

March 18, 2022
Issue #82

Omar Davidson
street photographer, and
travel journalist

The
Crazy Wisdom
Biweekly

shining a light in the dark



Published by *The Crazy Wisdom Community Journal.*

The Crazy Wisdom Weekly



Crazy Wisdom
Bookstore
will be open
Thursday,
March 24th
Noon to 5 pm

25% off all
merchandise

Table of Contents

Word of the Week	page 4
Day Tripping With a Detroiter By Hilary Nichols and Omar Davidson.....	page 5
Crazy Wisdom Book Pick of the Week.....	page 11
5 Questions for Astrologer Alice Davinich By Alice Davinich.....	page 12
Full Moon Ceremony By Alicia Teper Clark.....	page 14
The Crazy Wisdom Weekly Calendar.....	page 15
Heal to Rise By Brittney Schering.....	page 16
A Final Thought.....	page 25

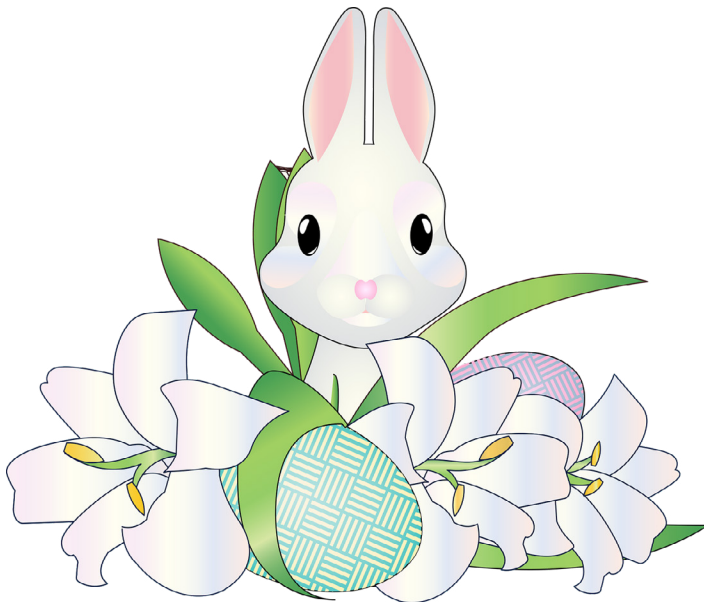
HILARY NICHOLS
HEARTFELT PHOTOGRAPHY



Shine your true spark in your best light.

hilarynichols.com

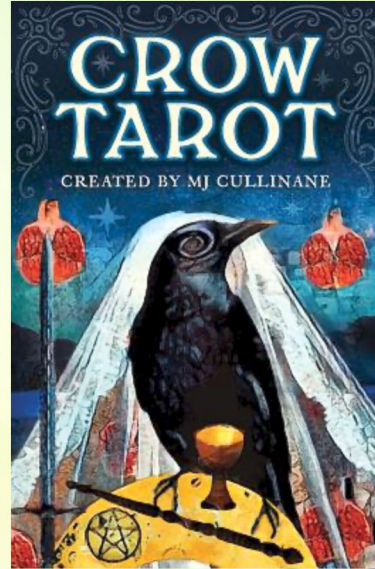
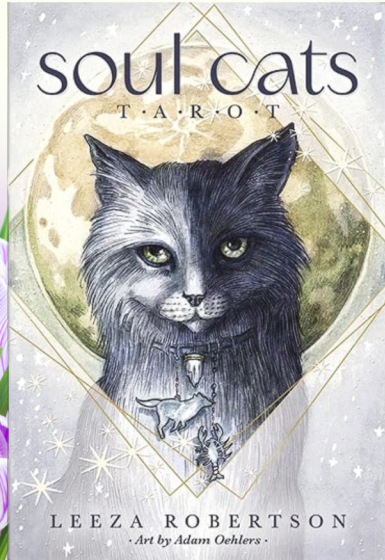
hilary@hilarynichols.com



Happy Spring!

Two Tarot Decks for Spring

15% off these 2 titles at
shopcrazywisdom



shopcrazywisdom.com



No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

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

Copyright © Crazy Wisdom, Inc., March 18, 2022.

Our cover photo was taken by [Hilary Nichols](#).

Thank you to our contributors for this issue:

Hilary Nichols
Omar Davidson
Alice Davanich
Brittney Schering
Alicia Clark-Teper
Jennifer Carson
Carol Karr
Bill Zirinsky

word of the week:

Meliorism

The belief that the world can be made better
by human effort.

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 pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



Words and Images from
Hilary Nichols and Omar Davidson

Detroit is a visual treasure—every sharp texture and raw angle, the broken bricks and the bright vintage ads painted along every block, and miles of amazing murals. We pull another quick u-turn to inspect the rich hues and contrasting crumble of this rough corner, and then the next with the splash of life and charm at each turn. I am beguiled by the history here and excited for the chance to drop in deeper.

I have lived within the shadow of Detroit, here in Ann Arbor, for nearly a decade now, yet not spent nearly enough time exploring all the treasures of this intensely storied city. Once called the Paris of the Midwest, there is still so much elegance in Detroit. Unkempt in many quarters, while some areas are being developed so fast I am afraid that the unique edge of this world-class city might soon be blurred.

I invited my dear Detroit friend for a day trip to some of his favorite hometown stops. Omar Davidson was born and raised in West Village and attended Cass Technical Highschool. He left for the Chicago Conservatory of Music and now lives in Ann Arbor. A day in Detroit ignites his nostalgic appreciation as well.

Omar: “Detroit is edgy, real, grounded, and beautiful. It is unique among midwestern towns and maybe cities around the country in that it is and has been at points in its history nearly 80% African American. It has developed an underdog quality that extends beyond its sports teams. It has a pulse and rhythm all its own, like the pistons of an engine firing.”

As we pull into town, Omar knew right where we were headed. The Clique, an unassuming breakfast diner might not impress you at first glance. Attached to a motel, it appears to be a little

greasy spoon—except for the line of locals willing to wait a long while for an open booth. We split the prerequisite veggie omelet with crispy hash browns. I didn’t get it at first, until I took my first bite. Oh my. The eggs are so fluffy and full, you might call it a souffle. I tried to get a glance into the open kitchen to view their magical method, to no avail.

Omar: “If I had one day to find a great breakfast in Detroit, I would go with the Clique Restaurant in the Lafayette Park district. There are very few spots in town that can truly compete with the Clique’s lighter-than-air vegetarian omelets and crispy hashbrowns. Great for kids and families. The Clique was our usual after church breakfast/brunch spot for my family when I was a boy. I remember a measure of maturity came when I didn’t have to split an omelet with my sister anymore but could order my own.”



DAY TRIPPING

continued...

As our tour continues across the 139 square miles of this impressive city, we are stopped in our tracks for a lot of photo ops. The car is packed with extra hats and colorful jackets to match our backdrops. A photo exploration is our activity between meals. The first muted yellow brick wall that calls is deeply textured and compelling with its faded advert “Hand Washed Cars.” And the bright purple, orange, and yellows at the next defunct diner are too punchy to pass. The rough brick warehouses at Woodbridge and McDougall feel perfectly emblematic of this oversized city. We brave the cold to capture a slice of the rich personality here, but we have more important destinations to get to. Lunch.

Omar has a very special spot to take us to. We drive over 15 miles across Detroit to the desolate Fort Wayne area. Blocks of decay have been removed to leave this old port area eerily open, but one old brick building looms. Gonella’s Italian Food Center has earned its gravitas as the rugged old stalwart—standing in this same spot for over 75 years. The sandwiches are worth the drive. Not only for the top-quality stacks of meats but more so for the alchemist combination of sauce and sliced onions, oil and vinegar, salt and pepper on a hard roll. I don’t know how, but you can taste the history in this perfectly piquant pastrami sub. And Omar’s stories of coming here after his childhood soccer games adds to the greatness.



Omar : If you’re looking for a place to enjoy a classic Detroit lunch, I would highly recommend heading over to the Original Gonella’s along the Rouge River. The deli shop has been around for over 75 years. This place brings back memories of coming back from a little league soccer game, win or lose, and looking forward to crunching into a hard Italian breaded turkey sub made only the way Gonella’s can.

