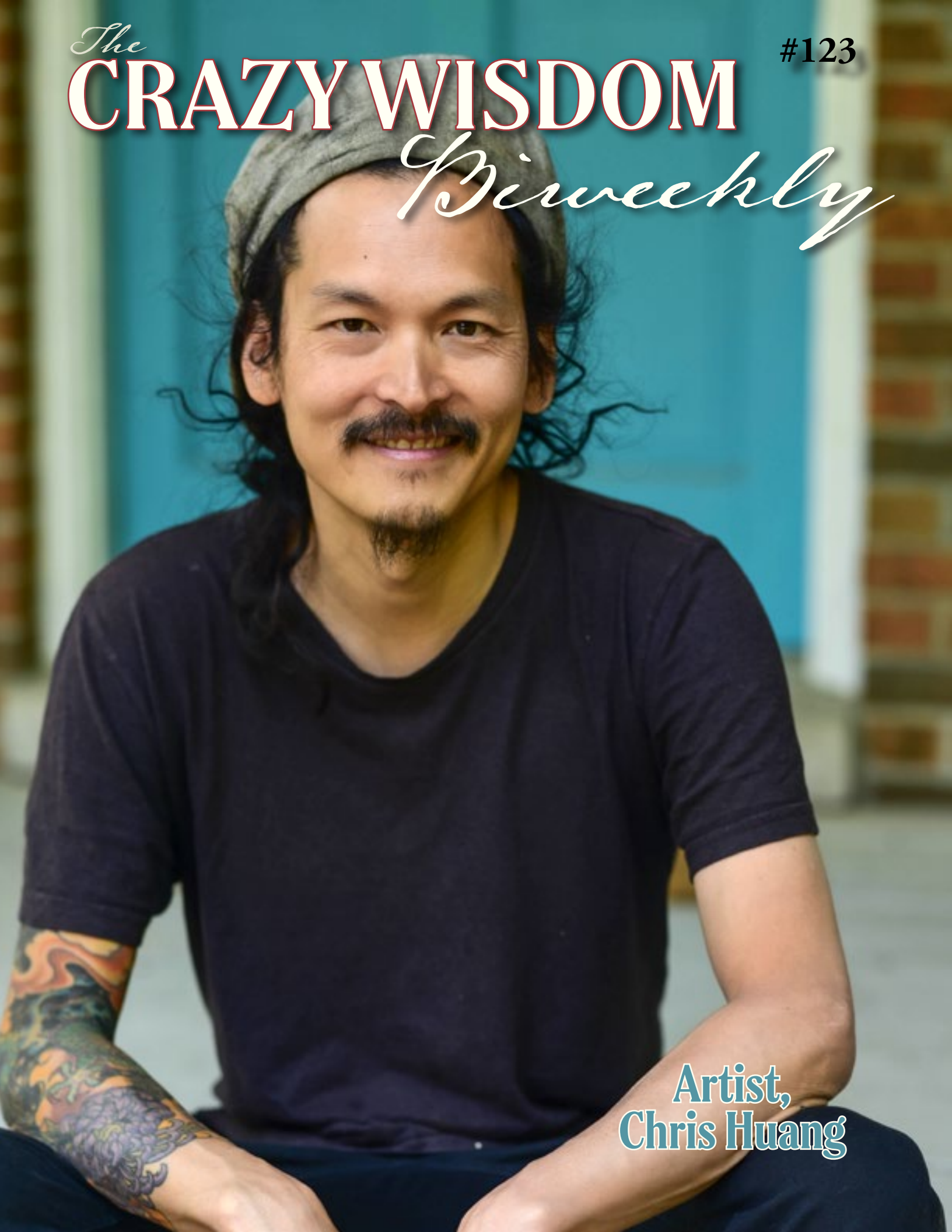


*The*  
**CRAZY WISDOM**

#123

*Biweekly*



Artist,  
Chris Huang

*Shining a light in the dark.*



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*On The Cover:*

**Chris Huang** creates with colored pencil and ink on wood and is inspired by the beauty in nature. You can see more of his work at [yellowlotusdesigns.com](http://yellowlotusdesigns.com).

**The Crazy Wisdom Journal is looking for a**



**Part-Time Graphic Designer  
and Social Media Coordinator  
with some experience in ad  
sales and design.**

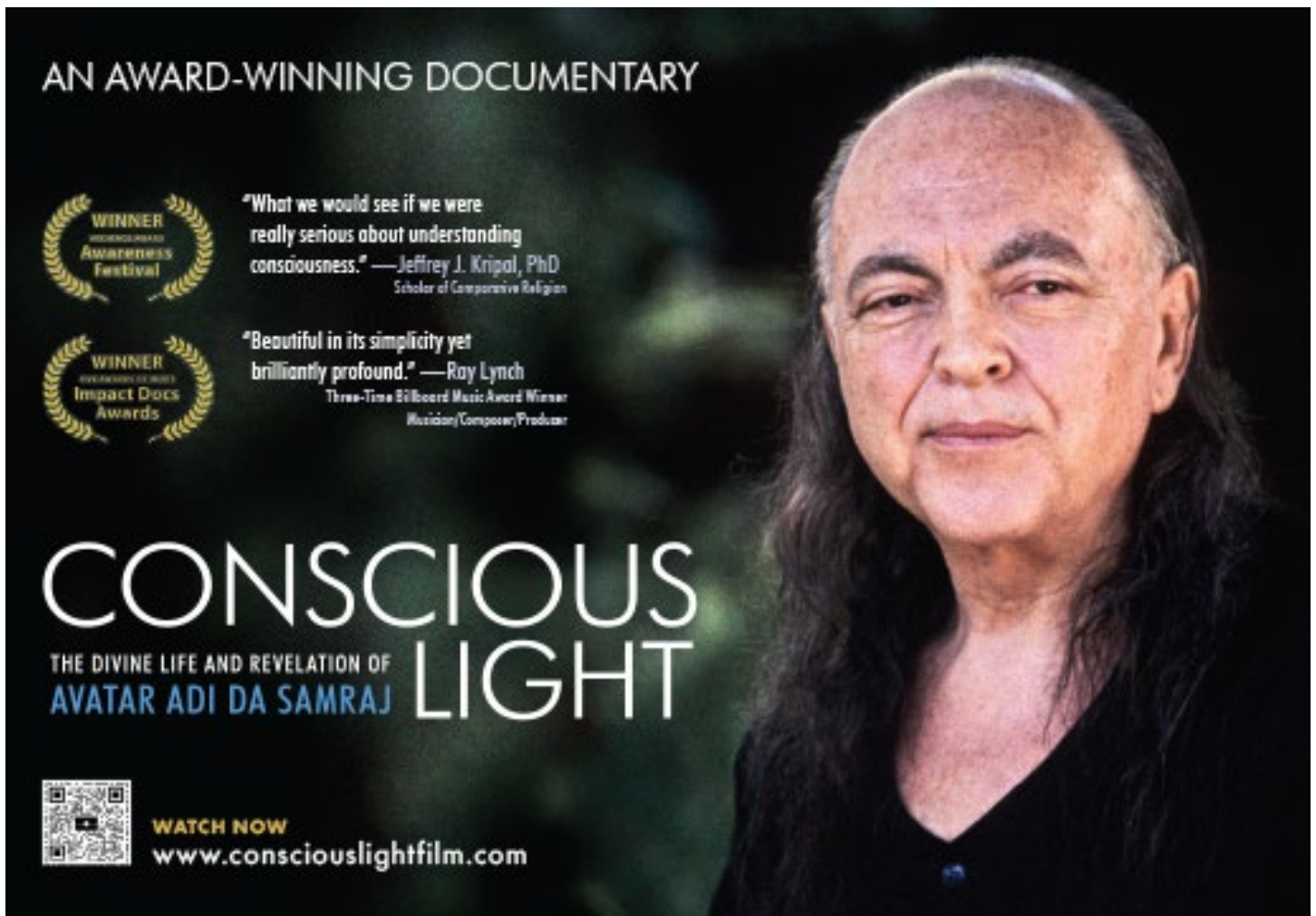
We are looking for someone that is interested in conscious living subjects, art, and local happenings who knows INDD, AI, and PS like the back of their hand, has experience with Google Drive/Docs/Sheets, is proficient in Word, navigates the social media world (Facebook, Instagram, etc.) with ease, is detail oriented, a solid creative problem-solver, and a team-oriented worker who has great communication skills. This role also includes some limited ad sales mostly pertaining to the CW Biweekly Ezine. Copy editing experience is a bonus. Are you who we are looking for?

**Tasks for this role include:**

- Designing a 20–30-page Biweekly Ezine (layout)
- Brainstorming article/interview ideas with Managing editor
- Updating calendar listings in Biweekly
- Social Media postings and growing engagement
- Sales support of advertorials and ads for Biweekly/CW Journal

You must have your own computer and access to high-speed internet. Position is an average of 8-10 hours per week, with possible room to grow. Pay rate is \$20-24/hour depending on experience and skill set. If you are interested, please email a cover letter, resume, and a sample of PDF layouts you have completed to [Jennifer@crazywisdom.net](mailto:Jennifer@crazywisdom.net).

[Find previous issues of the CW Biweekly here: crazywisdomjournal.com/crazy-wisdom-biweekly.](http://crazywisdomjournal.com/crazy-wisdom-biweekly)



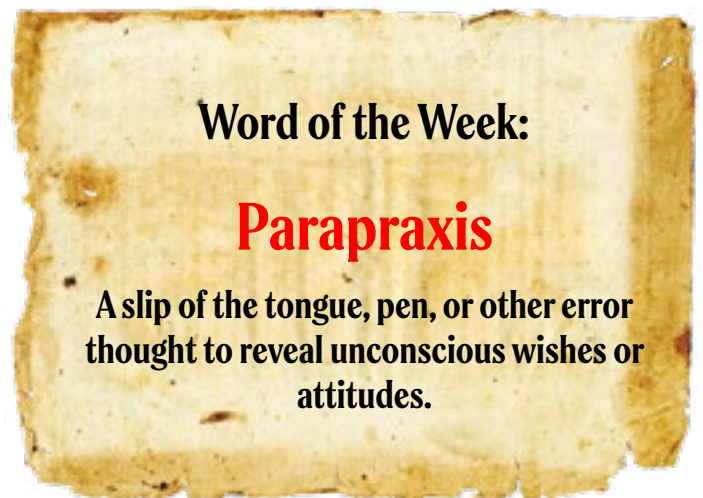
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, [crazywisdomjournal.com](http://crazywisdomjournal.com). *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thanks to our contributors for this issue:

- Jennifer Carson
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- Carol Karr
- Erin Kelley
- Nawal Motawi
- Maureen McMahan
- Hilary Nichols
- Bill Zirinsky



Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to [Jennifer@crazywisdom.net](mailto:Jennifer@crazywisdom.net).



The Brides Project will host The Say Yes to Hope Flash Sale on Friday, October 20, 2023, from 12 - 8 p.m. Over 300 marked-down gowns in all size ranges will be available during the sale, and dresses purchased on October 20th will be an extra 50% off. Dresses will be available for as low as \$25.

