

*The*  
**CRAZY WISDOM**

#130

*Biweekly*

Rachel Pastiva,  
Crazy Wisdom's  
Operations Partner



*Shining a light in the dark.*





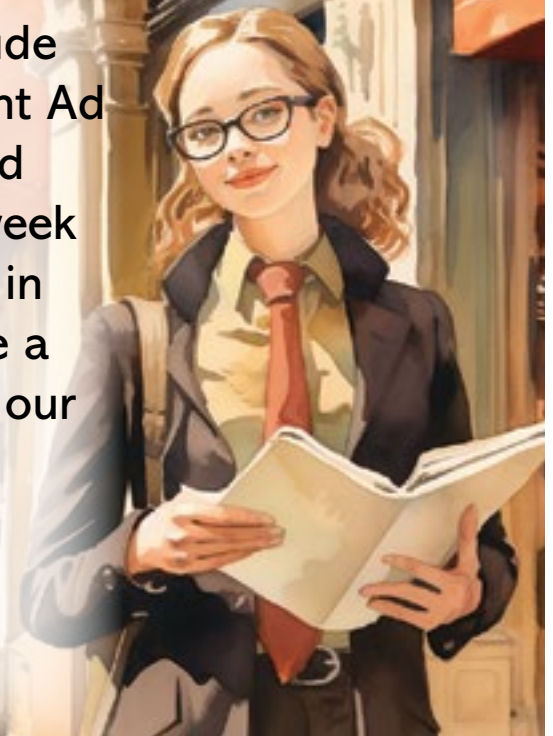
# Now Hiring: Ad Sales Manager

*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).







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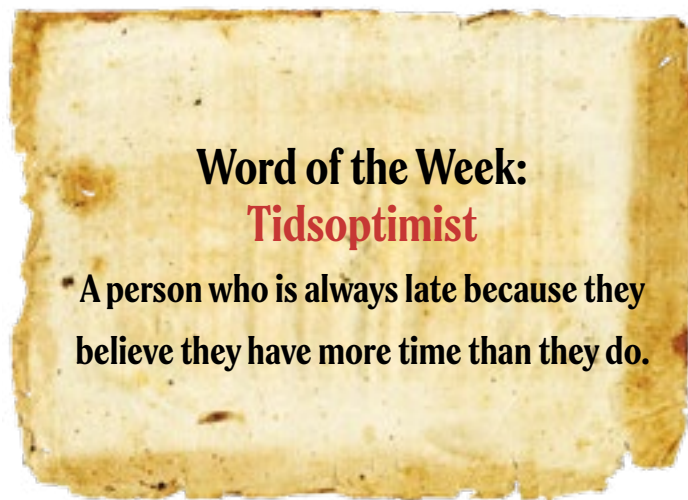
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, [crazywisdomjournal.com](http://crazywisdomjournal.com). *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thanks to our contributors for this issue:

Joshua B. Kay  
Rachel Pastiva  
Hilary Nichols  
Laurel Decker  
Jennifer Carson  
Carol Karr  
Bill Zirinsky



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

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## On the Cover

Rachel Pastiva, the Operations Manager for  
Crazy wisdom Bookstore.  
Photo taken by Hilary Nichols.



# Get our newest issue!



*The Crazy Wisdom Community Journal*

# issue 85

## \*Features\*

- Jasmine Hampton, Olympic Hopeful and Local Boxing Champion
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- 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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From Our Cover

