

April 15, 2022

Issue #84

Maria Sylvester

life & relationship coach

The
Crazy Wisdom
Biweekly

shining a light in the dark



The Crazy Wisdom Weekly



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The spring issue of *The Crazy Wisdom Community Journal* is almost here with features on local sound healers, HoneyBee U-Pick Farms, Lessons From My Two-Year-Old, Detroit's Hidden Gems, and more! Look for it around town beginning April 23rd or have it mailed directly to you.

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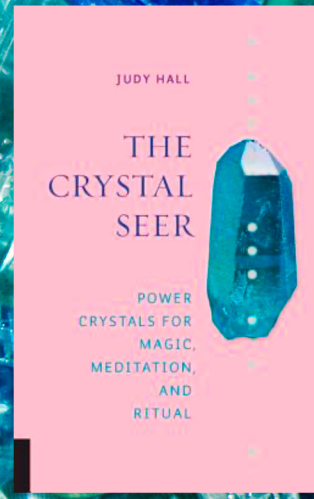
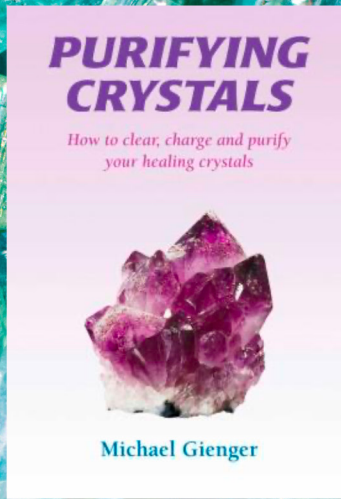
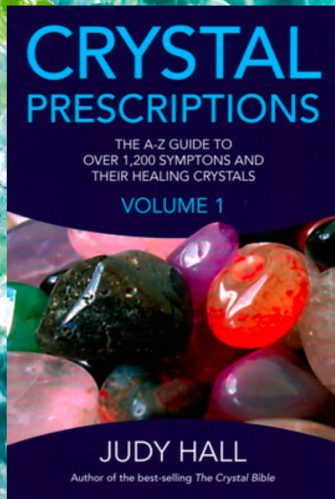


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Our cover photo was taken by Hilary Nichols.

Thank you to our contributors for this issue:

Maria Sylvester
Beverly Meyer
Irena Nagler
Michelle Wilbert
Jennifer Carson
Carol Karr
Bill Zirinsky

word of the week:

Pronoia

The opposite of paranoia; the belief that the universe is conspiring in your favor.

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.

From Our Cover

5 Questions for Maria Sylvester



photo by Hilary Nichols

Maria Sylvester, MSW, CPC is a certified Life & Relationship Coach in Ann Arbor. She loves empowering adolescents, adults, and couples to live from the heart of what really matters to them, so they can bring fully expressed, vibrant selves into the world. Sylvester's background as a psychotherapist for 23 years, prior to her 15 years as a coach, fuels and inspires her work. Transformation happens more quickly, with ease and grace, because of the psychological awareness and insights she brings to her practice.

Sylvester is dedicated to helping women reclaim their power and fully embrace their radiant, sensual, sexy energy, and spirit. Her Midlife Magnificent Programs, Magnificence in Motion™ movement, and private coaching offerings have helped many multidimensional, visionary women take their lives to new, unprecedented heights. Learn more about Sylvester and her programs at her website lifeempowermentcoaching.com or email her at maria@lifeempowermentcoaching.com.

How did you get interested in personal life coaching?

Prior to beginning my life coaching practice 15 years ago, along with founding Ann Arbor's Life Empowerment Coaching & Healing Arts Center, I had a psychotherapy practice in town. For 23 years, I helped adolescents, adults, and couples disentangle themselves from acute emotional turmoil, internal conflicts, and severely debilitating psychological symptoms.

The work was rewarding, clients eventually felt better, yet it didn't necessarily mean they went on to live great, happy, fulfilling lives. Nor was this the case for myself. Having also, years previous, spent time doing my own personal work in therapy, I eventually was no longer depressed. However, my life felt far from the joyful existence I desired.

I was, for years, in a highly dysfunctional, extremely stressful marriage. It took a full-blown, drop-to-my-knees, acute panic attack to jolt me into the awareness that I was living a life that was far from good enough. Life coaching is all about taking action. I realized it was high time I did just that! I like to say I coached myself out of a bad marriage, (though to this day have

maintained a wonderful co-parenting relationship with my ex), and into a new career.

What is the connection between feeling emotionally well and living the life we dream of? In other words, why is the work not done, even if we "feel" well?

As my own life experience I described above demonstrated, my work was far from done, though I was no longer depressed. I was still living a life that needed big adjustments. As I remind my coaching clients, we can have all the insight in the world, however, unless we take action on those insights, we don't experience transformation. Life coaching, to me, is all about helping people take that action. Or, as my business tagline summarizes, I love to help people: Get Unstuck. Be Unstoppable. And SOAR!

What are the most common things that hold people back from living the life they want to live?

I love this question! One of the things I've found that runs interference with people living lives they love would be getting stuck in cycles of doubt. Doubt, in my book, is simply a thought that takes one away from what they desire. Yet too often, we hyper focus on the doubt, and then our worries snowball. Instead, I encourage clients to use the doubting thought as a springboard to remembering what it is they long for...and head there! No need to feed the doubt. Rather, feed the desire.

Another factor that contributes to people remaining stuck in less than fully gratifying lives is a hesitancy to invest in themselves and get the help and guidance they need. We grow exponentially



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Maria Sylvester *continued...*

to the degree we allow ourselves support. As human beings, we are wired for connection. We thrive there. Smart people know when they need support and they get it.

Lastly, I'll mention the incredible power that opens up for people when they are able, through my coaching interventions, to clear out subconscious old stories and false beliefs about themselves. These serve as massive obstacles to living glorious lives. I love empowering people to recognize, claim, and stand in their strengths and truth. This is why, for instance, I've created my Magnificence in Motion™ movement. (FREE T-shirts to the first ten readers who email me!)