The Brides Project, an initiative of the Cancer Support Community of Greater Ann Arbor (CSC), is a bridal salon with a heart! Wedding gowns, donated from salons, designers and brides are sold at discounted rates at their boutique in Ann Arbor. All funds generated through the sale of donated gowns, veils and accessories at The Brides Project go to the CSC, which offers a wide range of professional programs to people impacted by cancer— support groups, educational workshops, social activities, and healthy lifestyle classes such as nutrition, meditation and yoga. All programs are offered free of charge to people who have, or have had cancer, as well their loved ones.

Appointments for The Say Yes to Hope Flash Sale can be booked online before the sale, and walk-in appointments will be available the day of on a first-come, first-serve basis. If there is a long wait for walk-in appointments when you arrive on the day of the event, we will add you to the waiting list and text you when space is available. To allow as many brides as possible to participate in the sale, appointments will only be an hour long, and only the sale dresses will be available for purchase on October 20th.

### About The Brides Project

The Brides Project (TBP) opened in September 2011. TBP is a fundraising initiative of the Cancer Support Community. This unique project is staffed by volunteers and dedicated to raising funds for free programs for families impacted by cancer at the Cancer Support Community (CSC) of Greater Ann Arbor through the sale of donated bridal gowns. Once-worn gowns donated by brides or unsold gowns donated by bridal shops are available for brides-to-be to purchase at a considerable savings. All profits from the sale of the gowns go to the CSC to support programs and services for people touched by cancer.

Our salon is located at 1677 Plymouth Road in Ann Arbor. We have collected hundreds of beautiful bridal gowns in a variety of styles, thanks to the generosity of many brides, bridal designers, and bridal salon owners. These socially conscious men and women wanted to make a difference and in the lives of individuals who have been touched by cancer. Thanks to their generous donations, we are able to sell our gowns at deeply discounted prices.

Our expert volunteer bridal consultants will make you feel right at home, comfortable, and relaxed, and will work with you to find just the dress for you.

By purchasing a wedding gown at The Brides Project you:

- Help people diagnosed with cancer receive much-needed services to improve their quality of life

- Help the loved ones of those with cancer receive support and education

- Reduce your impact on the environment

- Get a beautiful gown at a very reasonable price

*The Brides Project would love for you to come and see their beautiful bridal gown selection. Please make an appointment to view the selection. Make an appointment on their website, [thebridesproject.org](http://thebridesproject.org).*

This is an Advertorial





# Human-Centered Intentional Culture

By Nawal Motawi

Creating a healthy business culture with engaged employees is possible. Clarity of purpose, real care for the people involved, clear expectations and persistence can get you there. The bad news: it is hard. But the good news is that work is much more fun when approached this way.

## Purpose

Building a business with a healthy culture starts with purpose. Humans generally want to be part of something meaningful. We want to feel that our work makes the world a better place. Have we all heard the tale about the two bricklayers working on the big church? When asked what they do for a living, the first one says, "I lay bricks." The second one says, "I'm building a cathedral." Which one is more engaged?

Making the owner or shareholders rich is not a compelling purpose. Neither was my original purpose for Motawi Tileworks, which was simply to earn a living making tile I was proud of, in a manner consistent with my values. I didn't want to work for anyone else and I wanted to pit my best thinking and effort to thrive against an indifferent marketplace.

Despite a somewhat murkily defined purpose, Motawi Tileworks earned a reputation over the years for making beautiful tile. The company looked great from the outside, but the inside was not so good. As we evolved from survival mode to thriving mode, choices and changes were necessary. These included alterations to the leadership team and business strategy, and the adoption of a more defined set of shared beliefs we call the Motawi Mojo Manifesto. The format is based on the Planbook concept from Patrick Lencioni's excellent book, *The Advantage: Why Organizational Health Trumps Everything Else in Business*. Motawi's manifesto guides employee decision-making at all levels and is the most fundamental declaration of our purpose (to enrich the world with beautiful products and healthy business practices) and expectations.

## Caring

You must care about your people to get real engagement from them. What does this look like? Caring means getting to know about your employees' lives apart from work. It means valuing differences between people and managing and rewarding in ways that are meaningful to each person specifically.

At The Tileworks, caring means big company benefits like health insurance and vacation pay, and small company benefits like gift certificates to our gallery and monthly Cake Day. It also means allowing employees to use paid time off when their loved ones need care during the workday (without fear or penalty).

These days, the culture at the Motawi companies is as marvelous as the tiles. It's not perfect, but we are in maintenance mode, which is about intentionality and consistency.

## Consistency and Persistence

According to another Lencioni book, *The Four Obsessions of an Extraordinary Executive*, the four most important things a leader can do are establish a cohesive leadership team, create clarity, over-communicate clarity and reinforce clarity.

Our clarity is our defined set of shared beliefs, the Motawi Mojo Manifesto. To embed these into our company DNA we use multiple communication modes regularly and will do so forever: posters on the walls, notes with paychecks, stories read aloud, emails, mojo contests - anything memorable and fun will work. When your employees start sassily parroting your manifesto back to you, then you know it has sunk in!

[Read the rest of the article on our website.](#)



Read the article on Nawal Motawi and Motawi Tileworks in Issue #74 of [The Crazy Wisdom Community Journal](#).



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The Crazy Wisdom Community Journal

issue 84

### \*Features\*

- Ann Arbor Community Acupuncture
- Mara Evenstar and The Call to Rest
- Now That Was a Great Funeral
- The Power of Ancestry and Pesonal Discovery
- *In Pursuit of the More Perfect Apple* at Amrita Farms

...and more!

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# Kindred Conversations

Story and Photography by Hilary Nichols

Artist Chris Huang of Yellow Lotus Designs creates his colored pencil and ink artwork on wood from the inspiration of nature. He credits the way each piece fills the full frame as a nod to his lifelong love of graphic novels.

Sometimes high art isn't so highbrow. The colorful collage-styled fine art pieces that lined the long gallery walls at Matthaei Botanical gallery this past summer are not comic, but they were inspired from comic books. Artist Chris Huang of Yellow Lotus Designs creates his colored pencil and ink artwork on wood from the inspiration of nature. He credits the way each piece fills the full frame as a nod to his lifelong love of graphic novels. "Someone once called it "high-folk art" and I kind of liked it as a description," said Huang. Each panel is a whole story that uses every inch to empower a complete expression. The bright and beguiling compositions are complex with many points of interest. Each piece takes time to really view all the elements. Central in his work are a fox, a Luna moth, and Sandhill cranes. Nature is the star here. Surrounded by fanciful foliage and curly que clouds, sun, stars, and stones—these pieces are carefully crafted out to the very edge.

As a kid Chris Huang's talents were evident, "I was drawing dinosaurs and comic book characters early. The interest went dormant during high school but was re-stoked from a drawing class while attending U of M. " School and travel both impacted his artistic aesthetic. "The Mexican muralists and the Native American and other Indigenous artists with their often- bold color choices and patterns struck a chord with me while living in the American Southwest." The overarching element is apparent in each piece as well. "Since art is a reflection of oneself, being of Chinese descent, naturally the most prominent influence is an Asian style that runs throughout all of the work."

While living in Boulder, Colorado after college, this current style of artistry was established when a woodworker offered free wood panels to the community of artists. Quickly he realized the choice of surface was ideal for his color pencil applications. "First out of necessity, but it became a synergistic material right away, and it has come to really define the aesthetic of my pieces," Huang said. The match was made.

"My inspirations are varied, spanning several genres and cultures from comic books to stained glass of Frank Lloyd Wright, the Austrian painters Klimt, Schiele, Hundertwasser, and psychedelic rock poster art," Huang explained. He is happy to be able to pair his passion with purpose to help



charitable organizations. His work benefits the environmental organizations such as Frack Free Colorado, Cornucopia Institute, and Conscious Alliance. Conscious Alliance commissioned a poster to raise funds for food relief at the Pine Ridge Reservations. Conscious Alliance is a non-profit hunger relief organization that unifies bands, brands, artists, and fans to collectively support communities in crisis. "Grab a poster—Feed a family" is their tagline. Huang's art has been an active part of this brilliant pairing for years. "Chris cares deeply about the community. He uses his art to connect and giveback so that all may thrive. We are beyond lucky to have him as part of our Alliance," said Justin Levy, Executive Director of Conscious Alliance, when I inquired.





For over 20 years he has created artwork for people of all walks of life. "I pride myself on my ability to share work regardless of financial situations. It is important to me that my art is accessible." On his website his artwork is available as original or commissioned fine art pieces, prints, posters, tee-shirts, greeting cards, or on an intricate wooden puzzle to purchase at all price points. In Boulder, Colorado his work is available for all to view as an outdoor mural, commissioned as part of the city's Creative Neighborhood Murals project. Huang was chosen as a city-approved artist before he recruited his dear friends to apply for this triple win. Huang is proud to share, "It remains some of my most meaningful work to have had the opportunity to create large murals for all to see, supported by the city, on the homes of loved ones. That is very significant for me."

His motivation is to show his work where people will appreciate it. "I simply haven't ventured where I wasn't welcomed or pursued leads that didn't appear before me. I've allowed myself to be guided more by intuition and accepting invitations through mutual acquaintances and friendships, rather than seeking a gallery based on prestige or perceived esteem." His first gallery show was 20 years ago here in Ann Arbor at Gypsy Cafe, where the current People's Food Co-Op's Cafe Verde is now. "I was in my early 20's just learning to express myself and I was able to cobble together enough finished work to create an exhibition." The early accolades and recognition were a huge force to ignite his career. "When I made my first ever sale it was so exhilarating for me. I can't stress enough how much coming up in the Ann Arbor community uplifted me in those days and what a nurturing community it was and remains. Ann Arbor really is the jewel of the Midwest," Huang gushed.

[Read the rest of the article online.](#)

## The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipes, or awesome wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: [Jennifer@crazywisdom.net](mailto:Jennifer@crazywisdom.net). Please put CW Biweekly submission in the subject line. Articles should be no more than 700 words.

We look forward to seeing your submissions!



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# The Crazy Wisdom Calendar

September through December 2023



## A Course in Miracles

**A Course in Miracles Study group via Zoom with Interfaith Center for Spiritual Growth • Mondays, September 4 through December 25 • 6:45 to 8:45 p.m.** • Course study group. Free, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**A Course in Miracles Study group via Zoom with Interfaith Center for Spiritual Growth • Thursdays, September 7 through December 28 • 6:45 to 8:45 p.m.** • Course study group. Free, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

## Animals and Pets

**K9 First Aid, Fitness, and Cooperative Care Workshop with Adrienne Wisok, MS, CVT, KPA-CTP and Hanna Gould, KPA-CTP, CTDI, CCFC • Saturday, November 18 • 1:00 p.m.** Learn all about dog health in this half-day seminar! Covers: basic canine first aid, what is cooperative care, what to have in your dog first aid kit, how to make vet visits less stressful, basics of canine fitness, injury reduction and recovery. Receive discounts for a future class, and more!! For more information contact Kathryn at (248) 496-3582 or to register: <https://k2k9llc.as.me/schedule.php?appointmentType=53251191>. Visit the website for more information <https://www.k2k9training.com/k2k9events>.

