the distinction between non-tantric and tantric practices, giving a brief introduction to Vajrayana as a unique method to reach full enlightenment very quickly and without great hardship. In "Six Session Guru Yoga," Rinpoche gives a concise, yet complete explanation and oral transmission of the Full Six Session Guru Yoga, which is an essential practice for anyone initiated into Highest Yoga tantra. It is a compact method to combine the practice of Guru Devotion with affirming the pledges taken during tantric initiation, thereby providing the foundation for a successful Vajrayana practice. This program is free and open to all levels. Free / Donations welcome. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**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](http://stillmountainmeditation.org) for more information.

**Decisive Wisdom: The Four Keys (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, October 1 • 9 a.m. - 1 p.m.**  
• Ignorance strongly insists on the intrinsic existence of oneself and all phenomena. With analytical precision, wisdom reveals this to be a false perception and establishes the dependent arising of all things as the ultimate reality. \$25 Jewel Heart members / \$30 Jewel Heart non-members. Pay what you can - no one turned away. To register, go to the Jewel Heart website at [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Living With An Open Heart During Challenging Times with John Orr • October 7-9**  
• Join us for an online meditation retreat with longtime Buddhist teacher John Orr. Throughout our lives many of us yearn for deeper love and connection. There is something inside us which wishes for freedom and so we become increasingly willing to live our lives with an open heart. This path of love takes courage and the willingness to live in the moment and work with pain and difficult emotions when they arise. During this weekend retreat through mindfulness and heart centered meditations we will explore and practice the Buddha's path to awakening and compassion. By donation. Contact Still Mountain Buddhist Meditation Center at [stillmountainmeditation@gmail.com](mailto:stillmountainmeditation@gmail.com), or visit them online at [Stillmountainmeditation.org](http://Stillmountainmeditation.org).



## Crazy Wisdom Poetry Series

Hosted by Edward Morin,  
David Jibson, and Lissa Perrin

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

All sessions are virtual and accessible through Zoom.  
Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.

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.

## Featured readers

**September 28 – Charles Harper Webb** has a new novel (*Ursula Lake*), twelve poetry collections (the latest being *Sidebend World*), and collected essays titled *A Million MFAs Are Not Enough*. His "stand-up" West Coast poetry brings comedy, relevance, and vision to the literary scene. A qualified psychotherapist, he teaches Creative Writing at California State University, Long Beach.



**October 26 – M. Bartley Seigel**, Poet Laureate of the Michigan UP, lives in Ojibwe homelands and Treaty of 1842 territory on the shores of Lake Superior. His poems appear in *Poetry Magazine*, *Michigan Quarterly Review*, and his book—*This Is What They Say*. He is Associate Professor of Creative Writing at Michigan Technological University in Houghton.

**November 30 – Richard Terrill's** seven books of poetry and prose take on subjects ranging from his work as a jazz saxophonist, to teaching English in a remote Chinese city, to imagined conversations with the past. His new book of essays, *Essentially*, seeks the "essential" in trout fishing, hearing loss, classic American movies, and much more. [www.richardterrill.com](http://www.richardterrill.com).



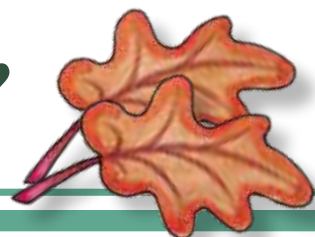
**November 30 – Patricia Barnes** writes, makes art, and watches the Detroit River from her home in Wyandotte. She has won numerous prizes in ten poetry contests and her work has appeared in *Peninsula Poets*, *The MacGuffin*, *Third Wednesday*, and *Water Music: The Great Lake State Poetry Anthology*. Her latest book of poems is *Cup of Home*.

## Crazy Wisdom Poetry Circle

The Poetry Series is open to all.  
There is never a charge.  
<https://cwcircle.poetry.blog/>



# The Crazy Wisdom Calendar



## BUDDHISM CONTINUED

**Fall Retreat: 37 Dharma Wings for Enlightenment with Demo Rinpoche • October 7 and 8 • 8:30 a.m. - 8:00 p.m. • October 9 • 8:30 a.m. - 5:00 p.m.** • The 37 Dharma Wings for Enlightenment are available for all Buddhist practitioners who want to follow Buddha's path. With the Four Noble Truths as the foundation of Buddha's teachings, the 37 Dharma Wings for Enlightenment form the basis of Buddhist practice. For a beginning level practitioner or someone who wants to form a stable basis for Buddhist meditation at a deeper level, this is the right place to step in. \$180 Jewel Heart members / \$225 Jewel Heart non-members. Pay what you can - no one is turned away. Contact Jewel Heart at 734-994-3387, [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Indian Philosophies on the Eve of Buddha's Enlightenment with David Mellins, PhD • Saturday, October 22 • 10 a.m. - 1 p.m.** • While systematic schools of Indian philosophy had yet to be formalized as textual traditions in the 6th century BCE when Gautama Buddha attained his enlightenment, the ascetic mendicant Gautama encountered, studied and ultimately refuted a broad range of doctrines professing pathways to wisdom and spiritual emancipation. This presentation provides an overview of these ancient Indian proto philosophies as evidenced by Brahmanical teachings such as the Upanishads as well as the more radical methodologies of yogis and homeless ascetics evidenced in Buddhist Sutra and Agamas literature. Students gain a more dynamic context for their study of the Four Noble Truths, dependent origination and the principle of karma, which provide the foundation for all levels of Buddhist teachings. \$30 Jewel Heart members / \$45 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Master Class: Pramana of Dharmakirti: Logic and Reasoning - Part 3 with Demo Rinpoche • Thursdays • October 27 to December 15 • 7 - 8:30 p.m.** • Reasoning and logic are essential in order to reveal what is in fact true and reliable knowledge. Pramana is a Sanskrit term that Hindi, Buddhist, and Jainism traditions use to refer to the elements necessary to recognize how knowledge is understood and how its veracity and reliability can be ascertained. Drawing from Dharmakirti's Compendium of Valid Cognition, Demo Rinpoche will explain various methods to help gain reliable true knowledge of the nature of reality as well as be able to discern the diverse understandings people may reach. Note: This program is a continuation of Demo Rinpoche's earlier Pramana teachings. \$85 Jewel Heart members / \$105 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Guru Devotion and the Vajrayana Path (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, November 5 • 9 a.m. - 1 p.m.**

• During the common Mahayana practices, reliance on a qualified spiritual mentor is already indispensable. When entering into Vajrayana through initiation, it becomes essential. Practices based on the inseparability of Guru and Deity accelerate spiritual development by bringing wisdom and compassion to their highest fulfillment. \$25 Jewel Heart members / \$30 Non-members. Pay what you can - no one turned away. To register visit [jewelheart.org](http://jewelheart.org). For more information contact Jewel Heart at 734-994-3387 or [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Ryaku Fusatsu – Full Moon Ceremony with Marta Dabis • November 6 and December 4 • 11 a.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. Everyone is welcome. Free. Donations are appreciated. Contact Marta at 248-202-3102, [jissojizen@gmail.com](mailto:jissojizen@gmail.com) or visit [jissojizen.org](http://jissojizen.org).

**Melody of Emptiness - Part 2 with Demo Rinpoche • Saturday, November 12 • 10 a.m. - 1 p.m.** • Demo Rinpoche shares his understanding of Melody of Emptiness, Changya Rolpai Dorje's exquisitely composed song that reveals how we can recognize the true nature of reality. Note: This program is a continuation of Demo Rinpoche's earlier Melody of Emptiness teachings. \$60 Jewel Heart members / \$75 Jewel Heart non-members. Pay what you can - no one turned away. To register visit [jewelheart.org](http://jewelheart.org). Contact Jewel Heart at 734-994-3387, or [programs@jewelheart.org](mailto:programs@jewelheart.org).

## CEREMONIES, CELEBRATIONS, AND RITUALS

**Anniversary Celebration and Peace Pole Rededication at Verapose Yoga House • September 24 • 9 a.m. - 12:30 p.m.** • Celebrating our anniversary with our Peace Pole Rededication, free classes (yoga, qigong), history of Gongs/Gong tasting, refreshments, and giveaways. Free. For more information contact Courtney Fitzpatrick at 734-726-0086, or [courtney@veraposeyoga.com](mailto:courtney@veraposeyoga.com), or visit [veraposeyoga.com](http://veraposeyoga.com).

**Autumn Equinox Celebration with Alicia Clark-Teper • September 23 • 7 - 9 p.m.** • The changing of the seasons to autumn brings a time to reflect and gear up for the dwindling daylight. The Equinox is equal day and equal night, let's rebalance our internal compass and get ready for autumn. We will talk about the season change, what it brings energetically, as well release what is no longer serving us from the year so far. Join me in rebalancing your equilibrium. \$35. For more information

*Monica Levin* is an Inner Guidance Communication Coach and Author. She has been helping her clients connect to their Personal Guidance System for more than 20 years, so they can get answers about health, work, relationships, and more! With all the conflicting information and stories that we are exposed to, it has become more important than ever to be able to tune in to our intuition to determine what is true for us. Levin helps participants through her online courses, her book *The Body-Soul Bridge*, her oracle card guidebooks, and her coaching sessions. Learn more on her website [MonicaLevin.com](http://MonicaLevin.com).





contact Alicia Clark-Teper at [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com), 734-945-5396, or visit [sacredlotusexperience.com](http://sacredlotusexperience.com).

**Autumn Harvest Gathering and Celebration with Courtney Fitzpatrick and Victoria Schon • September 24 • 6:30 - 8:30 p.m.** • The autumn harvest season is an opportunity to gain perspective and the season to reap what you have sown. Join us for some gentle movement (yoga), celebration, sacred sound, and a cacao ceremony as we relish in our accomplishments of the passing summer season. Bring a yoga mat, blanket, water bottle, journal, and optional pillow, bolster, and eye mask. \$50.00. Contact Verapose Yoga House at 734-726-0086, [courtney@veraposeyoga.com](mailto:courtney@veraposeyoga.com), or visit [veraposeyoga.com](http://veraposeyoga.com).

**Release, Recalibrate, and Replenish with Alicia Clark-Teper • December 30 • 6:30 – 9 p.m.** • Now is the perfect moment to shed to the old at this time of year and rebalance our equilibrium mind, body and soul. Self-care is so important, join us for an opportunity to recalibrate your formula and then replenish your cup for the new year. We will be using a mix of ceremony, sound, ritual, and unity to set the stage for a fresh 2023. There is no better time to focus on yourself. \$35. For more information contact Alicia Clark-Teper at [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com), 734-945-5396, or visit [sacredlotusexperience.com](http://sacredlotusexperience.com).

**Year-End Candle Lighting Service: Kindling Light of Wisdom-Mind with Temple Clergy • December 31 • 8 – 10 p.m.** • An occasion to take stock of one's life and to greet the New Year in contemplation and reflection. Everyone is welcome to come share this beautiful service with us. \$20 donation suggested. For more information contact Zen Buddhist Temple at 734-761-6520, or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Life starts all over again when it gets crisp in the fall.**

—F. Scott Fitzgerald



## CHANNELING

**Remembering Wholeness, Darshan with The Mother with Barbara Brodsky and The Mother • September 18, October 16, November 13, December 11 • 2 – 5 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 all 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. \$10-\$120 suggested for donation. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Evenings with Aaron presented by Barbara Brodsky and Aaron • September 21, October 19, November 16, December 14 • 7 – 9 p.m.** • Evenings with Aaron meets once a month. All are welcome. Aaron often will 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. Deep Spring Center focuses on how we can live with more wisdom and compassion. Our primary work includes meditation and spiritual inquiry. \$10-\$120 suggested for donation. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

## CHILDREN AND YOUNG ADULTS

**Kabbalah for Kids (5th grade and up) with Karen Greenberg, P.T., • Sundays, September 11, October 2, November 6, December 4 and continues to meet monthly • 1 - 3 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. For more information contact Karen Greenberg at 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Winter Festival at Rudolf Steiner School of Ann Arbor • Saturday, December 10 • 9 a.m. – 3 p.m.** • All are invited to celebrate Steiner School's Winter Festival!! Explore the Crystal Cave, have a tasty treat, and enjoy a festive song! With live music, puppet theater, children's activities, crafts, and an artisan market, this event is one for the entire family! Wind a wool jump rope, make a beeswax candle, or take a cakewalk. Little ones will be enchanted by the magic of the children-only gift shop! 2775 Newport Road, Ann Arbor. Free entry and entertainment. Tickets available for crafts. For more information call 734-995-4141 or visit [SteinerSchool.org](http://SteinerSchool.org)



## Fall Programs

All via Zoom  
**Awakening and Living Awake,  
 Events with Spirit, Fall Retreat,  
 Introduction to Deep Spring Center Teachings,  
 Silent Meditation and more**

Join us on our path to living a life of lovingkindness with non-harm to all beings. Experience the wisdom and compassion of Aaron, as channeled by our founder and guiding teacher, Barbara Brodsky.



[DeepSpring.org](http://DeepSpring.org) | [info@deepspring.org](mailto:info@deepspring.org) | 734.477.5848

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

## Eve Wilson Bridge to Wholeness Healing/Ascension Treatments & Classes

Spiritual healings with Eve for adults, children, couples, families, pets. Healing body, emotion, mind, spirit and ascension, past, present and future. Recommended by Doctors, Nurses, Chiropractors and Psychologists.

International Award-Winning Blog: The Weekly Word for Healing & Ascension



**Healing & Ascension Monthlies Class**

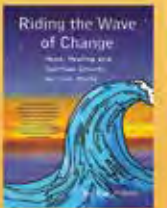
- Learn to live in the new world.
- Help the world heal and ascend.
- Starts 10/13, 7:30-9:30 pm



**Eve Wilson,**  
 UCM Master Healer,  
 Intuitive Aura Reader,  
 Best-Selling Author,  
 Teacher

**Riding the Wave of Change: Hope, Healing and Spiritual Growth for Our World**

Read an excerpt and buy it now! at [EveWilson-RidingtheWave.com](http://EveWilson-RidingtheWave.com) also at Crazy Wisdom Bookstore



\$10 off Treatments With This Ad

Treatments, Award Winning Blog, Book, Classes - [spiritualhealers.com](http://spiritualhealers.com) 734-780-7635

## DEATH AND DYING

**Ann Arbor Death Cafe 10 Year Anniversary Party with Merylynne Rush and Friends • September 17 • 2 - 5 p.m.** • Ann Arbor Death Cafe is celebrating our 10-year anniversary with a party at a home in Dexter. All friends of Death Cafe, significant others, and anyone interested in connecting with like-minded people are welcome. It will be an outdoor potluck. Free but RSVP requested. For more information contact [DianaRuth1226@gmail.com](mailto:DianaRuth1226@gmail.com) or go to the Death Cafe Ann Arbor Facebook page for more info.