What's the best advice you can give to someone trying to let go of things in their life that don't serve them anymore?

My coaching style offers clients simple, yet profoundly powerful tools, techniques, and strategies for self-empowerment and transformation. That said, I always recommend that people track the energy of how they feel when embracing different aspects of their lives. Does their energy go up? Or down? Using this technique gives one a quick reference point for considering what to keep, shift, or let go of.

Another recommendation is for a person to consider that if they are feeling a dip in their emotional state, it may possibly mean they have stepped out of alignment with who they have become. In other words, the reason they don't feel as great, is because they are capable of now doing things differently...and need to shift back into that "higher self" mode!

How does your background as a social worker and therapist help you in your role of life coach?

I believe my coaching clients benefit greatly from my psychotherapy background, even though I'm no longer practicing as a therapist. I understand deep psychological processes, and the impact emotional traumas have on development and personality. I keep these awarenesses in my mind as I'm offering coaching guidance and intervention. I believe this is why my coaching practice is full-to-overflowing. Clients feel deeply understood and have massive successes in a relatively short period of time.

I offer a complimentary first session, and then tell clients that if they opt to work with me further, I can pretty much guarantee that after four additional sessions they'll feel a big shift in the direction they desire! Thus far, it's proven true. It's darn near magical.

Thank you so much for this opportunity to share a bit about myself with the Crazy Wisdom community. As a long-time fan of the journal and the store, Crazy Wisdom holds a very special place in my heart!



Movement, Mindfulness, Connection, Joy

Class Schedule

Sunday-2:00pm

Tuesday-6:30pm

Thursday-5:30pm

Saturday-10:45am

For further class information:
www.soulfulmovement.com



Nia presents itself in me and through me in a unique way. I hear, see, sense and feel Nia in a way that nobody else does. So I have a unique way to present Nia. I know with every fiber of my being that there are people that need to know about Nia through me. —Teresa Myers





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Taught by **Lucinda Kurtz**, M.A., a Brennan Healing Science Practitioner and Sage-ing® Mentor – *Vatika* – committed to teaching the sage-ing path to people of all ages and perspectives; and

Oran Hesterman, Ph.D., President & CEO, Fair Food Network and Sage-ing® Mentor – *Vatik*. Oran is committed to weaving together his professional work in sustainable food systems and his dedication to caring for others and the earth in keeping with the traditions and ethics of justice rooted in his Jewish heritage.



SIX WEEKLY SESSIONS

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FEES

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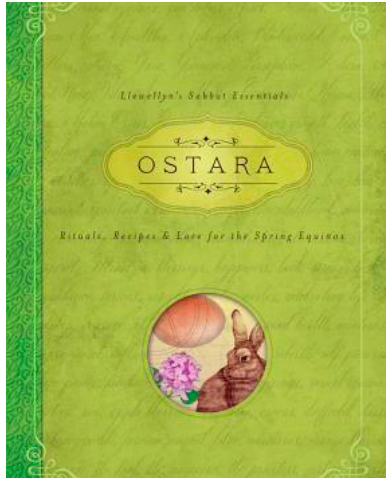
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Crazy Wisdom Book Picks of the Week



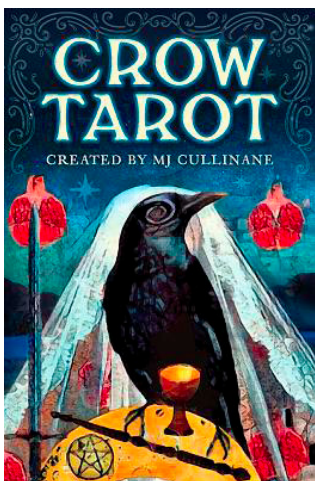
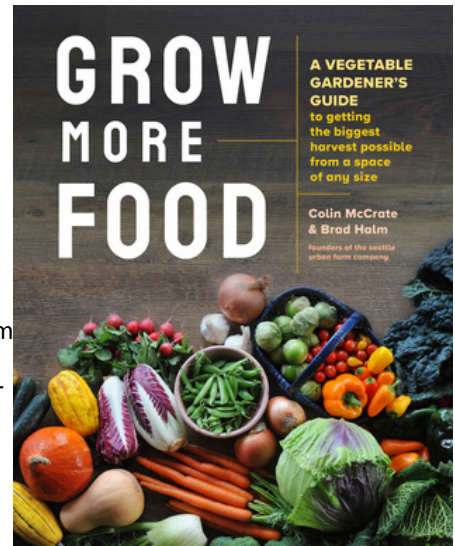
Celebrate the season of returning sunlight and the bursting forth of the birds, bees, and trees. Ostara—also known as the Spring Equinox—is a time of renewal, a time to plant seeds as the earth once again comes to life. This guide to the history and modern celebrations of Ostara shows you how to perform rituals and work magic to renew your power and passion for living and growing. Includes: rituals, recipes, lore, spells, divination, crafts, correspondences, invocations, prayers, and meditations.

[Purchase your copy of *Ostara: Rituals, Recipes, and Lore for the Spring Equinox* at shopcrazywisdom.com.](https://shopcrazywisdom.com)

Just how productive can one small vegetable garden be? More productive than one might think! Colin McCrate and Brad Halm, former CSA growers and current owners of the Seattle Urban Farm Company, help readers boost their garden productivity by teaching them how to plan carefully, maximize production in every bed, get the most out of every plant, scale up systems to maximize efficiency, and expand the harvest season with succession planting, intercropping, and season extension.

