

September 3, 2021  
Issue #67

*Austeen Freeman*  
Massage Therapist, Yoga  
Instructor & Poet

*The*  
**Crazy Wisdom**  
*Weekly*

*shining a light in the dark*



Published by *The Crazy Wisdom Community Journal*.

# The Crazy Wisdom Weekly

## IMAGINE...

Imagine  
the silence  
in the depth  
of the sea.



Imagine  
the silence  
on the  
mountain top.



Imagine  
the  
silence.



*Sri Chinmoy*

[Meditation Ann Arbor](#)

Words of wisdom and bird drawings by Sri Chinmoy

## Table of Contents

Word of the Week .....	page 4
The Burning of Masks By Austeen Freeman.....	page 5
Shadows That Illuminate By Laurel Decker.....	page 6
Crazy Wisdom Book Pick of the Week.....	page 8
CW's Musician Spotlight of the Week By Michelle Wilbert.....	page 10
The Crazy Wisdom Weekly Calendar.....	page 12
A Final Thought.....	page 18



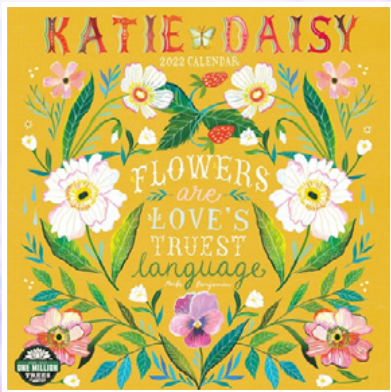
Get your hands on the fall issue of  
*The Crazy Wisdom Community Journal*

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!

On shelves now or have the  
issue mailed directly to you.

[Subscribe here!](#)

Looking forward to 2022?  
Crazy Wisdom Bookstore has over 40 styles  
of new calendars in stock for 2022,  
including wall, engagement, almanacs, and planners!



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

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

Copyright © Crazy Wisdom, Inc., September 3, 2021.

Thank you to our contributors for this issue:

- Laurel Decker
- Michelle Wilbert
- Austeen Freeman
- 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](mailto:Jennifer@crazywisdom.net).



## The Burning of Masks

By Austeen Freeman

*A poetic verse of dismantling and reclaiming.*

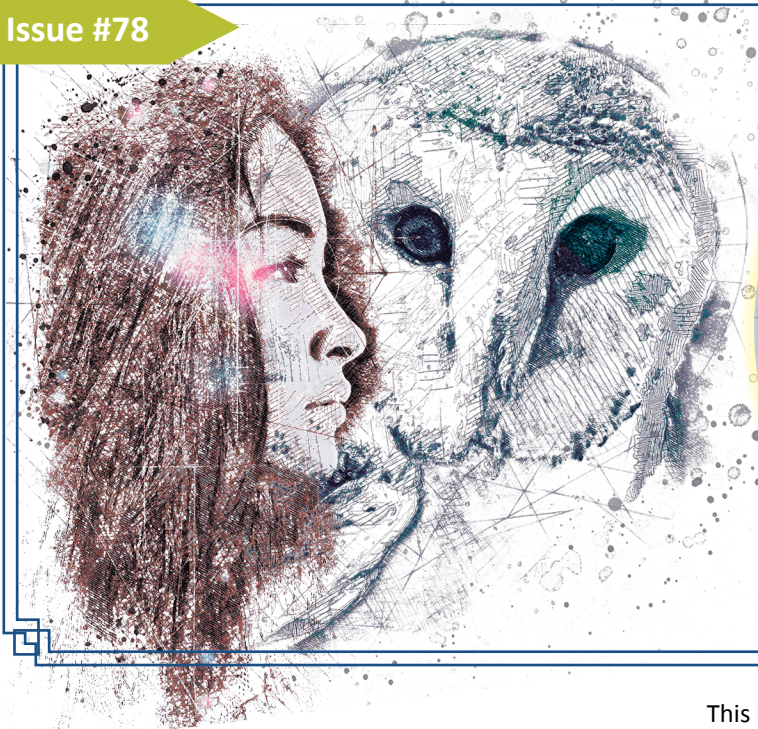
She screamed and writhed in the pits of fire, stripped from the socially constructed identities she held dear. “The wild heathen” she named herself. The strong, fierce daughter and the kind, beautiful soul that resided within were speared, gathered, and taken during the long night by the ones who would never accept her. This was the day where she bled into the earth and finally, she saw the masks she wore for the world weren’t of her own self. They were blended, painted, and created in society’s image, not her own.

