

September 17, 2021

Issue #69

Amira

Tal-Henig

Founder of Healing

Hands Physical

Therapy

The
Crazy Wisdom

Weekly

shining a light in the dark



Published by *The Crazy Wisdom Community Journal.*

The Crazy Wisdom Weekly

A Letter from the Editor

We started publishing the CW Weekly a couple of weeks after the country-wide shutdown was put in place. We had just decided not to publish what was the Journal's 75th anniversary issue in the spring of 2020, and Crazy Wisdom Bookstore was closed for an indefinite amount of time. The *Weekly* was our way of staying in touch with those we couldn't see. A way for our then isolated audience to express themselves, share their thoughts, ideas, art, and music with crazy-wisdomesque people in the community. After 69 issues, we think we've accomplished this mission.

So, now it's time for a new mission. We like being able to bring you articles, essays, and events in and about our community in a more timely manner than the Journal can sometimes address—but the world, if not returning to "normal", is opening up and the fall issue of *The Crazy Wisdom Community Journal* is showing up all over town again. With this in mind, we are changing the Weekly into a Bi-Weekly, meaning we will publish every other week.

We still encourage you to share your stories, ideas, photos, art, and events! We love supporting our community in many ways.

Sincerely,

Jennifer Carson

Get your hands on the fall issue of
The Crazy Wisdom Community Journal

Look for articles on Jewel Heart's Spiritual leader, Demo Rinpoche, Jewish Family Services, psychedelic plant medicine, Aura photography, Tea Rituals for the Divine Feminine, and more!

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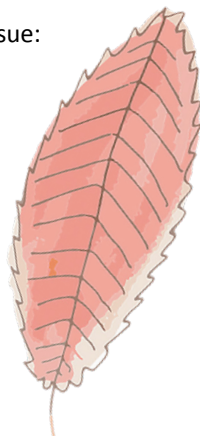
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Michelle McLemore
Susan Ayer
Kelly Fordon
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.

5 questions for author *Kelly Fordon*



Tell us a bit about yourself—where did you grow up, and how did that influence your writing?

I grew up at a time and in a place that valued silence and compliance above all else. I grew up in Washington, D.C. in a very conservative Catholic household and to top it off my father was a politician. I was supposed to be seen and not heard because every word a person speaks might be the word that loses the vote, and losing the vote, for my father, meant losing his job.

On top of that, as a Catholic, saying anything egregious—bad words! complaints! slamming your parents!—might land you in hell. It's taken me a long time to bounce back from that upbringing, and truthfully, I'm still working on it. I'll write what I want now, but often after I say something, I expect the boogeyman/God/my mother to pounce on me. It's been difficult to overcome that tendency toward self-censure, but there is nothing like speaking your own truth. I know some might say you should "Tell the truth but tell it slant." In my case, I don't think that's healthy. I just tell the truth now. Period. As best I can.

You write both poetry and short stories. What is it that calls you to write in these forms?

Normally I write stories to find out why people behave the way they do, or what would happen if I put them in a certain situation. Sometimes I will just see people walking around and wonder what their story is, and because I am shy and would never normally walk up to anyone and start a conversation, I'll make up a story for them instead. Sometimes the story just keeps going and more questions present themselves. Most of my stories are motivated by curiosity. It's easy to pigeonhole people when you don't know them, but what's the motivation behind their behavior? I like to reach a point of empathy in my stories. That moment, as the writer, Paul Harding, says when (and I'm paraphrasing) you aren't just writing about the good guys versus the monsters.

On the other hand, poetry, for me, is image-based and fueled by emotion. If I'm in pain, or perturbed, some images might present themselves, and then I have a poem on my hands. Lots of people I know write narrative poetry and can tell a whole story in a poem, but if I have the thread of a story, I write a story. I like poems that are mysterious and off-kilter, like Laura Kasischke's poems. In a poem, I want to be surprised and, in the end, I don't want to be able to deconstruct the poem—the complete opposite of a story, in my mind.

Your latest book made its way into the world in 2020. What was the inspiration behind the stories published in this collection?

Almost all of the stories are about love and caretaking and how hard it is to deal with the shifting power dynamics and obligations intrinsic to any long-term relationship.

I raised four kids and did a lot of caretaking, and I was always asking myself: Is this worth it? Should I be here? What's important in life? It's funny that the book came out in 2020 because several of the stories are about people who are literally or figuratively "trapped" in their houses.

During the last 18 months or so, have you come to any new insights about people and the country at large? If so, how has this influenced your work?

Because I am a liberal Democrat who grew up in a very conservative Catholic household, I have felt a lot of the growing fissure in the country on a personal front. It's been really hard, frankly. I know many people in the country are going through the same thing with family members/friends and all I can say is that now I feel like my eyes are wide open. It's been terrifying to witness how people hunker down and defend their positions despite ample evidence to suggest they are wrong.

On a spiritual level, I'm really trying to stay in a place of empathy. As George Saunders says, retaining empathy and remaining fierce is a very tricky tightrope walk. But now that I can see a certain "blindness" hampering other people in my life, I am aware that there will always be things I miss as well. All of our perceptions of reality are limited; that thought terrifies me because people can do so much harm to other people without (sometimes) even realizing it. Of course, sometimes they know exactly what they're doing, and that's even more chilling.

