


November 11, 2022

THE
CRAZY WISDOM
BIWEEKLY

#99

A photograph of a soldier in camouflage uniform and cap hugging a young girl with curly hair. The soldier is wearing a digital camouflage uniform with an American flag patch on the sleeve. The girl is wearing a striped shirt and has her eyes closed, resting her head against the soldier. The background is a light blue gradient.

**Veteran's
Day
Special
Section**

**Biweekly
Calendar**

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**A Biweekly in Honor
of Our Veterans**

shining a light in the dark



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

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Thank you to our contributors for this issue:

Madeline Strong Diehl
Dell Mayes
Fran Mayes
Lonn Dugan
Romando "Val" L. Valeroso, III
Karly Bryan Feeman

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A Little Motivator

A little pick-me-up as
we enter the new week.



Make Someone's Day, Send a Veteran a Thank You Letter

By Madeline Strong Diehl

My father was a career military officer who served for almost twenty-five years on nuclear submarines for the U.S. Navy. My family was always moving every one or two years or so, so I had to get good at making friends. Kids at my new school or neighborhood would always ask me: "What does your father do?" And I would always reply: "He drives a submarine underwater and spies on the Russians." And they would always say: "Cool!"

But for my siblings and me, it wasn't very cool, because it meant that we didn't see him for six months out of every year. And sometimes it was difficult for our mom to handle all the stress of raising us. But when our father was home, everything was all right again. He'd play the banjo every night after work, and make blueberry pancakes every Saturday morning. He'd ask us questions about what was going on in our lives, and really listen.

That was until he was sent to Vietnam, during the last year and a half of the war. When he came home afterward, he had lost the bounce in his step, the light in his eyes, and his mischievous smile. He closed the lid on his banjo and literally never got it out again.

Many Vietnam vets like my father paid a high psychological and emotional price for their

service there, and this section includes a story written by one man about how that pressure led to a long prison sentence. It's widely known that Vietnam vets faced a large amount of discrimination and stigma from society. But a 2019 Pew research study revealed that this is not the case for almost all veterans who served after 9/11, who reported that their military service helped them get a civilian job soon after their discharge. And I think it's about time that society showed that kind of respect for the people who have sacrificed years of their lives in service to our country.

Some people get mixed up between Veterans Day, which is always celebrated on November eleventh of every year, and Memorial Day, which is observed on the last Monday of May. Memorial Day honors all the people who have fought and died while serving in the U.S. Armed Forces. Veterans day honors everyone who has served in the military, living or dead.

There are currently around 19 million U.S. veterans as of this year, according to data from the Department of Veterans Affairs, representing less than ten percent of the total U.S. adult population. Chances are, you have at least one family member or friend among them. Maybe you've never even spoken with them about their experience in the military.

Probably they'd feel proud and grateful to talk about it with you. You could also send them a thank you note. There are also a lot of veterans staying long-term at the Ann Arbor Veterans Administration Hospital who might not have anyone living nearby to visit them. They would probably be delighted to hear from you, even if you're a stranger. You can send your thank you notes to the hospital along with the following information: Center for Development and Civic Engagement (CDCE) (135) 2215 Fuller Road, Ann Arbor, MI, 48105.

The following essays were written by veterans who participated in an eight-week therapeutic writing workshop I designed and led during the winter of 2021. I hope they will give you some idea of the profound emotional and psychological effects that military service entails, whether someone sees combat or not. I hope the essays help you think about honoring veterans in some way on Veteran's Day. Maybe there is someone in your own family who is a veteran, and maybe you have been avoiding them because you do not share the same politics. I hope Veteran's Day can give you a reason to reach out and say, "Thanks for your service."

Madeline Strong Diehl writes a regular column for Crazy Wisdom Journal called "Random Acts of Kindness." She has also designed and led therapeutic writing workshops for five years; her first one took place during the winter of 2016-17 for six veterans at the Ann Arbor VA Hospital. After that, she designed and led a six-month workshop for vendors of Groundcover News. Please contact her at madelinediehl@gmail.com for more information on her work as a writing coach, and as a designer and leader of therapeutic writing workshops for groups and individuals.



The Story of the Jumping Rice

By Dell Mayes

I was in Vietnam in 1965 at the beginning of the large troop buildup. To get there, we spent twenty-eight days on a ship eating great food and shooting at trash behind the ship. When we arrived it was raining. It rained and rained and rained. We set up camp by putting two half-shelters together to form a tent. In one place we had to build a Bailey bridge (or a portable truss bridge) to replace a bridge that had washed out. Our first job was to build an airstrip and temporary barracks in the jungle. Heavy equipment arrived via huge Chinook helicopters and flying cranes.

As we began to build a supply route road across the rice paddies, we went by deuce-and-a-half (a large open truck) toward the new section. We had to build up the roadway to get it out of the water. We had to stop because a truck broke down and a load of logs rolled off and onto the road, blocking it. We were waiting for another truck to come and pick up the logs. We were allowed to get off the truck to stretch our legs while we waited.

Rice paddies went as far as you could see on both sides of the road. I went a little way off from the group and studied the terrain. Suddenly, a tuft of rice jumped up from the water. What could it be? Was it a small animal moving through the paddy? Or maybe a snake? Soon another clump of rice jumped up closer than the first one. I stood there alone and curious watching for whatever it was that made the rice jump.

As the jumping rice got closer and closer, I was starting to feel a bit anxious. I called out to the sergeant, "Hey, come here. You've got to see this. There's rice jumping right out of the field."

He took one look, punched me in the chest, and yelled, "You *%+/*# idiot! Get down. You're taking fire."

I had made myself the perfect target, standing alone and not moving as I watched what turned out to be bullets coming closer and closer. That may have been the closest I came to being shot in the country.

Dell Mayes, 83, grew up on a farm in Carson City, MI, the youngest of seven children. All of his siblings are now deceased. During the Vietnam War, his number was about to come up in the draft, so he enlisted in the U.S. Army to have more choice. He operated heavy equipment and spent most of his time in Thailand and Vietnam, building bases, airstrips, and roads. He says he was able to make friends in Thailand, but in Vietnam "everyone was suspect. Even children were used to carry bombs or to sell coca-cola with crushed glass in it."

On the weekends Dell served as a chaplain's assistant, visiting U.S. Army bases all around Vietnam to help the chaplain perform religious services for servicemen. He says of this experience: "I was surprised that very few men showed up for the religious services. My main job happened at night when men would visit my tent and unburden themselves of their worries about the families they had to leave at home. I tried to reassure them the best I could, but it was very hard for them."

As a chaplain's assistant, it was also his job to gather up the personal effects of the deceased soldiers to send to their next of kin. He says: "This made them more like real people, even if I had never met them." He adds that he has mostly positive feelings about his service, though he's also still grieving. After he was discharged, he went home to his wife, Fran Mayes.



Poem by Dell's wife

By Fran Mayes



The curls, the smile, the incredible curiosity.
Two years old now.
Oh, no, I stand corrected,
“I’m two and a half.”
She knows what she knows.
Bilingual, she speaks perfect English,
Complete with accurate pronouns and grammar.
German too, I’m told. Papa’s words.
Are all the Covid babies ahead of themselves?
All that extra adult attention?
Nah, she’s exceptional.
She has to be.
She’s my great-grandchild,
Ella



Dell and Fran Mayes.

The Rev. Dr. Fran Mayes is the proud wife of Dell, a Vietnam veteran. They have four children, ten grandchildren, one great-grandchild, and one yellow tabby cat.

Says Fran: “Those are just the blood relatives. I also have ‘adopted’ children in Nicaragua.” One of Fran and Dell’s children is a retired Naval commander.

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Fall Retreat 2022

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October 29 - November 5

Weekly

Silent Meditation
Sunday and Tuesday

Monthly

Events with Spirit

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Barbara Brodsky and Aaron

Evenings With Aaron
Barbara Brodsky and Aaron

*All events are held via Zoom.
Aaron, Yeshua and The Mother are channeled spirits.
They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center*



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A Modern Parable: The Farmer Who Became a Spiritual Hero

By Lon Dugan

It was a fateful day that would cast a shadow over a lifetime. A young man who had grown up on an isolated farm had thought for some time that the big world was more interesting. On that fateful day, the day of his 18th birthday, he left home and joined the Army. The plan was to get out from under his dad's rules, stand up on his own, prove he was a real man, and make a way for himself in the world.

But things didn't go well. A drill sergeant went too far one day in a training exercise. Our adventuring farmer was injured and unable to perform his duties. After about a year, the Army seemed to decide that he would never heal. He was soon sent home on a medical discharge proclaiming to all the world forever that our farmer was irreparably broken.

