

August 6, 2021
Issue #64

Ellie Theriot

A Young Adult Life
Transformed By the
Pandemic: Perspectives and
Resources from a 2020
High School Graduate

Dances
With
Dirt XV
2009



The
Crazy Wisdom
Weekly

shining a light in the dark



The Crazy Wisdom Weekly

Artwork by Jennifer Carson



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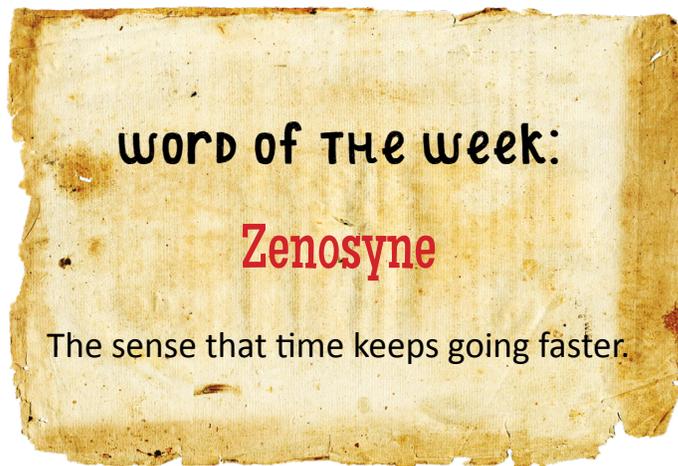
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

- Brooke Curie
- Ellie Theriot
- Peggy River Singer
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



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

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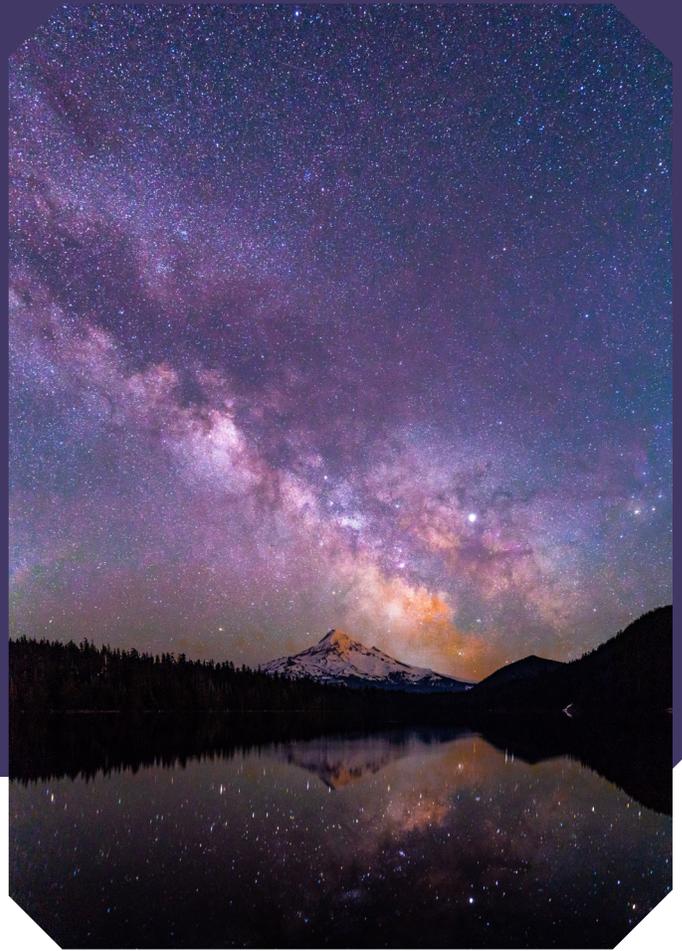
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A Conversation With THE GUIDING INTELLIGENCE OF Starseeds



By Peggy River Singer

For many years, I've identified myself as a Lightworker; and I've wondered which of the dozens of other categories of "enlightened beings" I might fit into. Could I be an Indigo, a Crystal, a Walk-in, an Earth-Angel? Or something else, something more? I've been doing a lot of reading, and a lot of thinking about the patterns and events in my life.