# *A Chat with Rachel Pastiva,* **Crazy Wisdom's Operations Partner**

**Rachel, you've overseen the reopening of Crazy Wisdom Bookstore? How did you get involved with the process?**

When Crazy Wisdom closed in February 2022, Bill Zirinsky, the co-owner of Crazy Wisdom with his wife, Ruth, began considering the future of 114 S. Main St. and invited interested parties to contact him who may have interest in buying the store or who had other ideas for the space. One couple interested in purchasing the store was friends with a former longtime bookstore employee, Crysta Coburn, who also happens to be one of the longtime volunteers for the Ann Arbor Book Society, a nonprofit I founded. The couple was looking for some guidance in operating a bookstore and knowing my longtime history with Crazy Wisdom, Crysta recommended they speak with me. Though Bill and I had mostly been out of touch since I left Crazy Wisdom in early 2017, I let him know that I was offering this couple some

guidance on things to consider in operating a bookstore and he asked me if I would be willing to offer him the same guidance. I was touched by Bill's interest in having my input and we began meeting regularly in the spring of 2022 to discuss what the future might be for Crazy Wisdom.

**You also have a full-time job, correct?**

Since the fall of 2018, I have been the director of the Friends of the Ann Arbor District Library (FAADL), a 70-year-old nonprofit organization currently operating out of the Downtown Ann Arbor District Library that raises funds for library programming. In addition to memberships, we raise funds primarily through selling books at the Friends Book Shop located in the Downtown AADL, our online book shop, and at the Friends Shelves located at all library branches. All books sold are donated by the public and they are processed and sold exclusively by volunteers. Though my career has been as a bookseller, my first access to books as a child was through the public library, and I was actually studying for my master's in library science when I was hired at Crazy Wisdom as the inventory manager in 2006. So, having the opportunity to work within the space of Ann Arbor's award-winning library and sell books to support its amazing programming feels like the culmination of many years of preparation. My time managing Crazy Wisdom for almost 11 years as the only full-time employee also made me uniquely suited to be the only paid employee of an organization with over 50 volunteers. Due to my work with the Ann Arbor Book Society, I sought out a job that would allow me some time and space to grow it, so while being director of FAADL is my main passion and job commitment, it is not quite full-time, as I work about 31 hours a week.

**What's happening with the Ann Arbor Book Society, which you founded, and you're the President?**

The Ann Arbor Book Society (AABS) is a nonprofit organization I founded in 2016 to celebrate and advocate for the dynamic and unique book culture Ann Arbor has the great fortune of being home to. I personally moved to Ann Arbor from my home state of Ohio over 20 years ago because of the access to bookstores. During my time managing Crazy Wisdom and being on the board of the



a strong enough foundation for AABS that members of the community will step up to continue the work to support our amazing book culture.

**Had Bill Zirinsky (the owner of Crazy Wisdom with his wife, Ruth Schekter) and you considered selling the store, after the store closed in February of 2022?**

When I became involved, in the spring of 2022, in helping envision what came next, Bill was very open to all possibilities. We talked at length about possibly selling the bookstore (without the name), renting the space out for other operations entirely, and what Crazy Wisdom would look like if Bill did want to reopen it. There was a period of time over the summer of 2022 that Bill and I, and Ruth sometimes I believe, met with various interested buyers who dreamed of owning a bookstore. I felt honored to be part of the process, and to have a front row seat in watching Bill become clear on what he wanted through months of considering possibilities. Bill had so many different feelings and emotions to wade through after closing Crazy Wisdom and I was moved by his distinct desire, amidst his sometimes complicated and confusing emotions, to continue offering the community gathering space that the tearoom and second floor programming had offered. In the end, it was that desire that gave Bill the clarity he needed to reopen Crazy Wisdom. It was truly fascinating to see how quickly things moved forward once Bill's vision became clear.

**What is your vision for the newly reopened Crazy Wisdom Bookstore?**

One of the biggest obstacles Bill faced in wanting to reopen Crazy Wisdom was how to do so without hopping back on what he referred to as "the hamster wheel of retail." The former Crazy Wisdom Bookstore and Tea Room was open seven days week, for ten hours or more a day, and included a staff of over twenty employees. Because reopening Crazy Wisdom is driven by the desire to offer a community gathering space again, we see the retail space as more of a "bonus." We want our customers to still be able to walk into Crazy Wisdom and find the tools and books on our core subjects of spirituality, wisdom traditions, psychology, integrative health, mindbody therapies, and sustainability. But we see those materials more as resources to complement the kind of experiences we hope to offer through our second-floor programming.