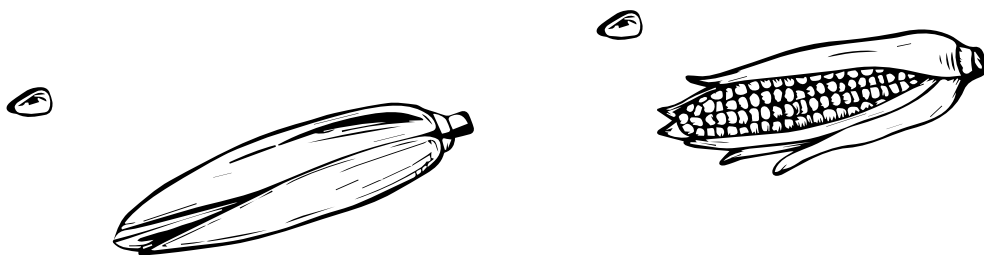
He felt like this was the judgment of the world; he was defective, useless, and not a real man. He felt broken. Unwanted. Rejected. It was depressing. He wanted to die. He thought that he might do the deed himself. He spent a couple of years getting over it. Eventually, he was able to begin helping around the farm — but it took a long time.

Then, one day, when the man's father passed away, it fell to him, as the oldest son, to take over the family farm. He had prepared for this day for his entire life—even if sometimes he did not think he was up for it. His father had written a book for him to follow. His father had taught

him all the natural wisdom he knew. Still, he was a little nervous about taking over. After all, the Army thing hadn't worked out very well. The world thought he was useless and broken. He might not even be a real man. But it was time. There was nobody else to step up. He thought he was as ready as he could be and felt like he had no personal choice in the matter anyway. Screwing up all his courage, he thought maybe he could mettle as a man and farmer this time.

And so, when spring came, he planted. He thought he had done everything right. The crops looked good at the midseason. He was briefly happy and even felt validated by the early results of his work. But as harvest season approached, every field showed signs of simple blight. It was the worst case anybody had ever seen. Simple blight stops plants from flowering. The plants grow, but never mature. If they never flower then they can never bear seed or fruit. They never produced any grain that year.

It was just like his Army experience, all over again! He felt judged and useless. He was exposed as a fraud and stripped of his drive and ambition. His life was ruined. How would he ever get credit to buy seed next year? Nightmares about being powerless and stupid began to disturb his sleep. Dragons chased him in his nightly adventures. In these dreams, he was paralyzed, weak, and powerless against the attack. He could not run. He usually woke up right before being killed.



During the day he avoided people. He took to spending long hours in the dark root cellar under the barn. He was thinking and reliving and studying his books. He was trying to figure out what he had done wrong or how he had displeased God.

CONTINUED ON PAGE 12



“Becoming a spiritual hero means exercising free will wisely, saving one’s self from judgment by self or others, and bringing comfort, healing, and wisdom to others as both an example and a teacher.”

-- LONN DUGAN

After all his search for God, or for a spiritual hero who could rescue him from living hell, and finding nothing but empty promises, the idea came to him that maybe some part of himself was still a spiritual hero. One small part of himself still hoped. One small part of himself still believed God was all-powerful and cared. Could that one part rescue the other parts? In that moment of wonder, a spiritual hero was born.

Becoming a spiritual hero means exercising free will wisely, saving one’s self from judgment by self or others, and bringing comfort, healing, and wisdom to others as both an example and a teacher.

Like the enlightened one in Plato’s “Republic” in the *Allegory of the Cave*, he escaped the teaching and programming allowed by the ruling class. He escaped his own ego, explored the world lit with a new light, and left behind his previously dim understanding. Having become enlightened, the spiritual hero was obligated to share the spiritual way with others.

Lonnn Dugan owns and operates a marketing consulting firm called Big Marketing Solutions. Contact him bigmarketingsolutions.com/contact/ through his website. He volunteered to serve in the Army in 1997 and was released about a year later on a medical discharge.



Born during the pandemic, The Crazy Wisdom Bi-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 Cashmere@crazywisdom.net.



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Uncover, Empower, and Rejoice in the Qualities of Being Human



In this series of six weekly two-hour sessions, we will explore the five human Qualities of: gender, power, love, voice, and intelligence. Each session will follow a sequence of attuning, journaling, talking, chanting, and movement.

Cost – \$650. Contact Marcia at mhaarer@comcast.net

Co-leaders: Christi Bemister, PsyD, LP & Marcia Haarer, LMSW

Online via Zoom. Beginning January 2023.

A participant writes:

Going through the varied steps while exploring a Quality, something uncontrived emerges. With each Quality, a knowing becomes apparent. What became apparent for me is this: these Qualities are an undeniable truth for each human being. No one can rob them from us. Even though inequalities and injustices may obscure the Qualities, they are there, ever present, and pure.

—Deborah Bayer, creative writing teacher

We invite you to take a “deep dive” to experience the five human Qualities, while being in the support of beloved community.

The pandemic gave us the blessing to discover that we can connect and attune online with one another as deeply as we do in person. Without being in the same physical setting with one another, sometimes we “let go” even more deeply to the Unified field of Consciousness. When we do this as a group, we feel the depth of our connection within Consciousness. We open to our true identity.

Please, come dive with us.

— Christi & Marcia



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The Crazy Wisdom Community Journal

issue 81

Features

Amy Garber, owner of
Enlightened Soul Center

Brush Monkeys

Paula Hampton, wand maker

Interviews

Singer-songwriter David Magumba

Author Alex Weinstein

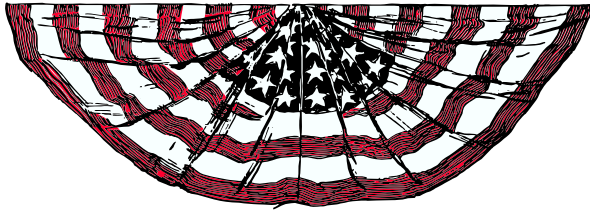
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THE BIWEEKLY CRAZY WISDOM CALENDAR



A COURSE IN MIRACLES

A Course in Miracles Study Group with Randall Counts • *Every Thursday September 1- December 27 · 12 - 1:30 p.m.* • Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact Interfaithspirit.org.

A Course in Miracles Study Group with Rev. David Bell • *Every Monday, September 5- December 26 · 6:45 - 9:30 p.m.* • Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact Interfaithspirit.org.

ADDICTION AND RECOVERY

Recovery Dharma with various leaders • *Sundays · 12 - 1:30 p.m.* • Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email annarborzentemple@gmail.com.

ANTHROPOSOPIHICAL MEDICINE

Retreat with Dr. Molly McMullen-Laird, M.D. and Dr. Quentin McMullen, M.D. • *October 31 - November 12 · 1 p.m.* • Our two-week intensive health session is designed for those with cancer and chronic illness, including Long Covid. The program provides a wonderful chance to comprehensively address an illness. Frequent visits with physicians, daily therapies, group activities, and family style organic meals help create a healing environment in the Rudolf Steiner Health Center in Ann Arbor. From \$6,300. Contact 734-663-4365, or samuel@steinerhealth.org, or visit steinerhealth.org.

AROMATHERAPY AND ESSENTIAL OILS

Creating Personalized Bath Collection with Karen Greenberg, P.T. • *Sunday, November 20 · 2 - 5 p.m.* • Choose from a massive collection of essential oils to create your own personalized bath collection to take home, to awaken, to believe in yourself, to help move you closer toward your life's purpose, for purity, for clarity, for inspiration, to envision, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance/prosperity. Special \$50 + \$100 Materials Fee. Contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

ART AND CRAFT

Candle-Making and Natural Holiday Gifts with Deanne Bednar • *November 19, December 3, 4, or 10 · 1-5 p.m.* • Enjoy the season by making dipped Beeswax Candles. Includes making earthen candlestick holders + decorating matchboxes with birchbark, seed pods, and more! Held in the main house at Strawbale Studio on wooded land. \$40. Contact 248-496-4088, ecoart@gmail.com, or visit strawbalestudio.org/events/.

September Natural Building and Sustainable Skills Internship with Deanne Bednar • *September 1 - 29 · 10 a.m. to 5 p.m.* • This month includes a mix of natural building, classroom presentations, hands-on Learning, plus a variety of resilient living skills, community outreach, gardening and grounds. Enjoy connecting with nature, local renewable materials, and others on the path. Live on the Strawbale Studio land, surrounded by nature and enchanting natural buildings. ½ pay Worktrader \$475 / Full Internships \$950. \$25 discount 1 month in advance. Contact 248-496-4088, ecoartdb@gmail.com, or visit strawbalestudio.org/events/.