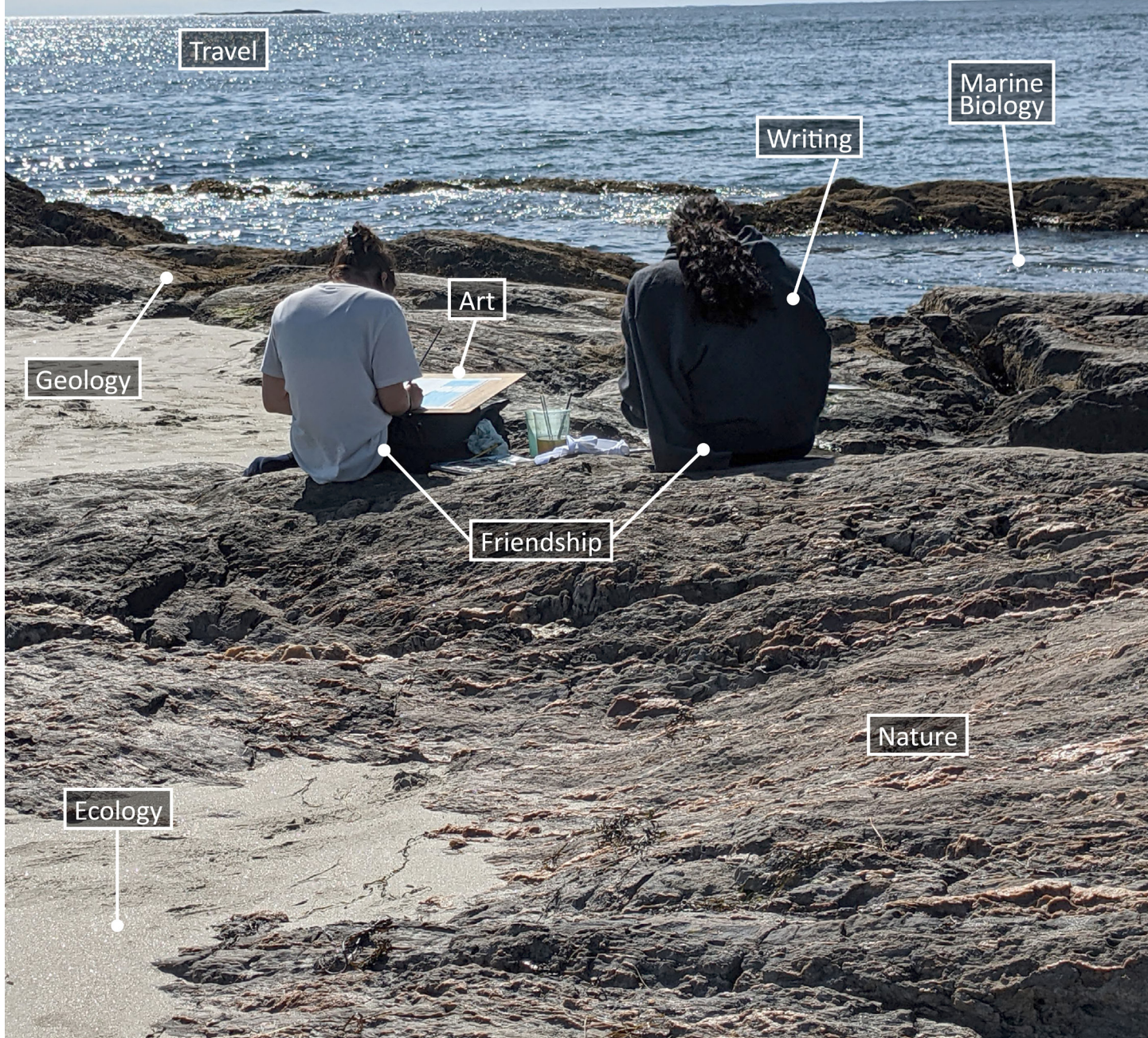
Well fed, we returned to stroll through the massive sheds of Eastern Market. This indoor/outdoor space collects so much of the life here. Weekend farmers’ markets expand as the butcher shops and flower stalls compete with artisans selling hand crafted treasures of all sorts. We are compelled by the colorful expansions to bring out the cameras. Into the crosswalks the traffic stops for our catwalk. The clicking brings curiosity and we are approached by a character as vibrant as the area. Wearing a fur coat and neon hoodie, this gentleman is happy to be in a photo. He introduces himself as Generational Wealth, which is written across his sweatshirt, a moniker he has given himself to align with his project. www.generationalwealthforlife.com It took him years to access the rights and he wears it well.



After a good exploration of the shops and offerings all along these blocks, it is no accident that we land for photos in front of Supino’s Pizza. Omar assures me this place is worth the drive alone. Watching us posing under their blue and white striped awnings, the manager invites us to warm up inside. As a shooter himself, he is interested in our photography project. Closed to diners for the time being, he allows us into their industrial chic dining room (all to ourselves) to sit for portraits. “The best Pizza in Detroit” is no small claim. The thin crust topped with fresh mozzarella lumps and rich tangy sauce hold up to the hype. We grab two take-out slices to eat out front as soon as they come out of the ovens. Dripping hot is the way to enjoy this gourmet Italian meal served on a paper plate.

Omar: When afternoon comes and you’re looking to stop somewhere for a savory bite to eat, you’ll find a true delight in a slice from Supino’s pizza. As a kid, my family and I would show up at Supinos already knowing we were in for a treat. One of the gems of Eastern Market, Sapino’s crafts delicious, handmade, New York-style thin-crust pizzas with the freshest ingredients. Angel, the pizzeria’s manager, spoke to me about the dedication

Education From Every Perspective



Annual Trip to Hermit Island, Maine



**RUDOLF
STEINER
SCHOOL**
OF ANN ARBOR

We go beyond the textbook and into the world.
Our liberal arts high school encourages discovery, builds
resilience and prepares students for countless opportunities.
High School Open House January 18, 5 pm. Please Register.

More Than Meets The Eye
SteinerSchool.org • 734-995-4141

Day Tripping continued

the Supino's staff puts into every pie. "Not to sound cheezy but, we put a lot of love and care into our pizzas." He invited us to their newer location, 6519 Woodward Ave Detroit, MI, as well to get the full indoor dining experience.

No need for another snack just yet, but we have to stop in at Avalon Bakery while in town on principle alone. When their flagship outlet opened in 1997, it was a pretty radical notion to bring freshly baked organic breads and job opportunities to the distressed neighborhood. But with their commitment to the planet, the community, and their employees, as well as their amazing products Avalon Bakery has flourished. Amplifying their edict 'Eat Well Do Good' exponentially with three locations and distribution far and wide. Today they are not only part of the vibrancy of this area, they are responsible for it. We can take our vegan peanut butter cookies and chocolate cherry scones to go.

Omar: I like a sweet pastry as much as the next person, but there's a special place I have in mind if I want to truly satisfy my sweet tooth: Avalon Bakery. With friendly baristas gilding you through the process of choosing. If you time your next visit well, around the holidays, you may be able to catch their famous molasses cookies fresh from the oven. My little sister and I would wait all year for Avalon to make them available.

Before we head out of town, we decide to over do it for the sake of science. Since a stop at IMA'S Noodles is a must. The original



continued on page 10



After 40 years of serving the community, the most recent incarnation of Crazy Wisdom Bookstore closed on February 15.

If you would like to own/operate Crazy Wisdom Bookstore in this space, or a body/mind/spirit bookstore in this space but with your own name, or just have an independent bookstore in this space, please be in touch with us. We would also consider other types of proposals to own, manage or operate Crazy Wisdom, including ones in which a purchaser would buy the bookstore over a period of years.

Our intention is for this space to continue to be a bookstore, and we are waiting for the right person, couple, or partners to come to us with a solid business proposal. We are patient and not in a rush.

The building itself is not for sale.

Contact Bill Zirinsky and Ruth Schekter at:
billz@crazywisdom.net



7 Notes Natural Health

Celebrating 7 Years!

Hear, see, and feel true wellness!



7th Anniversary Open House



SATURDAY, MARCH 19 1 - 4 PM

3830 Packard Road Suites 120 & 180 Ann Arbor, 48108

Tour Our Space

Discounts on Retail Items*

Discounts on pre-paid Infrared Sauna Sessions

Discounts on pre-paid Bodywork Sessions

Information

Light Refreshments

Give Aways

Grounding Bowl Sessions

**The fine print - Some restrictions apply.*

Rob Meyer-Kukan is a Licensed Massage and Sound Therapist, a Natural Health Educator, and a lifelong musician. He uses his extensive anatomical knowledge, coupled with his passion for natural health practices to help others hear, see, and feel true wellness.



7 Notes EST. 2015
Natural Health

HEAR, SEE, AND FEEL TRUE WELLNESS

Contact

248-962-5475

contact@7notesnaturalhealth.com

www.7notesnaturalhealth.com

DAY TRIPPING

continued...

Corktown location has an indoor/outdoor patio for diners these days, with a bit of local grit and a tough charm, while their Midtown Wayne State location welcomes us indoors in a brightly muraled and stylish dining room. We order pan fried Curry Yaki and Spicy Tory Ramen, and a Princess Kitana cocktail: the blend of Roku Gin, Miso Peach Jam, Lemon Tonic, and Mint is just too fascinating to skip. The soup is artful and complex, hearty and huge. We could have shared. But then again, how will we ever get to try all the items on this brilliant menu if we share? This award winning, black-owned restaurant, led by the innovative Michael Ransom, offers tastes so tantalizing they may make you smarter, as your mouth tries to make sense of the exotic flavor combinations.