**Death Cafe via Zoom with Merylynne Rush and Friends • Third Saturday of the month beginning October 15th • 10:30 a.m. – 12 p.m.** • All are welcome! Join us the third Saturday of each month for a frank discussion on death, dying, and life. Free. Contact [TheDyingYear@gmail.com](mailto:TheDyingYear@gmail.com) or visit [DeathCafe.com](http://DeathCafe.com).

## ENERGY AND HEALING

**Universal Sphere® Certification Practitioner Training with Shellie Powers • September 13 – 14 • 12 - 4 p.m. • October 1 • 10 a.m. – 7 p.m. • November 14 – 15 • 4 - 8 p.m. • December 6 – 8 • 6 – 9 p.m.** • All are welcome. This is an easy to learn energy modality that allows you to immediately connect to the Unified Field, aka the Quantum Field. From there you can work on increasing your frequency/vibration and start attracting higher vibrational solutions into your reality. The Universal Sphere® can stand alone, or be used with other modalities, so whether you are brand new to energy work, or a seasoned professional, this training is for you. \$397. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit [powers365.com](http://powers365.com).

**Qigong Basics with Master Wasentha Young • Thursday, September 15 - December 15 • 11:15 a.m. – 12:15 p.m.** • This class will cover basic physical and mental energetic techniques for self-care. For example: energy cleansing and centering, meditation, muscle relaxing acu-points, and cultivation of chi that will revitalize your sense of well-being. Best of all you develop a toolbox of strategies for self-care! (In-person only - limited to 10 people). \$180. Contact Peaceful Dragon School at [info@peacefuldragonschool.com](mailto:info@peacefuldragonschool.com) or call 734-741-0695.





## ENERGY AND HEALING CONTINUED

**Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg, P.T** • **Sundays, October 16 and 23 • 5:30 - 9:30 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, Archangels, Angels. \$200 for both days. Contact Karen Greenberg at 734-417-9511, krngrnb@gmail.com or visit [clair-ascension.com](http://clair-ascension.com).

**Healing Through the Akashic Records Certification with Shellie Powers • November 5 – 6 • 11 a.m. - 6 p.m. and November 8 – 9 from 12 – 7 p.m.** • Transform your relationship with wounding life experiences to experience the perfection of your soul. Learn the spiritual practice of unconditional self-love, shift from resentment to acceptance, find freedom from limiting patterns. Activate your inner ascension matrix to rise above difficulties and enjoy the radiance of your soul. Our spiritual healing is accomplished through the Records. Learn to apply insights, guidance, and wisdom from the Records to your everyday life. \$500. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit [powers365.com](http://powers365.com).

**Wheels that Drive You: Chakra Healing Meditation for Total Health with Ema Stefanova • December 24 - 25th** • Experience how each wheel of energy called chakra governs specific functions in the body-mind complex, and how to live a healthy and balanced life informed by meditating on the chakras. \$199. For more information contact Ema at [YogaAndMeditation.com](http://YogaAndMeditation.com).

## EXERCISE AND FITNESS

**Beauty Loves Movement with Katie Westgate • September 8 or 22, October 20 or 27, November 3 or 17, or December 1 or 8 • 6 - 7:30 p.m.** • In this fun and unique class you will learn techniques for vibrant, healthy skin through self-massage, Gua Sha and other tools, breath work, facial exercise, meditation and the why's of the importance of these techniques. Bring a yoga mat and yoga attire. Masks will not be worn throughout class. Please come with makeup free clean face. \*Tools will be available for purchase or you may bring your own! Q+A to follow class. Register by 5:00 p.m. day of on website. Class size is limited to seven. \$35. For more information visit [kwestskinbodyspirit.com](http://kwestskinbodyspirit.com) or call 734-436-8991.

## FESTIVALS AND FAIRS

**Sunday in the Park at Ann Arbor Burn's Park: Active Against ALS • September 18 • 2 - 4:30 p.m.** • Family event with games, crafts, food, raffle, a silent auction, and more fun! Free. For more information visit [activeagainstals.org/sunday-in-the-park](http://activeagainstals.org/sunday-in-the-park).

## GARDENING AND ECOSYSTEMS

**Strawbale Studio Learning Tour with Deanne Bednar • November 19, December 3, 4, 10, • 10 a.m. – 12 p.m.** • See the enchanting buildings with thatched and living roofs, plus Earth Oven, Rocket Stoves, and a Rumford Fireplace. On lovely rural land 1 hour north of Detroit. Structures include the Strawbale Studio, Hobbit Sauna, and Middle Earth. Lots of Q & A! \$20. For more information contact Deanne Bednar at 248-496-4088, or [ecoart@gmail.com](mailto:ecoart@gmail.com), or visit [strawbalestudio.org/events](http://strawbalestudio.org/events).

## HEALING

**Healing for the Healer with Rob Meyer-Kukan, Bri Babiera, and Alicia Clark-Teper • October 2 • 9 a.m. - 4:45 p.m.** • Healing for the Healer is a day of free opportunities designed to give back to those who care for others. We want to offer this opportunity to anyone who works in the healthcare system—doctors, nurses, PAs, therapists/social workers, administrators, janitors, and all who work in the healing arts—reiki practitioners, massage therapists, intuitive readers, sound healers. FREE. For more information contact Rob Meyer-Kukan at 248-962-5475, or [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**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](mailto:bdhutton@sbcglobal.net).

## INTUITIVE AND PSYCHIC DEVELOPMENT

**Focused Mind Meditation with John Friedlander • September 4, October 2, November 6, December 4 • 9 a.m. – 12 p.m.** • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. \$15. For more information contact Violeta Viviano at [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com), call 734-476-1513, or visit [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • September 6, October 4, November 1, December 6 • 7 - 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 at [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com), call 734-476-1513, or visit [psychicpsychology.org](http://psychicpsychology.org).

**Fall Intensive 2022 Webinar/Teleconference with John Friedlander • Saturday and Sunday, October 8 and 9 • 10 a.m. - 12 p.m. and 2 - 4 p.m. • Monday October 10 through Friday October 16 • 7 - 9 p.m. • Saturday and Sunday October 17 and 18 • 10 a.m. – 12 p.m. and 2 – 4 p.m.** • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical perspective. Prerequisites: Foundations Level 1 class, CD, or instructor's permission. For more information contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com), or visit [psychicpsychology.org](http://psychicpsychology.org).

## KABBALAH

**Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg, P.T. • Second Wednesday • September through December** • 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, [krngrnb@gmail.com](mailto:krngrnb@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## LOVE AND RELATIONSHIPS

**Kabbalah for Couples with Karen Greenberg, P.T. • Sundays, September 11, October 2, November 6, December 4 and continues to meet monthly • 3 - 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. Two-hour sessions 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 per session. For more information contact Karen Greenberg at 734-417-9511, [krngrnb@gmail.com](mailto:krngrnb@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Creating Your Ideal Mate with Karen Greenberg, P.T., • Sunday, September 18 • 1 - 6 p.m.** • Has it been lonely being in lockdown during the pandemic? Identify your Ideal Mate's qualities (as I did so to manifest my mate of over two decades), learning how to use ceremony, meditation, chanting, movement, fragrances, essences, elixirs, herbs, flowers, colors, shapes, metals, altars with sacred symbols, Archetypal images, and candles. Learn to work to remove blockages, to work through fears and "not deserving" issues, and to trust the Divine Order and Timing! \$150. For more information contact Karen Greenberg at 734-417-9511, [krngrnb@gmail.com](mailto:krngrnb@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## MEDITATION

**White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly on Sundays • September through December • 9:30 - 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 visit [jewelheart.org](http://jewelheart.org), call Jewel Heart at 734-994-3387, or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Zazen and Noon Service with Marta Dabis • September 4, 18, 25, October 2, 16, 23, 30, November 20, 27, December 18 • 11:00 a.m. to 12:30 p.m.** • Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Free, but donations appreciated. Everyone welcome. Contact Marta at (248) 202-3105, [jizzojizen@gmail.com](mailto:jizzojizen@gmail.com) or visit [jissojizen.org](http://jissojizen.org).

ON SEPTEMBER 1, 2022, THE CRAZY WISDOM COMMUNITY JOURNAL WILL BE AVAILABLE ON OUR WEBSITE: [CRAZYWISDOMJOURNAL.COM](http://CRAZYWISDOMJOURNAL.COM).



**Applying Vipassana in Daily Life and Seeing Its Progression Along the Path with Celeste Zygmunt • September 5, October 3, November 7, December 5 • 7:30 - 9:30 p.m.** • This class is designed for those who are dedicated to deepening their experience of the Dharma and moving further along the path. The class content will contain practices and explanations, informed by Celeste's nearly 30 years of Vipassana study and practice under Barbara Brodsky and Aaron. In this class, we will use our increasing focus and spaciousness to deepen our ability in the moment to know our experience. Suggested donation: \$60-\$200. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

**Introductory Zen Meditation Course • September 8, October 13, and November 17 • 6:30 - 8:30 p.m.** • 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. Cost is \$160/ \$120 student. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

**Healing and Compassion Meditations with Hartmut Sagolla • Mondays Weekly, September 5 to December 26 • 12 - 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 jewelheart.org/free-weekly-virtual-programs, call Jewel Heart at 734-994-3387, or email programs@jewelheart.org.

**Introduction to Mindfulness with Donna J. Champine, MD, MA • September 6, 13, 20, and 27 • 7 - 8 p.m.** • Join Donna J. Champine, MD, MA for this four-week course, one hour each week. Attendance at all four weeks is not required, but helpful for both the participants and the instructor. Fee by donation. For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

**Peace Generator at Interfaith Center for Spiritual Growth • September 16, October 21, November 18, December 16 • 7- 9:00 p.m.** • Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Free, but donations gratefully accepted. Visit Interfaithspirit.org for more information.

**Overnight Introductory Meditation Course with Temple Clergy • September 16 - 17, or December 2 - 3 • 7 p.m. Friday evening and overnight at the Temple until noon on Saturday** • Designed for those unable to take the Thursday evening course because of schedule or distance. 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. Cost including accommodation and breakfast. \$160/ \$120 students. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

**Daylong Meditation Retreat with Carol Blotter • September 10, December 3 • 9 a.m. - 4 p.m.** • Join us in nature and in a wonderful center for sitting and walking practice and a talk. Donation. For more information contact Carol Blotter at 734-475-0942, cb.meditate@gmail.com, or visit ChelseaMeditation.com.

**Day of Mindfulness Meditation with Esther Kennedy, OP • September 10, October 15, November 12th, December 12th • 10 a.m. - 2:30 p.m.** • Join our mindfulness community as we deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. \$35.00, with lunch included. Contact Weber Retreat and Conference Center at 517-266-4000, or webercenter@adriandominicans.org.

**Meditation Getaway with Rob Meyer-Kukan • September 11 • 8 a.m. - 6 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. Our day will include a walking meditation, chanting, journaling, breath work, sound, and more. Ample time for sharing and reflection will be provided. \$150.00 (includes lunch). For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

**Awakening Unconditional Love; Grounding Love into the Earth with Barbara Brodsky, Aaron, and John Orr • September 13, September 27, October 11, October 25, November 8, November 22, December 6 • 6 - 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 \$105-\$350. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

**Cultivating Compassion and Wisdom: An Introduction to Deep Spring Center Teachings with Nancy Beckman, Iris Wolfson, and Nina Bohlen • September**

## Where Do We Distribute The Crazy Wisdom Community Journal?

6,000 copies of *The Crazy Wisdom Community Journal* are distributed to more than 235 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, the Zen Temple, Sweetwaters, Pharmacy Solutions, Michigan Union, the Better Health Store, North Campus Commons, U-M, EMU, wee, Arbor Farms, the Center for Sacred Living, Complete Chiropractic, the Lighthouse Center, Jewel Heart, Tsogyelgar, Yoga Space, Michigan Theater, Seva, Clark Pharmacy, and the Weber Center.

We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you'd like us to bring copies of *The CW Community Journal* to your office, studio or center, please call us at 734-665-2757 or email: [bill@crazywisdom.net](mailto:bill@crazywisdom.net).

14, September 28, October 12, October 26, November 9, November 30 • 7 - 9 p.m. • Deep Spring Center teaches meditation and supportive practices to help people realize that they are awake, that their essence is love, and how to live from awakened consciousness. For new students it will focus on meditation and the dharma, combined with a focus on spiritual inquiry. Instruction in beginning Vipassana and Pure Awareness meditation from the Buddhist tradition, but with no religious beliefs. This introduction prepares students to participate in more advanced classes and programs. Suggested donation: \$90-\$300. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Artwork by Logynn Hailey







# The Crazy Wisdom Calendar

## MEDITATION CONTINUED

**Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • September 15, September 29, October 6, October 20, November 3, November 17, December 1, December 15 • 7 - 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 \$120 - \$400. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

**Free Introduction to Mindfulness-Based Stress Reduction with Libby Robinson, Ph.D., MSW • September 17 • Eight-week class from September 24 to November 19 • 2 - 4:30 p.m. Retreat on November 5 • 12 - 4 p.m.** • MBSR, developed by Jon Kabat-Zinn, has been extensively researched and found helpful with stress, pain, depression, anxiety, and chronic unhappiness. It started the current wave of mindfulness-based strategies for coping with many human problems. The class focuses on practicing mindfulness – compassionate awareness of the present moment – in and out of class. Meeting weekly for 2.5 hours for eight weeks, this virtual class includes guided meditations and informal practices, discussions, daily home practice, and a half-day retreat. \$300 (negotiable); SW CE credits available. For more information visit libbyrobinsonmindfulness.com.