On the morning of Monday, July 12, I stood at my Reiki altar and got ready to say my daily affirmations. ("Just for today, I will let go of worry and anger; do my work carefully; be grateful; honor my family and teachers; and be kind.") I had no idea this simple routine would lead to answers for some of the questions I had been wondering about!

"Today, I let go of worry and anger /// MY SENSE OF LOSS AND LONELINESS, YES I **AM** A STARSEED."

As I was catching my breath, THANK YOU echoed powerfully through my heart and could be felt throughout my body.

Clearly, it was time to go to the source and ask some questions...

Starseeder: Ah, yes, here we go! Welcome! What a pleasure to meet you and have this opportunity!

Peggy: Thank you, I'm excited about speaking with you! Is "Starseeder" the name you'd like me to use?

Starseeder: Yes. It is descriptive, and much easier for you to understand and pronounce than my designation in my natural language would be.

Peggy: Will you describe who you are and what you do?

Starseeder: Gladly. I am charged by Creator to coordinate and oversee the program by which souls from Earth and other planets can experience many different lifetimes in order to develop their capacities for serving The All.

Peggy: When was this program begun?

Starseeder: The "beginning" does not really exist, at least in terms of the linear time you are accustomed to. We work with "all timelines all the time," you see.

Peggy: So, do individual souls volunteer for this program or is it offered to them?

Starseeder: A combination of both concepts, I would say—along with other possibilities. Remember that souls are eternal, so they may join or leave the program as desired.

Peggy: How many souls do you work with at a time?

Starseeder: Beyond counting. And the souls who have participated previously and are no longer in the program are beyond counting, too.

Peggy: Can an individual soul choose lifetimes that are of particular interest to them?

Starseeder: Yes, absolutely. Since we have all of eternity to work with, it is a simple matter for a soul to explore all the lifetimes and experiences that are desired. And the “list” of each soul can be added to and adjusted easily.

Peggy: Do you, or Creator, insist on this or that experience for each soul, even if the soul does not want to do so?

Starseeder: Here is an example of **human** reactions to likes and dislikes, obeying or disobeying, that is not applicable to this situation. Many of the souls in the program are not human. Plus, in the “pure soul” state, there is only Oneness, so the concept of disagreement is unknown.

Peggy: Is it safe to assume that the souls you work with come from many different universes?

Starseeder: Exactly! There are no limits of any kind.

Peggy: Do you have any assistants to help you manage this massive project?

Starseeder: There are those who consult, an exchange of ideas and camaraderie, yes. But since I/we exist in an eternal state, we are well able to handle our responsibilities effortlessly.

Peggy: Do you all have friends and loved ones, in the human sense?

Starseeder: I would describe it as the camaraderie of united purpose. We do not have the variety of degrees of closeness among us, as humans do. For example, you have acquaintances, friends, dear friends, spouses, and so forth. In the state of eternity, these gradations are unnecessary.

Peggy: I expect that most people are a combination of different varieties of Starseeds, instead of being “only” a Crystal, for example.

Starseeder: This is correct, as you are discovering in your own case.

Peggy: It seems like my gifts and skills are blossoming faster and faster; I never know what each day will bring.

Starseeder: That is to be expected, since you are reaching the level of spiritual mastery and openness or acceptance that allows these attributes to flourish. You are part of the great flowering of spiritual growth that is taking place on your Earth, along with millions—yes, millions—of others...

Peggy: I can FEEL them!!!

Starseeder: Good. Let that sense of oneness guide you in your day-to-day life, as well as during your Dreamtime, when you work and LEARN on other levels.

Peggy: Will you please confirm whether I am a Walk-in?