**Can you tell us a bit about the new manager, Chandra Mitchel? What was it about her that made her the right choice for a new store manager?**

While I had known Chandra previously for a short period of time when she worked part-time as a counterperson at Crazy Wisdom several years ago, what I was most immediately taken by was how she presented herself through her first communications when applying for the job. We had requested, in addition to a cover letter, that applicants answer a couple of essay questions and provide two personal references. Despite allowing applicants to provide these at a later date, Chandra was the only applicant to provide all requested materials up front, and she did so in a highly comprehensive and professional manner. To me it spoke



Ann Arbor Book Festival, I was surprised and saddened to discover how many people, including book lovers, were unaware of how many independent bookstores Ann Arbor had (11 in 2016), or that Borders had originated here. I firmly believe that the consciousness of our city is shaped in part, by our bookstores, both past and present, and they aren't something we should be taking for granted. I founded AABS as a way to both help support the hard work our independent bookstores do and to educate the public that Ann Arbor is a book town and it's something we should all take part in and be supportive of. One of the main ways we do this is through the distribution of our free Booktown Map, a trifold map listing all independent bookstores, local bookselling nonprofits and other local organizations that provide access to books, which we have distributed over 20,000 of since 2016. We also send out a monthly e-newsletter on the first of every month with local book-related news and host a website, a2books.org. Our website includes a comprehensive book-related monthly calendar, bookstore and book-related nonprofit directories, a local author directory and more. We are continually working on a bookstore timeline to illustrate just how rich Ann Arbor's book history is and are working on creating a directory for local literacy nonprofit organizations. Right now, a group of students from U-M's School of Information is helping us determine how to best reach and actively engage with local book lovers through our website. Our main focus in 2024 is to secure sponsorships for our Booktown Map so we can continue to distribute it and build up our board as my term limit as president is coming to an end. My hope is to build



## *A Chat with Rachel Pastiva continued...*

to her attention to detail and her strong desire to become the general manager. When I met with Chandra I found her to be open and easy going with a positive outlook on life. She talked at length about the many ways Crazy Wisdom held meaning for her over the past 25 years she had been a shopper—since she was in high school. Not only was I impressed with her long relationship with Crazy Wisdom, but for me, it was imperative that whoever became the next manager of Crazy Wisdom would have a deep understanding of what Crazy Wisdom's role had been in the community, and what our values were. And finally, it felt like the timing was right in Chandra's life, as she was becoming an empty nester after raising three daughters and she was looking for something meaningful to put her thoughtfulness, attention, and care into.

**When I visited the store when it reopened on December 1st, there were fewer book sections. Please tell us about that decision.**

With over 200 book sections, the former Crazy Wisdom tried to be everything to everybody, but as we prepared the store for reopening, we discovered that there were probably only 40-50 sections that were popular sellers. To be in alignment with our vision of a more simple store, we have streamlined the book inventory to feature those sections that have been most beloved to our customers. Having fewer books on the shelves actually allows more of our book inventory to be displayed in a way that will catch customers' interest and allow the many interesting books we carry to have a better chance at being discovered. Though we have far fewer sections than the former Crazy Wisdom, in many instances we combined multiple sections into one broader section. For instance, one of my favorite new sections is called "Other Ways of Knowing" and it includes books on angels and spirit guides, psychic development, channeling, remote viewing, and mediums.

**Why is Crazy Wisdom only open four days a week?**

Because the new model for Crazy Wisdom is much simpler, it requires a far smaller, but still very dedicated, staff. Chandra Mitchel, the general manager, is the buyer for all the beautiful items we offer, and she will need time outside of store hours to order, process, and stock the store. We want to make sure she is given the space and time to do her job without it impacting her ability to be available to customers during store hours. In addition to this, because the vision for the new Crazy Wisdom is focused on community and events, the store will be open at times that are most accommodating to events on the second floor. Once the second floor reopens the hours will shift to allow evening events to take place while the bookstore is open.