**Deep Relaxation: Sound Bath Meditation with Rob Meyer-Kukan • September 23 • 7 - 8:30 p.m.** • Join sound therapist and healer, Rob Meyer-Kukan for this time of sound bath meditation. The sound bath will include a meditation by Thich Nhat Hanh entitled "Deep Relaxation." Thay's words will be intermingled with intentional tones of singing bowls that are intended to deepen the practice. A sound bath, featuring gongs, singing bowls, chimes, and more will conclude the event. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$40.00. For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

**Fall Reset: Yoga, Meditation, and Health with Ema Stefanova • September 24 – 25 •** Yoga is a science of consciousness, personality, and creativity. Experience how it works and how it can help you stay healthy this fall. This two-day seminar will help train your willpower to transform your life. Excellent for every *body*. Weather permitting, we will hold this two-day seminar in the park. \$199. For more information visit yogaandmeditation.com.

**Morning Meditation and Breathwork with Shellie Powers • September through December • See schedule on website.** • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.




**KRASNICK**  
 REGENERATIVE MEDICINE  
 A CENTER FOR ALTERNATIVE PAIN TREATMENT

If conventional pain treatments haven't worked, regenerative medicine could be a good fit for you. Avoid surgery and steroid injections.

**Robert Krasnick, M.D. specializes in:**

- Prolotherapy
- Platelet Rich Plasma ( PRP)
- Bone Marrow concentrate ( cellular therapy )
- Prolozone
- IV Therapies including
  - Myers Cocktail
  - Glutathione
  - NAD+
  - Ozone/UBI



210 Little Lake Drive, Suite 8, Ann Arbor, MI 48103  
 krasnickregen.com | (734) 585-5653



# Empowered by Earthella:



## Ann Arbor's Planet Parade & Action Network

By Megan Sims • Photo by John Donabedian

The moment is burned into my memory: meeting Earthella changed the trajectory of my life.

It was a typically beautiful autumn afternoon in Ann Arbor, and I was happily wandering around the Farmers' Market in Kerrytown, heading toward the People's Food Co-op. Well, I was mostly happy, aside from that sort of nagging feeling rolling around in the dark back corners of my mind—that antsy sense of restlessness about what's happening, (and not happening) with our environment, our climate, our depleting soil, our very soul as one entity—human.... *"What is really happening here?"*

Then, while crossing the street, something caught my eye and tickled my curiosity. It was some kind of art installation on wheels—a whimsical, satirical moving mobile with a wheelchair at its base, an owl at its peak, and a huge "blue marble" Earth beach ball juxtaposed with a huge world globe in a garbage bag that is over-weighted by a money bag. A woman sat in the wheelchair, kind of feeble and huddled over wearing a nature scene-imprinted cape and hood. I was mesmerized, perplexed, and bursting with a joyful belly laugh.

Feeling some intuitive sense of "Yes," and of electric curiosity which indicated that I'm colliding with something special, I asked the tall man pushing the wheelchair, "What are you guys doing?"

"We're with Extinction Rebellion Ann Arbor," said John Donabedian (creator of Earthella). "We're just trying to catch some eyeballs and raise some eyebrows about our planet." Donabedian and I talked about Earthella, the urgency of finding a sustainable balance with nature, and our mutual admiration of performance art. What really struck me was his contagious optimism about the human potential to solve our challenges. From talking with him, I was inspired by a sense of the human spirit's natural inclination to seek the path to equilibrium between people and planet.

Then we talked about Extinction Rebellion (XR), how it began in England and rapidly grew into an international eco-conscious movement known for its creative approach to non-violent protests and "staged disruptions" targeting business-as-usual institutions.

Although the group's name seemed to not be a great use of the Law of Attraction, I was hooked on the energy I felt being in conversation with folks using artistic expressions to make a difference in the world. I took a flyer and made a silent vow to show up to their next event.

That event was a group meditation on the sidewalk in front of Liberty Plaza in December. While meditating on being good stewards of our beautiful planet, my toes and nose froze despite my red snowsuit. But I had finally found a community who felt as passionate as I do about making positive changes, and my heart was warm.

After a few meetings with XRA2, a theme began to emerge. Donabedian and I consistently encouraged a joyful, constructive, affirming approach. The rest of the group wanted positive change and action, but their methods were more confrontational, antagonizing, and just didn't feel as good. They felt more like pushback against the negative rather than standing firm in the positive.

There is not necessarily a right or wrong on this approach; we all must contribute in the ways we feel called to, but in a world rife with fear and opposition, when it comes to addressing the immensity of our challenges and the ensuing anxiety that can leave us feeling paralyzed and powerless, Donabedian and I agreed that creating joyful, unifying experiences that celebrate life on our amazing planet might just be the way to inspire others to stand up and protect our dear Mother Earth, and to move from feeling powerless to being empowered.

So, somewhere out of the ether, Ann Arbor's Planet Parade & Action Network was born. We wanted it to be a monthly event (every first Sunday) so it could gain momentum and build a good reputation as a sure-fire way to invert the negative feelings of eco-anxiety into feelings of positive empowerment. We are taking steps, albeit baby steps, toward a more joyful and sustainable existence on our planet. It's been almost two years, and the snowball is growing! ...a sort of balance for our melting glaciers.

So, what exactly is Ann Arbor's Planet Parade & Action Network? It's part dance party, part lecture hall, part spectacle, and part educational. It's entertaining and it's productive, a community's roundtable and workshop. It's sobering, uplifting, and always big fun with palpable positivity. More specifically, it's a sidewalk parade on Main Street with Earthella leading the way. It's live music from our house-band, Mary & The Huz Band, and other special musical guests. It's an open platform for issues of the day. It's street art / performance art with a poignant purpose, and it's an interesting discussion with a guest speaker addressing important local and global issues. Past speakers include State Representative from the 53<sup>rd</sup> District, Yousef Rabhi, Michelle Deatrack, National Chair of the DNC Council on the Environment and Climate Crisis, mayoral candidate Anne Bannister, Ann Arbor for Public Power President Greg Woodring, A2P2's own Lauren Sargeant, and representatives from the anti-war/pro-eco/pro-female international organization Code Pink. In closing, we circle up for inspiration to feed our more spiritual sides and to nourish our hearts and minds so we may continue to keep walking, moving forward on a positive path.

Eco-activist Linda Wan said, "I look forward to the Planet Parade every month. It recharges my spirit. Music, dance, art, education, and calls to action—all of these things, in equal measure. The serious parts help me to be a better advocate for action on the climate crisis. The fun parts are just plain joyful and remind me why this life and planet are worth agitating for."

At this hour in our world, experiencing community, taking a stand for what matters to us, experiencing joy, having fun, and recharging our spirit can definitely help us overcome the weightiness of our times. Gathering monthly helps us recognize and realize our collective power to make the change and find hope for a brighter tomorrow. Please feel warmly invited to join us every first Sunday. We welcome your questions, stories, viewpoint, concerns, and creative endeavors. So come as you are, come as you can, do you, and help lift and be lifted by the power of pure positivity!

---

*Every first Sunday of the month the Ann Arbor's Planet Parade & Action Network event begins at 2:30 p.m. at the Sculpture Plaza near People's Food Co-op (Fourth & Catherine Street). The parade steps off at 3:00 p.m., and returns to Sculpture Plaza before 4:00 p.m. for the second half of the event which finishes around 5:00 p.m. For questions or for more information email [a2planetparade@gmail.com](mailto:a2planetparade@gmail.com).*

*John Donabedian contributed to the writing of this article.*



## MEDITATION CONTINUED

**Master Meditation with Ema Stefanova • Tuesdays, September through December • 6:50 p.m.** • Understand what types of meditation work best for you, and experience practicing a variety of techniques from the classical yoga and tantra traditions. Each student will get help in developing a successful home practice to suit their individual needs/goals; excellent text and audio are available for further study. For more information visit [yogaandmeditation.com](http://yogaandmeditation.com).

**Developing Patience and Compassion with Erica Dutton • Sundays, October 2 – October 30 • 5:30 - 7 p.m.** • This five-week class will offer teachings, meditation sittings, and an opportunity to share what you have learned. You can have an established practice or be new to meditation. Erica will take time in the class to teach Reflective Meditation, an open, gentle, receptive practice for those who are interested in learning this insight practice. Suggested donation- \$125 - \$200. For more information contact Erica Dutton at [eld0306@yahoo.com](mailto:eld0306@yahoo.com) or visit [ericadutton.com](http://ericadutton.com).

**Meditation Made Easy with Ema Stefanova • October 8 - 9** • Beginners and all level students are welcome to join. You will learn how to successfully meditate, keep meditation practice interesting and fresh, and benefit from it in no time. \$199. For more information visit [yogaandmeditation.com](http://yogaandmeditation.com).

**Sound Bath Meditation and Gallery Reading with Rob Meyer-Kukan and Marcy McCourt • October 14 • 7 - 8:30 p.m.** • Join sound therapist, Rob Meyer-Kukan and Intuitive Healer, Marcy McCourt 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 at your request, Marcy will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, Elementals, and Animal Guides. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$50.00 For more information contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Introduction to Mindfulness Meditation with Biha Birman-Rivlin and Ken Morley • October 17, 24, 31, November 7, 14, 21 • 10:30 a.m. – 12:00 p.m.** • Offered through Washtenaw Community College. Mindfulness is a gateway to lasting personal transformation. Learn about mindfulness and concentration in a kind and supportive environment, as you take the first steps toward establishing your own meditation practice. There will be a strong emphasis on cultivating an open heart as a support to experiencing the full benefits of mindfulness. All are welcome. Suitable for beginners and anyone seeking a refresher. \$65. For more information visit Contact Bilha Birman-Rivlin at [ybrivlin@att.net](mailto:ybrivlin@att.net), or call 734-330-9376.

**Candlelight Labyrinth Walk with Rob Meyer-Kukan • October 28 • 6 p.m.** • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, Dexter, Michigan for a candlelight labyrinth walk. Fee by donation. For more information contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Growing: Sound Bath Meditation with Rob Meyer-Kukan • November 11 • 7 - 8:30 p.m.** • Soothing sounds of singing bowls, gongs, and more combine with the insightful and thought-provoking words of modern poetic master, Yung Pueblo in this unique event pairing the spoken word with sound. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$40.00. For more information contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Meditation Getaway: One Day Meditation Retreat with Rob Meyer-Kukan • November 11 • 8 a.m. - 6 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 chanting, journaling, breath work, sound, and more. Ample time for sharing and reflection will be provided. \$150.00 (includes lunch). For more information contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Re-Discover the Present Moment with Rita Benn and Kristin Ervin • November 12 • 9 a.m. -12:30 p.m.** • We invite you to let go of the busyness of the fall season and relax into the discovery of present moment experience. Through seamless guided meditation practice, you will have opportunity to connect to a deep place of stillness and explore your interior landscape in a way that nourishes your body, heart, and mind. You will come away from this retreat with a renewed sense of kinship with yourself and our shared humanity. \$40.00. For more information contact [info@mc4me.org](mailto:info@mc4me.org), or visit [mc4me.org](http://mc4me.org).

**Cloud Never Dies - Remembering Thich Nhat Hanh with Esther Kennedy, OP • December 3 • 10 a.m. - 3:30 p.m.** • This day will include story, meditation, imagination, and a big dose of joy and gratitude. We will breathe and smile our way through the day in the companionship of one another. Free. Contact Weber Retreat and Conference Center at 517-266-4000, or [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).

**Winter Solstice Celebration with Esther Kennedy, OP • December 18 • 3:30 - 4:30 p.m.** • In the darkening days of winter for us in the northern hemisphere, Earth comes into stillness. Life stirring hidden from our eyes. A time for inner growth and the planting of seeds to enrich the world come spring. Invite a friend, bring a song, a poem, a story, a treat to share. Come join in this celebration as the sun takes its shortest trip across the sky. Free but registration is requested. Free. Contact Weber Retreat and Conference Center at 517-266-4000, or [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).



**JOHN FRIEDLANDER** trained with Lewis Bostwick at the Berkeley Psychic Institute in California. He published his fourth book, *Recentering Seth* in mid-February.



**GLORIA HEMSHER** was naturally intuitive as a child and grew up with a clairvoyant mother in a family environment where psychic awareness was the norm.

John and Gloria are co-teachers and frequent writing partners who've recently started a YouTube channel hosting free classes. Join them on Facebook @ John Friedlander and Gloria Hemsher Psychic Development or learn more online at [Psychicpsychology.org](http://Psychicpsychology.org).






**Sunday Public Meditation Service with Temple Clergy • Sunday • 10 - 11:30 a.m. and 4 - 5:30 p.m.** • Join us in person or by live stream for group meditation practice and a dharma talk. Live stream at <https://bit.ly/a2zenyoutube>. By donation. For more information contact Zen Buddhist Temple at 734-761-6520, or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Weekly Silent Meditation Practice with Celeste Zygmunt • Weekly Sunday • 11 a.m. – 12 p.m. and 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. Donation. For more information contact 734-477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**One-Day Meditation and Yoga Retreat in Chinese with Master Zhong Hai (Winnie) • 1st Sunday of each month • 10 a.m. to 6 p.m.** • Half-day participants are welcomed. This unique one-day meditation retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit [TripleCraneRetreat.org](http://TripleCraneRetreat.org). For questions email [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org).


**One-Day Meditation and Yoga Retreat in English with Master Zhong Hai (Winnie) or Kamakshi (Betty) Eller • 2nd and 4th Sunday of each month • 10 a.m. – 6 p.m.** • Half-day participants are welcomed. This unique one-Day Meditation Retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit [TripleCraneRetreat.org](http://TripleCraneRetreat.org). For questions email [Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org).



I would rather sit on a pumpkin and have it all to myself, than be crowded on a velvet cushion.  
– Henry David Thoreau

**Lenawee County's  
LARGEST  
Crystal & Rock Shop!**


**Offering Aura Photography Sessions**




**DNA Sales 2100  
Metaphysical & Natural Store**

406 North Pearl Street  
Tecumseh, MI 49286

517-605-9720  
517-424-2903

 [DNAsales2100.com](http://DNAsales2100.com)  
 [ann@dnasales2100.com](mailto:ann@dnasales2100.com)  
 DNA Sales 2100  
 [instagram.com/dnasales2100](https://www.instagram.com/dnasales2100)



## MOVEMENT AND DANCE

**First Friday Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman and Drake Moses Meadow • First Fridays, September - December • 7 – 9 p.m.** • Circle dances and meditations with sacred words from the world's religions presented on Zoom or in person, when safe to do so. Free online. \$5 in person. For more information contact Judy Lee Nur-un-nisa Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net), or 419-475-6535, or visit [sites.google.com/view/a2-toledodup/home](https://sites.google.com/view/a2-toledodup/home).

