

Jeanne Blazo & Jeri Kay Thomas

February 4, 2022
Issue #79

Owners of 2 Dandelions Bookshop



The **Crazy Wisdom**

Biweekly

shining a light in the dark



The Crazy Wisdom Weekly



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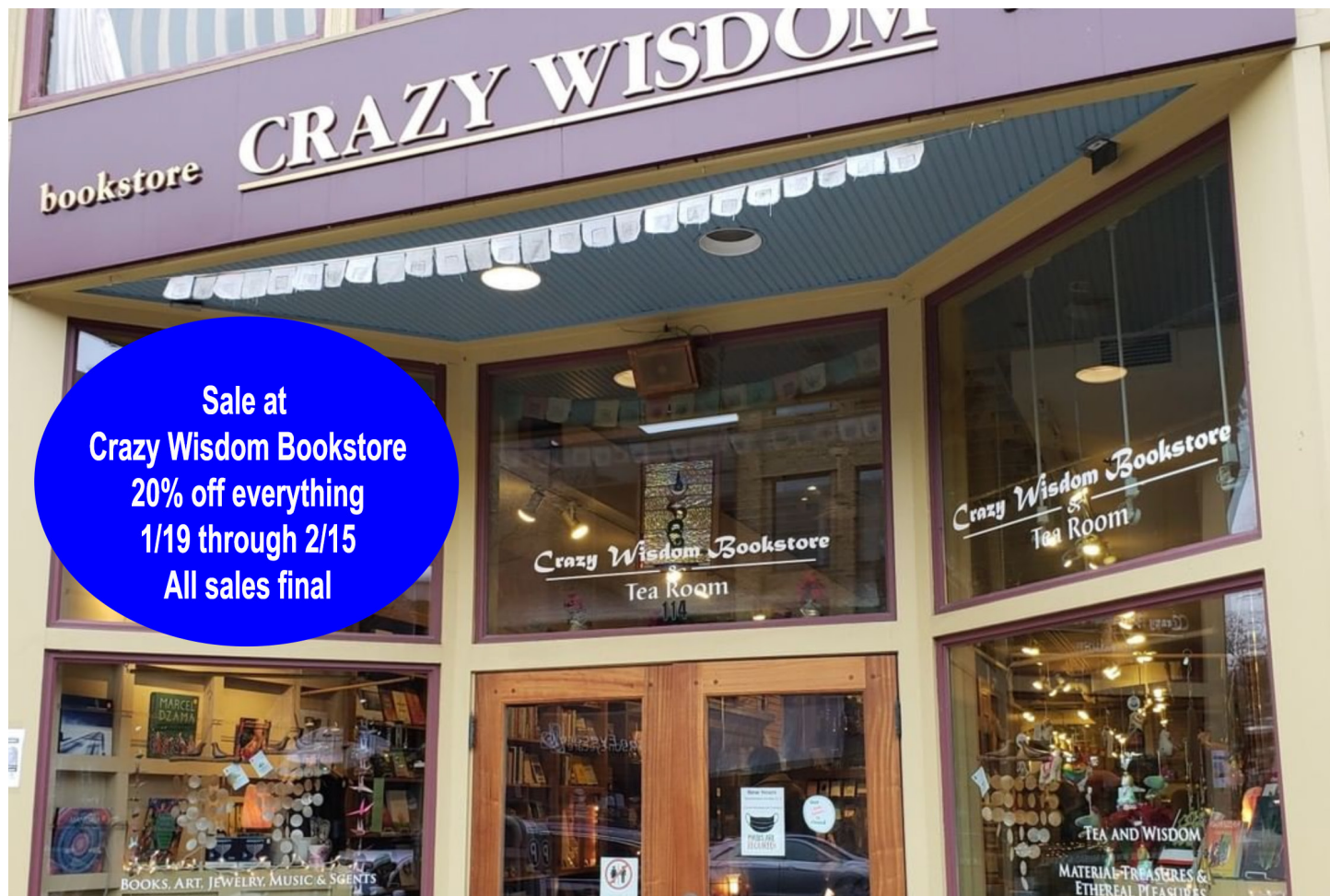
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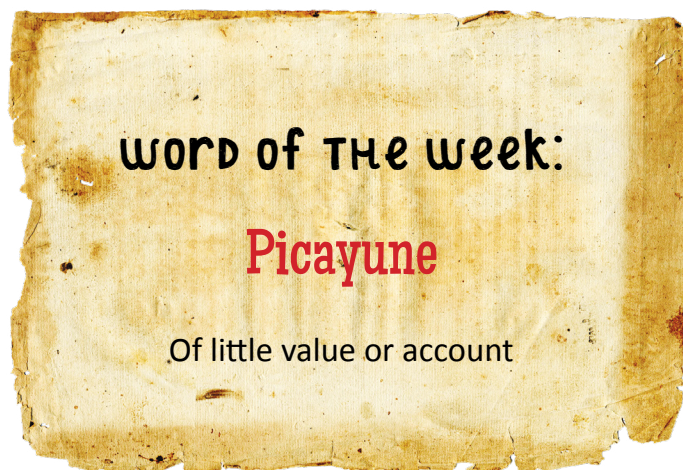
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

- Holly Makimaa
- Tara Beth
- Laurel Hogge
- 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.



Reaches 2 Million Dollars in Payouts



Since opening in late June of 2019, Agricole Farm Stop has actualized its mission to grow the local food economy and cultivate community by paying out \$2,085,007+ directly to the farmers and artisans that make up the Agricole family of local food and craft producers.

We feel honored to be able to provide a year round outlet for our Michigan producers and so blessed that our community has been so receptive and supportive of our mission. The model for Agricole Farm Stop is based on Argus Farm Stop in Ann Arbor and is designed to offer producers a robust outlet for their goods and better profit margins than traditional markets. The producers set their own prices and receive 75% of the price they set. We believe robust agricultural strength and sustainability are central to the health of our entire community.

The Agricole Farm Stop business model has a three-fold purpose: To provide local farmers, artisans, and food producers an outlet at margins that encourage them to increase production, ultimately growing the local food economy in the area. To provide the community a year round channel where they can buy locally grown, naturally grown produce from farms that they recognize.

To cultivate community and education surrounding the benefits of consuming and purchasing food and goods that are produced locally. This includes providing employment opportunities that fosters a sense of purpose, belonging, and empowerment to the youth of our community.

The abandoned, historic Mack building located downtown Chelsea, was redeveloped in 2018 into the future home for Agricole Farm Stop's market and cafe. In summer 2020, Agricole Farm Stop expanded its mission by adding a community kitchen for food producer clients to grow their businesses. The Agricole Kitchen is currently the home of five licensed food producers that share the space regularly. Agricole Farm Stop itself, now represents over 150 producers seasonally, including vegetable farmers, meat and dairy farmers, cheese makers, wild mushroom foragers, and a vast variety of other locally produced goods such as prepared foods, baked goods, canned goods, coffee, tea, honey and maple syrup. The cafe features locally produced coffee, milk, sweeteners, and pastries and Agricole is committed to providing a community centered space where people gather, work, relax, and shop. As a mission-driven business, we value social good over profit and the success that this model has achieved in just two short years, has exceeded our expectations. Thank you to our amazing community for your continued support!



[READ MORE ON THEIR WEBSITE](#)



Expand Your Horizons



A Daily Practice to Break Up the “Norm”

“A mind that is stretched by a new experience can never go back to its old dimensions.”