Clinging to those parts of herself was futile. She deconstructed her entire life and purged the restraints that were keeping her docile. Long needed and gracious space had finally been taken. She knew that fire was the ultimate space maker, so she burned it all down—including the many skins she would slide into day

after day—but no more. No more would she play the part cast for her. No more would she be the picture-perfect girl, and no more would their words break through the homemade skin of uniqueness that was her—she would wear it proudly upon her bones. She claimed the wild woman heathen she so lovingly embodied. She claimed the strong, fierce, fiery daughter, and she claimed the beautiful, daring soul that was her.

Angels turned their hands to the luminous skies and called down sweet, succulent rain. Bathed in holy water from hers truly, her charred skin transformed into a supple armor with a soft glow. Her eyes were a little brighter as she drew herself up from the ground on to her knee. She glanced at the angels surrounding her, both light and dark stood, casting their beams like black and white shadows. Blessed by the holy water, witnessed by light and dark angels, and forever changed, she now walked with a particular grace and ease she had not known in this life, and her body, her mind, her bones, her blood, and her soul was hers alone.





## Shadows that Illuminate

By Laurel Decker

I invite you to get curious with me before you read the rest of this article. Look around the room and find an object that catches your eye. Study it closely. Look at where the shadows and light meet each other, and wonder at their points of engagement. Do you see areas that abruptly go from light to dark? Any areas that softly and gradually transition through more subtle lighting? Notice lines and curves, and how they reveal details about your chosen object. Can you tell which direction the light is coming from and how it affects the shadows being cast?

Now, imagine that the light falling on your object is extinguished, leaving you in complete darkness so that you can no longer see the item you were just studying. Without light, you wouldn't know what you were looking at. Let's try turning it around, and now imagine the light coming back. At some point it gets so bright that again you can't see what's in front of you. Isn't it strange that somehow blinding light is as disorienting as impenetrable darkness?

What if we approach this exercise as an exploration in self-awareness? Look inside yourself and, just as you singled out the object in the room, identify a behavior or thought pattern that you might not like to admit exists. Be kind to yourself in this experience and try not to assign "good" or "bad" to your discovery. Acknowledge that undesired tendencies are naturally a part of each of us. Acclaimed 20th century Psychologist, Carl Jung refers to these hidden natural tendencies as "shadows," and the accumulation of them as the "shadow self."

For various reasons, the shadow self is hidden inside and often goes unshared with the world. Many of us have been taught to label behaviors and thoughts as either good or bad—light or dark. We realize quickly in life that we gain approval from parents, peers, and community by exhibiting the behaviors and thoughts that are deemed to be good and light. We avoid disapproval by suppressing what could be labeled as bad or dark.

This is unfortunate, because often our shadows hold information about our natural gifts. For example, a child whose parents are successful engineers may grow up hearing about how they should naturally be a great engineer, too. Their parents knowingly (and unknowingly) put pressure on them to follow their career path. But as the child grows up, even though they take classes to become like their parents, they do not enjoy learning about engineering. Instead, they are very creative and artistic. If they are discouraged from expressing their creativity, they may never realize their potential as a great artist.

Carl Jung explained that these tendencies and parts of ourselves don't disappear just because we, or others around us, do not approve of them. In fact, there is usually an opposite result. As they find a place within us to be hidden, or shadowed, they may become darker—denser. In the above example, every time the young artist indulges in their artistic expression, feelings of shame and guilt grow around that activity. Rather than becoming a robust natural gift, it becomes a sickly and underdeveloped one.

Jung further explained that denying that our shadows exist can be harmful. It is a common source of unhealthy coping habits because it is based in self-deception. Failure to acknowledge one's shadows allows them to mutate from being shadows that beautifully complement light, into darkness that chokes out light. With enough practice and time, one may eventually deny that their shadows exist, but this is an illusion that requires a lot of work to achieve and sustain.