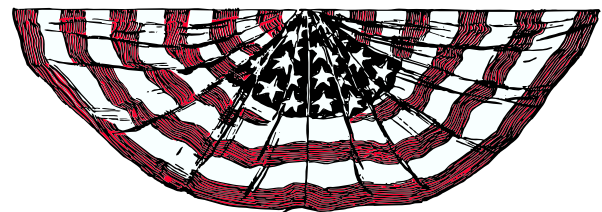
Prison Creative Arts Project: 2022 Art Auction Hosted by Prison Creative Arts Project • *Saturday, December 3 · 6:30 - 9 p.m.* • This event raises funds to support the 27th Annual Exhibition of Artists in Michigan Prisons (Spring 2023), where 700+ pieces of art created by incarcerated artists will be exhibited at the University of Michigan for public viewing and purchase. The auction will feature artwork by incarcerated artists, PCAP curators, University of Michigan faculty and local artists. The Silent Auction will begin online on Thursday, December 1 at 7:00 p.m. Free. Contact prisonarts.org, [@prisonarts](https://twitter.com/prisonarts), or pcapinfo@umich.edu, 734-647-6771.

BODYWORK AND BODYMIND THERAPIES

It's time to feel good!! With Robin Bosilovick • *October 7 and December 2 · 4 - 7 p.m.* • Everyone receives a foot analysis, massage, Negative Ion demonstrations, all natural pain relief samples and a 30 minute foot detox! \$25. Contact Robin at 517-395-5258.

Reflexology (reflexolo-chi™) Workshop with Gloria Zimet • *November 16 · 6:10 - 9:30 p.m.* • Learn three soothing and therapeutic foot massage sequences that melt away tension and anxiety. Discover whether pursuing reflexolo-chi™ is the right path for you. Learn the massage sequence that corresponds with the respiratory system, the nervous system and immune system – an empowering and effective protocol to ensure optimum health and accelerate the body's ability to recover from infectious diseases such as Covid, the common cold and flu viruses. Cost: \$250. Contact Gloria Zimet, 734-726-0072, gloria@reflexolo-chi.com, or visit reflexolo-chi.com.

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg's Clair-Ascension Kabbalistic Balance • *Fridays, November 11, 18, OR December 2, 9, 16 · 10:30 a.m. - 2:30 p.m.* • Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (pick any group of three dates above) + materials fee. Contact Karen Greenberg 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.





BOOK DISCUSSION GROUPS

7 Notes Book Club with Rob Meyer-Kukan • *First Thursday of the month* • 7 - 8:30 p.m. • The purpose of the 7 Notes Book Club is to meet together with other like-minded people to read books about holistic practices, health, meditation, and spirituality. Books to be read are: September - The Miracle of Mindfulness by Thich Nhat, October - Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss, November - Clarity and Connection by Yung Pueblo, December- The Complete Game of Life and How To Play It by Florence Scovel Shinn. Open to anyone who likes to read and discuss the books they read. Donations. Contact 248-962-5475, rob@meyerkukan.com, or visit 7notesnaturalhealth.com.

Jewel Heart Readers with Jewel Heart Instructors • *Second Monday, Monthly September - December* • 7 to 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free / Donations welcome. For this month's book selection and participation information, contact programs@jewelheart.org or call Jewel Heart at 734-994-3387.

BREATHWORK

Morning Meditation and Breathwork with Shellie Powers • *September through December, See Schedule on Website* • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. See schedule on website. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. Contact Shellie Powers, 734-926-8423 or 517-962-5378, or visit powers365.com.

Transformational Breath® with Julie Wolcott and Marcia Bailey • *November 14* • 7-9 p.m. • Seven weekday evening workshops in Dexter, Michigan. Come Breathe with us! Circular, connected breathing that is totally enlivening. We begin each workshop with a discussion of the benefits and basics of the Transformational Breath process, set intention, and then experience a full breath session and end with integration. The rewards are many – new awareness, physical and emotional healing, clarity, and joy. \$30 each session for a reviewer, \$40 for those new to the Transformational Breath, Contact Julie Wolcott, 734-355-1671 or Marcia Bailey 734-395-4799, info@breatheannarbor.com, or visit BreatheAnnArbor.com or TransformationalBreath.com

BUDDHISM

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • *Weekly on Sundays from September 4 to December 25* • 11:00 a.m. to 12:00 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free / Donations welcome. To register visit jewelheart.org/free-weekly-virtual-programs. For more information contact 734-994-3387, or programs@jewelheart.org.

Practical Buddhism: The Tibetan Approach, by Gelek Rinpoche and Gelek Rinpoche • *Most Tuesdays from September 6 to December 20* • 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. Sessions review Gelek Rinpoche's 2012 Sunday talks and into early 2013. Free / Donations welcome. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387 or programs@jewelheart.org.

Sunday Meditation and Sharing with Still Mountain teachers • *Every Sunday* • 10 - 11:30 a.m. • Still Mountain is made of individuals and families from Ann Arbor and the surrounding areas. We strive to be inclusive, open to people of all ages, backgrounds, and experience. Our teachers are trained in Insight Meditation and come from multiple spiritual paths. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing/teaching related to the Dharma. Free. Visit stillmountainmeditation.org/ for more information.

Master Class: Pramana of Dharmakirti: Logic and Reasoning - Part 3 with Demo Rinpoche • *Thursdays from October 27 to December 15* • 7:00 - 8:30 p.m. • Reasoning and logic are essential in order to reveal what is in fact true and reliable knowledge. Pramana is a Sanskrit term that Hindi, Buddhist, and Jainism traditions use to refer to the elements necessary to recognize how knowledge is understood and how its veracity and reliability can be ascertained. Drawing from Dharmakirti's Compendium of Valid Cognition, Demo Rinpoche will explain various methods to help gain reliable true knowledge of the nature of reality as well as be able to discern the diverse understandings people may reach. Note: This program is a continuation of Demo Rinpoche's earlier Pramana teachings. \$85 Jewel Heart members / \$105 Jewel Heart non-members. Pay what you can - no one is turned away. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387, or programs@jewelheart.org.

Ryaku Fusatsu – Full Moon Ceremony with Marta Dabis • *November 6 and December 4* • 11 a.m. • Traditional Japanese Soto Zen Full Moon Ceremonies in the tradition of the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. Everyone is welcome. Free. Donations are appreciated. Contact Marta at 248-202-3102, jissojizen@gmail.com or visit jissojizen.org.

Melody of Emptiness - Part 2 with Demo Rinpoche • *Saturday, November 12* • 10 a.m. – 1 p.m. • Demo Rinpoche shares his understanding of Melody of Emptiness, Changya Rolpai Dorje's exquisitely composed song that reveals how we can recognize the true nature of reality. Note: This program is a continuation of Demo Rinpoche's earlier Melody of Emptiness teachings. \$60 Jewel Heart members / \$75 Jewel Heart non-members. Pay what you can - no one turned away. To register visit jewelheart.org/. Contact Jewel Heart at 734-994-3387, or programs@jewelheart.org.

THE BIWEEKLY CRAZY WISDOM CALENDAR

CEREMONIES, CELEBRATIONS, AND RITUALS

Release, Recalibrate, and Replenish with Alicia Clark-Teper · December 30 · 6:30–9 p.m. · Now is the perfect moment to shed the old at this time of year and rebalance our equilibrium mind, body and soul. Self-care is so important, join us for an opportunity to recalibrate your formula and then replenish your cup for the new year. We will be using a mix of ceremony, sound, ritual, and unity to set the stage for a fresh 2023. There is no better time to focus on yourself. \$35. For more information contact Alicia Clark-Teper at clarkteper@yahoo.com, 734-945-5396 or visit sacredlotusexperience.com.

Year-End Candle Lighting Service: Kindling Light of Wisdom-Mind with Temple Clergy · December 31 · 8–10 p.m. · An occasion to take stock of one's life and to greet the New Year in contemplation and reflection. Everyone is welcome to come share this beautiful service with us. \$20 donation suggested. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

CHANNELING

Remembering Wholeness, Darshan with The Mother with Barbara Brodsky and The Mother · November 13, December 11 · 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. Zoom allows everyone to hear all my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. \$10-\$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Evenings with Aaron presented by Barbara Brodsky and Aaron · November 16, December 14 · 7–9 p.m. · Evenings with Aaron meets once a month. All are welcome. Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Deep Spring Center focuses on how we can live with more wisdom and compassion. Our primary work includes meditation and spiritual inquiry. \$10-\$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

CHILDREN AND YOUNG ADULTS

Kabbalah for Kids (5th grade and up) with Karen Greenberg, P.T., · Sundays, December 4 and continues to meet monthly · 1–3 p.m. · Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (not reinforce feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves' genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the "1000 Years of Peace" prophecy \$50/session for 2-hour class. For more information contact Karen Greenberg at 734-417-9511, krngnrbg@gmail.com, or visit clair-ascension.com.