Along with chapters devoted to the Five Tenets of a Productive Gardener (Plan Well to Get the Most from Your Garden; Maximize Production in Each Bed; Get the Most out of Every Plant; Scale up Tools and Systems for Efficiency; and Expand and Extend the Harvest), the book contains interactive tools that home gardeners can use to assist them in determining how, when, and what to plant; evaluating crop health; and planning and storing the harvest. For today's vegetable gardeners who want to grow as much of their own food as possible, this guide offers expert advice and strategies for cultivating a garden that supplies what they need.

[Purchase your copy of *Grow More Food* at shopcrazywisdom.com.](https://shopcrazywisdom.com)



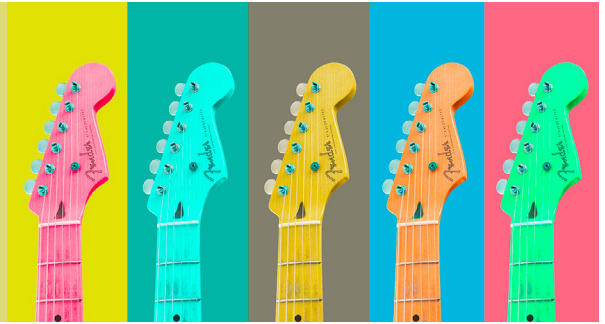
Paying homage to the mystical energy of crows and ravens, Crow Tarot invites us to fly through the veil and connect with our intuitive powers. This artfully created 78-card deck is infused with the familiar symbolism of the traditional Rider-Waite Tarot, making it ideal for both beginners and professional readers. The 88-page guidebook presents upright and reversed meanings and includes a custom Crow Tarot Spread. Margaux Jones, aka MJ, is a Seattle-based artist, writer, mother, and lover of all things magical, especially crows. She attended Parson's School of Design yet her unique technique of telling stories through digital collage is self-taught and has been her passion for over 10 years. Nature and its creatures are a familiar theme in MJ's work, however, having grown up south of Boston her collages are heavily influenced by the energy of the city.

[Purchase your set of *Crow Tarot* cards at shopcrazywisdom.com.](https://shopcrazywisdom.com)

CW Musician Spotlight

with

Beverly Meyer



By Michelle Wilbert

How did you get into music?

I really didn't have a choice. Ever since memories started sticking with me, music was an integral fiber of my personal tapestry. I started singing when I was three, according to my family folklore, I sang in tune with popular melodies I heard around me and familiar children's songs I'd sing with the family. I remember fondly singing songs by The Carpenters at the top of my voice at the local Five and Dime Store. People gathered and applauded (I was four). I have many fond memories of singing with all the members of my family individually, each one with their own favorite song. It was an activity we shared together. Music was a big part of my play as a child, music class in school was my happy place, something I was good at and really enjoyed. My Mom sang harmony lines with every song on the radio, that helped to develop my ear. I begged for a piano in our house, Dad picked up an organ (1973) for free, so I taught myself how to play. I could roughly read music to get the idea of a melody, then my ear would take over to fill in the harmony and bass lines. My cousin bought me an \$8 guitar at a garage sale for my 14th birthday. I learned basic chords from watching him and books by Mel Bay. From there, I wanted to do nothing more than music. I was lucky enough to find a way to support myself through music through most of my adult life. The adventures I have been on and the people that I have met through music makes me believe it is what I was meant to do. I am so grateful.

What are your favorite aspects of live performance?

The energy that is exchanged through musician and audience is where true magic lives. Witnessing people enjoying the moment or recall a memory through a song feeds my soul. Creating harmony with other humans is a true gift that reminds me that there is a deeper purpose to life. I can live on the memory of those moments for quite a while. I am longing to create more of the moments in the days ahead. I've been lucky to create some of those moments through the pandemic. Honestly, I am feeling a bit depleted, I am looking forward to filling up my cup in the months and years ahead.

What did you do during the pandemic? What are you focused on now?

By day, I sing songs with preschool children as Beverly, The Music Lady. I have been lucky enough to continue that work through the pandemic. Early on, I learned the new frontier of live streaming and Zoom calls, singing to preschoolers. I'm lucky



enough to be surrounded by really creative folks that helped to create an atmosphere to make it possible. My husband, Marc, was the chief tech officer and helped us to create a weekly music show for everyone that was stuck at home through the shutdowns. Friday Morning Music Lady ran for about four or five months. We went from knowing nothing to creating a green screen studio in our den that is still up to this day. My video presence was non-existent prior to the pandemic and now I have many pre-recorded shows that preschools can purchase and view. I am also making music videos for my Music Lady songs. My YouTube game is still very slow, but I am trying to get more content out there. Since March 2021, I have been able to return to in-person visits to those preschools that want them. Though the volume of gigs is lower than it used to be, I am able to make the best of it. Summer was wonderful because we could take gigs outside. Libraries have always been a big supporter of my program and they lead the charge on creating a space to allow me to continue the work I love. We tried Zooms Calls, Facebook Live, Outdoor Concerts, Pre-recorded Shows and finally live in-person shows with families. I am so grateful to have so many places call to have me back for the future months in 2022. I have not only preschools lined up, both virtually and in-person, I also have libraries, city concert series, senior living facilities, and even a few small coffee house gigs to let my grown-up songs come

<https://www.youtube.com/watch?v=WTd56HNVapM>

Because It's That Time of the Year

By Ciarra Marquina

Midnight felt long past when I was
finally heading home.

The long-worn, long-pocked 23 on a
long night.

Coming upon the Geddes Road exit,
near that spot with those trees in a
clump, one single tire dove deep and
in the dark I saw light.

The thud echoed aimlessly
nesting in my teeth with a buzz.
Yet the machine pressed forward.

The minutes ticked by, hand on my
skull,
I drove further on waiting for speech.

But the car spoke not a word. It was
silent.