## Arts and Crafts

**Weber Shop Christmas Open House with Katherine Dusseau • Wednesday through Saturday, November 1 through Saturday, November 4 • 9:00 a.m. to 4:00 p.m.** • Christmas Open House. Unique Gifts, Beautiful nativities, Christmas cards, one-of-a kind art pieces, original ornaments, and other specials. FREE. For more information contact the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Byzantine Iconography, Learn to Paint Your Own Icon with Aruna Olga Bachmann • Saturday & Sunday, November 18 & 19, December 9 & 10, and following weekend TBA • Saturday, 10:00 a.m. to 6:00 p.m. and Sundays, Noon to 7:00 p.m.** • (three weekends to complete one traditional style icon) Icon painting (writing) taught in the traditional monastic 15th and 16th century style using gessoed wood board, clay and gold leaf, egg tempura paints, sealed with stand and linseed oils. This is a multi-layered, liturgical process, much like a meditation in practice. \$500, includes materials. For more information contact Aruna Olga Bachmann at (734) 808-1335, email [lhci.financials@gmail.com](mailto:lhci.financials@gmail.com), or visit [lighthousecenterinc.org](http://lighthousecenterinc.org).

**Candle-making & Gift Crafting with Deanne Bednar • Saturday or Sunday, December 3 or 9 • 10:00 a.m. to 4:00 p.m.** • Enjoy the rhythm & aroma of making dipped bees wax tapered candles. Ah. Held in the cozy kitchen of the main house at Strawbale Studio land. One hour north of Detroit on wooded rural land. Also sculpt earthen candle stick holders & decorate matchboxes with nature items like birch bark and pods. Great for gifts! All materials provided. You can also forage & bring some of your own nature items for decorating. \$45 + \$10 for materials. \$55. For more information visit [strawbalestudio.org](http://strawbalestudio.org) or call Deanne at (248) 496-4088.

**Candle-making & Cob Craft with Deanne Bednar • Sunday, December 10 • 1 p.m. to 5:00 p.m.** • Enjoy the rhythm & aroma of making dipped bees wax tapered candles. Ah. Held in the cozy kitchen of the main house at Strawbale Studio land. One hour north of Detroit on wooded rural land. Also sculpt earthen candle stick holders to go with your candles. Great for gifts! All materials provided. You can also forage & bring some of your own nature items for decorating. \$35 + \$10 for materials. \$45. Look for the learning tour immediately preceding this class under the heading "gardening and ecosystems." For more information visit [strawbalestudio.org](http://strawbalestudio.org) or call Deanne at (248) 496-4088.

## Body/Mind Training

**Functional Empathy Somatics "The Heart of Our Matter" with Kate Rose • Saturday & Sunday, October 21 and 22 • 9:00 a.m.** • NCBTMB approved provider training with Kate Rose, the creator of Functional Empathy Somatics. This transformative program of Somatic Intelligence, Intuition and Empathy, activates the wisdom and energetics of effective healing. Add to your already invaluable skills as you learn the applications of Functional Empathy Somatics. For more information email [katerose7@gmail.com](mailto:katerose7@gmail.com) or visit [katerosehealing.blogspot.com](http://katerosehealing.blogspot.com).

## Book Discussion Groups

**Jewel Heart Readers • Sunday, October 1, November 12, December 10 • 7 to 8:20 p.m.** • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, donations welcome. For the month's book selection and participation information, visit [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

## Breathwork

**Guided Breathwork Group with Jackie Miller • Sunday, October 15, November 5, November 19, December 3, December 17 • 6:00 p.m.** • A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. For more information, visit [thisbreath.com](http://thisbreath.com).

## Buddhism

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, October 1, 8, 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17, 24, 31 • 11:00 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. Talk begins at 11:00 a.m., moderated discussion begins at 12:15 p.m. Online and on-site. No discussion October 8. FREE, donations welcome. For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Practical Buddhism Online by Gelek Rinpoche • Tuesday, November 7, 14, 21, and 28, December 5, 12, and 19 • 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 Sunday talks and into early 2013. No sessions in October and on December 26. FREE, donations welcome. For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sunday, October 15, 22, 29, November 5, 19, 26, December 3, 17, 23, 31 • 11:00 a.m. to 12:40 p.m.** • Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Donations appreciated. Everyone welcome. FREE, donations welcomed. For more information contact Marta at 248-202-3102, [jissojizen@gmail.com](mailto:jissojizen@gmail.com) or [www.jissojizen.org](http://www.jissojizen.org), and find them on MeetUp.

**Saraha: Gnostic Poet of Bliss with Professor Roger Jackson • Wednesday, October 25 • 9:00 a.m. to 1:00 p.m.** • Saraha, "the Archer," is arguably the most important of the mahāsiddhas, the charismatic and sometimes outrageous Indian Buddhist tantric adepts of the 8th to 11th centuries CE. This workshop will explore the context, life, and teachings of Saraha, drawing on our knowledge of his Indian milieu,

the Tibetan hagiographical tradition devoted to him, and selected portions of his verse. We will focus above all upon understanding Saraha's Buddhist teachings, utilizing literary analysis and religious and philosophical investigation to get a sense of paradoxes and promises of his distinctive and deeply influential presentation of the Dharma. The workshop includes lecture, discussion, and some meditation, and it is suitable for students with all levels of knowledge and experience. \$80 Jewel Heart members / \$100 Non-members. Pay what you can—no one is turned away. Visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Science and Art of Tantric Healing with Joseph Loizzo, MD, PhD • Wednesdays, November 1, 8, 15 • 7 to 8:30 p.m. and Saturday, November 18 • 10:00 a.m. to 5:00 p.m.** • Buddhist psychiatrist-scholar Dr. Joe Loizzo shares the fruits of his lifelong journey unpacking, translating and transplanting the healing science and practice of the Vajrayana tradition into the soil of contemporary life, by grafting it together with Western psychotherapy, neuroscience and social psychology. The three evening classes approach the three key phases of the Tantric path—preliminaries, creation and completion—in light of the Yuthog tradition of Tibetan psychiatry and the contemporary psychologies of intersubjective self-transcendence, narrative self-creation and embodied integration. The closing daylong retreat puts the healing insights and skills explored in the classes into practice, through shared reflection, guided meditation and embodied breath-work and movement. The aim is to help dharma practitioners understand and deepen the healing power of their contemplative practice, whether Sutric or Tantric. Vajrayana initiation/practice is helpful but not required. \$135 Jewel Heart members / \$160 Non-members. Pay what you can—no one is turned away. Visit [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or email: [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Meditation and Discussion with Lama Nancy Burks • Ongoing • Wednesday • 7 to 8:00 p.m.** • The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Join in person or on Zoom. FREE. For more information contact Pat at (734) 678-7549, email [aaktc@yahoo.com](mailto:aaktc@yahoo.com), or visit [annarborktc.org](http://annarborktc.org).

**Sitting and Walking Meditation with Lama Nancy Burks • Ongoing • Saturday • 10:30 to 11:30 a.m.** • Every Saturday morning, we meet for sitting and walking meditation, followed by informal discussion and tea. Newcomers are always welcome! FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org).



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**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.

**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

### Ceremonies, Celebrations, & Rituals

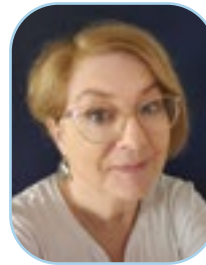
**Ryaku Fusatsu—Full Moon Ceremony with Reverend Marta Dabis · October 29, November 26, December 24 · 11:00 a.m.** · Traditional Japanese Soto Zen Full Moon Ceremonies in the tradition of the San Francisco Zen Center, in English.

# RUTH WILSON

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The program starts with 40 minutes of silent meditation and concludes with informal conversation. FREE, donations are appreciated. For more information contact Marta at (248) 202-3102, jissojizen@gmail.com or jissojizen.org, and find them on MeetUp.

**Full Moon Monthly Ceremony with Moonologist Jayne Yatzak · Friday, October 27, Sunday, November 26, Tuesday, December 26 · 7 to 8:00 p.m.** · The Full Moon is the time to surrender, heal, and release so that you may increase your ability to manifest your dreams. Engage in a Full Moon ceremony to help you step into your personal power, prepare your unconscious mind for transformation, and align yourself with the frequencies of the universe. \$20. For more information contact Jayne at jyatzak@emich.edu or (734) 961-5450 or visit enlightened soulcenter.com.

**Full Moon Monthly Ceremony · Thursday, November 11 · 7:00–8:00 p.m. Also, December 26** · The Full Moon is the time to surrender, heal and release so that you may increase your ability to manifest your dreams. Engage in a Full Moon ceremony to help you step into your personal power, prepare your unconscious mind for transformation, and align yourself with the frequencies of the universe. These monthly ceremonies will allow you to stay grounded while your spirit soars. For more information, visit: enlightened soulcenter.com/full-moon-monthly-ceremony

# The Crazy Wisdom Calendar

September through December 2023



## Ceremonies, Celebrations, & Rituals continued

**Winter Solstice Ritual with Esther Kennedy, OP • Sunday, December 17 • 3:30 p.m. to 4:30 p.m.** • Life stirs silently on this night. Light rises up from within the caress of the deep darkness. Gather with us in song and dance. Bring a story, a poem, a prayer, a treat to share. FREE. For more information call Weber Center at (517) 266-4000, visit [webercenter.org](http://webercenter.org) or email [webercenter@adriandominicans.org](mailto:webercenter@adriandominicans.org).

**Clearing with Karen Greenberg P.T. • Sunday, December 17 • 1 to 5:00 p.m.** • Many know that smudging can clear a space; however, you can learn a 12-step protocol (including how to cut cords to those where unhealthy energy's flowing) that affords much deeper cleansing, purifying, sanctifying, and blessing (than just smudging) of spaces, places, people, animals, and grounds. Learn to create and utilize holy divine geometry, holy water, sacred circles (indoors and out), and mother essence. Learn to clear negative energies / entities and to install powerful protection afterward! \$125. Contact Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## Channeling

**Remembering Wholeness | Darshan with The Mother with Barbara Brodsky channeling The Mother • Sunday, October 15, November 19, December 10 • 2 to 5:00 p.m.** • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. The Mother will offer personal and group message that can most support program participants. People are able to hear what resonates for each one. Suggested donation - Individual sessions: \$10-\$30; All fall sessions: \$50-\$150. For more information contact Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Evenings with Aaron—Aaron Channeled by Barbara Brodsky • Wednesday, October 25, November 22, December 20 • 7 to 9:00 p.m.** • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. Suggested donation for Individual sessions: \$10-\$30; All fall sessions: \$40-\$120. Call Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

## Childbirth

**Childbirth Education in Depth with Toni Aufer & Cynthia Gabriel • Tuesdays, November 7, 12, 21, 28, and December 5, 12 • 5:30 to 8:00 p.m.** • This class aims to prepare you for your best birth no matter what kind of birth you are planning. We will cover topics including stages of labor, communicating with providers, informed decision making, coping techniques, and postpartum. VBAC friendly. LGBTQ friendly. \$350. \$350.00. Visit: [nestandnurture.org](http://nestandnurture.org) or email [hello@nestandnurture.org](mailto:hello@nestandnurture.org).