-Oliver Wendall Holmes

By Holly Makimaa

This summer I tried an experiment to expand my horizons by going to a new place every day for thirty days. The technique, originally suggested by a Tibetan Lama, promises people can break free from their emotional ruts by stepping outside the confines of their normal “mandalas,” or regular patterns of daily living to “wake up.” Research conducted in a 2020 study backs up the Lama’s wisdom. It turns out experiential diversity is good for people’s emotional well-being. According to the researchers, changing our scenery daily can positively change our brains.

As a nature lover who was walking the same neighborhood path each day, I adapted the Lama’s challenge to venture to a new park or nature spot each day—thus expanding my “mandala.” The results were beyond words. For starters, I never knew Ann Arbor had so many incredible natural treasures! Secondly, I could not believe what stepping sometimes just one hundred yards down a new path outside of my normal route could do to enliven me. It expanded my sense of wonder and sheer appreciation for life in all its fullness. As Wendall Holmes says, my life could not go back to its old dimensions after tasting new horizons.

The challenge engaged me in choosing to live more consciously, as if I were on a pilgrimage making each moment count, and I felt fully alive. One hot summer day during the experiment, I flung off my shoes and waded in the rapids at Fleming Creek in Parker Mills County Park, attempting not to slip on the algae-covered rocks lining the riverbed. I know, it is hard to imagine cool water feeling refreshing right now in this arctic blast.

However, I am sure you can recall many of your own sacred moments near or in water and the way it transported you to the precious present moment. I let the laughter of carefree children and parents picnicking near the creek fill my heart and felt the whimsy of time stopping as they blew bubbles and was reminded of my own inherent playfulness. An irresistible sense of joy and connection awoke in me while gathering at the waters.

Most of the time I did the experiment alone for convenience sake and so I could be fully aware of new experiences with heightened senses. Sometimes I went with friends, however, and enjoyed the added benefits of companionship and comparing notes afterward. Never once was I disappointed. Each time a new adventure...

How might you step out of your “mandala” or routine this winter? Could it be by driving a different way home each day, making a new meal from a different cultural grocery store each week, sitting in a different seat at your favorite coffee shop, or like me, finding new ways to enjoy the area’s many parks—even and especially—in the cold of winter. What a way to stretch one’s willingness to wake up!

At each place I visited outside my normal routine, whether a park or just a new neighborhood flower garden, according to the Tibetan practice, I was to give thanks aloud for anything and everything I saw others receiving that I also wanted for myself. I was to also intend (or pray) aloud that all beings may enjoy these gifts. What started out of feeling like a forced and self-serving

practice ended up transforming into an absolute joy—expanding my heart more than I can say.

I was astounded at how wonderful it felt to walk a new neighborhood, visit a new park, pray for and wish people all over the world beautiful flowers, verdant trees, good health, and the gift of connection to others. I saw countless families out for a sunset walk or older couples holding hands strolling in the evening and got to wish that all beings know love and connection.

I faithfully kept the practice for more than 30 days I liked it so much. It pulled me out of my habitual ways of being. It made me live intentionally and expanded my horizons beyond thinking of myself. In my heart of hearts, I know I am made of the same Spirit that is in all of life and each of us, but this practice made the unseen tangible in a new way. It solidified what I know to be true in the absolute sense: We are all one. What I do to and wish for others, I do to and wish for myself.

The bittersweet surprise at the end of the experiment was that I had to move suddenly outside of Ann Arbor due to unforeseen circumstances — away from the neighborhood I had grown to love. I ended up choosing to live about 30 minutes outside of the city to surround myself with more open vistas, clear night skies, abundant lakes, new wooded lands, and closer to retreat centers I love. My deepest inspiration all summer had been for all people to feel nourished by natural beauty, vitality, and deep, meaningful connections with others. Over the course of the fall, my connections with others grew deeper and richer as I got to know new and old friends better during my move. My appreciation for nature grew even stronger as I now marvel at the stars driving the long trek home from Ann Arbor on black moonlit nights. Essentially, I have found myself reaping the blessings of all I had wished for others—never guessing that I was one of the beings I had been praying for all summer!

Sources:

For detailed instructions on Lama Lena's Tibetan Practice, visit her website page under "working with shifting emotional states" <https://lamalenateachings.com/category/emotions/>.

To read the research study on the power of changing one's environment on our neurobiology, visit <https://www.nature.com/articles/s41593-020-0636-4>.

Holly Makimaa is an interfaith/Interspiritual life coach who enjoys supporting people in slowing down, waking up and realizing they are love and an integral part of the Infinite—called by many names. Makimaa offers a weekly blog and a monthly online workshop the first Sunday of every month on slowing down to savor sacred pauses. The next Sabbath "play"shop is February 20th. To learn more about Holly's individual spiritual life coaching, workshops, or customized personal retreats, go to yourtransformationaljourney.com.



Crazy Wisdom Book Pick of the Week



RITUAL WELLNESS

ADAPTOGENS



Herbs for Longevity and Everyday Wellness



Adriana Ayales
Founder of Anima Mundi Herbals

A renowned practitioner of herbal medicine offers a beautiful introduction to adaptogenic herbs, explaining what they are, how they improve your life, and how you can use them for personal wellness.

Adaptogenic herbs—like ginseng, cordyceps, and rhodiola—work to counteract the effects of stresses on the body. Used for millennia in Eastern healing, they have now become popular again. Adriana Ayales, owner of Anima Mundi Herbals, shares her in-depth knowledge of these amazing herbs. In addition to a list of complementary herbs that pair well with adaptogens, Ayales also lists "master herbs" being researched for their adaptogenic-like chemistry. She offers 30 recipes for food, drinks, and natural beauty cures that can help banish fatigue, sharpen your mind, stimulate your central nervous system, and enhance vitality. Beautifully illustrated throughout, this authoritative guide also provides daily self-care tips for promoting wellness in mind, body, and spirit.

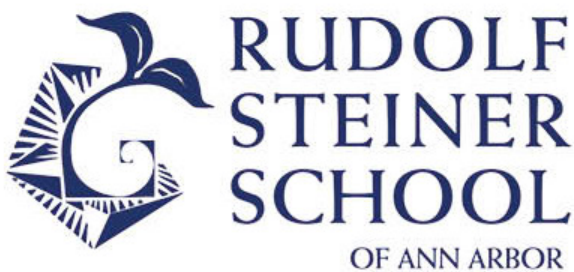
[Get your copy of Ritual Wellness Adaptogens at shopcrazywisdom.com.](https://shopcrazywisdom.com)

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The Crazy Wisdom Community Journal

Calendar Editor / Social Media Manager Wanted!