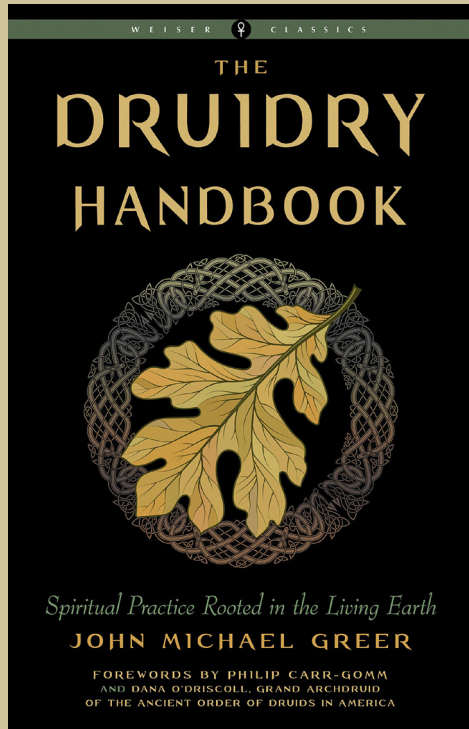
What is your biggest piece of advice to would-be writers who would like to see their work in print?

The best advice I have is to allow yourself a long period of apprenticeship. The first stories I wrote were terrible and I believed that meant I would never write a good story. In truth, I just needed more practice. Expect that the road to publication will be long. If you love writing, it will not be a burden to spend time alone practicing your craft. It will be a great delight!

My other advice is to work on things that bring you joy. I think Jenny Offill is the one who said: "Honor your obsessions." Pursue the subjects that interest you even when they don't make sense to you. I also heard Louise Gluck talk about how, prior to the publication of her Pulitzer-prize winning collection, *Wild Iris*, she spent a year or more studying botanical catalogues. She didn't know why she was spending all her time reading about flowers, and she honestly started to wonder if she was morphing from a poet into a gardener, but then one day the idea for the book came to her and that was it. It would never have come to fruition if she hadn't allowed herself the luxury and madness of that single-minded pursuit.

[Learn more about Kelly and her books at kellyfordon.com.](https://kellyfordon.com)

Crazy Wisdom Book Pick of the Week



The classic guide to living a spiritual life rooted in Celtic antiquity and revived to meet the challenges of contemporary life. Druidry offers people a path of harmony through reconnection with the green Earth. The *Druidry Handbook* is the first hands-on manual of traditional British druid practice that explores the Sun Path of seasonal celebration, the Moon Path of meditation, and the Earth Path of living in harmony with nature as tools for crafting an Earth-honoring life here and now. From ritual and meditation to nature awareness and ecological action, John Michael Greer opens the door to a spirituality rooted in the living Earth.

Featuring a mix of philosophy, rituals, spiritual practice, and lifestyle issues, *The Druidry Handbook* is an essential guide for those seriously interested in practicing a traditional form of druidry. It offers equal value to eclectics and solitary practitioners eager to incorporate more Earth-based spirituality into their own belief system.

[Get your copy of *The Druidry Handbook* at Crazy Wisdom Bookstore.](#)



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Healing Hands Physical Therapy

Amira Tal-Henig's Labor of Love



From Issue #78

By Michelle McLemore
Photographs by Susan Ayer

The caregiver's heart is characterized by a few simple, yet powerful traits: empathy, commitment, and action. This holds true across diverse homes, occupations, and settings. The call to nurture another being is one of humility and hope. It is knowing that even when logic says nothing else can help, there is still love and presence to provide.

The presence of Amira Tal-Henig, founder and owner of Healing Hands Physical Therapy, in Ann Arbor, precedes her physical being. Her excitement and zeal for life, learning, and helping others energetically, extends both over the phone and upon physical approach. Her biofield extends respectfully but warmly, like a trusted family member's hug, before words are even uttered. It is the mark of a caregiver's heart—to extend honor and service without expectation of obeisance or respect given by the client first. This capacity for care developed through a lifetime of what some may describe as spontaneous adventure, in which Tal-Henig followed her heart from her home in Israel, across the world, and built her home, business, and family in Ann Arbor.

A relationship-building current permeates Tal-Henig's workspace. When I arrived to interview Tal-Henig, one staff member came to the car, warmly greeted me by name, and proceeded to check my temperature and review the Covid-screen-

ing questionnaire. At the front desks, two others greeted me by name with direct eye contact, smiles, and focused presence of being. They weren't just glancing up at "someone" coming through the door. I noted the entire staff, throughout my visit, committed to sharing moments without shuffling papers or giving off cues that I was interrupting their to-do list. Receiving the patients and myself was the priority at whatever moment we arrived in the various areas of the office.

Tal-Henig and I settled in her office with cups of tea to discuss the 66 adventurous years of her life, including the nearly 40 devoted to physical therapy. "We are here to help everyone be the best they can be in their bodies. We are the muscular-skeletal masters!" she mused. "We learn a lot about each bone, joint, each muscle. Our training is a doctorate in physical therapy. We can even help organs and digestive issues!" Her enthusiasm was palpable. Later, as we toured the 4,800 square foot facility, Tal-Henig eagerly pointed out the gym, each therapist's private room, and spaces for the newer modalities.