## Classes and workshops

**Tuesday Night Kirtan with Krishna • Tuesdays, 6:30 to 7:30 p.m.** • Join us for an exciting, blissful, meditative, and enlightening Kirtan Program, every Tuesday. Kirtan uses live music and chanting mantras using a call-and-response style with traditional instruments such as the harmonium (a cross between a keyboard and an accordion), veena or ektara (forms of string instruments), the tabla (one-sided drum), the mrdanga or pakhawaj (two-sided drum), flute and other woodwind instruments, and karatalas or talas (cymbals). Free, Donation graciously accepted at the door  
To register text "MANTRA" and your name to: (240) 474-3636. For more information contact Krishna at 240-474-3636 or email your questions to [krishnagpknt.jps@gmail.com](mailto:krishnagpknt.jps@gmail.com) or visit <https://fb.me/e/39OVXxR8v>

**The Power & Purpose of Crystal Grids with Nikki Wisniewski • Thursday, October 19 • 6:30 p.m.** • Crystals are known for their beauty and energy, with properties that support, protect, guide and empower us. Crystal grids are purposeful arrangements of select crystals and other elements designed to bring power to your intentions and intensify your manifesting. Come demystify the magic of crystals and crystal grids, and design a grid to power up your intentions! \$33. Walk-ins welcome, but advance registration recommended as space is limited. For more information contact [Nikki@nmwunveiled.com](mailto:Nikki@nmwunveiled.com), call (313) 506-4844, or visit <https://nmwunveiled.com/upcoming-events?fbclid=IwAR1rYDt30MprOlX-RUB1apr7ac1Y5aZUA9SzzRzxi-zfnYDwEx5aqr33o0>.

**Functional Empathy Somatics "The Heart of Our Matter" with Kate Rose • October 21-22 • 9:00 a.m.** NCBTMB approved provider training with Kate Rose, the creator of Functional Empathy Somatics. This transformative program of Somatic Intelligence, Intuition and Empathy, activates the wisdom and energetics of effective healing. Add to your

# CW Book Pick of the Week



A feast for the senses, this sumptuously illustrated book will introduce you to some of the most infamous women throughout world history, united by their shared taste for poison. Welcome to the League of Lady Poisoners.

This riveting and well-researched volume by Lisa Perrin weaves together the stories of more than twenty-five accused women poisoners, exploring the circumstances and skill sets that led them to lives of crime.

You might find yourself rooting for some of them—like Sally Bassett, who helped poison her granddaughter’s enslavers in Bermuda, or Giulia Tofana, who sold her name-brand concoction to women wanting to be rid of their abusive (or otherwise undesirable) husbands. Other stories, though—including that of Yiya Murano, one of Argentina’s most notorious swindlers and serial killers, or the terrifying Nurse Jane Toppan—may prove less palatable.

Organized into thematic chapters based on the women’s motives, the book also includes an illustrated primer that delves into the origins and effects of common poisons throughout history, as well as a foreword by Holly Frey and Maria Trimarchi, creators and hosts of the podcast Criminalia. It is a treat for true crime fans, feminist history buffs, and any curious readers fascinated by the more macabre side of human nature.

[Purchase your copy of \*The League of Lady Poisoners\* at shopcrazywisdom.com](https://shopcrazywisdom.com)

## Meditation Classes and Practice | Retreats and Workshops Events with Spirit

Click on this ad to see the  
Video Testimonial from  
**Isabelle Mook-Jodouin**  
Ottawa, Canada

### Monthly Events with Spirit

Remembering Wholeness  
Barbara Brodsky and Aaron

Evenings With Aaron  
Barbara Brodsky and Aaron

### Fall Workshops Joy of Awakening

### Fall Retreat Nov. 3-5, 2023

### Winter Workshop Feb. 17-24, 2024

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



[DeepSpring.org](https://DeepSpring.org) | [info@deepspring.org](mailto:info@deepspring.org) | 734.477.5848

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



Triple Crane Monastery is now

Retreat and workshop space available. Donations gratefully accepted

Visit our website often to learn about all of our upcoming events, yoga and meditation classes, programs, retreats, and MORE! [TripleCraneRetreat.org](http://TripleCraneRetreat.org)

**Triple Crane Retreat Center** is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well as a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

**Work-Exchange and Volunteers Program**  
Triple Crane is growing its work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

[TripleCraneRetreat.org](http://TripleCraneRetreat.org) | 7665 Werkner Road, Chelsea MI 48118  
Office@TripleCraneRetreat.org | 734.713.6163

already invaluable skills as you learn the applications of Functional Empathy Somatics. For more information, visit: [katerosehealing.blogspot.com/2023/08/?m=0](http://katerosehealing.blogspot.com/2023/08/?m=0)

**Understanding the Esoteric Tarot: Tarot for Beginners • Beginners Drop-in Group • Fridays (ongoing) • 7:00–8:30 p.m.** • Have you wanted to begin your journey into understanding the symbolism behind the Tarot? Do you not know where to take your first step in looking at the cards? This class will feature the bare bones and basics of Tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session, giving students an introduction to what the Tarot has to offer. \$15. Pay at the door (Cash, credit, electronic)

**Understanding the Esoteric Tarot: Advanced topics • Ongoing • 6:30 p.m.** • In the Advanced Tarot Study Group, we study the deepest aspects of the Tarot through the lenses of Numerology, Astrology, Hermetic Kabbalah, Etymology, and the Esoteric Symbolism within the cards. After exploring the mystical aspects of the Tarot, we use meditation to imprint the teachings into our minds. After the meditation session, we apply our skills with the means of divination, giving and trading readings with each other. For more information, visit: [enlightenedsoulcenter.com/advanced-tarot-study-group](http://enlightenedsoulcenter.com/advanced-tarot-study-group)

## Death and Dying

**Death Cafe via Zoom with Rev. Annie Kopko and the Interfaith Center for Spiritual Growth • Tuesday, November 7, and December 5 • 6:30 to 8:00 p.m.** • Discussion of Death and Dying. Free, but donations gratefully accepted. For more information contact the Interfaith Center for Spiritual Growth through their website [interfaithspirit.org](http://interfaithspirit.org).

**Online End-of-Life Doula Training with Patty Brennan • Wednesdays, November 11 & 12** • Online professional training with Patty Brennan to become a certified End-of-Life Doula (EOLD) through Lifespan Doulas. Hybrid program features 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 as a hospice volunteer, or open an income-producing community-based doula practice. Explore creative ways to blend the doula model of care with your unique experience, gifts, and passion. \$697 (payment plans available). 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).

**Ann Arbor Virtual Death Café with Merilynne Rush, The Dying Year • Saturday, October 21, November 18, December 16 • 10:30 a.m. to Noon** • Join us on Zoom for conversation about all things related to death and dying. This is not a grief support group, rather a “death positive” event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. For more info about the Death Cafe movement, visit [DeathCafe.com](http://DeathCafe.com). Open to all adults. FREE. To receive the link, send an email to [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com).

**Ann Arbor Death Café via Zoom with Rachel Briggs • Sunday, October 15, November 19, December 17 • 10:30 a.m. to Noon** • Join us for a frank, lively, and confidential discussion on all things life and death. We meet via zoom, the third Saturday of each month. All are welcome! Learn more about world-wide Death Cafes at [deathcafe.com](http://deathcafe.com). FREE. For more information contact Rachel at [RachelBriggs@gmail.com](mailto:RachelBriggs@gmail.com).

**Advance Care Planning Facilitator Training with Merilynn Rush • Monday, November 13 • 8:30 a.m. to 5:00 p.m.** • Learn how to assist healthy adults to identify a healthcare advocate, discuss their values and wishes, and fully complete the advance healthcare planning process. Respecting Choices® is an internationally recognized, evidence-based model of Advance Care Planning (ACP). For nurses, doctors, social workers, chaplains, administrators, family members, end-of-life doulas and all healthcare professionals across the continuum of care. Advance registration required. \$265. For more information contact Merilynne at (734) 395-9660, email [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com) or visit [thedyingyear.org](http://thedyingyear.org).



## Dreamwork

**Monthly Dream Workshop with Psychic Medium Jani**  
• **Sunday, October 22, November 26, December 31** •  
**Noon to 2:00 p.m.** • At this monthly discussion workshop, participants dissect their dreams together, facilitated by Psychic Medium Jani. \$10 For more information contact Jani, (720) 514-9724 or janimedium.com.

## Energy and Healing

**Healing Touch Course 2 Energetic Patterning and Clinical Applications with Diane Rothman CHTP/I, HSC** • **Saturday & Sunday, October 21 & 22** • **8:00 a.m. to 6:00 p.m.** •  
Prerequisite: Healing Touch Course 1. Students will learn the skill of completing an intake interview in order to identify which Healing Touch techniques may be useful in assisting a client to re-pattern their energy field. Healing Touch techniques learned in Course 1 are reviewed and integrated into spinal health applications and deeper levels of healing by expanding the client's heart energy. You will practice the ability to remain grounded, present, and heart-centered, assess the status of the chakras and biofield before and after sessions. In addition, we will review the Healing Beyond Borders Code of Ethics, Standards of Practice, and Scope of Practice as it relates to your development as a Healing Touch practitioner. \$300. For more information contact Diane Rothman at drothman1056@comcast.net or call (248) 957-6510.

**Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer** • **Ongoing Fridays** • 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.

## Exercise and Fitness

**Rivalry Ride with Active Against ALS** • **Sunday, October 15** • **6:30 a.m.** • Join Active Against ALS on October 15 and bike 65 miles from Spartan Stadium to the Big House to raise funds to find a cure for ALS! Sag wagon support, t-shirts, lunch in Stockbridge, and bus from Ann Arbor to East Lansing available. Contact us at [info.activeagainstals@gmail.com](mailto:info.activeagainstals@gmail.com) or visit [activeagainstals.org](http://activeagainstals.org). \$40-\$80. For more information email [info.activeagainstals@gmail.com](mailto:info.activeagainstals@gmail.com).

## Fairs and Festivals

**Enlightened Soul Two-Day Psychic Fair at Enlightened Soul Center & Shop** • **Saturday and Sunday, October 14 & 15, 28 & 29, November 4 & 5, 18 & 19, December 2 & 3, 16 & 17** • **Saturday Noon to 6:00 p.m., Sunday, Noon to 5:00 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, and metaphysical shopping at one time, under one roof! Saturday \$5, Sunday \$3, plus sessions \$2/minute (minimums vary). For more information contact Amy Garber at (734) 358-0218, email [amy@enlightenedsoulcenter.com](mailto:amy@enlightenedsoulcenter.com), or visit [enlightenedsoulcenter.com](http://enlightenedsoulcenter.com).

**Holistic & Spirit Fair at the Infinite Light Center** • **Saturday, November 11** • **10 a.m. to 5:00 p.m.** • Please join us at the first annual Holistic & Spirit Fair at Infinite Light Center! Perfect timing for holiday shopping! Check out the first Spirit Box in MI, an experiential device that connects our Higher Selves to Universal Oneness. Readers including tarot, oracle, runes, psychics, animal communication, energy healers, Reiki, crystal healing, aura photography, crystal bed, amethyst mat, and vendors selling hand crafted tea, jewelry, candles, essential oils, crystal bowls, kalimbas, tongue drums, and more! \$3 admission, extra fee for readers and energy healers. For more information contact Anne Taylor at [anne@infinitelightjackson.com](mailto:anne@infinitelightjackson.com) or visit [infinitelightjackson.com](http://infinitelightjackson.com)

## Film

**Free Film and Discussion with Jewel Heart Instructors** • **Thursday, November 10, and December 8** • **7 to 9:15 p.m.** • Jewel Heart Instructors present the film and moderate the discussion afterwards, posing thought-provoking questions, keeping the discussion on track, and encouraging everyone to participate. No film in October. Free. Concessions available. Visit [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

• **November 10 "The Legend of Bagger Vance."** (2000) A story about finding your true self. People see similarities between how this story is told and the Bhagavad Gita. Directed by Robert Redford and starring Will Smith, Matt Damon, and Charlize Theron.