**I read that the store will close six weeks each year, during three different seasons. That's not a very traditional retail**



**model for doing business, at least not in the U.S. What's the rationale behind that?**

The relentless nature of operating a retail business can easily lead to burnout among management and staff. By building in times that will allow the manager to take time away from the store, we are ensuring that Chandra has time to step away from store operations and recharge. Not only is this important for Chandra's wellbeing, it's an important reminder to us, and a message to the public that our main purpose in reopening Crazy Wisdom is to be a benefit and a resource to the community, not to simply sell things.

**Since the Tea Room is not reopening, what will the second floor be used for?**

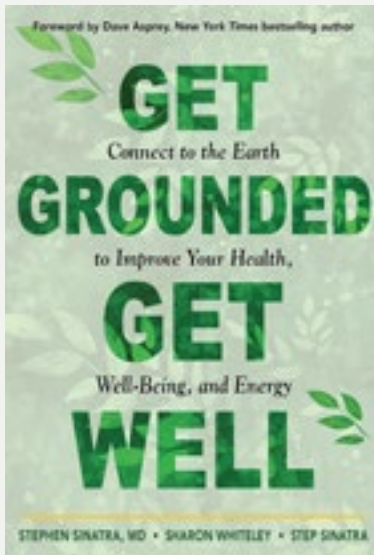
The second floor is currently under renovation and is being redesigned to better accommodate the variety of events that will take place there. Due to the Tea Room in the previous store, the event space was limited by how the tables and chairs could be configured. The vision for the second floor is to create a space that can both provide intimate gatherings among friends and small groups, and one that can be transformed to allow larger events to take place with comfortable seating. The community room will still provide opportunities for teachers and practitioners who would like to rent a space to conduct workshops, classes, or other events.

**Anything else you want to tell us about the reopened bookstore or the journey to reopening?**

If someone would have told me when I left Crazy Wisdom in early 2017 that I would be an integral part of its reopening almost seven years later, I wouldn't have believed them! This has been a surreal, deeply healing, and magical experience for me, and it's a wonderful reminder that we never know what life has in store for us.



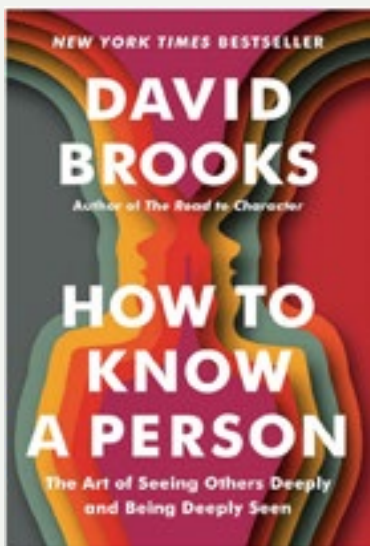
# CW Book Picks of the week



Nature has historically been the world's most acclaimed healer, with time-tested references to its ability to repair and renew body, mind, and soul dating to the earliest civilizations. For thousands of years, traditional Indigenous medicine from Mother Earth has been used to promote health and well-being for millions of Native peoples. The use of native plants and contact with the earth for healing purposes was commonplace for centuries from ancient Asia to the early Americas. In Europe, ancient Roman troops were reported to have walked upon hallowed ground after battle to receive healing energy from the earth. Recent scientific findings and clinical studies link grounding with relief for a variety of health issues: Heart disease, Sleep disorders, Inflammatory conditions, Depression & anxiety, and Attention disorders.

Grounding, the simple act of connecting to the always abundant, nourishing energy of the earth's surface, has been scientifically and medically proven through numerous studies to have significant positive effects on our physiology. Grounding helps to restore energy, heighten feel-good endorphins, improve circulation, calm heart rate, alleviate stress, and help ensure a better night's sleep, returning the body to a naturally balanced state of homeostasis the way nature intended. It also reduces inflammation—the culprit behind many of today's rising health problems, including heart disease, arthritis, diabetes, high blood pressure, and chronic pain.