"I love my staff," Tal-Henig enthused. "Everyone is amazing at what they do." Currently, Healing Hands combines the talents of 13 physical therapists, two massage therapists, three therapy aides, and three office professionals. "Everyone at the center shares the core values of quality care, one-on-one care, going above and beyond, continuous learning, and doing what is best for each patient." Tal-Henig continued, "I empower them to be

the best they can be, which is naturally also good for business.” The same is true for the boss, as well. “I’m the queen of continuing education,” she joked. “If I get a little down, I need to take a class. It energizes me, and then I can give more to others.”

The biographies and trainings listed on the business website are impressive and include practitioner education and work in Nepal, India, China, England, Lebanon, Israel, California, Pennsylvania, and Michigan. Tal-Henig herself has extensive education and training in multiple methods. She earned her Bachelor of Physical Therapy degree through Tel Aviv University in 1983, and then worked at Tel HaShomer Hospital for three years. She later earned her degree as Doctor of Physical Therapy, Evidence in Motion, at the MGH Institute of Health Professions, in Boston, in 2013. Currently, Tal-Henig is a member of the American Physical Therapy Association, Michigan Physical Therapy Association, and International Pelvic Pain Society.

With the help of her focused vision and a dedicated and cosmopolitan staff, Tal-Henig has founded an integrative physical therapy center synthesizing the latest in therapy strategies, proven traditional techniques, and personalized patient care. Though they are widely recognized for their transformative work for scoliosis patients, their scope of care is quite diverse, while always featuring client-focused approaches. Laser therapy, dry needling, pelvic floor work, cranial sacral therapy, post-Covid recuperation therapy, and orthotics are the latest innovations the team offers on location.

One of the newest options effective for multiple concerns is laser therapy. Tal-Henig clarified, “It is amazing because it works on inflammation and pain without contraindication. The light goes into the cell, excites it, and releases the natural substance for tissue healing. Dry needling—another newer technique—uses the same hair-thin needles as acupuncture, but we go into the muscle instead of a meridian point. This helps with pain, inflammation, and motion.”

Both Tal-Henig and another team member are versed in pelvic floor work through training from the Herman and Wallace Pelvic Rehabilitation Institute. Tal-Henig explained, “For me, the awareness of pelvic floor work came when I gave birth to my daughter, in England. There, it is standard practice after birth. At that time, I had 14 years of physical therapy work and a doctorate, but this was new.” The physical therapist coached her through her initial experience, and Tal-Henig was amazed by the results. It became the foundation for her passion for making greater availability of women’s health a priority. “Every woman should have this! It is a necessity. We don’t have to live like our mothers did.”

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.

[Read the rest of the article from Issue #78 online.](#)

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Local Farm & Orchard Visits



By Jennifer Carson

When school starts and the stars begin to twinkle a bit earlier in the evening sky, one can't help but think of picking apples, carving pumpkins, Halloween costumes, and hay rides. We've compiled some of the most unique orchard and farm experiences we could find in southeastern Michigan. Grab your jacket and wellies and enjoy the crisp autumn air before Jack Frost dances on your eyelashes!

Wing Farm

Wing Farm, located in Ann Arbor, has been locally owned and operated for over 150 years by the same family. Over the years, the farm has been host to herds of sheep, cattle, and cows as well as fields growing corn, soybeans, and rye, as well as their locally famous giant pumpkins. You can purchase a farm fresh turkey for your Thanksgiving table, gourds, and pumpkins. They also sell cider and offer hayrides on the weekends beginning September 28th. To learn more about Wing Farm, visit them online at wingfarms.com. Wing Farms is located at 5335 Dexter Ann Arbor Road, Ann Arbor, MI 48103.

Jenny's Farm Stand

For a great family day out, take a drive just west of Dexter to Jenny's Farm Stand. This 200-year-old working farm offers fun for the whole family. Enjoy a romp through the straw maze, pick a pumpkin, ride a pony, or enjoy a hayride through the pumpkin patch. Ready for a snack? You'll find freshly made doughnuts, maple syrup, canned goods, and seasonal fruits and vegetables. For more information, visit them online at jennysfarmmarket.com. Jenny's Farm Stand is located at 8366 Island Lake Road, Dexter, MI 48130.

Kapnick Orchards

Kapnick Orchards is located south of Ann Arbor in rural Britton. It's a great drive on a sunny fall day. The orchard has been family owned and operated since 1958 and boasts its own bakery and cider mill. In their farm store, you can purchase homemade fudge and apple butter, as well as freshly baked goods, doughnuts, prepared jams, nuts, and candies. In the fall, you can pick your own apples and pumpkins, enjoy a wagon ride through their Enchanted Forest, and visit the farm animals. The second weekend in October is their annual Apple Festival featuring artisans and crafters, entertainment, and of course seasonal goodies! For more information visit their website, kapnickorchards.com. Kapnick Orchards is located at 4245 Rogers Highway, Britton, MI 49229.

Plymouth Orchards and Cider Mill

A woman owned and operated business since 1977, Plymouth Orchards and Cider Mill offers cider, doughnuts, wagon rides, and live entertainment. In 2018, with a grant from Michigan State University, they were able to purchase solar electric panels that provide 70% of the electricity the farm needs to operate the cider mill building. Committed to sustainable practices, they are also a certified organic working farm growing apples, blackberries, raspberries, and asparagus as well as organic rye, oats, and hay. The orchard offers wagon rides to the pumpkin patch, a meander through the hay bale maze, a visit to the farm animals, or you can watch cider being pressed and staff making doughnuts and pies. Find more information online at plymouthorchards.com. Plymouth Orchards and Cider Mill is located at 10685 Warren Road, Plymouth, MI 48170.