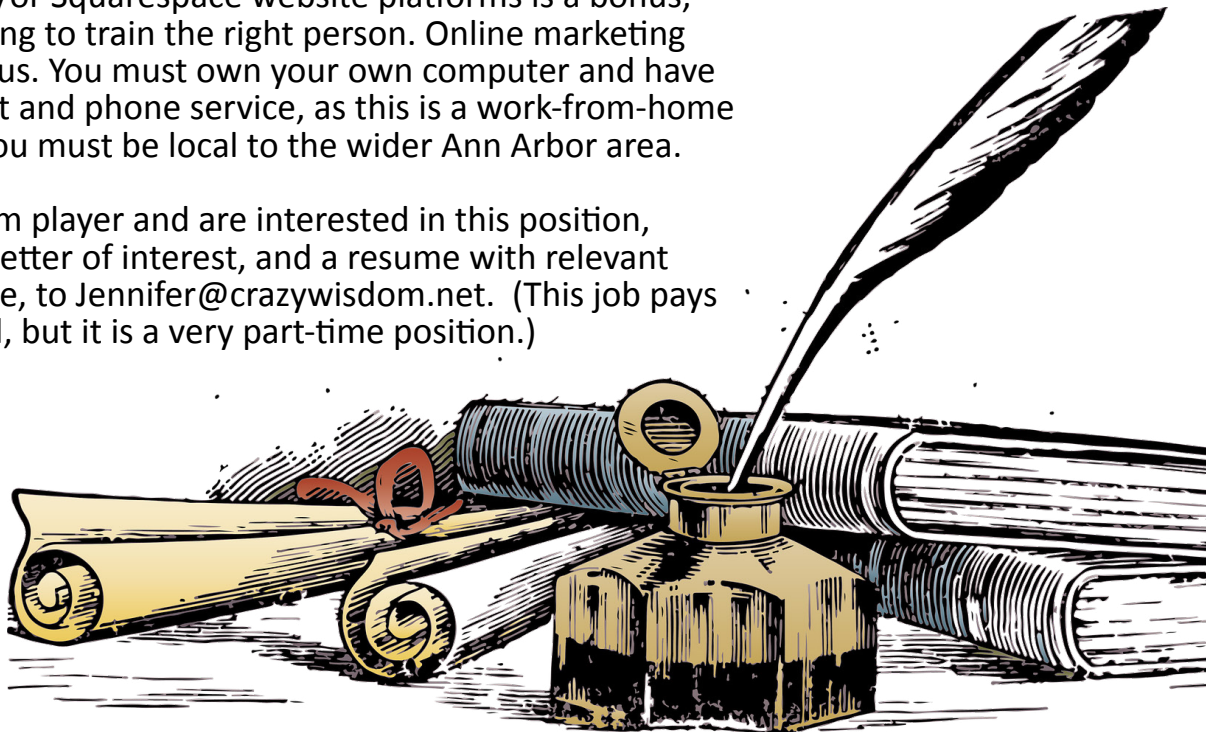
The Crazy Wisdom Community Journal is looking for a detail-oriented Calendar Editor, and for that person to also be our Social Media manager and the editor for our *Ann Arbor Holistic* website—a person who is interested in the holistic and conscious living subjects we cover. This job entails 25-35 hours of work on each issue of *The Crazy Wisdom Community Journal* (we publish 3 issues per year) plus 5 hours per week as our Social Media manager and *Ann Arbor Holistic* website editor.

This person will work closely with our Managing Editor on the Calendar, upload calendar events to our online community calendar; send out deadline reminders; reach out to holistic practitioners; and help build online presence for the *Ann Arbor Holistic* website.

In terms of Social Media, this person will be posting many times a week to various platforms such as Facebook, Instagram, Pinterest, and elsewhere. She/he will be working to build more readership for our *Crazy Wisdom BiWeekly* and *Crazy Wisdom Community Journal* content.

This person, as our Calendar Editor, would be in charge of compiling and editing the seasonal community calendar for our readership—somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. Experience with Wordpress and/or Squarespace website platforms is a bonus, but we are willing to train the right person. Online marketing experience a plus. You must own your own computer and have reliable internet and phone service, as this is a work-from-home position, and you must be local to the wider Ann Arbor area.

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





Imbolc Nesting: Opening to Receive

Late Winter, Early Spring Musings



By Tara Beth

I move slowly. I am neither here nor there. As I weave my way through the quarter turn—from Samhain through solstice to Imbolc I die and am reborn. I sit in my nest and wait for future visions to come to me. I become a waif lost in the deep spaces inside of myself.

In the past, during these long winter moments, we were given pause. There were no fields to plow, so we our movements go inside and slow down. We begin like birds after the death of the Sun God in the witch's year (Samhain) collecting shiny objects, straw, and branches as we deck the boughs with a celebratory feel for the coming new birth. We fatten up on sweets and joy for the journey below. Winter Solstice opens the portal wide and swallows us whole. The light returns tiny fractal by tiny fractal, but we are very much still in the dark and deep below. It is a time for nesting as we spin through Imbolc.

My greatest inspirations are born of a cold winter morn. Can you sit comfortably in the cavernous space? Mirrors and flame are particularly powerful tools to use during this time. Brigid, patron goddess of the Irish, and a Saint to the Christians, represents exactly that with her fiery red hair, healing wells and hearths. Some will build actual nests for her to rest below their sleeping places and some of us will build nests inside of ourselves for her and the energy of Imbolc to come to us.

Eastern winds blow cold breaths of new toward you. Imbolc is a time to gaze at your reflection and source your creativity. It is made up of new beginnings and the winds of change that whisper ideas to you. It is being gifted with seeds of wisdom that we take *into the belly* (what the word Imbolc translates to) and then alchemize them with our particular kind of feminine magic into life. Here we gather seeds. We have not yet planted them into fresh soil but are simply collecting. Nesting them inside ourselves we gently tuck them away where naturally, some will take root and others will decay. We practice holding them with the art of longing. We long for them to take root, but allow for a touch of chance as to which dream blooms into existence.

I've heard it taught that you have to be very specific with your manifestations, but you may not always get exactly that which you thought you were getting. There's a touch of creative license within the universe and the picture may not be exact but is often exactly what was meant. I have learned often that there is a

middle ground between what it is that you think you want and what it is that you actually receive. When you see the beauty in the surprise of that which was meant, and bow to it in gratitude, you make even more room to receive—you nurture even more seeds inside of your nest into growth.

My favorite techniques for the collecting of seeds are the simplest ones. I love a good journey meditation where you tune in and play the rhythm of the drums allowing visions to take hold. It is a posture of openness and trust, open to receive. I usually lie prostrate and call the ancestors to myself and good spirits to protect me as I open to spirit and messages. If you want something easier you could take a walking meditation and see what sparks fly from nature as you pass by. Or, light candles and place them in front of a mirror and gaze at the flame and then at your eyes and back again until you open to some sort of vision. Always take care to have a form of psychic protection in place.

Some people vision best through ritualistic movement. You could build a series of three to four movements (think yoga or dance) that feel right and then repeat the movements over and over until you've built a mini-ritual or kriya to yourself and your visions. Once you've built up enough feeling or insight, pour it all out into a journal. Still others channel best through automatic writing. I channel best with noise canceling headphones, rhythmic music, and a laptop or journal. I often light a candle on the side. Sometimes I combine techniques— I walk, or meditate and then move and write. Even now as I sit listening to a moving ballad while I'm writing, I can see the image of the bee, a spirit of resilience, persistence, and success. It is the bee, after all, who helps to pollinate our flora and grow the beautiful things that our seeds will be. Imbolc is a time to collect the potentiality of what may be.

The wind blows cold upon my cheeks and I am free once again to look within. It is a new year and another chance for all of my wishes to become. I will plan, listen, play, rest, write, dance, and let them come alive within me during this Imbolc season. Making room for growth and holding open spaces within myself to receive. We are the ultimate alchemical vessels for hope, dreams, and wishes to come true.