[Purchase your copy of \*Get Grounded Get Well\* at shopcrazywisdom.com](https://shopcrazywisdom.com)



As David Brooks observes, “There is one skill that lies at the heart of any healthy person, family, school, community organization, or society: the ability to see someone else deeply and make them feel seen—to accurately know another person, to let them feel valued, heard, and understood.”

And yet we humans don't do this well. All around us are people who feel invisible, unseen, misunderstood. In *How to Know a Person*, Brooks sets out to help us do better, posing questions that are essential for all of us: If you want to know a person, what kind of attention should you cast on them? What kind of conversations should you have? What parts of a person's story should you pay attention to?

Driven by his trademark sense of curiosity and his determination to grow as a person, Brooks draws from the fields of psychology and neuroscience and from the worlds of theater, philosophy, history, and education to present a welcoming, hopeful, integrated approach to human connection. *How to Know a Person* helps readers become more understanding and considerate toward others, and to find the joy that comes from being seen. Along the way it offers a possible remedy for a society that is riven by fragmentation, hostility, and misperception.

The act of seeing another person, Brooks argues, is profoundly creative: How can we look somebody in the eye and see something large in them, and in turn, see something larger in ourselves? *How to Know a Person* is for anyone searching for connection, and yearning to be understood.

[Purchase your copy of \*How to Know a Person\* at shopcrazywisdom.com](https://shopcrazywisdom.com)



# Be a Solar Panel:

## Tips for Managing the Dark Days Ahead

### From Our Current issue

By Laurel Decker

It was late October when I moved to Michigan from Alaska 16 years ago. The day I met my new neighbor, he enthusiastically told me some of the reasons he loved Michigan. It was reassuring, as a mom with three young kids, to hear the positive things he had to say about growing up here, but I had to admit that I was probably most excited about living in a place that has four seasons. I said that as much as I loved living in Alaska, the long winters were challenging for me—cold winters when some days the sun would rise after 10 a.m. and set before 4 p.m. I did not mention how much my mood was affected by the scarcity of light, but when I noted that I looked forward to having more sunlight during the winter, he laughed and responded with something like, “I don’t know if you know this, but even though we don’t have the same extreme when it comes to sun up and down, the sky can be gray pretty much all winter.”

I brushed off that last comment because I figured I would be happy with any improvement. Besides, as I walked away, I felt the sun on my face and the perfect crisp temperature of my first Midwest fall. How bad could the next few months be? Already smiling, I took in the view of the tree line at a distance—blazing in red, orange, and yellow. I was certain that Southeast Michigan and I would be very compatible.

Fast forward, and it turns out I was right—I had found the perfect location match for my weather preferences. But I was also wrong to have given away my light therapy lamp when I made the move southward. It was somewhere around January during my first winter in Michigan that I experienced the familiar gloominess that set in during the darkest days in Alaska. I recognized the SAD (Seasonal Affective Disorder) symptoms, a condition The National Institute of Mental Health recognizes as a type of depression. Some even refer to it as “winter depression.”

The precise causes of seasonal depression are not entirely understood. Cold weather contributes to factors such as decreased socialization and physical activity, but the condition also seems clearly linked to less exposure to sunlight. That is because sunlight stimulates the hypothalamus—a part of the brain that controls chemicals

and hormones that manage mood, appetite, and sleep. Though the exact effect continues to be studied for clarification, people with SAD experience a disruption in the production of melatonin and serotonin. Additionally, patterns in their circadian rhythm (internal clock that regulates sleep) become inconsistent. Although symptoms come and go with the seasons, these steep fluctuations in mood, appetite, and sleep patterns are no less difficult to experience than other types of depression. Symptoms become most severe during the months of December, January, and February in the Northern Hemisphere and tend to improve as the sun is up longer and spring weather is warmer. Eventually, symptoms may disappear altogether in the summer months.

