

April 1, 2022
Issue #83

Moms in Business

Bringing together moms and
women in business

A group of approximately ten women and two young children are smiling and posing for a photo. They are standing in front of a wall made of wooden planters filled with green herbs. The women are dressed in casual to semi-formal attire, including dresses, blouses, and tank tops. One woman in the center is wearing a large, wide-brimmed hat. The children are being held by the women. The overall atmosphere is warm and community-oriented.

The
Crazy Wisdom
Biweekly

shining a light in the dark



The Crazy Wisdom Weekly

**Crazy Wisdom
Bookstore
will be open on two
Thursdays in April:
Thursday, April 7
Thursday, April 21
Noon to 5 p.m.**



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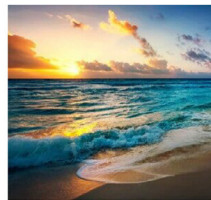
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Emerald Isle Retreat

Realizing The Undistorted in A Distorted World
April 23 - April 30, 2022

Barbara Brodsky, Aaron and John Orr



Registration: <https://www.deepspring.org/calendar/emerald-isle-retreat/>
Aaron, Yeshua and The Mother are channeled spirits.
They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center

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

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Thank you to our contributors for this issue:

Lena Bell
Sarah Nisbett
Rosina Newton
Jennifer Carson
Carol Karr
Bill Zirinsky

WORD OF THE WEEK:
Tenalach

The relationship one has with the land, the air, the water; a deep connection that makes you one with nature.

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.



MIB International

Helping moms and women in business in Ann Arbor

By Lena Bell

In July 2020, amid the uncertainty of a global pandemic, on a modest startup budget and with the help of a few friends, Leona Burton founded MIB International. With the aim of bringing together moms and women in business, providing them with great training and support, and access to business and life development opportunities, the groups' rapid growth suggests the business may have discovered a real need. MIB International (MIB is shorthand for Mums/Moms/Mommas & Women In Business) is built around four key themes: as a businesswoman and mum to five, Leona was frustrated by the lack of support for moms in business. "There were plenty of networking opportunities, but none where children were welcome, and despite many mum and baby/toddler groups, none where she could also network, learn, and grow the business," Leona said. In classic entrepreneurial style, she created the space she wished had been available to her—open, supportive, and child friendly. At the heart of MIB International are child friendly networking events. A chance to meet with other women in business, share ideas, grow personally and professionally, and where children are welcome.

Mums/Moms In Business International is on a mission to be the "Largest international support, education, and empowerment network for mums and women in business." Both online and in-person networking events are held around the globe, with dozens of events taking place each week and thousands of women attending regularly. The events provide opportunity for connection, support, and growth, and allow thousands of women, who previously struggled to fit in, access to a support community. With over 160 networking leaders worldwide, MIB International is on a mission to change the space for women and moms across the globe. MIB is currently operating in the UK, Romania, Australia, New Zealand, USA, Italy, Spain, Portugal, Barbados, and growing every week. With a network of over 300 thousand women across different social media platforms, and rapid growth, MIB International is already making a real impact, with women finding opportunities, new clients, and new friendships in their local communities and across the globe.

Fast forward to the fall of 2021, when local mama and budding entrepreneur, Alexis Adams, founded the local chapter of MIB, right here in Ann Arbor, MI. Through a connection in Detroit, Adams was introduced to the group and instantly felt a connection. "The group was diverse, inclusive (not everyone is a mom), supportive, the opposite of typical networking events." Adams goes on to say, "The conversation was electric, I was

surrounded by a group of dynamic women, and felt like I finally found my tribe. They were educated business owners, making their mark in today's markets." The group includes physical therapists, social media promoters, real estate agents, those in the beauty industry, social workers, doulas, and many more. Adams herself is a health coach working in an online capacity with women all over the world.