Omar: Growing up my parents made the best ramen bowls for dinner or lunch. I still have memories of the simplicity of the ingredients they used and enjoying the meal each time. Nowadays, with only my taste for ramen to guide me, I searched for the best ramen bowl I could find. I was fortunate enough to find IMA. I was impressed by how the rich and complex, traditional Asian ingredients combined to make a delicious symphony of flavor. The truth is that there are a plethora of tasty spots for the discerning foodie, the more casual food lover, and everyone in between. The restaurants I chose to showcase were merely my childhood favorites. It feels good to know that these places still exist after all this time. If there was one place I would bring back that is now gone, it would be the New Center Eatery, once located in the New Center district. They were famous for their amazing fried chicken and waffles.

That said, I am encouraged to see the new restaurants, diners, and bars popping up in Detroit these days, and I believe it will be a boon for the city. I know that these new spots will inspire more business to support the city. Even still, I feel some sadness on how much the city has changed since I was growing up here. I want the natives of Detroit, the ones who preceded the "commercial revival" to benefit from the progress the city has gained. Overall though, I am very excited with the direction Detroit is going in.

In one long day, I fell for our big city neighbor anew, and can't wait to return to Detroit to continue the deep dive. The list of recommendations is long and getting longer as the city is leaping forward. With the world cheering on this brave and undeniable resurgence, we are lucky to be so close to our own Paris of the Midwest.

Feel inspired to take a day trip? Here's the businesses we visited:

- The Clique 1326 East Jefferson
- Gonella's Italian Food Center 295 S Oakwood Blvd
- Eastern Market 2934 Russell Street
- Supino's Pizza 2457 Russell St in Eastern Market
- Avalon Bakery 422 W Willis Street
- IMA'S Noodles Corktown location 2015 Michigan Ave or
- IMA'S Midtown Wayne State location at 4870 Cass Avenue





World-Class
Book Editing & Coaching
with Decades of Experience and Success



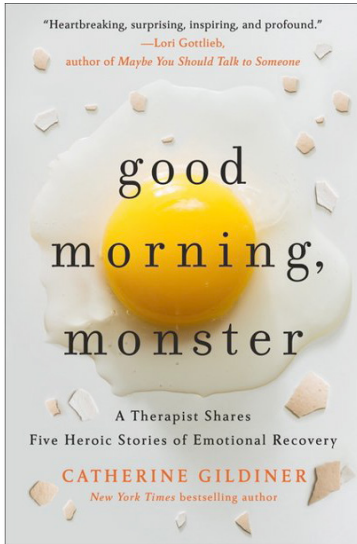
ken@kenthebookcoach.com
734 635 0577
<https://kenthebookcoach.com>

"Ken Wachsberger gets it!"
– Lois Creamer

"Impeccable editing skills. He's the best!" – Kathryn Dempsey

Crazy Wisdom Book Pick of the Week

[Purchase your copy of *Good Morning, Monster* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



In this fascinating narrative, therapist Catherine Gildiner's presents five of what she calls her most heroic and memorable patients. Among them: a successful, first generation Chinese immigrant musician suffering sexual dysfunction; a young woman whose father abandoned her at age nine with her younger siblings in an isolated cottage in the depth of winter; and a glamorous workaholic whose narcissistic, negligent mother greeted her each morning of her childhood with "Good morning, Monster."

Each patient presents a mystery, one that will only be unpacked over years. They seek Gildiner's help to overcome an immediate challenge in their lives, but discover that the source of their suffering has been long buried.

As in such recent classics as *The Glass Castle* and *Educated*, each patient embodies self-reflection, stoicism, perseverance, and forgiveness as they work unflinchingly to face the truth. Gildiner's account of her journeys with them is moving, insightful, and sometimes very funny. *Good Morning Monster* offers an almost novelistic, behind-the-scenes look into the therapist's office, illustrating how the process can heal even the most unimaginable wounds.

Mastering Meditation

Free Introductory Series

Topics include:

Concentration, relaxation, and visualization techniques; exploring a meditative lifestyle; self-awareness through meditation

Sundays, March 13, 20, 27 2-4 pm

To register: email castoldi@oakland.edu

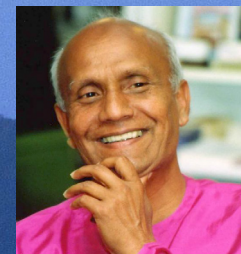
or call 734-994-7114

Info: www.meditationannarbor.com

*My morning begins,
and I closely listen
to the singing heartbeat
of my life.*

*My evening descends
to teach me
how to claim in silence
the heartbeat of the
vastness world.*

Sri Chinmoy



The program is taught by Dr. Kapila Castoldi who has studied meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over 30 years. The program is offered free of charge as a community service.

5 questions for astrologer Alice Davinich

What drew you to this art? How long have you been doing astrology readings?

I've always been fascinated by the sun, moon, and stars. When I was little, I pushed my bed underneath the bedroom window at night to lie in a pool of the full moon's gentle, warm light. I felt protected and loved. I saw that the sun disappeared every night and returned every morning, sharing his strength and the secrets he gathered after sinking below the horizon. Sparkling stars formed constellations shaped like people and creatures from myths that I loved.

I discovered astrology newspaper columns in high school. Cosmic events sharpened my interest in astrology. I was riveted by Haley's comet, a silvery comma in the night sky in 1986, traveling back to the Sun from a mysterious trip beyond Neptune's orbit. I studied the amazing Uranus-Neptune-Saturn conjunction for each baby born during five months of 1988 and in 1989. It signaled the arrival of an unusual generation. Sometimes, when I looked at an astrology chart, the symbols for planets would float up off the paper into the air and swirl gently. I decided that astrology solved mysteries about the soul's journey. I wanted to do chart readings and support others on their path.

I can't remember a specific date when I started doing readings. I've concentrated on astrology for over 22 years, reading astrology books, magazines, journals, and charts. I "did astrology" with people who were curious, stressed by change, or experiencing trauma. I also studied energy work and spiritual healing to create safe space and bring insight into chart readings.

In 1998, I bought computer parts and had a computer built so I could calculate charts and print interpretations for family, friends, and coworkers.

What is the importance of a birth chart? What do you learn from it?

An individual's birth chart is the cosmic DNA (or fingerprint) for that unique being (human or creature), a wonderful and complex portrait. It shows the positions of the planets and asteroids in our solar system around the sun, and which constellations they are under, at the minute of birth.

The placements in the chart of the celestial bodies and their angles to each other emphasize that person's gifts.

There's an incredible amount of information in a birth chart. It can reveal the inner essence, emotional makeup, personality, and behavior attributes. The chart holder's father, mother, and siblings are represented. There are trends about relationships and partnerships at the personal and community level. Information about finances, health, career, and spirituality are there. Communication style, desire for possessions, and legal difficulties or confinement can also appear.

The lunar nodes (not planets, but mathematical points) show lessons to be learned in this life (North Node) and what lessons may have been learned in an earlier life (South Node).

The birth chart is a wheel of time. It can be turned forward and backward to any point in a person's life.

There are no exact amounts and no defined sizes for anything shown in a chart. It's a person's star map to their gifts and possibilities.

You offer a Star DNA reading. What is this, and how would knowing this information help in everyday life?

For this reading, I find a person's star ancestors from one or more of 21 star systems, including Andromeda, Lyra, Vega, Sirius, Orion, and the Pleiades, as well as from earthbound civilizations like Atlantis and Lemuria.

Star beings in each of these systems experienced problems living in duality. These difficulties were resolved as integration within the self and throughout the system was achieved. Some star beings then travelled to earth. They contributed to our genetic makeup.

A karmic issue in this life may echo the shadows experienced by a star ancestor as their civilization evolved.

Finding star ancestors and learning about their evolution helps identify and resolve karmic influences in this life.



When you do a reading for someone, do you bring in Reiki, or other energy healing practices? How do the two things work together?

Since I was attuned a Reiki Master in 1996, I've learned that Reiki flows through so much—when I interact with people and creatures, plant and water garden flowers and vines, prepare food, and when I do readings Reiki is there.

Before a reading, I “put out a call” for the universe to help that person in any way they need.

Planets and stars download energy and information to me as I analyze a chart. I ask to hear their wisdom and guidance that I might offer it for the person to move forward on their path.

The celestial bodies' vibrations combine with Reiki and positive intention. This raises the frequencies of all energies in the reading.

How does your understanding of ancient wisdom and mythology enhance an astrological reading with you?

Ancient wisdom and myth are a foundation for my chart readings.

The ancients recognized that within us are energies from creatures and the natural world. The astrology system shows this with a circle on the chart called the zodiac. The word zodiac is based on a Latinized Greek word meaning circle of little animals.

The zodiac is divided into twelve constellations, or signs. Eight signs stand for creatures: Aries (ram), Taurus (bull), Cancer (crab), Leo (lion), Scorpio (scorpion), Sagittarius (centaur), Capricorn (sea goat), and Pisces (two fishes). Four of the zodiac signs stand for natural energy states: Gemini (duality/manifestation), Virgo (healing), Libra (balance), and Aquarius (vibration).

The astrology chart maps the creature energies available to us for survival and growth and the natural energies for creation and expansion.