IMAGINE...

Imagine
the playful
mirth
of seawaves.



Imagine
a murmuring
river.



Imagine
the sweetness
of falling
flower petals.

Sri Chinmoy

Meditation Ann Arbor

Words of wisdom and bird drawings by Sri Chinmoy



The Crazy Wisdom Calendar

Weekly



Art and Craft

Westside Art Hop! with Sophie Grillet and more • Saturday, October 16, 10 a.m. – 5 p.m.; Sunday, October 17, 12 – 5 p.m.

• Over 50 artists showing and selling their work around Ann Arbor's West side neighborhoods in studios, on porches, in garages, and childcare centers. Walkable area, free parking. Map will be available at WestsideArtHop.com. \$Free. Contact westsidearthop@gmail.com or westsidearthop.com.

Book Discussion Goups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: October 4, November 8, December 13 • 7 – 8:30 p.m.

• Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. \$Free. Donations are welcome. Contact for each month's book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734-994-3387. For more information, visit www.jewelheart.org.

A Course in Miracles Study Group with David Bell • Weekly Mondays, September 13 – December 27 • 6:45 – 8:45 p.m.

• Read and discuss A Course in Miracles. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

Bhagavad Gita Discussion Circle with Miranda and Kishor • Weekly Wednesdays, beginning September 15 – December 29 • 6:30 – 8 p.m.

• Focusing on the timeless wisdom of the Bhagavad Gita, we read a group of texts together weekly and then Miranda and Kishor lead a participatory discussion where all attendees are welcome to share their insights as well as bring up questions for the group to consider. \$Free. Contact info@theharmonycollective.org or theharmonycollective.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom: Meditation and Sharing with Still Mountain Buddhist Meditation Center • Weekly Sundays in September • 10 – 11:30 a.m.

• Our Buddhist meditation and sharing session is open to the public. We sit in silent meditation for about 45 minutes and then allow open sharing, discussion, or teaching related to the Dharma. \$Free. Contact <https://stillmountainmeditation.org>.

Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly Sundays, through December 26 • 11 a.m.

• Enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche

and video recordings by Gelek Rinpoche. Stay tuned for the moderated hour discussion after the talk. \$Free, but donations are welcome. Contact 734-994-3387 or email programs@jewelheart.org. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org.

The Twelve Links of Dependent Origination (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • October 2 • 9 a.m. – 1 p.m.

• Investigating the causes for all suffering, the Buddha discovered a deep-seated pattern tracing back to a fundamental misconception of our own existence, which then spawns many secondary afflicted states of mind and thereby powers a chain reaction of events that constantly recreates situations of pain and discomfort. Understanding this is the key to disengage from the self-perpetuating cycle of misery. \$25 Jewel Heart Members / \$30 Non-members. No one is turned away due to financial considerations. To register, visit jewelheart.org. For more information, call 734-994-3387 or email programs@jewelheart.org.

Fall Retreat: Delam: The Easy Path with Demo Rinpoche • Saturday, October 9, 8:30 a.m. – 8 p.m., Sunday, October 10, 8:30 a.m. – 8 p.m., Monday, October 11, 8:30 a.m. – 5 p.m.

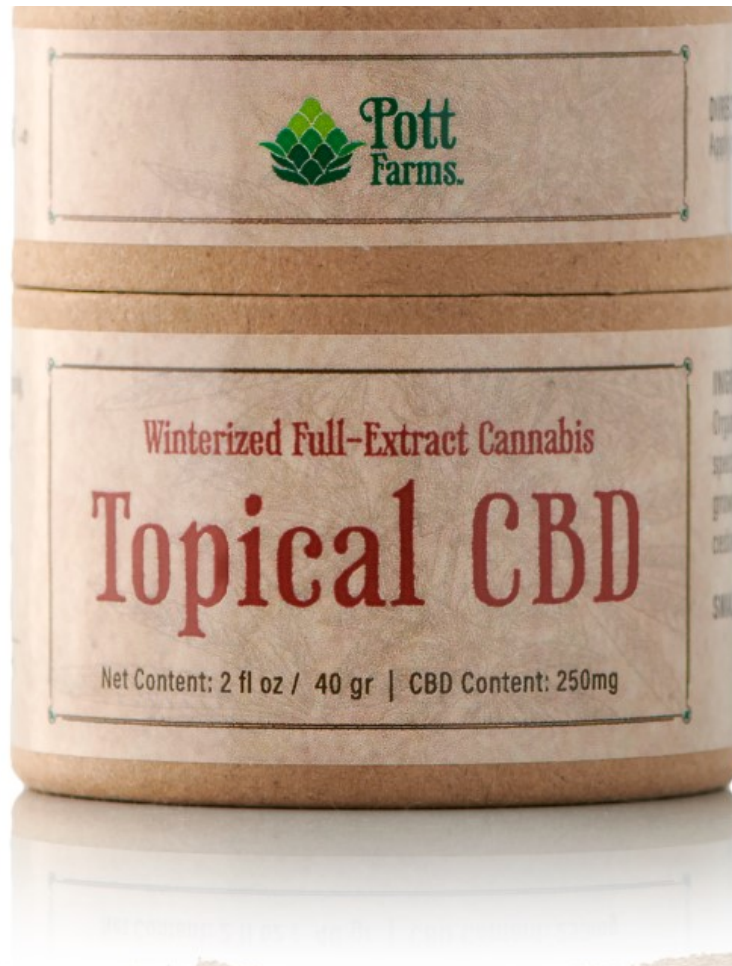
• Delam, or the Easy Path, composed by the Third Panchen Lama, is a multi-dimensional map that, when followed with genuine effort, will help us remove limitations imposed by fear and confusion, and open our hearts and minds to reach their fullest potential. Delam presents aspects of life for meditation that will deepen our relationship with ourselves, our guru, and ultimately bring about our future enlightenment. \$180/Jewel Heart Members, \$225/Non-Members. No one is turned away due to financial considerations. To register visit jewelheart.org/retreats. For more information, call 734-994-3387 or email programs@jewelheart.org.