Winter Festival at Rudolf Steiner School of Ann Arbor · Saturday, December 10 · 9 am–3 p.m. · All are invited to celebrate Steiner School's Winter Festival!! Explore the Crystal Cave, have a tasty treat, and enjoy a festive song! With live music, puppet theater, children's activities, crafts, and an artisan market, this event is one for the entire family! Wind a wool jump rope, make a beeswax candle, or take a cakewalk. Little ones will be enchanted by the magic of the children-only gift shop! 2775 Newport Road, Ann Arbor. Free entry and entertainment. Tickets available for crafts. For more information call 734-995-4141 or visit SteinerSchool.org

DEATH AND DYING

Death Cafe via Zoom with Merilynne Rush and Friends · Third Saturday of the month beginning October 15th · 10:30 am–12 p.m. · All are welcome! Join us the third Saturday of each month for a frank discussion on death, dying, and life. Free. Contact TheDyingYear@gmail.com or visit DeathCafe.com.

ENERGY AND HEALING

Universal Sphere® Certification Practitioner Training with Shellie Powers · November 14–15 · 4–8 p.m., December 6–8 · 6–9 p.m. · All are welcome. This is an easy to learn energy modality that allows you to immediately connect to the Unified Field, aka the Quantum Field. From there you can work on increasing your frequency/vibration and start attracting higher vibrational solutions into your reality. The Universal Sphere® can stand alone, or be used with other modalities, so whether you are brand new to energy work, or a seasoned professional, this training is for you. \$397. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

Qigong Basics with Master Wasentha Young · Thursday, September 15–December 15 · 11:15 a.m.–12:15 p.m. · This class will cover basic physical and mental energetic techniques for self-care. For example: energy cleansing and centering, meditation, muscle relaxing acu-points, and cultivation of chi that will revitalize your sense of well-being. Best of all you develop a toolbox of strategies for self-care! (In-person only - limited to 10 people). \$180. Contact Peaceful Dragon School at info@peacefuldragonschool.com or call 734-741-0695.

Wheels that Drive You: Chakra Healing Meditation for Total Health with Ema Stefanova · December 24–25th · Experience how each wheel of energy called chakra governs specific functions in the body-mind complex, and how to live a healthy and balanced life informed by meditating on the chakras. \$199. For more information contact Ema at YogaAndMeditation.com.

EXERCISE AND FITNESS

Beauty Loves Movement with Katie Westgate · November 17, or December 1 or 8 · 6–7:30 p.m. · In this fun and unique class you will learn techniques for vibrant, healthy skin through self-massage, Gua Sha and other tools, breath work, facial exercise, meditation and the why's of the importance of these techniques. Bring a yoga mat and yoga attire. Masks will not be worn throughout class. Please come with makeup free clean face. *Tools will be available for purchase or you may bring your own! Q+A to follow class. Register by 5:00 p.m. day of on website. Class size is limited to seven. \$35. For more information visit kwestskinbodyspirit.com or call 734-436-8991.

GARDENING AND ECOSYSTEMS

Strawbale Studio Learning Tour with Deanne Bednar · November 19, December 3, 4, 10, · 10 a.m. – 12 p.m. · See the enchanting buildings with thatched and living roofs, plus Earth Oven, Rocket Stoves, and a Rumford Fireplace. On lovely rural land 1 hour north of Detroit. Structures include the Strawbale Studio, Hobbit Sauna, and Middle Earth. Lots of Q & A! \$20. For more information contact Deanne Bednar at (248) 496 4088, or ecoart@gmail.com, or visit strawbalestudio.org/events.

HEALING

Navigating Loss with Grace with Barbara Hutton · Sundays TBA · Creative exploration and support to gracefully, consciously, and deeply navigate the experience of loss, in a sacred and confidential space. By donation. For more information contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

HEALTH AND WELLNESS

Meditation (Zazen) · November 14 · 9 a.m. · 30 minutes of meditation followed by tea and discussion. Please contact Hugh for more details, thanks. For more information contact Hugh at hughtransley@gmail.com.

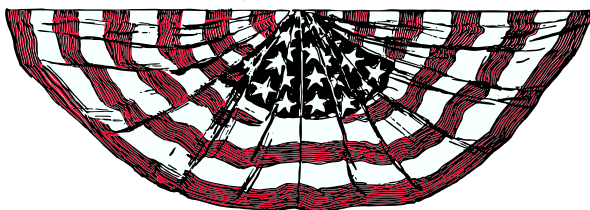
INTUITIVE AND PSYCHIC DEVELOPMENT

Focused Mind Meditation with John Friedlander · December 4 · 9 a.m. – 12 p.m. · 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. For more information contact Violeta Viviano at mvaviviano@gmail.com, call 734-476-1513, or visit psychicpsychology.org.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsler · December 6 · 7 - 8 p.m. · For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. For more information contact Violeta Viviano at mvaviviano@gmail.com, call 734-476-1513, or visit psychicpsychology.org.

KABBALAH

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg, P.T. · Second Wednesday September through December · This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy resisting (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for creating, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifesters of our dreams, desires, and goals, open to miracles, and fulfilling our destinies. Monthly Course Rate - \$150/person; Monthly Semi-Private (2 people) Rate - \$180/person; Monthly Private (1 person) Rate - \$150/hour (based on time utilized). For more information contact Karen Greenberg at 734-417-9511, krngnrbg@gmail.com, or visit clair-ascension.com.



LOVE AND RELATIONSHIPS

Kabbalah for Couples with Karen Greenberg, P.T. · Sundays, December 4 and continues to meet monthly · 3 - 5 p.m. · Has social distancing amplified distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. Two-hour sessions once a month for about a year, is not couples therapy—it can help you get your relationship to the place that you always wanted it to be but did not know how. \$274 per session. For more information contact Karen Greenberg at 734-417-9511, krngnrbg@gmail.com, or visit clair-ascension.com.

MEDITATION

White Tara Guided Healing Meditation with Jewel Heart Instructors · Weekly on Sundays from September 4 to December · 9:30 - 10:35 a.m. · Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. Free / Donations welcome. For more information visit jewelheart.org, call Jewel Heart at 734-994-3387, or email programs@jewelheart.org.

Zazen and Noon Service with Marta Dabis · November 20, 27, December 18 · 11:00 a.m. to 12:30 p.m. · Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Free, but donations appreciated. Everyone welcome. Contact Marta at (248) 202-3105, jizzojizen@gmail.com or visit jissojizen.org.

Applying Vipassana in Daily Life and Seeing Its Progression Along the Path with Celeste Zygmunt · December 5 · 7:30 - 9:30 p.m. · This class is designed for those who are dedicated to deepening their experience of the Dharma and moving further along the path. The class content will contain practices and explanations, informed by Celeste's nearly 30 years of Vipassana study and practice under Barbara Brodsky and Aaron. In this class, we will use our increasing focus and spaciousness to deepen our ability in the moment to know our experience. Suggested donation: \$60-\$200. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Introductory Zen Meditation Course · November 17 · 6:30 - 8:30 p.m. · The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is \$160/ \$120 student. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

Healing and Compassion Meditations with Hartmut Sagolla · Mondays Weekly, September 5 to December 26 · 12 - 1 p.m. · Hartmut 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 / Donations welcome. For more information and to register, visit jewelheart.org/free-weekly-virtual-programs, call Jewel Heart at 734-994-3387, or email programs@jewelheart.org.

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THE BIWEEKLY CRAZY WISDOM CALENDAR

Peace Generator at Interfaith Center for Spiritual Growth · November 18, December 16 · 7- 9:00 p.m. · Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Free, but donations gratefully accepted. Visit Interfaithspirit.org for more information.

Overnight Introductory Meditation Course with Temple Clergy · December 2 - 3 · 7 p.m. Friday evening and overnight at the Temple until noon on Saturday · Designed for those unable to take the Thursday evening course because of schedule or distance. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost including accommodation and breakfast is \$160/ \$120 students. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

Day of Mindfulness Meditation with Esther Kennedy, OP · November 12th, December 12th · 10 a.m. - 2:30 p.m. · Join our mindfulness community as we deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. \$35.00, with lunch Included. Contact Weber Retreat and Conference Center at 517-266-4000, or webercenter@adriandominicans.org.

