

# The CRAZY WISDOM

#129

## *Biweekly*

IN CERTAIN PARTS OF SOUTH AFRICA  
SOMETHING WHOSE BELONGS TO THE CENTER  
OF THE VILLAGE  
FOR TWO DAYS WHEN THEY SPEAK  
GOOD HE HAS DONE. THEY BELIEVE  
IS GOOD - YET SOMETIMES WE  
WHICH IS REALLY A CRY FOR

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THEY UNITE IN THIS RITUAL  
TAKE PERSON TO RECONNECT WITH HIS  
THE BELIEF IS THAT UNITY & AFFIR  
POWER TO CHANGE BEHAVIOR THAN SH  
THIS IS KNOWN AS UBUNTU ~ HUM



Artist Ben Suydam



*Shining a light in the dark.*



# Contents

issue #129

06 Know Thy World, Know Thyself:  
Art Reveals All  
BY MICHELLE MCLEMORE

09 The CW Book Picks of the Week

10 Mom Breaks the Rules  
BY AMY LAGLER

12 The Biweekly Community Calendar  
LOCAL EVENTS, WORKSHOPS, RETREATS, AND MORE!

17 The Zen of Ballet  
BY ALEXANDRA O'DONNELL

23 A Last Thought

## On the Cover

Ben Suydam, local artist and philosopher.



# Get 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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# Happy New Year Crazy Wisdom Bookstore wants to welcome you back!

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### Store Hours

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

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Thanks to our contributors for this issue:

- Michelle McLemore
- Amy Lager
- Alexandra O'Donnell
- Jennifer Carson
- Carol Karr
- Bill Zirinsky

## Word of the Week:

**Scurryfunge**

**A hasty tidying of the house when a last minute guest is coming to visit.**

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

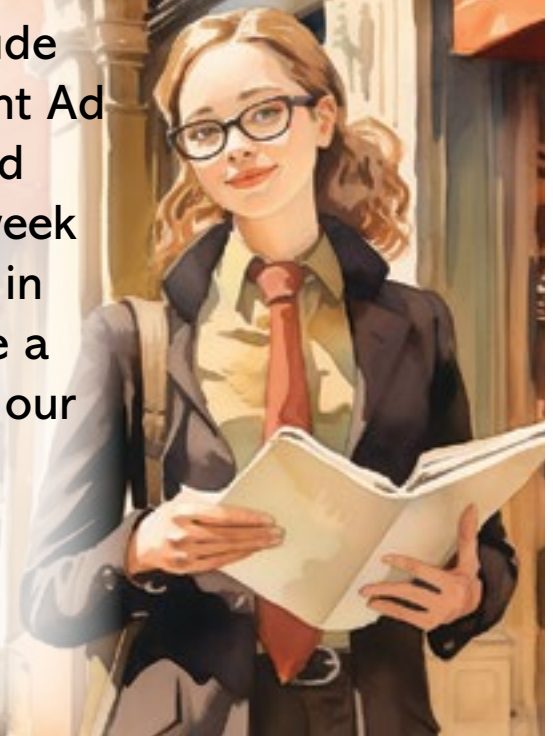
# Now Hiring: Ad Sales Manager

*Crazy Wisdom Journal* is looking for an Ad Sales Manager, to start in the spring of 2024. The job averages 8 hours per week (with an ebb and flow during our 4-month publishing cycle). Help to maintain our print advertising base, and build it up. We must increase our digital ad sales, and this new Ad Sales Manager will need to have knowledge and ideas to help us do that. Experience in sales, especially Ad Sales, is necessary. Also, a good sense of what our publication is about, and its themes. It is locally/regionally focused, and in that domain, it is one of the very best of its kind in the country. Our Ad Sales Manager has to “get that” and be proud to be selling advertising for the *Crazy Wisdom Journal* and its related offerings.

\$25 per hour base pay, plus solid commission fees above a certain level of ad revenue. **Room to grow the base pay** (and the commissions) if you can help re-invent the business model with us, and thereby grow our ad sales.

