

# THE CRAZY WISDOM BIWEEKLY

#114

Meet Joshua Thorington and Syrena Kapsa of  
soul/indie/rock group **BEAT CADILLAC**

PAGE 8





# CRAZY WISDOM

COPYRIGHT © CRAZY WISDOM, INC., JUNE 9, 2023.

Word of the week:

**cogitate**

*verb*

**to think hard; ponder; meditate**

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

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

Thank you to our contributors for this issue:



Jennifer Carson  
John Gutoskey  
Syrena Kapsa  
Fran Mason  
Laura Sanders  
Joshua Thorington  
Bill Zirinsky



# Contents

## Issue #114

---

04

A Good Crop Of Mental Health  
BY LAURA SANDERS

06

Book Of The Week: Random Acts Of Kindness  
BY BRENDA KNIGHT AND BECCA ANDERSON

08

Meet BEAT CADILLAC  
JOSHUA THORINGTON AND SYRENA KAPSA

12

Why I Make Art that is Political...Even  
Though That Is Not Always My Initial  
Intention  
BY JOHN GUTOSKEY

26

A Last Thought  
RUMI (1207-1273)

## What's Happening Around Us

---

11

The Biweekly  
Community Calendar  
EVENTS HAPPENING  
IN OUR AREA

## On the Cover

---

Joshua Thorington and Syrena Kapsa of BEAT CADILLAC

*"I have only to break into the  
tightness of a strawberry,  
and I see summer – its  
dust and lowering skies."*

– Toni Morrison. *The Bluest Eyes*

# A GOOD CROP OF MENTAL HEALTH

## A CONVERSATION ABOUT ANIMAL ASSISTED THERAPY WITH LAURA SANDERS

Story and Photos by Grace Pernecky

*Laura Sanders, LMSW, ACSW, has been practicing in the Ann Arbor area for 34 years and has been teaching as an adjunct professor at the University of Michigan School of Social Work for 26 years. Her approach to therapy utilizes a wide variety of evidence-based and creative therapies, including trauma recovery methods, art and play therapy, Cognitive Behavioral Therapy, and relational approaches through Animal Assisted Therapy. She runs her practice out of Lovingway Farm, which she and her spouse, Ramiro Martinez, have owned and cared for since 2013. She has gradually integrated many of the animals on their farm into her therapy sessions--a unique approach that is currently gaining traction in the field of social work. Sanders has found the result of partnering animals with certain clients to be astonishing. She is also an activist who advocates for justice and social change in the areas of women's equality, the rights of children, TLBG (Transgender, Lesbian, Bisexual and Gay) concerns, and institutional racism; additionally, she co-founded the Washtenaw Interfaith Coalition for Immigrant Rights in 2008. Her farm, and by extension, her practice, are both inclusive, loving spaces that co-create an atmosphere of mental health and healing.*



### LOVINGWAY FARM

The name *Lovingway Farm* is an apt one for Sanders' therapeutic farm. "Instead of vegetables, we produce mental health," Sanders told me during one of our chats.

As you step out of your car in the grassy field that serves as a parking lot, you immediately sense that this quip is true. Walking back to the horse barn, which is where you'll usually find Sanders, you'll pass a pen of three gray and black-mottled pot-bellied pigs and two gorgeous, pure white roosters who come right up to the fence to catch a curious whiff of a new human. Then, you'll spot the bunny and chicken village, right up against Sanders' house. Silkies, one of the friendliest of the chicken breeds, will cluck, call, and beckon you to come closer, and perhaps offer up a mealworm. In the distance, you'll notice a few other large fenced-in fields and realize that other friendly creatures are likely grazing just out of sight. As you walk closer to the barn, a small white dog, full of energy and holding a stuffed toy in his mouth, bounds up in excitement ready for play. His name is Buddy. Sanders is not far behind.

Entering the horse barn, you'll be struck not only by the cleanliness and organization of the structure that houses the largest of Sanders' therapy animals, but also by the art. Animal-themed art, whimsical and sometimes antique in nature, adorns the walls. In preparation for the minicourse that Sanders teaches through the University of Michigan (U of M), a large circle of chairs, all facing inward, outline the

perimeter of the room. A small, wooden table sits off to the side, adorned with an assortment of fruit, a homemade salsa, a large bowl of chips, and festive, seasonal decorations.

When Sanders greets you, the first things you will notice are her hat and her smile. The smile is warm, inviting, and attentive, and the cowboy hat she wears is adorned with a variety of textures, patterns, beads, and a small, decorative buckle. She listens too and is present with you, but she always has one eye on her animals, as any experienced Animal Assisted Therapist should.



### CREATIVE APPROACHES TO THERAPY: TOOLS IN THE TOOLBOX

Sanders has been a practicing therapist over 30 years now, but it's only within the past seven years that she's been integrating animals into her work. "There's nobody in Michigan doing what we're doing here at Lovingway," Sanders told me. With a bit of digging, I can see that this is true. Though there are a variety of people incorporating horses into their therapeutic practice (Equine Assisted Therapy), and yet more therapists working with therapy dogs (Canine Assisted Therapy), there aren't many others working with a variety of different farm animals, as Sanders does; eight different species, to be exact. Dogs, cats, goats, chickens, rabbits, pigs, horses and miniature horses, and donkeys are all integrated into the relational methods that Sanders utilizes in her practice.

"I have always been creative," stated Sanders, "and so earlier in my career, I was really interested in integrating art and different forms of creativity with healing trauma." With a BA in Women's Studies from U of M, as well as having been in art school for a while, Sanders' therapeutic methods are interdisciplinary and synergistic, rooted in feminist theory as well as utilizing the healing powers of creativity. Her background has allowed her to view healing as a creative process, as opposed to the "one-size-fits-all," top-down approach that we see all too often today. Though there's much evidence and research that this form of therapy can be helpful, it has its limits. As Sanders put it, "A Cognitive Behavioral Theory (CBT) approach can certainly be a helpful tool in the toolbox, but all too often we forget that it is one tool." CBT relies on the principle that psychological issues are based on problematic or even destructive ways of thinking, which in turn can lead to problematic or destructive behaviors. It offers that participation in talk therapy with a

trained professional can help to change these destructive thought patterns and/or behaviors.

“The problem with trauma is that it really affects the way that you think. It’s not easy to think your way out of these deeper issues. They register in the body, and so, correspondingly, the healing needs to be embodied,” Sanders concluded. When we experience trauma, we use our “back brain,” fight-flight-freeze responses. These are dysregulated states. The memories of that trauma and the capacity to access what happened and talk about it is a frontal lobe activity. Sanders realized that when she started working with teenagers who’d been sexually abused or had some other trauma that it was really hard for them to talk about it. “The left frontal hemisphere of the brain is where your language centers are. There is some evidence that this center shuts down when folks are reminded of trauma that caused the back, reflexive brain to become active in order to survive,” Sanders clarified. This meant that the clients needed creative avenues that reach the senses in order to eventually talk about the trauma.

This is where tools such as art therapy, Theraplay (a form of therapy that utilizes engaging sensory and physical games and other activities to support meaningful, healthy relationships between children and important adult figures in their life), mindfulness, adventure therapy, and yes – Animal Assisted Therapy (AAT)—come into the picture. These are therapies that use your senses, that are relational in their nature, and that help awareness reach much more than just the frontal lobe of the brain.




“Instead of talking about it, we would draw it, diagram it, or be able to access the somatic experience of the events surrounding the trauma in the body, or write poetry about it, or play,” Sanders continued. “These creative activities that actually reach the senses, reach people on a more spiritual or soul level. Sexual abuse, especially, is such a betrayal. It twists young children’s ideas of what it means to love and to trust. So, these talk therapies don’t reach the senses and the psyche as well, in the way I realized I needed to be able to reach.” And from then onward, Sanders continued to explore, and to forge, new and creative solutions to her clients’ issues.

“The mark of a creative person is not that you draw well, or dance spectacularly, or write beautiful music, but that you can always think of more than one way to solve a problem,” Sanders told me. “If Plan A doesn’t work, then try Plan B—maybe Plan B is ‘can you draw it?’ Plan C might be ‘how does it feel to sit with this animal? How does this animal remind you of you?’ It’s just another avenue to reach the senses and the psyche and embody your healing.” So, instead of having one tried-and-true method, Sanders’ process works so well because she is always willing to learn more, to diversify, and to try new things. They move as a unit. We want to instill in people who visit the farm that this is an inclusive place. So, we use a lot of metaphors like that.”


*read the entire article online...*

**RUTH WILSON**  
*Intuitive Coaching & Mentoring*



Connect with your unique magic!  
Create what you authentically want, with ease. Make decisions, heal problems with the help of my intuitive, and strategic skills.

As a reader and teacher of psychic reading, certified coach and MBA, I help you get clarity, see blind spots, take actions, to make change.