Awakening Unconditional Love; Grounding Love into the Earth with Barbara Brodsky, Aaron, and John Orr · November 22, December 6 · 6 - 9 p.m. · Waking up! We are all already awake, but most people have forgotten this truth. It was necessary that we arrive sleeping; now it is vital we awaken. We chase that elusive awakens, forgetting who we are. We practice on both levels, the ultimate one (where everything is connected, awake, and present), and the relative level where we move through awakening as a gradual process. Suggested donation \$105-\$350. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

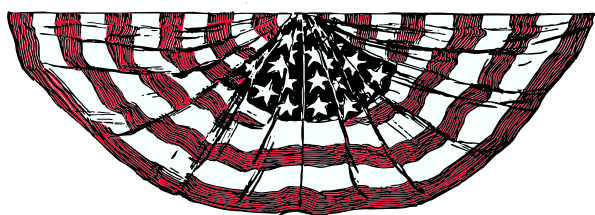
Cultivating Compassion and Wisdom: An Introduction to Deep Spring Center Teachings with Nancy Beckman, Iris Wolfson, and Nina Bohlen · November 30 · 7 - 9 p.m. · Deep Spring Center teaches meditation and supportive practices to help people realize that they are awake, that their essence is love, and how to live from awakened consciousness. For new students it will focus on meditation and the dharma, combined with a focus on spiritual inquiry. Instruction in beginning Vipassana and Pure Awareness meditation from the Buddhist tradition, but with no religious beliefs. This introduction prepares students to participate in more advanced classes and programs. Suggested donation: \$90-\$300. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs · November 17, December 1, December 15 · 7 - 8:30 p.m. · The Yoga Sutras of Patanjali is an ancient text that is a guidebook for walking the spiritual path. The course considers the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. Along with studying the text, we will practice tantric forms of meditation to help us understand the Sutras, focusing on mantra, the breath, visualizations, the opening of the central channel, and the chakras. Suggested donation \$120 - \$400. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Morning Meditation and Breathwork with Shellie Powers · September through December · See schedule on website. · All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

Master Meditation with Ema Stefanova · Tuesdays, September through December · 6:50 p.m. · Understand what types of meditation work best for you, and experience practicing a variety of techniques from the classical yoga and tantra traditions. Each student will get help in developing a successful home practice to suit their individual needs/ goals; excellent text and audio are available for further study. For more information visit yogaandmeditation.com.

Daylong Meditation Retreat with Carol Blotter · December 3 · 9 a.m. - 4 p.m. · Join us in nature and in a wonderful center for sitting and walking practice and a talk. Donation. For more information contact Carol Blotter at 734-475-0942, cb.meditate@gmail.com, or visit ChelseaMeditation.com.



Get your event listed in the
CW Biweekly
calendar for **FREE**.



Send your listing in
two weeks in
advance!

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here.](#)

Introduction to Mindfulness Meditation with Biha Birman-Rivlin and Ken Morley · November 14, 21 · 10:30 a.m. – 12:00 p.m. · Offered through Washtenaw Community College. Mindfulness is a gateway to lasting personal transformation. Learn about mindfulness and concentration in a kind and supportive environment, as you take the first steps toward establishing your own meditation practice. There will be a strong emphasis on cultivating an open heart as a support to experiencing the full benefits of mindfulness. All are welcome. Suitable for beginners and anyone seeking a refresher. \$65. For more information visit Contact Bilha Birman-Rivlin at ybrivlin@att.net, or call 734-330-9376.

Growing: Sound Bath Meditation with Rob Meyer-Kukan · November 11 · 7 - 8:30 p.m. · Soothing sounds of singing bowls, gongs, and more combine with the insightful and thought-provoking words of modern poetic master, Yung Pueblo in this unique event pairing the spoken word with sound. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$40.00. For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Meditation Getaway: One Day Meditation Retreat with Rob Meyer-Kukan · November 11 · 8 a.m. - 6 p.m. · You are invited to join Rob at 7 Notes Natural Health for a chance to get away and meditate. This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, to your higher self. Walking/hiking meditation opens our day at one of Ann Arbor's many local parks. We continue with chanting, journaling, breath work, sound, and more. Ample time for sharing and reflection will be provided. \$150.00 (includes lunch) For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Re-Discover the Present Moment with Rita Benn and Kristin Ervin · November 12, 9:00 a.m. -12:30 p.m. · We invite you to let go of the busyness of the fall season and relax into the discovery of present moment experience. Through seamless guided meditation practice, you will have opportunity to connect to a deep place of stillness and explore your interior landscape in a way that nourishes your body, heart, and mind. You will come away from this retreat with a renewed sense of kinship with yourself and our shared humanity. \$40.00. For more information contact info@mc4me.org or visit mc4me.org.

Cloud Never Dies - Remembering Thich Nhat Hanh with Esther Kennedy, OP · December 3 · 10 a.m. - 3:30 p.m. · This day will include story, meditation, imagination, and a big dose of joy and gratitude. We will breathe and smile our way through the day in the companionship of one another. Free. Contact Weber Retreat and Conference Center at 517-266-4000, or webercenter@adriandominicans.org.

Winter Solstice Celebration with Esther Kennedy, OP · December 18 · 3:30 - 4:30 p.m. · In the darkening days of winter for us in the northern hemisphere, Earth comes into stillness. Life stirring hidden from our eyes. A time for inner growth and the planting of seeds to enrich the world come Spring. Invite a friend, bring a song, a poem, a story, a treat to share. Come join in this celebration as the sun takes its shortest trip across the sky. Free but registration is requested. Free. Contact Weber Retreat and Conference Center at 517-266-4000, or webercenter@adriandominicans.org.

Sunday Public Meditation Service with Temple Clergy · Sunday · 10 - 11:30 am and 4 - 5:30 p.m. · Join us in person or by live stream for group meditation practice and a dharma talk. Live stream at <https://bit.ly/a2zenyoutube>. By donation. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

Weekly Silent Meditation Practice with Celeste Zygmunt · Weekly Sunday · 11 a.m. – 12 p.m. and Tuesday: 9 - 9:30 a.m. · We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions. Donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

One-Day Meditation and Yoga Retreat in Chinese with Master Zhong Hai (Winnie) · 1st Sunday of each month · 10 a.m. to 6 p.m. · Half-day participants are welcomed. This unique one-day meditation retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit TripleCraneRetreat.org. For questions email Office@TripleCraneRetreat.org.

One-Day Meditation and Yoga Retreat in English with Master Zhong Hai (Winnie) or Kamakshi (Betty) Eller · 2nd and 4th Sunday of each month · 10 a.m. – 6 p.m. · Half-day participants are welcomed. This unique one-Day Meditation Retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit TripleCraneRetreat.org. For questions email Office@TripleCraneRetreat.org.

MOVEMENT AND DANCE

First Friday Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman and Drake Moses Meadow · First Fridays, September - December · 7 – 9 p.m. · Circle Dances and meditations with sacred words from the world's religions presented on Zoom or in person, when safe to do so. Free online. \$5 in person. For more information contact Judy Lee Nur-un-nisa Trautman at jltrautman@sbcglobal.net, or 419-475-6535, or visit sites.google.com/view/a2-toledodup/home.

MUSIC, SOUND, AND VOICE

Singing for Comfort at Interfaith Center for Spiritual Growth · Second Thursdays, September through December · 7 - 8:30 p.m. · Raising our voices in song for comfort and peace. Free, but donations gratefully accepted. For more information visit Interfaithspirit.org

Cafe 704 with Jean Wilson and Friends at Interfaith Center for Spiritual Growth · November 12 · 7 - 9:00 p.m. · Jazz standards swung and sung in grand style! \$10. For more information visit Interfaithspirit.org.

Don Oscar Santillan via Zoom at Interfaith Center for Spiritual Growth · November 19 · 7 - 9 p.m. · Don Oscar is a 7th generation sound healer and teacher of traditional Andean wisdom from the Otavalo Kichwa Nation in Ecuador. \$10. For more information visit Interfaithspirit.org.

Cafe 704 at Interfaith Center for Spiritual Growth · December 10 · 7 - 9:00 p.m. · Artist to be arranged. \$10. For more information visit Interfaithspirit.org.