Ceremonies, Celebrations, and Rituals

International Day of Peace Celebration • Saturday, September 18 • noon.

• Verapose Yoga & Meditation House in Dexter announces the celebration of International Day of Peace and of the Peace Pole symbol. The public ceremony and celebration symbolize their commitment and contribution toward promoting more peace on earth. The public is invited to join in this dedication and celebration toward global peace.

The public is invited to join in the International Day of Peace Celebration on Saturday, September 18, 2021 from 12:00-4:00 PM at Verapose Yoga & Meditation House located at 3173 Baker Road in Dexter, Michigan. Refreshments, peace pole rededication, prizes and two FREE 30-minutes Sacred Sound



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Journeys with Victoria Schon will continue throughout the afternoon until 4PM. Visit <http://westsidearthop.com/> for more information.

September Full Moon Ceremony with Sacred Lotus Experience
• **Monday, September 20 • 6:30 – 10 p.m.** • Reiki, Astrology Talk, Meditation, Bonfire, and S'mores. \$25. Contact Alicia Clark Teper at 734-945-5396 or sacredlotusexperience@yahoo.com; SacredLotusExperience.com.

Channeling

Evenings with Aaron with Aaron channeled by Barbara Brodsky
• **Tuesdays: October 19, November 16, December 14 (Christmas stories) • 7 – 9 p.m.** • A weaving together of the components of The Eden Project (Mediumship, Eden Class, Dharma Path and Vipassana and Pure Awareness Meditation) with elements of practice or daily life. Suggested donation: \$10– \$35. Contact 734-477-5848; om@deepspring.org or deepspring.org.



Childbirth

Birth Doula Training with Patty Brennan • Saturdays & Sundays: October 2–3 and December 4–5 • 9 a.m. – 4 p.m. • Train online with Patty Brennan to become a birth doula and begin providing support to families in your community. Professional certification through Lifespan Doulas. Training includes a combination of self-paced study and live online workshop. \$697. Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com; lifespandoulas.com/birth-doula-training.
Postpartum Doula Training with Patty Brennan • Friday, October 8 • 9 a.m. – 4 p.m. • Learn how to create a cocoon of rest, healing, and support for the new mother and family. Professional online training and certification. \$697 (payment plans available). Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com; lifespandoulas.com/postpartum-doula-training.

Children and Young Adults

Youthful Spirits Class for Young People ONLINE with Heidi Kaminski • Weekly Sundays: through – December 26 • 1 – 2 p.m. • Spiritual discovery for young people on Zoom. Details on web site. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

Associate Editor needed at *The Crazy Wisdom Community Journal*. Work from your home. We are seeking an experienced and skilled editor to help work with our freelance writers. Knowledge about, and interest in, our subject matter would be a definite plus, but is not a prerequisite. This might average 10-20 hours per month, so it is a very part-time opportunity for the right person to slowly become a key staff person on a unique publication. One year minimum commitment. If you have a sample of an article or essay you've edited, please send a PDF along with your resume and cover note to Bill Zirinsky, Publisher and Jennifer Carson, Managing Editor at:
crazywisdomjournal@crazywisdom.net.



Cohousing

Cohousing Tours • Sundays • 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.

Dance and Movement

Belly Dance Fitness with Lora Forgiel and Cara Barket Yellott • September – December, Weekly • Sundays, 7 – 7:45 p.m.; Mondays, 8:15 - 9 p.m. • Come join us for 45 minutes of belly dance cardio. Learn how to belly dance and get your workout in for the day. Laugh, sweat, and dance. Connect with music and your body in a deeper way. No experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Glow Flow with Michelle McLemore • September – December, Weekly Wednesdays • 9 - 10 a.m. • Greet the morning with a 60-minute combination of slower flow yoga, Tai-Chi, pranayama, and basic dance from across cultures to open your energy anatomy and promote a positive mindset. Feel the magic of merging slow breath with intentional movements while toning and increasing flexibility. Low impact. No prior experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Mini-Band Class with Austeen Freeman • September – December, Weekly Thursdays • 5:45 – 6:15 p.m. • A 30-minute full body burn. Bring your own bands or use the studios as we target major muscles group in a HITT style workout. Great for any level, very low impact, and low resistance. Strengthens and tones the body. If you have your own resistance bands, please bring them. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Death and Dying

Ann Arbor Death Cafe • Saturday, September 18 • 10:30 a.m.
• The Ann Arbor Death Cafe meets online every third Saturday of the month. 9/18, 10/16, 11/20, 12/18, from 10:30 - 12:00 pm.