[Schedule a free chat with me](#) and I will help you shift the energy around your intentions to change your results.

ONLINE: [WWW.RUTH-WILSON.COM](http://WWW.RUTH-WILSON.COM)  
EMAIL: [MAILRUTHWILSON@GMAIL.COM](mailto:MAILRUTHWILSON@GMAIL.COM)  
JOIN MY FACEBOOK GROUP: [FACEBOOK.COM/GROUP/MAGICINTUITION](https://FACEBOOK.COM/GROUP/MAGICINTUITION)

“If I didn’t start painting,  
I would’ve raised chickens.”  
-Grandma Moses



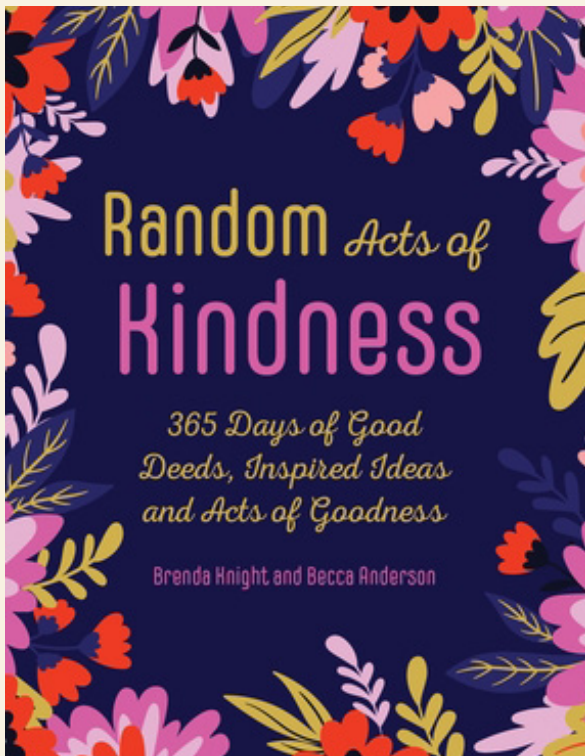
**LAURA SANDERS AND FRIEND!**

# Book of the Week:

## RANDOM ACTS OF KINDNESS

In 1995, a small group of people at Conari Press came together around the idea that small gestures and simple acts can make a difference in people's lives. Thus, Random Acts of Kindness was born. But they had no idea how big this little idea would become.

Make a difference in the world. This good-humored guide to being the change you want to see in the world is filled with suggestions for making a real difference, in ways both large and small. From improving someone's life with just one penny to ensuring all children are well fed, the day-by-day positive proposals of Random Acts of Kindness combine inspiration with action. Despite the hurly-burly of our busy lives, we can all make a beneficial impact on the environment, throughout our local community, and within our own hearts. This book of inspired ideas and good deeds conveys how "the power of one"—that is, you—can make a better world, starting today.



PURCHASE YOUR COPY OF RANDOM ACTS  
OF KINDNESS  
AT [SHOPCRAZYWISDOM.COM](http://SHOPCRAZYWISDOM.COM)

Pick  
up  
the  
spring  
issue  
now!



*The Crazy Wisdom Community Journal*

# issue 83

## \*Features\*

- Gateway Farm
  - Black Men Read
  - Ann Arbor Clothing Company, Joob Activewear
  - An Interview with Dr. Craig Stoller
  - Hilary Nichols chats with Maurice Archer and Anne Erlewine
  - Indigo Forest and chronic pain reduction
- ...and more!

*Look for it around town or have  
it mailed directly to you.*

[Click to Subscribe](#)

# Crazy Wisdom is Seeking a Full-Time Manager for Events Space & Bookstore

Crazy Wisdom is offering an exciting one-of-a-kind opportunity for a full-time manager to spearhead the re-imagining of the brick-and-mortar Crazy Wisdom Bookstore, southeastern Michigan's leading body, mind, and spirit bookstore for almost 40 years. After being on sabbatical since early 2022, Crazy Wisdom Bookstore is ready to reemerge, under its same longtime ownership, in the fall of 2023. This incarnation will focus primarily on the second floor as an event and community building space, and will host a variety of events including but not limited to: meetings, workshops, poetry and storytelling nights, book discussion groups, author events, intuitive and psychic readings, seasonal rituals, witches' nights out, Salon nights, music nights, drum circles, meditation gatherings, and other types of events which it has fostered and hosted over its decades. There will also be a smaller and more focused bookshop located on a portion of the first floor. The re-imagined Crazy Wisdom will have significantly reduced hours of operation—still a destination for its regional customer base—but only open 30 hours a week, spread out over just four days each week.

**For more information about applying, minimum qualifications, duties and responsibilities, and salary and benefits, visit our website:**

[crazywisdomjournal.com/job-openings](https://crazywisdomjournal.com/job-openings)



# MEET BEAT CADILLAC

*Joshua Thorington and Syrena Kapsa make up BEAT CADILLAC, a soul/indie/rock group based in Ann Arbor, Michigan.*



**What's your origin story? Who are the members of BEAT CADILLAC?**

I (Joshua) joined the music program in my sophomore year of high school. I started playing timpani in my high school's marching band and guitar in jazz band.

We had a really supportive group of musicians and band parents, as well as a music director who pushed us to be our best. We also were drawn closer by an unexpected death in our marching band. After that, we all took music, the process of it and it's healing properties, very seriously.

My music director, Mark D'Angelo, encouraged me to start my own jazz quartet and also join a world class WGI ensemble, Eastside Fury. WGI is Winter Guard International, a percussion and colorguard performance circuit. By the time I was done with Eastside Fury, I was a fine-tuned musician; I could read music as well as improvise and work off of other musicians.

Syrena and I connected when she wanted to start playing bass. I was working on a project at the time called The Mercury Line. We played a few shows but ultimately the band did not last as it was difficult keeping practice routines with a full group. It was easier to focus on our strengths and grow as a duo.



**When did you start pursuing music on your own?**

Around this time, I was also playing in friend's bands and honing my skills as a writer. I started writing my own songs and arrangements at 17. By 20, I was on my first tour as a bass player and singer.

I was originally very inspired by groups like *Best Coast* and *Cloud Nothings*. These groups worked to bring back beachy, tropical sunshine music in an indie context. Once I had started with the music bug, I was absorbing good music wherever I could find it.



**BEAT CADILLAC is a wonderfully unique moniker. Where did the name come from?**

The name reflects the culture around Detroit, the pervasiveness of the people in the city, and how a bit of blight and perceived brokenness is not enough to drag down a city with such an explosive musical spirit.

It is also an insular nod to the great J Dilla. (His name actually is embedded in the word "Cadillac". While we don't sound alike, the way he developed a musical landscape which reflected the culture of the city and brought so many people hope, is a major inspiration.



**What kind of music do you find inspiring?**

We draw from soul music, indie, hip hop, country, R&B, and pop. But, we aspire to have our own unique sound. Our music is inspired by gospel music, but with a bit more folk and earnestness to it than what you might hear at church.



**Describe your process.**

Our writing process is primarily instrumentally driven, finding the right musical elements to capture a mood and performing them in a way that will allow our listeners to sink into the story. We make room for strongly delivered lead vocals that essentially directs the rest of the musical elements.

We often re-record parts, even entire tracks, until we feel we've landed on something timeless.

Songs like "I Got Away" reflect a boundless and relaxing atmosphere, yet the spaciousness of our music allows for the listener to view the bigger picture. It is not just about the words, but also about the quality of the sonic vignettes unfolding before your senses.



**What are your plans for the future?**

This summer we'll be recording our latest project. We plan on breaking into some new genres that have always fascinated us, such as early ska and reggae. We're inspired by the work Jamaican artists including Bob Marley, Marcia Griffiths, and Jimmy Cliff. We are also interested in the genre of "outlaw country," and artists like Willie Nelson and Hank Williams.

Our goal is to make music for the future that is informed by the past. In a landscape that is saturated with artists trying to make the next viral single in a specific genre, we opt to make music that is timeless and invites our listeners to become immersed in the experience. The bliss that we seek to cultivate is intentional.

We hope our music will help people feel more connected to themselves and the world around them. Beat Cadillac is an open invitation to disconnect from trends and find your next bout of inspiration from within.

Learn more about BEAT CADILLAC [here](#): Or, watch the video series on [YouTube](#)





## Divine Inspiration

### At Work

with Susan McGraw

Let **Divine Inspiration** be the guide for **Your Next Chapter** and make smooth transitions in your personal life, career, or business.



**Psychic Readings**  
**Career & Business Strategy Sessions**  
**Virtual Workshops via Zoom**

Get more information and book a phone session:  
[DivineInspirationAtWork.com](http://DivineInspirationAtWork.com)



Psychic Medium  
Career & Business Strategist

"I can say beyond a doubt that my reading with Susan has helped propel me in my soul's direction and vocation! She is incredibly accurate and left me feeling more inspired and excited than I could possibly express!"  
Hallie S., Salt Lake City, Utah

## BRIGHT EARTH CRYSTALS AND MINERALS



Earth's brilliance...captured. Quartz, amethyst, fluorite, calcite, adamite, selenite, and many other crystals and specimens at a range of prices.