THE BIWEEKLY CRAZY WISDOM CALENDAR

ONLINE WORKSHOPS

Cacao Journey with Alicia Clark-Teper • *Every third Monday, September through December* • 7 – 9 p.m. • A Cacao Journey held by Alicia. The plant medicine of Cacao connects us with our hearts, our ancestors and Momma Gaia. We talk about the upcoming energies of the month, give thanks to our ancestors, connect to our hearts and flow with the bliss molecule Anandamide which is naturally found in Cacao. With every cup of ceremonial Cacao we replenish our cup with bliss, joy and compassion. \$35. Contact Alicia Clark-Teper at 734-945-5396 or clarkteper@yahoo.com or visit sacredlotusexperience.com.

PERSONAL GROWTH

Temple Stay, Visitor's Program and Residential Opportunities with Temple Priests • *Ongoing* • Tailored to individual needs, the visitor's program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue a spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. \$60 per night, \$250 per week or \$650 per month. Contact Zen Buddhist Temple at 734-761-6520 or visit annarborzentemple@gmail.org.

RETREATS

Silent half-day Sittings with Marta Dabis • *November 13, December 11* • 8:15 a.m. to 1 p.m. • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11:00 a.m. Donations are appreciated. Everyone is welcome. Can come for any portion of the program. FREE. For more information contact Marta at 248-202-3102, jissojizen@gmail.com, or visit jissojizen.org.

One-Day Zen Meditation Retreat with Temple Clergy • *November 26* • 9 a.m. – 5 p.m. • This retreat offers sitting and walking meditation, simple manual work, a delicious vegetarian lunch, and rest – an interval of deepening, of slowing down, silence, and mindfulness. \$60, includes lunch. For more information contact Zen Buddhist Temple at 734-761-6520 or annarborzentemple@gmail.com.

Advent Retreat with Marty Lott, OP • *Sunday December 4 - 8* • "I heard the bells on Christmas day, their old familiar carols play..." We hear these "old familiar carols" earlier each year, not just on Christmas Day, in renditions both sublime and ridiculous. Yet, there is no other holyday/holiday in which music holds such significant role as it does at Christmas; it could be argued, that no other art conjures up such vivid memories and strong feelings as the songs and carols of Christmas. Moreover, these "old familiar carols," when pondered, can help the soul feel it's worth and capture the great gift of the season. During this Advent retreat we will examine the spiritual meaning of some of these "old familiar carols." Double occupancy \$325. Single occupancy \$425. Commuter \$160.00. Contact The Weber Center at 517-266-4000, or visit webercenter@adriandominicans.org.

RUTH WILSON
Intuitive Coaching & Mentoring



Connect with your magic to create solutions, make tough decisions, heal problems, with the help of my psychic, coaching, and strategic skills.

As a clairvoyant reader and trainer, certified coach, and MBA, I use intuition to do practical things. Together we get clarity, shift energy, heal, and strategize so you can create a change, deal with an issue, or make a decision. I support you to deal with fears, blind spots, and seeing the path ahead.

This process improves your awareness and your ability to know and use your inner wisdom and emotional intelligence.



When you engage your unique magic and genius, you create more of what you want in the world and contribute more of what the world needs.

If you want to succeed authentically and use your power for good, visit my webpage and schedule a chat with me.

ONLINE: WWW.RUTH-WILSON.COM FB: [@RUTHWILSONINTUITION](https://www.facebook.com/@RUTHWILSONINTUITION)

EMAIL: MAILRUTHWILSON@GMAIL.COM

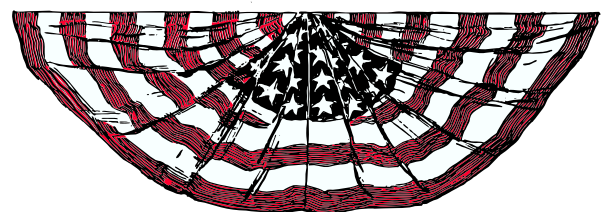
JOIN MY FACEBOOK GROUP: WWW.FACEBOOK.COM/GROUP/MAGICINTUITION

Five-Day Yoga Vacation on Isla Mujeres, Mexico with Ema Stefanova • *December 7 - 11 or December 14 - 18* • Take a sacred pause before you enter 2023. My intention with this very special offering is to hold healing space for all who will come to enjoy true yoga and meditation at the ocean on Isla, the Island of the Women, rest, reconnect, and rejuvenate together in order to re-enter the daily human experience more awakened and in tune with your soul. I would be honored to have you join me. \$1,250-\$1,450. For more information contact Ema at 734-665-7801 or visit YogaAndMeditation.com.

Living Heart Retreat Sanctuary with Ellen Livingston • We offer unique, customized individual and small-group (up to four) healing retreats in SW Florida by the ocean. At the core of our offerings at Living Heart Sanctuary are tools to cleanse your body and raise your natural frequency and health, such as a natural raw vegan menu, opportunities for communion with nature, and mindset upgrades. The Sanctuary is embedded in our home, and is a friendly and comfortable place to rest, connect, learn, and renew. Cost varies with length of stay, year-round openings from three days up to two weeks. Contact Ellen at ellen@ellenlivingston.com or 734-645-3217, or visit ellenlivingston.com.

SHAMANISM

Journeying Circle with Judy Liu Ramsey • *First and third Thursdays of each month* • 7 - 8:30 p.m. • The circle meets twice a month to explore issues, ideas and feelings deeply through shamanic journeying. Shamanism addresses the spiritual aspects of healing and gives us a very different perspective that often includes personal healing and empowerment. One person's journey is everyone's journey. Come join a supportive, nurturing group experience for your own empowerment. Prerequisite: shamanic journeying skills. Circle is on ZOOM. You must register prior to attending. \$25 per session or \$40 per month. For more information email info@judyramsey.net or visit <https://JudyRamsey.net>.



SPIRITUAL DEVELOPMENT

Monthly Midrash Study with Karen Greenberg, P.T. • November 13, December 11 • 1–4 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one three-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511 or krngnbg@gmail.com or visit clair-ascension.com.

Interfaith Sunday Service at Interfaith Center for Spiritual Growth • September 4 - December 25 • 10:45 a.m. - 12:15 p.m. • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Youthful Spirits class at Interfaith Center for Spiritual Growth • Sundays, September 4 - December 25 • 1 – 2p.m. • Spiritual classes for young people. Free, but donations gratefully accepted. For more information visit Interfaithspirit.org.

Sufi Chanting Meditation and Discussion with Imam Kamau Ayubbi • Every Tuesday, September 6 - December 27 • 6:30 – 8 p.m. • An exploration of Sufism. \$5-\$10 per class. For more information visit Interfaithspirit.org.

Akashic Records Practitioner Certification with Shellie Powers • November 29–30, December 1, December 3–4 • Practitioner Certification: Experience the Akashic Records through the Pathway Prayer Process to Access the Heart of the Akasha©. Encounter the energy and wisdom and develop your skills for successful navigation of the Records. Learn about the Akashic Records, the method of access, and the tremendous personal possibilities for you. Find out how to use the Akashic Records for yourself and others. Enjoy a more conscious relationship with your own Soul and honor its wisdom. \$360. Contact Shellie Powers at 734-926-8423 or 517-962-5378 or visit powers365.com.

Connecting with Archangels - Parts 1- 4 with Karen Greenberg, P.T. • Sundays, November 13, 20 and 27 • 9 a.m. – 1 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, on whom to call for particular assistance, and how to safely call upon them. Connect -- Ask Questions -- Often Receive Helpful Information and Guidance. \$777 for all four parts. For more information contact Karen Greenberg at 734-417-9511, krngnbg@gmail.com, or visit clair-ascension.com.

Lightworker Activation and Development with Sandra L. Shears • Every Wednesday • 7 – 9 p.m. • Group light work in conjunction with current spiritual, astrological and energy events. Includes energy adjustment, activation and attunement. As a Light Worker or World Server you have incarnated at this time to facilitate the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. Ongoing commitment required. \$100 per month prepaid. For more information visit sandya-sandrashears.com.

CONTINUED ON PAGE 24

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A
WITCH
FOR EVERY
SEASON

RACHEL PATTERSON

THE BIWEEKLY CRAZY WISDOM CALENDAR

Cultivating Joy with Janene Ternes • November 12 • 9:30 a.m. - 3:30 p.m. • Do you long for more joy in your life? Yet, how do we have that when there is so much sorrow and pain around us and at times life is downright difficult? What exactly is joy and is it something you can create or do you receive it? Join me to explore the joy that God has for you, discover a more joyful spirit, and practices for nurturing more joy in your life. \$60. For more information contact Janene Ternes at 734-347-2422 or PrayerInMotionLLC@gmail.com or visit prayer-in-motion.com.