This job will start in March and will include being oriented and trained by our current Ad Sales Manager, Tana Dean. This is a good job for someone who has 8 hours per week to devote to this, and loves what we do in the Ann Arbor community, and can make a real contribution to our ad sales, and to our team.

Please send cover note, and resume to:  
[billz@crazywisdom.net](mailto:billz@crazywisdom.net).





# KNOW THE WORLD, KNOW THY SELF:

## From Our Cover

By Michelle A. McLemore

Benjamin Joseph Suydam isn't the typical hawker, wheeler and dealer. At festivals, he hangs back unobtrusively — approaching only when the looker is intrigued with a specific work. (Having seen his booth at various fairs, I can attest that something inevitably catches the eye and draws you in for a closer look. It's then you find your spirit subconsciously crooning in recognition of kinship to a particular print or painting's motif.)

After a visitor becomes intrigued with a piece, this tall, thin, young man casually saunters over to tell the story—not his story, per se, but the story of the piece's becoming. (Or peace's beginning, as Suydam would internally pun.) And more often than not, the art will go home with its new-old friend.

Over the course of emails and an interview, Suydam, 34, shared openly about his own, ongoing “Becoming” and in that time, I was grateful to be reminded there are people like him holding on and coming up in the world with perspective, wisdom, and inspiration ringing true for us all.

Entering his home studio outside Adrian, I was immediately aware of art hung on every wall space possible—but delightedly, a mix of his own and his friends'. (It is rare to find a young artist who can encourage his peers in his own space, ego-muted.) Humble but practical, one space leads to the next and different-sized pieces lead to the shelves stocked with finished canvases—some awaiting Suydam's hand-built frames. Small succulents in original nature-designed pots take in the sunlight from the window and sliding doors. And be prepared, suddenly Flower (a black and white cat named for the Disney skunk) will also assist in the tour. Down the center are worktables for Suydam's creation time and where once a week local friends gather for art nights.



# Art Reveals All

He seemed quietly excited to share about his work and life. I observed his fedora, patient eyes, untamed beard, co-exist tattoo, casual pants, bare feet, and mother earth turtle self-designed t-shirt. (Yes, his style is that recognizable that I didn't have to be told it was his.)

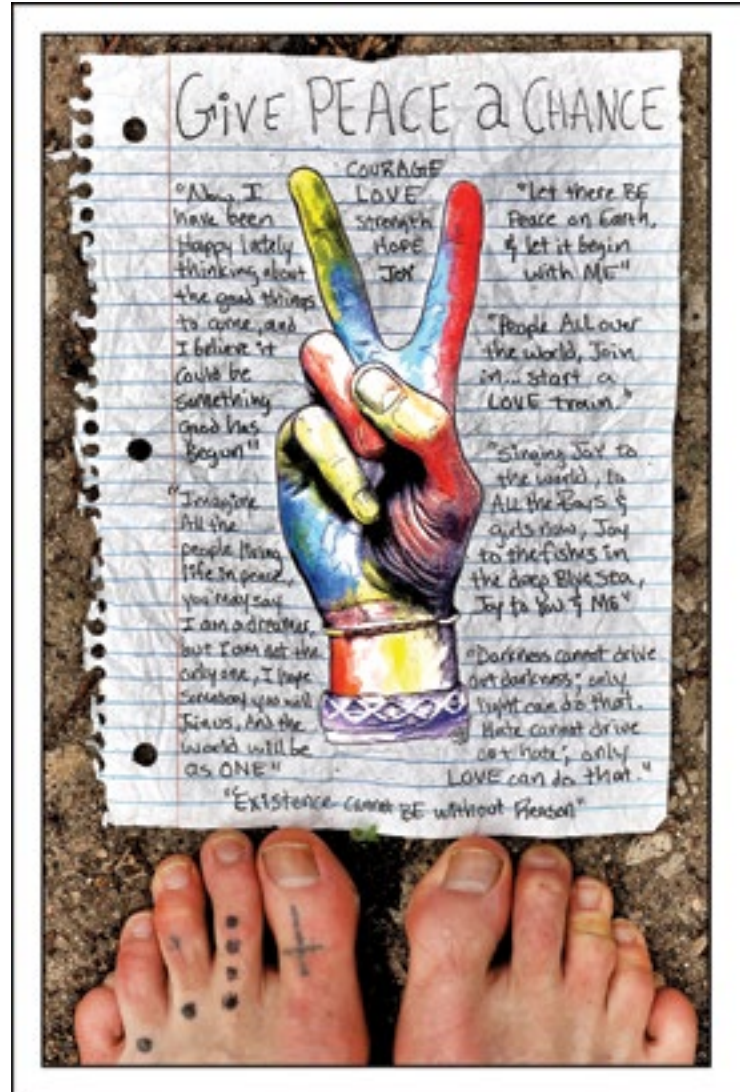
Suydam explained, "Growing up, my favorite thing in the world was drawing, but when I picked up a camera for the first time (when I was a senior in high school) I was immediately hooked. A good photograph was like instantaneous art. While a good drawing can take up to eight hours or more, a good photograph can be done in the click of the shutter and maybe 5-10 minutes of photoshopping to get the colors popping. I did an associate degree in photography, but at art fairs and festivals I often call it my 'doctorates associates' because it took me eight years to get my degree..." His voice dropped explaining part of him was fighting against the societal notion that to be qualified, one has to have a piece of paper saying so.