**Susan Ulrich,**  
owner and proprietor.

See me on Facebook  
[facebook.com/brightearthcrystals](https://facebook.com/brightearthcrystals)



Born during the pandemic, *The Crazy Wisdom Biweekly* 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 walks, news of your pets, or musings on current events. Send your submission to [jennifer@crazywisdom.net](mailto:jennifer@crazywisdom.net).

# Stay informed!

[Click to sign up](#)  
[for our newsletter](#)





# The Crazy Wisdom Calendar



## MAY THROUGH AUGUST 2023



### A COURSE IN MIRACLES

Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 1 through August 28 · Monday · 6:45 p.m. to 8:45 p.m. · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 31 through August 28 · Thursday · Noon to 1:30 p.m. · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

### ANIMALS AND PETS

Advanced Animal Communication with Judy Liu Ramsey · Friday, August 4 through Saturday, August 6 · 9 a.m. to 5:00 p.m. · If you have practiced communication with animals after a basic course and want to deepen your experience and to remove blocks to receiving messages, learn to apply your telepathic skills to explore the practical essence of communication with domestic and wild animals, plants, minerals, the elements, and the Earth. \$440. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.net)

### ART AND CRAFT

INAI Exhibit - Seasons of Beauty with Kathleen Voss, OP, Janet Wright, OP, Mary Jean Dorsey, OP · Monday, May 26 through October 1 · Artists Reception is June 4. Seasons of Beauty gives us a springtime look at the brilliant digital paintings of Kathleen Voss, OP, beautiful watercolor paintings of Janet Wright, OP and the extraordinary cut-out silhouettes of Mary Jean Dorsey, OP (1914 - 1988). For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

Artists from the Linkage Community, an Alliance of System-Impacted Artists · Open Monday through Friday · August 11 through September 1 · Opening Reception on Friday, August 11, from 6 to 9:00 p.m. · In cooperation with the Flint ARTWALK. Film screening is on August 31 at 7:00 p.m. The exhibition is designed to connect viewer to artist through the wide gamut of their human experiences. FREE. Visitors will see works from familiar artists, including Andy Wynkoop, An ArtsyGuy, RIK, Roger (FREE-Hand) Stephenson, and many others. For more information call Sarah Unrath at (734) 615-5643.

### BOOK DISCUSSION GROUPS

Jewel Heart Readers with Jewel Heart Instructors · Monday, June 12, July 10 · Online only · 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 the book selection and participation information, visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

Dine & Discuss Book Announcement, Dinner & Discussion with Matthew Desmond · August 7 · 5:30 to 7:30 p.m. · This fall we will be reading, *Evicted: Poverty and Profit in the American City*, by Matthew Desmond. *Evicted: Poverty and Profit in the American City* is a 2016 non-fiction book set in the poorest areas of Milwaukee, Wisconsin. The book follows eight families struggling to pay rent to their landlords during the financial crisis of 2007–2008. Winner of the Pulitzer Prize and a New York Times Bestseller. Cost: \$15.00 Includes book & dinner. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

### BUDDHISM

Practical Buddhism by Gelek Rinpoche · Tuesdays, June 13, 20, 27, July 11 and 18, August 1, 8, 15, 22, 29 · Online only · 7 to 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. Discussions are not recorded. Each session reviews Gelek Rinpoche’s 2012 and early 2013 Sunday talks. FREE / Donations welcome. For more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche · Sunday, June 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · No discussion on July 30 · Online and on-site · 11 a.m. to 1:15 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, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

# WHY I MAKE ART THAT IS POLITICAL... EVEN THOUGH THAT IS NOT ALWAYS MY INITIAL INTENTION.



## COURAGE

by John Gutoskey

I make work that is political because I cannot help it. I tend to make work that reflects my life experience, and, as the saying goes, the personal is political. This phrase, which was popularized during the feminist movement of the 1960's and 1970's, means that there are connections between my own personal experience and the larger social and political structures which tend to dominate, exploit, and oppress minorities in our politics, society, and culture. In the past, I have made work about marriage equality, queer families, queer spirituality, same sex love, AIDS, wounded Iraqi warriors, war, 911, the re-election of George W. Bush, homophobia, racism, closeted hypocritical politicians, gun violence, the Pulse nightclub massacre, don't ask, don't tell, and the election of Trump. I did not approach all of these themes from a political perspective. Some were emotionally resonant or had me thinking about something in ways that were more personal than overtly political. Because of our current political climate, what has changed for me is that I have found it almost impossible to make work about anything that is not political. There are just too many important issues facing us for me not to make work that reflects this time. I feel strongly that we need to counter all the vicious propaganda that is gaining traction in the media. It is important, for me, to counter those messages through my art work.

I make art because there are often times where I cannot find words to express what I am feeling. This was especially true for me recently, when I heard about the Pulse nightclub massacre in 2016. Initially, I was not thinking about this work as being political. I was coming at it from a sense of loss and grief, and an attempt to memorialize the event and the victims. Although I was thinking more about the poetic form of the elegy when I created the 49 monoprints, in the end, I came to see it as a political work because it is

about the epidemic of gun violence in the USA. The finished piece, "PULSE Nightclub: 49 Elegies", is about the murder of 49 people in a gay nightclub with a military assault rifle. Even though there are no guns represented in the 49 monoprints, there is no doubt that it is a political piece.



PULSE NIGHTCLUB: 49 ELEGIES

*continue reading online...*



# The Crazy Wisdom Calendar



## MAY THROUGH AUGUST 2023




**FREE Film & Discussion with Jewel Heart Instructors · Fridays, July 14, August 11 · 7:00 p.m.** · Bring your friends and enjoy a FREE film and discussion about the film. Concessions are also available.

–July 14—*Blessings: The Tsoknyi Nangchen Nuns of Tibet* (2009) In Tibet, the word for woman translates as “lower rebirth.” In a remote eastern region of the country, the Tsoknyi Nangchen nuns defy this definition. Devoted to the ancient practices of Tibetan Buddhism—once primarily a male domain—over 3,000 nuns have attained elevated status.

–August 11—*Travelers and Magicians* (2005) A universal tale of a young man with big dreams and no real plans to achieve them, linking how we live our lives and how we imagine our lives should be. Filmed entirely in Bhutan, directed by Khyentse Norbu. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**All is Empty with Guy Newland · Saturday, June 10 · 10 a.m. to 1:00 p.m.** · Professor Newland will provide an introduction and explanation of what “emptiness” does (and doesn’t) mean in the Dalai Lama’s system of Tibetan Buddhism. He will explore such questions as why does anything matter if it’s all empty? How can empty things work? How can empty persons do anything and why should they? And how does an understanding of emptiness affect our way of life? \$75 Jewel Heart members / \$90 Non-members. Pay what you can—no one turned away. For more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Mindfulness & Self-Compassion with Anthony King · Wednesday, June 14, 21 · 7 to 9:00 p.m. · Online only** · In the context of the Buddhist spiritual path, meditation practice is ultimately for the purpose to bring the practitioner closer to spiritual enlightenment. On a practical, secular level, meditation can also have benefits. This three-week experiential class will explore the relationships between traditional Buddhist and “therapeutic” meditation programs (e.g., mindfulness and compassion) and provide an accurate and contemporary discussion of the psychology and neuroscience underlying these programs, based on rigorous scientific evidence. \$60 Jewel Heart members / \$80 Non-members. Pay what you can—no one turned away. For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Liberation of Life Service at the Ann Arbor Zen Buddhist Temple · June 18 · 10:00 a.m.** · In keeping with the Buddhist Precept “Do not harm, but cherish all life”, the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Ullambana Day Service with Ann Arbor Zen Buddhist Temple · Wednesday, August 30 · 11:30 a.m.** · Rites and service for the dead to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation appointment necessary. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Sunday Services at the Ann Arbor Zen Buddhist Temple · Ongoing · 10 to 11:30 a.m.** · Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. For more information call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Temple Stay/ Visitor’s Program and Residential Opportunities with Ann Arbor Zen Buddhist Temple · Ongoing** · 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 one’s spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. For more information call Zen Buddhist Temple at (734) 761-6520 or email: [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

### CEREMONIES, CELEBRATIONS, AND RITUALS

**Entering the Healing Ground: The Sacred Work of Grief with Kirsten Mowrey · Saturday, August 26 · 10 a.m. to 4:00 p.m.** · Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily until our hearts and souls become weary and overburdened. This day-long gathering invites us to share in a time of honoring the losses we hold in our hearts. We will come together and turn our attention to the grief we carry—for ourselves, the loss of those we love, the wider community and our struggling world. This gesture brings us into the circle of restoration and into the arms of our human and more-than-



# The Crazy Wisdom Calendar



## MAY THROUGH AUGUST 2023



human community. Grieving together, we reconnect with the practices of our ancestors, building a temporary village that can hold our grief and loss in human communion. Sliding scale \$40-\$60. For more information contact Kirsten Mowrey at [greatlakesrituals@gmail.com](mailto:greatlakesrituals@gmail.com).