I view the signs' energies according to the ancients and that lights up the astrology chart.

Myths are stories from long ago about superhuman gods or goddesses and their servants, heroes, monsters, conquerors, and victims. These stories cover the spectrum of human behavior and emotion. There are acts of bravery, loyalty, love, loss, betrayal, greed, or arrogance. Often, the tale is about communication between those living in the physical world and ones who have passed beyond.

Creatures, constellations, stars, and planets that appear in myths are shown in the astrology chart. When I view a chart, I look for mythic connections that resonate and describe the person I'm reading for.

For example, the planet Mars in a chart can mean valor, as in a “brave warrior” type. The placement of asteroid Ceres can point to mothering, or a family loss (according to the myth that Pluto took Cere's daughter Proserpine to the underworld). Exploring Ceres further in the birth chart could open talks about boundaries between this world and other dimensions.

The wisdom of the ancients and mythic themes live in a person's astrology chart.

Alice Davinich, a sidereal astrologer in Northville Township, is eternally fascinated by energy in both the spirit realm and technology. The road to astrology started with a bachelor's degree in English and anthropology and a master's degree in public health. She studied computer science, got a certificate in hybrid and electric vehicle energy systems, and is an advanced master gardener. Detours along the path to astrology included a job as an accident investigator and 31 years as a writer. After receiving compassionate healing from shamans, monks, and energy workers, she shares discoveries about healing and the cosmos during astrology readings. Learn more about Davinich on her website, northernskyandbeyond.com.





Full Moon Ceremony

Creating Sacred Space With Others

By Alicia Clark-Teper

What is sacred space and where do we find it? I would describe sacred space as any environment that evokes a serene, reverent feeling of safety and connection. It is a space that allows you to remember the feeling of being exactly who you are with a knowing that you, alone, are enough. It is like receiving a warm hug from a friend or stepping into a bubble that comforts and supports you in every energetic way. Sacred space can be a place—a corner of a room or a park bench, but it can also exist within us in the moment-to-moment connectedness to our own inner wisdom, to our spirituality, to our wholeness. Native American wisdom describes sacred space as the space between the in-breath and out-breath. It exists eternally, within each of us. It just takes slowing down and *listening* instead of *doing* to uncover it.

Sacred space was a concept that eluded my awareness prior to practicing yoga and learning about spirituality. After my first yoga class I was enchanted with how the energy and feeling in the room became a fusion of unity for all of us to come together and create a better version of ourselves in such a loving space. I had been to group fitness classes prior to trying yoga but *this* feeling and energy was not present in those classes. As I kept up my yoga practice, I became more aware of how to cultivate the sacred space that I found so enchanting at the yoga studio for myself. After much learning about the practice of being in the present moment, I began to cultivate and hold sacred space in all that I do. No matter where I was: in the studio, in nature, at a healing expo, and even as I move in the world on a daily basis. Everywhere we go, we can find or create sacred space by cultivating the energy of presence and connection.

The practice of connection and presence has been challenging over the past couple of years. Isolation and separation has become more of the norm, and many of us have suffered because of it. I was lucky enough to have joined an online spiritual community prior to the massive incubation of 2020, which allowed me to preserve the connectivity of gathering with others, even though not in person, in sacred space. I found that developing sacred space digitally was much the same as in-person, it was all about intention setting. As we drew

together, as spiritual seekers from all over the world, it gave me a reassuring sense that we are not as isolated as the news would like to portray. As time passed, I found that my sacred rituals became more important to maintain in regularity. It gave me the opportunity to hone my moon rituals and work on clearing, reviving, and rejuvenating my own personal sacred space. I began to realize how important it is for me to find, cultivate, and enrich sacred space not only for me, but also, for and with others.

This was the beginning of me hosting full moon ceremonies. I wanted to bring people together so that we could infuse ourselves with ancient tradition and modern healing. When the weather started getting nice in the spring, a friend posted that she wanted to have some kind of event using her five acres of land as the backdrop for a night of healing. I was immediately drawn to say “Yes!” to the commitment of regular, full moon ceremonies. Deep in my soul I knew that the heartbeat of the ancestors was calling to be heard again through the ancient ritual of such a ceremony. We would include a bonfire, Reiki flowing freely all night, and create an altar to honor all the energies of the present, past, and future.

And so the full moon ceremony was born. The entire night revolves around the ancient tradition of gathering and paying tribute to the energies of the sky gods, earth gods, and releasing control back to the universe in sacred space. Before each ceremony, I take the time with the land, the energy of the evening moon, and the zodiac sign of the moon to formulate the most sacred healing space that will provide growth for the attendees while asking that the actual land, Mother Gaia, our ancestors, and our future selves join in to support the healing and transformation that only the sacred spiritual energy can provide. When alchemizing the sacred space, I call in the four directions, Archangels, Reiki energy, and the Divine Cosmic Energy to surround and synergize with the present moment and set the stage for unconditional love. Each location, practitioner, modality, and attendee synergize together to co-create the experience while the facilitator divines their own signature blend of sacred energies to aid in the healing transformation and growth that takes place within the space.

The Crazy Wisdom Calendar

Biweekly



Aromatherapy and Essential Oils

The Art and Science of Aromatherapy with Renette Dickinson-CHt., CCFT • Saturday and Sunday, March 26 and 27 • 9 a.m. - 5 p.m. • Students will learn the history of aromatherapy, the categories and chemical components of essential oils, methods of extraction, dilutions and concentrations, use of oils with special populations, babies and pets, the therapeutic benefits of specific oils, and their use in Massage Therapy. Students will receive an essential oil kit containing six different oils, a carrier oil, empty bottles for blending, labels, and reference charts. Students will also sample a variety of essential oils. \$265.00 for 16-hour workshop. Contact Lakewood School of Therapeutic Massage at 810-987-3959 or dnewman@lakewoodschool.edu; lakewoodschool.edu.

Art/Crafting

Muriel Rukeyser's Houdini • Sunday March 20 • 2 p.m. • A staged reading of Muriel Rukeyser's play Houdini. For more information contact Elisabeth Daumer at edaumer@emich.edu.

26th Annual Exhibition of Art by Michigan Prisoners • Tuesday March 22 • 5 p.m. • The free, public exhibition, highlights the work of 392 artists from 26 state correctional facilities in Michigan. It features 714 paintings, drawings, and three-dimensional works. The show features a diversity of both artists and artistic choices. Artists range in age from 18 to 80, men and women from across the state with diverse racial, ethnic, and socioeconomic backgrounds. Most pieces are offered for sale, with proceeds going directly to the artists. For more information visit <https://lsa.umich.edu/pcap/exhibits/26th-annual-exhibition-of-art-by-michigan-prisoners.html#view=month>

Mandala Painting Workshop with Victoria Schon • Saturday, March 26 • 1 - 5 p.m. • In this 4-hour, hands-on mandala painting workshop, gain a deeper understanding of the meditative and creative qualities painting a mandala can have. We'll work in traditional methods using acrylic paints. Several examples are available. Victoria will be offering guidance and techniques. All materials are supplied, and you will take home an original artwork—a mandala painting to hang at home or give as a gift for someone special. \$100. Contact victoria@victoriaschon.com; victoriaschon.com/book-now.

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Usually Second Monday: April 11 • 7 - 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. \$Free. Donations are welcome.

Contact for each month's book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734-994-3387. For more information, visit www.jewelheart.org.

Bodywork and Bodymind Therapies

Introduction to Cranial-Sacral Therapy with Kathy Paholsky • Saturday, April 30 and Sunday, May 1 • 9 a.m. - 4 p.m. • Also known as Craniosacral Therapy, CST is a gentle hands-on technique that uses a light touch to examine membranes and movement of the fluids in and around the central nervous system. Relieving tension in the central nervous system promotes a feeling of well-being by eliminating pain and boosting health and immunity. Students will learn to monitor cranio-sacral rhythms, perform transverse plane releases, and design a session for clients. \$265.00 / 16 hours. Contact Lakewood School of Therapeutic Massage 1102 6th Street Port Huron, MI 48060 / 810-987-3959 / lakewoodschool.edu.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly Sundays: January 2 to April 24 • 11 a.m. - 12 p.m. • Weekly Sunday morning talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion (12:15 – 1:15 p.m) based on the morning talk. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org. For more information, visit www.jewelheart.org.

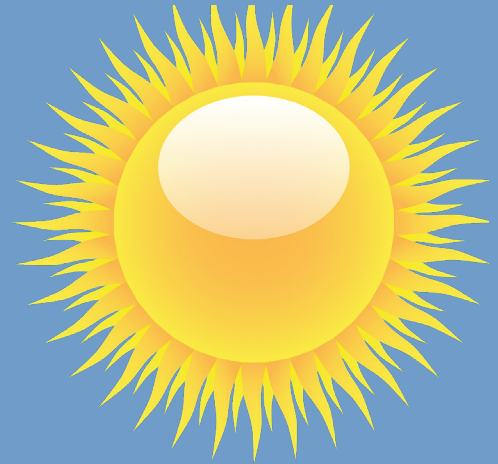
JissoJi Zen Ann Arbor Meditation - Half-day Sitting with Rev. Taikodo Marta Dabis • Monthly, Second Sunday: April 10 • 8:15 a.m. - 12:45 p.m. • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by dharma talk at 11:00 am. Free. Donations welcome. Contact jissojizen@gmail.com, 248-202-3102; jissojizen.org.