STRESS MANAGEMENT

Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • Ongoing and Self-Paced • In this compact but powerful self-paced course you will gain insight into yourself and see your way out of your self-sabotaging habits, learn tools to cultivate greater awareness of your self-care needs, and explore the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion, and more. \$79. Contact Christy at info@christydeburton.com or visit christydeburton.com

Yoga and Meditation for Stress and Anxiety with Ema Stefanova • November 12 • Experience peace, learn techniques you can apply in daily life at work, home, and on the go for better health. Excellent audios are available for download. \$199 For more information visit YogaAndMeditation.com.

TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

Chen Tai Chi Chuan with Joe Walters • On-going Monday and Thursday • 5 – 6:15 p.m. • Saturday 9:30 - 10:45 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. For more information contact Joe Walters at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Tai Chi for Beginners with Master Wasentha Young • Mondays, September 12 – December 15 • 10 - 11:15 a.m. and Thursdays 6 - 7:15 p.m. • T'ai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner which integrates both physical and mental energy mechanics, promotes relaxation, a sense of prowess, and spatial awareness, as well increases balance. Register for one class and you can attend both sessions – whatever your schedule allows – at no extra cost! Hybrid class - taught in-person (limit 10) and on Zoom (your choice). \$195. Contact Peaceful Dragon School at info@peacefuldragonschool.com or 734-741-0695; or visit peacefuldragonschool.com.

Yang and Chen - Qigong and Tai Chi with Karla Groesbeck • Monday through Friday, Various times • Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Short and Long Forms, Chen Laojia Yilu. Various qigong sets and Zhan Zhuang. Free (Seniors); Low Fee. For more information contact Karla Groesbeck at 734-276-3059 or info@taichilove.com; or visit TaiChiLove.com.

WOMEN'S HEALTH

Creating Your Perimenopause Plan with Christy DeBurton, RYT • Self-Paced • Perimenopause can start as early as your mid-30s, and lifestyle habits such as diet, exercise, stress, and sleep can play a huge factor in symptoms. In Creating Your Perimenopause Plan, you will learn about the stages of perimenopause, the most common symptoms, important hormones to know about, tips for a hormone-balancing diet, beneficial supplements and herbs, exercise, sleep, self-care advice, and more. Journal prompts with thoughtful questions help you create your own Perimenopause Plan. \$59. Contact Christy at info@christydeburton.com or visit christydeburton.com.

WRITING AND POETRY

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • November 27, December 18 • 1:15 - 2:45p.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 are appreciated. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102 or visit jissojizen.org.

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, Lissa Perrin • Second and Fourth Wednesdays of each month • 7 - 9 p.m. • All sessions are virtual and accessible through Zoom. See website for book listings and schedule. Free. Contact Edward Morin at 734- 668-7523 or eacmorso@sbcglobal.net, email cwpoetrycircle@gmail.com or visit cwpoetrycircle.blog.

YOGA

Yoga + Wellness Virtual and In-Person Classes with Christy DeBurton • Ongoing • In-person and virtual yoga and wellness courses: Hatha, Vinyasa, Yin, Yoga for HSPs, Aqua Yoga, Self-Care and more. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

RYT200 and Advanced RYT300 Teacher Certification with Ema Stefanova • Flex Start and Finish Dates • Our programs are a cut above what commercial yoga studios offer. For more information visit YogaAndMeditation.com.

Deep Centering Holistic Yoga Class with Ema Stefanova • Through November 22 • 5:30 p.m. • This class is designed to effectively help relieve stress at a deeper level, both in body and mind. Experience a sense of harmony and centering. Dynamic posture sequences (flows) are followed by guided progressive relaxation (Yoga Nidra) and therapeutic breathing, visualization, and meditation. For more information visit YogaAndMeditation.com.

RYT-200 Teacher Training Program at Verapose Yoga House • November 12 - 13, December 3 - 4 • 9 a.m. - 5:30 p.m. • Verapose Yoga is a Registered Yoga Teacher Training School with the Yoga Alliance. Join us for our 200 Hour YTT, which is both online and in-person, to empower your connection to your Self, and to learn how to guide others in enjoying the benefits of yoga. An unlimited yoga membership is included with the tuition and expires either one year after you begin or upon completion of the program. \$3400. Contact Courtney Fitzpatrick at 734-726-0086, courtney@veraposeyoga.com, or visit veraposeyoga.com.

Iyengar Yoga with David Rosenberg • *Weekly • Mondays at 6 p.m., Thursdays at 7 p.m., Saturdays at 10 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. For more information contact 734-994-2300 or recedstaff@a2schools.org or visit aarecedonline.com.

Compassionate Yoga - Remote classes with Mary Seibert • *Wednesdays 4:15 - 5:30 p.m.* • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slow paced. Emphasis is on mindfulness, breath, postures, strength, and balance. Sliding scale. Contact Mary at 734-323-2520 or compassionateyoga@outlook.com or visit compassionateyoga.info.

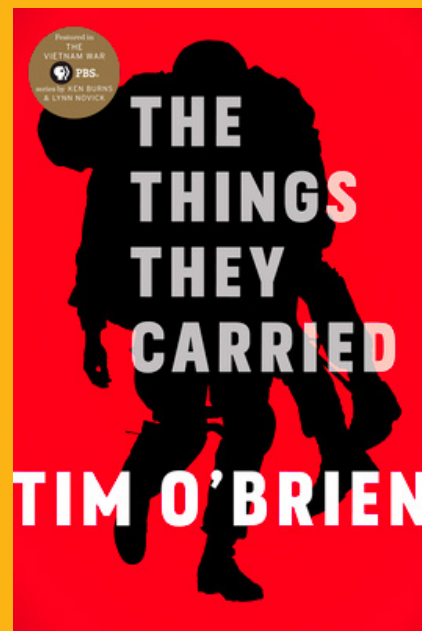
Open Level Yoga with Michele Bond • *Sundays, Tuesdays, and Saturdays September - December • Sundays 4 - 5:30 p.m., Tuesdays 6 - 7:30 p.m., Saturdays 10 - 11:30 a.m.* • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 if registered for Fall Semester, \$20 drop in with instructor's permission. Contact 734 358-8546, or michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • *Thursdays September - December • 6 - 7:30 p.m.* • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! \$15 if registered for Fall Semester \$20 drop in with instructor's permission. Contact Michele Bond at 734-358-8546 or michele@yogahouseannarbor.com or visit yogahouseannarbor.com.

Yoga for Athletes with Michele Bond • *Wednesdays September - December • 6 - 7:30 p.m.* • Enjoy a practice that brings balanced muscular action, power, lightness and spring to sports performance, as well as grace and ease to daily movement. Enhance core strength, decrease risk of injury, and learn to heal pre-existing injuries with indispensable tools for anyone who likes to play hard in their bodies. \$15 if registered for Fall Semester \$20 drop in with instructor's permission. Contact Michele Bond at 734-358-8546 or michele@yogahouseannarbor.com or visit yogahouseannarbor.com.

Facebook Live Yoga and Meditation Class in English with Trevor Chaitanya Eller • *Every Friday 12 - 1:00 p.m.* • 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques followed by 30 minutes of sitting meditation. By Donation. No Registration Needed. For more information visit TripleCraneRetreat.org. or email Office@TripleCraneRetreat.org.

Facebook Live Yoga and Meditation Class in Chinese with Master Zhong Hai (Winnie) • *Every Saturday 9:00 - 10:00 a.m.* • 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques followed by 30 minutes of sitting meditation. By Donation. For more information contact Office@TripleCraneRetreat.org or visit TripleCraneRetreat.org.



Book of the week:

The Things They Carried

By Tim O'Brien

A classic, life-changing meditation on war, memory, imagination, and the redemptive power of storytelling.

Depicting the men of Alpha Company—Jimmy Cross, Henry Dobbins, Rat Kiley, Mitchell Sanders, Norman Bowker, Kiowa, and the character Tim O'Brien, who survived his tour in Vietnam to become a father and writer at the age of forty-three—the stories in *The Things They Carried* opened our eyes to the nature of war in a way we will never forget. It is taught everywhere, from high school classrooms to graduate seminars in creative writing, and in the decades since its publication it has never failed to challenge our perceptions of fact and fiction, war and peace, and courage, longing, and fear.

You can purchase *The Things They Carried* at shopcrazywisdom.com

A photograph of soldiers running through a field with helicopters in the background. The soldiers are in the foreground, running towards the left. They are wearing green helmets and carrying gear. In the background, there are several helicopters, some of which are landing or taking off. The sky is blue with some clouds.