There is joy in a hush.

out and play. I have been writing a bit and learning some new techniques to improve my guitar playing, dipping into a bit of jazz chords so I can sing those songs from the Great American Songbook. It is a slow but rewarding process. I am grateful each day that I have focused accomplishments to achieve that are based on music. The creative process is how I work best. I feel lucky enough to have some tangible goals to reach toward. This spring and summer I will be working on marketing some new pre-recorded shows, creating family shows for the library summer reading programs in Michigan and Ohio, Family shows for members of Meijer Garden and Sculpture Park, Teacher Training Workshops for preschool teachers for MiAECY and a Keynote Address for a big preschool chain in Grand Rapids and Lansing area and traveling all over Michigan for Summer Concert Series. I will continue to write new songs for the children's shows and a few of the upcoming coffee house shows I have booked. I am grateful for all that I am able to do and looking forward to more in the coming year.

What is your guiding philosophy of life and art (music)?

I truly believe that music is a universal language. All people of all abilities truly can be united by music. If it is just two people singing a song they both know, or a whole stadium full of people singing every note the band is playing, we are unified by music. All humans can participate in music. I try to create an atmosphere where everyone feels welcome to join in. To the listeners, the groovers, the dancers, the harmonizers, the belters, the drummers, I welcome you to join right in. There is a place for everyone. The more harmony we can create together, the more healing we can send out to the universe and straight into our hearts. Now more than ever, music and the arts are needed to bring our collective humanity some joy and healing. I try to do that with every song and every smile I share.

[Visit Beverly online at www.beverlythemusiclady.com.](http://www.beverlythemusiclady.com)





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CANCER SUPPORT COMMUNITY

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St. Joseph Mercy Health System, University of Michigan Rogel Cancer Center, The Juergens Nolan Gibson Group of Merrill Lynch and Pfizer Present:

The Cancer Support Community's 14th Annual Amazing Race

The Cancer Support Community of Greater Ann Arbor (CSC) will host the 14th Annual Amazing Race on Saturday, April 23, 2022. The Amazing Race is a local road rally (scavenger hunt) where teams of four solve clues, hunt for hidden locations, complete silly activities, and race to be the first team to complete the course. This year the event will feature an in-person scavenger

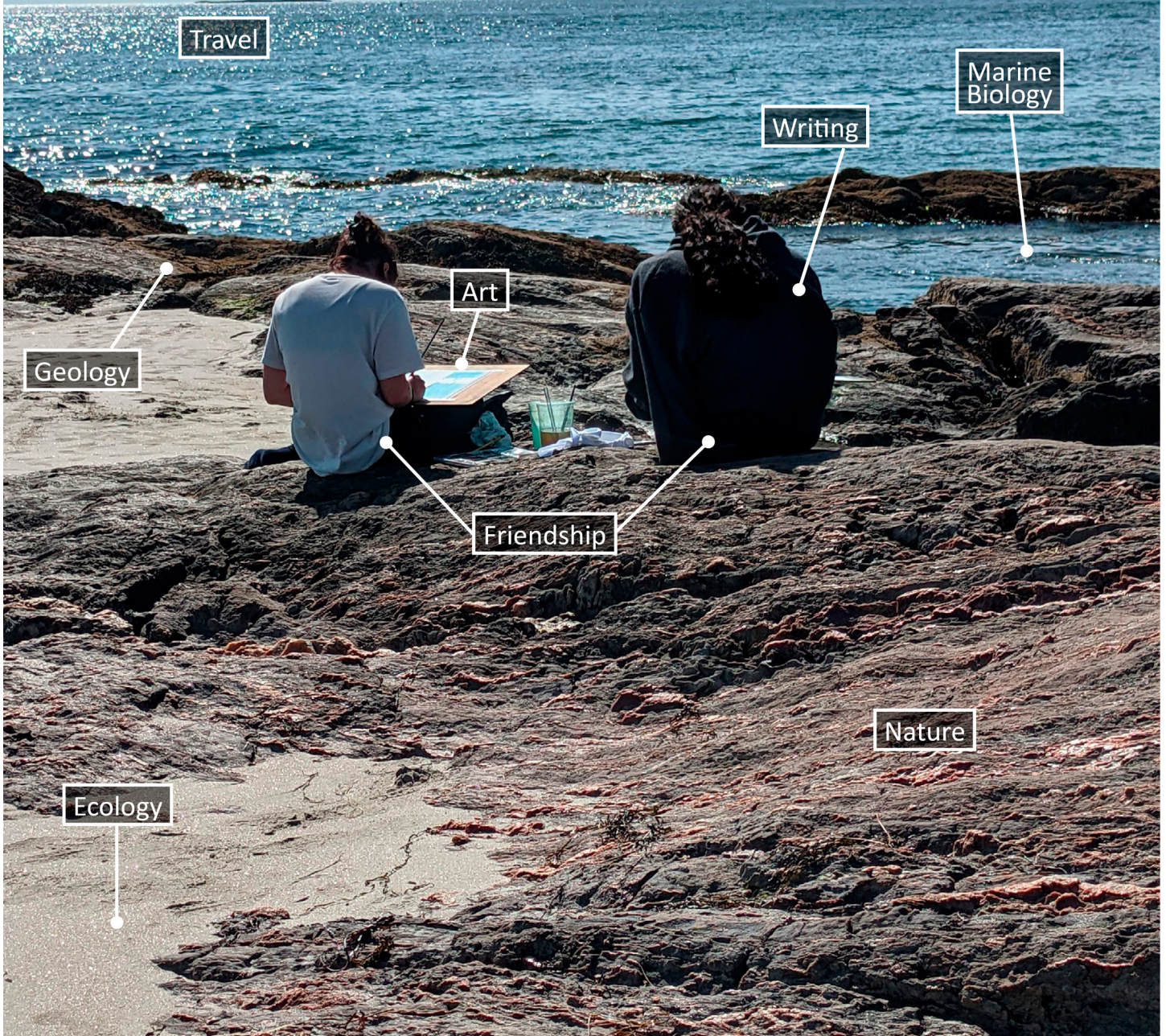
hunt with clue locations that provide ample space for teams to social distance. At the final destination, you will enjoy a post-race party, tailgate-style, where teams will have the option to grab food-to-go or enjoy music, prizes, refreshments, a costume and car decorating contest, and a raffle at their cars with a safe distance from others. The event begins and ends at 2100 Commonwealth Blvd. Registration starts at 4:00 p.m. and the race flag drops promptly at 4:30 p.m.