• **December 8 "The Tree of Life."** (2011) An impressionistic story of a Texas family in the 1950s. The film follows the life journey of the eldest son, Jack, through the innocence of childhood to his disillusioned adult years as he tries to reconcile a complicated relationship with his father. Jack finds himself a lost soul in the modern world, seeking answers to the origins and meaning of life while questioning the existence of faith. (Starring Brad Pitt & Sean Penn.)

## Gardening and Ecosystems

**Earth Walk with Megan Sims and John Donabedian** • **Saturday, November 4, and December 2** • **Noon to 2:00 p.m.** • Earth Walk is a casual urban walk in Ann Arbor with Earth-loving folks and their kids (and pets). It's an opportunity to express our concern for the environment, and to have fun doing it! It's also very good therapy for eco-anxiety. Before and after the walk, Earth Walk Basecamp is a place to get energized with live music and plug into the Earth-conscious community with insightful guest speakers,

# The Crazy Wisdom Calendar

September through December 2023



roundtable discussions, performance art, and poetry. FREE. Visit: [earthwalk.love](http://earthwalk.love) or call John Donabedian at (248) 761-7461, or email [123jondon@gmail.com](mailto:123jondon@gmail.com).

**Learning Tour at Strawbale Studio with Deanne Bednar** • Sunday, December 10 • 10 a.m. to Noon • The Learning Tour of Strawbale Studio and surrounds includes a variety of enchanting natural buildings made of strawbale and some cob, with both thatched and living roofs. Learn about these buildings as well as the Earth Oven, Rocket Stove, Rumford Fireplace, and nutrient recycling. One hour north of Detroit. Look for the candle making workshop on the same day under the heading "art and craft" \$20. For more information visit [strawbalestudio.org](http://strawbalestudio.org).

## Healing

**Monthly Reiki share with Jennifer LaFeldt, LMT, RMT** • Sunday, October 22, November 26, December 31 • Noon to 3:00 p.m. • For Reiki 1+ practitioners to practice what they've learned. We will guide you if you have forgotten the hand positions. Practice one-on-one or in small groups. \$15. For more information contact Jenny at [reikitherapy@sbcglobal.net](mailto:reikitherapy@sbcglobal.net) or (734) 478-0866.

## Health and Wellness

**DIY Wellness Coalition** • October 22 • 12:00-6:00 p.m. • Learn how to live life to the fullest at the Health Yourself Wellness Fair. The event, which includes a healthy silent auction, to benefit the Wellness Forum Foundation. Visit: [diy-wellness.info](http://diy-wellness.info).

**The Self Care Fair with Original Moxie** • Sunday, October 15 • Noon • Join us for a day of wellness & community. Enjoy local vendors, food & refreshments, music, discounted & free beauty services, family-friendly activities, & more! For more information contact Sophie Negi via email at [sophie.negi@originalmoxie.com](mailto:sophie.negi@originalmoxie.com) or visit <https://www.eventbrite.com/e/the-beauty-block-presents-the-self-care-fair-tickets-717862876187?aff=oddtcreator>.

## Intuitive & Psychic Development

**Spirit Art Workshop with Kat Similo** • Sunday, October 22 • 2:00 p.m. • Come join us for a special Fall workshop to explore your intuitive and psychic mediumship ability to create visionary spirit art using color pencil, pastel, and chalk. No art skills necessary, all materials provided. All skill

levels are welcome. Cost: \$30 ~ Space is limited. To register contact [kreativeintuitive@gmail.com](mailto:kreativeintuitive@gmail.com) or text: (734) 808-1071.

**Focused Mind Meditation—Teleconference with John Friedlander** • Sunday, November 5, December 3 • 9:00 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. Visit: [psychicpsychology.org](http://psychicpsychology.org) or contact Violeta Viviano at (734) 476-1513.

**Psychic Psychology Women's Group—Teleconference with John Friedlander and Gloria Hemsher** • Tuesday, November 7, December 5 • 7 to 8:00 p.m. • For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. \$10. Visit: [psychicpsychology.org](http://psychicpsychology.org) or contact Violeta Viviano at (734) 476-1513.

## Massage

**Free Massage class with Irene's Myomassology Institute** • Friday, October 27 • 7 to 9:00 p.m. • You can relax and have some fun at Irene's free massage class! This is an excellent opportunity for those interested in massage. During this free two-hour class, you will have the opportunity to learn basic techniques while both giving and receiving massage. We invite you to bring a friend to exchange massage or come alone and you'll be paired with a partner. Bring a flat sheet, a bottle of water, and wear loose, comfortable clothing. For more information visit [irenes.edu](http://irenes.edu) or email [contact@irenes.edu](mailto:contact@irenes.edu).

## Meditation

**Holy Fire Sound Healing Meditation with Selenia Rodriguez** • Saturday, October 21 • 7:00 p.m. Come and enjoy a Holy Fire Healing Experience with an included Sound Bath. This experience is used to pinpoint and release a block (emotional, spiritual, or otherwise) of the person's choosing. Please, arrive on time to receive the full benefits of the meditation. \$44 For more information email [healingluna22@gmail.com](mailto:healingluna22@gmail.com), call (517) 391-6992, or visit [healingluna22.net](http://healingluna22.net).

**Meditation with Spoken Insights and Healing Songs with Norma Gentile, Sound Shaman** • Sunday, October 22 •

**4:00 p.m.** • Internationally acclaimed local soprano and musician Norma Gentile, Sound Shaman, offers an hour-long meditation of Spiritual Insights, Healing Songs, and Silence. Come hear Norma's ethereal voice accompanied by sound bowls, guided intuitively for a one-of-a-kind, transformative healing and musical experience! In Person or Livestream. Suggested donation \$20. For more information contact Norma Gentile at: [office@healingchants.com](mailto:office@healingchants.com) or visit <https://www.enlightenedsoulcenter.com/norma-gentile-healing-meditation>.

**Online White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, September 3—December 17 • 9:30 to 10:30 a.m.** • No meditation on October 8 or December 24. Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Weekly Online Silent Meditation Practice with Celeste Zygmunt • Sunday, September 3—December 31 • 11:00 a.m. to Noon or Tuesday, September 5 through December 26 • 9 to 9:30 a.m.** • We will have a brief period of chanting, then mute ourselves, and then 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. By Donation. Call Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Manifest Inner Peace & Clarity with Anna Hsu • Monday, November 20, December 4 • 6 to 8:00 p.m.** • Release stress, get unstuck, and manifest the life of your dreams in this high-vibrational visualization and meditation workshop. You will leave feeling empowered, grounded, and will have gained clarity on what was once unclear in your life. If you feel stuck in a rut, this is the perfect class to re-center and re-inspire yourself! \$15. For more information email [Anna@alignanduplevel.com](mailto:Anna@alignanduplevel.com) or visit [alignanduplevel.com](http://alignanduplevel.com).

**Open Concentrated Meditation with Jewel Heart Instructors • Thursday, September 7—December 14 • 6 to 6:45 p.m.** • Facilitators offer lightly guided concentrated meditation sessions using the breath as the point of focus. Open to all levels of experience. FREE, donations welcome. For more information, visit: [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**A Day of Mindfulness Meditation with Esther Kennedy, OP • Saturday, November 11, December 9 • 10:00 a.m. to 2:30 p.m.** • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family,

**Get Unstuck.  
Be Unstoppable.**

*Soar!*

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neighborhood, city, and world. \$35.00/session (Lunch included). For more information, call Weber Center at (517) 266-4000, visit [webercenter.org](http://webercenter.org) or email [webercenter@adriandominicans](mailto:webercenter@adriandominicans).

**Online Healing and Compassion Meditations with Hartmut Sagolla • Monday, September 11—December 18 • 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 [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Sound Bath Meditation with Rob Meyer-Kukan • Friday, November 10 • 7 to 8:30 p.m.** Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. Often simply called a “Sound Bath,” it is an experience that washes you with the sounds of intentionally chosen instruments that bring calming vibrations to reduce stress and tension. \$28. For more information contact Breathe Yoga, (734) 883-7427, email [amy@breatheyogachelsea.com](mailto:amy@breatheyogachelsea.com), or visit [breatheyogachelsea.com](http://breatheyogachelsea.com).

## Meditation continued

**Mindfulness-Based Stress Reduction (MBSR) Eight-week Class with Brenda Lindsay • Begins Tuesday, October 17 with an all-day session on November 21 & 28 • 6:30 to 9:00 p.m.** • Do you want to reduce stress and increase resilience or possibly change habitual reactivity patterns that damage relationships? Perhaps you want to reduce anxiety or depression? Connect in real-time with others on Zoom seeking greater balance, ease, and peace of mind. The MBSR (Mindfulness-Based Stress Reduction) secular, trauma-sensitive, 8-Week program was created by Jon Kabat-Zinn, PhD in 1979 at the UMass Medical Center to optimize one's ability to face stress, pain, and illness and make sustainable change across one's lifespan. Tuition Fees: \$175/\$290/\$380. Suggested sliding scale, "pay what you can" pricing. Please pay more, if you can, to help support those less able to pay. We strongly believe in making this class available to anyone who believes that it might be helpful in their life and is willing to commit themselves to do the work. Contact Brenda Lindsay at [Brenda@mindtransformationsllc.com](mailto:Brenda@mindtransformationsllc.com) or visit [mindtransformationsllc.com](http://mindtransformationsllc.com).

**Mastering Meditation with Kapila Castoldi • Sunday, October 22, 29, and November 5 • 3 to 5:00 p.m.** • Introductory Meditation Series offered free of charge by the Sri Chinmoy Centre. Topics include: concentration, relaxation and breathing techniques; exploring meditation on the heart center; the awakening of inner awareness; the role of music and mantras. FREE. Contact Kapila at (734) 994-7114, email [castoldi@oakland.edu](mailto:castoldi@oakland.edu) or visit [meditationannarbor.com](http://meditationannarbor.com).

**Candlelight Labyrinth Walk with Rob Meyer-Kukan • Friday, October 27 • 6 p.m.** • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, 5484 Webster Church Road, Dexter, Michigan for a candlelight labyrinth walk. This event is offered as a donation based event to support the work of Webster UCC. Donations may be made to Webster UCC. Parking for this event can be found on the grassy area in front of the labyrinth or along Farrell Road. Once parked, follow the signs to the labyrinth. Please register for this event by completing this form:- <https://forms.gle/6AiTPky76cFsmEff9>. By Donation. Contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Cacao + Sound with Rob Meyer-Kukan and Alicia Clark Teper • Wednesday, November 1 • 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. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc.). Also, please bring an item for the altar. A photo of a loved one or an item that reminds you of a transitioned loved one. Register at <https://forms.gle/6P5cGZ8mBSUZZDEaA>.

