

The
CRAZY WISDOM

#127

Biweekly



Yoga Instructor
Scott Carter

Shining a light in the dark.



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issue #126

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Scott Carter
Photo by Abby Rose



Jennifer Carson

is an illustrator who specializes in whimsical animals and nature friends.

To see more of her work visit:

furandfeatherfriends.com

Want a custom Christmas or holiday card to send to your friends and family? Jenn would love to create something just for you. Like something she already has? Customize it with your own message.

Shop Jenn's work locally at:

- Whitepine Studios, Saline
- River Raisin Mercantile, Manchester
- Crazy Wisdom Bookstore



CRAZY WISDOM BOOKSTORE has reopened

Great Books and an awesome gift selection,
just in time for the holidays!



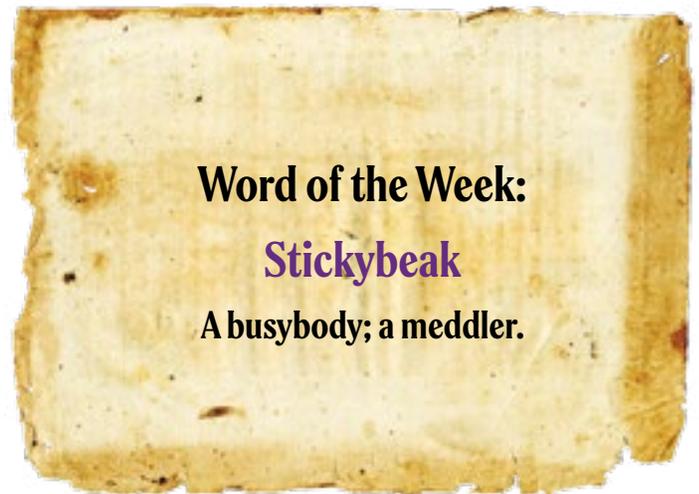
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thanks to our contributors for this issue:

- Joshua Kay
- Carleen Obrien
- Scott Carter
- Abby Rose
- Jennifer Carson
- Peggy River Singer
- Carol Karr
- Bill Zirinsky



Word of the Week:

Stickybeak

A busybody; a meddler.

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.

Green Burial:

From Stardust to Soil

By Joshua Kay

On a cloudy afternoon this past winter, as we stood in the muted, gray light of our kitchen, I said to my wife, “When I die, just put me in the ground, maybe wrapped in a shroud—or in a pine box, or something like that—and let nature do its thing.”

“Me too,” she said. “That’s what I want, too.” With that, we’d sketched out a key portion of our after-death instructions, and we soon found ourselves talking about it with others. A friend told me that if he could, he’d just have his body laid out in the woods. Then another friend revealed she wanted her body to be composted.

In short, what we all wanted was to be returned to nature through a green burial—well, except the friend who wanted his body to be tossed into the woods. No burial there, but close enough.

We are not alone. According to the National Funeral Directors Association (NFDA), over 70% of cemeteries report that demand for green burial is increasing. In 2022, the NFDA found that nearly 61% of surveyed consumers expressed an interest in exploring green funeral options, up almost five percentage points over the year before. With many Americans still unaware that green burial is an option, these numbers promise to rise further as more people learn about it.

The Green Burial Council has published standards for both green burials and green cemeteries. In its most comprehensive form, green burial forgoes the use of toxic embalming fluids, metal caskets, and grave vaults (i.e., concrete boxes in which caskets are sealed). Instead, the body is placed in a shroud or a biodegradable casket, often made of wood or cardboard, and lowered into the ground. Clothing and any mementos buried with the body should also be biodegradable. Graves might be unmarked, marked with a natural or native stone or wooden marker, or sometimes even adorned with a traditional headstone, depending on what the cemetery allows and the family’s wishes. The GPS coordinates of graves are documented, so there is a record of where a person has been laid to rest regardless of whether a marker is placed.

Green burial is legal, and though it strikes many of today’s funeral directors as novel, there’s nothing new about it. In fact, it’s consistent with how people have been burying the dead for thousands of years and shouldn’t be contrasted with “traditional” burial. Green burial *is* traditional. It’s just no longer conventional.

*Continue Reading this article
online...*

Yoga WITH CARTER



Photo by Abby Rose

By Carleen Obrien

How and when did you start your yoga journey?