Still, Suydam finished it and roughly six years ago inspiration led him to his current unique style of Water Colored Photos (WCPs). In contemplating the texture of the photo paper, "It felt as if a light bulb turned on in my head and recognized, this is matte paper. This is not glossy. I should get out my watercolor paints that I had since I was little—the little hard pucks that you add water to. So, I got the paint out and started coloring in my photo, quite abstractly I might add."

Suydam recognized he needed to personalize the piece, else he might as well keep the original picture. "I splattered paint all over it; I put any and every color all over the photo." After some consideration, he carefully used markers to trace back around the photo along with several of the paint splatters. "Then I saw it. I felt like I had performed magic. The end result had me very excited about the finished 'peace' I was holding in my hands."

This was the start of reviewing his archive of photos amassed since age 18. "With my new excitement, I would paint two to four new ones a day. Also, around the same time, I got really interested in acrylic on canvas, as well as just water coloring on watercolor paper. I even found time to draw my own stencils and custom spray paint t-shirts. I enjoy ceramics and making little succulent planters out of hollowed out tree knots and colorful rocks that I have gathered by Lake Michigan."

From there, it was time to share to a larger audience. "One of the first open house art events I ever held was hosted in a coffee shop in Ann Arbor. Most of my aunts, uncles, and cousins showed up and all left with arms full of framed prints." With support and growth, Suydam eventually began



making the art festivals circuit. One of his favorites is the mid-September Art-A-Licious festival in downtown Adrian. He also exhibited at the 2022 Belle Isle art Fair. At one point he did commercial work for Saugatuck Brewing company.

I wondered. What is it about art? What did he enjoy about it so much that it seems infused everywhere from his clothing, his home, to his very presence. His answer?

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





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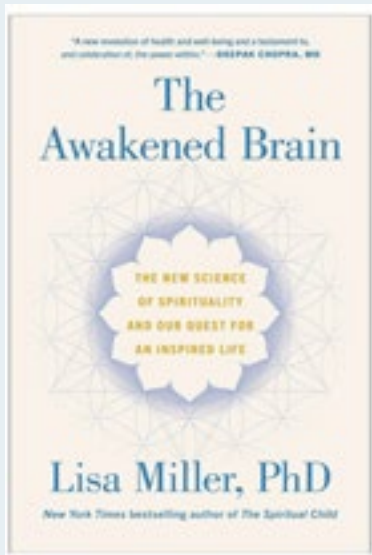
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# CW Book Picks of the week