### CLASSES AND WORKSHOPS

**Intuitive Healing for Self-Care • Wednesdays June 7, 14, 21 •** Are YOU a HEALER? Do you just have a sense that you should pursue the healing arts or want to try learning about Self-Care Healing Energy? NOW is the Time! Explore, try, and learn about your healing gifts. 3-Class Series with Renowned Healer and Reverend Lori Irvin, RMT, OT. COST: Pre-pay by the day before: \$105 -OR- pay the first day of class: \$140. EVENING CLASSES: NEW DATES, 6:00 ~ 7:30 p.m. For more information contact Lori at 810-820-0494 or [Lori@ZSource-Connection.com](mailto:Lori@ZSource-Connection.com). For more information: Enlightened Soul Center & Shop [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com)

**Women's Circle ~ hosted by Reilly Campbell • Every Tuesday, May 2–June 13, 2023, 6:30–7:30 p.m. •** When women gather, magic happens! This circle of love meets weekly and welcomes all women: maidens, mothers, sorceresses, and crones. You can expect a casual space where we openly share love, laughter, and nourishment. A women's circle is an ancient, sacred space where you cultivate a reverence for oneself, the values of being a woman, and the divinity of Mother Earth. Suggested Donation: \$5-\$10 at the door or food to contribute. For more information: Enlightened Soul Center: [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com) FREE PARKING!

**Level 1 Intuition Development Class • June 6–August 2, 2023, 6:30–9:00 p.m. •** EVERYONE has intuition! It's our birthright, our internal GPS, our 6th sense that uses the other five senses — plus dreams, synchronicities, and other means to communicate with us. It's more than just predicting the future; in fact, that is only ONE aspect of intuition. Whether you were a psychic child, are having visions or hearing things now, or are just curious and wanting to explore, NOW is the time to decode the messages and learn what you can do! For more information contact Lori at ZSourceConnection.com or visit [enlightenedsoulcenter.com/intuitive-healing-for-self-care-classes](http://enlightenedsoulcenter.com/intuitive-healing-for-self-care-classes)

**Create a Life You Love - for Empaths & Highly Sensitive Persons • Saturday, June 10, 2023, 12:00–2:00 p.m. •** Want to find out the FOUR Steps to Creating a Life you love as an HSP or Empath? If so, this is the workshop for you! In this workshop, Selene will share pearls of wisdom that she learned in a six-month program she just finished. You will

learn: The qualities that make you a Highly Sensitive Person (HSP) or Empath; The role trauma plays in why HSPs and Empaths grow up feeling that their sensitivity is a drawback; The four steps to stop feeling badly about your sensitivity so that you can roll up your sleeves and create a life you love. COST: \$15 in advance, \$20 at the door. Questions: Contact Selene (pronounced "Sell-en-nay"): [selenenegrette444@yahoo.com](mailto:selenenegrette444@yahoo.com) or 859.797.3919. For more information: Enlightened Soul Center: [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com)

**An Evening with Spirit: Mediumship Gallery Event • Saturday, June 10, 2023; 6:30 – 8:30 p.m.** Mediumship is connection and communication with those who have passed on. Come join Nikki for a gallery event where she will introduce mediumship and how it works for her, as well as how we all have had experiences with our loved ones in spirit. Nikki may not be able to make a personal connection for everyone, but all will be likely to be impacted by the laughter, tears, healing, and closure that this energy and experience brings. Price: \$33/ticket [www.nmwunveiled.com/gallery](http://www.nmwunveiled.com/gallery). Enlightened Soul Center

**Gift of the Tao Qigong • June 11, 2023 at 2:00 p.m. •** Over the past several decades Qigong has become more well known in West. Similar in some respects to Yoga and Tai Chi, it consists of gentle movements and meditation methods to balance and activate the vital life force, Qi, of our body and mind, assisting with health and well-being. At the deeper level, in the form of Qigong called Neigong, it can lead us to reconnecting and acting through our Higher Level Self. Cost: \$15. For more information contact Chris: [Enishi900@gmail.com](mailto:Enishi900@gmail.com) 734-787-3383. [washtenawclinicalqigong.com/](http://washtenawclinicalqigong.com/) Location: Enlightened Soul Center

**Drop-in Tarot Study Group • Every Sunday 6:30-8:00 pm. •** This is a drop-in group of Tarot enthusiasts that meets once a week, facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. The meetings consist of focused open Tarot discussion, Tarot meditations, Tarot theory and theosophy, Tarot reading, Tarot history, Tarot symbolism, etc. The intention is to deepen Tarot understanding and build a local Tarot community. After questions, a 25-minute mindfulness meditation that is focused on the Tarot will conclude the formal meeting. Minimum donation: \$10 (Cash, credit, electronic). For more information contact Nick: [nicksvictorygardens@gmail.com](mailto:nicksvictorygardens@gmail.com) or call/text (734) 299-6472. Enlightened Soul Center: [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com) FREE PARKING!

**Strawbale building • June 10 from 10:00 am •** Tour the enchanting structures with thatched & living roofs + Earth Oven, Rocket Stove & Rumford Fireplace! See "Strawbale Studio", "Hobbit Sauna" & "Middle Earth". On lovely rural

# LIVING WISDOM

Holistic Health Education  
& Natural Lifestyle Coaching

Offered By  
Ikaro Phoenix

Certified Holistic Health  
Educator and Life Coach

## SERVICES

- Holistic Health Education
- Natural Lifestyle Coaching
- Natural Detoxification

Local and long distance sessions  
offered by Phone, Skype and by  
appointment when available

(828)676-9864

ikaro@LivingWisdomCoaching.earth

LivingWisdomCoaching.earth

Ann Arbor, MI



Schedule a Holistic Consultation Today!

\$50 Student Consultation

New Client 25% discount



# The Crazy Wisdom Calendar



## MAY THROUGH AUGUST 2023



land 1 hour N of Detroit. Questions invited! Note: There is an Earth Sculpting workshop 1p-6p following the Tour. Registration for the Tour + Earth Sculpting Class and other activities is at [strawbalestudio.org/events/](https://strawbalestudio.org/events/)

**Strawbale building • June 10 from 1-6 pm •** Earth Sculpting is completely connected to the land, and throughout time and traditions people have used earth to create beauty and practical items. Earth Ovens, Cob homes and buildings, Benches, Sculptures. Using earth from this land, learn how to identify, mix and make a sculpted creation to take home! Ideas for sculptures: Sun faces, frogs, model buildings, Labyrinth and more. The class is held at the enchanting Strawbale Studio. You are invited to Stay on for a POTLUCK & BONFIRE following if you can. You might also want to register for the 2-hour Learning Tour at Strawbale Studio from 10 a.m.-12p p.m. June 10. Cost includes class and all materials. \$20 - \$45. <https://strawbalestudio.org/events/>

**Natural Building & Sustainable Skills Program at Strawbale Studio • July 2 through July 28 •** Live at Strawbale Studio and experience a variety of natural building skills through classes and hands-on training: foundation, round pole framing, thatched and living roof, strawbale walls, earth plaster and cob. Learn to fire up the Rocket Stove, Rumford Fireplace and Earth Oven (for pizza!). Enrichment: mushroom fruiting on inoculated logs, foraging, and more. \$1250 / \$950 if registered two weeks in advance. All classes, training, enrichment, plus room and board included. Some ½ pay work trade available. For more information: [strawbalestudio.org](https://strawbalestudio.org).

**Learning Tour at Strawbale Studio with Deanne Bednar • Saturday, June July 15, August 6 • 9:30 a.m. to Noon •** Tour the enchanting structures with thatched & living roofs, Earth Oven, Rocket Stove & Rumford Fireplace! See "Strawbale Studio", "Hobbit Sauna" & "Middle Earth." On lovely rural land one hour north of Detroit. Questions invited! Each tour has a workshop scheduled for the afternoon. \$20. For more information: [strawbalestudio.org](https://strawbalestudio.org).

**Strawbale Studio Work Trade/Sustainable Skills Program with Deanne Bednar • Four Week Program • August 1 through August 28 •** Strawbale Studio Work/Skill Program. Enjoy this enriching experience of living on the land at Strawbale Studio! Help create and maintain Strawbale Studio buildings and grounds while learning many sustainable living skills along the way! Two hands-on classes taught each week, such as spoon carving, lashing, foraging, and wood splitting. Includes Room, board, and sustainable skills in exchange for 25 hours infrastructure work trade, half of which will be natural building-related activities. For more information visit [strawbalestudio.org](https://strawbalestudio.org).