Adams felt called to bring this networking opportunity to Ann Arbor in order to connect local moms to other businesses and markets, while feeling comfortable bringing their children to these events. "So many of us have either been to an event that is supposed to be child-friendly, only to get there and feel extremely awkward because of the lack of support for the children, or worse, find out that nobody brought their kids!" says Adams. In this current environment, we must support women from all angles, and that means developing businesses built by women to raise the vibration across the globe. The local Ann Arbor group employs all the values of the group built by Leona Burton.

- **Support**—Our communities are transparent, inclusive, and supportive. We encourage our members to share their thoughts, how they are doing, their struggles, their victories, and a whole raft of other things.
- **Empowerment**—We want every woman in our community, and those outside it, to feel empowered and able to take action to grow their business or to enhance their life.
- **Education**—We provide low cost, high impact courses that help our community members to move their business forward. We create and present these in a no-nonsense way in order to create a lasting impact, share our knowledge, and empower our community with the tools they need.
- **Networking**—Our networking events are different from others. We are inclusive and do not operate a 'one per business only' policy. We do not tie people into a membership or monthly fee, children are always welcome at our events, and our networking is friendly and relaxed. Through our networking we are cultivating and facilitating relationships and encouraging collaboration.

To connect with the local group, find them on FaceBook as Moms in Business Intl. Ann Arbor, Michigan. There are currently several online events scheduled with live in-person events starting very soon! You can also connect with Alexis Adams by email at alexbell915@gmail.com.



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- Sound Baths
- Classes
- Mini Retreats
- Yoga
- Book Club

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

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Crazy Wisdom Book Picks of the Week



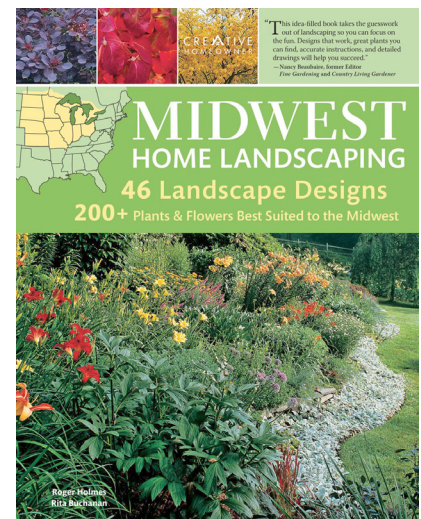
Kids DO come with an instruction manual—their astrological chart. Momstrology is the complete guide to understanding how both you and your little one are guided by the stars, and how your charts play a factor in how you relate to each other.

Identical twin sisters Ophira and Tali Edut, professional astrologers known as the Astrotwins, offer a modern look at astrology and parenting, and combine the two into a guide to understanding yourself, your parenting strengths and weaknesses, your little one's personality, and how you and your child can best relate to each other. Thoughtful, informative and fun, Momstrology covers every possible mom/child sign combination, and includes valuable information for dads and caregivers too.

[Purchase your copy of *Momstrology* at shopcrazywisdom.com.](http://shopcrazywisdom.com)

Midwest Home Landscaping, Including Southern Canada, third edition, shows how to beautify 23 common landscape situations, such as front and back entries, walkways, borders, slopes, and patios. Each situation is presented with a variation, for a total of 46 designs. In addition, the book explains how to install and care for the plants, ponds, walls, and fences involved in the landscape designs. Plants that are proven performers in the Midwest are used in the designs and described in full detail. Step-by-step instructions provide the essential knowledge to tackle each project.

[Purchase your copy of *Midwest Home Landscaping* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



Aren't the blue waters beautiful? But when a storm hits, the waves roar and rage. Mayday! Mayday! Can anyone help?

One rescue leads to another in this charming story of friendship, revealing that care for the ocean and its inhabitants can lead to the well-being of all. With joyful simplicity, *I Love You, Blue* introduces the impact of plastic waste in the oceans and includes an author's note with facts about how whales and their habitat can be protected.