Tickets are \$50 per person and teams of 4 are encouraged. All proceeds from the event directly fund the CSC, which provides free cancer support services to all people affected by cancer. These programs range from professionally facilitated support groups, exercise and nutrition programs to children and family programming. CSC is the only organization in the community that focuses solely on improving the quality of life of people affected by cancer. All programs are provided free of charge.

CSC is proud to announce the three Presenting Sponsors of the 2022 Amazing Race as St. Joseph Mercy Health System, The University of Michigan Rogel Cancer Center and Pfizer. According to Bonnie Dockham, Executive Director of CSC, around 300 attendees are anticipated. So, grab your friends and family, a detective cap and your competitive spirit and join in--it's a great adventure for people of all ages!

Reserve your tickets by visiting the website at A2AmazingRace.com or calling the Cancer Support Community of Greater Ann Arbor at 734-975-2500.

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From Our Current Issue



Vivante

NOTES FROM
A YEAR OF

DREAMING
DANGEROUSLY

By Irena Nagler

March 12, 2020. Out on the town with friends. We are in a restaurant. Upon leaving, we see it has mysterious doorframes. Two are rectangular. One is round, named "Eternity", and seems to be forbidden, but we are drawn to defy that and move toward it anyway. It has a silver-gray cast. Within it is a mirror, in which we see someone whose body has become a chair with white plastic upholstery. The doorway now reminds me of a window in a washing machine.

Everything dreams. Every element, every cell, every organism.

While asleep, or under waking skin, we often dream of what we don't think about or carry out in everyday consciousness.

During 2020-21, I dreamed of lively, open-faced groups gathered in buildings after midnight, of adventurers defying orders. I dreamed questions and clues to examine.

The human collective dreams. In 2015, photos were posted in social media of a fata morgana vision: a city in clouds over China. Real event or hoax, it was evocative and rang true on a mythic level.

In the winter of 2020, some of those massed clouds dissipated as factories closed. Serial images of polluted skies followed by clearing ones were banded about the world.

In some of the factories, in vast spaces filled with lines of people and machines, employees spent long, monotonous, underpaid hours manufacturing electronic devices to be shipped around the world. Many of the workers were(?) immigrants from the Philippines, seeking conditions beyond current dictatorship and an instability that reportedly has existed since US occupation.

The employees in photographs and films wear gloves. Some might wear masks. Mask-wearing has been common in Asia for decades: a courtesy when not feeling well or a request for privacy on public transportation.

China has a near-monopoly on manufacture of electronic communication devices. It also hosts more rare-earth mining for electronic and alternative technology than any other nation. Much of it involves separating magnetic from radioactive substances, which contaminates water and soil. A prominent info-tech CEO was asked once about "bringing the work home." Without describing labor conditions or pollution, he answered that it would be impossible to persuade Americans to do the work needed to meet the vast demand.

At home, in March 2020, dream-smog drifts and settles in late winter air. "It's weird, they're shutting down the entire country," says a manager at work. "I used to work in Florida. It's like preparing for a hurricane," replies a co-worker.

The city is petrified and hushed. At the bus station, a man stumbles to the ground near the street. I ask him if he's all right and find his phone for him. He wants to shake hands. I do, and am remonstrated with the next day by friends for having touched him. The bus is almost empty.

March 17, 2020. More washing machines! They're arrayed outdoors. There is news of a darkened sun. I see it now, between clouds, black with a deep-purple cast like blackberry juice. Something seems deceptive about it. The light hasn't changed: it's full daylight, late morning, with no violet cast to the atmosphere. And the purple sun is in the southwest, not easterly as it normally would be.

No internet. My last day online is March 18. I have computers for writing and music, but I chose a few years ago not to go online at

home anymore, and I don't intend to be drawn back into it under pressure now. I love the Internet, but I'm EMF-sensitive to a degree and have always felt dubious about the materials composing the machines, even before studying the supply chains for them. I don't have a smartphone, for that and other reasons.

I barely make it out of the Michigan Union before it closes. They're waiting for me to go. I'm the last one in the room, filling out a census form, observing and experiencing the crude beginnings of Facebook censorship in regard to Covid-19.

I step out into a gray day. I feel strangely liberated, encountering an organic pulse of living and dreaming weighed upon by fear. I understand that for many it is a reality calling forth courage and compassion.

I want to acknowledge various angles and listen to stories that reach me. Even without Internet, they do. Some of my friends research diligently, digging beneath predominant narratives, often in reputable sources of scientific data, of organizational track records and history. One friend has connections with microbiologists. Others know hospital workers. There's an intelligent questioning that bears no resemblance to the simplistic political dualities perpetuated by media. I suspect exaggeration of the more frightening possibilities in an effort at crowd-control, trumping genuine education to a disquieting degree.

Despite denial from some quarters, there is real illness and death. It is not, even in potential, the medieval-street plague vaguely hinted at as ensuing if people don't behave. It doesn't, in scale, resemble what I gather about 1918, to which it's often compared openly. Yet, it may be like them during that March and April within emergency rooms and hospital wards.

There is an atmosphere of war, evoking realms of reconnaissance and defense near boundaries of atmosphere and space, an invisible weight drawing near. I've seldom heard so much military language applied to a situation. Even beyond the eerily exhilarating Blue Angels show in Spring 2020, and the annual Yankee Air Museum Display, I've never seen so many military planes flying low, as if hunting down microbes with behemoths.

Yet at our feet, on sidewalks, anonymous sweet drawings and messages are chalked, hearts and flowers and words of comfort.