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[Fill it out here!](#)

Starseeder: I anticipated this question. Since you have already done the work, I shall confirm your intuitive Knowing that you are a Walk-in. The “hosting” soul was about the age of eight years and was poisoned by consuming part of a bottle of baby aspirin. This completed the experience that soul desired; so as she departed that physical form, your soul moved in so that you could begin the experience you desired in that setting. All the souls involved—including family and friends—agreed to this arrangement.

Peggy: Thank you. Would you like to add anything else at this time?

Starseeder: No, the discussion is complete.

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

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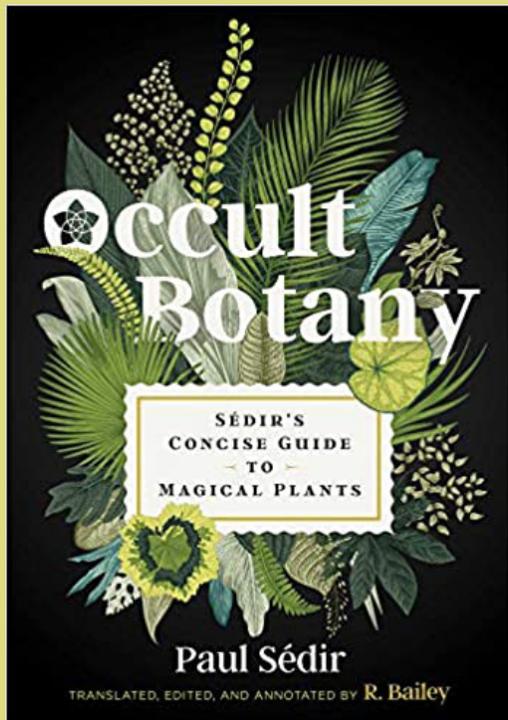
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Crazy Wisdom Book Pick of the Week



A classic text on esoteric traditional herbalism from one of the most influential herbalists of the Paris occult revival

- Includes a dictionary of nearly 300 magical plants with descriptions of each plant's scientific name, common names, elemental qualities, ruling planets, and zodiacal signatures, with commentary on medico-magical properties and uses
- Explores methods of phytotherapy and plant magic, including the Paracelsian "transplantation of diseases," ritual pacts with trees, the secret ingredients of witches' ointments, and the composition of magical philters
- Explains the occult secrets of phytogenesis, plant physiology, and plant physiognomy (classification of plants according to the doctrine of signatures)

Merging the scientific discipline of botany with ancient, medieval, and Renaissance traditions of occult herbalism, this seminal guide was first published in French in 1902 as a textbook for students of Papus's École hermétique and sparked a revival in the study of magical herbalism in early twentieth-century France.

[Get your copy of Occult Botany at shopcrazywisdom.com.](http://shopcrazywisdom.com)

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How a Pandemic Transformed My Life After High School

Perspectives and Resources
from a 2020 High School Graduate

By Ellie Theriot

It was 11:46 p.m. on July 31, 2020 and I had just made the biggest decision of my life. I had deferred my admission to University of Michigan's School of Music. The decision process took less than 24 hours. Little did I know how much it would truly affect my future.

For the past eight years, music has been my life. As I progressed through high school, I began feeling pressured to say yes to opportunities because I felt like I needed to—for college applications, for my future career as a professional musician, and even as someone that couldn't let my teachers (who had invested so much into my musical development) down. This pressure came from what I call the "Ann Arbor Excellence Phenomenon" (A2EP) – a force that values external accomplishments more than happiness and well-being.

The A2EP is that devious little voice whispering, "If you're not the best at something, you're a failure. If you're not pursuing your talents with the intent of becoming a professional, you're wasting your time. If you aren't attending the best school you could possibly attend, you won't get a good job. If you don't get into the University of Michigan, you're not smart enough." This voice sows doubt, disappointment, and despair as it travels from one student to the next. It furtively comes out of the mouths of competitive peers, well-intentioned and well-educated but nosey parents, and from the ubiquitous presence of the University and all things "Michigan." It is virtually inescapable.