[Purchase your copy of *I Love You, Blue* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



5 Reasons To Draw Your World:

How a quick sketch break can bring more creativity, connection, & calm to your day



By Sarah Nisbett

The ping of an urgent text, the buzz of an email, meeting notifications, breaking news, appointments, social obligations ... Our days are full. Even in these last two years, when life as we know it ground to a halt, it seems as though the pace of life has only sped up. In the rush of the day to day, it can feel impossible to find time to get it all done, let alone to get anything done that you actually enjoy doing.

I can't drive your kid to dance lessons, excuse you from that Friday afternoon meeting, or add more hours to your day. But I can offer you a way to expand time; to transform the overlooked "on the way" moments into an oasis of calm, connection and creativity. It's not an app, it's an invitation to draw what's right in front of you, right now.

All you'll need to get started are three very simple tools: a pen, some paper, and a willingness to see what happens when you put the two together.

If you're worried that you don't have enough time or skills to reap the rewards of an impromptu creative break, let me tell you why even the "worst" drawing, made in just a few minutes, has very real value.

It's easy - literally anyone can do it.

I began drawing on the New York City subway ten years ago. My first drawing was a portrait of the stranger across from me. Despite having no formal training, and absolutely no confidence in my abilities, I was instantly hooked. The drawing was OK, but the experience was wonderful. I'd turned the lost time spent commuting into an artistic studio. Suddenly the time in between the obligations of my busy life wasn't something to rush through, it was a welcome opportunity to unplug and enjoy the view.

And here's where you'll find the first great advantage of drawing from life: you never have to fear the blank page as the world provides ample inspiration for the age-old question, "What should I draw?" I've drawn my view in the hospital while recovering from surgery and I've drawn things as mundane as my breakfast and as exciting as fashion shows and rodeos. No matter

where you are, or what you're doing, there is always something worth drawing.

Drawing makes meaning and creates connection

This is especially true if you see your drawings as a form of storytelling, rather than an exercise in artistic perfection. A walk through the park, a trip to the bank or just sitting at home become something worth remembering and documenting. But only if you can see the stories hidden in plain sight. The pile of shoes in your front hall isn't a mess, it's a story about the joyful chaos of family life. The elegant way a stranger drapes their hand over their purse isn't an unseen detail, it's an invitation to imagine who they are. And, if you allow yourself to draw *just* these small details – don't worry about capturing the whole scene – you can easily tell a complete story in just a few minutes.

In this way, drawing becomes a tool to help you uncover stories to create more meaning and connection in your daily life. As you look around for inspiration, you become curious about the things and people that surround you. Sometimes you'll know the story of what you're looking at, like when you draw your favorite mug or your favorite person, sometimes you'll have to imagine it, like when you draw the stranger sitting next to you at lunch. Your curiosity inspires empathy – the act of imagining experiences outside of our own – and your drawings become an act not only of creativity but of connection.



And if all of that's not reason enough to spend a minute drawing from life, here are a few more benefits of sketching your world.

It's anti-anxiety.

Anxiety is a future- oriented emotion: "What will happen?" "Will I be OK?" As you contemplate whatever it is that you're drawing – considering the details, the textures, the story – you enter into

a kind of creative meditation. Your focused observation keeps you in the moment, and questions about what's in front of you replace the worries that pull you into the future. When you draw from life, you stitch yourself into the Now, which is a very safe place to be.



It's calming.

As humans, we are programmed to find order in the world. It's why we love stories, they make sense of a chaotic world by organizing it in ordered and meaningful ways. As you draw, you're organizing the chaos of the world around you; deciding what's important, or interesting. In doing so, you create a version of the world that makes sense to you. What you put on the page – no matter what it looks like – represents a new understanding of your world and a statement on its inherent meaning and worth.

It's joyful.

I have drawn thousands of strangers and scenes since that first sketch on the train and I've extended my range well beyond the subway. I carry my sketchbook with me everywhere. Even if I never take it out of my bag, it's a prompt to search for the extraordinary in the everyday – to find and make meaning of what I see.

And this is where the joy comes in. Studies show that creating art reduces cortisol (the stress hormone) and doing something we enjoy releases endorphins, the feel-good chemicals that help combat stress and even reduce pain. If you can uncouple the process from the product and allow yourself to evaluate your work by joy, instead of excellence, you'll see that no matter what you create, a short five-minute drawing break can change your view in more ways than one.

