

The
CRAZY WISDOM

#128

Biweekly



The background of the image is a dark, gradient-like field filled with numerous small, out-of-focus golden light spots, creating a bokeh effect. The spots vary in size and brightness, with some appearing as larger, softer circles and others as smaller, sharper points of light. The overall color palette is a range of golds, from pale yellow to deep, rich gold, set against a dark, almost black background that transitions to a lighter, hazy gold towards the top.

Shining a light in the dark.

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On the Cover

The staff at *The Crazy Wisdom Community Journal* wish you all a happy holiday season and a magical new year!



Get Ready for our newest issue!



The Crazy Wisdom Community Journal

issue 85

Features

- Jasmine Hampton, Olympic Hopeful and Local Boxing Champion
- An Interview with Anne Biris
- Prophecy, Legacy, Trees
- Hand Gestures in Spiritual Art
- Ashes in Art Glass ...and more!

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

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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:

- Grace Pernecky
- Kirsten Mowrey
- Lisa V. Gotte
- Jennifer Carson
- Carol Karr
- Bill Zirinsky

Word of the Week:

Chionophile

**A person that thrives in cold weather,
someone who finds happiness in the quiet
serenity of snowy days.**

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.

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.

COMMUNITY ACUPUNCTURE: A SYNERGY OF HEALING & COMMUNITY



A Conversation with Evan Lebow-Wolf,
Cheryl Wong & Kiersten DeWitt of Ann
Arbor Community Acupuncture

By Grace Pernecky

What is Community Acupuncture?

Did you know there's a place you can get acupuncture for \$25, and that it could be just as rewarding and healing as acupuncture you may receive for \$100-200 elsewhere?

Many of us know of acupuncture. Some of us have tried it ourselves. Acupuncture follows the tradition of Chinese medicine, which believes that energy, or chi, flows through the body along a variety of meridian pathways. When energy gets blocked, or is flowing too strongly or too weakly, our body becomes unbalanced, and we may experience symptoms and develop illness. Acupuncture places needles in strategic points in the body along the meridians in an effort to correct these imbalances and restore health. However, most clinics in the U.S. that offer acupuncture do so in a spa-like, private setting, with one-on-one appointments that often cost upward of \$100. It's a big investment for many people, especially for those who are already struggling with illness.

Community acupuncture, on the other hand, offers a sustainable and fiscally sensible solution to treating as many people as efficiently and effectively as possible. Evan Lebow-Wolf, co-founder of Ann Arbor Community Acupuncture (AACA), told me briefly about the difference between community acupuncture and private acupuncture. When I asked him whether he feels like there is anything missing in the community acupuncture approach that is available in private acupuncture sessions, he replied with a firm and resolute "no."

"To me, the main thing you get from a private 'Boutique' acupuncture (that's what community acupuncturists call it), is up-front, one-on-one time. And I really think that just comes out of this American obsession with individualism and privacy, with 'feeling special.'"

Lebow-Wolf told me that for those rare people who come into community acupuncture and don't like it, the reason is usually that they have had private acupuncture sessions and have an idea of what they think acupuncture should look like and what they should be getting out of the experience. "The vast majority of the time, people just end up doing really well with it," he expressed confidently.

Packing an AcuPunch: The Journey to Ann Arbor Community Acupuncture

Lebow-Wolf and his partner and co-founder of Ann Arbor Community Acupuncture, Cheryl Wong, both attended Bastyr University in Seattle, one of the largest Naturopathic medical schools in the States. They were both attracted to the school because of its mission to develop the field of natural medicine with a science-based approach. Although they started off with an interest in the field of naturopathic, integrative medicine, and traditional Chinese medicine as a whole, over time they realized the power of acupuncture to restore balance to the body, even when other modalities failed to pack the same punch.

After graduating with a Masters of Science in Acupuncture and Oriental Medicine (and Wong with an additional Doctorate in Naturopathic Medicine), Lebow-Wolf and Wong moved to upstate New York. Wong started a small, private naturopathic practice while Evan found work at a community acupuncture clinic. Wong quickly noticed the differences between her and Lebow-Wolf's work, despite offering many of the same services. "I would have to see one person at a time, and because of that I would have to charge \$80 minimum just to keep my office, just to break even. I would hear these stories from Evan about doing relatively simple treatments for these really severe cases at \$15 a pop, and a lot of these people being all better after just one treatment. It was insane."



Ann Arbor Community Acupuncture Team, Evan Lebow-Wolf, Cheryl Wong, and Kiersten DeWitt.

In 2015, Lebow-Wolf and Wong founded Ann Arbor Community Acupuncture. Since then, they have provided over 30,000 treatments, and in 2017 their clinic gained 501(c)3 status as a non-profit. They hired Kiersten DeWitt in 2020. DeWitt attended Naturopathic Medical School at the National University of Health Sciences in Chicago, and though she started off with an interest in dietetics and nutrition, she soon came to the same realization that acupuncture was a powerful tool that could be used to treat many people efficiently and effectively.

Since day one, AACA has been offering effective and affordable treatments to members of the Ann Arbor community. “Our first day, we had nine patients. They were mostly Evan’s mom’s friends,” laughed Wong reminiscing. “So much has changed since then.” The clinic has mostly grown through word-of-mouth. “We weren’t really doing any marketing or advertising; people would just find out about us through other people who had good experiences with us.” On average, the clinic now sees around 35 people every day.

What Does Group Healing Look Like?

