

August 13, 2021
Issue #65

Beth Barbeau

*Traditional Homebirth Midwife and
Resonance Repatterner.*

The
Crazy Wisdom
Weekly

The background of the image is a vibrant, teal-colored nebula or star field. It features a dense concentration of small, multi-colored stars (red, orange, yellow, blue, and white) scattered across the frame. A prominent, bright white star is visible near the center of the image. The overall effect is a sense of depth and cosmic wonder.

shining a light in the dark

The Crazy Wisdom Weekly

The Crazy Wisdom Community Journal is looking for a few good writers! If you are interested in writing about either of the topics below, or have ideas for a feature article, please email our managing editor, Jennifer Carson, at jennifer@crazywisdomjournal.net.

In your email, please send a cover letter detailing your experience with the subject area, any previous publishing credits, and a few article ideas.

We are specifically looking for writers who are interested in writing about paganism, and local pagan related topics.

We are also specifically looking for writers who like to cover food and local food related topics.



Table of Contents

Word of the Week	page 4
A Slow Blink By Michelle McLemore.....	page 6
Spiraling Up! Beth Barbeau.....	page 8
Crazy Wisdom Book Pick of the Week.....	page 9
Good Vibrations By Hattie Peraino.....	page 10
The Crazy Wisdom Weekly Calendar.....	page 12
A Final Thought.....	page 15

**JUDY LIU RAMSEY
CONSULTANT & PRACTITIONER**



Heart To Heart

**SHAMANIC HEALING
ANIMAL COMMUNICATION
CLASSES • CEREMONY
CONSULTATIONS**

**ramsey.judy003@yahoo.com
<https://JudyRamsey.net>**



Coming to
shopcrazywisdom.com

**Seasons of a Magical Life
A Pagan Path of Living**
by H. Byron Ballard
Release date 8/17/21
\$18.95

“Ballard (Roots, Branches, and Spirits) encourages modern pagans to “return to a simpler and quieter time” and “re-enchant the world” in this engaging guide. She recommends a daily routine of “wake, work, wonder, and sleep” and describes the pagan practices on her Appalachian homestead. Ballard closes with an exploration of the concept of hearth—a safe hub from which to live one’s values while building kinship with one’s environment. Ballard’s gentle tone and appealing descriptions of a bucolic lifestyle will appeal to spiritual readers looking to connect with the natural world.”

—PUBLISHERS WEEKLY

No part 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. Please contact us first. Articles from back issues will be available on our website’s archive.

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.

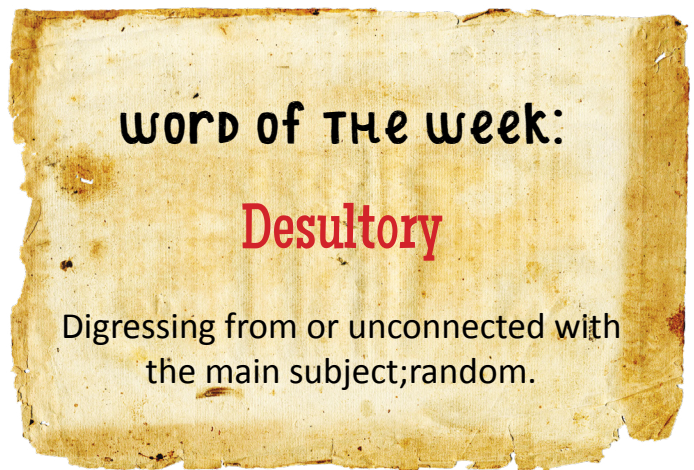
Copyright © Crazy Wisdom, Inc., August 13, 2021.

Thank you to our contributors for this issue:

- Beth Barbaeu
- Michelle McLemore
- Madeline Strong-Diehl
- Hattie Peraino
- 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.



TOUCHSTONE



Come Home To Cohousing
jane@praxisproperties.org

560 Little Lake Drive, Ann Arbor, Michigan 48103

New Condos
3 Floorplans
\$334,000 - \$408,000

9' Ceilings, Maple Cabinets,
Granite Counters, Appliances,
Deck, Walkout Elevations

Call Now 734-323-0019

touchstonecohousing.org



A Slow Blink

By Michelle McLemore

You don't know what you don't know...until you know.