We are so often so fixated on getting where we are going that we think of all the steps to get there as lost time. But truly, these on the way moments are the stuff of life. So, the next time you find yourself feeling overwhelmed and with just a few minutes to

spare until the next task or responsibility begins, take those lost moments and turn them into something worthwhile by drawing what's right in front of you, right now.

Try It!

Look around the space where you are.

Let your eyes move slowly, noticing where they want to stop, or where they return to – that's what you'll draw.

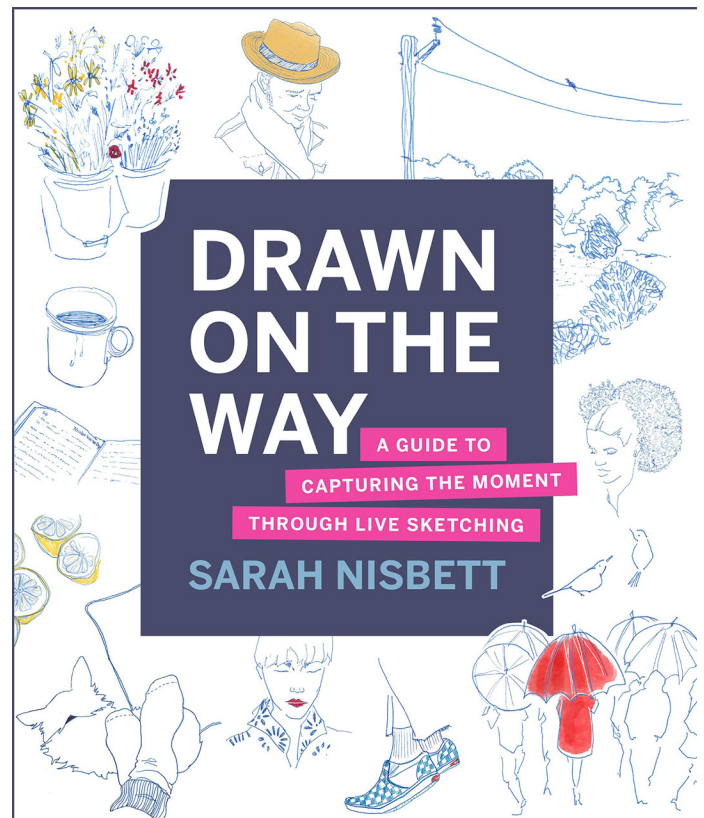
Keep your drawing simple. Don't worry about capturing every detail with perfect fidelity. Focus on how you feel or what story comes to mind as you observe your subject. Look for details you've never noticed before and think about the textures, patterns and shapes that you see.

If you're worried you'll get frustrated or lost, set a timer for 5 minutes. You'll be surprised at how much you can accomplish in a short time.

Say something nice about what you've drawn. There's always something honest, meaningful or new in what you create.