Practical Buddhism by Gelek Rinpoche with Gelek Rinpoche • Weekly Tuesdays: January 11 - April 26 • 7 - 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. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Heal to Rise:

Crazy Wisdom Word

Collage with Bright Wishes for 2022



By Brittney Schering

What started out as a way to creatively encourage self-deprivation by starving myself small enough to feel worthy of love as a teen, over time, transformed into a twenty-something's spiritual journey into kaleidoscopic, peaceful healing.

Today I practice this same ritual to fill myself up—my soul and my cup—now age 32.

This has been my go-to for decades: Over half my life spent snipping words from magazines and pasting them into a new collage of dreams, goals, and miraculous visions of what's to come.

Never before had a collage rocked me to the core so emotionally. While I've always openly shared them in the past via many various social media outlets as word collage vision boards, once upon a time called *Full Moon Dream Boards*, this one immediately felt bigger than that.

This first kaleidoscopic collage of 2022 felt larger than life in a way that tugged at my own heartstrings extraordinarily. It felt deeply meant for more than me to see. This one feels wholly communal, representative of our current, collective state of being. This is here, now. This is for all of us. Here, together, now. Quality of collective life mirrors quality of collective thought.

We've had enough of the carrot-and-stick, smoke and mirrors, have we not?

Distance is freedom.
Far away, I feel free.
Time measures distance.
At the same time, stillness is freedom.
This is nowness. Presence. Peace.
Here, now. Still, free.
Still free for all here, now.
To be still is to be free.

Further, freer, fulfilling still harmonic dreams of wholehearted love and peace to all everywhere.

Loving your inner child helps me heal mine. Here is why—here's why—here, why—hear why—here, now—this (moment)—

present—a most divine gift of all time. Here, now—here's how helping you helps me help myself. Helping others helps us help ourselves.

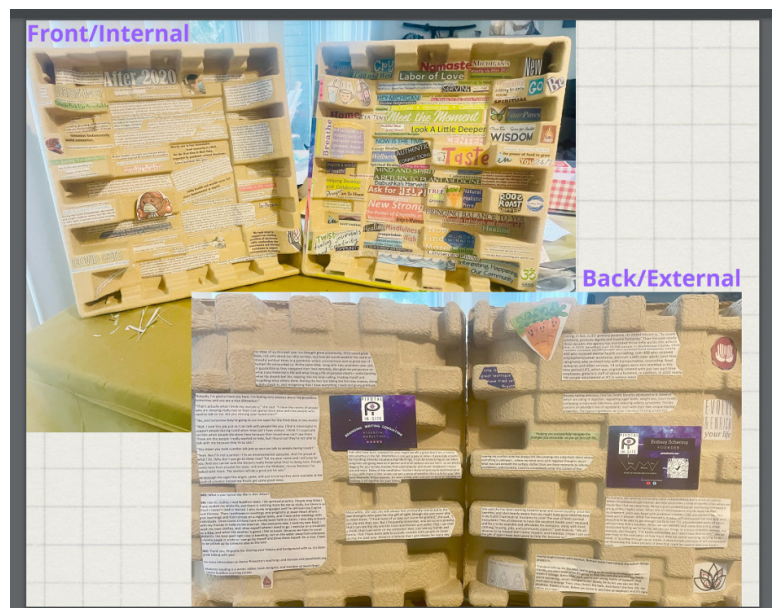
I learned very young how life and the world can be so simultaneously cruel, and how so often the two hold hands. Perhaps it was then, there, that I also somehow knew in kindness alone I'd always grow to be otherworldly.

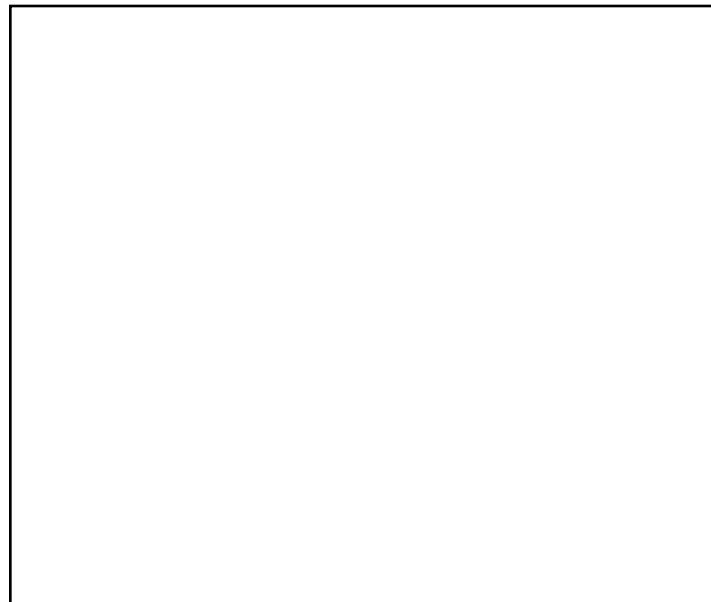
Grief gifts us the ability to thrive in low-vibe spaces. Healing helps us learn that just because we can does not mean we must. Just because we are able to thrive in low-vibe spaces does not mean we must stay in them. It's more than okay to branch out and climb higher now.

This costs nothing, yet it's worth everything. Find what makes you say and mean that wholly. One life, one loaf. Explore your own breadcrumbs. When you start to see the this in that, and then the that in this, you will soon see how this is that, and that that is also this.

This is about nothing and everything.

How are your intentions reflecting in overall time spent throughout any given day?





When it comes to all things truly good, no one gets what they're not meant to have.

Friendly reminder: *Your priorities are showing.* Well-intended accountability check. Check!

Prayers of abundant love and healing light for everyone anywhere and anyone everywhere.

I thought a lot of things, and then I chose which of those were wisest and felt best to believe. This is the power of observing your own thoughts with mindfulness and love.

Leveling up is when necessary evils are no longer necessary—they're just plain evil.

And/or/also we can see the light shining bright—despite the disturbance of evil distraction—the light shining bright is loud enough to know it's safe to simply let go, seeking the peaceful quiet of a bright, blank, starry night into the always greater unknown. Darkness can only lead to light as too night becomes day, illuminating all to only ever always come what may.

Knowing that, we can choose to part ways with what's no longer necessary, now just plain evil. In peace, letting go to level up again. RIP to another devil (within) who once lived. This knowing alone presents a clear sign of hope in how we can choose to level up in letting go.

Think about your own before/after pivotal life moments. Every after can serve as a platform for leveling up: A springboard into what's to come, ever upward in favor of all things good with the kaleidoscopic light of Love above all.

Brittney Schering is a globally published writer and editor fluent in wanderlust, SEO, and purpose-driven marketing with work featured in Forbes Travel Guide, American Songwriter, Culture Trip, Time Out, International Living and many more. Michigan-born and based since returning in 2018. Learn more about her and how she's navigating 2022 without social media at pivotalinsite.com.

The Crazy Wisdom Calendar

Buddhism continue

Interconnectedness and the Kindness of Others (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, April 2 • 9 a.m. - 1 p.m. • All living beings on this planet are deeply interconnected, and our very survival—as well as our happiness and spiritual development—depends on the kindness of others. These sessions offer methods to expand the spiritual vision to include all living beings and lead the practitioner in practices aimed at full enlightenment. All workshops include instruction, guided meditation, individual meditation, and discussion. \$25 Jewel Heart Members / \$30 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Rebirth: Guide to Mind, Karma, and Cosmos in the Buddhist World with Professor Roger Jackson • Saturday, April 9 • 9 a.m. - 2 p.m. • Combining lecture, discussion, and guided meditation, this workshop will situate the Buddhist idea of rebirth within world and Asian cultures, analyze the historical Buddha's attitude toward rebirth, describe the realms of rebirth, the causes and conditions of rebirth, and the relation between karma and rebirth. Consider traditional arguments in favor of rebirth and describe and reflect upon the place of rebirth within modern Buddhism. \$80 Jewel Heart Members/\$100 Non-Members. Pay what you can. No one turned away. Contact www.jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.

The Bodhisattva's Way of Life with Demo Rinpoche • Weekly Thursdays from January 13 - April 28 • 7 - 8 p.m. • Shantideva's Bodhisattva's Way of Life was composed in the 8th century and is among the most beloved and inspiring works in the Mahayana Buddhist tradition. With the motivation of unselfishly helping others, a bodhisattva aspires to follow in the footsteps of the Buddha. Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals. Members \$95 / \$120 Non-Members. Pay what you can, no one turned away. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org.