I started practicing when I was 20 to help heal my body from years of playing hockey, football, and motocross. My practice was mostly a physical practice. A way to stay strong and become more flexible. There was a shift in 2001 when I dove into making a feature film about the meaning of life. I spent three years with authors, spiritual leaders, teachers, and philosophers asking them 20 questions about the meaning of life. After spending time with people like Ram Dass, Deepak Chopra, Thomas Keating, and Thich Nhat Hanh, to name a few, my yoga practice took a spiritual turn. When I couldn't find a teacher that filled this desire, I decided to look into finding a teacher that could teach me how to do it.

What style of yoga do you teach?

I took my teachers training from internationally renowned yoga teacher and author, Beryl Bender Birch in the eight-limbed path of classical (Ashtanga) yoga. Over the years my practice and teaching has evolved as I change physically, emotionally, and intellectually. I would consider my current teaching style a mindful hatha practice focusing on the feelings and sensation as they rise and fall. It would be a little arrogant to think that I know exactly what you need on any given day but I do know universal truths—like we all need to decompress, breathe deeper, slow down, and feel the sensations. Only you, or better yet, your body, can let you know what you need at this moment.

What benefits do you find in yoga?

There are a huge number of benefits of practicing yoga. In addition to the ones the science world talks about, it improves strength, balance, flexibility, relieves back pain, eases arthritis symptoms, heart health, sleep, and managing stress. I feel a very important benefit is the ability to identify and manage the nervous system for emotional regulation. We do that by feeling sensations that are uncomfortable, intense, or unfamiliar. We pause, breathe, and inquire. What do I need at this moment? Then we make decisions that best support our needs. This is an integral part of radical self care.

How often should you practice yoga?

The short answer is as often as you can. The benefits you get from practicing increases by the number of times you

do it. Once a week is great. Twice a week is even better. If you have the time and resources to practice every day you will see a significant change in all the benefits we just talked about. Strength, flexibility, emotional regulation, and more.

What can people expect when they come to your class?

My classes are designed to be available for everybody, or as I often say, every BODY. No matter your age, weight, strength, gender, or flexibility. My teaching philosophy is a little different in the way that I don't plan a class. The class unfolds in the moment as I observe the movement, breath, and energy in the room. I encourage everyone to be curious about their feelings and sensations as they move through the postures. To make decisions that best suit the needs in that moment. I offer a variety of options that will allow different outcomes from gentle stillness to more vigorous moments. So the practice will be different for every person and if everyone honors their feelings, they will create a practice that is perfect for them.

How can people practice with you?

I offer in person studio classes throughout the week in Ann Arbor. I do single or group private sessions. I also offer a monthly subscription to my recorded class vault if you like to practice at different times, at home, or on the road. For no cost, I have recorded classes on my YouTube channel YogaWithCarter. I also do yoga sound bath events. Dec 9th I will be offering a Winter Solstice Yoga + Sound Bath Experience at 6pm. You can find all this information on my site, YogaWithCarter.com

Is there anything else you'd like readers to know?

I believe that yoga can be for everyBODY for a lifetime. It's not about how the posture looks, or how flexible you are. It's not about fixing, changing, or improving. It's about intimacy and finding a connection to your bodies—physical, energetic, emotional, and spiritual bodies. I view yoga as a tool to help us manage our lives in a way that allows us to enjoy the eb and flow of life. The practice of equanimity.

Contact Carter at carteryoga@gmail.com, visit him online at yogawithcarter.com, or connect on YouTube at <https://www.youtube.com/c/YogawithCarter>

Dreaming at the Hearth: Imagination and Enchantment

Amidst the busyness of modern life, we long for another way of being. A way of being that nourishes the deep roots of our humanity, meaningful relationship with others and ourselves, and work that inspires us. We long for a lively, rich world where we experience an engaged ritual of living, not a routine of existence. To do this we must restore our connections to the imaginal and re-enchant our lives. Only through cultivating our internal wells of imagination so that they flow freely can we change our daily lives.

We will gather in community and turn our attention toward the images that beckon us, courting imagination and beauty through practices based on the work of Francis Weller. Through movement, writing practice, small group work and a community ritual, we will re-seed enchantment into our lives so that it may bloom fresh in the seasons to come.