“The physical size and space of our clinic has changed so much since the beginning,” Wong stated. Where there was

once only a small treatment room where eight chairs were crammed into a 15 x 25’ space, post-pandemic, the clinic has been able to more than double in physical size, thanks to Paycheck Protection Program loans that the clinic applied for during the pandemic. “It now comfortably fits eight chairs that are spaced at least six feet apart,” said Wong, “and we are still requiring masking at our clinic so that everyone feels safe.”

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In These Times...

By Kirsten Mowrey

We practice for these times, for times like this in the world. We go to our mat, under our shawl, sit on our cushion, to find peace amid the rubble of grief, rage, and fear. We attend to our practice precisely so that when the tides of emotion are strong, so is our practice. We return again and again to our breath, to our body and mind in the moment, returning to ourselves. Our ancestors developed these practices because they knew—they knew that we could be swept off our feet by our emotions, our ability to choose wisely blinded by the redness of rage or the waters of our grief. They knew these times would come and that we would need skills to remind us of our common humanity, of our hearts, of our kinship. We practice so that we may return to ourselves in the hurricane of emotions, return to center and be able to choose how to live our values out in the world.

Thich Nhat Hanh wrote about living in Vietnam during the war, saying “I didn’t say or do anything, because I knew that doing or saying things while I was angry would create a lot of destruction. I paid attention to just breathing in and out. I sat down by myself, closed my eyes, and I recognized my anger, embraced it, and looked deeply into the nature of my suffering. Then compassion arose in me.... Hatred and anger left my heart. I was able to see that our real enemy is not man, is not another human being. Our real enemy is our ignorance, discrimination, fear, craving, and violence.” *Calming the Fearful Mind* (p.11-12).

So, we practice. While we practice breathing, we also practice mutual care. Care for ourselves and care for our communities. We connect with friends who have kin affected by world events, breathing with them. We make sure people in our community feel safe, that fear and violence are not spreading.

We make sure that our Jewish and Palestinian neighbors feel safe walking their dogs, taking their kids to school, getting their groceries. We be present with our own fears, rage, and grief in our practice so that we do not spread it indiscriminately.

We also care for ourselves. Would you daily eat a diet of spicy chicken wings and Red Bull? Probably not, but that is how our 24 hour news cycle effects our brains, as well as our social networks. Remember: the more time you give social media and television, the less of your attention you have for what matters to you. Your attention is precious and limited, how do you wish to use it? Where and with whom? I am not advocating for emulating an ostrich, but modulation and temperance; if I cannot sleep for worry, I am not rested, I yell at my children and then I put more fear and stress into the world. Or I am short tempered with my beloved, or rage at the retail clerk who is simply the one in front of me when I burst.

Finally, please care for yourself as you would anyone else who is suffering. We are all suffering right now, including yourself. Do the best you can, as we all do, to practice compassion for yourself. Be kind to yourself. Turn toward what nurtures your roots, so that you can be a gift to the world.

[Read more interesting blogs on our website.](#)

From Our Archives

Hygge:

Create a Cozy Winter



By Lisa V. Gotte

Hygge, pronounced “hoo-gah,” is a Danish word that can most readily be described as a sort of coziness, although it’s more than that. It also comes from the word *hugga*, which is related to the word hug and means to comfort and console. So, it’s little surprise that it’s what keeps the Danes the happiest people on the planet even though they endure frigid winters with little daylight. Sunrise in a Copenhagen winter can be as late as 9:00 am while sunset can arrive not long after by 3:30 p.m. The average temperature in January is 32°F, hovering right around freezing for months. All that adds up to some long, dark, and cold days. Most Michiganders can relate to this kind of winter climate, but just because it’s cold and dark outside doesn’t mean you can’t enjoy yourself. Take a page from the Scandinavians and invite the warmth and conviviality of *hygge* into your home and life.

Create Your Own Coziness Indoors

Candles, nubby socks, a warm fireplace, sparkly lights, foamy lattes, and hot chocolate with friends and family, these are the things that *hygge* is made of. This comforting and relaxed way of life can be created in any home in any country with just a few items that most of us already have.

What you may need:

Candles and Fairy or Christmas Lights
Fuzzy Blankets and Warm Socks
Sturdy Mugs and Cups for Hot Drinks
Good Books and a Comfortable Spot in Which to Read Them

While *hygge* can come across as bourgeois it’s not as consumer driven as it can appear to be on the surface. Generous doses of both gratitude and moderation are vital to the spirit of real *hygge*.



Light

Long, dark, and dreary days can be brightened with the right lighting. Strings of sparkly lights on mantles or over doorways don’t have to be put away right after Christmas. Leave them up to brighten some of the coldest months of the year. Low watt, warm white bulbs in lamps can also add a cozy and subdued atmosphere. Candles, of course, add their warm flicker.

Friends

The word conviviality is often included in any description of *hygge*. It’s most certainly possible to enjoy the warmth of *hygge* alone with some nubby socks and a cup of hot cocoa but friends make it even better. Sharing good food and conversation in a relaxed atmosphere is a perfect expression of *hygge*.

Scandinavians, in general, have a standard of living which allows most citizens a level of prosperity and the leisure time to enjoy it. While *hygge* can come across as bourgeois it’s not as consumer driven as it can appear to be on the surface. Generous doses of both gratitude and moderation are vital to the spirit of real *hygge*. It’s not about buying a dozen candles or having mountains of warm socks you may never wear. It’s enjoying a few well-made things that are mindfully enjoyed, provide genuine comfort, and may last for years.