Cohousing tours

Every Sunday rain or shine. 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. Free.

Tours@TouchstoneCohousing.org
<https://www.touchstonecohousing.org/>



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Writers wanted!

The Crazy Wisdom Community Journal is looking for new writers, specifically for writers interested in writing about food and farm related issues, pets, and restaurant reviews. If any of these subjects are of interest to you, please email a letter of interest and links or attachments to previously published writing to jennifer@crazywisdom.net.

We are always on the lookout for good articles about the holistic scene, psychological growth and body/mind modalities, integrative medicine topics, pagan-related subjects, personal journaling and essays, profiles and interviews of local green and sustainable business owners and holistic practitioners, and other feature writing. Please review our writer's guidelines at crazywisdomjournal.com/writers-guidelines. We look forward to reading your article pitches. Please send them to jennifer@crazywisdom.net.

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LEAPS OF FAITH

TALES OF LOCAL BUSINESSES

Article and Photos By Laurel Hogge

This column is a look at two brave souls who took a leap of faith to open their own business. What follows is a personal profile of Jeanne Blazo and Jeri Kay Thomas who are following their dreams and thriving despite the odds—and Covid.

2 Dandelions Bookshop

428 West Main Street, Brighton, MI 48116

2dandelionsbookshop.com.

(810) 522-5310.

Tuesday through Saturday from 10 a.m. to 8 p.m. and Sunday from Noon to 5 p.m.

As I walked into 2 Dandelions Bookshop on Main Street in Brighton, I was greeted by two women with smiles as cheerful as the color sprinkled about the store. As I noticed their outfits, I couldn't help but mention, "I love that you both wore yellow for the photos." Jeanne Blazo and Jeri Kay Thomas looked at each other's outfits and laughed while simultaneously explaining that it wasn't on purpose. They "just wear it a lot." I knew then that these long-time friends were in sync and that I would enjoy learning about them and what they created together.



Walking among shelves and tables stocked with publications, Thomas explained that less than two years ago, when they first opened the shop door, it was like a dream come true. The two former schoolteachers were finally seeing the fruits of their labor. Each day they were building relationships with neighboring store owners, and customers were returning now that they discovered the only independent bookshop in Livingston County. They both agree that Brighton was ready for a local bookstore. Blazo adds, "Everything aligned" and they "were in the flow."

But then, almost a year into living their dream-come-true, Blazo and Thomas started hearing of the Covid-19 virus. Before long, the state of Michigan reported unyielding spikes in cases of infection. Hoping to halt the spread of the virus, Governor Gretchen Whitmer ordered all Michiganders to "Stay home and stay safe."

Like many small business owners, Blazo and Thomas sorrowfully put a pause on selling their wares to support the safety of their families and community members. However, the pause was more of an opportunity to make some adjustments.

Ultimately, they decided not to let the nightmare of a worldwide pandemic keep them from their small-town dream. After carefully considering their options, they agreed they would simply have to pivot. And in the coming months, "pivot" became a word they would return to again and again as they adapted to an uncertain future for their budding bookshop.

The pair admit that finding the best approach to managing 2 Dandelions Bookshop during a pandemic added tension to the already-steep learning curve of running a new small business. They remind me that their background as kindergarten teachers was in education, not commerce. However, it's clear to me that what the women lack in experience, they make up for in many other ways that keep any business thriving. Their tenacity, creativity, intelligence, and optimism are part of the reason they were able to reopen once the quarantine mandate was lifted.

The first major pivot came as a well-timed opportunity to move their store across the street. With extra time on their hands, they gathered their supportive team of family and friends and moved every book. Along for the move was Myrtle the painted turtle, who at one time was a pet in Thomas' classroom. During my visit, Myrtle swam comfortably in her home among the children's books in the back of the store. She has the most visitors on summer weekends during the Farmer's Market, which takes place just behind the bookshop. Families with children now regularly time their visit to the market so they can wander over to the 2 Dandelions Bookshop courtyard for story time.

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

Biweekly

The Crazy Wisdom Calendar



Animals and Pets

Basic Animal Communication with Judy Liu Ramsey • Saturday-Sunday, February 12 and 13 • 9 a.m. - 5 p.m. • Class will be held via ZOOM. Learn how to communicate telepathically with animals the way they communicate with each other. Open your intuitive reception in a relaxed, supportive teaching environment. Step by step, you will build skills to enable a closer relationship with your animals and have fun doing it! \$150 if paid by February 1. \$180 after. Contact Judy Ramsey at ramsey.judy003@yahoo.com; JudyRamsey.net.

Art/Crafting

Bushcraft: Lashing, Ladders, Quadpods with Deanne Bednar • Friday, February 18 or Saturday, February 19 • 1 - 5 p.m. • Learn Ladder Lashing and how to make projects using Japanese square knot and the A-frame and Quadpod design. Make small models to take home and construct a full-scale ladder on site at Strawbale Studio 1 hour north of Detroit. \$35. Contact strawbalestudio.org.

Book Discussion Goups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Usually Second Monday: February 14, March 14, April 11 • 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.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly Sundays: January 2 to April 24 • 11 a.m. - 12 p.m. • Weekly Sunday morning talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion (12:15 - 1:15 p.m) based on the morning talk. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org. For more information, visit www.jewelheart.org.

Jissoji Zen Ann Arbor Meditation - Half-day Sitting with Rev. Taikodo Marta Dabis • Monthly, Second Sunday: February 13, March 13, April 10 • 8:15 a.m. - 12:45 p.m. • Join us for several

periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by dharma talk at 11:00 am. Free. Donations welcome. Contact jissojizen@gmail.com, 248-202-3102; jissojizen.org.

Practical Buddhism by Gelek Rinpoche with Gelek Rinpoche • Weekly Tuesdays: January 11 - April 26 • 7 - 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Bridging Sutras and Tantras with Glenn Mullin • Weekly, five Tuesdays January 12 to February 9 • 7 - 8:30 p.m. • A hands-on exploration of the Buddhist meditative technology for a balanced practice fulfilling all aspirations of samsara and nirvana: the syncretic approach perfectly unifying the open and the secret teachings of the Buddha. \$120 Jewel Heart Members/\$150 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

The Bodhisattva's Way of Life with Demo Rinpoche • Weekly Thursdays from January 13 - April 28 • 7 - 8 p.m. • Shantideva's Bodhisattva's Way of Life was composed in the 8th century and is among the most beloved and inspiring works in the Mahayana Buddhist tradition. With the motivation of unselfishly helping others, a bodhisattva aspires to follow in the footsteps of the Buddha. Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals. Members \$95 / \$120 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

The Mahayana and the Benefits of Great Compassion (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, February 5 • 9 a.m. - 1 p.m. • Realizing the magnitude of suffering in cyclic existence, practitioners of Mahayana develop the great heart that is willing to work for the benefit of all beings, and for that reason determines to attain the enlightenment of a Buddha. Continuing the Applied Meditation Technology series, these sessions offer methods to expand the spiritual vision to include all living beings and lead the practitioner in practices aimed at full enlightenment. All workshops include instruction, guided meditation, individual meditation, and discussion. \$25 Jewel Heart Members / \$30 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Ceremonies, Celebrations, and Rituals

Tea Ceremony at Verapose Yoga and Meditation House with Courtney Fitzpatrick • February 20, April 23 • 4 - 5:15 p.m. •

An opportunity to enjoy the joyfully simple act of tea drinking. We leave the complexity of life behind for a while as we tune into the ancient wisdom of tea. Join us for a deepening of one's connection to nature, to Self, to the stillness of the mind, and to our authentic community. \$35. Contact courtney@veraposeyoga.com; victoriaschon.com/event-calendar.