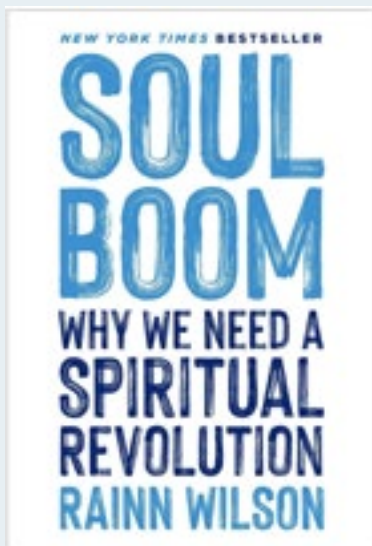


Whether it's meditation or a walk in nature, reading a sacred text or saying a prayer, there are many ways to tap into a heightened awareness of the world around you and your place in it. In *The Awakened Brain*, psychologist Dr. Lisa Miller shows you how.

Weaving her own deeply personal journey of awakening with her groundbreaking research, Dr. Miller's book reveals that humans are universally equipped with a capacity for spirituality, and that our brains become more resilient and robust as a result of it. For leaders in business and government, truth-seekers, parents, healers, educators, and any person confronting life's biggest questions, *The Awakened Brain* combines cutting-edge science (from MRI studies to genetic research, epidemiology, and more) with on-the-ground application for people of all ages and from all walks of life, illuminating the surprising science of spirituality and how to engage it in our lives.

Absorbing, uplifting, and ultimately enlightening, *The Awakened Brain* is a conversation-starting saga of scientific discovery packed with counterintuitive findings and practical advice on concrete ways to access your innate spirituality and build a life of meaning and contribution.

[Purchase your copy of \*The Awakened Brain\* at shopcrazywisdom.com](https://shopcrazywisdom.com)



Comedic actor, producer, and writer Rainn Wilson, cofounder of the media company SoulPancake, explores the problem-solving benefits that spirituality gives us to create solutions for an increasingly challenging world.

The trauma that our struggling species has experienced in recent years—because of both the pandemic and societal tensions that threaten to overwhelm us—is not going away anytime soon. Existing political and economic systems are not enough to bring the change that the world needs. In this book, Rainn Wilson explores the possibility and hope for a spiritual revolution, a “Soul Boom,” to find a healing transformation on both a personal and global level

For Wilson, this is a serious and essential pursuit, but he brings great humor and his own unique perspective to the conversation. He feels that, culturally, we've discounted spirituality—faith and the sacred—and we need profound healing and a unifying understanding of the world that the great spiritual traditions provide. Wilson's approach to spirituality—the non-physical, eternal aspects of ourselves—is relatable and applies to people of all beliefs, even the skeptics. Filled with genuine insight—not to mention enlightening Kung Fu and Star Trek references—*Soul Boom* delves into ancient wisdom to seek out practical, transformative answers to life's

biggest questions.

[Purchase your copy of \*Soul Boom\* at shopcrazywisdom.com](https://shopcrazywisdom.com)





By Amy Lagler

If you are reading this, chances are you are knee deep in winter, but I am writing it at a picnic bench along the Huron River and I am sweating! Remember our unseasonably hot Labor Day weekend? I'm there now and not about to complain about the heat (or the sweating) as I know that soon I will also be knee deep in winter right along with you. It is, however, typically Labor Day weekend that gets me thinking about winter. It is the time I start squirreling away the things I think will help me get through those short cold days. So far, I have the third season of *Ted Lasso*, a recipe for chili that will take me six hours to prepare using every pot in my kitchen, and three books in Spanish I hope to read. If this last part sounds ambitious, be aware they are children's books. I may be on day 279 of a Duolingo streak, but I'm a long way away from reading anything other than Spanish books rated A1 for beginners with titles like *Ana*, *Estudiante* and *Futbol en Madrid*.