The Swedish word, *lagom*, describes a sense of equality and moderation and is an important part of *hygge*. *Lagom* is sharing with those around you and getting along. This quality of *lagom*, which is sometimes criticized as being too bland and not making waves, can also help people get along and keep tensions and conflicts at bay.

Things to do:

Visit Restaurants and Coffee Shops with Friends
Arrange Group Hikes and Outdoor Activities
Find Local Places that have Game Nights

Get Outside

Hygge doesn't only happen inside. Getting outside for hikes, ice skating, and skiing are also part of the philosophy of hygge. Star gazing on crisp and clear evenings is also a great way to get outside. Outdoor activities tend to promote a healthy body and happy mindset and any weather can be enjoyed when wearing suitable clothing. The contrast when coming in from the cold to a warm and inviting meal with friends can make each extreme even more enjoyable. It's not just the warmth and comfort that is hygge, but the juxtaposition between that and the harsh and dreary climate.

You'll need:

- Warm Clothes for the Outdoors
- Boots, Scarves, and Gloves
- A Place to Walk, Hike, Ski, or Star Gaze

When you come in from that winter hike, take off your hats and gloves and settle in to make a batch of hot cocoa to share with companions.

A Recipe for Easy Hot Cocoa for Three

This recipe takes only minutes to make and is as easy as purchased hot cocoa mix. It's creamy, chocolatey, and delicious. Just whisk together all the ingredients in a heavy bottomed pan and heat to just below boiling. The cocoa powder will mix in easily as the milk heats up. Once heated through, stir well, share with a couple of friends, and enjoy!



- 3 cups plant-based milk (almond, soy, cashew, or rice)
- 1/3 cup cocoa powder
- 1/3 cup brown sugar (or white)
- 1 tablespoon vanilla
- Pinch of salt
- Optional small sprinkle of cayenne pepper

Did you know? Hot chocolate and hot cocoa are not the same? Hot chocolate is made with melted chocolate thinned with milk. Hot cocoa is made with cocoa powder and other flavorings added in.



CW Book Picks

of the week



Cravings for comfort, for coziness, for contentment: everyone experiences the desire for a happier, less stressful, and more serene life.

Hygge, the Danish-born philosophy, is one proven way to achieve such a life. From the Old Norse for "well-being," hygge embodies a philosophy that is as much a mindset as it is a way of life.

Specific activities are designed to encourage you to cultivate togetherness and joy at the smallest and simplest things in everyday life.

This book provides an in-depth explanation of the hygge lifestyle, as well as numerous bits of practical advice on how to practice hygge every day.

Take a second to imagine how you'll feel once you start practicing hygge, and how your family and friends will react when they start to experience the joys of a peaceful, cozy, happy life. Even if you feel that your life is too busy to slow down and enjoy all the benefits of hygge, you can certainly achieve a state of hyggelige with a little assistance from the tips and techniques offered throughout this book.

Beginning to practice hygge in your life simply requires a desire to create an atmosphere conducive to comfort and calm, a focus on togetherness and family rather than work and status, and a belief that material wealth and consumer products do not equal happiness. Rather, it is an intrinsic feeling that comes from leading a comforting life of self-care and well-being. Success, following hygge, is not defined via one material thing. Rather, success is about work-life balance, creativity, and productivity in your life, comfort, and happiness in your home.

[Purchase your copy of Hygge at shopcrazywisdom.com](http://shopcrazywisdom.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.

Animals and Pets

Basic Animal Communication with Judy Liu Ramsey • Saturday and Sunday, January 27 & 28 • 9:00 a.m. to 5:00 p.m. • Learn to communicate with animals telepathically by opening your natural intuitive senses the way the animals do. Go step-by-step in a fun, nurturing, and supportive environment, working with both live animals and photos. Class is held online via Zoom. \$160 per person/ \$80 for repeat students. For more information email info@judyr Ramsey.net or visit judyr Ramsey.net.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monday, January 8, February 12, March 11, & April 8 • 7 to 8:30 p.m. • Enjoy lively discussions on monthly Buddhist-related book selections with our community. All are welcome. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org or visit jewelheart.org.

Breathwork

Guided Group Breathwork with Jackie Miller • First and Third Sundays • January 7, January 21, February 4, February 18, March 3, March 17 • 6 to 7:30 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 and registration, visit thisbreath.com.

Buddhism

9 Stages of Shamatha Meditation with Khenpo Tshering Chophe • Ongoing Saturdays • 10:30 to 11:30 a.m. • You will be taught how to practice Shamatha (calm-abiding) meditation in the Mahayana Buddhist tradition on Saturday mornings. Lessons given with reference to the sutras and other texts and guided meditation sessions. Topics covered in earlier meetings Frequently reviewed. Newcomers welcome! FREE. For more information visit karunabuddhistcenter.org.

No Judgement Zone with Lama Nancy Burks and Khenpo Tshering Chopel • Ongoing First Saturdays Beginning January 6 • Noon to 1:00 p.m. • A nonreligious support group where participants bring problems and challenges and provide nonjudgmental support and feedback. FREE. For more information visit karunabuddhistcenter.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sundays, Beginning January 7 through April • 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. Online and on-site. FREE, donations welcome. No discussion on March 3. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Foundation of All Perfections with Jewel Heart Instructors • Mondays, Beginning January 8 Through March 18 • 7 to 8:30 p.m. • Je Tsongkhapa's famous poem "The Foundation of All Perfections" guides us through the sequence of all stages of the path to enlightenment. Based on Gelek Rinpoche's transcript of oral teachings on this often-quoted work of the Lam Rim tradition, this course offers intimate access to the material through explanation, meditation, and discussion. No class on February 26. Suggested cost is \$75. Pay what you can - No one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rinpoche • Tuesdays, Beginning January 9 Through April 30 • 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. The sessions review Gelek Rinpoche's

2012 Sunday talks and into early 2013. No class February 27. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

New to Buddhism with Khenpo Tshering Chope • Friday January 12, February 10, March 9 & April 13 • Noon to 1:00 p.m. • A series of talks for those new to Buddhism. Topics include teachings common to all Buddhist paths, as well as beginner-level subjects found in Mahayana and Vajrayana Buddhism. Newcomers welcome! FREE. For more information visit karunabuddhistcenter.org.