Ceremonies, Celebrations, and Rituals

Spring Tea Ceremony with Courtney at Verapose Yoga and Meditation House with Courtney Fitzpatrick • March 19 • 4 - 5:15 p.m. • Celebrate Spring with Courtney, owner of Verapose Yoga and Meditation House, for an opportunity to enjoy the joyfully simple act of tea drinking. We leave the complexity of life behind for a while as we tune into the ancient wisdom of tea. Join us for a deepening of one's connection to nature, to Self, to the stillness of the mind, and to our authentic community. \$35. Contact courtney@veraposeyoga.com.

Spring Equinox Ritual Celebration at The Weber Center • Sunday, March 20 • 3:30 p.m. • Hello Spring! There just beyond our seeing eyes, creepy crawly peeks out, robin pokes in the soil, and bear stirs in the den. We humans, at least here in

the Northern Hemisphere say good-bye to winter and note that spring is on the wing. We gather to celebrate Mother Earth, to grow our courage and commitment to life for all beings who call this planet Home. If you have a poem, a song, a gift for the sacred space, a funny story, bring it along and come as you are a blessing! For more information contact webercenter@adriandominicans.org.

Vernal (Spring) Equinox Celebration with Courtney Fitzpatrick and Victoria Schon • Sunday, March 20 • 7 - 9 p.m. • Join in for the celebration of the Vernal Equinox and welcome Spring! A celebration to honor the re-awakening of our hemisphere, recognizing the orderly intelligence of nature. We'll focus on rebirth after the dark winter, new beginnings, fertility, green, growth and light using the natural world as our guide and honing into the astute observation skills of our ancestors. \$65. Contact courtney@veraposeyoga.com; victoriaschon.com/event-calendar.

Ryaku Fusatsu – Full Moon Ceremony with Rev. Taikodo Marta Dabis • Monthly, Final Sundays: March 27, April 24 • 11 a.m. - 1 p.m. • Participate in a traditional Japanese Soto Zen Full Moon Ceremony as practiced at the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. Free. Donations accepted. Contact jissojizen@gmail.com, 248-202-3102; jissojizen.org.

Sacred Cacao Ceremony with Victoria Schon • Sundays, April 3, 24 • 4-5:30 p.m. • Drinking ceremonial cacao is considered spiritual medicine by many indigenous cultures around the world. As we sit together in a small group and consume this sacred beverage, practice mindfulness, participate in guided meditation with intention in a backdrop of sacred sound, our soul is nourished, our hearts open, and we experience greater spaciousness. It is a time for deeper reflection and connection. 3173 Baker Road, Dexter, Michigan. \$40. Contact victoriaschon.com/event-calendar.

Tea Ceremony at Verapose Yoga and Meditation House with Courtney Fitzpatrick • April 23 • 4 - 5:15 p.m. • An opportunity to enjoy the joyfully simple act of tea drinking. We leave the complexity of life behind for a while as we tune into the ancient wisdom of tea. Join us for a deepening of one's connection to nature, to Self, to the stillness of the mind, and to our authentic community. \$35. Contact courtney@veraposeyoga.com; victoriaschon.com/event-calendar.

Channeling

Remembering Wholeness - Darshan with The Mother, channeled by Barbara Brodsky • Monthly Sundays: April 10, May 15, June 12 • 2 - 5 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. In Remembering Wholeness as we continue, I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation: \$10-\$30 individual; \$90-\$180 winter/spring. Contact om@deepspring.org.

Evenings with Aaron, channeled by Barbara Brodsky • Monthly Tuesdays: April 12, May 17 • 7 - 9 p.m. • Unlike the previous years' Aaron evenings, where I often simply spoke about a timely topic, my focus this year will be weaving the themes of The Eden Project together. All are welcome. You need not be in The Eden Project classes to find value in these talks. Suggested donation - \$10-\$30 per session; \$90-\$180 for winter/spring. Contact om@deepspring.org.

Childbirth

Birth Doula Training and Certification with Patty Brennan • Saturday, April 9 • 10 a.m. - 4 p.m. • Online professional training from Lifespan Doulas includes self-paced study modules and a workshop with Patty Brennan. Program covers how to provide non-medical comfort and support to the birthing mother and her partner. \$697. Contact Patty Brennan at 734-663-1524.

Postpartum Doula Training and Certification with Patty Brennan • Saturday, April 30 • 11 a.m. - 4 p.m. • Online professional training from Lifespan Doulas includes self-paced study modules and a workshop with Patty Brennan. Program covers how to provide non-medical comfort and support to the birthing mother and her partner. \$697. Contact Patty Brennan at 734-663-1526.

Children and Young Adults

Youthful Spirits Class for Young People via ZOOM with Heidi Kaminski • Sundays, January 2 - April 24 • 1 - 2 p.m. • Spiritual discovery for young people on Zoom. Free. Donations accepted. Contact Interfaithspirit.Org/Events.

Dance and Movement

Sacred Sound Journey with Victoria Schon • March 23, April 27 • 6 - 7:15 p.m. • Join Victoria for this deeply restorative sound journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming, and other sacred sound instruments. She begins with guided meditation and relaxation techniques to expand one's ability to find equilibrium and harmony at the cellular level. Experience a deeper meditative state, thus opening a portal of creativity and connection to inner wisdom during and following her sound journey. \$40. Contact victoriaschon.com/event-calendar.

Zoom Ann Arbor / Toledo First Friday Dances of Universal Peace with Judith L. Trautman and Elizabeth Rand • Monthly, First Fridays: April 1 • 7 - 8:30 p.m. • Online dance instructions and music for meditation and dancing at home. Donation. Contact jltrautman@sbcglobal.net, or sites.google.com/view/a2-toledodup/home.

10th Annual Drum and Dance Jam • April 2 • 7:30 p.m. • Local drummer, Curtis G. hosts the 10th Annual Drum and Dance Jam at Interfaith Center for Spiritual Growth On The First Saturday Of Each Month from April 2022 to August 2022! 18 and over welcome, no experience necessary, bring a drum of your own or use one provided at the center 6 feet between drummers and masks requested. \$5 sliding donation requested at the door Address: 704 Airport Blvd, Ann Arbor, MI 48108. For more information call (734) 327-0270.

****URGENT** FDA THREATENING TO ELIMINATE BIOIDENTICAL HORMONES BY JUNE 2022**

"Bioidentical hormones make a world of difference for many people and their ability to live a normal life."

The FDA recently announced that it was planning to move ALL bioidentical hormones to the "difficult to compound" list by the end of June 2022. This means that bioidentical hormones will **NO LONGER BE AVAILABLE.**

Compounding pharmacies will not be allowed to get bioidentical hormones to make creams, gels, troches, or anything with them. News like this is extremely concerning, and we need to act now to fight this.

Once a product is moved to the "difficult to compound" list, it will prohibit compounding pharmacies from making individual, customized bioidentical hormone products. Big pharmaceutical manufacturers may continue to make their own hormones products, while compounding pharmacies will be forced out.

This change will not only impact the health of thousands who rely on these hormones, but it will also disrupt many businesses and compounders. It is imperative to take action today!

https://www.youtube.com/watch?v=5-Yks_CFwtE

HERE'S WHAT YOU CAN DO: ALL IT TAKES IS 1 MINUTE

Follow the below steps, ASAP

1. GO TO WWW.COMPOUNDING.COM

Accept cookies at the top of the page

2. CLICK ON 'FIND MY REPRESENTATIVE'

Located in the top right corner

3. SELECT 'PATIENT' AND USE THE PRE-COMPOSED LETTER UNDER 'COMPOSE YOUR MESSAGE'

Feel free to use your own letter

4. FILL IN YOUR ADDRESS

Below the message for constituent accuracy

5. CLICK 'SUBMIT'

Multiple representatives will receive your letter

Everyone deserves a normal life, including the thousands of people who rely on compounded hormones. Learn the facts, click [here](#) to watch a real testimonial and share your own story today to help save access to this medical treatment!

(Photo above from Alliance for Pharmacy Compounding Youtube Video)

Share your testimonial and read others stories [**here!**](#)

www.bioenergymedicalcenter.com



The Crazy Wisdom Calendar

Dance and Movement continued

World class classical guitarists with Sean Blackman and John Arnold • Saturday, April 30 • 7 - 9 p.m. • World renown musicians playing heartfelt classical guitar and original compositions. \$25 online, \$30 at door. Contact lighthousecenterinc.org.

Singing for Comfort via Zoom with Interfaith Center for Spiritual Growth • Monthly, Second Thursdays: April 14 • 7 - 8:30 p.m.
• Please join us for music and song. Pay what you can, no one turned away. Contact Interfaithspirit.Org/Events.