My biggest strategy for surviving the winter though is something my mom taught me when I was little. It was a mandatory lesson and was called "Stop grousing about the weather and go outside!" In my mom's mind, there was no season that shouldn't be spent outdoors. If the tornado sirens weren't sounding, there was no excuse for not going out to play. And so, we did. In our house you did not, ever, complain about the weather.

This now strikes me as immensely funny as my 91-year-old mother lives with me and grouses constantly about the weather, especially in the winter. If I ask her to name the seasons, she lists them off, "Summer, spring, fall, and winter." Sometimes she simply says "Summer, spring, and fall!"

omitting the offensive one altogether. I realize these sound out of order, but to my mom, who has Alzheimer's and is thereby freed from conventional thinking of all kinds, they are in perfect order—her order, ranked from best to worst.

Thankfully, most of the year, my mom wakes up happy. Well, first she wakes up confused. In the morning I will wander into her room and find her taking the pink spongy rollers out of her hair. (Yes, *those* pink spongy rollers. Are they the same ones she had in the 70s? Possibly.) She's always happy to see me (I suspect she would be happy to see anybody really) and her first question is always, "Now where the hell am I?" Most mornings I answer, "My house in Ann Arbor." But if I'm already over-caffeinated, I'll give her a broader view and say, "The universe, Earth, the United States, Michigan, Ann Arbor, my house, your bedroom." This always makes her laugh, and off we go into what is usually a pleasant day. Unless, of course, it is winter.

I don't know why I'm surprised about this as she was a beach girl, raised in South Haven, but she hid her weather-related disdain from us so well when we were kids that I wasn't expecting it. Actually, there are many, many things I have come to discover about my mom that I was not expecting (and the list keeps growing).



First and foremost, my mom swears. I had no idea my mom swore. She was a first-grade teacher and so never ever swore. She told me later she was always afraid she would slam her hand in the desk drawer of her classroom and unleash a torrent of words the kids would take home to their parents. But my idea that she didn't know any swear words or their appropriate usage was way off. She knows all *kinds* of

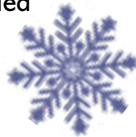


words I wasn't expecting, including a lot of anatomical slang. Shower night never fails to make me laugh. When she taught us girls about our bodies, she used very academic terms, but it wasn't because she didn't know any other ones (some of which are deeply funny).

It was also a revelation to find out my mom is a first-rate gum snapper, something we were definitely *not* allowed to do. One of her favorite things to do now is to go for a long car ride, find her gum in the glove box, and snap, snap, snap it the entire time. This has taken a little getting used to. It's occasionally so loud that I momentarily think one of our tires blew out, but it's an activity she enjoys year-round and it's fun to see her so pleased with herself. Good thing for her that I am the youngest child and have never particularly believed in rules.

And I must admit that some of her rules were good ones, including her insistence that we never ever silence one another. We were not allowed to say, "Shut up," "Be quiet" or any related phrases, including my childhood favorite "shut your pie hole!" We never made pies and I didn't have any idea what the expression meant, just that it sounded extra mean, and you sometimes needed

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that when you were the youngest. It wasn't until years later that I figured out my mom told us to be quiet all the time, she just did it in Polish—a language none of us understood.

Turns out my mother is quite the rule breaker, something I would have never known if I hadn't been gifted this time with her. It's time that is both precious and maddening as communicating in any language has become a challenge, especially in the winter when her mood turns sour amidst the snow. But I've come to realize that she only grouches about the winter when she is looking at it through the window. The minute we bundle up in our adult size snow suits and get out there, the wonder of it all overtakes us both. We marvel at the clouds and the sky, the trees, the birds, and ponder how it is that the air could possibly get so cold. Being outside remains a tremendous source of shared joy for us that isn't



dependent on memory and isn't decreasing alongside her cognitive slide.

The other day we were sitting at another park bench along the Huron River when she said, "How long have I been living with you, Amy?" I told her, six years. She said that in those six years she has spent more time outside with me than she had the entire rest of her adult life added together. I told her, "You taught me that. You taught me to go outside no matter what." She thought about it for a minute and then said, "I'm glad."