The Bodhisattva's Way of Life with Demo Rinpoche • Thursdays Beginning January 18 through March 28 • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. Cost to be determined. Pay what you can - No one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Channeling

Evenings with Aaron with Barbara Brodsky and Aaron • Wednesday, January 10, February 7, March 6, April 3, & May 1, 29 • 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: Individual: \$10-\$30; All sessions: \$60-\$180. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Explorations with Spirit with Barbara Brodsky, Colette Simone, and Spirit Friends • Saturday, January 20, March 2, & May 11 • Tentatively 10:00 a.m. to 2:00 p.m. OR 11:00 a.m. to 3:00 p.m. • This series is a continuation of the three workshops in Fall 2023. Topics will include: 1) Deepening awareness of one's fuller essence and living from that foundation of love and freedom. 2) Understanding karma. 3) Moving beyond perceived limitations. 4) Staying grounded in the midst of difficulty. Suggested donation: \$30-\$110. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Remembering Wholeness; Darshan with the Mother with Barbara Brodsky • Sunday, January 28, February 25, March 24, April 28 & June 2 • 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 messages that can most support program participants. People are able to hear what resonates for each one. Suggested donation: Individual - \$10 - \$30; All winter - \$50 - \$150. For more information contact the Deep Spring Center

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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 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 Yatzczak • 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 jyatzczak@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

Dances of Universal Peace with Susan Slack • Friday, January 5 & February 2 • 7 to 9:00 p.m. • The Dances of Universal Peace are interactive folk-type circle dances and walking practices while chanting sacred phrases from the world's spiritual traditions. Joyful moving meditation to live music, taught on the spot. All welcome! Masks are required. \$10 Suggested donation. For more information email peaceinacircle@gmail.com or visit dancesofuniversalpeace.org.

Martin Luther King, Jr. Day Event: What is your Dream? • Monday, January 15 • 1:00 p.m. • Open Mic to say your dream, as though you were speaking in the voice or spirit of Dr. King. What is your dream for Ann Arbor entering our Third Century? or peace in the world? or your own life now? Liberty Plaza, 3rd annual. For more information contact Alan Haber at megiddo@umich.edu, call (734) 657 8083, or visit <http://annarborcommunitycommons.org>.

Children and Young Adults

Thrive Baby Music Therapy Classes with Emma Wymer • Saturday, January 6, 13, 20 & 27 • 9 to 9:45 a.m. OR 10:15 to 11:00 a.m. OR 11:15 a.m. to Noon • Join us for a four-week music therapy class to promote developmental milestones, social skills, and infant-caregiver bonding. Through the use of instrument play and music listening, your child will begin to explore their body, voice, and environment in an evidenced-based curriculum! 9:00 a.m. session: 1-3 years; 10:15 a.m. session: 6-12 months; 11:15 a.m. session: 0-5 months. \$125. For more information visit birthplacemusictherapy.com.

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 Merylynne Rush • Third Saturday of Every Month • 10:30 a.m. to Noon • Join us for a conversation about all things related to death and dying. This is not a grief support group, but rather a "death-positive" event. Participants join in small and large group discussions 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. To receive the link, please email TheDyingYear@gmail.com and specify Death Cafe. FREE. For more information email thedyingyear@gmail.com.

Top 5 Questions about Becoming an End-of-Life Doula with Patty Brennan • Tuesday, January 9 • 7:30 to 8:30 p.m. • Do you have questions about becoming an end-of life doula? Join us for an hour-long webinar and get answers! We will discuss the role of the end-of-life doula, doula training and certification, how doulas interact with the hospice team, the types of services offered, your income potential as a doula, and more. FREE. For more information contact Patty at (734) 663-1523, email patty@lifespandoulas.com, or visit lifespandoulas.com.

End-of-Life Doula Training with Merylynne Rush • Friday, January 19 to February 23, 1 to 4:30 p.m. OR Tuesdays, March 26 to April 30, 4 to 7:30 p.m. • EOLDS provide hands-on care and comfort during the dying time, collaborating with hospice and other caregivers. The 100-page study guide includes resources and info on how to set up a business. Zoom class limited to 16; includes three facilitators and follow-up mentoring. No prior experience is necessary. Are you called to help others? Learn from a hospice nurse and experienced end-of-life doulas from diverse backgrounds. We emphasize cultural humility, understanding our biases, and reducing health disparities. \$725; scholarships and payment plans are available. For more information contact Merylynne at (734) 395-9660, email thedyingyear@gmail.com, or visit TheDyingYear.org.

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.

Drumming

Intro to Taiko Drumming with Eileen S. Ho • Sunday, January 7, February 4 & March 3 • 3 to 5:00 p.m. • Explore the empowering art of Taiko in a 2-hour introductory workshop with demonstrations and hands-on activities that introduce participants to Japanese Taiko drumming. Share in the joyous energy and generous spirit of Taiko as we practice moving in space, using our voices, playing with instruments, and exploring the rhythm and groove of Taiko music together. Practice drums (taiko) are provided and drumsticks (bachi) are available to borrow or purchase. Drum and Dream with us! \$49, optional \$10/pair of bachi. For more information contact Eileen at (248) 773-8899, email eileen@greatlakestaiko.org, or visit michigantaiko.net/aareced.