Sacred Cacao Ceremony with Victoria Schon • Sundays, February 13, 27, March 13, April 3, 24 • 4-5:30 p.m. • Drinking ceremonial cacao is considered spiritual medicine by many indigenous cultures around the world. As we sit together in a small group and consume this sacred beverage, practice mindfulness, participate in guided meditation with intention in a backdrop of sacred sound, our soul is nourished, our hearts open, and we experience greater spaciousness. It is a time for deeper reflection and connection. 3173 Baker Road, Dexter, Michigan. \$40. Contact victoriaschon.com/event-calendar.

Ryaku Fusatsu – Full Moon Ceremony with Rev. Taikodo Marta Dabis • Monthly, Final Sundays: February 27, March 27, April 24 • 11 a.m. - 1 p.m. • Participate in a traditional Japanese Soto Zen Full Moon Ceremony as practiced at the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. Free. Donations accepted. Contact jissojizen@gmail.com, 248-202-3102; jissojizen.org.

Channeling

Remembering Wholeness - Darshan with The Mother, channeled by Barbara Brodsky • Monthly Sundays: February 20, March 20, April 10, May 15, June 12 • 2 - 5 p.m. • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. In Remembering Wholeness as we continue, I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation: \$10-\$30 individual; \$90-\$180 winter/spring. Contact om@deepspring.org.

Evenings with Aaron, channeled by Barbara Brodsky • Monthly Tuesdays: February 15, March 15, April 12, May 17 • 7 - 9 p.m. • Unlike the previous years' Aaron evenings, where I often simply spoke about a timely topic, my focus this year will be weaving the themes of The Eden Project together. All are welcome. You need not be in The Eden Project classes to find value in these talks. Suggested donation - \$10-\$30 per session; \$90-\$180 for winter/spring. Contact om@deepspring.org.

Childbirth

Birth Doula Training and Certification with Patty Brennan • Saturday, February 5 OR April 9 • 10 a.m. - 4 p.m. • Online professional training from Lifespan Doulas includes self-paced study modules and a workshop with Patty Brennan. Program

covers how to provide non-medical comfort and support to the birthing mother and her partner. \$697. Contact Patty Brennan at 734-663-1524.

Children and Young Adults

Youthful Spirits Class for Young People via ZOOM with Heidi Kaminski • Sundays, January 2 - April 24 • 1 - 2 p.m. • Spiritual discovery for young people on Zoom. Free. Donations accepted. Contact Interfaithspirit.Org/Events.

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade and up) with Karen Greenberg • Sundays, February 27, March 20, April 24 • 1 - 3 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." \$50/session. Contact Karen Greenberg at 734-417-9511, krngnbg@gmail.com; clair-ascension.com.

Death and Dying

End-of-Life Doula Training with Patty Brennan • Saturday and Sunday, March 5-6 • 9:30 a.m. - 3 p.m. • ONLINE. End-of-life doula online training covers how to provide comfort and support to the dying person and their loved ones. Topics include: advance care planning, vigil support, legacy projects, home funerals, green burial, caregiver burnout and respite care, bereavement support, and more! Two-day workshop plus self-paced study modules. \$697. Contact Patty Brennan at 734-663-1523.

Death Cafe via ZOOM with Rev. Annie Kopko • Monthly, First Tuesdays: March 1, April 5 • 6:30 - 8 p.m. • Join us for a discussion of death and dying. Free. Donations welcome. Contact Interfaithspirit.Org/Events.

Energy Healing

Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg • Sundays, February 6 and 13 • 1:30 - 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.... \$200. Contact Karen Greenberg 734-417-9511 krngnbg@gmail.com; clair-ascension.com.



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Gardening and Ecosystems

Grow Your Own—Organic Vegetable Gardening 101 with Rosina Newton • Thursday, February 17, 12 – 1:30 p.m.; Saturday, February 26 11 am. - 2 p.m.; Sunday March 6, 2 p.m.; Thursday March 17, 7 p.m. • Learn how to grow your own vegetables and herbs successfully using time-honored and modern organic techniques. Learn about site selection, planning, timing, soil preparation, planting, maintenance, and - the best part - harvesting! Now is the time to start planning for delicious homegrown produce. \$20. Contact rokanew@gmail.com; newearthhomeandgarden.com.

Holistic Health

Acudetox Community Ear Acupuncture with Virginia June • Every Monday, January 3 – April 25 • 5 - 6:30 p.m. • Drop in Acudetox Ear Acupuncture. \$20.00 per person. Contact whitewolfhealing.com.

Midweek Wellness Workshops with Liza Baker • Monthly, First Wednesdays: March 2, April 6 • 9 - 10 a.m. • Join for a midweek wellness workshop. We'll cover a wide range of holistic health topics, from the best way to eat to how to get better sleep to how to invest your energy rather than trying to manage your time. \$20 + processing fees. Contact liza@simply-healthcoaching.com; eventbrite.com/o/simply-health-coaching-352-503-5623.

Get the most from your DNA Test with Conrad Welsing • Tuesdays, February 8 and 15 • 6 - 8 p.m. • Explore the popular trend of DNA testing for individuals in an easy to-understand casual presentation. You will explore the options and further work necessary to make your testing results even more worthwhile. Discussion and examples of current offerings are key components of this class. \$39. Contact 734-677-5060; wccnet.edu.

Intuitive and Psychic Development

Teleconference: Psychic Psychology Women's Group with John Friedlander • Monthly, First Tuesdays: March 1, April 5, • 7 - 8 p.m. • For women only, meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$125. Contact Violeta Viviano at 734-476-1513, mvaviviano@gmail.com; psychicpsychology.org.

Love and Relationships

Intimate Relations—an FWW Conversation with Maria Sylvester, MSW, CPC • Friday, February 4 • 12 - 1 p.m. • Join us for a conversation with Maria Sylvester, who has a special gift for helping women reclaim their sacred feminine power, and embrace their radiant, sensual, sexy spirit and energy. \$18. Contact Dr. Suman Tewari, 734-418-2188, fww@a2hg.net; foundations-of-wellness-for-women.mailchimpsites.com.

Singles Space • February 10 • 7 p.m. • Ages 25+) Being single comes with both great gifts and great challenges in our society. This is a space for single/unpartnered people to gather for support and to explore spiritual practices designed with these gifts and challenges in mind. (This group is open to all regardless of religious/spiritual beliefs, but our group agreement will be grounded in Unitarian Universalist values: <https://www.uua.org/beliefs/what-we-believe/principles>). 8 Sessions on ZOOM: Thursdays Feb 10 - April 7 (no meeting March 17). Register by February 6: at: <https://forms.gle/9TKhCaMCFRjVlcML6>

Meditation

White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays January 2 to April 24, 2022. • 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.

Chakra meditation and Sunday Services with Lighthouse Center staff • Every Sunday through April 24 • 10:30 a.m. - 12:30 p.m. • Meditating 10 minutes on each of 7 chakras and/or a Sunday Service. Free. Contact lighthousecenterinc.org.