I remember huddling one night under the big beech tree in Island Park with friends and glowing lanterns. Our hands on the dark earth, knowing we were all right down on the nurturing ground, no matter what was happening higher up where helicopters and potential surveillance craft and harsh light seemed to drown the stars.

Two friends of mine died during March and April 2020, but not of Covid. One of them, who thrived on in-person visits, may be among those described in two far-flung sources: a British medical journal, and a nurse in an Oakland County hospital. ("More elderly people are dying of neglect than are actually dying of Covid," they both said.)

April 11, 2020. Dreaming about the wave of Covid-19. There is a rowboat on a sea, near a mountain. An impression of "things turning around by tomorrow." In the rowboat is a man with black hair and a beard, maybe a Cossack. He is a "flame-adventurer," a

maverick, able to light fire with a torch and reverse the course of things. I've dreamt of him before.

I take springtime walks, alone and with others. The wind pushes and pulls. The flow of air billows in the leaves, tugs at our hair, the smells of spring are fresh and moist, and the not-so-distant Great Lakes churn—you can taste them in the wind. Clouds voyage over the edge of the earth-curve. Trips to Lake Michigan, Lake Erie, water melting into distant sky.

A glimpse between houses in a condo complex gives the appearance of a faerie road, wending an alternate route across the landscape toward hills opposite. So many worlds occupy the same space, many of them probably more real than the grids we have laid down. Once, our human paths were worn by use, instead of imposed by a few planners.

In the Arb, a woodpecker hammers a branch. I imagine a network of tunnels throughout the interior of the living system, avenues of communication and connection, hidden, inaccessible to control...tunneling within the world. The woodpecker is opening windows and slip-holes into it. A deep woodpecker-grid. I will remember it now when I hear that knocking on wood.

March 23, 2020. In a shopping mall. An illness is going around. Near waking, someone says to me, "Dream about skating. Dream about horses. Should help."

I saw ultraviolet light on my inner eyelids, or from the corner of my eye, or inter-dimensionally. A nimbus, a bee vision overlaying a cluster of roadside wildflowers in June. It was like seeing them through the eyes of someone in an otherworld. I sensed violet hues floating everywhere.

In my "Fairy Ring" card set, my favorite is the "Fairy Hart." The great white stag leads you on adventures, and you must follow. His reversed aspect is "The Unicorn," seen reflected in a pool, with a violet sky beneath him. The Faerie Hart says, "Use my antlers to pierce the cloud. Thrust rays like sun to shred it." Deer and horses and skaters glide. By virtue of hooves and blades they move as though in another plane.

July 18, 2020. There is to be an event at a conference center. Something to do with the Neowise comet. It will be in the early morning hours just after midnight. Jade and Geoff and I decide to go. We take a bus. I notice no one is wearing masks. Nor is anyone at the conference center. It's a vital scene, bursting with in-person community and energy.

We move through corridors and rooms, among streams of people. I notice Nicole Maxwell, a dancer who, in the 1960s, traveled to the South American rainforest and was educated in herbs by indigenous doctors. With naïve trust, she brought back samples for pharmaceutical companies, which then deliberately lost and mixed them up. She returned to the forest to do her own research. Now, in the dream, our eyes meet in recognition.

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

Sponsored by



DARRYL BARKING DOG BROWN

Artist | Activist | Healer | Teacher

At age nineteen, Darryl was given the name Medidegwe Anamosh, or Barking Dog, when he became a powerful voice for the American Indian Movement (AIM). Darryl led the 1994 Walk for Justice, a peaceful March from California to Washington DC initiated by First Nations Justice. Darryl is the former chairman of the Mackinac Band of Chippewa and Ottawa Indians (Anishinabe) as well as the coordinator of the annual Rendezvous at the Straits Powwow in St. Ignace, Michigan. Barking Dog is a spiritual leader in his community and an award-winning painter. In 2019, Michigan Governor Gretchen Whitmer appointed Darryl Brown to the board of the Michigan Council for Arts and Cultural Affairs, where he is currently serving a 3-year term. Check out Darryl's website to purchase art and see upcoming community art workshops and public talks.



Upcoming Events Series

Friday, May 6th 6:30pm

Unveiling of November Unity Vibrations community painting, another community painting, + art show @ Unity Vibrations' Brewery Tasting Room

Saturday, May 7th 10am-6pm

Meditation Painting Workshop @ Unity Vibrations. \$165 per person. Some scholarships available—email thiagreene@aol.com. bit.ly/darrylart to register—space is limited. Bring your own lunch.

Sunday, May 8th 11am

Pipe Ceremony + Huron River Blessing + Q&A @ Riverside Park. Meet at the pavilion. Bring your own lunch.



darrylbrownart.org



darrylbrownart@gmail.com



[@darrylbrownart](https://twitter.com/darrylbrownart)

The Crazy Wisdom Calendar

Biweekly



Astrology

In Lilith's Cave: Shadow Work Astrology through the 3 Lilith Placements • April 27 • 6:30 p.m. • in-person AFTS workshop facilitated by Raphael Zahavah. The famed demon-goddess of Jewish lore, Lilith, has certainly left her mark on history. But did you know she can also be found in your birth chart? Astrology has not one, but three different placements named for this controversial figure. When working with Lilith, we are in the realm of soul and shadow work. This workshop invites you to dance with the shadows of your natal chart in the spirit of heart-centered self-knowledge and transformation.