\$50. Contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Meditation Getaway with Rob Meyer-Kukan • Saturday, November 18 • 9:00 am. To 5:00 p.m.** • This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, and to your higher self. Walking/hiking meditation opens our day at one of Ann Arbor's many local parks. We continue with meditation, yoga nidra, journal writing, breath work, a sound and aroma experience, and more. Ample time for sharing and reflection will be provided. Advanced registration and payment is required to secure your space at this event. To register, visit <https://forms.gle/XfwPVudvVdfGEPJv8>. \$125. Contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Sound Bath Meditation with Rob Meyer-Kukan • Friday, December 1 • 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 (pillows, bolster, eye pillow, etc.). We also have seven zero gravity chairs available to the first 7 participants who request them at the event. Register at <https://forms.gle/WESUKjv7Y6z6rvPH7>. \$40. Contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Daylong Meditation Retreat with Carol Blotter • Saturday, December 2 • 9:00 a.m. to 4:00 p.m.** • Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Donation only, suggested is \$30 - \$60. For more information email [manager@mfccenter.org](mailto:manager@mfccenter.org).

**NYE Sound Bath Meditation with Rob Meyer Kukan • Sunday, December 31 • 7 to 8:30 p.m.** • Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. A "sound bath." it is an experience that washes you with the sounds of intentionally chosen instruments that bring calming vibrations to reduce stress and tension. \$32. Contact Breathe Yoga, (734) 883-7427, email [amy@breatheyogachelsea.com](mailto:amy@breatheyogachelsea.com), or visit [breatheyogachelsea.com](http://breatheyogachelsea.com).

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

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Hallie S., Salt Lake City, Utah

## Movement and Dance

**Ann Arbor Dances of Universal Peace with Susan Slack • Friday, November 3, and December 1 • 7 to 9:00 p.m. •** Transition to in person dances with new leader and possible new location. Susan Slack has been on the DUP board and newsletter. She is seeking local musicians. For more information contact Susan Slack at [peaceinacircle@gmail.com](mailto:peaceinacircle@gmail.com), or call (941) 544-8405.

## Music, Sound, and Voice

**Descent into the Underworld: An Immersive Sound Meditation with Amanda Jurasits • Wednesday, October 18 • 1:00 p.m.** There will be a guided meditation during the first part of the event to ease participants into a relaxed state. The focus will be addressing any shadow aspects that need healing, forgiveness, and release, much like what the earth does during the winter season. Following the meditation will be a singing bowl concert with Koshi chimes and rattles. All seasons deserve honor and respect. Just as Persephone can embody a spring maiden and queen of the Underworld, so, too, can we. \$15. For more information contact Amanda at (734) 273-9608 or [mamadragonholistichealing@gmail.com](mailto:mamadragonholistichealing@gmail.com) or visit <https://fb.me/e/37Aok1xJa>.

**Monthly Group Sound Bath with Reverend Amy Feger • Sunday, October 22, November 26, December 31 • 4 to 5:30 p.m. •** From quartz crystal singing bowls to shamanic spirit drumming and rattles, Amy Feger brings deep energy healing through sound vibration while playing in a meditative

state, allowing the release of what no longer serves you while the frequencies fill and uplift your energy field and body. \$15. For more information contact Reverend Amy Feger at (734) 210-1312 or email [sacredwhisperteachings@gmail.com](mailto:sacredwhisperteachings@gmail.com).

**Singing for Comfort in Person & Zoom with Interfaith Center for Spiritual Growth • Thursday, November 9, December 14 • 7 to 8:30 p.m. •** Singing for Comfort. Free, but donations gratefully accepted. For more information contact the Interfaith Center for Spiritual Growth through their website [interfaithspirit.org](http://interfaithspirit.org).

**Sound Bath Meditation in Sacred Sound Sanctuary with Kimberly Joy Rieli • Saturday, October 14, November 18, December 9 • 7 to 8:30 p.m. •** Sound healings are like a deep reset for body, mind, and soul. Unwind from your week as Kimberly Joy Rieli bathes you in the healing sounds of crystal bowls, drums, hand pan, Celtic harp, chimes and voice. Bring your yoga mat, comfy clothes, blankets and pillows. Please arrive 15 minutes early. \$22 - \$44 sliding scale (Please pay what you can to support our artists and the Infinite Light Center). To reserve your spot, please send your donation via Venmo (preferred) to [@singing-For-Your-Soul](https://www.venmo.com/@singing-For-Your-Soul) or by Paypal to [info@singingforyoursoul.com](mailto:info@singingforyoursoul.com). Cash payments and donations will also be accepted at the door. For more information email [anne@infintelightjackson.com](mailto:anne@infintelightjackson.com) or call (517) 9, sou2-4725.

**Cafe 704 with Paul Vornhagen & Aron Kaufman via Zoom and in Person with Interfaith Center for Spiritual Growth • Saturday, October 14 • 7 to 9:00 p.m. •** Live music in a smoke free environment. \$10. For more information contact the Interfaith Center for Spiritual Growth through their website [interfaithspirit.org](http://interfaithspirit.org).

**Cafe 704 with Jean Wilson & Friends in Person and via Zoom with Interfaith Center for Spiritual Growth • Saturday, November 11 • 7 to 9:00 p.m. •** Live Music in a smoke free environment. \$10. For more information contact the Interfaith Center for Spiritual Growth through their website [interfaithspirit.org](http://interfaithspirit.org).

**Cafe 704 with Emily Slomovitz & Billy King in Person and via Zoom with Interfaith Center for Spiritual Growth • Saturday, December 9 • 7 to 9:00 p.m. •** Live music in a smoke free environment. \$10. For more information contact the Interfaith Center for Spiritual Growth through their website [interfaithspirit.org](http://interfaithspirit.org).

## Nutrition and Food Medicine

**Dr. Nia's Kitchen Clinic Series—Roots, Bulbs & Tubers with Dr. Nia-Avelina Aguirre, ND • Wednesday, October 18, 25 • 6 to 7:15 p.m. •** Come learn how common herbs, spices and other kitchen foods are beneficial for your immune system, your heart, your digestive system and so much more. Find out how to fend off or heal from the common cold and flu. These are fun, interactive make-and-take classes. Each two-part series are \$108, includes food, take home containers, and all handouts. For more information contact Dr. Nia-Avelina Aguirre, ND at (734) 883-7513, or email [niaaguirre.nd@gmail.com](mailto:niaaguirre.nd@gmail.com).

# The Crazy Wisdom Calendar

September through December 2023



**Dr. Nia's Kitchen Clinic Series—The Fit Nuts & Sensible Seeds with Dr. Nia-Avelina Aguirre, ND • Wednesday, November 15, 29 • 6 to 7:15 p.m. • Come learn how common herbs, spices and other kitchen foods are beneficial for your immune system, your heart, your digestive system and so much more. Find out how to fend off or heal from the common cold and flu. These are fun, interactive make-and-take classes. Each two-part series are \$108, includes food, take home containers, and all handouts. For more information contact Dr. Nia-Avelina Aguirre, ND at (734) 883-7513, or email [niaaguirre.nd@gmail.com](mailto:niaaguirre.nd@gmail.com).**

## Parenting

**Harnessing the Power of Talking Out Loud for Parents with Leeann Fu via Zoom • Monday, October 16, 23, 30 • 7 to 8:00 p.m. • Sunday, November 5, 12, 19 • 4 to 5:00 p.m. • November 26, 27, 28 • 8 to 9:00 p.m. Wednesday, November 29, December 6, 13 • 8 to 9:00 p.m. • Free three-week session for experimenting with harnessing the power of talking out loud with Teddy Bear Talk Support (TBTS). TBTS provides a framework for benefiting from listeners who only listen, or only do a few other limited things, like ask open, honest questions, and make guesses about what seemed important. Zoom link for the meetings: [meaningfulaction.org/tb](https://meaningfulaction.org/tb). Please be punctual as we will be splitting into breakout rooms at the start. For more information: [teddybeartalksupport.com](https://teddybeartalksupport.com) FREE. For more information contact Leeann Fu at (734) 237-7676, email [teddybear@umich.edu](mailto:teddybear@umich.edu), and visit [teddybeartalksupport.com](https://teddybeartalksupport.com).**

## Personal Growth

**First Sundays InterPlay at the Friend's Meeting House with Rob the Buffalo and Me-Again • Sunday, November 5 • 2:15 to 4:15 p.m. • InterPlay is an active, creative way to unlock the wisdom of the body, in community. Gently facilitated to be incremental and easy-going: Rob the Buffalo and Me-again will guide you through forms that the coax movement, stillness, story and song. Creativity flows and authenticity reigns. The only requirement is that you are human, and willing to try something new. No experience necessary. Suggested Cost \$15-25 sliding scale: no one turned away for lack of funds. ALL bodies welcomed. For more information contact Megan Sims at [megansims600@gmail.com](mailto:megansims600@gmail.com) or call (734) 417-7020.**

**Virtual Nature-Inspired Expressive Arts Gatherings with Hello from The Cocoon's Laurie Aman & Sarah Bruno • Sunday, Thursday October 26, Sunday, December 10 • Sundays Noon to 2:00 p.m., Thursday, 6:30 to 8:30 p.m. • September program: Pumpkins & Creating Magic,**

October program: Leaves & Transitions, and December program: Owl & Entering the Dark. Each gathering will feature a Nature-Inspired Guest (moss, blue heron, whale) and also weave in seasonal themes (mothering, transitions, trust). Carve out time to connect with nature and your own creativity. We'll have a spacious two hours for nature lessons, intuitive art, gentle movement, and vocal play. You are highly encouraged to connect with others by sharing your nature-inspired feeling, insights about the topics we explore, and of course—your creativity! Donations appreciated: \$10-30 suggested. For more information contact Laurie Aman at (860) 823-9743, email [Hellofromthecocoon@gmail.com](mailto:Hellofromthecocoon@gmail.com), or visit [hellofromthecocoon.com](https://hellofromthecocoon.com).

**Managing Relationships Using Emotional Intelligence with Pat McDonald, OP • Thursday, November 16 • 1:30 p.m. to 3:00 p.m. • An informative session that addresses our reactions—personally, professionally, socially, and relationally — to interactions with others. What might we want to “change, moderate, or alter” in connecting with others? \$15. For more information contact the Weber Center at (517) 266-4000 or visit [webercenter.org](https://webercenter.org).**

**Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • Self-Paced • Online • In this compact but powerful self-paced course you'll get at the root causes of your self-sabotaging habits. Learn simple and effective tips and tools 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. \$39.50 For more information contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](https://christydeburton.com)**

## Reiki

**Second Degree Reiki Training with Suzy Wienckowski • October 14 & 15 • Friday, 1 to 4:00 p.m, Saturday, 10:00 a.m. to 5:00 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. (First Degree training is a prerequisite.) \$500. For more information contact Suzy Wienckowski at (734) 476-7958 or email [SuzyReiki@aol.com](mailto:SuzyReiki@aol.com).**

**Monthly Reiki Share with Jennifer LaFeldt, LMT, RMT • Friday, October 20 • 7 to 8:30 p.m. • Have you been looking for a Reiki share group so you can practice what you've learned? Let's get those cobwebs gone, and start sending that Reiki energy again. Even if you were attuned years ago and haven't used it, the Reiki energy is STILL THERE! It can benefit others as well as you, as**

you send it through you and out. Donation \$15. Pre-registration encouraged to reserve your spot. Space limited! For questions and more information contact Jenny at [reikitherapy@sbcglobal.net](mailto:reikitherapy@sbcglobal.net) or call (734) 478-0866 or visit <https://www.enlightenedsoulcenter.com/monthly-reiki-share>.