**Brain, Body, Balance - A 30-minute Introduction for All Ages with Tammy Renner • Thursday, September 1 • 1:30 p.m. • Tuesday, September 6 • 6:30 p.m. • Wednesday, September 7th - 1:30 p.m or 6:45 p.m. • Thursday, September 8 • 1:30 p.m.** • Brain Body Balance may bring you calm; increase brain power, reading, writing, and math skills; better balance; and/or personal empowerment. Many who are exercise intolerant find they are able to participate in Brain Body Balance. Tammy created Brain Body Balance to allow you to gain simple, gentle, and easy skills that will hopefully make a big difference in your life, as they have hers. Free Introduction, ongoing class has a sliding scale fee. For more information contact Tammy Renner at 734-330-6479 or visit [tammyrenner.wixsite.com/tammyrenner/about-5](https://tammyrenner.wixsite.com/tammyrenner/about-5).

## MUSIC, SOUND, AND VOICE

**Play the Piano with Joy, Read Music with Ease, Taught by Tammy Renner • September 1 • 6:15 - 7 p.m.; September 6 • 2:45 - 3:30 p.m.; September 7 • 2:45 - 3:30 p.m.; September 8 • 6:15 - 7 p.m.** • The Snowman's Dream Piano Method emphasizes learning the location of the five most used C's on the piano and their placement on the music staves. All other notes are read and played in relation to

the C's. Thus, the emphasis is on learning the patterns of how notes relate to each other, instead of memorizing note-names. Tammy Teaches group and private piano lessons with the Snowman's Dream. Free introduction session. For more information contact Tammy Renner at 734-330-6479 or visit <https://tammyrenner.wixsite.com/tammyrenner/music-lessons>

**Singing for Comfort at Interfaith Center for Spiritual Growth • Second Thursdays, September through December • 7 - 8:30 p.m.** • Raising our voices in song for comfort and peace. Free, but donations gratefully accepted. For more information visit [Interfaithspirit.org](http://Interfaithspirit.org)

**PATH (Scott McWhinney and band) via Zoom with Interfaith Center for Spiritual Growth • September 10 • 7 – 9 p.m.** • Songwriter and guitarist Chris Hedly joins Tim Prosser on mandolin and Scott McWhinney on harmonicas for sweet vocal harmonies, handcrafted rhythms and upbeat musical fun. \$10. For more information visit [Interfaithspirit.org](http://Interfaithspirit.org).

**Sound and Art with Rob Meyer-Kukan • September 17 • 7 - 8:30 p.m.** • Come and join Whitepine Studios and Seven Notes Natural Health for our fourth collaboration, as we listen to the melodic sounds of the singing bowls while painting a beautiful coneflower composition in watercolor. These perennials are valued for their medicinal properties and widely used as herbal remedies. They are often associated with strength and healing. \$35. For more information contact Rob Meyer-Kukan at 248-962-5475 or [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Katie Geddes and friends at Interfaith Center for Spiritual Growth • October 8 • 7 - 9 p.m.** • Katie sings traditional and contemporary folk, country-folk, and folk-pop tunes. \$10 per ticket. For more information visit [interfaithspirit.org](http://interfaithspirit.org)

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks, and events are listed in this Calendar, please look in the section that follows the Calendar, which is called “Teachers, Lecturers, Workshop Leaders, and The Centers” and which starts on page 116.



## MUSIC, SOUND, AND VOICE CONTINUED

**Cacao + Sound with Rob Meyer-Kukan and Alicia Clark-Teper • November 1 • 7 – 9 p.m.** • Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark-Teper of Sacred Lotus Experience for a heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, over 40 different instruments (singing bowls, gongs, therapeutic harp, shruti box, and more), Alicia and Rob will create an experience that will immerse you in peace and tranquility. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow,). A limited supply of yoga blankets will be provided. Current COVID safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$50. For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com or visit 7notesnaturalhealth.com.

**Cafe 704 with Jean Wilson and Friends at Interfaith Center for Spiritual Growth • November 12 • 7 - 9 p.m.** • Jazz standards swung and sung in grand style! \$10. For more information visit Interfaithspirit.org.

**Don Oscar Santillan via Zoom at Interfaith Center for Spiritual Growth • November 19 • 7 - 9 p.m.** • Don Oscar is a 7th generation sound healer and teacher of traditional Andean wisdom from the Otavalo Kichwa Nation in Ecuador. \$10. For more information visit Interfaithspirit.org.

**Cafe 704 at Interfaith Center for Spiritual Growth • December 10 • 7 - 9 p.m.** • Artist to be arranged. \$10. For more information visit Interfaithspirit.org.

## NUTRITION AND FOOD MEDICINE

**Cacao Journey with Alicia Clark-Teper • Every third Monday, September through December • 7 – 9 p.m.** • A Cacao Journey held by Alicia. The plant medicine of Cacao connects us with our hearts, our ancestors and Momma Gaia. We talk about the upcoming energies of the month, give thanks to our ancestors, connect to our hearts and flow with the bliss molecule Anandamide which is naturally found in Cacao. With every cup of ceremonial Cacao we replenish our cup with bliss, joy and compassion. \$35. Contact Alicia Clark-Teper at 734-945-5396, or clarkteper@yahoo.com, or visit sacredlotusexperience.com.

## PERSONAL GROWTH

**Temple Stay, Visitor's Program and Residential Opportunities with Temple Priests • Ongoing** • Tailored to individual needs, the visitor's program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue a spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. \$60 per night, \$250 per week, or \$650 per month. Contact Zen Buddhist Temple at 734-761-6520 or visit annarborzentemple@gmail.org.

**The Powers Of... Mini-Workshop Series with Shellie Powers • Every Tuesday night starting in September • 6 - 7:30 p.m.** • This mini-workshop series will vary week to week but is always all about the powers of... you! A few topics may be just one sitting, while others may be consecutive weeks. The

schedule of topics will be posted in advance on the website, and include manifesting, chakras, and positivity, to name a few. Bring yourself and a friend or two. Register early, as seating is limited. All welcome. \$25/week. Contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

## PROSPERITY AND ABUNDANCE

**Abundance and Prosperity with Karen Greenberg, P.T. • Sundays October 2 and 9 • 6:30 - 9:30 p.m.** • Identify and work through limiting beliefs, lack mentality, scarcity fears, low-vibrational emotions of shame and guilt, feelings of unworthiness, self-sabotage, procrastination, and imbalances of giving and receiving that have contributed to your current state of affairs regarding cash flow, money management, and prosperity (your birthright). Define your dreams, set attainable goals, employ visualizations, affirmations, tithing, essential oils, the law of attraction, spiritual beings can do the rest! \$99 for both days. Contact Karen at 734-417-9511 or krngnrbg@gmail.com or visit clair-ascension.com.

## REIKI

**Shoden Level I Reiki Certification with Courtney Fitzpatrick • September 10 • 1 – 6 p.m. and September 11 • 9 a.m. – 4 p.m.** • Courtney Fitzpatrick, owner of Verapose Yoga and Meditation House and longtime Reiki Practitioner/Master will be leading the life-changing Shoden Reiki Level I certification. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. This workshop will be held over the course of one weekend, with an option to continue practicing and gathering as a community. Space is limited. \$235. For more information contact Courtney at 734-726-0086 or courtney@veraposeyoga.com, or visit veraposeyoga.com.

**First Degree Reiki Class with Suzy Wienckowski • Saturday October 8 • 10 a.m. – 5 p.m. and Sunday October 9 • 10 a.m. – 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. Contact Suzy Wienckowski at 734-476-7958, or suzyreiki@aol.com.

CLIMB THE MOUNTAINS AND  
GET THEIR GOOD TIDINGS.  
NATURE'S PEACE WILL FLOW  
INTO YOU AS SUNSHINE FLOWS  
INTO TREES. THE WINDS WILL  
BLOW THEIR OWN FRESHNESS  
INTO YOU, AND THE STORMS  
THEIR ENERGY, WHILE CARES  
WILL DROP AWAY FROM YOU  
LIKE THE LEAVES OF AUTUMN.

—JOHN MUIR



## RETREATS

**Fellowship with Yogacharya: Road to the Future with Song of the Morning Community • September 2 - 4** • During this special retreat, we celebrate the birthday of Yogacharya, Enjoy a weekend full of fellowship with spiritually minded souls, including delicious vegetarian meals, nature immersions, shared Yogacharya stories and visions for the future. Last but not least the retreat will hold our annual Golden Lotus Film Festival! You are invited to submit short spiritually themed video's which will be voted on and the winner will be given the artistically designed Oliver Award for Film Excellence! Complimentary with variable pricing for accommodations. For more information contact 989-983-4107, or office@songofthemorning.org, or visit songofthemorning.org.



Call Beth for a free consultation  
(734)994-8010

**DRUG FREE PAIN RELIEF**

**WHOLE BODY HEALING IN THE PALM OF YOUR HAND**

**AVACEN HEAT THERAPY**

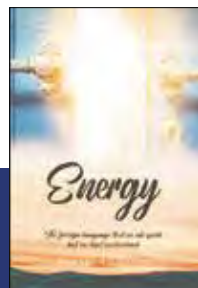



[www.indigoforest.com](http://www.indigoforest.com)


**Energy: The foreign language we all speak but don't understand**

A book that takes the reader on a journey of life, getting lost in challenges and pain and finding their way out filled with joy and love. As I open the door to my spiritual closet, I invite you to read these pages with the eyes of your soul. I offer you the chance to look at life with a new perspective. Each day we navigate our daily life by using our intellect, but if we dig deeper we can complement this with our intuition. To learn the language of the soul we can find our human connection with one another, nature, the animal world as well as the Universe. This will enable each one of us to learn to speak a language that will improve compassionate action, improve the health and wellbeing of our physical body as well as grow stronger in our intuition.

*Follow your soul, it knows the way*

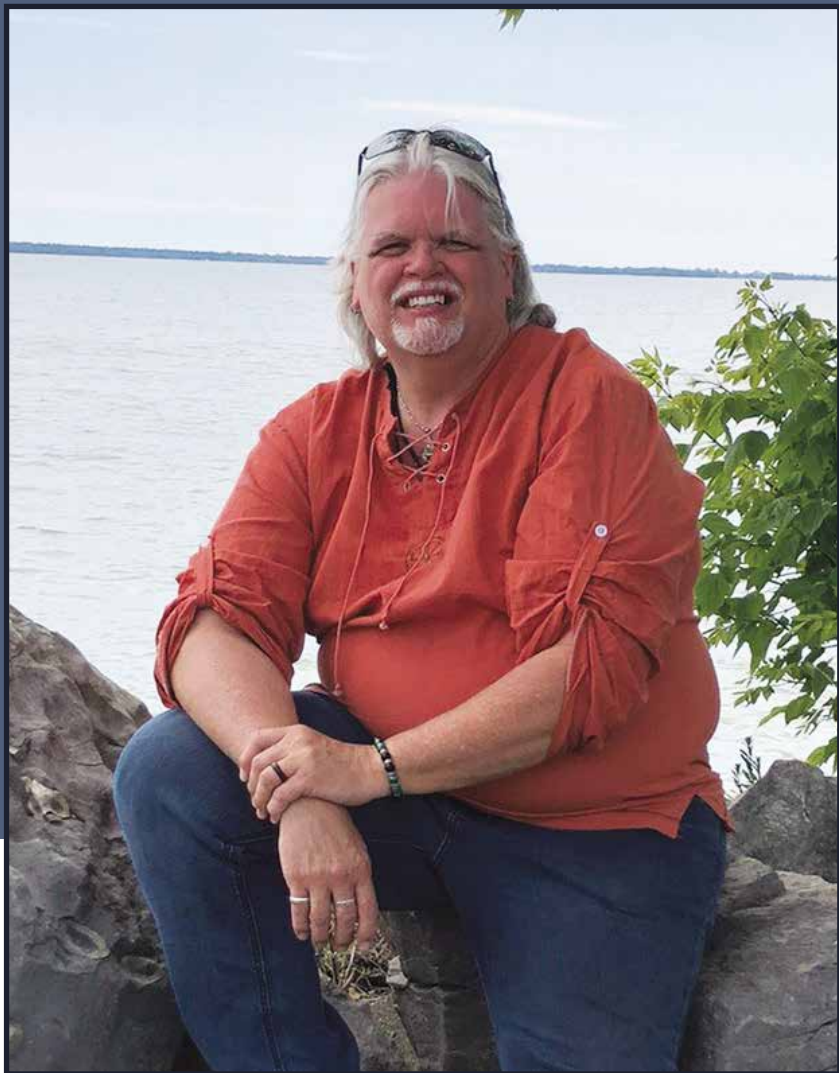



Local Author  
Bobbie Kowalski



Purchase at <https://amzn.to/3sX2eCr>  
Paperback \$15 and also available for Kindle  
Facebook: @Energybybobbiekowalski  
Bobbiekowalski@gmail.com





**LOREN GRIFFIN** is an integrated holistic practitioner, wedding officiant, musician, and sound healer, serving as an energy conduit assisting in personal healing. He provides heart and mind coherence meditation and one-on-one mentoring. To learn more, email Lorin at [integratedlifecircle@gmail.com](mailto:integratedlifecircle@gmail.com). You can find events with Loren at Evenstar's Chalice in Ypsilanti, or Center Peace in the Farmington Hills area.

**SW Lake Michigan Three-Day Holistic Yoga and Meditation Retreat with Ema Stefanova • September 9 - 11; October 14 - 16; November 4 - 6.** • Our small group retreats are for total beginners, and pros who would like to experience classical yoga and meditation as a way of life, healing, and growth, and develop and refine their practice in an environment dedicated to peace. The Vivekananda Retreat Center has provided home for our retreats since 1991. It is located on 110 acres of beautiful non-farming land minutes away from Lake Michigan beaches. Lodging (some private and double occupancy rooms with shared bathrooms), vegetarian meals, expertly guided group classes are included in the cost. Register early to save. RYT200 and RYT500 teachers earn CE hours with the Yoga Alliance. The retreats also count toward RYT200 and RYT300 Teacher Training Certification through the Ann Arbor Yoga and Meditation School. \$479. Contact Ema at 734-665-7801, or [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com), or visit [YogaAndMeditation.com](http://YogaAndMeditation.com).