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hilary@hilarynichols.com

To receive the link, please send us your email. At Death Cafe, we talk about and increase awareness of death to make the most of our finite lives. All adults are welcome. For more information email Marilynne Rush, msh.rush@gmail.com or visit <https://www.thedyingyear.org/>.

Energy and Healing

Qigong with Master Wasantha Young • Weekly Thursdays, beginning September 16 for 10 weeks • 11:15 a.m. – 12:15 p.m. • Feeling like you could use some self-care techniques that will help to give you an energy cleanse and revitalize your sense of well-being? During these sessions you can learn basic qigong stretches, breathing, and visualization meditations, and self-acupressure (acu-points used in acupuncture) for just this purpose. \$150. Contact 734-741-0695 or Info@peacefuldragonschool.com; peacefuldragonschool.com.

Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg • Sundays, October 3, 10 • 1:30 p.m. – 6 p.m. • Some people have become depressed with the Covid-19 isolation. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it including, but not limited to, sacred letters, powerful archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, archangels, Masters of Light.... \$110. Contact Karen Greenberg at 734-417-9511 or krngnbg@gmail.com; clair-ascension.com.

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

Ghidrah's Mystic She Ways Psychic Fair • Saturday, September 18 • 11 a.m. – 7 p.m. • Psychic readings, tuning fork healings, past life regression, tarot readings, crystal light bed, mini reiki, chair massage \$45 – \$70 per session. Contact Support@ghidrahs.com; mysticsheways.com.

Intuitive and Psychic Development

Focused Mind Meditation – Teleconference with John Friedlander • Monthly, first Sundays: October 3, November 7, December 5 • 9 a.m. – 12 p.m. • The 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. Contact Violeta Viviano at mvaviviano@gmail.com or 734-476-1513; psychicpsychology.org.

Meditation

White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays through December 26 • 9:30 – 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. \$Free, but donations are welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Weekly Mondays, through December 27, • 12 – 1 p.m. • 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, but donations are welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.

Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • First and Third Thursdays: September 23, October 7, 21, November 4, 18, December 2 • 7 p.m. • This class will explore the Yoga Sutras of Patanjali. We will consider the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. This non-dual school emphasizes śakti, the divine energy of the Absolute that creates our universe and forms the basis of the streams of our Awareness. Along with studying the text, we will practice tantric forms of meditation to help us understand the sutras. Suggested donation: \$120–\$360. Contact 734-477-5848; om@deepspring.org or deepspring.org.

Vipassana and Pure Awareness Meditation with John Orr • Wednesdays, September 15, 29, October 13, 27, November 10, 24, December 8 • 7 – 9 p.m. • Module 4 of The Eden Project. Deepening of Vipassana (Insight Meditation) and Pure Awareness. Designed for those who already have the basics and have the ability to be mindful in daily life situations. Developing and sustaining a daily formal meditation practice will be encouraged. Refer back to The Eden Project description (listed under Spiritual Development). Contact 734-477-5848; om@deepspring.org or deepspring.org.

Maha-Mantra Kirtan Jam with Devin O'Rourke • Thursdays, September 16 – December 30 • 6 – 8 p.m. • An immersive kirtan experience with the Hare Krishna maha-mantra. Musicians are welcome to bring instruments to join in for this fluid program and all levels of experience with kirtan are invited to join. Kirtan is meditation using mantras with musical accompaniment and provides an easy and pleasing atmosphere to focus the mind. \$Free. Contact info@theharmonycollective.org; theharmonycollective.org.

Mindfulness

Days of Mindfulness with Esther Kennedy • Monthly Saturdays: October 9, November 20, December 11 • 10 a.m. – 2:30 p.m. • Basic Connection, Looking Deeply, Wandering Mind, Wholeness, Happiness, Peace. Registration is required. \$35 (includes lunch). Contact Weber Center 517-266-4000; webercenter.org.

Embodied Resilience in Uncertain Times • Monday, September 13 • 7 p.m. • Free Introductory Webinar. Are you feeling stressed and uncertain as we continue to experience the current climate, public health, social and political crises? How do we find the strength and clarity to go forward in these challenging times? In this free webinar class, we will explore how yoga and mindfulness practice can help us cultivate the skills to stay centered during times of turmoil. Together with group coaching and guided discussion, this webinar offers an introduction to the up-coming 8-week workshop. Join us for this 90-minute class to connect in community and consider the possibility of how we might create a more just and sustainable future. For more information email Julie, jawh@comcast.net. or visit www.juliewoodwardmsw/workshop.

Music, Sound, and Voice

Sound Bath ONLINE with Rob Meyer– Kukan • Monthly first Sundays: October 3, November 7, December 5 • 7 – 7:15 p.m. • Come, settle into the safety and comfort of the combined sounds of singing bowls, gongs, chimes, and more as Sound Therapist, Rob Meyer–Kukan, weaves together a blanket of sound sure to comfort and relax the soul. Each month has a different theme: Sound Sanctuary, Mystery of Sound, and The Season of Hope. To watch/listen to this sound bath meditation, visit youtube.com/robmeyerkukan. A link will be posted on my Facebook timeline when the video is live. \$FREE, but donations gratefully accepted at paypal.me/robmk. Contact Rob Meyer–Kukan at 248-962-5475, rob@robmeyerkukan.com; fb.me/e/5hdyA8OnH.