Drumcommunity Jam with Lori Fithian • Saturday, January 20, February 17, March 16 & April 20 • 7 to 9:00 p.m. • Come join us for a family-friendly drum circle and improv jam. Bring your voices, instruments, drums, and other sounds, and together we'll create an evening of rhythmic fun for everyone! This is a 'facilitated' circle, where Lori leads drum circle games and musical improvisation activities with a focus on fun and building community. Drums provided, no experience necessary, all ages welcome. Come jam! FREE, donations to the center are welcome. For more information contact Lori at (734) 426-7818, email lorifithian@mac.com, or visit drumcommunity.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.

Film

Film and Discussion with Jewel Heart Instructors • Friday, January 12, February 9, March 8 & April 12 • 7 to 9:15 p.m. • FREE. Concessions available. For more information contact Jewel Heart at 734-994-3387, email programs@jewelheart.org, or visit jewelheart.org.

• **January 12.** Walking the Camino (2015). A documentary about the 500-mile journey of six men and women along the Way of St. James. For 1200 years, millions of pilgrims have been walking the Camino de Santiago from France to Spain. Have you ever walked—or wanted to walk—the Way?



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COMING FALL 2023
A NEW INCARNATION OF
CRAZY WISDOM BOOKSTORE

Born during the pandemic,
The Crazy Wisdom Biweekly seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, art and photos, favorite places for walks, or musings on current events.

Send your ideas to Jennifer@crazywisdom.net.

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

The Crazy Wisdom Calendar

December 2023 & January 2024



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.

Health and Wellness

New Year Mindful Reset Retreat with Katie Hoener and Courtney Fitzpatrick • Sunday, December 31 • 9:00 a.m. to 2:00 p.m. • Practice yoga, meditation, learn to dive into the act of being mindful and give participants ample opportunities for journal prompting/walking meditation/reflection. There will be dialogue and also a process to cultivate your Sankalpa (intention) Word for 2024. This intentional immersion is time for you to step away from daily life, to reset from the Holidays, to feel good and optimistic for the Year ahead. This is a wonderful time to regroup and to enjoy our wonderful community! A light lunch will be provided. For more information visit <https://share.fitdegree.com/?share=6555726c4649d> or Veraposeyoga.com.

Gut-Directed Hypnosis Class with Allison Gilson, PhD, LP Tuesday, January 23 7:00 p.m. Tired of worrying about your GI symptoms? Learn gut-directed hypnosis, a fast, easy, and relaxing way to manage symptoms of abdominal pain, diarrhea and frequent bathroom trips! Seven every-other-week classes will teach you how to use this highly effective treatment. Tuesdays at 7-8 pm EST beginning late January 2024. Online webinar format. For more information contact Allison Gilson at allisongilson@momentaiwellness.com or visit momentaiwellness.com/gut-directed-hypnosis/

Meditation

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, or visit deepspring.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, 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.

Intuitive and Psychic Development

Psychic Psychology Women's Group – Teleconference with John Friedlander and Gloria Hemsler • Tuesday, January 2, February 6, March 5 & April 2 • 7 to 8:00 p.m. • For Women Only. Meditations concentrate on women's issues relative to biological energies as well as that of the aura. See the website for the teleconference number and billing information. \$10. For more information contact Violeta at (734) 476-1513 or visit visitpsychicpsychology.org.

Winter Intensive - Webinar and Teleconference with John Friedlander • January 18 & 19 • 7 to 9:00 p.m., January 20 & 21 • 10:00 a.m. to Noon. and 2 p.m. to 4:00 p.m. • New material will be introduced with the continued development of advanced and core techniques seeking a natural sense of skill in practical everyday life. Prerequisite: Level 1, Psychic Development class, CD set, or permission of instructor. \$275. For more information email Gilbert Choudury at gchoud@yahoo.com or visit psychicpsychology.org.

Personal Chakras and Aura Explored In-Depth with Violeta Viviano • Thursday, January 25, February 1, 8, 15 • 6:30 to 8:30 p.m. • Meditative techniques are used to identify your seven major chakras and personal aura using John

Friedlander's "Basic Psychic Development" system. Class also known as Psychic Development Level 1. \$100. For more information contact Violeta at (734) 476-1513, email maviviano@gmail.com, or visit enlightenedsoulcenter.com.

Massage

Community Massage & Foot Reflexology with the Ann Arbor Massage School Staff • Ongoing Tuesdays Through April • 9:30 a.m. to 12:30 p.m. • Open format community massage and foot reflexology. Fully clothed 20-minute sessions alongside staff with the goal of vitality and relaxation in our quiet, peaceful studio. \$25. For more information contact the massage school at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Free Massage Class with Irene's Myomassology Institute • Friday, January 19 • 7 to 9:00 p.m. • If you've never given a massage before, this is a great chance! 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 we will pair you up with a friendly partner! Bring a flat sheet and wear loose comfortable clothing. We recommend a bottle of water. FREE. For more information contact Irene at (248) 350-1400 or email contact@irenes.edu.