Death and Dying

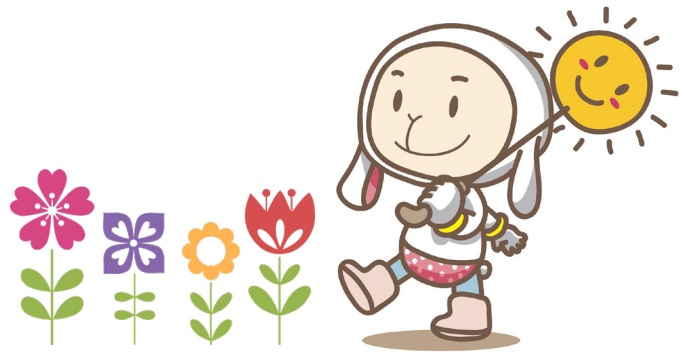
Death Cafe via ZOOM with Rev. Annie Kopko • Monthly, First Tuesdays: April 5 • 6:30 - 8 p.m. • Join us for a discussion of death and dying. Free. Donations welcome. Contact Interfaithspirit.Org/Events.

Fairs and Festivals

Psychic Saturday Holistic Fair at the Enlightened Soul Center • Saturday, March 19 and April 2 • 12 p.m. - 6 p.m. • Join us for a fun-filled day at the Enlightened Soul Center & Shop (2711 Carpenter Road, Ann Arbor) at our twice-monthly ESC Psychic Fairs. WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and energy healing at one time, under one roof!
Psychics~Mediums~Tarot~Energy Healers~Crystals~Shopping
Admission: \$5 at the door = FREE gift, FREE snacks, FREE parking
Readings & Energy Work: \$2/minute (minimums vary) Cash & credit/debit accepted. For more information visit: <https://www.enlightenedsoulcenter.com/enlightened-soul-fair>

Gardening and Ecosystems

Yard Transformation: A Beautiful, Climate-Crisis-Reversing Oasis with Rosina Newton • Saturday, Wednesday, April 13, 12-1:30 p.m. or 7 - 8:30 p.m. • Learn about an array of simple techniques, products, and principles that you can use today to heal our planet, one yard at a time. It's possible to enjoy an outdoor landscape that is rich with beauty and interest, while sequestering more Carbon and providing habitat for pollinators, too. \$20. Contact rokanew@gmail.com; newearthhomeandgarden.com.



Crazy Wisdom Poetry Series

hosted by Edward Morin,
David Jibson, and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.

Second Wednesdays, 7-9 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 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.



March 23 – Margaret Rozga's fifth book of poems is *Holding My Selves Together: New and Selected Poems* (2021). While Wisconsin Poet Laureate in 2019-2020, she co-edited *Through This Door: Wisconsin in Poems* with Angie Trudell Vasquez. Margaret is currently the inaugural artist/scholar at the University of Wisconsin Milwaukee at Waukesha Field Station. Website: margaretrozga.com



April 27 – Colby Cedar Smith has poems published in *Pleiades*, *Mid-American Review*, and *The Iowa Review*. Her debut novel in verse, *Call Me Athena: Girl from Detroit*, is a Junior Library Guild Gold Standard Selection, an American Booksellers Association Indie Next Pick, and a Cybils Award Nominee. She was awarded a New Jersey Council on the Arts Fellowship in Poetry.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
<https://cwcircle.poetry.blog/>

Health and Wellness

7th Anniversary Open House • Saturday, March 19 • 1 p.m. •

Join us for an open house celebrating our 7th anniversary and our new (additional) office space for 7 Notes Natural Health. Light Refreshments, Door Prizes, Grounding Bowl Sessions, Discounts, Tours of our New Space. Grounding Bowl Sessions will be donation based - all proceeds from these sessions will be given to support the work of Ozone House. For more information visit <https://www.facebook.com/events/1069542497179157>.

Chakra Mini Retreat • Sunday, April 3 • 1 p.m. • Are you anxious? Do you feel stuck? Are you constantly worried about being good enough? Is it a struggle to speak up for yourself? Do you often second guess yourself? If this is you, join us to learn practical tips to feel calmer, speak your truth with ease, tap into your creative talents, improve your sex life, and boost your confidence. Register at <https://docs.google.com/.../1FAIpQLSdg86Yimn2.../viewform>. For questions contact Rob Meyer-Kukan at rob@robmeyerkukan.com.

4 Week Beginners Insight Mindfulness Course • Wednesday, April 6 • 7:30 p.m. • At the Verapose Yoga and Meditation House in Dexter, Danielle Groth will be leading a 4 week - 60 minute, beginners Insight meditation course. Beginning Wednesday, April 6 and continuing each Wednesday through April 27, each week will build on the next teaching mindfulness of thoughts, mindfulness of emotions in the body, mindfulness in allowing thoughts and emotions, and mindfulness of nurturing the self. The class will consist of a 20 minute talk, 20 minute guided or silent meditation, and 10 minutes Q & A. Please bring your own mat, cushion, and/or blanket. No experience is needed. Visit our website to register. For questions contact Contact Danielle Groth 734-604-6938 or visit iamwellreiki.com.

Fl!p Your K!tchen® The Kitchen Sessions with Liza Baker, INHC • 44563 Monthly, First Sundays: April 3 • 10 a.m. - 12 p.m. • Curious about what it's like to meal plan and prep for the week? Come into my (virtual) kitchen and follow along! On the first Sunday of every month, we'll spend some time cooking together—on Zoom—and talking about whole foods nutrition and meal planning. Each session can stand alone, or you can take them as a series. \$20 + processing fees. Contact liza@simply-healthcoaching.com.

Introduction to Mindfulness • Saturday, April 9 • 2 p.m. • FREE 2.5 hr Introduction to Mindfulness, with opportunities to experience mindfulness practices and learn about a range of options for supporting the cultivation of mindfulness. For more information contact Libby Robinson at libbyrobinson7@gmail.com or visit libbyrobinsonmindfulness.com.

Sound Reflections: Sound Bath Meditation • Saturday, April 9 • 7 p.m. • Affirmations are powerful tools for self growth, development, and focusing the mind. Pair that with an opportunity for reflection and you have a powerful experience. In this sound bath you will be wrapped in the affirmations of Louise Hay while being supported with the healing sounds of singing bowls, gongs, and more. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc). A limited number of yoga

blankets will be available. Current safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. Investment: \$40 Advanced Registration Required. Learn more about 7 Notes Natural Health by visiting 7notesnaturalhealth.com.

Sound and Art • Friday, April 2 • 7 p.m. • Join Whitepine Studios and 7 Notes Natural Health for our third collaboration as we listen to singing bowls and create a beautiful watercolor of koi fish. Koi fish represent strength of character, perseverance, and courage. They also symbolize good fortune, success, and ambition. Purchase tickets here: <https://whitepinestudios.corsizio.com/c/621114a9b176e538ce84147f>. For more information contact Whitepine Studios, at 734-330-2079 or email info@whitepinestudios.org.

Holistic Health

Acudetox Community Ear Acupuncture with Virginia June • Every Monday, January 3 – April 25 • 5 - 6:30 p.m. • Drop in Acudetox Ear Acupuncture. \$20.00 per person. Contact whitewolfhealing.com.

Midweek Wellness Workshops with Liza Baker • Monthly, First Wednesday: April 6 • 9 - 10 a.m. • Join for a midweek wellness workshop. We'll cover a wide range of holistic health topics, from the best way to eat to how to get better sleep to how to invest your energy rather than trying to manage your time. \$20 + processing fees. Contact liza@simply-healthcoaching.com; eventbrite.com/o/simply-health-coaching-352-503-5623.

Meditation

White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays January 2 to April 24, 2022. • 9:30 - 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. \$Free, but donations are welcome. To register, visit jewelheart.org/free— weekly— virtual— programs. For more information, visit jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.
Chakra meditation and Sunday Services with Lighthouse Center staff • Every Sunday through April 24 • 10:30 a.m. - 12:30 p.m. • Meditating 10 minutes on each of 7 chakras and/or a Sunday Service. Free. Contact lighthousecenterinc.org.

Zen Meditation in the SFZC Suzuki Lineage with Rev. Taikodo Marta Dabis • Sundays, March 20, April 3, 17 • 11 a.m. - 12:30 p.m. • Sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, followed by noon service and informal check-in. Everyone is welcome. Free. Donations welcome. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102; jissojizen.org.

The Crazy Wisdom Calendar

Meditation continue

Day of Mindfulness with Esther Kennedy, O.P.— If only...I'd be happy! • April 9 • 10 a.m. • If only...I'd be happy! Skillful Mindfulness and Skillful Concentration are the last two steps of the Eight-Fold Path. Each step on the path to happiness invites us to look at ourselves and not get lost in accumulating more and more information. With profound simplicity the full truth of things as they are will be made known to you. A skillful mind is uncluttered, is precise, sees through our negative thought patterns and behavior and guides us into inner seeing with wisdom and kindness. Skillful concentration is very wholesome, one-pointed, and free of signs of worry, restlessness, boredom, drowsiness, and dullness. When these hindrances arise, you can simply bring forth Skillful Effort to quell them and shorten their visits. For more information contact webercenter@adriandominicans.org.

Silent Meditation Practice with Celeste Zygmunt • Weekly, Sunday 11 a.m.- 12 p.m.; Tuesdays 9 – 9:30 a.m. • All levels of meditators are welcome. Held via Zoom. No instruction. Donation. Contact om@deepspring.org; 734.477.5848; deepspring.org.