**Silent Half-Day Sittings with Marta Dabis • September 11, October 9, November 13, December 11 • 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. Can come for any portion of the program. FREE. For more information contact Marta at 248-202-3102, [jissojizen@gmail.com](mailto:jissojizen@gmail.com), or visit [jissojizen.org](http://jissojizen.org).

**Self-Realization Fellowship Regional Retreat with Self-Realization Fellowship Sisters Preeti and Ranjana • September 30 - October 2** • We are honored to welcome Sisters Preeti and Ranjana to Song of the Morning this fall when they will spend time with our community and offer a Self-Realization Fellowship Regional Retreat. The retreat will be open to all SRF lessons students and SRF Kriyabans. We hope you will join us! \$108 plus accommodations. Contact Song of the Morning Yoga Retreat at 989-983-4107, [office@songofthemorning.org](mailto:office@songofthemorning.org), or visit [songofthemorning.org](http://songofthemorning.org).

**Autumnal Paramahansa Yogananda Retreat at Golden Lotus School of Yoga Teachers • October 7 - 9 • 5 p.m.** • Immerse yourself in the sacred essence of yoga as taught by Paramahansa Yogananda; renowned avatar, author of one of the world's most acclaimed spiritual classics "Autobiography of a Yogi." It will include gentle hatha yoga classes, traditional Song of the Morning meditations, devotional kirtan, self-reflective workshops, nature immersions within our 800 acres of consecrated forest along the Pigeon River, and many other opportunities to calm the mind, open the heart and nourish the soul so that we may live victoriously in harmony with all. \$108 plus accommodations. Contact [office@songofthemorning.org](mailto:office@songofthemorning.org), or 734-983-4107, or visit [songofthemorning.org](http://songofthemorning.org).

**Private Directed Retreats with Joan Delaplaine, Janene Ternes, Trudy McSorley, Joan Ebbitt, and Esther Kennedy • Monday, October 10 • 2 p.m. through Friday, October 14** • Step away from your busy days and retreat to Weber Center. Walk our labyrinth and outdoor garden, enjoy the quiet of the INAI gallery space, and find time to explore the spiritual questions of your heart. This retreat is for those looking for solitude and guidance. It offers time and space for prayer, quiet reflection and participation in campus liturgies (if Covid protocols allow). Each participant meets daily with a spiritual director of his or her choice. Commuter \$260. Double Occupancy \$325. Single occupancy \$425. This includes meals. Contact The Weber Center at 517-266-4000, or visit [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).

**Private Directed Retreat with Janene Ternes • October 10 - 14** • Experience the serenity and clarity that comes from listening to God's Spirit within you. This retreat will provide time and space for solitude, personal prayer, quiet reflection and daily spiritual direction. \$475. For more information contact Janene Ternes at 734-347-2422, [PrayerInMotionLLC@gmail.com](mailto:PrayerInMotionLLC@gmail.com), or visit [prayer-in-motion.com](http://prayer-in-motion.com).

**Yongmaeng Jeongjin (Intensive Retreat) with Temple Clergy • October 12 - 16** • Yongmaeng Jeongjin, which means 'Fearless Practice', is a period to free oneself from all worldly ties and absorb oneself completely in meditation. It provides a wonderful opportunity for discovering wisdom mind and developing a compassionate heart. It is usually reserved for those members with a serious meditation practice. Minimum attendance is two days. For more information contact Zen Buddhist Temple at 734-761-6520 or [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

*Stay Informed!* **SUBSCRIBE TO OUR NEWSLETTERS**

Receive our Weekly E-newsletter which features information about new books, audio books, tarot, and more!

Get emails when the latest issues of the CW Biweekly magazine and The Crazy Wisdom Community Journal are available.

Name


Email Address

to subscribe: scan the QR code, [click here](#), or visit [crazywisdom.net](http://crazywisdom.net)

scan QR code 

You will also receive occasional emails, through us, from organizations, centers, and groups that sponsor the kinds of events, classes, and programs that you care about.

*We will never sell or share your information!*


 **Heart to Heart Shamanic Healing**

Harmony of Spirit for Life

*Judy Liu Ramsey*  
Practitioner

- \*Shamanic healing for people & animals
- \*Support for life changes, loss & grief
- \*Support for healing trauma & PTSD
- \*Classes in shamanic practice
- \*Ceremony for clearing, healing, bonding

For information or appointment, contact: [info@judyramsey.net](mailto:info@judyramsey.net)  
website <https://JudyRamsey.net>





# Compassionate Depossession and Curse Unraveling

By Judy Ramsey

Over the years, whenever something began showing up in my work with clients, I always looked for more information to address the issue in a knowledgeable, grounded way. That's how I got into animal communication; that's also what brought me to Betsy Bergstrom, a shamanic expert who has developed unique training in curse unraveling and compassionate depossession. A part of the training includes psychopomp, psycho from the Greek for "spirit" and pomp meaning "to accompany." Basically, helping a person or animal to prepare for the transition to have a good death and a good crossing over.

I learned how to approach these topics in a sensitive, compassionate way, having a deep and grounded presence with the process. I am honored to take this safe and sacred work to the community and to provide these services to those who ask for them.

Shamanism addresses the spiritual aspects of healing. From a shamanic point of view, there are only three causes for illness: loss of power, loss of soul essence, and spiritual blockages or energies not to the highest good of a person. Chronic conditions such as depression, chronic illness, PTSD, addictions, or immune deficiency can all be indications of power or soul loss due to emotional or physical trauma. When a person (or animal) has power or soul loss, they are vulnerable to taking on energy from negative thought forms that don't have a spirit of their own or from opportunistic beings who do have a spirit of their own.

## CURSES

Our words carry so much power, for good or bad. We can affect someone strongly through the words we use. Negative words, thoughts, and actions have energy. When they are directed to a person, group, or even to the land (such as construction or pollution on sacred places or burial grounds), they are called intrusions. A shamanic practitioner extracts those thought forms and their energy safely to help the person's spirit become stronger for healing itself.

In olden times, people waged psychic warfare with curses, and they were taken very seriously. All of us can trace our lineage back to a culture that used curses this way. People went to someone who specialized in making curses and paid them to bind that curse strongly, sometimes affecting generations.

---

**Usually, a curse's strength will dissipate with time, especially if the person doing it or asking for it has passed on or made the curse unintentionally or incidentally.**

---

Usually, a curse's strength will dissipate with time, especially if the person doing it or asking for it has passed on or made the curse unintentionally or incidentally. What a person puts out to the universe returns to them, so it never ends well, even for the perpetrator.

When the energy of a negative thought form is directed to harm a person, it is a curse. Basically, if you are a human being, you've been cursed. It seems to be a part of the human condition. Curses can be intentional and professionally done, or unintentional, haphazard, and unstable. They can be something that happened in another lifetime, or pass through many generations, affecting a person's current circumstances. A person might find themselves with a chronic illness, a series of unfortunate events, addiction, or obsessive behavior.

The practitioner conducts a series of shamanic journeys to 'diagnose' the curse, and to determine its origins, and what is giving the curse its strength. With the help of a spirit ally, the practitioner then unravels the curse and brings in blessing and healing for the client, their family, and, if needed, for their ancestors and descendants or their other lifetimes that were affected. It is a very freeing process after which the client may feel light and expansive.

When I experienced curse unraveling for the first time, my practitioner and I were able to remove and heal a curse put on my husband's family from a blood feud in the 1800's—a kind of Romeo/Juliet scenario. We were able to heal the past as well as future generations of relationships.

The process is almost anti-climactic, without a lot of drama—disappointing to those who have been fascinated by science fiction or cinematic accounts of curses. It is, however, a very practical and grounded process, leaving the client feeling more energetic.

---

**With the help of a spirit ally, the practitioner then unravels the curse and brings in blessing and healing for the client, their family, and, if needed, for their ancestors and descendants or their other lifetimes that were affected.**

---

## POSSESSIONS

When a person's physical, mental and/or spiritual state is weak, they are vulnerable to opportunistic beings who have a soul of their own. Again, it seems to be part of the human condition—if you are human, you probably have a possession of some kind. The possessing being may even have joined a person in a different lifetime or stayed through generations, having attached to a vulnerable ancestor who may have been in war, natural disaster, or severe illness.

Frequently, the host person may be lackluster, having no enthusiasm for life, or have the opposite—extreme mood swings and a reactive nature. The person may not have energy to do the activities of daily life, lack concentration and focus, and be easily distracted.

The most important thing I learned from Betsy Bergstrom was that possessing beings are mostly suffering beings who are confused, lost, and trapped in places they never realized would become traps for them. It might even be a deceased relative who meant to take care of someone for a while and then couldn't leave on their own.

---

**When a person's physical, mental and/or spiritual state is weak, they are vulnerable to opportunistic beings who have a soul of their own.**

---

The shamanic practitioner can remove the suffering being with the help of compassionate spirits and allies. When doing compassionate depossession, I have two clients—the person who came to me and the being inhabiting them. As a practitioner, my goal is to completely untangle the two, to establish sovereignty for both, and to help each of them get to a safe place through heart-centered dialogue and work with compassionate helping spirits for as many generations or lifetimes as were affected. The healing is amazing, and the person feels more joyful without the heavy energy they've been carrying.

When I found myself being constantly cranky, which is not like me, my practitioner found that I was possessed by the spirit of a toddler who fell overboard from a Chinese junk [ship] centuries ago. When her spirit left her body, she was confused and didn't know what to do. The most familiar energy that she was drawn to was in the boat—her family, one of my ancestors—so she attached herself and, centuries later, was still in my energy field. She left gratefully in the arms of angels who took her to her family, now long gone.

Our ancestors knew of curses and possessions and lived with their reality. They knew that the wise woman or man of a village, the medicine woman of a tribe, or the shaman of a community could help them. Over centuries, people with the skills for unraveling curses and helping with depossession, and in fact, the possessing spirits themselves, were demonized by religions who wanted to be the only source that a person looked to for help. In the present time, we still feel uncomfortable talking about these subjects because of the drama surrounding them historically, and the threats and sanctions over centuries, not to mention the dramatic portrayals of possession from films and science fiction horror stories.

What if there was no drama but only compassionate, thoughtful healing? What if these unravelings and depossessions could be done gently and lovingly? Betsy Bergstrom has figured this out, and I am honored to be able to offer it to you. It is a safe and gentle process, and I will support you through the entire procedure.

*To ask for more information, determine if you are eligible for this service, or to schedule a session, contact Judy Ramsey at [info@judyramsey.net](mailto:info@judyramsey.net).*





# The Crazy Wisdom Calendar

## RETREATS CONTINUED

**One-Day Zen Meditation Retreat with Temple Clergy • October 13 and November 26 • 9 a.m. – 5 p.m.** • This retreat offers sitting and walking meditation, simple manual work, a delicious vegetarian lunch, and rest – an interval of deepening, of slowing down, silence, and mindfulness. \$60, includes lunch. For more information contact Zen Buddhist Temple at 734-761-6520 or annarborzentemple@gmail.com.

**In Person Retreat with Lou Weir • October 14 - 16** • The theme of this retreat is presence. Being present in each moment as a doorway to the spacious awareness that is us. The retreat will be a combination of silent sittings and led sittings with some time for questions and personal exploration. It is aimed at experienced meditators, but beginners may join with permission of the teacher. Donation based sliding scale. Contact Insight Meditation in Ann Arbor for more information or visit insightmeditationannarbor.org/retreats.

**Guided Personal Retreat with Song of the Morning Yoga Retreat's staff, Clear Light Community, and Friends • October 21 - 23** • The Song of the Morning Yoga Retreat community invites you to join us for an uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. This guided personal retreat offers a greater sense of community and support, so that you might get the most out of your retreat experience. Complimentary plus accommodations. For more information contact Song of the Morning at 989-983-4107.

**Vipassana retreat via Zoom with Barbara Brodsky, Aaron, and John Orr • October 29 - November 5** • More information to come. This popular yearly retreat has moved online using Zoom. Being with spiritual community is especially helpful during these times and you are invited to join us for an in depth week of dharma. \$200 - \$800. Contact 734-477-5848, or om@deepspring.org, or visit deepspring.org.



**In October any wonderful unexpected thing might be possible.**

**– Elizabeth George Speare**

**The New Cosmic Story and the Meaning of Faith with John Haught • November 5 • 9:30 a.m. - 3:30 p.m.** • This program seeks to understand religious faith in the context of our new scientific story of the universe. The arrival of religious faith is one of the most intriguing developments not only in human but also in cosmic history. Yet, the significance of religious, and especially Christian faith, for our understanding of the universe and vice-versa remains largely unexplored. Participants are encouraged, though not required, to read John F. Haught's *The Cosmic Vision of Teilhard de Chardin* and/or *God After Einstein* (Yale University Press). \$45. For more information contact The Weber Center at 517-266-4000 or visit webercenter@adriandominicans.org.

**Advent Retreat with Marty Lott, OP • Sunday, December 4 - 8** • "I heard the bells on Christmas day, their old familiar carols play..." We hear these "old familiar carols" earlier each year, not just on Christmas Day, in renditions both sublime and ridiculous. Yet, there is no other holyday/holiday in which music holds such significant role as it does at Christmas; it could be argued, that no other art conjures up such vivid memories and strong feelings as the songs and carols of Christmas. Moreover, these "old familiar carols," when pondered, can help the soul feel it's worth and capture the great gift of the season. During this Advent retreat we will examine the spiritual meaning of some of these "old familiar carols." Double occupancy \$325. Single occupancy \$425. Commuter \$160.00. Contact The Weber Center at 517-266-4000, or visit webercenter@adriandominicans.org.



Artwork by Sally Wetzel

**Five-Day Yoga Vacation on Isla Mujeres, Mexico with Ema Stefanova • December 7 - 11 or December 14 - 18** • Take a sacred pause before you enter 2023. My intention with this very special offering is to hold healing space for all who will come to enjoy true yoga and meditation at the ocean on Isla, the Island of the Women, rest, reconnect, and rejuvenate together in order to re-enter the daily human experience more awakened and in tune with your soul. I would be honored to have you join me. \$1,250-\$1,450. For more information contact Ema at 734-665-7801 or visit YogaAndMeditation.com.