It shouldn't be a surprise to consider that what you were taught in grades K-12 is not all encompassing. That what professors tried to bring to your awareness in college, advanced coursework, tech colleges, and on the job trainings, are still only a drop in the proverbial ocean of knowledge that exists about a species, its environment, world, universe, dimension, and so on. Still, the expression on someone's face when they have an epiphany is truly spectacular to witness. There is a combination of childish delight in discovery, amazement of how the next piece fits the puzzle, the wonderment of how the design exists, the surprise of how one's reality can shift in an instant and yet reflect on what you were so sure of just seconds before and now...knowing you can never go back. For if you do, if you deny the experience, or attempt to bury it, you are doing a disservice to yourself, your future, and all whom you encounter.

I was helping at a local vendor's show when I saw a woman gimping painfully about. Her face grimaced each time she set her right foot down. She explained that a few weeks prior she had gone to bed fine and simply woke up with excruciating pain and a knot in the back of her heel. Apparently, it had not gone away as it had arrived—on its own. I suggested she sit down and let me try a little energy work on it for free. (I really dislike seeing people in major discomfort.) She brushed off my offer with "No time" and "If I sit down now, I won't want to get up and finish what I have to do today."

How often have we said, or heard, those same rebuffs? When all we expect is continued pain and discomfort, the tv commercials about arthritis pain is what resonates in our mind—or maybe it was physics class? "A body in motion stays in motion." The reality, however, is that sometimes, a few moments of stillness and intercession can fix the irritating problem that "suddenly" appeared in our lives, and we can get back up and running, sprinting, or sailing as is needed.

I smiled, said, "No problem—it is your pain and your choice." (Yes, I was a little more cheeky than normal.) I handed her my card and said, "If you change your mind, give me a call."

One week later, I received the call—about ten o'clock in the morning.

"Michelle? I really can't stand it any longer. [No pun intended, I'm sure.] I am at the point where I'm now irritating my husband and myself. Will you come over?"

I did my preparatory clearing and grounding work, prayed, and asked for guidance on what oils to take with me. I had her sit on the couch with her right leg extended and we began. Her husband soon wandered by the room entrance—all casual with side glances and small talk. I'm not sure if he was expecting a witch's hat or wild chanting and swaying, but the vibe was of definite curiosity. I invited him to sit down with us, so he didn't overheat outside. (It was better for both of them to see what I was doing, so they could talk about it later.)

Because she hadn't slept well due to the high level of pain grating her nerves, I first worked to balance and clear her head, neck, and shoulders. The effect was almost immediate. I tried not to giggle as her entire face relaxed and her eyes began to get drowsy. I knew from her delayed responses to questions that her mind had also relaxed significantly. I suggested she let her head settle against the back of the couch—that it was entirely okay to rest and even sleep.

My client had judged her pain at the start of our session at a seven. Within about 30 minutes she was at a four and dropping. I finished her leg and ankle work and gave her instructions to stay put and rest for at least 30 minutes. (I was pretty sure she was going to fall asleep, and it would be a bit longer than that.) Additionally, I asked her to drink some water, and after about four hours to do an epsom salt bath just to finish treating anything left over. (Water—and salt water especially—are both wonderful clearing agents at many levels.) I told her I'd call the next day. She smiled, a bit groggily, but much more comfortable and I saw myself out.

I waited until midday to call her. "Hello! How are you?"

"I feel great!" was the strong response.

I hesitated. "Are you being sarcastic?" The enthusiasm in her voice was much more than I had anticipated.

She laughed, telling me there was no pain. "I feel like a brand-new person!" She exclaimed and then as I was expressing my gratefulness for her relief, she interrupted to say, "I owe you an apology." I was caught off guard. What could this woman, whom I only knew casually from local community meetings, possibly have said or done to need to apologize?

She said, "I really didn't believe it would work."

Any confusion and hurried anticipation that had been building in my mind, floated away with my laughter. There was no need for apologies. Even if she had thought or expressed vocally to someone that I must be a charlatan, those were still simply her uneducated guesses. She simply didn't know any reality except the one she had lived up to that point. And isn't that both scary and exciting at the same time? We don't know what we don't know.