This is part of our Astrology for Transformation Series. These workshops are geared toward amateur* and professional astrologers who wish to take their understanding of astrology to deeper levels through these topics and perspectives with peer learning. For more information email Mara Evenstar at evenstar.institute@gmail.com

Bodywork and Bodymind Therapies

Introduction to Cranial-Sacral Therapy with Kathy Paholsky • Saturday, April 30 and Sunday, May 1 • 9 a.m. - 4 p.m. • Also known as Craniosacral Therapy, CST is a gentle hands-on technique that uses a light touch to examine membranes and movement of the fluids in and around the central nervous system. Relieving tension in the central nervous system promotes a feeling of well-being by eliminating pain and boosting health and immunity. Students will learn to monitor cranio-sacral rhythms, perform transverse plane releases, and design a session for clients. \$265.00 / 16 hours. Contact Lakewood School of Therapeutic Massage 1102 6th Street Port Huron, MI 48060 / 810-987-3959 / lakewoodschool.edu.

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.

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.

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.

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu – Full Moon Ceremony with Rev. Taikodo Marta Dabis • Monthly, Final Sundays: 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.

Sacred Cacao Ceremony with Victoria Schon • Sundays, April 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.

Tea Ceremony at Verapose Yoga and Meditation House with Courtney Fitzpatrick • 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.

Channeling

Remembering Wholeness - Darshan with The Mother, channeled by Barbara Brodsky • Monthly Sundays: 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: 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

Postpartum Doula Training and Certification with Patty Brennan • Saturday, April 30 • 11 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 734-663-1526.

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.

Dance and Movement

Sacred Sound Journey with Victoria Schon • 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.

World class classical guitarists with Sean Blackman and John Arnold • Saturday, April 30 • 7 - 9 p.m. • World renown musicians playing heartfelt classical guitar and original compositions. \$25 online, \$30 at door. Contact lighthousecenterinc.org.

Exhibitions

FUN (working title) at the University of Michigan Museum of Art • Begins May 14 • 11 a.m. Unlike any art museum exhibition you've seen, "FUN (working title)" will transform before your very eyes as it becomes what you — our community, our students, and our visitors — make of it. Over the course of this exhibition, UMMA's glass-walled Stenn gallery will become a creation space. Piles of materials and supplies will form the backdrop of a collaborative, summer-long free artists' workshop. A place to create, experiment, glue, paint, and get messy.

You're invited to roll up your sleeves and have fun alongside local artist Mark Tucker and his U-M students to help create this colorful, kinetic, and altogether FUN art installation. Inspired by objects in UMMA's collection, you'll create giant movable and interactive sculptures that will take on a life of their own. For more information email umma-news@umich.edu or visit umma.umich.edu/exhibitions/2022/fun-working-title

Psychic Saturday Holistic Fair at the Enlightened Soul Center • Saturday, April 16 • 12 p.m. - 6 p.m. • Join us for a fun-filled day at the Enlightened Soul Center & Shop (2711 Carpenter Road, Ann Arbor) at our twice-monthly ESC Psychic Fairs. WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and energy healing at one time, under one roof!

Psychics~Mediums~Tarot~Energy Healers~Crystals~Shopping Admission: \$5 at the door = FREE gift, FREE snacks, FREE parking Readings & Energy Work: \$2/minute (minimums vary) Cash & credit/debit accepted. For more information visit: <https://www.enlightenedsoulcenter.com/enlightened-soul-fair>

Health and Wellness

Chakra Mini Retreat • Sunday, April 3 • 1 p.m. • Are you anxious? Do you feel stuck? Are you constantly worried about being good enough? Is it a struggle to speak up for yourself? Do you often second guess yourself? If this is you, join us to learn practical tips to feel calmer, speak your truth with ease, tap into your creative talents, improve your sex life, and boost your confidence. Register at <https://docs.google.com/.../1FAIpQLSdg86Yimn2.../viewform>. For questions contact Rob Meyer-Kukan at rob@robmeyerkukan.com.

Mindfulness-Based Stress Reduction with Libby Robinson • Starts Saturday, April 16 • 2 p.m. • This virtual 8-week class is the curriculum developed by Jon Kabat-Zinn in the 1970's which sparked the current mindfulness phenomena. It is the class which has been researched the most; findings indicate that the class is associated with reduced depression, anxiety, pain, and other difficult experiences. It meets virtually for 2.5 hrs/weekly on Saturday afternoons, with a virtual retreat on June 4th. Libby's website includes the details, including a downloadable flyer. For more information or to register visit libbyrobinsonmindfulness.com.

Teacher Appreciation Day with Rob Meyer-Kukan and Hannah Kanter • May 1 • 9 a.m. • In celebration of Teacher Appreciation Week and National Teacher Day, we invite you to join us for a day to rejuvenate, relax, and restore.

Open to all Teachers and others working in education, this offering is brought to you FREE of charge to give back to the community. Yoga + Sound Reiki Sessions. To see the schedule visit <https://www.facebook.com/events/204555025188664>. For more information contact Rob Meyer-Kukan, rob@robmeyerkukan.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.

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 • Sunday, April 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.

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.

Movement and Dance

10th Annual Drum and Dance Jam • May 7 • 7:30 p.m. • Local drummer, Curtis G. hosts the 10th Annual Drum and Dance Jam at Interfaith Center for Spiritual Growth On The First Saturday Of Each Month from April 2022 to August 2022! 18 and over welcome, no experience necessary, bring a drum of your own or use one provided at the center. 6 feet between drummers and masks requested. \$5 sliding donation requested at the door. Held at Interfaith Spirit, 704 Airport Blvd, Ann Arbor, MI 48108. Phone: (734) 327-0270 Contact the center for more info. or visit interfaithspirit.org



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.



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/>

Reiki

First Degree Reiki Training with Suzy Wienckowski • Saturday, April 23, 10 a.m. - 5 p.m., Sunday, April 24 10 a.m.-1 p.m. • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind, and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. Contact Suzy Wienckowski at 734-476-7958.