Celebrate with Sound: Sound Bath Meditation with Rob Meyer–Kukan • Saturday, September 25 • 7 – 8:30 p.m. • Relax. Calm. Soothe. Renew... with the soothing sounds of singing bowls, gongs, and more. \$25. Advanced registration and payment by September 24 are required to secure your space. Contact Rob Meyer–Kukan at 248-962-5475 or rob@robmeyerkukan.com; fb.me/e/Q37BfqrZ, robmeyerkukan.com.

Sacred Sound Journey with Victoria Schon • Mainly Saturdays: September 25, October 9, November 6, 27 • 6:30 – 7:45 p.m. • This is a non-invasive complementary healing modality that provides an environment of sound, tone and vibration to create harmony, order, and deep relaxation in which insights and a deep meditation state can be experienced. \$40. Contact victoria@veraposeyoga.com; veraposeyoga.com/events.

Professional Development

Evolving Your Doula Business Workshop with Patty Brennan • Saturdays, September 18, December 11 • 8:30 a.m. – 5 p.m. • Learn how to approach the business side of being a doula.



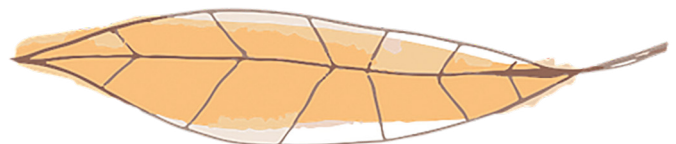
Get your
calendar listings in by
Monday morning at
10 a.m. for the next
Crazy Wisdom
Weekly Issue!
Send your listing
in here.

How to get started, establish your value, grow your business, and more! \$247. Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com; <https://lifespandoulas.com/doula-business-workshop/>.

Retreats

Can the Earth Heal? Insights from Teilhard de Chardin (Virtual presentation) with Ilia Delio • Saturday, September 18 • 9:30 a.m. – 3:30 p.m. • Global warming, racial conflict, gender discrimination all mark the early decades of the 21st Century. The environmental crisis, in particular, poses a real danger to the future of planetary life. Despite the signals of systems' breakdowns, the western consumer lifestyle proceeds unabated. Our unhealthy patterns of liberal autonomy do not have a sufficient rationale for radical change because they are supported by old philosophical principles. Teilhard de Chardin reframed the human phenomenon within the process of evolution and offers new directives for interpersonal planetary life. Registration Required. \$45 (no discounts). Contact Weber Center 517-266-4000; webercenter.org.

The ABC's (and DEFG's) of Light Body Development ONLINE with Karla Zarley • Saturday, September 25, 8:30 a.m. – 1 p.m. and Sunday, September 26, 1 – 5:30 p.m. • Please join me for this Zoom mini-retreat for total beginners or those who want more foundational information about the Light Body. There will be a 1/2-hour break during each day's session for body care. Registration deadline September 18. \$110. Contact Karla Zarley at 734-834-1566.



Shamanism

Extraction: Illness and Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday, September 18 – Sunday, September 19 • 9 a.m. – 5 p.m. • From a shamanic perspective, there are three causes of illness: loss of power, loss of soul essence, and intrusions. Explore different ways to diagnose an illness as well as to spiritually address its healing. Working with partners, you will deepen your understanding of power restoration and learn ways to address and extract spiritual intrusions. This is an advanced in-person class with a limit of 6 persons. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual Light. Suggested Reading: *Walking In Light* by Sandra Ingerman. This class will repeat via ZOOM with a limit of 4, October 23–24. \$180 if paid by September 10. \$220 if paid after September 10. Visit judyramsey.net.

Spiritual Development

Light Worker Activation with SANDYA– Sandra Shears • Weekly Wednesdays: September 1 – December 29 • 7 p.m. • As a Light Worker or World Server you have incarnated at this time in order to facilitate the transition in the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. \$100 per month prepaid – ongoing commitment required. Contact SANDYA– Sandra Shears at 734-340-2616 or sandya2033yahoo.com; sandya-sandrashears.com.

Metaphysics for All of Us with Mary Alice Truitt • Weekly Wednesdays: September 1 – December 29 • 9:15 – 10:45 a.m. • Explore metaphysics via Zoom. \$Free, but donations gratefully accepted. Visit 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.

Chen Tai Chi Chuan with Joe Walters • Through December 30 • Monday & Thursday, 5 p.m., Saturday, 9:30 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. Visit annarbortaichi.com.

Adult Martial Arts • Weekly Mondays and Wednesdays: through December 16 • 7:45 – 8:15 p.m. • The Chelsea ATAT Martial Arts curriculum provides a great way for adults to stay in shape. It won't become dull or routine because as soon as you get better and continue learning, there are always more challenges ahead to keep you inspired and coming back for more. Confirm days and times on website. \$100 per month. Contact 734-846-1914 or info@chelseaata.com; chelseaata.com/about-us/Chelsea.