Recently my son was visiting from NMU in Marquette—a city with seasons that resemble Anchorage more than they resemble Ann Arbor. We were on a long walk, and he shared that one of his concerns about starting another winter in the Upper Peninsula is that he dreads the cold, dark days ahead. I told him that I can relate, and that lately I try to think about emotions in the same way that I look at weather patterns—they are constantly moving. In the low moments, I find hope knowing that even the most difficult periods of time will shift and improve. Darkness always passes and the sun eventually breaks through the clouds and brightens our world again. I told him that sometimes I pretend I’m a solar panel. I know it sounds silly, but especially in the months approaching winter, I make a point to thoroughly enjoy the bright moments as if I’m collecting energy and memories to draw upon in the colder times. Maybe this is part of the reason that Michiganders live summertime to the absolute fullest. From days on the lake to nights around a bonfire, we are spoiled with options for how to enjoy the season of sun.

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



# 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 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 Chophe • 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).



**GO PLAY IN THE SNOW!**

# The Crazy Wisdom Calendar

December 2023 & January 2024



## Buddhism continued...

**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 Rimpoche'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 Rimpoche** • Tuesdays, Beginning January 9 Through April 30 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche 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 Rimpoche'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 Choepo** • 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.



**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

**Ele.Mental Health — Rituals for Wellness with Chrissie Bingham • Tuesday, January 23 • 6:30 p.m.** • If you are struggling with stress, feeling lost, or if life feels void of meaning, this intensive series provides coping skills, rituals, and a community to help cultivate joy in your life, through the lens of the five elements: Earth, Air, Fire, Water, & Spirit. Each week we will practice weekly mindfulness, movement, and ritual using scientifically proven techniques to improve mental health. You will walk away from this program with the skills needed to create your own wellness rituals that can be applied any time you need a spark of magick in your life! Take one or more classes individually OR sign up for the entire series! For more information contact Chrissie at 734-681-0219, email [chrissie@omni-temple.com](mailto:chrissie@omni-temple.com), or visit [enlightenedsoulcenter.com/elemental-health-series](http://enlightenedsoulcenter.com/elemental-health-series).

**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,



**Ellen Craine**  
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# The Crazy Wisdom Calendar

## December 2023 & January 2024



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](http://enlightenedsoulcenter.com/advanced-tarot-study-group)

### Death and Dying

**Ann Arbor Virtual Death Café with Merilynne 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@l1ifespandoulas.com](mailto:patty@l1ifespandoulas.com), or visit [lifespandoulas.com](http://lifespandoulas.com).

**End-of-Life Doula Training with Merilynne 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 Merilynne 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 Choudry 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 [mvaviviano@gmail.com](mailto:mvaviviano@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).

**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)

## 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

From Our Blog



# The Quiet Place

By Joshua B. Kay

With a decisive “click,” the storm windows lock into place, and the quiet season begins. The sounds outside fall distant, muffled until mid-spring. The days are cool, the nights dip toward freezing, and the easy, outdoorsy time of summer and early autumn has passed. The leaves have turned. Snow will come soon. When it does, my children will gush with excitement, especially my daughter, who has proclaimed winter her favorite season. Standing with them at the window to watch the early snowfall, my wife and I will join in their anticipation, though ours will be tinged with sobering thoughts of the grey skies that will predominate for months and the challenges of coping with cold, snow, and ice.

I grew up in Los Angeles, with its stunted seasons. The stable climate made most days as indistinct as the horizon behind the usual, shimmering haze. The weather was generally dry and mild, and the smoggy, blue-grey sky stretched over the green Pacific. Sometimes cool, clear air flowed in and broke the pattern, and the San Gabriel Mountains stood sharp and tall northeast of the city. Those crisp days felt as if they were borrowed from some other place, like I had experienced on trips to the Sierras and visits to my parents’ native Chicago. On those days, Los Angeles felt to me like a city where colored leaves could mark the autumn, and the fresh green of spring might slowly reveal itself after a long winter. But such days were the exceptions that proved the rule. I grew up in a place where the grass required mowing year-round, and there was no need for storm windows.