Shamanism

Shamanic Drumming Circle with Stephanie Tighe and Kate Durda • April 24 • 1 - 4 p.m. • The Shamanic Journey Circle offers practicing Shamanic Journey skills. In a Circle, individuals trained in the journey process come together to practice in a structured environment. In this environment one can strengthen their relationships with their Helping Spirits, access Spiritual resources for personal healing, and build community with others who love to journey. Pre-requisite: ability to journey in the method taught by the Foundation for Shamanic Studies, Spiritweavers, etc. Charlotte, MI. \$10. Contact Stephanie Tighe at 517-667-8448; spiritweavers.net.

Ancestors: The Power Within with Judy Liu Ramsey • Saturday, April 23 • 9 a.m. - 5 p.m. • We all inherited gifts as well as curses from our ancestors. Learn techniques to access the wisdom and to heal the pain of your ancestral line. Through shamanic journeying, discover the important lessons ingrained in your DNA, and create an altar to honor the ancestors. This class is presented via Zoom. Knowledge of shamanic journeying is required. \$80 per person. Contact Judy Ramsey at ramsey.judy003@yahoo.com; JudyRamsey.net.

Cycles of Life with Connie Eiland • Saturday, April 30 • 10 a.m. - 4 p.m. • This class will present pathways to help with your own life explorations. We will work with the Medicine Wheel, the Spirit of the Moon, our Ancestors. This class includes healing, divination, and journeying. Introduction to Journeying is required prior to this class. \$180 until April 16, then \$220. Contact Connie Eiland at 248-809-3230, clshebear7@gmail.com; shewolfshaman.com.

Spiritual Development

Lightworker Activation with Sandya--Sandra Shears • May 20 • 7 p.m. • As a Lightworker or World Server you have incarnated at this time to facilitate the transition into the next Age. It is time to bring forth the gifts that will accelerate healing and activate Spiritual Purpose. Ongoing Wednesdays - \$100 per month. For more information email sandya2033@yahoo.com or visit sandya-sandrashears.com.

Writing and Poetry

Sit. Stop. Write. –Zen and Poetry with Dmitry Berenson • 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.

Write Your Wisdom with Lara Zielin • April 30 • 3 p.m. • Do you ever wonder what to journal? Do you ever wish you had a way to make the most out of sitting down with paper and pen in a way that led to real, tangible change for the better? Well, wonder no more! Join Lara Zielin on April 30 at 3:00 p.m. for a journaling workshop where you'll learn a powerful new journaling technique AND put it into practice right there on the spot. You'll leave with a whole new method of writing that will help you know yourself better and access the parts of you that are ready to shine more brightly. All registrants will also receive a signed copy of Lara's book, Author Your Life. This workshop is \$35/per person and will be held in-person at the gallery at Stone and Spoon in Ypsilanti, Michigan. We encourage attendees to bring their own journals and writing utensils. For more information email Lara Zielin at lara@lara-zielin.com.



TRET FURE

Saturday May 21 7:00pm

Singer/Songwriter & Storyteller Extraordinaire

Benefit Concert for Humanitarian Aid to Those Fleeing Crisis in Ukraine

**ADMISSION FREE
DONATIONS REQUESTED**

100% of donations go
to direct aid through
[FemFund.pl](https://www.femfund.pl)



Acclaimed, multi-award winning and prolific (*17 albums*) contemporary folk artist Tret Fure is well known as a songwriter, musician, and storyteller extraordinaire who offers exceptionally crafted songs, and stories rich with poignant themes of our age.

First Unitarian Universalist Congregation of Ann Arbor

4001 Ann Arbor – Saline Rd. 734.665.6158

Limited seating ~ Registration required ~ Covid protocols at [uuaa.org](https://www.uuaa.org).

Register & review COVID protocols at [uuaa.org](https://www.uuaa.org)

****URGENT** FDA THREATENING TO ELIMINATE BIOIDENTICAL HORMONES BY JUNE 2022**

"Bioidentical hormones make a world of difference for many people and their ability to live a normal life."

The FDA recently announced that it was planning to move ALL bioidentical hormones to the "difficult to compound" list by the end of June 2022. This means that bioidentical hormones will **NO LONGER BE AVAILABLE**.

Compounding pharmacies will not be allowed to get bioidentical hormones to make creams, gels, troches, or anything with them. News like this is extremely concerning, and we need to act now to fight this.

Once a product is moved to the "difficult to compound" list, it will prohibit compounding pharmacies from making individual, customized bioidentical hormone products. Big pharmaceutical manufacturers may continue to make their own hormones products, while compounding pharmacies will be forced out.

This change will not only impact the health of thousands who rely on these hormones, but it will also disrupt many businesses and compounders. It is imperative to take action today!

https://www.youtube.com/watch?v=5-Yks_CFwtE

HERE'S WHAT YOU CAN DO: ALL IT TAKES IS 1 MINUTE

Follow the below steps, ASAP

1. GO TO WWW.COMPOUNDING.COM

Accept cookies at the top of the page

2. CLICK ON 'FIND MY REPRESENTATIVE'

Located in the top right corner

3. SELECT 'PATIENT' AND USE THE PRE-COMPOSED LETTER UNDER 'COMPOSE YOUR MESSAGE'

Feel free to use your own letter

4. FILL IN YOUR ADDRESS

Below the message for constituent accuracy

5. CLICK 'SUBMIT'

Multiple representatives will receive your letter

Everyone deserves a normal life, including the thousands of people who rely on compounded hormones. Learn the facts, click [here](#) to watch a real testimonial and share your own story today to help save access to this medical treatment!

(Photo above from Alliance for Pharmacy Compounding Youtube Video)

Share your testimonial and read others stories **here!**

www.bioenergymedicalcenter.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
Castle Remedies
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 CC 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

A field of pink cosmos flowers with yellow centers and green foliage. The background is filled with soft, colorful bokeh bubbles in shades of purple, blue, and yellow, creating a dreamy atmosphere.

I hope you are blessed with a heart like a wildflower.

Strong enough to rise again after being trampled upon, tough enough to weather the worst of the summer storms, and able to grow and flourish even in the most broken places.

—Nikita Gill