If we go back to the idea of using light so bright that objects can't be seen, just think of how much work and energy it would take to get to that level of blinding brightness. You would have to use more outlets and bring in more fixtures. And at some point, the energy company would collect payment for your energy usage. Can you afford the cost of living inauthentically? What extra effort and expense do we invest with the sole purpose of appearing brighter and pleasing to others?

Fortunately, when we become aware of our shadows, we have an opportunity to learn more about ourselves. Beginning with accepting ourselves as a pure and perfect creation. In case

you have a hard time accepting your perfection, just think of newborn babies and their peaceful, radiating light. You too were born with absolute wholeness that radiated perfect light. Certainly, over time we all accumulate beliefs that overshadow that wonderful light. But a beautiful gift can be found in discovering that we have an ability to transform and find our way back to the pure love and light we had the day we were born.

Even when we know there is a purpose in the journey of transformation, shadow work is often a painful healing process. Challenging long-held beliefs requires intentional effort and an ability to trust the process and stay the course. In my own experience with illuminating personal shadow beliefs, I found therapy, yoga, journaling, self-help literature, and communicating with like-minded people to be especially helpful. These are compassionate tools that ease the pain of healing. They help us to find beauty in the complexity and texture that is more visible as we cast light on internal wounds and scars.

Balanced illumination creates a contrast that gives us accurate information. And just as visual contrast reveals optical clarity, internal contrast reveals emotional clarity. The balance can be tricky to achieve, but with practice we can integrate shadows and highlights in harmony.

Jung tells us that, "To confront a person with his shadow is to show him his own light. Once one has experienced a few times what it is like to stand judgmentally between the opposites, one begins to understand what is meant by the self. Anyone who perceives his shadow and his light simultaneously sees himself from two sides and thus gets in the middle."

This is such a powerful message because it means that to be aware of the shadow is the first step toward living as our most true and aligned self. In this awareness, we naturally integrate our dark and light in harmony and balance. As you embrace your authenticity, you become free to embrace your natural and whole self. Then you can care for, and cherish, every part of yourself in a way that was not possible before that awareness.

Now, I invite you to do one more activity with me, and that is to first acknowledge that your wholeness and perfection never left you as you grew up. You are, and have always been, divinely and intentionally created no matter what experiences and stories have darkened that knowing. Now imagine lighting a candle in your heart center. Feel its warm glow inside you. Put your hand on your heart and say to yourself "I love you. I will look inside with compassion so that I can see and know the whole you again." Take as much time as you need to let these words find meaning for you. My friend, when you are ready to examine your shadows, let that warm candle light the way. I send my own love and light to help you illuminate and meet your truest self.

**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](mailto: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.**



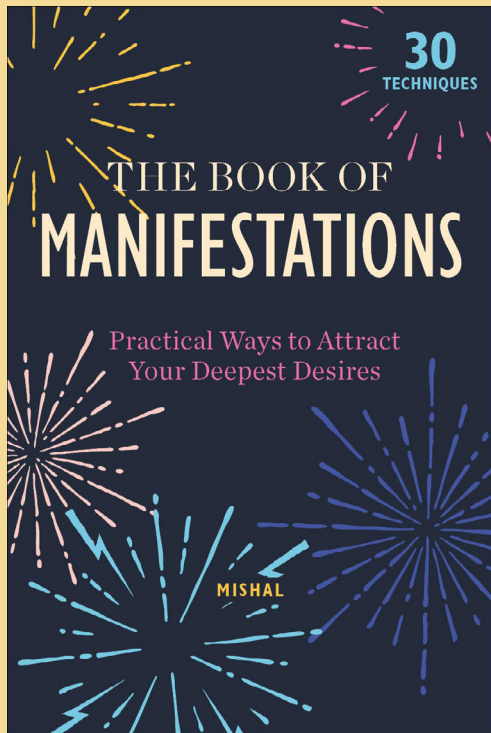
**We are specifically looking for writers who are interested in writing about paganism, and local pagan related topics.**

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



[Read more articles from Issue #78 online.](#)

# Crazy Wisdom Book Pick of the Week



Wondering why your desires haven't manifested despite your best efforts to attract them? Are you fed up pretending to be happy in name of positive thinking? Or does your life seem like it's heading nowhere? Fret no more. With thirty processes that present the most powerful and pervasive Law of the Universe in a simple, precise, and easy-to-use manner, this exciting book gets straight to the point about what needs and doesn't need to be done to live a life of true abundance. Through a clear, concrete, and measurable way, now you can take giant strides toward your desires. Teeming with techniques that not only explain the nuances of the Law of Attraction but also make it easy to understand and use on a daily basis, this book was created for the sole purpose of making the Law as practical and user-friendly as possible. You can do it this time! You can manifest your dreams!