When I moved for college to the Great Lakes region, I was shocked by the suddenness with which lovely fall weather could swing into a harsh preview of winter. Sometimes, I am still surprised. Often, by Halloween, a few cold, damp, blustery days have sent snowflakes or ice pelting sideways to sting our faces, and we tuck our chins deep into our collars. Wind and hard rains hammer the leaves out of the trees. Soon, lawns and walks and streets are slick with glistening mats that we dutifully scrape up with rakes loosed from their summer storage places. My wife and I rummage among the

gloves and hats stashed in a bin and set them out for the season on top of what we call the “shoe shelf” in the front hall. Boots come up from the basement, and sandals are sent down.

When cold temperatures come to stay, all becomes quiet. In the morning, the roof shingles wink in the sun under a frosting of silver crystals. During the day, there is no buzz of cicadas or low hum of bumblebees on their rounds. At night, there is no high, whistling chirp of insects, no soft, breathy whir of a lightning bug near my ear. Instead, bare branches rasp and creak, so different from the whooshing rustle of colorful leaves leaping in the wind just a few weeks earlier. Throughout the neighborhood, only tree bones reach up into the cold sky. Snow flurries and showers whiten the landscape and challenge drivers. When I venture out on a walk, I usually have the street to myself, enveloped by the quiet of the season.

The winter solstice looms out of the lengthening darkness. If the snow is thick enough, it sucks into silence whatever sound might otherwise have echoed down the block. Even the crunching of my boots seems to travel a shorter distance than usual. House lights glow through closed windows that seal any noise within. Inside, the fire burns with a rushing, wind-like sound, like a gale through the eaves. Cars whisper past. Our lives settle into an indoor rhythm. The dog, burly and bear-like in his winter coat, spends more of his time curled up and snoozing. Flannel sheets go on the bed. Even they are quieter than the cool, rustling linens of summer. Soup bubbles on the stove. The furnace roars out its hot breath for a while and then quiets again. We push against the cold with hot cups of tea or cocoa. The din of the traffic on the big cross street a couple of blocks away, which passes easily through summer windows, cannot penetrate the storm glass.

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



# The Crazy Wisdom Calendar

## December 2023 & January 2024



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 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).

### 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).

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.

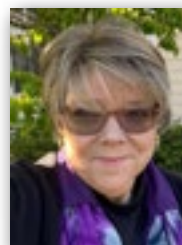
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Hallie S., Salt Lake City, Utah

FREE. For more information visit [aadl.org](http://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](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).

## 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](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@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://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](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.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](mailto:krngrnbg@gmail.com), or visit [clairascension.com](http://clairascension.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](mailto:dwmich22@gmail.com) or visit [diamondworkmichigan.org](http://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](mailto:dwmich22@gmail.com) or visit [diamondworkmichigan.org](http://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](http://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](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://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](mailto: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 Earth and 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](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://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](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://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](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://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](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://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).

## Tarot and Divination

**Mini Tarot Class - Reversals, an intuitive perspective with Andrea Anzalone • Friday, January 26 • 7:30 p.m.** • Discover how to interpret the topsy turvy world of inverted cards, and absorb the wisdom of the Hanged Man. Invite a new perspective into your card reading practice which is expansive and liberated. Explore new ways to relate to, understand, and communicate the standard meanings of the 78 cards. Sacrifice the concept of reversals as opposite their upright counterparts and gain new insight to their potential. For more information contact Mara at [mara@evenstarschalice.com](mailto:mara@evenstarschalice.com) or visit [evenstarschalice.com](http://evenstarschalice.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).