It Don't Mean N u t h i n

By Romando “Val” L. Valeroso, III

I never questioned America's involvement in Vietnam. For me, the military was a means of escaping the ghettos of New York's South Bronx. When I was sent to 'Nam, I was assigned to a ten-man recon (locate, search, and destroy) unit—in Vietnamese terms, “head hunters.” Body counts were the most important item on the unit's agenda.

When I was seriously wounded in an ambush, I recovered in a hospital where I asked to see an Army psychiatrist. I felt revulsion and guilt and wanted a discharge. The psychiatrist told me that the killing would get easier with time. It did.

I discovered that the closer you got to the other men in your unit, the more you could read each other's thoughts, which meant one's chances of coming out alive from a particular mission were much greater. Unfortunately, it also meant that the pain of loss was much greater when a buddy died or was wounded. My unit was lucky. Most of us survived together for a long time.

Most of the training we received proved completely inadequate for the kind of combat we were involved in, so, in the jungle, we were encouraged to act independently. Major decisions were left to the unit leaders. In one particularly dangerous mission, I saw most of my unit wiped out. Those of us who survived suspected that an informer had given our location to the "Viet Kong," or "Victor Charlie" as we called them. The only other person who knew of the operation was a Kit Carson Scout who was assigned to my unit. Since I was a unit leader, I made the kind of decision I had been making all along in the bush. I killed the informer when I returned to base camp.

Suddenly the rules changed. Instead of rewarding the action, I was arrested and charged. I was shipped back to the United States, diagnosed as psychotic, and locked up for several months in Walter Reed Hospital. I was fed high doses of Thorazine to keep me sedated, but no one could reach me. Nothing could stop the nightmares, the constant flashbacks, and the guilt I felt at leaving the people I loved most in the world, my buddies, still fighting in hell. The Army had brought back my body, but my mind was still over there.

Back on the streets of New York, I tried to find work. The fire department, the post office, anywhere. All the employers told me they wouldn't hire 'Nam vets. After all, hadn't a gun-crazy vet, working at a Chrysler plant, just shot and killed a foreman who had been riding him?

Without my buddies, I felt there was no one I could talk to. A couple of times I exploded in anger when

I heard people revile the men who had served in Vietnam, only to draw deeper into myself afterward.

In Vietnam, when we went out on a mission, we never used drugs. We used them on leave to avoid feeling and remembering anything. Back in New York, I turned to drugs again. I robbed to support my \$750-a-day habit.

One day, during an argument with two men, I saw one of them reach for a gun. Instinctively and instantly, I drew my own weapon and shot them both. At my trial, two psychiatrists testified that I was suffering from disassociated personality disorder caused by combat experiences in Vietnam.

But the trial judge said: "Vietnam no longer plays a central role in our society."

When I asked Val for an explanation of the title of this essay, he explained that, whenever someone was killed in combat, the unit leader said, "Remember. It Don't Mean Nuthin'." In Val's words: "He wasn't saying we shouldn't care that someone had died. We were all very close to each other—we were all literally helping to keep each other alive, every day. And you can't be closer to someone than that. Up until I served in the Army, I had never had such a close relationship with a person, and I know I never will again. But the unit leader was saying that death was part of our everyday life now, and whenever someone we loved died, we had to let it go. Otherwise, a distracted soldier is a dead soldier. And he puts his whole unit at risk."

Romando "Val" L. Valeroso, III was inducted into the U.S. Army in 1962, and after basic training, he served in Germany, Korea, and Panama. He was then promoted to a Ranger Training Brigade, and he was among the first ranger regiment to be shipped to Vietnam. He served two tours in Vietnam from 1965-1967. As a result of the crimes described in this essay, he served about forty years in prison and only recently completed his parole sentence. He began suffering from an eye condition while in prison which could have been reversible if caught and treated early. But he received no treatment because of inadequate health care in prison, so he was legally blind by the time he was released. He has learned to write with the help of special equipment and training from the Veterans Administration, and he is finishing his memoir, which is entitled Shattered Dreams.

A Song, An Army of One

By Karly Bryan Feeman

Looking back on it now, I guess my ambition to join the military probably started with the Memorial Day Parade when I was seven. I was a proud member of Girl Scout Troop 459, wearing a scout uniform and riding boots. We always decorated our bikes with flags and streamers of red, white, and blue. But this year was different. I had been chosen to start the assembly by singing a solo. I could feel the tension building in my throat when, suddenly, the music began, and hiding all fragility, I sang “I’m Proud To Be An American.” And my voice did not fail.

I do not know why I was a young adult before anyone told me that I came from a family with a long, proud military tradition. As a Girl Scout, I played chess and checkers with people at senior homes, many of them veterans, but I had no idea how many members of my own family had served. My father was a steelworker who helped

build landmark skyscrapers in Detroit. But he died young, so I lost that connection to the stories. I knew that his father was a stern person, and had served in World War II. As I got older I picked up more bits and pieces. I learned that my father’s great-uncles served in the U.S. Army Air Corps; his great-grandfather lied about his age so he could enlist. My mother’s father joined the Army National Guard. I found out that a cousin died in Vietnam before I was born. Eventually, I learned that the husbands of almost all of the ladies of the family had served.

But the place that I now occupy in my family’s military legacy turned out to be very different. Because I became the first woman in the family to swear in.

I think now that maybe I was born to serve, and it just took time for it to catch up with me. But



first I left for a college that was close to home, and I also worked at a union job. But my mind kept spinning with other ideas of what I wanted to do in life. Bigger things. One night I was watching TV when I saw a commercial that promised that if I joined the Army, I could “be all that I can be.” I knew I had found the place that would help me grow into my better self, and I called the recruiter up and joined right away.

I signed up for delayed entry and finished my last semester studying by candlelight during the blizzard of 2003. I reached Fort Jackson, South Carolina within a couple of months. At first, I wanted to be a linguist and tested high enough, but the position required two years of training and then a minimum commitment of six years, which I found too intimidating. So, I signed up for two years of basic and told them I would go for the linguist job after I found out how I would adjust.

I threw myself wholeheartedly into boot camp—I loved it. I became the soldier benching a heavy log in Company D. Our training got more intense after September 11, after the War on Terror began. They tipped over our lockers, stripped our beds, and demanded we set everything right, over and over again. We had to keep moving faster, harder. It all felt a lot more real now. We had to master everything at top speed.

In Advanced Individual Training (AIT) they put me in culinary school. Then I was learning the ins and outs of urban warfare. Soon, I was in Virginia running through the hills and trees. In order to get our Expert Infantry Badge, we had to complete a ruck march of twelve miles within three hours, all while carrying a rifle and load. Throughout all these challenges, I never let up; I kept pushing myself to go harder, and be tougher. Now I was serving a mission that was greater than myself. Delta Company stole every award at graduation.

I told my commanding officer I wanted to serve in the Rangers, but he said women could not do that.

Instead, I signed up for Airborne forces and was followed up in Fort Bragg. It was a hot September in full Battle Dress Uniforms (BDUs), over one hundred degrees, wearing heavy combat boots and running six miles in the sand. I was always a little behind, the second-slowest runner in the group. At one point, I had pneumonia turned to pleurisy, and still turned up at formation knowing I could only take three tries or I would be dropped for life. My dream would be over.

I kept showing up in formation in my red beret; kept running, and of course, that made my condition worse. Friends would later tell me that it was inevitable. I was medically discharged when my company, the XVIII Airborne Corps was about to be deployed overseas. I had wanted to jump out of airplanes, and now that would be other people, not me.

Officially, I did not receive the much-coveted pin. But a friend gave me his. I treasure it and all my memories; those mornings cooking omelets; in the evenings, cooking burgers, grilled cheese, and fried chicken. The sound of the troops cycling in and out, five hundred to seven hundred a day. The stories of combat, the comradery, the competition.

At almost forty-one, those years are still with me. Now I am a mother of one, a son who also wants to join. The cadences we marched to still echo through my mind. I am still trekking through the good times and the hard times as I had once begun, with the songs of the memorial days, an army of one.

Karly Feeman joined the U.S. Army in 2003 at the age of 21. She served for one year and two months on active duty until she received a medical discharge in 2004. She won the Army Achievement Medal during her advanced training, in a culinary competition. She currently resides in Harrison Township, Michigan, and works for a clothing company. She is currently attending the University of Detroit Mercy in order to finish her undergraduate studies. She is majoring in addiction studies with a minor in psychology.

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

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Jewel Heart
Kerry Town Market
Kouyate Healing Arts
Leslie Science and Nature Center
Matthei Botanical Gardens
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Wine Wood Organics

Ypsilanti:

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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
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