When junior year rolled around, I fell victim to the A2EP. So did my friends. My mental health spiraled in tandem with my peers'. It was a constant battle between sleep, homework, and extracurriculars—sleep losing heroically. The worst part? It's not just the juniors and seniors in high school suffering from A2EP. It's sophomores, freshmen, and even middle schoolers that are struggling. Society's traditional education system can be ruthless as it singles out potential and latches on until burn out (or worse) results. Specialization has become synonymous with success. All of that pressure is creating a generation of kids more anxious and depressed than ever before.

By my senior year, the wave of academic and musical enthusiasm had fizzled out and I was essentially running on fumes. I felt like I embodied the epitome of "burn-out." Yet, college applications and auditions never allowed me to relax. My mental health suffered. My physical injuries got worse. My journal from January 1, 2020 reads: "I know that this is not who I truly am because when I envision my best life, I am the exact opposite of what I am now. I am killing it with music, psychology, philosophy, and outdoor programs. I am happy and sleeping and eating and working out. I am not anxious or depressed and I am thrilled to be alive." Trying to imagine myself at college during that time was virtually incomprehensible, yet I wanted to go in order to "[kill] it with music, psychology, philosophy, and outdoor programs." In college. So, Ellie, where's the disconnect? The answer? Timing.

I was first introduced to the idea of the social clock in my AP Psychology class my senior year. It seemed like an extended metaphor for how the structure of the education system worked. We move through the grades, meeting benchmarks and the knowledge that propels us into the next grade, next school, next job or career. The social clock is this societal nag that can pressure us to follow paths well-trodden at the expense of our current health and well-being. Just because something is conventional doesn't mean it is what you, as a unique individual, needs. Covid-19 disrupted all of the "clocks" — social and otherwise. When life was in full swing, there was simply no time to reflect and consider other paths because school, applications, and music had me staring at the ground to avoid falling.

I needed time off from the academic and competitive environment that caused so much stress. One year later, I feel ready—more than ready to go back to school. I can't wait to meet and discuss and collaborate with vibrant, passionate, people. I can't wait to pursue my passions and let them guide me forward.

On the last day of July, I finally came to my senses and realized that another year of playing music alone, staring at a computer screen, and constantly fearing for my safety at college was not how I wanted to spend my time. I knew that if I stopped playing horn to let my injuries heal, I might never pick it up again, but

with my horn professor's blessing to take nine months off and my piano teacher's words "You'll regret it if you don't defer," ringing in my ears, I decided to make the most out of this unprecedented year. I shared some highlights and insights in the hopes that my experience might serve as inspiration for an unconventional next chapter for others on the brink of big college decisions.

In August I did the obvious—I started a bread baking business. Well...not really, but the quarantine bread baking contagion was spreading and I soon got hooked. Next, I signed up to be a "Wwoof'er" joining the community of folks looking for World Wide Opportunities on Organic Farms (wwoof.net). I soon found myself at Strawbale Studio (strawbalestudio.org) in Oxford, MI and spent September learning about natural building and living out of my car (and tent). Some highlights include: making horse manure plaster, harvesting the results of our shiitake mushroom inoculation, building (most of) a stone bench, painting a house, fixing a leaky thatched roof, picking up guitar, chatting by the fireside deep into the night, learning how to work alongside people very different from me, and growing more in that month than in the past year. I learned that connection—to nature, to humans, to my body, and to the universe, is really at the crux of it all. On September 25th I wrote, "I am doing so well! I need to be grounded in order to take flight." That epiphany should've been no surprise—we come from nature, and we are wired to be immersed and invested in the beautiful process of survival. It was bittersweet when I finally drove home.

During October I gardened, worked at Human Electric Hybrids (the new electric bike store in Kerrytown) entering data, babysat, and tutored. I discovered Stoicism (check out The Practical Stoic podcast with Simon J. E. Drew!), embraced minimalism (got rid of half of my belongings) and #vanlife (travel anywhere, anytime, and be completely independent, paying only for gas and food!). An appointment with Diane Babalas at Gateway Chiropractic inspired me to become a traveling chiropractor, living out of my theoretical van, and exploring the world.