**Living Heart Retreat Sanctuary with Ellen Livingston** • We offer unique, customized individual and small-group (up to four) healing retreats in SW Florida by the ocean. At the core of our offerings at Living Heart Sanctuary are tools to cleanse your body and raise your natural frequency and health, such as a natural raw vegan menu, opportunities for communion with nature, and mindset upgrades. The Sanctuary is embedded in our home, and is a friendly and comfortable place to rest, connect, learn, and renew. Cost varies with length of stay, year-round openings from three days up to two weeks. Contact Ellen at ellen@ellenlivingston.com or 734-645-3217, or visit ellenlivingston.com.

## SHAMANISM

**Healing Curses and Spells with Connie Eiland • September 17 – 18 • 10 a.m.- 5:30 p.m.** • This class involves recognizing the importance of words and energy for health and well-being. Participants will learn to recognize when curses are in place and how to remove them in a safe manner. Methods of healing come from Peruvian, Hawaiian, and Tibetan shamanic practices. \$180 until September 3, then \$220. For more information contact Connie Eiland at 248-809-3230, clshebear7@gmail.com, or visit shewolfshaman.com.

**Introduction to Journeying with Connie Lee Eiland • October 2 • 10 a.m.- 4:30 p.m.** • This six-hour class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. \$70 until 9/17/22 then \$80. For more information contact Connie Eiland at 248-809-3230, clshebear7@gmail.com, or visit shewolfshaman.com.

**Basic Journeying: the Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • October 22 – 23 • 9 a.m. – 3 p.m.** • Shamanic journeying is an easy and powerful tool to access spiritual information. You be introduced to shamanism and its principles for empowerment, healing and balance in your life. You will meet compassionate spirits who will support, protect and teach you in very gentle ways. Join us and learn to move through the world in a balanced and intentional way. This class is prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$150 per person/\$75 for repeating students. For more information email info@judyr Ramsey.net or visit https://JudyRamsey.net.



## SHAMANISM CONTINUED

**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](mailto: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 • October 22 – 23 • 9 a.m. - 3 p.m. each day** • The shamanic journey is an easy and powerful tool we can use to access spiritual information. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will also learn a simple, profound technique for healing yourself and others. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via Zoom. \$160 per person/\$75 for repeating students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit <https://JudyRamsey.net>.

**A Shamanic View of Death and Dying with Judy Liu Ramsey • October 28 – 30 • 7 p.m.** • One of the traditional roles of a shaman was to prepare the dying person for a good death, escort the souls of the deceased to their ancestors, and to help those grieving left behind. By doing psychopomp work, a shamanic practitioner can heal those who have passed and help suffering souls to be at peace. This advanced level workshop will provide opportunities to learn about helping people in the dying process, connecting with compassionate spirits to do psychopomp, helping spirits of the departed after death, and experiencing your own beautiful death. Initiation and ceremony will anchor your learning. Prerequisite: Journeying Skills, Soul Retrieval. Suggested Reading: *Walking In Light* by Sandra Ingerman. \$250 tuition, \$250 room and board. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit <https://JudyRamsey.net>.

## SPIRITUAL DEVELOPMENT

**Monthly Midrash Study with Karen Greenberg, P.T. • September 4, October 9, November 13, December 11 • 1 – 4 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 three-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). Contact Karen Greenberg at 734-417-9511 or [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com) or visit [clair-ascension.com](http://clair-ascension.com).

**Interfaith Sunday Service at Interfaith Center for Spiritual Growth • September 4 - December 25 • 10:45 a.m. - 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](http://interfaithspirit.org).

**Youthful Spirits class at Interfaith Center for Spiritual Growth • Sundays • September 4 - December 25 • 1 – 2 p.m.** • Spiritual classes for young people. Free, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sufi Chanting Meditation and Discussion with Imam Kamau Ayubbi • Every Tuesday, September 6 - December 27 • 6:30 – 8 p.m.** • An exploration of Sufism. \$5-\$10 per class. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Cultivating a Personal Relationship with God with Karen Greenberg, P.T. • Sundays September 11 and 18 • 6:30 - 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 how you can serve (working through resistance to trusting and surrendering to God); express gratitude, awe, and allow yourself to be comforted and healed by God). Compose prayers, feeling close to God, as though God were a close friend: He/She is! \$90. Contact Karen Greenberg at 734-417-9511 or [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Akashic Records Practitioner Certification with Shellie Powers • September 16 - 17, September 20 – 22, October 4 – 6, October 11 -13, November 29 – 30, December 1, December 3 - 4** • Practitioner Certification: Experience the Akashic Records through the Pathway Prayer Process to access the heart of the Akasha©. Encounter the energy and wisdom and develop your skills for successful navigation of the Records. Learn about the Akashic Records, the method of access, and the tremendous personal possibilities for you. Find out how to use the Akashic Records for yourself and others. Enjoy a more conscious relationship with your own Soul and honor its wisdom. \$360. Contact Shellie Powers at 734-926-8423 or 517-962-5378 or visit [powers365.com](http://powers365.com).

**Akashic Records Advanced Practitioner Certification with Shellie Powers • October 15 - 16, October 25 - 27** • Advanced Practitioner Akashic Records Certification: Deepen your spiritual awareness by developing skills facilitating your transformation! energy healing, ancestral clearing, past lives: these are the foundational protocols for

mining the Records and enjoying the benefits of this work. Experience the aliveness that can come through you as a result of your relationship with the Records. \$430. Contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit [powers365.com](http://powers365.com).

**Connecting with Archangels - Parts 1- 4 with Karen Greenberg, P.T. • Sundays, November 6, 13, 20 and 27 • 9 a.m. – 1 p.m.** • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, on whom to call for particular assistance, and how to safely call upon them. Connect — ask questions — often receive helpful information and guidance. \$777 for all four parts. For more information contact Karen Greenberg at 734-417-9511, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Lightworker Activation and Development with Sandra L. Shears • Every Wednesday • 7 – 9 p.m.** • Group light work in conjunction with current spiritual, astrological and energy events. Includes energy adjustment, activation and attunement. As a Light Worker or World Server you have incarnated at this time to facilitate the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. \$100 per month prepaid. For more information visit [sandyasandrashears.com](http://sandyasandrashears.com).

**Cultivating Joy with Janene Ternes • November 12 • 9:30 a.m. - 3:30 p.m.** • Do you long for more joy in your life? Yet, how do we have that when there is so much sorrow and pain around us and at times life is downright difficult? What exactly is joy and is it something you can create or do you receive it? Join me to explore the joy that God has for you, discover a more joyful spirit, and practices for nurturing more joy in your life. \$60. For more information contact Janene Ternes at 734-347-2422, or [PrayerInMotionLLC@gmail.com](mailto:PrayerInMotionLLC@gmail.com), or visit [prayer-in-motion.com](http://prayer-in-motion.com).

## 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](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**Yoga and Meditation for Stress and Anxiety with Ema Stefanova • November 12** • Experience peace, learn techniques you can apply in daily life at work, home, and on the go for better health. Excellent audios are available for download. \$199 For more information visit [YogaAndMeditation.com](http://YogaAndMeditation.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](mailto:annarbortaiichi@gmail.com) or visit [annarbortaiichi.com](http://annarbortaiichi.com).

**Tai Chi for Beginners with Master Wasantha Young • Mondays, September 12 – December 15 • 10 - 11:15 a.m. and Thursdays 6 - 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 which integrates both physical and mental energy mechanics, promotes relaxation, a sense of prowess, and spatial awareness, as well as 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. Contact Peaceful Dragon School at [info@peacefuldragonschool.com](mailto:info@peacefuldragonschool.com) or 734-741-0695; or visit [peacefuldragonschool.com](http://peacefuldragonschool.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](mailto:info@taichilove.com); or visit [TaiChiLove.com](http://TaiChiLove.com).

## TAROT AND DIVINATION

**Immersive Tarot Group Workshop with Nina McDermott • September 14, 21, October 12, 26, and November 9 • 6:30 - 8:30 p.m.** • This immersive class will expand your intuition using tarot and oracle cards. Come spend two hours playing, learning, and sharing. We will deepen our intuition through ritual and guided meditation before delving into the magic of the cards. All levels of experience are welcome. Bring your own cards or explore using decks provided. Register by 5:00 p.m. day of on website. Class size is limited to seven. \$65. For more information visit [kwestskinbodyspirit.com](http://kwestskinbodyspirit.com) or contact 734-436-8991.





## TEA EVENTS

**Tea Gong- Tea Ceremony and Qigong Energy Practices with David Stouffer • September 24 • 7 - 9:00 p.m.** • Tea has many healing compounds that enhance well-being. Enjoy a special selection of teas and learn Qi Gong postures that can help increase your health. The techniques taught in this class are known to improve circulation, prevent bone loss, and enhance physical, mental, and emotional aspects of health. \$55. For more information contact David at 858-344-9417 or ancientwaysofhealth@gmail.com or visit ancientwaysofhealth.com.

**Tea World Explorer with David • October 22 • 7 - 9:00 p.m.** • Journey around the world and explore the many types of tea produced from different countries. This fun and informative class will help teach one how to identify and appreciate the cultural, regional, and preparative differences of tea that occur within each region. Which tea will you favor most? \$55. For more information contact David at 858-344-9417, or ancientwaysofhealth@gmail.com, or visit ancientwaysofhealth.com.

## THEATER

**Black Cat Cabaret at Neighborhood Theatre Group • October 21 and 22 • 8 p.m.** • Black Cat Cabaret is back with all new songs and scares. Join us this Halloween season...it'll be a scream! \$13-\$25. For more information contact info@ntgypsi.org or visit ntgypsi.org.

## 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 Pla, you will learn about the stages of perimenopause, the most common symptoms, important hormones to know about, tips for a hormone-balancing die, 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.

## WRITING AND POETRY

**Begin to Write the Hero's Journey through the Body, Eight-Week Online Writing Workshop with Julie A Mariouw • September 7, 14, 21, 28; October 5, 12, 19, 26 • 7 - 9:30 p.m.** • In this workshop we will learn about the Hero's Journey template, use metaphor, polarity, the senses, and movement to release creative material from the body, establish our story in the ordinary world, and uncover our archetypes. \$280. For more information visit wellspringwritingworkshops.com/events.

**Continue to Write the Hero's Journey Workshop through the Body with Julie A Mariouw • September 8, 15, 22, 29 Oct 6, 13, 20, 27 • 7 - 9:30 p.m.** • In this workshop we will continue to write with the Hero's Journey template, use metaphor, polarity, the senses and movement to release creative material from the body, work with our story in the ordinary world and continue to uncover our archetypes. \$280. For more information visit wellspringwritingworkshops.com/events.

**Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • September 25, October 23, November 27, December 18 • 1:15 - 2:45 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. Free. Donations are appreciated. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102 or visit jissojizen.org.

**Crazy Wisdom Poetry Series with Edward Morin, David Jibson, Lissa Perrin • Second and Fourth Wednesdays of each month • 7 - 9 p.m.** • All sessions are virtual and accessible through Zoom. See website for book listings and schedule. Free. Contact Edward Morin at 734- 668-7523 or eacmorso@sbcglobal.net, email cwpoetrycircle@gmail.com, or visit cwpoetrycircle.blog.

## 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.

**RYT200 and Advanced RYT300 Teacher Certification with Ema Stefanova • September 12 or Flex Start and Finish Dates** • Our programs are a cut above what commercial yoga studios offer. For more information visit YogaAndMeditation.com.

**Seven Week Fall session of Iyengar Yoga classes with Karen Ufer, David Ufer, Marlene McGrath, Alicia Rowe • September 12 - October 29 • Various Times** • Iyengar Yoga classes in a studio setting with teachers who have decades of practice and teaching. All props provided, all experience levels welcome, free parking. Vaccinations required. Classes are \$20 for a drop in and \$18 if you sign up for the session. For more information visit yogafocusannarbor.com.

**Deep Centering Holistic Yoga Class with Ema Stefanova • September 13 – November 22 • 5:30 p.m.** • This class is designed to effectively help relieve stress at a deeper level, both in body and mind. Experience a sense of harmony and centering. Dynamic posture sequences (flows) are followed by guided progressive relaxation (Yoga Nidra) and therapeutic breathing, visualization, and meditation. For more information visit YogaAndMeditation.com.

**RYT-200 Teacher Training Program at Verapose Yoga House • September 17 – 18, October 8 – 9, October 22 - 23, November 12 - 13, December 3 - 4 • 9 a.m. - 5:30 p.m.** • Verapose Yoga is a Registered Yoga Teacher Training School with the Yoga Alliance. Join us for our 200 Hour YTT, which is both online and in-person, to empower your connection to your Self, and to learn how to guide others in enjoying the benefits of yoga. An unlimited yoga membership is included with the tuition and expires either one year after you begin or upon completion of the program. \$3400. Contact Courtney Fitzpatrick at 734-726-0086, courtney@veraposeyoga.com, or visit veraposeyoga.com.

**Iyengar Yoga with David Rosenberg • Weekly • Mondays at 6 p.m., Thursdays at 7 p.m., Saturdays at 10 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. Free. For more information contact 734-994-2300, or recedstaff@a2schools.org, or visit aarecedonline.com.

**Compassionate Yoga - Remote classes with Mary Seibert • Wednesdays 4:15 - 5:30 p.m.** • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slow paced. Emphasis is on mindfulness, breath, postures, strength, and balance. Sliding scale. Contact Mary at 734-323-2520, or compassionateyoga@outlook.com, or visit compassionateyoga.info.

**Yoga Class with David Black • September 6 through October 18 • 6:30 - 8:00 p.m.** • Beginning and experienced students in the classes 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 recommended. Cost is \$60 for all six sessions or drop-in is \$12 per session. Contact Zen Buddhist Temple at 734-761-6520 or annarborzentemple@gmail.com.

**Open Level Yoga with Michele Bond • September - December • Sundays, 4 - 5:30 p.m. • Tuesdays, 6 - 7:30 p.m. • Saturdays 10 - 11:30 a.m.** • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 if registered for fall semester, \$20 drop in with instructor's permission. Contact 734 358-8546, or michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

**Yoga Essentials with Michele Bond • Thursdays September - December • 6 - 7:30 p.m.** • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! \$15 if registered for fall semester \$20 drop in with instructor's permission. Contact Michele Bond at 734-358-8546 or michele@yogahouseannarbor.com or visit yogahouseannarbor.com.