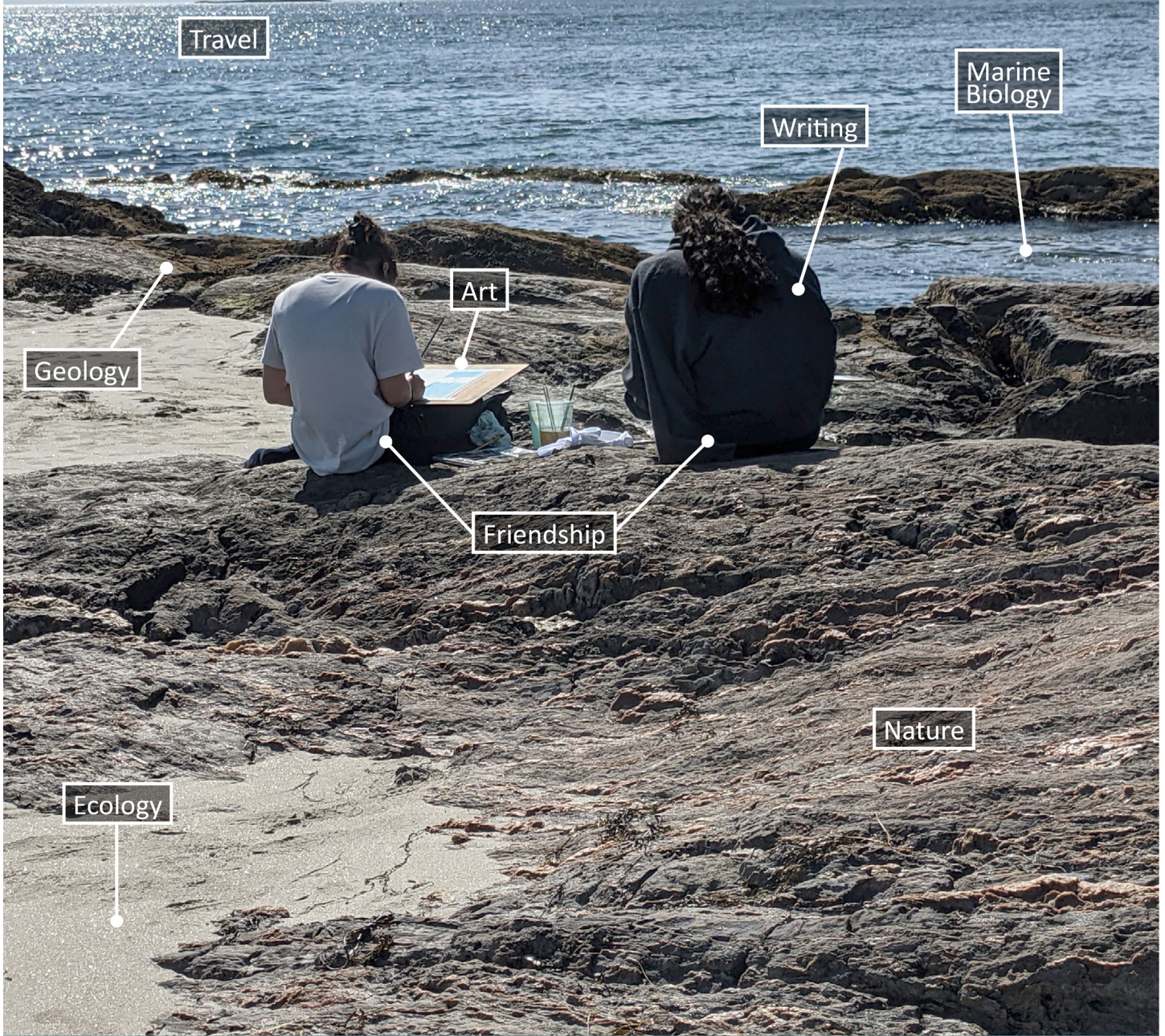
Sarah Nisbett is the author of [“Drawn On The Way: A Guide To Capturing The Moment Through Live Sketching”](#) She is the founder of Drawn On The Way, a sketch project dedicated to inspiring people to find the extraordinary in the everyday and to see themselves and others as works of art.

Visit drawnontheway.com or look for @drawnontheway on [Instagram](#), [Facebook](#) and [Tik Tok](#)



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Bringing Nature Back to Our Yard:



TRADING IN HARMFUL LANDSCAPING HABITS FOR HEALTHY SUSTAINABILITY

By Rosina Newton

Late winter is the time we may start dreaming about the color green, about flowers, imagining new vistas as we look out our windows or walk around our frozen yard. This is a wonderful time to explore a fresh outlook on our little piece of earth. As new life emerges from dormancy, we may ask ourselves, “What is the purpose of my yard?” There are many possible answers: enjoying beauty and colorful flowers, complying with homeowners’ association regulations, conforming to the neighborhood, impressing neighbors and friends, creating a safe space for the kids to play, or wanting to help save our planet.