Zen Meditation in the SFZC Suzuki Lineage with Rev. Taikodo Marta Dabis • Sundays, February 20, March 6, 20, April 3, 17 • 11 a.m. - 12:30 p.m. • Sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by noon service and informal check-in. Everyone is welcome. Free. Donations welcome. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102; jissojizen.org.

Silent Meditation Practice with Celeste Zygmunt • Weekly, Sunday 11 a.m.- 12 p.m.; Tuesdays 9 – 9:30 a.m. • All levels of meditators are welcome. Held via Zoom. No instruction. Donation. Contact om@deepspring.org; 734.477.5848; deepspring.org.

Meditation Healing and Compassion Meditations with Hartmut Sagolla • Weekly Monday: through April 25 • 12 - 1 p.m. • Guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free. Donations welcome. Contact jewelheart.org/free-weekly-virtual-programs, 734-994-3387, or email programs@jewelheart.org.

Applying Vipassana in Daily Life and Seeing Its Progression Along the Path with Celeste Zygmunt • Monthly, First Mondays: February 7, March 7, April 4, May 9 • 7 - 8:30 p.m. • This class is designed for those who are dedicated to deepening their experience of the Dharma and moving further along the path. Exercises are offered which are informed by Celeste's nearly 30 years of Vipassana study and practice under Aaron and Barbara. Suggested donation: \$75-\$250. Contact om@deepspring.org, 734.477.5848; deepspring.org.

Putting Out the Nervous System's Fire: Meditations for Coping in Crisis with Amy Hertz • Weekly Fridays: through April 29 • 4 - 5 p.m. • Settling the mind is tough in the best of times, but when we are hit with circumstances that change our reality, getting access to that part of ourselves that can think clearly and problem solve becomes nearly impossible. Using the breath, writing exercises, and guided meditations, we'll explore ways to calm the body's threat response and regain balance. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org/free-weekly-virtual-programs.

Mindfulness-Based Stress Reduction via ZOOM with Libby Robinson, Ph.D., MSW • January 22 – March 19 • 2 - 4:30 p.m. • Mindfulness-Based Stress Reduction is the original mindfulness class developed by Jon Kabat-Zinn in the late 1970s at the University of Massachusetts Medical Center. It has been researched extensively and is associated with reductions in stress, anxiety, pain, depression, substance use, and increases in immune responses, attention, working memory, cognitive flexibility, psychological well-being, relationship satisfaction, and enhanced cognitive functioning. It is an 8-week class, meeting for 2.5 hrs/week, with a 4-hr retreat between classes #6 and #7. \$300 (scholarships available). Contact Libby Robinson at 734-476-3070, libbyrobinson7@gmail.com; libbyrobinsonmindfulness.com.

Day of Mindfulness with Esther Kennedy, O.P.— Amp Up Your Happiness • February 12 • 10 a.m. • Amp Up Your



Crazy Wisdom Poetry Series

hosted by Edward Morin,
David Jibson, and Lissa Perrin

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

All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.

Second Wednesdays, 7-9 p.m.:
Poetry Workshop. All writers welcome to share
and discuss their poetry and short fiction.
Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.:
Featured Reader(s) for 50 minutes.
Open Mic reading for 1 hour.
All writers welcome to share their own
or other favorite poetry.
Sign-up begins at 6:45 p.m.

Featured readers



January 26 – Mary Minock's new poetry collection, *A Time When You Know a House*, explores the Southwest Detroit neighborhood where she grew up during the 1950s and 1960s and returned to in 1996. She is the author of *The Way-Back Room* (memoir) and *Love in the Upstairs Flat* (poems), and Professor Emerita and former Chair of English at Madonna University.



February 23 – Ron Koertge has had poems twice in *Best American Poetry* and received grants from the NEA and California Arts Council. His novels for Young Adult readers have won two P.E.N. awards. An animated film made from his flash fiction, *Negative Space*, was shortlisted for the 2018 Academy awards. Billy Collins calls his presentations "deliciously smart and entertaining."



March 23 – Margaret Rozga's fifth book of poems is *Holding My Selves Together: New and Selected Poems* (2021). While Wisconsin Poet Laureate in 2019-2020, she co-edited *Through This Door: Wisconsin in Poems* with Angie Trudell Vasquez. Margaret is currently the inaugural artist/scholar at the University of Wisconsin Milwaukee at Waukesha Field Station. Website: margaretrozga.com



April 27 – Colby Cedar Smith has poems published in *Pleiades*, *Mid-American Review*, and *The Iowa Review*. Her debut novel in verse, *Call Me Athena: Girl from Detroit*, is a Junior Library Guild Gold Standard Selection, an American Booksellers Association Indie Next Pick, and a Cybils Award Nominee. She was awarded a New Jersey Council on the Arts Fellowship in Poetry.

Crazy Wisdom Poetry Circle

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

Happiness. The 4th Noble truth of the Buddha is the Eightfold Path, not a linear path but one that turns and returns. The Buddha's message of the eight steps to happiness was both simple and profound. He taught us to cultivate skillfulness in our understanding, thinking, speech, action livelihood, effort, mindfulness and concentration. We pause and look more deeply at the 1st three steps. With Skillful Understanding we seek a deeper knowing, with Skillful Thought, we intuitively know our thoughts that cause pain and suffering and those that evoke loving kindness and joy. We practice Skillful Speech and consider our habits and tones of speaking that enhance life and those that diminish life. For more information contact webercenter@adriandominicans.org.

Movement and Dance

Zoom Ann Arbor / Toledo First Friday Dances of Universal Peace with Judith L. Trautman and Elizabeth Rand • Monthly, First Fridays: February 4, March 4, April 1 • 7 - 8:30 p.m. • Online dance instructions and music for meditation and dancing at home. Donation. Contact jltrautman@sbcglobal.net, sites. google.com/view/a2-toledodup/home.

Sacred Sound Journey with Victoria Schon • February 12, 23, March 12, 23, April 27 • 6 - 7:15 p.m. • Join Victoria for this deeply restorative sound journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming, and other sacred sound instruments. She begins with guided meditation and relaxation techniques to expand one's ability to find equilibrium and harmony at the cellular level. Experience a deeper meditative

state, thus opening a portal of creativity and connection to inner wisdom during and following her sound journey. \$40. Contact victoriaschon.com/event-calendar.

Singing for Comfort via Zoom with Interfaith Center for Spiritual Growth • Monthly, Second Thursdays: February 10, March 10, April 14 • 7 - 8:30 p.m. • Please join us for music and song. Pay what you can, no one turned away. Contact Interfaithspirit.Org/Events.

Sound bath Meditation with crystal bowls and music with John Steinbauer • Monthly, 4th Friday: February 25 • 7 - 9 p.m. • Crystal Bowls with music concert meditation. \$20. Contact lighthousecenterinc.org.

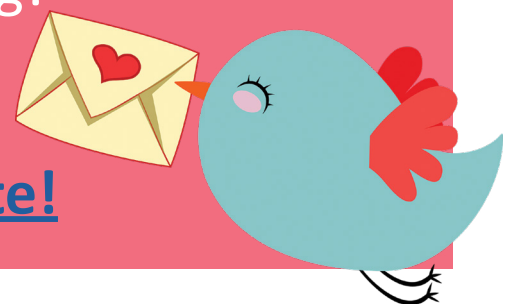
Intro to Crystal Singing Bowls Workshop with Victoria Schon • Saturday, February 19 • 1 - 5 p.m. • Learn about the extraordinary and beautiful effects of playing crystal singing bowls in this 3-hour workshop. Learn about the fascinating science of sound and how it affects our brain waves, meditation, and our physiology; Learn techniques of playing a crystal singing bowl for your own personal meditation and enjoyment; Learn how to offer sound for others; This is a hands-on workshop; The cost of the workshop includes a 7" crystal bowl personally selected for you to keep. Experience and facilitate a sound bath in a group setting. Tea and snack provided. \$300. Contact victoria@victoriaschon.com; victoriaschon.com.