## Retreats

**Half-day silent meditation with Rev. Marta Dabis • Sunday, November 12, December 10 • 8:15 a.m. to 1:00 p.m. •** Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11:00 a.m. Donations are appreciated. Everyone is welcome. Can come for any portion of the program. FREE, donations welcome. For more information contact Marta at (248) 202-3102, email [jissojizen@gmail.com](mailto:jissojizen@gmail.com), or visit [jissojizen.org](http://jissojizen.org), and find them on MeetUp.

**Fall Yoga & Self-Care Weekend Retreat with Christy DeBurton, RYT • October 20-22 •** Enjoy a peaceful weekend of self-care in Big Rapids, MI: yoga, nature, farm-to-table meals, good company and time to 'unplug' from the outside world. See website for details. For more information contact Christy by email at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**Living from the Awakened Heart with Barbara Brodsky, Aaron, and John Orr • Friday through Sunday, November 3—5 •** This retreat will be a mixture of meditation instruction and practice (Vipassana, Pure Awareness and heart centered practices) and explorations of ways to live our practice in the challenges of everyday life. Suggested donation: \$125-\$300. For more information contact Deep Spring Center at (734) 477-5848, [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**The Potter & The Clay an Advent Retreat with Father Vic Clore • 6:30 p.m. Sunday, December 3 through 11:00 A.M. Thursday, December 7 •** During this first week of Advent, we prepare for the coming of Christ into our lives and our communities, which will involve conversion and transformation for all of us. The scripture readings for these days are quite rich: allowing ourselves to be formed by the Potter, daring to beat our swords into plowshares, being lambs lying down among wolves, nourishing whole crowds with a few loaves and fishes, and building our house on solid rock. Cost (includes meals): Commuter: \$160 | Double occupancy: \$325 | Single occupancy: \$425. Registration required. For more information contact the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**The 12 Days of Christmas Retreat with Staff and Community of Song of the Morning • Monday, 5:00 p.m. December 25 through Friday, January 5 at 9:00 p.m. •** Song of the Morning is a place of exquisite peace and beauty during the holiday season, and the perfect place for those feeling pulled inward into spiritual reflection. Experience the peace and joy of the season embraced by a warm and welcoming community celebrating and honoring the deeper spiritual energy of this season. We warmly invite you to join us for all twelve days, or you may choose a shorter length of stay! Homemade vegetarian dinners will

be offered to guests daily during this stretch of celebratory days, and a variety of items for breakfast will be provided in each building including oatmeal, fresh fruit, coffee, tea, and snack bars. Please plan on bringing your own food to supplement around these mealtimes and read about the room/space you are booking so that you know what it offers in terms of kitchen access, privacy, and amenities. Lodging is \$60-210/night, retreat is free. For more information contact [sunny@songofthemorning.org](mailto:sunny@songofthemorning.org), call (989) 983-4107, or visit [songofthemorning.org](http://songofthemorning.org).

**Mini Wellness Retreats with Christy DeBurton, RYT • Ongoing •** Choose from a variety of three-hour Mini Retreats at The Yoga Room to relax and renew. When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-time,' these are the perfect option. Watch for details for scheduled Mini Retreats in newsletter or grab up to 3 friends and create your own Bespoke Mini Retreat! See website for details. For more information contact Christy by email at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## Shamanism

**Shamanic Journeying for Guidance and Healing with Lauren Jubelirer • Monday, October 23, November 2, December 4 • 6:30 p.m. to 9:00 p.m. •** This class is a synthesis of my own experiences as a healer, what my guides have taught me, and what I have learned from other shamanic teachers. You will learn how to incorporate Shamanic Journeying into your spiritual practices. This class is appropriate for those with previous journeying experience as well as those new to this practice. Suggested donation: \$75-\$250. For more information contact Deep Spring Center (734) 477-5848, [om@deepspring.org](mailto:om@deepspring.org) or visit [deepspring.org](http://deepspring.org).

**Greater Wholeness with Connie Lee Eiland • Saturday & Sunday, October 14 & 15 • 10:00 a.m. to 5:00 p.m. •** This class addresses the parts of us we don't claim--both the positive and what we see as the negative. Healing practices, sacred art, journeys and ceremony are included to help with integration and wholeness. \$200 until 10/01/23, then \$240. For more information contact Connie Lee Eiland, (248) 809-3230, [clshebear7@gmail.com](mailto:clshebear7@gmail.com).

**Creating Safety and Sacred Space with Connie Lee Eiland • Sunday, October 29 • 10:00 a.m. to 4:30 p.m. •** This class gives you practices, ways of looking at safety and sacred space that will serve you. It is experiential. \$100 until 10/14m then \$125. For more information contact Connie Lee Eiland, (248) 809-3230, [clshebear7@gmail.com](mailto:clshebear7@gmail.com).

**Shamanism, Death, and Dying with Connie Lee Eiland • Saturday & Sunday, November 4 & 5 • 10 :00 a.m. to 5:00 p.m. •** This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach transition. It also includes psychopomp, which is assisting those who are lost and haven't transitioned. This will be done both individually and as a group. \$200 until October 21, then \$230. For more information contact Connie Lee Eiland, (248) 809-3230, [clshebear7@gmail.com](mailto:clshebear7@gmail.com).

# The Crazy Wisdom Calendar

September through December 2023



## Shamanism continued

**Basic Shamanic Journeying with Judy Liu Ramsey • Saturday and Sunday, November 18 & 19 • 9:00 a.m. to 3:00 p.m.** • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will 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. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$160 per person/\$75 for repeating students. For more information contact Judy Ramsey at [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net), [judyr Ramsey.net](http://judyr Ramsey.net).

## Spiritual Development

**Sunday Services via Zoom with Interfaith Center for Spiritual Growth • Sunday, September 3—December 31 • 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 Development via Zoom with Interfaith Center for Spiritual Growth • Tuesday, September 5—December 26 • 7 to 8:00 p.m.** • Study of Sufism. \$5-10 per class. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Akashic Records Practitioner Certification with Shellie Powers • Sunday through Wednesday, October 17-19, November 1-3 OR 28-30, December 9-10 OR 11-13** • See website for specific class times • Nine-hour class in three, three-hour sessions. Class times vary. Experience the Akashic Records through the Pathway Prayer Process to Access the Heart of the Akasha©. Encounter the energy and wisdom and develop your skills for successful navigation of the Records. Learn about the Akashic Records, the method of access, and the tremendous personal possibilities for you. Find out how to use the Akashic Records for yourself and others. Enjoy a more conscious relationship with your own Soul and honor its wisdom. \$360. For more information visit [powers365.com/events](http://powers365.com/events) or call (734) 926-8423.

**Writing for Spiritual Wellness with Holly Makimaa • Thursday, October 19, November 16, December 21 • 7 to 8:00 p.m.** • Cultivating Spiritual Wellness Through Journaling: Online Monthly Open House. FREE or love

offering. For more information contact Holly Makimaa, [hollymakimaa@gmail.com](mailto:hollymakimaa@gmail.com), [yourtransformationaljourney.com](http://yourtransformationaljourney.com).

**Akashic Records Advanced Practitioner Certification with Shellie Powers • Monday, Tuesday, Wednesday, Oct 23, 24 & 25 OR November 13, 14 & 15** • See website for specific class times • Nine-hour class in three, three-hour sessions. Class times vary. Experience the Akashic Records through the Pathway Prayer Process to Access the Heart of the Akasha©. Encounter the energy and wisdom and further develop your skills for successful navigation of the Records, working in the Akashic Records for Energy Healing, Clearing Ancestral Patterns, and Reconciling Past Lives. \*This is second level "Advanced Practitioner" to follow level one "Practitioner" Certification. \$430. For more information visit [powers365.com/events](http://powers365.com/events) or call (734) 926-8423.

**Healing Through the Akashic Records Certification with Shellie Powers • Monday through Thursday, November 6, 7, 8, 9** • See website for specific class times • 12-hour class in four-3 hour sessions. Times vary per class. Embark on a journey of spiritual practice, embracing unconditional self-love, transforming resentment into acceptance, and breaking free from limiting patterns. Activate your inner ascension matrix to overcome challenges and bask in the radiance of your soul. Our spiritual healing is achieved through the Akashic Records, enabling you to apply their insights, guidance, and wisdom to your daily life. As our paths become illuminated, we concentrate our light on our souls' purpose. \$500. For more information visit [powers365.com/events](http://powers365.com/events) or call (734) 926-8423.

**Peace Generator via Zoom with Interfaith Center for Spiritual Growth • Friday, October 13, November 10, December 15 • 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).

**The Poor, The Widow, The Orphan, & The Stranger in Your Land with Maribeth Howell, OP, PhD, STD • Saturday, October 21 • 9:30 a.m. to 3:30 p.m.** • What do the Scriptures say about how we are to relate to people who are most in need of compassion? Begin by examining selected texts from the Hebrew Scriptures, particularly the books of Exodus, Deuteronomy, and several prophetic works before turning to New Testament writings and select Church teachings. \$25, includes lunch for in-person participants. For more information contact the Weber Center (517) 266-4000 or visit [webercenter.org](http://webercenter.org).



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

You can find *The Crazy Wisdom Community Journal* in many places around Ann Arbor and in surrounding areas.  
Here's a sample of places around town where you can pick up a copy of the current issue:

## Ann Arbor:

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

## Ypsilanti:

Cross Street Coffee  
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  
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  
Sacred Touch  
Living Grateful

Now delivering to spots in Brighton,  
South Lyon, and Royal Oak, too!

## Spiritual Development continued

**Chakra class with Aruna Olga Bachmann • Tuesday, October 24, 31, November 7, 14, 21, 28, December 5, 12 • 7 to 9:00 p.m.** • Take a deep dive into our 7 main Chakra Energy Centers, into the general mental/emotional/spiritual issues involved in each one, and then engage in some experiential sharing as we meditate week to week on each of the chakras. \$80. For more information contact Aruna at (734) 808-1335, email [lhci.financials@gmail.com](mailto:lhci.financials@gmail.com) or visit [lighthousecenterinc.org](http://lighthousecenterinc.org).