Reflexology Program with Charlotte Irwin • Saturday and Sunday, January 27 & 28 • 9:00 a.m. to 6:00 p.m. • Charlotte Irwin's 150 reflexology program, one weekend a month for six months is designed for students to start a professional career in reflexology. This January introductory weekend class is a good place to start, and also for those just wanting to help family and friends. \$195. For more information contact Charlotte at (586) 268-5444 or visit center4thehealingarts.com

Meditation

Weekly Silent Meditation Practice via Zoom with Celeste Zygmunt • Sunday 11:00 a.m. to Noon AND/OR Tuesday 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. Please note this is not a class or a guided meditation. Suggested donation: \$5. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly on Sundays from January 7 to April 28 • 9:30 to 10:30 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. No meditation March 3. Online and on-site. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Weekly on Mondays from January 8 through March 18 • 7 to 8:30 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. No classes February 26 or April 1. Online only. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Meditation Technology: Concentrated Meditation with Joe Palms & Vicki Cahill • Wednesday, January 10, 17, 24 & 31 • 7 to 8:30 p.m. • Concentrated meditation is the foundation of every kind of meditation. It brings clarity and sharpness of focus and allows us to stay with any object of observation for prolonged periods. This workshop introduces techniques to deepen concentration using the breath as the main object of focus. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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 sacredwhisper teachings@gmail.com.

Music Improv Session with Jesse Morgan • Reoccurring First Tuesdays • 7:30 to 9:00 p.m. • This session is a supportive, inclusive musical group improvisation. Skilled improvisers play alongside novices to make music in the moment, together. No musical experience necessary. All are welcome. We generally create three instrumental and one vocal improvisation. You may choose your degree of participation. FREE. For more information contact Jesse at (734) 355-1501, or email jessemusictherapy@gmail.com

Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski • Friday January 5, February 6, March 6 & April 2 • 6 to 7:30 p.m. • Come sing and play, just for fun! Bring your voice and/or strummy (Ukulele, Guitar, etc.) instruments to play and sing along - we've got a lot of songs to choose from - it's like group Karaoke with our own band! We project lyrics and chords on a screen, so all can sing and/or play along. Beginning players are most welcome! We meet alternating days and locations - the Malletts Creek and Westgate library branches. FREE. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Sound Bath Meditation with Rob Meyer-Kukan • Friday, January 5 • 7 to 8:30 p.m. • Celebrate the new year with Rob Meyer-Kukan at 7 Notes Natural Health with this sound bath meditation. In this time of sound bath, Rob will play

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singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Creating Music During a Pandemic with Curtis Glatter
• Saturday, January 20 • 3 to 5:00 p.m. • Curtis Glatter will be showing slides, videos, and explaining how a cross-country trio called TROIKASTRA released a CD called *It's the Door with the Little Stairs* on the Castor and Pollux Music label. Signed CD's will be for sale at this event. FREE. For more information visit aadl.org or visit facebook/[glattercurtisav1972](https://www.facebook.com/glattercurtisav1972).

Personal Growth

Stop Sabotaging Your Self-Care with Christy DeBurton • Self-Paced • In this compact but powerful self-paced course, you'll get at the root causes of your self-sabotaging habits. Learn effective tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm, and resentment. Get inspired to eat healthy, sleep well, and live better in your body. For more information email Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Healthy Boundaries with Karen Greenberg • Sunday, January 14 • 10 a.m. to Noon • Learn how to define "Healthy Boundaries" for and with yourself, how to set and enforce them without caving in, and how to respect others' boundaries in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. \$77. For more information contact Karen at (734) 417-9511, email, krngrnbg@gmail.com, or visit clairascension.com.

Reiki

Reiki I & II Certification with Alicia Clark-Teper • Sunday, January 21 • 10:00 a.m. to 6:00 p.m. • Learn the ancient Japanese technique of Reiki. Classes are kept small so that each student gets time to share and have hands-on practice. Take healing into your own hands for you and your loved ones. \$299. For more information contact Alicia at (734) 945-5396, email clarkteper@yahoo.com, or visit SacredLotusExperience.com.

Retreats

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.

Retreats

Personal and Mini Wellness Retreats with The Yoga Room and Christy DeBurton • Ongoing • When you haven't got the time or budget for a full weekend retreat but just need a little 'me-time,' choose a Mini Retreat or a Personal Retreat to relax and renew. For more information email Christy at info@christydeburton.com or visit yogaroomannarbor.com.

ReVillaging for Modern Mothers with Miriam Dowd-Eller and Emily Adama • Sunday, January 28 OR April 28 • 9:30 a.m. to 5:30 p.m. • Modern motherhood can leave women struggling with everything from social isolation, mood-disorders, and health challenges, to simply dealing with the near-constant ache for a more organic and effortless village for themselves and their families. Through movement, sharing circles, stillness, nature-connection, and song, these retreats will explore some of the qualities, mindsets, and tools you can use in your journey of "ReVillaging," to find and build the support, community, friendships, and connections you dream of. Price ranges from \$70 to \$150. For more information visit EarthWellRetreat.com.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, January 4, 18, February 1, 15, March 7, 21 & April 4, 18 • 7 to 8:30 p.m. • For those who know how to do shamanic journeying, this Zoom group explores the tools and resources needed for life's transitions and cycles. Enrich your life by joining us in this open and welcoming community of practitioners. The circle is online via Zoom. \$25 per session or \$40 per month per household. For more information email Judy at info@judyr Ramsey.net or visit judyr Ramsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, January 13, 14 & April 27, 28 • 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. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, and intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. Online class via Zoom. \$160 per person/ \$80 for repeating students. For more information email info@judyr Ramsey.net or visit judyr Ramsey.net.