### CHILDBIRTH

**Newborn Care with Toni Auker • Saturday, June 17 • 10 a.m. to 1:00 p.m. •** In this class we will answer all of your questions about bringing home a newborn. We will talk about how to soothe a crying newborn, bathing, different diapering choices, babywearing, car seat safety, safe sleep, and much more. We will give you several different tools and techniques for each topic and discuss the wide range in normal when it comes to newborns. This class is ideal for expectant parents as well as adoptive and fostering parents. Private classes are also available. \$100. For more information email Hello@nestandnurture.org or visit [nestandnurture.org](https://nestandnurture.org).

### CHILDREN AND YOUNG ADULTS

**Camp Jump-In 2023 Intensive Therapy Camp with Jacquelin Kilburn • July 17-28 • 9 a.m.- Noon •** Therapy camp benefits children with sensory processing difficulties, learning problems, apraxia, in-coordination, low muscle tone, auditory processing dysfunction, and other neurological delays or disorders. We use the "Frequency, Intensity, Duration Model" which has been proven highly effective at making large gains in a small amount of time. We require one parent or caregiver for each camper, because the camp becomes a parent training, networking, and support system. We can accommodate eight campers. All camp activities are held outdoors, weather permitting. Activities involve the use of suspended equipment, gross motor activities, fine motor activities, social interaction, brain gym, language, body work, and pool time. Campers new to Jump-In need an evaluation prior to camp. Due to the intensity level, campers must be at least four years old. Program may be covered by health insurance. For more information call (810) 231-9042 or email Info@jumpinot.com.

**Summer Peace Camp with Ann Arbor Zen Buddhist Temple • Friday, July 28 through Friday, August 4 •** Tent camping for families and children of all ages, by the lake and in the forest, close to Ann Arbor. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants while seeking to balance structure and spontaneity. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Parenting, Teaching, Coaching, and Working with Indigos with Karen Greenberg • Sunday, August 27 • 9 a.m. to Noon •** Your Indigo child is a genius! What worked with earli-



er generations, simply doesn't work and can even be counterproductive and self-defeating. Indigos, parents, teachers, coaches, employers, and employees: learn how to discover, understand, encourage, support, nurture this genius, novel patterns of bonding, how emotional needs differ from those born previously, mate agreements, social difficulties, organization, hyperactivity, and alternative strategies to drugs, how Indigos learn differently, and mirror unresolved family issues (private individual/family sessions available, too). \$77. For more information contact Karen Greenberg (734) 417-9511, email krngnbg@gmail.com, or visit [clair-ascension.com](http://clair-ascension.com).

## DEATH AND DYING

**Death Café via Zoom with Rev. Annie Kopko · First Tuesday of the month · 6:30 p.m. to 8:00 p.m.** · Open discussion of death and dying. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Ann Arbor Death Cafe via Zoom with Rachel Briggs · June 17, July 15, August 19 · 10:30 a.m. - Noon** · Please join us in an open, respectful, confidential (virtual) space for an agenda free discussion on all things life and death. People of all ages, experiences and needs gather to talk about all aspects of death. Bring your heart and curiosity. Everyone is welcome. We meet via zoom the third Saturday of each month. Learn more about worldwide Death Cafes at [deathcafe.com](http://deathcafe.com).

**End-of-Life Doula Training with Patty Brennan · Saturday and Sunday, July 29 & 30 · 10 a.m. to 4:00 p.m.** · Online professional training with Patty Brennan to become a certified end-of-life doula (EOLD) through Lifespan Doulas. Hybrid program includes 50 hours of self-paced study plus a live, interactive workshop on Zoom. Course prepares you to support family and friends on their final journey, seek employment as an EOLD, enhance your support efforts as a hospice volunteer, or open an income-generating community-based doula practice. Explore creative ways to blend the doula model of care with your unique experience, gifts, and passion. \$697.00. For more information contact Patty Brennan at (734) 663 -1523, email [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com), or visit [lifespandoulas.com/end-of-life-doula-training](http://lifespandoulas.com/end-of-life-doula-training).

## ENERGY AND HEALING

**Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer · Friday** · What's new in personal and planetary healing and ascension, support for your journey including practical and spiritual tools, insights, visions, and finding hope, trust, and joy through the process. This international award-winning blog is cutting edge and timely. Eve Wilson is a leader in World Healing and Ascension. FREE. Visit [spiritualhealers.com](http://spiritualhealers.com) to sign up for weekly links.

**Healing Through the Akashic Records Practitioner Certification with Shellie Powers · JULY 29-30; OR AUGUST 12-13 OR 19-20 · \$500.** For more information call 734-926-8423, email [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/eventsor](http://powers365.com/eventsor).

## FESTIVALS AND FAIRS

**Community Chalice with Evenstar's Chalice · June 24, July 30, August 26 · Noon to 5:00 p.m.** · "Community Chalice" is a monthly gathering where we learn, play, do ceremony, and grow together in community! Each month will have a theme. June's theme is "Keep it Light!", July's theme is "Plant Magic / Plant Medicine" and August's theme is "Tarot." For more information visit [EvenstarsChalice.com/Happenings](http://EvenstarsChalice.com/Happenings) or email Mara at [mara@evenstarschalice.com](mailto:mara@evenstarschalice.com).

**Enlightened Soul 2-Day Psychic Fair · 1st & 3rd weekends: June 17-18, July 1-2, July 15-16, Aug. 5-6, Aug. 19-20 · Saturdays, 11 a.m. to 6 p.m. Sundays, Noon to 5 p.m.** · Join us for TWO DAYS of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Psychic Fairs. WHAT A GREAT WAY TO EXPLORE A VARIETY of readings, energy healing, & metaphysical shopping at one time, under one roof! Admission: \$5 Sat./\$3 Sun. = FREE gift, FREE snacks, FREE parking Readings & Energy Work: \$2/minute (minimums vary). For more information contact Amy Garber, 734-358-0218, email [amy@enlightenedsoulcenter.com](mailto:amy@enlightenedsoulcenter.com), or visit [enlightenedsoulcenter.com/enlightened-soul-psychic-fair](http://enlightenedsoulcenter.com/enlightened-soul-psychic-fair).

**21st Annual Michigan Lavender Festival · Friday through Sunday, June 23 through June 25** · It's the most fragrant and relaxing event of the season! The Lavender Festival will showcase Michigan's top lavender farms, growers, and producers along with more than 200 Artists and Makers. Our festival also features a food truck gathering with Metro-Detroit's best food trucks, and guests will be able to learn about the many benefits of lavender, including growing, harvesting, cooking, crafting, along with medicinal and aromatic uses for this beloved herb. A variety of lavender themed classes, workshops and demonstrations available. Learn more at [themichiganlavenderfestival.com](http://themichiganlavenderfestival.com).

**Saline Celtic Festival · Friday and Saturday, July 7 & 8** · Join us for our 26th festival! We've relocated to the Washtenaw Farm Council Grounds just north of Saline at 5055 Ann Arbor Saline Road. Celebrate your Celtic heritage with Highland dance competitions, Ancient Athletics competitions, merchants, workshops, and more! Magical or the whole family. For more information visit [salineceltic.org](http://salineceltic.org)

**Holistic, Metaphysical & Spiritual Fair with Unity of Bay City · Friday and Saturday, June 9 & 10** · Join Unity of Bay City for a weekend of holistic, metaphysical, and spiritual practitioners, readers, speakers, vendors, artists, and musicians as we come together to offer wellness services, products, performances, education, and experiences to the community so that you can learn how to care for yourself and your loved ones in alternative healing ways and have fun doing it! Presenters and speakers include healing touch, organic composting, assisted yoga, drumming circle, a children's area, and so much more! Entrance fee is \$5.00, \$2 for kids 12 and up, children 12 and under are FREE. For more information contact Tammy Monroe at (989) 686-0265, or email [unityhearthumb@gmail.com](mailto:unityhearthumb@gmail.com), or visit [shorturl.at/qMSU8](http://shorturl.at/qMSU8).



# The Crazy Wisdom Calendar



## MAY THROUGH AUGUST 2023



**Holler Fest with the King Family at Frog Holler Farm** · Friday, August 25 through Sunday, August 27 · Begins Friday at 2:00 p.m. through 8:00 p.m. on Sunday · A family-friendly farm festival featuring over 60 top local music artists on four stages with guided nature walks, yoga and movement workshops, local food vendors, and kid's activities throughout the weekend. FREE camping. Check [hollerfest.com](http://hollerfest.com) for when tickets go on sale. For more information follow Holler Fest on Facebook and Instagram or email [kings@hollerfest.com](mailto:kings@hollerfest.com).