So, perhaps instead of dismissing that which we personally have not witnessed, perhaps we should listen to others while dismissing the need to evaluate or judge as they share their realities. What a shame it would be to miss out on leveling up when given the opportunity. What a pity to miss experiencing the awe of a deeper level of creation. We are designed to literally ebb and flow with each other, and our environment, for the highest and greatest good for all.

Michelle McLemore is a freelance writer, Energy Therapist, and HT Practitioner additionally trained in Sacred Geometry, Reiki, and Native American healing. She developed, and taught, the first stress management course for public schools and today offers individual and group workshops along with Tai Chi and yoga. As a spiritual guide, she offers relationship sessions and officiates weddings. Learn more on her Facebook page, @MichelleMcLemoreHealingGuide.



*advocate
unify
strengthen*

Are you an artist or an art supporter? The Chelsea Arts Initiative was developed to build more synergy and awareness of the artists and art organizations in the Chelsea area. Please complete this form to contribute to a digital "ART HUB" directory for and about the arts community. This form helps us know who you are and understand how you'd like to be included!

[Fill it out here!](#)



Deep Spring Center
for Meditation and Spiritual Inquiry

New Expanded Fall Program!
The Eden Project, Classes, Retreats,
and Silent Meditation all via Zoom

Join us on our path to living a life of loving-kindness 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 | info@deepspring.org | 734.477.5848
Deep Spring Center is a 501(c)(3) non-profit. See website for details.





Spiraling Up!

Changing Life Patterns

By Beth Barbeau

Do you have areas of your life where you feel ‘stuck,’ even though you’ve tried many ways to make changes? What lasting upgrade would you like to make in your health, finances, or relationships?

Beneath every problem are beliefs, feelings, and often-traumatic responses with which we resonate unconsciously. When we resonate with what is *positive*, we spiral up; we’re able to access opportunities for change in a creative and self-empowered way. We feel confident in our capacity to handle what life brings us with clear thinking and an open heart. Basically, our system is *energized* by these positive beliefs and feelings.

However, much of the pain and limitation that we experience in the present is created when our system instead is in sync with old, life-depleting beliefs instead of positive beliefs. These outdated patterns are linked with highly charged feelings, and easily re-triggered even in completely unrelated circumstances. Essentially, our system is stuck being *energized* by these depleting beliefs and feelings, and de-energized by the positive ones! For example, resonating with “I never get what I want in life!” instead of resonating with “Life flows and my needs are easily met.”

There is an extraordinary approach that simply, swiftly, and literally changes our resonance. While we can’t change our past, we can, even in a single session, change its frequency within us. This profoundly shifts our experience of the world, and our ability to live an empowered life.

This healing system is called Resonance Repatterning, and at its foundation is that all matter is vibrating with energy. This includes our entire body, right down to individual cells and atoms, as well as our thoughts, feelings, and spoken words. This vibration generates a frequency, which is unique to each activity or emotion, and is a largely unconscious phenomenon that determines what sort of life experiences we have.

When the optimal frequency pulsation is lost, we may find ourselves unconsciously resonating with poor health, unhappy relationships, or limitation in any sphere of our lives. The ancient principles of repatterning have been taught for thousands of years and are now being validated through scientific research in quantum physics.

Chloe Faith Wordsworth, an acupuncturist, developed the process that identifies and shifts blocked energy in the body-mind system. She worked with heroin addicts who were continually self-sabotaging and re-abusing, even when all the physical and emotional support elements were in place, and knew there had to be a way to identify and heal the true underlying issues. Chloe is a passionate student of natural health, and her extensive knowledge of meridians, sound frequencies, holograms, psychology, physics, and more, provided the background to synthesize this new and dynamic system of energy work.

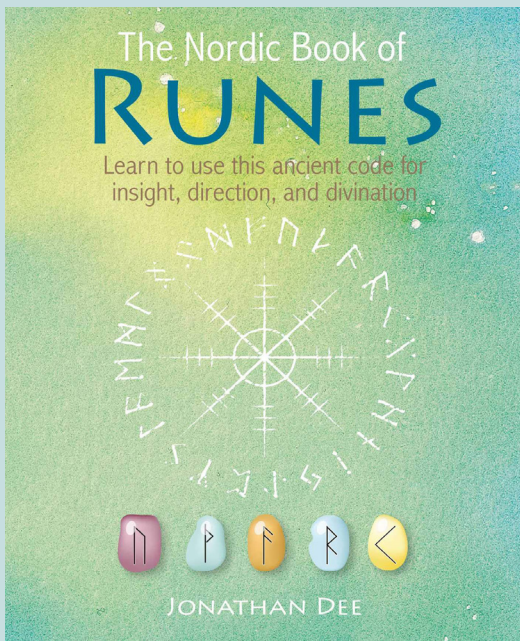
Resonance Repatterning unites all of these insights into a system that allows us to easily identify and transform the *exact* life-depleting beliefs, feelings, and unconscious patterns that underlie problems we are facing in the present.