In November I got a job at Zingerman's in the Mistakes department at the mail order warehouse, worked there through the winter holidays, continued tutoring and babysitting, and began dreaming of traveling out west. A friend introduced me to Workaway (workaway.info)—a program like WWOOF where you can go stay with hosts, work for them, and in exchange receive accommodations, food, and an incredible life experience. So, for those of you looking for an adventure and to meet some new folks, check out WWOOFing and Workaway. Could lead you to some very interesting places.

Throughout the many jobs and experiences, I did my very best to refute the stigma that those who take a gap year between high school and college fall off the wagon—but taking a gap year is just one of many paths open to the high school graduate.

Another obvious path is college. I think the most important thing to remember when choosing any path, but especially college, is to know your *why*. Automatically assuming college is the next step can be a trap. Consider college's traditional role in the "system"—the common justification is "I'm doing [fill in the blank] so I can get a job that will support me and my family..." However, this narrative is based on a future that isn't guaranteed. Instead, I implore you to consider college in relation to knowing your *why*—the *why* that gives you purpose in the present and throughout the rest of your life. Your *why* ultimately relates to your higher purpose and overall well-being. There's a quote by Stoic philosopher, Marcus Aurelius, which states "You could leave life right now. Let that determine what you do, and say, and think." Covid-19 has *clearly* demonstrated how fragile life is and how important it is to understand your carefully chosen actions.

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story online.](#)



Arts Integration, *More Than Just a Pretty Space*

By Brooke Curie

I'd like to invite you as a guest to my house. Walking in, you might admire the variety of beautiful art that fills the walls. You'd see light-filled flowing water colors, intricate tile mosaics, gorgeous reproductions of Van Gogh and Degas, bold self-portraits in black and white acrylic, vibrant silk paintings, and more. I'd feel proud when I told you that this art was created by my children. You might think I have a very talented family, and that may be true. But the deeper explanation is that I have five children who attend, or have graduated from, Rudolf Steiner School of Ann Arbor, a Waldorf school.

My journey with Waldorf education began 14 years ago, when my oldest was starting kindergarten. One of the first things that attracted me to Rudolf Steiner School was the opportunity for my children to have balance in their school day. A variety of artistic activities are interwoven with rigorous academic endeavors to achieve this harmony. Bursting with joy and vitality, my children would not sit all day getting filled with information, staring at worksheets, textbooks, and various screens. There would always be a thoughtful rhythm to their day. From early childhood through high school, Waldorf students experience many kinds of fine and practical arts: drawing, painting, sculpting, singing, folk dancing, handwork, woodwork (you should see the container of hand-carved wooden spoons in my kitchen!), instrumental music, and the list goes on... Weaving artistic practices with intellectual ones creates a healthy flow in the school day – an inbreath and outbreath. Imagine an 8th grade class: focusing intently during a chemistry lesson (inbreath), next they draw the experiment they just observed in their main lesson books (outbreath), later they have woodworking class where they'll work on the three-legged stool they're making this year – it started as a rough tree trunk (outbreath), next is math class (inbreath), you get the idea. The arrangement of the school day is healthy and harmonious, allowing students to restore their energy, renew their focus, and take in information in a deeper way.

I was so inspired by this way of educating children I eventually got my MEd from Sunbridge College, where many teachers learn how to practice the art of Waldorf education. Throughout these years, I've been able to delve deeply into the complexities of arts integration in education, and I'm always amazed at how layers continue to unfold for me. On a surface level I have some pretty amazing art on my walls. Yet these layers range from the superficial, to the profoundly deep, illuminating the wise way Waldorf schools integrate arts across the curriculum.