**Holistic Health Classes with Beth Barbeau at the Natural Health Expo—Part of the Lavender Festival** · Friday, June 23 through Sunday, June 25 · 10 a.m. to 6:00 p.m. · Beth is teaching three FREE classes at the Natural Health Expo: Healthy Births-Healthy Lives, Why Birth Matters to All of Us Even When We Aren't Having Babies, Natural Pain Relief That Works and Family Herbology. See event websites for descriptions and schedule. Lavender Festival admission \$8, under 12 FREE. For more information visit [wearebloomingwell.com](http://wearebloomingwell.com) or email [Beth@IndigoForest.com](mailto:Beth@IndigoForest.com).

### HEALTH & WELLNESS

**The Journey of Abundance with Angie, Paula, and Valentine** · Saturday, June 24 · 2:00 p.m. · Have you ever wanted to try all the things Spirit has to offer but didn't have the time or resources to do so? Well now you have the opportunity! Come join us on The Journey of Abundance where we sample all the things we love ~ Meditation, Chair Yoga, Breathwork, Sound Healing, Essential Oils, Reiki and a Gallery Reading all while relaxing at the beautiful Infinite Light Center. \$33 pre-registered or \$44 at the door. Register online at [jotform.com/assign/231207040506138/231275743857061](https://jotform.com/assign/231207040506138/231275743857061)

**Practice a mindfulness walking meditation at Crooked Lake off Loveland Rd** · June 11 @ 10:00 a.m. · <https://hyooguh.studio>

**Practice mindfulness and social meditation with Trish Maley** · June 13 @ 7PM · <https://hyooguh.studio>

**Join Trish Maley for one hour of in-person practice of mindfulness meditation and social meditation** · June 20 @ 7PM · <https://hyooguh.studio>

**Join Trish Maley for one hour of in-person practice of mindfulness meditation and social meditation** · June 25 @ 10:30 AM · <https://hyooguh.studio>

**Join Trish Maley for one hour of in-person practice of mindfulness meditation and social meditation** · June 27 @ 7PM · <https://hyooguh.studio>

### HOLISTIC HEALTH

**PTSD in Modern Society with Conrad Joseph Welding Jr.** · Wednesday, June 14, 21 · 6 to 8:00 p.m. · Explore the gap between the real-world presentation of anxiety disorders and post-traumatic stress disorder (PTSD). Explore research into this area, the options and hope to individuals suffering from posttraumatic symptoms and increased societal awareness. \$99 For more information visit [wccnet.edu/noncredit](http://wccnet.edu/noncredit) or call (734) 677-5060.

### INTUITIVE AND PSYCHIC DEVELOPMENT

**Focused Mind Meditation – Teleconference with John Friedlander** · Sunday, July 2, August 6 · 9 a.m. to Noon · 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. See website for phone and payment information. \$15. For more information contact Violeta Viviano at (734) 476-1513 or visit [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group - Teleconference with John Friedlander** · Thursday and Friday, July 20 and 21 · 7 to 9:00 p.m. · Saturday and Sunday July 22 and 23 · 10 a.m. to Noon and 2 to 4:00 p.m. · New material introduced with continued development of advanced and core techniques seeking a natural sense of skills in practical everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or permission of instructor. \$275. For more information contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com) or visit [psychicpsychology.org](http://psychicpsychology.org).

### MASSAGE

**Infant Massage with Irene's Myomassology Institute** · Saturday, August 26 · 9 a.m. to 1:00 p.m. · Students are taught how infant massage can enhance development and well-being of babies. Techniques included are for infants up to one year old. Students are asked to have a friend or family member bring a baby to class. If a student wants to work with their own baby, another care-giver will need to bring the infant to class. You will also need a sheet, doll or stuffed animal large enough to practice techniques. \$88. For more information call (248) 350-1400 or visit [irenes.edu](http://irenes.edu).

### MEDITATION

**Introduction to Mindfulness 4-Week Online Series** · July 13-Aug 3, 7:45-9:00 p.m. · Are you interested in learning what mindfulness is and how it can benefit you? Perhaps you are hesitant to commit to a longer program or want to refresh your mindfulness practice. If so, this introductory 4-Week Online Series may be right for you.

**Healing and Compassion Meditations with Hartmut Sagolla** · Mondays, June 12, 19, 26, July 10 and 17, August 7, 14, 21, 28 · Online only · Noon to 1:00 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 visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).


**FREE open meditation with Jewel Heart Instructors** · Thursday, June 15, 22, 29, July 6, 13, 20, August 3, 10, 17, 24, 31 · On-site only 6 to 6:45 p.m. · Facilitators offer lightly guided concentration meditation sessions for all levels of experience. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**White Tara Guided Healing Meditation with Jewel Heart Instructors** · Sunday, June 11, 18, 25, July 2, 9, 16, 23, August 6, 13, 20, 27 · No event on July 30 · Online and on-site · 9:30 to 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. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**A Day of Mindfulness Meditation with Esther Kennedy, OP** · Saturday, June 10, July 15 · 10 am to 2:30 p.m. · Meditation has a way of going to the heart of who you are, the choices you make, and the way you live. The heart of meditation is awareness of and staying with whatever rises. We just stay. We just breathe. As the mind begins to ease, a taste of compassion rises. \$35, lunch included. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).


**Peace Generator via Zoom with Interfaith Center for Spiritual Growth** · Friday, June 16, July 21, August 18 · 7 to 9:00 p.m. · Manifest peace for the planet. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).


**Cacao + Sound with Rob Meyer-Kukan** · Saturday, June 11 · 7 to 9:00 p.m. · Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark-Teper of Sacred Lotus Experience at 7 Notes Natural Health for a heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, over 40 different instruments (singing bowls, gongs, therapeutic harp, shruti box, and more), Alicia and Rob will create an experience that will immerse you in peace and tranquility. \$50. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).



## Mindfulness Meditation and Social Meditation

Sundays 10:00 a.m.  
Tuesdays 7:00 p.m.

 **hyoogüh**

 <https://hyooguh.studio>

**hyoogüh** 118 1/2 W. Middle St., Chelsea, MI

**triple moon:**  
COACHING

*Reinvention from the Inside Out*

## HOLISTIC LIFE COACHING FOR WOMEN OVER 50

IT'S NEVER TOO LATE TO BEGIN AGAIN.  
ARE YOU READY TO LIVE YOUR NEXT CHAPTER WITH PASSION & PURPOSE?

*Susan Young*  
Helping Women Meet Their SOULS and GOALS  
Certified Holistic Life Coach & Creative Guide



 [www.triplemooncoach.com](http://www.triplemooncoach.com)  
 [susan@triplemooncoach.com](mailto:susan@triplemooncoach.com)  
 [@triplemoon\\_coaching](https://www.instagram.com/triplemoon_coaching)





# The Crazy Wisdom Calendar



## MAY THROUGH AUGUST 2023



### MEDITATION

**Solstice Celebration: Labyrinth Walk with Rob Meyer-Kukan** · June 17 · 1:00 p.m. · Join Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ in Dexter for a labyrinth walk to celebrate the Solstice. This event is offered as a donation-based event to support programs at the Labyrinth. Parking for this event can be found along Farrell Road or near to the barn. Once parked, follow the signs to the labyrinth. Pre-registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Summer Solstice with Esther Kennedy, OP** · Sunday, June 19 · 3:30 p.m. to 4:30 p.m. · Ritual Celebration. FREE. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Myriad of Meditations with Karen Greenberg** · Sunday, July 9, 16, 23, 30, August 6, 13, 20 · 10 a.m. to 12:30 p.m. · Seven classes in the series. Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees. Cost: \$25 per class. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Meditation Getaway with Rob Meyer-Kukan** · Saturday, August 19 · 9 a.m. to 5:00 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 various forms of meditation, yoga nidra, journal writing, breath work, sound, and aroma experience, and more. Registration required. \$125. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Weekly Silent Meditation Practice with Celeste Zygmunt via Zoom** · Sunday, 11 a.m. to Noon · Tuesday, 9 to 9:30 a.m. · We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the hour 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 if someone so chooses. Donation. For more information email [om@deepspring.org](mailto:om@deepspring.org).

**Sunday morning meditation with Insight Meditation Ann Arbor** · Sunday · 10 to 11:15 a.m. · Join us for a silent 45-minute meditation, followed by a talk or sharing. A chance to be in community and practice together. Donations appreciated. For more information visit [insightmeditationannarbor.org](http://insightmeditationannarbor.org).

**Still Mountain Buddhist Meditation Center Sunday Morning Sitting with Kenneth Morley** · Sunday · 10 a.m. to 11:30 a.m. · Our weekly meditation and sharing is open to the public. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing related to the Dharma. Zoom option is available. FREE. For more information contact Ken Morley at [kenwmorley@yahoo.com](mailto:kenwmorley@yahoo.com).

### MOVEMENT AND DANCE

**First Friday Dances of Universal Peace with Judith L. Trautman** · Friday, July 7, and August 4 · 6:00 p.m. · We meet on Zoom. By donation if in person—we are in transition. People on our list receive updates. To be on the list, or for more information email Judy Lee Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net).