[Get your copy of \*The Book of Manifestations\* at Crazy Wisdom Bookstore.](#)



**Deep Spring Center**  
for Meditation and Spiritual Inquiry

## New Expanded Fall Program!

**The Eden Project, Classes, Retreats,  
and Silent Meditation all via Zoom**

Join us on our path to living a life of loving-kindness with non-harm to all beings. Experience the wisdom and compassion of Aaron, as channeled by our founder and guiding teacher, Barbara Brodsky.



**DeepSpring.org | info@deepspring.org | 734.477.5848**

Deep Spring Center is a 501(c)(3) non-profit. See website for details.



PreK-12 • SteinerSchool.org

We're not just educating students,  
We're helping develop young people  
Who can change the world.



Look a Little Deeper

Admissions@SteinerSchool.org • 734-995-4141



Joy Filled



Immersive



Confidence Building



College Prep



RUDOLF STEINER SCHOOL  
OF ANN ARBOR

## Crazy Wisdom Musician Spotlight with

# Judy Insley

By Michelle Wilbert



### How did you get into music?

In my early childhood, my parents owned a 77-acre riding stable. There was a radio in the barn that was always on “for the horses” and a jukebox (dating myself here) in the clubhouse. I loved hearing all those songs (of the ‘60’s) and singing along! One day, a man came to ride and also brought his electric guitar and an amplifier. He sat on top of his amp, singing and playing the songs I had been hearing and I thought “Wow....I didn’t know you could do that!” From then on, I was obsessed with how I could learn to make that happen for myself.

### What are your favorite aspects of performing live?

It is really the energy exchange between the audience and the performer...and between bandmates, if you’re in a duo or group.

There is a camaraderie—intimacy, almost—between well-connected bandmates. When it’s not about ego, but about individual players and instruments coming together to present a unified “one-ness” to a piece of music—that is magical!

And when you feel like the audience is right there with you and you’re all riding that same emotional wave, whether it’s a joyful song, a sorrowful song, or an insightful song, our differences no longer matter. We can share a loving experience.

This is not to say that it happens every single time—sometimes more, sometimes less—but we can all do a lot to lift each other up!

### What have you been doing during the pandemic?

My biggest task in the beginning was in converting my music students and materials from in-person lessons to virtual. I had to learn to use Zoom more efficiently as well as recreate and scan all the hand-written notes I use so that I could e-mail them to my students as needed.

I’ve been playing the mandolin for about the last 10 years or so, but the isolation of the pandemic really gave me the opportunity to do an even deeper dive into the instrument. Such a sweet sound and so very versatile! I’ve also been spending time on the Octave Mandolin, which has a much deeper, more resonant tone. I love them both!!!

I’ve been reading more, trying to keep up a home exercise program (although the older you get, it’s more about



maintenance than absolute fitness...ha!), keeping up a spiritual practice, and, amidst all the chaos, reminding myself to breathe in peace and maintain the highest vibration that I can. Not always easy!

### What is your guiding philosophy of life and art?

I consider myself to be a fairly spiritual person and often read from various spiritual sources. I especially love the Tao Te Ching and have read several versions of it. My introduction to the Tao was Dr. Wayne Dyer’s book, *Change Your Thoughts, Change Your Life – Living the Wisdom of the Tao*. He writes a short essay on each of the 81 verses as applied to our modern lives and conditions. That was so enlightening for me!

We strive so hard to get our lives to go the way we think we want them to and are so devastated when circumstances and/or people disappoint us...but I think it can be helpful to stop and think that maybe that wasn’t our path. Maybe we’re better off just letting our lives flow like water. I sure didn’t want or foresee this pandemic happening, but it has given me the opportunity to rediscover the joy of learning to play new music...just for the sake of playing it! If I’m the only one who ever hears me play it, I am very content with that.