My own experience with Repatterning began in 1990 when I was a recent college graduate. Diagnosed with debilitating posttraumatic stress (PTSD), the State of Michigan considered it so severe that they declared me permanently disabled and waived all my student loans. It was two years into this challenging and rather desperate situation that I met Chloe Wordsworth and Resonance Repatterning (formerly called Holographic Repatterning.)

It made sense to me that our subconscious patterns, imprinted at the earliest times of our lifetime, are held as frequencies within us. These memories from our conception, prenatal life, birth, and early years settle into our intrinsic memory bank, forming the foundation of our beliefs, feelings, and responses to life. For instance, it’s common for the ultra-aware senses of the unborn and newly born babies to be callously dismissed, and for patterns of unmet needs to be passed on generationally. Such formative influences continually operate in the background of our present day lives, greatly (but invisibly) affecting our behavior and habits.

[Read the rest of the article online.](#)

Crazy Wisdom Book Pick of the Week



A guide to the secrets of rune-reading, an ancient predictive art, that teaches you how to lay out runes and interpret them instantly.

This handy guide to the secrets of rune-reading, an ancient predictive art, teaches you how to lay out runes and interpret them instantly. Runes (meaning a secret or mystery) were words of power, once carved on amulets, rings, and weapons, and found as inscriptions on tombstones. In this insightful book, each of the runes is fully described, together with the symbolic images and celestial phenomena associated with them. Methods of laying out or “casting” the runes are described in order to give a full and comprehensive reading to answer any question. There are six spreads to choose from, from Odin’s Rune, a simple reading with one rune stone, to using up to nine runes for deeper insight into the past, present and future.

[Get your copy of The Nordic Book of Runes at shopcrazywisdom.com.](http://shopcrazywisdom.com)

THE CRAZY WISDOM COMMUNITY JOURNAL
SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

FREE MAY THROUGH AUGUST 2021 - ISSUE 77

Cathy King

— The King Family —
Half a Century of Farming,
Making Music, Teaching Yoga,
and Building Community

HOLLER FEST

Energy Healer and Equine Therapist Sarah DesJardins • Rev. Marie Duquette on One Year of Covid
• Conversations with Nature • Great Tastes in Local Food • Whip Jams and Local Musicians •
Acupuncturist Cynthia Essechick • Susan Westhoff of Leslie Science Center
• Belly Dancing with Sheila May • How a Pandemic Changed My Life After High School •
How the Farmers Market Survived • Friends Lake Cooperative Community •
Yoga Column • Events Calendar • And More

Get your hands on the spring issue of
*The Crazy Wisdom
Community Journal*
before it's gone!

Look for articles on the King Family of Frog
Holler Farm, Equine therapist
Sara DesJardins, Belly Dancing with
Sheila May, the Friends Lake
Cooperative Community, and more!

On shelves now
or

[Subscribe Here!](#)

GOOD VIBRATIONS



By Hattie Peraino

I took my first steps on a spiritual path with the Universal Great Brotherhood. I remember my revered teacher, the Elder Brother, giving a talk during one of his visits to Ann Arbor. He looked around the room at all of our shining faces and said “Everything vibrates. I’m vibrating, you’re vibrating and, pointing to the table where his water glass was perched, even this table is vibrating. Can you see it? Can you sense it?”

At the time, I thought, “Okay, that’s a stretch for my brain but you’re the Guru, so it must be true.” That concept stayed with me, tucked away in my mind for several decades until I was ready to truly, viscerally understand the power behind that simple statement.