So, if you are reading this, feeling like you might also like to start grouching about the weather, take some advice from my mom and get outside. It's a habit you'll enjoy even when you have absolutely no idea where you are.





# The Crazy Wisdom Calendar

## December 2023 & January 2024



### 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@judyramsey.net](mailto:info@judyramsey.net) or visit [judyramsey.net](http://judyramsey.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](mailto:programs@jewelheart.org) or visit [jewelheart.org](http://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](http://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](http://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](http://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](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://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](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://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](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**New to Buddhism with Khenpo Tshering Chophe • 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](http://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](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://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](mailto:om@deepspring.org), or visit [deepspring.org](http://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](mailto:om@deepspring.org), or visit [deepspring.org](http://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 at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

## 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](mailto:jissojizen@gmail.com) or [jissojizen.org](http://jissojizen.org), and find them on MeetUp.



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**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](mailto:peaceinacircle@gmail.com) or visit [dancesofuniversalpeace.org](http://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](mailto: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](http://birthplacemusictherapy.com).

## Classes and workshops

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

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

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

## Death and Dying

**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](http://DeathCafe.com). Open to all adults. To receive the link, please email [TheDyingYear@gmail.com](mailto:TheDyingYear@gmail.com) and specify Death Cafe. FREE. For more information email [thedyingyear@gmail.com](mailto: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](mailto:patty@lifespandoulas.com), or visit [lifespandoulas.com](http://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](mailto:thedyingyear@gmail.com), or visit [TheDyingYear.org](http://TheDyingYear.org).

## 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](mailto:eileen@greatlakestaiko.org), or visit [michigantaiko.net/aareced](http://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](mailto:lorifithian@mac.com), or visit [drumcommunity.com](http://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](http://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](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://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?

## Health and Wellness

**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](mailto:allisongilson@momentaiwellness.com) or visit [momentaiwellness.com/gut-directed-hypnosis/](http://momentaiwellness.com/gut-directed-hypnosis/)

## Meditation

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

## Intuitive and Psychic Development

**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](mailto:gchoud@yahoo.com) or visit [psychicpsychology.org](http://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](mailto:maviviano@gmail.com), or visit [enlightenedsoulcenter.com](http://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](http://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](mailto:contact@irenes.edu).



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](mailto:Jennifer@crazywisdom.net).**

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



# The Crazy Wisdom Calendar

December 2023 & January 2024



**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](http://center4thehealingarts.com)

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](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

## 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](mailto:om@deepspring.org), or visit [deepspring.org](http://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](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://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](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://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

## Music, Sound, and Voice

**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](mailto: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](mailto: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 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](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://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](http://aadl.org) or visit [facebook/glattercurtisav1972](https://facebook.com/glattercurtisav1972).



## The Zen of Ballet

By Alexandra O'Donnell

I am encouraged and inspired by the number of adults enrolling in ballet who have never studied before, or may have only had a year or two of lessons. A common thread among these different personalities seems to be a “beginner mind set”, an openness to trying something new, willingness to persist as difficulties arise and the sense of satisfaction that comes from finally getting it. Students often come back and tell us that the discipline and persistence developed in ballet lessons helped them do well in school or at work. This summer, one adult student (who hadn't previously studied ballet) told me that he was “living his dream” with his semi-weekly lessons. Whether it's as a hobby or a calling, a person can start ballet at any age, make progress and reap benefits.

My parents (John and Camilla Chiapuris) and I danced professionally in New York and overseas, so our involvement in ballet was geared toward performance. However, in 1979, when John founded the studio, he and Camilla wanted a school for people of any age or background to learn ballet because it is beautiful, and as a way to express themselves with grace, confidence, and strength. We stress the importance of our students receiving strong basic ballet training. My mother and I are Registered Teachers (RTS) of the Royal Academy of Dance (RAD) London, England and are certified to teach the internationally renowned RAD syllabus. Regardless of age or ability at your first lesson, safety comes first. Exercises are progressive and based on age/level, with the goal of reaching optimal strength and development (whether age 4 or 64+).