As the Zen saying goes:

“If you understand, things are just as they are...  
If you do not understand, things are just as they are.”

[Learn more about Judy on her website, www.judyinsley.com.](http://www.judyinsley.com)

# TOUCHSTONE



**Come Home To Cohousing**  
**[jane@praxisproperties.org](mailto:jane@praxisproperties.org)**

560 Little Lake Drive, Ann Arbor, Michigan 48103

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

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

Call Now 734-323-0019

[touchstonecohousing.org](http://touchstonecohousing.org)

# The Crazy Wisdom Calendar

weekly



## Book Discussion Groups

**A Course in Miracles Study Group with Randall Counts and Delyth Balmer via ZOOM • Weekly Thursdays, beginning September 9 – December 30 • 12:00 – 1:30 p.m.** • Read and discuss A Course in Miracles via Zoom. \$Free, but donations gratefully accepted. Contact [interfaithspirit.org](mailto:interfaithspirit.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](mailto: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](mailto:info@theharmonycollective.org) or [theharmonycollective.org](http://theharmonycollective.org).

**Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: September 13, 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](mailto:programs@jewelheart.org) or call Jewel Heart at 734-994-3387. For more information, visit [www.jewelheart.org](http://www.jewelheart.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, September 5 – 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@](mailto:programs@)

[jewelheart.org](http://jewelheart.org). To register, visit [jewelheart.org/free-weekly-virtual-programs](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit [jewelheart.org](http://jewelheart.org).

**Buddhism Practical Buddhism by Gelek Rinpoche with Gelek Rinpoche • Weekly Tuesdays from 7 to 8:30 p.m. from Sept. 7 through Dec. 28, 2021 • 7:00p.m.** • Practical Buddhism by Gelek Rinpoche 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 will follow each session. Free/Donations are welcome. Contact To register, go to the Jewel Heart website at [jewelheart.org/](http://jewelheart.org/), scroll down, and select this program. For more information, call 734-994-3387 or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**The Cause of Suffering (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, September 11 • 9 a.m. – 1 p.m.** • There are many obvious reasons for the various kinds of human misery but underlying all of them are our own individual and collective actions, perceptions and emotional reactions. Exploring these leads to a reappraisal of our choices and a path to lasting happiness. (This workshop is one of several in the Applied Meditation Technology series that explores different approaches to gain deeper insight into our lives, aiming at gaining freedom from all suffering. All workshops include instruction, guided meditation, individual meditation, and discussion.) \$25 Jewel Heart Members / \$30 Non-Members. No one is turned away due to financial considerations. To register, visit [jewelheart.org](http://jewelheart.org). For more information, call 734-994-3387 or e-mail [programs@jewelheart.org](mailto:programs@jewelheart.org).

## Ceremonies, Celebrations, and Rituals

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

**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](mailto:sacredlotusexperience@yahoo.com); [SacredLotusExperience.com](http://SacredLotusExperience.com).

## Channeling

**Evenings with Aaron with Aaron channeled by Barbara Brodsky • Tuesdays: September 7, 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.

## Children and Young Adults

**Youthful Spirits Class for Young People ONLINE with Heidi Kaminski • Weekly Sundays: September 12 – 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.

## 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](http://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

**End-of-Life Doula Training with Merylynne Rush ONLINE • Fridays, September 10, 17, 24, and October 1, 8 • 3 - 6:30 p.m.** • The Dying Year EOL doula training meets five consecutive Fridays. Our six diverse teachers from varying backgrounds fully prepare you to offer your services to dying individuals and their families/caregivers. \$725; scholarships and payment plans are available. Contact Merylynne Rush at 734-395-9660 or thedyingyear@gmail.com; thedyingyear.org/end-of-life\_doula\_trainings.html.

**End-of-Life Doula Training with Patty Brennan • Weekly Tuesdays, September 14, 21, 28 • 1 – 4:15 p.m.** • Lifespan Doulas End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their family, in the final days, weeks and months of life. Professional training and certification online with Patty Brennan. \$697. Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com; lifespandoulas.com/end-of-life-doula-training.