Everything in the Waldorf curriculum is selected with utmost care, based on Rudolf Steiner's insight into human development. In the early childhood program, children paint with liquid watercolors on wet paper- the colors flow and blend as though alive, providing a sensory experience that is just right for this dreamy stage. As students get older, they become able to bend these fluid watercolors to their will and create intentional forms in their paintings, not an easy feat. In 6th grade, students do black and white drawings to address their 'all or nothing' way of seeing the world. In 7th grade, perspective drawing is introduced, because students are beginning to look at issues from many sides. The curriculum is full of examples of activities designed to meet developing students in significant ways.

Rudolf Steiner students experience various modes of artistic expression, while their teachers bring everything to them in an artistic way. Waldorf teachers take in the information for their lessons, make it their own, and present it creatively – through story, songs, poetry, drama, demonstrations. These teachers strive to perform an art of education, embodying their subject matter and giving dynamic lectures from the heart. Students come away from lessons like these with a richness and depth of living knowledge.

The most exciting aspect of arts integration involves cultivating a truly human intelligence. What does this mean? I think a good way to think about this idea is through questions. Since artificial intelligence is on the rise in a seemingly exponential way these days, what is the value of one-sidedly fostering the kind of thinking that machines will always surpass us at? Imagine a future full of people who are great at thinking like machines. On the other hand, what is the value for the future, of humans who can think in an artistic way? What is the creative process, that state of mind that is cultivated when practicing art? Albert Einstein said, "Imagination is more important than knowledge". There is a realm we can access for inspiration – brand new ideas, healthy ways of working in the world. Wonderful things come from this place – new inventions, breakthroughs, ways of communicating. How can humans gain more access to this world? One way is through a consistent training in the arts.

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

The Crazy Wisdom ^{weekly} Calendar



Bodywork and Body mind Therapies

Bowenwork4kids with Lisa M. Teets • August 15 • 3:00 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Visit online at Bowenfix.com. Contact Lisamteets@gmail.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monday August 9 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rinpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • Sunday, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Meditation and Discussion with Ann Arbor KTC • Wednesdays • 7 p.m. • The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book

discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. For more information contact Caitlyn at cdbuchanan325@gmail.com or visit them online at annarborktc.org.

The Truth of Suffering (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, August 7 • 9:00 a.m. • There are many obvious reasons for the various kinds of human misery, but underlying all of them are our own individual and collective actions, perceptions, and emotional reactions. Exploring these leads to a re-appraisal of our choices and a path to lasting happiness. \$25 Jewel Heart Members / \$30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org.

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month through August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

Dreamwork

Dream Encounters (When it's not "just a dream.") with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. • Discuss spiritual and other encounters that can occur during sleep. Examine your dream "tells" that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. \$50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclmore.com; [facebook.com/MichelleMcLemoreHealingGuide](https://www.facebook.com/MichelleMcLemoreHealingGuide).

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • Through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you

want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. \$10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Festivals and Fairs

Detroit Conjure & Folk Magic Festival • Aug 14 • 10:00 a.m.

• This festival brings people together to learn about various alternative spirituality, folk magical practices, folk traditions, and magic. We chose Proud Lake Recreation Area for its proximity to nature and peace. You can find out more about us at our Facebook Page known as Detroit Conjure LLC. It is a free event. Contact Kenya Coviak at detroitconjure@gmail.com; detroitconjurefestival.webs.com.

Nature & Nurture Farm Homegrown Harvest Festival • Aug 21 • 4 p.m.

• Join Nature & Nurture Farm in community as we celebrate and give thanks for another bountiful growing season! There will be a tomato tasting, potluck, guided farm tours, live music, kids activities, a seed giveaway, silent auction, a bonfire, farm yoga, and more! Follow us on social media (FB/IG) and/or sign up for our monthly newsletter at the bottom of the home page of our website as more details become available. \$20-\$30 suggested donation, \$10 suggested donation for students, but nobody will be turned away for lack of funds. Event starts at 4pm and runs late into the night.