The prevailing message today about aging is the importance of remaining active, both physically and mentally, in order to remain healthy and vibrant. Classical ballet study offers

an all-in-one package for this in each class - no previous experience necessary! Every lesson includes strength training, cardio, weight-bearing and balance, along with a mental workout (since students must remember a different series of instructions for each exercise). Barre and center floor exercises are done to a variety of musical styles, providing an aural experience as well as rhythm (or a heartbeat) to the movements. The class ambiance is encouraging and supportive, yet students are all serious about improving some element of their dancing. Our goal at CSB is for dancers to be able to perform exercises correctly, with confidence and to the best of their ability based upon their body type and particular strengths or limitations.

There is definitely a “zen” in ballet class, that sense of timelessness that comes from clear structure and complete immersion, particularly with the barre work. For an hour and a half each week, people tune in to themselves physically and become deeply aware of their movement and all of the physical interconnections as they move arms and legs in different directions at different times. Ballet class is the perfect antidote for our over-scheduled lives, because we cultivate and carry a sense of calm, grace, focus, and strength from class to our other activities, perhaps only for fleeting moments at first, but more and more over time.

Students of all ages and backgrounds are welcome in our classes. Please visit our website for a schedule, or contact me [csballetannarbor@gmail.com](mailto:csballetannarbor@gmail.com) if you have questions or would like to observe or participate in a lesson.

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



# The Crazy Wisdom Calendar

December 2023 & January 2024



## 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](mailto:info@christydeburton.com) or visit [yogaroomannarbor.com](http://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](mailto:krngrnbg@gmail.com), or visit [clairascension.com](http://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](mailto:clarkteper@yahoo.com), or visit [SacredLotusExperience.com](http://SacredLotusExperience.com).

**Reiki Level 1 with Mara Evenstar • Thursday, January 11, 18, 25 • 6:30 to 9:00 p.m.** • Reiki can catalyze a lifetime of opening, healing and exponential growth and transformation. Whether you are called into self-healing, or offering service to the world, Reiki is a beautiful channel that can integrate seamlessly into your day-to-day life. This introductory class to Reiki will focus on self-healing. It will include your attunement to the Reiki flow of energy and begins your journey as a Reiki practitioner. We will also practice intuitive sensing and perceiving of energy. \$195. For more information email Mara [evenstar.institute@gmail.com](mailto:evenstar.institute@gmail.com) or visit [evenstarschalice.com/pages/reiki-program](http://evenstarschalice.com/pages/reiki-program).

## ThurRetreats

**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](mailto:info@christydeburton.com) or visit [yogaroomannarbor.com](http://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](http://EarthWellRetreat.com).

## Shamanism

**Journey Circle with Judy Liu Ramsey • Thursday, January 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@judynamsey.net](mailto:info@judynamsey.net) or visit [judynamsey.net](http://judynamsey.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@judynamsey.net](mailto:info@judynamsey.net) or visit [judynamsey.net](http://judynamsey.net).

## Spiritual Development

**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.

## 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](mailto:info@wustyle-annarbor.com), or visit [wustyle-annarbor.com](http://wustyle-annarbor.com). For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**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](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://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](mailto:info@taichilove.com), or visit [taichilove.com](http://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 [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com) or visit [annarbortaiichi.com](http://annarbortaiichi.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](mailto:jissojizen@gmail.com) or visit [jissojizen.org](http://jissojizen.org), and find them on MeetUp.

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

## 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](mailto:cwpoetrycircle@gmail.com) for Zoom link. FREE. For more information contact Edward at (734) 668-7523, email [eaecmorso@sbcglobal.net](mailto:eaecmorso@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](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).**





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# FOCUSED ON LOCAL!

People's Food Co-op is committed to increasing access to local foods and products! Through a variety of new and extended partnerships, we are offering more of these opportunities to Ann Arbor.



# 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!





Approach the New Year with resolve  
to find the opportunities hidden in  
each new day.

—Michael Josephson