When I first started energy work, I attended classes, listened with purpose and hoped that one day, in addition to talking about energy, I would actually be able to feel energy. It was my own version of “Fake It ‘til You Make It” and, secretly, I hoped that there were a few others in the room who were in the same boat!

As I did my daily meditation and chakra connection, I began to ask my guides very politely to help me feel my energy field. I would move my right hand to the space at the side of my body, trying to sense something different, something ethereal. After a few days of doing this energy ‘experiment’, I felt a prickly sensation, like the zinging zap you feel when putting an electric cord into a socket the wrong way... an aha moment to be sure but I still needed confirmation from another healer to validate my experience.

After this initial moment of awareness, I began to do energy work on others...family members and friends at first. How kind they were to let me practice on them. How kind they were to give me positive feedback. Then, more training, more clients, more awareness, and more vibrations.

Once I made a commitment to ‘do the work’, the opportunity to learn and grow accelerated. I was offering treatments to a variety of people with a variety of issues. Back pain, migraines, stress, Plantar Fasciitis ... the techniques to help others to

balance and heal themselves were revealed in the next book, the next class, or the next conversation with an experienced healer.

Along the way, I found that each client has their own story to tell. Lydia worked in an emotionally toxic environment where her co-workers continually berate the clients who come through the doors. She is exhausted when the day is done and can’t seem to change her mental outlook.

Jake was a 10-year-old with verbal and physical tics and many neuro-sensitivities. He had difficulty finding success at school and on the playground. The medicines prescribed for him did not help him to sleep through the night or control his symptoms.

Brett was a veteran with PTSD and had difficulty adjusting to daily life after experiencing the traumas of the battlefield. His energy swings were debilitating.

Penny, undergoing chemotherapy, was fatigued and unable to rebuild her strength. She wanted to heal but didn’t feel she could do it on her own.

This is where energy work plays an important role in the healing process. An energy healer senses the flow of the client’s energy and, like a straw, channels higher vibratory energy into the client’s biofield to help balance and improve their health. A trained energy worker knows how to clear out congestion and gently ‘reprogram’ the energy in order to encourage the body, mind, and spirit to return to optimal health. No matter what the issue, client and practitioner work together as a team for the best possible outcomes.

Energy can be pulsing, weak, erratic, smooth, dull, prickly, or vibrant. It flows through the body in much the same way that electricity flows through a house. Block electrical energy and you will have a dark room. Block energy in the body and you will have disease or imbalance.

As the Elder Brother said so many years ago, “All things vibrate.” Now I know the truth of that statement.

Peraino offers treatment sessions at The Healing Touch Center in Farmington Hills. You can connect with her at hattieperaino@gmail.com.

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

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.

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.

Cohousing

Cohousing Tours • Sunday • 2 p.m. • Every Sunday starting in September. Cohousing is a form of intentional community centered on the joy that comes from residents sharing their work, resources, and talents. The Ann Arbor area is unique in the US for having 3 cohousing communities. Come find out what it's all about. Meet at the Touchstone Common House, 560 Little Lake Dr., (734) 274-9110. Learn more at touchstonecohousing.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.org.

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

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



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.

Health and Wellness

Help Yourself with Self-Hypnosis • Wednesday, September 8 •

11:00 a.m. • Come learn and practice self-hypnosis with Conrad Welsing in this workshop, find the power to change you! For more information visit [Washtenaw Community College](http://WashtenawCommunityCollege) or call 734-677-5060.

Meditation

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.

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@yogaspaceannarbor.com.



Back to Basics Holistic Health
Restoring health naturally, one body at a time.

Services offered include:

- Nutrition Counseling
- Sauna
- Ionic Footbath
- Evox
- And many others!

Juli Johnson N.D.
125 West Lake Street
South Lyon, MI 48178
(248) 921-0586
juli@back2basicshealth.com
back2basicshealth.com



Guidance | Confirmation | Direction

PRIVATE READINGS - GROUP EVENTS - GIFT CERTIFICATES

313-655-7694 READINGSWITHGAIL.COM

EMBERYG@YAHOO.COM


PSYCHIC/MEDIUM,
LICENSED PROFESSIONAL COUNSELOR, MA, LLPC



The Heart of the Journey



Michelle McLemore, Healing Guide
michellemclemore.com
(517) 270-0986



Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace.

A soul generated by love.

—Martin Luther King, Jr.