**Yoga for Athletes with Michele Bond • Wednesdays September – December • 6 - 7:30 p.m.** • Enjoy a practice that brings balanced muscular action, power, lightness and spring to sports performance, as well as grace and ease to daily movement. Enhance core strength, decrease risk of injury, and learn to heal pre-existing injuries with indispensable tools for anyone who likes to play hard in their bodies. \$15 if registered for Fall Semester \$20 drop in with instructor's permission. Contact Michele Bond at 734-358-8546 or michele@yogahouseannarbor.com or visit yogahouseannarbor.com.

**Facebook Live Yoga and Meditation Class in English with Trevor Chaitanya Eller • Every Friday • 12 - 1:00 p.m.** • 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques followed by 30 minutes of sitting meditation. By Donation. No Registration Needed. For more information visit TripleCraneRetreat.org. or email Office@TripleCraneRetreat.org.

**Facebook Live Yoga and Meditation Class in Chinese with Master Zhong Hai (Winnie) • Every Saturday • 9 - 10:00 a.m.** • 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques followed by 30 minutes of sitting meditation. By Donation. For more information contact Office@TrtleCraneRetreat.org or visit TripleCraneRetreat.org.

ON SEPTEMBER 1, 2022, THE CRAZY WISDOM COMMUNITY JOURNAL WILL BE AVAILABLE ON OUR WEBSITE: CRAZYWISDOMJOURNAL.COM.





# Teachers, Lecturers, Workshop Leaders, and the Centers

**Active Against ALS** is grassroots, nonprofit organization whose mission is to raise funds for research toward effective treatments and ultimately a cure for ALS (Lou Gehrig's Disease), while raising awareness of the disease, encouraging physical activity, and building a compassionate community.

**Emily Adama** has over ten years of experience as a mindfulness/meditation practitioner, and holds a master's in social work.

**Imam Kamau Ayubbi** received his religious and spiritual training under the Islamic Supreme Council of America.

**Nancy Beckman** Buddhism began in Japan, where she spent four years learning the Zen practice *suizen* ("blowing zen") and using the bamboo flute (*shakuhachi*). She holds degrees in East Asian Studies and Inter-Arts.

**Deanne Bednar** is the coordinator and teacher at Strawbale Studio and illustrator of three books on natural building including *The Hand Sculpted House*.

**Rev. David Bell** is the senior minister at Interfaith Center for Spiritual Growth

**EarthWell Retreat Center** is located 25 minutes outside of Ann Arbor, and offers personal retreats in simple, off-grid accommodations and group retreats focused on mindfulness meditation, yoga, and community-building.

**Rita Benn, PhD** is a trained school and clinical psychologist who has been teaching mindfulness-based programs and courses to university faculty, teachers, and mental health professionals for over 30 years.

**Dmitry Berenson** has been writing poetry for twenty years, and his work has appeared in *The Worcester Review*, *Poet Lore*, *MiPOesias*, as well as several anthologies. He has also practiced meditation in the Zen and Vipassana traditions, including daily practice and several intensive retreats. His teaching explores the intersection of meditation practice and poetic creative expression.

**Biha Birman-Rivlin, PhD** is a long-time practitioner and teacher of insight mindful meditation. She is a member of the Teachers Council of Still Mountain Buddhist Meditation Center and a leader of InterPlay – an improvisational creative process and a path of transformation.

**David Black** is a certified and experienced Yoga Instruction in the Sivananda Yoga tradition.

**Carol Blotter** has led retreats and classes since 2000. A student of Matthew Flickstein, she has trained and co-led retreats with him as well as led over 75 retreats on her own.

**Michele Bond** brings an entire lifetime devoted to fitness and wellness, and a healthy dose of humor to her teaching. Michele has a strong background in martial arts, dance, competitive synchronized swimming, along with training in gymnastics, stunt fighting, and swordplay.

**Robin Bosilovick** is known as the foot lady. Licensed and nationally licensed in 15 bodywork therapies, with 15 years of experience.



Crazy Wisdom's E-Blast Service is a great way to showcase yourself, your business and your services! This service is a cost effective method of reaching a targeted audience without the need for investment in costly hardware and mail related software!

Send out a listing of your upcoming classes, workshops, and events.

This is a great way to reach the more than 8000+ people who are currently subscribed to receive our E-Blasts.

**Affordable pricing starting at \$99.00 for any one email!**

For all requirements and to pay visit [www.crazywisdom.net](http://www.crazywisdom.net)  
Click on "Crazy Wisdom's Email Service" in the left-side menu.

E-Blast Service ads must be mail-ready (see website) and emailed to Carol. Questions? Contact Carol at [carol@crazywisdom.net](mailto:carol@crazywisdom.net)

**It's the first day of autumn!**

**A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all, leaping into leaves!**

**—Winnie the Pooh**



**Barbara Brodsky** is the founder and guiding teacher of Deep Spring Center and has practiced meditation since 1960. An ordained Interfaith Minister, she teaches Insight Vipassana meditation and non-dual awareness derived from the Dzogchen traditions.

**Donna J. Champine, MD, MA** has recently retired as a physician after almost 30 years of practice. Prior to starting medical school, she was a school psychologist for 12 years. Donna is now training to become a certified teacher of mindfulness meditation thru the Mindfulness Meditation Teacher Certification Program (MMTCP).

**Alicia Clark-Teper** is an Intuitive Astrologer, Tarot Reader, Karuna Reiki Master, Entrepreneur, Moon and Cacao ceremony guide, and double Virgo.

**Marta Dabis** is a board-certified hospital chaplain and ordained Zen priest in the San Francisco Zen Center Suzuki/Katagiri lineage.

**Christy DeBurton, RYT** is a Yoga and Wellness Educator for over 20 years. Christy helps people feel better inside and out through yoga classes, online courses, wellness mentoring, retreats and more.

**Deep Spring Center** focuses on how we can live with more wisdom and compassion. Our primary work includes meditation and spiritual inquiry.



*Alicia Clark-Teper* is certified and practicing as a Holy Fire III Karuna Reiki Master, Astrologer, Moonologer, Intuitive Channel, Yin Yoga Instructor, Tarot Intuitive, Plant Medicine Facilitator, and Empowerment Coach. Through all of these modalities she has gained an increased perspective of her body, soul, and intuition. Clark-Teper holds moon ceremonies in alignment with the full moon phases, seasonal changes, and the Celtic holidays. Learn more at [sacredlotusexperience.com](http://sacredlotusexperience.com).



**Joan Delaplane** is a trained spiritual director.

**Erica Dutton** is a reflective meditation teacher and consultant who has been meditating for 30 years and teaching for more than 12 years.

**Miriam Dowd-Eller** is a song leader, yoga/conscious dance teacher, and retreat facilitator for women, mothers, and girls.

**Joan Ebbitt** is a trained spiritual director.

**Connie Lee Eiland** has been a shamanic practitioner for 20 years and has been teaching for over 10 years. She has studied with Sandra Ingerman, Betsy Bergstrom, Herb Stevenson, and others.

**Trevor Chaitanya Eller** is the Outreach and Education Coordinator for Triple Crane Retreat Center. He also works as a healer in his office at Ann Arbor Massage & Yoga Therapy.

**Kristin Ervin** is a certified mindful school instructor with over a decade of teaching mindfulness-based practice to parents, teachers, and youth.

**Courtney Fitzpatrick** is the owner and caretaker of Verapose Yoga House. She received her RYT-200 in 2010, RYT-500 in 2015, Reiki I and II in 2004 and Reiki III Master Level in 2017.

**John Friedlander** is an internationally acclaimed psychic, author, and teacher with degrees from Duke

University and Harvard Law School. His fourth book, *Recentering Seth: Teachings from a Multidimensional Entity on Living Gracefully and Skillfully in a World You Create But Do Not Control*, launched in February 2022.

**Golden Lotus School of Yoga** is a non-profit organization containing a 200-hour yoga teacher program.

**Karen Greenberg, P.T.** is a Certified Practitioner and Train-the-Trainer in Success-Tracking with Essence Repatterning and D.O.V.E. Practitioner, dance instructor, physical therapist (formerly teaching at University of Maryland Hospital), as well as being a personal and spiritual growth teacher and author.

## Bringing the Best of East and West to Your Home



**FOUR PAWS**  
Veterinary Wellness

**Monica Turenne, DVM, CVA, CT, CHPV**

Now offering in-person and telemedicine for both holistic and hospice/palliative care for both current and new patients. Please call for more information!

Dr. Monica is certified in palliative and hospice care for pets! She is passionate about helping pets and their families through this incredibly important journey.



-  End-of-Life Consultations
-  Hospice Care
-  Natural Death Guidance
-  In-Home Euthanasia Services
-  Ozone Therapy
-  Chinese Herbology
-  Food Therapy
-  Reiki
-  Acupuncture for Dogs & Cats
-  Wellness Examinations
-  Illness Examinations
-  Vaccination Guidance & Administration

**FourPawsVetWellness.com**

**(734) 385-7161**





# Changing Our Minds:

## Kindness, Clarity, and Insight

By Guy Newland

*Kindness, Clarity, and Insight* is a collection of talks that the Tibetan Buddhist Dalai Lama gave in the USA and Canada more than forty years ago. With this and later books, the Dalai Lama brought Tibetan Buddhism and the situation in Tibet into prominent international awareness; he went on to win the Nobel Peace Prize in 1989.

Kindness, clarity, and insight—a curious sequence of words. What lies behind this title is the Buddhist practice of *mind training*. The Dalai Lama advises that anyone can take up Buddhist practices that they find useful without needing to become Buddhist or being religious at all. Yoga, by comparison, is a body-focused system of training from the Hindu religious tradition, but it now benefits people of all religions and no religion. Likewise, some Buddhist mind-training practices—including mindfulness and lovingkindness (*metta*) meditation—have been adapted for the wellbeing of millions of people far beyond the bounds of Buddhist religion.

So, one can see the Buddhist tradition as a library of practices and techniques, for changing our minds and transforming consciousness. This library has three main sections: practices for opening the heart, practices for calming and clarifying the mind, and practices for seeing into the nature of reality.

Climate change, political upheaval, racism, gun violence, sexism, and pandemic: the world seems a snarl of pain and stress. Sometimes it may feel as though our best efforts are useless—or are even making things worse. Buddhists call this “cyclic existence,” our grasping minds leading us around in painful and futile circles.

Once the Buddha was asked this question: “The inner tangle and the outer tangle—this generation is entangled in a tangle. Who succeeds in disentangling this tangle?”

He replied: “When a wise person, established well in virtue, develops consciousness and understanding, then as a practitioner ardent and sagacious, they succeed in disentangling this tangle.”

This means that we disentangle our heart-minds—and contribute to the healing of the world—by dedicating ourselves (“ardent”) to training in virtue, mental power (“consciousness”), and wisdom. In other words, kindness, clarity, and insight.

Underlying these practices is the idea that *we all suffer needlessly because we aren't awake to ourselves, to others, and to the world*. We don't see things as they are. If we can train our minds to be steady, sharp, and clear, we will see things more realistically and create fewer problems for ourselves and others. What now seems murky, alienating, and stressful will shine forth as transparent, peaceful, and intimate. Our actions will be spontaneous, sure, and graceful. This is awakening (*bodhi*), or as we used to call it, enlightenment.

But again, even if you don't buy this underlying idea, you may still find benefit in some Buddhist practices. It is said that the Buddha's teaching has a “come and see” (*ehi passako*) quality. All are welcome to try things just to see if anything is helpful.

The Buddha is often compared to a good doctor; like a good doctor, he gives different medicines to different people; there are a great many medicines in the pharmacy of his teachings. Here we will just briefly outline a few of the mind-training practices of Buddhist tradition.

### Kindness

The Dalai Lama says, “While I am a Buddhist, my true religion is kindness.” He advises us to open our hearts by any means necessary, relying for inspiration on our own traditions or on practices from other cultures. Kindness is the true source of our own happiness, our welfare, and that of others.

One important practice is to make a commitment to ourselves, in presence of whatever we hold sacred, to minimize the harm we do to ourselves and other living beings. *Ahimsa*, nonviolence or non-harm, is at the heart of the Buddhist tradition. Taking this seriously means recognizing that we really can never be

*perfect* in this regard. Vietnamese Buddhist teacher, Thich Nhat Hanh, says that the principle of non-harm is like the North Star. We guide our lives by it, without ever expecting to reach it.

Going beyond non-harm, there is the practice of extending lovingkindness (*metta*) to ourselves and to other living beings. It must start with genuinely wishing well for ourselves, loving and caring for ourselves. Then we train in extending that sense of care outward, one specific person at a time, as far as we can. The Buddha taught this ideal:

Let none through anger or ill-will wish harm upon another. Even as a mother protects with her life her child, her only child, so with a boundless heart should one cherish all living beings, radiating kindness over the entire world: spreading upwards to the skies, and downwards to the depths, outwards and unbounded.

We find it extremely challenging to extend this kind of loving care to certain people; we have resentments and grudges extending in many directions! The tradition gives many different suggestions about how to deal with this. Just one example: consider how harboring resentment is painful for you and does no one else any good. Others may have harmed you, but holding a grudge only adds to that harm!

### Clarity

The world is chaotic because our minds are chaotic; they seem naturally to leap about from one thing to another. Buddhist teachers sometimes compare this to the way a monkey jumps about. The Christian teacher John Cassian said that our minds are driven by random incursions, wandering from object to object as though drunk. In other words, the world is murky and confusing because we struggle to calm our minds down enough to bring things into focus.

Meditative practice involves choosing an object of attention—our breath, a single word, an image, or even an idea—and seeking to stabilize our minds on it. Very quickly we become distracted—and when we notice this we immediately and gently bring our minds back to the chosen object. It is just like learning any new skill; we are persistent but gentle with ourselves, and gradually we improve. As our minds settle down a bit, as they become more peaceful, they also become clearer and sharper. And so, they are more useful for whatever we want to do.