The good news is, almost all of these goals can be accomplished in a way that helps save our planet. Unfortunately, “to save our planet” has not been the driving force behind the horticulture industry for as long as I have been involved—over 35 years. Ever since the front yard married the industrial revolution, the design template has been pristine, monoculture lawns, cookie-cutter landscapes, and chemical maintenance. As it turns out, these three very common components of home landscaping contribute to human illness, species extinction, and our climate crisis.

My dear fellow stewards of the home landscape, we will briefly explore how our landscapes might contribute to such negative outcomes. Please bear with me through the bad news until we get to more of the good news.

The good news comes from the six individuals I interviewed who are actively involved in positive landscaping alternatives. I share with excitement and respect these companies and organizations that are designing, installing, and maintaining healthier outdoor spaces that also create more beauty, vitality, and joy in our lives. The work they are doing is literally healing our planet, one space at a time. They generously shared their wisdom and recommendations—from easy do-it-yourself steps to complete renovation, with lots of options in between.

But first, what exactly is wrong with a pristine lawn, and what is a monoculture anyway? You’re not alone if these ideas seem foreign to you. The majority of landscapes, advertisements, and gardening education surrounding us promote one kind of landscape, especially in the front yard: a uniform green lawn dotted with shade trees, some pattern of well-behaved shrubs, and shelves of products to maintain this design.

The perfect lawn can even be considered a status symbol. One local lawn care specialist told me, “It’s very competitive, keeping up with the Joneses.” Turf is expected to be a uniform expanse of one species—or a perfectly curated blend—of grasses. No clover, no flowers, and certainly no “weeds” are allowed. Think of a cornfield. That is another example of a monoculture.

But monocultures do not exist in nature. Lawn is an artificial design feature, and we have 40 million acres of it in the US. In *The Lawn: A History of an American Obsession*, Virginia Scott Jenkins writes:

The domestic front lawn is a typically American landscape feature. ...The first attempts at lawns in America were made by wealthy landowners in the late eighteenth century, people who learned of the new English landscape fashion through books, English indentured gardeners, and travel.

From the late 1700s to 2022 is a long time to adhere to a single fashion. Yes, men’s fashion at one time included stockings and powdered wigs. Yes, women used to wear pointy bras. Olive green and harvest gold used to be the fashionable color in our home furnishings. But creative ideas are never meant to be cemented permanently into our cultural environment.

A September 2020 article in *Gardens Illustrated* entitled “A History of Lawns” explains:

The climate in much of the USA is poorly adapted to lawn culture – nevertheless an increasingly uncompromising lawn aesthetic was vigorously pursued throughout the 20th century. The establishment and maintenance of lawns was conceived and enacted as a war against nature. Extraordinary excesses in the consumption of chemicals and water use were encouraged in pursuit of the ideal.



[Read the rest of the article online!](#)

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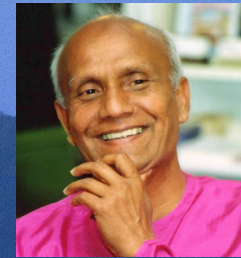
Info: www.meditationannarbor.com

*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.



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

The Crazy Wisdom Calendar

Biweekly



Book Discussions

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

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

Ryaku Fusatsu – Full Moon Ceremony with Rev. Taikodo Marta Dabis • Monthly, Final Sundays: 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 • 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.

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, April 2 and April 16 • 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.

Health and Wellness

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.

Mindfulness-Based Stress Reduction with Libby Robinson • Starts Saturday, April 16 • 2 p.m. • This virtual 8-week class is the curriculum developed by Jon Kabat-Zinn in the 1970's which sparked the current mindfulness phenomena. It is the class which has been researched the most; findings indicate that the class is associated with reduced depression, anxiety, pain, and other difficult experiences. It meets virtually for 2.5 hrs/weekly on Saturday afternoons, with a virtual retreat on June 4th. Libby's website includes the details, including a downloadable flyer. For more information or to register visit libbyrobinsonmindfulness.com.

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.

The Crazy Wisdom Calendar

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, 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.

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.