When: Saturday, January 20, 2024

Time: 10 am to 5 pm

Cost: \$75

Location: Rudolf Steiner House, Ann Arbor, MI

Advance registration required, with participation limited to 15 people. Please register with Kirsten Mowrey at: greatlakesrituals@gmail.com.

**LIVING WISDOM HOLISTIC
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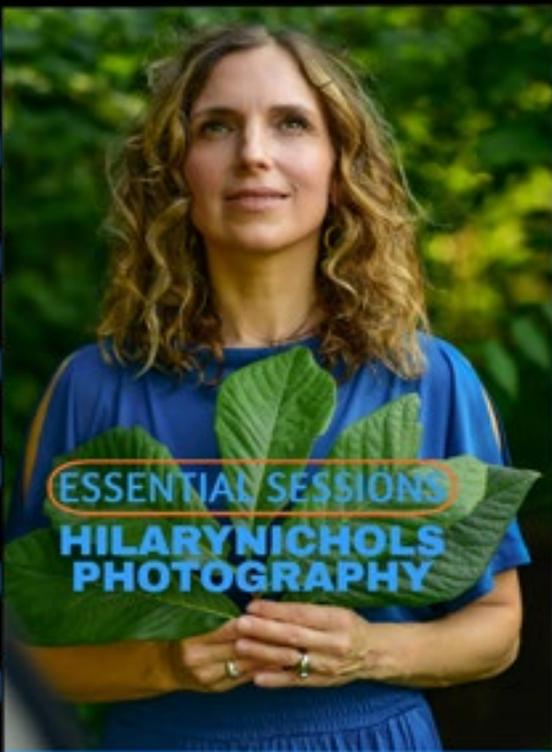
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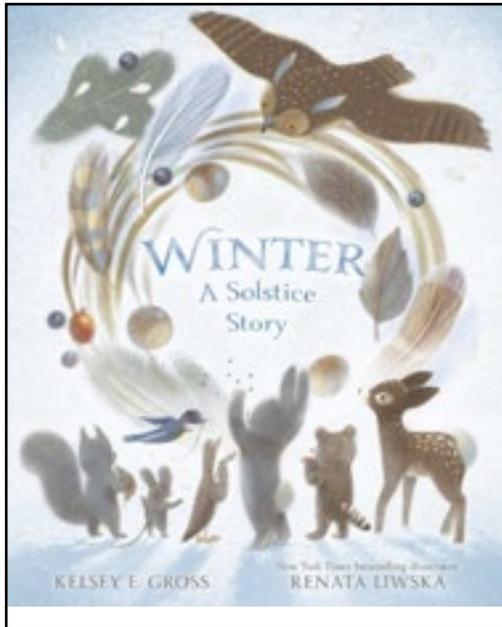
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CW Book Picks of the week



Tonight is the longest night of the year—solstice is here! Deep in the forest, the dark, cold, and quiet of winter is all around. Owl, Mouse, and Deer all watch the light fades and dark surrounds them, but they have a gift of hope to share with their neighbors. The moon and stars shine down on a lone tree in the forest, and the animals gather around to bask in its light. Winter Solstice arrives as the winter sky brings magic for all to share.

[Purchase your copy of *Winter: A Solstice Story* at shopcrazywisdom.com](https://shopcrazywisdom.com)

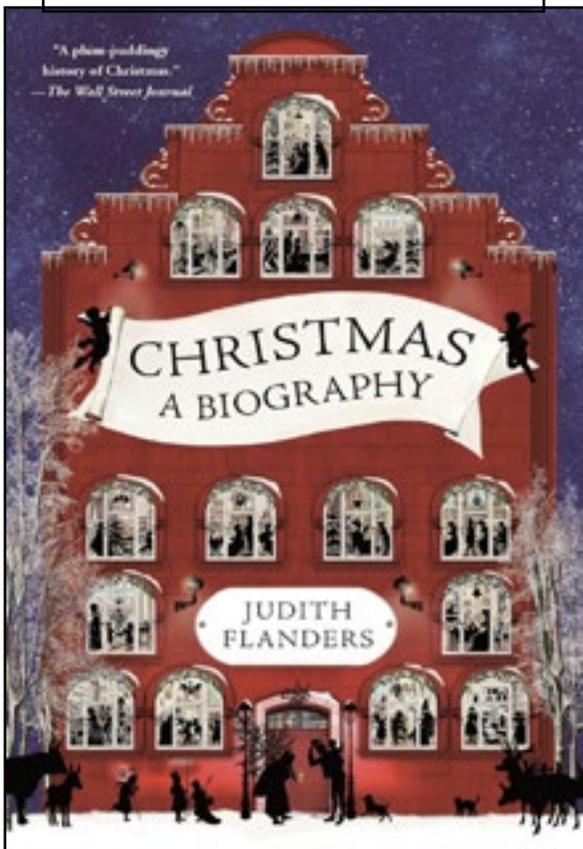
Christmas has always been a magical time. Or has it? Thirty years after the first recorded Christmas, one archbishop was already complaining that his flock was spending the day, not in worship, but in dancing and feasting to excess. By 1616, the playwright Ben Jonson was nostalgically remembering the Christmases of the old days, certain that they had been better then.