# 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

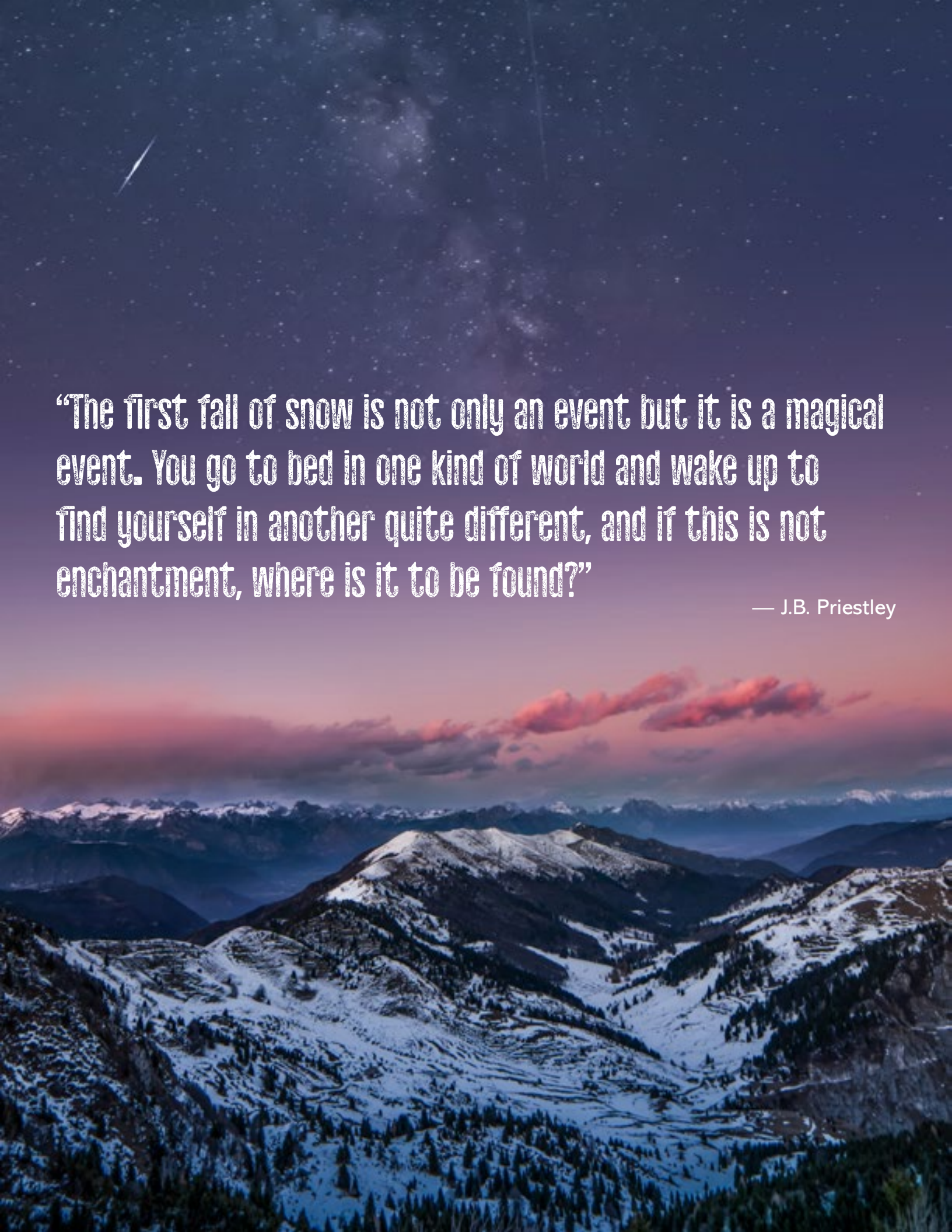
## Chelsea and Dexter:

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!



“The first fall of snow is not only an event but it is a magical event. You go to bed in one kind of world and wake up to find yourself in another quite different, and if this is not enchantment, where is it to be found?”

— J.B. Priestley