## 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.

## 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](http://gwynjonespilates.com).

## Festivals and Fairs

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

**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](mailto:Support@ghidrahs.com); [mysticsheways.com](http://mysticsheways.com).

## Health and Wellness

**Help Yourself with Self-Hypnosis • Wednesday, September 8 • 11:00 a.m. •** Come learn and practice self-hypnosis with Conrad Welsing in this workshop, find the power to change you! For more information visit [Washtenaw Community College](http://WashtenawCommunityCollege) or call 734-677-5060.

## Intuitive and Psychic Development

**Focused Mind Meditation – Teleconference with John Friedlander • Monthly, first Sundays: September 5, 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](mailto:mvaviviano@gmail.com) or 734-476-1513; [psychicpsychology.org](http://psychicpsychology.org).

## Meditation

**Beginner's Yoga and Meditation 2– Day Seminar with Ema Stefanova • Saturday September 4, 2:30 – 4:30 p.m. and Sunday, September 5, 1 – 5 p.m. •** Total beginners, busy professionals, people looking for safe yoga and meditation as therapy, athletes, and all are welcome to experience practices they can apply right away in real life. No stretchy pants, mats, or props required. Come as you are. \$179 early registration; \$199 regular. Contact [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com); [YogaAndMeditation.com](http://YogaAndMeditation.com).

**White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays, September 5 - 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](http://jewelheart.org/free)— weekly—

## The Heart of the Journey



It is my honor to combine over 20 years of teaching, energy therapies, and wellness coaching to help you feel better, more confident, and more capable of living a joyful journey.

*Michelle McLemore, Healing Guide*

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

(517) 270-0986

**JUDY LIU RAMSEY  
CONSULTANT & PRACTITIONER**



## Heart To Heart

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

[ramsey.judy003@yahoo.com](mailto:ramsey.judy003@yahoo.com)  
<https://JudyRamsey.net>

virtual— programs. For more information, visit [jewelheart.org](http://jewelheart.org), call 734-994-3387, or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Healing and Compassion Meditations with Hartmut Sagolla • Weekly Mondays, September 6 - 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](http://jewelheart.org/free-weekly-virtual-programs). For more information, visit [jewelheart.org](http://jewelheart.org), call 734-994-3387, or email [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • First and Third Thursdays: September 9, 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](mailto:om@deepspring.org) or [deepspring.org](http://deepspring.org).

**Myriad of Meditations (series) with Karen Greenberg • Sundays, September 12, 19, 26; October 3, 10, 17, 24 • 10 a.m. – 12:30 p.m. •** Meditation is an essential component to spiritual evolution. Learn a myriad of techniques to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful archetypes, spiritual beings, qualities of G– D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. Contact Karen Greenberg at 734-417-9511 or [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com); [clair-ascension.com](http://clair-ascension.com).

**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](mailto:om@deepspring.org) or [deepspring.org](http://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](mailto:info@theharmonycollective.org); [theharmonycollective.org](http://theharmonycollective.org).



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

## Mindfulness

**Days of Mindfulness with Esther Kennedy • Monthly Saturdays: September 11, 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](http://webercenter.org).

## Music, Sound, and Voice

**Sound Bath ONLINE with Rob Meyer-Kukan • Monthly first Sundays: September 5, 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](http://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](http://paypal.me/robmk). Contact Rob Meyer-Kukan at 248-962-5475, [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com); [fb.me/e/5hdyA8OnH](https://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](mailto:rob@robmeyerkukan.com); [fb.me/e/Q37BfqrZ](https://fb.me/e/Q37BfqrZ), [robmeyerkukan.com](http://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.

## Personal Growth

**PSYCH– K Basic Workshop with Mary Mazur • Friday, September 10 – 12 • 9 a.m. – 6 p.m., ending 5 p.m. on Sunday •** During this three-day workshop, you will learn how to transform beliefs within your subconscious mind utilizing PSYCH– K® in your Daily Life using two balance processes and bringing clarification to the subconscious mind when needed. You will also learn and transform any perceptions of stressful situations (past, present, and future), to offer you peace, clarity, and joy in new levels. \$850. Contact mary@igniteandhealyourlife.com.