Dear Crazy Wisdom Journal Readers,

We are in the planning stages of expanding our publications and would love to know what you think about the Journal. We are offering **15% off any purchase at shopcrazywisdom.com** for 5 minutes of your time to answer a few questions about how you read the magazine and what you might like to see in the future from us as we grow. Thank you in advance for participating!

CWCJ Staff

[Click here to Participate!](#)



Nutrition & Food Medicine

Flip Your Kitchen® The Kitchen Sessions with Liza Baker, INHC
 • 44563 Monthly, First Sundays: February 6, March 6, April 3 •
 10 a.m. - 12 p.m. • Curious about what it's like to meal plan and
 prep for the week? Come into my (virtual) kitchen and follow
 along! On the first Sunday of every month, we'll spend some
 time cooking together—on Zoom—and talking about whole
 foods nutrition and meal planning. Each session can stand alone,
 or you can take them as a series. \$20 + processing fees. Contact
 liza@simply-healthcoaching.com.

Online Workshops

Pain, Fear, and Things As They Are • February 19 • 1 p.m. • The
 workshop aims to uncover and personalize pathways that allow
 each of us to right-size our own pain and fear, so that we are not
 crippled by it, or drowning in it, but rather living with it and still
 moving forward -- fully present in what life is offering us now.
 Registration required. Learn more at uuaa.org/nepoevent.

Peace

**Peace Generator via ZOOM with Craig Harvey • February 18,
 March 18, April 14 • 7 - 9 p.m.** • Please join us in creating peace
 for the planet. Sing, Dance, Chant, set your intentions. Free, but
 donations accepted. Contact Interfaithspirit.Org/Events.

Personal Growth

**The Enneagram and Development via Zoom with Ronda P
 Diegel • Monthly, Second Wednesdays: February 9, March 9,
 April 13 • 7 - 9 p.m.** • Explore child and adolescent development
 through the lens of the Enneagram. Each month a different
 Enneagram type will be featured. Each meeting includes a brief
 lecture, meditation, panel interview of the featured Enneagram-
 type, and a community check-in. Meetings are held on Zoom.
 \$20 per meeting. Contact Ronda Diegel at drrondadiegel@comcast.net, 248-730-0597.

Personal Growth

Shadow Work Through the Chakras with Mara Evenstar ONLINE
 • Sundays, Feb 6 - April 2; • 6 - 8 p.m. • In this intimate class
 of only 6 participants, we will be using a combination of sacred
 play, witnessing circle, contemplation, reflection, and ritual to
 bring the shadow aspects of our seven main energy centers into
 the light for acceptance, integration, and healing. 9-week course
 \$500. Contact Mara Evenstar, evenstar.institute@gmail.com;
evenstarschalice.com/courses.

**Midrash Study with Karen Greenberg • Monthly Fridays:
 January 21, February 25, March 18, April 29 • 2:30 - 5:30
 p.m.** • The written version of the Old Testament (Torah) tells a
 story—the backstory and various mystical, hidden meanings. It

is rich, colorful, detailed, and compiles interesting data likewho
 ascended to Heaven alive, who was so righteous that their
 deceased bodies never decomposed, the seven things that we
 are not permitted to know in human form. \$180 per month
 for the monthly study (one 3-hour session per month); \$180
 per month for the bi-monthly study (two 1½-hour sessions per
 month); \$180 per month for the weekly study (approximately
 four 1-hour sessions per month). Contact Karen Greenberg at
 734-417-9511, krngrnbg@gmail.com; clair-ascension.com.

**Shadow Work Through the Chakras • February 6 • 6 p.m. • Nine
 weeks, plus 1 hour make-up class or 1:1 integration • Feb 6, 13,
 20, 27; March 6, 13, 20, 27; April 2; 6-8 pm ET ONLINE •**

A key part of growing and evolving as a person is the ability to
 become aware of and identify patterns of thought, emotional
 triggering, and behaviors that get in the way of becoming our
 fullest selves. Doing shadow work is an integral part of the
 self-development process. In this course, the shadow refers to
 any hidden, unconscious, and/or rejected parts of ourselves
 – that includes our gifts! Shadow work is the conscious effort
 to “know thyself” as fully as possible. In this intimate class of
 only 6 participants, we will be using a combination of sacred
 play, witnessing circle, contemplation, reflection and ritual to
 bring the shadow aspects of our seven main energy centers
 into the light for acceptance, integration and healing. For more
 information visit <https://evenstarschalice.com/courses>.

Retreat

**Online Mindfulness Meditation and Self Compassion Retreat
 with Rita Benn, MC4ME • Saturday, February 12 • 8:45 a.m. -
 12 p.m.** • Experience a guided mindfulness and self-compassion
 retreat from the comfort of your home through Zoom. Winter
 is the perfect time for inviting silence and reflection and to shift
 the focus away from doing and on being. As parents, educators,
 and health professionals who are continuously giving to others,
 it is vital that we take time out to restore ourselves and refresh
 our practice. This morning offers the perfect opportunity to
 nourish your body, heart and soul. \$35. Contact info@mc4me.org,
www.mc4me.org.

**Deep Relaxation and the Higher Teachings of Yoga Retreat
 with Trevor Chaitanya Eller and Master Zhong Hai (Winnie) •
 February 19 • 10 a.m.** • Join us for the mid-winter relaxation
 experience. The deeper teachings of Yoga can transform your
 life. Join for a weekend of Yoga practice focusing on deep
 relaxation into our Eternal Nature. These weekend retreats will
 include Gentle Yoga Posture, Meditation, Breathwork, Yoga
 Nidra, and Walking Meditation guiding us to dwell deeply in the
 present moment. Meals will be vegetarian and organic, informed
 by Ayurveda and Yogic diet (gluten free and vegan options will
 be provided). You can join us in-person or online. The retreat
 begins on Saturday with the option to join us on Friday night for
 a deeper experience. \$100/\$350 with Work Trade options for
 those in need. Contact Kamakshi at Office@TripleCraneRetreat.org,
 734-713-6163; TripleCraneRetreat.org.

**Couples Mini Retreat with Evening Sound Bath • February
 12 • 1 p.m.** • You love your partner but sometimes they
 drive you crazy. Learn how to improve your communication
 and deepen your connection with your loved one. This mini
 retreat will include customized couples-focused mindfulness



7 Notes Natural Health

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- Massage
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- Reiki
- Reflexology
- Aromatherapy

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- Muscle Response Testing
- Iridology
- Flower Essence Therapy
- Aromatherapy
- Homeopathy
- Diet & Nutrition

Events

- Sound Baths
- Classes
- Mini Retreats
- Yoga
- Book Club

Rob Meyer-Kukan is a Licensed Massage and Sound Therapist, a Natural Health Educator, and a lifelong musician. He uses his extensive anatomical knowledge, coupled with his passion for natural health practices to help others hear, see, and feel true wellness.