### Insight

Evolution, or karma, seems to have given us strong tendencies toward certain misapprehensions. We know that things are constantly changing, instant by instant, but we normally speak and act as though this were not true. In other words, it usually feels to us as though we were stable selves, existing independently of the world. And it somehow seems natural and right that we prioritize our own desires over those of others. Upon reflection, with introspection, we can see that—like a river—we are constantly changing and constantly interacting with the rest of the environment. In fact, just as there is no single object or moment that you can pin down and point out as “the river,” it is the same with us. We are bundles of shifting feelings, sensations, and thoughts; we are bodies with countless parts intricately woven.

With clarity of mind and motivated by kindness, we can understand, and then experience, our intimate relations with every thing and person we usually take as “other.” Then, an act of care is not a chore or sacrifice or duty, but a natural reflex whenever we see pain and have a chance to help.

Kindness, clarity, and insight—a curious sequence of words. What lies behind this title is the Buddhist practice of mind training.



Guy Newland is a professor who has taught Asian religions at Central Michigan University for 34 years; he also teaches a course called “The Meaning of Life.” He translates Tibetan texts and has studied with many Tibetan teachers in the US and in India. He has taught at about a dozen Buddhist centers across the United States, including Jewel Heart in Ann Arbor. Newland's publications include *A Buddhist Grief Observed* (Wisdom Publications, 2016) and *Introduction to Emptiness* (Snow Lion/Shambhala, 2009).



# Teachers, Lecturers, Workshop Leaders, and the Centers

**Gloria Hemsher** is a gifted psychic and teacher. *Psychic Psychology* is her second book written with John Friedlander.

**Insight Meditation Ann Arbor** is a non-profit organization offering sittings, retreats, and instruction for meditation practice support.

**Robert Jacobs** has practiced meditation and yoga for 45 years. He lived and studied with two spiritual masters from the Indian yoga tradition in ashrams for over 18 years, learning the essential scriptures of the Indian tradition in conjunction with his practices.

**Jewel Heart** is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone. Programs for all levels of interest.

**JissoJi** is an Ann Arbor-based Soto Zen meditation group offering Zazen–Zen meditation at the Center for Sacred Living in Ann Arbor on Sundays.

**Esther Kennedy, OP** is a Dominican Sister in Adrian, Michigan, a retreat leader, and spiritual director.

**Rev. Annie Kopko** is one of the ministers at the Interfaith Center for Spiritual Growth.

**Ellen Livingston** has 20 years of experience adhering to a raw vegan diet and lifestyle. She is a public speaker and natural health writer, leader, and educator.

**Marty Lott, OP** is a friar of the Southern Dominican Province. Ordained in 1970, he has served as a parish priest and a university and hospital chaplain, in addition to aiding in the initial formation of Dominican students. His ministry for more than 40 years has been dedication to full-time preaching of retreats and parish missions.

**Julie A Mariouw** is a trained Amherst Writers & Artists workshop facilitator, now an AWA affiliate. She is a former English teacher and published writer.

**Wai-Chin Matsuoka** is a spiritual doula and a dancing and singing healer, a spiritual director, certified InterPlay Leader, and a seasoned retreat facilitator.

**Nina McDermott** is a certified Reiki Master with over 30 years of experience meditating, turning inward, and searching for peace within her own mind and body.

**Dr. Molly McMullen-Laird, M.D.** is trained in anthroposophic medicine which takes a holistic view of illness and primarily uses natural remedies.

**Dr. Quentin McMullen, M.D.** is trained in anthroposophic medicine which takes a holistic view of illness and primarily uses natural remedies.

**Trudy McSorley** is a trained spiritual director.

**David Mellins, PhD** is a scholar of Buddhism, Indian Philosophy, and Sanskrit Poetics. He received his PhD from Columbia University and has taught at Columbia, Rutgers, and Yale University. He currently works as a translator of Indo-Tibetan Buddhist scriptures for 84,000 where he specializes in Dhāranī literature.

**Rob Meyer-Kukan** is a licensed massage therapist and sound therapist.

**Michigan Friends Center** supports social, environmental, and spiritual friendliness.

**Edward Morin** is a poet and former English teacher at area universities and colleges.

**Drake Moses Meadow** is a certified dance leader.

**Neighborhood Theatre Group** is providing an accessible home for the collaboration of people, artistic challenges, and new ideas.

## Maria Sylvester,

MSW,CPC is a certified life & relationship coach in Ann Arbor. She loves empowering adolescents, adults, and couples to live from the heart of what really matters to them, so they can bring fully expressed, vibrant selves into the world. Sylvester's background as a psychotherapist for 23 years, prior to her 15 years as a coach, fuels and inspires her work.

Sylvester is dedicated to helping women reclaim their power and fully embrace their radiant, sensual, sexy energy, and spirit.

Her Midlife Magnificent Programs, Magnificence in Motion™ movement, and private coaching offerings have helped many multidimensional, visionary women take their lives to new, unprecedented heights. Learn more about Sylvester and her programs at her website [lifeempowermentcoaching.com](http://lifeempowermentcoaching.com) or email her at [maria@lifeempowermentcoaching.com](mailto:maria@lifeempowermentcoaching.com).



**John Orr** received Theravada Buddhist ordination and training for a period of eight years.

**Peaceful Dragon School** has offered year-round programs in the Tai Chi, Meditation, and Qigong (Energy Work) since 1990.

**Shellie Powers** is an Advanced Certified Teacher of the Akashic Records, Certified International Instructor of the Universal Sphere®, and Reiki Master.

**Prison Creative Arts Project** brings those impacted by the justice system together with the University of Michigan and surrounding community for artistic collaboration, mutual learning, and growth.

**Judy Liu Ramsey's** shamanic practice, animal communication, and bodywork has been helping the Ann Arbor community for over 25 years. She is an approved and listed Sandra Ingerman instructor for shamanic practice. Judy has taught animal communication for nearly 15 years, presenting four levels of Penelope Smith's training, including interspecies counseling.

**Elizabeth Rand** is a mentored dance leader.

**David Rosenberg** is a certified Iyengar yoga instructor who has been teaching since 1993.

**Tammy Renner** has taught in public and private schools and in her own music studio, homeschooled her children and other people's children, organized and led joyful music and movement classes for children, parents, families, and educators.

**Gelek Rinpoche (1939–2017)** was the Founder and Spiritual Director of Jewel Heart.

**Demo Rinpoche** is Jewel Heart's Resident Spiritual Advisor. He studied uninterrupted for almost thirty years at the Drepung Loseling Monastery in India under the supervision of the Dalai Lama and received the highest monastic degree of Geshe Lharampa in 2011. His studies continued at Gyume Tantric College, Sera College of Higher Tibetan Studies, and Union Theological Seminary.

**H. E. Prof. Samdhong Rinpoche** was recognized and enthroned at age five as the reincarnation of the fourth Samdhong Rinpoche. He began his monastic studies at age 12 at the University of Drepung in Tibet and eventually obtained a Doctorate in Buddhist Sciences at Gyütö Monastery, Dalhousie, India, in 1970. He is an eminent and distinguished scholar, teacher and philosopher, and a life-long campaigner for Gandhian principles.

ON MAY 1, 2022, THE CRAZY WISDOM COMMUNITY JOURNAL  
WILL BE AVAILABLE ON OUR WEBSITE:  
[CRAZYWISDOMJOURNAL.COM](http://CRAZYWISDOMJOURNAL.COM).





## Teachers, Lecturers, Workshop Leaders, and the Centers

**Libby Robinson, Ph.D., MSW** is a Certified Mindfulness-Based Stress Reduction (MBSR) teacher, with over 40 years of practicing mindfulness.

**Rudolf Steiner School of Ann Arbor** has met the needs of the developing young child and inspired and empowered PreK-12 students for over 40 years through an inspired, uniquely integrated curriculum.

**Merilynne Rush MSHP, RN, BSN** is the owner of the Dying Year, End of Life Doula Trainer, Home Funeral Consultant, and Advanced Care Planner using the Respecting Choices mode.

**Hartmut Sagolla** has been studying Tibetan Buddhism for over 30 years. He lived at the Tibetan Buddhist Society, Melbourne, Australia, before moving to the U.S. Since 2002, he has served as a Program Director at Jewel Heart. He is a long-time Jewel Heart Instructor and Director of the Bloomfield Hills chapter.

**Victoria Schon's** sound therapy practice is an organic and intuitive expression that reflected her sacred instrument training with Shanti Sounds Costa Rica, Level I Sound Healing.

**Mary Seibert, BSN, RYT200** is a certified Kripalu Yoga Teacher with a foundation in Iyengar Yoga. She has taught yoga for more than 20 years. She is also a Holistic Nurse and Healing Touch Practitioner.

**Emma Stefanova E-RYT500, C-IAYT** is a highly experienced master teacher of yoga therapy and meditation. She has led retreats internationally for more than 30 years.

**Steiner Health** is a nonprofit providing anthroposophic medical care and education to Ann Arbor residents and patients around the world.

**7 Notes Natural Health** is a holistic health practice in Ann Arbor, Michigan.

**Janene Ternes** is a trained spiritual director.

**Judy Lee Nur-un-nisa Trautman** is a certified dance leader and an ordained Cherag in the Sufi Ruhaniat International.

**Triple Crane Retreat Center** is a Buddhist Center committed to sharing with and serving a diverse and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is their goal to cultivate a tranquil environment for personal and group retreats, as well as a residential and local commuter classes and programs where spiritual seekers can relax, unwind, and submerge themselves in spiritual practice.

**SANDYA - Sandra Shears** is a Spiritual Channel, Healer, and Counselor since 1990 as guided by the Higher

Communities of Light. As a Vibrational Practitioner, she specializes in the activation and development of other practitioners.

**Still Mountain Buddhist Meditation Center** is a community of people practicing meditation and studying Buddhist teaching, located in Ann Arbor.

**Song of the Morning** was founded in 1970 and continues to evolve spiritually in divine fellowship and union with the Divine. Our mission is to spread the science of yoga, founded in the teachings of Paramahansa Yogananda so all can progress on their path of Self-realization.

**David Stouffer** has been studying tea and ancient healing practices for over ten years. He has completed apprenticeship as tea sommelier and ancient healing modalities like qigong.

**Verapose Yoga House** is owned by Courtney Fitzpatrick MA, E-RYT-500, YACEP and Katie Hoener LMSW, RYT-500. Courtney and Katie, co-founders of Verapose Yoga, met in a Yoga Therapy Training and have worked diligently to create an inclusive, loving culture, and community.

**Joe Walters** is a 28-year practitioner of Chen tai chi chuan.

**Master Wasantha Young** is a Master of T'ai Chi and Qigong. She has also received formal instruction in Buddhist, Taoist, and mindfulness meditation; holds certificates in Acupressure, Five Element Practice, and Wellness Counseling/Mind/Body Consciousness; and has a master's degree in Transpersonal Studies.

**Lou Weir** is a resident teacher at Insight Meditation Ann Arbor. Weir has been teaching Vipassana meditation for over 15 years and is also a trained teacher in the Diamond Approach tradition.

**Katie Westgate** has twelve years of experience as an esthetician in NYC and locally, and a graduate degree in experience design.

**Suzu Wienckowski** is a Reiki Master and Massage Therapist. Wienckowski has over 40 years of experience in the healing arts. Reiki has been the focus of her work since 1993. Her training includes study with two Masters, initiated by Hawayo Takata, and with Hiroshi Doi, a member of the original Usui Reiki Ryoho Gakkai in Japan. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

**Julie Wolcott, M.A., CSW, LPC** has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Licensed Professional Counselor and a Certified Social Worker, Phoenix Rising Yoga Therapy Practitioner, and Kripalu Yoga Teacher. She is also a Certified Transformational Breath Facilitator since 2004 and a Senior Trainer with the Transformational Breath Foundation since 2006.

**Iris Wolfson** has maintained a meditation practice for over 35 years. She has worked with and learned from spiritual healers, teachers, Nomads in Tibet, and shamans in the Peruvian jungle.

**Master Zhong Hai (Winnie)** is the Resident Head Nun at Triple Crane Retreat Center. She is a practitioner of Chan/Meditation for over 18 years and is also a Certified Hatha Yoga Instructor.

**Gloria Zimet** has been practicing reflexology for over 30 years, and has developed and taught a gentle, relaxing, and highly effective variation of traditional reflexology for 20 years.

**Celeste Zygmunt** has been with Deep Spring Center for nearly three decades. She attended the teacher training program, the Venture Fourth, Dharma Path programs, and served on the Board of Directors. She facilitates the weekly online meditations and teaches the Dharma.

**KATY GLADWIN** is a mother, birth doula, childbirth educator and a certified Women's Health Coach. She has a degree in Human Biology/Pre-med from Eastern Michigan University. Gladwin graced the cover our the CW Biweekly Ezine issue #91 (<https://www.crazywisdomjournal.com/biweekly-91>). You can learn more about her and her services on her website, [sacredrootshealing.org](http://sacredrootshealing.org).





Real estate doesn't have  
to be intimidating.

Let Linda be your  
*heart-centered*  
guide on your journey home.



**KW ANN ARBOR**  
KELLERWILLIAMS REALTY

**VALIANT**  
REALTY



**Linda B. Long** Realtor®

734.531.7878

[lindablong@kw.com](mailto:lindablong@kw.com)

 [ValiantRealtyMI](#)





# *Belong! Explore! Become!*

Find Your Way at The Institute!

Inspire a world of health! Your diploma in Massage Therapy, Natural Health, or Holistic Doula is here.

**Call Now to Find Out More!**



## **Naturopathy**

(each year 600 hours)

Natural Health Educator.....1st Year  
Natural Health Therapist.....2nd Year  
Natural Health Practitioner.....3rd Year  
Certified Naturopath.....4th Year

*4th Year graduates are eligible for  
Doctor of Naturopathy National Test & Title*

## **Massage Therapy**

Therapeutic Bodywork Practitioner...1 Year

## **Holistic Doula Practitioner**

Certificate Course.....3 Classes  
Diploma Course.....7 Months

## **All Classes Meet on Weekends**

Fri: 5-9pm and Sat & Sun: 9am-6pm  
Naturopaths: 1 per month - Massage: 2 per month

## **Individual Classes:**

*Herbology - Aromatherapy - Nutrition  
Live Food Preparation - Light Healing Touch  
Reflexology - Homeopathy & Much More*



(989) 773-1714 ~ Mount Pleasant, MI  
contact@naturopathicinstitute.org  
www.naturopathicinstitute.org

***Over 25 Years of Experience ~ Licensed and Accredited***