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.

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.

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.

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

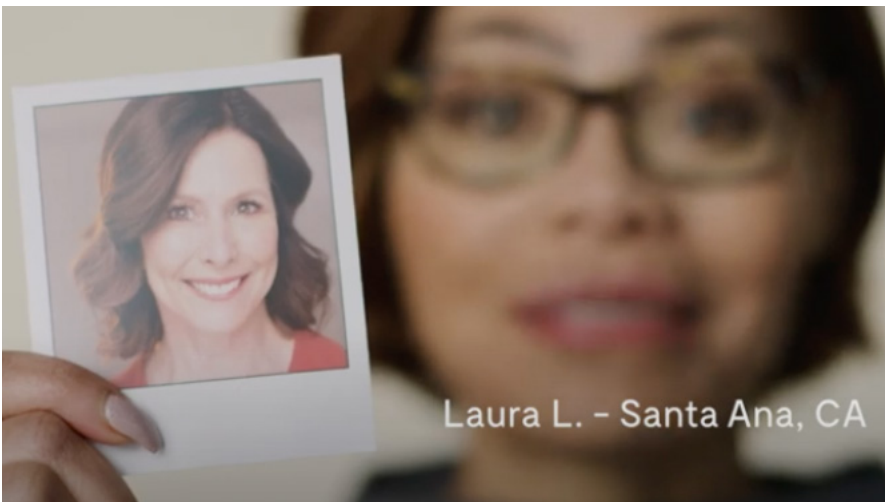
"Bioidentical hormones make a world of difference for many people and their ability to live a normal life."

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 hormone 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!



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)

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

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

www.bioenergymedicalcenter.com



The Crazy Wisdom Calendar

Reiki continued

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.

Shamanism

Shamanic Drumming Circle with Stephanie Tighe and Kate Durda • 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.

Writing and Poetry

Sit. Stop. Write. —Zen and Poetry with Dmitry Berenson • 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.



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.



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/>



The wheels are turning on the farm. The ground is softening and is receptive to our gentle activity that does not require the excessive disturbance of conventional tillage. Signs of new life are evident everywhere on the farm from the pussy willow flower buds to the worms coming to the soil surface; from the bees buzzing on a sunny day to the farm good-beasts shedding their winter coats; from the robins hopping about to the praying mantis eggs hatching in the greenhouse. We're welcoming all friendly faces on the farm. Here's an invitation to a few upcoming events, bring friends and family.

Regular Weekly Workdays

Each Saturday from 10am - 2pm at the farm
We'll start up on Saturdays again in April. It's a good excuse to get out, have a little picnic and enjoy some smiling faces on the farm. There are tasks for all types.

EGGstravaganza!

Saturday April 16, 2022
11am - 1pm at the farm
We will dye eggs with natural dyes, and take turns hiding and seeking eggs. All ages are invited. Each family should bring: a dozen hardboiled eggs. (The white shelled eggs yield brighter colors, but all colors are welcome, and sometimes the subtle ones are the most beautiful.)
a basket/baskets to collect eggs in (some are also available at the farm) a picnic lunch or snack, so that we can enjoy eating together.

Nature Exploration

Saturday April 30, 2022
6:30pm at the farm
Treat yourself or your family to a Nature Exploration at the farm. Spend an evening noticing and experiencing Nature! You will explore smells, sounds, touches, seeing and just "being" during this time, and then we will join together around a fire to share some of our experiences. This evening event is geared for adults and children 5 and older. Dress for the weather, and bring a blanket or something to sit on.

This event, hosted by naturalist Faye Stoner and farm grandma Karen Chalmer, is free, but if you want to come, please sign up by Thursday, April 28th by contacting Karen (pk1chalmer@earthlink.net).

[Learn more online!](#)

HILARY NICHOLS
HEARTFELT PHOTOGRAPHY

Shine your true spark in your best light.
hilarynichols.com
hilary@hilarynichols.com



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

**She who waits for
her knight
must
remember—
she will have to
clean up after his
horse.**

—anonymous