7 Notes HEAR, SEE, AND FEEL TRUE WELLNESS
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Natural Health

Contact

248-962-5475

contact@7notesnaturalhealth.com

www.7notesnaturalhealth.com

practices, elements of Dialectic Behavioral Therapy, and tools for implementing nuggets of relationship wisdom from the famous book "The Seven Principles for Making Marriage Work" by John Gottman, PhD. This event is open to couples of all sexual orientations. We are LGBTQ+ affirming and friendly. Your Hosts: Hannah Kanter from Healing with Hannah and Rob Meyer-Kukan from 7 Notes Natural Health. Learn more and register at: <https://docs.google.com/.../1FAIpQLSeWiBz6ScZ.../viewform...> A link to pay will be provided upon completing the registration form.

Sound Healing

Virtual Sound 2022 • February 6 • 7 p.m. • Join Sound Therapist, Rob Meyer-Kukan for a moment of virtual sound. This online sonic oasis is your opportunity to take a longer break, to rest, relax, and restore.

I encourage you to connect your computer or device with headphones for offering. This sound bath meditation is brought to you in a donation based model, if you feel so inclined to offer support by way of a heart-felt donation, you may do so here: <https://paypal.me/robmk>.

To watch/listen to this sound bath meditation, visit my YouTube Channel - www.youtube.com/robmeyerkukan. A link will be posted on my Facebook time line when the video is live. All online offerings are archived on YouTube and can be viewed 24/7/365. Learn more at <https://www.facebook.com/events/2728930897412675>.

Frequency + Intent = Healing Sound Bath Meditation • February 12 • 7 p.m. • It has been said that frequency + intent = healing. As we prepare to celebrate World Sound Healing Day, join Sound Therapist, Rob Meyer-Kukan as he blends intent with frequency in this time of relaxation and healing. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please note that registration closes on 02.11.2022. Learn more by visiting: www.7notesnaturalhealth.com.

Intro to Sacred Sound Instrument Training • February 19 • 1 p.m. • Intro To Sacred Sound Instrument Training Healing Heart Sacred Sounds© is a Non-Certified Training. Learn to effectively offer sacred sound for others as a powerful complementary healing modality. Acquire the skill and knowledge to offer sacred sound journeys, as well as offer sacred sound in Reiki, yoga, massage, meditation and other various healing arts practices. Learn about the extraordinary and beautiful effects of playing crystal singing bowls, Tibetan singing bowls, gongs and various other sacred instruments in this 5-hour intensive training.

This is a hands-on intensive training workshop with numerous sacred sound instruments. You will have the opportunity to discover the instruments you deeply connect with. No prior training or experience required. Pre-registration and payment are required to reserve your spot. Learn more at <https://victoriaschon.com/sacred-sound-training>

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays, beginning January 12 • 7 - 9 p.m. • All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. All sessions are virtual and accessible through Zoom. Free. Contact Edward Morin at 734-668-7523. Email cwpoetrycircle@gmail.com for Zoom link. cwcircle.poetry.blog.

Sit. Stop. Write. –Zen and Poetry with Dmitry Berenson • February 27, March 27, April 24 • 1:15 - 2:45 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Free. Donations welcome. Contact 248-202-3102, jissojizen@gmail.com; jissojizen.org.

Yoga

The Yogic Path - Non-Certifying Yoga Teacher Training with Verapose Yoga • February 4 - 6, March 4 - 6, April 8 - 10, 29 – May 1, 20 - 22, June 24 - 26 • 6 - 9 p.m. • The Yogic Path is for students interested in diving into the study of Yoga, or the Science of Self-Realization, for personal growth. While this program is non-certifying, the curriculum and themes are based on our Yoga Alliance Teacher Training approved curriculum. Each Friday evening from 6-9 p.m. is mandatory, otherwise the Saturday and Sunday hours are optional. Our Yogic Path students may choose when they join; our Saturday and Sunday schedule of topics covered will follow the same format each weekend. \$1000 Early Bird by Dec 20 or \$1250 and/or \$1700 with an Unlimited Yoga Membership. Contact courtney@veraposeyoga.com.

Yoga Teacher Training - RYT200 with Verapose Yoga and Meditation House • February 5 - 6, March 5 - 6, April 9 - 10, 30 – May 1, 21 - 22, June 25 - 26 • 9 a.m. - 5:30 p.m. • Join us for our Yoga Alliance 200 Hour YTT to empower your connection to your Self, and to learn how to guide others in enjoying the benefits of yoga. You will learn: A balanced approach to teaching, anatomy and physiology, layers of an Asana practice, breath as the foundation, the rich tradition of yoga from its origins. The weekend intensives are mandatory and run approximately 9 a.m. - 5:30 p.m. Saturday and Sunday with an hour lunch break (lunchtimes may vary due to our schedule), along with a few brief breaks. \$3,200 paid in full before Jan 1. After January 1, tuition is \$3,400. A payment plan is available. Contact courtney@veraposeyoga.com.

Valentine's Day Couples Yoga with Courtney L Fitzpatrick • Friday, February 11 • 7 - 8:30 p.m. • Join us for a lovely way to celebrate love! Bring a friend, a loved one, a partner or someone you enjoy being with, for an evening of fun partner yoga. We'll have ample time to get warmed up and have fun together in this light-hearted, unique way to practice yoga! All experience levels are welcome. \$65 for a couple. Contact courtney@veraposeyoga.com.

Where can you pick up a copy of The Crazy Wisdom Community Journal?

Yes, Crazy Wisdom Bookstore is closing, but you can still find the Journal in many places around Ann Arbor and in surrounding areas. Here's a sample of places around town where you can pick up a copy of the current issue:

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Ann Arbor Senior Center
Arbor Farms
Argus Farm Stop
Balance Point Fitness
Bio Energy Medical Center
Booksweet
Center for Sacred Living
Clark Professional Pharmacy
El Harissa Market Cafe
Enlightened Soul Center
First Bite
Fiery Maple Wholistic Healing
Healing Hands Physical Therapy
Integrative Healthcare Providers
Jewel Heart
Kerry Town Market
Kouyate Healing Arts
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Coffee
Move Mind-Body Fitness and Wellness Studio
Nicola's Books
Oz's Music
Peaceful Dragon School
Peachy Fitness
Pharmacy Solutions
Pointless Brewery and Theatre
Roos Roast Coffee
Sweetwater's Cafe
Therapeutic Riding, Inc.
Thrive Wellness Center
Washtenaw Community College Student Center
Washtenaw Community College Health and Wellness Center
Wine Wood Organics

Ypsilanti:

Cross Street Coffee
Cultivate Coffee and Tap House
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibration Kombucha
Ypsilanti Food Co-op

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:


Andrea Kennedy Center for Innovation and Education
Earth Elements
Eleanor's Sweets and Sodas
Salt Springs Brewery
Stony Lake Brewing Company

Chelsea and Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Corner Cup Cafe
White Lotus Farm & Tsogyelgar
Triple Crane Monastery

Jackson & Lenawee County:

Essential Energies
Divine Sanctuary
Pegasus Spa and Leisure
Free to Be Yoga and Massage
DNA Sales 2100
Gidrah's Mind Body Spirit



One reason people resist change is because they focus on what they have to give up, instead of what they have to gain.

—Rick Godwin