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

Crazy Wisdom Featured Readers ONLINE with Laurence W. Thomas, Michael Zadoorian, and Judith McCombs • Monthly, fourth Wednesdays: September 22, October 27, December 1 • 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. Email cwpoetrycircle@gmail.com for Zoom link.

The Wide World of Publishing Options ONLINE with Clementine Kornder of Courage Publishing • Wednesday, October 6 • 6 – 8 p.m. • Zoom event. Learn the many options you have to publish your work in traditional and non-traditional ways. \$5. Visit meetup.com/Write-On-Ann-Arbor.

Spooky Writing Prompts for Halloween with Lexi Mohney • Tuesday, October 19 • 6 – 8 p.m. • Prepare those fireside scary stories with these writing prompts! This event is an in-person, outdoor meeting. \$5. Details at meetup.com/Write-On-Ann-Arbor.

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.

RYT200, RYT300, and RYT500 Holistic Yoga and Meditation Teacher Training with Ema Stefanova • Tuesday, September 7 – Sunday, December 19; Flex Start/Finish Dates • Our intelligent programs are hands-on, user-friendly, and common sense. Our approach is student-centered and takes in account each trainee's talents, special interests, prior learning or lack thereof. Professional Teacher Training Certificate earned automatically qualifies to become registered at the RYT200, RYT500 or RYT300 level with the Yoga Alliance national registry. Our high quality programs are designed to: systematically deepen your understanding of all aspects of yoga, help develop skills for safely teaching, help integrate yoga and meditation in your professional career as a social worker, school teacher, massage therapist, healthcare professional or other. Our graduates teach worldwide. Contact EmaStefanova@cs.com; YogaAndMeditation.com.

The Yogic Path with Courtney L Fitzpatrick • Fridays: September 10, October 1, 22, November 12, December 3, January 7 • 6 - 9 p.m. • The Yogic Path Program is for students interested in diving into the study of Yoga, or the Science of Self- Realization, for personal growth. Each Friday evening session is a sacred time to gather for friendship, practice, discussion, learning and profound self-discovery. While this program is non-certifying, the curriculum and themes are based on our Yoga Alliance Teacher Training approved curriculum. The Yogic Path is concurrent to our RYT200 program weekend intensives; this intentionally flexible program allows students to pick and choose what interests them within the RYT200 curriculum, yet not have the rigor of the Yoga Alliance standards of completion. This program is for students ready to live a well-lived life, and to discover the essence of their own true nature. \$1600 early bird before Aug 15 (reg \$1700) which includes Unlimited Yoga Membership. Or, with no Membership \$1000 early bird by Aug 15 (reg \$1250). Contact courtney@veraposeyoga.com.

Psoas Release Workshop ONLINE with Sharon Hillenaar • September 17 • 7 – 9 p.m. • The psoas (pronounced with a silent p) is often called the muscle of the soul. Join us for a stress relieving practice which will focus on movement and poses that help to release the psoas muscle leaving you feeling calm, relaxed, and de-stressed. We will end the practice with a Psoas release technique called the Psoas Shake. Please make sure you have 2 yoga blocks (hard covered books are great too!), a bolster, or pillow and a blanket. \$30. Contact courtney@veraposeyoga.com; veraposeyoga.com.



Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson,
and Lissa Perrin

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

**Until further notice, all sessions
are virtual and accessible through Zoom.**

Email 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 up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers



September 22 – Laurence W. Thomas, who has taught English on four continents, writes poetry covering the gamut from childhood games through love, mutability, and mortality. Founding editor of *Third Wednesday*, he has published many books. He'll read from his latest: *The Cottage, A Little of This*, and *Spindrift: New and Selected Poems*.



September 22 – Ed Werstein received the Lorine Niedecker Prize from the Council for Wisconsin Writers and is regional VP of the Wisconsin Fellowship of Poets. His poems have appeared in *Rosebud*, *Blue Collar Review*, *Stoneboat*, and several anthologies. His books of poetry include *A Tar Pit to Dye In* and *Communiqué: Poems From the Headlines*

October 27 – Michael Zadoorian has four published novels, *The Narcissism of Small Differences*, *Beautiful Music*, *The Leisure Seeker* and *Second Hand*, and a story collection, *The Lost Tiki Palaces of Detroit*. His fiction has appeared in *NAR*, *Literary Review*, and *Witness*. *The Leisure Seeker* was made into a film starring Helen Mirren and Donald Sutherland.



December 1 – Judith McCombs grew up nomadic in a geodetic surveyor's family. Her poems appear in *Poetry*, *Shenandoah*, *Nimrod*, and in five books including *The Habit of Fire: Poems Selected & New*. She has taught at Wayne State U. and in the Washington, D.C. area. She received awards from Michigan and Maryland State Arts Councils.



December 1 – Molly Spencer has recent poems published in *Blackbird*, *Los Angeles Review*, and *Prairie Schooner*. She is the author of the poetry collections *If the House*, winner of the Brittingham Prize, and *Hinge*, winner of the Crab Orchard Open Competition. She teaches writing at the University of Michigan.

Crazy Wisdom Poetry Circle

*The Poetry Series is open to all.
There is never a charge.
<https://cwcircle.poetry.blog/>*

How beautifully leaves grow old.
How full of light and color are their
last days.

—John Burroughs