## Professional Development

**End-of-Life Doula Training with Marilynne Rush ONLINE • Fridays, September 10, 17, 24, and October 1, 8 • 3 - 6:30 p.m. •** The Dying Year EOL doula training meets five consecutive Fridays. Our six diverse teachers from varying backgrounds fully prepare you to offer your services to dying individuals and their families/caregivers. \$725; scholarships and payment plans are available. Contact Marilynne Rush at 734-395-9660 or thedyingyear@gmail.com; thedyingyear.org/end-of-life\_doula\_trainings.html.

**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. 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 Karlta 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 Karlta 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](http://taichilove.com).

**Chen Tai Chi Chuan with Joe Walters • September 2 – 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 annarbortataichi.com.

**Beginner Tai Chi with Master Wasentha Young • September 13 – December 16 • Mondays, 10 – 11:15 a.m. Thursdays, 6 – 7:15 p.m. •** \$195. You can attend one or both classes during the week. Contact Info@peacefuldragonschool.com or 734-734-7410 ext. 695; peacefuldragonschool.com,

**Adult Martial Arts • Weekly Mondays and Wednesdays: September 13 – 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](mailto:info@chelseaata.com); [chelseaata.com/about-us/Chelsea](http://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](mailto:info@a2a.m.as.com); or visit [a2a.m.as.com](http://a2a.m.as.com).

## Writing and Poetry

**Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, August 22 • 1:15 p.m. •** Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or [JissojiZen@gmail.com](mailto:JissojiZen@gmail.com); [JissoJiZen.org](http://JissoJiZen.org).

**Write with your Shadow Self with Julie Mariouw • Thursdays, September 9 – October 28 • 6:30 – 9 p.m. •** An 8– week online writing workshop in which we will work with dreams, access the unconscious, locate sensations in the body that correspond to the shadow, and write narratives using this material. \$250. Contact Julie Mariouw [julie@wellspringwritingworkshops.com](mailto:julie@wellspringwritingworkshops.com); [wellspringwritingworkshops.com/events](http://wellspringwritingworkshops.com/events).

**Critique—a–thon with Write On, Ann Arbor! • Tuesday, September 14 • 6 – 8 p.m. •** Bring some printouts of a couple pages typed and get your critique on with the members of Write On, Ann Arbor! It is an outdoors in-person event. \$5. Details at [meetup.com/Write-On-Ann-Arbor](http://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](mailto:imagine@imaginefitnessandyoga.com) or [imaginefitnessandyoga.com](http://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](mailto:info@christydeburton.com) or [yogaroomannarbor.com](http://yogaroomannarbor.com).

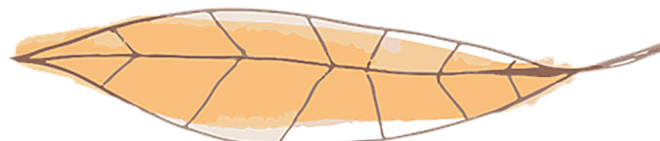
**RYT200, RYT300, and RYT500 Holistic Yoga and Meditation Teacher Training with Ema Stefanova • Tuesday, September 7 – Sunday, December 19; Flex Start/Finish Dates •** Our intelligent programs are hands–on, user–friendly, and common sense. Our approach is student–centered and takes in account each trainee's 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](mailto:EmaStefanova@cs.com); [YogaAndMeditation.com](http://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](mailto:courtney@veraposeyoga.com).

**Free Iyengar Yoga class with David Rosenberg and Ann Arbor Rec & Ed • Monday, September 13, 6 – 7:30 p.m., Thursday, September 16, 7– 8:30 p.m.; On-line free class Saturday, September 18, 10 a.m.– 11:30 a.m.; outdoor Sunday, September 19, 10 a.m. – 11:30 a. m. •** Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well–being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. \$Free. Contact David Rosenberg at 734–646–4195 or [message4@aol.com](mailto:message4@aol.com); [aarecedonline.com](http://aarecedonline.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](mailto:courtney@veraposeyoga.com); [veraposeyoga.com](http://veraposeyoga.com).



Not all storms  
come to disrupt  
your life, some  
come to clear  
your path.

—anonymous