Other elements of Christmas are much newer--who would have thought gift-wrap was a novelty of the twentieth century? That the first holiday parade was neither at Macy's, nor even in the USA?

Some things, however, never change. The first known gag holiday gift book, *The Boghouse Miscellany*, was advertised in the 1760s "for gay Gallants, and good companions", while in 1805, the leaders of the Lewis and Clark expedition exchanged--what else?--presents of underwear and socks.

Christmas is all things to all people: a religious festival, a family celebration, a period of eating and drinking. In Christmas, bestselling author and acclaimed social historian Judith Flanders casts a sharp eye on its myths, legends and history, deftly moving from the origins of the holiday in the Roman empire, through the first appearance of Christmas trees in Central Europe, to what might be the origins of Santa Claus--in Switzerland--to draw a picture of the season as it has never been seen before.

[Purchase your copy of *Christmas: A Biography* at shopcrazywisdom.com](https://shopcrazywisdom.com)



A Conversation with Raccoon Group Soul

By Peggy River Singer

Raccoon: So, I understand that you have hesitated to connect with us for the purpose of your writings, because we are so well-known that you weren't sure whether new and fresh information would be likely to be available?

Peggy: I did think that at first, but then I reminded myself that all animals are much more than they seem to be. That's why I decided to go ahead and invite you to speak with me and share with us anything you'd like us to know about your people.

Raccoon: That is appropriate; I approve. [I see an image of him, sparkling with tiny stars.] We are creatures of daylight and sunshine as well as night-time darkness. Your people see us in back yards and alleyways, parks, and forests. But when we gather in our secret places, far from human eyes, we Become what we truly are.

Peggy: Are you showing me a constellation?

Raccoon: Yes. Our constellation is not one that is recognized by humans. It is our source and heart-home, and the receptacle of our powers. Our special gift is our ability to restore the healing energies of balance in situations where this is desired.

Peggy: How is this done?

Raccoon: Imagine a vast wilderness of stars. We are able to select, from all those stars, this one or that one which will benefit from our assistance. Understand that we do not interfere with any star which is in a state of intentional imbalance, as part of its evolution and intention.

Peggy: Do the stars contact you directly and ask for help?

Raccoon: Yes, occasionally. Those who do not know to ask for help, usually because their imbalance is so extremely miniscule, are the ones we search for.

Peggy: So, you are correcting tiny problems before they can become big problems for individual stars?

Raccoon: Exactly.

Peggy: This is marvelous! How many raccoons are required to accomplish a re-balancing?

Raccoon: The ideal number is three, or multiples of three; but the number needed is flexible based on the experience and wisdom of the individuals who are present.

Peggy: Are the stars you work with aware of your assistance?

Raccoon: Sometimes; in those cases they will often express appreciation.

Peggy: Do you usually work with "nearby" stars? Is there a limit to how far away a star can be?

Raccoon: It is of course necessary that we be able to perceive a star in some way, using our unique abilities which I am not able to discuss with you.

Peggy: Do you also work with imbalances here on Earth?

Raccoon: Yes, indeed. Humans assume that we are so common around their settlements because it's easy for us to find food and shelter in those places. The more important reason is the great need for lovingly, gradually, gently restoring balance where humans are upsetting the natural order of things.

Peggy: Do all raccoons take part in this work?

Raccoon: About one in three individuals devote themselves to the balancing. Some prefer to focus on supportive tasks, such as hunting for locations that need our help, or raising gifted kits to continue the work as they mature.