Meditation Healing and Compassion Meditations with Hartmut Sagolla • Weekly Monday: through April 25 • 12 - 1 p.m. • Guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free. Donations welcome. Contact jewelheart.org/free-weekly-virtual-programs, 734-994-3387, or email programs@jewelheart.org.

Putting Out the Nervous System's Fire: Meditations for Coping in Crisis with Amy Hertz • Weekly Fridays: through April 29 • 4 - 5 p.m. • Settling the mind is tough in the best of times, but when we are hit with circumstances that change our reality, getting access to that part of ourselves that can think clearly and problem solve becomes nearly impossible. Using the breath, writing exercises, and guided meditations, we'll explore ways to calm the body's threat response and regain balance. Free. Donations welcome. Contact 734-994-3387, programs@jewelheart.org; jewelheart.org/free-weekly-virtual-programs.

Nutrition and Food Medicine

Mushroom Log Inoculation and Earth Oven Pizza with Deanne Bednar • Saturday, April 2 • 10 a.m. - 6 p.m. • Learn about mushroom production and harvesting on this land, inoculate a shiitake log to take home and enjoy a pizza with mushrooms, we will make in the Earth Oven on site! \$70. Contact strawbalestudio.org for event registration and contact info.

Weight Loss - an FWW Retreat with Lisa Dahl • Saturday, April 9 • 9 a.m. - 12 p.m. • Join us as Lisa Dahl helps us find food freedom and build mindful practices that support whole-body wellness. Learn to control your cravings so that you can confidently navigate your food and wellness choices. \$108. Contact Dr. Suman Tewari, 734-418-2188, fww@a2hg.net; foundations-of-wellness-for-women.mailchimpsites.com.

Peace

Peace Generator via ZOOM with Craig Harvey • April 14 • 7 - 9 p.m. • Please join us in creating peace for the planet. Sing, Dance, Chant, set your intentions. Free, but donations accepted. Contact Interfaithspirit.Org/Events.

Prosperity and Abundance

Women and Money - an FWW Conversation with Angela Barbash, Melissa Joy and Eboney Byrne • Friday, March 4 • 12 - 1 p.m. • With years of experience in investment advising, financial advising, financial education, and money coaching, our three experts will bring their best ideas for women to better plan and manage their finances at every phase of their life. \$18. Contact Dr. Suman Tewari at 734-418-2188, fww@a2hg.net; foundations-of-wellness-for-women.mailchimpsites.com.

Reiki

Introduction to Reiki with Amy Pavlov • Saturday and Sunday, April 9th and 10th • 9 a.m. - 5 p.m. • Reiki is a Japanese energy work modality. Intro to Reiki lets you experience energy, and gain tools to utilize it for your clients as well as your own self-care. Integrating Reiki results in deeper relaxation and a true full body experience. \$265.00 for 16 hours. Contact Lakewood School of Therapeutic Massage at 810-987-3959, dnewman@lakewoodschool.edu; lakewoodschool.edu.

First Degree Reiki Training with Suzy Wienckowski • Saturday, April 23, 10 a.m. - 5 p.m., Sunday, April 24 10 a.m.-1 p.m. • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind, and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. Contact Suzy Wienckowski at 734-476-7958.

Retreat

Create clay sculptures from your soul. 3-day immersion with Estela Monjo Boudreau • Saturday – Sunday, March 4 - 6 • 12:00 p.m. • Awaken your creative spirit in a 3-day weekend immersion clay sculpting retreat at Windrise Retreat Center in Metamora, MI. Session starts Friday noon through Sunday afternoon. Perfect session for beginners to advanced artists. Cost includes class, lodging, and food. \$550. Contact Estela Monjo Boudreau at 313-407-0953.

The Crazy Wisdom Calendar

Meditation continued

Cleansing Retreat for Deep Meditation—Chan Preparation with Master Zhone Hai (winnie), Trevor Chaitanya Eller, and Ryan Huang • Saturday, April 9 • 10 a.m. • Chan (Chinese for Zen) Meditation is best approached once the body and mind have been properly cultivated. Triple Crane Retreat Center offers a unique approach to prepare for deep meditation using Full System Yoga, and Traditional Exercises from Chinese Culture in collaboration with Seated and Walking Meditation. Experience deepening the quality of your meditation and prepare for longer retreats offered at Triple Crane. Join us in person or on-line. Retreat includes vegetarian meals (gluten free and vegan options will be provided). Limited overnight accommodations are available. The retreat begins on Saturday with the option to join us on Friday night for a deeper experience. Fee \$100-\$350 with Work Trade options for those in need. Contact Kamakshi at Office@TripleCraneRetreat.org, 734-713-6163; TripleCraneRetreat.org.

Shamanism

Medicine for the Earth: Personal and Environmental Transformation with Kate A Durda and Stephanie Tighe • Saturday and Sunday, March 19 - 20 • 10 a.m. - 5 p.m. • Powerful two-day experiential workshop is based on the work of Sandy Ingerman in her book, *Medicine for the Earth*. Transform personal and environmental pollution by transmuting negative beliefs, attitudes, and the energy that comes forth from our emotions. Work in cooperation with our helping spirits, the spirits of the land, and our own divine nature to create transmutation, culminating in healing ceremony on Sunday afternoon. \$125. Contact Kate Durda at 517-667-0694; spiritweavers.net.

Introduction to Journeying with Connie Eiland • March 27 • 10 a.m. - 5 p.m. • This 6 hr class includes power animal retrieval and journey to Upper, Lower, and Middle worlds. Journey is with drums and rattles. \$70 until 3/13/22, then \$80. Contact Connie Eiland at 248-809-3230, clshebear7@gmail.com; shewolfshaman.com.

Shamanic Drumming Circle with Stephanie Tighe and Kate Durda • March 27, April 24 • 1 - 4 p.m. • The Shamanic Journey Circle offers practicing Shamanic Journey skills. In a Circle, individuals trained in the journey process come together to practice in a structured environment. In this environment one can strengthen their relationships with their Helping Spirits, access Spiritual resources for personal healing, and build community with others who love to journey. Pre-requisite: ability to journey in the method taught by the Foundation for Shamanic Studies, Spiritweavers, etc. Charlotte, MI. \$10. Contact Stephanie Tighe at 517-667-8448; spiritweavers.net.

Ancestors: The Power Within with Judy Liu Ramsey • Saturday, April 23 • 9 a.m. - 5 p.m. • We all inherited gifts as well as curses from our ancestors. Learn techniques to access the wisdom and to heal the pain of your ancestral line. Through shamanic journeying, discover the important lessons ingrained in your DNA, and create an altar to honor the ancestors. This class is presented via Zoom. Knowledge of shamanic journeying is required. \$80 per person. Contact Judy Ramsey at ramsey.judy003@yahoo.com; JudyRamsey.net.

Cycles of Life with Connie Eiland • Saturday, April 30 • 10 a.m. - 4 p.m. • This class will present pathways to help with your own life explorations. We will work with the Medicine Wheel, the Spirit of the Moon, our Ancestors. This class includes healing, divination, and journeying. Introduction to Journeying is required prior to this class. \$180 until April 16, then \$220. Contact Connie Eiland at 248-809-3230, clshebear7@gmail.com; shewolfshaman.com.

Spiritual Development

Qigong Meditation Basics 1 ONLINE with Steven Sy • Saturday and Sundays, March 19-20, 26-27 • 9:30 a.m. - 4:30 p.m. • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No prerequisites. \$195. Contact Steven Sy at 517-295-3477, steven@spiritualtao.com; spiritualtaoworkshops.com.

Writing and Poetry

Sit. Stop. Write. –Zen and Poetry with Dmitry Berenson • March 27, April 24 • 1:15 - 2:45 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. Donations welcome. Contact 248-202-3102, jissojizen@gmail.com; jissojizen.org.

Yoga

Yoga for Resilience: Awakening to Spring with Julie Woodward • Saturday, April 2 • 1:30 p.m. • Join us for an afternoon of mindful yoga, meditation and guided reflection practices. This workshop is designed to support you as you reconnect to inner wisdom, let go of what no longer serves you and open to what wants to flower within you this spring. Workshop participants will experience practices that optimize mental health and nervous system resilience, learn tools to calm anxiety, energize a low mood, soothe feelings of social isolation and cultivate skills to stay centered, no matter what is happening around you. This workshop will take place at Harmony in Motion Studio, 1955 Pauline Blvd., Suite 100 B, Ann Arbor, 48103. Cost is \$35. Suitable for all levels, registration is open to people who are fully vaccinated and boosted. To register: email jawh@comcast.net.

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

Yes, Crazy Wisdom Bookstore is closing, but you can still find the 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
Cultivate Coffee and Tap House
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
Earth Elements
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
Free to Be Yoga and Massage
DNA Sales 2100
Gidrah's Mind Body Spirit

**Home is a name, a word,
it is a strong one; stronger
than a magician ever spoke,
or spirit ever answered to,
in the strongest
conjunction.**

—Charles Dickinson