### MUSIC, SOUND, AND VOICE

**Sound Bath Meditation with Rob Meyer-Kukan** · Friday, July 14, August 4 · 7 to 8:30 p.m. · Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. \$40. Registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Singing for Comfort, In Person & Zoom Interfaith Center for Spiritual Growth** · Thursday, July 13, August 10 · 7 to 8:30 p.m. · Singing for comfort FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski at Ann Arbor Library Branches** · Wednesday, July 5, August 1 · 6:00 p.m. · Folk Song Jam Along: Bring your voices and/or acoustic instruments for some all-ages community music-making, just for FUN! Beginners most welcome! Guitar, Ukulele, harmonica, kazoo... even tuba! For more information contact Lori Fithian at (734) 426-7818 or email [lorifithian@mac.com](mailto:lorifithian@mac.com). Join us July 5—Malletts Creek Branch. Tuesday, June 6 and August 1—Westgate Branch.

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

## 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 Healing Feeling Wellness Center  
Living Grateful



# The Crazy Wisdom Calendar

## MAY THROUGH AUGUST 2023

**Cafe 704 via Zoom and In-person with David Mosher · Saturday, June 10, July 8 · 7 to 9 :00 p.m.: July 8 · \$10/ per person. For more information visit [interfaithspirit.org](http://interfaithspirit.org).**

**Sound & Vibrational Healing Certification with Bill Gisclair-Sullivan · Saturday, July 15 through Tuesday, July 18 · Saturday, Sunday, and Monday, 10 a.m. to 6:00 p.m., Tuesday, 10 a.m. to 4:30 p.m. · This interactive training is centered around the teaching of Sound Healing & Vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing, but to give you “hands-on” experience. Level I and Level II are both available at this training. Level I - \$795, Level II - \$795, Levels I & II - \$1590. For more information contact Brian Gisclair-Sullivan at [meditateyou@gmail.com](mailto:meditateyou@gmail.com) or visit [meditateyou.me](http://meditateyou.me).**

### PERSONAL GROWTH

**Cohousing Tours with Cohousing Residents · Sunday, June 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · 2 to 4:00 p.m. · Explore Ann Arbor’s intentional communities, Sunward, Great Oak, and Touchstone Cohousing. We are self-governing condo communities built around shared values of connecting, sustainability, and consideration for differences. We are a community of friends who work, share, learn, grow and play together. Our neighborhood is a comfortable space that supports both individual expression and shared experiences. Come find out what it’s all about! For more information call (734) 274-9110, or email [Tours@Touchstonecohousing.org](mailto:Tours@Touchstonecohousing.org).**

**Finding Your Ground: A Personal Growth Group for Women with Jessica Ryder and Rachel Egberman · Wednesday, July 12, 19, 26 · 6 to 8:00 p.m. · Summer Series Nourishing the physical, emotional, and spiritual roots that allow us to blossom in human form. Join us for guided explorations and practices of deep listening – to ourselves and each other. Seeing beyond the fog of judgement we naturally align more fully with our true nature, finding greater ease of being and the ability to live in heart-centered belonging. Cost: \$150. Some scholarships available. Limited to six participants. Open to adults who identify as women, independent of sex assigned at birth. Contact Jessica or Rachel to set up a FREE 20-minute consultation. For more information: Jessica: [jessica@jessicaryder.net](mailto:jessica@jessicaryder.net) or Rachel: [tellrachel123@gmail.com](mailto:tellrachel123@gmail.com). Visit [celebratedheart.com](http://celebratedheart.com)**

### REIKI

**Reiki Retreat. · September 15th & 16th · Join us for a three day transformative, in-person retreat to become Reiki Certified and connect with a group of like-minded people**

in a quiet private nature venue. This retreat will prepare you to start your Reiki healing journey through our workshops, placements and hands-on practice. You will learn how to empower your daily life and gain the knowledge to effectively help yourself and others. This retreat will encompass Holy Fire 3™ Reiki 1 & 2, self-care/love, balancing morning yoga & meditation, breathwork, ceremonial circles, sacred sound healing, energy healing with essential oils and learning the use of other healing modalities in your Reiki practice. During your stay you will enjoy delicious nourishing meal options. If this resonates we invite you to join us on for a weekend reiki certification training by passionate Holy Fire 3 Reiki Masters at the Earth Well Retreat Center and Nature Sanctuary Home, Manchester, Michigan. For more information visit: [earthwellretreat.com](http://earthwellretreat.com)

### RETREATS

**Three-Day SW Lake Michigan Holistic Yoga and Meditation Retreat with Ema Stefanova E-RYT500, C-IAYT · Friday 5 p.m. through Sunday 11 a.m. · June 16-18, July 14-16 or 21-23, August 11-13 or 25-27 · Our small group retreats are held minutes away from sandy Lake Michigan beaches at the Vivekananda Retreat Center. Vegetarian meals, accommodations in double rooms with shared bathrooms in cottages, and daily group classes are included. Our retreats work well for solo travelers, women, and men. The Center sits on 110 acres of beautiful non-farming land with a meditation Shrine Trail on it, huge indoor spaces, and a private patio that provide plenty of space for practice, solitude, and safe distancing. Cost: \$559/\$529. Reserve your seat early. For more information email [EmmaStefanova@cs.com](mailto:EmmaStefanova@cs.com).**

**Private Directed Retreat with Janene Ternes of Prayer in Motion, LLC · Monday, July 10 through Friday, July 14 · 2:00 p.m. · Experience the serenity and clarity that comes from listening to God’s Spirit within you. This retreat will provide time and space for solitude, personal prayer, quiet reflection and daily spiritual direction. \$450.00 for five days, includes private room, meals & daily spiritual direction (\$260 Commuter). For more information visit [prayer-in-motion.com](http://prayer-in-motion.com) or email [PrayerInMotionLLC@gmail.com](mailto:PrayerInMotionLLC@gmail.com).**

**A Retreat on the Mystics with Thomas Berry and Caryll Houelander · Sunday, July 23 through Wednesday, July 26 · 11 a.m. · The lives and works of two contemporary mystics, Thomas Berry and Caryll Houelander, will be explored and discussed. Commuter \$180; Double Occupancy \$280 each; Single Occupancy: \$380 (meals included). For more information call Weber Center at (517) 266-400 or visit [webercenter.org](http://webercenter.org).**

**Mini Wellness Retreats at The Yoga Room with Christy DeBurton, RYT · Ongoing** · When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-time,' choose from a variety of 3-hour Mini Retreats at The Yoga Room to relax and renew. Watch for details for scheduled mini retreats in newsletter or grab up to three friends and schedule your own bespoke mini retreat! For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## SHAMANISM

**Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey · Saturday and Sunday, July 15 & 16 · 9 a.m. to 5:00 p.m.** · This is an advanced in-person class with a limit of 6 persons. Deepen your understanding of illness and how one's spirit can help the physical body thrive or not. Explore different ways to "diagnose" an illness as well as to address its healing. Working with partners, deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine For the Earth/Healing With Spiritual Light. Suggested Reading: *Walking In Light* by Sandra Ingerman. \$195 per person/\$100 for repeating students. For more information email [info@judyramsey.net](mailto:info@judyramsey.net), or visit [JudyRamsey.net](http://JudyRamsey.net).

**Shamanism, Death & Dying with Connie Lee Eiland · June 24 & 25 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4:00 p.m.** · This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach transition. The class also includes psychopomp, which is crossing lost souls over. Psychopomp is done individually and with the class. \$200 until June 10, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Cycles of Life with Connie Lee Eiland · July 15 & 16 · Saturday 10 a.m. to 6:30 p.m. and Sunday 10 a.m. to 4:00 p.m.** · This class presents pathways to help with your own life explorations. We will work with the Medicine Wheel, the Spirit of the Moon and her cycles, our personal shield, our circle of ancestors. This class includes journeying, healing, divination, and ceremony. Introduction to Journeying is required. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Ancestors & Descendants with Connie Lee Eiland · August 12 & 13 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4 p.m.** · This class investigates our connections to the ancestors and descendants in ways that impact them and us. This class includes journeys, healing, sacred art--mask making and decorating a staff, and ceremony. Introduction to Journeying and Cycles of Life are prerequisites. \$200 until July 22, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey**

· **August 26 & 27 · 9 a.m. to 3:00 p.m.** · The shamanic journey is an easy and powerful tool we can use to access spiritual information. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. Meet a compassionate spirit or power animal who is coming forward to help you at this time in your life. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$150 per person/\$75 for repeat students. For more information email [info@judyramsey.net](mailto:info@judyramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

**Journeying Circle with Judy Liu Ramsey · First and Third Thursdays · 7 to 8:30 p.m.** · If you know how to do shamanic journeying, please join us to explore the gift and healing of different states of the human condition in a friendly, nurturing, and supportive environment. \$25- \$40. For more information email [info@judyramsey.net](mailto:info@judyramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

## SPIRITUAL DEVELOPMENT

**Sunday Services via Zoom with Interfaith Center for Spiritual Growth · Sundays through August 27 · 10:45 a.m. to 12:15 p.m.** · Sunday celebration. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sufi Chanting Meditation and Discussion on Zoom with Interfaith Center for Spiritual Growth · Tuesdays through August 29 · 7 to 8:00 p.m.** · An exploration of Sufism. \$5-10 per class. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Akashic Records Practitioner Certification with Shellie Powers · JUNE: 16-17 OR 24-25; OR JULY: 8-9 OR 11-12-13; OR AUGUST 5-6 OR 14-15-16** · This class certifies you with Linda Howe's Center for Akashic Studies. \$360 For more information contact contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](http://powers365.com/events).