Peggy: Is there anything else you'd like to share, today?

Raccoon: As you said earlier, all animals are far more than they seem to be. Any animal could tell you similar tales about their abilities and purposes, if they feel you can be trusted with that information. This talking is a good start to many future conversations. Appreciation.

Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and life-long writer. She uses her gifts to help create harmonious relationships among all who share the Earth. Connect by email at newbluecanoe@aol.com, or by phone at (734) 548-0194. More of her articles and columns are posted on angelsfairiesandlife.wordpress.com.



The Crazy Wisdom Calendar

December 2023 & January 2024



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.

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.

Arts and Crafts

Candle-making & Gift Crafting with Deanne Bednar • Saturday or Sunday, December 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 or call Deanne at (248) 496-4088.

Candle Making & Holiday Crafts 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 or call Deanne at (248) 496-4088.

Book Discussion Groups

Jewel Heart Readers • Sunday, 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, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Breathwork

Guided Group Breathwork with Jackie Miller • First and Third Sundays, December 17, January 7, 21 • 6-7:30 p.m. • First and third Sundays. 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 and registration, visit thisbreath.com.

Breathwork : Group Healing Night with Paula Rowe • Friday, December 15 • 7:00 p.m. • Join Breathworker Paula Rowe for an introduction to breathwork and a short, experiential session. Global Unified Breathing an enlightening and life affirming experience. Your Breath can communicate a love language, our goal is to breathe us into and onto a path of goodwill and peace. For more information contact Mara at info@evenstarschalice.com. or visit evenstarschalice.com/pages/group-healing-nights.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, December 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, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Practical Buddhism Online by Gelek Rinpoche • Tuesday, December 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, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Jissoji Zen Ann Arbor Meditation with Taikodo Marta Dabis • Sunday, December 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 or www.jissojizen.org, and find them on MeetUp.

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, or visit 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 lananancy@karunabuddhistcenter.org or visit karunabuddhistcenter.org.

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 • December 24 • 11:00 a.m. • Traditional Japanese Soto Zen Full Moon Ceremonies in the tradition of the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. FREE, donations are appreciated. For more

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

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 • 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 enlightenedsoulcenter.com.

Full Moon Monthly Ceremony • December 26 • 7:00–8:00 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. These monthly ceremonies will allow you to stay grounded while your spirit soars. For more information, visit: enlightenedsoulcenter.com/full-moon-monthly-ceremony

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 or email 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, or visit clair-ascension.com.

Channeling

Remembering Wholeness | Darshan with The Mother with Barbara Brodsky channeling The Mother • Sunday, 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, or visit deepspring.org.

Evenings with Aaron—Aaron Channeled by Barbara Brodsky • Wednesday, 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, or visit deepspring.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 or visit <https://fb.me/e/39OVXxR8v>

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

Death and Dying

Ann Arbor Virtual Death Café with Merilynne Rush, The Dying Year • Saturday, 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. Open to all adults. FREE. To receive the link, send an email to thedyingyear@gmail.com.

Ann Arbor Death Café via Zoom with Rachel Briggs • Sunday, 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. FREE. For more information contact Rachel at RachelBriggs@gmail.com.

Dreamwork

Monthly Dream Workshop with Psychic Medium Jani • Sunday, 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

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 to sign up for weekly links.

Fairs and Festivals

Enlightened Soul Two-Day Psychic Fair at Enlightened Soul Center & Shop • Saturday and Sunday, December 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, or visit enlightenedsoulcenter.com.

Healing

Monthly Reiki share with Jennifer LaFeldt, LMT, RMT • Sunday, 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 or (734) 478-0866.

Intuitive & Psychic Development

Focused Mind Meditation—Teleconference with John Friedlander • Sunday, 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 or contact Violeta Viviano at (734) 476-1513.

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, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Weekly Online Silent Meditation Practice with Celeste Zygmont • 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

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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, or visit deepspring.org.

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, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

A Day of Mindfulness Meditation with Esther Kennedy, OP • Saturday, 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, neighborhood, city, and world. \$35.00/session (Lunch included). For more information, call Weber Center at (517) 266-4000, visit webercenter.org or email webercenter@adriandominicans.com.