**Astral Travel, Including Heavenly Travel with Karen Greenberg, P.T. • Sunday, November 12, 19, 26, and December 10 • 5 to 9:30 p.m.** • Sequential five-part series: Part 1 (2 sessions) — learning what is in G-D's Will, seven spiritual dimensions, 12 physical dimensions, Archangelic master cell readings, incarnation; all prerequisite for Part 2 (two sessions) - preparing ourselves and our space for astral travel; all prerequisite for astral traveling to: Part 3 (Dates TBD) - different spiritual dimensions, Akashic records, gates of heaven; all prerequisite for Part 4 (Dates TBD) - celestial locations; all prerequisite for Part 5 (Dates TBD) - different star systems, universes. \$99 for each of the first four sessions (Parts 1 & 2) = \$396 OR \$333 (\$63 discount) if all four sessions paid up front. For more information contact Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Twelve Tribes with Karen Greenberg, P.T. • Sunday, October 22, 29, November 12, 19, 26, December 10, 17, January 21 • 1 to 4:00 p.m.** • Learn the history of the patriarchs / matriarchs who fostered the Twelve Tribes and familiarize yourself with: the Twelve Tribes highlighting Levi, Joseph, Benjamin, and Judah; the conquering and disseminating of the Holy Land; the Ten Lost Tribes of Israel; and the magic of the Breastplate. This course will help you discern your Soul's Purpose, tribes you're most drawn to, and tribe archetypes that give you the knowledge, power, and wherewithal to fulfill your Soul's Purpose. \$400 or \$333 if paid in total up front. For more information contact Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## Stress Management

**Everything is Working Out Perfectly with Karen Greenberg, P.T. • Sunday, November 5, OR December 17 • 8:45 a.m. to 12:45 p.m. (except 12/17/23 – 5 to 9:00 p.m.)** • Have you ever felt so overwhelmed with so many things to do that you become very anxious and don't even know where to begin, which devolves into you becoming more disorganized and inefficient and unproductive? Then Everything is Working Out Perfectly is perfectly suited for you! Please come and join us! \$55. For more information contact Karen Greenberg at (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**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

**Wu Style Tai Chi Chaun with Marilyn Feingold • Weekly on Sundays beginning September 3–December 17 • 4 to 5:00 p.m.** • Learn the ancient art of meditation in motion with this “soft style” martial art emphasizing relaxation and balance. No class on October 8. Drop-in, \$5 per session. For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Wu Style Tai Chi Chuan with Disciples and Advanced Students of Sifu Genie • Ongoing • Monday 1 to 2:00 p.m. or 7 to 8:00 p.m., Tuesday 6:30 to 8:00 p.m., Wednesday 5:30 to 7:00 p.m. or 6:30 to 8:00 p.m., Thursdays 11:00 a.m. to 12:30 p.m. or 6:30 to 8:00 p.m., Saturday 9 to 10:30 a.m., 10 to 11:30 a.m. or 2:30 to 3:30 p.m., and Sunday 4:00 a.m. to 12:30 p.m.** • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. Everyone welcomed to learn this ancient art of meditation in motion. \$45/month for 1 class per week; \$70 for 2 classes per week. Student/senior rates available. For more information email [info@wustyle-annarbor.com](mailto:info@wustyle-annarbor.com), or visit [wustyle-annarbor.com](http://wustyle-annarbor.com). For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**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. 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. Contact Joe Walters, [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com), [annarbortaiichi.com](http://annarbortaiichi.com)

## Tarot and Divination

**Drop-in Tarot Study Group with Nicholas O'Donnell • Ongoing • Sunday • 6:30 to 8:00 p.m.** • This is a drop-in group of Tarot enthusiasts that meets once a week, facilitated by Nicholas O'Donnell. The meetings will 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. Tarot practice usually occurs after the formal meeting has ended. \$10 minimum donation. For more information contact Nick

at [nicksvictorygardens@gmail.com](mailto:nicksvictorygardens@gmail.com), call (734) 299-6472, or visit [enlightenedsoulcenter.com/tarot-study-group](http://enlightenedsoulcenter.com/tarot-study-group).

## Theater

**A Man for Christmas: A Made for TV Musical Parody with Neighborhood Theater Group • December—Dates TBA**  
• We're bringing those holiday TV musicals (we know you watch them) to the stage in an original musical parody! For more information email [info@ntgypsi.org](mailto:info@ntgypsi.org) or visit [ntgypsi.org](http://ntgypsi.org).

## Women's Health

**The Ultimate Perimenopause Guide with Christy DeBurton, RYT • Self-Paced Online** • The Ultimate Perimenopause Guide combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this self-paced guide Christy shares 10 years of research she compiled 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. A must for any woman 40+! \$29.50. For more information contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## Writing

**Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesday, October 25, November 8, 29 • 7 to 9:00 p.m.** • Second Wednesdays, Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays, Featured Reader(s) for 50 minutes. 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. FREE. For more information contact Edward Morin at (734) 668-7523, email [eacmorso@sbcglobal.net](mailto:eacmorso@sbcglobal.net) or visit [cwcircle.poetry.blog](http://cwcircle.poetry.blog).

• **October 25 – Patricia Jabbeh Wesley** is the author of seven critically acclaimed books including *Praise Song for My Children: New and Selected Poems*. She has edited *Breaking the Silence*, the first comprehensive anthology of Liberian poetry, published this year. Originally from Liberia, she is Professor of English and Creative Writing at Penn State University.

• **November 29 – Jeff Gundy** has published eight books of poems including *Without a Plea*, *Abandoned Homeland*, and *Somewhere Near Defiance*, for which he was named Ohio Poet of the Year. His latest prose book is *Wind Farm: Landscape with Stories and Towers*. Former Fulbright lecturer at University of Salzburg, he's now Writer in (Non) residence at Bluffton University.

• **November 29 – Colleen Alles** is a native Michigander and award-winning writer living in Grand Rapids. The author of two novels and a poetry collection, she's also a contributing editor with *Great Lakes Review* and *Barren Magazine*. She enjoys distance running and corralling her kiddos. You can find her online at [colleenalles.com](http://colleenalles.com).

**A Path to Awakening Project with Celeste Zygmunt • Monday, October 16, November 20, December 18 • 7:30 to 9:00 p.m.** • This project continues from last semester. It consists of compiling Aaron's teachings in order to delineate the path he puts forward for awakening. Suggested donation \$60-\$200. For more information contact Deep Spring Center at (734) 477.5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Writing for Spiritual Wellness with Holly Makimaa • Thursday, October 19, November 16, December 21 • 7 to 8:00 p.m.** • Cultivating Spiritual Wellness Through Journaling: Online Monthly Open House. FREE or love offering. For more information contact Holly Makimaa, [hollymakimaa@gmail.com](mailto:hollymakimaa@gmail.com), [yourtransformationaljourney.com](http://yourtransformationaljourney.com).

**Writing Workshops with Terianne DeYonker, OP • "Winter's Invitation" • Saturday, December 2 • 1 to 4:00 p.m.** • Autumn is nature's reminder of how important letting go is as we move through our lives. Trees letting go of their leaves simply are making room for new leaves to thrive in the spring. Writing can support our letting go and encourage us to make space for the new in our lives. If you are feeling nudged to do some letting go, come join other writers in this exploration. This workshop is for beginning and experienced writers. Both workshops are in person and online. \$35 per session. For more information call the Weber Center (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

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

## Writing continued

**Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • Sunday, October 22, November 26, December 24 • 1:30 to 3:30 p.m.** • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. FREE, donation welcome. For more information contact Marta at (248) 202-3102, email [jissojizen@gmail.com](mailto:jissojizen@gmail.com) or visit [jissojizen.org](http://jissojizen.org), and find them on MeetUp.

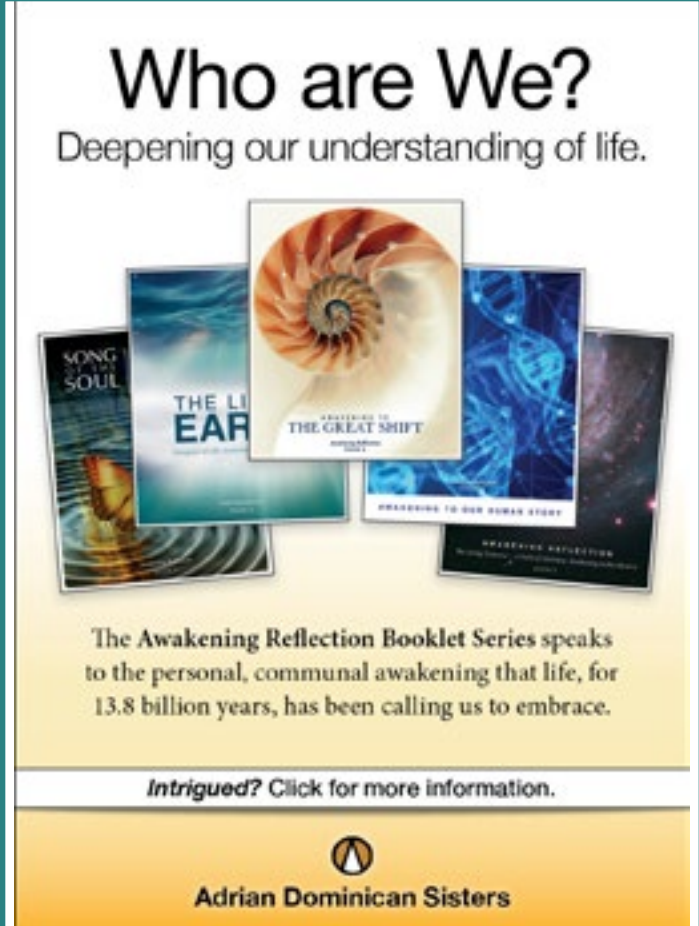
**Write for Life with Mary Ledvina •** Do you want to begin, stick with, and complete a creative project? Learn the tools that Julia Cameron used to write more than 40 books with her new book: *Write for Life: Creative Tools for Every Writer (A 6-Week Artist's Way Program)*. Develop a writing practice and fill your well with inspiration. See website for class dates. \$180. For more information contact Mary Ledvina at (734) 646-9161, email [maryledvina@gmail.com](mailto:maryledvina@gmail.com), or visit [maryledvina.com](http://maryledvina.com).

## Yoga

**Chair Yoga Flow with Paula Burke • Tuesday, October 17 • 11:00 a.m.** • Looking for more muscle tone or just wanting to boost your mood? Then join us to add more movement into your day and improve your overall health. This class is very supportive and beneficial, assisting you in finding mobility and strength at any age or level. Maintaining balance and flexibility is essential for your health and well-being. Paula will begin each class with a short meditation, offer a drop of essential oil and then flow into gentle yoga bends, twists, and stretches to assist in relieving tension and stress. Cost: \$15 or 4 class pass for \$40. For more information call Paula Burke at (517) 936-9064 or visit [enlightenedsoulcenter.com/chair-flow-yoga-tuesdays](http://enlightenedsoulcenter.com/chair-flow-yoga-tuesdays).

**SW Lake Michigan Yoga & Meditation Retreats with Ema Stefanova • Beginning Thursday, November 2 • 5:00 p.m.** 3-day and 4-day holistic yoga and mediation retreats at the Vivekananda Retreat Center are good for people seeking to learn or deepen their practice, to deeply relax and enjoy beautiful, secluded nature minutes away from Lake Michigan beaches, meditate outdoors and more. Vegetarian meals are freshly prepared. Small group, healing. Visit: [yogaandmeditation.com](http://yogaandmeditation.com)


**Yoga & Sound with Rob Meyer-Kukan and Paul Barr • Saturday, December 16 • 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. Register at <https://forms.gle/qkLoC9xqAGwCjNdS7>. \$40. For more information contact Rob Meyer-Kukan, (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com) or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).



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**Yoga Your Way with Christy DeBurton, RYT • Ongoing •** Holistic private yoga sessions, hybrid Live and Virtual Yoga Wellness Courses, 15-minute Yoga for Busy People videos, and yoga audio sessions. Hatha, Vinyasa and Yin yoga. See website for details. For more information, contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**Open Level Yoga with Michele Bond • Ongoing • Tuesday • 6 to 7:30 p.m., Saturday 10 to 11:30 a.m., and Sunday 4 to 5:30 p.m.** • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 if registered for 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 • 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 if registered for 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).



**And still after all this time, the sun never  
says to the earth, "You owe me."**

**Look what happens with a love like that,  
it lights the whole sky.**

**—Hafiz**