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 gratefully accepted. For more information visit interfaithspirit.org.

Connecting with Archangels with Karen Greenberg • Sunday, January 7, 14, 21 & 28 • 5:30 to 9:30 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, on whom to call for assistance, and how to safely call upon them. Connect—ask questions—often receive helpful information and guidance. \$777 for all four parts. For more information contact Karen at (734) 417-9511, email, krngrnbg@gmail.com, or visit clair-ascension.com.

Being Real: An Online Introduction to the Diamond Approach with Lou Weir • Wednesday, January 10 • 6 to 7:30 p.m. • We all want to be real, but often we don't know what that means. We see the world and ourselves through many subjective lenses. These teachings will look at these veils and help see a deeper truth. The Diamond Approach is a spiritual path which uses meditation and inquiry to uncover the truth of who we are in our authentic nature. This is an introduction to the diamond method, recommended before the full course. FREE. For more information email Lou at dwmich22@gmail.com or visit diamondworkmichigan.org.

Being Real with Lou Weir • Saturday, January 13 • 9:00 a.m. to 5:00 p.m. • We all want to be real, but often we don't know what that means. We see the world and ourselves through many subjective lenses. These teachings will look at these veils and help see a deeper truth. The Diamond Approach is a spiritual path which uses meditation and inquiry to uncover the truth of who we are in our authentic nature. This is the full course. \$205, \$180 if paid a month in advance. For more information email Lou at dwmich22@gmail.com or visit diamondworkmichigan.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.

Stress Management

Everything is Working Out Perfectly with Karen Greenberg • Sunday, January 14 • 1 to 5:00 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, 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 at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Sustainable Living Skills

2024 MOFFA Organic Intensives • Saturday, January 6 • 9:00 a.m. • MOFFA is hosting the ninth annual Organic Intensives educational event. This year we are working with a mix of experts from three topic areas: Innovative Ecological Farming and Growing, Building a Just and Equitable Seed Community, and Locally Sourced and Manufactured Fibers: An Important Part of Sustainable Living. For more information contact Jessica Smith, moffaorganic@gmail.com visit <https://www.moffa.net/OI-2024.html>.

Natural Building Wintership at Strawbale Studio with Deanne Bednar • January 7 through February 7 • This live-in one-month intensive adventure includes lessons in natural building (design, foundation, materials) plus hands-on classes: earth plaster and sculpting, round pole basics, thatching and reed collection, rocket stove, and earth oven! Enjoy the company of others and experience the Strawbale Studio, Hobbit Sauna, Middle Earhand the Kids Cottage, enchanting natural buildings of strawbale, earthen plasters, with thatched and living roofs, Rocket Stoves. Enchanting setting on 50 wooded acres one hour north of Detroit at the Strawbale Studio. Room, board, and all classes and workshops included. \$1250 - \$475, see details for early discounts and worktrade. For more information contact Diane at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.



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Sustainable Living Skills continued

Thatched Roof Workshop at Strawbale Studio with Deanne Bednar • Saturday and Sunday, January 13 & 14 • 9:30 a.m. to 5:00 p.m. • Explore this beautiful, ecological, and long-lasting roof system using local Phragmite reed grass. Saturday, tour two thatched roof buildings on-site. Demo and hands-on thatching on an inside small frame and thatching video. Sunday harvest and bundle reed at the nearby field.

Online handouts provided. 12 student limit. Bring a bag lunch. Supper, overnight, and breakfast are available for \$25. \$85 prepaid two weeks in advance or \$100 after. For more information contact Diane at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Round Pole Framing ~ Hands-on Basics with Deanne Bednar • Saturday and Sunday, January 20 & 21 • 9:30 a.m. to 5:00 p.m. • Learn hands-on basics and principles of construction of round pole framing for a small structure! Tour thatched roofs and round pole structures on site, harvest wood, use hand tools, and create a small team project using several types of notching and a mallet to take home (optional). Bring a bag lunch. Includes e-handouts. Instructor: Deanne Bednar has designed and co-built small round-wood structures on-site using both notching and lashing techniques. \$95 paid two weeks in advance or \$120 thereafter. For more information contact Diane at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Fire! Rocket Stove & Earth Oven Workshop with Deanne Bednar • Saturday and Sunday, January 27 & 28 • 10 a.m. to 5 p.m. OR April 13 & 14 • 9:30 a.m. to 5:00 p.m. • Create useful heat efficiently from local materials! Tour buildings and Fire Devices on site, (Rocket Stove, Earth Oven, Rumford Fireplace.) Hands-on: brick mockup of Rocket Stove combustion unit, model of an Earth Oven and mix cob and finish plaster. Make a pizza in the Earth oven! Info on principles, and design. Online handouts. Rocket Stove and Earth Oven books for sale. Limit of 12 students. Some overnight accommodations are available. \$110 paid two weeks in advance or \$125 thereafter. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Tai Chi, Martial Arts, and Self-Defense

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.

Wu Style Tai Chi Chaun with Marylin Feingold • Weekly on Sundays from January 7 to April 28 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this “soft style” martial art emphasizing relaxation and balance. Drop-in, \$5 per session collected at the door. No class on March 3. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yang & Chen - Qigong & Tai Chi - Beginner – Advanced with Karla Groesbeck • Ongoing Tuesdays, Wednesdays & Thursdays • See Website for Times • Solo, two-person, weapons. Outside, inside & zoom. Yang Long Form 108, Chen Laojia Yilu. Various qigong sets & Zhan Zhuang. Sword, Staff, Bang, Ruler, Tuishou, and Push Hands. Free for folks 65+. Contact us for under 65. For more information contact Karla at, (734)276-3059, email info@taichilove.com, or visit taichilove.com.