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

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and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE, donations welcome. For more information visit jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

A Day of Mindfulness with Emily Adama • Sunday, December 10 • 10:00 a.m. • Immersed in nature, you will be supported by time-honored practices, the presence of other practitioners, and themed readings exploring key mindfulness teachings. The majority of the day will be in guided silence, however, the day will begin and end with optional sharing. For more information visit earthwellretreat.com/day-of-mindfulness-meditation.

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, or visit 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.

Music, Sound, and Voice

Monthly Group Sound Bath with Reverend Amy Feger • Sunday, 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.

Singing for Comfort in Person & Zoom with Interfaith Center for Spiritual Growth • Thursday, 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.

Sound Bath Meditation in Sacred Sound Sanctuary with Kimberly Joy Rieli • Saturday, 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 or by Paypal to info@singingforyoursoul.com. Cash payments and donations will also be accepted at the door. For more information email anne@infintelightjackson.com or call (517) 962-4725.

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.

Parenting

Harnessing the Power of Talking Out Loud for Parents with Leeann Fu via Zoom • Monday, December 11 • 6:45 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. Please be punctual as we will be splitting into breakout rooms at the start. For more information: teddybeartalksupport.com FREE. For more information contact Leeann Fu at (734) 237-7676, email teddybear@umich.edu, and visit teddybeartalksupport.com.

Personal Growth

Virtual Nature-Inspired Expressive Arts Gatherings with Hello from The Cocoon's Laurie Aman & Sarah Bruno • Sunday, December 10 • Noon to 2:00 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, or visit hellofromthecocoon.com.

Retreats

Half-day silent meditation with Rev. Marta Dabis • Sunday, 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, or visit jissojizen.org, and find them on MeetUp.

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, call (989) 983-4107, or visit 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 or visit christydeburton.com.

Spiritual Development

Sunday Services via Zoom with Interfaith Center for Spiritual Growth • Sundays through December 31 • 10:45 a.m. to 12:15 p.m. • Sunday celebration. Free, but donations

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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.

Akashic Records Practitioner Certification with Shellie Powers • 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 or call (734) 926-8423.

Writing for Spiritual Wellness with Holly Makimaa • Thursday, 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, yourtransformationaljourney.com.

The Crazy Wisdom Calendar

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Spiritual Development continued...

Peace Generator via Zoom with Interfaith Center for Spiritual Growth • Friday, December 15 • 7 to 9:00 p.m. • Manifest peace for the planet. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Stress Management

Everything is Working Out Perfectly with Karen Greenberg, P.T. • Sunday, 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, or visit 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 or visit christydeburton.com.

Sustainable Living

Learning Tour at Strawbale Studio with Deann Bednar • Sunday, December 10 • 10 a.m. to Noon • The Learning Tour of Strawbale Studio & 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 on this land 1 hr N of Detroit. Ask Questions! \$20. For more details and registration visit strawbalestudio.org. Questions? Contact Deanne at ecoartdb@gmail.com, or call (248) 496 4088.

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, call Jewel Heart at (734) 994-3387, or send an email message to 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, or visit wustyle-annarbor.com. For more information, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to 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

A Path to Awakening Project with Celeste Zygmunt • Monday, 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, or visit deepspring.org.

Thater

A Man for Christmas: An NTG Original Parody • Friday and Saturday, December 8 & 9 • 7:30 p.m. • It's engagement season and Kinzley is still single and turning 30 on Christmas! She returns home to celebrate the double engagement of her sister and dad (not to each other). If she can win the affections of Eric, all her dreams come true! For more information email info@ntgypsi.org For tickets visit <https://ticketstripe.com/ManForChristmas>

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The Crazy Wisdom Community Journal

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Features

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

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Writing and Poetry

Writing for Spiritual Wellness with Holly Makimaa • Thursday, 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, 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.

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • Sunday, 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 or visit 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, or visit maryledvina.com.

Yoga

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 or visit 7notesnaturalhealth.com.

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 or visit christydeburton.com.



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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
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A person stands on a rocky shore at night, looking up at a vibrant green aurora borealis in a starry sky. The aurora is a bright, ethereal green light that flows across the dark sky, creating a sense of wonder and awe. The person is a small silhouette against the vast, glowing landscape. The sky is filled with stars, and the overall atmosphere is serene and majestic.

Tomorrow is the most important thing in life. Comes into us at midnight very clean. It's perfect when it arrives and it puts itself in our hands. It hopes we've learned something from yesterday.

— John Wayne