Please either come vaccinated or wear a mask. Advance permission needed for bringing dogs to the event. Please bring a lawn chair or blanket to sit on. People are welcome to camp on farm property Saturday evening (8/21) to Sunday morning (8/22). For more information email info@natureandnurtureseeds.com or visit natureandnurtureseeds.com.

Great Lakes Herb Faire with Tieraona Low Dog; other speakers include Jim McDonald, David Windston, Ellen Kamhi, Talal Al Hamad, Mimi Hernandez, Diana Quinn, Sajah Popham and Lottie Spady. • Sept. 10-12 • Annually, weekend after Labor Day • 4:30 p.m. • 7th annual Great Lakes Herb Faire! This year we will once again gather virtually in celebration of the sharing of herbal knowledge. Join us for a fantastic lineup of herbalists. \$100-\$150. Contact anna.motherbloom@gmail.com or info@greatlakesherbfaire.org; greatlakesherbfaire.org.

Meditation

Buddhist Meditation and Sharing • Sunday, August 8 • 10:00 a.m.

• Join the Still Mountain Sangha on Zoom every Sunday from 10:00-11:30 am for about 45 minutes of silent meditation followed by an open time for sharing or discussion related to the Dharma. Find out more information online at stillmountainmeditation.org.

Weekly Silent Meditation via Zoom • Tuesday, August 10 • 9:00 a.m.

• Insight meditation offered via Zoom twice weekly. Sundays 11am-noon Eastern. Tuesdays 9am-9:30am Eastern. No experience necessary; all levels of meditation welcome. No

instruction. Donations appreciated. For information email om@deepspring.org or visit deepspring.org.

Oasis of Sound: Sound Bath Meditation with Rob Meyer-Kukan • Saturday, August 14 • 7:00 p.m.

• Join Sound Therapist, Rob Meyer-Kukan as he weaves together an oasis of sound with singing bowls, gongs, therapeutic harp and more. Allow the soothing tones of these instruments to transport you to a sacred space of calm and relaxation. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc.). Participants are required to wear a face-covering during this offering. \$25. Advanced registration required at forms.gle/72E7xdpr2mtcCdZc7. Space is limited to 8 participants. Please note that registration closes on August 13. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.

Music, Sound, and Voice Singing for Comfort (via Zoom) with Interfaith Center for Spiritual Growth • Second Thursdays: July 8, August 12 • 7:00 p.m. • Music and song for comfort. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Mindfulness

Sufi Chanting, Movement, and Meditations with Imam Kamau Ayubbi • Every Tuesday through August • 6:30 p.m. • Sufi study and celebration via Zoom. Donations \$5-10 per class. Contact the Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Retreats

Joyful Summer Retreat: Kingdom of the Mind—Mind and Mental Faculties with Demo Rinpoche • Friday, August 20 - Sunday, August 29, 8:30 a.m. • The mind is mirror-like, luminous, and rich with possibility. Yet, when obscured by negative thoughts and emotions, we experience life as confusing and harsh. Come explore the mind and its inner workings and gain understanding of how we can fulfill our greatest potential. \$475/Jewel Heart Members, \$550/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org/retreats. For more information, call Jewel Heart at 734-994-3387 or email to programs@jewelheart.org. jewelheart.org.

Spiritual Development

Peace Generator (via Zoom) with Craig Harvey • Friday, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for

Mobility Maintenance, Yang & Chen Long & Short Forms. Free/ Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children’s classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissoJiZen.org.
Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; <https://cwcircle.poetry.blog/.at> 734-668-7523 or eacmorso@sbcglobal.net; <https://cwcircle.poetry.blog/>.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. \$21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.
Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Experienced Intermediate Yoga (online) with Sue Salaniuk • May through August • 6:00 p.m. • For experienced students who are working on inversions or appropriate alternatives. \$98/7 weeks \$15/class. Contact sue@yogaspacennarbor.com.



Get your calendar listings in by Monday morning at 10 a.m. for the next Crazy Wisdom Weekly Issue!

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