**Advanced Akashic Records Practitioner Certification with Shellie Powers · June 26-27-28, OR July 14-15 OR 22-23, OR August 26-27 · \$430** · This advanced class certifies you with Linda Howe's Center for Akashic Studies. For more information contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](http://powers365.com/events).

**Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg · Sunday, June 11, 18, 25 · 5 to 9:30 p.m.** · Learn how to create a sacred, protected space to astral travel safely to spiritual dimensions, gates of heaven, planets associated with the Sephirot (Spheres) in the Tree of Life, and other celestial bodies and star systems. Become more deeply acquainted with different aspects of G-D. Learn that which you don't normally learn when you're incarnate (some of which is accessible to you usually only after you leave your physical body and go to spiritual school). \$777 total (includes all 4 parts). For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Art as Spiritual Practice: The Art of Shamanism with Rocky Rains · August 5, 12, 19 · 1 to 4:00 p.m.** · "The truest



# The Crazy Wisdom Calendar



## MAY THROUGH AUGUST 2023



expression of any thought is the art which it inspires.” In these workshops we shall be making a Shamans drum, rattle, and spirit bag, and learning the spiritual power behind them. \$350. For more information contact Rocky Shadowbear Rains at (734) 799-7502, or email rainsrocky4@gmail.com.

**Be Still and Know Silent Retreat with Swami Sankarananda**  
· August 18-25 · Beginning at 5:00 p.m. · Deepen and uplift your experience of Life through silence, meditation, chanting, yoga asana and introspection. The retreat is guided by Swami Sankarananda in accordance with the holistic Sivananda Yoga Vedanta tradition. The program is specifically developed to aid participants in their evolution from fear to fearlessness, from discord to Harmony, and from pieces to Peace. This retreat is both a weekend and a weeklong retreat. We've been offering the weekend Be Still and Know retreats for six years now, and the one consistent request was for the retreat to be longer, and so we extended it to one week for the first time two years ago. You can join this either for the weekend, and complete the retreat on Sunday afternoon, or continue for the full week. FREE plus lodging. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email office@songofthemorning.org, or visit [songofthemorning.org](http://songofthemorning.org).

**Catholic Social Teaching: Continuity, Change, and Relevance with Barbara Wall, Ph.D** · Saturday, August 19 · 9:30 a.m. to 3:30 p.m. · An exploration of perduring themes in Catholic social teaching such as the sanctity of all creation, the common good, human rights, and the appropriate uses of power. \$45.00 Lunch included. For more information call Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

### STORYTELLING

**“Do Something Beautiful for God!” A Reflection Day on Mother Theresa of Calcutta with Joy Barker, OSF/S** · June 14 · 9 a.m. to 3:00 p.m. · \$30, lunch included. For more information call Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

### STRESS MANAGEMENT

**Stop Sabotaging Your Self-Care with Christy DeBurton, RYT** · Self-Paced · In this compact but powerful self-paced course you'll find effective tips and tools to honor your feelings, set boundaries, and thrive in the face of life's challenges. Get at the root causes of your self-sabotaging habits. Learn to set healthy boundaries--without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well + live better in your body. \$79. For

more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

### TAI CHI, MARTIAL ARTS, AND SELF-DEFENSE

**Yang and Chen - Qigong and Tai Chi with Karla Groesbeck** · Ongoing · Classes available in Yang and Chen - Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Long Form 108, Chen Laojia Yilu, Xinjia Yilu. Various qigong sets. Zhan Zhuang. Staff, Bang, Ruler, Push Hands/Tuishou. Low fee, FREE for seniors. For more information call (734) 276-3059, email [info@taichilove.com](mailto:info@taichilove.com), or visit [TaiChiLove.com](http://TaiChiLove.com).

**Chen Tai Chi Chuan with Joe Walters** · Ongoing Monday, Thursday 5 to 6:00 p.m. · Saturday, 9:30 to 10:30 a.m. · Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. For more information contact Joe Walters, [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com), [annarbortaiichi.com](http://annarbortaiichi.com).

### WOMEN'S HEALTH

**Creating Your Perimenopause Plan with Christy DeBurton, RYT** · Self-Paced · Creating Your Perimenopause Plan combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this e-Guide Christy shares everything she learned during her own perimenopause journey, and then helps you create a plan to support your body—pro-actively—through nutrition, supplements, exercise, stress relief and more. \$59. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

### WRITING AND POETRY

**Crazy Wisdom Poetry Series Hosted by Edward Morin, David Jibson, and Lissa Perrin** · Workshops on June 14, July 12, August 9 · Featured Readers on May 24, June 28, July 26 · 7 to 9:00 p.m. · Second Wednesdays are Poetry Workshop days. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays are for Featured Reader(s) for 50 minutes, then Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link. For more information contact Edward Morin at (734) 668-7523, email [eacmorin@sbcglobal.net](mailto:eacmorin@sbcglobal.net), or visit [cwcircle.poetry.blog](http://cwcircle.poetry.blog)



–June 28: Terry Bohnhorst Blackhawk founded, and for 20 years directed, the InsideOut Literary Arts Project for Detroit students. Her poetry has won the John Ciardi Prize (for *Escape Artist*), the 2010 Pablo Neruda Prize, and a Kresge fellowship. Her fifth book, *One Less River*, was a Top 2019 Indie Poetry title. Her latest chapbook is *Maumee, Maumee*.

–June 28: Derek Pollard is Editor of the Poets on Poetry Series at University of Michigan Press. A widely published poet, book critic, longtime educator, and workshop leader, he founded Constellar Creative, a creative agency that specializes in content marketing and copywriting. His most recent poetry collection is *On the Verge of Something Bright and Good*.

–July 26: Jack Driscoll's *Twenty Stories: New and Selected*, won the 2022 Pushcart Editors Prize. His novels or story collections received the PEN/Nelson Algren Award, AWP Grace Paley Short Fiction Prize, Society of Midland Authors Award, and Michigan Notable Book Awards. He founded the creative writing department at Interlochen Center for the Arts.

**The Promise of Summer: A Writing Workshop with Tarianne DeYonker, OP with the Weber Center · Saturday, July 15 · 10 am to 4:00 p.m.** · When planting seeds in my garden my hope is palpable. As spring turns to summer, I need patience and support to persist in watering, weeding, and aerating the soil to nurture what I have planted. The same is true for writing. What are some of those nurturing activities that keep us writing when the words just won't come, or time seems to drift away from us? You can give yourself the time to write with others during this workshop day. Beginning and experienced writers are welcome in this workshop. \$60, lunch included. For more information call the Weber Center at (517)266-4000. Registration is required at [webercenter.org](http://webercenter.org).

## YOGA

**Open Level Yoga with Michele Bond · Ongoing through July · Sunday, 4 to 5:30 p.m. · Tuesday, 6 to 7:30 p.m. · Saturday, 10 to 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 per class if registered for the semester. \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga Essentials with Michele Bond · Ongoing through July · Thursday 6 to 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 per class if registered for the semester \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga for Athletes with Michele Bond · Ongoing through July · Wednesdays 6 to 7:30 p.m.** Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Universal Alignment Principles help open the door to peak performance in sports and all areas of your life. \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Guided Personal Retreat with Song of the Morning Staff · June 30 – July 2** · The Song of the Morning Yoga Retreat community invites you to join us for an uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. Offered during select weekends in 2023, guided personal retreat offers a greater sense of community and support, so that you might get the most out of your retreat experience. Cost: \$108 plus lodging. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email [office@songoftthemorning.org](mailto:office@songoftthemorning.org), or visit [songoftthemorning.org](http://songoftthemorning.org).

**Yoga + Sound with Rob Meyer Kukan · Friday, June 23 · 6 to 7:30 p.m.** · Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. \$40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

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



Submit your listing two weeks in advance.

[Submit your listing here.](#)



*"Inside you there's an artist you don't know about... say yes quickly, if you know, if you've known it from before the beginning of the universe."*

*-Rumi (1207 – 1273)*