Chen Tai Chi Chuan with Joe Walters • Every Tuesday, Thursday & Saturday • 4 to 5:00 p.m. • Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Writing and Poetry

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.



The Crazy Wisdom Calendar

December 2023 & January 2024



Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesday, January 10, 24, February 14, 28, March 13, 27, & April 10, 24 • 7 p.m. to 9:00 p.m. • Crazy Wisdom Poetry Series hosted by Edward Morin, David Jibson, and Lissa Perrin Second and Fourth Wednesday of each month. Second Wednesdays, 7-9:00 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays, 7-9:00 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. FREE. For more information contact Edward at (734) 668-7523, emaileacmorso@sbcglobal.net or visit <https://cwcircle.poetry.blog>.

Featured Readers:

• **January 24** - Ellen Bass, protégé of Ann Sexton, has poems in *The New Yorker*, *American Poetry Review*, and nine poetry collections—*Indigo* being her most recent. She co-wrote a groundbreaking guide for survivors of child sexual abuse and one for gay, lesbian, and bisexual youth. Chancellor Emerita of the Academy of American Poets, she teaches creative writing at Pacific University.

Yoga

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.



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

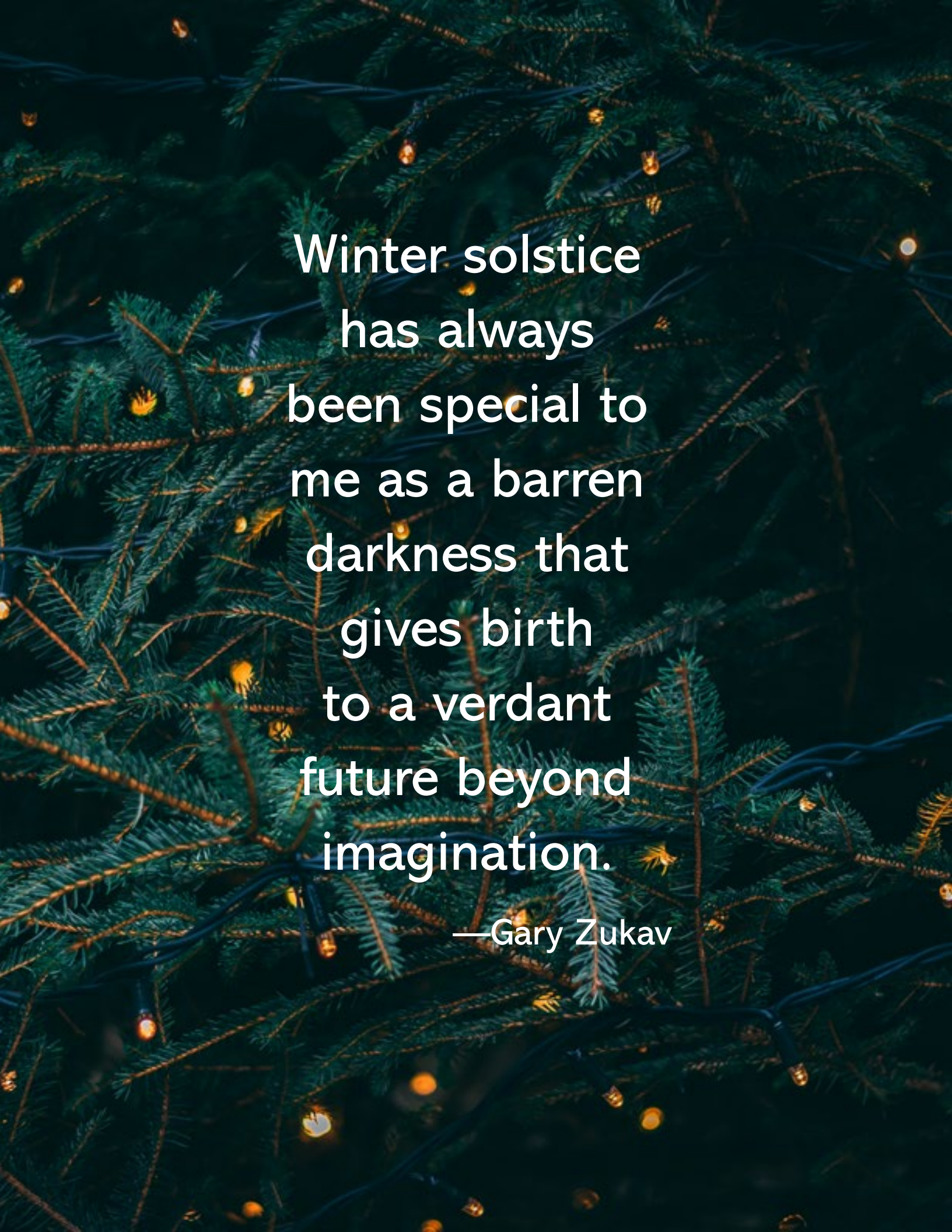
Chelsea and Dexter:

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!

A close-up photograph of a Christmas tree with green needles and warm white lights. The tree is the central focus, with its branches and needles filling the frame. The lights are small, round, and emit a warm, yellowish glow. The background is dark, making the tree and lights stand out. The text is overlaid on the tree, centered and in a white, sans-serif font.

Winter solstice
has always
been special to
me as a barren
darkness that
gives birth
to a verdant
future beyond
imagination.

—Gary Zukav